

NEW EDINBURGH NEWS

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Photo by Philippe Marchand

View of St. Patrick's Bridge from the Rideau River.

Garbage is not for burning – Why Ottawa must reject incineration

By Sarah Anson-Cartwright

Once again, the City of Ottawa is exploring the idea of burning garbage just a decade after we all got burned – figuratively, as residents and taxpayers – by the so-called “Plasco fiasco.” This month, City staff are expected to present a report on the feasibility of an incinerator for Ottawa – a report that was recommended by the City’s new Solid Waste Master Plan (SWMP), approved in June 2024.

A feasibility report is expected soon

To even consider creating more harmful emissions to pollute our air seems the height of irresponsible public policy. And yet the politics of expanding the existing Trail Road landfill appears to have led the City to consid-

er whether burning garbage might somehow be an option to add to its waste management processes.

The SWMP states that: *Two technologies that the City could consider implementing are Waste to Energy (WTE) incineration and Mixed Waste Processing (MWP). Both technologies present differing opportunities and pros and cons and come at a high cost compared to traditional landfilling. The SWMP is therefore recommending advancing a more detailed feasibility assessment and business case to provide comprehensive, up-to-date information before making a decision on whether to pursue either technology.*

However, if the City takes all the actions set out in the SWMP, the life expectancy of

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150 years of neighbourhood change at St. Patrick Street.

By Josée Maillette

The City of Ottawa is embarking on the 2024-2027 renewal of the St. Patrick Street bridge to extend its service life. The nearby communities can anticipate traffic mayhem until the work is completed. This project gives an opportunity to learn the evolution of the four different bridges at this location and consider the impact they have had on residents for more than 150 years.

In February 1872, Ottawa City Council considered a petition from the Rev. Dandurand, Vicar General at the Notre-Dame Basilica, for a bridge across the Rideau River at the end of St. Patrick Street (known at the time as Ottawa Street). After occa-

sionally acrimonious debates, the council finally agreed in July 1872 to issue a contract for \$5,500 to build a bridge, with the unique stipulation that the contractor would need to find any additional money required to complete the work. At the time, the Rideau River served as boundary between the Ottawa and Gloucester township, part of Carleton County. Under contemporary municipal law, the city and the county shared legal responsibility for a bridge crossing a municipal boundary. They were constantly squabbling over the maintenance cost of the existing nearby bridges on the Rideau River (at Green Island and the Cummings bridges). Records show that Gloucester town-

ship agreed to grant \$200 and that Carleton County twice refused to provide \$500.

The bridge construction was completed in February 1873. After traversing this bridge from the city, you would first cross the single railway track of the St. Lawrence and Ottawa Railway. Then you could either turn left to travel to New Edinburgh – which at the time did not extend beyond the Rideau Hall grounds – or turn right to reach Montreal Road. The land facing the bridge, around today’s Beechwood Avenue, belonged to the MacKay Estate and would remain vacant for another 15 years. The Beechwood Cemetery Company (incorporated about

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Then and now: Looking back at life in the ‘Burgh

By Eleanor Dunn

People know it today as the Embassy of the People’s Republic of China. It’s a walled, grey stone building on a large plot of land, fronting on St. Patrick Street, backing onto the Rideau River. But when I was a kid, before urban renewal and expansion of St. Patrick Street cleared out the area, it fronted on St. Andrew’s Street, with a massive archway and gate. It was a Roman Catholic convent, home to an order of nuns.


It was also something else. Author Charles Dickens, had he visited and gained access to the building’s inte-

rior, would have recognized it for what it really was: a workhouse. Workhouses featured prominently in Dickens’ books, novels about life in nineteenth-century England.

Some of you may remember the 2013 Oscar-nominated film, *Philomena*, starring Dame Judi Dench. Dench played a survivor of Ireland’s notorious Magdalene Laundry, incarcerated as an unwed mother, and released. Later in life, she is desperately searching for her son, taken away at birth and adopted by an American couple, considered suitable parents by the church.

The building on St. Patrick Street, now occupied by Chinese diplomats, was one of a string of asylums or institutions operated by the Sisters of the Good Shepherd, an order which originated in France and expanded into Canada, Ireland, the United States, and Australia in the 1840s. In Ottawa, it was known as the Good Shepherd Laundry. It was, in fact, a sort of prison where sex workers, vagrant women, unwed mothers, incorrigible daughters who disobeyed parents, victims of incest – all perceived as immoral women— could

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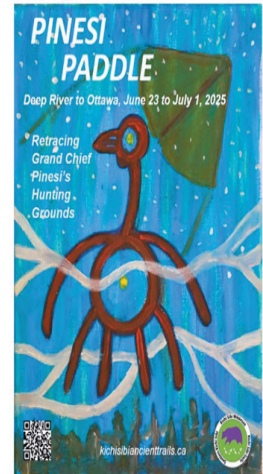
Chief Pinesi Day
July 1st 2025

9 am - 2:00 pm - New Edinburgh Park

Chief Pinesi Day will be the culmination of an 8-day paddle, following an indigenous paddling route beginning in Deep River and ending in Ottawa to arrive in our park ~noon on July 1.

In partnership with the Algonquins of Pikwakanagan First Nation:





- Sacred Fire (9 am) and Smudging ceremony (noon)
- Drumming, dancing and singing
- Land tour of Chief Pinesi Portage Trail
- Meet and hear from the paddlers about their experiences



PINESI PADDLE
Deep River to Ottawa, June 23 to July 1, 2025

Retracing Grand Chief Pinesi's Hunting Grounds

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What's the New Edinburgh Community Alliance?

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

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

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

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

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

Our next meetings will take place **Tuesday September 16, 7:00 p.m.** and **October 21, 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

Ted Bennett	Co-Treasurer
Ray Boomgaardt	President
Sean Flynn	Co-Treasurer
Kostyantyn Frolov	
Katherine Lloyd	Friends of the Park
Karen Squires	Friends of the Park
Gail McEachern	Heritage & Development
Sean McNulty	
Jason Tavoularis	Traffic & Safety
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Learn more at
newedinburgh.ca

NECA President's Report



Ray Boomgaardt
NECA President

Its springtime. We've had an election. And I have been doing a lot of walking around the community.

Springtime

Spring often brings discussion on the use of the park, and the wonderful multi-use pathway. The issues include signage, electric bikes, and excessive bike speeds. We are asking the City to keep the signage up to date so that users of the pathway will be safe. There is concern that some electric bikes are extremely heavy, such that they endanger other users. A related concern is excessive speed. This is an issue both for electric and regular bikes, but the greater weight of electric bikes makes the problem more serious. Should we be asking for something to be done about electric bikes? We would welcome your thoughts. In some areas, the National Capital Commission (NCC) has separate bike and walking paths. Part of our pathway works

that way, too, if the bikes stay off it. Should we have urged the NCC and City to expand this separation to the entire path in New Edinburgh?

The election

Many of us attended the all-candidates meeting and found it a good opportunity to meet the prospects. Unfortunately, the Conservative candidate, who had indicated he would attend, advised on the day of the event that he could not make it. I think it would be a good idea to see how our turnout compares to that of other communities in this electoral district. I will try to get that information by the next edition. Meanwhile, I was struck by a story from one poll worker: a couple coming in joked that they always vote for different candidates, thus cancelling each other's vote. Some would call this a wasted vote. I do not think that is the right way to think about it. I think that if more people vote, our coun-

try is made stronger. It's wonderful that we held free and fair elections. But it's also concerning that in an election conducted at a time when Canada is subject to external threats, that almost one third of Canadians decided not to vote. Can we build strong communities if so many of us are opting out of our responsibility, or perhaps think we do not have such a responsibility to vote?

Walking Around

When I walk along the Minto Bridges on Union Street, I love to observe the RISE sculpture on Maple Island, which transforms from a Blue Heron to an Orca as I walk along. This is a fine piece of work, well thought out, and in a great location. It should be lit at night, and it should be oriented slightly differently so the whale – it's not a beluga! – can be seen from the bridge in summer. In my imagination, the Orca is the whale from the film *Free Willy*. Coming across the bridges from New Edinburgh, RISE Willy learns to fly, becoming a heron; while coming from the Global Affairs side, RISE Willy emerges from the heron to leap to freedom above the island.

See you in the neighbourhood!

Vehicle idling times changing to improve air quality

Public Service Announcement from the City of Ottawa

Starting in 2025, the maximum idling times for vehicles in Ottawa are changing to help make Ottawa's air cleaner.

Idling times for vehicles on public and private property are set in the City's Idling Control By-law. Earlier this fall, City Council approved the following by-law changes to take effect on Wed., Jan. 1, 2025:

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

warmer than 27 C for occupied vehicles.

- For **unoccupied vehicles**, the maximum idling time limit is **one minute per hour**, regardless of the temperature. Exceptions continue to exist for certain vehicles and situations.

By reducing unnecessary vehicle idling, we are lowering greenhouse gas emissions and improving Ottawa's air quality. If every Ottawa driver reduced daily idling in their vehicles by two minutes, carbon dioxide emissions would decrease by about 31.2 million kilograms a year – or, we estimate, the equivalent of removing 6,780 vehicles from our roads.

In 2007, the City of Ottawa took steps to reduce greenhouse gas emissions and improve air quality by enacting the Idling Control By-law. Throughout 2024, as directed by City Council, staff reviewed the Idling Control By-law and consulted with the community and industry partners to inform the proposed changes.

For more information on City programs and services, visit ottawa.ca, call 3-1-1 (TTY: 613-580-2401) or 613-580-2400 to contact the City using Canada Video Relay Service. You can also connect with us through Facebook, X (formerly Twitter) and Instagram.

Letter from the Managing Editor



Sharon Nyangweso
Managing Editor

As we head into summer and close out our final issue before the fall, I'd love nothing more than to send you off with something light and hopeful. But the truth is, we're not living in hopeful times.

We're just out of two elections and staring down a municipal one. We're watching a fascist government wreak havoc just across the border. The climate crisis barrels forward with barely a policy dent to slow it down. Housing, healthcare, education—every pillar we rely on is buckling. And amid it all, many of our leaders seem

more committed to keeping the system quiet than making it just.

I don't share this to provoke despair. I share it because, as Naomi Klein reminds us in *Doppelganger*, the antidote to chaos is not comfort—it's clarity. And clarity doesn't mean looking away. It means seeing the world as it is, and holding that vision with both hands, so we can move forward with purpose.

So as we step into these warmer months, I want to ask you something that might feel out of step with this moment: What could reconciliation

truly look like—for you, for your community, and for this country?

Because if we let this moment pass as just another crisis, we miss the opportunity to reshape something. Perhaps we can take a lead from Amitav Rath, in his article "BridgeWork to Renewal: Rethinking Beechwood", where he invites us to use a moment of chaos (construction on St Patrick Street bridge) as an opportunity for innovation and iteration. We don't have to chase some vague memory of "the way things used to be." We can build something better.

We can choose a future that is inclusive, equitable, exciting, bright, and safe for us all. But only if we're clear-eyed about where we are, and steady in our commitment to move forward.

See you in the fall.

Letter from the Co-Editor



Karen Squires
Co-Editor

It's always interesting to watch how our content changes from one edition to the next, from one season to another; especially with the recent election and current geopolitics. This spring summer period is such a breath of fresh air with longer days bringing positive changes. We see more people out enjoying nature, green spaces and socializing. As such, we are launching the BBB restaurant patio season once again for spring/summer with updates so keep turning the pages to learn about new restaurant patio locations opening on our main street! As we tend to spend more time now at home base, you might also consider new updates/changes for your own living arrangements so read on for lifestyle options covered in this edition as well. Lifestyle options can mean where you live, new

connections or new activities you may get involved with. Or it could simply mean making minor changes to where you live right now just to make you feel better.

Health and wellness are trending areas of interest for many and is now integrated into a wide range of articles from park clean ups to learning opportunities for all ages to simply getting outside in the community and staying active! We are happy to include updates on the Saturday Market at the Fieldhouse along with many other great events taking place in our community or surrounding areas. There are many options now to support local businesses while connecting with new and old friends!

On a community level there's so much more we can do to protect nature and we see this

daily in big and small ways. I was amazed to see almost 100 people show up at the Park Clean Up for Earth Day but this is just the beginning. There are many things you can do on your own property to support biodiversity, or be mindful of how you dispose of your own waste so read on to learn more from our brilliant contributors.

Enjoy this summer edition and thanks for your continued support in so many ways to keep our community and our paper thriving – we all need this. In conversation with people in the neighbourhood, we are getting very positive feedback on content so thank you for sharing your knowledge and your time to get good content delivered. If anyone would like to get involved with the delivery process, please let us know as sometimes it's just for a few editions while our regular team take a break. It takes a village effort and we so appreciate all your work. Let's enjoy the summer break and very best wishes from the *NEN* Team!

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newedinburgh.ca

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Surprise underpass closing creates barriers for cyclists and pedestrians

By David Orfald

The City of Ottawa has confirmed that the St. Patrick Street bridge underpass will be closed for the duration of the bridge reconstruction project.

The announcement comes as a surprise to some, because the closure of the underpass was not clearly highlighted on the City’s website about the bridge reconstruction project. The bridge reconstruction is currently estimated for completion by fall 2026.

The closure of the underpass eliminates a critical link in the trail along the east side of the Rideau River for at least two cycling seasons. Without access to the underpass, cyclists and pedestrians will be forced to use the crosswalk at the intersection of Beechwood/Crichton/St. Patrick/Vanier Parkway. Given lane closures associated with the work on the bridge, that intersection has

become far busier and more dangerous, with drivers racing through to try and make the lights.

The loss of the St. Patrick underpass creates yet another gap in Ottawa’s bike and trail network.

A City official said that the closure of the underpass was announced at a July 2024 information session and communicated to the local councillors. But they acknowledged that the web page for the bridge project needs to be improved.

Asked if the City has plans to improve safety at the bridge intersection, the official said they will monitor traffic and consider additional control measures.

The crosswalk at the east end of the bridge could be significantly improved with a new paint job and the installation of flexible bollards.

Asked for his comment about the closing of the underpass, Councillor Rawlson King stated that his office



Photo by David Orfald

You may have been surprised to see this signage at the top of the St. Patrick Street bridge underpass indicating closure.

was aware that the underpass would close and that its closure had been communicated to residents. He said the pathway belongs to the National Capital Commission and that its closure was shared on their website.

The NCC’s bikeway trails have been interrupted during years of construction behind

Parliament Hill and along the Ottawa River Parkway. Many cyclists find it very difficult to find information about the progress of its projects.

Councillor King did confirm that the reconstructed underpass will be improved with the addition of three new lights under bridge, and a repaved surface in the tunnel.

However, given the duration of the project, don’t expect to see these improvements until 2027.

David Orfald is a resident of Lindenlea, who has used the Rideau River bike path as early as March and as late as December.

Nominate a neighbour: The BRICK award celebrates contributions to our community

By Gail McEachern

The idea for the BRICK (‘Burgh Renovation, Improvement, Construction Kudos) Award was conceived by members of New Edinburgh’s Heritage and Development Committee

and adopted by the New Edinburgh Community Alliance (NECA) Board in May 2009. The committee was prompted by a growing concern that the construction of new buildings and additions to existing buildings was changing the traditional architectural landscape of New Edinburgh. As Paul McConnell, who was Co-Chair of the Heritage and Development Committee

at that time stated: “We are familiar with examples of property developments that dismay or alarm us. These are the ones that grab our attention. But we should not overlook the projects where owners have taken particular care to carry out their renovation or construction in a style that is sympathetic to the local environment, and the result becomes a welcome addition to the neighbourhood.”

So, the BRICK Award came into being. Its purpose was to recognize and honour a project on a property in New Edinburgh – either inside or outside the Heritage Conservation District – involving a new addition to a building, the restoration of significant architectural elements on an existing house, or a new infill development which was compatible and sensitive to the surrounding neighbourhood aesthetic. The original focus was on physical “bricks and mortar” accomplishments. However, since its inception, the concept has expanded to include a sepa-

rate award for a Community Builder: an exceptional person who has generously and consistently contributed their time and talents to enriching our community. In 2022, a third category was established to acknowledge someone whose creative abilities have contributed to the preservation and enhancement of the natural beauty of New Edinburgh’s streetscapes and green spaces.

Any resident of New Edinburgh can nominate a project or individual from any of the three categories by emailing a brief description of the nominee’s contribution to editor@newedinburgh.ca – all submissions will be reviewed by the NECA Board and the winners for 2025 will be announced at NECA’s Annual General Meeting in October.

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

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Spring and summer park updates



Friends of the Park collaborated with Ottawa Riverkeeper for another successful clean up event.

Photo by Karen Squires

By Karen Squires and Katherine Lloyd

On Apr. 21 – one day before Earth Day – people from near and far gathered at Stanley Park to participate in our annual park clean-up. For the second year, Ottawa Riverkeeper led the effort, with their team – including Leah Smith and Caroline Gomersall – addressing volunteers in English and

bags and buckets of assorted items: paper, plastics, cans, and likely some remnants from earlier tent encampments. Once everyone reconvened, the trash was weighed: this year, 271 pounds were collected. All bags were then left for pick-up between the Fieldhouse and the multi-use pathway, and the event wrapped up by noon. It's worth noting that beverages

liaised with the City regarding the area near the beach, which was greatly affected this year by trucks and heavy equipment completing ice-breaking operations. We've asked the City to investigate ways to further mitigate the adverse conditions left behind: lots of mud and disruption to biodiversity in a large swath of land leading into the beach area. We

more trees and native species are planted in the area as part of the Memorial Meadow project, mentioned in earlier editions. An event will be scheduled – date yet to be determined.

We'd like to thank the Ottawa Riverkeeper team, Ecology Ottawa, the City of Ottawa, and the National Capital Commission once again this year for all their support and expertise!

Finally, we are extremely grateful for this amazing green space, which this community has fought hard to protect. Let's continue working to keep it clean and safe year-round – it takes a vil-

lage like New Edinburgh to make it work! We continue to liaise with the City for better cycling signage throughout the park so all users can enjoy the space safely. Hopefully, with more bins, better signage, and a bit more uptake from users in using the bins, our park can continue to flourish – along with its natural habitat and our overall health. Thanks for all your support and see you in the park throughout the summer months!

