

OCTOBER 2026

NEW EDINBURGH NEWS 1976-2026

newedinburgh.ca



Photo by Philippe Marchand

The Annual BeechFest brought many people from surrounding communities out to enjoy live music and great food - a nice way to wind down the summer!

A vision for Ottawa in four acts

By Sharon Nyangweso

There is something slightly absurd about a municipal election in 2026. Canadians are living through a period of enormous national and global uncertainty, while Ottawa is asking us to focus on bus schedules, zoning, property taxes, and whether the arena at Lansdowne should be rebuilt. But we must be honest: those things are not small. They

determine much of what life in a city actually feels like.

Over the past two weeks, the *New Edinburgh News* spoke with candidates Jeff Leiper, Alex Lawson, Neil Saravanamuttoo and incumbent Mayor Mark Sutcliffe. We asked about spending, growth, other levels of government, and what we should measure four years from now. We expected disagreement about priorities. What

emerged was a more fundamental question: if Ottawa has a fairly clear idea of the city it wants to become, does City Hall actually have the money, authority, and capacity to get us there?

In New Edinburgh, we have many of the things cities spend decades trying to create: mature trees, heritage, parks, walkability, community institutions, and housing close to the core. We also have expensive

housing, aging infrastructure, flooding concerns, and understandable anxiety about what change growth could bring. A useful election question for this neighbourhood, therefore, cannot stop at what a mayor will protect for us – it has to include what a growing city can reasonably ask of us.

Ottawa is entering what the City describes as a prolonged period of sustained growth, requiring coordinated

planning for housing, infrastructure, transportation, and community services. All of that costs money, which is where this mayoral campaign runs into a problem much larger than any candidate.

Ontario municipalities rely heavily on property taxes and user fees. Unlike income and sales taxes, those revenues do not automatically grow with the economy. Municipalities

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NEN headlines tell the story: A review of 25 years

By Paul McConnell

Part one of a two-part series. Part two, covering 1976–2000, will run in the December edition.

For 50 years, *New Edinburgh News* has recorded the milestones of life in our community. Looking back through the headlines offers an interesting record of what has changed, what has disappeared and, perhaps most strikingly, what continues to occupy the neighbourhood decades later. Over the years, *NEN* has documented fires and storms, festivals and community celebrations, major construction projects, changes along Beechwood, debates over development and repeated efforts to protect the neighbourhood's green spaces and heritage. Some stories were momentous at the time and have since faded from memory; others could almost have been written today.

What follows is a selection of headlines from 2025 back to 2001. It is also a celebration of the remarkable efforts of *NEN*'s editors, contributors,

production staff and volunteers, along with the invaluable support of local advertisers. Their work has made *NEN* a reliable record of the community and its history.

Looking across the past 25 years, the headlines reveal both enormous change and some remarkably persistent themes. Buildings and institutions have come and gone. Beechwood has been rebuilt and repeatedly reimagined. Stanley Park has gone through contamination, remediation, and major construction. Residents have debated development, protected heritage, organized around green space and infrastructure, and continued to gather for festivals, markets, walks and community events.

These pieces also show the value of having a community newspaper there to record them. Stories that once reported the immediate news of the neighbourhood now form a record of how New Edinburgh became what it is today.

The primary source for this retrospective was the digital archive of *NEN* back issues

available through the community website: newedinburgh.ca. Longtime *NEN* associate Dave Rostenne provided technical help. I recommend looking through the website to read these articles and jump across time.

2025: "Petition to stop the NCC housing development on Sussex Drive"

One of many articles this year about the controversial project. Also in 2025, *The Villagers: History of the People and Life of New Edinburgh*, the comprehensive and well-researched book by local resident Janet Uren, was launched with much fanfare.

2024: "Park clean up"

Almost 100 volunteers participated in this annual community event. The year also marked "50 Years of Community Building" – an impressive milestone for the Crichton Community Council and its predecessor, the Lighthouse Program, which have been responsible for a variety of local

Beechwood Functional Design Plan almost finalized after consultation

By Kostyantyn Frolov and Jason Tavoularis

The City of Ottawa will finalize its Functional Design Study for the Beechwood Ave. Public Realm Plan this fall. The study covers Beechwood Ave. from the Vanier Parkway to Beechwood Cemetery, proposing improvements to be implemented alongside planned road resurfacing and sidewalk repairs in a future detailed design and construction project.

The study presents a vision for a more active, attractive, and safer Beechwood Ave. with coordinated installations of wider sidewalks, raised bicycle lanes, public seating, streetlighting, bicycle parking, trees, and plants. Residents can find more information about the study and provide feedback at engage.ottawa.ca/beechwood. Public consultations took place at the Beechwood Farmers Market on Aug. 8; at a drop-in session at the New Edinburgh Park fieldhouse on

Aug. 11; and at BeechFest on Sep. 12.

Notable among the proposals in the study are the changes to Douglas Ave., Commanda Way and Champlain Ave., Chapleau Ave., and Ste-Cécile St. The study proposes a full closure of Chapleau Ave. at Beechwood, and partial one-way arrangements at the other streets where they meet Beechwood. Only the intersection area would be affected; the remainder of each local street would continue to operate in both directions. These closures are proposed to create attractive public spaces. Specifically:

- At Douglas Ave. the proposal is for northbound one-way traffic at the Beechwood intersection, combined with raised planters, trees and seating.
- At Commanda Way the proposal is for southbound one-way traffic at the Beechwood intersection with new greenery

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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 pm (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 info@newedinburgh.ca.

Our next meetings will take place on **Tuesday, October 20, 7 pm** and **Tuesday, November 17, 7 pm**. Meetings are held in person at the New Edinburgh Park Fieldhouse (203 Stanley Ave.) and may be hybrid at times so please contact info@newedinburgh.ca for details.

Your NECA Representatives 2025-2026

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**

Jason Tavoularis **Traffic & Safety**

Cindy Parkanyi **Secretary**

Ex officio:

Chris Straka **President, CCC**

Sharon Nyangweso **Editor, New Edinburgh News**
sharon@newedinburgh.ca

Learn more at
newedinburgh.ca

New Edinburgh Community Alliance: President's report



Ray Boomgaardt
NECA President

As I write this, it's mid-September, we've just had our September Board meeting, and the New Edinburgh Community Alliance (NECA) Annual General Meeting is set for Oct. 28, 2026 at 7 pm at the Fieldhouse. (See our website – newedinburgh.ca/neca – to join remotely). A few important developments since my last report:

The National Capital Commission (NCC) has brought a legal case against the City to be heard by the Ontario Land Tribunal in respect of the City Zoning By-law. Under the current rules, both the details of the dispute and the hearing itself are not public. We do know that the dispute does affect the Sussex Blocks. We are pressing both the City and the NCC to let us know how the Sussex Blocks might be

affected.

The City staff assigned to the Community Garden project have been busy instead with the cleanup of the July storm, so Councillor Rawlson King was not able to report progress on this file.

We discussed with Councillor King the possibility of the City building a dock near the fieldhouse from which people would launch, say, a canoe, kayak or paddleboard (there is one across the River in Bordeleau Park). The Crichton Community Council (CCC) had raised this idea with him earlier this year, and NECA certainly supports it. The councillor said that this project is on a City list, but if we want it moved up the list, we should be thinking of creative ideas for funding.

The Beechwood design plan is moving ahead. The City had

a display at BeechFest showing the plans. There seems to be a lot of support for burying the hydro lines along Beechwood to reduce clutter and permit a better tree canopy. The City has not made any decision on this recommendation.

The *New Edinburgh News* had a number of pieces of good news:

- They are now printing more copies, since printing 1,500 more is relatively inexpensive, but will permit them to leave more copies in stores, including in Vanier.

- As the Vanier community paper has stopped publication, *NEN* will try to reach out more to that community.

- After a concerted effort, advertising revenue is up. (It had been slowly eroding.)

The Board welcomed the possibility that the Kitchi Sibi Trails initiative may come back to the Fieldhouse next July. And we had a great discussion about who should receive this year's BRICK award. Learn the winner at the October Annual General Meeting!

See you in the neighbourhood!



Contribute to the next issue of the *New Edinburgh News*

Submit by **November 10** at editor@newedinburgh.ca

Rideau Falls & Governor Bay Indigenous Trail Tour

Saturday, 10 October 2026

- ❖ Tour begins at 10 am at the gates of Rideau Hall and will take 90 minutes.
- ❖ Join Dr. Peter Stockdale for an interpretive tour of the route down to the bay and walk over to the falls. The walk will include discussion of the route for the traditional Indigenous portage around Rideau Falls.



❖ **Contact:** drpeterstockdale@gmail.com 613-852-4527

❖ **Website:** kichisibitrails.ca

Letter from the Managing Editor



Sharon Nyangweso
Managing Editor

Hello neighbours! I'm going to keep this short and sweet because we have a big paper for you this October! Vote! That's it, that's the message. Get out and vote, take your friends, your kids, your neighbours, your enemies, and your acquaintances out to vote. I wouldn't say the October 26th municipal election is one that is historical or anything of the sort. But, Ottawa has a

painfully low voter turnout. And, right now more than ever, we have our neighbours down south and friends (co-Europeans?) in Europe showing us how important it is for us to exercise our civic rights and responsibilities. So, as the weather changes, dream of the Ottawa you would love to see for yourself, the kids in your life, and your most vulnerable neighbours - and then vote for that Ottawa.

Letter from the Co-Editor



Karen Squires
Co-Editor

As summer comes to a close and autumn colours emerge, we reflect on the seasons, including our changing weather conditions. We live in a neighbourhood where folks help each other through changes, share information, or simply lend a hand. Our contributors are clearly thinking of the well-being of our community and ongoing changes! Despite the weather, it's been a great summer in the neighbourhood with many events and social gatherings, and there are still more to come this fall. As always, we try to keep you updated on what's happening in and around the area as well as proposed changes to our main street. It's been well documented that people who live in the same neighbourhoods tend to have many interests in common, such as protecting our natural environment, and I've noted several trends through the New Edinburgh Community Alliance (NECA) and *New Edinburgh News*. Several themes – such as interest in protecting our built heritage and the current efforts being made to bring our provincial Heritage Designation to a national level – are worth noting. Bravo to everyone working on this initiative so others can learn and share information nationally on best practices. The other theme which has increased considerably is environmental concern. Our partnership with Ottawa Riverkeeper brought more than 100 people to our annual park clean-up, and efforts are underway to share consistent information and develop workshops on subject areas such as waste management and recycling. On that theme, why not support at-risk youth

by donating your empty alcohol bottles and cans at the BottleWorks events at the Fieldhouse. (check dates/details in the Events Calendar on page 38). Music and Events are another important theme. We have to applaud the Vanier BIA for an outstanding summer filled with music through their Akoustik programming. Also, the team at MacKay United Church is looking to expand their music concerts and programming well beyond the summer season. What a great way to connect with friends and neighbours and enjoy good music and reflection. Finally, we try to keep our Events section updated, so a huge shout-out to the Crichton Community Council (CCC) for continuing to do an outstanding job in providing programming for families, seniors and music lovers year-round. And a big thank-you to all businesses (including new ones) who support our paper and our amazing team who bring this paper to life each edition. Let's keep connecting in the park, on our main street and supporting local businesses – spread the word and enjoy the fall season!

NEW EDINBURGH NEWS

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Submission Guidelines: Articles, photos and letters to the editor may be submitted to the editor. The editor reserves the right to edit for length, content and legal considerations. Submissions selected for publication will be published in both a hardcopy and an electronic version. Letters to the editor must include the writer's name, address and phone number to be considered for publication. The *New Edinburgh News* (NEN) was established as a non-profit community newspaper in 1976 and is published five times a year by the New Edinburgh Community Alliance (NECA) and supported by its advertisers. The *New Edinburgh News* is distributed free of charge by volunteers to residents of New Edinburgh as well as to area schools, libraries and local businesses. As of December 2025, our distribution has increased to include additional businesses and residents in Vanier, Lindenlea and Rockcliffe. Views expressed in the *NEN* are those of contributors and do not necessarily reflect the views of the editorial staff, the publisher or the advertisers. The *New Edinburgh News* is also made available online at the New Edinburgh community website:

newedinburgh.ca

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NEN Delivery Volunteers Wanted

Have a couple of hours every few months?
Join our delivery team and help bring the paper to your neighbours.

Contact **John Leefe**
613-302-4946 | distribution@newedinburgh.ca

New Edinburgh's history moving towards federal recognition

By Victoria Sloan

As the City of Ottawa celebrates its 200th birthday, residents are increasingly recognizing and celebrating the rich cultural resources of our neighbourhoods. Long traversed by the Algonquin Anishinaabeg people, the compact area now known as New Edinburgh is densely packed with historic resources. New Edinburgh residents are doing their part to ensure that these resources are recognized at the federal level.

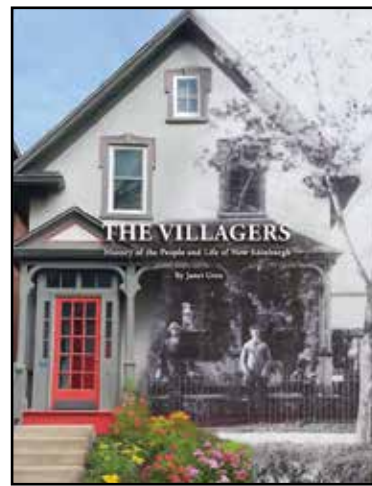
Led by Ann Davis, the New Edinburgh Canadian Register of Historic Places (CRHP) nomination committee has been assembling a nomination for the neighbourhood's

inclusion on Parks Canada's official registry for the past two years. Once the nomination is complete, Parks Canada's History and Commemoration Branch will perform a site visit and prepare a report for the secretariat of the Historic Sites and Monuments Board of Canada. If the nomination is approved, New Edinburgh's history will be recognized with a new bronze plaque. Perhaps more importantly, the community will join more than 13,000 locations on the CHRP's HistoricPlaces.ca website, enabling all Canadians to learn more about our neighbourhood's role in the country's history.

The CRHP committee, which also comprises Gail

McEachern and this author, is very pleased to report that we have gained significant community support and are nearing completion of the nomination document. A highlight of our spring and summer activities included a very positive meeting with Councillor Rawlson King and Ottawa's Program Manager for Heritage Planning, Lesley Collins. We learned about other active local CRHP nominations and look forward to Councillor King bringing our neighbourhood's nomination to the full City Council after the fall election.

Locally, we are delighted to have received endorsements from the Crichton Community Council (CCC) and New Edinburgh Community Association (NECA). We had a productive dialogue about the content of the nomination with Kirby Whiteduck, the former chief of the Algonquins of Pikwàkanagàn. And we have received support from Kichi Sibi Trails, the group behind both the annual Pinesi Paddle and the interpretive guide to



Book Cover Design by Nikki Johnston
The Villagers author Janet Uren launched her detailed history of New Edinburgh in 2025.

Chief Pinesi's Portage Loop, which is signposted around the neighbourhood's perimeter. We have reached out to the National Capital Commission (NCC) and expect to meet with their Heritage Program Manager in coming weeks.

Recognition on the Canadian Register of Historic Places will be an important landmark for New Edinburgh, but it won't be the end of story. From participating in the annual Chief

Pinesi Paddle to joining a walking tour or researching the history of their homes, the residents of New Edinburgh continue to engage with our trove of historic and natural resources. Neighbourhood curator Leah Snyder, whose exhibition "Edge Conditions/Inawendiwin" is on view at the Canada Council's Âjagemô Gallery, asserts that it is precisely sites like New Edinburgh, where nature and culture collide, that generate the richest stories about Canada. From text and photos on Parks Canada's CRHP website to publications and exhibitions, we look forward to extending the resources for neighbourhood residents to generate new stories about New Edinburgh's past.

Victoria Sloan writes about design, finance and sustainable development in a global context. Clients of her New Ed-based communications practice include the World Bank Group, Stanford University, and Studio: Craft and Design in Canada.

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Letters to the Editors

I would like to thank Ray [Boomgaardt] for his honest, well-reasoned article in speaking to the NIMBY campaign to "save" Sussex Drive and previously, Sharon Nyangweso's editorial.

As a newcomer to Ottawa and resident of New Edinburgh, I was confused when I first saw the lawn sign campaign about what needed

to be saved on Sussex Drive. I assumed it must be high rise towers or a chain retail store, so when I looked into it I was surprised to find out it was a campaign against NCC's plan of well designed mixed retail and housing which we desperately need in this area. I learned on a Heritage Walk that [on] the vacant blocks once stood stone warehouses built by Thomas MacKay that were tragically torn down in the Greber Plan. Sadly, that is what needed a campaign to

be saved, not vacant blocks of fenced off land.

I love my new neighborhood, but as Sharon Nyangweso previously pointed out, until we have new development, businesses are hesitant to open on Beechwood as our area is seen as stagnant. New housing and retail will bring an influx of new residents and visitors to revive and invigorate our beautiful neighbourhood and I hope to see the development start as soon as possible.

—Marie

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Opinions expressed are the writer's own and do not reflect those of the newspaper. The editor reserves the right to edit for length and clarity.

Updates on 24 Sussex and a Sussex Blocks zoning appeal

By Sarah Anson-Cartwright

New Edinburgh's best-known address – 24 Sussex Drive – will be restored and then continue in its role as the official residence of Canada's Prime Minister.

Prime Minister Mark Carney delivered the news on Jun. 26, with the promise of announcing the winner of a design-and-build competition on Jul. 1, 2027. An independent jury will be chaired by Moshe Safdie, one of Canada's most famous architects, who called the Sussex Drive site "extraordinary" when speaking at the news conference.

A major investment in heritage

Heritage Ottawa welcomed the announcement, citing its own advocacy for investment in this important heritage property, vacant since 2015, with its future uncertain as the property suffered from many years of neglect.

