



THE REGIONAL GROUP IMAGE

The Regional Group is proposing two “mid-rise” residential buildings to the east and south of the Deschâtelets Building, as shown in the above rendering with a view from the southeast. Scholastic Drive, which runs parallel to the river, is in the foreground and Deschâtelets Avenue is at the bottom left. Greystone Village Retirement is at the right. The semi-circular arranged residences at the top left would constitute the final component of Greystone Village.

Greystone Village Phase 3 development plans unveiled

260 total units in two mid-rise residential buildings

JOHN DANCE

This summer, Regional Group will provide the City with its plans for completion of much of the remainder of the Greystone Village site, specifically proposing two “mid-rise” residential buildings to the south and east of the Deschâtelets Building. A public meeting to review the plans will be scheduled some time in September.

“We anticipate that both buildings will conform with current zoning provisions and the Local Planning Appeal Tribunal agreement,” says Evan Garfinkel, Regional’s coordinator of land development.

The plan includes a central courtyard

amenity space for residents. An elevated public pedestrian connection from the future Forecourt Park to the river corridor would go over this amenity space, although details still need to be discussed and finalized with the City.

Vehicular access would be from Scholastic Drive, which also has the public multiuse pathway on its eastern side, for two levels of underground parking. “Laybys” on Scholastic Drive and Deschâtelets Avenue are proposed for visitor parking and pick-ups/drop-offs.

“Now that the plans for the Deschâtelets and proposed gymnasium have been formalized, we are moving forward with the proposed Phase 3 plan,” says Garfinkel. The plans have had

Continued on Page 13

INSIDE THE MAINSTREETER



OOE's Vintage Vehicles
Page 3



Meet Dr. Nili Kaplan-Myrth
Pages 4 & 5

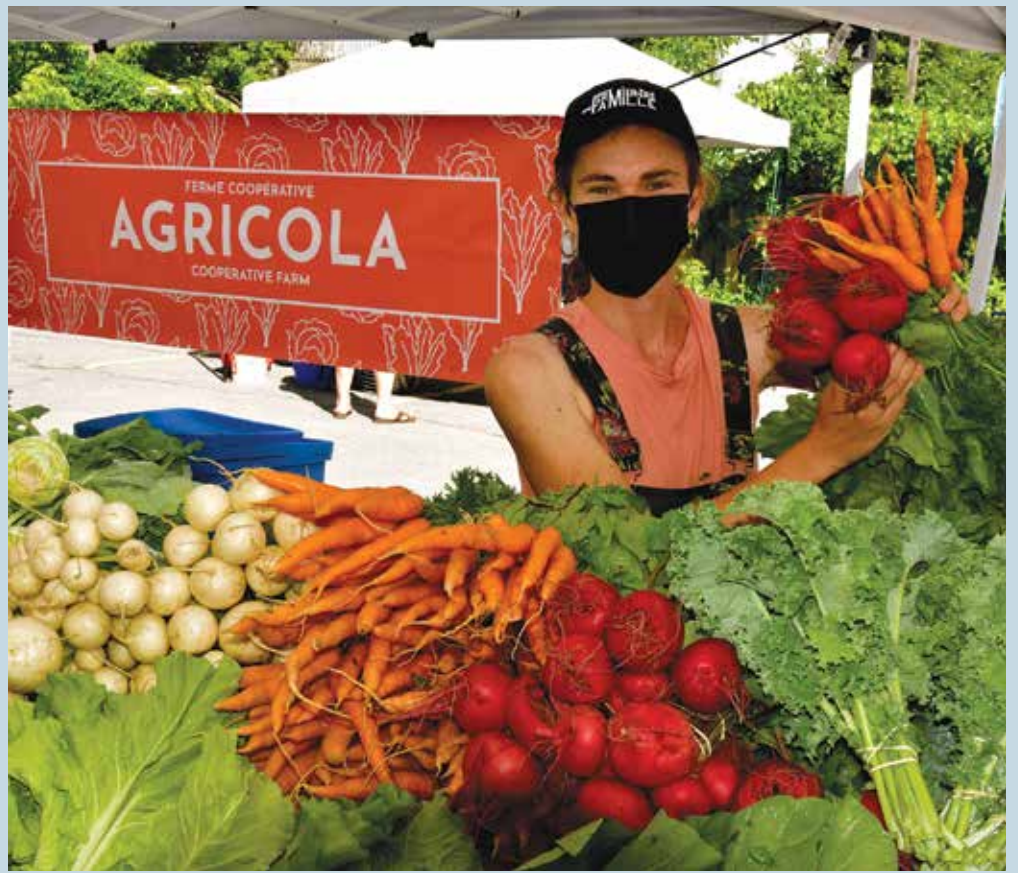


Top 3 Invasive Weeds
Page 20



Getting to know Evelyn
Page 35

Faces at the Main Street Farmers' Market



PETER CROAL PHOTOS

The Mainstreeter's roving photographer Peter Croal toured the market recently and caught up with some of the vendors, including market manager Brett Weddle (bottom right), who also runs Cadence Ecological Farm. The market remains open until October 30 on Saturdays from 9 a.m. until noon in the parking lot beside Singing Pebble Books.





THE VINTAGE VEHICLES OF OLD OTTAWA EAST

DON FUGLER

As the age of internal combustion engines wanes, there are still some residents of Old Ottawa East who have classic or vintage vehicles that burn gas, for better or worse. Some of these vehicles even evoke passion, an emotion that most sport utility vehicle (SUV) owners will never experience. SUV capability? – yes. SUV convenience? – yes. SUV attachment? – Hmmm, probably not. Here is a sample of the remarkable classic vehicles that can still be found on the streets of Old Ottawa East, and the passion of the OOE owners who lovingly tend to the care and feeding of their four-wheeled friends.

Michael's 1962 Land Rover 2A (Above right)

Michael has lots of good reasons to explain his 25-year ownership of his vintage Land Rover - simplicity and robust construction; availability of parts; historic interest; unique and strong presence; versatility and practicality from soft top to hard top to no top, hauling garbage and garden supplies, and a good night out on the town.

"I have always driven standard vehicles, this being the first with a non-synchronized transmission and non-power steering and brakes. It makes everyday use a challenge, but it allows for a more leisurely drive," he says. "Although it rides like a 'buckboard' wagon, I have good all round visibility. Since I like to keep things simple and uncomplicated, there is no power anything, no electronic/computer-driven distraction. And, ultimately, the stories I hear from others who

stop me is worth the noise, smells, sore muscles and wetness."

Robert's 1959 Corvette (Above left)

For the past four years, Robert has proudly owned his Classic 1959 Corvette, known as the 1st series 1953-1962 (C1). He explains that the new Corvettes made en masse today are the 8th series (C8), but back in 1959 there were fewer than 10,000 vehicles produced for that model year.

"I devoted the first three years mostly to its restoration, and a lot of dedication went into keeping the exterior and interior as it was made in 1959. I did take the liberty to update the mechanical systems, drivetrain, brakes and steering in order to make it safer to drive in today's traffic," Robert says.

"I have always been a car guy, and



I've always had a car that was a little different. I take it out for a drive at any excuse. I really enjoy it when the older people give me a big smile and a thumbs up, and the younger ones like it because it's so different and they want to know what it is."

Don's 1966 Volkswagen (VW) Deluxe Bus (Below back)

Don has owned his current VW Bus for 17 years – it's one of a series of buses he has owned continuously since 1972 and used over the years for hauling goods and camping.

According to Don, "my regular vehicles are safe, comfortable, and reliable. The bus is not. However, it has a certain charm and utility. It is analog, not digital, and almost everything can (and needs) to be fixed with your own toolbox.

"It is used frequently in Spring, Summer, and Fall, and stored in the Winter. Sometimes it even goes on long trips – BC, Nova Scotia, and

Manitoba – and it even delivers *The Mainstreeter* to local volunteer carriers," Don says.

Mike's 1969 Austin Mini MK II (Below front)

Mike has had a 5-year-long live affair with his Austin Mini. "I love to drive it because it drives like a go kart - it's a blast with regards to handling." He uses it for Spring and Fall driving only since it has no snow tires and no air conditioning.

Mike purchased the Mini from a British gentleman named Chippendale who packed up his two boys and drove it to Ottawa across country from their home in Vancouver. Originally purchased new for \$1,600, it was sold to Mike in 2016 for \$800; the little Mini has held its value well – when Mike purchased it, the Mini had depreciated a total of only \$800 in 47 years – or \$17 per year!



SHARING LUNCH WITH...

Jabapaloozas: Taking COVID vaccinations to the street

By her own admission, Doctor Nili Kaplan-Myrth is outspoken, not the least bit shy and very comfortable with the media. During the pandemic, the Glebe-based family medicine practitioner has relied on these attributes and others to play a leadership role in the provision of COVID vaccinations to her patients and to vulnerable citizens of Ottawa through her mass community immunization events, known as “Jabapaloozas”.

After graduating from UOttawa med school, Dr. Kaplan-Myrth founded her Fourth Avenue family medicine clinic to provide “common ground collaborative care” to her patients, drawing from her prior studies in anthropology, indigenous health policy and politics, and self-determination health studies. “My anthropological studies had shown me the importance of everything being a collaboration between the physician and the patient, and the merits of really working with the community. So that is what I’ve built over the last decade.” Her five “Jabapalooza” mass outdoor COVID vaccination events, two of which were held recently at the Immaculata High School sports field in Old Ottawa East, have proven to be hugely successful, and have brought the fight against the virus directly to Ottawa’s urban core communities and to some of the city’s most challenged citizens. In the following interview with *The Mainstreeter*, Dr. Kaplan-Myrth speaks frankly about some of the highs and the lows of the pandemic, as well as her life-saving role on the front-lines.

THE MAINSTREETER: Let’s start with the pandemic and your family medicine practice? How have you been affected?

DR. KAPLAN-MYRTH: When the pandemic began, we initially had to pivot to provide virtual care so that we could continue to see our patients safely from a distance, either by telephone or video. We were also trying to find sufficient personal protective equipment (PPE) since at the time there just wasn’t enough. Family doctors in the community weren’t supported at that point by the provincial government, so we didn’t have sufficient PPE. We also didn’t have any income to speak of between March 2020, and July 2020, so there was a lot of stress there.

I was spending my days working pretty much 24/7, responding to calls from patients who were concerned that they had COVID. There was a lot to do

taking care of my patients, evenings and weekends, and it was non-stop for those first months of the pandemic.

At the same time, we were really unsure how our clinics would be able to survive financially. That was the point at which I picked up the phone and spoke to CBC and started writing articles in the *Ottawa Citizen* and *The Mainstreeter* and other community papers about the need to protect our vulnerable populations, people who don’t have access to health care, who just aren’t able to stand in lineups in order to get COVID tests. From there, we eventually got some PPE and we were able to open up our doors to see patients in our office, as well as by phone and video, and that really hasn’t stopped since September 2020. We have to do all of the regular family medicine, taking care of patients - immunizing babies, seeing people for their cancer screening, and all the other things that we do day-to-day. And we’re doing a lot of mental health counseling since people are struggling through the pandemic.

Then, in Ontario, family doctors were entirely left out of any planning for the roll out of the vaccine. So I did a lot of advocacy for family doctors to be more involved, and then I started to gain access to vaccine in my own office, as did some other family doctors.

THE MAINSTREETER: How was it possible for family doctors like yourself to gain access to vaccines at a time when they were extremely scarce?

DR. KAPLAN-MYRTH: Actually, the province has never included us in the vaccine rollout. Family doctors across Ontario lobbied the province along with the Ontario College of Family



SUPPLIED PHOTOS

One of more than 800 patients receives her COVID vaccine at a recent Immaculata High School Jabapalooza community vaccination event.

Physicians. Then there were some pilot sites that were given vaccine, but those were primarily in Toronto and in other places, and not in Ottawa. Finally, it was just our dogged persistence that led us to being told “Okay, you can have some doses of vaccine”. But the vaccine came from Ottawa Public Health (OPH), not the province, and OPH has been very supportive. They have been saying all along that they wanted the doctors to participate, but even Public Health was not invited to participate for the first several months of the vaccine rollout. It was all locked into hospitals, run by General Hillier at the time, and Public Health had no mandate. Finally, that shifted, and they were allowed to start doing immunizations, and then they invited us as family doctors to go and help immunize seniors in retirement homes.

I was part of that first wave of family doctors who put up their hands and said I will go into retirement homes to immunize residents. And then, because I already had that experience, and because I was continuing to advocate along with my colleagues, a few of us initially were given the opportunity to receive some vaccine in our offices. But it still wasn’t supported by the province. Until very recently, the province said you can go to your mass vaccine clinics, or you can go to a pharmacy, but they hadn’t said you can also go to a family doctor. So it’s really been an uphill battle, which is very strange because it’s our bread and butter, it’s what we do - we do all of the immunizations.

And when we were finally given the opportunity, we weren’t given very much vaccine, and we were only given Astra Zeneca. By that time, all of our 100-year-olds, and 90-, 80- and 70-year-olds had already been vaccinated. The vaccine we were given was only for people, ages 40

and over. We only had a small number of patients from our office who we could vaccinate, so I decided to open it up to the public. I said okay, I’m going to start to email people who aren’t my patients who needed the vaccine.

THE MAINSTREETER: So, it was at that point that you then began your Jabapalooza events, is that correct?

DR. KAPLAN-MYRTH: Yes, correct. The first one, in April 2021, was held in front of my office on Fourth Avenue in the Glebe. I had about 80 to 100 of my own patients who still needed the vaccine, but then I took in others from the public, so I think we did 220 doses in that first Jabapalooza. The second one, in Old Ottawa East at Immaculata High School, we did about 330 immunizations, and the numbers kept going up, and we had 550 who attended our second event in Old Ottawa East. And as to overall numbers, we estimate the total number of individuals we’ve immunized at our Jabapaloozas is 2,640, and that would be a mix of first and second doses. Our first three events were all first dose immunizations, while the fourth and fifth ones were second doses.

When we opened it up to the public we asked ourselves: “Okay, who are the people who are struggling, who cannot work inside their homes, who have to work outside of their homes, who have not been able to access a vaccine and who are exhausted from hunting, and who may be on multiple waitlists for pharmacies? At that point there were teachers, construction workers, bus drivers, truck drivers, early childhood educators, childcare providers, grocers, just so many different people who were



Dr. Nili Kaplan-Myrth

Continued on Page 5

JABAPALOOZA'S DOCTOR NILI KAPLAN-MYRTH

Continued from Page 4

struggling, and who needed to get the vaccine but who couldn't just jump into a car and drive an hour away or couldn't even get to a suburb of Ottawa. By having our Jabapalooza events in central Ottawa, we made it possible for people to get there by foot, by bike, or by OC Transpo.

The second and the third events took place on the Immaculata High School soccer field. We had about a dozen medical students who volunteered, and about 30 people in the community who wanted to help, because there's a lot of work that has to be done on the ground on the day of an event where you're immunizing 500 people on a soccer field. The Ottawa Chamber Fest was there at the soccer field with us, serenading the patients all day long and they did a fantastic job creating beautiful music, and making it really special.

THE MAINSTREETER: How have you transitioned from the very beginning of these Jabapalooza events to where you are today, having successfully completed five of them?

DR. KAPLAN-MYRTH: What has changed is that we successfully lobbied for family doctors to be able to be involved in the rollout, though I'm not very hopeful that the province has heard the message that we should have been involved from the beginning. I'm delighted and proud that so many of my own patients have stepped up and have now had two doses of COVID vaccine. I'm very pleased that Ottawa Public Health has been supportive of family medicine. I'm so thankful for all the people in Ottawa who have volunteered to help to make our events successful and all the Ottawans who have gotten their vaccine and done what they can to stay safe throughout the pandemic.