Both Karen Squires and Katherine Lloyd sit on the New Edinburgh Community Alliance (NECA) board and represent Friends of the Park.



NCC map for tree planting in Stanley Park.

Photo courtesy NCC

French. By 9:15 a.m., the Riverkeeper crew arrived with their equipment to get set up before everyone else arrived. It's a streamlined production to ensure everyone is registered and has their tools and instructions for cleaning the park between St. Patrick Street bridge and Sussex Drive.

After a few photos were taken, the group dispersed, buckets, gloves, and trash-pickup tools in hand, throughout the park for about an hour. They returned with

this year were generously provided by City Seltzer and Starbucks Orleans. We had more than 100 people registered and 98 volunteers at the event!

We're so grateful for the work done in our park to ensure safety for all users – including our furry friends. We appreciate that the City of Ottawa ensures that new seasonal bins are installed throughout the park as the volume of users increases in early spring. We've also

hope to have more details on this in the fall, so please stay tuned. As a reminder, the City of Ottawa is scheduled to plant nine trees in the park this spring, and the National Capital Commission is scheduled to plant about 40 trees this fall.

Also of note: Ecology Ottawa (led by project manager Sharon Boddy) began the removal of invasive species from the Monarch Meadow area on Apr. 21. This work will continue into May, as



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Councillor's update on community gardens and by-laws



Rawlson King
City Councillor, Ward 13

I'm pleased to share that the City has approved its long-awaited Community Garden Action Plan Review, marking a significant milestone for community gardens and green initiatives across Ottawa. Simultaneously, the City has made great progress with enhancing its boulevard gardening rules, creating more opportunities for residents to grow food and foster sustainable practices.

Ottawa currently hosts more than 120 food-producing community gardens, with 27 on City-owned land. However, since 2019, no new community gardens have been approved despite growing interest from residents. The newly approved review addresses this stagnation by establishing a formal Community-led Green Initiatives and Garden Program under the City's Recreation, Cultural and Facilities Services department.

This new approach will provide a single point of contact for community groups and

clear guidelines for establishing gardens on City land. The moratorium on new applications will be lifted, allowing the City to review outstanding community requests and empower residents to create vibrant growing spaces.

I want to especially thank Adrian Di Giovanni and everyone involved with the New Edinburgh Community Harvest Project for their advocacy throughout the Community Garden Action Plan review process. Their vision for a community garden near the New Edinburgh Park Fieldhouse exemplifies the kind of initiative this new program aims to support.

Their thoughtful proposal for garden boxes demonstrates how accessible growing spaces can be created while respecting other park uses. This community-led approach aligns perfectly with Ottawa's goals of increasing food security, promoting biodiversity, and building sustainable neighbourhoods.

Alongside this change, the City also recently approved

amendments to the Use and Care of Roads By-law that will allow residents to grow food and place planters in residential boulevards. Approved by Council in April, residents are now able to grow edible plants on boulevard strips, install raised garden beds up to 45 cm in height, and use removable planters that must be relocated by Nov. 15 annually.

Original boulevard gardening changes stemmed from New Edinburgh resident Andrew Fyfe's initiative in 2022 after facing challenges with his boulevard garden. The 2025 amendments to the rules now include reasonable limitations for public safety: plants must not exceed one metre in height, raised beds must be set back from roadways and sidewalks, and permanent concrete or stone garden beds remain prohibited.

Both initiatives were presented to Ottawa City Council this spring and information is available on the City's website. As always, you can contact my office by email at rideaurockcliffeward@ottawa.ca or by phone at 613-520-2483. Also, please subscribe to my newsletter at www.rideau-rockcliffe.ca.

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Je suis heureux d'annoncer que la Ville a approuvé l'examen tant attendu du Plan d'action pour les jardins communautaires, marquant une étape importante pour les jardins communautaires et les initiatives vertes à Ottawa. Parallèlement, la Ville a réalisé d'importants progrès en

améliorant ses règles de jardinage sur les boulevards, créant ainsi plus de possibilités pour les résidents de cultiver des aliments et favorisant des pratiques durables.

Ottawa abrite actuellement plus de 120 jardins communautaires producteurs de fruits et de légumes, dont 27 sont situés sur des terrains appartenant à la Ville. Cependant, depuis 2019, aucun nouveau jardin communautaire n'a été approuvé malgré l'intérêt croissant des résidents. L'examen nouvellement approuvé remédie à cette stagnation en établissant un programme officiel de jardins communautaires et d'initiatives vertes menées par la communauté sous l'égide de la Direction générale des loisirs, de la culture et des installations de la Ville.

Cette nouvelle approche fournira un point de contact unique pour les groupes communautaires et des lignes directrices claires pour l'établissement de jardins sur les terrains municipaux. Le moratoire sur les nouvelles demandes sera levé, ce qui permettra à la Ville d'examiner les demandes communautaires en suspens et de donner aux résidents les moyens de créer des espaces de culture dynamiques.

Je tiens à remercier tout particulièrement Adrian Di Giovanni et toutes les personnes qui ont participé au projet de récolte communautaire de New Edinburgh pour leur intervention tout au long du processus d'examen du

Plan d'action pour les jardins communautaires. Leur vision d'un jardin communautaire près du pavillon du parc New Edinburgh illustre bien le genre d'initiative que ce nouveau programme vise à soutenir.

Leur proposition réfléchie de jardinières démontre comment on peut créer des espaces de culture accessibles tout en respectant les autres utilisations du parc. Cette approche communautaire s'harmonise parfaitement avec les objectifs d'Ottawa visant à accroître la sécurité alimentaire, à promouvoir la biodiversité et à bâtir des quartiers durables.

Parallèlement à ce changement, la Ville a récemment approuvé des modifications du Règlement sur l'utilisation et l'entretien des routes qui permettront aux résidents de cultiver des aliments et de placer des jardinières sur les banquettes résidentielles. Avec les modifications approuvées par le Conseil en avril, les résidents peuvent maintenant cultiver des plantes comestibles sur les banquettes, installer des plates-bandes surélevées d'une hauteur allant jusqu'à 45 cm et utiliser des jardinières amovibles qui doivent être déplacées au plus tard le 15 novembre chaque année.

Les changements originaux apportés au jardinage dans les banquettes découlent de l'initiative d'Andrew Fyfe, résident de New Edinburgh, en 2022 après avoir fait face à des défis avec son jardin dans la banquette. Les modifications apportées aux règles en 2025 comprennent maintenant des limites raisonnables pour la sécurité publique, à savoir que les plantes ne doivent pas dépasser un mètre de hauteur, les plates-bandes surélevées doivent être en retrait des routes et des trottoirs, et les plates-bandes permanentes en béton ou en pierre demeurent interdites.

Les deux initiatives ont été présentées au Conseil municipal d'Ottawa ce printemps et des renseignements sont disponibles sur le site Web de la Ville. Comme toujours, vous pouvez communiquer avec mon bureau par courriel à l'adresse rideaurockcliffeward@ottawa.ca ou par téléphone au 613-520-2483. Je vous invite à vous abonner à mon infolettre à l'adresse www.rideau-rockcliffe.ca.

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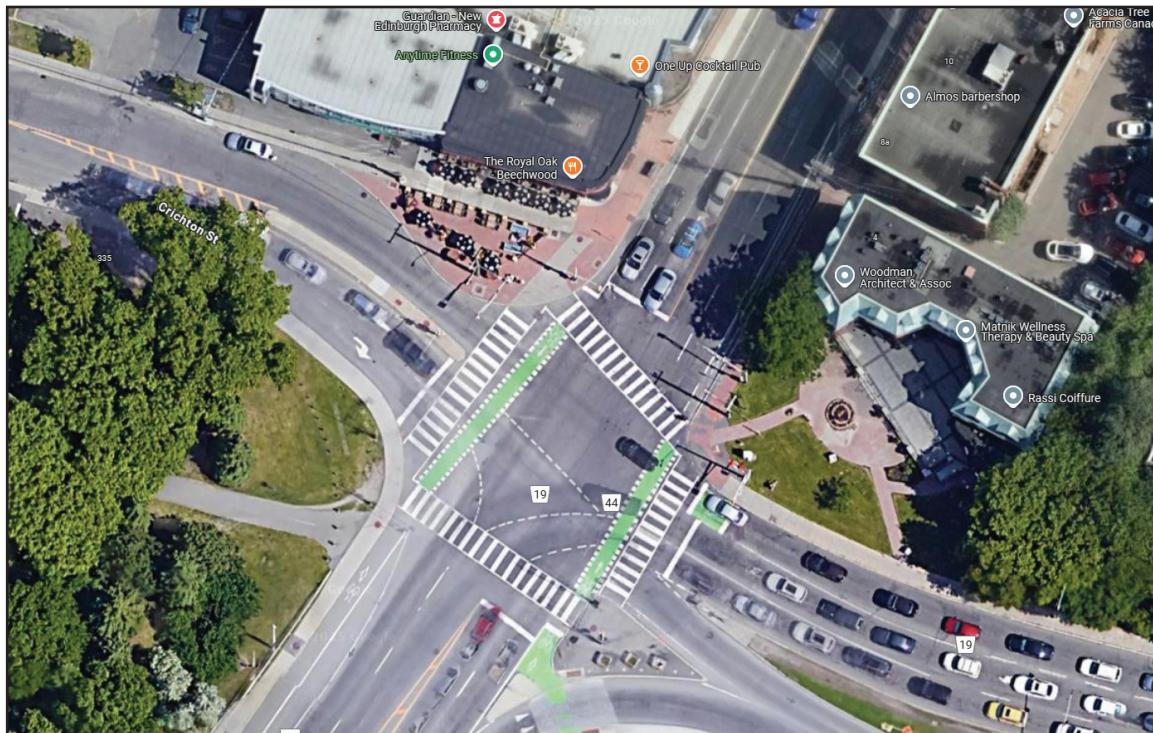
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Safety a constant issue for cyclists and pedestrians

By Matthieu Gagnon

On Apr. 7, 2025, as I was riding to work from Orléans, I was cut off by a vehicle at Beechwood and Acacia. I am not sure exactly what happened since the collision robbed me of those memories. However, I do know that someone decided to turn left without making sure the bike lane was clear. Due to that driver's negligence, I suffered a broken jaw, facial lacerations, a massive black eye, and various other bruises and scratches. This negligence has and continues to cause me pain. It also has a significant effect on my family: my kids were pretty traumatized; my youngest daughter is only now starting to be comfortable looking at me after almost two weeks of healing and getting used to how my face looks. My oldest daughter has not ridden her bike since the crash, after weeks of being very excited to go out with me. My wife has had to take on a bigger share of responsibility since I was less able to contribute to the household. The fact that this driver prioritized getting to their destination seconds faster over my safety has caused me and my family harm.

I have been pondering the nature of driver entitlement. I think the way we build our city has a huge impact on the perceived superiority of drivers. The infrastructure in our city always compromises to allow for the free flow and comfort of cars, but never for the safety of people outside of cars. One of the most egregious examples is the intersection of the Vanier Parkway and St. Patrick Street, an intersection close to where I crashed.



Courtesy Google Maps

This crossing can be a source of tension and fear for cyclists and pedestrians in the neighbourhood.

At first glance, you can see that most of the present infrastructure is there to accommodate cars, with only a small sidewalk for people walking and a painted bicycle gutter for people cycling. The traffic lights near the Royal Oak are made to break should a car smash into them, allowing the car and traffic lights to strike any pedestrians or diners that may be present. Even more outrageous, cyclists trying to cross the Vanier Parkway to get to Beechwood must make a blind left turn across the slip lane to get to the island and hope that any cars behind you will stop. These are just brief examples of the type of infrastructure flaws that are present everywhere the City builds bike infrastructure.

The City has a transportation master plan focused on getting people out of cars. This policy objective is key to achieving the Official Plan,

including managing future growth, enabling economic development, mitigating climate change, and creating healthy and inclusive communities. Cars are expensive for households, and driving is expensive for society. Reducing dependency on cars is very important. To achieve this, the city needs not only to


invest in active transportation projects but also ensure that new projects don't compromise pedestrian and cyclist safety to make roads fast and convenient for drivers.

Currently, the city has 340km of on-road bike infrastructure (5 per cent of the 6,000 km of roads), most of which consists of a

line of paint on a shoulder filled with potholes, sewer grates, debris, and water. That "infrastructure" still manages to enable 7 per cent of trips in the core and the inner urban area. Those who use that infrastructure need to be supported with improvements to have any hope of addressing the City's issues.

It would be hard for me to make the case that active transportation is safe this summer. This collision has left me disfigured; my jaw wired shut. All because a driver felt it was too inconvenient to stop and ensure the way was clear before turning. I am losing weeks of my life so that this person could save seconds of theirs. My children are traumatized for that person's convenience. This is a manifestation of the decisions made when the City built this route. Every consideration made for the speed and convenience of drivers, but none for the safety of people outside of cars.

Matthieu Gagnon lives in the area and is Vice-president of the Convent Glen Orléans Wood Community Association.

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Bridge work to renewal: Rethinking Beechwood

By Amitav Rath

The repairs to the St. Patrick Street bridge have forced a reorganization of traffic along the bridge and the resultant traffic flowing into Beechwood Avenue is reduced by over 50 per cent.

The April issue of the *New Edinburgh News* covered an intriguing topic: designing the “Main Street that works for everyone” by Karen Squires and John Leefe. They elaborated upon the value of the 15-minute neighbourhood, asked if we in the community “are walking the walk?” and revisited several questions around Beechwood Avenue.

There are other larger questions about the Beechwood/Hemlock corridor of interest to communities beyond New Edinburgh. But here, I am picking up on a small section of Beechwood Avenue: the section that begins after the St. Patrick Street bridge and ends before Beechwood Avenue becomes Hemlock – less than one kilometre. Specifically I am raising issues that affect Beechwood Avenue in the first 500 metres, ending soon after Springfield and the Metro store.

This is the primary area for stores and services that serve New Edinburgh and can be enjoyed by neighbouring communities, without driving. This section of Beechwood is not defined by its size, or its aesthetic beauty, but as the small corridor at one edge of New Edinburgh, that supplies us in the community and many neighbours in Rockcliffe, Manor Park

and Vanier, with many critical services.

We are fortunate that we continue to have a nucleus of stores and services of high quality and value. I am further encouraged by Councillor Rawlson King’s comments in the same NEN issue that the city is also taking a new look at Beechwood and its potential for strengthening our neighbourhood. While the bridge is being renewed over a “multi-year and multi-million dollar” allocation, the City has allocated an additional \$400,000 to reenvision Beechwood Avenue.

I propose two small but dramatic ideas, at least during the construction and repairs of the St. Patrick Street bridge, when we can take advantage of the fact the traffic flowing into Beechwood is limited to a single lane. This traffic reduction would allow the unused lane traveling from the corner of Crichton to MacKay to be converted to a non-car travel lane. Many possibilities would open up: short-term car parking; an improved, clearer bicycle lane; space for safe, locked cycle parking, and even perhaps a few sitting areas.

My second proposal: to redesign the operations of the traffic lights at the three stops on Beechwood in the same high-traffic zone – that would make all three lights more pedestrian friendly, with all-red pedestrian crossings.

Cities are constantly evolving, shaped by infrastructure needs, traffic patterns, and community demands, and



Photo courtesy Amitav Rath

Beechwood Avenue near St. Patrick Street bridge includes multiuse lanes.

large-scale work is always an inconvenience. But what if we could convert disruptions to opportunity? With the ongoing bridge repair reducing a four-lane road to three lanes for the next three years, we have the perfect chance to test new urbanist principles in real-time, if we convert the freed-up space into short-term parking, bicycle stands, pedestrian-friendly zones, and all-red pedestrian crossing, we would leverage proven strategies from Jane Jacobs, modern traffic cooling techniques, and global city planning trends.

This moment matters, because otherwise, we would have the default: to restore the roads exactly as they were before. Yet, instead of merely enduring three years of altered traffic, we can test new ideas that prioritize safety, accessibility, and local business vibrancy – before committing to permanent changes. The bridge repair forces the

reduced traffic lanes in any case. We have a chance to rethink the balance between cars, pedestrians, and cyclists along Beechwood, with traffic cooling and better use of the space, for a safer, people-friendly core. Designating new short-term parking spots support local businesses, without encouraging excessive car use. Installing secure bike racks and cycling lanes enhance safer mobility options; and adjusting intersection signals to a four-way pedestrian stop allows safer street crossings and improved accessibility, especially for our seniors aging gracefully in the neighbourhood.

As Jane Jacobs has argued, streets should prioritize people over vehicles and people provide “eyes on the street.” Vibrant pedestrian zones increase safety and boost economic activity.

They align with the People-Centered Streets movement that the City of Ottawa has

adopted. By reclaiming a vehicle lane that will be underused, for multi-use purposes, we follow the philosophy of fostering an environment in which foot traffic drives the local economy, pedestrians feel secure, and streets become welcoming spaces rather than mere car conduits.

This shift would encourage: increased sidewalk activity, leading to higher foot traffic for shops and cafés, a sense of safety, making streets feel more like community spaces than highways, and a better quality of life, reducing car dependence and encouraging walkability.


A dedicated pedestrian-only signal phase would allow pedestrians to cross in any direction, including diagonally; encourage foot traffic; strengthen local businesses by making streets more welcoming to walkers; and eliminate conflicts with turning vehicles – an increasing concern on Beechwood. Toronto has introduced this in several locations, demonstrating that prioritizing people at intersections improves safety. Ottawa could test this approach at intersections within the bridge repair zone, measuring its effectiveness as part of a broader traffic cooling initiative. Ottawa also has a Neighbourhood Traffic Calming Program that focuses on permanent street redesigns – which includes lane reductions – to improve pedestrian safety.

