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NEW EDINBURGH NEWS

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Not another word: Drafting of a New Edinburgh history complete after 13 Years

By Janet Uren

I am delighted to report that a complete draft manuscript of *The Village: The Story of New Edinburgh, Ottawa*, now exists and that we are entering into a brand-new phase of the project – the production phase. Oh yes, there is a lot still to accomplish, the first task being to cut the manuscript by 20 per cent to bring it down to a reasonable number of printed pages. Having written the last word, we have sadly faced the fact that we have written too many words altogether. However, a designer is already working on the look and feel of the book, and, as soon as the second draft is ready, layout will begin, probably in June.

It has been a long journey. In 2012, Joan Mason – then head of the New Edinburgh Community Alliance (NECA) – proposed that Martha Edmond and I write a history of New Edinburgh. We were very interested. Both of us had other work and projects underway, although Martha reassured me: “It won’t take long to write.” I believe she was thinking of other neighbourhood and community histories that are closer to a pamphlet than a book. The history of New Edinburgh has proved to be on another scale entirely.

Both of us worked on the project intermittently for several years, and already it was

beginning to appear that we had a tiger by the tail, because New Edinburgh is so varied and significant in its story. Industry, government, immigration, town planning, architecture, economics, education, commerce, war, sports, heritage preservation: they are all part of the story, to say nothing of the vibrant cast of characters we ran into at every turn. In fact, many other Canadian communities could find aspects of their stories in our history. We soon found that every scribble on our research plan led us in a new direction and shed new light on the rich and complex history of the village. The “pamphlet” grew into something that, lavishly illustrated, will probably encompass some 500 pages.

When COVID arrived in early 2020, it was a blessing in disguise – at least speaking for myself – as the enforced quiet suddenly allowed us to focus much more of our time on the task at hand. As a result, the draft grew and grew, as did the pile of pictures we collected from government, archives, newspapers, and families. Martha dropped by my house on Mar. 7 with a USB containing two of the last three chapters. The third remaining chapter, intriguingly entitled “Secrets and Spies,” deals with village’s part in both the Second

Continued on page 32



Photo by Chris Straka

We look forward to seeing you at the CCC Plant Sale on May 10. See details on p35.

Designing a main street that works for everyone

By Karen Squires and John Leefe

The 15-minute neighbourhood concept has been the subject of conversation for some time, but are we walking the walk?

In New Edinburgh and surrounding communities, there have been many meetings with city officials over the decades, and several reports suggesting improvements for Beechwood Avenue. In 2023, for example, the Beechwood Village Alliance (BVA) released a framework for a Secondary Plan for the Beechwood/Hemlock corridor, but progress has been minimal.

In the meantime, businesses have come and gone,

and some storefronts remain vacant – including new condominium developments with prime ground floor retail spaces empty. A much-desired anchor tenant (e.g., a sports or hardware store) would give more people a reason to shop in the neighbourhood. Sadly, from an infrastructure perspective, we’ve not seen suggested changes after multiple studies suggesting street and sidewalk repairs, more tree canopy, or seating spaces.

According to some condo management team members, potential new businesses are discouraged by high rents and a lack of foot traffic on Beechwood, making investment risky. It’s a classic catch-22: there are no

commercial upgrades, which leads to vacant spaces and no anchor retailers – making it harder to attract the local foot traffic that would sustain those very businesses.

Unsurprisingly, vandalism has increased in recent years. Many businesses along Beechwood have had to cover the costs of major repairs like new front doors, and engage frequently with insurance companies and police. Business owners like Donald Wingell (of Dhruvees) and Ray El Hage (of Rassi Coiffure) have had ongoing communication with the Vanier Business Improvement Association (BIA) and the

Continued on page 6

In the age of disruption, where does climate policy stand?

By Sarah Anson-Cartwright

The affordability crisis is being exacerbated by a trade war and an inflation crisis could be re-ignited through tariffs and rising prices. Meanwhile, climate change will continue to result in extreme weather events with harmful impacts on lives, livelihoods, and our homes.

How can we triangulate all these disruptions? What kinds of responses make sense in the face of serious economic hurt and great uncertainty?

As Canadians respond viscerally and patriotically, the urge to buy Canadian may be paired with a “shop local” mindset, too. And for those

who will suffer the economic brunt of a trade war, government supports will be necessary.

A panel discussion on “Affordability and Climate Action: Addressing Intertwined Challenges in Politics Today,” hosted by the Institute for Research on Public Policy on Feb. 24, explored some possible responses at the federal policy level. Three panelists covered the Liberal, New Democrat, and Conservative political perspectives, respectively. (At time of writing, a federal election had not been called.)

A worsened affordability crisis, with threats to jobs

How do we address inflation that will be caused in part by tariffs imposed by the U.S.? This question from Tyler Meredith, a former economic policy adviser to the Liberal government. If Canada puts tariffs on certain goods, then the government will need to do something with that tariff revenue.

Responses could include increasing the GST tax credit which helps low-income families cope with inflation and the unaffordability of essentials. The government could offer wage subsidies for workers in sectors most negatively impacted by the U.S. tariffs, to ensure people

Continued on page 9

What's the New Edinburgh Community Alliance?

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

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

NECA's committees include Traffic and Safety; Heritage and Development; Beechwood Development, Friends of the Park; and Environment and Climate Change. It also publishes this newspaper.

The NECA board meets nine times a year, normally on the third Tuesday of each month at 7:00 p.m. (no meetings in July, August or December). Its annual general meeting takes place in October.

Meetings are open to all New Edinburgh residents. Anyone wishing to make a presentation to the board should please contact Cindy Parkanyi in advance at newedinburgh@outlook.com.

Our next meetings will take place **Tuesday April 15, 7:00 p.m.** and **May 20, 7:00 p.m.** Meetings are held online and may be hybrid in the future. Contact newedinburgh@outlook.com for details.

Your NECA Representatives 2024-2025

Contact anyone below through info@newedinburgh.ca

Sarah Anson-Cartwright

| | |
|-------------------|-----------------------------------|
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NECA President's Report



Ray Boomgaardt
NECA President

Surprise! This month's report is kind of about the National Capital Commission (NCC) consultations on the Sussex Blocks proposal. Sarah Anson-Cartwright has prepared a report on the consultations, so this report provides my reflections.

When I walk around New Edinburgh, I often catch myself not only looking at what is there but remembering or imagining what used to be. I really appreciate it when additions to buildings are sympathetic to the existing building or when new buildings are sensitive to buildings that are already here.

Buildings, like art, can look different when you know their story. When I was growing up my parents had a nice sketch of the home we had left in the Netherlands, and the windmill beside it that my father had inherited from his father. Recently, my older brother, writing up our family history, recalled that the artist who made the sketch was a refugee. He had come with his wife and two toddlers to stay with our family in 1944 for more than two years when their home in Arnhem was

destroyed after Hitler ordered the entire city to be flattened. With this context, the sketch looks quite different to me: it suddenly feels so peaceful, so much so that I used the picture for my Christmas card this last year.

When I walk across the Minto Bridges, I often recall that they were built as part of the Governor General's ceremonial route to Parliament. I recall that the original Ottawa City Hall, now part of the Diefenbaker Building, was situated on Green Island by a controversial decision of Ottawa Mayor Charlotte Whitton. The modern addition, by Moshe Safdie, features a long corridor overlooking the Rideau River, that echoes the entrance walkway of the National Gallery, also designed by Safdie.

When I walk past the French Embassy I remember the story – I do not know if it's true – that the plans for the Ottawa Embassy (a chateau style), got mixed up with the plans for the French Embassy in Tokyo (a pagoda style).

When I see the Scottish Baronial style of the vacant residence at 24 Sussex Drive,

I recall that it was a Victorian-style house before the government acquired and modified it. When I walk along the Sussex blocks, I recall that the Diefenbaker Government (1957–1963) appointed Jack Clark to head up the NCC, and he set out to implement the 1950 Greber Report recommendations to extend the parkway network. In the New Edinburgh sector, the NCC acquired and demolished most of the structures in the three blocks, in order to “green” Sussex Drive. I often try to imagine the buildings destroyed.

Walking though Stanley Park, whom in New Edinburgh does not think of the battles we fought to keep our park? It was a battle that shaped our community, and I think the sense of community that battle engendered is one of the reasons so many people came to the NCC consultations about the Sussex blocks. My congratulations and thanks to Sarah Anson-Cartwright for her leadership on this issue.

A city is an amazing thing. In the Bible, the first paradise is pictured as a garden, but the future paradise is pictured as a city. We build our cities, and the cities comes to reflect us, our hopes and dreams.

Don't forget Janet Uren's book, telling stories about New Edinburgh, will be coming out in time for Christmas (we hope)!

See you in the neighbourhood!

Streetfest 2025: Cancelled until further notice

By Janet Uren

With the amount of work remaining to bring the history of New Edinburgh from manuscript to printed work this year, StreetFest 2025 is on hold at this time. I believe that, in the first two

years, we have tried many ideas and came up with a really winning plan for the third year, with music and heritage combined. That said, we'll see how 2025 unfolds and will keep you posted with more details

on the book and determine how things might unfold for Streetfest moving forward. Please stay tuned in upcoming editions of *New Edinburgh News* and thank you for your ongoing support!

Send us your letters: editor@newedinburgh.ca

Letters to the editor must include writer's name, address and contact info. We will print your contact information only 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.

Letter from the Managing Editor



Sharon Nyangweso
Managing Editor

If April is a month of anything, it's a month of in-betweens. There's a brief moment where the snow hasn't fully melted, the tulips haven't fully bloomed, and the city hasn't quite figured out what comes next.

It feels like the neighbourhood is in one of those in-between moments, too. There's change in the air—

some of it hopeful, some of it uncertain. Development plans are unfolding, budgets are tightening, and many of us are wondering what the next few years will look like for our city, our communities, and our streets.

What hasn't changed is this: our neighbourhood is made up of people who care. People who show up to community

association meetings, who plant pollinator gardens, who write in to this paper to ask big questions or share small joys.

In times of uncertainty, that kind of care is what keeps us grounded. And it's what keeps this paper going too. So if you've been meaning to write a letter to the editor, tell us about your favorite walking path, send in a photo from your front yard, or share your reflections on what's changing—we'd love to hear from you.

Let this be the season we come back to each other, even as the world shifts around us.

Letter from the Co-Editor



Karen Squires
Co-Editor

As we launch into Spring season and new beginnings, it's delightful to see such a great collection of articles bringing us inspiration along with updates and ideas. Clearly we live in a community where people support each other so a big shout out of appreciation to our team of *NEN* volunteers! Most of our team members have full time jobs or businesses so (like many community papers) cannot offer the same services which regular newspapers do with full time paid staff. However, community papers seem to be standing the test of time by providing relevant content at the local level.

In this edition you'll see many programs offered (to connect) in the neighbourhood for young families, seniors and those who like to stay engaged so please check out our Events section to see what's offered (at the Fieldhouse) or elsewhere. You'll note in the 'Burgh Business Brief section there are many health and wellness services located nearby with a focus on physical health and you'll also see content on tariffs and how some businesses might be affected. Also check

out some new fooderies you can walk to not far from main street!

In this edition, we've included some content and background pertaining to our main street along with some important updates on our park as we work with the City and the NCC to increase our green canopy and keep our parks safe. Leading into spring and summer, you'll also see programming for all ages to get outside and enjoy what local organizations nearby have on offer, especially relating to water activities and many other sports. And you'll read suggestions on how to improve your own gardens to increase biodiversity!

Finally, you'll also hear from one of our local authors with her big news coming later this year and some suggested reading for parents with children. Thanks to all contribu-

tors who take time to send us content on important meetings (such as the recent NCC meeting), change makers in the community, businesses, events or neighbourhood developments. Together, you make this paper come to life! We cannot include press releases but if there is anything you'd like to email us about, we'd be happy to hear from you. We've had several new contributors join us this year as well as new advertisers – welcome to all. I will end by saying thank you to everyone who make this paper authentic and engaging! I look forward to seeing you in the park, at one of the church events, on a restaurant patio or at the Park Clean Up scheduled for Apr. 21!

Want to rent the Fieldhouse?
Contact
NEfieldhouse@gmail.com

Keep up with The Burgh online!



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NEW EDINBURGH NEWS

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newedinburgh.ca

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Letters to the Editors

Dear Editor,

I loved the “Before the Fire” painting by Catherine Willis-O’Connor on the front cover of your Feb. 5, 2025 edition. It is evocative of what a vibrant, diverse and welcoming street Beechwood Avenue used to be. By comparison, the building that Minto put in to replace what was lost to the fire is sterile and devoid of a sense of community. It is

also, apparently, too expensive to be filled to capacity. Minto has repeated that mistake with its new building at 88 Beechwood. Almost a year later, there’s no sign of new commercial tenants. If the City of Ottawa approves the disastrous proposed development at 47 Beechwood, we will lose half the restaurants in the neighbourhood, and will likely see a further dete-

rioration in the “Village” feel to Beechwood. Seeing Willis-O’Connor’s painting makes me think we can and should do better.

–David Orfald

Dear Sharon Nyangweso,

Just a word to say that as resident of New Edinburgh, I am pleased to see that the NCC has far greater sensitivity to our New Edinburgh architec-

tural aesthetic than the Minto developers with their buildings on Beechwood. Perhaps the latter should have consulted the architects of the NCC. I am referring, of course, to the article by Sarah Anson-Cartwright in the February edition of *NEN*. I think the NCC-proposed idea is suitable for our area and I, for one, support it and would be pleased if it materializes. It

blends nicely into our area.

Now that I have read the February issue of *NEN* from cover to cover, may I extend my most enthusiastic congratulations to you on your advocacy work and on your Coronation Medal! New Edinburgh is fortunate indeed to have as fine a community leader as yourself.

–Koula Mellos

Ice blasting on the Rideau River means spring is near

By Cindy Parkanyi

After a two-year hiatus, the time-honoured tradition of ice blasting on the Rideau River has returned. For those new to the neighbourhood, explosive sounds are normally a harbinger of the arrival of spring in these parts. However, due to a warming climate, the ice was not thick enough in 2023 and 2024 to undertake the full ice clearing process. The year 2023 was the first on record where there was no ice near the falls when the annual ice clearing would normally take place.

This year, the ice came back!

What is involved in ice clearing?

The City of Ottawa’s Roads and Parking Services team works in partnership with the Rideau Valley Conservation Authority to prepare for the annual Rideau River flood control operations.

In mid- to late February the annual spectacle begins after an initial snow clearing

operation. The “cutting of the keys” starts above the Rideau Falls and involves the use of industrial-sized circular saws and extraction equipment to cut and remove large chunks of ice (“keys”) to form long channels.

Next comes the most thrilling part – the ice blasting. Charges (explosives) and an amphibious excavator (the giant, octopus-like floating crane) are used in various spots along the river to break ice apart to create open water. The flood-control team all wear hard hats – and for good reason. The blasts of ice can rain down over a wide area. Several boats are employed to zip around and keep the ice from re-forming.

Why is this necessary?

This unique process has been in place since the late 1890s to minimize the risk of major flooding in the communities along the Rideau River, like the flooding that occurred in 1887 that swept away the St. Patrick Street Bridge and put most of New Edinburgh under four feet of water.

Thanks to these operations, within the City of Ottawa, it’s been several decades since the river has overflowed its

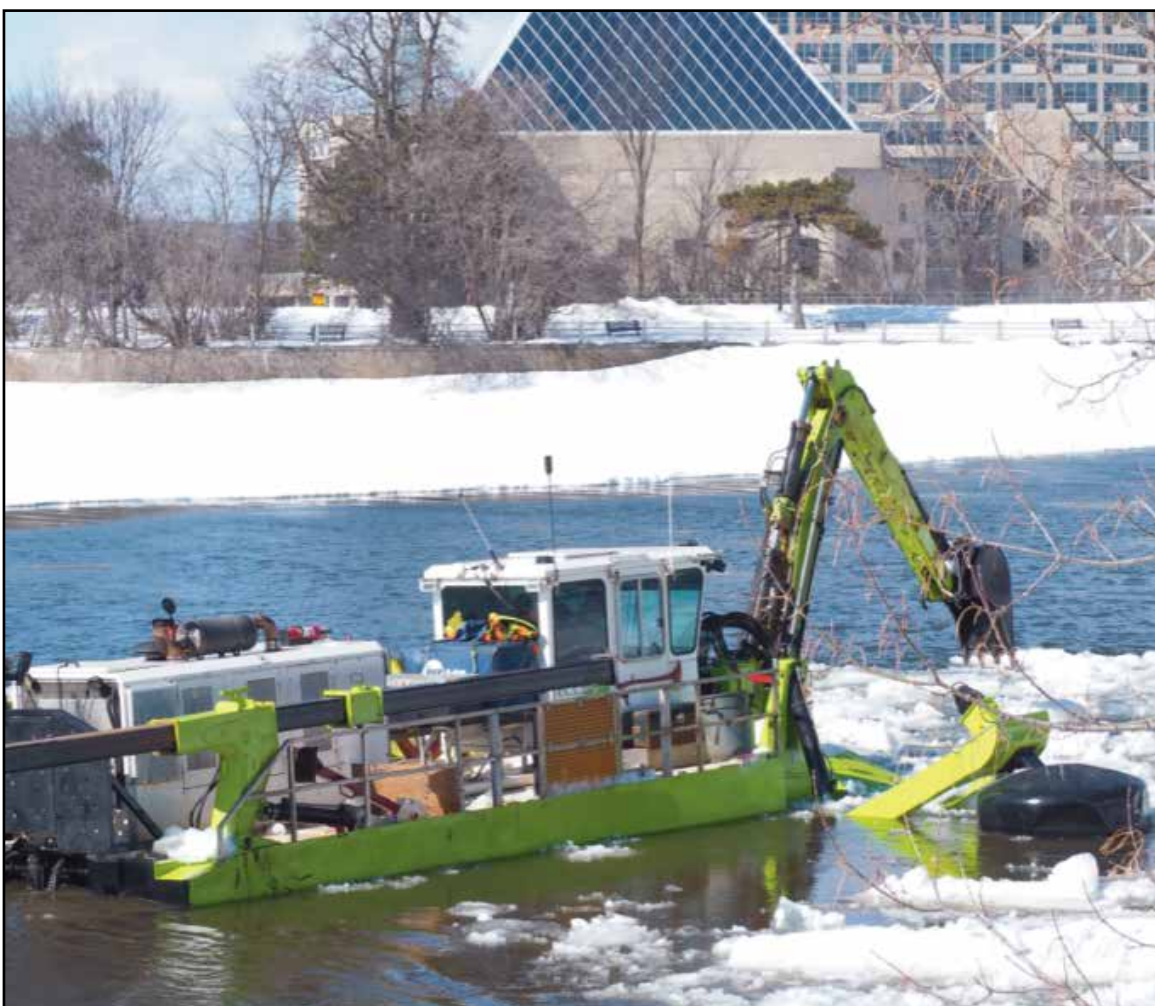


Photo by Philippe Marchand

Breaking up the ice to avoid ice jams and flooding.

banks and caused flooding in the surrounding area.