The new project will preserve the residence's "defining heritage character," according to the prime minister's news release. The PM also spoke of restoring it to "a standard worthy of the country it serves."

Built in 1868 in the Gothic Revival style, 24 Sussex was purchased by the federal government in 1950 and has been the main residence of Canada's prime ministers ever since.

NCC appeals City zoning of Sussex Blocks

Across the street from 24 Sussex and the French Embassy, there are three blocks that the National Capital Commission (NCC) plans to develop: the Sussex Blocks. While plans are at the conceptual stage according to the NCC, the NCC has appealed the City's zoning provisions affecting the Sussex Blocks. This is among the several appeals of City zoning across various NCC-owned



Photo by Philippe Marchand

Vacant since 2015, 24 Sussex Drive will be restored "to a standard worthy of the country it serves".

properties.

Property addresses that comprise the three blocks were cited in a footnote in a memo to City council in July 2026 by City planning staff which provided an update on 25 appeals of the City's new zoning by-law at the Ontario Land Tribunal (OLT).

In response to my inquiry on this matter, the NCC replied that "the zoning provisions that apply to the three blocks were carried forward from the former zoning by-law into the new zoning by-law without review or amendment. As a result, they continue to reflect outdated restrictions that are no longer aligned with the City's Official Plan."

The intent of the new zoning by-law was to align with the City's Official Plan which was approved by the Province in late 2022. Over a multi-year process, there have been significant proposals to revise the zoning provisions to achieve that objective. These included the three Sussex Blocks being zoned within a special district called Parliament and Confederation Boulevard, with its own specific zoning provisions. That said, the three blocks are also located within the New Edinburgh Heritage Conservation District.

provisions it was appealing, when I inquired.

Under the new zoning by-law provisions affecting the three blocks, for example, the maximum building height is 18 metres, which is five storeys. Conceptual images of the proposed development that the NCC showed the community in early 2025, before the new zoning by-law was finalized, show buildings that are four or five storeys in height. To align with the heritage character of New Edinburgh, it is worth noting that three storeys should be the limit, as per the Heritage Conservation District plan, as approved by the City.

Does the NCC seek to exceed the height maximum now in the new zoning by-law? Or are there other or additional zoning changes that the NCC

is seeking for those blocks?

Councillor King's office is aware of this issue. Unfortunately, the OLT website provides no details on the appeal at this stage.

New Edinburgh's Heritage Conservation District Plan includes the following statement: "When there is a conflict between the requirements of a municipal by-law and a heritage district conservation plan, the requirements of this plan prevail."

The City should adhere to this policy, which is also supported by the Ontario Heritage Act [Section 41.2(2)], when responding to the requests by the NCC.

Sarah Anson-Cartwright is a NECA board member and leads NECA's Sussex Blocks Working Group.

The NCC's intentions with the appeal are not clear

The NCC did not specify which elements of the zoning

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Madeleine Meilleur: A lasting legacy of service to Ottawa–Vanier and the Francophone community



Lucille Collard
MPP Ottawa-Vanier

As the *New Edinburgh News* celebrates 50 years of local storytelling, it is fitting to recognize the contribution of Madeleine Meilleur, who served as the Member of Provincial Parliament for Ottawa–Vanier from 2003 to 2016. During her 13 years at Queen's Park, she became one of the riding's most influential representatives and a leading voice for Ontario's Francophone community.

Before entering provincial politics, Meilleur had already established a strong record of public service. Trained as both a nurse and a lawyer, she served on Vanier City Council, Ottawa-Carleton Regional Council, and later Ottawa City Council. These experiences gave her a deep understanding of local issues and helped her build strong connections within the community.

Elected in 2003, she quickly joined Cabinet as Minister of Culture and Minister Responsible for Francophone Affairs. Over the years, she also led major portfolios including Community and Social Services, and Community Safety and Correctional Services. In

2014, she became Ontario's Attorney General: the first Francophone woman to hold the position.

Throughout her career, she remained closely connected to Ottawa–Vanier. She championed families, community services, and the public institutions that help make our neighbourhoods strong and vibrant.

Her most enduring legacy is her commitment to Ontario's Francophonie. As minister responsible for Francophone Affairs for nearly 13 years, she helped strengthen French language services and establish the Office of the French Language Services Commissioner. She also played an important role in adopting a broader definition of Ontario's Francophone population, better reflecting the diversity of the Franco-Ontarian community.

Her commitment to Francophone institutions began long before Queen's Park. She participated in the movement to save Montfort Hospital, a defining moment for Franco-Ontarians and Ottawa's Francophone



Madeleine Meilleur (top right) continues to support the Francophone community in Ontario.

Photo courtesy Office of Lucille Collard

community.

After leaving provincial politics in 2016, concluding 25 years of elected public service, Meilleur continued her work on behalf of the community. As Executive Director of the Vanier Museopark, she helped preserve and promote the region's Francophone heritage.

As the *New Edinburgh News* marks its 50th anniversary, Madeleine Meilleur's contributions deserve recognition. Her dedication to Ottawa–Vanier, public service, and the vitality of Ontario's Francophone community continues to leave a lasting impact on our community and across the province.

//

Madeleine Meilleur : un héritage durable au service d'Ottawa–Vanier et de la francophonie

Alors que le *New Edinburgh News* célèbre 50 ans d'histoires

locales, il est tout indiqué de souligner la contribution de Madeleine Meilleur, députée provinciale d'Ottawa–Vanier de 2003 à 2016. Pendant 13 ans à Queen's Park, elle s'est imposée comme l'une des représentantes les plus influentes de la circonscription et une figure de premier plan de la francophonie ontarienne.

Avant son arrivée en politique provinciale, Madeleine Meilleur avait déjà consacré une grande partie de sa carrière au service public. Infirmière et avocate de formation, elle a siégé au conseil municipal de Vanier, au conseil régional d'Ottawa-Carleton puis au conseil municipal de la nouvelle Ville d'Ottawa. Cette expérience lui a permis de développer une connaissance approfondie des réalités locales et de tisser des liens étroits avec les citoyens.

Élue à Queen's Park en 2003, elle a rapidement accédé au Conseil des ministres comme ministre de la Culture et ministre déléguée aux Affaires francophones. Elle a ensuite dirigé plusieurs ministères importants, dont les Services sociaux et communautaires ainsi que la Sécurité communautaire et les Services correctionnels. En 2014, elle est devenue procureure générale

de l'Ontario, la première francophone à occuper ce poste.

Tout au long de sa carrière, elle est demeurée profondément attachée à Ottawa–Vanier. Elle a défendu les familles, les services communautaires et les institutions publiques qui contribuent à la qualité de vie des résidents.

Son héritage le plus durable demeure toutefois son engagement envers la francophonie ontarienne. Comme ministre responsable des Affaires francophones pendant près de 13 ans, elle a contribué au renforcement des services en français et à la création du Commissariat aux services en français. Elle a également participé à l'adoption d'une définition élargie de la population francophone de l'Ontario, permettant de mieux refléter la diversité de la communauté franco-ontarienne.

Son engagement envers les institutions francophones précédait son entrée à Queen's Park. Elle a notamment pris part à la mobilisation pour la sauvegarde de l'Hôpital Montfort, un moment marquant pour les Franco-Ontariens et pour la communauté francophone d'Ottawa.

Après avoir quitté la politique provinciale en 2016, mettant ainsi fin à 25 années de service public électif, elle a poursuivi son engagement communautaire. À titre de directrice générale du Musée Vanier, elle a contribué à préserver et à promouvoir le patrimoine francophone de notre région.

Alors que le *New Edinburgh News* souligne son cinquantième anniversaire, le parcours de Madeleine Meilleur mérite d'être reconnu. Son engagement constant envers Ottawa–Vanier, le service public et la francophonie continue de laisser une empreinte durable dans notre communauté et partout en Ontario.



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Park update: Summer 2026

By Karen Squires and Katherine Lloyd

I think many will agree that this past summer was a difficult one for nature, with high levels of rain and wind, along with consistently hot temperatures. We've seen the impact on some of the newer pine trees planted by the National Capital Commission (NCC), which had turned a burnt orange by early July. According to co-author Katherine Lloyd, those trees will need to be removed, if they haven't been already by the time you read this, and will be replaced.

Storms in early July also brought down trees and broke branches throughout the area, as the image provided by Victoria Henry show. Following the storms, City of Ottawa crews spent many days and weeks clearing debris, fallen trees, and downed branches. They were swift in getting things cleaned up, but it was sad to see so much devastation.

The impact of these events on animals is not always as obvious, but we must continue

to support the city's green canopy as summers become hotter for longer periods. Thanks to the City and the NCC for their ongoing support and stewardship of our green spaces.

Katherine has also spotted spongy moths, although in smaller numbers than in the past. Their impact on trees this summer has yet to be determined, but their return is not a good sign. Spongy moth outbreaks can last for several years and cause significant damage to tree foliage. According to Katherine, it will be important to watch for more caterpillars next year and be prepared to protect your trees. Look for more information in our spring edition. We will also continue to liaise with the City and NCC. If you have anything to share, let us know!

On a more positive note, it's good to see that the City of Ottawa has painted lines on the tennis courts in Stanley Park so they can now also be used for pickleball.

The Beechwood Market at the Fieldhouse will continue



Photo by Victoria Henry
After the Canada Day storm, many trees in Stanley Park were damaged or destroyed.

on Saturdays throughout October, from 9 am to 1 pm The BottleWorks program near the Fieldhouse, which accepts donations of empty alcohol bottles and cans to support youth at risk, takes place the second Saturday of the month following the Market and seems to have gained momentum. More information about the program is available in this

edition.
It's also great to see people picking up litter, including cans and bottles. These can still be dropped off in the bins through October, when some of the bins will be removed for the winter season.
Thank you all for being good park stewards and supporting our efforts. We look forward to seeing folks during the quieter fall and winter months, and as always, we will work with Ottawa Riverkeeper again in the spring for our annual park clean-up.
See you in the park!
Karen Squires and Katherine Lloyd co-chair Friends of the Park and sit on the NECA Board.

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How to keep talking about climate change – and why we must

By Sarah Anson-Cartwright

“Even if people don’t want to talk about climate change, you can talk about how weird the weather is – and that’s a way to start a conversation, which is what we want to do.”

So says Katharine Hayhoe, an acclaimed Canadian climate scientist and professor at Texas Tech University. She was the keynote speaker at the annual general meeting of CAFES Ottawa (Community Action for Environmental Sustainability) last March when she shared many valuable insights into why and how to keep talking about climate.

The fact is, Canadians are concerned about climate change; 80 per cent of us, according to polling released by Abacus Data in June 2026. This is a very high level, even when climate change is cited as a “top three issue” by just 13 per cent of us.

Climate and politics

When asked how to get back political momentum on climate, Hayhoe said that most politicians see it as a separate bucket at the end of the list. “Many of our leaders do



Photo by Ashley Rodgers

Acclaimed Canadian climate scientist Katharine Hayhoe, who offers a newsletter called Talking Climate.

not understand that whatever their priorities are, climate change intersects with it,” she explained. Climate change is “a threat multiplier,” as someone said.

Whether it’s the economy, energy independence, our health or our food, climate change and climate solutions affect everything. “You have to present the risks of climate inaction and then connect it to what they care about,” Hayhoe said. “Look at cities’ priorities,

and connect them to climate solutions.”

There’s a common perception that some of us care and are worried, but all those other people are not worried, says Hayhoe. Yet around the world, the majority of people are worried and 89 per cent of people around the world want more to be done to protect the climate, according to a 2024 survey in Nature.

“We need to move people from ‘worried’ to ‘activated’

– and not be focused on moving the ‘not worried’ to ‘worried,’” Hayhoe advises.

What we need to know

There are four things Hayhoe wants concerned people to know: we are not alone; this is a rational response to what is happening; worry is good if we know what to do about it; and we can do this together.

“We are conducting an unprecedented experiment with the only home we have,” she said. “We are putting more carbon into the atmosphere than ever before.” Hayhoe calls it “global weirding” (not warming). Rainfall patterns are changing, growing seasons are changing. There is more intense drought, more floods, more dangerous heatwaves and bigger wildfires.

“To care about climate change, you don’t have to be a certain type of person, you just have to be human,” she says. Connect with people about something they already care about, suggests Hayhoe (who likes quality chocolate) and then connect it to climate change (which is affecting cocoa production). The goal is to bring people into

the conversation on climate change.

Efficacy and making a difference

Then there is the issue of efficacy. That is: “I am willing to do something if I think it will make a difference.”

Climate change is bad, but climate solutions are good. And there are lots of resources and organizations offering solutions. Take Hayhoe’s Talking Climate newsletter, where she shares good news about solutions that are happening, and offers something to do to make a difference. Local organizations like CAFES Ottawa also offer people ways to work on solutions.

“Make changes in your personal life to make them contagious and then change the system,” says Hayhoe, stressing that we cannot do this alone. Keeping the climate conversation going, and focusing on solutions, is a vital step. (To see Hayhoe’s presentation, search the recording on CAFES Ottawa’s YouTube channel.)

Sarah Anson-Cartwright is on the boards of CAFES Ottawa and NECA.



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Where friends come to fly

By Chris Hobbs

New Edinburgh sits less than four kilometres from the oldest active airport in Canada. In 1918, residents would have heard the air mail flights departing from Rockcliffe Airport. More than a century later, the sound of aircraft overhead continues, although today it is more likely to be a training flight or a privately owned aircraft arriving or departing.

Every so often, there is another sign of just how unusual it is to have an airport so close to downtown. A car pulls up at the airport gate, an aircraft arrives a few minutes later, and someone quickly makes their way from one to the other. Its location has made Rockcliffe particularly convenient for government officials and businesspeople.

The airport has been operated since 1964 by the not-for-profit Rockcliffe Flying Club (RFC), which also runs a flight training unit and aircraft maintenance facility. Much of what has kept the operation going over the years, however, has been volunteer labour. For years, volunteers drove snow ploughs through the night to keep the airport operating during Ottawa winters. The RFC's board of directors is made up of volunteers, and when the large maintenance hangar was built in 2010, much of that work was done by volunteers as well.

That volunteer culture extends beyond the day-to-day operation of the airport. Each year, RFC pilots and ground staff take part in "Girls' Flyday," organized by the "99s" – the International Organization of Women Pilots, which has been encouraging women in aviation since 1929. More than a hundred girls and women are given free flights each year.

Then there is Tony Payison. Since 1982, Tony has welcomed passersby to the RFC barbecue six days a week throughout the summer and autumn. Sitting under the trees, eating a "Tony-Burger" and talking with him about the history of the airport while aircraft take off and land has become its own Rockcliffe tradition. Everyone is welcome. (And, for the record, it is not true that observers hold up scores out of 10 to grade the



Photo by Benoît Duval

Ottawa Rockcliffe Airport (CYRO) from the skys.

landings of student pilots.)

Some of those student pilots are surprisingly young. The RFC's flight training unit teaches both recreational pilots and people who will go on to become airline pilots. A pilot can fly an aircraft alone at just 14, two years before being permitted to drive a car alone. Some years ago, one young pilot began taking lessons at Rockcliffe at 13 and flew solo on his 14th birthday.

For recreational pilots, flying out of Rockcliffe also offers a very different way of seeing the country. Pilots will often form syndicates to jointly own an aircraft and share the fixed costs of maintenance, parking and insurance. From Rockcliffe, a light aircraft can follow routes with their own connections to Canadian aviation history. One such journey traces the path taken by newspaper reporters in April 1928 when they flew along the north shore of the St. Lawrence to Lourdes-de-Blanc-Sablon to interview the crew of the first east-to-west, non-stop transatlantic flight.

There is important work happening on the ground, too. The RFC's aircraft maintenance facility services club and privately owned aircraft while also serving as a training ground for Aircraft Maintenance Engineers (AMEs). That training comes at a time when the aviation industry says Canada is facing a persistent shortage of AMEs. In May, the Air Transport Association of Canada described the shortage as an industry-wide challenge requiring coordinated action

to keep the country's aviation sector operating safely and efficiently. Training at Rockcliffe is one small part of addressing that shortage while creating aviation employment in the Ottawa area.

After more than a century of aviation at Rockcliffe, another chapter is now being planned. The RFC is considering a new clubhouse and additional hangars for private aircraft.

For New Edinburgh residents, though, perhaps the more interesting story is simply that all of this is happening less than four kilometres away. Young pilots make their first solo flights, mechanics learn their trade, volunteers keep an airport running through Ottawa winters, and Tony is still serving burgers under the trees as planes come and go.

The RFC's motto is "Where Friends Come to Fly." After more than 60 years of the club operating one of New Edinburgh's more unusual neighbours, the description seems fitting.

Chris Hobbs came to New Edinburgh from the UK in 1995 as a glider pilot. He acquired his recreational, private and commercial pilot licences at the RFC and instructed there for some years. Chris works with safety-critical software, most recently for humanoid robots doing surgery and autonomous vehicles. He has published books on aviation, safety-critical systems and even a book on mathematical philosophy for young teenagers (which doesn't seem to sell as well as the others).

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'BURGH BUSINESS BRIEFS

By Daniel Hébert, John Leefe, Randy Mar



Photo courtesy of Junior & The Kid

Founder and Pitmaster Chris "The Kid" Villeneuve stands proudly with Francine, his prized 1000-gallon offset smoker.

Junior & The Kid BBQ

The "Kid" in question is **Chris Villeneuve**, and "Junior" is his grandfather. Junior owned a restaurant and his passion for good food inspired Chris to grow up learning that food was never just about eating: it was about bringing people together. Chris says: "A good meal has the power to connect people in a way few things can." Learning from his grandfather, Chris grew his own passion for cooking, smoking meats, and creating memorable experiences

through food.