The three-year work period on the bridge would allow Ottawa and this neighbourhood to test solutions before committing permanently. Ultimately, the bridge repairs can become a window to rethink mobility along the short length of Beechwood: we can collect real data, measure pedestrian and business impact, and refine best practices for long-term transformations. Rather than only suffering, we can embrace this as a rare opportunity to shape our main street for people, not just cars—turning an initial lemon into truly great lemonade.

Amitav has been a long-time resident in the ‘Burgh; in fact, it has been his only Canadian residence. He has a weakness for walking, biking, chatting, good food and beverages, and on the theme of sustainability.

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The power of gratitude

By **Ralph Hesse**

Positive psychologists have identified the virtue of gratitude as one that promotes mental health. Robert Emmons, a leading researcher on gratitude, defines it as “the recognition that one has received a positive outcome from another person who behaved in a way that was (1) costly to him or her, (2) valuable to the recipient, and (3) intentionally rendered.”

Gratitude can also be extended to involve a mindful, positive focus on gifts from nature and one’s god, or recognition of well-being that is enhanced by others. Although we may intuitively acknowledge that gratitude promotes mental and physical health, a scientific analysis of its benefits has only been recently explored. Emmons and Michael McCullough conducted a notable series of experiments in 2003. They selected college students as well as adults with neuromuscular disease and found that in both groups, intentional focus on events that provoked gratitude – as opposed to cataloguing “hassles” or just general life events – resulted in an overall increase in

life satisfaction and physical health.

There are several unique distinctions to make regarding the concept of gratitude:

Gratitude is not synonymous with appreciation, but instead is a broader concept. Gratitude requires a connection established between another person, nature, or a higher power. We can appreciate the taste of a delicious piece of fruit, but to have gratitude is to also pay warm respect to the people who made it happen. As such, gratitude is dynamic and facilitates action. We’re much more likely to advocate for the welfare of farmers if we feel grateful for the food we eat. Gratitude spurs us to “give back”. Environmental activism, for example, is often the side effect of having genuine gratitude for the wonders of nature.

Gratitude increases one’s sense of self-worth. Because being grateful involves an understanding that you are a recipient of a perceived gift, it consequently makes us feel esteemed and valued. This, in turn, promotes mental health.

Gratitude reduces levels of anxiety and the negative effects of trauma. Four sum-

mers ago, while travelling to Ottawa on route 416, another driver fell asleep at the wheel and swerved into my lane, hitting our car from the side at least 100 kilometres an hour. Although my wife and I suffered no significant injury, the accident was substantial, and both cars were totaled. Immediately after the crash, when I stepped out of my car, two different drivers who witnessed the event stopped their cars and greeted my wife and I, concerned about our health and overall situation. They stayed with us for at least an hour, through the calling and arrival of the police, the ambulance, and the tow truck that eventually took us and our car from the scene. In the weeks, months, and years since the event, my deep gratitude for those anonymous good Samaritans is the overriding emotion I feel. Also, I have vowed that if I ever witness a car accident, I will stop and offer what help I can, as a “thank you.”

Gratitude keeps you humble and connected. To be grateful is to accept that the richness of your life is, at least in part, due to the work and generosity of others. This contributes to a worldview

that many people are essentially good and leads one to reciprocate by trying to be better – a motivational pursuit that enhances mental health.

Having gratitude is a foundational trait in both promoting mental health and contributing positively to others. Some ways we can enhance and actualize feelings of gratitude:

Keep a gratitude journal. Each day, consider something that you are grateful for and record it.

Write to a person you care about and express everything about them that you are grateful for. You don’t necessarily have to send the message to the person; the writing exercise alone will enhance your relationship and positive feelings for the person. Experiments also show that such a practice enhances life satisfaction and decreases instances of clinical depression (Toepfer, 2102). If you do send your message, it is guaranteed to make the recipient feel wonderful!

Explore the Japanese meditative practice called Naikan. Practitioners are asked to focus on three questions: 1. What did I receive? 2. What did I give? 3. What

problems and difficulties did I cause to others? Daily sessions of Naikan have been shown to enhance a person’s sense of gratitude.

Positive psychology focuses on those traits that facilitate a life of thriving. Instead of studying the field of psychology through the lens of mental illness and resultant treatment, it instead analyzes the elements that promote mental health. Gratitude, along with savouring (discussed in the last issue of New Edinburgh News) are two of the most important characteristics of a well-balanced and happy person.

Let’s end with a bit of a wink by expressing my gratitude for all those who have read this article!

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

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From Queen's Park to Rockcliffe Park: Community updates



Lucille Collard
MPP Ottawa-Vanier

Happy Spring, New Edinburgh! It's lovely to see so many of you out and about in our beautiful community as the weather gets warmer. Since my return to Queen's Park, much has happened!

Gaining official party status has made a real difference in advocating for your needs—it gives us more speaking time in the legislature and strengthens our ability to hold the government accountable. My first opportunity came after the Throne Speech. I know many parents are rightfully concerned

about the future of education in Ontario. Whether your child is learning in French or English, whether they need extra support or not; you expect—and deserve—a world-class system. In that light, the Throne Speech was disappointing. It failed to show leadership in addressing such critical issues as climate change, the needs of vulnerable children, and the root causes of poverty—challenges that touch every community. I remain committed to pushing for more concrete solutions.

Speaking of concrete solutions, the long-awaited Nurse Practitioner-Led Clinic is under construction and coming along beautifully! I had the opportunity to take a tour (hard hat and all) and talk with Nurse Practitioner Hoda Mankal who explained that the clinic will have 10 new exam rooms to help many Ottawa-Vanier residents in desperate need and they are aiming to open in August of 2025! It's a positive step forward for our community that I'll keep you all updated on!

As we look ahead to summer, I'm excited for the many festivals such as corn roasts and barbecues. Many of these events I'll be hosting and attending myself and look forward to connecting with you in person. Keep an eye on my newsletter for updates, and if you see me out and about, please don't hesitate to stop and say hello. I'd love to

hear what's on your mind.

**

Joyeux printemps New Edinburgh! C'est agréable de voir autant d'entre vous dans notre belle communauté alors que le temps se réchauffe! Depuis mon retour à Queen's Park, beaucoup de choses se sont passées.

Le fait d'avoir le statut de parti officiel fait une réelle différence dans la défense de vos besoins: cela nous donne plus de temps de parole à l'Assemblée législative et renforce notre capacité à demander des comptes au gouvernement. Ma première occasion s'est présentée après le discours du Trône. Je sais que bien des parents sont préoccupés par l'avenir de l'éducation en Ontario. Que votre enfant apprenne en français ou en anglais, qu'il ait besoin d'un soutien supplémentaire ou non; vous vous attendez à un système l'éducation de classe mondiale et le méritez. Dans cette optique, le discours du Trône s'est avéré décevant. Il n'a pas fait aucune preuve de leadership dans la résolution de problèmes cruciaux tels que les changements climatiques, les besoins des enfants vul-

nérables et les causes profondes de la pauvreté – des défis qui touchent toutes les communautés. Je reste déterminée à faire pression pour des solutions plus concrètes!

En parlant de solutions concrètes, la clinique dirigée par des infirmières praticiennes tant attendue est en construction et progresse à merveille! J'ai eu l'occasion de faire une visite (casque et tout) et de parler avec l'infirmière praticienne Hoda Mankal qui m'a expliqué que la clinique disposera de 10 nouvelles salles d'examen pour aider de nombreux résidents d'Ottawa-Vanier dans le besoin et qu'ils visent à ouvrir en août 2025! C'est une avancée positive pour notre communauté dont je vous tiendrai tous au courant!

Alors que l'été arrive, j'ai hâte de découvrir les nombreux festivals tels que les rôtis de maïs et les barbecues. J'organiserai et participerai moi-même à plusieurs de ces événements et j'ai hâte de vous rencontrer en personne. Gardez un œil sur mon infolettre pour les mises à jour, et si vous me voyez dehors, n'hésitez pas à vous arrêter et à me dire bonjour.



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Kichi Sibi Trails welcomes \$10,000 City grant to mark the fourth annual Chief Pinesi Day

By John Leefe

The City of Ottawa has granted Kichi Sibi Trails \$10,000 to mark the fourth annual Chief Pinesi Day. Conceived in 2022 to promote reconciliation by honouring Algonquin Anishinaabe presence in the national capital and beyond, this year's event will again be celebrated on Jul. 1 in New Edinburgh Park, in and around the Fieldhouse. As in previous years, Kichi Sibi Trails is organizing the festivities in concert with New Edinburgh Community Alliance (NECA) and the

Crichton Community Council (CCC) with the support of the Algonquins on Pikwakanagan First Nation.

Chief Constant Pinesi (1768–1834) had hunting grounds in Ottawa at Rideau and Chaudière Falls, before being obliged to move to Algonquin Park. He and his four sons fought in critical battles in the Niagara as an ally of the British in the War of 1812 in their common desire to defeat the United States.

Kichi Sibi Trails President Wendy Jocko is excited about this year's event and says: "the city grant will help ensure a secure, vibrant, suc-

cessful and family friendly celebration, that will hopefully attract more Indigenous and settler attendance so that people can learn more about Algonquin history and culture." Indigenous-owned café Beandigen will provide lunch, which will include meat and vegetarian dishes reflective of Indigenous traditions: foods like Bannock, corn, beans, and cranberries.

Elder Dan Comegan will lead a sacred fire ceremony and Merv Sarazin, Councillor with the Algonquins of Pikwakanagan First Nation, will be the Master of Ceremonies. Kichi Sibi Trails President (and former Chief)

Wendy Jocko will speak about Chief Pinesi's ongoing legacy and the importance of rekindling connections between communities, generations, humans, and the natural world.

The Pinesi Paddle will also take place again this year, although the route will be different, and two days have been added to the journey. A group of dedicated Indigenous and non-Indigenous participants will paddle for eight days along a 220-kilometre stretch of the Ottawa River beginning in Deep River on Jun. 23. Led by Kichi Sibi Trails Vice-President and experienced canoeist Max Finkelstein, this west-to-east route will include stops at such sites as Oiseau Rock, Pointe au Baptême, Fort William, Allumette Island, Morrison Island, and Ile du Grand Calumet before arriving in Ottawa at Britannia. The trip will end back at New Edinburgh Park, the final stretch coming down the Rideau River. "The cho-

sen route contains sites that have deep spiritual significance to the Algonquin people and are more than just relevant, they will help us reconnect with Chief Pinesi's legacy" Max said. Sponsors include Innovation Seven, Taggart, Tricycle, NECA, the Canadian Voyageur Brigade Society, Blaney-McMurtry LLP and Wendy Tang.

Volunteers are essential to make this fourth annual event as successful as in previous years. The event needs volunteers as Greeters to answer questions, and Guide Attendees to assist with the day's schedule and deal with media. Mobility volunteers will assist people who have mobility challenges. Other volunteer tasks include set-up and take-down; lunch service; sacred fire set up, and t-shirt sales. If you're interested in any of these volunteer roles, please contact Cindy Parkanyi at cparkanyi@yahoo.ca.

Retired public servant John Leefe lives in Lindenlea.



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A century of faith and song: MacKay United celebrates with jazz in June

By Andy Bethune

As the lilacs bloom and New Edinburgh's streets come alive, MacKay United Church invites neighbours and music lovers alike to celebrate both the return of its beloved Jazz in June concert series and a remarkable milestone: the 100th anniversary of the United Church of Canada.

Formed in 1925 through the union of Presbyterian, Methodist, and Congregational churches, the United Church has long stood for faith, social justice, and community service. This year, congregations across the Eastern Ontario Outaouais Regional Council (EOORC) are marking a century of resilience and outreach. On Sunday, Jun. 15, communities of faith from across the country will gather at the EY Centre in Ottawa to pray, sing, and celebrate. Worship will be at 11 a.m.,

and all are invited.

MacKay United will also share glimpses of its rich history. Several archival treasures will be displayed or featured in photos throughout the centennial celebrations, including the MacKay Bible; an antique ewer and chalice; original communion glasses dating to 1898; the congregation's historic ballot box and ballots; and the St. Paul's Eastern Bible from 1874 – a tangible link to the church's early roots in the city.

MacKay United will also celebrate this milestone through the universal language of music. The Jazz in June series, a highlight of Ottawa's summer music calendar, will feature a stellar lineup of local and regional talent:

Jun. 5 – Tom Reynolds Quartet: Tom Reynolds, Lorne Nehring, Chris Pond, and Peter Woods

Jun. 12 – Field Notes:



A creative interpretation of MacKay United Church, generated using AI.

Peter Woods, Kyle Jordan, Chris Pond, Rob Graves, and José García

Jun. 19 – Samantha Christ François and Miguel De Armas: a powerful vocal and piano duo blending jazz and

Latin influences

Jun. 26– Orchidae: a fresh addition to Ottawa's jazz scene, bringing an innovative sound

Concerts will be held every Thursday evening in June at

MacKay United Church, 39 Dufferin Rd. Admission is free, and all are welcome. Free-will donations are gratefully accepted, with proceeds supporting the church's outreach programs and ministry. For more details, visit mackayunited.ca or check the church's social media.

Beyond the music and history, MacKay United continues to reflect on a century of faith in action. The congregation remains deeply involved in food security and community building. Whether you're a jazz enthusiast, a history buff, or simply seeking connection, MacKay United's June events promise to nourish both the spirit and the soul. Come for the music – stay for the community.

Andy Bethune lives in Vanier with his wife and young daughter. He works in the federal public service and volunteers at MacKay United Church.

Five ways to harness the power of divine feminine energy

By Sophia Wood
Massicotte

While every human has both the masculine and the feminine, and both are equally important to our well-being, there is something magical about the feminine nature that is often overlooked or neglected in our modern society. Because we are fueled by a “get-more-done” mindset, constantly on a mission to achieve more, do more, get more, the masculine energy is fed more than the feminine, leaving many of us feeling empty, depleted, and exhausted.

The energy of the feminine embodies the nurturer, the healer, and the peacemaker. While the masculine energy is focused on doing, the feminine energy revels in being. When we are in our “being” mode, we are receptive. In our receptivity, we can feel the pulse of life moving through us. In this deep communion and sacred presence with life itself, we become the vessel through which the Divine flows through our body, birthing new creations into reality.

Unfortunately, much of our western standard schooling

system focuses on teaching you us how to do, wiring us from the get-go to craft our lives around a career or professional journey, not a spiritual one. We're given tools to help us do anything we want – except follow our spiritual journey. This is why so many people, when they hit that moment in life where they feel lost and empty because of the misbalance between the masculine and feminine energies, are left not knowing what to do next.

They can create a resumé, sure. But can they navigate the windy, mystical roads of spirituality and being?

I'd like to offer five ways to harness and integrate the power of the Divine Feminine Energy into your everyday life.

Get outside

Communing with Mother Nature is one of the first things people are drawn to do when embarking on their spiritual journey. Why? Because in nature the feminine creative energy runs wild, its physical beauty is visible and palpable. The more you are able to get outside, the more you are able to feel grounded, centered and connected to the

wider web of life. Even five minutes of fresh air or a short walk barefoot in the grass can be enough soul food to awaken your divine feminine.

Connect to your body

Your body is a sacred vessel through which you can connect directly to the divine. A disconnection from your body is a disconnection from the power to self-source your own creative energy. It's through our body connection that we can begin to tap into our infinite creative potential to manifest anything we desire. Make it a priority to honor your body first thing in the morning. Take at least 15 min to breathe, moving out stagnant energy, creating space to receive insights and inspiration from a clean vessel. Finish with at least two minutes to fully rest and observe with curiosity life force energy moving through you and giving thanks to what your body does for you each day.

Say YES to your dreams

What is that thing that lights you up from the inside out, just by thinking about it? You have desires and ideas for a reason, and a lot of them are coming directly from your

divine feminine side. By saying “yes” to some of these experiences (without spreading yourself too thin), you can feed the desire of living life to the fullest that your feminine side craves.

Try something new

The feminine energy desires to “deepen into the fullness of existence” which means she's always hungry for experiences. What can you do today that's a little outside of the norm? Make a conscious choice to enjoy new experiences with curiosity and humility. Allowing yourself to step outside the rigid lines of our structured masculine-dominated society will not only lead you further down your spiritual path, but it will help you explore and express the creative juices that flow within you!

Externalize your emotions

For many of us, our emotions – the very things that makes us human and divine – have been shamed. When we deny ourselves self-expression, we can begin to lose ourselves in societal expectations and conditionings, leaving us feeling disassociated from our true authentic nature and deeply unfulfilled. A simple and

safe way to start connecting with our emotions is through journaling. Every morning as you wake, or evening before bed, take a few moments to write out how you feel. Start with just one word; if more wants to come through, let it flow! The process of externalizing our feelings on paper helps us to objectively see our truth from a different vantage point, beginning the journey of releasing ourselves from the judgments, attachments, and emotions that prevent us from fully expressing who we are.

Integrating more feminine energy into our lives involves giving ourselves permission to be who we really are. You are a unique event in the history of the universe. There has never been another you. Your existence is a mystery, a miracle, and an experiment of creation, and you are allowed to examine that mystery to the fullest.

Sophia Wood Massicotte is a woman empowerment coach and feminine wisdom teacher. She has devoted her life's work to support the reclamation of the Divine Feminine for greater world harmony, pleasure and joy.

BURGH BUSINESS BRIEFS

By Randy Mar and John Leefe

New Edinburgh patios to savour and explore

As thoughts turn to blooming flowers, bike rides, outdoor walks, and sunshine, we have our summer edition of the New Edinburgh Patio Pathway for our readers and visitors to explore! There are new additions coming soon, so read on!

With more than a baker's dozen outdoor patios, stretching from the Rideau Falls, down Crichton, across Beechwood and onto George-Etienne Cartier Parkway (with a few side jaunts), New Edinburgh has it all for anyone seeking a chance to relax over a cold beverage, coffee, or tasty burgers, salads, or other treats. Many are bicycle and pet friendly and offer spots for both sun-lovers and shade seekers!

Our Patio Pathway is bookended by two fantastic locations: Tavern on the Falls and the NCC River House.