And this operation is distinctive. In fact, in 2010, the

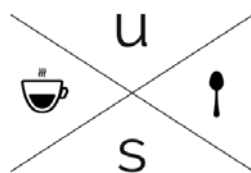
key cutting and ice blasting operation garnered international attention when a crew from the BBC show *Human Planet* came to film the flood-control operations. It seems that this is the only urban setting in the world where this type of river control activity takes place nearly every year.

In researching other approaches to ice clearing, there were a few notable references to the use of military aircraft to bomb ice jams (apparently with limited success) – one in Russia’s Vologda region (2016) and another in the Susquehanna River in Pennsylvania (2018). Now that’s taking ice clearing to another level!

Stay safe near the fast-moving river

As a final note, please be aware that the Rideau Valley Conservation Authority is advising caution during the high-water season across the Rideau Valley Watershed as fast-moving water, unstable banks and melting, or unstable ice may create hazardous conditions. While flooding is not anticipated at this time, residents should remain vigilant and avoid potentially dangerous areas around rivers, streams and other bodies of water.

Cindy Parkanyi sits on the NECA Board and has lived in New Edinburgh for 28 years.



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Sussex blocks workshop draws mixed reactions

By Sarah Anson-Cartwright

The Sussex Blocks development proposal sparked a range of reactions and many salient questions from community residents at a public workshop attended by approximately 75 people and hosted by the National Capital Commission (NCC) on Mar. 6 in New Edinburgh.

The Sussex Blocks development would possibly be the largest residential project in New Edinburgh, located along three blocks of Sussex Drive between Stanley Avenue and MacKay Street. The mid-rise, mixed-use buildings, in a traditional style of architecture and with the addition of a new park, is contemplated by the NCC in the update of its Core Area Plan which is currently under review.

NCC planning and public affairs staff led the community meeting which had been requested by the New Edinburgh Community Alliance (NECA) to garner community input on the proposed project. (NECA provided preliminary comments to the NCC by its initial Feb. 5 deadline, but stressed that that timeframe did not allow for broader community input.)

Alain Miguelez, vice-president of capital planning and chief planner at the NCC, gave an opening presentation on the Core Area Plan with specific discussion of the Sussex Blocks proposal. After questions from the audience, the meeting shifted to the workshop portion with discussions at tables that were then summarized by NCC staff and shared with the audience.

What follows is a sampling of the topics raised during the workshop and by community members regarding the Sussex Blocks development. For the most part, Alain Miguelez provided the answers on behalf of the NCC.

A nod to history and heritage?

In his opening presentation, Miguelez said the NCC took a cue from the New Edinburgh Heritage Conservation District Plan and cited the plan's "objectives for new development" which includes that any new construction be

"compatible with architectural character of the HCD," as well as the plan's "guidelines for new buildings."

Miguelez said the intention is to be "faithful to the style of this neighbourhood." During the workshop session, residents noted that the proposed architectural style is dissimilar to styles in New Edinburgh, and the development should transition between the old village and the grander approach envisaged for Sussex Blocks along Confederation Boulevard.

During the presentation, an image from 1931 showed that there were previously buildings throughout the three blocks, where now there are four residential properties and the historic Fraser School House at 62 John Street.

Miguelez confirmed to NECA and at the meeting that the schoolhouse will be retained. He explained that the NCC will create a companion structure similar to the schoolhouse on that same block and build a tower along Sussex reminiscent of the one that had existed at the corner of John Street.

Height and scale of the buildings

From the renderings it appears the development is planned to be four to five storeys in height. Some residents expressed concerns about that height and, in terms of aligning with the heritage character of New Edinburgh, noted that three storeys should be the limit (as per the HCD plan). There was also concern about its scale, especially in terms of a transition from the existing neighbourhood.

Security concerns

At least one resident said this stretch of Sussex is already a high-risk area, as the neighbours are the residences of the Governor General and of the Prime Minister. When asked how the NCC would address that risk, Miguelez noted the experience of the NCC properties across from the U.S. Embassy where there are stores and a high volume of public traffic.

When asked if the RCMP was required to protect embassies (which were previously eligible for these blocks) anywhere they may



Rendering by NCC

The view along Sussex Drive in a rendering of the NCC's proposed Sussex Blocks development.

be located, Miguelez said the RCMP would have to speak for itself.

Housing and a rationale for development

There is a housing crisis, and some said they welcomed a new development – though currently the NCC cannot specify the sizes or rents for the units in Sussex Blocks and it is doubtful they will address the need for affordable housing. (Note that the NCC is offering other properties for lease for proponents to develop in Ottawa and Gatineau in collaboration with the Canada Mortgage and Housing Corporation (CMHC) as part of the Federal Lands Initiative, which is intended to create housing.)

These lands are zoned for development, said Miguelez, and the NCC does want to make money from the buildings. They want to be respectful architecturally as they are along Confederation Boulevard. The previous plan in 2005 was focused on embassies and did not include a park.

The Sussex Blocks buildings would remain NCC property; the commission does not plan to sell them, said Miguelez. The residential units would be on lease with the NCC.

Why not leave it as parkland?

There is a sentiment among some residents that greenspace should remain green. In other words, the existing parkland should be retained as-is. In addition, there is a desire for bigger trees than those proposed in the park

within the development.

A resident noted that New Edinburgh is already high-density with infill everywhere. He finds a contradiction between historical symbolism and then now a proposal for development. Why not just preserve the greenspace, he asked. The fact that the 2005 plan allows for development is not sufficient justification.

Transit needs improving

Residents raised concerns about transit, including that it be more frequent, and one said it must be integrated. Miguelez said the NCC will work in partnership with the City, noting that transit is a municipal responsibility.

Traffic will only worsen

There are concerns about traffic backing up along Sussex Drive, especially in the 3–5 p.m. timeframe when commuter traffic is already very high. The addition of this development would add to an already challenging traffic situation in the neighbourhood.

Parking seems insufficient

In the NCC's reply to NECA's concerns about the parking issue arising from this development, they clarified that "the goal of this project is not necessarily to create a 'destination' node" but "to complete the urban fabric in a way that integrates into the neighbourhood first," serving the immediate environs.

They estimate there will be 282 underground parking spaces in the entire development. They would consider incorporating public paid

parking if there were a demonstrated need for it.

Construction concerns

NECA wrote that the community would not like to see construction drag out over multiple years, devaluing our properties and diminishing our enjoyment of our homes because of noise and dirt from construction.

Miguelez acknowledged those concerns but noted that a two-phase construction approach would allow the NCC to relocate existing tenants into units in the new buildings.

The residential-commercial mix

The number and types of dwelling units that might be included in the project are not defined at this time, and the NCC remains open to further input in this regard, Miguelez wrote in reply to NECA. Ground floors along Sussex may or may not all be commercial; upper floors may be residential or office space; and residential units may be of different types and sizes, he added.

The NCC intends for these buildings to become established as part of the neighbourhood fabric and to incorporate suitable uses within them as may be determined over time.

Workshop participants urged the NCC to learn from the challenging retail perspective on Beechwood Avenue (New Edinburgh's main street).

Next steps for the Sussex Blocks project

The NCC is at the preliminary stages with the proposal. What the NCC Board will consider in June is the Core Area Plan and the policy language that will be associated with each of the sectors, Miguelez explained in his reply to NECA.

If the NCC Board approves the plan and that language, any of the plan's "opportunities" [such as Sussex Blocks] may be eligible to become an NCC project, and that would be a separate process with focused consultation when and if those ideas do become projects.

Sarah Anson-Cartwright is a New Edinburgh resident and NECA board member.

Designing a main street that works for everyone

Continued from page 1

police to address these concerns.

So, why is this happening, and what can we do to reverse the trend? The root causes are complex. We're not the only community dealing with these challenges, but many BIAs are working with members and city officials to find solutions. While Vanier has a BIA, neighbourhoods like New Edinburgh, Lindenlea, Manor Park, and Rockcliffe do not. So we rely on volunteers at community associations to advocate for specific improvements.

You've likely heard about the challenges facing the ByWard Market in recent years. While the biggest issues remain unresolved, a greater police presence has helped with more presence in the ByWard Market area. There have been a number of changes recently with downtown BIAs.

Several years ago, Toronto Metropolitan University released a report called *Main Street Reimagined*, which looked at main streets through a "visitor economy" lens. The report noted: "The local community are the meat and potatoes of BIAs. Visitors are the gravy." In other words, we must first attract and retain local community members – encouraging them to shop, dine, and enjoy the Beechwood experience. That, in turn, leads to what the tourism industry calls VFR (Visiting Friends and Relatives) traffic. This kind of word-of-mouth tourism drives significant spending, especially in retail and restaurants.

But here's the challenge: people want a *cluster* of different types of businesses and services. According to the same report, that includes events, restaurants, food outlets, retail, museums, attractions, washrooms, and rest areas. Many cities now include *shaded* rest areas – yes, more trees! What we need is a mix of retail and cultural experiences that together create a magnet for both residents and visitors.

We're lucky to have several great businesses in the area—many highlighted in our "Burgh Business Briefs" sec-



Photo by Karen Squires

Ray El Hage, owner of Rassi Coiffure.

tion – but we're still missing consistent events and diverse retail experiences like Books on Beechwood. Hopefully, new condo developments will help attract a broader mix of retailers – fingers crossed!

Events on the grounds at Rideau Hall or at places like MacKay United Church also offer potential. Some venues already host festivals and book launches, but what

This spring and summer, Donald is offering a free non-alcoholic beverage or dessert as a thank-you to locals who bring friends and family to the restaurant. He's also thinking about adding live entertainment to the patio – details to come in our June edition. We're hoping he can make it happen this summer so drop by the patio soon and stay tuned!



Photo by Karen Squires

Donald Wingell of Dhruvees.

about more casual gatherings: live music or socials at local patios such as Dhruvees?

Speaking of Dhruvees, read on to learn more about what Donald Wingell (and possibly others) are planning to bring more people to our Main Street community. Donald has been featured in recent media coverage from the Ottawa Citizen and local radio stations for his thoughtful curation of Canadian food and wine.

Together with Donald, we brainstormed a way to help draw more visitors to his restaurant, starting with locals.

While we don't have all the answers yet, our Main Street is a work in progress – and we're optimistic. We'll have more to share in the next edition. In the meantime, we are excited to try Linden, the new pizza spot next to Purrdy Paws, which just opened. Looking forward to more good news soon on other developments along our Main Street!

Karen Squires and John Leefe both live in the New Edinburgh area. Karen sits on the NECA board and John is a regular contributor.

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Parks Update: Tree planting, spring cleanup, park trust and monarch meadow

By Karen Squires and Katherine Lloyd

As spring is in the air, we are thrilled to announce that the City of Ottawa will be planting some trees along several areas including the Fieldhouse, the tennis courts, and along the bike trail just past the sewage treatment plant – a good start for 2025.

At time of writing, the National Capital Commission (NCC) have just shared that tree planting in Stanley Park is planned for Fall 2025. The planting proposal (including species and exact locations) will be provided in the June edition. The NCC shared that approximately 40 caliper-size trees are expected to be added in or near the park in the Fall season: tree planting season is from September to November while trees are dormant. These trees will be part of NCC’s effort to increase the canopy cover in urban areas and is financed by Canada’s 2BillionTrees initiative. Trees will be planted in NCC-managed land locations, according to Bruno Chicoine from the NCC.

Friends of the Park have connected with Ottawa Riverkeeper about our annual spring park cleanup. We are thrilled to announce that we will be partnering with them again this year: Apr. 21 from 10 a.m. to noon. In the event of heavy rain or bad weather, we would postpone to Sunday, Apr. 27 from 10 a.m. to noon. All are welcome to join us in our efforts to keep the park and shoreline clean. Ottawa Riverkeeper would like participants to register electronically, to help alleviate onsite delays on the day. Please visit ottawariverkeeper.ca/earthday2025 to register. The form includes a waiver and photo release. There will be a paper version onsite for last-minute attendees.

As Friends of the Park work with the City’s Clean Up the Capital program, some bags and gloves are provided onsite, along with buckets and other tools provided by Ottawa Riverkeeper. Please feel free to bring your own gardening gloves, buckets, and grabbers if you have them. Last year we had a great turnout and collected many



Katherine Lloyd, Amin Saffari-Fard and Coco.

Photo by Karen Squires

bags of garbage throughout the park and along the shorelines. As always, please avoid sharp objects such as needles, or heavy objects, etc. You can always report back any concerns to the representatives on location at registration.

Ottawa Riverkeeper has a new facility for loaning out their shoreline kits and other educational resources, so you can implement your own community cleanup activities. Visit ottawariverkeeper.org to learn more.

Friends of the Park is also liaising with the City relating to more and better speed-limit signage (for cyclists) in the park to avoid further incidents. This has been an ongoing issue for some time – not only speed-limit violations, but also for cyclists using the gravel pathways intended for pedestrians only. A meeting was held on Mar. 17 with the City’s Pedestrian and Cycling Safety Coordinator Amin Saffari-Fard to review enhanced cycling signage to educate users about speed and safety. Amin has confirmed removal of branches and shrubs to improve bike signage visibility plus additional signage for “No Bikes Allowed” on gravel path-

ways. In general, signage will be reviewed relating to appropriate location and wayfinding. There will also be pic-

togram pavement markings at entry points to the main pathways to indicate bikes yield to pedestrians, etc.

For many years, there has been a Park Trust in place to support initiatives in the park, but it has not been used for quite some time. As such, we are liaising with CRA to determine if this Trust can be maintained; we welcome ideas and advice.

As of publication time, we are still waiting on a few more updates on the Memorial Meadow regeneration (at Stanley Park) from Ecology Ottawa. In the meantime, team member Sharon Boddy reached out as we were just going to press with some updates – see contact information below should you wish to get involved.

Volunteers needed in Stanley Park

Ecology Ottawa, together with community partners, needs your help to remove invasive vegetation from Stanley Park, and prepare for replanting with native species. This work is part of a Memorial Garden dedi-

cated to two residents and will be opened later this year. Work-days will be scheduled throughout April and May on both weekdays and weekends. Young or old, all are welcome, and training will be provided onsite. We will also be able to sign for student volunteer hours. If you’d like to be on our volunteer list, email project coordinator Sharon Boddy at Sharon.Boddy@teksavvy.com for all the details pertaining to this project.

Karen Squires and Katherine Lloyd both sit on the NECA Board and represent Friends of the Park.

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Councillor King's spring report



Rawlson King
City Councillor, Ward 13

I'm pleased to provide an update concerning significant investments and improvements coming to New Edinburgh. I recently mailed out a comprehensive householder report that details all ward projects, but I wanted to highlight the developments specifically affecting our community.

A key priority for our area is the revitalization of Beechwood Avenue. This year, City staff will begin to conduct a functional design of the street, which is the first comprehensive step to fix the disjointed public realm along Beechwood Avenue and examine holistic solutions to address the missing active transportation links along the Beechwood/Hemlock corridor. Planning and design work will examine complete sidewalk replacement from the Vanier Parkway to

Beechwood Cemetery. This project will also examine burying hydro lines and/or the removal of poles on the right of way. The City has allocated a budget of \$400,000 for this project, which is the first step towards transforming Beechwood Avenue into a complete street.

Another significant upcoming project is the \$400,000 investment secured for the St. Patrick Street Bridge. This multi-year, multi-million-dollar project is currently in its preliminary design stage and will involve a complete lifecycle renewal of the bridge to extend its service life. The project will include active transportation modifications on the bridge and in the approaches for a designated unidirectional cycling facility along both sides of St. Patrick Street and the integration of dedicated

cycling connections to adjacent routes. Construction is expected to begin in mid-April, pending agreeable weather.

In 2024, the City invested in updating the New Edinburgh Park Fieldhouse. Through the operating budget, City staff arranged for the installation of accessible washroom doors and the Fieldhouse interior will receive a fresh coat of paint. New anti-slip, waterproof, rubberized flooring was recently installed to better serve those who enjoy using the nearby outdoor rink. Additionally, City staff are planning to install acoustic panels and room dividers inside the Fieldhouse to improve the facility's operations and benefit the many programs that use this valuable community space.

To improve quality of life, I am particularly proud of our progress on our City's recently approved Poverty Reduction Strategy, which focuses on food security, employment, financial security, and economic development. In the 2025 budget, \$30.8 million was allocated to support more

than 100 non-profit social service agencies to address the root causes of poverty.

As always, please visit rideau-rockcliffe.ca to sign up for my weekly electronic newsletter and stay informed about these and other initiatives affecting our community. All my annual householder reports are available on my website.

**

Je suis heureux de vous faire part de cette mise à jour concernant les importants investissements et améliorations à venir dans le secteur de New Edinburgh. J'ai récemment envoyé par la poste un rapport complet qui détaille tous les projets du quartier, mais je voulais souligner les initiatives qui touchent spécifiquement notre communauté.

