

# MAINSTREETER

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

AUGUST | AOÛT 2018

## Footbridge forges forward

City approves  
Passerelle Flora  
Footbridge as  
name for new  
link between  
Old Ottawa  
East and the  
Glebe



JOHN DANCE PHOTO

Blackburn Hamlet residents Micah and father Jacob Zwiers rose early to see the completion of the footbridge's span in mid-July.

### JOHN DANCE

So it now has a name and connects the two sides.

Over the last two months, City Council unanimously approved "Passerelle Flora Footbridge" as the name for the new Rideau Canal link at Clegg Street and Fifth Avenue, and the steel structure spanning the Canal was put in place.

On July 13, a small crowd gathered early in the morning to see the central steel girder raised and then bolted into place. Like all of the other girders and

the V-piers, it fit perfectly. Among the onlookers were four of the steel fabricators from North Bay's G&P Welding and Ironworks, the company that had created the structural pieces.

Work continues to progress as planned and is on budget, says Shelley McDonald, manager of the City's Asset Management department. There have been no significant construction issues or surprises.

Given the considerable progress, residents have enquired if the bridge will be opened before next summer, as currently scheduled. In her response to

the *Mainstreeter*, McDonald explained: "It is a very complex and intricate project. Following the installation of the structural steel, the concrete deck on the girders will be formed and poured. This will include a curb and the setting of the many anchor bolts for the railing system. The railings require a lengthy fabrication and installation process which will carry the project into spring 2019."

Other work includes completion of the earthwork for the eastern switchback and the ramp on the Glebe side. The Lily Pond will also be reconfigured, followed

by extensive landscaping on both sides of the Canal.

"The multi-use pathway on the Glebe side of the bridge will remain the same until the project is completed," says McDonald. "The detour on the east side onto Echo Drive, with the signalized crossing of Colonel By Drive at Herridge, will need to be put back into service. This will be done when the bridge deck is poured and when the final painting of the bridge girders on the east is complete."

*Continued on Page 6*

## OOE's Paul Dewar launches Youth Action Now

### TARA HOGETERP

As many of us are aware, long time Old Ottawa East resident, community activist, teacher and former Member of Parliament Paul Dewar was diagnosed with terminal brain cancer earlier this year. When he shared his diagnosis with the community, he

also shared with us his vision, and his hope through the June 19th launch of a new organization, Youth Action Now.

Hundreds of people gathered that evening at the National Arts Centre to learn more about his initiative. What friends, family, neighbours, former colleagues and members of

the Ottawa community heard was Paul's positive vision for the future and his belief in the importance of young people.

The focus of the evening was very much about the strength and the power of youth, and their engagement in the community. Youth were very much present and

a part of the evening, with young First Nations students opening the event, Paul and Julia Sneyd's sons, Nathaniel and Jordan, acting as hosts for the evening, and Baraa Arar, a young Ottawa activist, speaking to the importance of youth activism.

*Continued on Page 10*

Staci Ahonen and Mano Wijayawardana hold the upcoming generation of Rainbow Kidschool students.

PHOTOS AND WORDS BY:  
MEREDITH NEWBERRY



It wouldn't be a party without cake. The Green Door, Watson's Pharmacy, REALTOR® Daria Kirk, Fiesta Party, Loblaws, ScotiaBank, Greystone Village and Farm Boy Trainyards plus some generous families made all of this happen with their donations.



## 50 YEARS OF RAINBOW CARE

Roxeanne Marberl (Rainbow Kidschool Director), Ottawa Mayor Jim Watson and Nancy Marshall (former Rainbow Kidschool Director) show off the 50th anniversary plaque presented by the City. The school is a not-for-profit centre that provides pre-school, after-school and summer camp programs.



Have you ever eaten a piece of cake beside a chinchilla? Slurped lemonade with a snake? If you were at Rainbow Kidschool's 50th anniversary BBQ, you can now say that you have. The Rainbow staff entertain and educate the community's kids throughout the year, but on this special occasion in June, they showed they are great at throwing celebrations too. This year is Rainbow's 50th anniversary and to celebrate they invited the community to a free BBQ with food, balloon twisting, exotic animals, live music, games and giveaways. Even the Mayor of Ottawa stopped by to say congratulations. Close to 200 people, and at least 10 exotic rescue animals, filled the school yard at Lady Evelyn where Rainbow Kidschool operates. From local donations, to the volunteers who BBQd and contributed, the party had a strong community spirit and reminded parents and kids alike what a great support the school is in Old Ottawa East.

Recent Rainbow Kidschool graduates, Gabrielle and Nate took in all the activities at the BBQ.



Hilary and Joe Paravan and their children admire the parrot from Meet the Keepers on display at the party. Kids and parents learned about many exotic animals, including this parrot who was rescued in Ottawa when his owners needed to find him a new home.



# Dreaming of a national healing forest

**THERESA WALLACE**

On the healing walk to Ottawa city hall just before the release of the 2015 Report of the Truth and Reconciliation Commission on Residential Schools, OOE resident Peter Croal was walking beside a woman he didn't know. The two of them talked about how ordinary Canadians could participate in reconciliation. They came up with an idea and decided to collaborate.

The woman was Toronto lawyer, Patricia Stirbys, a member of the Cowessess First Nation. The idea was to establish a network of healing forests across the country.

Why a forest? "Everything I have seen about reconciliation between indigenous and non-indigenous people in this country has been in boardrooms and courtrooms," explains Croal, an international development consultant who lives on Elliott Avenue. "I've never seen reconciliation happening in green spaces where people can come together on their own to talk and contemplate."

Stirbys, who taught for five years in the faculty of law at University of Ottawa, says, "We all need healing from our history, a place of comfort." (Murray Sinclair, Chair of the Truth and Reconciliation Commission, estimated as many as 6000 indigenous children died in residential schools.)

Croal and Stirbys have spent the past three years laying the groundwork for the National Healing Forest project. Croal says their role is to provide the plaque design and the inspiration. "There are no forms to fill out and no approval process. We encourage, we do not direct. If a community likes the idea, then they develop the healing forest according to their vision of what would work for the people in their area."

A healing forest project can take



SUPPLIED PHOTOS

**The National Healing Forest Project is the brainchild of OOE resident Peter Croal (L) and Patricia Stirbys. Old Ottawa East is an ideal location for a Healing Forest, according to Croal.**

many forms—it might just be a tree, or a bench, or something much bigger—and initiatives so far reflect that possible variation. In Edmonton, messages of hope were put up in a park along a walking trail. Closer to home, in Perth, a community group has received funds from the city to rededicate a park to reconciliation.



The biggest healing forest project so far is in Winnipeg's north end; within St. John Park, two circle gardens are

being constructed in a space the size of a children's playground. Lee Anne Block, a professor at the University of Winnipeg, is part of this initiative funded by municipal and provincial governments. "We want our healing forest to be an outdoor learning space as well as a place for quiet contemplation. We've obtained funding for a group of teachers to integrate indigenous perspectives into the provincial curriculum, which will then be used partially onsite. We have already had many students and teachers visit. With younger children we talk about nature, and they plant fingerling spruce; we teach high school kids the history of residential schools and treaties."

