

MAINSTREETER

OLD OTTAWA EAST'S COMMUNITY VOICE | LA VOIX COMMUNAUTAIRE DU VIEUX OTTAWA-EST

AUGUST | AOÛT 2017

'Midtown' bridge receives missing funding

BY JOHN DANCE



Construction on the Clegg-Fifth footbridge is slated to begin this September 2017 with completion targeted for December 2019.

IMAGE FROM CITY OF OTTAWA

Thanks to the recent commitment from Ottawa Centre MPP Yasir Naqvi, the Fifth-Clegg footbridge is one step closer.

Now that the bridge design has been approved and funding secured, construction will begin this September with completion targeted for December

2019.

On June 23, Naqvi followed through on his longstanding endorsement, pledging \$5-million for the new link between the Glebe and OOE.

Naqvi's announcement follows Ottawa Centre MP Catherine McKenna's

promise of \$10.5 million for the bridge. The consequence of the two senior levels of government providing funding is that the city's funding requirement will be about \$6 million for a total cost of an estimated \$21.5 million.

Naqvi – in the company of McKenna, Mayor Jim Watson and Coun.

David Chernushenko – made the announcement to the cheers of footbridge advocates who have long lobbied for what they affectionately call the “Midtown” bridge.

“Building a bridge to connect our communities will improve the quality of life for our neighbours by encouraging environmentally friendly transportation, improving the accessibility of our city, and ultimately connecting people and building stronger communities,” wrote Naqvi eight years ago.

Bridge advocates at the announcement noted the footbridge will promote healthy transportation and will be much safer than the existing Bank and Pretoria bridges.

The push for a bridge at Fifth Ave. and Clegg St. – the midpoint of the two kilometers of the Rideau Canal between Bank St. and Pretoria Ave. – goes back 110 years when, as a condition for the amalgamation of the village of Ottawa

Continued on page 6

Greystone Grocer Won't be a Giant

BY JOE PARASKEVAS

If you had hopes of roller-skating up and down the aisles of the new grocery store expected on Main Street, you might want to leave the wheels at home.

The Regional Group, developer of the Greystone property surrounding Saint Paul University, is scaling back its plan to include a major grocery at the corner of Main and the driveway leading to the Deschatelets building near the back of the university campus.

Instead of a 25,000-square-foot retail space, Regional is now looking to dedicate 7-8,000 square feet to a grocery. The reason? Its efforts to find a large retailer, such as Loblaws, Metro or Sobeys, have come up short.

“We’re probably not going to land a major tenant,” David Kardish, Regional’s vice-president in charge of the commercial elements of Greystone,

said recently. “The problem is: you’ve got other sites intervening.”

Regional talked to several companies about its plans for a large grocery, the kind of store some residents of Old Ottawa East have long coveted. But in each case, Kardish admitted, potential tenants backed away because of the proximity of competing stores at the Pretoria Bridge, in Centretown, even at the Train Yards near Industrial Road and Riverside Drive.

Kardish predicted a smaller space could attract a tenant comparable to the Cedars food store in Old Ottawa South or the Nicaastro store in the Glebe.

Along with changes to the size of the expected grocery, Regional was adjusting its plans for the residential units that would be built above the commercial space. No longer was Regional aiming to build

condominiums. Instead, Kardish said, the company would erect two buildings - one six-storeys-tall, the other nine - and fill them with rental apartments.

“We’re seeing now a resurgence in rental,” Kardish said, adding one tower could be dedicated to people looking to downsize, and the other to a younger market.

Regional would spend the last weeks of summer trying to solidify its plans for both the residential and commercial spaces on the lane to the Deschatelets building, Kardish said. With that done, it could then search in earnest for a smaller-scale grocery tenant.

The changes to Regional’s designs meant construction on a potential grocery store wouldn’t start until early 2018, he added.

Unlike the effort to find a large grocery

anchor tenant, the search for businesses to fill smaller commercial spaces on the Greystone development had been relatively easy, Kardish said. Small businesses were lining up to consider occupying those units - each about 2-3,000 square feet.

“Coffee shops, maybe a restaurant, we have a lot of demand for personal services,” Kardish said.

Among already established Main Street businesses, the news of Regional’s downsizing of its plans to add a grocery to the neighbourhood was met with support.

“I’ve always considered Main Street to be like my home town - small, quaint and friendly - so I’m a big proponent for this,” said Watson’s Pharmacy owner, Scott Watson. “A Cedars-type grocery would be a natural fit. I’m hoping a number of local businesses come to Main Street.”

Main Street transformation a 'complete street' success

BY JOHN DANCE



These guys were top dogs making lots of hot dogs at the Main Event. BBQ'ers from Left to Right: Phyllis Odenbach Sutton, Sue Beattie, Wendy McRae, Don Fugler, Andrew Power, Mckenzie Buchanan, Doug Woolige, Jan d'Arcy, Alex Beattie.

PHOTO CREDIT: JOHN DANCE

Old Ottawa East has had lots to celebrate this year. The recent Main Event was the official reopening of Main Street and a celebration of those who made it happen.

The "new" Main Street features wider sidewalks, protected cycle lanes, extensive tree planting, new street lighting and amenities, as well as new public artwork by Stuart Kinmond, entitled Main2.

The transformed street is a result of decades of traffic calming efforts, a community design plan, two years of working-group discussions and close to three years of construction.

The catalyst for the Main Street reconstruction project was the unavoidable need to dig up the entire street to replace the century-old deteriorated watermain and sewer lines. Given the roadway had to be rebuilt, the City of Ottawa decided to explore options for making the street more complete.

"The easy way would have been to rebuild Main (Street) in the same community-dividing, dangerous, unhealthy and ugly form it had," said Phyllis Odenbach Sutton, president of Old Ottawa East Community Association. "Instead, we now have a street that embraces the community and allows motorists, pedestrians, cyclists, and businesses to all safely and enjoyably use the road and new sidewalks," she said.

"Coun. David Chernushenko deserves great credit," she said at the as she presented him at Main Event with a neck pendant holding a jagged, corroded piece of the antiquated excavated watermain.

Odenbach Sutton also praised Mayor Jim Watson and transportation committee chair Coun. Keith Egli for their strong support of the controversial project. "It took courage, and these politicians demonstrated it."

Project manager Josée Vallée, who led the five-year effort, drew particular commendation.

"It is impossible to overstate her role; she was always available, responsive, positive, clear, creative; and she shared information and consulted," said Phyllis.

For Vallée, the community of OOE deserves great praise for their patience and cooperation.

"I would like to take this opportunity to thank the community association and all residents of Old Ottawa East for their patience and cooperation during construction," said add.

"While we (the construction team) enjoy construction (on most days anyway), it is quite taxing for residents

to live in a construction zone with dust, noise, vibration and major traffic disruption for two and a half years. You guys have been troopers, believed in us and made my job easier!"

Odenbach Sutton also thanks community association members, business and church representatives who participated in meetings with the city on issues related to the reconstruction.

In addition, various city staff, contractors and consultants including, Kornel Mucsi, Robin Bennett, Ron Clarke and Shaun Fraser made major contributions. The community association will be planting a tree to honour them.



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PHOTO CREDIT: JOHN DANCE

A throng of children helped Old Ottawa East Community Association President Phyllis Odenbach Sutton (centre) and Mayor Jim Watson and Coun. David Chernushenko (left of Phyllis) officially open the "new" Main Street.



Pat Holloway and Valerie Swinton celebrate the 150th anniversary of Bower House in Old Ottawa East.

PHOTO CREDIT: MAUREEN MURPHY

Celebrating 150 years at the Bower Farmhouse in Old Ottawa East

BY: DIANNE BRETON

DIANNE BRETON LIVES IN OLD OTTAWA EAST IN BOWER HOUSE.

A special celebration and fundraising event hosted by the One World Grannies, and Roland and Dianne Breton was held on Bower Street in the evening of June 21st. The event celebrated Canada's 150th birthday and the 150-year history of the Bower Farmhouse.

Storytellers made history come alive at Bower House, built in 1867 by John Conrad Bower on the Rideau Canal in Old Ottawa East. The historic Victorian house lived in by three generations of the Bower family, has been the home of the Breton family for 25 years.

Guests were welcomed into the garden by members of the One World Grannies and John Conrad Bower (storyteller Pat Holloway) impeccably

dressed for the occasion in top hat and tails. Hors d'oeuvres were served and with guests seated under a very old silver maple tree, four very different historical tales were told in honour of Canada's sesquicentennial.