Une priorité clé pour notre secteur est la revitalisation de l'avenue Beechwood. Cette année, le personnel de la Ville entamera la conception fonctionnelle de la rue, ce qui constitue la première étape globale pour réparer le domaine public décousu le long de l'avenue Beechwood et examiner des solutions holistiques pour remédier à l'absence de liaisons de transport actif le long du corridor Beechwood/Hemlock. Les travaux de planification et de conception porteront sur le remplacement complet des trottoirs de la promenade Vanier au cimetière Beechwood. Ce projet portera également sur l'enfouissement des lignes électriques et/ou l'enlèvement de poteaux sur l'emprise. La Ville a alloué un budget de 400 000 \$ pour ce projet, qui constitue la première étape vers la transformation de l'avenue Beechwood en une rue entière.

Un autre projet important à venir est l'investissement de 400 000 \$ obtenu pour le pont de la rue St-Patrick. Ce projet pluriannuel de plusieurs millions de dollars

en est actuellement à l'étape de sa conception préliminaire et comprendra une réfection complète du cycle de vie du pont afin de prolonger sa durée de vie. Le projet comprendra des modifications en matière de transport actif sur le pont et les approches, pour mettre en place des voies cyclables unidirectionnelles désignées le long des deux côtés de la rue St-Patrick ainsi que des installations cyclables permettant de rejoindre les voies adjacentes. Les travaux devraient commencer à la mi-avril, et ce, en fonction des conditions météorologiques.

En 2024, la Ville a investi dans la modernisation du nouveau pavillon du parc New Edinburgh. Grâce au budget de fonctionnement, le personnel de la Ville a organisé l'installation de portes de toilettes accessibles et l'intérieur du pavillon recevra une nouvelle couche de peinture. Un nouveau plancher caoutchouté antidérapant et imperméable a récemment été installé pour mieux servir les utilisateurs de la patinoire extérieure à proximité. De plus, le personnel de la Ville prévoit installer des panneaux acoustiques et des séparateurs de pièces à l'intérieur du pavillon afin d'améliorer les activités réalisées au pavillon et qui profiteront aux nombreux programmes qui utilisent ce précieux espace communautaire.

Pour améliorer la qualité de vie, je suis particulièrement fier des progrès que nous avons réalisés dans le cadre de la Stratégie de réduction de la pauvreté récemment approuvée par notre Ville, qui met l'accent sur la sécurité alimentaire, l'emploi, la sécurité financière et le développement économique. Dans le budget de 2025, 30,8 millions de dollars ont été alloués pour aider plus de 100 organismes de services sociaux sans but lucratif à s'attaquer aux causes profondes de la pauvreté.

Comme toujours, veuillez consulter le site rideau-rockcliffe.ca pour vous inscrire à mon bulletin électronique hebdomadaire et rester informés de ces initiatives et d'autres qui touchent notre communauté. Tous mes rapports annuels sont disponibles sur mon site Web.

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In the age of disruption, where does climate policy stand?

Continued from page 1

do not lose their jobs, said Meredith.

Employment insurance (EI) is the wrong policy tool for addressing job losses from a trade war given it is too broad-based a program, he suggested. Instead, it is far better to make sure people do not lose their jobs in affected sectors by means of a wage insurance or subsidy program.

If tariffs and a trade war worsen the affordability crisis, the need to curb public spending and manage inflation is a pragmatic approach, said Karen Restoule, a senior fellow at Macdonald-Laurier Institute, and self-described Conservative.

Climate action and energy poverty

When the discussion turned to climate action and the end to the carbon tax rebate cheques, Restoule said those cheques were not helpful to people who make very little money and cannot afford to pay extra (tax) on the front end.

People who are low-income,



however, are hurt the most by climate change, noted panelist Kathleen Monk, former director of communications to NDP leader Jack Layton.

Monk urged action on climate and cited energy poverty as a real challenge. Supporting the retrofitting of homes to make them more energy efficient, recognizing that heat pumps do work for a large portion of Canadians,

would help make emissions reduction more affordable for people, she said.

Local policy responses could also be climate responses

On the same day as this panel discussion, a set of local policy approaches was sent in a letter to Mayor Sutcliffe on the City's response to U.S. tariffs. The letter was from the Peoples Official Plan

Coalition (POP Coalition), whose member organizations want to make Ottawa an inclusive, affordable, and liveable city for all.

Strengthening local food sovereignty, local energy sovereignty, and the local circular economy are the three areas for City action recommended by the POP Coalition – and those areas also address climate change.

On the topic of food sovereignty alone, the POP Coalition urged the City to work with local non-profit Just Food to benefit from their long-standing economic development expertise in support of food and farming businesses.

If you're keen on learning more about local food producers, check out Just Food's Savour Ottawa Buy Local Guide online.

Buying Canadian and shopping locally is just the spirit we need in these times.

Sarah Anson-Cartwright lives in New Edinburgh and is a member of the New Edinburgh Community Alliance (NECA) Board.

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Thank you, New Edinburgh!



Lucille Collard
MPP Ottawa-Vanier

Thank you to the people of New Edinburgh for the strong majority support I received in the recent 2025 election. During the campaign and in my work as your MPP I have focused on the key issues that matter to everyone in Ottawa-Vanier.

Too many people in New Edinburgh are without a family doctor and experiencing unacceptable wait times for emergency rooms and specialist treatment. I am advocating for common-sense solutions that are within reach to license and educate more doctors and nurses, and to better support the professionals who do the essential work of keeping us healthy. I have successfully secured funding for a new Nurse Practitioner-Led Clinic in

Ottawa-Vanier, which is one small step toward resolving the severe healthcare deficit in the east of Ottawa.

I know that the people of New Edinburgh are supportive of a vision for this province that includes well-funded public schools, a serious approach to climate change, and measures to make housing more affordable. I pledge to represent your interest in building a more prosperous, fair and inclusive society.

I visit New Edinburgh regularly for community events, and I hope to speak with many residents there in the next few months. If you see me around, don't hesitate to come up and talk to me! Strong local representation is my priority, and a key part of that is being present in the

community and having conversations about the improvements we would like to see.

As your MPP I am here to represent you and listen to you. If you have any questions about my positions, or opinions on the provincial government that you would like to share, don't hesitate to reach out to my office at lcollard.mpp.co@liberal.ola.org.

**

Je tiens à remercier les résidents de New Edinburgh pour le soutien majoritaire qu'ils m'ont accordé lors de la récente élection de 2025. Pendant la campagne et dans mon travail en tant que députée provinciale, je me suis concentrée sur les enjeux clés qui importent à tous les habitants d'Ottawa-Vanier.

Trop de gens à New Edinburgh n'ont pas de médecin de famille et subissent des temps d'attente inacceptables aux urgences et pour des traitements spécialisés. Je préconise des solutions de bon sens qui sont à portée de main pour autoriser et former plus de médecins et d'infirmières, et pour mieux soutenir les

professionnels qui effectuent le travail essentiel pour nous garder en bonne santé. J'ai réussi à obtenir le financement d'une nouvelle clinique dirigée par des infirmières praticiennes à Ottawa-Vanier, ce qui constitue un petit pas vers la résolution du grave déficit en matière de soins de santé dans l'est d'Ottawa.

Je sais que les habitants de New Edinburgh soutiennent une vision pour cette province qui comprend des écoles publiques bien financées, une approche sérieuse au changement climatique et des mesures visant à rendre le logement plus abordable. Je m'engage à représenter vos intérêts dans la construction d'une société plus prospère, plus juste et plus inclusive.

Je visite régulièrement New

Edinburgh pour des événements communautaires et j'espère m'entretenir avec de nombreux résidents dans les prochains mois. Si vous me voyez dans les parages, n'hésitez pas à venir me parler! Une représentation locale forte est ma priorité, et un élément clé de cette représentation est d'être présente dans la communauté et d'avoir des conversations sur les améliorations que nous aimerions voir.

En tant que députée provinciale, je suis là pour vous représenter et vous écouter. Si vous avez des questions sur mes positions ou des opinions sur le gouvernement provincial que vous aimeriez partager, n'hésitez pas à contacter mon bureau à lcollard.mpp.co@liberal.ola.org.



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Getting set for summer fun at ONEC

By Daniel Chrétien

Ottawa New Edinburgh Club (ONEC) is gearing up for an unforgettable 2025 summer season!

ONEC is a place where our members are the heart of the club, and sports are our passion. It's an inclusive community where you'll feel an immediate sense of belonging, thanks to our friendly members, dedicated volunteers, and welcoming staff. Here, you'll forge new friendships and rekindle old ones, creating connections that will last a lifetime. All of this happens while you enjoy healthy activities in the great outdoors, whether by the serene river boathouse or amidst the enchanting woods of our tennis courts.

Exciting return to River House

We are thrilled to announce the return to River House and even more opportunities for you to enjoy! This season don't miss our Voyageur Canoe outings – a fantastic way to explore our beautiful waterways and create lasting memories with

friends and family. Join us for trips from the NCC River House to Rideau Falls and the Parliament district on Thursday evenings and Saturday mornings. Register at onec.ca or email info@onec.ca to schedule an outing with our Paddle Canada-qualified leaders for your group of 5–18 people.

Summer camp highlights

Our summer camp is back and better than ever! Starting Wednesday, Jul. 2, and running until Aug. 29, these camps are the perfect way for kids to enjoy an action-packed summer filled with fun activities and new friendships.

Popular camps for kids aged 7 and up are filling up fast! Programs in sailing, tennis, rowing, and kayaking are available. New this year, Voyageur Canoeing to Rideau Falls in 24-foot Rabaska canoes is included in the rowing and kayaking camps. Visit onec.ca/onec-camps for rates, details and registration.

Memberships

ONEC membership offers access to programming and facilities for the entire season in your choice of tennis, sailing, rowing, and paddling. Enjoy discounts for adding additional sports to your membership, and special rates for families, young adults (aged 18–30) (50 per cent off), and youth under 18 (75 per cent off).

Adult lessons and clinics

“Pay as you play” programming for adults is open to all – no membership needed. This includes Paddle Canada kayak and stand-up paddleboard clinics, as well as tennis private and group lessons. Find details and registration links for these programs, as well as for beginner sailing and rowing instruction, at onec.ca.

Social events and special activities

We are excited to highlight the social side of our community with a variety of events and activities:

Friday BBQs – Join us every Friday for a delicious BBQ and a chance to relax



Photo courtesy Daniel Chrétien

ONEC Kayakers

and socialize with fellow members.

Tennis tournaments – Show off your skills or cheer on your friends in our exciting tennis tournaments.

Sailing regattas – Experience the thrill of sailing in our competitive and fun regattas.

Canada Day events – Celebrate with special paddles and rows and enjoy the festive atmosphere.

Balloon Festival paddles

and rows – Don't miss the spectacular Gatineau Hot Air Balloon Festival, where you can paddle and row while enjoying breathtaking views of the hot air balloons.

With something for everyone, we look forward to welcoming you to come play at ONEC!

Daniel Chrétien is the Director of Marketing and Communications at ONEC

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Elmwood's first book club for parents review: *The Anxious Generation*

By Jennifer Irwin-Jackson

In late January, a group of engaged and curious parents gathered in Elmwood School's Learning Commons for the inaugural Elmwood School Parent Book Club meeting. The chosen book? Jonathan Haidt's thought-provoking bestseller, *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness*.

Haidt, a social psychologist and professor at NYU's Stern School of Business, is known for his work on morality, politics, and culture. In *The Anxious Generation*, he examines the dramatic shifts in childhood development brought about by the rise of digital technology.

The digital dilemma: A growing concern for parents

Since its publication in March 2024, *The Anxious Generation* has fueled discussions in schools and homes across the country. Many parents have expressed growing unease about the effects of smartphones and social media on their children. Attention spans appear shorter, children seem less comfortable with boredom, and free outdoor play has become less common. Mental health indicators, particularly among girls, suggest a troubling trend.

While every generation of parents faces unique challenges, many believe the smartphone era presents unprecedented difficulties. The concern isn't just about screen time; it's about what digital engagement is replacing: real-world social interactions, play-based learning, and independence.

Thought-provoking discussion led by Elmwood experts

Elmwood's Director of Health, Safety & Wellness, Francie Marchard, and Director of Student Success, Katie Fraser, led the discussion with the help of lead teachers in the Junior, Middle and Senior School. The session was animated, with parents eager to share their own experiences and concerns while reflecting on Haidt's key themes:

- The decline of play-based

childhood – Reduced unsupervised outdoor play has limited opportunities for children to develop resilience, coping skills, and risk-taking abilities.

- The impact of smartphones and social media – Haidt argues that their introduction in the early 2010s led to four major harms: social deprivation, sleep deprivation, attention fragmentation, and addiction.

- The rise of overprotective parenting, aka: "safety-ism" – A well-intended but overly cautious approach to parenting has shielded children from manageable risks, depriving them of the resilience they need to navigate life's challenges.

A complex issue with many perspectives

While Haidt's perspective is compelling, the discussion also acknowledged the nuances of the debate. Some parents pointed out the difficulty of distinguishing between correlation and causation: are children struggling because they spend too much time online, or are struggling children more likely to seek refuge in digital spaces? We also know that other stresses – including economic instability, academic pressure, and climate anxiety – are affecting youth mental health.

Moreover, for some marginalized youth, social media can serve as a crucial support system, offering a sense of belonging and community that may be harder to find in their immediate surroundings. Recognizing this complexity is key to fostering a balanced approach to digital engagement.

Solutions and Elmwood's approach to digital wellness

Haidt offers several concrete recommendations for mitigating digital harm:

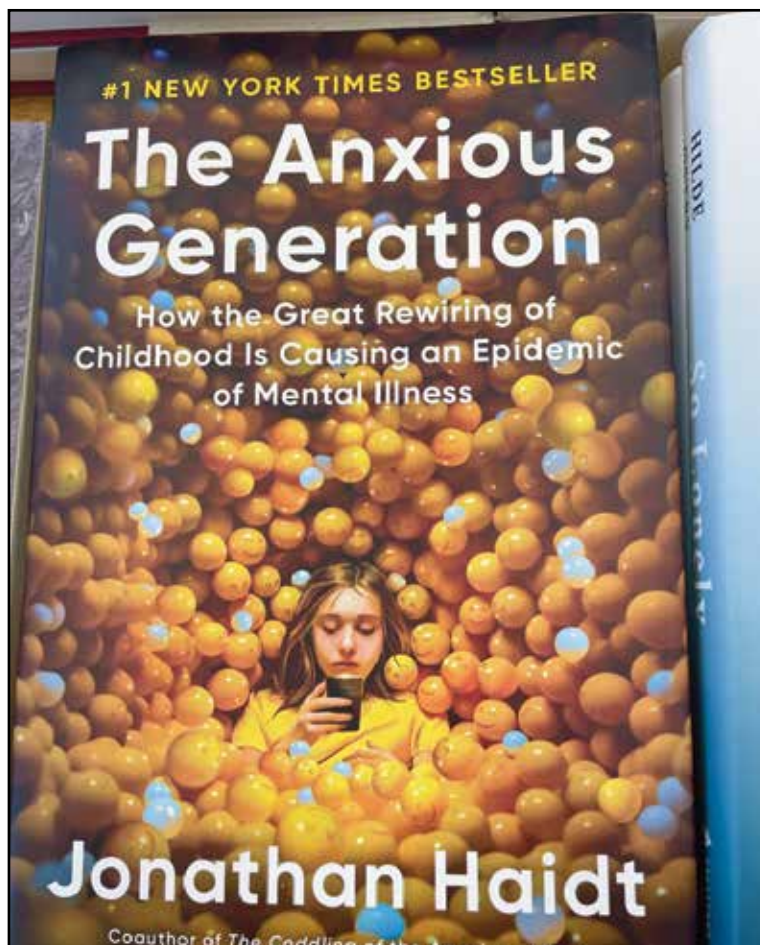


Photo by Karen Squires

Copies are available at Books on Beechwood.

- Delay smartphone ownership: Encourage children to use basic phones or communication watches instead of smartphones until high school.

- Postpone social media use: Advocate for raising the minimum age for social media engagement to 16, with proper age verification measures.

- Implement phone-free school environments: Promote focused learning and in-person interactions by removing phones from classrooms and study spaces.

- Encourage unsupervised play and independence: Provide more opportunities for outdoor, mixed-age play to build independence and social skills.

At Elmwood School, these ideas align with existing policies. Cell phones are not permitted in the Junior

and Middle School, and in the Senior School, usage is restricted to designated areas.

This approach scaffolds digital responsibility, helping older students develop a healthy relationship with technology over time.

A successful first session—and more to come

The enthusiastic response to this first Parent Book Club suggests a community eager to understand and address the challenges – digital and otherwise – facing young people. As one parent put it: "We're not just talking about screen time, we're talking about preparing our children for a digital world that many of us are only coming to understand."

The conversation continues, with Elmwood School committed to hosting more Parent Book Clubs that tackle the issues facing today's families.

Helpful tools

- mediasmarts.ca
- waituntil8th.org
- betterscreentime.com

Jennifer Irwin-Jackson is the Director of Marketing and Business Strategy at Elmwood School and lives in New Edinburgh with her husband and daughter.


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BURGH BUSINESS BRIEFS

By Jane Heintzman, Randy Mar, and Daniel Hébert



Photo by Philippe Marchand

Metro Store Manager Nate Huntjens.



Photo courtesy Randy Mar

Ali O'Connor; Beechwood Pilates Studio.

Tariff Impacts on Local Businesses

Since the Trump Tornado touched down with full force in late January, many of us feel as if we've been swept up and abruptly dropped down in the Land of Oz: a world in which the familiar framework of relative stability, predictability, reliable partnerships, and longstanding alliances has been turned on its head.