Old Ottawa East is an ideal place for a healing forest, according to Croal. "We have active school, church, and university communities. Plus, we have plenty of green space and parkland."



To learn more about the National Healing Forest project, check out the website at [www.nationalhealingforests.com](http://www.nationalhealingforests.com). If you and a group of friends are interested in exploring the possibility of establishing a healing forest in Old Ottawa East, please write to [healingforestscanada@gmail.com](mailto:healingforestscanada@gmail.com) or contact Peter Croal directly at [peter.croal@bell.net](mailto:peter.croal@bell.net).

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# SHARING LUNCH WITH OOE NEWCOMERS

## Home sweet home

Newcomers fill us in on why they chose Old Ottawa East as their home



SUBMITTED PHOTO

**Lorna Kingston & Peter Tobin** sold their family home in Applewood Acres in Alta Vista in August 2017 and have now settled into a condo unit in Domicile's Corners on Main. Both retirees, Lorna and Peter are two of many newcomers to Old Ottawa East who have chosen to downsize their homes and their homeowner obligations.

*In this installment of our Mainstreeter interviews, we share the first impressions of several new residents of Old Ottawa East, some of whom have come from very near and others from very far. Our interviewees are at various ages and stages of their lives and have diverse life experiences and lifestyles. However, each of them has rapidly integrated into Old Ottawa East and they are not missing a chance to experience all that this community has to offer.*

**The Mainstreeter:** You are all newcomers to OOE, so first and foremost, a warm Mainstreeter welcome. Please tell us in which community or city you last resided before moving here, and a little bit about the circumstances that led you to move to this community?

**Genevieve Gazaille:** I lived in Gloucester for the past four years, but prior to that rented an apartment for about two years near the Canal in Old Ottawa East on McGillivray Street, and I knew I would come back to this neighbourhood. I really liked the fact that it's a residential neighbourhood in the heart of the city, and it's so easy to get to anywhere in Ottawa.

We went to Gloucester because we wanted to buy a house, and it was cheaper for us to go that route. But the fact is that I missed the city. I'm someone who likes to walk, to bike, and I felt like we were living in suburbia surrounded by Costco's and Walmart's and having to take the car all the time.

**Lorna Kingston & Peter Tobin:** We lived before in a part of Alta Vista in a little enclave called Applewood Acres close to Billings Bridge Plaza and the Riverside Hospital. We wanted to be out of the house before we were too old, and we wanted to downsize. The Alta Vista house really became too large for us for 50 weeks a year, and too small for us the other two weeks when our grandchildren came to visit!

**Judith Eigenbrod & Rod Hughes:** We just moved from Vancouver where we both lived for almost ten years. We were always in the rental market. Most recently we lived in some ways in a very similar neighbourhood to Old Ottawa East with good community vibe. But we knew that we could never afford to live in a neighbourhood like that as owners. So, once we had our little guy and started thinking about different places to live, we added Ottawa to our list, and we found that there were some great career opportunities here.

**The Mainstreeter:** In which part of OOE have you landed up, and why?

**Genevieve:** When they announced that Greystone Village was starting up and was going to be built in Old Ottawa East, we decided to check it out because we thought it would be a good opportunity for us. We had looked at buying houses in OOE, all of them needed renovations and they would still be too expensive for us at that price and that time, so we felt that Greystone Village would be a good solution for us

as a couple who didn't have children. That's how we came back to this community.

**Lorna & Peter:** We decided to downsize about three years ago. After looking around a bit, we purchased a unit in Domicile's Corners on Main about two years ago. We looked at the location, the design of the building and the units, and we were able to choose a two-bedroom condo with a south and east exposure with views of the river. We've been in our new unit since the end of January 2018.

**Judith & Rod:** When we first came to Ottawa, we didn't know much about the various neighbourhoods, and our friends who live on Drummond just north of Clegg mentioned that they really liked their neighbourhood. So, that got us looking here. We heard a lot of good words about the community, and once we saw it, we really liked it. We looked at two places here, and there certainly wasn't a lot of availability in what we were looking for, but this house on Brown Street was one of the two we saw, and we really liked it.

**The Mainstreeter:** So, having made your decision, what are your first impressions, good, bad, right, wrong? And why?

**Genevieve:** We're seven months into Greystone Village and so far, we are very happy with our decision. It's a quiet area, we are right by the river, and my bedroom has a tiny little view

of the river. I go to the park every week for a little walk, and I see a lot of people launching their kayaks, and we're considering doing that ourselves.

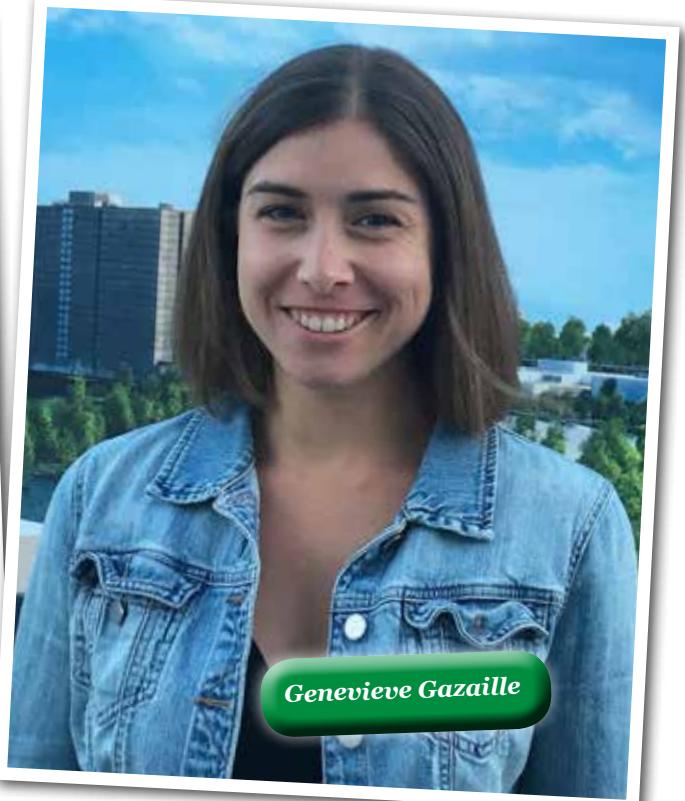
We've been meeting some of our neighbours now that it's summer and the sun has come out and people are coming out of their space, and everyone has been very friendly and nice. I'd say it's a mixture of people our own age, some with young children, and people who are retiring and looking to downsize to a certain extent.

**Lorna & Peter:** We certainly have no second thoughts about our decision. We enjoy the neighbourhood, and we're newcomers to Old Ottawa East only in a sense. Peter grew up in Old Ottawa South on Riverdale close to Sunnyside as a teenager and even before that we lived on McLeod Street near the Canal and we came to Mutual Dairies and Walker's Bread. When we lived in Alta Vista, we biked through Old Ottawa East on the bike paths to get downtown.