A – Tavern on the Falls

With a grand view overlooking the Rideau Falls and the Ottawa River, Tavern on the Falls attracts Ottawa resi-

dents and tourists alike. One of the uniquely located seasonal eateries operated by Andre Shad (others include Tavern on the Hill and Tavern at the Gallery), a full range of cocktails and beverages, along with specialty hot dogs, are available on the patio and lounge area. This is considered one of premier places to watch fireworks during Canada Day, Grand Fete, and special events and holidays!

1 John St. (at Sussex Drive) | 275 seats; Sun and Shade | Open 7 days, 11:00/11:30 to late | thetavern.ca

B – Union Street Kitchen Café

Located in a 1890s brick house at the corner of Crichton and Union, the café is a long-standing neighbourhood favourite offering an array of baked goods, sandwiches and specialty drinks, along with a variety of takeaway meals. To keep things “green,” patrons are encouraged to bring their own mugs and recycling bins are readily available onsite; takeaway supplies (cups, bags, napkins, food scraps) are also composted.



Photo by Randy Mar

Union Street Café patio offers many options to relax and enjoy the scenery.

42 Crichton St. | 18 seats | Sun and Shade | Unlicensed | Open Mon 8:30 a.m.–1 p.m.; Tue–Fri 8:30 a.m.–4 p.m.; Sat + Sun 9 a.m.–4 p.m. | onunionstreet.ca

C – The Royal Oak

A fixture at New Edinburgh's “four corners” Royal Oak patrons are greeted by the distinctive two-tone blues of the Blue Moon umbrellas. The Royal Oak patio has seating at both high-tops and tables. Everything on the regular menu is served outdoors, so look for your favourite pub offerings like burgers, wings, fish ‘n chips, wraps, and salads. The full range of Molson products are on tap, as are local breweries, other spirits, along with non-alcoholic beverages. Their annual mid-summer Lobsterfest is eagerly awaited by shellfish lovers.

1 Beechwood Ave. | 60 seats | Sun and Shade | Open 7 days, 11 a.m. to closing | royaloakpubs.com

D1/D2 – Dhruvees & Sachi's on Beechwood

Donald Wingell's restaurant Dhruvees is at the corner of Beechwood and Charlevoix. On the Charlevoix side of the patio, now under new ownership, is Sachi's on Beechwood. The café offers a new menu with lighter meal options plus gelatos and specialty drinks such as smoothies and milkshakes. Dhruvees will continue to focus on Southeast Asian cuisine, masala tea, and coffees for

lunch and dinner. Both locations offer a shaded outdoor seating area.

18 Beechwood (corner of Beechwood and Charlevoix) | 26 seats (may vary with new café) | Licensed | Sun and Shade | Tue–Sun 7 a.m.–5 p.m. (hours may vary with new café) | dhruvees.com (Sachi's on Beechwood contact info unavailable at press time)

E – Starbucks

Tucked in below the Minto residences on MacKay, Starbucks offer the usual range of coffees, beverages, pastries, and sandwiches.

409 MacKay Street | 14 seats | Shade | Mon–Fri 5:30 a.m.–7 p.m.; Sat + Sun 6:30 a.m.–7 p.m. | starbucks.com

F – Clocktower Brew Pub

Renovated last season, the Clocktower's shaded and sheltered patio has been one of the neighbourhood's longest serving patios, just steps off Beechwood beside Books on Beechwood and the Scone Witch. The Clocktower offers a range of in-house brews, traditional pub grub, and other choices including Thai and Wellness Bowls. Dogs are welcomed and have access to a large stainless steel water dish to keep hydrated!

422 MacKay Street | 55 seats | Sun and Shade | Sheltered | Mon–Fri 11:30 a.m. – late; Sat + Sun 11 a.m. – late | clocktower.ca

G – Edinburger

Returning for a second sum-

mer, the Edinburger offers a fenced “around-the-corner” patio that has sun and shade at various times of the day. Edinburger's menu features grass-fed gourmet smash burgers, with vegan and gluten-free options, dipping sauces, milkshakes, fries, and gourmet hot dogs! Local and regional craft beer is available.

1 Springfield Rd. | 20 seats | Sun and Shade | Open 7 days 11 a.m.–9 p.m. | edinburger.ca

H – 3 NEW restaurants at 53/55 Beechwood

Tony Garcia (co-owner of Edinburger and Schoolhouse Pizza) has taken the space at 53/55 Beechwood to open three new fooderies in early June (fully renovated both inside and out). At 53 Beechwood, La Taqueria, featuring takeout tacos, evenings only, with seating area options. At 55 Beechwood, both Beechwood Diner (finally, a true all-day diner again on Beechwood!) and Scoops Ice Cream Parlour. Tony has a long history in the food and hospitality industry starting in Ottawa at Le Cordon Bleu, then moving on to New York, Los Angeles and Toronto. We're thrilled he's back in Ottawa: the offering will surprise you, and there's more to come so stay tuned in future editions to learn more! Ongoing community feedback has informed decisions on location, menu, and amenities.

53/55 Beechwood Ave. | More details to follow soon!

I – Mr. Poke/JnJ Bakery

Co-housed at the corner of Barrette and Loyer (in the former Ola Cocina space), Mr. Poke and JnJ Bakery offer a fresh and tasty respite in a shady spot. Owners Mike and Sun Hae offer healthy poke bowls, artisan coffee, and Korean baked goods.

62 Barrette St. | 6 seats | Shade | Unlicensed | Mr. Poke: Tue–Sat 11:30 a.m.–10 p.m.; Sun 4–10 p.m.; Mon Closed | JnJ Tue–Sat 7 a.m.–7 p.m.; Sun + Mon Closed

J – Red Door Provisions

Despite plans to relocate to a larger, more contemporary space (read on below for details!), the distinctive bright red front yard chairs, plant-



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SCAN ME SCANNE-MOI





Photo by Philippe Marchand

Linden Pizza's chef Mackenzie Coombes with owner Tracey Clark and manager Camille Hopper-Naud.

ers, umbrellas, and backyard picnic tables will still greet patrons this summer.

117 Beechwood Ave. | 50 seats | Sun and Shade | Mon-Fri 7 a.m.-5 p.m.; Sat + Sun 8 a.m.-5 p.m. | reddoorprovisions.com

K – Linden

Bridgehead Coffee founder Tracey Clark helms this new addition to the New Edinburgh food scene. At press time, Linden was in the City's approvals process to create a side yard patio: an upper-level walk-out, and an accessible area at street level. Linden's full menu of starters, salads, cocottes, pizzas, and desserts, as well as their innovative and traditional cocktails, zero-alcohol beverages, and Ontario beers and ciders will be served on the patio.

119 Beechwood Ave. | 25 seats (subject to approval) | Sun and Shade | Tue-Sat 5-9 p.m.; Sun + Mon Closed | lindenpizza.ca

L – Bridgehead

Patrons have long enjoyed coffees, baked goods, and sandwiches on this spacious shaded patio. It is dog friendly and bike racks are available.

131 Beechwood Ave. | 30 seats | Sun and Shade | Open 7 days 6 a.m.-8 p.m. | bridgehead.ca

M – Soca Kitchen + Plantain Cartel

Now set up for its third summer, the U-shaped courtyard setting offers a quiet respite in a shady, sheltered space. Whether you're into the raw bar and cocktails, sophisticat-

ed small plates, or an elegant Sunday brunch, this is your spot.

224 Beechwood Ave. | 24 seats | Sun and Shade | Open Mon-Sat 11:30 a.m.-2 p.m., then 5-9 p.m.; Sun 10:30 a.m.-1 p.m., then 5-8 p.m. | thesocakitchen.com

N – The NCC River House

Wrapping around three sides of the renovated, century-old heritage boathouse, the patio offers panoramic views of the Ottawa River. Most tables are for two or three, and views are well worth the stop! The Café & Bistro offers a variety of baked goods, sandwiches, craft beers, and Bridgehead coffee. The eastern bike path passes right by the River House, with a switchback path leading to the lower level and bike racks.

501 Sir-Georges-Etienne-Cartier Parkway | 82 seats | Sun and Shade | May 1-31: Mon-Thu 9 a.m.-4 p.m.; Fri + Sat 9 a.m.-9 p.m.; Sun 9 a.m.-6 p.m.; Jun 1-Oct 31 9 a.m.-9 p.m. | ncc-ccn.gc.ca/places/ncc-river-house

So, with a 14-stop, 2.5-kilometre Patio Pathway, plus another 1.9 kilometres to the NCC River House, where will you choose to spend a leisurely hour or two? **

Red Door Provisions Moving to 88 Beechwood

The popular Beechwood cafe Red Door Provisions is on the move later this summer – just across the street to new retail space at 88 Beechwood Ave., where Minto opened its new apartment complex last April. In the meantime, you can still drop by their longtime loca-

tion at 117 Beechwood Ave. The new location will offer a much larger indoor seating space, in addition to a patio. It's expected the new space will have 36-40 seats – a significant increase from the current 18-seat limit!

The cafe and bakery will also have a full-service kitchen and grocery nook. "We will be able to provide an elevated pastry program to have more expanded options to our usual fare" manager Donna Leo confirmed by email.

A new dedicated grocery nook will carry prepared meals, preserves, and a bottle shop with wines and beers, including items "from our local friends and artists," Leo wrote. As loyal customers may know, Red Door cultivates relationships with local producers, which is especially timely in these "Buy Canadian" times. They offer items from Top Shelf Preserves, Gibbs Honey, Provisions Food Company, and The Valley Candle Co., to name just a few. Their bottle shop will have beers from Dominion City and Bellwoods Brewery from Toronto with additional beers from Blood Brothers (Toronto), Fairweather (Hamilton), and Burdock (Toronto). Canadian wines currently available are from Lieux Communs (Montreal), and an Ontario option from Paradise Grapevines out of the Niagara region.

Red Door is awaiting City permits to begin the buildout, with construction expected to occur shortly thereafter. Given these pending approvals, the exact date for the move is unknown, but Leo is hopeful that a late summer opening is possible. In the meantime, see details of their current space in the patio listing above. –JL **

Café Miracle to open at corner of Beechwood and Acacia Avenues

The corner of Beechwood and Acacia (former location of Chew-That) is undergoing another transformation. Soon to open will be Café Miracle, a passion project of Rockcliffe resident Ozlem Aslan and her husband Ibrahim.

With its uniquely uplifting name, Café Miracle is a dream that was "born from a deeply personal journey," Ozlem says. Originally from Turkey, Ozlem practiced law for 15 years and Ibrahim worked in construction as



Photo by Karen Squires

Tony Garcia, co-owner of Edinburger and Schoolhouse Pizza opening three new restaurants at 53 and 55 Beechwood.

a civil engineer. Their new café will highlight Turkish food and beverages, and they also want it to be a community gathering place for creative workshops. "I had often imagined a place where I could grab a fresh coffee, unwind after work with a glass of wine, or on a summer evening, relax with a crisp beer and some freshly roasted nuts as the sun sets," Ozlem adds.

The menu will have several Turkish and Mediterranean delicacies like *mahammana* (a blend of chili peppers, walnuts, and olive oil), Dionysus Gift (stuffed grape leaves with yogurt), and Turkish Raki (lion's milk), as well as bagels, sourdough breads, and baklavas.

A unique feature of their business model will be the workshop space Ozlem calls Cozmos: "a warm, flexible space designed for creativity,

connection, and quiet transformation." More specifically, she envisions a gathering space for reading circles, poetry nights, journaling sessions, collage making, letter writing, and community meetings over tea and shared stories.

In keeping with their philosophy, Ozlem will be inviting customers to take a message out of a jar – or leave one themselves – that might contain a message of peace, trust, or some other inspirational idea. "It's a small invitation to pause, reconnect, and remember that every day is already full of miracles," she adds.

While it's too early to announce an opening date, Ozlem is hopeful to be operating by early to mid-summer. "At Café Miracle, we believe that miracles are not rare events — they are every-

Continued on page 16



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Continued from page 15

day moments of joy, connection, and community. We are simply creating a space where these small wonders can be seen, felt, and celebrated," she says. Look for more on Café Miracle in our October edition. —*JL*

Beechwood wellness: Part II

Welcome to our second article featuring health and wellness services available in the Beechwood Village (Part I spotlighted physical health and fitness). Please let us know if we've missed anyone so we may consider them for next time!

**

Hair Styling + Grooming**Almos Barbershop**

Hasan, Ali, and other members of the Almos roster have built up a loyal following and recently celebrated their one-year anniversary as a neighbourhood barbering and grooming service. With eight barber chairs and walk-ins welcome, clients can quickly get attentive service.

10 Beechwood Ave. | 613-842-8383 | ali4440.setmore.com

Rassi Coiffure

A well-established salon on the ground floor of the distinctive red brick building at the neighbourhood's "four corners," Rassi focuses on providing professional hair and scalp treatments to revitalize individual appearances and well-being.

2 Beechwood Ave. | 613-740-1333 | rassicoiffure.com

Melanie Hair Cutters

Another long-established hair salon on Beechwood,

Melanie Hair Cutters' nondescript exterior houses a warm and colourful interior with four styling stations and a full range of personal services and products.

57 Beechwood Ave. | 613-747-0101

Fresh Hair Design

Operated by Margo, Fresh welcomes you with a brilliant, cheery yellow interior and offers personalized services to "rediscover your hair."

75 Beechwood Ave. | 613-680-6315 | freshsalon.ca

Medjo-da Hair

Jose has been styling hair since 1985 and still operates by appointment only, even as he enjoys semi-retirement. With only a single chair, he provides a full range of one-on-one services to a multitude of long-standing and loyal clients.

113 Beechwood Ave. | 613-749-2522

**

Spa/Wellness Treatments**Matnik Wellness Therapy & Beauty Spa**

Located between Rassi Coiffure and Bellefleur Physiotherapy, Matnik offers an extensive range of massage, reflexology, body treatments, facials, mani-pedis, hair removal (sugaring, waxing, laser, electrolysis), male grooming, and other services, either individually or bundled.

103-2 Beechwood Ave. | 613-746-8821 | matnikwellness.com

Beechwood Oasis Nails & Spa

Tucked away in the Quickie strip mall, Beechwood Oasis

New Edinburgh News

is one of the only nail salons in the neighbourhood and offers a full range of esthetics and head, hand, and body services including spa pedicures, artificial nails, nail art, facials, waxing, eyelash extension, and manicures.

64 Beechwood Ave | 613-746-6777

88 Nails

88 Nails and Spa is the second business moving into Minto on Beechwood. The new store will offer full-body massages, head massages, pedicures, waxing, nail extensions, and nail art. Owner/manager Quinn Anh has worked in Gatineau for four years previously, but this is her first spa. "It's a nice area...I want to bring a new experience with a comfortable service that I haven't seen available here before," she says. They hope to open the first or second week of June.

88 Beechwood Ave.

**

Pharmacy**Beechwood Whole Health Pharmacy**

Located on the ground floor of the Kavanaugh condo complex is a true neighbourhood pharmacy offering over the counter medications, prescription fulfillment, home health care products, consultations and medication reviews

222 Beechwood Ave. | 613-842-7455 | beechwoodpharmacy.com

Guardian – New Edinburgh Pharmacy

A brief paragraph will not do justice to the friendly services and range of products offered at this pharmacy, but here

goes: vaccinations; medicine dispensary, monitoring and customization; blood pressure screening; mobility aids; diabetic products and services; smoking cessation; and more. A Guardian app is a means of staying connected and checking health and medicine status. A Canada Post outlet is also located just inside the front door

5 Beechwood Ave. | 613-749-4444 | guardian-ida-remedysrx.ca

Other Health and Wellness**Hearing Life Canada (formerly Robillard Hearing)**

Located at Beechwood and Jolliet, Hearing Life Beechwood is one of 10 Hearing Life centres in Ottawa offering personalized consultations, hearing aids, fittings, and after care services (adjustments, cleaning, repairs) by certified audiologists and technicians. Free hearing tests and 30-day free trials.

228 Beechwood Ave. | 1-888-551-4452 | hearinglife.ca/beechwood

Red Roots Trading Company

Red Roots Trading Company is an Indigenous-owned medicinal cannabis dispensary situated on unceded Kitigan Zibi Algonquin-Anishinaabeg territory. A portion of sales proceeds goes towards supporting traditional clan governance, funding language and cultural projects, and providing financial assistance to clan members. In addition to the Beechwood location, Red Roots operates three other dispensaries (Vanier, ByWard, and Heatherington) as well as an online store.

196 Beechwood Ave. | 613-745-7333 | redrootstrading.ca

Nuvo Optometry

Recently relocated across the parking lot to its new space beside Subway, Nuvo offers optometry care and optical services including eye exams; contact lenses; glasses and other eyewear fittings and after care; dry eye kits; and vision therapy. An Orleans location offers east end services.

156 Beechwood Ave. | 613-749-0481 | nuvoeyes.ca

JM Nutrition

Offers personalized nutrition counselling and consulting services; focused on weight management, chronic disease,

digestive health, women's health, and sports, pediatric, and digestive health.

3-35 Beechwood Ave. | 613-909-7565 | julienutrition.com

Munchies Cannabis

Munchies is a family owned and operated source for cannabis edibles, concentrates, pre-rolls, beverages, CBD, and other; walk in or free local delivery.

131b Beechwood Ave. | 613-748-1000 | munchiescannabis.ca

Eyes on Beechwood

Dr. Ella Ross, physician and surgeon, and University of Ottawa professor, operates an ophthalmology clinic focusing on cataract and exterior segment, glaucoma, and minor lid surgeries.

208 Beechwood Ave. | 613-842-4545 | eyesonbeechwood.com

**

Dental Services**Beechwood Dental**

A team of 10 dentists, technicians, and other professionals headed by owner Dr. Anita E offers a wide range of services for adults and youth: cleaning; fillings; orthodontics; cosmetic dentistry; root canals; endodontics; extractions; implants; whitening; and dentures, as well as therapeutic Botox and lip filler. Athletes can get mouthguards custom fitted. Free parking is available behind the clinic

101-16 Beechwood Ave. | 613-744-4765 | beechwood-dental.ca

Dr. Luc Ducharme & Associates

Family and cosmetic dentistry, orthodontic services, Invisalign, and implants. The location is easy to spot, with its large blue smile logo. Service available in English and French.