Chris – the owner and pitmaster of Junior & The Kid BBQ – delivers authentic, wood-fired barbecue meats using a 1000-gallon offset smoker manufactured by Lewis BBQ. This traditional smoker allows Chris to slow-smoke the meats at low temperatures over real hardwood, creating the rich, smoky aroma and tender meats that simply can't be replicated with gas or electric cooking.

Junior & The Kid BBQ serves up mouth-watering



Photo by Karen Squires

Enjoy all day dining at Sachi's Café with an amazing team including Lisa Sauv , Pierre Daoud and his family.

beef brisket, pulled pork, pork belly, St. Louis-style ribs, and smoked barbecue chicken drizzled with his signature Maple Bacon BBQ sauce. It's a true meat lover's delight. Round out your meal with house slaw, potato salad, beans, and cornbread for a full, down-home experience that will have you coming back for more. For those who want to mix and match, "meat by the weight" is also available in half-pound or one-pound portions.

The restaurant is closed on Mondays and Tuesdays. On the other days, doors open at 11 am, offering the perfect opportunity for a hearty lunch, and closing at 9 pm (8 pm on Sundays). Catering is available.

Guests are invited to step into the newly renovated space and quite literally leave their mark. With a black marker in hand, Chris encourages visitors to sign or write messages on a large wooden accent wall, adding a personal touch to the dining experience.

One thing to keep in mind: there's only so much meat that can be smoked each day. The opening hours sign on the main door makes it clear that items are available "until sold out." To avoid disappointment, it's best to arrive early for your favourites, or call ahead to secure them.

Junior & The Kid BBQ | 117 Beechwood Ave. | juniorandthekid.com | Instagram:

@juniorandthekidbbq
–DH

Sachi's Café

Sachi's Café @ Beechwood have recently revamped and expanded their menu to include a wide array of sandwiches, smoothies, gelatos, house-roasted coffees, and desserts. From a turkey cranberry sandwich with Swiss cheese and spinach, to a healthy, veggie-filled falafel wrap, there are both meat and vegetarian options with several bread options to choose from like multigrain, sourdough, flatbread, or croissant. The gelato selection includes tempting flavours like hazelnut or tiramisu. For the early crowd, there's an array of omelettes, breakfast sandwiches, and classic breakfasts on offer.

The name "Sachi's" has a double meaning that customers may not know! When Sachi's owner, Andre Riscalas, graduated from university with a business degree, his parents had recently passed away, at a relatively young age. While mourning their loss, Andre needed to find a new beginning. He named his new business "Sachi's", after a Japanese friend told him the word refers to "good fortune and the end of mourning." For lovers of acronyms, the name also refers to Andre's personal business philosophy: "Service, Affordability, Creativity, Hospitality, International. "Oh, and the final 's' is supposed to represent a smile,"

Riscalas jokes.

With the liquor license now approved, Riscalas is excited to offer new wine selections to complement their cheese and pastries, once he has chosen a sommelier.

Sachi's @ Beechwood has a friendly and accommodating management team that includes **Pierre Daoud**, his wife **Salwa Elagami**, and **Lisa Sauv **. Their many collective years of experience managing cafes reflect the Riscalas' vision: to make customers feel like they're at home "on our patio looking out at our garden in the heart of the city." Sachi's also offers catering services and customers can rent the shop for events: contact details below.

Sachi's @Beechwood 1 18 Beechwood Ave. | 613-291-0701 | beechwood@sachis.ca
–JL

Body Wellness on Beechwood

Welcome to an updated 2026 listing of local businesses offering personal training, massage, chiropractic, sports-injury recovery, mobility, and other body wellness services in Beechwood Village, each of which are focused on keeping you active and fit!

Here they are, in no particular order:

Beechwood Village Chiropractic

As a Family Wellness Clinic, Beechwood Village Chiropractic celebrated 30



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This year, our reach has increased throughout New Edinburgh, Manor Park, Lindenlea, Rockcliffe, and Vanier. Join us in celebrating your business during our 50th anniversary year!

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ads@newedinburgh.ca



Photo by Randy Mar

Pilates on Beechwood offer many programs to keep fit this fall and winter so check out this amazing location.

years of serving clients in 2025. A three-person team offers chiropractic, massage, naturopathic, and pediatric (pre- and post-natal) care, as well as custom orthotics.

61 Beechwood Ave. | 613-748-0611 | reception@beechwoodchiro.com | beechwoodchiro.com

Align Massage – Lindenlea

Part of the Align Massage Therapy, Align Lindenlea recently relocated to expanded space above the Edinburger. Owner Krista Dicks and her team of 11 RMTs offer therapeutic, craniosacral, indi head, lymphatic, and prenatal massage, and reflexology along with acupuncture/massage treatments.

1A Springfield Rd., Unit 2 | 613-830-1380 | lindenlea@alignyourbody.com | alignyourbody.com

Pilates on Beechwood

Located on the ground floor of the St. Charles development, Pilates on Beechwood has eight reformer beds and six wunda chairs. Clients can participate in either group classes or private and semi-private sessions. Both locations are affiliated with The Mat Lab, combined Pilates and yoga studios.

140 Beechwood Ave. | 613-212-0065 | glebepilates.ca

Belanger Massage

Established in 2009 and with Beechwood being one of three locations, clients can expect quality and personalized treatments by a certified team of RMTs (12 at Beechwood location). Services are offered six days per week, and include; deep tissue, sports, therapeutic, relaxation, pre and post natal massage, reiki and scar tissue therapy, plus lymphatic drainage, acupuncture, and

cupping.

123 Beechwood Ave. | 613-742-6363 | annabelanger.ca

Bellefleur Physiotherapy

The Beechwood clinic provides a wide range of bilingual physical therapy services for active adults 45+ and seniors. Attention is paid to provide relief from back and sciatica, knee, neck, shoulder, TMJ, and other aches and pains. Free in-person “Discovery Visit” or telephone consultation with a physiotherapist are available.

2 Beechwood Ave. | 613-424-7852 | info@bellefleurphysio.com | bellefleurphysio.com

Santé Health Beechwood

Hidden away on the third floor of the New Edinburgh Square (the Chartwell/Scone Witch building) is a clinic of 18 independent practitioners practicing under the Santé Health Beechwood umbrella. They offer a wide range of services including naturopathic medicine, osteopathy, massage therapy, acupuncture, psychotherapy, somato emotional therapy, cranio-sacral therapy, Rolfing structural integration, and lactation and nutrition counselling

3-35 Beechwood Ave. | 819-201-5364 | santehealthbeechwood.com

Athlete's Care Sports Medicine

A sports medicine clinic located in the Kavanaugh condo complex, Athlete's Care focuses on injury rehabilitation and recovery, whether in studio or through virtual services. Orthotics, acupuncture and dry needling, physiotherapy or chiropractic manipulation, ergonomic evaluations, shockwave therapy, support bracing, laser therapy, and fascia release. Of note,

concussion evaluation and management support is also available.

222 Beechwood Ave. | 613-747-2873 | info@athletescare.com | athletescare.com

Anytime Fitness

Offering 24-hour access, Anytime Fitness is a network of more than 6,000 gyms in Canada and the U.S. offering fitness equipment and machines, plus personalized fitness evaluations and plans. The second-floor gym with a wall of west-facing windows, is located at the corner of Beechwood and Crichton, with security pass access from the combined Guardian/Royal Oak/Anytime Fitness parking lot. A free trial session is available.

5 Beechwood Ave. | 613-680-7676 | anytimefitness.ca

Beechwood Physical Medicine (BPM)

Opened in 2022, BPM is a 22-practitioner integrated care team focusing on addressing musculoskeletal (MSK) pain through chiropractic and physiotherapy, neuro-optometry, occupational therapy, integrated care, and mental health. Disciplines include chiropractors, physio and occupational therapists, sports medicine, optometry, psychologist, yoga, and acupuncture. They most often work with veterans, seniors, and athletes.

9 St. Charles St. | 613-745-2766 | info@bpmottawa.ca | bpmottawa.ca

Ottawa Chiropractic Studio

Dr. Melanie Stewart, along with other licensed chiropractors, focus on offering customized chiropractic adjustments and manipulations aimed at promoting fast and effective



Photo by Randy Mar

ChiroHouse on Beechwood is a family business supporting wellness for all ages and stages in maintaining good physical health.

pain relief.

1-53 Marier Ave. | 613-519-9927 | contact@ottawachiropracticstudio.ca | ottawachiropracticstudio.ca

PTI Physiotherapy

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

90 Genest St. | 613-740-0380 | admin@ptisportsmed.com | ptisportsmed.com

ChiroHouse

ChiroHouse's mission is to reconnect families to optimal wellness through neurologically focused chiropractic care towards a healthy nervous system for all ages, from newborns to the elderly.

125 Beechwood Ave. | 613-229-9377 | info@chirohouse.ca | chirohouse.ca

Rockcliffe Chiropractic

A long-time service on Beechwood, Rockcliffe Chiropractic recently relocated to the new Wateridge Village development on the former CFB Rockcliffe air base. Current and new clients will find a range of focused chiropractic, personal training, sports injury, custom knee bracing and orthotics,

and massage services. With two doctors of chiropractic medicine, registered massage and physio therapists, along with certified personal trainers on staff, among the additional team certifications are Functional Integrated Acupuncture and SmartTools (shockwave) soft tissue therapy.

393 Codd's Rd., Unit 3 | 613-979-7461 | rockcliffechiro.com

EVERTRAIN

A new entry to our Body Wellness inventory, EVERTRAIN is a private personal training studio specializing in individual coaching for adults 50+. Building and maintaining strength, mobility, and flexibility is a focus of the two co-founders, Julie and Andre St. Amour.

524 Montreal Rd. | 613-703-0409 | info@evertrain.ca | evertrain.ca

We hope readers will find a service that will support you along the road to health and wellness! More detailed articles on a number of the services listed above such as Align Massage, Bellefleur Physio, and Pilates on Beechwood, can be found in previous 'Burgh Business Briefs columns.

Our next edition will feature an updated listing of mental health, personal grooming, and other body/mind wellness services in New Edinburgh and area.

Meanwhile, stay healthy and well! –RM

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More than 50 years of neighbours making things happen



Photo by Chris Straka

CCC organizes events year round so check out the Events Calendar for their upcoming fall series.

By Chris Straka

This year's 50th anniversary of the *New Edinburgh News* provides a good opportunity to look back at some of the organizations and people who have helped shape life in our neighbourhood. The Crichton Community Council (CCC) has also been part of local life for more than 50 years, having begun in 1974 as the Community Council of the former Crichton St. School. A lot has changed since then.

The New Edinburgh Park Fieldhouse was built in 1998. Crichton St. School closed in 1999. And the CCC's role has evolved from providing programming that primarily served Crichton St. students and families, to providing events and ongoing community service to all residents. All this while acting as steward of New Edinburgh Park and the Fieldhouse on behalf of the City of Ottawa.

One thing, however, has remained remarkably consistent: since 1974, the CCC has worked to enhance New Edinburgh's sense of community. That work continues to depend on people in the community who are willing to contribute their ideas, time, and energy to make our neighbourhood a great place to live.

A busy summer in the park

Our summer programming brought neighbours together for a number of activities in and around the Fieldhouse, including World Cup watch parties and our End of Summer Gathering in August. The former were celebrations of national spirit. The latter was a celebration of community spirit, bringing neighbours together in the park for live music by the Almyr Jules Band, a barbecue, face painting, bouncy-castle fun, creative activities, and good conversations about summer

adventures.

The CCC is interested in supporting activities that reflect the interests of residents of all ages and stages of life. The New Edinburgh Seniors Social Group, for example, has continued to grow, with regular gatherings, speakers, tea times, and dance and fitness activities at the Fieldhouse. A special thank-you to Dawn Straka, Isobel Bisby and Lee Jolliffe for their sustained efforts to serve their peers. For more information about upcoming activities for seniors, contact the organizers: newedseniors@gmail.com

organizational support and, in some cases, funding. What we need are neighbours willing to take the lead – or simply lend a hand. We would be pleased to hear from you.

A new CCC online storefront

The CCC has launched newedinburgh.square.site — a new

musician or group that might like to perform in the neighbourhood? Send us your suggestions!

Preparations are also underway for another season on the New Edinburgh Park outdoor rink. Aspiring Hosers are needed to help build and maintain the ice throughout the winter. We are also recruiting paid rink attendants. Teenagers interested in paid work or earning volunteer hours toward their high-school requirement can contact Alain-Rémi Lajeunesse at cccrinkmanager@gmail.com

Find details and dates for all CCC activities in the *NEN*

events listings on page 38 and online at newedinburgh.ca/ events

More than 50 years after the CCC began at Crichton St. School, the formula remains simple: provide a place and some support to give neighbours the opportunity to create the kind of community they want to live in.

Thanks to everyone who continues to help us do just that.

See you in the park!

Chris Straka lives in New Edinburgh with his family and is the president of Crichton Community Council.



Photo by Chris Straka

CCC's summer BBQ is always a big hit for everyone!

These activities depend on residents to organize, set up, clean up, or simply lend a quick hand where needed. We are grateful to everyone who contributed to CCC programming over the summer and early fall.

Have an idea for an activity, event or project? The CCC can help with the Fieldhouse, equipment, insurance,

online shop that replaces the old Fieldhouse reservation system. Residents can now book the Fieldhouse, purchase New Edinburgh apparel and event tickets, or make a donation — all in one place.

Fall at the Fieldhouse

We are also booking a winter-spring series to showcase local musical talent. Know a

Attention, teenage rink sport fans!

If you are interested in being a rink attendant, either for pay or as part of your high-school volunteer hours :

please contact Alain-Rémi at cccrinkmanager@gmail.com

New Edinburgh Park

FIELDHOUSE

203 Stanley Avenue



Available for Private Group Rentals

contact the Crichton Community Council

NEfieldhouse@gmail.com



For the Birds

By Jane Heintzman

For a number of personal reasons, “For the Birds” will be brief this month. But it’s impossible to let the October issue pass without offering some record of the extraordinary wealth and diversity of bird species in and around our community over the summer. Our skilled and knowledgeable bird photographer **David Howe** has provided some colourful images of his local sightings in recent weeks, and I’ll offer a few highlights from my own bird sightings, perhaps inspiring readers to think back on their summer birdwatching experiences.

Highlights from Summer 2026

Scarlet Tanager: Perhaps the most exciting birding encounter of the summer was the daily presence of a scarlet tanager in several locations

along the Rockcliffe Parkway. Thankfully, the tanager has a distinctive brash call (compared to a “robin with a sore throat”) to signal its whereabouts. Unlike the exhibitionist male **cardinal**, which perches high overhead on wires, seemingly seeking admiring attention, the more discreet tanager tends to stay deep in the tree foliage. However, several times, I had the good luck to see it emerge in all its dazzling scarlet splendour: an unforgettable sight!

Warblers: We spotted a wealth of warblers, beginning in late spring, and in the case of many species, still lingering in late September. The notables included countless **American redstarts**, **yellow-rumped-**, **black-throated green-**, **yellow-**, **Northern parula-**, **black and white-**,



Blackburnian Warbler

Photo by David Howe



Gray Catbird

Photo by David Howe



Northern Flicker

Photo by David Howe

yellow throat-, **blackburnian-**, **Wilson’s-** (a first for me), and **Tennessee**, including one which appeared to have taken up residence directly across the road from our house on Stanley Ave. Apart from the neighbouring Tennessee warbler, most of our warbler sightings were concentrated along the Rockcliffe Parkway, along the Ottawa River and around a wooded area near the Rockcliffe Pavillion: ideal birding habitat for a variety of species.

Flycatchers and Vireos: The **warbling vireo**, which was a fixture across the road in Stanley Park last summer, was back this year, and remains as I write in mid-September. **Red-eyed** and **blue-headed vireos** were also in evidence, along with **great-crested flycatchers**, an **olive-sided flycatcher**, a **yellow-bellied flycatcher** and a **Philadelphia vireo** (the latter three recorded on Ottawa e-Bird in our vicinity). Other regulars on our daily walks on the Rockcliffe Parkway included the **Eastern**



Black-throated Green Warbler

Photo by David Howe

wood pewee, gray catbirds, cedar waxwings, Northern cardinals, American goldfinches by the score, house finches, American robins, and the accustomed collection of sparrows, including song sparrows, white-throated sparrows, an Eastern towhee, and sociable chipping sparrows, small groups of which skittered fearlessly on the road, undaunted by my three large dogs in their midst.

As I write in late September, the annual fall migration is well underway, and many species have begun to gather in flocks for the challenging journey to their southern habitat. Many species fly under cover of night, and neighbours have reported spotting large flocks of night hawks flying high over the neighbourhood.

Many readers will have spotted groups of rangy, somewhat scruffy-looking American robins gathering in preparation for a move south, though many will thankfully remain

with us throughout the winter if weather conditions are not too severe. Common ravens, American crows and assorted hawks are also much in evidence right now, and I've watched numerous noisy aerial pursuits and scuffles. My favourite species of those on the scene right now are Northern flickers, several of which enjoy foraging peacefully in the grass outside my kitchen window, seemingly without a care in the world. How nice that must be!

As migration season unfolds, I would welcome readers' reports of their sightings as we head into the much quieter winter months when our focus will shift from bird spotting to bird feeding. Please send your reports to janeheintzman@hotmail.com.

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



American Goldfinch

Photo by David Howe



Eastern Wood-Pewee

Photo by David Howe



Yellow Warbler

Photo by David Howe



Scarlet Tanager

Photo by David Howe

Vampire bats: Beyond the Halloween myth

By Jean-Pierre Bacle

October is the peak of fall colours, culminating with Halloween on its last day. As is customary, Halloween will be celebrated with young ones going trick-or-treating from sunset onwards. We will all expect iconic costumes such as ghosts, witches, skeletons, and scary animals like black cats, crows, and bats.