We are now doing a lot more walking and biking, and the bus is handy. At first, we thought we were giving up a lot of space in this downsizing, but we now like the fact that we are comfortable with a lot less space, it's a lot easier for us.

**Judith & Rod:** We've been in our home since December 1st, but we got to Ottawa in October, and we lived in an Airbnb before moving in. I think this has been really good for us, possibly even more so than we expected. It's always hard to move into a neighbourhood in the winter because things are so quiet,

# THE MAINSTREETER INTERVIEW



but it's been great to see Spring come, and have everyone come outdoors. It's nice that there's so many young people with young kids, and we're so close to the Canal and the river, parks and Sunnyside library and all those bonuses that come from being in between Old Ottawa South and Old Ottawa East.

**The Mainstreeter:** What are the things that you have most enjoyed about OOE, and perhaps weren't present in your old community?

**Lorna & Peter:** I think it is the proximity to the Canal and the Rideau River that we have now that make a big difference. We are a lot closer to downtown, and we have a lot less work to do than when we owned the home in Alta Vista.

One big thing we like about Old Ottawa East is the wonderful community association and the involved people here, and not just the seven or eight people on the board, but also the people that come to meetings, that are always well-attended. Plus, the *Mainstreeter* is a very good community newspaper, and we are always dropping into places where we can pick it up and read it.

**The Mainstreeter:** Conversely, are there things about this community that you wish were different or that your previous neighbourhood had that you enjoyed?

**Genevieve:** One thing that I found that could still use some improvement in Old Ottawa East is access to public transport. I understand that the new LRT won't be too far moving forward, but other than that we seem to have just one main bus line linking only to the Rideau Centre. I would hope sometimes

there was an option to bypass the downtown area to get to locations like Tunney's Pasture or to parts of Nepean.

**Lorna & Peter:** I guess we miss seeing the children on the street. We lived on a small street of about twenty houses, a close-knit community, so we knew what was happening in the neighbourhood. We don't have that here at Corners on Main. We've certainly met people here and we'd like to get to know them better, but it's not as if you're sitting outside and having tea and a neighbour stops for a chat for five minutes or half an hour. That's something we miss for sure.

**Judith & Rod:** Where we were had a lot of small grocery stores, with low prices and really good produce. The Loblaws and Cedars are good for sure, but we would like to see a little more here, restaurants, groceries. Probably Vancouver also has a more established social services infrastructure. It has a little better subway system, but buses are equally close where we were and where we are now. Our family doctor here is in Orleans since no one is taking new patients, but on the other hand, it was easier for us to get daycare here than it was in Vancouver.

**The Mainstreeter:** In making your decision to come live in OOE, what were the factors that motivated you most?

**Genevieve:** I think walkability and mobility was a big factor for us in choosing Old Ottawa East. Another is the idea of being closer to the action. I feel that when you live further away from the centre of the city where things take place, you become a little lazier, perhaps. You know, when you live far from downtown you may be interested

in going to Bluesfest, but maybe it's just easier to stay at home, but if I'm closer to the action, it's easier to decide to go. I'm a curious person by nature, so I like to be exposed to new things and when you're this close to downtown it makes it more interesting than in the suburbs.

**Lorna & Peter:** Well again, the key factor was not moving from Alta Vista to Old Ottawa East, rather it was moving from a house that was too big to a place that is smaller with less work involved in upkeep. What factored into that of course was advancing age and, to some extent, infirmity. There are stability issues with knee and hip replacements. If one of us starts falling, we don't want to be falling down stairs!

**Judith & Rod:** It was career, and extended family and friends here. When we were here last summer in Ottawa for a wedding, and we realized how many people we know in the city, and we both grew up in Ontario and enjoy the lakes and rivers; it's a nice size city with access to outdoors and having Gatineau nearby, and interesting job possibilities – all these things played into our decision.

**The Mainstreeter:** You are arriving here at a time of considerable community change and flux - Main Street redevelopment, Clegg Street footbridge, a whole new multi-home development at Greystone Village, prospects of increased commercial retail and other less tangible changes. To what extent did these changes influence your home-buying decision?

**Genevieve:** I am very excited that we are going to have a footbridge! The neighbourhood was a little disconnected before, which I suppose was also a

benefit, because I loved the tranquility, but at the same time there are a lot of people who don't even know where Old Ottawa East is. I do like the idea that going to Lansdowne for example will now be a direct route instead of a big circuit to Bank or to Pretoria Bridge. And it will encourage some people I hope to let go of their cars a little bit more.

**Lorna & Peter:** The fact that Main Street was being redeveloped into a proper main street was attractive to us. I remember that when I used to bike down Main Street, it was one of the worst streets in the City. I used to teach at Woodroffe High School and I would regularly bike down Baseline on the way there, and I actually found that street safer than Main Street.

**Judith & Rod:** We view all these developments as very positive. For us, we're excited to hear that a bridge is going in, and we can get to shops and restaurants quickly in the Glebe. For Main Street, maybe there'll be some great shops and restaurants, and for Greystone Village, maybe things will be a little livelier down there, people walking around, heading to local coffee shops. It's all good stuff!

All in all, we absolutely love it here. It feels very safe and stable. You feel like you are far away, a little forgotten spot between the two water bodies.

If you have enjoyed reading excerpts from our interview with newcomers to Old Ottawa East, please visit [mainstreeter.ca](http://mainstreeter.ca) to see the full interview, as well as other stories from the August edition of the *Mainstreeter*.



# 'Flora would be surprised, humbled and delighted'

—Continued from Page 1

Remarkably, three unconnected people suggested Flora MacDonald as the basis for the name for the new footbridge. Of the many suggestions put forward, "Flora" stood out for the naming committee members, including two members from each of Old Ottawa East, Old Ottawa South and the Glebe.

"Flora would be surprised, humbled and delighted to have this honour, and I feel the same way because it is so fitting, not only because of her personal love of the Canal and the Glebe area, but her

life was given to serve the people," says Elizabeth Davies, long-time friend and neighbour of MacDonald.

"Her goal was to promote peace and connections amongst peoples and nations. I feel that this Flora Footbridge is appropriately named, since it connects the two sides of the city, encouraging an easy connection of peoples from the west and east neighbourhoods, says Davies." "What better experience than to walk over the Flora footbridge, away from the rush of traffic for a moment, take a breath and look around at our special Canal. That



**Flora MacDonald**

is what Flora would do."

These sentiments were echoed by Linda Grearson, MacDonald's niece who told the *Mainstreeter*, "Flora received numerous awards both in Canada and internationally, but I am convinced that this footbridge named in her honour would be the one that would have made her the happiest. For over 40 years at her apartment on Third Avenue she overlooked the canal and the city she loved. She delighted in recounting how she would put on her speed skates and head off to work on Parliament Hill!"

## LETTERS TO THE EDITOR

### RE: GREENFIELD VILLAGE: A THRIVING CORNER OF OUR COMMUNITY

In response to Tara Hogeterp's article in last month's *Mainstreeter*, I'm hoping to provide a bit of historical background on the origin and boundaries of "Greenfield Village" which has formally existed for 34 years within the area she writes about.