230 Beechwood | 613-749-1785 | drlucducharme.com

**

Mental Well-being**Sequence Wellness**

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35 Beechwood Ave. | 613-806-2068 | sequencewellness.com

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Established in 1981

Garbage is not for burning – Why Ottawa must reject incineration

Continued from page 1
the Trail Road landfill will be extended to 2048.

Remember the “Plasco fiasco”?

It is remarkable that a discussion of an incinerator is happening in Ottawa – home to the “Plasco fiasco,” as it has been called. The City was persuaded in 2008 that burning garbage could generate energy and that somehow the City could come out ahead financially.

Plasco Energy Group was a proposed waste-to-energy company which never effectively delivered on its concept. It turned out to be a highly costly experiment for the City and the taxpayers of Ottawa, as detailed in numerous news articles in the *Ottawa Citizen* and CBC News.

Yet a decade after Plasco’s facility was shut down in 2015, the City is again contemplating incineration.

Incinerators are a dying industry, according to Mike Ewall, the founder and director of the Energy Justice Network, based in Philadelphia, and an advisor to Zero Waste Canada. “A Solid Waste Incinerator for Ottawa?” was the title of a virtual session featuring Ewall and Liz Benneian, a founding member of the Ontario Zero Waste Coalition, that was hosted by Community Action for Environmental Sustainability (CAFES) Ottawa, on Mar. 27. CAFES

Not by curbside, in garbage or landfill

Here’s how we can reduce our garbage and extend the life of Ottawa’s landfill, focusing on the big and bad stuff:

- **Find out how to recycle or dispose of specific items** – Check the City’s Waste Explorer, a simple search tool: ottawa.ca/WasteExplorer
- **Rehome your furniture** – Post unwanted items on a local listserv, Freecycle, Trash Nothing or another “give-away” community website.
- **Do right by electronics** – Drop items off at Best Buy or other authorized e-waste retailers. (Use the Waste Explorer tool to find participating retailers.)

Ottawa hosted the session to explore the evidence and case studies of incinerators and to help inform the questions CAFES should be asking City staff and at committee on this topic.

Health and environmental impacts of incineration

Incinerators are still among the largest industrial air polluters in the world, even those that are called the “cleanest and greenest,” said Ewall. According to an American study in the state of Maryland, incineration was far more harmful than landfills, he said, and incinerator ash is very dangerous even to put in a landfill as the ash leaches readily.

Dioxins (highly toxic environmental pollutants) that are released via incineration end up in agriculture, said Benneian, adding that studies have shown they have ended up in milk and eggs,

for example, in France.

Incineration by any other name

Incineration is sometimes called “energy recovery” or “waste to energy” but it is still incineration, yielding toxic ash that will end up in a landfill, explained Ewall.

The Durham York Energy Centre is an incinerator in Ontario which began operations in 2016 and ships toxic ash. There are cautionary tales across Canada of incinerators that have failed and closed, including in Edmonton, Sault Ste Marie, and Chester, N.S., said Benneian.

Extending the life of our landfill

When asked during the CAFES session how to address both the fear of an incinerator and the fear of a dump – especially in rural areas – Benneian said: “Instead of working on fears,



Image by City of Ottawa

let’s do something positive.” She urges us to focus on reducing the amount of waste since we have an extended timeline until 2048 with our existing landfill.

Ottawa has a low “diversion” rate of 47 per cent – the percentage of waste we divert from the landfill – which is much lower than other municipalities. Too much of our foodstuffs and recyclables end up in our garbage bags and bins, when they should go into our green, blue, and black bins instead.

Additionally, we must avoid sending bulky items to our landfill – items like furniture, mattresses, electronics

(which are hazardous and should be dropped off at participating retailers), residential construction and demolition materials, and textiles.

The more we can divert and recycle or repurpose our waste, the less we will send to Trail Road. With a longer life ahead for our landfill, we can employ far less harmful options for waste management – and never allow an incinerator option to be contemplated here.

Sarah Anson-Cartwright is a New Edinburgh resident who feeds her green bin daily and tries to find new homes for previously loved stuff.



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Aliens among us III: Pets edition (Beware the wild at heart!)

By Tony Gaston

My previous articles in this series have dealt with plants and birds that humans released into the wild, either deliberately or accidentally. However, there is another group of alien introductions that we have brought in to keep as domestic pets: companion creatures with whom we share our homes and provide food, drink, and protection. In general, pets are sufficiently confined so as not to make much impact on the native fauna and flora: budgerigars and goldfish don't generally get to go for walks. But in cities, pets live in very high densities, with Ottawa probably supporting about 160,000 cats and possibly a similar number of dogs – there is no proper census, although the city registers about 30,000 a year. Given the large numbers involved, some effect on local ecology is to be expected.

During the relatively short period since *Homo sapiens* evolved, we have played many roles in the ecosystems we inhabit. Some early human colonists of North America specialized in hunting large

mammalian herbivores, such as mammoths and woolly rhinoceroses. At least some of these inhabitants had already developed close relationships with dogs, the descendants of Eurasian wolves, which may have helped them in hunting. So, the history of domestic dogs in the Americas goes back as far as the history of people and, like people, they arrived here during or after the last ice age.

Cats, on the other hand, arrived in the Americas with the European colonists. They became domesticated later than dogs, probably in the near east. Their integration with people could have been the result of kittens found and reared as playthings. But it's also possible that their wild ancestors took to living close to people voluntarily, preying on the mice and rats attracted to early agricultural societies, and that this mutually beneficial arrangement gradually deepened into affection. Whatever the case, the domestication of cats has not gone nearly as far as the domestication of dogs: cats remain accomplished hunters – not something that can be said of many modern dogs

(when was the last time you saw a dog actually catch a squirrel?).

Current convention in modern North America is to tolerate roaming cats but not roaming dogs. A dog on the loose without an obvious owner is an immediate source of concern, under the assumption that owner and dog have become inadvertently separated. Anyone finding a dog on public property without an apparent owner will almost certainly take steps to remedy the situation by informing the City (311) or arranging for the animal to be taken to Ottawa Humane Society or to a vet. Thankfully, such situations are relatively rare. However, roaming cats are not unusual, at least in good weather, and most people ignore them.

When domestic dogs arrived in the Americas they encountered other species of their tribe: wolves and coyotes, the latter overlapping in size with large domestic dogs. Interbreeding took place in some areas, particularly in eastern Canada. On the other hand, both ancestral and domestic modern cats are substantially smaller than native North American cats

(lynx, bobcat) and are classified in a different genus. So, they do not interbreed with wild populations and have no obvious feline competitors. In ecological parlance, they have an empty niche available to them. The hunting ability that domestic cats retain means some are capable of an independent existence and feral cats are a feature of many cities as well as some rural areas. Dogs also form feral populations in some parts of the world. But feral dogs can be a menace to humans, especially children, so most developed countries deploy people to catch stray dogs before feral populations can form.

Domestic cats' retained hunting skill is very useful indoors. Cats patrol the spaces that are hard for humans to access: behind sofas, under sinks, among the accumulated storage in garages and outbuildings. A good mouser can earn its keep by preventing rodent damage. However, houses with poured-concrete basements are relatively rodent-proof, so hunting opportunities for cats within the modern house are limited. Not so in the garden and further afield! Here, cats encounter another group of our commensals: such small birds as sparrows, finches and chickadees, that congregate on feeders we provide for their sustenance and our own enjoyment. Cats on the hunt also encounter more genuinely independent species – robins, thrushes, song sparrows, phoebes – which exploit the snails, spiders, and insects inhabiting our grounds.

Estimates made about a decade ago suggested that the average domestic cat eats two to three birds annually. However, feral cats at large in the countryside were thought to eat many more – perhaps hundreds. Even the relatively modest score attributed to

domestic cats, if applied to those in Ottawa, suggests an annual mortality from cats in the city of several hundreds of thousands of small birds. How that stacks up against the actual bird population is much harder to guess.

Resident, territory-holding birds such as adult jays, robins, cardinals and song sparrows are well aware of the threat posed by stalking cats. When they spot a cat, they give an alarm call, and the birds keep well out of reach. However, young birds, especially those that have recently left the nest, are poor fliers and may not fully grasp the cat menace, making them much more vulnerable. Migrant warblers and thrushes tend to show up in the fall hungry, having depleted their fat reserves in flight, and their need to forage makes them less wary. They're also unfamiliar with the local terrain, potentially increasing their risk of capture.

It's easy to imagine that the bird mortality caused by domestic cats in Ottawa reaches tens of thousands annually. But if some of those killed are juveniles, many of which will perish anyway before the following breeding season, and others come from the enormous population of migrants that pass through the city annually, the net effect on local populations may be rather small. Nevertheless, given that songbirds have declined throughout Canada in recent decades, extra mortality caused by roaming pets is best avoided. Most people are aware of the risk to birds posed by roaming cats and are generally very supportive of the birds. Recently, the Ottawa Humane Society conducted a poll of Ottawa residents: of 3,465 respondents, 76 per cent opposed unsupervised outdoor roaming for cats; 15 per cent supported it, and 9 per cent were unsure. To date there has been no polling of the cats. But I would guess that their reaction might be: "Well, look who's talking about looking after the environment *now*!"

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 tonygastonconsult@gmail.com



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Photo by David Howe

American Redstart



For the Birds

By Jane Heintzman

For the Birds columnist has been travelling this spring but the column will return in October.



Photo by David Howe

Northern Parula



Photo by David Howe

Yellow-rumped Warbler



Photo by David Howe

Nashville Warbler

HearingLife

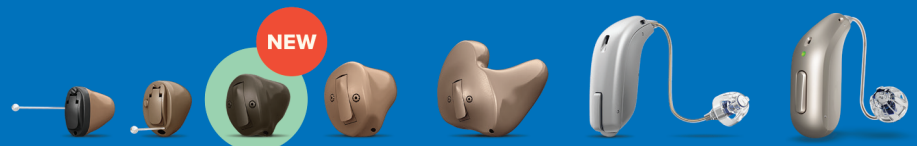
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Leaping into summer with fun community events



Residents gathered for a group bike ride around the neighbourhood.

Photo by Loic Berthou

about electric cargo bikes. The event also featured a “Kidical Mass Bike Ride” around the neighbourhood. Generous residents gifted more than a dozen bikes to Vanier Vélo and the bike and bake sale raised more than \$400, donated to Vanier Vélo.

A week later, CCC Board member **Alain-Rémi Lajeunesse** led the annual Plant Sale, offering beautiful, locally grown flower baskets. Given the absence of a garden centre within walking distance, this event gives those without a car or with mobility issues a chance to purchase plants and flowers in the neighbourhood.

Canada Day

Coming up are the Chief Pinesi Day and Canada Day events on Jul. 1! For the past

fireworks! The fireworks display will be held around 9:30 p.m. before the main Ottawa fireworks.

Ongoing community events and planning for 2025/26

Here’s what you can look forward to in the coming months:

The Beechwood Market returns Jun. 7 and will run every Saturday morning outside the Fieldhouse from 9 a.m. to 1 p.m. until the end of October.

Every Wednesday at 7 p.m. resident Solmaz Hicks holds yoga sessions at the Fieldhouse, though she will take a brief hiatus in August.

On Thursdays and Saturdays from 10 a.m. to 12 p.m. parents and caregivers can gather for a free playgroup for children ages 0 to 3.

By J-C Amado

Summer is just around the corner: no better time to come out and enjoy the beautiful parks, gardens and streets in our neighbourhood!

This spring, the Crichton Community Council (CCC) social agenda has been busy with well-attended events

including Bike Day (May 3) and the annual Plant Sale (May 10). Next up: our traditional fireworks display and block party on Jul. 1 which you won’t want to miss.

Bike Day and Plant Sale

New Ed counts many biking regulars, and the park



Happy resident shoppers at the Plant Sale on May 10th.

Photo by Chris Straka



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itself borders the 13km long Rideau River Park Trail connecting the Ottawa River to Mooney’s Bay. It’s been several years since we’ve held a community Bike Day, so a group of enthusiasts led by **Paolo Zurro**, **Katie Hermon** and **Eugénie Waters** decided to bring back the event to the neighbourhood. All were welcome to bring their used bikes, and volunteers were on hand to sell them, in addition to baked goods and drinks. Full Cycle was onsite to offer free bike adjustments and Let’s Go Cargo! offered an opportunity to learn more

few years, Chief Pinesi Day has been hosted at the New Ed Park to celebrate Algonquin Anishinaabe history in the area – this year is no exception. The event involves traditional drumming, dancing, and singing and will be held in the morning until the early afternoon. In the evening, the CCC will hold what has become a highly anticipated tradition in the community: the annual New Ed Canada Day fireworks display and block party. Come enjoy music, a licensed kitchen bar inside the Fieldhouse with drinks and small snacks, free frozen treats, and of course,

Over the next couple of months, the CCC Leadership Team will be working on the 2025–26 event calendar. As in previous years, we will be looking to organize concerts, comedy night, open mics, and more. Resident suggestions and ideas are welcome!

For more information on these scheduled activities and more, visit the CCC website: newedinburgh.ca/cc/

Come to our next Annual General Meeting (AGM) on June 11 at the Fieldhouse between 7:30-8 p.m.

J-C Amado is the treasurer for the Crichton Community Council.

Flamenco for Food

By Marna Zinatelli

Following a four-year chronic health struggle, I handed over the practice space that I so dearly loved and my vision for a holistic healing arts centre to the wonderfully skilled women at Santé Beechwood. I then turned my attention to a life dedicated to extreme self-care and one of my other passions: flamenco. I have been singing and dancing for 24 years and hosting open “flamenco jam events” for the past 20. These events have brought dancers, singers, and musicians of all levels and ages together regularly to build skills and present their work in a supportive, collaborative community. Although my own health challenges and COVID brought an abrupt end to all of this, the Crichton Community Council (CCC) has provided a space to nurture Ottawa’s flamenco seeds and open a new era.

Although Montreal, Toronto, and several other large Canadian centres have managed to build vital flamenco communities, the Ottawa scene has always struggled. Very skilled artists have left

the city, and others have considered putting aside expensive, specialized guitars made by hand in Spain. The magical Stanley Park Fieldhouse open mic events hosted by Susan Sweeney and the CCC have helped rekindle our flamenco fire. As the lead member of Sueños Flamencos, I thank the supportive folks who have come out to these events and encouraged me and my fellow artists.

What a thrill to perform again: in Fall 2024 at the FAB festival and Beechwood Night Market; in Winter 2025, at the Lindenlea Family Day event and the Gladstone Theatre (hosted by the Ottawa Chinese Musicians Association).

As I reclaim my health, I am also re-imagining the flamenco jams. My gratitude to my community has moved me to create Flamenco for Food, a series of performances where the only fee is donations to the local food bank. This project is an extension of a University of Ottawa Leadership Course based on Ontology that I took during the depths of my illness. The project was focused



Photo courtesy Marna Zinatelli
Enjoy Flamenco dancing at the Fieldhouse this summer.

on standing up for live music, which I believe is an act of resistance. Through live community music, we resist forces that undermine what most brings meaning to life. For more on this theme, please watch the wonderful documentary film Being in the World by Tao Ruspoli (available on YouTube).

The Fieldhouse will be our home base for regular performances (the first is booked for Jun. 7) that last about 45 minutes, followed by 45 minutes of free flamenco palmas, singing, dance and guitar lessons. Students will then be given an opportunity to join us as we present together. These events will end with a *juerga* or flamenco party where artists of all levels from the flamenco community will perform. Pop-up events are also scheduled at the Lindenlea Community Centre (May 10 with my students!) and the Beechwood Market. *Olé!*

Dr. Marna Zinatelli is a recently retired Psychologist who has turned her attention to self-care and flamenco dance instruction.

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Support local farmers at the Beechwood Market

By Chris Penton

June 7 this year marks the beginning of the Beechwood Market's twelfth season. Sometimes referred to as the Stanley Park Market, the Market in the park or that thing down by the river, the Beechwood Market was named for its very first loca-

tion at 99 Beechwood Ave. – now a vacant lot awaiting development.

After two moves, the Beechwood Market landed in New Edinburgh Park for the 2022 season. A good home for our wee Market, the folks of New Edinburgh, Sandy Hill, Lindenlea, Rockcliffe, Vanier, Manor Park, and

regions further afield have allowed us to return for another season in 2025.

A perfect setting for an outdoor farmers' market, New Edinburgh Park offers a huge play structure with swings for the kids, a dog park for your four leggers, and a large field for 20-plus vendors.

This season you'll be able to get local veg from Foster Family Farm, Le Ferme Marmaille (organic), and Proulx Farm. Please be patient, as they all start on different dates according to their harvest schedules.

Other farms include Hall's Apple Market, Heartee Gourmet Mushrooms, Beechwood Microgreens, Harvest Honey, Ash & Posy (cut flowers), Fossil Ridge farm (pasture raised meats),

and On the Bend Sugar Shack.

Grab a bite to eat from Le Momo, 233 Flavours, Bamm's Snack Shack, and Pie Rogues. New this year, slide it all down with Chris' Ice Cream.

Staples like Nat's Bread, Cloudforest Coffee and Beking Eggs will be available every week. On varying weeks, you'll find an array of artisans, crafters and pet vendors.

Each week you'll hear live music, discover a new interest group at the Community Table and enjoy the odd special event.

In the centre of it all, offering an array of goods, you'll find the Ottawa Street Markets' Farm Store Table. Ottawa Street Markets is

the organizing body of the Beechwood Market. We run three community markets in town. Our online Market runs all year long, as does the Farm Store at 1805 Gaspé Ave. in Manor Park.

The Beechwood Market runs every Saturday, rain or shine, from Jun. 7 to Oct. 25 from 9 a.m. to 1 p.m. in New Edinburgh Park: 203 Stanley Ave.

For a weekly list of vendors, musicians and community table attendees, check out our social media pages or visit ottstreetmarkets.ca

Chris Penton is President of Ottawa Street Markets. A long-time local, he is a community builder, proud GenXer (cynic) and father to a well-fed teenage lad.