The tradition of Halloween can be traced back to the ancient Celtic festival of Samhain celebrated in parts of Ireland and Scotland some 2000 years ago. The festival marked the end of harvest and the beginning of winter. People believed that the boundary between living and the dead was at its thinnest at that time, and therefore spirits could cross over and wander the earth. Over centuries, the Celtic celebration transitioned into modern Halloween by blending Pagan rituals with Christian holy days and immigrant traditions.

Halloween's connection to the vampire bat developed as European explorers in Central America discovered bat species that feed on the blood of mammals and birds. Initially,

some bat species were incorrectly labeled as "vampire bat" because of their size and scary-looking features. Such is the case with the Great False Vampire Bat (*Vampyrus spectrum*). The largest New World species, with a wingspan of up to one metre and weights exceeding 200 grams. Early explorers believe this bat species hunted like mythical vampires of Eastern European folklore. Eventually it was found that this species does not drink blood. Rather, it feeds on rodents, frogs, birds, and other bats.

This discovery fascinated and yet alarmed an increasing European audience. The connection further solidified after the publication of Dracula in 1897 followed by many film adaptations. The novel helped popularize the myth that vampires could transform into bats. By the early 20th century, the vampire bat became a well-established image in our Halloween culture.

Of the more than 1400 species of bats worldwide, only three species are classified as vampire bats, all of which reside from Mexico to South America. Compared with the



Photo by Carlos Henrique Russi, inaturalist.org

Common Vampire Bat

fierce-looking Great False Vampire Bats, all three species are relatively small, weighing less than 45 grams and with wingspans of 35–40 centimetres. They include the common vampire bat (*Desmodus rotundus*), the hairy-legged vampire bat (*Diphylla ecaudata*), and the white-winged vampire bat (*Diaemus youngi*). The common vampire bat (see photo) is the most prevalent of the three and is also the species that feeds primarily on the blood of domestic mammals, including cattle, sheep, pigs, and wild mammals such as tapirs. The other two feed

mainly on the blood of birds.

While investigating bats in the jungle of Belize, this author was invited to a local farm with a livestock enclosure. Many of the cattle present showed evidence of the common vampire bat feeding activity. One named "Red Bull" displayed noticeable teeth cut marks, particularly along the neck and earlobes.

The common vampire bat is equipped with razor-sharp incisors that are used to cut into the skin to access blood at night while the prey are asleep or resting. A common misconception is that vampire

bats suck the blood from their prey. In fact, they lap the blood from the cut while a special anticoagulant protein in their saliva prevents the blood from clotting. This is demonstrated by the blood streaks shown in the photo.

Common vampire bats were not particularly abundant in the past, but their population has increased due to the expansion of the cattle industry. As a result, they are widely perceived as pests and disease-carriers due to their blood-feeding characteristics. On a positive note, research into the anticoagulant agent, draculin, in the saliva of the common vampire bat has been found to increase blood flow in stroke patients and is used in medical treatment of other related human diseases.

The vampire bat has become firmly established in our Halloween culture along with many other iconic symbols. Despite having a scary reputation and being harbingers of the night, let's remember that they are fascinating creatures and deserve our recognition in the important role they play in the medical and scientific research fields.

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



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Turkey trot at Beechwood Cemetery

By Tony Gaston

Wandering in the Beechwood Cemetery one morning, as I often do, I noticed a group of three adult wild turkeys moving among the grave-stones. To my surprise, they appeared to be circling around the stones in a formal way. By the time I fixed my attention on them, they were circling a particular stone: one of the standard military gravestones. They made at least four circuits clockwise; then one bird decided to reverse direction, whereupon the others followed suit and the group did at least two more circuits counter-clockwise. They were still stalking slowly around the stone when I departed. This bizarre exercise made it to my Facebook page. Imagine my surprise when a friend of mine informed me that this was not the first video he had seen of turkeys circling a gravestone.



Photo by Tony Gaston

Location of the turkey circle dance in Beechwood Cemetery.

Based on this, I searched "turkeys circling gravestone" on YouTube and was rewarded by several similar videos, including one amazing sequence involving 25 turkeys forming a marching circle about 10 metres in diameter with a dead cat – apparently run



Photo by Tony Gaston

A frame taken from the video. The author believes all the birds to be young males.

over in the road – at the centre. Two of the other videos seemed to involve birds in the Beechwood Cemetery, so I am not the only person to witness this behaviour there.

Among the explanations given in the comments

sections of the dead-cat video is that the birds are fascinated by unusual objects in their environment and programmed to circle them at a safe distance until one member of the group recognises the nature of the object and breaks off the circuit. This struck me as a possible explanation for the dead-cat sequence. But it can hardly be the case for the grave-circling birds in Beechwood Cemetery: the turkeys are permanent residents, roosting in the tall trees in the low-lying area beside Hemlock Ave. They feed among the gravestones every day!

The specific grave the turkeys were circling was that of Captain Sydney H. Webb of the Ottawa Cameron Highlanders. It is of the standard military designs, of which there are many in Beechwood Cemetery, so there was nothing physically remarkable about the object of attention.

All the gravestones in the row commemorate people who died in 1959. As that was the year of the Tibetan uprising against Chinese occupation, it is tempting to think that the turkeys' circle dance is done in solidarity with Tibetan liberation. However, it was also "the Year the Music Died" (RIP Buddy Holly et al.) so they could still be in mourning for the Big Bopper. All ideas welcome.

Tony Gaston is a member emeritus of the Canadian Wildlife Service. He has lived on Dufferin Road since 1980. His children's book, A Raven Conspiracy (ages 7–10) is available at Books on Beechwood. He would welcome any comments on his articles at tonygastonconsult@gmail.com

Beechwood Functional Design Plan almost finalized after consultation

Continued from page 1
installed.

- At Champlain Ave. the proposal is for northbound one-way traffic at Beechwood, with new greenery in front of the vacant lot that formerly housed a Desjardins bank.

- At Chapleau Ave. a permanent full closure is proposed to create a multi-use plaza. The concept would feature a circular paving pattern integrated with Linden's elevated patio space and Junior and the Kid's outdoor dining area.

- At Ste-Cécile St. the proposal is for one-way vehicle access from Beechwood Ave., creating space for a tree-lined boulevard that extends the experience of Optimiste Park and strengthens its visual connection to Beechwood Ave.

Taken together, these changes could provide a significant improvement to the pedestrian experience along Beechwood, by reducing crossing distances, adding visual interest and greenery, and accommodating community events and informal public gatherings.

Another significant change would be the implementation of protected intersection designs at MacKay/Charlevoix, Springfield, St. Charles, and Putman/Marier. The proposed designs shorten crossing distances and improve visibility between pedestrians, cyclists,



Image courtesy Jason Tavoularis

This map provides one example of recommended changes along Beechwood at Chapleau.

and motorists. These changes will reduce both the likelihood and severity of collisions.

The study considers burying the hydro lines along Beechwood Ave., which has garnered strong support from the neighbourhood associations, the two City Councillors, and the City's Urban Design Review Panel. Removing hydro poles and overhead wires would reduce much of the physical and visual clutter along Beechwood Ave. while creating space for full-size

trees with large canopies. These trees would help reduce the urban heat-island effect and make Beechwood Ave. a more pleasant place to be.

Where the plan falls short is in the Vanier Parkway intersection, which is outside the scope of the project. The intersection is one of the corridor's most significant traffic and safety challenges. With the ongoing renewal of St. Patrick Bridge and the proposed renewal of Beechwood Ave. occurring in the same broader area, this is a

missed opportunity to coordinate the projects. Community associations in the affected area have stressed to the City the importance of improving the Vanier Parkway intersection before finalizing the two westernmost blocks of Beechwood.

Overall, the study offers a welcome vision for a safer, greener, and more vibrant Beechwood Ave. The proposed

improvements could significantly enhance the experience of walking, cycling, and spending time along the street.

Kostyantyn and Jason both sit on the New Edinburgh Community Alliance board and have been liaising on numerous files, including the Beechwood Ave. Public Realm Plan, and Traffic and Safety.



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A vision for Ottawa in four acts

Continued from page 1

are also delivering an expanding collection of expensive services. The Association of Municipalities of Ontario says almost a third of municipal spending in the province now goes to services that are provincial responsibilities elsewhere in Canada. The candidates actually agree more about this than their campaign messages might suggest.

Leiper told *NEN* the basic way municipalities raise revenue is flawed: responsibilities and costs have grown without a corresponding revenue base. He wants cities to pursue stable sources such as a share of the HST or income taxes – something Ottawa cannot give itself.

Sutcliffe agreed that the model was built for a different time. His answer, however, puts more emphasis on what can be done within it: constrain tax increases, find efficiencies, and secure more investment from Queen's Park and the federal government. City staff say service reviews and continuous improvement have produced more than \$252 million in cumulative savings over this term. Sutcliffe is campaigning on finding another \$250 million. The first figure is established; the second remains a promise.

Saravanamuttoo goes further upstream. An economist, he talks about “fiscal federalism”: who collects Canada's tax dollars compared with who is responsible for delivering services. His proposal is to put major-city mayors at the table when that division is



Photo by campaign team

Alex Lawson

discussed. On homelessness, for example, he argues City Hall should design the local plan, then press the provincial and federal governments to supply resources for responsibilities that sit largely with them.

Lawson sees another constraint: he does not trust that City Hall is properly using the resources it already has. He repeatedly returned to management, procurement, and transparency. On transit, he told us conversations with operators convinced him that scheduling contributes significantly to late and missing buses. He does not support cutting OC Transpo, but neither does he think it is ready to receive more money until those problems are better understood.

Lawson also questioned the transparency of City contracting and whether familiarity sometimes influences who receives work. Ottawa already publicly reports procurement awards of more than \$25,000, including the vendor, amount, and description of the contract. That does not establish

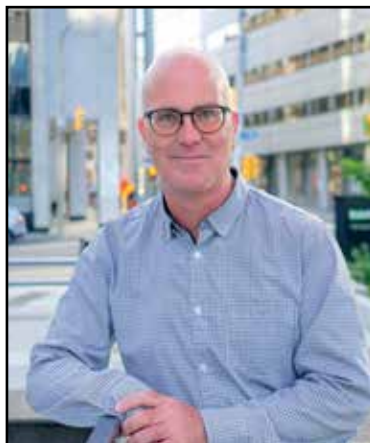


Photo by campaign team

Jeff Leiper

that procurement always produces good decisions, but it complicates the suggestion that significant City contracts are simply hidden from public view.

This is where the election becomes more interesting than a list of promises. The candidates are describing different things standing between Ottawa and the city it wants to be: an outdated revenue model; choices about taxation and spending, management and execution; the allocation of capital; and the willingness or ability to get more from governments that control deeper pools of money. Those differences become concrete when they reach our neighbourhood.

Ottawa needs substantially more housing, and provincial and municipal planning policy directs much of that growth into the existing city. New Edinburgh cannot reasonably demand exemption from that project simply because we like what we already have. Neither does intensification make concerns about trees, flooding, heritage, traffic,



Photo by campaign team

Neil Saravanamuttoo

or infrastructure disappear. When asked what happens when those interests genuinely conflict, Leiper said housing needs and preventing further sprawl can ultimately outweigh preserving every aspect of a neighbourhood's existing “look and feel.” The point was not that neighbourhood character is unimportant; rather, it was that sometimes planning requires choosing between legitimate objectives. Sutcliffe also said growth must come to every neighbourhood, including New Edinburgh, while arguing that this does not mean every interior residential lot must absorb the same degree of intensification. Saravanamuttoo approached the problem through what growth leaves behind: he wants communities absorbing significant development to see clearer local investment alongside it.

Zoning can allow for more residents long before a sewer, road, bus route, or community facility gains additional capacity. The question is therefore larger than whether New Edinburgh changes. It is whether Ottawa can grow without steadily consuming the qualities that make its neighbourhoods work.

There is no mayoral lever marked “Better City.” Some of Ottawa's problems require more money, some require better management, and some require choices residents may dislike. Others require a Premier or Prime Minister to say yes.

That may be the useful way to understand this election. The four candidates describe many of the same destinations: more housing, reliable transit, functioning infrastructure, fewer people living without homes, and a city capable of absorbing growth without becoming less livable. They differ significantly on what is



Photo by campaign team

Mark Sutcliffe

blocking the road.

We ended each interview by asking what we should be able to see in 2030. Leiper offered measures including transit reliability and 1,500 new non-profit homes a year. Lawson wants buses showing up when expected, and the underlying LRT problem identified and being fixed. Saravanamuttoo wants residents reporting that the city is moving in the right direction and delivering value for their taxes. Sutcliffe pointed to transit working as residents expect and substantially more affordable and supportive housing.

Campaigns are built around destinations and governing is mostly about the difficult road between here and there. For New Edinburgh, and for Ottawa, the question on the ballot is therefore larger than which promises sound appealing. It is what we believe is actually preventing this city from becoming what we keep saying we want it to be, what trade-offs we are prepared to accept along the way, and what evidence we will expect four years from now that Ottawa actually moved forward.

About our reporting: *NEN* asked each candidate for approximately 45 minutes and provided the same four core questions. Alex Lawson's campaign was unable to accommodate a 45-minute interview before our print deadline; we spoke with Lawson for approximately 20 minutes. We asked his campaign to provide written responses following the interview, but had not received them by our publication deadline. Where necessary, we supplemented interviews with published platforms and public records and independently checked factual claims against available City, provincial and federal sources.



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NEN headlines tell the story: A review of 25 years

Continued from page 1

social and recreational activities. **“Vanier Parkway extension 25 years later”** looked further back, recalling how community action helped stop a proposed highway through New Edinburgh and its parks.

2023: “Ottawa Riverkeeper’s new location draws an audience”

The opening of the renovated National Capital Commission (NCC) River House brought new life to a familiar site along the Ottawa River.

2022: “Metro Beechwood is here to stay”

The news put an end to speculation prompted by local property sales. Other headlines captured an unusually eventful year. **“Democracy is being put to the test”** reported on the impact of the prolonged and noisy downtown protest and occupation. **“Assessing the derecho’s damage”** documented the epic storm in a photo essay. **“Celebrate the area’s Indigenous history”** covered the successful inaugural Chief

Pinesi Day.

2021: “Stanley Park life special feature”

A 10-page report explored the history and management of the park, topical issues and residents’ views. The article **“10 years since the Beechwood fire”** offered poignant reflections on the 2011 tragedy, while **“Forced out of 255 MacKay St.”** marked the end of an era for the popular NECTAR arts initiative.

2020: “No pandemic can stop community news!”

In the dark and unprecedented early days of the COVID-19 pandemic, Christina Leadlay, then editor of *NEN*, expressed the production team’s determination to keep publishing as a source of positive and useful information and to maintain some semblance of normalcy amid the uncertainty.

2019: “Noise, dust, damage and anger: tales from those living at CSST site”

One of several articles reporting on the impact of the five-year Combined Sewage Storage Tunnel construction project and the subsequent rehabilitation of

Stanley Park.

2018: “Public café overlooking Rideau Falls to open this summer”

The opening of the Tavern on the Falls coincided with the arrival of the Royal Canadian Geographical Society next door at 50 Sussex.

2017: “Burgh residents bring CSST concerns to City Hall”

One of many articles that year describing local efforts to secure an independent evaluation of the human and environmental impacts of hosting this massive project in New Edinburgh rather than at other potential locations, and later to mitigate those impacts. There was change on Beechwood, too. **“Corner pub reopens with heritage details and friendly faces”** reported that, after almost 30 years at the Beechwood and Crichton gateway to New Edinburgh, the New Edinburgh Pub had closed in 2016 and the Royal Oak opened in its place.

2016: “Anger, frustration and concern over CSST

impact on community”

A special issue followed the first public information session for residents on this major infrastructure project. In heritage news, **“Heritage plan now legally in effect”** reported that the updated New Edinburgh Heritage Conservation District Plan had been formally approved and adopted as a new city by-law.

2015: “It takes a community to be prepared”

New Edinburgh Community Alliance (NECA) took initial steps toward developing a New Edinburgh Emergency Plan at the neighbourhood level. **“Future of NECTAR, CCC, and NECA on the table”** began a discussion about how to coordinate volunteer efforts and make the best use of resources available to the community.

2014: “Tear down and rebuild starts this year”

The first two high-rise apartment developments on Beechwood, Minto and The Kavanaugh, moved forward. Meanwhile, **“Road works update: good news and bad news”** covered simultaneous

roadwork on St. Patrick Street, Sussex Drive and the Minto Bridges, which proved challenging for New Edinburgh residents.

2013: “Soil remediation ‘Stanley Park North’”

As the final stage of the park remediation project that began in 2009, layers of topsoil were added to cover contaminated soil from Union to Sussex. **“Frechette House fire: a neighbourhood tragedy”** reported on the serious damage to the historic MacKay Street house, which has since been carefully restored to its former splendour.

2012: “Beechwood Village Alliance takes shape”

Frustrated by slow progress in improving Beechwood “Main Street,” community associations and businesses created the Beechwood Village Alliance to promote and coordinate action. **“Inaugural Jane’s Walk in NE celebrates heritage sav-iours”** reported that about 100 people participated in the first Jane’s Walk through the



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neighbourhood.

2011: "Fiery tragedy on Beechwood"

On Mar. 16, 2011, a raging fire consumed many of the popular small businesses on Beechwood between Crichton and MacKay. The fire had a devastating impact and permanently changed the streetscape. Several *NEN* articles documented the damage, fundraising efforts and potential redevelopment.

That year also brought another change to a community institution. *"Goodbye 200 Crichton, hello New Edinburgh House"* reported that, after losing a long legal struggle to maintain a public space in the former school, the New Edinburgh community centre relocated to the nearby manse at 255 MacKay.