In the early 1980s a group of developers built an extensive series of freehold and condominium housing projects on Greenfield Ave., Montcalm St. and Havelock St. One of these developers, Pick Laurnic Inc., erected a series of 51 condominium townhouses named "Greenfield Village". As the sales pitch and brochures boasted at the time, "Greenfield Village combines village-like privacy with the advantages of downtown living. The village consists of 51 townhomes in 4 distinct clusters; Greenfield Court, Montcalm Court, Wolfe Lane and Havelock Place". Greenfield Village was incorporated in 1984 as CCC246 and I have resided there for the past 30 years.

Over time, real estate agents quick to adopt a selling point when they heard one, began referring to the area surrounding us as "the Greenfield Village area", and thus began the current confusion. We will be celebrating the 35th anniversary of Greenfield Village's incorporation next year. Perhaps it's time to erect proper village signage, which in hindsight would have prevented this current mix-up.

— Stewart Grenzowski

### DANGEROUS INTERSECTION AT MAIN AND HAZEL

I write to express my concern over the potential for a bicycle and vehicle collision at the intersection of Main and Hazel streets.

My concern relates to southbound vehicular traffic turning off Main onto Hazel westbound, and the lack of visibility of cyclists from Main Street.

There is parking on the west side of Main from the Subway restaurant to Watson's Pharmacy, and cars are parked there pretty much throughout the day.

The presence of the parked cars makes it very difficult for drivers turning right onto Hazel Street to see the cyclists and determine the speed they are travelling. And they are often travelling quickly.

Cars turning and slowing to check on cyclists risk an accident from behind. If they don't slow and check for cyclists, they risk an accident with the cyclist.

I would suggest, as one way to perhaps eliminate the risk of accident, the de-synchronization of the two sets of lights: vehicle and bicycle. However, perhaps others have better suggestions. I would contend that the current situation should be reviewed and not be allowed to continue as at present.

— Barb Grisdale,  
Hazel Street



### RE: DANGEROUS INTERSECTION AT MAIN AND HAZEL

*Editor's Note:* Barb Grisdale's concern was also communicated to the office of Councillor David Chernushenko, whose Assistant, Ian Grabina responded, in edited part, as follows:

You are not the first community-member to flag this concern to us. As an avid cyclist who uses this pathway, I can echo the concern from a cyclist's point-of-view of motorists not seeing (or looking) for cyclists on the cycle track. I personally tend to err on the side of caution ensuring that I have eye contact with the driver prior to proceeding through the intersection. As not all users feel or act the same, or know they need to be cautious, it can lead

to a dangerous situation for everyone.

This leads to the recent request for an evaluation of road safety for all users of the entire Main Street corridor, which our office has brought through to the City's Traffic Safety Engineer. As a result, a Road Safety Audit [was] conducted [in June 2018] using, in part, a list of over 15 "trouble" areas that we and the community have identified which will form part of their evaluation criteria. The Audit involved a Consultant and their team assessing the street for compliance with the Highway Traffic Act, but more importantly, looking at how it functions, where the "danger" spots might be and how the City may go about improving these areas through education, signage changes or infrastructure improvements.

As all users become more familiar with how this new infrastructure functions, they also recognize how they must respect each other and ensure everyone's safety. Our hope is that the Road Safety Audit will identify opportunities for further improvement. We will be working with the City's Traffic Engineer over the summer to review the results of the audit with the findings being presented by City staff to the community in the early fall.

*Ian Grabina  
Assistant to Councillor David Chernushenko*

### RE: "SYRIAN REFUGEES — THE ONES LEFT BEHIND"

We are very lucky to live in such a caring community. Earlier this year, Old Ottawa East residents generously contributed 90% of the required funds to sponsor a Syrian refugee family — the second family sponsored by the Brantwood Sponsorship Group.

Local businesses then stepped up to put us over the top. The Green Door Restaurant hosted a fundraising dinner May 28th for 90 people (thanks again Ron and Poppy!). Other businesses contributed silent auction items: Watson's Pharmacy, 3 Trees, Singing Pebble Books, Mike Galazka Service Center, Kirk Law Office, Embrace the Knight Jewellery, Phat Moose Cycle, Only You Esthetics, and Furry Friends Dog Spa.

Thanks to all the readers of the *Mainstreeter* for opening your hearts to "the ones left behind" — we will soon welcome another family to safety and freedom in Canada.

*— Pauline Lynch & Carol Buckley  
Brantwood Sponsorship Group*

# MAINSTREETER

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

**Community Police (for non-emergency concerns):**  
 613-236-1222 x5287 or [huntrmr@ottawapolice.ca](mailto:huntrmr@ottawapolice.ca)

**Old Town Hall:** 613.627.0062

**Old Ottawa East Community Association:** [info@ottawaeast.ca](mailto:info@ottawaeast.ca)

**Ottawa Public Library, Sunnyside Branch:** 613-730-1082

**Sandy Hill Community Health Centre:** 613-565-3265



JOHN DANCE PHOTO

Some construction activity seems to go on forever.

## It's time to reduce construction disruptions

JOHN DANCE

Must we live in a perpetual construction zone? How can the adverse impacts of construction activity be reduced?

We are besieged by public megaprojects, massive new developments, and infill and renovations. In many cases, the community is enriched by new infrastructure but some of the residential work leads to a deterioration of our streetscapes and quality of life.

Regardless of the end-impact, virtually all construction activity is disruptive and some of it is downright injurious. The time has come to mitigate the excessive impacts of daily - and sometimes nocturnal - construction work.

Our neighbourhoods, our residences and our well-being suffer from construction pollution, traffic and various intrusions. Construction pollution comes in many forms: noise, dust, dirt, garbage, vibration, and fouled air and water.

In terms of traffic, construction results in both additional and delayed traffic and a variety of parking woes, not the least of which is construction and workers' vehicles and storage hogging the parking and often blocking our driveways.

And ecologically, construction often damages and kills trees not just on the developed property but also on adjacent properties. And neighbouring residents' homes develop cracks and suffer other deterioration.

In some cases, it's as though some developers and contractors just don't care about the negative impacts of the work. And as with an ongoing new house project on Merritt Avenue, a condo on Springhurst Avenue near Simcoe and a demolition on Echo Drive, it seems as though the work goes on forever.

So, what's to be done? First, residents need an enforced "Construction Bill of Rights" to protect them from the ravishes of inconsiderate construction activity. Included in these rights would be provisions that build on existing bylaws like parking restrictions and on new rules such as limits on a project's duration and a requirement for regular cleaning and tidying of the construction site and the adjacent street and sidewalk.

"The Bill of Rights could include a requirement for the City to consult nearby residents before allowing exemptions from existing by-laws," says OOECA Planning Committee chair Ron Rose. "Contractors should also be required to post a 'good neighbour' notice on their

job sites urging workers to be considerate of neighbours."

Secondly, neighbours near a construction site need to collaborate and offer a united front against misbehaving developers and contractors.

Thirdly, contractors simply need to be respectful of neighbouring residents. Yes, the trades are very important and difficult to manage, but that doesn't excuse excessive noise such as running vehicles and beeping horns before 7:00 a.m.