Pat Holloway of the Ottawa Storytellers became an assured John C. Bower telling the story of his active and interesting life in mid-nineteenth century Ottawa. Among many historical gems, guests learned that Old Ottawa East was called Archville, that a steam train ploughed into the canal because the drawbridge was up to let a tug pass, and that the Bowers helped homeless citizens after the great Hull-Ottawa fire of 1900. Rumours of the house being haunted were reinforced with the appearance of Sarah (played by Tracey Guptill), the gentle ghost of J C Bower's spinster daughter, who told her life story.

Ottawa Storytellers' mother and daughter team, Donna Stewart and Ruth Stewart-Verger, brought to life the personalities and fierce determination of Canada's "Famous Five" who succeeded in having women recognized as "persons" under the BNA Act – thus achieving their goal of making women eligible for appointment to the Senate.

One World Granny Peggy Edwards' story wrapped up the evening. She took on the persona of her Uncle Jake, to paint a nostalgic picture of growing up in Old Ottawa East, the Glebe and Old Ottawa South in the early 1920's. Using her Uncle's memoir of his boyhood adventures with his brother, she delighted the audience with anecdotes such as swimming naked across the Rideau Canal on a summer night to steal creampuffs cooling outside Lamothe's Bakery, and playing "road apple" hockey in the winter with frozen horse dung for pucks.

Thanks to the generous support of Watson's Pharmacy & Compounding Centre, all funds raised have been directed to the Stephen Lewis Foundation Grandmothers Campaign. Launched in 2006, the Campaign has raised more than \$24 million in response to the AIDs pandemic in Africa that has orphaned 15 million children and left almost 26 million living with the disease. Projects such as this event support the courageous grandmothers of Africa and the vulnerable children in their care.

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Local Cub Scout Recognized for Making a Difference in His Community

BY STACEY WOWCHUK



PHOTO CREDIT: MELISSA MCPHERSON

Scott Watson (right), owner of Watson's Pharmacy on Main St., and store manager Louise Léger helped Quinn's project with donations from the store.

Quinn McPherson is a remarkable kid. He is bright, cheerful and has a knack for bringing people together to create something wonderful. Recently through his hard work and determination, the ten-year old Old Ottawa East boy collaborated with over 20 local businesses and individual sponsors to create 150 toiletry kits for St. Joe's Women's Centre.

Quinn's adventure started when his Cub Scout leader told him about an opportunity to make a difference in his community. Scouts Canada recently introduced the Seonee award that recognizes cub scouts for embodying the important elements of being a cub scout: outdoor adventure, community service, and making a difference. There was one catch. Quinn would have to take three years of work and complete it in eight months. He did one better and finished it in five.

"This was a huge achievement," said Quinn's Cub Scout leader Rob Christie. "He had to identify a need in the community, develop a plan, execute it, and then come back and present his results." Rob was not surprised that Quinn completed his work so quickly. "He is such a motivated kid. There is nothing he can't achieve."

Quinn wanted his project to focus on kids. "I started looking around for projects, and realized that if I helped families I would be helping kids. And if I could help a local group, it would make a difference in my community." This led him to St Joe's Women's Centre.

St Joe's is a daytime drop-in for women and children and helps with basic needs, such as access to hot meals, shower facilities, a food bank and computers. "Quinn's project has helped a huge number of people and

provided us with a month's worth of supplies," said Program Coordinator Megan Fleming. "Many people take something like a shower for granted. But it gives people back their dignity and makes an enormous difference in one's health and well-being."

Quinn had to research potential organizations that might be able to contribute toiletry supplies (such as shampoo, toothbrushes and deodorant), contact them, and then go pick up donations. "At first it was scary to speak to these large businesses and I was worried they would tell me they weren't interested," he recounted. And he did run into some challenges along the way, like how to get three large boxes of supplies home on the city bus ... in Ottawa's infamous winter snow.

When asked what surprised him, Quinn quickly answered: "how generous everyone was. I was speechless. When I was at the Lord Elgin Hotel collecting supplies, one of the doormen overheard me and said he wanted to help and gave me a personal donation on the spot." He also relayed the story of several businesses that were surprised when a 10-year old showed up as they were expecting a 'bigger, older Quinn' due to his professionalism and maturity on the phone.

This past May, Quinn was one of two cub scouts from the 104th Ottawa Scouts Group presented with the Seonee award. When asked what's next, Quinn answered with a smile: "I'm still thinking about it. But I know it's going to be great."

FOR ANYONE INTERESTED IN JOINING, THE 36TH OTTAWA SCOUTS WILL HOLD AN INFO NIGHT AT 7 P.M. AT THE GLEBE ST. JAMES UNITED CHURCH ON SEPT 7TH.

FROM THE EDITOR

FROM THE MAINSTREETER

As many of you who read the Mainstreeter know, we are without a captain of our fair ship. July 2017 marked the last paper edited by Joe Paraskevas. To say we are thankful for Joe's efforts over the last four years is an understatement. Without Joe we wouldn't have seen a transition to a more news-style of reporting in our paper. We would have missed Joe's well-considered quotations from wise minds. And we would have missed his ability to push for more for the Mainstreeter.

During Joe's tenure we've seen a new web site, a new board of directors has been put in place, and a new style has graced our papers words and masthead. Now we're facing a stark reality, after months of searching, that our paper is without an editor. We are so fortunate to have an idyllic setting for community events, to have such dedicated volunteers and

community groups. We live in a time when we can share so much and so easily. The Mainstreeter holds a place very special place in the community and just needs a few more special people to ensure it is delivered with the quality you deserve. If you think this might be something you'd like to help us with, let us know. Our team is committed to supporting a new Editorial team and welcoming new faces to the fold. Photos, articles, and columns are all something we would welcome.

Thank you Joe, for holding the Mainstreeter to such high standards. We applaud your efforts, your uncountable volunteer hours and your pursuit of excellence. Best wishes to you and your family as you can now sit back and enjoy your summer without the tap, tap, tap of a deadline on your shoulder.

The Mainstreeter Board of Directors

The Royal Swans: Friendly Water Fowl or Foe?

BY MEREDITH NEWBERRY

The Royal Swans are back. Like a theme park ride through the Magic Kingdom, these swans both delight and terrify residents. Terrify, you say? Terrify, I say.

Every summer many people, residents and tourists alike, enjoy watching the swans from the riverside and remark on their beauty, size and speed. Eight swans were returned to the river this year June 24, 2017 and will live in the wild (between Carleton and Cummings Bridge) until late October/early November, according to the City of Ottawa's web site. Every year since I've lived in Old Ottawa East I've been thrilled to see them swim peacefully and forage serenely up and down the river. But last year my impressions of these magical creatures took a swan-dive. Not sorry. Pun intended.

Apparently, swans are not afraid to let people know where their boundaries should be. My husband started paddle boarding on the river last year. The swans took that as the start to a watery game of chicken. Each morning as he paddled down the eastern side of the river, a distance from the shore, a swan would greet him, raise his middle feather and give chase. Nothing like speeding waterfowl to give more energy to his morning workout.

Not long after that my dog, Jack, was chased by a swan while swimming in the river at the edge of Springhurst Park. I didn't think anything foul of them being in the water together until the swan made a bee-line to Jack. And while Jack is more known for his good looks than his book smarts, he was street smart that day. As soon as he heard the hiss of that massive swan he came running back to me rather than face off with a swan. One of swan's main predators are unleashed dogs so I can understand their instinct. But

more importantly, now we know who is King of the Rideau.

The swans enjoy their special presence on the river and don't take kindly to others getting into their space. Yes, their space. The way I see it, it's got to be their river. I personally have never been invited by the mayor to swim in the river and enjoy it as my home. Nor have I ever been observed and cared for by the City. Nor has anyone built me a special winter retreat with outdoor swimming pool. So you see...we're just visitors in their swimming hole. And to that end, here's a few things to remember when admiring the swans in their natural habitat:

1. Admire from afar. Don't get too close and they won't give chase.
2. If a swan is nearby, leash your dog.
3. The swans build their nests in areas that are not easy for people or predators to disturb; so respect that and leave their nests in peace. It's a federal offence to mess with them, plus it's not very nice.
4. Don't worry that they need extra to eat. They forage for food in the river but according to the City of Ottawa Swan Program managers, lettuce, spinach and alfalfa sprouts are good choices if you want to provide a snack fit for royalty.

So I've learned my lesson. I still love seeing the swans. But I won't be looking to get a Swan Selfie.