Since the early days of his presidency, Donald Trump has had Canada squarely in his sights. He has disparaged our leaders with derisive references to "Governor Trudeau." He has complained of Canada's unfair advantage under the renegotiated North American Free Trade Agreement. He has criticized our alleged laxity in controlling the flow of fentanyl and other illegal drugs across our border. And he has mused repeatedly about his aspirations to absorb our country as the 51st state. The threat from the Trump administration which now looms largest in the lives of Canadian families, businesses, and government leaders is the imposition of 25 per cent tariffs on Canadian exports to the U.S., with more to come on steel and aluminium products.

The positive outcome of these belligerent postures and punitive economic measures has been to unify Canadians in a determined push-back against this hostile treatment. At the federal level, retaliatory tariffs on U.S. imports are in the offing, and among

individual Canadians and families, the commitment to Buy Canadian has ramped up dramatically. A recent Angus Reid survey indicated that 85 per cent of Canadians have already replaced, or are planning to replace U.S. imports with locally sourced consumer products. Almost half of those surveyed also plan to cancel travel plans to the U.S., as well as to switch their online purchases to non-U.S. suppliers.

Ground zero in our national efforts to push back against the tariffs is the grocery store. Ninety-eight per cent of Canadians surveyed by Angus Reid are committed to Buying Canadian whenever possible, or to finding a non-U.S. substitute if no Canadian sources are available. The major grocery chains, including Metro, Sobeys, Loblaws, and Longo's have responded to this tide of consumer resistance by launching concerted campaigns to promote Canadian products.

In our own neighbourhood, Beechwood Metro Manager **Nate Huntjens** confirms that the demand for locally sourced and non-U.S. items has ramped up since the tariff threat. Although he also notes that our community has always favoured Canadian products, even before the Trump administration's aggressive actions. Says Nate: "they were already switching to Canadian purchases." But based on daily feedback from customers, Nate concedes that level of

concern and resentment has escalated notably, and that Buy Canadian is now a top priority.

Metro is now prominently featuring locally-sourced products and Nate is happy to report that the store has tripled its purchases from these close-to-home suppliers, and is actively seeking produce suppliers to replace U.S. imports through the winter season. Nate doesn't foresee a return to "business as usual" anytime soon. "I think it's going to be a long-term thing," he concludes, so the push to Buy Canadian may be here to stay.

Metro is not the only Beechwood business to scale up its Canadian purchases under the Trump tariff threat. **Dhruvees'** owner **Donald Wingell** was recently featured in an *Ottawa Citizen* article declaring his commitment to being "the first restaurant in this neighbourhood to go all-Canadian."

Dhruvees had already made headway on this objective, purchasing its chicken from Maple Lodge Farms in Brampton, and its lamb and goat from producers in Ontario and Quebec. But Wingell has now switched his purchases of fruits and vegetables from wholesalers such as Costco and Sysco to Canadian supermarkets such as FreshCo, Green Fresh, and Produce Depot. Among other changes at the restaurant, U.S.-based Tropicana fruit juice has been dropped in favour of Oasis products

from Quebec-based Lassonde Industries Inc., and U.S. owned Kraft cheese products are off the Dhruvees list, replaced by Canadian-sourced Saputo and Black Diamond cheeses.

Troubling as the new climate of U.S.-Canada relations may be, the strong impetus it has inspired to support and promote Canadian businesses, and to reduce our dependence on our powerful neighbour, is a welcome silver lining in a very dark cloud. —JH

Body Wellness on Beechwood

Would you have guessed that you could find a dozen businesses in the neighbourhood focused on keeping folks active and fit? It's true! You'll find a range of small, local businesses offering personal training, massage, chiropractic, sport injury recovery, mobility, and other body wellness services!

Let's run through them, in no particular order:

Beechwood Village Chiropractic – 61 Beechwood Ave.

Celebrating 30 years serving clients, Beechwood Village Chiropractic bills itself as a "Family Wellness Clinic." A three-person team offers chiropractic, massage, naturopathic, and pediatric (pre- and post-natal) care, as well as custom orthotics.

Rockcliffe Chiropractic – 1 Springfield Rd.

With the door to its second-

floor space tucked up next to Edinburger, Rockcliffe Chiropractic keeps a low profile. But it offers a wide range of focused chiropractic, personal training, sports injury, and massage services. The staff includes two doctors of chiropractic, a registered massage therapist, and a certified personal trainer, and the team holds additional team certifications in Functional Integrated Acupuncture and SmartTools (shockwave) soft tissue therapy. Dr. Pierre Brunet currently is the Team Chiropractor for the Ottawa BlackJacks basketball team and the Ottawa Champions baseball team.

Align Massage Therapy Lindenlea – 137 Beechwood Ave.

Part of the Align Massage Therapy family of seven clinics across Ottawa, Align Lindenlea has been housed in the former Oresta space on Beechwood for the past two and a half years. Local owner Krista Dicks and her team of 10 Registered Massage Therapists (RMTs) offer therapeutic, craniosacral, indigo head, lymphatic, and prenatal massages, and reflexology along with an acupuncture and massage combination treatments.

Pilates on Beechwood – 140 Beechwood Ave.

This boutique studio in the St. Charles Development has eight Reformers and six Wunda Chairs. Clients can participate in either group classes or private and semi-private sessions. This location and its sister studio in the Glebe are both affiliated with The Mat Lab, combined Pilates and yoga studios.

Belanger Massage – 123 Beechwood Ave.

Established in 2009, and one of three Anna Belanger & Associates locations, this studio offers clients quality, personalized treatments by a certified team of RMTs. Among the services offered are deep tissue, sports, therapeutic, relaxation, and pre- and post-natal massage. Also available: reiki and scar tissue therapy, lymphatic drainage, acupuncture, and cupping.

Bellefleur Physiotherapy – 2 Beechwood Ave.

Founded by Jason Bellefleur, the Beechwood clinic provides a wide range of bilingual physical therapy services for active adults 45+ as well as seniors. Services provide relief from back and sciatica, knee, neck, shoulder and other aches and pains restricting movement and activities. Also available: acupuncture and virtual consultations. Prospective clients can book a free, in-person “discovery visit” or consultation call with a physiotherapist.

Sante Health Beechwood (Chartwell) – 3-35 Beechwood Ave

Hidden away on the third floor of the New Edinburgh Square building is a 14-person team of practitioners offering a range of services including naturopathic medicine, osteopathy, massage therapy, acupuncture, psychotherapy, somato emotional therapy, cranio-sacral therapy, Roling structural integration, and nutrition counselling.



Photo by Randy Mar
Front entrance to Align Massage Therapy on Beechwood Ave.

Beechwood Ave

Offering 24-hour access, Anytime Fitness is a chain of more than 5,000 gyms in Canada and the U.S. Fitness equipment and machines include treadmills, ellipticals,

integrated care team focused on treating musculoskeletal (MSK) pain through chiropractic and physiotherapy, neuro-optometry, occupational therapy, integrated care, and mental health. Disciplines include chiropractic, physio and occupational therapy, sports medicine, optometry, psychology, and acupuncture.

Ottawa Chiropractic Studio – 1-53 Marier Ave

Dr. Melanie Stewart and her staff of licensed chiropractors offer customized chiropractic adjustments and manipulations aimed at promoting fast and effective pain relief, rehabilitating injuries, supporting proper body function, and restoring health. Services include therapeutic exercise, nutrition counselling, kinesio taping, soft-tissue therapy, and myofascial release techniques.

PTI Physiotherapy – 90 Genest St.

The Physical Therapy Institute is a home-based physiotherapy clinic headed by Pamela Siekierski who focuses on movement, posture, and core strength. Operating as a sole practitioner since 1995, Pam built upon her home-care experience and became certified in numerous mobility modalities to support clients through a variety of pain and mobility therapies, whether for chronic pain, return to play, or even palliative care.

ChiroHouse – 125 Beechwood Avenue

Prenatal, pediatric, family, and general chiropractic services located on the second floor with an entrance adja-



Photo by Daniel Hébert

See content for Anina's Cafe on the next page - a twenty minute walk from Beechwood and Vanier Parkway.

Athlete's Care Sports Medicine – 222 Beechwood Ave

Located in the Kavanaugh condo complex, Athlete's Care focuses on injury rehabilitation and recovery, whether in-studio or through virtual services. Services include orthotics, acupuncture and dry needling, physiotherapy or chiropractic manipulation, ergonomic evaluations, shockwave therapy, support bracing, laser therapy, and fascia release. Of note, concussion evaluation and management support is also available.

Anytime Fitness – 5

cycles, stair climbers, rowers, free weights, and power racks, and services such as personalized fitness evaluations and plans. The second-floor gym with a wall of west-facing windows is located at the corner of Beechwood and Crichton, with security-fob access from the combined Guardian/Royal Oak/Anytime Fitness parking lot. Would-be members can enjoy a free trial session, and at the time of publication, a free seven-day pass.

Beechwood Physical Medicine (BPM) – 9 St. Charles Street

Opened in 2022, BPM is an

Continued on page 16

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Continued from page 15

cent to Belanger Massage. The team advocates a nervous system-based approach to health care and offers free consultations

We hope you find a service that will support you along your road to health and wellness! Our next edition will feature a listing of mental health, personal grooming, and other mind-and-body wellness services in New Edinburgh. Meanwhile, stay healthy and well! –RM

Editor's note: while we have endeavoured to compile as accurate a listing as possible, we apologize if we've inadvertently missed a physical health and wellness service in the neighbourhood. Please contact us and we will ensure a listing in our next edition.



Photo by Philippe Marchand
Chiqui Bakery owners Mario Valencia and his wife Jessica Perez along with little sister Lluvia.

Enjoying Local Fooderies

As we shake the snow off our boots and switch to spring footwear, I look forward to our upcoming longer walks, especially the ones with a destination. New Edinburgh and the areas within a short walk are home to fabulous fooderies. Most times, I use Google Reviews and Trip Advisor to discover new places to eat, but not every business pays for the additional features.

When I recently used ChatGPT to suggest local restaurants for an inexpensive brunch location, I was surprised to discover a new café at 280 Joffre-Bélanger Way called **Anina's Café**. It is a short 20-minute walk from the corner of Vanier Parkway and Beechwood Avenue. This is possibly my best discovery in the past year or so. After looking around the place for 15 minutes, we had to take our seats as the food arrived. The Two-Egg Breakfast came loaded with ground pepper. The side of beans came with onions, peppers, and bacon, and had a nice, smoky taste. Meanwhile, the pancakes were thick and some of the best we've ever tried. We will definitely make this a regular brunch destination.

Within walking distance from the St. Patrick Bridge, there are many other hidden gems. Take for instance **JnJ Bakery Café** at 62 Barrette St. (a five-minute walk) located inside the **Mr. Poké**; it serves Korean Bulgogi Croquettes, Korean Chicken Curry Croquettes, and an all-day breakfast. A little further is **Toasty Arepas** at 51 Marier Ave. (a 12-minute walk) with its Colombian-Style and Venezuelan-Style Empanadas in addition to its arepas; a type of round, flat cornmeal cake with a soft and slightly crumbly inside and a golden, crispy exterior.

Those wanting longer walks can try **Explosions Persian Style** at 293 St. Laurent Blvd. (a 37-minute walk) where you will find Persian and Canadian food; the Explosions Fries is a thrilling fusion of crispy French fries, succulent deli meat, and

a decadent cheese shower, all harmonized by a zesty culinary sauce. Speaking of fusion, **WOW India** at 159 Montréal Road (a 16-minute walk) offers a handcrafted menu of Indian classics, as well as Italian cuisine and Chinese cuisine combined with Indian flavours for an exquisite twist. More fusion and more Indian food can be found across the street; inside Cadman's Bagels, **Amritsari** at 150 Montréal Rd. (a 17-minute walk) offers a fusion of Indian and Mexican cultures: a burrito available with Butter Chicken, Curry Chicken, or Shahi Paneer as the vegetarian option.

If bakeries are more your style, try **Ottawa Naan** at 64 Beechwood Ave. (a four-minute walk) for authentic Iranian delights, including their specialty, Sangak which is not naan but rather an irregular shape bread with a crispy crust and a soft, chewy interior that is topped with seeds for added flavour. The bakery also serves Dizi, a traditional Iranian stew made with meat, onions, potatoes, tomatoes, peas, and white beans. Another unique spot is **Chiqui Bakery** at 29 Marier Ave. (a 10-minute walk) whose baker comes from Guadalajara, Mexico.

Finally, if you are in the mood for a Canadian menu, I invite you to cross the St. Patrick Bridge to find **Bamm's Snack Shack** at 74 Cobourg St. (a nine-minute walk) for an ever-changing menu. Imagine Cheeseburger Eggrolls or a Mac 'N Cheese in a popcorn cream, topped with Doritos.

Keep in mind that locally owned small businesses often need to close midweek and many have abbreviated opening hours, so please check in advance to ensure your destination is open. The trick to eating at all these places is the walking part offsetting the caloric intake. Let's keep it local. *Bon appétit!* –DH

All distances and walking times above begin from the St Patrick Bridge at the intersection of Vanier and Beechwood.

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Ottawa Rowing Club celebrates a season of success; welcomes new rowers

By Grayson Gray

The Ottawa Rowing Club (ORC) is celebrating a remarkable season, marked by national recognition, coaching excellence, and outstanding athlete achievements. But more than just a high-performance training ground, the ORC is a vibrant community that welcomes rowers of all ages and skill levels, from seasoned competitors to those just discovering the sport.

The club's dedication has earned significant accolades, including four prestigious awards at Rowing Canada's Excellence Awards. The coveted "Club – Outstanding Achievement of the Year Award" highlights the ORC's commitment to providing a supportive and high-performance environment. This national recognition underscores the club's dedication to fostering a love of rowing at every level.

Adding to the list of accomplishments, Aidan Hembruff was selected as the national Under-23 (U23) Athlete of the Year, and seven other ORC rowers and alumni were recognized for their success on the international stage, showcasing their dedication and high-quality training. These successes inspire and moti-



Photo by Zak Lewis

Ottawa Rowing Club

vate all members of the ORC community. The club's head coach, Zak Lewis, was selected for the prestigious Made in Canada Coaching Program. This selection emphasizes the club's focus on developing top-tier coaching talent, benefiting everyone from elite athletes to those just starting out.

Beyond competitive success, the ORC is passionate about making rowing accessible and inclusive. They work actively to dispel the myth of rowing as an elitist sport, reaching out to the community and expand-

ing programs for youth and Special Olympics athletes. The club is particularly enthusiastic about welcoming new members of all ages and backgrounds. Whether you're looking to compete at a high level or simply enjoy the camaraderie and fitness benefits of rowing, the ORC has a program for you. They offer a variety of entry-level programs designed to intro-

duce newcomers to the sport in a fun and supportive environment.

The Ottawa Rowing Club's recent achievements are a testament to the hard work and dedication of its athletes, coaches, and volunteers. If you've ever considered trying rowing, the ORC encourages you to reach out and discover the sport for yourself. They'd love to welcome you to the

rowing community! With a strong foundation and a clear vision for the future, the ORC is poised for continued success – both on the water and in building a thriving rowing community.

Grayson Gray is a dedicated member of the Ottawa Rowing Club's senior men's team and VP Competitive, with a lifelong connection to rowing.



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Crichton Community Council bids farewell to winter

By Helin Burkay and Loïc Berthou

Family Day Rink Festival

The CCC revived the winter tradition of bringing people together to participate in outdoor activities. Members of the community enjoyed a fun-filled afternoon of skating, curling, music, and hot chocolate for the CCC Family Day Rink Fest on Feb. 17. The festival was even better with Team Canada's win against Finland in the thrilling Four Nations Cup game projected on the CCC big-screen. It was a perfect way to spend Family Day!

Open Mic at the Field House

Local harpist and President of Spirit of Rasputin's – Ottawa's Folk Music Society musician Susan Sweeney Hermon assembled musicians and friends to host CCC's third Open Mic Night in New Edinburgh on Mar. 15. Artists from around the community came to play in a friendly and welcoming atmosphere. The lineup was diverse and extremely talented: there was flamenco, poetry, Middle Eastern saz, Chinese erhu,



Photo courtesy Loïc Berthou

Curling on the ice rink near the Fieldhouse.

violin, and improvisation. The event was well attended and folks can expect more Open Mic nights in the coming months. Stay tuned!

Upcoming events

Bike Day – May 3: Come out and celebrate both spring

and our bike-friendly neighbourhood. See the full article in this edition!

Flower Sale – May 10: Spring will come sooner than we think. Mark your calendars to buy hanging baskets and potted flowers in support of community initiatives.



Photo courtesy Loïc Berthou

Open Mic Night at the Fieldhouse.

CCC AGM – Jun. 11: The board of directors will share their reports. CCC invites members of the community to join the meeting: for details, please follow our Events calendar page on our website.

CCC communication

The CCC Board meets on the second Wednesday of the month at 7:30 p.m. in the Fieldhouse. Meeting times, dates or locations may change. Please email the CCC if there is a topic you would like to discuss and to confirm the meeting date: crichtoncommunitycouncil@gmail.com

Information about the CCC's initiatives and events can be found on the New Edinburgh neighbourhood website (newedinburgh.ca/events); on Facebook (New Edinburgh Fieldhouse - Crichton Community Council); and on Instagram (@NEFieldhouse).

Subscribe to the CCC's email lists: perambulator-

posse.ca/mailman/listinfo/newed_perambulatorposse.ca and groups.google.com/group/new-ed-talk

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

New Edinburgh Park Fieldhouse rental proceeds and donations to the CCC contribute directly to the improvement of the facility and to neighbourhood events. The Fieldhouse is available for rent throughout the year for birthday parties, weddings, anniversaries, memorials, etc. For more information visit: newedinburgh.ca/cccfldhouse

Helin Burkay is the CCC Secretary and Loïc Berthou is the CCC Director

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Bike Day New Edinburgh returns in May

By Katie Herman and Paola Zurro

The New Edinburgh Bike Day event is back! Join our community of cyclists on Saturday, May 3 from 9:30 a.m. to 1:00 p.m. on a closed section of Stanley Avenue and inside the New Edinburgh Park Fieldhouse.