2010: "Congratulations to BRICK Award winners"

The inaugural 'Burgh Renovation, Improvement, and Construction Kudos award proved popular and continues today. *"St. Charles Church: what future for our village landmark?"* reported on the final services held in the historic church, which would later become part of a condominium complex.

2009: "Contaminated site to be capped to address risk"

Much of what we know today as Stanley Park was historically a major industrial site and waste dump. Tests confirmed lead and other contamination, prompting the NCC to close a large section north of Keefer for three years of remediation work. *"NECA wins National Heritage Award"* celebrated the Heritage Canada Foundation Achievement Award recognizing NECA's work to protect and promote the New Edinburgh Heritage Conservation District.

2008: "Local communities and politicians weigh in on bridge to Quebec"

At public meetings, a united front emerged against the NCC's proposal to include Kettle Island as a candidate location for a new interprovincial bridge. Beechwood was also a recurring subject. *"Beechwood Village: trouble in paradise"* and *"Boosting Beechwood Avenue"* reviewed the problems and potential of regenerating the neighbourhood's main street.

"Self-guided walking tour of historic New Edinburgh" was a pullout section featuring a brief history, map and illustrated descriptions of

several heritage properties. English and French versions are now available on the New Edinburgh website.

2007: "Light rail coming to Rockcliffe"

Not quite, but it did run there until the 1950s, a history reflected in the decorative rails crossing the traffic circle at Sussex and Princess Avenue. *"Green bins: they're here to stay"* reported that Council had finally committed to implementing a city-wide organics composting program.

2006: "Don't touch that dial – without counting to ten"

In June, 10-digit dialing became mandatory in the 613 and 819 area codes. *"Island Lodge is no more"* documented a major transformation of Porter Island as the former long-term care complex was demolished, a new city-run facility was built and work began on a new private retirement residence.

2005: "NE green space slated for development"

Sound familiar? An NCC planning document envisioned development on the green space between Stanley and Alexander, including a building with "an international focus" and "a public dimension." Beechwood's future was also on the agenda. *"Beechwood Village community design plan"* reported on the hundreds of people who attended public meetings to advance revitalization of the Beechwood commercial corridor.

2004: "First annual Lumière Festival"

This spectacular lantern festival, held in the park, continued for several years. *"World War II commemoration"* covered a noisy military re-enactment at the Minto Bridges celebrating the role of the Canadian Parachute Battalion during the Allied landings in Normandy 60 years earlier. Development

was another emerging concern. *"'Burgh urban intensification"* reported on the creation of a new NECA committee to address increasing concern about overdevelopment in New Edinburgh.

2003: "A new season of construction"

Several projects were underway simultaneously on Sussex Drive, Keefer, Queen Victoria and the Beechwood-Crichton intersection, along with the bio-filter in the park.

"Organic waste composting" reported on a pilot project getting underway in the 'Burgh, while *"Dancing in the street!"* captured a lighter side of neighbourhood life, with summer street parties on Stanley, Noel and Charles, where Governor General Adrienne Clarkson joined in.

2002: "Live from Rideau Hall"

This free outdoor concert featured Barenaked Ladies, Susan Aglukark and Gordon Lightfoot. *"Beechwood revitalization project"* reported on the first steps toward creating a Community Design Plan, a subject that would remain a topic of debate more than 20 years later.

2001: "Crichton Cultural Community Centre"

A new focal point for arts and recreation was established in the former Crichton Street School. At 50 Sussex Drive, the Canada and the World Pavilion was opened by Prime Minister Jean Chrétien. It would close in 2005.

The story is only half told. The first 25 years of NEN headlines, covering 2000 back to 1976, will appear in the December edition.

Paul McConnell lives on River Lane with his wife, Bev. He is a former member of the NECA board, where he represented Heritage and Development for many years.



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Finding home in a healing community

By Dominique Hurley

When my 92-year-old father moved to Governor's Walk Retirement Residence on Stanley Ave. after a hospitalization, even getting to the dining room was a challenge. Today, when the weather permits, he walks kilometres through our New Edinburgh neighbourhood. That journey — from a walker, to walking sticks, to greater independence — has been supported by many people and places.

In 2025, my life changed direction when my father's health needs led to a series of transitions: the decision to sell his four-storey Overbrook home, his move to Governor's Walk, and my relocation from Newfoundland back to my hometown of Ottawa after 25 years away. For me, the move was not a difficult

decision. What I could not have anticipated was how much this community would become part of my father's journey back to independence and our shared sense of belonging.

Looking back, I realize that this neighbourhood has been much more than a place where we live. It has been a community that has cared for us. We are deeply grateful for the staff and community at Governor's Walk, whose care, encouragement, and kindness helped my father regain confidence and independence while helping him feel at home in this new chapter.

One of the greatest gifts has been our walks. At first, they were simply a way to help my father regain strength and enjoy the outdoors. Over time, they became a meaningful



Photo courtesy of Dominique Hurley

Dominique Hurley with her Dad in Stanley Park on one of many walks they do together.

part of our daily rhythm. We explored the paths around Stanley Park, with its beautiful river views, waterfall, friendly neighbours, and joyful community of off-leash dogs. We wandered through Rideau Hall, appreciating its accessible pathways in every season, its beautiful gardens, and the friendly outdoor staff who always made us feel welcome. Little by little, my father regained confidence, strength, and joy. The neighbourhood became familiar. Faces became recognizable. Simple greetings became conversations. A place we had arrived at as newcomers began to feel like home.

Beyond the parks and pathways, we discovered another source of connection through St. Bartholomew's Church. During Doors Open Ottawa, we were drawn in by the music and came back week after week for the warm welcome, meaningful worship, and the strong sense of community.

While my father was rebuilding his independence, I was

also navigating my own transition. The first nine months in Ottawa were focused on caregiving and preparing my father's house for sale. Once my father was settled, I began creating a new life for myself nearby. I found a studio apartment on Beechwood Ave. — a space that has become a

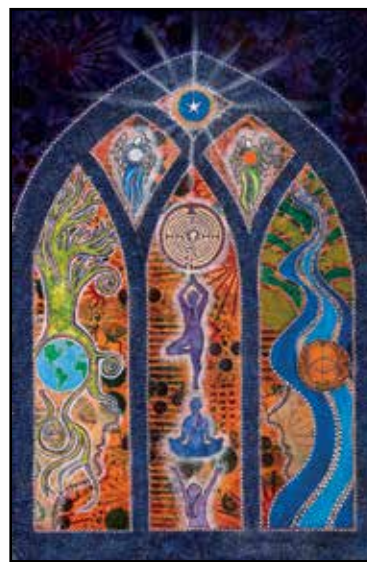


Photo by Dominique Hurley

Inspired by the neighbourhood's built heritage and nature, you will find Dominique's artwork in and around the community.

wonderful home for creativity and reflection. With room for yoga, meditation, and painting, it gave me the space I needed to reconnect with myself and my artistic practice.

At first, painting was simply for myself, after an intensive year of outward energy. It was a contemplative practice that helped me return inward — nourishing both mind and spirit, restoring balance, and reconnecting me with my inner voice while welcoming new inspiration. Over time, that quiet return became a renewed commitment to my professional path as a full-time artist, with my work now being shared through local displays and exhibitions beyond the neighbourhood.

The beauty, love, gratitude, and support I have received in this new chapter have naturally flowed into my creative space, influencing the work that has emerged. One of the first paintings created during this time is *From This Day Forward* (in photo). The piece incorporates the shape of the stained-glass window at St. Bartholomew's and reflects my intention for this new chapter: connection, transformation, and beginning anew.

This transition also reminded me of the importance of caring for ourselves while caring for others. As I settled into New Edinburgh, I discovered practitioners and wellness clinics at my doorstep that supported my own wellbeing through an intense period of change, including massage therapy, acupuncture, and osteopathy. The Stanley Park Farmers' Market and Agricola's organic vegetable basket program on MacKay St. also helped me reconnect with cooking, local food, and the simple rhythms of home.

I feel deeply honoured that I have been able to spend this time with my father. What began as a move motivated by love and family became an unexpected gift. We found walking paths that carried us forward. We found people and dogs who welcomed us. We found a community that reminded us we were not alone. And we found home.

Dominique Hurley is a New Edinburgh resident and full-time artist creating contemplative paintings inspired by inner guidance, symbolism, and connection.



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Downsize while it's still your decision

By Liz Lesh

There is a point in our lives when the home that once represented freedom, accomplishment, and family can begin to weigh on us. The four-bedroom house that was once filled with children, parties, and activity becomes a lot of house for one or two people. Rooms go unused. Stairs become difficult and less appealing. Maintenance becomes more demanding. Closets, basements, and garages fill up with decades of belongings, memories and "stuff." And still, we stay. Our possessions tell our stories; each item can feel like a small piece of our identity. So when someone suggests downsizing, it can feel as though they are asking us to start dismantling our lives.

Who am I without my art? Without my books? Without my mother's china? Without the antiques I spent a lifetime collecting?

These are legitimate feelings. But there is another question worth asking: What happens to all of these things if I don't

make those decisions myself?

In my work with older adults and their families, I see this dilemma regularly. People spend decades accumulating things they genuinely treasure and often assume the people closest to them will treasure those things, too. Often, family members simply don't have the same attachment. Adult children, relatives, or close friends may live in distant cities or even halfway around the world. They have homes and possessions of their own. They may not have space for a 12-place china setting, an antique dining set, or boxes of books. More importantly, when a health crisis or death occurs, they may not have the time or emotional energy to determine the history and value of hundreds – or thousands – of belongings. For those without children or close family, planning ahead can be even more important. Who will step in if a health crisis suddenly makes it impossible for you to manage the home or its contents on your own?

Furniture and belongings once considered too valuable

to part with may eventually be donated, sold for far less than expected, or simply discarded. Choosing what to keep, what to give away, and what to let go of while we are still able allows us to honour our story and our memories and, most importantly, to make those decisions for ourselves.

There is a window

Downsizing isn't necessarily determined by a particular age. It is about recognizing the stage of life when you are healthy, energetic, and independent enough to make thoughtful decisions about where and how you want to live next. You can sell items worth selling, donate things where they will be appreciated, and keep the possessions that truly matter. Most importantly, YOU are making the decisions. But that window doesn't remain open forever.

I meet people who know their home is becoming too much for them, but the thought of moving is so overwhelming that they cannot imagine where to begin. They aren't necessarily staying because the house is still the best place

for them, but because leaving feels impossible, and over time they can feel like hostages in their own homes. When we are healthy and independent, many things can feel like manageable projects. After a change in health or mobility, those same tasks can suddenly feel like mountains to climb. That's when downsizing stops being a planned transition and becomes a crisis.

Downsizing isn't about losing your life

Perhaps we need to stop thinking about downsizing as getting rid of our lives and start thinking about it as editing our lives. An editor doesn't throw away the whole story, but decides what is important enough to remain. Keep the painting that still makes you smile every time you walk past it. Keep the photographs. Keep the books you genuinely love. Keep your mother's serving bowl if seeing it brings back the Sunday dinners of

50 years ago. But perhaps you don't need all 12 boxes of books. Downsizing while you are healthy isn't surrendering your independence, it is exercising it.

Our homes should support our lives, not hold us captive to our past. The best time to think about downsizing is not when you have to move, it is while you can still say: "This is what I want." Perhaps the greatest gift in downsizing early isn't getting rid of possessions at all – it's keeping ownership of your own decisions.

Liz Lesh has a particular interest in aging and the choices we make as we grow older, shaped by both personal perspective and professional experience. She is the Retirement Living Consultant at Chartwell New Edinburgh Square and an Ottawa-based photographer with a passion for people, portraits, and storytelling.



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Then and now: a summer of cars, Korea, and change

By Eleanor Dunn

It was the summer of 1947: the war was over, although there were rumblings about something going on in a place called Korea. Miss Kidd unrolled the Neilson's Chocolate map which hung on the wall of her Grade 3 classroom at Crichton Public School to show us where Korea was located in the world.

My family had returned to Ottawa, this time for good. We'd spent the war years going back and forth from Halifax. My father was a professor of economics at Dalhousie University. However, he was seconded to assist the Canadian government with the war effort, with Munitions and Supply. When the war ended, he continued to support the government in Reconstruction and Supply. Our family's permanent move to Ottawa was due to his eventual appointment as Deputy Minister of Fisheries. My parents purchased the house at 209 MacKay St., which still stands today, although it's seen some changes over the years.

My mother was not enthusiastic about Ottawa. She had quite enjoyed her life as a Dalhousie University faculty

wife. But her real desire was to move the family back to Scotland where, in her mind, my father could become a headmaster at a school. Having been a teacher herself, achieving headmastership had a social cachet not to be matched by a mere deputy minister position in the Canadian government. She did not feel the same about positions within the Indian Civil Service, which in the 1930s was the epitome of the United Kingdom's foreign service. In my mother's mind, jobs in the Canadian government were second-rate. The only civil service with class was the Indian Civil Service!

My Dad had applied for the Indian Civil Service and was called to London for a job interview. As he told it, when he answered the question "And what does your father do?" during the interview, he knew he would not be chosen. His father was a locomotive engineer. In Greenock, Scotland, where my grandparents lived, it was considered a good, middle-class job. Apparently, the Sirs and Lords on his interview panel did not agree. My father had been top of his class and winner of the Gartmore Gold Medal at Glasgow University.

However, his negative experience with the British upper classes caused him to look to North America. He won a fellowship to pursue a master's degree in economics at Harvard, and never looked back.

Back to the summer of 1947 on MacKay St. The family who had lived in the house at 211 MacKay was gone, as was the lady government worker who rented their front room. The house had been purchased by a politician — Alderman Clem Aubin, who sat on Ottawa's City Council. He had a small business: a grocery and confectionery shop in the neighbourhood (on a street which no longer exists due to National Capital Commission expropriation in the 1950s).

The house at 213 MacKay was occupied by the same people who'd lived there during the war. At 215 MacKay was the home of two spinster sisters who worked in the millinery department in the Murphy-Gamble department store on Sparks St. Those houses are gone today, occupied now by MacKay Court.

Two years after the war ended, we started to see trucks on the streets. Morrison-Lamothe had replaced their

horse-drawn bread wagons with small trucks for their home deliveries, as had Borden's dairy. The newspapers and magazines carried large advertisements touting the cars the public could buy once the assembly lines at GM, Ford, and Chrysler were retooled.

My Dad had a car before the war: a two-seater coupe with a rumble seat in back. I never got to ride in the rumble seat as the car disappeared during the war. Our garage became a place where our bicycles and the gardening tools were stored. Then one day there it was: a shiny new car parked in front of the house! It was a navy blue 1947 two-door Chevrolet.

The car started to attract attention — first from neighbourhood kids on their bikes. Pretty soon, dads, moms, and other neighbours came along to take a look at this marvel. It was the first new car on the block!

It wasn't long before other new cars arrived on the street. A maroon-coloured Plymouth was soon seen outside Alderman Aubin's house. Another Chevrolet down the street at the McKinney's. Women in the neighbourhood were seen driving the family car — but not my mother.

I learned to drive and got my license when I was in high school. I mastered the "three on the tree" gears on

the '47 Chevy. But before I could take the car out — usually after supper to drive my younger siblings to Mutual Dairy on Echo Drive or to Mme. Carisse at the corner of Acacia and Beechwood to get ice cream cones — I had to prove that I could change a tire. That was a very heavy job as those post-war cars truly were "Detroit iron." I was also shown the tool box in the vehicle's trunk, including an old stocking to use as an emergency fan belt and a roll of black electrician's tape — handy if a hose developed a leak — along with a couple of wrenches and a hammer.

We drove that old Chevy for a long time, but in the mid-1950s, Dad bought another new car: a two-tone Chrysler De Soto. It had an automatic transmission and was a beautiful car. I inherited it when he died. It became the second car in the Dunn family and cemented my love for Chrysler products which exists to this day. If I were 20 years younger, I'd be driving a Dodge Daytona Charger instead of a sedate Jeep Compass 4x4!