Meredith Newberry lives near the Ottawa River with her family. They are active both in and around the River. She wrote this personal essay as a way to mark the Royal Swan's 2017 return to the Rideau River and share a few swan survival tips.

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www.Mainstreeter.ca

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Check out the job description at www.mainstreeter.ca, or send an e-mail to Steven Begg at chair@mainstreeter.ca for further details. We'd love to hear from you!

MIDTOWN' BRIDGE RECEIVES MISSING FUNDING - cont. from page 1

East with Ottawa, a bridge was to be built.

Over the last decade a multi-community advocacy group has campaigned for a footbridge at Fifth-Clegg. Nine community associations, five school councils and numerous other groups endorsed the idea

"Just as the Corktown footbridge serves

many people beyond Centretown and Sandy Hill, the new Fifth-Clegg footbridge will benefit many beyond the Glebe, OOE and Old Ottawa South," said Chris Osler of the Sandy Hill Community Health Centre, one of the many organizations to endorse the new bridge.

LETTER TO THE EDITOR

As a proud resident of Old Ottawa East, I understand that the strength of our community has much to do with cooperation and efforts to find workable solutions to life's problems. So, here is my first letter to the editor of the Mainstreeter in 31 years.

Today I encountered a local resident allowing her otherwise lovely Golden Retriever to urinate in our front garden. When I calmly asked her to control her dog and not allow it to urinate in our garden, she became most indignant and told me that I was being unreasonable. She argued that dog urination was part of nature and it was everyone's role to accommodate it. I chose not to turn the discussion into an altercation and observed that we obviously did not agree on this matter. I hope never to see her and her dog again, but that is probably expecting too much. Maybe she will read this letter and come to her senses, or another more responsible dog owner will inform her of her misguided understanding.

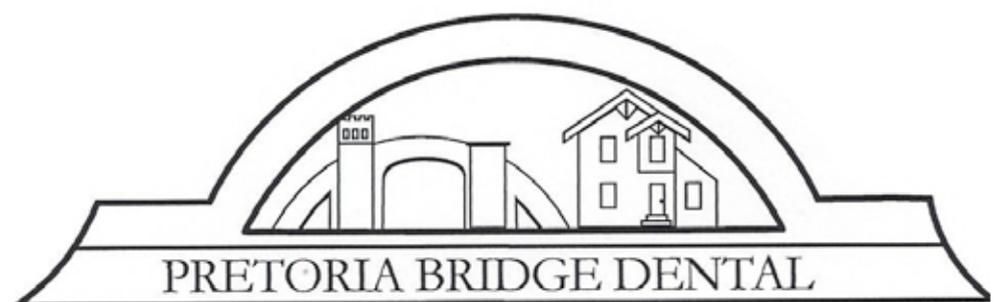
the many well-behaved pooches in the community. With the loss of the dog park on the Oblate lands, we understand there is pressure on dog owners to find places to exercise their charges. People seem to be tolerant of the increasing use of Brantwood Park by dog owners, despite the signs posted by the City prohibiting dogs in the park. However, one bad dog owner, like the lady in question, will bring rise to complaints that will restrict the movements (no pun intended) of all neighbourhood canines.

If you agree with my perspective (and I know many do because of the gentle signs they have posted in their beloved gardens), then talk to this woman and any others like her, and let's continue enjoying Ottawa's best neighbourhood, pooches and all.

Now don't get me started on that grey tabby from Letchworth that roams the area killing birds and chipmunks...

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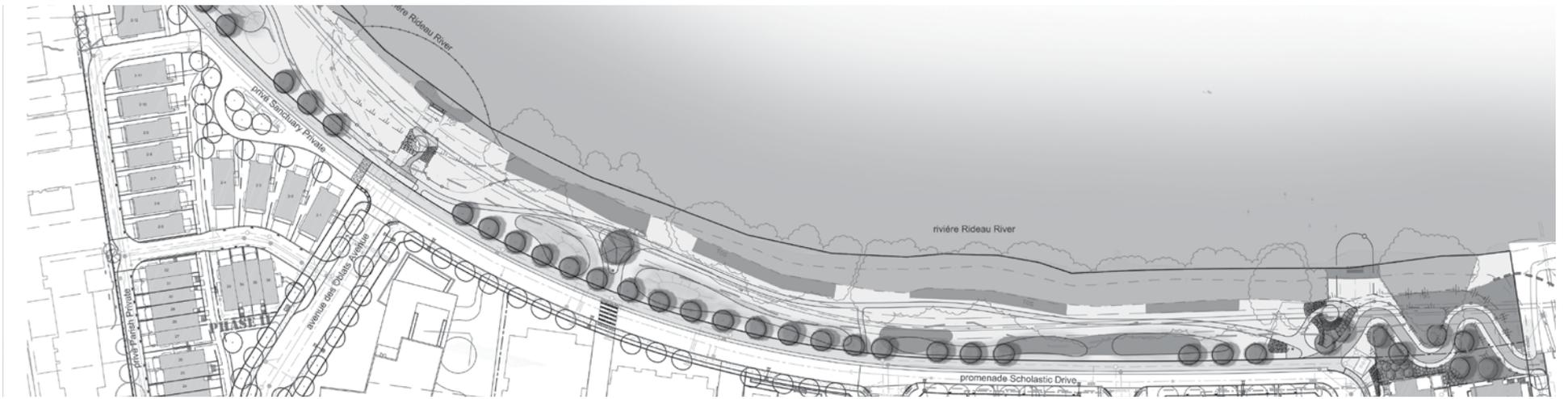
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PRETORIA BRIDGE DENTAL



Regional's plan for the 30-metre parkland includes two lookouts and a walking pathway meandering its length.

PHOTO CREDIT: SUPPLIED BY REGIONAL GROUP.

Greystone's River Park Takes Shape

BY JOHN DANCE

It's fenced-off until October but then the new 30-metre wide parkland along the river in front of Greystone Village will be well on the way to completion. All the work is scheduled to be finalized next year.

Key features of the new half-kilometre long parkland are a soft-surfaced walking path winding through trees, two river lookouts and various habitat protection areas, including at least one for snapping turtles.

"The informal path will become a favorite asset over the next few years," says Ian McRae of Sustainable Living Ottawa East (SLOE). "The naturalization areas, open spaces and lookouts will be destinations for the immediate neighbours as well as visitors using the pathways. The plan will eventually result in an appealing and more ecologically diverse and robust shoreline."

The 30-metre linear park will be just east of the City's asphalt Rideau River

Western Pathway which also will be under construction this summer. The linear park's meandering walking path is essentially the missing link of the Rideau River Nature Trail that SLOE has developed along the rest of OOE's river corridor. The pathway likely be topped with stone dust or woodchips.

The Regional Group, developers of Greystone Village, or what the community knows as the Oblates lands, has already transplanted large trees from where homes are being constructed to the new parkland area.

This summer the linear corridor will be "capped" with a foot of clean soil, reducing any risk there may have been to exposure of contaminated material, says Erin O'Connor, Regional's manager of land development.

While Regional proposes to have many trees along the western side of the walking path, SLOE has recommended that Regional's plan include additional trees near the walking path. In addition to creating shade, additional trees would mitigate the impact of the existing Manitoba maples and would shade out invasives like dog-strangling vine and buckthorn.

Regional has proposed that with the large limestone blocks salvaged from the demolished Main Street row houses a gateway-like structure could be constructed at the north end of the new pathway. SLOE has suggested that the blocks might alternatively be used for seating and demarcation all along the walking path.

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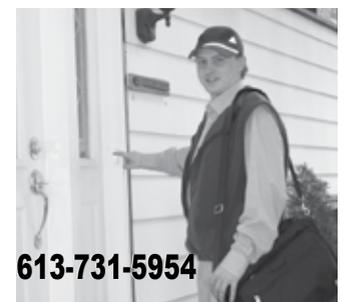
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Malcolm and John Harding

Ascension's Jazz & Chamber Series is Back

BY VIVIAN TRANG



The second season of Ascension's Jazz and Chamber Concert series starts again in Old Ottawa East Oct. 21st.

This October the Ascension Jazz & Chamber Series is making a comeback. For its second season the series will showcase both established and rising artists, and is welcoming the community to join them for another year of wonderful music and performances in Old Ottawa East.