Bike sale starting at 10 a.m. – Buy or sell a used bicycle (or other non-motorized set of wheels) with the help of a volunteer. Ten per cent of all proceeds to support the CCC. Bikes for sale should be dropped off at the Fieldhouse on Friday,



May 3 between noon and 7:00 p.m. for pricing. Sellers can opt to donate unsold bikes to Vélo Vanier.

Bike show-and-tell starting at 10:30 a.m. – View the bicycles on display at the bike show-and-tell. Talk to the proud owners of different kinds of bikes and hear about their experiences ... or bring

your own bike to show off. Learn about the joy of electric cargo bikes and the rental services offered by Let's Go Cargo!

Kidical Mass Bike Ride at 10 a.m. – Participate in a family-friendly bike ride around the neighbourhood led by Kidical Mass (All children participating must be accom-

panied by an adult). **Full Cycle adjustments starting at 10 a.m.** – Have your bicycle checked and adjusted onsite at no cost by a Full Cycle mechanic. (First come, first served. Repairs can be scheduled for a later date.)

Showing of the award-winning film MOTHERLOAD

starting at 11:30 a.m. – This film captures a new mother's quest to understand the increasing isolation and disconnection of modern life, its planetary impact, and how cargo bikes could be an antidote.

Bike Café: Baked goods, coffee, and drinks available for sale throughout the event. All proceeds will go to the Vélo Vanier program run by the Centre des services communautaires Vanier.

Paola and Katie both live in New Edinburgh and volunteer with the CCC at different events.

New Plant Your Place! program

launches March 31

The City of Ottawa's new *Plant Your Place!* program makes it simple for residents to plant trees on their private residential properties. Through the City-Wide Tree Distribution stream, any Ottawa resident with space for a tree can apply to receive one at no cost. **The program**

launches at 9 a.m. on Mar. 31, and trees will be available on a first-come, first-served basis. Approved participants will be invited to pick up their trees at a Tree Distribution Event this spring and will receive guidance on proper planting and care. Want to learn more about eligibility,

planting requirements, and available tree species? Visit envirocentre.ca/plant-your-place for full details. EnviroCentre is proud to deliver the Plant Your Place! program in partnership with the City of Ottawa. Request a Tree!



Photo courtesy City of Ottawa



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Galvanizing community energy for a new era

By Sharon Nyangweso

Do you know the story of King Edward Avenue and Lowertown? It's a story of transformation – one that has shaped not just the communities around it but the city as a whole.

King Edward Avenue was once a very different place. Before it became the traffic-heavy corridor we know today, it was a lively residential street with a park running down its middle. The area was home to generations of families, small businesses, and community gathering spaces. But in the mid-20th century, the push for urban renewal and car-centric infrastructure changed everything. King Edward was restructured to accommodate heavy traffic flow, cutting through the heart of Lowertown and displacing homes, businesses, and a way of life. What

had been a neighbourhood-friendly corridor became a highway-like artery, bringing noise, pollution, and a sense of division that remains today.

As major roadways carved through Lowertown, the impact extended beyond lost homes and businesses. The reconfiguration of King Edward Avenue also placed immense pressure on the social fabric of the community. The burden of these infrastructure choices was not shared equally across the city.

This history is directly tied to another battle: one fought in a different part of the city at the same time. While King Edward was being transformed into a major thoroughfare, another plan was underway to extend the Vanier Parkway, which would have cut through green spaces and parks. That fight had a dif-

ferent outcome. Community advocacy successfully halted the project, preserving vital greenspaces and shaping the future of the surrounding neighbourhood.

These two stories converge in important ways. While one community saw its green spaces protected, another saw its residential core fractured. This contrast serves as a reminder that city planning decisions are never isolated – when one area benefits, another often bears the cost. It also challenges us to think about how we approach community advocacy today.

As we prepare to enter a new chapter in Ontario politics under another Ford government, and with an upcoming federal election set to reshape the political landscape, New Edinburgh stands at a crossroads. Regardless of which party claims power at the federal level, this is a moment to harness the energy that has long served our neighbourhood well – but also to reflect on how we might do things differently.

New Edinburgh has a deep-rooted tradition of civic engagement. The New

Edinburgh Community Alliance (NECA) itself was born from a battle to protect our greenspaces from the encroachment of the Vanier Parkway. Residents fought hard against a plan that would have cut through our parks, and in doing so, they preserved the character of our community. Thanks to that collective effort, we now enjoy the beauty and accessibility of Stanley Park and the surrounding green areas, spaces that enrich our daily lives and bring us together as a community.

This history calls on us to think critically about how we engage in community advocacy going forward. Protecting our neighbourhood is important, but we must also consider how our actions affect the broader city. As New Edinburgh continues to thrive, we cannot ignore the ongoing struggles in surrounding areas. King Edward Avenue is home to three major social service agencies that provide crucial support to vulnerable populations. Their work is essential, yet they operate in an environment shaped by decisions

made decades ago – decisions that we, as a community, were part of influencing.

This is a time for reflection and action. As governments shift and policies change, we have an opportunity to not only maintain what has made New Edinburgh a strong and vibrant community, but also to advocate for a more equitable Ottawa. How can we lend our voices and our influence to support a more balanced, sustainable vision for urban planning? How can we ensure that community activism benefits not just our immediate surroundings but also our city as a whole?

This is increasingly important as we slowly watch the development that has emerged downtown creep into our neighbourhood. Beechwood, our main street, has struggled to keep local businesses thriving. We look to Bank Street, Wellington Street, and Elgin Street with envy. In a different article, we'll be exploring why, but it's important that we not think of ourselves as an island when we are navigating challenges that other communities in the city have faced and overcome. We have much to learn from them, and vice-versa.

The energy that saved greenspaces can now be directed towards building bridges – both metaphorical and literal – with neighbouring communities. Whether it's supporting traffic calming measures on King Edward, advocating for increased investment in social services, or rethinking how major infrastructure projects are planned across Ottawa, we have a role to play.

The past has shown us what is possible when we organize and push for change. The future demands that we apply those lessons with a broader, more inclusive perspective. Let's take this moment of political transition as an opportunity to recommit to community engagement that extends beyond our borders – because a stronger, more connected Ottawa benefits us all.

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



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Helping kids develop a passion for music, one note at a time

By **Debjani Mitra**

This series is dedicated to change makers in our community. Please email Debjani Mitra at debjanimitr@gmail.com if you would like to be featured for this column or have any suggestions. In this issue: a conversation with local piano teacher and musician Keumnim Lim.

How did you get into teaching piano? Has music always been part of your life?

Back in Korea in the 1980s, my mom founded a piano school where we all lived. We had two grand pianos and 10 upright pianos. After all the students went home around 8 p.m., my brother and I were allowed to go to our secret closet and get blankets and pillows. My mom told us to keep it a secret that we were living at her piano school. Ah, the good old days!

Over the years, my mom expanded her piano school and eventually sold it to my aunt. My first job was working at my aunt's piano school. Becoming a piano teacher was a natural fit for me as I have several family members who are musicians, including an aunt who is a violin teacher and a cousin who is a violinist in an orchestra.

Growing up in South Korea, I competed at national level piano competitions along with my brother. However, the days were long and grueling. I remember one day I had a record practice time of 12 hours and 20 minutes. We ended up not pursuing careers as concert pianists because it felt like being in the Olympics all the time. Over time I realised that I enjoyed sharing my love for music, which is why I decided to pursue teaching the piano.

What is unique about your teaching style?

My style is fun and engaging. I like working with kids as they're eager to learn new things and have questions for you. Plus, they're usually willing to try new things! I love how they think outside the box, which makes teaching them fun and rewarding because I can help them think and learn in different ways.

I use the Suzuki method for Royal Conservatory of Music level students. Many of my



Photo by Philippe Marchand

New Edinburgh piano teacher Keumnim Lim poses with her students Sophie and Maya Sternadel-Terzyk.

students move on to prepare for Royal Conservatory exams. They have to memorize four to five lengthy songs before the exam. The Suzuki method buys us time, because kids will have to lis-

ten to what they're playing at exams, and this helps with sight reading, too.

For beginners, I use the Piano Adventure book. I use apps and interactive tools as much as I can to keep kids

engaged. For example, kids learn "Free Falling" from an app that's focused on Middle C, E, and G. Then we learn "Beep Beep" from the Piano Adventure paper book; that's also about learning the

Middle C and G.

I see many kids who have been learning music for years yet never master how to read musical notes. With me, your child will learn how to read treble and bass notes 100 per cent guaranteed, while having a tremendous amount of fun.

What would your students say is their favourite aspect of your classes?

"I like the sense of community. I talk to people I would have never talked to otherwise. For example, I see Maya at school every day but never talk to her. Nola, too. I only talk to them at piano and I like it." -Lucas MJ

"I like snacks and hot chocolate." -Tamara

"I like piano because it is cool and you are cool." -Lindy

Where can readers find out more about your lessons?

Please feel free to reach me at keumnim@gmail.com.

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

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For the Birds

By Jane Heintzman

As I write in mid-March, the winter's legacy of thick snow cover, ice, and chilly breezes is only now dissipating, and there are hopeful signs of spring, with lengthening daylight hours and steadily rising temperatures. In the bird world, winter's grip on our area seems to have relaxed during the annual spring migration, when birds return to their breeding territories to mate and produce the next generation. Interestingly, there is evidence that birds fly faster on the spring journey north than on their southbound travels in the fall, presumably because of the added impetus of competition for nesting territory in their summer habitat.

Birds have a variety of cues that trigger their return flight north: increasing daylight hours; warming temperatures; and potential food availability

scene, regaling us with their annual spring chorus. Keep an eye out for **red-winged blackbirds** (especially along the Rideau River in Stanley Park), **American robins** throughout the neighbourhood, **Common grackles**, and such birds of prey as **turkey vultures**, **Bald Eagles**, **Red-tailed hawks** and **Golden Eagles**.

To keep track of the species arriving in our area over the coming weeks, **Ottawa e-Bird** (ebird.org/region/CA-ON-OT) provides an up-to-date source of local reports, as does the **Ottawa Field Naturalists Club** (OFNC) (ofnc.ca/recent-bird-sightings), which also features wonderful photos of recent arrivals.

Recent Ottawa e-Bird postings from Rideau Hall, and from nearby Riverain Park and River Road, recorded a



Photo by David Howe

Hooded Merganser

on their home turf. While we can check the day-length box, until recently, we have fallen a bit short on both warmer temperatures and food availability. Such avian staples as insects have been slow to emerge from their winter hibernation or *diapause*. Seeds in many areas remain snow-covered. And worms have yet to emerge from the frozen ground.

But the picture will soon change dramatically, as temperature spikes are now in the offing. The early spring arrivals will soon be on the

wealth of bird activity, notably: **wild turkeys**, **American robins**, **ring-billed gulls**, **black-capped chickadees**, **red-tailed hawks**, **downy woodpeckers**, **white-breasted nuthatch**, **Canada geese** (yes, they're back in full force!), **mallards**, **common goldeneye**, **common mergansers**, **hooded mergansers**, **blue jays**, **American goldfinches**, **dark-eyed juncos**, **Northern Cardinals** and returning **red-winged blackbirds**.

Farther afield around the region, the OFNC's recent



Photo by David Howe

Snow Goose

reports have highlighted numerous woodpeckers such as the **red-headed**, **red-bellied**, and **Pileated**, along with **Northern Flickers**, and a collection of possibly overwintering **sparrows: chipping sparrows, white-crowned sparrows, chipping sparrows, white-throated sparrows** and **Eastern towhee**. Other recent notables from the OFNC were a solo **Canada Jay** (to cheer on our side in the tariff war?), **winter wrens**, **hermit thrush**, **gray catbird**, **house finches** and the local headliner in the birding community: a beautiful **varied thrush** in west-end Ottawa – nearly a thousand kilometres from its home base on the west side of the continent!

Our own local birding encounters have regrettably been limited by the heavy snowfall and winter conditions. Our favourite birding haunts – the Rockcliffe Parkway past the Pavilion and parts of Rockcliffe Park – have been inaccessible through the winter months, largely limiting our birding turf to local streets and our own backyard.

But the winter stalwarts have remained in the area to ensure that the show goes on. We've regularly spotted **Northern cardinals**, **black-capped chickadees**, **white-breasted nuthatches**, **European starlings**, **American crows**, including two very large individuals circling in our garden with possible plans to nest in our pine tree, **Common ravens**, active in the area around 24 Sussex Drive, and an occasional **house finch** and **American goldfinch**.

Also prominent throughout

the winter have been **pileated woodpeckers**, making their presence known with their vigorous drumming to stake out breeding territory and attract a mate, and powerful drilling to mine tree trunks for carpenter ants and other insects. We watched in amazement as a pileated drilled with machine-like power and precision into the trunk of a failing tree at Maple Lane and Mariposa Avenue. Needless to say, the hapless tree had to be swiftly removed: mission accomplished from the bird's perspective!

If you've ever wondered how a pileated woodpecker can hammer fiercely and incessantly at a tree trunk (sometimes up to 12,000 times a day!) without getting a concussion or a serious brain injury, you're not alone. Ornithologists have long studied the phenomenon, initially hypothesizing that the structure of the birds' skulls acted like a form of sports helmet to absorb the shock.

But a more recent study casts doubt on that theory. High-speed videos of the woodpeckers' hammering showed that the bird's beak, head, and brain all stop simultaneously when it hits the target, with no evidence of shock absorption. From the evidence, ornithologists have now theorized that shock absorption would actually reduce the efficiency of the drilling activity, forcing the woodpeckers to expend more energy over a longer period to accomplish their task, whether to find food or carve out a nesting hole.

It remains to be proven why and how the woodpecker's brain avoids serious injury

(research is ongoing), but it's speculated that its size and weight (700 times smaller than a human brain) may be an important factor in unravelling the mystery.

Dramatic though the consequences may be in our landscape, the pileated's drilling habits are not altogether destructive. In fact, the nesting holes they make to raise their young are later used by myriad other creatures, including squirrels, owls, songbirds, and even snakes or amphibians. Guess you could say they're avian philanthropists providing accessible, affordable housing for local wildlife in need of shelter!

Let the chorus begin

The most glorious event of the past few weeks has been the resumption of bird song, breaking through the long winter silence with cheerful and energetic songs and calls to signal the arrival of the breeding season. The **chickadee's** bright and piercing two-note calls began in late February, along with the **Northern cardinal's** signature *cheer, cheer, cheer*, irresistibly drawing the attention of passersby to its dazzling red breeding plumage.

Soon to come (though not yet heard at the time of writing) is the melodious song of the **American robin**, the babble of **house finches** and **goldfinches**, the piercing *fee-bee* of the **Eastern phoebe**, and the signature vocalizations of the **song sparrow**, **chipping sparrow** and – especially welcome at this moment in our history! – the **white-throated sparrow** with its *Oh Canada* anthem.

By mid-April, the spring



Photo by David Howe

Common Goldeneye

migration will be in full swing, with a host of species returning to our community to build their nests and raise their broods through the late spring and summer. Watch for **golden-crowned kinglets, ruby-crowned kinglets, Eastern phoebe, song sparrows, chipping sparrows, white-throated sparrows, fox sparrows, Northern flickers, brown thrashers, purple finches** and the first **warblers- pine warblers, yellow-rumped warblers and palm warblers-** among many other species, large (**osprey, Great blue heron, Great egret**) and small (**winter wren, hermit thrush and field sparrow**).

A must for bird lovers in the coming birding season is **Cornell's Merlin Bird ID** system (merlin.allaboutbirds.org). Once you download the app to your phone, you can swiftly identify all the birds sounds around you – an invaluable tool when the trees are in full foliage, and the birds become increasingly difficult to spot in their leafy

hiding places. In our experience, Merlin regularly reveals species that we had no idea were in our midst, and has corrected many a misidentification!

Reports from our readers

Local New Edinburgh birder and bird photographer **David Howe** reports that while it has been a disappointing year for winter finches, there has been no shortage of interest and excitement in the avian

landscape, notably a significant *irruption* of **Great Gray owls** and **Boreal owls**, presumably driven from their northern habitat by a scarcity of voles and other food sources. David's other highlights included a **Canada Jay** at Mer Bleue (the jay's first appearance in Ottawa in over a decade), and a nomadic **Varied thrush** in west-end Ottawa.

David looks forward to the influx of waterfowl in their bright breeding plumage, with **common goldeneye, hooded mergansers, wood ducks** and assorted others back on the Rideau River as soon as the ice breaks up.

Rockcliffe area resident **Maria de Sousa** was lucky enough to have several visits from a **Barred Owl** which recently alighted in her garden, helpfully posing for photographs as it surveyed the surroundings. Maria was alarmed on one occasion when the owl was suddenly mobbed by a throng of angry, screeching **American crows**, which are a natural enemy



Photo by Maria de Sousa

Barred Owl smiling.

of owls. Thankfully all was well, and the owl returned to her garden, unscathed and seemingly unperturbed by the noisy onslaught.

Great Backyard Bird Count: A record year

The annual **Great Backyard Bird Count (GBBC)** in mid-February, sponsored by the **Cornell Lab of Ornithology, National Audubon Society, and Birds Canada**, has grown to be a remarkable worldwide exercise in "citizen science," recording the numbers and distribution of bird populations in more than 200 countries. The 2025 Bird Count was a record year, with 8,078

different species identified; 838,113 participants from all corners of the globe; 387,652 eBird Checklists, and 611,066 Merlin IDs – more than double last year's count. In the final analysis, Canada ranked third in national participation, after the United States and India, submitting 26,420 e-Bird Checklists documenting close to 250 different species drawn for all provinces. Visit birdcount.org for more information about the GBBC.

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



Photo by David Howe

Wood Duck



Natalie's
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Aliens among us part two: They look like wildflowers

By Tony Gaston

In my last column (“There Are Aliens Among Us!” *NEN*, December 2024), I described the introduction and behaviour of invasive birds. Although very common, the introduced birds tend to be human commensals – benefiting from living alongside us, while not benefiting or harming us – and so barely affect natural ecosystems.