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


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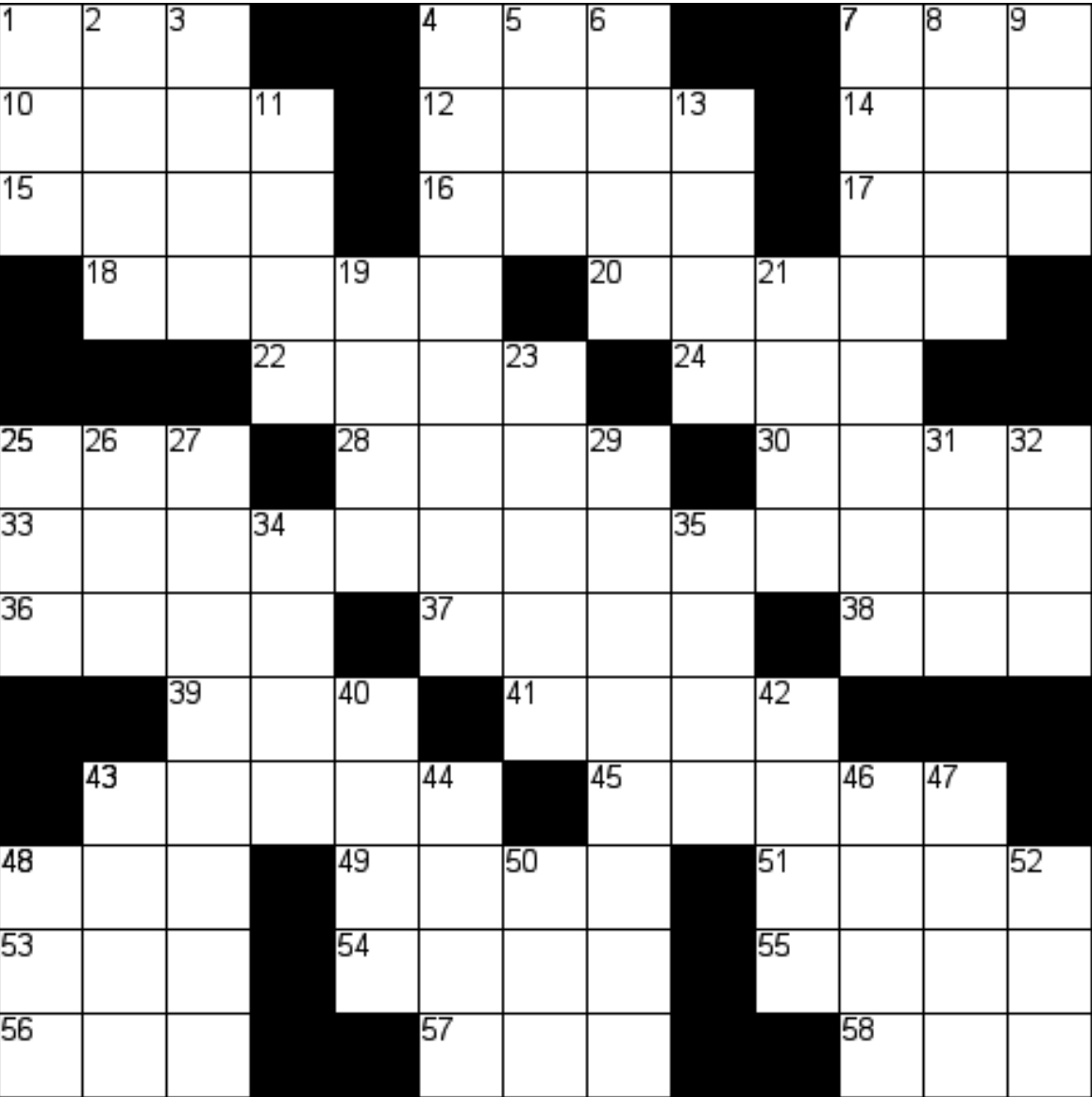
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Across

1 Put two and two together?

4 One dead-lift or burpee, say

7 Flower a Brit might give their mother?

10 Like the horses in the RCMP Musical Ride

12 Mining company's finds

14 Put to work

15 New Edinburgh Neighbourhood ____, thriving event that took place in September

16 Dentist's health specialty

17 TV channel for live sports matches

18 Absolutely massive

20 With the answer to 18A, discount store that grew out of the Byward Market's George St.

22 Bird kept for its culinary value

24 Marseille airport code that looks like a honorific

25 Friend from the Gatineau side?

28 ____ Abatneh, Atlético defender

30 What some candidates for mayor and city councillor will be saying after the

October 26 municipal election - be sure to make your voice heard!

33 Mid-sized concert venue opening in the Byward Market; or a 200-year span recognized in many of this puzzle's clues

36 Dark purple 'superfruit' in many smoothies or bowls

37 Showroom model

38 Equipment for soccer, basketball, or tennis

39 Inn, for short

41 Operationalizing directives for a given law (____ulation_)

43 Antebellum state of things

45 With the answer to 43A, central feature of Parliament, built after the First World

War

48 u r so funny!!

49 Large First Nation also known as Eeyou Istchee

51 Fateful day of March

53 Fish whose Algonquin name is 'Pimisi' (hence the fish statue at the LRT station)

54 Irn-Bru, for example, in (old) Edinburgh

55 Traditional Japanese seasoning paste

56 Sprawling (sub)urbia in southern Ontario, for short

57 Result of putting two and two together?

58 Accessibility tech abbreviation



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Down

1 Infant's 'tummy time' muscles

2 Generate friction

3 Place to buy meats and cheeses

4 Adawe (place to trade), for 'Ottawa'

5 Screw up, formally

6 Mer Bleue bog material

7 White bird given to the Governor General as a Royal gift for the country's centennial

8 Country once represented by cipher clerk Igor Gouzenko

9 None of the persons in the Persons Case?

11 The Ottawa Hospital's ____ Patient and Family Advisory Council: Canada-wide first (2019) for the hard-of-hearing

13 Petite, perhaps

19 Taboo

21 Nickname for a Liberal

23 Thing that a 'mille-feuille' does not actually have a thousand of

25 "Eureka!"

26 It's 'open' at an amateur hour comedy show

27 ____ Preston, Dominion Horticulturist honoured

for her work at the Central Experimental Farm hybridizing plants for the Canadian climate

29 The creatively-named 'Ottawa New Edinburghs' hockey club, for that neighbourhood in the early 1900s

31 Be in debt

32 Montreal-based 'Matt & ____' vegan leather brand

34 'Queen of Rock 'n' Roll' Turner

35 It's not for here?

40 Surreptitiously includes on an email

42 Take a dip in the river

43 Véronique Sylvain, current Ottawa ____ Laureate (with David O'Meara her Anglophone counterpart)

44 Greek Cupid

46 Make tweaks and corrections

47 Take a break

48 Portion of a race or flight

50 US university's alternative to .com

52 '____ Montfort', late-90s campaign to save a hospital from closure



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Unexpected heroes of MacKay

By Ann Davis

Serendipity is wonderful. I encountered it recently at the front door. There stood a woman I had never met, who announced herself as Anne, the mother of a new neighbour. She asked if she could discuss something with me. Anne explained that she was a volunteer at the Trinity College, University of Toronto book fair. This fair, like our Rockcliffe sale, sells thousands of gently used books to eager buyers who line up to snap up good deals on popular

and rare volumes. Anne's area of responsibility was theatre. In sorting through recent donations, she had come upon a play, *The Joggsville Convention* by Clara Rothwell Anderson. Anderson's address was clearly listed on the cover as 255 MacKay St., Ottawa. My neighbours, knowing my interest in New Edinburgh history, suggested Anne share this with me. I was fascinated. Along with a dedicated committee, I have been involved in applying for New Edinburgh to receive national historic

designation. This endeavour made me well aware of the historic paucity of recognition given to creative women in New Edinburgh. Then along came Clara Rothwell Anderson.

I knew nothing about this playwright. Luckily The Collective for Writing and Research on Culture, a university-sponsored online environment for culture and scholarship, could provide numerous details. Clara Emily Rothwell was born in Listowel, Ontario, in 1871, into a family that encouraged the arts. After studying at the Toronto Conservatory of Music, she married Reverend Peter William Anderson (1870–1936). The couple moved first to Shelburne, Ontario, and then, in 1904, to New Edinburgh and MacKay United Church, where, along with their three children, they lived in the manse. This remained the Anderson family home until at least 1931. Peter died in 1936 and is buried at Beechwood Cemetery. Clara would join him there in 1958.

Clara's writing of light-hearted plays started as

fundraising events for the Ladies Aid Society of her husband's Presbyterian congregations. Always Victorian in setting, designed to be staged at minimum expense, and furnished with convenient stage directions and casts composed entirely of women, these plays dramatized daily life. The *Joggsville Convention* gently pokes fun at a group of mostly married ladies at a small local meeting. Initial instructions included "Mrs. Gush – Pleasant manner, fussy, excitable, wide frilly skirt, big hat with bright flowers.... Mrs. Wheakly, President – Nervous and uncertain, loses glasses, papers fall off table, wears cape, feather boa, hat with draped veil...." and the two visiting speakers described as "much overdressed." Clara wrote at least 13 of these plays up to 1933. Many were published in several editions, and they proved very popular. During World War I, Clara donated the proceeds of her play to both the Imperial Order Daughters of the Empire and the Red Cross to support the relief efforts for

young soldiers in the trenches

In fact, these plays became so popular that unofficial copies moved through non-church organizations in rural Ontario and eventually further afield in Canada. Having none of this, Clara copyrighted her first play in 1911, retaining all rights thereafter. She was adamant. On the cover of *The Joggsville Convention* the term "Copyrighted" is clearly stated. Inside, she noted their terms: a \$5 royalty, which included one copy of the play. Additional copies could be purchased for 35 cents each. She also admonished producers to record her full name as author.

I had not expected this Clara Rothwell Anderson treat. Serendipity gave me lovely neighbours who care about New Edinburgh history and creative women. I am sure New Edinburgh has other hidden gems to discover.

Ann Davis is an art historian and a retired museum director. She has lived in New Edinburgh for 15 years.

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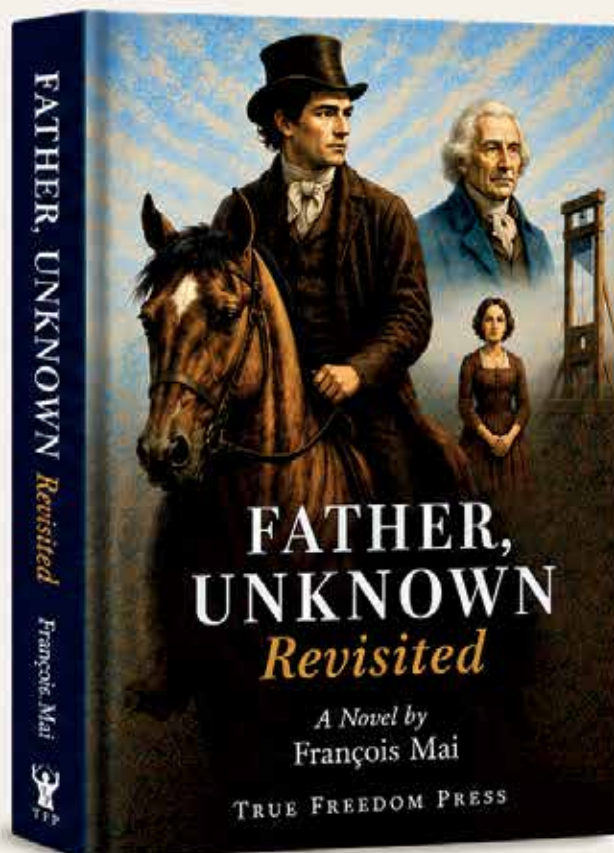
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To sleep, perchance to dream: Five interesting facts about sleep

By Ralph Hesse

One of our biggest misconceptions about sleep is to presume that it is passive and represents a dramatic lowering of brain activity. Nothing could be further from this belief. A full night of sleep is complex and characterized by the presence of several stages, each representing unique patterns of brain wave and bodily muscle activity. Of particular interest are the stages of Rapid Eye Movement (REM) sleep, during which dreams occur, and Stage 4 Sleep (also referred to as Slow Wave Sleep). Let's look at some interesting facts regarding these two stages and about the entire process of sleep.

1. We dream about four to five times each night. Just because we rarely remember our dreams doesn't mean we don't have them. If you enter a sleep laboratory where psychologists can monitor a night of sleep through equipment that measures brain wave and eye movement, these monitors will note various periods of complex brain wave activity that mirrors patterns of wakefulness. At the same time your eye muscles will move in a complicated and non-patterned manner. You are now dreaming, and if awakened at that moment you will likely recall a vivid dream. When in this REM stage you are virtually paralyzed, so when you have the occasional nightmare and you find yourself thrashing about, you've left the REM stage, and are acting upon the memory of the nightmare.

2. Sleep-walking and sleep-talking generally occur during stage 4 sleep, our deepest stage of sleep, defined that way because it takes the strongest amount of outside stimuli to be awakened from this stage. Night terrors (sudden episodes

of intense fear, screaming or flailing that happen during deep non-REM sleep) are generally present in childhood and are relatively rare. When they do occur and the child invariably screams out, the attending parent will find it difficult to comfort the child because the child, in deep stage 4 sleep, will not easily awaken.

3. Research strongly suggests that stage 4 sleep is the most physically restorative stage and that REM sleep is the most emotionally/psychologically restorative stage. Sleep studies have shown that persons deprived specifically of REM sleep will report significantly greater levels of anxiety the following day. Conversely, subjects in a sleep lab who are deprived of stage 4 sleep will report more sluggishness and overall muscle pain and fatigue. It is believed that during REM sleep the brain processes the events of the day and stores much of that person's experiences into memory. Our dreams represent a pictorial and story-like account that incorporates the recent experiences that are being processed. A simplified and oft-used metaphor for this phenomenon is to view the memory centre of our brain (called the hippocampus) as a file cabinet. During REM sleep the file cabinet is opened and the experiences of the day are filed, and then older experiences which are found in the file cabinet are exposed, thus creating a dream that seems to randomly mix new events in old and seemingly random settings, creating the strange juxtapositions we often find in a dream.

4. Do you ever wonder why it seems so much easier to go to bed later than you normally do as opposed to waking up earlier than you are used to?

Superimposed upon the sleep-wake cycle is our circadian rhythm, representing a general cycle of arousal and metabolic activity. For many years researchers measured our circadian rhythm as cycling once every 25 hours as opposed to a natural day lasting 24 hours. This discrepancy essentially gives us an extra hour per day before we are as physically ready to sleep as were the day before. For this reason, getting to sleep at the same time can be difficult, and oversleeping the next morning can be very easy. Further research has revealed that this 25 hour circadian rhythm is artificially lengthened via our use of artificial light during dark hours. But even under controlled conditions of being exposed only to natural light, the circadian rhythm is still slightly longer

than 24 hours.

5. If you catalogued every article ever written on sleep, the topic that will be most prominently featured will be on providing hints and strategies to get to sleep. But one very effective strategy is almost always left out. Why? Well, it is because we are a bit prudish and over sensitive to discussing certain topics frankly. Perhaps in this spirit I will tread carefully. Let's just say that the ultimate feeling of physical bliss results in the release of several neurochemicals in the brain, including oxytocin and dopamine. This rush of neurochemicals provides a state of both tension release and a feeling of euphoria, dynamics that promote sleep.

It is ironic that so much of approximately one third of

our lives is poorly understood. But sleep laboratories around the world have increasingly unlocked many of the secrets of the behaviour of sleep. A good deal of attention has recently focused on the relationship between various forms of mental illness and sleep. For example, does a recent pattern of poor sleep exacerbate symptoms of depression, or does a bout of depression resultantly lead to poor sleep? Indeed, sleep research is among the most fascinating fields in the exploration of wellness and mental health.

Ralph Hesse was a Civil Service Psychologist for Central New York Developmental Services Office (retired) and a lecturer at the State University of New York (retired)





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When you don't know what's next

By Sophie Wood Massicotte

There are seasons in life when the path ahead feels clear. We know what we're moving toward, what needs to happen next, and perhaps even how we're going to get there. And then there are the other seasons. The ones where something has changed (or is changing) but we don't yet know what comes next.

We move somewhere new, enter a new stage of life, or simply wake up one morning with the unsettling realization that the life we've built no longer feels quite...right. Our instinct is often to rush toward some form of security, rationalization and start comparing ourselves with

other people that "seem to have things figured out." Our human tendency when faced with the unknown tends to be a need to control followed by a deep cry for approval and validation. We want the plan and the reassurance that we're making the right decision. We look outside ourselves for signs, advice, opinions and some form of assurance.

But what if not knowing isn't a place to get out of quickly? What if it is a season to inhabit more deeply?

We have become accustomed to treating uncertainty as something uncomfortable that needs to be resolved as quickly as possible. Yet some of the most meaningful changes in



Photo by Sophie Wood Massicotte

Take a moment to appreciate the road ahead.

our lives begin in this space between what was and what is being revealed. There is an old identity that is loosening, but the new one hasn't fully taken shape. This in-between can feel disorienting. It can ask us to release the familiar before we have evidence that something better is waiting on the other side. And perhaps that is why these seasons require something deeper than just a one- to five-year plan.

They require trust. They require honesty. They require

openness. They require cohesion in the psyche, soma and soul. Not because everything will unfold exactly as we hope (rarely does), but because we have developed the capacity to remain connected to ourselves and trust our own process while we navigate uncharted territory.

We can notice what is changing within us, what gives us energy and what quietly drains us. Sometimes, the next step doesn't make logical sense or doesn't arrive as a grand

revelation. Sometimes, it is simply a deep knowing that something needs to change. We don't always need the entire path illuminated. We only need enough trust and courage to take the next step.

There is wisdom in allowing ourselves to be unfinished...to be an ever-evolving beautiful piece of art in the making.

To resist the pressure to immediately define who we are, where we're going, and what our lives are supposed to look like. So I'll leave you with this invitation to ponder on: Perhaps we are not meant to have all the answers. Perhaps, it is about learning to stay close enough to ourselves that, when the next true thing reveals itself, we are able to recognize it and choose to honor what we know.

When we finally stop demanding to know what is next, we become quiet enough to hear what has always been right here.

Sophia Wood Massicotte is a certified Yoga Teacher, Women Empowerment Coach and Ayurveda Practitioner.

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AKOUSTIK means live music in the 'Burgh

By Daniel Hébert

The fifth summer of the AKOUSTIK outdoor concert series was the biggest to date. This year, the Vanier Business Improvement Area (BIA) brought in 21 artists to perform over 10 weeks: every Wednesday from Jul. 15 until Sep. 23, from 6–8 pm at the St. Charles Market square, at the corner of Beechwood Ave. and St. Charles St.

What I like about AKOUSTIK is the dedication to developing local artists. Case in point: Australian-born, Ottawa-based performer Mikhail Laxton. Last summer, he played AKOUSTIK solo with his guitar, and I was excited to see he was in the lineup again this year. To my surprise, when Mikhail took the stage, he was accompanied by a full band! His sound was so much richer; one could easily see how he was progressing to a full-time musical career.

Illiyah Rose is another young local artist flourishing on the AKOUSTIK stage. She appeared first in 2024 and again in 2025. This year, following her solo spot in the



Photo by Daniel Hébert
Mikhail Laxton during his Aug. 26 AKOUSTIK where he delivered a rich, mature sound.

second week of the series, Illiyah Rose returned in week six to sing just one song: “I Will Always Love You.” A timely tribute to our dear, departed Dolly Parton.