You know, it's been a very hard year and a half for everyone, and we all want the pandemic to be over. Unfortunately, we've seen a lot of tragedy, a lot of people who have gotten sick and have died, and



Team Jabapalooza gathers together on the Immaculata High School field to commemorate a busy day of grassroots public health.

in particular so many of our seniors in retirement homes and in long term care. And, it's extremely difficult for kids who haven't been able to be in school. So, there are many for whom we need to grieve, but also we have this kernel of hope that we're nearing the end of this. We just need people to stop shopping around for vaccine and take the first doses available to them.

THE MAINSTREETER: Dr Kaplan-Myrth, the actions you've taken to immunize Ottawans against COVID have gone above and beyond what would be considered routine within your profession. Would you agree?

DR. KAPLAN-MYRTH: I recognize that I've gone beyond what other family doctors may have done, but others have also been working tirelessly in their offices providing care. I'm outspoken, and I'm not shy, and I like writing and I'm comfortable with the media, so I just have to be in this role. Advocating for our patients and for our community and our population, it's really part of our job as doctors, and I've done that a little bit differently than others have. But it's because I believe so strongly that it's an important role.

And leadership is important at this stage, especially for women and particularly for scientists and for the medical profession, as the voices of experts. Early on, it was males, and predominantly white males, who were being portrayed as experts in health care, so we've been trying to amplify the voices of women and people of colour and people with disabilities and indigenous Canadians. We've been trying to say that the people who are working to take care of the community, all the community advocates who are out there every day without much support - they are, to my mind, the people who are really truly incredible.

THE MAINSTREETER: When you speak of your problem being termed "front line heroes", you described yourself as being rendered "dispensable". What exactly do you mean by that?

DR. KAPLAN-MYRTH: Basically, the idea is, don't call us heroes and then fail to support us. Nurses and personal support workers, and doctors and teachers, childcare providers, we're all out there helping to keep the community going and working long hours and putting ourselves at risk, physically and emotionally by doing this work. And then there are no paid sick days for any of these people, and we have struggled to get adequate amounts of PPE, and doctors have had to close their offices because they couldn't support themselves. Working as a family doctor, I had no one who went out of their way to support me or my colleagues. I had to travel 300 kilometres to get my own COVID vaccine because they forgot about us, because we don't work in hospitals. I have been out there immunizing hundreds and hundreds of people, but for me to get my own vaccine, I have to travel that far - it's simply absurd, and it's hard to feel like a hero when our own well-being is hardly a priority for the province. So,

we're not interested in being pictured as superheroes because it suggests that you can withstand anything, that you have this superpower, and you're somebody that should be glorified. But doctors and nurses and social support workers and others involved in this fight don't want to be sent into battle without adequate protection.

THE MAINSTREETER: In connection with the Jabapalooza at Immaculata High School, were there any experiences that led you to form an impression of our community or the people who live in Old Ottawa East?

DR. KAPLAN-MYRTH: Well, it was all so special. We had the school's principal, and the Footy Sevens organization, who reached out to us and said, come to Old Ottawa East. And they didn't just give us their soccer field, they found tents for us, they helped us find chairs and tables. There were also two OOE businesses that prefer to remain anonymous, but they paid to rent the big 40 foot tent at the high school field that we needed to use to provide people some shelter from the rain for the event. Their assessment was to do whatever it takes in order to help immunize people so the pandemic can end, and then all the businesses can flourish again. I know who they are, but they do not want to be known, they prefer to remain anonymous.

And there was the Happy Goat Coffee Company on Main Street and they said: "Hey, you know, the school is closed, so you won't have facilities there, but you can come use our facilities - and not only that, but we're also going to supply you with coffee and treats". The Old Ottawa East businesses community was amazing, very, very supportive. And they were people I had never met before, these were total strangers who stepped up and said we're going to make this successful for you. I mean we're divided by that canal, but we're all one community, right?



Old Ottawa East's business establishments offered generous donations, including these tents, to the two Jabapalooza events in the community.

LETTERS TO THE EDITOR

Gypsy Moths – No bite, no bark

Your most recent issue landed yesterday. A great read as always.

The piece on Gypsy Moths by Jason McLean was rich and informative (no surprise, he's an expert). But the cutline under the Gypsy Moth photo ("The male Gypsy Moth . . . can strip the bark off a tree within a few days") is wrong on two counts.

First, moths can't eat -- they have no mouth. Second, it's the larva (caterpillar) of the Gypsy Moth which does the eating, and it eats leaves, not bark.

As far as I know, no caterpillar on the planet, of any species, eats bark. Moths that do eat, eat leaves or siphon nectar from flowers through a sort of tube mouth. Gypsy Moths in adult stage do not eat. Adult Moths, male and female, have a two-week life with the sole purpose of procreation. The female lays eggs, they hatch, producing the larva (caterpillars), which indeed eat voraciously. Mom and Dad die fulfilled.

That said, the whole June issue is jammed with news you can use, news to amuse, and news a reader hasn't even imagined. Keep it up!

*Roger Bird,
McGillivray Street*

[Editor's Note: Correspondent Roger Bird heads up the Old Ottawa East Birding Group and leads birding tours within the community. As he quite correctly points out, our Gypsy Moth reporter Jayson McLean is a very knowledgeable individual whose article in the June issue was entirely factual and accurate. But, alas, the same cannot be said for the article's editor who supplied the incorrect cutline below the photo of the Gypsy Moth. In this case, the "bark stops here", with the Editor-in-Chief, and not with Jayson!]

Sharing the path



I cheered, as did many other Old Ottawa East residents, when so many snapping turtles laid their eggs along the river in our community this spring. It was also heartening when local residents and the Canadian Wildlife Service (CWS) put protective netting and boxes in place to protect those nests against predation.

I wanted to find out more about these wonderful creatures. One of the biggest challenges for the Common Snapping Turtle is the mortality rate from crossing roads when they emerge from their water home to lay eggs. Another issue is that typically 80% of nests are destroyed by predators. While a typical nest contains 20 to 40 eggs, only 5% of the eggs laid survive to hatch, and of those, only 1% may survive to reproductive age. Thus, we should try to do everything we can to help these majestic creatures thrive.

I was therefore disappointed when I saw the CWS biologists moving the eggs of two nests because of the complaints of cyclists who wanted to be able to continue to ride along a very short stretch of the narrow dirt trail beside Brantwood Drive near Centennial Boulevard. I understand the desire to ride by the river, but I do not understand why some cyclists felt it was more important for them to be able to ride on a dirt trail beside a wide quiet street than for the turtle eggs to hatch in place.

*Phyllis Odenbach Sutton,
Rosemere Avenue*



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A sad postscript

After the recent announcement of the discovery of unmarked graves at the former Kamloops Indian Residential School, I wish to bring to your attention the following information. The Oblates of Mary Immaculate who taught at that school had their headquarters in the Deschâtelets Building on Main Street in Old Ottawa East. They also taught at the St. Eugene Residential School outside of Cranbrook, B.C. The Oblates of Mary Immaculate no longer reside or own the Deschâtelets Building, which is currently being renovated and re-purposed.

*Pam MacDonald,
Old Ottawa South*



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High school volunteers should submit papers for signature to Daniel Racicot.

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Councillor Shawn Menard: Shawn.Menard@ottawa.ca

Community Activities Group: Call Old Town Hall at 613-564-1078 and leave a message for Carol Toone

Community Police (for non-emergency concerns):

613-236-1222 x5287 or huntmr@ottawapolice.ca

Old Town Hall: 613.627.0062

Opinion



EMMA BIDER PHOTO

Old Ottawa East seniors can do more for the planet with their time, voice and money

ROY CULPEPPER

Another blazing hot summer is upon us. It's that time of year when you appreciate all the neighbourhood has to offer: Shade from old, robust trees, and a cool breeze off the Rideau River. But, as we all know, our climate is changing for the worse.

Sadly, our beautiful trees are not things we can take for granted. According to climatologists, Ottawa had the driest May in 75 years. The water table remains low, and the lack of regular rain is especially hard on our trees. However, as we saw in September 2018, when six tornadoes ravaged Ottawa, extreme weather can also spawn violent storms and severe flooding.

It is easy to feel defeated by this summer's news, even as we regain our lives from COVID-19, but now is not the time to give up.

It's my belief, as one of the neighbourhood's older residents, that those of us who find ourselves with valuable time, expertise and investments, can make a difference when it comes to climate change. It is for this reason that I became a founding member of Climate Legacy, an organization dedicated to connecting seniors to climate action.

The project came about because many seniors wish to leave a much healthier planetary legacy to their children, grandchildren, and generations to come, but often aren't sure where to start. As my colleagues and I have had the pleasure of witnessing, our generation can and

does make a difference at the local to national levels. We are dedicated to highlighting these efforts, in the hopes that they will inspire other seniors. I'll offer just a few examples.

We have built a network of over two dozen organizations engaged in action on climate change. Some, like the Canadian Association for the Club of Rome, provide a space for discussion on global, national and local climate issues. Others focus on specific actions to change policies or behaviour. For example, Below 2C in Ottawa is part of a #FireYourFossilBank campaign, encouraging folks to move their savings and investments away from Canada's Big 5 Banks, who regularly fund fossil fuel expansion.

The campaign offers tools to move your money and has even inspired a few protests across the country.

Similarly, seniors are talking to their pension fund managers about divesting from fossil fuels and investing in renewable energy and green technology. The movement to divest is picking up steam—there are easier ways to maintain a green portfolio every day, as financial

institutions begin to realize which way the wind is blowing.

As an economist, I'm focused on how our money can be mobilized for climate action. But that can also mean being pickier about what you consume and from where.

We have Nu Grocery in the neighbourhood, the Green Door Restaurant and the Main Farmers' Market where we can connect with local producers, in addition to other eco-conscious, local businesses to patronize. These are just a few examples, but they serve my point.

And then of course there are the basics: plant a pollinator garden. Talk about climate change with your friends and family. Join our Old Ottawa East community association and Sustainable Living Ottawa East (SLOE) and see what environmental work they are doing.

Clearly, there are numerous ways for seniors to do their part, and Climate Legacy is a resource for those who are interested but not sure where to start.

After all, now more than ever, we need everyone's help to defend our natural heritage.

Next issue of
The Mainstreeter
Content and advertising
deadline is:
September 10, 2021



JOHN DANCE PHOTO

Cyclists at the Clegg-Colonel By intersection before the Flora Footbridge and the safe Colonel By crossing were built. The City plans more improvements through the new active transportation plan.

Old Ottawa East will be at the heart of the City's new Active Transportation Plan

JOHN DANCE

Work on the City's new active transportation plan (ATP) forges ahead with a number of potential improvements proposed to benefit local pedestrians and cyclists.

At a consultation session held this summer, residents learned that a number of "missing-links" - including the dangerous Bank Street bridge over the Rideau River - will be addressed although the projected timelines vary.

This year, the City will consult on options to make the Billings Bridge of Bank Street safe for pedestrians and cyclists. One option is to replicate what the improvements to the Bank Street Canal Bridge by removing a vehicular lane and making separated cycling and walking facilities on each side of the bridge.

As for the OOECA-proposed river footbridge in the Clegg - Brantwood Park area, it may be a decade or more before this proceeds. "I do feel some day we will see a bridge there ... it's a great long-term plan but not at the top of the pile over the next 10 years," commented Zlatko Krstulic, the City's manager of active transportation planning.

During the session, a number of the active transportation improvements made in Old Ottawa East, including the Flora Footbridge and the rebuilding of Main Street, were cited as primary examples of progress to date.

As early as 2026, the City may create

cycling lanes along much of Carling Avenue, a measure that would benefit cross-town traffic west of the Rideau Canal. There are, however, no plans for a new east-west cycling route all the way through the Glebe and Old Ottawa East and on through Riverview Park and farther east.

Other cycling improvements sought by participants included protected bike lanes on both Pretoria and McIlraith bridges, better cycling on Smyth Road, and a safe north-south route through Old Ottawa South.

OOECA transportation director Tom Scott flagged the need for "clear routing" between the Corktown and Adawe footbridges and better signage and cycling facilities at the busy Colonel By Drive - Wellington / Rideau intersection. He also noted, "Active transport planning has to take into account the fact that Ottawa's surfaces are frozen solid for five or six months of the year and often covered in ice and/or snow."

"I found the City's approach refreshing and positive," commented Don Fugler, year-round Old Ottawa East cyclist. Unlike with the Official Plan process, the planners for the new ATP began the process by asking residents for their ideas then responded in detail to the various ideas.

Capital Ward Councillor Shawn Menard termed the session "productive" and said, "Hundreds of residents joined in and offered thoughtful and important comments and suggestions. Over the next

few years, the creation of the new Active Transportation Plan will be incredibly important to the future of Ottawa. We need to offer a wide variety transportation choice as our city continues to grow."

"Our office has identified many instances of missing infrastructure in Capital Ward, in general, and in Old Ottawa East, in particular—including safe infrastructure over the McIlraith Bridge that will connect to the Rideau River Multi-Use Path," says Menard.

"We will be working to ensure that these needs are included in the Active Transportation Plan, and we will continue to work with staff to find immediate

solutions for our active transportation issues."

"The ATP is a companion document of the Transportation Master Plan (TMP) and will be consistent with TMP directions," says Vivi Chi, director of transportation planning. "The TMP will set modal share goals for the ATP and propose spending splits between capital project funding envelopes for all TMP modes." Unlike the Official Plan, the TMP has been delayed because of the impacts of COVID 19 until 2024. However, the ATP component will be completed by next Spring.



Active transportation infrastructure has improved greatly in central Ottawa since the above picture of Main Street cyclists was taken eight years ago.

Revitalization plans - take two!

City, OSEG priorities for massive new Lansdowne study at odds with neighbouring communities

JOHN DANCE

Last month, City Council approved a massive Lansdowne Park revitalization study focused on replacing the north-side stands and the arena beneath but the Old Ottawa East Community Association advocates other changes that it feels would be more beneficial to surrounding communities and city-wide users.

“We stress the need to prioritize the repair and upgrade of the heritage buildings; the prohibition of development on the ‘great lawn’ and within the public realm; and the need to add several caveats,” Ron Rose, member of the OOECA Lansdowne Committee, noted in an email to Mayor Jim Watson.

Those caveats include: preserving the “great lawn” as a natural grass area; not adding any artificial turf anywhere on the site; recommending that if a modern arena and new north-side stands are deemed necessary, they be built on a site that is served by LRT, not at the traffic-constricted Lansdowne site; and ensuring that surrounding communities and their residents are consulted in a far superior fashion than what occurred during the very limited consultations that were conducted over the last six months.

“The neighbouring communities should be directly involved in the animation of the Lansdowne site, rather than relying entirely on OSEG and City staff to make unilateral decisions based on commercial considerations,” noted Ian Sadinsky, member of the OOECA Lansdowne committee.

The new study comes just seven years after the the City spent \$210 million in its initial revitalization of Lansdowne.

Now, the City and its partner the Ottawa Sports and Entertainment Group (OSEG) say the 54 year-old north-side stands and the arena are functionally obsolete. Although the bulk of the funding for the initial stadium refurbishment was for the new south-side stands, substantial investments were made in the arena and north-side stands, including the investment of \$23 million for repairs to the arena’s roof.

The guiding principles for the second round of revitalization include a declaration that “City funds will not be used to subsidize any of OSEG’s operations, including the professional sports teams, retail, or residential, and including any impacts of construction

on those operations.” However, Mayor Watson has conceded that “more public funds could be spent on city-owned facilities.” Currently, OSEG has full use of

council need to ensure that robust and respectful public consultations are done. It is important that we hear from the residents and communities that will

be impacted by, and benefit from, a revitalization of Lansdowne Park. Our office will continue to treat Lansdowne issues as a priority.”