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150 years of neighbourhood change at St. Patrick Street

Continued from page 1

one month after the bridge completion) reported in 1875 that it had graded and macadamized Beechwood Avenue. A macadamized road was typically built with broken stones of graduated size with the smaller ones on top.

Unfortunately, no drawing or photograph of the original bridge has been found. Based on its cost, it likely was made entirely of wood with bulky piers linking a series of short spans. It probably resembled the Hurdman Bridge located where Highway 417 crosses the Rideau today, that was built on a similar budget a few years later. Newspaper accounts indicate that the bridge barely survived its first freshet. The city spent \$800 to raise the bridge in the hope of making it more resilient. However, the high waters and flowing ice of the Rideau proved to be unrelenting adversaries, and the bridge was repeatedly damaged and repaired over the next 14 years. Finally, in April 1887, the spring waters swept away nearly the entire bridge, leaving it beyond repair.

At the time, the political landscape on the east side of the river was changing. Ottawa annexed the village of New Edinburgh in 1886 and the land between the village and Beechwood Avenue the following year. The area south of Beechwood Avenue remained part of Gloucester Township and would eventually become known as Clarkston.

The city decided to build a metallic bridge on stone



Credit: Canada. Dept. of Interior/Library and Archives Canada/PA-034277

St. Patrick Street bridge in the 1920s. Note the posts holding the streetcar cables.

piers for a little more than \$25,000. The construction was completed in May 1889 and, not long after, a single streetcar track was installed on the bridge to prolong the existing service along St. Patrick Street. After crossing the bridge, streetcars turned on Crichton Street to travel towards Sussex drive. The addition of the streetcar service contributed to a building boom in the Beechwood Avenue area. For example, the 1890–91 city directory shows 31 entries in Clarkston, while the previous edition reported the area as “not built on.”

This “streetcar suburb” phenomenon occurred in many North American cities during this era.

By 1917, Ottawa started to consider replacing the bridge to improve streetcar service by doubling the tracks, and to address sidewalk safety concerns. A by-law allowing the city to issue a \$125,000 bond for this new bridge was approved, but the call for tenders was delayed due to wartime restrictions. The metallic bridge was disassembled and replaced by a wider, concrete bridge by July 1921. Streetcar service was added along

Beechwood Avenue in 1925 with a loop to serve the newly built Lindenlea subdivision.

The discontinuation of streetcar service in Ottawa in 1959 foretold the battles surrounding the next (and current) version of the St. Patrick Street bridge and its approaches. After more than 50 years of service, the first concrete version of the bridge was deteriorating and was slated for replacement in 1975 at a cost of nearly \$3 million. The width of this new bridge (six-lane vs. four-lane) was the subject of a protracted debate. The bridge

was literally in the centre of on-going or proposed car-centric metamorphoses of the area.

Local city councillors and residents fought back to preserve the quality of life in the community and achieved mixed results. They lost the battle to restrain the width of the new bridge. The Lowertown neighbourhood surrounding the old St. Patrick Street was razed to make way to the winding street of today. The four-lane Vanier Parkway replaced the tracks of the former St. Lawrence and Ottawa Railway. However, its prolongation beyond Beechwood Avenue towards the MacDonald-Cartier Bridge through New Edinburgh was stopped. A proposal to widen and straighten Beechwood Avenue never materialized.

Today, the bridge usage reflects how urban transportation has evolved beyond the car-first era. Only four of the six lanes are used by vehicles, leaving ample space for two unidirectional bike lanes.

Fifty years after its completion, the current version of the St. Patrick Street bridge is undergoing a major rehabilitation. Except for improvements to bike lane connectivity and a new concrete guardrail, the bridge should remain as it stands now. This will be a significant change from the past, where each previous iteration of the bridge was marked by radical change in design, material, and/or size.

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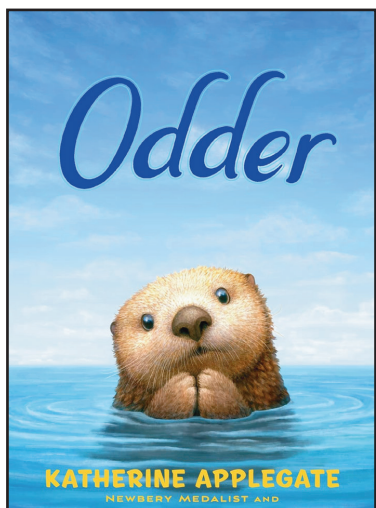
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Books on Beechwood's summer reading suggestions

Kids & Teens



Odder by Katherine Applegate (Ages 3–6)

An adorable picture book based on the bestselling middle grade novel of the same name. A little Otter named Odder runs into trouble in the big, wide ocean, only to find refuge with some kindly marine biologists. –Hilary

Escaping Peril (Wings of Fire Graphic Novel #8) by Tui T. Sutherland and Mike Holmes (Ages 8–12)

This graphic novel is a great adaptation of the novel, and I

would definitely recommend it. I really enjoyed reading it, and it has everything: adventure, laughs, and excitement! I think it's good for ages 8+. I hope you like it! –Michelle's daughter Emilia, aged 11

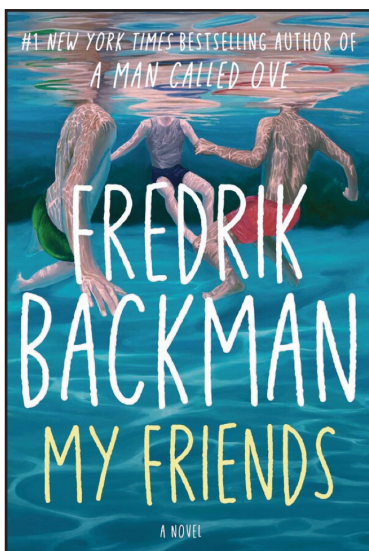
The Beat I Drum by Dusti Bowling (Ages 10–14)

Charming, funny, and sweet, this new Dusti book focuses on Connor and his first foray into high school. If you loved him as Aven's best friend in *Insignificant Events in the Life of a Cactus*, prepare yourself to fall completely in love! This book is a must! –Hilary

We Could Be Rats by Emily Austin

This newest novel by one of our favourite Ottawa authors is a heartwarming reminder of the importance of childhood imagination, friendship, and love – a true testament to sisterhood! The main characters are sentimental, funny, and loving, even when faced with loss, regret, and sadness. In true Austin style, the story is relatable, somewhat sad,

yet hopeful and uplifting all at the same time. –Michelle



My Friends by Fredrik Backman

This is one of the loveliest books I've read about the transformative power of friendship and love, and the importance of art. Translated from Swedish, this novel is a fast, yet deeply touching read. I would recommend it to anyone who needs to read an uplifting, funny, heartfelt book right now... which I think is just about everyone! –Michelle

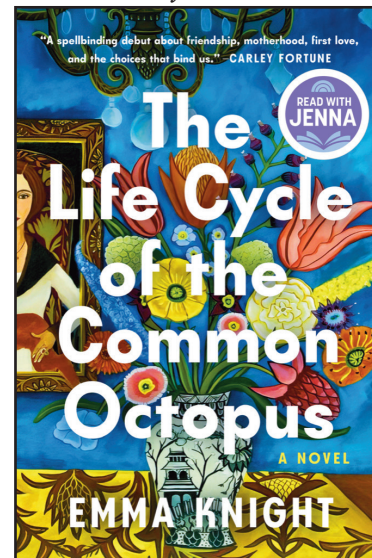
Audition by Katie Kitamura

This novel is a beautifully written, introspective, somewhat genre-bending examination of human connection, relationships, and identity. The narrator is a middle-aged stage actor struggling to interpret a scene in an upcoming play but as the book unfolds, she confronts other challenges in her personal and professional life. The novel raises philosophical questions about the roles people play as partners and parents – including the ways we might perform for others and how we might be perceived. –Michelle

The King's Messenger by Susanna Kearsley

Taking readers back to the early 17th century, this novel tells the story of Andrew Logan, one of the King's Messengers who is sent to Scotland to arrest a man accused of treason. With danger lurking around every corner, Andrew must protect not only the secrets he carries in the name of the crown, but also the lives of those who accompany him on his mission – a scribe and his

daughter. Exciting and riveting, this sweeping, historical novel is a truly wonderful read! –Hilary



The Life Cycle of the Common Octopus by Emma Knight

This is a delightful debut novel that follows a young woman from Toronto as she travels to Edinburgh for university. I was effortlessly transported back to my own early experiences of independence and first love. The importance of female friendship, a family mystery, and

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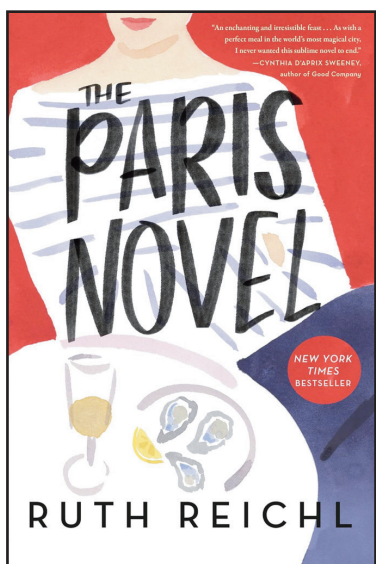
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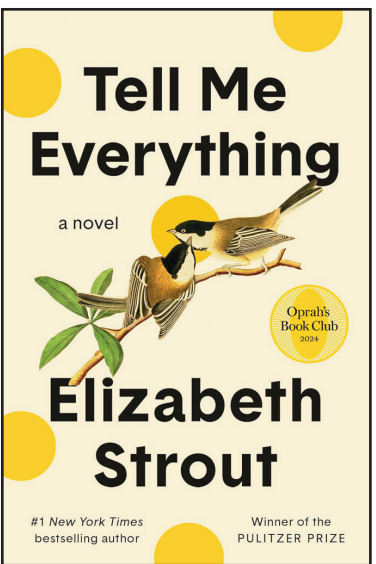
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lovely humour are all present.
-Cathy



The Paris Novel by Ruth Reichl

I love almost every novel set in Paris, one of my favorite cities. Here, Reichl brings together wonderful food, wine, art, fashion, novelists, poets, artists, and mystery. The food writing is amazing! Shakespeare and Company circa 1980 is described just as I remember it. I loved this book and hope you will, too!
-Cathy



Tell Me Everything by Elizabeth Strout

This most recent offering by Strout easily lives up to her previous novels and allows us to revisit the beloved characters Olive Kitteridge and Lucy Barton. It is a story about love, friendship, and the meaning of life. This is one I will re-read.
-Cathy

Mystery

Buried Road by Katie Tallo

This thriller by Ottawa author Katie Tallo involves a mum and daughter working together to find their lost loved one. It is the third in a trilogy, though it can be read on its own and I highly recommend you do! One warning: the novel will make you pine for

road trips, long summer days of swimming and camping, and may encourage readers to try solving mysteries in Prince Edward County! -Michelle

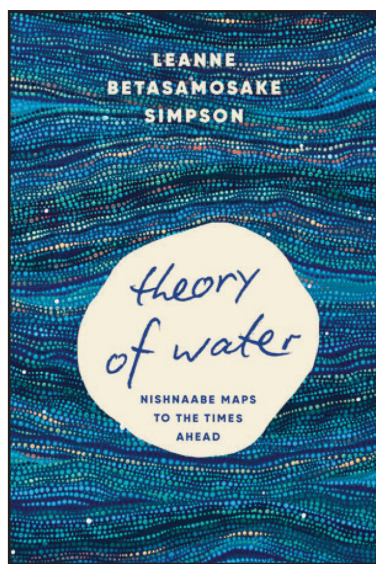


Science Fiction & Fantasy

The River Has Roots by Amal El-Mohtar

This book by the award-winning Ottawa author made me want to read more fantasy and folktales! This slim volume (with beautiful illustrations throughout) completely swept me up in its magic! I was spellbound by the story of two sisters tending to willow trees and one another. "Oh what is stronger than a death? Two sisters singing with one breath."
-Michelle

Biography



Theory of Water by Leanne Betasamosake Simpson

The author draws on Nishnaabeg origin stories, weaves in the work of other writers, and considers her personal experience in exploring historical, cultural, and ongoing interactions with water. The book pulls together multiple threads to explore water in its various forms: ice, snow, rain, perspiration, and breath. It's a beautiful meditation about the environment and social justice and

considers how water might be a catalyst for transformation.
-Michelle



History

Ottawa Made by Sam Laprade and Caroline Phillips

Perfect for trivia buffs of all ages! Ottawa is not the boring city it is made out to be. It is the home city of great inventions (the walkie-talkie), famous movie stars (Lorne Greene, Sandra Oh), bands (5 Man Electrical Band), and singers (Alanis Morissette, Paul Anka). And it is the home of Tech, both high (Mitel, Corel) and Low (We-Vibe sex toy). So, sit back and flip through it. Ottawa is more than just boring old politics and Freedom Convoys.
-Mike

The Siege by Ben MacIntyre

This book is a heart-pumping retelling of the six-day hostage crisis at the Iranian embassy in London in the spring of 1980. I love reading books about historical events I remember, and this one does not disappoint! The complex historical backdrop is well explained. This is non-fiction that reads as unputdownable fiction.
-Cathy

**

Books on Beechwood has a Book Club! Currently focusing on Canadian authors, the club meets one Tuesday afternoon a month at a local coffee shop. If you'd like to be included on the club's email list, contact them at staff@booksonbeechwood.ca or 613-742-5030.



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Preventing the summer slide: A parent's guide to playful learning

By Katie Fraser

When we think of summer, it may bring to mind the sounds of crickets in the evening, an ice cream truck coming around the block, or fun times at the lake with family and friends. Something we may not think of is learning loss (sometimes referred to as the summer slide) that educational researchers identify as particularly impactful for vulnerable learners, especially our younger learners whose brains are being built for reading and mathematics in elementary school.

Research on the summer slide identifies the areas of reading and mathematics in elementary children as being the most affected by learning loss over the summer holiday. A blanket strategy for keeping your children learning over the summer is to encourage their curiosity. Curiosity and questioning drive learning, and although some general tips are shared below, following your child's interests and feeding them is one of the most impactful learning experiences a parent can provide. If the opportu-

nity presents itself, use your child's interests, passions and curiosity to build on the tools below. Here are a variety of fun and engaging tips you can try to keep learning moving forward with your family in the summer months.

Tips and tricks for our youngest learners (Ages 4-6)

Did you know that although children's brains are wired to speak, they are not wired to read? Reading brains are built in early childhood, starting at home and strengthened at school. To help build your child's reading brain, try these fun pre-reading activities at home:

I hear with my little ear – to help build phonological (pre-reading) skills. Choose an object and say: "I hear with my little ear something that begins with [the sound] /k/." You can give hints like "You use it to colour" (answer: crayon)

Guess my lunch – Say you ate pizza, salad and yogurt. You can ask kids to "Guess my lunch: I had three things: they start with [the sounds] /p/ and /s/ and /y/."

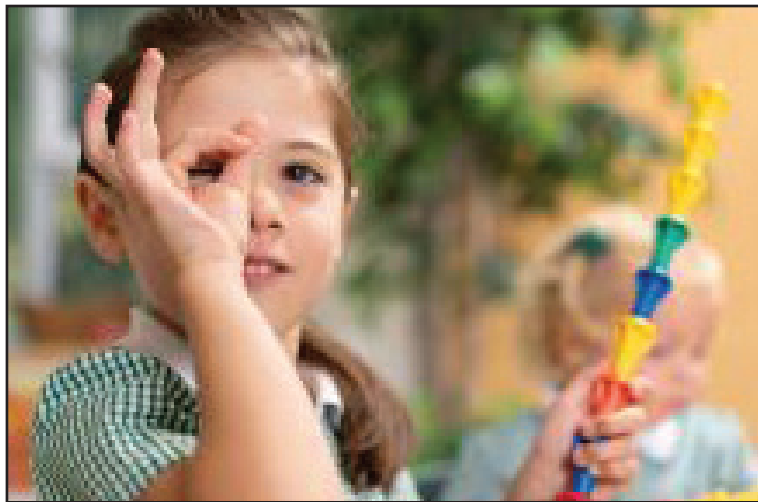


Photo courtesy Jennifer Irwin-Jackson

Elmwood offers suggestions to engage your children during the summer break for ongoing learning options.

Cuddle time reading – Read with your children as much as you possibly can. Cuddle time reading is a great routine to establish before bed.

Math learning begins in the early years when children are exploring numbers in their worlds; comparing quantities; finding patterns; and simply navigating their environment. Try these activities to keep math moving forward for your littlest learners:

Counting out loud – help

your child develop stable order and one-one correspondence by counting the number of stairs in your home, the number of steps to the bathroom, the number of slices from an apple.

How many...? – Lay the foundation for measurement by lining up and counting the number of shoes it takes to get from point A to point B, or the number of hands it takes to measure our height.

Puzzle it out – Help develop visual spatial awareness by introducing jigsaw puzzles and tangrams!

Elementary learners

As children move into elementary school, their brains have begun the process of wiring. This wiring will be the foundation upon which future learning will be built. Parents can help keep this wiring strong with fun and engaging activities to sustain the growth of classroom learning.

Build literacy (reading and writing) with:

TD Summer Reading Club – Join this nationwide reading program designed to keep kids excited about reading throughout the summer with activities, book recommendations, and reading challenges.

Boggle, Banagrams, Scrabble – These classic games are perfect for building vocabulary and spelling skills in a fun and competitive way.

Summer Pen-Pals – Encourage kids to write letters to classmates, family, and friends – it keeps writing skills sharp and fosters personal connections.

Grocery Lists and Menus

– Introduce practical writing practice that's both fun and useful by having kids help write mealtime menus, grocery lists, packing lists, to-do lists, and more.

Keep math fresh and fun with games:

War – Split a deck of playing cards between two players. As you flip over cards, whoever can add, subtract, or multiply the quickest wins the cards. The player with the most cards at the end, wins.

Blackjack – Try to acquire a hand of 21 without going over. This game is great for practicing addition and strategic thinking.