Last but not least among my picks for notable acts: Angelique Francis and her band consisting of her three sisters and her father. Last year, in front of an estimated 350 fans, she had everyone standing and dancing; despite

playing outdoors, she brought down the house. Angelique’s band has been nominated for three upcoming Capital Music Awards: Album of the Year, Group of the Year, and Best Production and Arrangements. It was disappointing that her Sep. 2 performance was rained out; hopefully, Vanier BIA can schedule the group again in future.

While there have been no on-site food vendors during

the series, some local restaurants notably offered 10–15 per cent off on concert evenings. This year, participants included Edinburger, Junior & The Kid BBQ, Schoolhouse Pizza, Sachi’s @ Beechwood, and Linden. And during the Aug. 26 concert, A Love Letter Paper Boutique set up a kiosk onsite, while Café Miracle

sold pastries and coffee. The AKOUSTIK series continues to gain fans and fame. If you missed it this summer, make it a point to attend next year; you won’t regret it. *Daniel Hébert lives in New Edinburgh and is an avid fan of music and free concert events.*

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Fern Hill students shine at family Art Gallery Evening

By Keith Willey

Earlier this year, Fern Hill School was transformed into a pop-up art gallery as parents, children, staff and family members gathered for the school's Annual Art Gallery Evening. Fern Hill — for those who don't know it — is a small, Preschool to Grade 8, not-for-profit independent school on Vaughan St. in New Edinburgh. Visitors were generous and unstinting in their praise for the staff and students who had spent time creating, mounting and displaying the artwork.

The event brought curated work by students from Preschool all the way through to Grade 8, filling the school's common spaces and gymnasium with colour, imagination, and artistic talent. For one evening, the corridors were not



Photo by Cindy Bennell

A Grade 8 student shares the creative process behind their artwork, thoughtfully guiding a guest through each step.

their usual calm, purposeful selves, but became something rather closer to the boisterous opening night of a small but rather good gallery.

Much of the credit belongs to Jen Doyle, Fern Hill's Head

of Art. Her influence was visible in the technical accomplishment on the walls, and in the palpable sense that the students had actually enjoyed making these things, and had been encouraged and enabled

to trust their own instincts. Parents on social media were quick to acknowledge the event. "Amazing," wrote one. "So beautiful. Well done, everyone," offered another. A third simply observed: "These are absolutely brilliant."

As ever at Fern Hill, the older students rose to the occasion. Rather than simply exhibiting their work alongside everyone else, they took on roles as hosts, guides, and servers for the evening. This small but telling detail gave the event the feeling of a genuine community occasion rather than merely just another school event.

The Art Gallery Evening also reflected the continued growth of Fern Hill's art programme. Through varied weekly experiences, students are developing their own creative identities, learning not

only technique but also the pleasure of making something that says with great clarity: "This is me, this is part of who I am, and this is mine."

By the end of the evening, the event had proved to be more than a showcase. It was a celebration of imagination, patience, and craft — of charcoal and watercolour, clay and collage, pencil and paint. Additionally, it was an illustration of the encouragement and community spirit that is such an integral part of what makes Fern Hill, Fern Hill.

What is clear is that when children's ideas, work and creative voices are taken seriously, beautifully displayed, and properly admired, the result can be surprisingly moving.

Keith Willey is a resident of Noel St., New Edinburgh and long time Fern Hill parent.

Learn about waste reduction and recycling on November 3

By Ellen Hagerman and Sarah Anson-Cartwright

Waste reduction and recycling together were the number one issue among community residents who responded to a survey conducted by New Edinburgh Community Alliance (NECA) to gauge interest in three broad environmental topics. As promised in the survey, NECA is now pleased to host an information session on topics of concern: What's up with waste and recycling? will take place on Tue., Nov. 3 from 7–8:30 pm at the New Edinburgh Park Fieldhouse at 203 Stanley Ave.

Three expert speakers will share their knowledge on



Photo courtesy Sarah Anson-Cartwright
Rachael Jones, program manager, Solid Waste Service Branch, City of Ottawa



Photo courtesy Sarah Anson-Cartwright
Duncan Bury, co-founder, Waste Watch Ottawa



Photo courtesy Sarah Anson-Cartwright
Valerie Leloup, co-founder of NU Grocery and strategic lead for waste and circular economy, EnviroCentre

zero-waste, and advocacy at this info session. The presentations will be followed by a question-and-answer period.

To hear the latest news on what the City is doing on waste management and recycling,

Rachael Jones, Program Manager, Long Term Planning, Solid Waste Services Branch from the City of Ottawa will be on hand to share the City's

upcoming plans. In addition, Lysa Drewniak, Project Manager, Program Planning, will present information on this year's introduction of the new recycling program under the province.

To learn how to reduce your overall waste, Valerie Leloup, co-founder of NU Grocery and strategic lead for waste and circular economy at EnviroCentre, will speak about the strategies she has adopted to become a zero-waste champion.

Duncan Bury, co-founder of Waste Watch Ottawa, will share his concerns about the environment and municipal waste management in Ottawa and where advocacy efforts need to be focused.

This information session is being organized to help community members learn more about environmental issues of relevance to New Edinburgh and the city at large. Be sure to join us: Tue. Nov. 3 from 7–8:30 pm at New Edinburgh Fieldhouse, 203 Stanley Ave.

Ellen Hagerman and Sarah Anson-Cartwright are New Edinburgh residents and volunteers with environmental initiatives. They hope this is the first in a series of workshops for the community.

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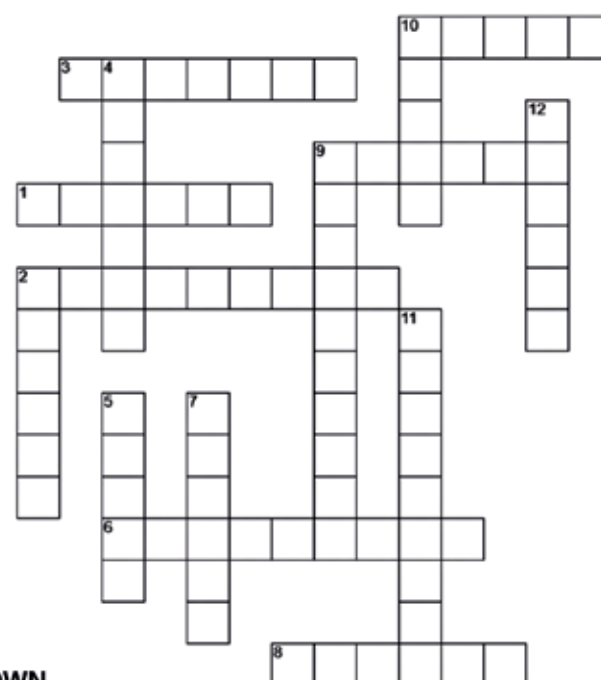
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New Edinburgh Seniors Social Group offers autumn activities

By Isobel Bisby

The New Edinburgh Seniors Social Group (NESSG) thanks the Crichton Community Council (CCC) for their ongoing support. CCC assists Dawn Straka, Lee Jolliffe, and Isobel Bisby in delivering programming for local seniors at the Fieldhouse, welcoming long-term residents and newcomers for enriching events and social activities.

All NESSG activities are free unless otherwise indicated.

The Speaker Series

The Speaker Series will continue on Thursdays into the fall. Each event features a brief talk from someone who has contributed to and enriched our neighbourhood, followed by a social hour with tea and snacks. It's a great way to meet



Photo by Isobel Bisby

Meeting neighbours and making new friends with the Seniors Social Group is a great way to spend a morning or afternoon.

neighbours and make friends!

October 8 at 1 pm – Christine Garand, owner of the Union

Street Café, will speak about her beautiful store that has become a much-treasured meeting place in our community over the past 10 years.

November 12 at 1 pm – Janet Uren will speak about how coming to New Edinburgh has changed her life, as well as about dogs, history, and theatre. She says the community has been at the base of the Linden House Theatre

Company story. She guarantees a few laughs!

Chair Dancing

Offered in partnership with the School of Dance. Folks enjoyed this event so much in the spring that we have accepted the School of Dance's generous offer to continue the series. Dance is BEST Seated Seniors: The class will be set to music that appeals across multiple generations. No prior dance experience is necessary. Mondays, Sep. 14, 21, 28, Oct. 5, 19 and 26 from 4–5 pm with teacher Sarah Hopkin. There is no fee to participate, but you must pre-register: contact Fern Villeneuve at 613-238-7838 or by email at registrar@theschoolofdance.ca

Tea Social Thursdays

October 29 and November 26 at 1 pm, join us for tea and goodies and a chat. As we move into fall, this event replaces our popular summertime Ice Cream Socials.

Donate a Tea Cup and Saucer

We are building a NESSG tea cup collection we can use for

events. Usable cups should not have any chips, cracks, or crazing, and should not be too fragile. Please bring your donation to the next Tea Social!

Seasonal Potluck Celebration

December 3 at noon at the Fieldhouse. All persons who have attended our NESSG events are encouraged to attend and to contribute one food item: enough to add to the menu. Please contact event coordinator Dawn Straka: dawn@straka.ca

If you are a senior living in the neighbourhood, or close by, please contact us at neweseniors@gmail.com to learn more about NESSG.

Dawn Straka, Lee Jolliffe and Isobel Bisby began organizing the New Edinburgh Seniors Social Group in the Stanley Park Fieldhouse in 2025. The goal is to serve the senior population of the New Edinburgh area, welcoming long term residents and newcomers to events and social activities that enrich everyones lives.

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Photo by Ellen Hagerman

BottleWorks team.

By Ellen Hagerman

Do you have wine bottles, beer cans, or other empties to donate? Consider making a tax-deductible donation of your empties by giving them to BottleWorks! BottleWorks is a social enterprise that employs youth facing barriers to employment in collecting

empty alcohol containers donated from businesses, residents, and bottle drives across Ottawa. BottleWorks can issue a charitable tax receipt for the value of the empties donated.

You can donate your empties at an upcoming bottle drive at the Fieldhouse from 1–4 pm on two upcoming Saturdays:

on Oct. 10 and on Nov. 14. You can also arrange to have BottleWorks visit your home or business to collect your empties.

The revenue generated by BottleWorks goes towards paid rotation-based employment of the youth, vocational skills development, and social support. One hundred per cent of proceeds go towards the many programs and services offered by Operation Come Home to support young people experiencing homelessness.

To learn more or to sign up, visit bottleworks.ca or email program coordinator of the program Nick at bottleworks@operationcomehome.ca

In 2024, Ellen Hagerman moved back to Ottawa after living and working as a Gender Equality Expert throughout Africa. Ellen recently took on the role as Chair of the Waste Committee for CAFES (Community Action for Sustainability) and previously worked on environmental issues for Friends of the Earth, CIDA, the UN, and the World Bank.

20 years at the Linden House Theatre Company

By Janet Uren

Moving to New Edinburgh in 2001 changed my life in several important ways, not least by allowing me to re-engage in theatre at the New Edinburgh Players, where I acted in a number of productions between 2005 and 2008. Twenty years ago, something else changed. I turned to a fellow actor, George Stonyk, and asked him if he would be interested in directing a play for me. George, who still lives in nearby Lindenlea, said yes. George had over half a century of experience in community theatre as an actor and director. Working with him onstage had already been a revelation to me as an actor.

One of the more surprising conversations I had with George that first year was about what to name our company. We settled on Linden House in honour of our first director's neighbourhood – Lindenlea – and the huge old linden tree that stood beside his house. That was also the time when I seized upon the company's motto: "Theatre for the Joy of It."

We produced our first play in October 2007. In retrospect, we could hardly have chosen a more difficult play. *The Lady's Not For Burning* is a verse play written in the 1950s, and it tells the story of a disillusioned fourteenth-century soldier and a forward-thinking woman accused of witchcraft. I have loved this romantic play since I first read it at age 15.

We did our best, but it was a heavy-duty acting challenge with 13 characters crowded on to a tiny stage, and a text that would challenge even Stratford actors. The only person in the audience I can honestly remember being pleased with was a 15-year-old student who liked the romance as much as I had. Big surprise there.

For some reason, we didn't give up. We wanted to try again, to build on what we'd learned. Certainly, I had not appreciated all the difficulties of theatre production, most of all the importance of choosing the right play. In the second year, we staged *Arms and the Man* by George Bernard Shaw. The results were promising.

The third year was a turning point. I wanted to produce *Blithe Spirit* by Noel Coward, believing that its light-hearted nonsense would please both actors and the audience. I



Actor Janet Uren tries on a bit of costume – a Viking helmet, no less – from an upcoming play at the Linden House Theatre Company.

Photo by Lily Villemaire

applied for the rights only to be told that Angela Lansbury was doing the play in New York and that no other licenses would be let. "You would constitute competition," the licensing agent told me. "Oh, but we wouldn't," I wailed in some astonishment. "We really wouldn't!"

The powers-that-be would not relent, and I was left very

late in the planning season with no show. That might have been the end of us, if George hadn't suggested *Lettice and Lovage*, a play by British playwright Peter Shaffer. "No," I cried. "It's much too difficult, too brainy."

George encouraged me, and we tried it. That is the year – 2009 – that Linden House began to find its feet and its

voice, producing plays that would allow audiences to laugh even as they were moved to feel or driven to think. Often, in choosing a play, I have found myself turning to the theme of friendship, as in the deeply silly and very funny *Savannah Sipping Society* or the profoundly moving *Steel Magnolias*.

Not everything happens onstage. I always had an idea that the audience were participants in the story. I wanted the audience to feel that they were my guests. Hence, the importance of the front-of-house and hospitality team, of complimentary refreshments, and of the annual invitation for the audience to attend our opening night reception.

Linden House has been pretty successful. It's a bit of a miracle, really, and our audiences have slowly grown from year to year. The recipe for success has included the choice of good plays, the engagement of the best talent that we can attract, high production values in terms of costumes and sets and, finally, a real sense of service to our audiences.

This year's play, *The Boadicea of Britannia St.*, is

a quintessential Linden House choice. Four strangers meet, they have a few laughs, they become friends and together they explore the meaning of courage. It's a story about love and friendship and ordinary workaday heroism. Please come and celebrate with us this lovely play and the past 20 years of learning our business at Linden House.

Preview (\$25): Elmwood Preview, proceeds to the Old Girls Scholarship Endowment Fund, Nov. 12 at 7:30 pm

Performances (\$35): Nov. 13, 14, 19, 20, 21 at 7:30 pm

Matinee performances (\$35): Nov. 15, 21, 22 at 2 pm

Venue: Elmwood School, 261 Buena Vista Road, Rockcliffe. Free parking.

Tickets: online at lindenhousetheatre.ca, at Books on Beechwood (35 Beechwood Ave.) or by calling 613-842-4913.

Janet Uren is an author and actor who has lived in New Edinburgh for over 25 years. She is a regular contributor to NEN and leads community and cultural events.

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Why it might be time to hit PAUSE

By Carmen Bohn

Quick quiz! Have you:

- Recently walked into a room and immediately forgot why you were there?
- Found yourself waking at 3:17 am for no apparent reason, completely unable to go back to sleep...wondering if you'll ever sleep normally again?
- Searched the internet for strange symptoms that have appeared out of nowhere (Itchy skin? Anxiety when merging onto the 417? Mysterious aches and pains?)

Welcome to midlife – you are not alone!

For millions of Canadian women, menopause is not some distant event on the horizon. It's happening now. More than 10 million women in Canada are over age 40, representing about one-quarter of the population. And yet almost

half of women say they feel unprepared for perimenopause and menopause. That's why learning about menopause before you're in the thick of it matters.

The Canadian Menopause Society says perimenopause can begin four to eight years before menopause, and sometimes even earlier. Symptoms can appear before periods become noticeably irregular. So even if you're just entering your 40s, this is a great time to start paying attention, asking questions, and getting informed. You don't have to wait until you're exhausted or frustrated to wonder why your body suddenly seems to have developed a mind of its own.

Getting informed doesn't mean becoming an expert in hormones. It means knowing what's normal, what might be

connected to the menopause transition, understanding your options and feeling more confident talking with your healthcare provider. Contrary to what you might see in popular media, menopause is about much more than hot flashes. Search online and you'll find checklists with more than 30 symptoms, including sleep problems, mood changes, fatigue, brain fog, muscle and joint symptoms, and genitourinary changes.

Now is also a good time to share what you're experiencing with other women. For too long, menopause has been something women were expected to quietly endure. Even now, my mother's generation doesn't seem to want to talk about it (or maybe they have all but pushed it from their minds). We're getting

better at talking about periods, pregnancy, postpartum health and mental health. Menopause deserves that same openness.

On Sat., Nov. 7, Sarah Lussier, Danielle Rabb, Mai Ngo and I will host "PAUSE: Reconnect, Recharge, Release" at the New Edinburgh Fieldhouse, a one-day retreat for women navigating midlife and menopause.

We'll explore practical ways to support the nervous system,

release physical tension, move and stretch through restorative yoga, and use creative practices and hypnosis to quiet some of the mental noise.

With the view that community makes the transition better, we'll equip you with strategies that can help, encourage you to ask better questions and remind you that you're not the only one thinking: "Is this normal?"

PAUSE is happening Nov. 7 at the New Edinburgh Fieldhouse. Tickets are now on sale with early-bird pricing available until Thanksgiving weekend. Visit allevents.in/ottawa and search with the keyword "PAUSE."

Carmen Bohn is a long-time New Edinburgh resident and a forever advocate of making things by hand to make us well.