On October 21st, Church of the Ascension will be giving over its sanctuary for its first show of the season - a special Ottawa Chamber Players concert celebrating the 150th

anniversary of Confederation as well as the 140th anniversary of Ascension. Upcoming performers include Beth Silver & Jenna Richards, The Ottawa Brass Initiative & The Seat Straps, Megan Jerome, Harmonic Generation, Christian Vachon & Frederic Lacroix, and the Steve Berndt Quartet (Safe Low Limit).

The inaugural concert series started last Fall. The debut season featured performances by musicians from the National Capital Region and

Canada. A major highlight last year was Ascension's Christmas concert held with a premier vocal group from Ottawa, Harmonic Generation. The concert raised money for a small and independent foster foundation in China that had been forced to close, leaving many special-needs children in need. Partnering with Harmonic Generation to help raise funds for these foster children was a proud moment for the church community.

Adam Reid, the music series' Artistic

Director, says he hopes to "engage and inspire youth," encouraging artistic and musical education and experience within the community, through concerts that are anticipated to bring pleasure to all who attend.

The concert series is made possible by concert-goers and sponsors, and the organizers are incredibly grateful to both. Sponsorship opportunities for this season are available, and can be viewed by contacting sponsorship@churchoftheascension.ca.

The 2017-18 season will cost \$20 for a single concert, Pick-3 passes at \$50, or you can enjoy the entire season for \$120. Tickets will be available for purchase soon; please visit churchoftheascension.ca to find out more about tickets and for confirmed concert dates, as they arrive.

Ascension proudly presents this diverse series in an inclusive worship space where everyone can share a love for music and community, and can relish the mastery and talent of all of the artists who will be performing.



PHOTO CREDIT: MEREDITH NEWBERRY

A different kind of school work is going on at Lady Evelyn this summer; a playground facelift. A construction team will be replanting new trees to replace the existing mature trees removed during demolition, raising portions of the playground that were previously well below grade and laying down new landscaping materials. Work is planned to be completed before the kids return to school in September.



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The Main Event & Main Street Re-Opening Celebration

There was a lot to celebrate at the Main Event Saturday, June 17. Not only did this celebration bring the Main Event back to Main Street, offer families and neighbours a chance to get together, and spotlight a number of our community businesses and associations, but it was also the official re-opening of Main Street. On hand to mark the event were Mayor Jim Watson, Councillor David Chernushenko, Ottawa East Community Association President Phyllis Odenbach-Sutton, and Community Activities Group of Old Ottawa East Chair Don Stephenson. Other activities included the Main Farmers' Market, arts and crafts, birdhouse and picket painting, in addition to tempting food trucks. The Old Ottawa East Community Association (OOECA) presented their annual fundraising barbecue. This year's BBQ raised \$1500 for the OOECA.

While the Main Event is a grand celebration each year, more than a few attendees noted that being back on Main Street "just felt right" and that this year's event was particularly well attended and successful.

Event presented by Community Activities Group of Old Ottawa East (CAG) and the Office of David Chernushenko

Our COMMUNITY Partners



GOLD Level Event Sponsors



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Generous Contributors

Gloria Fox, OOE piano teacher, Sobey's (Metcalf), Loblaws (Isabella), Farm Boy (Heron), Shoppers Drug Mart (Old Ottawa South)

Thank you to the many volunteers who made the The Main Event possible: The Stan Clark Orchestra and vocalists Leith Ross and Malcolm Wade, the Ralph Mercredi Quintet, Sheila White, Marie-Eve Noel, Todd Dunnett, Catherine Hooker, Ottawa Chinese Bible Church, Glen MacEachern, Ben Hebb, Aboozar Sheikhi, Rick McEachern, Charles Collin, Nicole Varshney, Laurie Greenwood, Carol Anne Owen, Nita Scherer, Marnie Tyerman, Ramine Shaw, Mieka Eyking, Chelsea Fulton, Tamsin Shoemaker, Declan Dunnett, Isla Dunnett, Nancy Fraser, Mike McCann, Mary Tran, Jim Lamont, SueEllen MacGowan, Heather Jarrett, Dave Macki, Suzanne Gagnon, Jim Fraser, Danielle Woods and Selena Arvai.

The OOECA thanks their BBQ Volunteers: Andrew Power, Don Fugler, BJ Siekerski, Katherine Simmonds, Ellen Torvi, Mackenzie Buchanan, Glen Linder, Jocelyn Kearny, Tara Hogeterp, Suzanne Johnston, Ed Janes, David Chernushenko, John Dance, Yasir Naqvi, Wendy McRae, Sue Beattie, Alex Beattie, Dwayne Beattie, Phyllis Odenbach-Sutton, Christian Pupp, Jan D'Arcy, Abby Burns, Justin Hebert, Irene van Bavel, Barry Davis, Doug Woolidge, Phillippe Taylor.

Finally, we'd like to also thank our Executive Director, Carol Workun and Program Assistants, Megan Shoemaker and Isobel Smith for their work on the Main Event and all their great work on our behalf throughout the year.

CAG Board of Directors: Don Stephenson(Chair), Melanie Gilbert, Tina Raymond, Lynne Byford, Lisa Dunnett and Stacey Wowchuk.

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Dan Bergeron and Gabriel Spector, the two artists responsible for beautifying the 417 underpass on the north end of Main Street.

PHOTO CREDIT:
CHRIS BRICKER, CITY OF OTTAWA.

A Mural to Celebrate

BY PHYLLIS ODENBACH SUTTON

A wonderful new piece of art has emerged from the grey walls in the underpass on Main Street over the last several months. I believe many of us stopped to watch the artists, Dan Bergeron and Gabriel Spector, at work and marvelled at the mural details as they appeared.

Some of you may already know, although neither artist currently lives in Ottawa, both have a connection to the nation's capital.

Bergeron is a graduate of Carleton University and Spector spent several years at Lady Evelyn Alternative School. Part of their proposal involved a workshop for some of the students at Lady Evelyn.

Their plan was to focus on the heritage of our community and they sought additional input from Old Ottawa East (OOE) residents during the April community association meeting. Some of the ideas mentioned at the meeting included the neighbourhood's previous use as farmland and gardens, the importance of Sustainable Living Ottawa East (SLOE) to our community, and residents' enjoyment of outdoor activities due to our proximity to the Rideau Canal and Rideau River.

The artists noted their appreciation for our input and indicated they learned a lot about the community; they also enjoyed the freedom to interpret the community feedback in their own way.

Bergeron provided the following contextual description of the project to me after the mural was complete:

"Accord is a mural project whose content emerged from our

conversations with OOE community members and from the architectural history and future of the area.

Through the consultation process, we heard OOE described as a garden

community and learned how the Rideau River and the Rideau Canal are the defining geographic elements of this part of the city. The mural along the west wall uses plant and flower imagery, while the east wall's mural takes the shape of a wave.

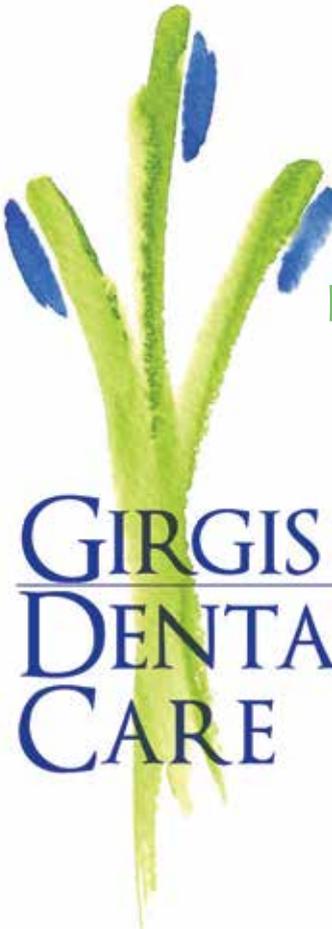
The flowers and plants are embedded in cubes that reflect the future development of this garden community. The windows on the sides of the cube contain patterns taken from the leaded glass windows at St. Paul's Pontifical School, as well as many of the older houses in the neighbourhood. On the east wall, the shape patterns are taken from the steep roofs found throughout the neighbourhood. Like OOE itself, Accord employs both geometric and organic shapes to create harmonious images that reflect their environment and the community's hopes for sustainable development that finds balance with the landscape.

Both murals also prominently feature the negative space of the bridge's bare wall as part of their design. This intentional choice includes the bridge as part of the mural and showcases its architecture and the importance of bridges to connecting this community with those around it."