This is much less true of introduced plants. For a start, humans have been much more active in bringing in plants from far and wide, usually deliberately. And while a shrub or a tree may sit meekly throughout its life in the spot you have appointed for it, its seeds are constantly streaming over your fences and hedges and attempting to establish themselves elsewhere. In addition, live plants brought in will be rooted in soil that, depending on the source, may contain the seeds of other plants, not to mention the spores of fungi. If you come back from a holiday hiking in the Alps, the tread of your boots will prob-



Photo by Tony Gaston

Bladder campion



Photo by Tony Gaston

Broad-leaved helleborine



Photo by Tony Gaston

Coltsfoot

ably harbour seeds. Likewise, the mud under your wheel wells if you drive up from the United States. Seeds are very hardy propagules – plant materials used for propagation – and are made that way for a reason. In seasonal climates, the period when seeds are dispersed does not necessarily coincide with the best season for germination. Therefore, the seeds need to be able to survive for months – in some cases years – before

conditions are right for the seedlings to emerge. This is especially true of trees and shrubs, many of which produce very large seeds capable of remaining dormant for long periods.

This time, we’ll discuss the alien wildflowers among us; trees and shrubs will follow. I am concerned not with those planted deliberately to ornament our gardens, but rather those that have gone wild and are now planting themselves


wherever they can – or where they can survive. Such plants are typically called “weeds,” but I think that is unnecessarily pejorative. I prefer to call them either “escapes,” if they were brought in originally as garden plants, or as “immigrants” if they found a way to piggyback on our commerce. Together, I refer to them as “introductions.”

To find an introduced flower in Ottawa, you usually don’t have to go very

far. If you live, like me, on a typical New Edinburgh street, you may well step on one as you emerge from your house. In my case it may be the pearlwort, which grows in the cracks between the flagstones on the walkway. Or if I step on the lawn, it will probably be a dandelion – the grass may also be exotic, but that has been planted deliberately and is therefore not of concern here.

Emerging from the driveway, the street gutters and verges support a wide range of introduced plants. I dealt with some of those in a previous piece (“The Rewilding of Noel Street,” *NEN* October 2024). Of the 12 species I identified in nearby gutters, all three grasses were introductions, as well as three of the nine wildflowers. Looking farther afield, within an hour’s walk of my house, but excluding aquatic plants, I have found about 160 species of wildflowers, of which 100 are introduced, and only 60 native to Canada. Moreover, the introductions include some of the most abundant


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Photo by Tony Gaston

Red clover

and handsome, such as birds-foot trefoil; bladder campion; chicory; mullein; red clover; St. John's wort; and viper's bugloss. The only non-cultivated orchid you are liable to find locally, the broad-leaved helleborine, is likewise introduced. So is the lesser periwinkle, that provides the only colourful summer flowers in the understory of some local woods. Obviously, introductions make up a large proportion of the biodiversity in New Edinburgh and biodiversity is good.... Right?

As with so many other things, the value of biodiversity is conditional on context. Dandelions and plantains increase the biodiversity of a lawn, but many lawn-owners prefer a nice, smooth sward of grass; for them, biodiversity is negative. Likewise, although thistles have quite pleasant flowers, and will increase the biodiversity of your flowerbed, most people will not welcome them in the garden because of their spines. All the common thistle species hereabouts are introductions.

Unfortunately, not all biodiversity has an equal effect on the general health of its ecosystem. In their homelands, introduced plants coexist with an array of insects and other invertebrates, and fungi that either feed on them, or feed on other things that feed on them, creating a web of biodiversity that stabilizes the ecosystem. In many cases these dependent, or semi-dependent organisms do not make the trip to Canada, leaving the introduced plants without their herbivores, and hence less constrained than native plants. At the same time, native insects and fungi may be unable to use the introduced plants for food or protection, making the local ecosystem less hospitable



Photo by Tony Gaston

Viper's Bugloss

to natives. As the range and density of the introductions increases, local fauna and flora may become progressively rarer.

Is it all a disaster then? Well, things are probably not as bad as they might appear. As in the case of the birds, introduced plants are most prominent in human-made landscapes: road margins, gardens, parks, fields, golf courses, etc. If you go to Gatineau Park and walk in the semi-natural forests, comprising mainly native trees, you find mainly native flowers. All 29 of the wildflowers I encountered last spring in Gatineau Park were native and during my rambles there, the only introduced plant of any kind that I found, right on the park boundary, was Japanese knotweed. So, what would I say to an ecologically minded citizen who detects

introduced wildflowers in their neighbourhood? Ask yourself: do these introduced plants seem to be encroaching on native ecosystems – woodlands, swamps, meadows – or do they negatively affect peoples' comfort or convenience (e.g., are they allergenic, do they have sharp spines, do they block drainage)? If the answer to either question "yes," then taking action to reduce or eliminate the plants seems appropriate.

On the other hand, consider if there any positive consequences: do these plants enhance the area with attractive flowers or foliage? Do they provide food for birds or attract butterflies? Are they occupying a patch of otherwise bare soil and therefore reducing erosion? In those cases, and absent any actual harms, I think benign coexistence is the best policy. There are lots of positive steps you can take for conservation; taking time to eliminate harmless and often visually pleasing introductions is probably not high on the list.

Tony Gaston is a former member of the Canadian Wildlife Service. He has lived on Dufferin Road since 1980 and would welcome any comments on his articles at tony-gastonconsult@gmail.com



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St. Bart's "Coldest Night of the Year" walk raises funds for Ottawa Mission

By Gina Watson

The Church of St Bartholomew's St Bart's Walkers rallied a team from their congregation and the community to take part in the Coldest Night of the Year Walk (CNOY) to support The Ottawa Mission. This is the eighth year that St Bart's has participated in the walk.

The CNOY walk takes place every February to raise awareness of the needs of unhoused people and collect donations for the shelters that serve them. This year the nation-wide walk took place on Saturday, Feb. 22. A group of 40 St Bart's Walkers walked either two and half or five kilometres on the streets of New Edinburgh in support of The Ottawa Mission.

The Ottawa Mission provides shelter, meals, train-



St. Barts team of walkers in front of Church.

Photo by Liz Heatherington

ing, employment, health care, and many other services to the unhoused. Various teams in Ottawa raised more than \$196,894 for The Ottawa Mission at this event. The St Bart's Walkers exceeded their goal and raised \$34,923. One

meal at the Ottawa Mission costs \$4.68, so the St. Bart's team raised nearly 7,500 meals! They were the highest-ranking team supporting the Ottawa Mission and were in fifth place in Canada among all teams walking in

this event.

After the walk, participants shared a meal in the Church Hall, bringing their "best dish" to the potluck supper and finishing the evening with warm fellowship and fine food!

A heartfelt "thank you" to all participants and donors who have helped the homeless in our city. We particularly thank our friends in New Edinburgh who so generously supported us.

Urban gardener: How to ditch the turf

By Victoria Walker

Each year a growing number of gardeners in New Edinburgh and beyond are getting rid of their lawns or cutting back the percentage of their garden devoted to grass.

Motivations for this vary. For some, it is environmental, wanting to save water, avoid chemical use, and encourage greater biodiversity. Others may be sick of mowing and want a low maintenance, lower cost alternative to grass. For still others, it is about aesthetics, preferring

a natural look over a manicured lawn which was recently described as a "...cultural cargo bequeathed to you by European dukes, capitalist moguls, and the Simpsons."

Whatever your motivation, if you are thinking of converting some (or all) of your lawn, what are your alternatives, and how do you go about it?

First, plan out what you want to do with the new space. Options include expanding existing garden beds, putting in a new bed, or replacing the lawn with a groundcov-

er that is easier to maintain (including clover, thyme or native wild ginger: *Asarum canadense*). Many are choosing to support local pollinators and wildlife by favouring native plants. Local gardening groups can give you lots of ideas.

Next is to get rid of the grass. An increasingly popular and inexpensive method is sheet composting (or the "lasagna method"). After cutting the grass, cover it with layers of cardboard or newspapers, weed-free soil, and then mulch, and let nature do

its thing for a few months. The lack of light will kill the grass, and the decomposing plant matter helps enrich the soil. The best time for sheet composting is early spring or late fall, but the technique also works in summer.

Finally, the fun bit: planting your new garden. Make sure your plants are suitable for the site, including whether it has full sun, part sun, or shade. Avoid crowding as your new plants need space to grow and for air to circulate. And be sure to avoid planting invasive species in your garden (which some local nurseries still sell) by consulting ontarioinvasiveplants.ca

A word of caution if you are thinking of replacing your lawn with artificial grass. While it does not need watering, mowing, or weeding, artificial grass has significant downsides as installation involves removing the topsoil, compacting the area to become impermeable, and laying a thick base of crushed stone. Many brands use crumbed rubber as cushioning material, which can leach into surrounding areas. Once installed, it is hotter than natural surfaces and can gather dust and pollen. And it will eventually end up in landfill, as it cannot be recycled.

Garden calendar for Ottawa in April/May

Source: Master Gardeners of Ottawa Carleton website: mgottawa.ca

- Remove excess plant debris from garden beds once temperatures are consistently warm.
 - Watch for red lily beetles emerging from garden beds on warm days in early spring – then get rid of them.
 - Turn over compost piles and mix in shredded leaves from garden beds.
 - Transfer plants started indoors from seed into protected areas outdoors to "harden off." (Some annual seeds can be planted directly into the soil in spring – check information on the seed packet.)
 - Check trees for caterpillars and other insects.
 - Plant perennials, shrubs, trees, and hedges once all risk of frost has passed.
 - Prune summer flowering shrubs.
 - Plant annual bulbs (cannas, dahlias, gladiolus, etc.) directly into the soil
 - Add compost or manure to new and established beds
- Victoria Walker is a New Edinburgh resident and keen gardener with a particular interest in gardening practices that are kind to the environment.*



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Let's grow a pawpaw patch!

By Paula Thompson

I first heard about the exotic-sounding fruit known as pawpaws (*Asimina triloba*) some four or five years ago. Intrigued, I read up and was fascinated to learn that this medium-size fruit tree is native to eastern North America, including areas of Carolinian forest in Ontario. Why had I never heard of it?

I read somewhere that Ottawa was a bit too far north to grow pawpaws, so soon after I mostly forgot about them. Until I tasted some Ottawa-grown pawpaws this fall, that is. Now, like many who have tried this fruit, I'm experiencing pawpaw madness. I'm floored that this delicious tropical-like fruit, a long lost, cold-loving cousin of soursop, cherimoya, and other tropical Annonaceae fruits, grows in OTTAWA! I later learned that there have been pawpaw trees fruiting in the Dominion Arboretum since at least the 1970s.

In late September I came across a post online from someone growing pawpaws near the IKEA in Nepean. They had seven 10-year-old

pawpaw trees in their yard that were fruiting. I drove out and purchased three of the fruits. The first one I tasted was sublime. Maybe the best fruit I've ever had. Mango meets French custard with a hint of lemon and vanilla. The others were also excellent: a mix of mango, soursop, and a bit of banana. I was hooked. I bought more pawpaws at the Lansdowne and Westboro markets, brought to Ottawa from the Niagara region by Warner Farms.

By the end of pawpaw season (mid- to late October) I had tried about 15 pawpaws. The ones I tasted were a bit hit and miss, taste-wise. Two had a bitter aftertaste, most had lots of seeds. But they were all good, some very good, and that one, outstanding, citrusy one from my new best friend near IKEA. The variable nature of the flavour, colour, and size is most likely because these are wild pawpaws. Unlike apples and oranges and other more common fruit, pawpaws have not been cultivated for centuries. There are some named varieties that are bred for certain traits (cold hardiness, fewer



Photo courtesy Paula Thompson

Saving seeds in the hope of planting pawpaw trees.

seeds, sweeter taste, etc.), but we are very much still in the early days of pawpaw cultivation.

I'm interested in growing these beautiful tropical-looking trees in Ottawa, wild or not. So, I saved more than 70 seeds that I'm stratifying over the winter and will try to germinate in March.

Assuming some germinate, I may be looking for neighbours to help me grow some pawpaws! It's best to plant groupings relatively near each other to increase the likelihood of natural pollination. A New Edinburgh pawpaw patch perhaps. Who wants to join me "way down yonder in the pawpaw patch?"

Let me know by email and I will get in touch in late summer or fall if I have any viable seedlings.

Paula Thompson is a longtime New Edinburgh resident interested in food forests, both tropical and temperate. She can be reached at paulaLthompson@gmail.com.

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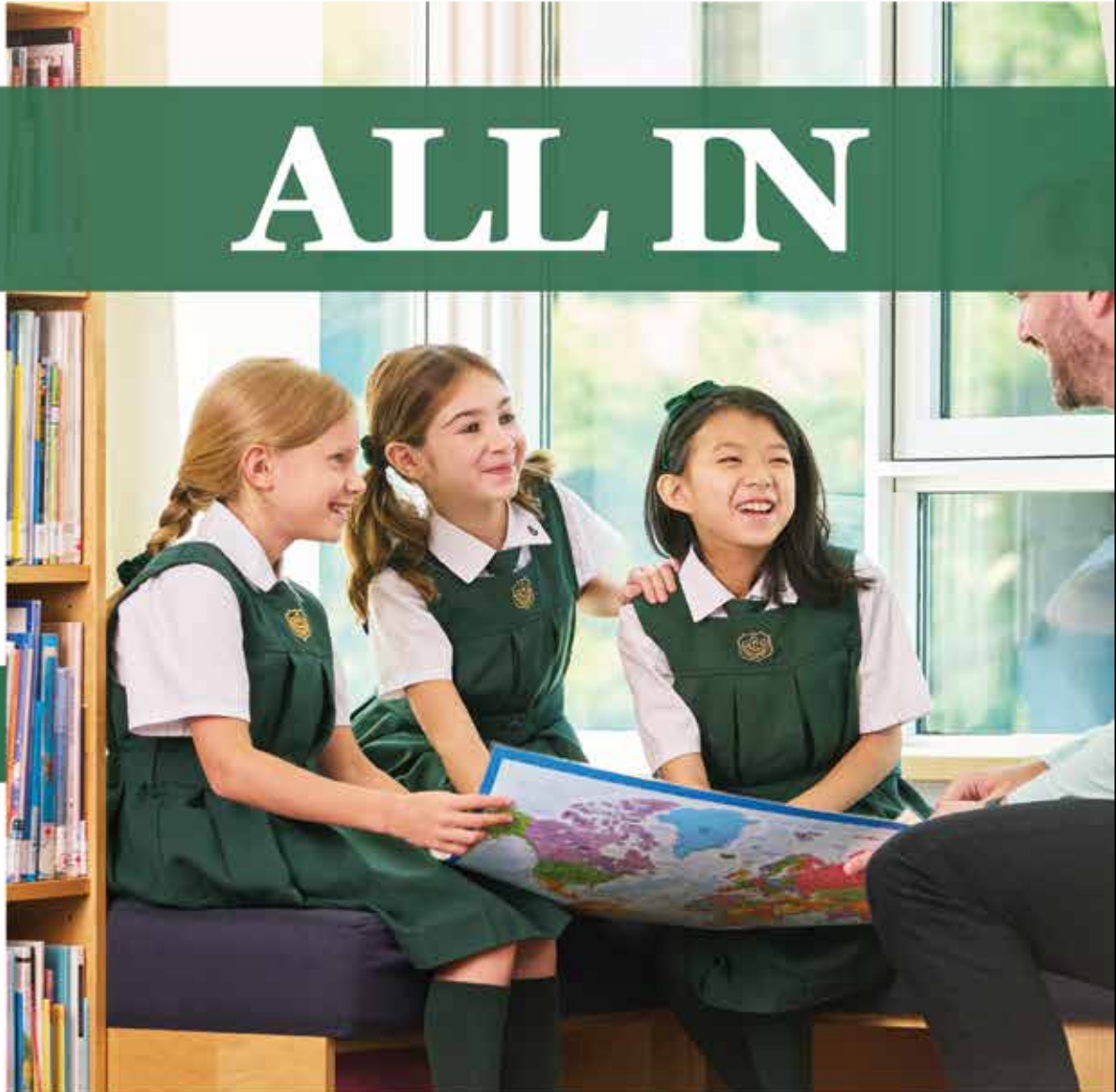
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ALL IN

Dog days return

By Eleanor Dunn

I'm a dog lover. I can't really recall a time in my adult life when I didn't have a dog. There was Pierre, the miniature poodle. The big Newfie, Samson, was next in line. Then, along came Freddie, the Basset Hound – I traded an out-of-tune, square grand piano for him with a colleague over drinks on a Friday night at the National Press Club bar.

Freddie was soon joined by a bloodhound, Durham, ordered from a breeder in Texas and flown in a crate to the Montreal airport. I thought bloodhounds were sleepy, lazy dogs who liked to just lounge around. Boy, was I mistaken.

I was getting older, as were the kids who had helped with the dogs. I took a year after Durham passed to contemplate what breed would be best companion for an empty-nest couple in their 50s. Terriers immediately came to mind as I'd seen some Westies in TV commercials and there were one or two already in the neighbourhood.

Jock was the first Westie in the house. When he was five years old, we acquired Our Wullie, aka Willie. My husband, Paul, had retired and afternoon dog walking was his main source of exercise. Through this activity he met another retiree who also had a pair of Westies. They would meet up and stroll around the 'Burgh with the Westie quartet in tow. Paul died in 2000, and Jock followed him two years later at age 13.

Willie was 16 when I lost him. He'd had a good life, especially days spent at our Lac McFee cottage where he'd be first in the boat if he heard the rattling of fishing gear which meant my son Peter and I were heading out for an evening of trout fishing. He'd take up his place on the middle seat of the aluminum boat and look on with interest when we managed to catch one of the elusive Quebec greys or browns.