JOHN DANCE PHOTO

The City and OSEG propose to demolish Lansdowne Park’s north-side stands and arena and build new ones with residential units above.

the stadium and the arena and maintains them but pays only a dollar a year for their use.

One proposed source of funds for a new arena and north-side stands is the sale of the air rights over the stadium. Indeed, the city is proposing to “add to the intensity of the development to keep the site active at all times...” Included in any new residential development on the site would be affordable housing. No information was provided on how high a new residential development might rise above the stadium or on how many new units are contemplated.

“There are significant concerns about the future of Lansdowne,” Councillor Shawn Menard commented to *The Mainstreeter*. “We need to fix many current issues and ensure that we have a plan that will help enliven the park for decades to come. It is important that the City devises a plan that will further enhance the public realm while also demonstrating responsible financial planning. Most of all, the City and

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\$33 million rebuild for Greenfield-Main-Hawthorne

Massive road reconstruction project begins, set for 2024 completion

JOHN DANCE

The Greenfield-Main-Hawthorne road and underground services reconstruction project in the northern part of Old Ottawa East begins this summer with the creation of the long-sought-after safe pedestrian crossing of Colonel By Drive at the northern end of Main Street and with various other efforts in anticipation of next year's full construction effort.

Although there remain several community concerns that have not been fully resolved, a number of primary improvements, including the Colonel By Drive crossing and the undergrounding of hydro and other wires on Hawthorne (Echo-Main) and Greenfield (Havelock-Main) avenues and on the northern part of Main Street, will be implemented as part of the \$33 million project that won't be fully completed until 2024.

An immediate impact of this year's work will be the closure of Main Street between Greenfield Avenue and Colonel By Drive during the fall. This work will allow construction of the new safe crossing of Colonel By and will also facilitate the construction of the new six-storey apartment building at the northern corner of Main Street and Echo Drive. [See City website, below, for proposed closures, particularly the section entitled "What to Expect During Construction?"]

The closure initially coincides with the closure of Colonel By Drive for the rebuilding of the retaining wall north of Clegg Street and to allow a spacious pedestrian and cyclist route during the

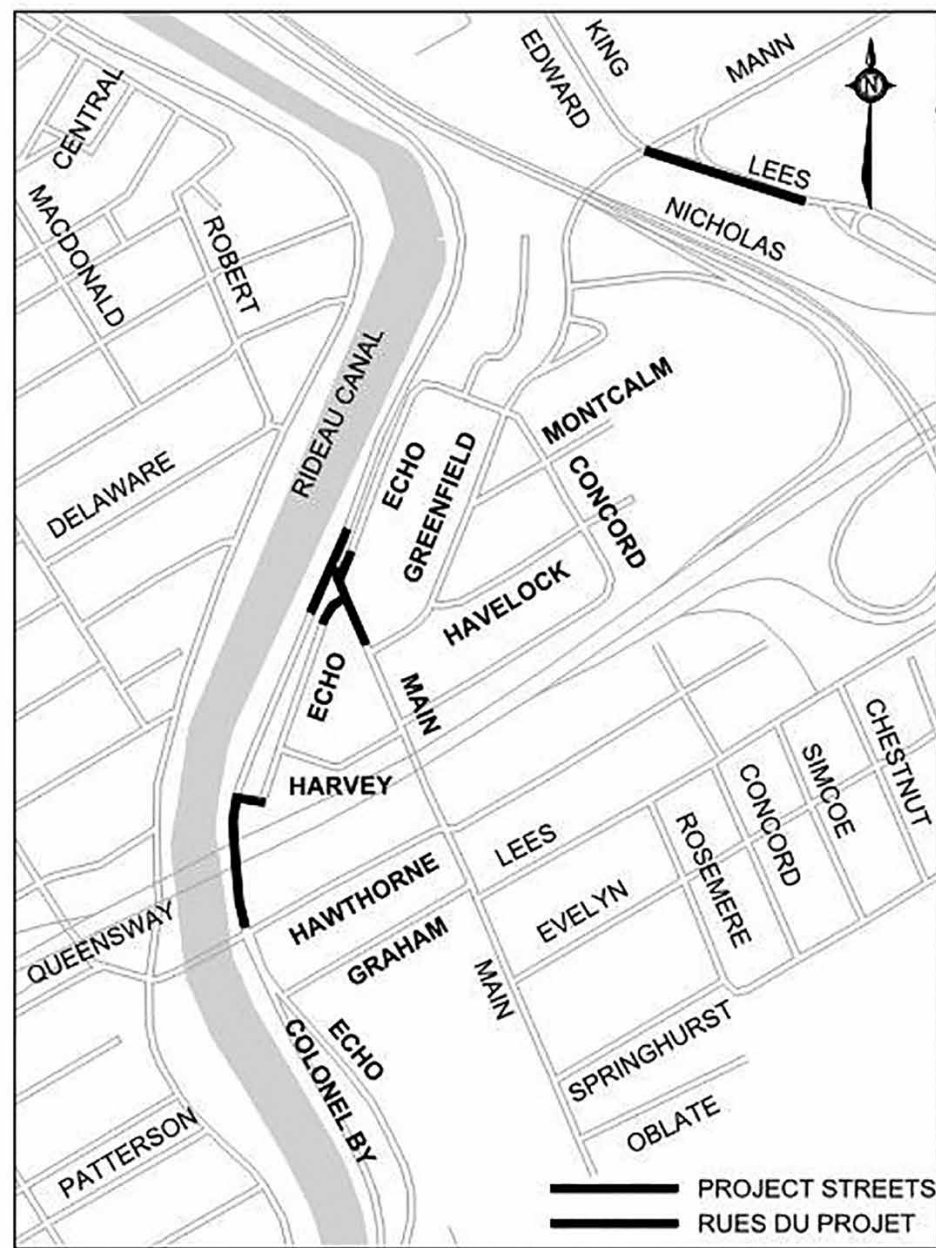
pandemic.

The Old Ottawa East Community Association has requested that there be good signage so that drivers are not surprised by the closure and to ensure that truck traffic does not stray off Greenfield and Main onto side streets.

This fall, the other reconstruction work will include:

- **Colonel By Drive** (Hawthorne Avenue to north of Highway 417): storm sewer installation;
- **Main Street** (Greenfield Avenue to Echo Drive): watermain, sanitary sewer, and storm sewer;
- **Echo Drive** (near Main Street): watermain, sanitary sewer, and storm sewer installation with temporary road reinstatement;
- **Lees Avenue** (Greenfield Avenue to LRT pathway.): multi-use pathway connecting to Greenfield cycling lanes;
- **Hawthorne Avenue:** (Main Street to Colonel By Drive): relocation of gas main.

Next year, the work begun this year will be completed. Also scheduled are the remaining sewer, water and road reconstruction north of the Queensway on Main Street (Echo Drive to Harvey Street); full sewer, water and road reconstruction on Greenfield Avenue (Main Street to King Edward Avenue), Echo Drive (Queensway to Concord Street North), Concord Street North (Echo Drive to Havelock Street), Montcalm Street (Greenfield Avenue to the dead-end) and Harvey Street (Echo Drive to Main Street).



CITY OF OTTAWA MAP

The "black" streets shown in the map will be under construction to varying degrees this Fall. Main Street will be closed between Greenfield Avenue and Colonel By Drive.

Additional information can be found on the City's project website at ottawa.ca/gmhreconstruction. Residents in the northern part of the community were notified in July that they had until August 5 to comment on the plans for 2021 construction. The deadline for comments related to the project areas for 2022 or later is August 31.



GRACE AYRES PHOTO

Passersby along Riverdale Avenue can view the newly - emplaced Bellwood Boulder a true rock of ages. Dating back more than a billion years, it was discovered under Bellwood Avenue during sewer repair work.

Additional primary medical care now available in the neighbourhood

Survey questions posed by a local seniors advocacy group about the current need for doctors in the three neighbourhoods of Old Ottawa South, Old Ottawa East and the Glebe have drawn a resounding response from local residents and seem to have sparked a response from the medical community.

The questions posed by Seniors Watch of Old Ottawa South (SWOOS) helped to identify a shortage of family doctors in our neighbourhoods. And now, someone appears to have been listening! Several new family doctors have announced the opening of new clinics in two different locations.

A new family doctor is starting at Lamira Medical Centre, Bank Street and Kilborn Avenue (Tel.613 422-3477).

The second clinic, Restore Medical Clinics, located at 786 Bronson Avenue (Tel.613-416-1000), will have as many as nine new family doctors, and offers urgent care. The finished complex will have a laboratory and drug store, as well as other health professionals including a physiotherapist and medical specialists.

SWOOS plans to press for some form of primary health care in a more easily accessible location in support of the new Official Plan's vision of the 15-minute walkable neighbourhood. The group would like to find a Nurse Practitioner linked to a health team that would address the health needs of the aging population in the three communities.

Old Ottawa East residents with ideas and energy interested in the efforts of SWOOS should contact the group at SWOOS2018@gmail.com. Indicate "Neighbourhood Health Care" in the subject line.

Update on the City's draft Official Plan

As far as Old Ottawa East's concerns go - ya win one, ya lose one, ya lose some more...

MAINSTREETER STAFF

Old Ottawa East (OOE) has gained one concession from City of Ottawa Planning staff but has had its key request to move the area between Highway 417 and the Rideau Canal into the Inner Urban Transect that will contain the rest of OOE. The lone concession arose when the City agreed with the community's request to move Springhurst Park into the Inner Urban Transect.

The City has been collecting comments and questions about the draft Official Plan since its release last November and claims to have engaged with more than 100,000 citizens on its draft.

On June 10th, the City released a document, entitled *As We Heard It*, which examined and summarized feedback City-wide, and reviewed 25 major themes, or proposals, suggested by the public. The report also provided the City's response to suggestions raised, occasionally noting changes that staff have agreed to make.

What followed was a series of virtual consultations, by transect, held in late June, timed to coincide with City staff's release of Ward-specific *As We Heard It* reports, including one for Ward 17 - Capital Ward. Finally, the text of the individual transect consultations, and the Q&As from each consultation, were released near the end of July. Like the massive Official Plan document itself, there has been a lot reports and documents for followers of the Official Plan process to digest.

Many of the themes listed in the City-wide *As We Heard It Report* were also mentioned in feedback the City received from Old Ottawa East residents; including issues such as the need to: change boundaries between transects; protect the tree canopy; build affordable housing; take reaction to COVID-19 into account and extend the time period for public consideration of the next draft of the Official Plan.

One of the major changes accepted by City staff was the need to move boundaries separating different transects. They agreed, for example, to move a few blocks of the Glebe Annex from one transect to another, and to move Alta Vista, the neighbourhoods on the south side of Baseline along the Experimental Farm, and a few other neighbourhoods, from the Inner



Urban Transect to the Outer Urban Transect.

However, when it came to Old Ottawa East, staff refused to move the boundary that divides parts of our community. The *As We Heard It* report for Capital Ward defended the decision to maintain the initial boundary on the grounds that "the Queensway is a major separation of contexts".

Alain Miguelez, Manager of Policy Planning for the City of Ottawa, then sought to reassure residents that all of their concerns about having a divided community would be resolved by ensuring that all of Old Ottawa East, including that part north of the Queensway, would comprise a single Secondary Plan. According to Mr. Miguelez, in response to a question raised at the Downtown Core Transect consultation, "the main thing that we did in response to what we heard from Old Ottawa East is to return the entire neighbourhood into a single secondary plan. And if you remember, the secondary plan is the document that takes precedence. So, the policy direction provided by the secondary plan is what takes precedence in terms of development".

The announcement in the Ward 17 *As We Heard It* report that the City had agreed to move Springhurst Park back into the Inner Urban Transect was welcomed by OOE residents. It is not clear, however, whether the land west of Springhurst Park will also be included within the Inner

Urban Transect, and residents are left to wonder if the land between Springhurst Park and the Rideau River south of the Queensway will also be included in the Inner Urban transect. This area includes the lands set aside for the Alta Vista Transportation Corridor (AVTC), which is of special interest to Old Ottawa East. Many residents responded to the draft Official Plan by suggesting that the AVTC be removed from the Plan. However, the Ward 17 report stated that "The Alta Vista Transit Corridor is included in the new OP because Council gave the mandate to carry forward the current Transportation Master Plan (TMP)".

Residents remain sceptical that their main concerns were in fact heard by the City. The reintegration of Springhurst Park is welcome, but residents remain to be convinced that their main request, the moving of the boundary dividing the community, will be addressed by having all parts of the community included in the revised Old Ottawa East Secondary Plan. The community's remaining requests, including greater recognition of the impacts of climate change and of COVID-19, the removal of the AVTC from the Official Plan, and the need for specific measures and targets for the protection of tree cover have not been accepted.

Many in Old Ottawa East are left wondering what opportunities remain to influence the content of the Official Plan in view of City Council's

unbending vow to have the Official Plan wrapped up this Fall.

The next draft of the full Official Plan will be released by August 20th, and the City began releasing the revised draft, chapter by chapter, on July 25th. A few days after the final report is issued in full, the City plans to hold an Open House, which means that residents will again have scant time to review the document, another impediment to meaningful consultation. Thereafter, staff will submit the Official Plan to a joint meeting of the Planning Committee and the Agriculture and Rural Affairs Committee scheduled for September 13-15, 2021. If approved, the draft Official Plan will go to Council sometime during the following two months. Based on the process, as announced, it appears the only meaningful opportunity the public will have to make comments is during the mid-September joint committees meeting. Based on the fact that the City has scheduled three days for this joint committee meeting, it is clear that a large number of delegations are expected to speak.

While the time frame mandated by City Council leaves very little time to review the final proposals and to make informed decisions, OOE residents are still urged to review the document as it is released in chapters through August and, if concerns remain, to inform their Councillor, Shawn Menard.

Greystone Village Phase 3 development plans unveiled

Continued from Page 1

preliminary review through the City's "pre-consultation" process and with the OOECA planning committee.

"We anticipate a unit count of approximately 260 total for both phase 3 buildings, which would bring the total number for Regional/EQ's Greystone to just under 960 dwelling units [thus] meeting the OOE Secondary Plan minimum density target," says Garfinkel.

The plans for around the Deschâtelets Building have evolved since Regional bought the Oblates property in 2015. Originally, six-storey buildings were proposed on both the south and north sides of Deschâtelets. Then four-storey buildings were envisaged. Now, the new plans would have a six-storey building on the south side but a four-storey gymnasium - part of the Au Coeur d'Ottawa School and the new community centre - on the north side. Because of the slope towards the river, the new buildings will be seven storeys on the river side.

A part of the proposed L-shaped building to the east of the Deschâtelets Building will be on the land now vacant

because of the completed demolition of the Deschâtelets chapel. The rest of the land will be part of the proposed private amenity space. Both buildings would have "permitted projections" that include a mechanical and electrical roof, elevator roof, and a washroom.

Concerns raised at OOECA's planning committee included the appropriateness of a six-storey building to the south side of the five-storey Deschâtelets Building and the impact of additional traffic on Scholastic Drive. Members suggested that a better option would be to have the parking garage accessed from Deschâtelets Avenue on the south.

Community members have also suggested that the open space between Deschâtelets and the new buildings should not be private and that better access to the river should be created between the new community centre at the northern end of the Deschâtelets Building and the river.

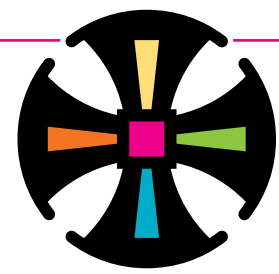
Other residents are concerned about the total new dwelling units that may be built on all of the so-called institutional lands, including Greystone Village, the Corners on Main, the Sisters' Convent

lands and Saint Paul University's land along the southern side of the Grand Allée. In the view of some, the existing roads - including Main Street - will not be able to accommodate all of the new traffic without major traffic problems.