Register:



For your calendar: St. Bart's Annual Bazaar and Tea Room

By Liz Heatherington and Linda Assad-Butcher

November 7 may seem far in the future, but as you read this, it is only weeks away! The St Bart's Bazaar is one of the most popular local events in

the fall calendar. Not only is it a great place to meet friends, enjoy tea, and see your neighbours, it also presents great bargains including antiques, gifts, jewellery, books, preserves, attic treasures, toys

and games, crafts and knitting, Christmas decor, and a superb baked-goods table. You will enjoy great shopping, knowing that you are helping many important community causes and global relief initiatives.

In 2025, proceeds from our bazaar contributed to more than \$25,000 in outreach funding St. Bartholomew's issued to St. Margaret's Anglican Church in Vanier (to support

their ministries); the Rideau Rockcliffe Community Resource Centre (for programs assisting newcomers and those living in poverty in the Rideau-Rockcliffe ward); Inuuqatigiit Centre for Children, Youth and Families in Ottawa; Alongside Hope (for their international development work and aid); St. George's College, Jerusalem (to help rebuild their programming

and pilgrimage offering in the Holy Land). Other past recipients have included Cornerstone Housing for Women and Belong Ottawa.

St. Bart's Bazaar has always been a success, mainly due to YOU! If you are downsizing or wanting to dispose of household items, please consider donating to our bazaar. We always need unique souvenirs, classic tea sets, glassware, costume and fine jewellery, books, "attic treasures," toys, games, and any special, handmade items. Closer to the date, we would also appreciate donations of home baking and preserves.

This year includes two new items for sale which would make excellent gifts! Unique, handmade fly-fishing lures in several designs and beautiful Advent candles to give light during the darkest time of the year. Both will be available for the first time this year.

Do not hesitate to call either Liz at 613-745-4677 or Linda at 613-298-9980. We would be happy to answer questions and pick up donations. Thank you in advance for considering St Bart's!

Looking forward to seeing everyone Sat., Nov. 7 at 125 MacKay St. from 12 noon to 4 pm.

Linda and Elizabeth are Co-convenors of the Annual Bazaar, Church of St. Bartholomew.

Saul Burg: A Man of Many Parts

A new international thriller by local author **Adrian de Hoog**
<https://www.adriandehoogauthor.com/>

Reviews

"An extraordinary piece of writing about the global war on terror. Deeply engaging. Beautifully constructed."

"Saul Berg, soldier, spy, spy master, is a complex character, outwardly abrasive, even explosive, inwardly cultured and reflective."

"A literary spy thriller. The characters are deep and well-developed. There is as much philosophy as action."

"Rich in history and politics, layered with intrigue and supported with discourse on wine, the classical arts, opera, and romance."

"An exploration of the complex themes of loyalty, identity, and moral ambiguity, all set against the real-world political tensions of today's Middle East."

Note: Book Signing
Meet Adrian at Books on Beechwood
Saturday, October 24, 2026
14:00 - 16:00

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The Harding Family

Reverend Peter Woods on the evolution of music at MacKay United

By John Leefe

While the MacKay United Church has long been a spiritual sanctuary in our neighbourhood, it's also a popular place to hear comforting music and poetry, thanks to the efforts of Reverend Peter Woods.

An accomplished saxophonist, Woods was instrumental (pun intended) in launching the Jazz In June concert series back in 2017, to enthusiastic feedback from the community. One of the many highlights was Danish guitarist and composer Jacob Bro's visit in 2019: the event remains MacKay United's most-viewed YouTube video.

Woods says: "The response to Jazz in June has been too good to leave it as a one month per year series. [...] What began as a June experiment nine years ago has really grown and evolved." Woods shared his insights with the *New Edinburgh News*.

Can you explain the growing importance of music at MacKay United and its role in fostering community and spirituality?

The sounds of music at MacKay United are key to our neighbourhood engagement throughout the year, from Jazz in June to Sound Sanctuary and Sunday morning worship services. It is MacKay's current best public practice for celebrating and encouraging wellness and blessing in our broader civic life. It is communion. We're certainly looking at extending the series into other seasons, while keeping

the essential character of it: good musicians, good listeners, and plenty of room for the music to breathe.

Based on the feedback from the 2026 Jazz in June series, what additions are you planning?

MacKay has decided to pilot a series of jazz-based Sunday morning events as part of our weekly Sunday services. The fourth Sunday of each month will feature jazz throughout the Sunday morning worship experience at MacKay, with leadership from our Music Director, Nick Gummesson. Members of the Ottawa jazz community will appear as guest artists, while we rely on the circle of musicians who have found a home at MacKay over the years: Emmanuel Simon, the MacKay Choir, José Hernandez, Kyle Jordan, Jennifer Bell. Upcoming dates are Oct. 25, Nov. 22, and Dec. 27 at 10:30 am. And on Nov. 14, we will be playing at the MacKay Beechwood Night Market.

What changes are you making to the Music and Meditation series?

The series will now be called Sound Sanctuary at MacKay United. These evening gatherings will occur 15–20 times per year, where music, silence, poetry, and reflection come together; a place for creative collaboration, stillness, and unexpected encounters between music, art, poetry and even some theology. These events will take place Tuesday evenings at 7 pm, beginning Oct. 6 and then

Nov. 3, 10, 17, 24, and Dec. 1. We'll be engaging poetry readers and musicians alongside a growing community of creatively-minded folks from the neighbourhood and across Ottawa. These will also be online at mackayunited.ca to make them highly accessible. Our fall theme for Sound Sanctuary is "A Joy Unknown" (quoting Duke Ellington). This phrase guides and grounds both the poetry curators and the musicians as they freely approach the evenings with their own perspectives and artistry.

How did you come to play the saxophone and why did you choose jazz improvisation as a vehicle for musical expression?

I have always been drawn by the tone of the saxophone; it remains a sound that leads me into a place of inspiration, both as a listener and as a player. It has always been about sounds that speak to and from the heart. There is an intimacy in the human quality of the saxophone sound, but also a bit of distance that yearns for connection. Jazz, and improvisation in general, embodies time and is very incarnational. It underscores abundance and

celebrates the possibility of thriving together in communities of listeners and players. It never gets old.

How does playing the saxophone complement and deepen your spiritual journey?

Playing requires attention, patience and a willingness to rely on the wisdom of others, evoking Buber's notion of "I and Thou" within any theological reflection. So these are qualities that aren't bad training for ministry as well. There is something wonderfully humbling about improvisation: you prepare, you listen, and then you have to trust what happens next. At its best, playing feels less like performing an idea, and more like discovering something with other people. Meanwhile, prayer, for me, really takes the shape of quiet time spent attending to the musical fundamentals of scales and long tones. I have the luxury of frequently practicing these fundamentals in the lovely, airy MacKay sanctuary, and this has been a key spiritual practice for me over the years.

Over the years, you've played with a wide range of local and international

performers. Which musicians do you hope will become a regular part of your extended jazz concert series?

One of the pleasures of MacKay's burgeoning musical life in Ottawa is that there is a remarkably deep pool of players. Most of the people who are part of the Sound Sanctuary evenings are the people who anchor the Jazz in June series. Nick Gummesson is a key figure in this work as a first-tier pianist on the Ottawa jazz scene, and as the music director at MacKay. It's exciting to engage with strong new and younger voices in the community such as Chris Pond and Atcheleh Aryee. Also, we're fortunate to have developed a relationship with the Ottawa Jazz Festival (OJF). Petr Cancura (Executive and Artistic Director of the OJF) has played the June series and Sound Sanctuary, is always very encouraging, and is a brilliant musician. The OJF has also made us part of their Homegrown Series each year which has really helped increase our exposure across the region.

Retired public servant John Leefe lives in Lindenlea.

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EVENTS CALENDAR

October

Mondays – The New Edinburgh Community Choir | St. Bartholomew Anglican Church: 125 MacKay St.

Doors open at 7 pm and practice begins at 7:30 pm. Enjoy joining us in communal song. Everyone is welcome. No audition required. Contact newechoir@gmail.com to learn more.

Oct. 5 – New Edinburgh Seniors Social Group – Dance/Fitness (CCC) | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 3:30–5:30 pm

The New Edinburgh Seniors Social Group meets regularly, offering senior members of our community opportunities to build new relationships and strengthen existing connections with peers.

Oct. 8 – New Edinburgh Seniors Social Group – Speakers Series | New Edinburgh Park Fieldhouse: 203 Stanley Ave. |

1–3:30 pm

Speaker Christine Garand, owner of The Union Café, will talk about her beautiful store, a much-treasured community meeting place.

Oct. 10 – BottleWorks Bottle Drive | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 1–4 pm

Drop off your empty alcohol bottles and cans in support of local youth.

Oct 18 - IODE Laurentian - Second Annual Trivia Night at Beyond the Pale Brewery 250 City Centre Drive | 1-4pm

Tickets are \$25 and can be purchased by e transfer to the treasureriodelaurentian@gmail.com. There will be a 50/50 draw, a raffle and snacks. All proceeds will go to Nelson House. IODE is a registered charity. For more information: www.iodelaurentian.com

Oct. 19 – New Edinburgh Seniors Social Group – Dance/Fitness (CCC) | New Edinburgh Park Fieldhouse:

203 Stanley Ave. | 3:30–5:30 pm

The Group meets regularly giving senior members of our community opportunities to build new relationships.

Oct. 20 – New Edinburgh Community Alliance (NECA) Board Meeting | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 7–9 pm

All New Edinburgh residents are welcome to attend this in-person meeting. Or join virtually via Google Meet: request the meeting link by emailing newedinburgh@outlook.com

Oct. 22 – New Edinburgh Seniors Social Group – Tea Time (CCC) | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 1–3:30 pm

Join us for tea, goodies, and some social time.

Oct. 24 – Comedy at the Fieldhouse – Jen Grant with Serge Nkusi, Lorenzo Patino, Duncan MacQuarrie (CCC) | New Edinburgh Park Fieldhouse:

203 Stanley Ave. | 7–10 pm

Join your neighbours for an evening of gut-busting stand-up comedy featuring some of Ottawa's best professional and up-and-coming performers. Headliner: Jen Grant (Just for Laughs, CBC's The Debaters, The Comedy Network), Host: Hart Shouldice (CBC, Yuk Yuk's, Absolute Comedy), Featuring: Serge Nkusi, Lorenzo Patino, Duncan MacQuarrie. Beer, wine, and non-alcoholic refreshments available. This event is recommended for ages 16+. Doors open at 7 pm; laughs start at 8 pm. Tickets: \$20. These shows sell out in advance, so get your tickets now at our Square store: newedinburgh.square.site

Oct. 24 – Book signing for Saul Burg: A Man of Many Parts | Books on Beechwood: 35 Beechwood Ave. | 2–4 pm

A new international thriller by local author Adrian de Hoog. Find more details at adriandehoogauthor.com

Oct. 25 – Sunday morning worship and jazz | MacKay United Church:

39 Dufferin Rd. | 10:30 am

NEW this fall! Following on from the Jazz in June series, MacKay United will feature jazz throughout the Sunday morning worship with the leadership of the music director Nick Gummerson. Guest appearances by members of the Ottawa Jazz community and a core circle of musicians, including Emmanuel Simon, the MacKay Choir, Jose Hernendes, Kyle Jordan and Jennifer Bell.

Oct. 26 – New Edinburgh Seniors Social Group – Chair Dance / Fitness (CCC) | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 3:30–5:30 pm

Again offered in partnership with the School of Dance. This was enjoyed so much in the spring that we have accepted the School of Dance's generous offer to continue the series.

Oct. 28 – New Edinburgh Community Alliance (NECA) Annual General Meeting | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 7 pm

See the note from the President on page 2 for more details. Everyone is welcome.

Oct. 31 – Halloween Howl (CCC) | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 2–4 pm

The annual Halloween party! This longstanding tradition is an opportunity for our littlest neighbours to dress up and participate in Halloween themed activities, crafts, and games inside the Fieldhouse. Can you volunteer your time? Please email CrichtonCommunityCouncil@gmail.com

November

Mondays – The New Edinburgh Community Choir | St. Bartholomew Anglican Church: 125 MacKay St. Doors open at 7 pm and practice begins at 7:30 pm

Enjoy joining us in communal song. Everyone is welcome. No audition required. Contact newechoir@gmail.com to learn more.

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Nov. 3 – Environmental information session | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 7–8:30 pm

Organized for community members to learn more about issues relevant to New Edinburgh and the city at large. Presenters include: Rachael Jones, program manager, Solid Waste Service Branch, City of Ottawa; Duncan Bury, co-founder, Waste Watch Ottawa; Valerie Leloup, co-founder of NU Grocery and strategic lead for waste and circular economy, EnviroCentre.

Nov. 7 – St. Bartholomew’s Church Bazaar | 125 MacKay St. | Noon–4 pm

Shop for holiday gift items, and other interesting treasures and enjoy the amazing tea room to support church and local outreach initiatives.

Nov. 12 – New Edinburgh Seniors Social Group – Speakers Series (CCC) | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 1–3:30 pm

Speaker Janet Uren will talk about dogs, history, theatre, and how coming to New Edinburgh has changed her life.... She guarantees a few

laughs!
Nov. 14 – BottleWorks Bottle Drive | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 1–4 pm

Drop off your empty alcohol bottles and cans in support of local youth.

Nov. 14 – Beechwood Night Market | MacKay Memorial Hall: 39 Dufferin St. | 5–9 pm

A special holiday evening pop-up event in the community with great music, food, drinks, and other special treasure offerings.

Nov. 17 – New Edinburgh Community Alliance (NECA) Board Meeting | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 7–9 pm

All New Edinburgh residents are welcome to attend this in-person meeting. Or join virtually via Google Meet: request the meeting link by emailing newedinburgh@outlook.com

Nov. 22 – Sunday morning worship and jazz | MacKay United Church: 39 Dufferin Rd. | 10:30 am

NEW this fall! Following on from the Jazz in June series,

MacKay United will feature jazz throughout the Sunday morning worship with the leadership of the music director Nick Gummerson. Guest appearances by members of the Ottawa Jazz community and a core circle of musicians, including Emmanuel Simon, the MacKay Choir, Jose Hernendes, Kyle Jordan and Jennifer Bell.

Nov. 26 – New Edinburgh Seniors Social Group – Tea Time (CCC) | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 1–3:30 pm

Join us for tea, goodies, and some social time.

Nov. 28 – Holiday Lights Gathering (CCC) | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 4–7 pm

Warm up for the holiday season with your neighbours at the Fieldhouse! The Crichton Community Council welcomes all at the annual Holiday Lights Gathering.

A note about the New Edinburgh Seniors Social Group (NESSG)

The NESSG meets regularly at the New Edinburgh Park

Fieldhouse to offer senior members of our community opportunities to build new relationships and strengthen existing connections with peers. Regular activities include: a Speakers Series featuring local personalities; ice cream socials; dance/fitness classes; tea time; and

luncheons. All seniors, family members, friends, and neighbours are invited to spend this time together. There is no cost to participate in most activities. For more information, please contact Dawn Straka at 705-930-1991 or email newedse-niors@gmail.com



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Send us the details: editor@newedinburgh.ca



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Congratulations



Congratulations to founder and owner Christine Garand on the 10-year anniversary of Union Street Café. Located at 42 Crichton St., this charming café feeds many people in the community along with employees from Global Affairs Canada and Rideau Hall. Folks stroll over for coffee breaks, and delicious, savoury or sweet breakfast and

lunch options. It's also a great meeting spot on weekends for neighbours to gather along with their furry friends and catch up. We are thrilled that Christine and her team continue to serve New Edinburgh and surrounding areas. We thank them for their ongoing support to provide us with this thriving neighbourhood hub.

Hello, Goodbye & Welcome Back

It's been a busy few months around School Lane/Crichton/Charles/MacKay Streets. Crichton St. residents said farewell to Marie Rose and Brian Northgrave who moved a few blocks away to Landry St., and extended a warm welcome to Lovisa and Geoffrey Robinson, new residents in "the church." Sylvie Paradis and Mario Huppe moved to Ottawa East and neighbours

say "Hello" to new owners Helga Ehrilch and David Murchison. MacKay St. neighbours are happy to see Gaven, Christine, Fiona Buchan and four-legged friend, Scapa. They spent 10 years away from Ottawa serving our country and have returned just in time to enjoy the colourful leaves on their home street. Congratulations to Mehdi Salemi; also to Barbara Arkle and Claire Rochon on their wise decisions to locate to this wonderful neighbourhood.

Invitation to meet local artist



Local artist Carmen Porter invites community members to attend her art exhibition titled 'Where the River Meets the City' opening at Electric Gallery on Oct. 24 from 5–7 pm.

Farewell Old Lady Willow of Stanley Park

By Karen Farley

A century or more she stood tall,
 Reaching her fingertips towards the Rideau River,
 Until thunder cracked, lightning bolted,
 Wind whipped her stiffened limbs,
 Brittle boned, she took a final bow,
 Tripped, fell, and ripped in two.

Always present,
 She kept secrets of yesteryears,
 Shaded picnics, watched families grow,
 Sheltered mallards, raccoons, and chipmunks,
 Spied on joggers shuffling, bikes passing,
 Even let dogs sniff her toes.

By morning azure skies return,
 Her furrowed trunk exposes gaping wounds,
 Slender leaves still verdant green,
 Tossed to reveal silvery undersides,
 Twigs strewn like litter,
 Her breath shallow.

I pause to bid adieu to a fallen friend,
 Give thanks for her service,
 Soon the city hearse will convey her to a final resting place,
 Farewell Old Lady Willow of Stanley Park.



Photo by Karen Farley

The poem *Old Lady Willow of Stanley Park* was inspired by the trees damaged or blown down in Stanley Park during the Canada Day storm 2026.

Got some news to share?

Anniversaries, weddings, birthdays, retirements,
 milestones and remembrances:
 New Edinburgh News readers want to hear about them!

Send us your text and photo to:
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Submissions may be edited for length and clarity.