I wanted another terrier, but Westies were starting to develop issues related to overbreeding due to their popularity. Research led me to the less popular Cairn terrier breed, and I signed on with a breeder in Ashton. Hamish arrived in due course: my daughter Tracy and I drove



Fergus, Eleanor's new dog.

Photo by Eleanor Dunn

out to Ashton to pick him up on the day of the Beechwood fire which destroyed the hardware store, the diner, the newsstand and more. In effect, he became my personal trainer. I was retired from full-time employment, and I had plenty of time for three walks a day.

We survived the pandemic together, but I was slowing down. Knee and hip surgery recovery took a while so when Hamish died, I wasn't sure I would get another dog. Maybe, if I could find an older Cairn needing re-homing. Hamish's breeder thought she knew of one, but it didn't work out. My son Peter, who lives with me, wasn't enthusiastic. So, I resigned myself to being dogless for the rest of my days. But in the back of my mind, I must have been thinking about another dog as I did not get rid of the toy box, the crates, the harnesses and leashes, the dog dishes

or the L.L. Bean doggy field coats.

Last October, Peter announced that he thought we should get another dog. "I wish you'd said something about that before I bought the new living and dining room carpets," I said to myself. He said he'd already talked to Hamish's breeder and while she was not in the business any longer, she had been mentoring another Cairn breeder who had a litter on the way.

Fergus was born on Oct. 26, one of two males and two females. We wanted a brindle male, and Peter made the drive to the kennel on the south shore east of Montreal and west of Quebec City. Fergus was his choice, documents were signed, money changed hands and Fergus arrived on Jan. 11.

We're not sure what colour he'll eventually be: he's a brindle now, but he might end up a beige, a grey brindle or

a black brindle. He's a tough little guy! When the pile of snow in our backyard where

Peter was clearing space for him to run around and do his business reached the same height as the fence — seven feet — he would struggle a bit to overcome the mountain, sit on the summit and then slide down on his belly as if he was on a toboggan.

So here I am, in my eighties, with my living room floor looking like a branch of Dog Toys'R'Us, working on housebreaking a pup and looking forward to better weather and getting back out on my rollator with Fergus in tow. Who says you're too old?

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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Zooming around the ‘Burgh in an EV

By Daniel Hébert

As our sporty 2009 Mitsubishi Lancer GT with a 2.4-litre engine, a 152-horsepower (hp) engine, and a rear spoiler was approaching its fifteenth birthday, my wife and I started shopping for a replacement in 2023. That is when we first discovered that we were driving an “ICE” car – not an Immigration and Customs Enforcement car, but an “internal combustion engine” (or ICE) car.

With the 15-year-old car, we had very few gadgets but with any new car (electric or ICE), we discovered a whole new lexicon: Forward Collision-Avoidance Assist, Lane Departure Warning with Lane Keeping Assist, Blind-Spot Collision-Avoidance Assist, Adaptive Cruise Control with traffic stop and go, and Apple CarPlay™. And this was not even the start of our learning because for Electric Vehicles (EVs), the terminology gets even more complex: Fast Charger, Alternating Current, Direct Current, Kilowatt-Hours (kWh), and Plug-In Hybrids

are but a few. It was initially somewhat mind-boggling but after a little persistence, we found our way and landed on a full electric vehicle. And we are so glad we did.

Most EVs are powered by a Lithium-Ion (Li-Ion) battery. EVs use “regenerative Braking” to convert the kinetic energy of the rotating wheels into electricity to recharge the Li-Ion battery. You can set the level of Regenerative Braking feature anywhere between LOW (when you lift your foot off the accelerator, the vehicle feels like it is coasting very much like an ICE car but you are only recharging the battery a little) to HIGH (when you lift your foot off the accelerator, the vehicle starts to slow down more quickly than an ICE car and you’re maximizing how quickly you are recharging the battery).

With this feature set on HIGH, you essentially use “one-pedal driving.” One-pedal driving is the ability to accelerate and decelerate using only the accelerator pedal, without needing to press the brake pedal for nor-



Photo by Daniel Hébert

Level 2 chargers are available at the newly opened Metro grocery store at 255 Rideau Street.

mal driving.

One-pedal driving feels great, the car is much more responsive to your needs, and you experience a much smoother ride since there is much less jerkiness when moving your foot from the gas pedal to the brake pedal and back. Despite the sportiness of the 152-hp Mitsubishi Lancer GT, our new EV has

201 hp and is much peppier; stepping on the accelerator pedal gives you immediate constant acceleration – which means your speed goes up linearly with no hesitation due to changing gears. It feels like Captain Jean Luc-Picard just told his Chief Engineer, Lieutenant-Commander Geordi La Forge, to enter warp speed. Hopefully, I’ve

sold you on the great ride an EV can provide. Now let’s talk costs.

I was initially worried about whether my new EV’s 100 kW charging capacity was sufficient. We quickly realized it did not matter. In short, what matters is that the car takes about six hours to charge and each charge costs

Continued on page 31

1979

By Michael Healey

Directed by
Andre Dimitrijevic & Catriona Galt

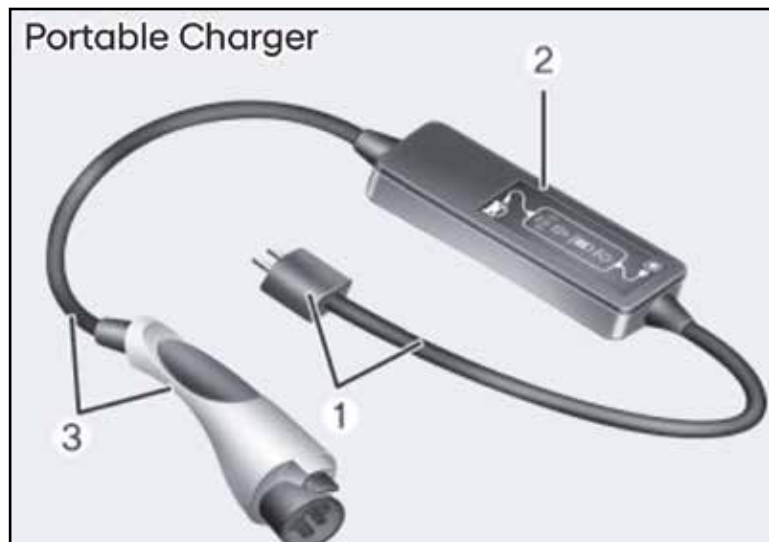
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Sketch of a “Level 1 Charger” taken from the Hyundai Owner’s Manual. The Level 1 charger can be plugged directly into any household outlet, preferably one with its own circuit breaker.

Continued from page 30

\$6–7, which is good for about 300–325 kms. In the year and a half that we’ve owned the EV, the average cost of electricity is 2.6 cents/km in summer and 2.9 cents/km during the winter since running the heater uses more power than the air conditioner. The manufacturer recommends that once your Li-Ion battery goes down to 20 per cent charge, you should charge it to 80 per cent; it’s not good for you to charge the battery to 100 per cent each time. You can charge to 100 per cent when you know you have a long road trip ahead of you, but if you are staying near the ‘Burgh, 80 per cent is very easy to work with. We can go two weeks before dropping to 20 per cent and needing a charge. We are lucky because the condo where we live installed a series of Level 2 chargers in the underground parking garage. We have our very own EV charger so that is very convenient. But you don’t need to install a special charger if you are diligent about your charging habits.

When it comes to EV chargers, you essentially have three options. Level 1 chargers are like any 120-volt electric plug in your home. Any outdoor plug near your driveway can be used to charge your EV. After buying his own EV, my son simply started charging it by plugging it into a normal household socket. With a Level 1 charger, it can take up to 34 hours to get to 100 per cent and charging it overnight for seven hours will only get you about 50 kms extra range.

But, if you are committed about plugging in every night, and programming it so that it only charges during low rates, you can get by (as does my son).

Level 2 chargers are the most common and cost about \$1,500 for a house – more for a condo to account for the “Smart Charging.” With Smart Charging, if the condo’s capacity is, say, 30 cars but 40 cars are plugged in, the system will charge those cars with the lowest batteries first before charging those closer to 100 per cent. Level 2 chargers are 240-volt, use Alternating Current (AC), and charging times to 100 per cent can vary from four and a half to seven hours depending on the charger’s “charging capacity.” The ones at Lansdowne Park, despite being Level 2 chargers, were much slower than the ones at the condo.

In the ‘Burgh, there are two Level 2 charging locations: one at 113 Beechwood Avenue and one at 285 Crichton Street, both by an EV charger provider called Flo. I used Flo on the street once when our building’s wi-fi was down and I was at 20 per cent. Using a street EV charger costs about double what I pay at the condo. Other providers such as Ivy, ChargePoint, and MetroEV have no street EV chargers in the ‘Burgh; perhaps the more residents from New Edinburgh put pressure on them, the more likely we will get more chargers. Some parking garages have Level 2 chargers – for instance the new Metro on Rideau and King Edward has several (as

seen in the photo).

Level 3 chargers are rare since they are 240-volt like the Level 2 chargers but run with Direct Current (DC); using DC all the time is not a great idea because DC takes a toll on your Li-Ion battery. The beauty of Level 3 chargers is that you can get to 80 per cent in about 45 minutes – so if you are ever on your way to Toronto, you can “fill up” quickly and be back on the road with minimal disruption. I could only find two Level 3 chargers near the ‘Burgh: one is located at 141 Clarence Street in the Dalhousie Garage (1.6 km from our side of the St. Patrick Bridge) with the next closest one being at Rideau Centre.

Once you plug in your car, you work with two different apps: the one for the car and the one for the charger. In essence, you use the latter to tell the charger to turn the power on, and the former to tell the car to start accepting the power. After you reach 80 per cent, the car will automatically stop accepting power, but you need to manually open the charger’s app to stop sending power. Regardless, you only pay for what you use so even if you reach 80 per cent in the middle of the night, it does not matter.

Since a plug-in hybrid is equipped with both a Li-Ion battery and an ICE, if your battery runs out, you still have a gas-powered engine to rely on. We opted for a full EV because we wanted to avoid oil changes and muffler changes which are eliminated with an EV. Due to the one-pedal driving, the



Sketch of a “Level 1 Port” taken from the Hyundai Owner’s Manual. While one end plugs into the wall, the other end plugs into the car’s port.

brakes last much longer. I read an article in *Car and Driver* magazine where a driver said he had to replace his brakes only after six years of driving. We received our new car in October 2023 and the first servicing was not until October 2024. Couldn’t we all use less time at the garage?

While it was sad to bid farewell to the 15-year-old Lancer that we loved so much, we became immediate converts to the benefits of a driving and owning an EV. Safety features available on any new EV or ICE car are making it safer for the driver but also

for those around the neighbourhood. With the addition of the one-pedal driving, we would all drive in an even safer manner. Some people shy away from EVs as they are anxious about the achievable mileage on one “tank” but if you plan accordingly, you will see that keeping your EV on the road is very easy. I hope to see more EVs zooming around the ‘Burgh. Instead of bidding you “Keep calm and chive on,” I bid you “Drive EV and zoom on.”

Daniel Hébert lives in New Edinburgh and bought his first EV in October 2023; it won’t be his last.

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Not another word: Drafting of a New Edinburgh history complete after 13 Years

Continued from page 1

World War and the Cold War that followed. That completed chapter is now out for expert review and consultation. The first draft is complete.

We have achieved a major milestone, but we still have work to do. Reviewing and cutting the manuscript to produce a second draft, ordering the images we have identified, working with the designer, and proofreading are still ahead of us. We also have to find a printer for the

book! We are now aiming for a publication date of Dec. 1, and we will do everything we can to meet that deadline. It may surprise you to know, however, that December 2025 is looking awfully close at the moment!

Needless to say: when we finally have that book in our hands, we are planning a very big party! Stay tuned.

Write to janet.uren@wordimage.ca if you would like your name added to the list of purchasers.

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



Photo by Karen Squires

Janet Uren with her completed manuscript.

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Hello neighbours!

How refreshing to have had a proper winter, compared with the years before! Snowstorms and plowed-in streets aside, I'm thrilled to have gotten out on the Canal a few times, and to have done a loop in Gatineau Park in snowshoes!

With that weather behind us, though, I will admit I'm ready to move out of this transitional slushy season and into something more closely resembling summer, which will bring its own joys to explore.

When I used to work downtown, a few streets south of Parliament, I loved stepping out of my office building straight into the sights, sounds, and smells of RibFest, PoutineFest, BuskerFest... as

someone who was terrible at keeping up-to-date with city events, having them sprung on me made for wonderful surprises! Now, I need to be much more deliberate, jotting down events on my wall calendar as soon as I learn of them (and puzzling over those cryptic scrawls not too long after).

And that brings us to this edition's puzzle, where the crossword's grid features two entries that recreate the street names of an intersection from that downtown zone!

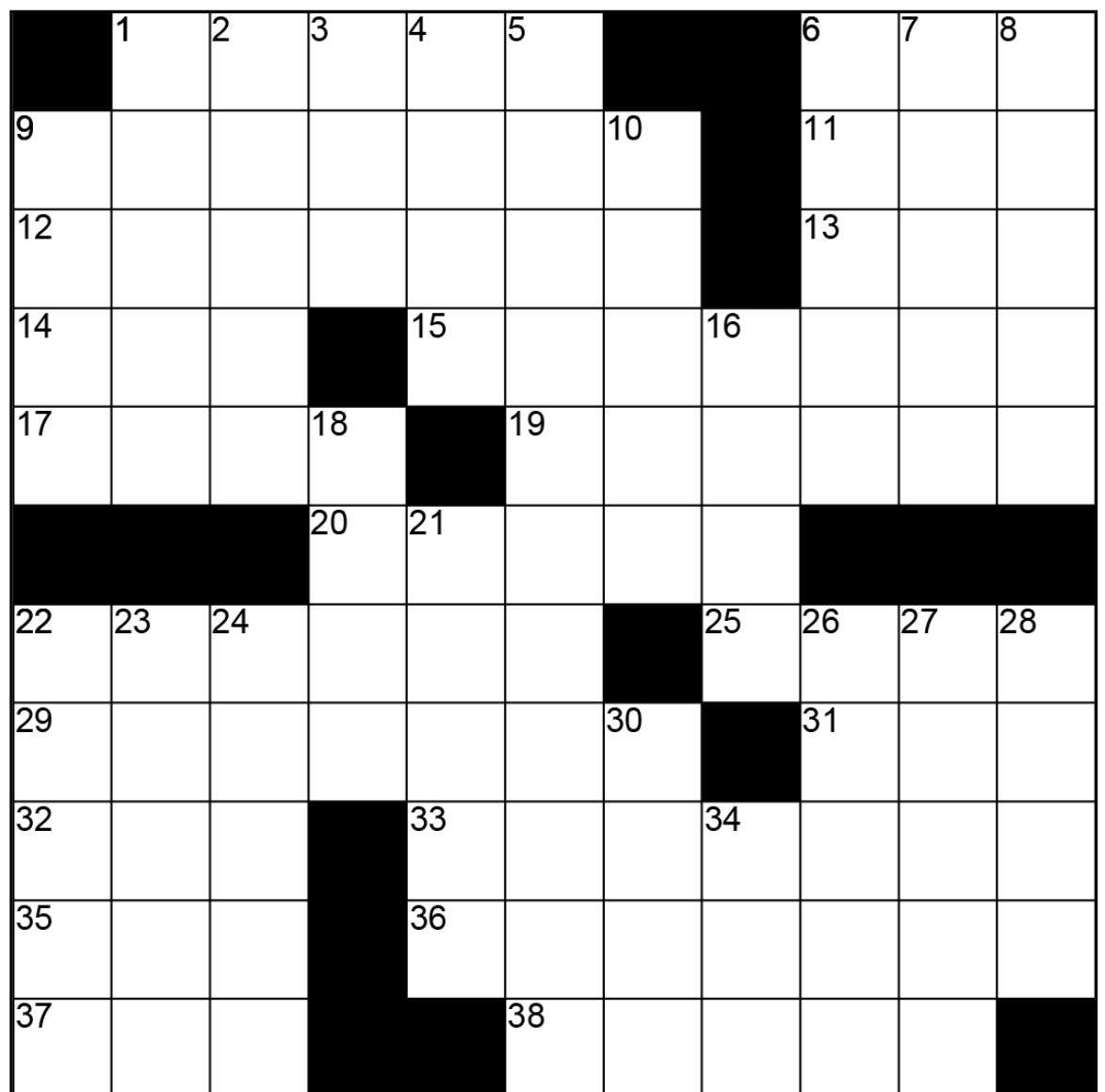
As before, for an online solving option, or to share any thoughts or comments, don't hesitate to shoot me a message at fredericklavoie@outlook.com

ACROSS

- 1 Jewish teacher
- 6 Part of BYOB
- 9 Legal permission
- 11 Word frequently ignored in alphabetization
- 12 Warning to one with an épée
- 13 Belonging to that guy
- 14 "A long time ____, in a land far away, lived the pineapple princess, Tiki": Opening line of *High School Musical's* Humuhumunukunukapua'a
- 15 Having had the most anesthetic
- 17 Monthly housing cost
- 19 They might fly, in a heated conversation
- 20 Flirt with

DOWN

- 22 Free-wheeling street market
- 25 With a good heart
- 29 All-participants-welcome performance event
- 31 Canadian actress Vardalos of *My Big Fat Greek Wedding*
- 32 Title for a married woman
- 33 Word before Juice, shot, or seat
- 35 Comedy routine
- 36 Consider a potential culprit, in Clue
- 37 Crafty as a fox
- 38 Like day-old bread



- 3 Undergarment
- 4 *Charlotte's Web* setting
- 5 Hard-working
- 6 "On the __ hand..."
- 7 Egg-beating instrument
- 8 Bird houses
- 9 Use as clothing
- 10 Pacing in a piano piece (and name of Toronto's WNBA team)
- 16 Make __: rake in the big bucks
- 18 Word used when comparing
- 21 Beats in a Shakespeare work
- 22 Completely flops at the box office
- 23 Month with a diamond birthstone
- 24 With a nice lemon zing
- 26 Spy's loot
- 27 Kid's cousin, perhaps
- 28 Pub game projectile
- 30 "An arm and a leg" for some pricy purchases
- 34 Place for a relaxing massage

Rockcliffe Park Spring Book Sale: Coming Soon

By Carolyn Brereton

Organizers of the 2025 Rockcliffe Park Spring Book Sale are very excited about the quality and variety of books donated this year, especially a major donation from a Rockcliffe resident whose collection encompassed many genres. Art lovers in particular will be delighted as the donation includes dozens of books, in excellent condition, on art and art history, as well as many fascinating travel books and unusual, captivating biographies.