"Our office recently met with Regional Group to discuss priorities for phase 3 of Greystone including affordable housing, unit count and impact on the surrounding area, and maintaining public access to the river through the Grand Allée and Forecourt parks," says Jonathan McLeod of Councillor Menard's office. "We will continue to advocate for on these items as the project moves forward with site plan submission to the city later this summer."

The timeline for construction is not yet known, however, the building to the east of Deschâtelets will be constructed first. Regional has not yet determined whether the new buildings will be rental, condominiums or a mix.

The last remaining piece in Greystone other than Phase 3 are the lands framing the Forecourt Park. "We are still currently exploring concepts for these lands and don't have a current timeframe on the application/construction but will be happy to meet with the community when we have a further update on these lands," says Garfinkel.



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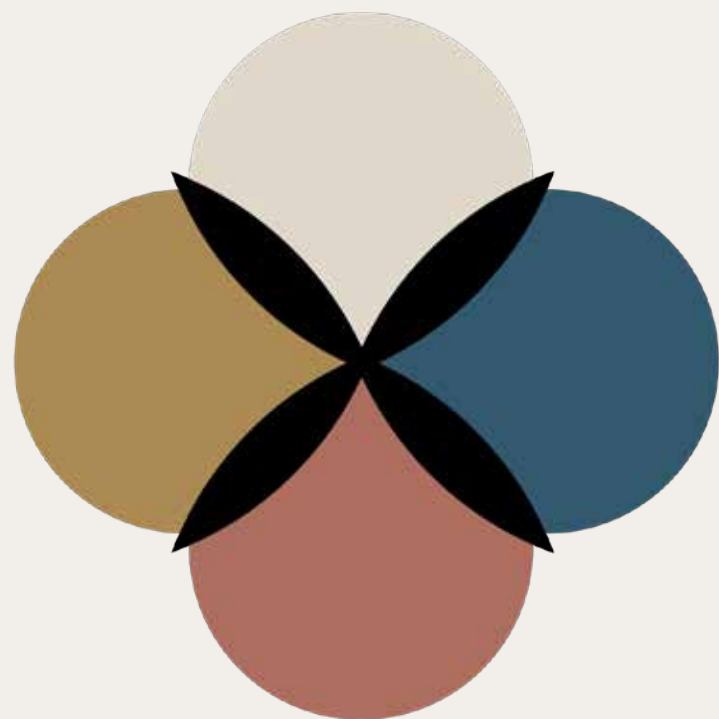

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Community Activities Group (CAG)

Meet Peter Kusovac

Yoga Instructor



CARL KEITNER PHOTO

Peter Kusovac demonstrates a Marichyasana pose at Barrington Beach, Rhode Island. Hugely popular with local yoga disciples, Kusovac has been a mainstay on Wednesday evenings at the Old Town Hall since 2004.

THERESA WALLACE

It's been going on for a long time. On Wednesdays after work, even on those cold, dark winter evenings when the urge to skip a workout can be strongest, people grab their mats, take in a yoga class, and leave with a feeling of well-being that for some lasts right into the next day.

"If you show up, you are ninety percent there, and the rest is doing whatever you can on that day at that particular time," says Peter Kusovac, who started teaching two consecutive yoga classes on Wednesday evenings at the Old Town Hall (OTH) in January 2004.

Kusovac designs his 90-minute classes so anyone who wants to move on to a yoga studio has the background to do so. But for close to two decades, many Old Ottawa East residents have been registering year after year and inviting their adult children, friends and neighbours to join them. Margaret Moriarty is one of the originals. She says, "Peter is remarkably consistent with his teaching style while at the same time making each class unique." Although the pandemic has interrupted in-person classes, the Burnham Road resident says the online yoga classes have worked well. "The most recent

class I attended was one of those great ones that remind me why I keep doing yoga."

Yoga is an ancient physical, mental and spiritual practice that originated in India. Part of the challenge of teaching community centre yoga is the wide variation in students' experience and abilities. Usually about a dozen people attend each of Kusovac's OTH classes. Some are in their 20s, others in their 70s. Some have done lots of yoga, others none. Kusovac says he always goes into the class with a plan but reads the room and adjusts. "Teaching involves a bit of improvisation. I present the basic pose, then say if you feel like you have the flexibility and strength in you today, you might want to try this, and I present a more challenging version of the pose. But I want to avoid the situation where people feel obliged to go beyond their limits." One of Kusovac's big goals is to build strength. "To hold a pose, to hold oneself up properly, there's some physical strength involved. You have to build strength in order to let go and stretch properly."

Carol Toone, executive director of the Community Activities Group (CAG) of Old Ottawa East, which runs the programs at the Old Town

Hall, says the feedback she gets from participants is that, "Peter brings calmness and consistency to his classes and shares his expertise with inclusivity and humility. We're lucky to have him."

Contributing to this sense of consistency is Kusovac's attendance record: he lives outside the neighbourhood but has missed only a handful of Wednesday evenings in all these years. Until the pandemic forced courses online, he commuted in snowstorms and construction disruptions during the afternoon rush from his full-time job as a director in the federal government. (He retired in December 2020.)

Some Wednesday evening yoga participants keep coming after they leave Old Ottawa East. For years after she moved to Vars, former CAG president Adelle Slegtenhorst drove in for the earlier class. Each session begins and ends with students lying on their backs on their mats, and the hard-working Slegtenhorst was well-known for falling asleep during that final relaxation. (Slegtenhorst says, in her own defence, "It's true I took a nap, but I wasn't the only one.")

Roxane Hunter lives in Orleans and is looking forward to the resumption of in-person classes. "I have missed

Peter's yoga class and the people of the lovely neighbourhood that for three years I called home."

In pre-pandemic days, Kusovac's practice took him on many adventures. He studied in India and the United States. He once taught an impromptu yoga class on a boat trip in Ha Long Bay in Vietnam. While camping in Australia as part of a group tour, he and his partner Sylvie and the other campers set up their tents every evening. "Every morning when we took our tents down, there it was, a platform on which to do yoga, so at six in the morning we were all doing yoga in the Australian outback."

"Almost anyone can do the physical practice of yoga, and it really brings people together."



For information on the Wednesday evening yoga classes, please consult

the CAG website at www.ottawaeastcag.org. Blocks and straps are supplied for yoga classes. Singing Pebble Books and 3 Trees on Main Street sell good-quality yoga equipment.



JOHN DANCE PHOTO

CECCE says construction of the new school in the Deschâtelets Building is “progressing well.” The school will tentatively open in 2022.

Au Cœur d'Ottawa

New school opening is delayed but “progressing well”

JOHN DANCE

Construction of L'École Au Cœur d'Ottawa in its new location in the Deschâtelets Building is “progressing well,” according to Linda Hurdle, Executive Director of Administrative Services for the Conseil des Écoles Catholiques du Centre-Est (CECCE).

Two major milestones were completed in June: the removal of all “designated substances” for the entire Deschâtelets Building and the demolition of the chapel wing.

Although the original goal was to open the new school this September, the target

has been pushed back to 2022, however, more precise timing “is dependent on Ministry approvals,” Hurdle notes. The process for approvals from the Ministry of Education has taken longer than first thought and this is part of the explanation for the delayed opening.

The second reason for the delay is that only now, with the completed removal of “designated substances”, have the school board’s professionals had “full and unrestricted access to the structure and envelope,” says Luc Poulin, CECCE’s Director of Facilities. “Now that we have this, the engineers and architects can

work to have the complete design and plans ready for structural remediation.”

By September, the board hopes to finalize the purchase of a second parcel of land just to the north of the Deschâtelets Building so that a new gym can be built. The gym will serve both the school and the new community centre which also will be located in Deschâtelets.

“The next major piece of work will be stabilization of the building,” says Hurdle. “Given the age of the building, it does not meet some building code requirements with respect to earthquakes... We hope to be able to start this work early in the fall.”

This “stabilization” work will include: bringing the building up to date with current earthquake code requirements; reinforcing the structure to accommodate new mechanical equipment; reinforcing some walls; demolishing current stairs and elevator shafts; modifying the entrance; and working on the exterior stone.

In April, the school board submitted its concept plan and interior space template to the Ministry of Education, but it’s not known when approval will be received. Similarly, the approval of the ministry for calling of bids on the detailed reconstruction of the interior will be required.

Although the Deschâtelets chapel was demolished as part of the preparatory work for the school, Hurdle notes, “Some of the stained glass from the chapel has been stored and we are evaluating its future use in the building.”

Au Cœur d'Ottawa will continue in its temporary home at 88 Main Street until the construction is complete.

Au Cœur d'Ottawa

L'ouverture de la nouvelle école a été retardée mais « progresse bien »

JOHN DANCE

La construction de l'École Au Cœur d'Ottawa dans ses nouveaux locaux de l'édifice Deschâtelets « avance bien », selon Linda Hurdle, directrice générale des services administratifs du Conseil des Écoles Catholiques du Centre-Est (CECCE).

Deux étapes importantes ont été franchies en juin : le retrait de toutes les « substances désignées » dans tout le bâtiment Deschâtelets et la démolition de l'aile de la chapelle.

Bien que l'objectif initial était d'ouvrir la nouvelle école en septembre, l'objectif a été repoussé à 2022. Toutefois, un calendrier plus précis « dépend des approbations du ministère », note Mme

Hurdle. Le processus d'approbation par le ministère de l'éducation a pris plus de temps que prévu, ce qui explique en partie le retard de l'ouverture.

La deuxième raison de ce retard est que ce n'est que maintenant, avec l'enlèvement complet des « substances désignées », que les professionnels de la commission scolaire ont eu « un accès complet et sans restriction à la

structure et à l'enveloppe », déclare Luc Poulin, directeur des installations du CECCE. « Maintenant que nous l'avons, les ingénieurs et les architectes peuvent travailler pour que la conception et les plans complets soient prêts pour la restauration structurelle. »

Suite à la page 17

L'ouverture de la nouvelle école « progresse bien »

Suite de la page 16

D'ici septembre, le conseil espère finaliser l'achat d'une deuxième parcelle de terrain juste au nord du bâtiment Deschâtelets afin d'y construire un nouveau gymnase. Le gymnase servira à la fois à l'école et au nouveau centre communautaire qui sera également situé à Deschâtelets.

« Le prochain travail important sera la stabilisation du bâtiment », explique Mme Hurdle. « Compte tenu de l'âge du bâtiment, il ne répond pas à certaines exigences du code du bâtiment en ce qui concerne les tremblements de terre... Nous espérons pouvoir commencer ces travaux au début de l'automne. »

Ces travaux de « stabilisation » consisteront notamment à mettre le bâtiment en conformité avec les exigences du code parasismique en vigueur, à renforcer la structure pour accueillir de nouveaux équipements mécaniques ; à renforcer certains murs,

à démolir des escaliers et des cages d'ascenseur actuels, à modifier l'entrée et à faire des travaux sur la pierre extérieure.

En avril dernier, le conseil scolaire a soumis son plan conceptuel et son modèle d'espace intérieur au ministère de l'Éducation, mais on ne sait pas quand l'approbation sera reçue. De même, l'approbation du ministère pour l'appel d'offres sur la reconstruction détaillée de l'intérieur sera nécessaire.

Bien que la chapelle des Deschâtelets ait été démolie dans le cadre des travaux préparatoires de l'école, note Hurdle « Certains des vitraux de la chapelle ont été entreposés et nous évaluons leur utilisation future dans le bâtiment. »

Au Cœur d'Ottawa continuera d'occuper ses locaux temporaires au 88, rue Main, qui était autrefois l'école De Mazenod du Vieil Ottawa-Est.



COVID mismanagement sparks Cuban Embassy street protests

MAINSTREETER STAFF

The Cuban Embassy compound on Main Street was both the backdrop and the focal point for several days of noisy, angry demonstrations in late July by Ottawa's Cuban-Canadian community against the Cuban government's alleged bungling of the COVID situation in their homeland and the escalating economic woes in the country. According to demonstrators who spoke to *The Mainstreeter*, recent outbreaks of the Delta variant in the country's top tourism regions could have been prevented had the authorities clamped down on non-essential tourists and workers from COVID-hotspots Russia and India. The Havana government recently acknowledged some blame for the economic crisis in Cuba which has led to food shortages and violent street protests seldom not seen in the country in decades.



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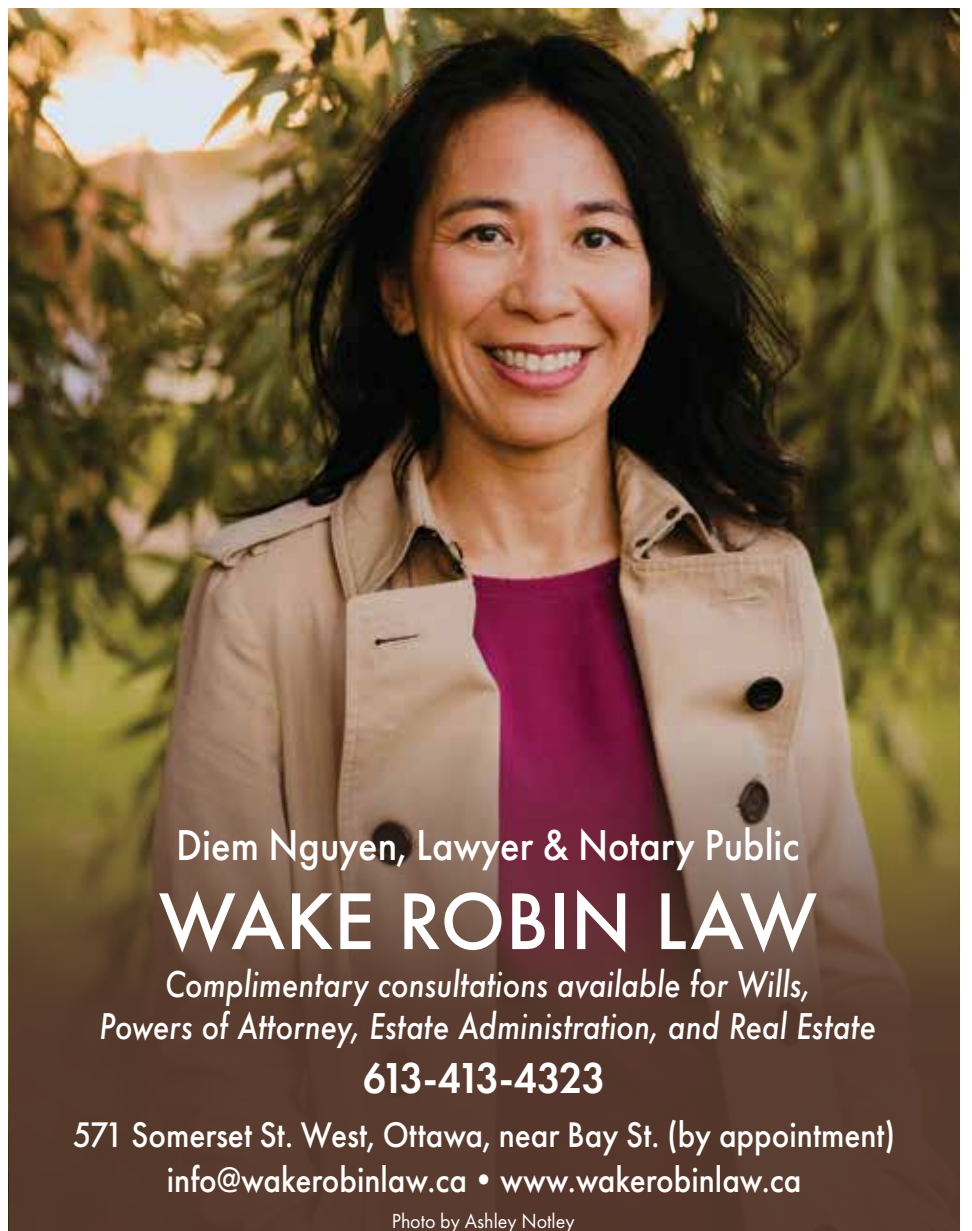
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Photo by Ashley Notley

***The Mainstreeter* receives “Bilingual Ottawa” grant to boost francophone reporting in Old Ottawa East**

MAINSTREETER STAFF

The Board of Directors of *The Mainstreeter*, the community voice of Old Ottawa East, announced this month that the community newspaper has been selected as a recipient of a prestigious “Bilingual Ottawa” micro-grant awarded by the Association des Communautés Francophones d’Ottawa (ACFO Ottawa) to help promote and strengthen the bilingual character of Ottawa and its communities.

