



The Cambridge ‘castle’

BY KARL KESSLER

PHOTOGRAPHY • DAVID BEBEE

A good building accomplishes at least two things:

First, it serves its purpose well. Second, it engages with, or contributes interest to, its surroundings. It understands the neighbourhood conversation, and throws in its two cents.

Such a building, facing Ainslie Street in Cambridge, is the 1914 Col. J.A. McIntosh Armoury, designed by the Department of Public Works Chief Architect's Branch under David Ewart. His office designed dozens of federal buildings, including the still standing former post offices in

Waterloo and Elmira.

Home to the Royal Highland Fusiliers of Canada, the armoury gives every impression of its function. Although small for an armoury, at first glance it's forbidding: thick walls, stout towers, sloping buttresses, battlements, turrets, crenellations, slot-shaped windows and a deeply set door. Add a moat and drawbridge, and you've got yourself a castle.

But look again. From the side, it's essentially a modified Edwardian office block – with a drill hall at the back. The limestone and brick reference the downtown. Fortifications are picturesque, softened by curves and graceful stone arches supporting the battlements.

Evoking a house entrance, bracket lights flank the door. Evoking a post office or school, attractive stone lettering announces that this is an armoury. Clearly, it's also a civic building.

What it's not, is open to the public.

But the RHFC invites you inside Sept. 16 during Doors Open Waterloo Region. Upstairs, see one of this region's best heritage interiors, with original ceilings, doors, paneling, trim, cabinetry and leaded glass.

Preview all 50 Doors Open sites at www.regionofwaterloo.ca/doorsopen.

Karl Kessler is co-ordinator of Doors Open Waterloo Region.

LEADING TRENDS IN FEMALE COSMETIC SURGERY.

Q&A with Dr. Stephanie Ma & Dr. Amy Chesney

What are the most popular surgeries for women today?

We find that more and more women are opting for surgeries that really focus on building body confidence, from breast augmentations to labiaplasty - surgeries that make each individual woman feel their own type of amazing.

Why are women getting their breasts augmented?

We find that many women—after breastfeeding or just with aging and gravity—want to give their breasts a lift. Women don't like the feeling of sagging breasts and want to feel great in their clothes and swimsuits - or even just naked! Breast augmentations aren't about creating a huge change, but simply about restoring the breasts to their previous volume and perkiness - that can make a huge difference.

How do you ensure natural results?

We go through a one-on-one consultation with each woman, ensuring that we understand what their wishes and goals for their surgeries are. We then create a unique plan for each surgery, thereby delivering results that look natural and beautiful.

What types of surgeries do you find help moms feel their best after baby?

The body changes so much with childbirth, which is incredible, but can also be challenging when you are done having kids. We have so many options depending on what moms would like to restore. From vaginal tightening to excess abdominal skin removal to breast lifts, the possibilities are endless no matter how much or how little a patient wants to undertake.

What is the most common reason women don't seek out plastic surgery?

There are many reasons. Some think it is too expensive, too vain, or unnecessary, but really it is an investment in yourself. When you look and feel your best—whether or not people can see the changes—you are naturally more confident. The possibilities for surgery at our clinic are so varied; we genuinely do have something for everyone, with so many surgical and non-surgical options all under one roof.

How do we book a consultation with one of you?

You can contact our office at (519) 746-1132 or email us at info@thecosmeticsurgeryclinic.ca. We would love to discuss any questions or concerns you may have.