We are also thrilled to have received a large donation from Jane and Peter Dobell's library that includes rare finds in classic literature, children's books, and history. As many know, long-time Rockcliffe resident, Jane Dobell, a serious collector of children's books, died in January and her final legacy to our book sale, which she was instrumental in founding and supporting, is therefore bittersweet. Under her guidance, the sale grew from a small neighbourhood event to a city-wide extravaganza, which attracts thousands of customers and raises thousands of dollars to support the library and literacy programs.

Thanks to these, and other generous donations from residents, there will be a fresh stock of quality books available for purchase. For

those who prefer to avoid the Saturday rush, the second day of the sale will also be worthwhile for patrons considering a second trip.

The success of our sale is due in large part to the tireless efforts of our volunteers, many from New Edinburgh, who return year after year, giving generously of their time and enthusiasm. In the six months leading up to the sale, a core group of dedicated volunteers spends time



Image courtesy Carolyn Brereton
Getting ready for the Book Sale.



Image courtesy Carolyn Brereton
Rockcliffe Park Spring Book Sale Poster

every week culling and sorting the donations. The number of volunteers swells to more than 100 during the book sale itself.

Over the years, the Spring Book Sale has earned a reputation for quality used books at bargain prices; this year

will be no exception. Whether you're a bookworm, an avid collector, or casual reader, the 2025 Rockcliffe Park Spring Book Sale is not to be missed! Help support your local library and literacy in your community and come to the Community Centre at 380 Springfield Rd. on Saturday, Apr. 26 from 10 a.m. to 5 p.m. and Sunday, Apr. 27 from 11 a.m. to 5p.m. Credit, debit, and cash accepted.

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

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Malcolm and John Harding

Spiritual community now residing in the former Giant Tiger

By Nanci Burns

The times they are a-changing. Church membership has dropped significantly since the 1950s when Sunday morning attendance was the norm. Now one third of people claim no religious affiliation, and fewer still attend a religious gathering regularly (let alone every week).

The steep decline in religious affiliation has forced churches to face the reali-

ties of fewer members, fewer donations, and busy schedules that limit volunteerism. At the same time, Canada, and many other countries, have seen and felt the impact of shifts toward greater mobility and decreased ties to family, cultural, and religious roots. These decreases have resulted in increased isolation, alienation and disconnection in society. The “good ole days” when everyone knew their neighbours and the services in their neighbourhood is quickly vanishing. As a result, the reliance on informal networks has shifted to a society where formal services are expected to step in and answer our community’s social, emotional, and spiritual needs. However, formal services have been unable to match our needs, leading to an alarming increase in mental health issues and spin-off effects like increased poverty, addictions, and homelessness.

Research shows that one thing that continues to attract

people to church is the need for community. The human need for connection and support is engrained in us all. It does not disappear just because church is no longer an automatic membership for most of us. Many no longer live for long periods in a neighbourhood or have family close by. Nor can the internet meet all our needs. Yet the need for community remains a constant throughout all these changes. One creative model to consider is the Unitarian Fellowship, located in the former Giant Tiger site (400 McArthur Ave.). The Unitarian Fellowship now partners with Heartwood House, which offers space to 20 non-profit organizations during the week. This partnership allows small organizations to share resources and promotes community through cooperation and sharing of services. The Unitarian Fellowship welcomes groups to use our designated space during the week when needed.

For Unitarians, coming together for connection is central to the goal of this spiritual community. Unitarians welcome all religious backgrounds and those just seeking a space to meet like-minded people, with humanitarian values. It is a community that prioritizes shared values, engages actively for social change, and celebrates diverse beliefs.

For those seeking to be part of a community that nurtures meaning, hope, and reverence for the earth in the pursuit of a more just and compassionate world this may be a place for you. Although Sunday Services follow similar templates to services of other faiths, the congregation is layperson-led and the content is often more open and varied. Readings, songs, and reflections are designed to speak to both the head and the heart, offering spiritual grounding, and a chance for personal and collective reflection.

The Unitarian Fellowship covers all of Eastern Ottawa

but focuses on supporting needs in the immediate area. During the holidays, Carty House, Boys and Girls Club, Rideau Rockcliffe Community Centre, and Odawa were all given support from this generous but small community of caring and committed Unitarians. Although a small community of 60 members, their commitment to caring for each other and those around them, answers the need for community in a special way.

Long-term New Edinburgh residents Isobel and Mark Bisby are members, so if this sparks your interest, give them a call at 613 304 7919 or email at ibisby@gmail.com. Or for more information, stop in at 10:30 a.m. on Sundays or check out ufo@ufo.org. Phone calls are also welcome. On most office days, Sarah will be happy to answer your calls at (613) 421-8360.

Nanci Burns is a Unitarian Universalist Fellowship of Ottawa Board Member and a New Edinburgh resident.



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April

Mar. 20–Apr. 6: Wilderness Stories Exhibition at Galerie Old Chelsea: 783 Route 105, Chelsea, QC. Enjoy refreshments, chat with fellow art and nature lovers, and step into wilderness paintings. Gallery hours: Wednesday to Sunday 12–5 p.m. Closing reception on Sunday, Apr. 6 from 1–4 p.m. Refreshments served; enter the draw to win a painting.

Every Wednesday starting Apr. 2 – Yoga at the Fieldhouse (CCC) | 7–8 p.m. | \$15 Unite breath and movement through an asana practice. Join Solmaz Hicks on her yoga journey, that began during the pandemic when she discovered a profound connection between mind, body, and spirit. Through her yoga practice she changed the way she deals with stress entirely. You can, too! Demand regularly exceeds the capacity of the room. Reserve your space in advance: 12 sessions for \$150 by emailing perisamolmaz@hotmail.com

Every Thursday and Saturday starting Apr. 3 – Children’s Playgroup at the Fieldhouse (CCC) | 10 a.m.–noon. | Free. Children up to 2.5 years old and their parents or caregivers are welcome to attend a free drop-in playgroup at the New Edinburgh Park Fieldhouse on Thursdays and Saturdays. This is an informal and unstructured opportunity to socialize with other families in your community. Please bring your own toy and snack. Note that this event might be canceled on an ad hoc basis for some weeks. Please check Crichton Community Council’s social media accounts or reach out to the organizers of the playgroup to confirm the event for the

times you are planning to go. For more information, please email: CrichtonCommunityCouncil@gmail.com

Apr. 9 – CCC Board of Directors Meeting at the Fieldhouse | 7:30–9:00 p.m. Held on the second Wednesday of every month at the New Edinburgh Park Fieldhouse. Meeting times, dates and locations may vary to accommodate the availability of CCC Directors or guests. Please contact CCC by email if you would like to attend the meeting, if there is a topic you would like to discuss with the CCC’s Directors, or if you are interested in joining us as a volunteer. Confirm event details online at newedinburgh.ca

Apr. 10 and May 8 – New Edinburgh Senior’s Social Group at the Fieldhouse | 1–3 p.m. | Free. The Senior’s Social Group is hosting a speaker’s series under the CCC over the next six months. In this period, a “Local Celebrity” of the New Edinburgh area will speak about his or her special contribution to our community. Each person’s talk will lead to questions, discussion, and social time with refreshments. All seniors, friends and family members are invited to spend this time together. There is no cost; only your interest and participation as we get to know each other.

On Apr. 10, Cathy Hodgins, a retired teacher who works part-time at Books on Beechwood, will speak about Independent Bookshops, the history of bookshops on Beechwood, and about buying Canadian books. **On May 8,** Cindy Ryley, the founder of Epicuria will speak about the challenges and rewards of running an Ottawa-based food shop and catering company. Please contact Isobel at (613) 304-7919 or email [CrichtonCommunity Council@gmail.com](mailto:CrichtonCommunityCouncil@gmail.com) with

any questions.

Apr. 11 – Off the Pages: A Celebration of Banned Books at Heartwood House: 404 McArthur Ave. | 6:30 p.m. This annual event features local authors reading from their favourite banned books. This year’s guest authors are Charlotte Gray, Dr. Monia Mazigh, Suyi Davies Okungbowa and Dancia Kendra Susilo. A fundraiser for local adult and family literacy organization Alternative Learning Styles and Outlooks (ALSO), the evening includes live music, food, drinks and a silent auction. Find details and buy tickets at also-ottawa.org/events

Apr. 14 – Open House Workshop at the Fieldhouse | 10–11:30 a.m. Visual artists are invited to meet our friendly group of independent painters at 203 Stanley Ave. For more information, please email: rhapsodyinhues@roggers.com We have openings for next year.

Apr. 22 – New Edinburgh Community Alliance Board Meeting (NECA) at the Fieldhouse | 7–9 p.m. Via Zoom or in person at the Fieldhouse. All New Edinburgh residents are welcome to attend. The agenda will be posted closer to the date of the meeting; please find details to join at newedinburgh.ca

Apr. 26 – Rideau Chorale presents Handelfest at Southminster United Church | 7:30 p.m. Featuring Handel’s *Coronation Anthems* and more, with soloists Ania Hejnar and Mark Donnelly. Doors open at 7 p.m. Tickets and livestream info: rideauchorale.com

May & June

May 1–4 – Ottawa International Writers Festival Spring Event

Celebrating 50 Years The festival opens with acclaimed Nishnaabeg author Leanne Betasamosake Simpson with her latest creation *A Theory of Water*. It’s a revolutionary look at that most elemental force – water – and suggests a powerful path for the future. Ottawa’s own Emily Austin joins with her latest, *We Could Be Rats*, a moving story about two very different sisters, and a love letter to childhood and the power of the imagination. If crime fiction is your cup of tea you won’t want to miss Nita Prose, international bestseller with her latest: *The Maid’s Secret*. That’s just three names to whet your appetite. For more information on location and further updates on festival, visit writersfestival.org

May 3 – Bike Day in New Edinburgh (CCC) at 8:00 a.m.–1:00 p.m. The annual New Edinburgh Bike Day, hosted by the Crichton Community Council (CCC). Check event details online newedinburgh.ca

Every Wednesday starting May 7 – Yoga at the Fieldhouse (CCC) | 7–8 p.m. | \$15 Unite breath and movement through an asana practice. (See details and contact information above in the April listings.)

Every Thursday and Saturday from May 8 – Children’s Playgroup at the Fieldhouse (CCC) | 10 a.m.–noon. | Free. Children up to age 2.5 and their parents or caregivers are welcome to attend a free drop-in playgroup at the New Edinburgh Park Fieldhouse. (See contact information and details in the April listings.)

May 10 – New Edinburgh Plant Sale (CCC) at the Fieldhouse | 9 a.m.–1 p.m. For more than 20 years, residents have purchased plants on the Saturday before

Mother’s Day. The Crichton Community Council will be selling unique hanging baskets and planters from Les Serres Oli-Ève. Proceeds support neighbourhood events and community initiatives, as well as for the purchase of equipment for public use. Ferme Lève-Tot will be selling edible plants for your gardens and answering questions about Community Supported Agriculture. Proponents of a proposed community garden in New Edinburgh Park will be onsite to discuss this initiative with you and to receive your input. The CCC will be recruiting kids to help remove undesirable plants from the park’s flower beds. A few holes need to be dug for new trees to be planted in the park. Bring your kids, some small shovels, and work gloves!

May 14 – CCC Board of Directors Meeting at the Fieldhouse | 7:30–9:00 p.m. Held on the second Wednesday of every month at the New Edinburgh Park Fieldhouse. (See more details and contact information in the April listings.)

May 20 – New Edinburgh Community Alliance Board Meeting (NECA) at the Fieldhouse | 7–9 p.m. Via Zoom or in person at the Fieldhouse. All New Edinburgh residents are welcome to attend. The agenda will be posted closer to the date of the meeting; please find details to join at newedinburgh.ca

May 29–31 – Ottawa Improv Festival at Arts Court: 2 Daly Ave This annual festival features hilarious improvised comedy from talented local, national and international performers. The SOLD OUT 2024 festival had audiences laughing up a storm as they witnessed outrageous performances created on the spot.

Continued on page 36



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Burgh Breezy bits

Condolences



Photo courtesy Lauren Young

Lyle Robert Young: 1958–2025

(Provided by Lyle's brother Lauren Young for New Edinburgh News. Lyle lived

in New Edinburgh on Stanley Street and recently liaised with Ecology Ottawa and Friends of the Park regarding Monarch Meadow: See Parks Update for more details)

Lyle's life was a testament to exuberance, optimism, and a deep joy for living. He steadfastly upheld the principles of honesty, love, and care for others.

Born in 1958 in Kincaid, Saskatchewan, Lyle was the fifth child of farming couple Percy and Kezia (née Martin) Young. After spending his early childhood in Glen Bain, Saskatchewan, the family moved to Regina in 1967 while continuing to farm. Lyle attended Campbell Collegiate, where he immersed himself in music, drama, and a local United Church youth group. During

this time, he developed a lifelong passion for canoeing and camping. He forged many close friendships and maintained these connections throughout his life.

As a teenager, Lyle was a disciplined musician, often practicing the alto saxophone before 6 a.m. After high school, he pursued classical saxophone studies at Ball State University in Indiana, where he was first introduced to Christian Science. Lyle's thirst for knowledge was boundless. After earning his music degree, he was interviewed for a Rhodes scholarship and did receive a Rotary Fellowship scholarship. He studied French literature at Laval University in Quebec and, remarkably, learned Spanish in just four months before enrolling in a Jesuit university in Buenos Aires to study political science. His curiosity led him on a walking tour of Brazil, where he spent several months in São Paulo and, naturally, learned Portuguese. Upon returning to Canada, he studied for a master's degree in political science at the University of Saskatchewan, writing his examinations in French. He further broadened his horizons with a political internship at the Canadian Parliament in Ottawa and a year of MBA studies at Carleton University.

By this time, Lyle had made Ottawa his permanent home, and it was one of the church members who introduced him to Elisabeth Salm. Raised in a Christian Science family in the Ottawa area, Elisabeth became Lyle's beloved wife in 1990. For their honeymoon, they shared their love of the outdoors with a canoe trip down the Rideau Canal to Kingston. Their affection for each other was reflected in the terms of endearment they used in Dutch, Spanish, French, and English. Lyle's favorite for Elisabeth was the Dutch *hartendiefje* — "little stealer of hearts." They were a perfect complement to one another, sharing a dedication to Christian Science, community, and the environment, always with sensitivity, laughter, and joy.

Lyle and Elisabeth regularly opened their home for meetings and dinners, for church events, relatives, neighbours and friends. Over the years they hosted extended stays from Elisabeth's brother, her mother, and a nephew. Lyle's

relationship with the Salm family, both in Canada and in the Netherlands, continued to be important to him after Elisabeth's passing in 2018.

Lyle's commitment to Christian Science became his life's work. After joining the Ottawa church, he began working as a Christian Science practitioner, helping others realize their spiritual potential. He served as First Reader at Sunday services and Wednesday meetings, presenting the sermon from the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy. Together, Lyle and Elisabeth contributed to numerous church projects and committees. In 2004, they moved to Boston when Lyle was appointed First Reader at The Mother Church, a role he held for three years.

Lyle's work extended globally. He lectured on Christian Science in more than 35 countries in English, French, Spanish, Dutch and Portuguese, served for six years on the Board of Directors at The Mother Church, and authored more than 150 articles for church publications. After returning to Ottawa full-time in 2017, he continued teaching Sunday School, mentoring his adult Association students worldwide, and maintaining his full-time public practice as a Christian Science practitioner.

Lyle's life was defined by his passion for serving others, which he carried out with tenderness, integrity, and joy. He was intelligent, well-read, inquisitive, fun-loving,

humble, and dependable. His selflessness and ability to see the good in others left a profound impact on everyone he met. Reflecting on his work, Lyle once told a friend, "Why would I not love a job where my boss (God) does the work?"

Lyle will be remembered as an inspiration to all who knew him, especially by his surviving family members: his mother Kezia; his siblings Dale, Gary, Verna, Lauren, and Leslie; Elisabeth's siblings Luc-Anne, Roland, Floris, and Mundie; and his many nephews and nieces. His love and kindness will remain forever in our hearts.

The celebration of Lyle's life will take place on May 18 at 6:30 p.m. at the First Unitarian Congregation of Ottawa at 30 Cleary Ave, Ottawa.

Congratulations!



Photo by Marie Corriveau

To Marie Corriveau and the residents of La Renaissance at 40 Landry Street who once again gave generously to the Ottawa Food Bank. They raised more than \$500 and donated to the Ottawa Mission 100 items of clothing: gloves, hats, socks and underwear. Well done, Marie and everyone involved!

Dawn McArthur



Histoires de la Nature Wilderness Stories



Exhibition du 20 mars au 6 avril, 2025 / Mar.20 to Apr.6, 2025

Vernissage le samedi 22 mars, 2025 de 13h à 16h
Saturday Mar.22, 2025 from 1 – 4 pm



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EVENTS CALENDAR ...

Continued from page 35

Mark your calendar and look for shows and workshops OttawaImprovFest.com

Jun. 7 – Give a Breath 5k Run at Andrew Haydon Park: 3127 Carling Ave, Ottawa Canada's premier fundraising event dedicated

to raising critical funds and awareness for the lung cancer community. Proceeds of the fundraiser contribute to Lung Cancer Canada's Airways of Hope program and the Give a Breath Research Foundation. For more info, please visit: giveabreath.ca