The Mainstreeter’s project, entitled “Another Voice/Une Autre Voix”, was one of 38 projects developed by 31 different French, English and Bilingual non-profit organizations in and around Ottawa and seven private companies that were selected by ACFO in mid-July to receive micro-grant funding under ACFO’s Bilingual Ottawa program. In total, the Bilingual Ottawa funding for the 38 approved projects totalled \$485,000.

In its successful grant application,

The Mainstreeter explained the objective of its Another Voice/Une Autre Voix project as follows: “Our project will build bridges between francophones and anglophones in Old Ottawa East through... *The Mainstreeter*. The project’s main activity is hiring a francophone reporter to cover news and events about francophone youth and students, with a focus on the arts. The goals are to boost reporting in French in *The Mainstreeter*, and to inform all readers about the vibrancy of our francophone community, thereby creating ties between our francophone and anglophone residents.”

Editor-in-Chief of *The Mainstreeter*, Lorne Abugov, was delighted by the announcement, and noted that the grant would help the newspaper to build on two of its key strengths and address opportunities for improvement. “By funding the engagement of a bilingual reporter to cover francophone youth and arts, we get to leverage the already-excellent

Arts coverage of the paper developed by Arts Editor, Tanis Browning-Shelp, and also utilize the superb French-language translation talent of our volunteer, Jocelyne Caloz,” Abugov said.

“But we haven’t done as much as we need to do in terms of covering our local schools and students, and our youth generally, nor have we had consistent French-language content in the paper to meet the needs of the francophone population of Old Ottawa East. With this grant, we have an opportunity to better meet these challenges.”

The timing of the grant was also viewed as a big plus for *The Mainstreeter* by Browning-Shelp.

“As Arts Editor, I am thrilled that a bilingual reporter will be writing about francophone arts and culture projects and highlighting the vibrancy of our francophone community! Plus, it is perfect timing for the new reporter to be celebrating the artistic and cultural achievements of young francophones in Old Ottawa



East with the new French-language elementary school opening soon at the Deschâtelets Building. What a fantastic addition to the Art Beat!”

The Bilingual Ottawa micro-grant program was created following the official recognition of the City of Ottawa’s bilingual character in 2017, after years of citizen and organisational engagement.

The Mainstreeter announced that it hopes to engage a francophone reporter for the six-month term project within the next few weeks. Interested candidates are asked to send an email with resumé attached to editor@mainstreeter.com by August 30, 2021.

See you at the market!

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BE THE CHANGE

Tackling invasive weeds along the Rideau River shoreline, and in your own backyard

TERRY WEST

You may have seen these Old Ottawa Easterners on a Sunday morning. They're the ones covered from head to toe for protection—tics, poison ivy—carrying shovels, plastic bags and working in the trees along the edge of the Rideau River. What they're doing is rescuing the shoreline from the ravages of foreign- introduced, invasive species. The territory they concentrate on extends from the McIlraith Bridge to the LRT bridge, and the species getting most of their attention include dog- strangling vine, garlic mustard and, most familiar, burdock, that producer of pesky burrs that our pets drag home. Don't hesitate to engage any of these folks in conversation. They'll be only too happy to show you the plant bandits they're after. There may even be some of them in your backyard that you've been anxious to identify and remove.

Invasive plant species have a lot of us confused. Some are down-right attractive, begging the question, why bother trying

to eliminate them? The Ontario Invasive Plant Council is very categoric on this: apparently, in the struggle for space, these introduced invasive plants don't fight fair. Our native plants have insects, birds and animals harassing them at every turn. The invaders get off scot- free; they're food for few of our insects and beasts. Not only that, but these sneaky sons-of-guns excrete a toxin into the soil that kills off our home-grown heroes. They also reproduce like crazy—dog- strangling vine up to 30,000 seeds per square metre; garlic mustard 60,000. Left untouched these unwanted plants will completely take over fields and bushlands.

Chemicals once helped in the struggle, but they're no longer permitted, leaving us with three choices—digging, cutting, smothering (see Invasive Species Information). Along with most homeowners, the OOE group prefers digging them up. No matter what method used they have a habit of coming back. But if you stick to it, large swaths of territory can be reclaimed.

Nothing is more encouraging than to see native plants and saplings beginning to reappear; proof that natural, vegetational health is on the rebound. This is the objective that fuels the efforts of OOE's Invasive Species Eradication Team.

Backyard eradication is a huge help in the process. We're all aware of how quickly unwanted varieties pop up under fences and across wide open areas.

The OOE Invasive Species Eradication Team usually meets Sunday mornings 8:30 to 10:30. Members include: Roger Bird, Paul Churcher, Karen Gravelle, Aileen Larkin, Phyllis Odenbach Sutton, Ian McRae, Ines Adriana Rojas Rios, Peggy West, Terry West.



If you feel strongly about the problem, please consider joining the group by contacting Karen Gravelle at: karen_gravelle@yahoo.ca. For further details on the general scope of the problem, or to answer specific questions go to the Ontario Invading Species Hotline: 1-800-563-7711; www.invadingspecies.com.

The rogue's gallery

OOE's "Top 3" invasive species



Dog-Strangling Vine

How to identify:

- Grows 1 to 2 metres (twines on plants)
- Oval leaves with pointed tips; leaves grow on opposite sides of stem
- Pink to dark purple star-shaped flowers grow before plant produces slender green, bean-shaped seed pods

How to remove (always before seed pods mature - late spring/early summer):

- Dig out as much of root cluster as possible
- Cutting or mowing prevents spread, but the plant will come back for 2 - 4 years

How to dispose:

- Place in a black plastic bag and dispose in garbage, and never compost



Garlic Mustard

How to identify:

- Young crushed leaves release garlic odour
- 2nd year plants produce white flowers with 4 small petals
- 2nd year plants grow up to 1 metre

- Narrow seed pods of 2.5 - 6 centimetres long split open in mid-summer revealing tiny black seeds

How to remove (late spring):

- Dig up as much root as possible; or
- Smother under heavy plastic or newspaper

How to dispose:

- Place in a black plastic bag and dispose in garbage, and never compost

Burdock

How to identify:

- In 1st year leaves are broad (15-46 cm in length) heart-shaped and grow close to the ground
- In 2nd year plant has small, prickly, purple-coloured, ball-shaped flowers and shoots up to 1-2 metres; flowers dry and become brown burrs

How to remove:

- When plant is small, dig out tap root (pull out if ground is moist).
- Cut/mow plant before it has bloomed
- Cut off whole stock in 2nd year; repeat for 1-4 years until root dies

How to Dispose:

Place whole stock in a leaf or black plastic bag and dispose in garbage: Never compost



Very Important

As all of the above spread by seed, it is absolutely essential to remove the plants before the seeds ripen.

Once ripened, gravity, wind and movement of animals and humans assist in broadcasting them widely.

BE THE CHANGE

Some great community-based suggestions for reducing your waste footprint

KATE REEKIE

With governments and businesses around the world finally getting serious about climate change and setting ambitious targets for greenhouse gas emissions reductions, the focus now turns to making sure these commitments are met. To date, the focus has primarily been on renewable energy and energy efficiency as the main ways to meet climate goals. But while the energy sector accounts for about 55 per cent of the world's carbon emissions, the other 45 per cent comes from how we make and use products and how we produce food.

That means that our consumption patterns are critically important, not just in reducing pollution and the resulting stress on land and water ecosystems but also in fighting climate change. While a low percentage of Ottawa's emissions come from the waste we generate – about eight per cent – this does not count the huge emissions generated in the rest of the product value chain, including emissions from the extraction of raw materials, manufacturing, packaging and transportation.

Though it's better than sending trash to landfill, recycling isn't a panacea. It entails significant emissions, so it is only a partial solution and should be avoided as much as possible. Packaging accounts for a significant proportion of our waste and recycling. Citizens have an important role to play in reducing the amount of new stuff we consume and the amount of waste and recycling we produce as a result.

Reducing your packaging waste

Opportunities to reduce your waste footprint are expanding. A tip as you begin your journey: don't be dismayed if you can't do it all. Start with what's easiest for you. Do more as it begins to become second nature. One of the highest-value actions to reduce packaging waste is to purchase food, personal care and cleaning supplies in bulk and not using plastic bags. Save your jars and containers and bring them to the *Nu zero-waste grocery store* on Main Street for refilling. *Bulk Barn* at Billings Bridge has just announced that it is reinstating its reusable container program, so you can bring in clean containers for refilling there as well.

Unpackaged options for fresh produce are now available at most major grocery stores. Shopping at the *Main Street Farmers' Market* or through community-shared agriculture (CSA) programs will also ensure less excess packaging. Don't

throw out empty liquid soap, shampoo, conditioner, laundry or dish detergent bottles – bring them in to *All Eco* on Bank at Fifth for refilling.

Takeout meals and beverages are another big source of waste, which largely goes straight to landfill. Most local restaurants offering takeout allow you to bring in your own containers when picking up your order, if you call ahead and ask them not to package it (and don't use third-party delivery services). While some coffee shops have stopped allowing customers to bring in reusable mugs during COVID, others still offer this option. And single-use drink containers – both cans and bottles – merit self-reflection: Do I really need that juice, energy drink or bottled water? Ottawa's tap water is top-notch, free and the best option for your health. Consider getting a SodaStream to easily turn tap water into sparkling water – available at *Capital*

Home Hardware on Bank Street at Second Avenue.

Finally, e-commerce has skyrocketed over the past year because of the pandemic. The packaging waste, like cardboard boxes and fillers, and the emissions generated by home delivery are clearly unsustainable. While ordering online is difficult to avoid completely, buying from local vendors and opting for curbside pickup instead of delivery can help mitigate this waste.

In addition to reducing packaging waste, there are many ways to give new lives to old items, and that is always preferable to recycling, given the energy, waste and pollution involved in the recycling process. One person's trash is another's treasure!

Reducing your non-packaging waste

- **Plant nursery pots:** *Ritchie's Feed & Seed* accepts these for customers wanting free pots for transplanting. Or

find a local gardener who will use them by advertising them on the popular *Buy Nothing Old Ottawa East Facebook* group.

- **Boxes:** Before you discard your large cardboard boxes and fillers, consider offering them to someone who may be moving. Reach out through the *Buy Nothing* group. Smaller boxes can be decorated and are great for kids to store their treasures!

- **Furniture and household goods:** *Helping with Furniture* is a local non-profit organization that will take furniture, household goods, electronics and bikes in good repair for families in need. Selling furniture on *Kijiji* or *Marketplace* allows creative buyers to upcycle older pieces and give them a new life.

- **Building materials, fixtures and appliances:** *The Re-Store* accepts donations to be resold, with proceeds going to Habitat for Humanity.

- **Computers and related equipment:** *CompuCorps* have a zero-landfill policy and fix and redistribute donated computers for the underprivileged and at-risk youth. If computers are not fixable, they will send them to responsible recyclers. Secure data sanitization is performed.

- **Tools:** *The Ottawa Tool Library* accepts donations of tools of all sorts to lend out to others. This is a great way to maximize the utility of underused tools in your basement or garage. It is also a useful service to avoid buying tools for occasional use only.

- **Clothing:** *Dress for Success* takes donations of clean, gently used suits and business attire to empower their women and gender non-conforming clients who are preparing for job interviews. Most lower quality clothes donated to the large used clothing stores unfortunately end up in Africa where they are not wanted.

- **Textiles:** *Eco-Equitable* is a social enterprise that accepts donations of clean, unsewn, good quality fabrics of over one meter to help newcomer women gain job skills in sewing.

- **Wire hangers:** *Glebe Tailoring* and *Hillary's* on Bank Street will take back wire clothes hangers or, better yet, leave them behind at the store (along with the plastic wrap) when you pick up your clothes.

Kate Reekie is chair of the Glebe Community Association's Zero-Waste Committee. This article was previously published in the Glebe Report and is reprinted in edited form with permission.



PETER CROAL PHOTO

Time catches up with all living things. This mature 40 foot spruce on Elliot Avenue recently succumbed to old age. It has been providing shade, oxygen, beauty and nesting sites for over 50 years. In less than one hour, modern technology turned it to wood chips. This is proof enough that OOE residents need to pay attention to how the City manages its urban forest for present and future generations.

Community Activities Group of Old Ottawa East (CAG)

... making Old Ottawa East an even better place to live, work and play

www.ottawaeastcag.org • admin@ottawaeastcag.ca

Facebook - "Community Activities Group of Old Ottawa East"

Registration — www.ottawaeastcag.org/programs and events

Fall 2021 - Winter 2022

Registration opens September 1 2021.

Subject to change, a return to in-person anticipated for most programs



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GOING ONLINE DURING THE COVID-19 PANDEMIC

The Community Activities Group of Old Ottawa East (CAG) offers programming for children, mainly in the form of our aftercare program, and adults, including a variety of fitness and general interest activities. The Brantwood Field House and Old Town Hall are the primary locations for the majority of our programs; however, with the pandemic, we saw ourselves shifting to an online space which came with its own benefits and hurdles.

There was no doubt from the beginning about whether we would make the move to go online with our programming. We knew that the services we offered were extremely important to many in our community. As early as April 2020, we prepared to make our adult fitness classes available through Zoom. Soon after, we began offering a variety of Zoom-based activities for the kids in our aftercare program such as virtual Dungeons and Dragons, JackBox and Nancy Drew Game sessions, at-home scavenger hunts, and crafts. These were only made possible through the enthusiasm and creativity of our after-care counsellors and supervisors.

Naturally, there was an adaptation period to the Zoom platform, from learning how to coordinate multiple classes, relaying all information to participants and instructors, and the always-looming technical difficulties. However, despite these hurdles, our community met us with a great level of understanding and support, which motivated us to ensure that we could meet their needs as best as possible.

As we moved into the new school year it was unclear if in-person schooling would continue. During the ensuing period of school closures, we once again shifted to Zoom-based online activities which allowed us to stay connected with the children that we saw on a regular basis. In April, we opened participation to children in the broader Ottawa East community which provided some much-needed variety in social interaction for the children.

The difficulty with online children's programming was navigating the Zoom burnout that comes with being in a virtual space for both school and leisure. CAG provided a work around by reducing the length and increasing the variety of activities so that children were not coming out of each session feeling overwhelmed. We also made use of our online platforms to share various outdoor activities that families could participate in on their own time such as our Winter Orb Scavenger Hunt and Easter Egg Rock Hunt.

CAG also made use of digital tools in Zoom to help us be flexible in the accommodations we were able to provide for both the instructors and participants of our online fitness programs. This included making recordings of classes available to participants so that they can attend classes on their own time. The online nature of the fitness classes meant that participants could attend their classes from any location, like their backyard, a park, or a cottage. We even had the pleasure of having people outside of Ottawa join our classes.