Furthermore, before a construction project begins, a clear notice should be posted by the developer or contractor identifying the key contact person and information if there are any questions. And the developer or contractor should consult and talk with residents well before the work begins.

The rebuilding of Main Street is a good example of how best to proceed: lots of discussion beforehand, regular updates and a project manager who promptly and thoroughly responded to concerns.

So, we likely will live in a construction zone for a long time but let's work together to make it tolerable. There are many good developers and contractors out there but – with the City's help – let's get the excessively disruptive ones to clean up their act.

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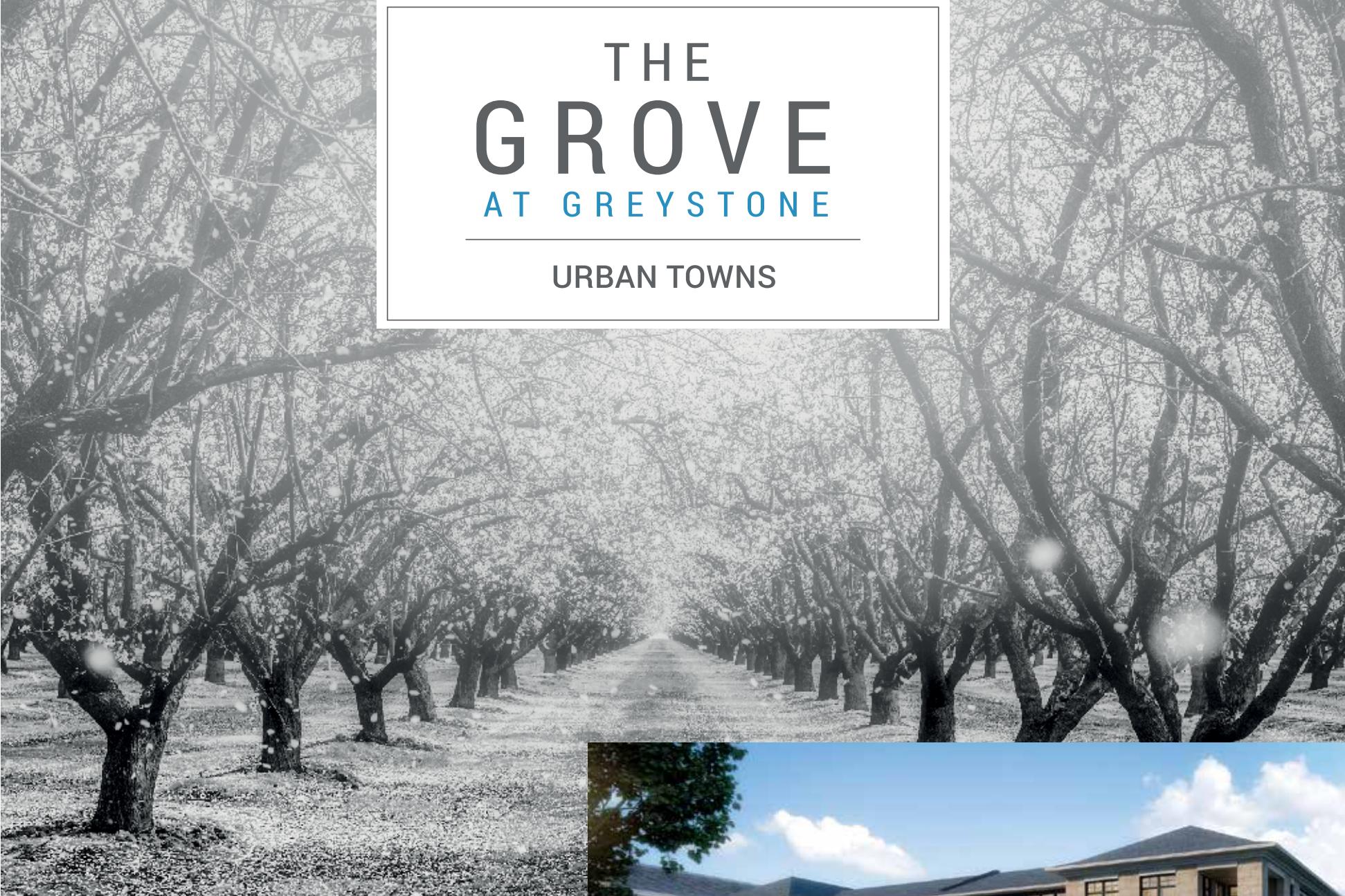
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# Extensive damage to public artwork

BONNIE WEPPLER

Our community's beautiful public artwork, under the Queensway overpass on Main Street, was heavily damaged on two occasions by provincial Ministry of Transportation (MOT) workers and their jackhammers during the month of June.

With no advance notification to the City or the Community Association, workers removed chunks of concrete from the artwork on the evening of June 6. Twenty-four cuts were observed on the east side of the mural while the west side received 10 cuts. The cuts were of differing lengths and widths. Further cuts were made by MOT workers on June 26 and 27, and wooden forms were installed over the damaged portion of the underpass.

As Ministry of Transportation staff later explained to Ian Grabina, Assistant to Councillor David Chernushenko, "concrete under the mural had started to spall off and this was flagged ... as a potential safety hazard".

The Ministry noted "that there were large empty pockets under the concrete in places that could easily be dislodged, with the potential to fall on passers-by." This work is not connected in any way with the upcoming Main



BONNIE WEPPLER PHOTO

**The west side of the public artwork sustained 10 cuts, considerably fewer than the east side which was marred by 24 cuts.**

Street overpass replacement work, which according to estimates will not begin for five to 10 years.

This story did have a happy ending,

however. During the June OOECA meeting, Councillor Chernushenko reported that the MOT would be back to replace the missing concrete and the

two artists would be invited back to redo these damaged pieces. This has in fact now taken place – the artwork was fully restored by the artists in mid-July.

## Dewar aims to unleash the power of youth

—Continued from Page 1

Paul focused his words on the young people who have inspired him over the years, for example, Shannen Koostachin from Attawapiskat, who dreamed and advocated for schools in First Nations' communities. Her death from a car accident, while attending school outside of her community, sparked a national campaign called Shannen's Dream that advocates for education rights and safe schools across Canada. Paul also spoke about Jonathan Pitre, who despite his pain, acted as an advocate and ambassador for others with his rare condition. He referenced Autumn Peltier, the young water activist who spoke at the United Nations on the importance of water. And finally, Paul mentioned Hélène Campbell, who campaigned for increased awareness for organ donation and inspired people to fill out their organ donor cards.

Paul also shared with the room the fact that the day he was diagnosed was the same day as the Parkland School

shooting. He spoke of his despair that day and the hopelessness he felt. However, in the days that followed, watching the students stand up and take action, he found inspiration and "hope for change."

It is for all the young activists that Paul has started Youth Action Now, which aims to unleash the power of young people by supporting collective leadership at the grassroots; bringing young leaders together to share experience and develop plans of action; and honing skills, building confidence, and forging allies.