PHOTO CREDIT: JOHN DANCE

The Royal Swans were released back to Brantwood Park on June 24th. Brantwood Park is often the site of the swans' release from their extended winter captivity because of the park's quiet and gentle shoreline. The return of the swans marked two milestones: Canada's 150th birthday and the 50th anniversary of the original Royal Swans that were gifted to the City by Queen Elizabeth II, in celebration of Canada's Centennial year in 1967. Mayor Jim Watson took the occasion to call for permanent funding of the swan program as he noted the importance of the birds and the futility of suggesting that the swans be axed in annual budget deliberations.



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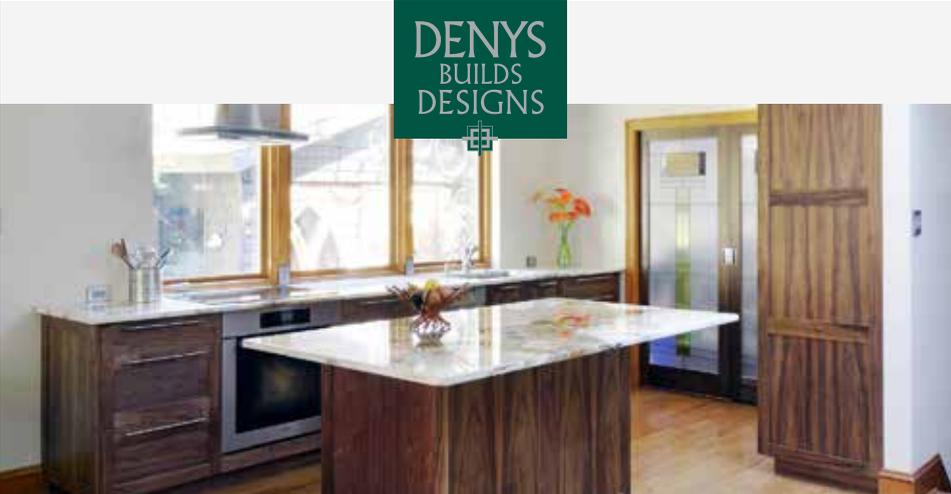
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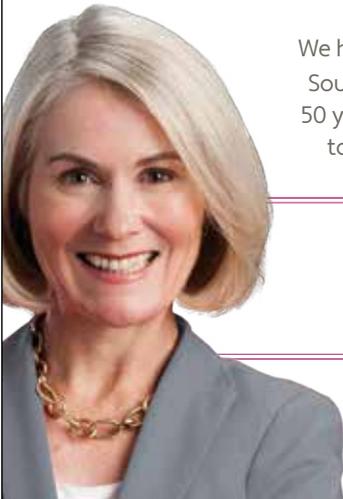
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Community Activities Group of Old Ottawa East (CAG)

Le groupe d'activités communautaires du vieux quartier d'Ottawa-Est

www.OttawaEastCAG.ca



Registration
opens
Tuesday, Sept 5
at 9:00 p.m.

Fall 2017 Program Guide

info@OttawaEastCAG.ca

Photo: Jim Lamont

Old Town Hall 61 Main Street 613-627-0062
Brantwood Park field house 39 Onslow Crescent 613-230-0076



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

Preschool

For children with parents/guardians unless otherwise stated

Community Playgroup (0 – 5 years)

Old Town Hall, 61 Main
September 20 – December 15
Wednesday OR Friday 9:30 – 11:30 a.m.
\$48 first child, siblings \$33

Cooperative Playgroup (0 – 3 years)

Brantwood Park field house, 39 Onslow
September 19 – December 12
Tuesday 9:30 – 11:30 a.m.
\$30, price is for each child attending, siblings under 12 months of age are free

Parent Time

A get together for parents who are home on parental/maternity leave – baby can come too, and the coffee will be on! Old Town Hall, 61 Main
September 19 – December 12
Tuesday, 10:00 – 11:30 a.m.
FREE dependent on funding, pre-registration required



Peekaboo-CouCou (0 – 3 years)

Brantwood Park field house, 39 Onslow
October 12 – November 30
Thursday 9:30 – 11:30 a.m.
\$30 first child, siblings \$15
Pavillon du Parc Brantwood, 39 Onslow
12 octobre – 1 novembre
Jeudi 9h30 à 11h30
\$30 premier enfant, frère-soeur \$15

Music Together (1 – 12 months)

Old Town Hall, 61 Main
September 23 – December 2, no program October 7
Saturday 9:30 – 10:15 a.m.
\$160 including materials, siblings \$110

Hush-a-Bye Babies® (1 – 12 months)

Old Town Hall, 61 Main
September 14 - October 26 OR;
November 2 - December 14
Thursday 1:00 – 2:30 p.m.
\$96

Little Lotus™ Mom and Baby Yoga (6 weeks – crawling)

Old Town Hall, 61 Main
September 19 - October 24 OR;
November 7 – December 12
Tuesday 10:00 – 11:00 a.m.
\$90 per adult

School age

Drop-off programs unless otherwise stated

Soccer in the Park (3 – 6 years)

A supervising adult required in the park for this program.
Brantwood Park, 39 Onslow
September 16 – October 21
Saturday 9:30 – 10:30 a.m. (3 years)
Saturday 10:30 – 11:30 a.m. (4 – 6 years)
\$45

Adoption Potluck & Play (5 – 12 years)

Brantwood Park field house, 39 Onslow
September 17, October 15, November 19, & December 10
Sunday 4:30 p.m. – 6:30 p.m.
\$25 per child with family

Youth Activity Club (7 – 12 years)

Old Town Hall, 61 Main
November 17, or December 15
Fridays 6:30 – 8:30 p.m.,
FREE dependent on funding, pre-registration required.

Theatre Frolics (7 – 12 years) - NEW!

Old Town Hall, 61 Main
An introduction to the art of acting through fun games and role plays. Instructor, Mekdes, has performed with the Company of Fools. Program in partnership with Ottawa Fine Arts.
September 21 – October 26 OR;
November 9 – December 14
Thursday, 6:30 – 7:45 p.m.
\$90

Group Guitar Lessons for Beginners (12 and up) - NEW!

Old Town Hall, 61 Main
September 20 – December 6
Wednesday, 7:00 – 8:00 p.m.
\$300, see “Adult General Interest” for more information.

Family Paint Night (7 and up) - NEW!

For family groups, with or without painting skills, to produce a “masterpiece” each to take home. Program in partnership with Ottawa Fine Arts.
Old Town Hall, 61 Main
Tuesday November 21
6:30 - 8:30 p.m.
\$35 per adult, \$15 for each accompanied child

After school

A few spots available at the time of going to press.

Brantwood Park After School (Grade 1 – 6)

Brantwood Park field house, 39 Onslow
Pick up by 5:45 p.m., for children attending Hopewell and Lamoureux schools, \$180 per month

Old Town Hall After School (Grade 1 – 6)

Old Town Hall, 61 Main
Pick up by 5:30 p.m., for children attending Lady Evelyn, Elgin Street and Francojeunesse schools, \$180/month

PD Day (Kindergarten – Grade 6)

Old Town Hall, 61 Main
Friday September 22 OR Friday November 17
8:30 a.m. – 5:30 p.m., \$40/day

**Want to book a children's birthday party?
CAG has lots of options for you!**

For more detailed information visit www.OttawaEastCAG.ca



Pumpkin Sale & Fall Festival

Brantwood Park field house,
39 Onslow
Monday October 9,
raindate Saturday October 14
10:00 a.m. – 2:00 p.m.

Pumpkin Sale, pumpkin decorating, food trucks, apple bobbing, bouncy castle, facepainting and more...

Order your pumpkin for delivery
at info@OttawaEastCAG.ca

ABOUT us

The Community Activities Group of Old Ottawa East (CAG) is a voluntary, not for profit, community-based organization that works in partnership with the City of Ottawa to provide the residents of Ottawa East with programming, recreation, and special event opportunities that are local, affordable, inclusive and of interest to members of the community.