CAG will soon be gearing up to resume our in-person activities, but there are a few virtual tools and lessons that will stick with us through this transition. Virtual resources allow people more choice in how they engage with our programming, and they make our services available to a wider range of individuals by removing barriers. Inclusivity is a pillar of CAG's mandate and we will continue, beyond the COVID-19 pandemic, to use our online presence to ensure our programming is as accessible as possible.

**BOB GORDON
PRESIDENT, OLD
OTTAWA EAST
COMMUNITY
ASSOCIATION
(OOECA)**



ENGAGEMENT, AGM, AND A GOODBYE

The past few months have given rise to the prospect of a return to our previous normalcy, which has also increased engagement within the association. We have seen work in leading the charge to better clarify and organize the new City Official Plan acknowledged, while also seeing previous efforts realized in the revitalization of Springhurst Park. The amount of volunteer work being accomplished by individuals whose only agenda is the betterment of our community provides a warming comfort.

Knowing how fortunate it is to have such a strong community voice working without being driven by monetary incentive, reciprocal gratitude, or political motivation, gives promise that our community is leading the charge for its betterment and not for individual gain.

On November 9, our Annual General Meeting will take place and it will provide an opportunity for the board to highlight our activities of the past year. Given the progression of both the increase in vaccinations and decrease in COVID cases, we hope that this meeting will take place in person. Regardless of the outcome, we will be providing a digital option for attendance in the same capacity as last year.

This AGM will also mark the end of the standard two-year term of board members. We do have positions available in several key areas and are actively seeking individuals from the community to fulfill these roles. If you have an interest, please contact info@ottawaeast.ca for more information.

On a final note, this will be the last president's column for the OOECA in *The Mainstreeter*. At our June meeting, a motion was approved to cease submission of this column after the board of *The Mainstreeter* made the decision to charge the community association for this space. Although I can rationalize their decision based on the explanation provided, I believe inherently that decision does not serve the community at large.

At our respective cores, both entities are fulfilling a role to serve the community. Charging for the use of space, while acting as a community voice appears, in my view, a contradiction of this role. As the community association, it is our obligation to make decisions which are of benefit to all represented, especially with respect to any financial decision. As such, I feel fees paid to publish this column should be used for other purposes; not spent as an advertisement for the association.

Moving forward, our focus will be on supplying content through our website and meetings (monthly and committee), while providing a content summary of the monthly board meeting discussions for *The Mainstreeter* to publish as an article at their discretion.

In saying goodbye to this long-established interaction, I would like to thank all those who provided this service over many years; from both the OOECA representatives who provided the content, to the patient editors of *The Mainstreeter* who published it, especially to the current editor in having to deal with my constantly late submissions.

If you have any comments or questions, please feel free to email our info address, or attend our next monthly meeting on September 14th. Look for updates to our website in the coming months, as well as an increase in its content: ottawaeast.ca.

ART BEAT



**TANIS
BROWNING-
SHELP**

TANIS@BROWNING-SHELP.COM

OOE ARTIST FEATURE: LANDSCAPE ARCHITECT JENNIFER SHEPHERD SHARES IRISES AND INSIGHTS WITH BUDDING ARTISTS

Looking out the front window of her family home during a COVID workday, landscape architect Jennifer Shepherd spotted a small posse of neighbourhood kids running around on the street just beyond her flowering front garden. To Shepherd, who currently works as a program manager for parks at the City of Ottawa, the three boys and two girls ranged in age from about five to ten years. She smiled, thinking back to the days when her own children (now both in university) spent their free time running and playing outside.

When Shepherd was featured in this column nine years ago, she talked about landscape architecture as a “multi-faceted and organic art form.” She was so committed to sharing information about providing habitat and beauty in our everyday lives that she created a sketch of a backyard design for inclusion with the article—her gift to Old Ottawa East residents who could interpret and adapt the design for themselves. It therefore made perfect sense that when she spotted

A finger on the pulse of the arts in OOE

the same children hopping and skipping away carrying flowers from her garden, she saw it as an opportunity to share more than just flowers.

“I went outside and called out to them, causing them to jump,” Shepherd says. “I immediately told them that it was absolutely fine for them to take the flowers, but that we needed to make sure that they weren’t ripping out the roots so that there will always be flowers for everyone to enjoy!”

She called them back and they joined her amongst the plants and flowers in her front yard. “They slowed down for a little while,” she says. “We looked at the flowers together. They asked what they were called—Forget-me-nots, Gerbera daisies... They knelt down and smelled the blossoms. One little boy nodded when I asked if his flowers were for his mom.”

“I explained that I love to share my flowers, but that in order to continue to share them, we need to be careful. I told them that they can come over any time, knock on the door, ask for flowers, and I will come out and cut them for them.”

Shepherd said goodbye to the kids and went back inside to continue her workday. Later, when her family was about to start making dinner, they heard the ‘ding dong’ of their front doorbell.

“One little boy asked ‘Can I have this flower? There’s only one on the plant. May I please have it?’ I went out to help. I explained that the purple rose coloured flower was a Clematis. I cut it for him and went back inside.”

“After a few more minutes, we heard



COLIN RENNIE PHOTO

Landscape architect Jennifer Shepherd’s front garden demonstrates both esthetic beauty and functional beauty (like a butterfly feeding on a Milkweed). Her garden provides the ideal space for sharing flowers and plant facts with neighbourhood kids.

another ‘ding dong’ and got a request for another flower. I went out and cut it for them, explaining that it was an Iris. Next, somebody asked for the tag that came with one of the plants. I gave them that too!”

“Their wonderful thank-you cards, which included the children’s sweet drawings of flowers, meant more to me than the flowers themselves!”

A day or two later, the doorbell rang once again, and Shepherd’s daughter answered the door.

“The child asked my daughter if she could please give this to the lady who lives here, and handed her a thank-you note,” Shepherd says. “Another thank-you note appeared in my mailbox shortly after that. A couple of days later two of the children arrived at the house along with their mom, who both apologized and thanked me. The kids talked about the flowers in their own yard. Their wonderful thank-you cards, which included the children’s

sweet drawings of flowers, meant more to me than the flowers themselves!”

At age nine, Shepherd recalls writing about ‘Jack in the Pulpits,’ wild ginger, and her trip to the Kortright Centre (a conservation area in Guelph) for her requisite ‘My Summer Vacation’ essay. “Learning about plants and perennials has always been my thing. And sharing this experience with our young neighbours reminded me of interacting with my own kids.”

Old Ottawa East’s yards, parks, and community spaces continue to flourish under Shepherd’s watchful eye, passionate care, and open, sharing approach.

Author Tanis Browning-Shelp (<http://www.browning-shelp.com>) pens her Maryn O’Brien Young Adult Fiction series, published by Dog-Eared Books, from her home in Old Ottawa East. Contact tanis@browning-shelp.com if you have information about artists or art events that you believe would enrich our community members’ lives.



TANIS BROWNING-SHELP PHOTO

These thank-you cards, adorned with floral artwork, were presented to Jennifer Shepherd by her young neighbours. *The Mainstreeter* hopes that these and other young people will submit their art to the Kids Korner for exhibiting in the OOE Art Tour on August 21. See page 33 for details.

ART BEAT



TIM HUNT'S MAIN STREET SKETCHES

Tim Hunt explores his community outfitted with a small sketchbook, pen, and watercolour kit. In our regular feature, he shares the pages from his sketchbook and tells the stories behind his work.

Tim Hunt: This distinctive 1930s gas bar and neighbouring hair salon sit abandoned. Grass and weeds have rooted in the asphalt, and overgrown bushes and creeping vines give this prominent corner a ghost town vibe. Both buildings have been vacated for removal in the



upcoming 417 bridge construction.

I chose to sketch this scene from the front steps of the Old Town Hall. Part of the appeal of on-site sketching is in making decisions about composition and perspective, while editing some details and highlighting others. In this

case I took creative license, squeezing the buildings together and altering the sign placement in order to fit the key elements into the drawing.

Presently, the site reveals another bit of history: the uncovered sign of the previous business, Bigras Granite

(which relocated to Main and Hawthorne from Greenfield Avenue during the 1960s). The Gordon McGovern sign on the side of the building and the Coke machine mural are both a nod to this clay-roofed structure's gas station roots.

THE HARP TO HEART CONCERT



About 50 Old Ottawa East residents were treated last month to an impromptu “drive-up” harp concert performed from the stage of a Ford transport van dubbed “Mary”, by itinerant solo harpist Gianetta Baril, her harp “Amadei” and her cat “Misty”, who turned the grassy plot at the corner of Springhurst Avenue and Brunswick Street into an outdoor concert hall.

Back in April 2020, in response to the pandemic, Baril took to the road from Calgary, Alberta and has rolled eastward in what she describes as her “self-contained rolling home/concert hall” to take



“the comfort of live harp music on the road — stopping wherever people were in need of hope and inspiration.” She plans to travel to Newfoundland this month and eventually across the continent to “bring people together and ignite special moments with music.”



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BOOK REVIEW

Reel Ottawa: A memoir of one man's love affair with the movies

THERESA WALLACE

From the age of five, when he went to see *Snow White* at the Regent Theatre at the corner of Bank and Sparks, Dan Lalande has been in love with the movies. One afternoon in high school, he needed to get out of a geography exam to see a just-released François Truffaut film playing at The Somerset. He claimed his grandfather was dying, a tall tale that landed him in the office of the principal, who called Lalande's mother at work and handed him the phone. Lalande asked his mother quietly, tearfully, if his grandfather was going to pull through. His mother deduced what he was up to and said, "Oh son. You'll make such a good actor."

He got to see the movie, and a decade after he left Canterbury, it became Ottawa's first high school for the performing arts. "I'd like to think I set the precedent," fifty-nine-year-old Lalande notes.

It wasn't all fun and games. At age 18,

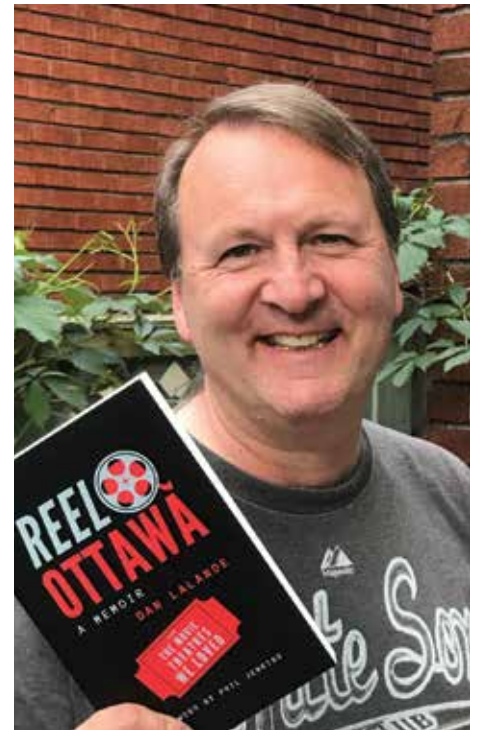
while riding a bus, Lalande realized a script he had just written was garbage. He contemplated ripping the pages from his binder and throwing them out the window. "I could see them populating Bank Street, like paper pigeons, fluttering between the businesses, somebody else's problem now. But I didn't do it." He persisted, and went on to write, among other works, several TV series, a play, and five independent feature films.

Rick Kaulbars, who has lived on Main Street for decades, co-wrote that first feature film. "We were already good working buds from years of writing for various live and televised comedy shows," Kaulbars explains. "One of the greatest joys was spending those months just laughing our butts off coming up with bits and ideas for the script. Then, getting to shoot it was even more fun. Dan was the star, but I did manage to get a little bit of on-camera time as the streaking assassin and a bank robbing getaway driver."

With a foreword by writer Phil Jenkins, Lalande's superbly written

book is a love story about movies, family and our city. It's part memoir, part reference book, all good.

Dan Lalande has lived on Belmont Avenue in Old Ottawa South for 26 years with his wife Nancy Huggett and their daughter Jessie, so it's fitting that The Mayfair, on Bank Street near Sunnyside Avenue, is mentioned just four paragraphs into *Reel Ottawa* and is the last theatre celebrated in the section yearningly called The Movie Theatres We Loved. Whether or not the author intended it, his memoir reminds us that we are lucky to have one of the last two venerable Ottawa movie houses—The Bytowne recently got a reprieve—so close to Old Ottawa East. As the pandemic eases, The Mayfair, first opened in 1932, is still standing, and still well worth going to.



NANCY HUGGETT PHOTO

Dan Lalande with his new book, *Reel Ottawa: A Memoir*.

Reel Ottawa: A Memoir is in local bookstores, including Black Squirrel Books on Bank Street near Sunnyside Avenue. It's available online at www.ottawapressandpublishing.com.



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Dogs make many of us happier, but pet ownership also brings added responsibilities

JOCELYNE CALOZ

Some things have become even more obvious during the pandemic, dogs make us feel less alone; they can be there for us even when our family and friends cannot. They help comfort and ease some of our worries; they accept us and are glad to see us; and petting our dogs can alleviate stress and anxiety.

Walking with our dogs can make us more social and give people a conversation starter. Think of all the times you have seen dog owners or you, as dog owners, talk with other people, at the dog park. They encourage us to move as they love long walks.



We have seen a growing number of dog owners over the past year and a half in Old Ottawa East and one can reasonably expect to see more over the next few months as OOE's population increases.

A dog owner or a person controlling a dog is responsible and accountable for the actions of the dog. These actions can include barking, howling, defecating, running at large, biting, damaging property, injuring a person by means other than a bite, and chasing wildlife.

It is therefore important to review responsibilities of dog owners and related City of Ottawa by-laws. Dogs are not allowed within five metres of a play structure, a wading pool, or a spray pad. They must be on a leash at all times unless on private property or in an off-leash park. The leash must be a maximum length of three metres.

There are certain challenges at Brantwood Park as dog owners west of Onslow are obliged to ensure they do not cut across the park to access the river pathway to Windsor off-leash park. They are expected to respect the no-dog signage on Onslow at Beckwith, Glengarry and Belgrave. Dogs are only permitted on leash on the pathway along the river as indicated by signage at both the entrance to and exit from the pathway.

If you own a dog in Ottawa, you should know about...

Stooping and scooping: Dog waste is a public health hazard, takes the pleasure out of outdoor activities and pollutes the environment. Dog owners in Ottawa are required to pick up after their dogs and are encouraged to take the waste home to dispose of it on their own premises. The City encourages flushing pet waste down the toilet, as it will be properly treated at the sewage plant. Dog owners can also place the waste in their regular garbage as long as it is properly wrapped in absorbent paper and placed in a sealed, leak-proof bag. Note that failure to pick up after your dog is a by-law offence, as is failure to take it home and dispose of it on your own premises. Work has been done by the City to place special receptacles for pet waste in parks, but it must be noted that not all garbage receptacles can be used for pet waste.

Spaying or neutering your pet: Being a responsible pet owner includes having

your pet spayed or neutered. Proof of sterilization reduces the cost of registering your pet. This proof includes one of the following:

- Spay/Neuter Certificate received following the surgery
- Signed note from a qualified veterinarian
- Copy of an invoice from a veterinary facility identifying the animal as spayed or neutered
- Copy of your adoption agreement, as applicable.

There are several advantages to spaying your female pet and neutering your male pet. They include less likelihood to suffer from diseases or cancers or to stray from home and become lost or injured.

Limits on the number of dogs: The limit on the number of dogs, over 20 weeks of age, per household is three in all areas of the City of Ottawa.

Microchipping: An identification tag

should be worn at all times. Microchips provide a permanent means of pet identification. Thousands of stray dogs and cats are brought to the municipal pound each year because these animals do not have – or are not wearing – identifying tags.