Cribbage – This classic game that involves counting and strategy: perfect for practicing addition up to 31 and 15.

Sequence – A fun family game that combines card games and board games to develop strategic planning.

Tangrams – These puzzles involve arranging shapes to match a specific design; they help build visual spatial awareness – an essential skill for math learning.

Cooking and baking – Kids can practice measuring ingredients and understanding fractions and enjoy the delicious results!

Summer is a time for families to reconnect, recharge, and rediscover the joy of learning together. Research consistently shows that online, technology-based learning interventions are often more harmful than helpful. True growth and discovery thrive through real-world experiences that are engaging, active, and shared. In the Capital Region, we have many opportunities for meaningful learning — from museums and local festivals to the endless beauty of our natural surroundings. Beyond literacy and numeracy, every moment offers a chance for children to think creatively, explore curiously, and build lasting memories. This summer, the greatest gift is time spent together — exploring, wondering, and learning side by side.

Katie Fraser is the Director of Student Success, Elmwood School. She lives in Manor Park with her husband and two children.

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Urban gardener: Embracing native plants

By Victoria Walker

Ottawa gardeners are increasingly interested in native plants. We see evidence of this in our own neighbourhood with some gardens and community plots being transformed into pollinator havens, and many garden centres now including areas dedicated to native plants.

It makes sense. Native plants are more resilient and better able to cope with extreme weather events. They need less water and maintenance, and they help support butterflies, bees, moths, wasps, and other pollinators.

Native plants mean different things to different people. Some argue that for Ottawa gardeners, native plants are those from Ontario East and the Outaouais. Others – like me – are focused more broadly on plants from Eastern Canada.

So how do urban gardeners in New Edinburgh – often with small lots, courtyards or balconies – become native gardeners?

The first thing to note is that it is not necessary to convert your whole garden

to native plantings to make a difference. If you have plants you love, or that are well established (invasive species aside!), keep them. Allocating even a small portion of your garden to Canadian natives can have a significant effect. The more gardeners that incorporate native plants in our urban landscape, the better it is for our pollinators.

It's also worth considering that we have a lot of choice. Eastern Canada has thousands of native plants, many suitable for home cultivation. Some may be plants you already have at home, including New England asters, black-eyed Susan, coneflowers, and various sunflowers. Other easy-to-grow native flowering plants include goldenrod, blue flag iris, spotted Joe Pye weed, and milkweed. Keen on tubular flowers that are particularly attractive to butterflies? Think of columbines, giant hyssop, and trillium. Lovely native grasses include big bluestem, little bluestem, and palm sedge. Native trees and shrubs include various species of maple, willows, viburnum, and elderberry.

Garden calendar for Ottawa in June/July

Source: Master Gardeners of Ottawa Carleton

Thin out crowded annuals and vegetables if needed.

Stake plants that need support or cut back plants to promote new growth.

Japanese beetles are active in late June – pick them off plants and place in soapy water.

Prune spring flowering shrubs and trees (e.g., lilac, forsythia, and mock orange)

Move houseplants outdoors for the summer (place in a shady area until they adjust to the new conditions)

Deadhead flowers from annuals and perennials to promote flowering

Prune evergreen hedges, and up to half the new growth on pines.

Sow the second crop of fast-growing vegetables and herbs such as carrots, beets, coriander, and fennel.

trees and shrubs, including native dogwood and summer-sweet, can make excellent foundational plants.

Finally, learn from authoritative sources. Groups like Wild Pollinator Partners – wildpollinators-pollinistateurssauvages.ca – which promote pollinator gardens, provide helpful information including details of native plant suppliers in and around Ottawa. Visit the Fletcher Wildlife Garden – ofnc.ca/programs/fletcher-wildlife-garden – with its wealth of native species. Knowledgeable gardening groups such as the Master Gardeners of Ottawa Carleton – mgoc.ca – and reputable nurseries, including those specialising in native plants, can offer sound advice. The Canadian Wildlife Federation – cwf-fcf.ca – is a valuable source of information, as is the City of Ottawa which encourages greater use of native plants on its website.

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

Native plants also fit seamlessly with different garden designs. Some gardeners are embracing the wilding of their yards, getting rid of lawns, and planting swathes of natives. It is also possible

to incorporate native plants into more traditional garden designs, planting larger and bushier plants (eg. goldenrod and milkweed) at the back of garden beds with smaller plantings at the front. Native

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ALL IN



Then and now: Looking back at life in the 'Burgh

Continued from page 1

be confined for “moral protection” to be “reshaped.” This would be achieved by prayer, silence, and relentless hard work — in the laundry.

Rie Croll, Associate Professor of Sociology at Newfoundland's Memorial University Grenfell Campus, published *Shaped by Silence* in 2019 as part of the university's cultural studies program. There is not a lot of research material about the Good Shepherd Laundries in Canada. Croll says few records were kept; families were shamed into silence and there are no available statistics on how many Canadian women and girls — sometimes as young as 12 or 13 — were incarcerated and how many survived. She managed to find five survivors — in

Canada and in Australia — who were interviewed for the book. There are similarities in what survivors said: they were given new names. They had their hair and nails cut short. And anything they had as a reminder of their old identity was taken away.

I was 10 years old in 1947. The war was over, and the federal department of Munitions and Supply had become the department of Restructure and Supply. Consumer goods started to appear again and for kids like me, the Christmas of 1947 was the year of the bicycle. Some of the 'Burgh kids I ran around with already had bikes: CCMs — Canadian-made, nothing fancy, a dad with a few wrenches could manage most repairs. I desperately wanted a CCM bike. But it

was not to be. My mother, a Scottish immigrant, was no fan of Canadian-made things — British technology was far superior! My sister Gretel and I were given ladies' bicycles manufactured in England by a company known as Unity. They had handbrakes instead of pedal brakes. My dad was a pretty handy guy, but making repairs? No way.

In those days, kids got a lot of independence — and a lot of discipline. The threat of being locked up in “THAT BUILDING” on St. Andrew Street was a useful disciplinary tool to discourage misbehaviour. The Good Shepherd Laundry building took on a sinister aura. And while a bicycle meant freedom, having one also meant you had to run errands — and one of my jobs was delivering



Photo courtesy Eleanor Dunn

Eleanor Dunn long time resident in front of her home.

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my dad's shirts to “THAT BUILDING.”

Just imagine me pedalling down Crichton Street, across the St. Patrick Street bridge, over to St. Andrew Street, through the arch and gate on to the grounds of the building. Dad's dirty shirts, wrapped in brown paper and tied up with string, sat in my wicker handlebar basket. I approach the side door and ring the bell as the sign instructed, my imagination running wild, not knowing how I would be received.

A wooden slot in the door opened and I was told by the stern-faced nun to hand over the package and wait. The slot was closed for some minutes. It opened again and a piece of paper thrust out to me — it showed the pick-up date for the clean laundry and the cost. I knew I would have to make a return trip to “THAT BUILDING.”

I was not the only 'Burgh kid who had to deliver and pick up the laundry. My childhood friend Anne (Boyd) Holman, who lived in a house on one

of those streets expropriated by the NCC for expansion of Sussex Drive and creation of greener space, also shares these memories.

We never gave a thought to those who actually performed the sweaty labour in the laundry, which closed its doors in the late 1960s. The building was purchased by the Chinese government in 1972. The war, the pill, declining church attendance, and the women's movement all helped bring an end to institutions like the Good Shepherd Laundries where women could be incarcerated indefinitely. The last one in Canada — St. Mary's Training School in Toronto — closed in 1973. The last Magdalene Laundry in Ireland closed in 1996.

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 eldest son on The Mews. She is an active member of MacKay United Church.

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Fighting stigma around mental health: An advocate's journey

By Debjani Mitra

This series is dedicated to change makers in our community. Please email Debjani Mitra – debjanimitr@gmail.com – if you would like to be featured for this column and/or have any suggestions. This issue reflects a conversation with local yoga teacher and mental health advocate, Heather MacDonald.

I'm thrilled to talk with you about your book, *The Fight for Your Life: A Survivor's Guide to Mental Health Challenges*. What inspired you to write it?

I've been through many years of various mental health challenges. I collected a lot of tools that still help me on my hard days. While working with emergency services [as a dispatcher], I realized how prevalent these types of challenges are. I wanted to be able to help people who were at rock bottom see that there is hope. I felt there were a lot of peer-support books in the self-development field

talking about how to go from okay to amazing, but not a lot for those who were struggling with suicidal ideation or who couldn't get out of bed. So, I wanted to be real about how hard it can be. I wanted to acknowledge my experience and the experiences of others. I wanted to empower people to talk more about their struggles, because hiding our struggles is exhausting. Being open about our struggles means better sharing of coping strategies and dissolving the weight and shame of stigma.

Your book emphasizes recognizing that we're not alone in our struggles and fighting the stigma around expressing our mental health needs. Why do you think stigma is so pernicious, and how can we fight it, individually and as a society?

Stigma is very harmful because it leads to people withdrawing from society, instead of reaching out for help when they most need it.

It makes people feel that they have a character flaw rather than an illness. The loss of support at these times of need is devastating and delays people's recovery time. I used to withdraw until I could put on a good face again. The isolation did not help things. I recognize now that letting people in when I'm struggling helps me move through it quicker and with more ease.

Individually, I think we can fight stigma by speaking about our own mental health challenges openly and honestly. Voicing our reality helps other people recognize they are not alone. As a society, we need to learn how to offer help to someone who is struggling. We need to be compassionate to people rather than labelling them as "crazy" or "lazy."

What are some of the other takeaways you hope readers will get from your book?

- No matter how long you've been struggling, there is hope.
- You are allowed to ask for



Photo courtesy Debjani Mitra

Heather MacDonald, former emergency dispatcher and current yoga teacher extraordinaire and author of the book *The Fight for Your Life: A Survivor's Guide to Mental Health Challenges*.

help as many times as you need.

- There is no recipe to avoid all challenges, but you can learn to navigate them more effectively.
- Learn to observe your

thoughts. Practice creating space between your thoughts and your actions.

- Reinvent yourself as often as you need.
- Practice loving yourself as you are in this moment.
- Do not let society tell you what progress is, or what success looks like.
- Develop a relationship of trust with your body. Learn from the body's wisdom.

Before we wrap up, do you want to share any upcoming projects?

Yoga is a pillar of my wellness routine and has saved my life over and over. I try to pay it forward by teaching yoga at Rideau Sports Centre as well as online with Sun Lotus Centre. Please feel free to reach me at hmdd@rogers.com.

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

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Condo living in the ‘Burgh

By Daniel Hébert

Having lived in a condominium unit for a year in Canberra, Australia, we knew we enjoyed condo living. But committing to 12 months is not the same as committing to live in a condo for the rest of your life. In Canberra, each little community has these “shopping precincts” that serve as hubs for residents to access essential services, shops, cafés, and other small businesses. The intent is to shop where you live. We were lucky, as our condo was only 400 metres from the closest shopping precinct. We sometimes walked to the shops two or even three times a day to get the essentials. After a year living abroad, we looked forward to coming back home, but we knew we would miss a walking lifestyle.

Upon returning to Canada and to our house in Orleans, I saw that the nearest grocery store was one kilometre away, and the closest pharmacy was another kilometre further. We were forever in our cars – if not for running errands, then during the 45- to 60-minute commute each way to work. We came back to Canada in January and by spring, we committed to downsize to a condo. By September, we had made a down payment for a yet-to-be built condo in New Edinburgh with a move-in date of three and a half years later.

You would think that three and half years is sufficient time to downsize. Let’s just say, it took us the entire 42 months! But this should not dissuade you from thinking about downsizing. We panicked about losing half the living space, the basement, the garage, and the storage under the back deck. But we needn’t have stressed. If you’re thinking about downsizing, you shouldn’t have to stress either. We are not hoarders by far, but when we started packing, we found 18 BBQ lighters dispersed throughout the house, the garage, and the backyard. We realized we simply had many more belongings than we needed. When you can walk to a nearby Metro, Guardian, Jacobson’s, the LCBO, the barber, your dentist, your massage therapist, a second-hand clothing store, or the many eateries, you don’t need a large supply of things cluttering up your living space.

Hopefully, you’re satisfied that downsizing is not the difficult part.

We chose a condo in New Edinburgh since we knew the neighbourhood well. (Remember when the Towne Cinema was offering Sunday double-features for \$2 in the late 1980s? We do.) The neighbourhood has seen many changes since then; some businesses closed, but they’re constantly being replaced by new ones. Except for a hardware store, New Edinburgh has all the desirable properties of our Australian “shopping precinct.” With the downtown area being a quick walk or bus ride away, we have so much we can walk to for the things we need in our lives. According to ChatGPT, our condo “boasts a Walk Score of 94 out of 100, indicating a “Walker’s Paradise” where daily errands do not require a car.” So why not choose to live in a condo in New Edinburgh?

Life in a condo can be anything you want it to be. You can choose to hole up without meeting your neighbours, or you can do like most people at our condo and choose a vibrant neighbourhood life. We’re lucky that our condo has a lively social committee that plans regular condo-wide free events open to all residents: catered outdoor BBQs, Christmas cocktail parties, Easter brunches, trivia nights, movie nights, games nights, and weekly coffee with snacks. Our common area has a Lending Library where residents leave books to share with others. There is even a Garden Club that maintains common area plants and seasonal decorations for Christmas and Easter.

This sense of community is not something I ever experienced living in the suburbs. It seems condo living attracts people of the same ilk: people wanting a walkable neighbourhood; people who like to support local businesses; people who like a simple life. Condo dwelling can help simplify your life: no more snow shovelling, no more grass mowing, no more leaf raking. With underground heated parking, our car’s snow brush is hardly ever used.

More importantly however, condo living can provide an unexpected support system.

Whether it’s chatting in the elevator or attending social events, there is always an opportunity to connect and form friendships with neighbours, often knowing each other by name. At our condo, people rely on each other, even for the simple things. When neighbours look out for each other, it naturally creates a safer environment. People are more likely to notice unusual activity and help each other out, adding a layer of comfort for residents, especially those living alone. A strong community means there’s always someone to help you – whether it’s borrowing a cup of sugar or offering support during tough times. This can be especially valuable for seniors, newcomers to the area, or single parents. Our condo uses a Facebook page to share things about upcoming community events (book sales, new businesses, etc.), but also to reach out for support like borrowing a sewing machine, offering free items, or inquiring about building maintenance issues.

Maybe you live in a condo or a rental apartment complex that currently does not have a vibrant community, and you want to change that. It can be easier than you think to create a sense of community. Put up signage in the elevator, create a Facebook page, encourage people to meet in your common areas. There are always volunteers willing to help you build momentum towards reaching your goals. A social committee can help living in a high-density, multi-family housing complex much more enjoyable.

Condo living may not be for everyone: some people still want their own outdoor space, garages, and workshops. But most condos have amenities like fitness rooms, outdoor terraces, central kitchens, dining rooms, party rooms, conference rooms, and even guest suites for your visitors. If you’re willing to share these common amenities, you can enjoy life without a house and reduce your carbon footprint at the same time.

As many of us aim to simplify our lives with low-maintenance, affordable (compared to houses in the same area) housing options that offer full amenities coupled with urban conveniences, we



Photo by Daniel Hébert

There are both condo and apartment options to consider now on Beechwood Ave.

can see why there is so much interest in high-density, low-rise housing projects in New Edinburgh. There are many condo/apartment options in the neighbourhood to consider (such as St. Charles Market or Minto on Beechwood) with more to come so it really

depends on your lifestyle and your needs such as space and amenities.

Daniel Hébert has lived in a New Edinburgh condo since June 2017 (with only one BBQ lighter); he says it might very well be his last home.



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Fantasy and adventure under the stars

By William Beddoe

In challenging times like these, a darkly comic but uplifting fantasy may make for a very apropos summer theatre production. Welcome to *The Girl with No Hands*, this year's Theatre Under the Stars production by Odyssey Theatre in nearby Strathcona Park.

The play will sweep you into a world where the boundaries of reality and imagination blur as our heroine's attempt to rescue a kingdom from collapse forces her to face demons within.

Based on the German fairytale, *The Handless Maiden*, the play tells the story of a girl with no hands – a dreamer who can't dream. Feeling hopeless and alone, she is lured into a fantasy play within the play where she becomes a heroine – tasked with saving a kingdom and finding her heart's desire.

She's hailed as a long-awaited saviour by a trio of bumbling outcasts, courted by a desperate king, entangled in



Odyssey Theatre past production: *The Bonds of Interest* (2019). (l. to r.) Stavros Sakiadis, Scott McCulloch, William Beddoe.

Photo courtesy of Odyssey Theatre

the romantic schemes of an eccentric spirit, and hunted

by a devil bent on destroying her. But when true love

doesn't deliver a happy ending, she must take charge of

her own story. Through her adventures in this fantasy world, she gains hope and a new dream for the future.

As a performer, I've had a long association with Odyssey Theatre, a company well-known for productions featuring dazzling costumes and masks, inspired by the traditions of *Commedia dell'arte*, puppetry and international dance-theatre.

I first performed with the company in 1999, and over the years have played a variety of lovers, dreamers, and rogues, but am thrilled to be playing a full-blown villain this year. Casting absolutely against type, I assure you!

This summer, immerse yourself in an evening of passion, magic, and fantasy, under the stars and trees by the banks of the Rideau River. *The Girl with No Hands* runs Jul. 31 to Aug. 24 in Strathcona Park. Please visit odysseytheatre.ca for details.

William Beddoe is a professional actor and director, who resides in New Edinburgh.



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Chosen Grandma Ottawa: Connecting generations, forging friendships

By Mary Ann Turnbull

A dedicated group of local retired women has launched a new initiative in our area: **Chosen Grandma Ottawa (CGO) – Building Intergenerational Connections.** It's a heart-warming, community-driven, volunteer initiative dedicated to fostering fun and meaningful relationships between senior women and children.

This not-for-profit program will match children who lack the support of extended family members with senior women volunteers who do not have grandchildren in their lives, or not nearby. They hope to find senior women in the New Edinburgh area who would like to share their interests and time with a child to become a caring grandma-like figure in their lives in a mutually beneficial relationship.