Paul, his family and supporters made it clear that the future is hopeful. Paul's message, "the most precious natural resource is our youth", rings true. His wife, Julia laid out the path forward, "come, and they will build it."

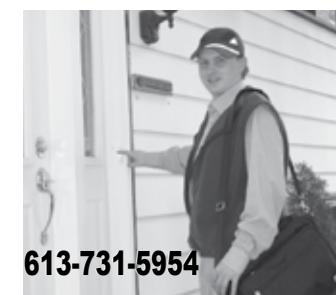
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# New candidate enters Capital race

**JOHN DANCE**

Another high-profile candidate has decided to contest the upcoming municipal vote for Capital Ward city councilor. Shawn Menard, who joins four others vying for the seat, has submitted the following information on his candidacy:

Menard says, "The City of Ottawa is where I was born and raised, and never before have I felt so compelled to change the direction of our City Council. Developers and corporate money are in charge at City Hall. The public engagement

process is broken, often with pre-determined outcomes.

Our representatives have done very little to curb and adapt to the greatest threat we face - irreversible climate change - while the taxes we pay in Capital Ward are being allocated to destructive sprawl and road expansion. Together, we can change this direction. It's time to

stand up and fight for our City."

Menard is currently the Ottawa-Carleton District School Board Trustee for Capital Ward. His experience includes being a senior staff person for Canada's Big City Mayor's Caucus and the Federation of Canadian Municipalities. He is the past president of the Carleton University



**Shawn Menard**

Alumni Association for the National Capital Region, the former vice chair of the City of Ottawa Pedestrian and Transit Advisory Committee, past president of the Rideau River Residence Association and Centretown Citizen's Community Association, and previously worked within the federal government as a public servant. Menard previously lived in Old Ottawa East next to the Immaculata High field and now lives in Old Ottawa South along with his partner and young son.

# Former councillor Doucet throws hat in the ring

**JOHN DANCE**

At the last minute, the mayoral race became a David vs. Goliath contest rather than a virtual acclamation of incumbent Jim Watson.

Clive Doucet, four-time Capital Ward councillor, filed his nomination papers just hours before the nomination period ended.

He wants to make sure there's good debate in the mayoral race. He's quite aware of the challenge ahead, given his experience in 2010 when he also ran for mayor but finished a distant third behind Watson and former mayor Larry O'Brien.

Doucet has strong links to Old Ottawa East and the rest of Capital Ward. As councillor he pushed for the OOE community design plan and his "Connecting Communities" report made a strong case for the Canal footbridge at Clegg.

He was a passionate advocate for an open competition for the redevelopment of Lansdowne Park but, in the end, the suburban and rural councillors out-voted Doucet and



JOHN DANCE PHOTO

**Former Capital Ward councillor Clive Doucet helps a group open a portion of the Rideau River Nature Trail in 2009.**

his urban colleagues and approved what has become the Ottawa Sports and Entertainment Group's vision of Lansdowne.

Besides Doucet and Watson, the other candidates for Ottawa mayor are: Hamid Alakozai, Ahmed Bouragba, Bernard Couchman, Joey Drouin,

Ryan Lythall, Craig MacAulay, Bruce McConville, Michael Pastien, Moises Schachtler, and James T. Sheahan.

As for the various school board trustees, the following candidates had come forward for Capital Ward voters as of July 16: Ottawa-Carleton District School Board - Rose LaBrèche; Ottawa

Catholic School Board - Auguste Banfalvi and Shelley Lawrence; Conseil des écoles publiques de l'Est de l'Ontario - Marielle Godbout; Conseil des écoles catholiques du Centre-Est - Valérie Assoi.

# Pair of municipal candidates drop out

**JOHN DANCE**

As Capital Ward voters get closer to the October 22 municipal election, they have lost two of the earlier declared candidates but have gained one new one.

Both Emilie Taman and Joe Federico have withdrawn but Shawn Menard has joined the race to be the councilor



**Emilie Taman**

representing Old Ottawa East, Old Ottawa South, the Glebe, Heron Park and the Riverside Drive area east of Old Ottawa East.

The other declared candidates are Jide Afolabi, Anthony Carricato, incumbent David Chernushenko, and Christine McAllister, all of whom

have been canvassing in Old Ottawa East.

"It was a tough decision," says Mr. Federico citing personal reasons for withdrawing. "Ultimately, I'd love to be involved in contributing to the direction of the City, affecting communities positively, and changing society for the better."



**Joe Federico**

"I had very much hoped to run in a context where the mayor was facing a credible opponent," Ms Taman told the *Mainstreeter*. "With Paul Dewar now unable to run, and no one else having stepped forward, I'm feeling very discouraged."

# 'It has been an honour and a privilege'

**YASIR NAQVI**

It has been an honour to serve our community. There has never been a higher calling to me than public service and no greater privilege than being able to take part in our thriving democracy. For almost 11 years, I have had the privilege of waking up each day and being able to serve our community and Ontarians from all walks of life. It has been the most fulfilling and meaningful chapter of my life, and I would like to thank you, from the bottom of my heart, for giving me the opportunity to serve you as the Member of Provincial Parliament for Ottawa Centre.

As a community, we have shared many successes and overcome even more obstacles by working together. Each time I look at the news, it seems politics has become increasingly divisive, with leaders building barriers instead of bridges. That's why I am so proud to call Ottawa Centre home,

where we embrace our diversity and find strength in our differences to create opportunity and caring for even the most vulnerable members of our community.

Old Ottawa East is experiencing unprecedented growth and change, but thanks to the stewardship of dedicated community members it is an example across the province of what collaboration and consultation can look like. Whether the development of the Oblates property, the complete street rejuvenation of Main Street or the newly-named Flora Footbridge, our community has risen to meet the challenges

that each of these transformational projects has brought. I learned a lot as we built consensus to get these projects done, including abolishing the Ontario Municipal Board and ushering in legislative changes to make our streets safe for everyone.

I'd like to recognize and thank all

engaged members of the community, along with the Old Ottawa East Community Association and the Communities Activities Group, as well as the whole team at the *Mainstreeter*, for their passionate commitment to the community and to each of its residents. Old Ottawa East would truly not be what it is today without their tireless effort to improve our community.

Lastly, I would like to congratulate

our new MPP, Joel Harden and wish him continued success at the Legislature. There is nothing more exciting and meaningful than being able to serve your community! Thank you again for helping make my dream come true, being able to serve you. It has been a privilege.

I look forward to seeing you in the community!