Chair, Don Stephenson, **Past Chair**, Melanie Gilbert,
Treasurer, Lynne Byford, **Secretary**, Stacey Wowchuk
Volunteers & Events, Lisa Dunnett, **Communications**,
Tina Raymond

Executive Director, Carol Workun,
Program Assistant, Megan Shoemaker
Program Assistant, Isobel Smith

For more detailed information visit
www.OttawaEastCAG.ca

Halloween Party (5 - 10 years)

Friday October 27, Old Town Hall, 61 Main
6:00 – 7:30 p.m., \$15



ADULT general interest

Sauerkraut & Kimchi Workshop

Make your own sauerkraut and kimchi and sample a few varieties. Please bring a cutting board and a sharp knife.
Old Town Hall, 61 Main
Monday, October 23
6:30 - 8:30 p.m.
\$47

Cooking with Seaweed

Learn about different kinds of seaweeds, nutritional properties and how to use in your cooking. Cooking demonstration & samples.
Old Town Hall, 61 Main
Monday, September 25
6:30 - 8:30 p.m.
\$36

Group Guitar Lessons for Beginners - NEW! (12 - 95 years)

Learn the fundamentals of guitar playing, including how to read simple melodies, rhythm, and play basic chords. Participants provide their own instrument. Program in partnership with Ottawa Fine Arts. Max 10 per class.
Old Town Hall, 61 Main
September 20 – December 6
Wednesday, 7:00 – 8:00 p.m.
\$300



ADULT fitness

Classes are beginner-intermediate unless otherwise stated. Participants should be 16 years or older to participate in adult programming.

Vinyasa Flow Yoga

Old Town Hall, 61 Main
September 20 – December 6
Wednesday 7:15 – 8:45 p.m.
Wednesday 5:30 – 7:00 p.m.
(Intermediate)
\$96

Hatha Yoga

Old Town Hall, 61 Main
September 23 – December 9,
no program October 7
Saturday 9:15 – 10:45 a.m.
\$88

Yin Yoga

Old Town Hall, 61 Main
September 18 – December 4,
no program October 9
Monday 7:15 – 8:30 p.m.,
\$88

Pilates

Old Town Hall, 61 Main
September 19 – December 5
Tuesday 7:15 – 8:15 p.m.
\$96

Tai Chi Qi Gong

Old Town Hall, 61 Main
September 20 – December 6
Wednesday 1:30 – 2:30 p.m.
\$96

Strength and Tone

Old Town Hall, 61 Main
September 20 – December 15
Wednesday OR Friday
8:00 – 9:00 a.m.
\$78



20-20-20

Old Town Hall, 61 Main
September 19 – December 12
Tuesday 8:30 – 9:30 a.m.
\$78

Better Body Boot Camp in the Park

Brantwood Park, 39 Onslow
September 11 – October 4
Monday OR Wednesday
7:00 – 8:00 p.m.
\$48

Better Body Boot Camp

Lady Evelyn School, 63 Evelyn
October 16 – December 4
Monday 8:00 – 9:00 p.m.,
\$96
October 18 – December 6
Wednesday 7:15 – 8:15 p.m.
\$96

Women's Recreational Sport

Lady Evelyn School, 63 Evelyn
November 2 – December 7
Thursday 7:30 – 9:00 p.m.
\$30

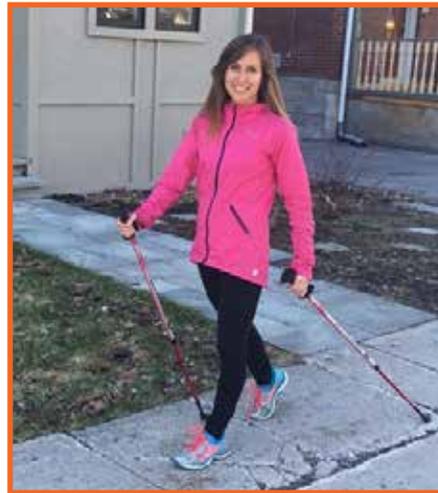
Men's Basketball

Lady Evelyn School, 63 Evelyn
October 18 – December 6
Wednesday 8:30 – 10:00 p.m.
\$40

www.OttawaEastCAG.ca

Urban Pole Walking - NEW!

Learn how to incorporate Urban Poling walking into your personal fitness plan. Experience how this activity can improve posture, increase upper body and core strength, provide an enhanced cardiovascular workout while reducing impact on lower back, hips, knees, ankles and feet, and at the same time be SOCIAL and FUN! Poles provided.
Old Town Hall, 61 Main
September 19 & October 3
Tuesday 7:00 – 8:00 p.m.,
\$15



For more detailed information visit

Online registration opens 9:00 p.m. Tuesday, Sept 5 at www.ottawaeastCAG.ca, with Visa or MasterCard.

In-person registration opens at the Old Town Hall on Wednesday, Sept 6, payment is by personal cheque only. Sorry we cannot accept cash or credit card.

Programs are advertised in the language in which they will be presented/ Les programmes seront donc offerts dans la langue dans laquelle ils sont présentés.

Financial assistance is available to Old Ottawa East residents; please apply in person.

The **CAG Weather Policy** is to run all outdoor programs rain or shine unless otherwise stated; programs will be cancelled in the event of a thunderstorm. To find out if your program is cancelled due to weather, please check the CAG website.

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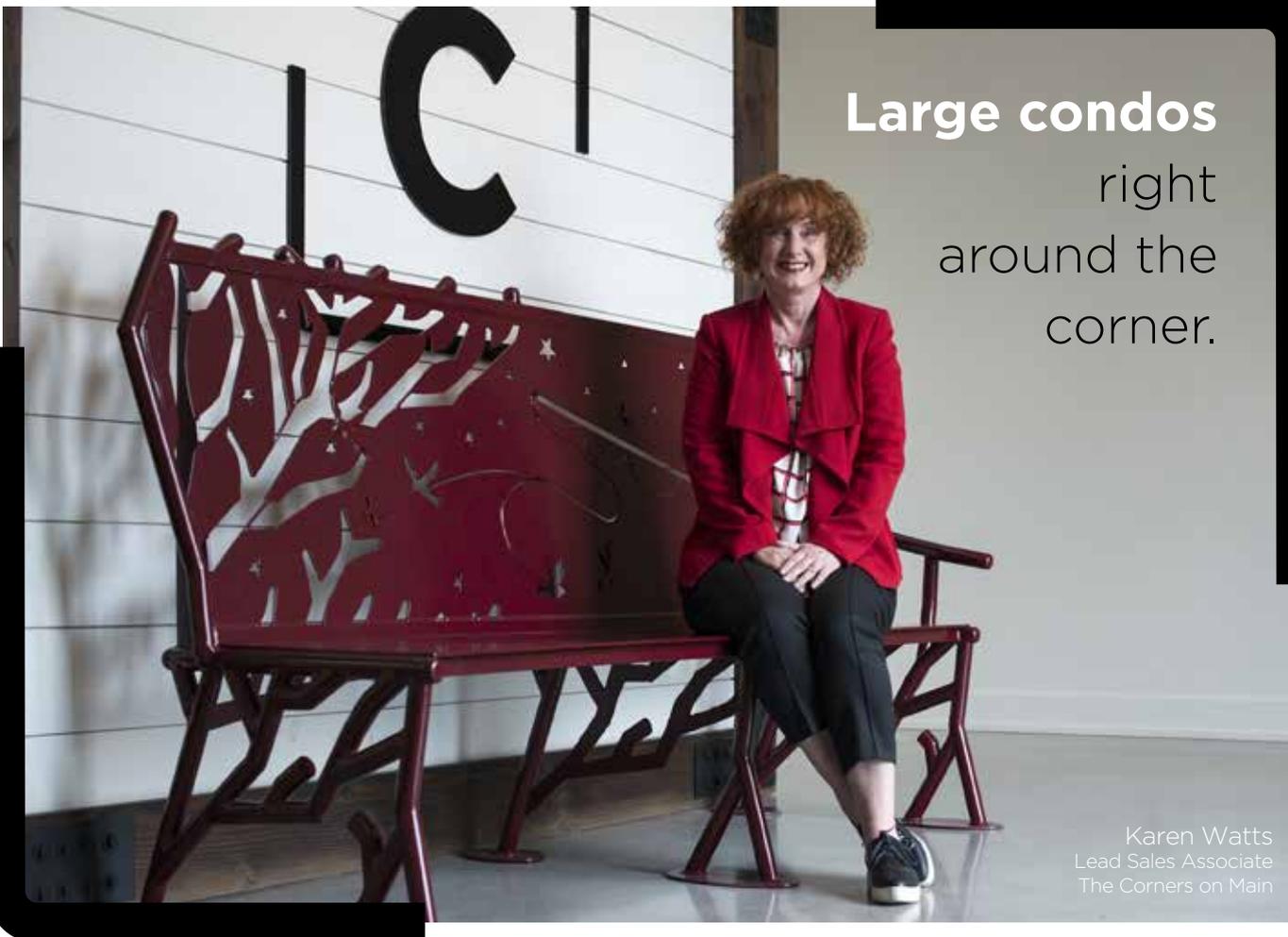
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+ 2 Dipping Sauces
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+ 1 lb Chicken Wings
+ 2 soft drinks 355ml
+ 2 Dipping Sauces
\$25.99

Two For Two

2 Panini + 2 sides
+ 2 Soft Drinks 16.99
2 Burgers + 2 sides
+ 2 Soft Drinks 18.99

1 MEDIUM PIZZA

3 toppings
+ 2 soft drinks 355ml
+ 1 Dipping Sauce
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1 LARGE PIZZA

3 toppings
+ 2 soft drinks 355ml
+ 1 Dipping Sauce
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+ 2 Dipping Sauces
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www.mainfarmersmarket.org

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The market is grateful for the support of the Mainstreeter and the Green Door.