Barking and Howling: Pet owners must prevent their pet from constant barking or causing other noise that disturbs people and the neighbourhood; this is in violation of the City's noise by-law.

Les chiens rendent beaucoup d'entre nous plus heureux, mais nous devons être des propriétaires responsables

JOCELYNE CALOZ

Comme cela est devenu encore plus évident pendant la pandémie, les chiens nous font sentir moins seuls ; ils peuvent être là pour nous même lorsque notre famille et nos amis ne le peuvent pas. Ils nous réconfortent et atténuent certains de nos soucis car ils nous acceptent et sont heureux de nous voir ; caresser nos chiens peut atténuer le stress et l'anxiété. Ils nous encouragent à bouger car ils aiment les longues promenades. Marcher avec nos chiens peut nous rendre plus sociables et donner aux gens un début de conversation. Pensez à toutes les fois où vous avez vu des propriétaires de chiens, ou vous, en tant que propriétaires de chiens, parler avec d'autres personnes, au parc pour chiens.

Nous avons vu un nombre croissant de propriétaires de chiens au cours de la dernière année et demie dans le Vieil Ottawa-Est et nous nous attendons à en voir davantage au cours des prochains mois, avec l'accroissement de la population.

Le propriétaire d'un chien ou la personne qui le contrôle est responsable des actes de son chien. Ces actions peuvent comprendre l'aboiement, le hurlement, la défécation, la

divagation, la morsure, les dommages à la propriété, la blessure d'une personne par un moyen autre qu'une morsure, la poursuite d'animaux sauvages, etc.


Il est donc important de revoir les responsabilités des propriétaires de chiens et les règlements connexes de la Ville d'Ottawa. Les chiens ne sont pas autorisés à s'approcher à moins de cinq mètres (5 m) d'une structure de jeu, d'une pataugeoire ou d'une aire de jets d'eau. Ils doivent être tenus en laisse en tout temps, sauf sur une propriété privée ou dans un parc sans laisse. La longueur maximale de la laisse est de trois mètres (3 m).

Le parc de Brantwood présente certaines difficultés, car les propriétaires de chiens à l'ouest d'Onslow doivent s'assurer qu'ils ne traversent pas le parc pour accéder au sentier de la rivière menant au parc sans laisse de Windsor. Ils sont tenus de respecter la signalisation interdisant les chiens sur Onslow à Beckwith, Glengarry et Belgrave. Les chiens ne peuvent être tenus en laisse que sur le sentier longeant la rivière, comme l'indique la signalisation à l'entrée et à la sortie du sentier.

Si vous possédez un chien à Ottawa, vous devriez savoir...

Suivez-les pelle en main : Les excréments de chien posent un risque pour la santé publique, rendent la pratique des activités de plein air déplaisante et polluent l'environnement. Les propriétaires de chiens doivent ramasser les excréments de leurs chiens et on les encourage de les ramener chez eux pour s'en débarrasser. La ville vous encourage à vous en débarrasser à la maison en tirant la chasse d'eau puisqu'ils seront adéquatement traités à l'usine des eaux usées. Les propriétaires de chiens peuvent aussi inclure les excréments à leurs ordures

Suite à la page 37



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Opinion

The Lees Avenue ward boundary fiasco

Land tribunal blesses "return" of UOttawa campus to OOE

JOHN DANCE

In July, after a 40-minute "settlement hearing," the Ontario Land Tribunal (formerly the Local Planning Appeal Tribunal) took the final step to reverse a misguided City of Ottawa attempt to remove the Lees Avenue campus of the University of Ottawa from Old Ottawa East and Capital Ward.

It took eight months of community effort to undo a poorly conceived and consulted-upon measure that was ostensibly to improve the boundaries of Capital and Rideau-Vanier wards.

Only after the City's Finance and Economic Development Committee had approved the change last December did the OOE Community Association (OOECA) become aware of the measure. City Council approved the new ward boundaries a week later so that OOECA's only recourse was to make an appeal to LPAT.

At no point was the Old Ottawa East community ever asked if the transfer was a sound idea, one that would meet the criteria set by the Supreme Court to ensure "effective representation" through the setting of electoral boundaries. Key criteria include balancing voter parity, good physical boundaries and respect for "communities of interest."

The City argued that the ward boundary wouldn't affect voter parity because nobody lived on the Lees campus. They said the change would support the "community of interest" made up of users of Rideau-Vanier's Robinson Field and that the Rideau River, rather than Highway 417, would become the new and better boundary between the two wards.

In its appeal, OOECA countered that there is considerable potential for residents on the campus given zoning that allows buildings of up to 45 storeys. Also, it noted that Old Ottawa East constitutes a far more important "community of interest" in the Lees campus than do itinerant users of sports fields. In addition, OOECA ridiculed the City's proposition that the river would be the new boundary

(the below-grade LRT line would have been) and that the new boundary would be a better boundary than Highway 417.

The City did not want major changes to ward boundaries - like the consolidation of rural wards and addition of two suburban wards - delayed because of OOECA's appeal and a similar one launched by the Overbrook Community Association. As a result, City staff recommended to City Council that it reverse its December decision and Council agreed to this in April. But then LPAT had to agree to the reversal.

If this all sounds a little tedious, unnecessary and costly that's because it was. Although, OOECA spent just \$400 to file the appeal, the City budgeted \$15,000 to \$75,000 for appeals. For the actual LPAT hearing, the City produced two lengthy affidavits, one 135 pages long and the other 16 pages.

"We're very glad that a resolution has been achieved that keeps all of Old Ottawa East in Capital Ward," commented Capital Ward Councillor Shawn Menard. "It was never ideal to split a community between wards. I'd like to thank all the residents and the community association who worked so hard on this."

At the LPAT hearing, despite speaking in favour of reversal of the original council decision, City solicitor Tim Marc still spoke of how the river would have been the new and better boundary and he still argued that there were no voter parity issues. He did, however, concede that OOE does constitute a more important community of interest than itinerant sports field users.

We knew that. The question is "Why didn't the City recognize this last year and not propose the removal of the Lees campus from Old Ottawa East and Capital Ward?" The answer may never be known given the lack of transparency the City administration continues to exhibit.



JOHN DANCE PHOTO

The pathway behind uOttawa's Lees Avenue campus and the rest of the campus will remain a part of Old Ottawa East as a result of a recent decision of the Ontario Land Tribunal.

Gray Jay Hospitality set to take flight at the former Royal Oak



GRACE AYRES PHOTO

The Mainstreeter has learned that Gray Jay Hospitality, an innovative Preston Street restaurant focused on wild and Canadian foods, has leased the former Royal Oak at the corner of Echo Drive and Hawthorne Avenue. The Gray Jay describes itself as: "An entirely Canadian chef's table aiming to create an immersive experience. Focused on local and sustainable meals, we bring forward a new sensible Canadian gastronomy. A collaboration between chef Dominique Dufour and Devon Bionda, Gray Jay is an ode to the Canadian terroir. In constant evolution, just like our environment, we proudly showcase local producers and wild foods." Check out the Gray Jay's eclectic menu at <http://www.grayjayhospitality.ca/>.

POLITICAL PAGES

SHAWN MENARD COUNCILLOR-ELECT, CAPITAL WARD

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NEW PEDESTRIAN CROSSING AT COLONEL BY AND MAIN, TRANSPORTATION UPDATES AND SPRINGHURST PARK IMPROVEMENTS

At the time of writing this, Ottawa is firmly in Step 3 of the re-opening plan. Our COVID-19 numbers are down, and our vaccination rates are high. It's been a long year-and-a-half, and I want to thank everyone who has done their part to slow the spread of the pandemic—especially healthcare professionals and essential workers.

In-person City of Ottawa services are beginning to be offered again. You can check the City website, ottawa.ca, to see what City programs are available.

Hopefully, our COVID-19 numbers stay down and we can slowly get back to something resembling normal.

Transportation Updates

This Fall will see some needed upgrades to the streets of Old Ottawa East. For the past few years, we have been working with the community and City staff to bring a full signalized intersection to Colonel By Drive and Main Street. We're happy to announce that we have been able to secure federal funding for the project and have had it added to the scope of the upcoming Greenfield-Main-Hawthorne reconstruction project.

A signalized intersection will provide pedestrians and cyclists with a safe way to connect between Old Ottawa East and the Rideau Canal Eastern Pathway in Capital Ward. We anticipate the work will be completed by the end of this year.

Speaking of Main Street, we are currently working with City staff to reduce the speed limit along Main Street from 50 km/h to 40 km/h.

In the last five years, the profile of Main Street has changed. The road narrowing, new cycletracks, improved sidewalk space and new developments have led to increased pedestrian and bicycling activity, as well as the opening of new businesses - and the associated increase in shopping and economic activity.

Main Street is truly living up to its name. It is a vibrant, urban street that emphasizes the life of the street rather than primarily serving arterial transportation. Residents have noted that having the community's main street remain a 50 km/h zone does not align with the new reality of Main Street.

Main Street is not a streetscape designed for such high speeds. With the proliferation of homes, businesses, schools and public amenities along the street or within blocks of it, a reduction in the speed limit to 40 km/h would better reflect the life and usage of Main Street within the community, while still balancing the needs to motorists passing through the neighbourhood.

Finally, we are also working with staff to implement a 30 km/h area speed zone east of Main Street. This will mirror the 30 km/h speed zone we put in on the west side of Main Street, last year, and bring more consistency throughout the ward, as more of our neighbourhoods become 30 km/h speed zones.

Reducing the speed limit to 30 km/h has shown to bring a significant improvement to street safety. It tends to lead to fewer collisions, injuries and deaths. It makes the streets safer and more enjoyable for everyone. Both of these speed reductions will go before Transportation Committee in early September, before seeking final approval at City Council later in the month.

Springhurst Park Upgrades

The improvements to Springhurst Park—which include a playground replacement, a beach volleyball court, three new pieces of exercise equipment, a ping pong table and two benches—are virtually complete. Springhurst is a well-loved and well-used park, where you can relax or play.

JOEL HARDEN MPP, OTTAWA CENTRE

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WE NEED A BACK-TO-SCHOOL PLAN THAT SUPPORTS STUDENTS WITH DISABILITIES

As September approaches and after so many missed weeks of class, where open Walmarts trumped open schools, I'm thinking about public education, notably for kids with disabilities. Why? Because despite announcing a back-to-school "plan" that's short on detail, the Ford government has left countless questions about the Fall unanswered.

Education Minister Stephen Lecce says there will be "in-person learning", but are we prepared? Is there a vaccination plan for kids? Will there be financial support to ensure well-ventilated, clean, and safe schools? Will money be diverted to online education at the expense of our schools? To these and other queries, the Minister says "wait and see", and that's unacceptable.

This is a government that's been playing games with public education since its first days in office. In fact, they made \$800 million worth of cuts to schools this year. Their refusal to plan effectively doesn't set up our schools for success, and it certainly doesn't help kids who struggled to learn long before COVID-19.

I recently met with David Lepofsky, one of Ontario's disability rights leaders, and he briefed me on the latest report advising Ontario of its obligations for kids with disabilities. Its findings were stark. A summary of the report can be found at aodaalliance.org.

The report noted we do little to help parents understand how to set up Individual Education Plans, or to support staff responsible for implementing the plans. We don't even recognize many disabilities — like dyslexia, or social anxiety disorder. And we hand out \$5000 cheques for autistic kids — through the Ontario Autism Program — without any navigation to specific services. And this is a partial list.

We need a system reset in our approach to supporting kids with disabilities and the staff responsible for their education. Minister Lecce must commit to serious action, take the advice of grassroots disability rights leaders, and plan for success.

They paved paradise, and put up a parking garage?

Our city is buzzing with debate over the site of the new Civic Hospital. Sadly, it's not about the quality of the facility, or the way in which the hospital will position Ottawa as a leader in health care. It's about cars, and parking. TONS of parking.

It's about a proposal to locate a massive, above-ground parking garage across the street from the hospital in what is now Queen Juliana Park, and the City parking lot adjacent to the park, comparable in size to the parking lot at the Ottawa Airport. The original plan was to put this parking lot underground, for good reason. This is next to a UNESCO World Heritage Site — Dow's Lake and the Rideau Canal — and an important part of Ottawa's urban tree canopy. Instead, we now learn that over 600 trees will be uprooted for a sprawling above ground parking facility.

This is another case of arbitrary planning. The decision to put the new Civic Hospital in Dow's Lake went against the wishes of a 200-page report prepared by the National Capital Commission, and over 7000 community members who contributed to that process. After that botched process, we are now being told to accept a massive parking garage in the middle of urban greenspace.

I've met with leadership from the Ottawa Hospital and insisted that plans to build this above ground parking garage should be changed. I fully support our friends at City Council who are calling for the same thing. If you'd like to share your thoughts on this project, please send us an email at jharden-co@ndp.on.ca. We must work together to preserve urban greenspace.

POLITICAL PAGES

CATHERINE MCKENNA MP, OTTAWA CENTRE

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LET'S ENSURE THAT OTTAWA IS THE GREENEST CAPITAL IN THE WORLD

When I got into politics now eight years ago, I made two simple promises to myself: always fight for what I believe in and leave when I had done what I got into politics to do. I hope when people look at the record I've built over the better part of a decade, they'll see that I kept my promises.

Recently, I announced that I won't be seeking re-election as the Member of Parliament for Ottawa Centre whenever the election happens. It was a difficult decision, but it's the right one for me and my family, and the right time to make it.

Like many Canadians, living through COVID 19 over a very long year, made me step back and reflect on what matters to me most. And it's two things. My kids and climate change.

When I first asked the people of our community to support me, my kids were 4, 6 and 8. Now my youngest is 12 and my eldest is off to university in a year. I don't have many years left with them at home and I want to spend more time with them. They're pretty awesome.

And while thankfully we will get out of the pandemic, we still have the climate crisis to fight. This is a critical year for climate action in the most important decade that will decide whether we can save the only planet that we have. I want to spend my working hours helping to make sure that we do.

I hope my community here knows that I've done everything I could to fight for them. Whether that's federal investments in active transportation like the Flora Footbridge or investing in net-zero buildings like Ottawa's new super library. Or, more recently, \$400 million in federal funding to electrify Ottawa's entire bus fleet, investing in affordable housing through Ottawa Community Housing to improve and extend the lifespan of 11,000 community housing units, or investing \$4 million for a new clubhouse for the Boys and Girls Club of Ottawa.

I will be forever grateful that you took a chance on me many years ago. Being the first woman elected to represent Ottawa Centre has been the honour of my life. I love our community and the people in it. Now let's make sure Ottawa does become the greenest capital in the world!

I say this to my team and to the many kind people who've reached out about the political environment. I say it especially to the young girls out there who are thinking about politics and whether it's for them. Do it. And when you do it, don't be afraid to run like a girl. I'll be there cheering you on.

As for me, I'm looking forward to the summer. Lots of time with my kids and all the McKennas, lots of swimming in the Great Lakes, lots of writing, and lots of thinking about my next chapter.

I can tell you one thing for sure: it will be 100% focused on climate change. I'm proud of what we've done here in Canada, but there's so much more to do. I look forward to contributing to the efforts as a mom, private citizen, and a Canadian.

If you need anything, my community office continues to be virtually open and ready to assist. Call us at 613-946-8682 or email us at Catherine.McKenna@parl.gc.ca.

Catherine McKenna resigns, Yasir Naqvi secures federal Liberal nomination in Ottawa Centre

MAINSTREETER STAFF

Things have changed since the last Mainstreeter report on Ottawa Centre candidates for the upcoming federal election.

Incumbent Catherine McKenna, who originally was going to run again, has resigned after six years as Ottawa Centre MP. Her tenure was marked by a surprise victory over Paul Dewar in 2015 then her appointment as Minister of the Environment and Climate change. She subsequently became Minister of Infrastructure and Communities.