**Yasir Naqvi**

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## Peter Fowler's OOE Focus

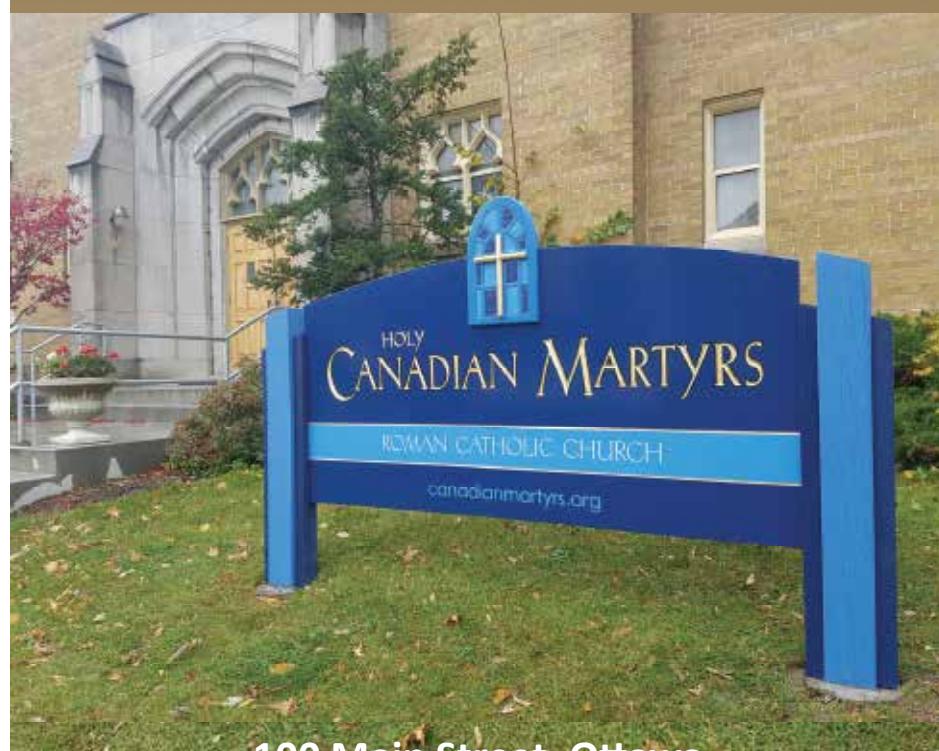
A lazy stroll or cycle along Echo Drive is often its own reward, but even more so when one glimpses the serene beauty of the young woman seated on her front porch, head down, utterly engrossed in a good book. Sculpted from Springstone, Africa's hardest stone and the most difficult to sculpt, she is as graceful as she is mysterious. The sculpture is the work of Chaka Chikodzi, a Zimbabwean-Canadian sculptor, musician, and community arts organizer who resides in Kingston and exhibits his work each summer in Ottawa.

This photo captures the mystery-reader in profile, her smooth, dark and polished features offset against the rough-hewn background of the grey stone column and enlivened by a punch of colour from the garden flowers, seeming to float above the pages of her book.



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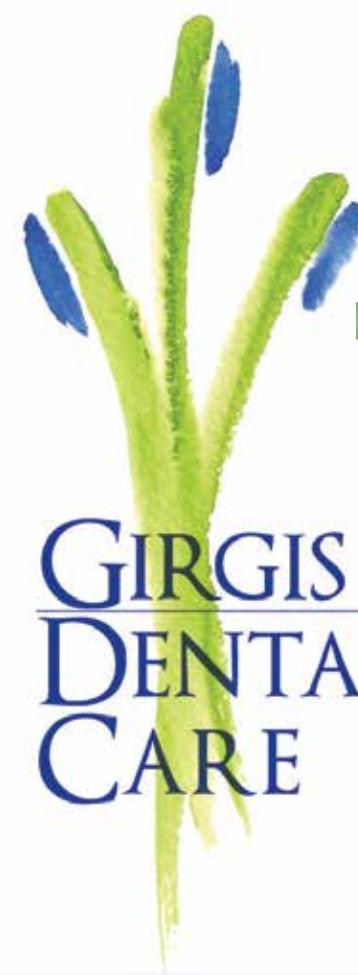
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# A busy day in the neighbourhood

BONNIE WEPPLER

Saturday, June 2 was a very busy day in Old Ottawa East. The Ride for Dad rolled down Colonel By Drive. Our Main Farmers' Market opened for the summer. It was Doors Open Ottawa. And 100in1Day was underway in our neighbourhood.

Bright and early, 1,232 motorcycles of different sizes, shapes and designs rumbled down Colonel By Drive as part of the annual Ride for Dad. There were dirt bikes and Harleys, three-wheelers and bikes with sidecars; at least one of them bearing the driver's sidekick, his dog. The goal of the Ride for Dad is to raise awareness and funds for prostate cancer. Just over \$207,000 was raised. Vroom! Vroom!

The Main Farmers' Market opened one month later than usual to ensure that produce was readily available. Comments overheard in the Market included several exclamations of delight over a new vendor who was selling crepes and professed love for the cowgirl cookies sold by Five Cupcakes.

There were four Doors Open hosts in Old Ottawa East: AIDS Committee of Ottawa, Peace Latvian Evangelical Lutheran Church, Ottawa Chinese Bible Church and the Jean-Léon Library at Saint Paul University. Doors Open Ottawa began in 2002, and since then more than one million visits have been made to the wide range of doors that have been opened by establishments including corporations, religious institutions, non-profit agencies, and embassies.

This is only the second year that 100in1Day events have been held in Ottawa. 100in1Day is all about citizen engagement, and small things that people can do to improve their communities. Like Doors Open, there were four events in our community: a pop-up café offering market-goers the opportunity to share their views on community and local farmers' markets; various games (hula hoops, ping pong, badminton, volleyball, mini soccer nets and soccer rebound wall) at Springhurst Park, sponsored by Springhurst Park Action; remapping Ottawa through emotions,



BONNIE WEPPLER PHOTO

*Former Mainstreeter Board member and editor, Meredith Newberry, representing her home business on opening day of the Main Farmers' Market.*

identities and beliefs in order to gain an increased sense of community; and exploring co-housing in a seven

family house on Drummond Street.

Saturday, June 2 was truly a time for community in Old Ottawa East.



BONNIE WEPPLER PHOTO

## NEW CROSSING AT CONCORD & GREENFIELD

Nancy Kingsbury and her dog Beau now feel much safer walking across the street at Greenfield Avenue and Concord Street after the City recently installed lights at the intersection.

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# FOLLOWING THE NEWS



Lees Avenue residents Wajdi Zayami and Salma Ait Ammar are pleased the Rideau River Transit Bridge's pathway is again open.

## LRT Bridge opens 'actively'

In the February Mainstreeter, John Dance explained that delays in the completion of the new Light Rail Transit line meant an extended closure of both the 417 eastbound on-ramp at Lees Avenue and the pathways on the Rideau River LRT bridge, just east of the Lees apartment buildings. Here's his update:

The LRT project nearing completion has allowed for the July re-opening of the multi-use pathway on the west side of the Rideau River Transit Bridge.

This connection makes it much easier for pedestrians and cyclists to connect to the Riverview Park community and

the Train Yards.

"Please note sealing work remains to be completed along the bridge, and this could require an additional closure of 1-3 days," says Alison Lynch of the O-Train's Transportation Services Department. "This is anticipated to occur in August or September, and we will provide additional notice once scheduled."

The City has not yet provided any specific news on when the Lees eastbound 417 on-ramp will re-open or when the new multi-use pathway on the east side of the tracks will open.