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FORCES OF NATURE



PHOTO CREDIT: NANCY KINGSBURY

Plumes of smoke emerge from 26 Concord St. N., at Greenfield Ave. No injuries were reported in the three-alarm fire on July 13, but the duplex was badly damaged.

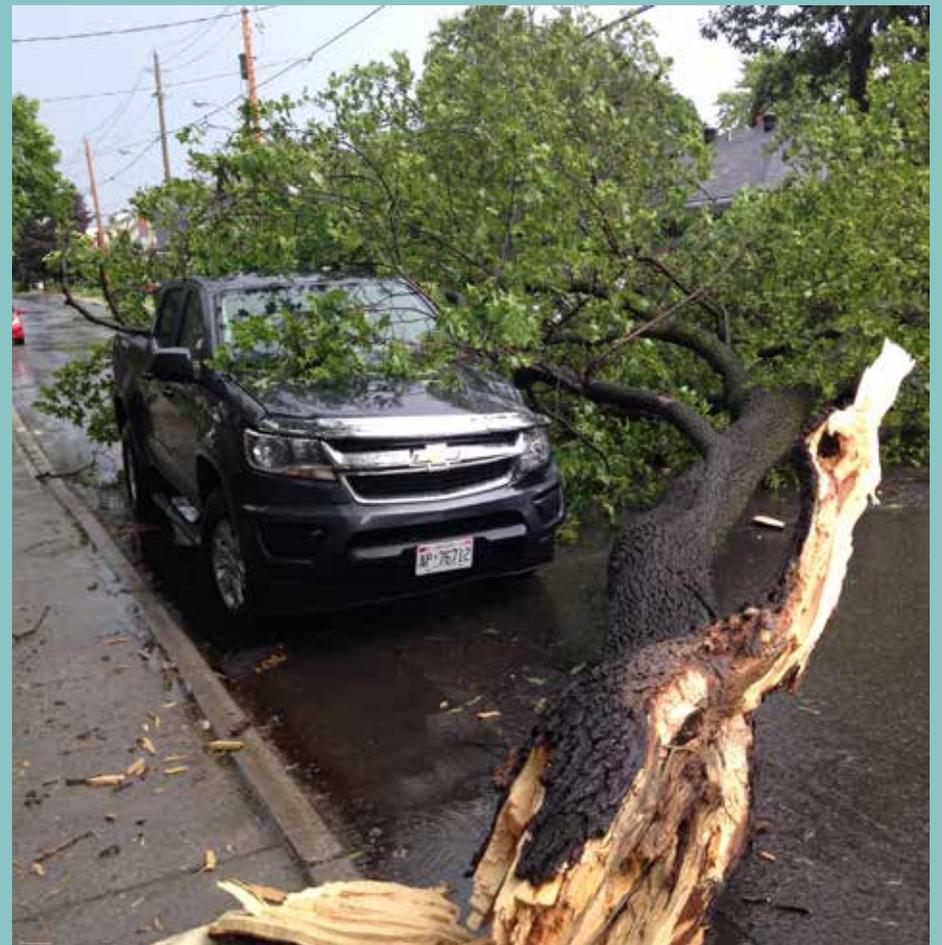


PHOTO CREDIT: RON ROSE

This Clegg St. tree suffered terribly in a windstorm this June. The truck fared a little better, but still bore the brunt of Mother Nature.

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Board seeks volunteers to help refugee women



Looking to give back to your community in a meaningful way? Got a dozen hours to donate to charity work on a monthly basis? Passionate about helping refugee women start successful new lives here in Ottawa? Maybe it's time to join the Carty House board of directors! Carty House is a charity that provides transitional housing to female refugee claimants and convention refugees here in Ottawa. We also provide a myriad of support services such as language tutoring, assistance applying for jobs or school, health and counselling referrals and help transitioning to

permanent housing. Carty House also hosts life skills workshops and organizes social and cultural experiences such as museum visits, yoga, canal skates and camping. We are looking for new board members with small charity board experience who can provide leadership and take on tasks related to communications, fundraising, finance and recruitment, among other areas. If this sounds like you, please drop us a line and we'll get you out to a meeting to see if Carty House is the right fit for you. Contact us at: cartyhousedirector@gmail.com.



Do you Like To Share? Love Your Community?

The Mainstreeter is looking for a new Editor! We enjoy sharing the news around town and need someone passionate to help us do it. Our new Editor will be very familiar with Old Ottawa East, be organized and will work well with other volunteers and community organizations.

Although it's a volunteer job we are offering an honorarium.

Check out the job description at www.mainstreeter.ca, or send an e-mail to Steven Begg at chair@mainstreeter.ca for further details. We'd love to hear from you!

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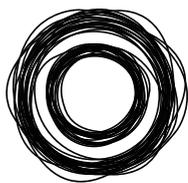
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POLITICAL PAGES

OLD OTTAWA EAST COMMUNITY ASSOCIATION

BY PHYLLIS ODENBACH SUTTON
INFO@OTTAWAEAST.CA



COMMUNITY NEWS

Our community has been busy with celebrations over the last few months; an excellent beginning to summer!

We had a great day on Saturday, June 17 when Main Street's official opening ceremony was combined with the Main Event. A big thank to the Community Activities Group who once again led the organization of a wonderful day of events. And of course the event would never happen without all of the volunteers or our many wonderful community sponsors. Pedestrians wandered freely on the road between Hazel and Clegg; fantastic bands again provided music; the Farmer's Market was in full swing; food trucks from Sula Wok and the Merry Dairy offered up unique food options; the Bouncy Castle and horse drawn wagon rides were back; there was a bike rodeo for kids, who could also paint a bird house and have their faces painted; and the Community Association once again ran its fundraising barbeque, with a number of our local politicians grilling burgers and hot dogs. And this is not even the complete list of activities for the day. There was a wonderful turnout of residents as well as many of the key city and contractor staff who had worked so hard on rebuilding Main Street. Our new 'complete street' demonstrated how our Main Street is so much more liveable with wide sidewalks and raised bike paths.

Another ceremony followed this great day on Friday, June 23 at the site of the future Fifth / Clegg foot bridge when the final piece of the funding from the province was announced for this project; kudos to our local MPP Yasir Naqvi who successfully lobbied for the last \$5-million of the needed funding. Work is to start this fall with the bridge to be complete within two years.

And one day later, on Saturday, June 24, several pairs of swans were released to their summer habitat during a celebration at Brantwood Park. There was a bit more pomp and circumstance this year, partly because this year marks the 50th anniversary of the original gift of the mute swans to the City of Ottawa by the Queen of England.

Also in June, I am sure many of us were watching the mural emerge from the grey walls of the Queensway underpass on Main Street. We had a chance to meet the artists and provide community input at the OECA April Board meeting, and it was fascinating to watch the petals and flowers emerging on the underpass from day to day. The only regret I have heard in the community is that only the City owned portion of the walls could be painted (as the Ministry of Transportation owns the upper portion of the underpass).

The almost daily rainfall in June turned out to be great for the new sod planted at Springhurst Park, where the Springhurst Park Action group continues to come up with new ideas for games and activities; check out the group's Facebook page for more information.

The rain also made the planting of our new perennial garden at the corner of Riverdale and Main Street a bit easier. Thank you to Margaret Vant Erve for shepherding this project from the beginning to the actual planting!

In terms of traffic issues, we heard from several residents concerned about truck traffic on the Grand Allee; the good news is that the official route for Greystone Village construction is the Main/Hazel intersection with turn lanes and signal lights. And construction has also started on the Rideau River Western Pathway.