The program is accepting applications from healthy and active senior women between the ages of 55 and 80, who



do not have grandchildren in their lives, or not nearby, who are seeking connection and meaningful engagement and can commit for at least one year – and hopefully longer! The goal is that the child and Chosen Grandma will connect at least twice a month.

Once their application has been vetted and accepted, the senior will be matched with a family who has children between the ages of 5 and 14 years, who do not have nearby extra-family or grandparent support and are open to build-

ing a meaningful relationship with a Chosen Grandma.

Please share this information with women you think might be interested. For more information or an application form, contact chosengrandmaottawa@gmail.com and find their group on Facebook by searching "Chosen Grandma Ottawa."

Mary Ann Turnbull is a founding member of CGO, a retired Founder of Turnbull School and a Rideau-Rockcliffe resident.

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ca**

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Experience the magic of art in New Edinburgh: NEST 2025

By Josée Robillard

What: The New Edinburgh Artists' Studio Tour (NEST) 2025

When: Saturday and Sunday, Sep. 27–28 | 10 a.m.–4 p.m.

Where: 13 studio and gallery locations throughout the charming Ottawa neighbourhood of New Edinburgh

Admission: FREE! Includes free street parking + door-prize draws at select locations

Get inspired during NEST 2025, a self-guided tour that celebrates creativity and

community! Meet 31 incredible local and guest artists showcasing original works in oil, acrylic, mixed media, printmaking, jewellery, photography, pottery, glass, textile, and sculpture. Enjoy live demonstrations, the opportunity to buy one-of-a-kind artworks, and the chance to explore all studio and gallery locations within easy walking distance of one another. A NEST brochure will be available at select local businesses as the event approaches.

Additionally, everyone will have access to the Toureka! app featuring free wi-fi, an interactive map, and our artists and sponsors including easy links to their websites.

Thank you to our lead sponsor, Natalie Belovic, and the many new and returning sponsors, the advertisers, volunteers, and donors who make this event possible. NEST is powered by a passionate group of local artists dedicated to building a thriving arts scene in our

community.

Want to get involved?

We are looking for friendly volunteers to greet and direct visitors and hand out brochures at various locations during the tour weekend. If this is of interest, please contact josee.robillard@gmail.com – and if you are a local business, and would like to sponsor our event, please contact Beth Stikeman at beth.stikeman56@gmail.com

Want to know more about NEST?

Please visit our website at nestudiotour.ca and follow us on social media: [nestudiotour](https://www.instagram.com/nestudiotour) on Instagram and [NewEdinburghStudioTour](https://www.facebook.com/NewEdinburghStudioTour) on Facebook, or contact us at nestudiotour@gmail.com

Come for the art – stay for the experience!

Josée has been a member of the NEST organizing committee since 2016. She is a printmaker and mixed media artist who also takes part in the tour as an exhibiting participant.

Raindrops on the riverbank

By Mario Dufour-Vitello

I took a walk in Stanley Park one rainy evening.

I sat on the bench near Archibald Lampman's boulder — the one with his poem on a plaque. I sat and was still for a moment. Listening to the rain hit my umbrella and watching the small dapples on the still Rideau River.

After a little while, a pair of bonded mallards floated near

me, having their dinner. They stopped for a moment, noticing me. I quacked at them so to say that I meant no harm. I was grateful no one was around to overhear me. Then they moved along. Kicking furiously with their orange feet below, they glided, followed by their V-shaped wake waves, like tiny boats. I decided to follow them downstream, hugging the riverbank. I followed them with

a sort of childlike wonder. They seemed unbothered by me. I hoped they could sense my whimsy. The hen ducking with her tail in the air; the drake keeping guard. He kept me in eyeshot.

I caught up with them when they swam fast. Then, I waited for them to catch up to me when I walked too fast. At the floodplain, they marched into the muddy parts and continued their feast.

The rain picked up slightly.

I turned around, not wanting to disturb them any further. I looked down and saw their footprints in the mud, and looked back at them waddling up the grassy slope toward the wooded path.

The raindrops falling on the river looked like static on an old tv.

The wind started to pick up, tugging my umbrella skyward.

The wind had an unseasonable chill to it.

Ahead of me, an exterior light at the Stanley Park Fieldhouse flickered like a lighthouse's in the grey rain, signalling my way home.

Mario Dufour-Vitello, resident of New Edinburgh offers up his first article for everyone to enjoy this summer.

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EVENTS CALENDAR

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

All summer long on Fridays, Saturdays & Sundays – Ottawa Riverkeeper activities at the NCC River House | 501 Sir George Etienne Cartier Parkway – Drop by the Ottawa Riverkeeper Learning Lab, located on the lower level of River House, for hands-on activities for all ages. Discover the Ottawa River and its tributaries like the Rideau and Gatineau, the wildlife that depends on them, and how you can help protect these vital waterways. Make it part of your visit before or after a swim! Sign up for the Ottawa Riverkeeper newsletter for a full list of activities: ottawariverkeeper.ca or garderivieredesoutaouais.ca

June

June 7 – Give a Breath 5k Run at Andrew Haydon Park | 3127 Carling Ave. 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. Visit giveabreath.ca for more info.

The New Edinburgh Seniors Social Group Speakers Series (CCC) | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | A recurring event under the Crichton Community Council. In each session a "Local Celebrity" will speak about her or his special contribution to the New Edinburgh community. Each talk will spark questions, discussion, and a social time with refreshments. All seniors, family members, friends, and neighbours are invited to spend this time together. There is no cost; only your interest and participation, as we get to know each other.

June 12: Joe McDonald, Director of the New Edinburgh Choir, will speak about the Choir and play his piano for our enjoyment.

July 10: Janet Uren will speak about the History of Stanley Park, the beautiful, well-used park that surrounds the Fieldhouse, where the Seniors Social Group meets.

Please contact Dawn at 705-930-1991 or email CrichtonCommunityCouncil@gmail.com for more information.

Mondays from May 26 throughout the summer – Community Choir | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 7–9 p.m. | Details to come, please check newedinburgh.ca/events for more details or holidays etc.

Wednesdays from May 28 throughout the summer – Yoga at the Fieldhouse (CCC) | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 7–8 p.m. | Unite breath and movement through an asana practice. Join Solmaz Hicks on her yoga journey, which 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 often exceeds the available space: reserve in advance – \$150 for 12 sessions or \$15.00 per class – by emailing perisasolmaz@hotmail.com

Thursdays and Saturdays from May 29 to end of June – Children's Playgroup (CCC) | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 10 a.m.–noon | Children aged 0 to 2.5 and their parents or caregivers are welcome to attend a free drop-in playgroup. 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; please check Crichton Community Council's social media accounts or reach out to the organizers to confirm each event. For more info, please email: CrichtonCommunityCouncil@gmail.com

June 9 – Stanley St. Workshop Open House | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 10–11:30 a.m. | Come meet and learn more about The Stanley St. Workshop – we now have openings for experienced painters who would like to join for the 2025–2026 season. We are a friendly, not-for-profit group. We meet Monday mornings from September to June and share

the annual rental cost of the space. We each work independently; no instruction is provided. For more information, please email Marion at rhapsodyinhues@rogers.com

June 11 – Annual General Meeting of the Crichton Community Council (CCC) | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 7:30–8 p.m. | Check out newedinburgh.ca for more info.

June 11 – CCC Board of Directors Meeting | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 8–9 p.m. | Meeting times, dates and locations may vary; please check newedinburgh.ca for more information.

June 14 – Art Lending Ottawa (ALO) Spring Show | Jim Durrell Recreation Centre: 1265 Walkley Rd. | 10 a.m.–4 p.m. | Discover the recent work of more than 40 talented local artists. ALO's juried show offers an impressive range of styles and themes to suit any taste. The show provides both purchasing and rental options, making it an ideal choice to switch your decor without long-term commitments. Admission and parking are free, making this an accessible event for art lovers across the city. Visit atartlendingofottawa.ca to learn more.

June 14 – IODE Laurentian Chapter celebrates IODE Canada's 125th anniversary | St Bartholomew's Church: 125 MacKay St. | Join us for a centenary celebration featuring a tea, silent auction and entertainment by the band "We're Not Dead Yet." Tickets are \$35 and are available at Books on Beechwood or online through Eventbrite. More information at iodelaurentian.com or iodelaurentian@gmail.com

July

July 1 – Canada Day Fireworks and Park Party (CCC) | New Edinburgh Park | Party 8–10 p.m., Fireworks 9:30 p.m. | Finish your July 1 celebrations with a *neighbourhood scale* fireworks display close to home. (Alternatively, you could head off to LeBreton Flats to celebrate with 50,000 of your closest friends.) Wear your red and white (or other

colours that celebrate the diversity of our country). Wave your flag. Bring a snack, a blanket and some bug repellent. Visit the licensed kitchen bar inside the Fieldhouse for free frozen treats. A variety of refreshments (featuring beer from Local Brewery on St. Laurent), as well as some very basic snacks will be available for purchase. A collection of audio and video Canadiana will be played on the playground side of the Fieldhouse. Fireworks to be launched from the gravel infield of the baseball diamond. Please view the display from the outfield. This event may be postponed or cancelled due to inclement weather.

July 1 – Chief Pinesi Day | New Edinburgh Park (near the Fieldhouse). The fourth annual Chief Pinesi Day will celebrate the area's Algonquin Anishinaabe history. It's an opportunity for learning and reconciliation. Check out the Events section of newedinburgh.ca for more details as they are finalized.

July 31–August 24 – Odyssey Theatre Presents *The Girl With No Hands* | Strathcona Park (Laurier Ave. E. at Range Rd. | Tue–Sun at 8 p.m.; Sun matinee 2 p.m. | Odyssey Theatre's 39th season of award-winning Theatre Under the Stars presents *The*

Girl With No Hands, a darkly comic fantasy by Laurie Steven. Featuring stunning original masks, music, and more than 30 vivid characters. For tickets and info, visit odysseytheatre.ca

Select Wednesdays from July to September – Vanier BIA presents AKOUSTIK at St. Charles Market | 6–8 p.m. | A free event – visit vanierbia.com for more information on each performance and specific dates.

September

September 7 – BeechFest | Beechwood Avenue from St-Charles to Marier | 3–9 p.m. | BeechFest is an annual street party featuring live music and shows, arts and crafts, food and drink, and so much more! It is a chance to celebrate the wonderful businesses all along Beechwood and get together as a community.

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

Looking for any friends or neighbours with a house to rent this summer in New Edinburgh. Isobel and Mark Bisby's daughter, partner, and elderly, well trained dog, are driving across Canada this summer from Calgary for a six week visit with parents in July and August. If able to help out please email ibisby@gmail.com or call 613-304-7919.



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Garbage and green bin hygiene

Sources: City of Ottawa; Sarah Anson-Cartwright

Rats not wanted!

Rats will forage for food in garbage bins or spills after garbage is picked up. Don't make your garbage their food.

Manage your garbage

- Bring garbage cans and bags to the curb as close to pick-up time as possible. To leave them out overnight is to invite rats.
- Make sure you have enough garbage cans to hold trash between pickups.
- Use hard plastic or metal cans with tight fitting lids.
- Insist that tenants put garbage inside cans.
- Don't put food out for stray

cats, pigeons or squirrels.

Green bin hygiene

1. Line your green bin with flyers, newspaper or yard-waste paper bags to help keep it clean.
2. [I don't recommend, but the City allows it. -S A-C] Reuse plastic bags such as: bread bags, milk bags, grocery and retail bags, etc., for bagging organic waste.
3. Rinse your green bin with a garden hose from time to time, especially if you don't line your bin with paper.
4. Rinse your green bin with lemon juice, vinegar, or baking soda to reduce odours and keep bugs out.
5. Keeping your meat or fish scraps in the freezer until collection day helps reduce odours.
6. Sprinkling a strong-smelling biodegradable repellent such as vinegar or detergent on your green bin helps keep pests away.
7. Remember to lock the lid to keep animals out of

your green bin.

8. Put salt or vinegar on maggots to kill them. If maggots appear in the green bin, a fly has laid eggs on some exposed food waste.
 9. Peppermint oil, cayenne pepper, chili pepper, or hot sauce can act as anti-gnawing repellents and help deter animals from taking an interest in your green bin.
 10. Keep indoor collection containers in your washrooms. Facial tissue and paper towels can be placed in the green bin. Need paper liners for the green bin or kitchen container? While it's not necessary to use paper liners for your green bin, they are available at most major retailers. You can also use leaf and yard-waste paper bags in the larger green bin.
- Pizza box alert:** Remember, pizza boxes – and any cardboard boxes soiled with food – belong in the green bin, not in the black box. They'll be safer there from pests, too.



Every bit matters

Pollinator Appreciation Day

Saturday, June 7, 10 am to 2 pm at the Fletcher Wildlife Garden
865 Prince of Wales Dr, Ottawa, ON K2C 3K1

Wild Pollinator Partners appreciates pollinators. They make sure we have vegetables and fruit to eat and beautiful flowers in our gardens. They are part of healthy local ecosystems.

"EVERY BIT MATTERS"

Little bits like adding native plants, removing a hard surface, or waiting to tidy up your yard can help preserve biodiversity and increase natural habitat.

- | | |
|-----------------------------------|-------------------------------------|
| Wild Pollinator Partners | Master Gardeners of Ottawa-Carleton |
| Entomologists and bee researchers | Ontario Invasive Plant Council |
| Ottawa Wildflower Seed Library | Canadian Wildlife Federation |
| Friends of the Earth | Monarch Teacher Network |
| Ottawa Stewardship Council | Maitland Area Pollinator Projects |
| Ecology Ottawa | City of Ottawa |

CAFES (Community Action for Environmental Sustainability) and many other people who have created and manage pollinator gardens and guest nurseries that sell native plants

From the Puzzler

Hello neighbours!

This edition's puzzle uses two entries to recreate an intersection in the ByWard Market, just a few blocks away from my first apartment as a uOttawa student! It's also a few streets away from the (sadly defunct) Clocktower Pub by the shopping mall, where I first met my wife; and a few streets from where friends and I would play [19A]'s like Dungeons & Dragons, or the noir cousin Call of Cthulhu. Despite everything that's changed in the neighbourhood (so much construction!) and in life, I have fond memories of the area.

Now, despite the entry at 22A, rest assured I will

be back with the next publication. If you're looking for crosswords – or have an interest to put together a puzzle of your own – allow me to point you to centreforcanadiancrosswords.ca!

In addition to these "intersectional" puzzles, you'll find another series where the finished crossword becomes a wordsearch (among the answers, snaking through the black blocks, you'll find a major Canadian city!); and other puzzles I've made just for fun! If you have any further thoughts or comments shoot me a message at fredericklavoie@outlook.com



Photo by Phil Hurcomb

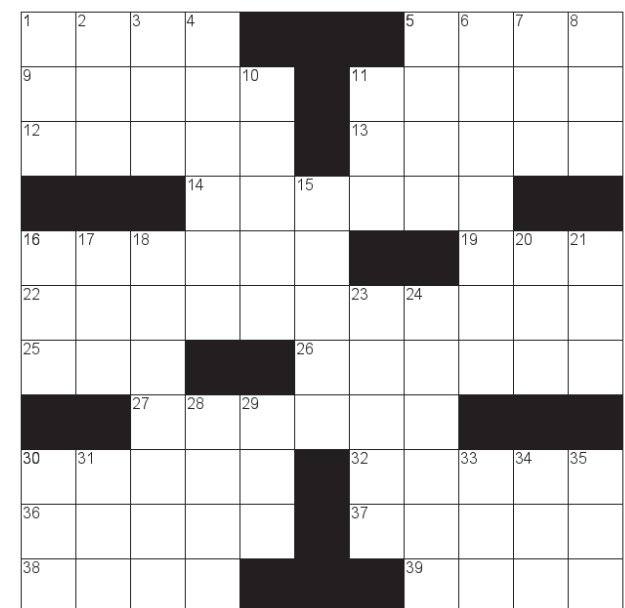
It was a "double opening day" at the Ottawa New Edinburgh Club (ONEC) on May 10, featuring the official start of the tennis season and a ribbon cutting on a new deck overlooking the red clay courts. Dozens of members came out to reconnect with friends, hit tennis balls, and celebrate the carpentry accomplishments of club members. Memberships in ONEC's four sports – tennis, sailing, rowing and paddling – as well as spots in its popular summer camps for kids, are still available. Check out the options at ONEC.ca.

ACROSS

1. Pass 21, in blackjack
5. Basketball star Bryant
9. Seize power
11. Himalayan plateau
12. Old-timey tint on a photo
13. Account on the 'gram
14. Polar bear ____: mad dash into freezing water
16. Jewellery that might pair with footwear
19. Improv game, like D&D (abbr.)
22. "And goodbye for good!"
25. According to
26. UNESCO-recognized Canadian Canal
27. Completely redesigned and remade, say
30. ____ season: time when restaurants spill outside
32. Some Parisian bistros
36. Decorative coat on a cake
37. ____ Rutherford, first P.E.I. artist featured at the Venice Biennale art show (2024)
38. Type of pool
39. "Shop 'til you ____": shopaholic motto

DOWN

1. Its wheels go round and round, round and round, round and round...
2. Purpose
3. "What's popping?"



© Centre for Canadian Crosswords

4. Once more than 'doubly'
5. Mackenzie ____, Prime Minister with an estate in Gatineau Park
6. "Watch and learn, watch and learn"
7. Put money on something
8. Best guess from a GPS
10. 'Early human' kind of diet
11. Container for cookies (or sewing supplies...)
15. 180
16. Snake said to have killed Cleopatra
17. Word before a maiden name
18. Material for both your fingernails and a rhino's horn
20. 'Split' legume, in a classic soup
21. Movie boss with many Minions
23. Sibling's kiddo, perhaps
24. Team ____: one side of a Twilight fandom
28. It goes from Point A to Point B
29. Ship captain's diary
30. One who might live in a straw, stick, or brick house
31. Versatile playing card
33. Balsam ____, provincial tree of New Brunswick
34. 'Environmentally-friendly' prefix
35. It's boiled to make maple syrup