Yasir Naqvi, the Ottawa Centre MPP for 10 years, will seek to replace McKenna having recently been confirmed as the Liberal nominee.

Angella MacEwen won the NDP nomination over Lyra Evans and Angela Keller-Herzog was acclaimed as the Green Party candidate. Carol Clemenhagen will be the Conservative candidate, as previously reported.

McKenna is arguably the most successful Ottawa Centre MP in the

riding's 53 year history. In addition to her high profile in aggressively pursuing new policies to deal with climate change, McKenna made a profound mark on the riding.

Her support of the Flora Footbridge and convincing her government to provide \$10.5 million towards its construction led to the bridge's construction. Similarly, she secured federal funding for the new main branch of the public library.

Early in her tenure, she immediately responded to a community association request for paddling docks in the Rideau Canal. The community association had been seeking these for years but were thwarted by the federal agencies controlling the Canal and its pathways.

"Her decision to leave politics now is rooted in her kids and in climate change," wrote Fatima Syed in the July Narwhal. "There's too little time on both," McKenna said.

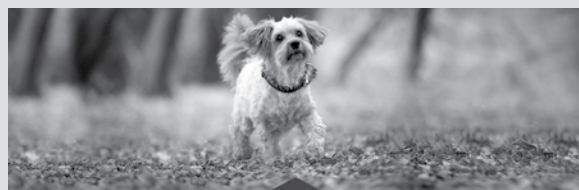
McKenna lives in the Glebe with her three children.



Catherine McKenna says farewell and thanks to the voters of Ottawa Centre.

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CONTACT: LORNE ABUGOV 613-878-1532 editor@mainstreeter.ca

The 2nd annual OOE Art Tour

Calling all art buffs - come and walk the neighbourhood and gain a sense of artistry

On August 21st, eleven of our community's talented artists and photographers will exhibit their works in front of their homes throughout Old Ottawa East

As the face of Old Ottawa East (OOE) has changed over the past two years, John Jarrett has worked to capture the community—its houses, streetscapes, and river scenes—in oil, creating a snapshot/ collection of an earlier time.

Jarrett will be one of 11 talented local visual artists and photographers who will be showing their artwork to residents and visitors out for a stroll through the neighbourhood between 11 am and 3 pm on Saturday, August 21st.

That's when *The Mainstreeter* will present the 2nd Annual Old Ottawa East Art Tour, a showcase for our community's vibrant artists and photographers, with the generous support of our sponsors, **ReMax Hallmark Ottawa** (Agent Helene Stanciu), the **Oat Couture Oatmeal Café** and **Montgomery Scotch Lounge**.

At last year's inaugural outdoor Art Tour, three local artists – Steve Fick, Rosie Cusson and Kathleen McCrea attracted enthusiastic OOE neighbours to exhibitions outside their homes to view their paintings and icons. At this year's

expanded Art Tour, Fick and Cusson will be displaying their handiwork once again, this time joined by nine other first-time participants exhibiting outside their homes scattered around Old Ottawa East.

A new feature of this year's Art Tour will be the **Kid's Korner**, for youngsters aged two to ten years. **OOE kids are invited to drop off their artwork on Friday, August 20th, the day before the Art Tour**, into the container on the front porch at the home of Rosie Cusson, **164 Glenora Street (between Herridge and Clegg streets)**.

Children wishing to exhibit their own artwork are asked to submit pieces of 8 x 10 inches in any colour, medium or subject. The kid's art will be sold on the day of the Art Tour for \$2.00 (or more) and all proceeds will be donated to the Ottawa Food bank, with the final results from the sale published in the October issue of *The Mainstreeter*.

In the event of rain, the Art Tour will take place on the following day, Sunday, August 22nd, also between 11 am and 3

pm.

And if you cannot walk the neighbourhood for the outdoor Art Tour, you can still catch John Jarrett's OOE collection on Saturday, September 25th

and Sunday, September 26th between 12 noon and 5 p.m. at a pop-up gallery located at 139-141 Main Street, in the two store fronts between NU Grocery and Greens and Beans.



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Pandemic impacts the pathway

Wear and tear of heavy traffic taking its toll on the Rideau River Nature Trail

JOHN DANCE

The pandemic has had a huge impact on residents' lives but who would have thought it would also be responsible for greatly changing Old Ottawa East's spinal pedestrian route, the Rideau River Nature Trail or, as the City calls it, the Rideau River Western Pathway? Some residents think we need to treat the route - especially the section south of Brantwood Park - with greater care.

The stretch of the pathway between the McIlraith Bridge and Greystone Village looks very different than it did pre-pandemic: it's much wider and more worn.

In a sense this is a good thing as it reflects maintaining COVID social distancing and greater use of the pathway by OOE residents and visitors from the Glebe, Old Ottawa South and elsewhere.

But on the other hand, the much wider pathway means that vegetation has been trampled, habitat has disappeared and the attempt at naturalizing the route has been set back.

The nature trail was one of Sustainable Living Ottawa East's original projects. Considerable tree planting and invasives

removal have been conducted over the years.

"It would be nice to see that whole footpath receive a bit more love...I think it just looks quite sad at the moment."

The City of Ottawa proposed to pave the pathway to make cycling easier but SLOE pushed back and the City agreed to set the official cycling route along Onslow Crescent and Bullock Avenue. At one point, given the flooding that generally occurs in the Brantwood area, the City considered building a boardwalk pathway like the ones used in protected environments elsewhere in Ottawa, but this was deemed too expensive.

"It would be nice to see that whole footpath receive a bit more love" says Sue Somerset, a frequent pathway user. "The pathway is really worn at the moment with foot traffic. I think it just looks quite sad at the moment."

"I think that section of the trail could be our community's secret wildlife garden - a lovely breathing space - for nature and for us - in the middle of our neighbourhood," says Somerset. "We are so very lucky to have an abundance of wildlife in the area, including the turtles, both great blue and green herons. But, as we've seen elsewhere, ecosystems are fragile and need our help to be there in the future."

"...as we've seen elsewhere, ecosystems are fragile and need our help to be there in the future."

In terms of improvements, Somerset thinks the boardwalk proposal makes sense or "If not a boardwalk, we need some kind of clear path markers to avoid the current damage continuing." She likes SLOE's existing information plaques along the route but recommends "some material pitched for kids."

"SLOE's invasive brigade does great work at removing burdock and other

invasives from the area, but I think we need to reintroduce some native plants - if nothing else than to reverse the current degradation by soil compacting," she says.

A complicating factor is that many more cyclists are riding the McIlraith-Brantwood stretch even though it isn't paved. Indeed, a number of cyclists argue that the pathway should be paved through this area. Also, residents along the river side of Rideau Garden Drive have an active interest in the pathway behind their homes, an interest that recently led to the City not removing tree stumps where flowers had been planted.

"City action - including more signage, parallel gates that people can get through but not bikes - to encourage bikes NOT to use the pathway would be appreciated," says Centennial Avenue resident Carol Buckley. "This would make it safer for fauna and flora as well as to reduce the risk of injury as bikes go shooting by the pedestrians on a fairly narrow strip."

The City currently has no plans for changes to the pathway. It will continue to mow the area 8-10 times a year and it is reassessing the area to determine if additional trees are warranted in light of the removal of many dead ash trees.



JOHN DANCE PHOTO

Pre-pandemic the Rideau River Nature trail was lightly used (left). Now, it is much wider and used by many, including a lots of cyclists. Carol Buckley - pictured above (right) - advocates measures to keep the pathway natural and safe for pedestrians.

OUR NEIGHBOURS

**Getting to know Evelyn,
a 4-year-old whirlwind!**

There may be nothing she can't do!

BONNIE WEPPLER

"Yesterday, I was very good. Sometimes I'm very bad."

Havelock Street resident, four-year old Evelyn, lives with her parents, Tracy and Phil and her nine-month old sister, Maisie. The family has lived there for three years.

"In September I will be five years old and that's the day I will be starting school."

Evelyn will be in Senior Kindergarten at Elgin Street School next year where she will be in "a real school instead of in front of a computer." Evelyn is very excited to finally meet her school friends in person. Her favourite parts of school include story time and Dance Party Fridays.

"I'm a very good dancer!" Evelyn proclaims and she always asks for the same Shakira song, La La La, every week for Dance Party Fridays.



TRACY OFFENBECK PHOTO

Evelyn enjoys her trampoline and is quick to tell people that she can jump "very high".

Evelyn is a very friendly and social person. If you meet her, the conversation will start with either "I have to tell you something" or "You know what", whether she is right beside you or across the street. Be ready to start a lengthy discussion about dogs, cats and other local wildlife or whatever is swirling in her mind.

When asked what she thinks she might like to be when she is an adult, Evelyn yells out "an architect". She confirms that she "has built stuff in her room before, such as a tower made of markers and a box." She dreams of making "a building like a skyscraper all the way up to the sky. The door colour will be pink. There will be blue decorations on the windows. There will be fun decorations like flowers, hearts and lights!"

Evelyn likes soccer and notes that she "can kick the ball very far". She also likes skipping rope and jumping on the family's trampoline. "I like to jump. I can jump very high." Evelyn then spends the next fifteen minutes showing all of her trampoline jumping techniques: Jump Spins, Star Jumps and The Running Man.

Evelyn also likes to swim. "You can do a cannonball and it's fun". Evelyn adds that she swam in the family's backyard kiddie pool "seven times yesterday"; Evelyn also loves going to the beach.

Her favourite foods are apples and pizza "because it's so tasty!" Evelyn likes to help make pizza with her family and her favourite toppings are pepperoni, cheese and sauce.

Evelyn also likes to help in the garden, and she planted herbs and flowers in the family's planter boxes. She's fascinated with bugs and loves looking at them through her magnifying glass.

Her neighborhood friends include Winston, Jackson, Ruby, Vesper and Parker, and she loves all the dogs in the neighborhood and thinks that there are "at least 17 or 18" on her street, including her own dog Remi.

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Catherine McKenna

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Neighbours Helping Neighbours at our local food centre

The Old Ottawa East (OOE) community has been very generous this past COVID year in supporting the Centretown Emergency Food Centre at 507 Bank Street with food, toiletries, underwear, socks and sandwiches. The catchment area for the Food Centre includes Centretown, the Glebe, Old Ottawa South and Old Ottawa East.

An annual Walkathon is the Food Centre's main fundraiser. Last year's event was a great success. Participants were encouraged to decorate and carry colourful personal posters in support of the Food Centre and to submit photos of their walk. Organizers were able to offer prizes donated by local neighbourhood grocery stores.

This year's Virtual Walk for the Centre takes place on October 3rd from 1:00 pm to 4:00 pm. The theme of "Neighbours Helping Neighbours" implies helping more in troubled times. Walkers can choose their own two- or four-kilometre walk in Old Ottawa East, on their favourite trail, or on their treadmill at home! For those who wish to do so, it is also possible to walk the path behind Parliament Hill, the traditional route for the Walkathon in past years.

Twenty-two neighbourhood churches are members of the Centretown Churches Social Action Committee

(CCSAC), the parent organization of the Food Centre.

OOE residents are encouraged to register online for the walkathon by visiting the CCSAC website (www.ccsac.org).

centretownchurches.org). Check out the CCSAC website and Facebook pages closer to the date of the walk for additional information.



SUPPLIED PHOTO

The 2020 Walkathon for the Centre took the traditional route behind Parliament Hill, but this year's Virtual Walk for the Centre can take you anywhere your imagination leads.

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Suite de la page 27

pourvu qu'ils soient emballés dans du papier absorbant et placés dans un sac scellé à l'épreuve des fuites. Notez que le fait de ne pas ramasser les excréments de votre chien constitue une infraction au règlement municipal, tout comme le fait de ne pas les ramener à la maison et de les éliminer sur votre propre terrain. La ville a fait le nécessaire pour placer des réceptacles spéciaux pour les excréments de leurs animaux dans les parcs, mais il faut savoir que toutes les poubelles ne peuvent pas être utilisées pour les excréments d'animaux.

Nombre maximal de chiens permis : Le nombre maximal de chiens âgés de plus de 20 semaines que chaque ménage peut posséder est trois dans tous les secteurs de la ville.

Stérilisation de votre animal de compagnie : Un propriétaire responsable doit faire châtrer ou castrer (stériliser) son animal. Le fait de posséder une preuve de stérilisation vous permet de réduire le coût d'enregistrement de votre animal. Cette preuve doit prendre l'une des formes suivantes :

- Attestation de stérilisation reçue après l'intervention chirurgicale;
- Note signée par un vétérinaire qualifié;
- Copie de la facture de l'établissement vétérinaire indiquant que l'animal a été stérilisé;
- Copie de l'éventuelle entente

d'adoption.

La stérilisation de votre animal femelle et de votre animal mâle présente plusieurs avantages. Il est notamment moins probable qu'ils souffrent de maladies ou de cancers ou qu'ils s'égarer et se perdent ou se blessent.

Identification par micropuce : Une étiquette d'identification doit être portée en permanence. Les micropuces constituent un moyen permanent d'identification des animaux de compagnie. Des milliers de chiens et de chats errants sont amenés à la fourrière municipale chaque année parce que ces animaux n'ont pas - ou ne portent pas - de marque d'identification.

Aboiements et hurlements : Les propriétaires d'animaux doivent empêcher leur animal d'aboyer constamment ou de faire d'autres bruits qui dérangent les gens et le voisinage ; cela constitue une violation du règlement municipal sur le bruit.

Un chien bien dressé ne sera pas une nuisance pour vous, votre famille ou votre communauté. Donnez-lui un cours d'obéissance de base, fournissez-lui de la nourriture et de l'eau en quantité suffisante et demandez-lui de ne pas uriner ou déféquer sur les propriétés des autres. Sachez que l'urine détruit l'herbe et les plantes.



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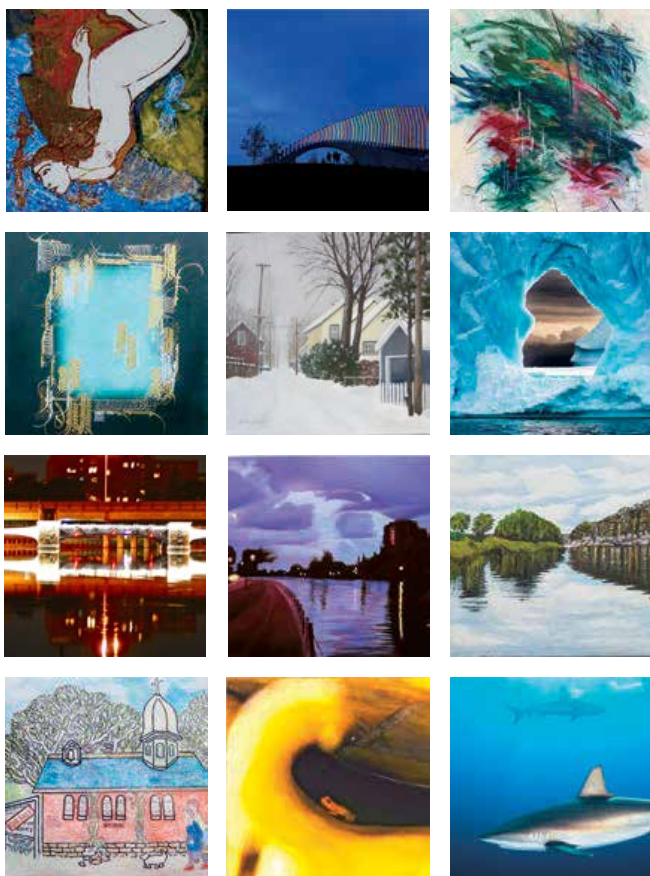
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