Our planning committee continues to engage on numerous issues: the changes to Coach House rules; minor variance applications to the Committee of Adjustment; and monitoring the Infill 1 and 2 rules.

We also have continued to celebrate Canada's sesquicentennial through our Prime Ministers speaker series. Most recently, on June 26, we were treated to a fascinating presentation and discussion of Lester B. Pearson. We are taking a summer break but will be welcoming some additional speakers in the fall and winter. On Monday, September 25 join us for a discussion of Louis St Laurent. Check for details on our OOECA web-site and watch for the reminder notices in the CAG e-updates.

Our other sesquicentennial project, the circumnavigation of Rideau Island, is planned for Saturday, September 9. A practice run has already been done by an intrepid group of community paddlers, and their pictures are inspiring. More information, including registration and waiver forms, is available on our web-site.

On Tuesday, November 14 we will be holding our Annual General Meeting, and we are looking for new Board members for a number of positions. Have questions? Want to learn more or volunteer to make improvements in the community? Then please attend the monthly OOECA Board meetings (second Tuesday of the month, 7:00 p.m. at Old Town Hall); our next meeting will be on Tuesday, September 12. For more details check out the OOECA website at <http://www.ottawaeast.ca/> or contact me at info@ottawaeast.ca.

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OTTAWA'S NEW PLAN FOR HEALTHY URBAN FORESTS

I am pleased to report that City Council recently adopted a 20-year Urban Forest Management Plan (UFMP). I wrote about this important project during the draft stage last year, and am providing an update because residents of Capital Ward made it clear that protecting and expanding our urban forest is very important, and because I consider this an example of excellent public consultation and collaboration with stakeholders. That's not always the case at City Hall.

The UFMP (download the PDF at capitalward.ca/UFMP) provides 26 recommendations for making Ottawa's urban forest healthier, more diverse, resilient and, ultimately, sustainable. These recommendations cover program structure and administration, planning (including a review of existing tree by-laws), maintenance and growth, and outreach. And they respond to the six challenges faced by Ottawa's urban forest: invasive species, pests and pathogens; land development; difficult growing conditions; tree loss on private property; limited community awareness and engagement; and non-City ownership of urban trees.

Urban forests provide valuable benefits: helping us mitigate and adapt to climate change, supporting physical and mental health, increasing property values, reducing energy use, reducing costs for health care and infrastructure maintenance, and improving air and water quality.

The City now has a great opportunity to encourage extensive public engagement and foster environmental stewardship in every neighbourhood. With 40% of Ottawa's urban area made up of privately owned land, residents can play an active role in the UFMP and increase its potential impact.

Some residents are concerned about bylaw enforcement and whether the plan will actually change anything. Like many communities, Old Ottawa East has lost many trees due to infill projects. Our

current planning rules and building permit application process favour property owners' right to build or expand at the expense of existing trees. Even protected trees are cut without a permit; the fine for doing so seems insufficient to discourage such behaviour.

Our existing tree-related bylaws and planning processes need to be updated and strengthened if we wish to stop the steady loss of significant trees in our neighbourhoods. Accordingly, the first four-year management period of this plan calls for a review of the tree bylaw, with public consultation expected to play an important role. As timelines become known, I inform residents of opportunities to participate.

WHAT DID YOU THINK OF ESCAPADE?

On June 24-25, Lansdowne Park hosted the Escapade electronic music festival. The heavy, repetitive bass appeals to some, but not necessarily to the neighbours.

While I would not normally have considered the Escapade organizers' entreaties to move the festival to Lansdowne, a last-minute termination by the new owners of their previous venue put them in an unexpected bind. So I granted a one-time trial at Lansdowne under strict conditions: limited hours, tight security to counter the prevalence of recreational drug use, and substantial measures to limit bass vibrations and noise bleed in general.

Were these measures adequate? Were you negatively affected? Or, did you find the festival no more intrusive than a typical Lansdowne event? Maybe you even enjoyed it!

Feedback from Old Ottawa East residents is among the factors that will inform any decision about Escapade's potential return to Lansdowne. Please share your thoughts.

POLITICAL PAGES

YASIR NAQVI MPP, OTTAWA CENTRE

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#OC150 AWARD CELEBRATING OUR COMMUNITY LEADERSHIP ON CANADA'S 150TH!

2017 is a very special year for our country as we commemorate 150 years of Canadian Confederation. Much like Expo '67 was for Canada's 100th birthday, 2017 is an important opportunity to reflect on our country's past, present and future.

To celebrate this special occasion, Ottawa is home to a year-long celebration including massive signature events for the whole city to enjoy, all the way down to local community events. Through Ontario government's support and partnership, we have worked hard to ensure many of these events include free admission so that everyone is able to partake in the festivities. Please visit www.ottawa2017.ca for a full calendar of the special events taking place throughout the city.

In the past 150 years Canada has grown to become one of the most welcoming, friendly and peaceful nations in the world. This would not have been possible without our nation's most important asset - our people. That's why in a year focused on celebrating our province and country, I want to honour local residents who embody the qualities and values that make Ottawa, Ontario and Canada great.

I am very pleased to announce the #OC150 Award. We will be recognizing 50 women, 50 men and 50 youth (ages 12-25) who have dedicated their time and talent in the service of our community of Ottawa Centre. And we need your help to find them. We want to celebrate people who have contributed to:

- Celebrating diversity/inclusion
- Building community/capacity
- Protecting the heritage of Ottawa Centre

- Protecting the environment
- Promoting a healthy community

What better way to observe the 150th anniversary of Confederation than to celebrate the community builders whose contributions have made our national capital a place we are all proud to call home.

To be eligible, nominees need not live in Ottawa Centre but their work must have had a direct impact on our community.

I encourage you to talk to your family, friends and neighbours and complete the nomination form to nominate anyone who makes our community a better place to live, work and play. You can complete the form online at www.yasirnaqvimpp.ca, or get a copy via email by writing to me at ynaqvi.mpp.co@liberal.ola.org, or drop by the Community Office at 109 Catherine Street, Ottawa. Submissions must include at least two reference letters from prominent members of the community, but more are always welcome. The application deadline is September 1, 2017.

The award recipients will be recognized at a special ceremony towards the end of the sesquicentennial year. We will be joined by a special guest to celebrate our community builders along with their family and friends.

Please help me recognize the people who work so hard to make our community the vibrant and welcoming place we call home.

OTTAWA: CANADA'S BIG BIRTHDAY

This year marks a big year for our country as we celebrate 150 years since confederation. Thousands of people came downtown on Canada Day to show their Canadian pride and it is a day I will remember forever. The highlight of my day was hosting a citizenship ceremony at the new National Arts Centre. It was so special to be able to welcome Canada's newest citizens on such a monumental day.

As the capital of the country, our city will continue to be the place to be to celebrate and I encourage you to go and explore and get involved!

Over the course of the summer, I have been to several 'Ottawa Welcomes the World' events inside the Horticulture Building at Lansdowne Park. Whenever I visit, the room is full of energy as visitors taste food, listen to music, and shop at vending stalls. It's great to be able to explore many cultures right here in Ottawa Centre. Throughout the rest of the year, embassies and high commissions will continue to take over the building for a few days at a time to promote their cultural heritage. Over 40 embassies and high commissions will participate this year. More information can be found on Ottawa 2017's website.

In August, festival and event goes in Ottawa will have lots to do – Buskerfest, Ottawa Capital Pride, the House of Paint Festival and Velo Fest just to name a few. I'm looking forward to being out in Ottawa Centre as

much as I can, meeting constituents and taking in festivities, before the House sits again in September.

For those who want to celebrate Canada 150 by connecting with nature, the Rideau Canal, Ottawa River, biking trails, and parks are easily accessible. Ottawa has the potential to become the greenest capital in the world and we are lucky to have nature so close to our front doors. Dow's Lake Pavilion rents pedal boats, paddle boards, canoes and kayaks all summer long, and I personally like to explore Ottawa Centre by bike on sunny days.

I believe it's important that we take stock of all the great things that are happening every day in our city. That's why I started a new social media campaign called #OwnOurOttawa or #FêterNotreOttawa as a way to showcase all of the amazing things that Ottawa has to offer. People are sharing photos of their children eating ice cream from local creameries, families out on bike rides, and their favourite parks, restaurants and statues. With more than 10 museums, kilometers of cycling and walking trails, and hundreds of parks, there's plenty to do. There are still several months left to celebrate Canada 150 and I hope you take some time to explore your city during this special year and #OwnOurOttawa.

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