## SOME PROGRESS AT 115 ECHO DRIVE CONDO

*Under the headline "Contentious canal condo concerns", John Dance reported in the April Mainstreeter that despite design awards, the proposed new six-storey "Echo" condominium fell short of the Main Street redevelopment objectives of the Old Ottawa East Community Association. There is some progress to report:*

The entrance of the proposed "Echo" condominium at the northeast corner of Echo Drive and Main Street will feature the bell from the to-be demolished Holy Trinity Anglican Church, as shown in architect Barry Hobin's rendering

above. Commemoration of the heritage of the church had been sought by the community.

Also, Uniform Development, the condo's proponent, has responded to the community's concerns about accessibility to the Main Street units by proposing the use of ramps instead of stairs.

The community association remains concerned about the extent the development will contribute to the vibrancy of Main Street as it offers no commercial retail space, and also about the sort of precedent it is setting for other development on Main Street north of the Queensway.



ALEXANDRA GRUCA-MACAULAY PHOTO

With construction preventing access to the Clegg Canal access point, a new paddling dock has been installed at Hazel thanks to Parks Canada and Ottawa Centre MP Catherine McKenna. Doug Macaulay is shown here as one the first users of the new dock.

## Teens appear in court on vandalism charges

*In the June issue of the Mainstreeter, Lorne Abugov reported that criminal charges were laid against two young men, Connor Hutcheson, 18 and Thomas Phillip Gagnon-Jones, 19, as well as one youth under the age of 18, following a wild spree of vandalism that occurred within and around Springhurst Park in the early morning of Sunday, April 29.*

*Extensive damage was done to neighbourhood vehicles, to playground equipment within the park, and to two homes on Chestnut Street.*

Hutcheson and Gagnon-Jones are

currently facing charges of Mischief Over \$5,000 for allegedly destroying a motor vehicle, 10 counts of Mischief Under \$5,000 for allegedly damaging 10 motor vehicles, and lastly, two counts of Mischief Under \$5,000 for allegedly damaging a kitchen window at one home, and a garage door opener at another.

The two adult accused have already appeared in court, through their legal counsel, who will shortly be conducting a pre-trial with the Crown prosecutor before the case comes back to court on August 14.

# OUR NEIGHBOURHOOD

# Honoured for volunteer work

**BONNIE WEPPLER**

One of Nancy Oakes' childhood memories is accompanying her mother on her annual neighbourhood door-to-door canvass for the Canadian Cancer Society.

Fast forward to April 2018, when a call came from the Governor General's office notifying Oakes that she had been nominated to receive the Sovereign's Medal for Volunteers.

The nomination for Oakes noted that: "Nancy's commitment to giving back to The Ottawa Hospital is deeply personal, stemming from the loss of both parents to cancer many years ago."

As a tribute to Oakes' parents, their best friends founded the "It's A New Day" golf tournament. Oakes "worked a hole" at the event and it became a family affair, with her husband and brother also volunteering.

The nomination acknowledged Oakes' contributions: "Over the course of the golf tournament's 23 year history, the tournament raised close to \$1 million for cancer-related charities. Among them, the Ottawa Hospital was the grateful beneficiary of \$125,000 raised from 2009-2012. These funds contributed to the building of the hospital's Cancer



ALEX TETREAU PHOTO  
Nancy Oakes recently received the Sovereign's Medal for Volunteers from Jean Chretien.

Centre and funded the purchase of essential equipment for the new space, such as the Cyberknife and the da Vinci Surgical Robot."

In 2013, Oakes became involved with The Ottawa Hospital's President's Breakfast and was co-chair of the event in 2016 and 2017. According to the nomination, in 2017, "126 volunteers were engaged, over 1,000

guests attended, and over \$1.4 million dollars were raised in support of patient care and research."

"You can choose where to give of your time," states Oakes. "We all need to be taking responsibility... and give back... whether it's dollars or hours or whatever way. People appreciate being asked; it's a gift to ask people to be involved!"

Oakes, her husband, Ernie Sherman and son, Troy built a house in the Brantwood Park neighbourhood about 10 years ago. But she knew the neighbourhood well before moving in since at various times three of her siblings have lived or continue to live in this area.

"In the winter, I look out the window and watch the kids, skates hooked on hockey sticks, slung over their shoulders, heading down to the rinks. This neighbourhood really is a throwback to a time when you knew and cared about your neighbours."

Apart from volunteering, Oakes skis, plays golf and tennis and belongs to a book club. And then there's boot camp!

"I absolutely love boot camp. It's a great group of people, different generations, different experiences and the amount of support and guidance and positivity in this group is extraordinary."

When I tell friends about everything that goes on in this community, they are amazed."



Listen to Nancy talking about her volunteer work:  
[https://www.youtube.com/watch?v=iK\\_vAz6rH1U](https://www.youtube.com/watch?v=iK_vAz6rH1U)

## W.E. Noffke in Ottawa East Village

**ELFI HERZOGENRATH**

You might have noticed the whitewashed house in Spanish neocolonial style on Glenora Street. The house was built by W.E. Noffke, who grew up in our neighbourhood. Several years ago, when Patrick Plourde, the owner of 182 Glenora Street, was doing some work at my home, he mentioned the architect whose houses often feature red tiled roofs.

From then on, I noticed red tiled roofs everywhere. That's because W.E. Noffke, who designed the house on Glenora for a relative, was one of Ottawa's most prolific architects. His buildings include the Old Ottawa South Firehall on Sunnyside Avenue, the Champagne Bath on King Edward Street, the Medical Arts Building on Metcalfe Street, and numerous residential buildings,

many of them in the Glebe.

In an attempt to preserve Old Ottawa East's rich cultural heritage, in 2017, a list of properties was compiled for the City of Ottawa's Heritage Register, including the property on 182 Glenora Street.

W.E. Noffke was born in Stolp, Germany on April 9th, 1877. His family left Germany in 1884 along with 84 other Germans, all of whom headed to Ottawa, where Noffke's family settled on 25 Third Street (now Montcalm Street).

Noffke attended the German school at St. Paul Lutheran Church on Wilbrod Street until the age of 14. At the recommendation of the Lutheran minister, he then joined the architect office of Adam Harvey. Noffke never received formal training in architecture, instead learning his trade on the job and in night classes. In fact, during Noffke's time, there



existed no formal structured training program for architects anywhere in Canada. Those who couldn't afford to study in the US or Europe had to take courses in art studies and applied art in addition to their apprenticeship, which is what Noffke did.

In the 1901 census, (Rick Wallace: A history of Ottawa East: <http://history.ottawaeast.ca>) W. E. Noffke

is listed as an architect, living at his parents' home on 25 Third Street, earning \$468 per year. In 1904, at the age of 27, he married Ida Jordan who lived a block away on 28 Fourth Street, and they settled in Ottawa East. In Thomas W. Carkner's book about Ottawa Germania Founding Families, Carkner reproduces the Ottawa newspaper coverage of the event.

Eventually W.E. Noffke built a house for his family on Wilbrod Street, across the street from the St. Paul Lutheran Church. Becoming more and more successful, the family then moved to 20 Clemow Avenue, a typical Noffke house which showcases decorative brick work adorning the doorways and window openings, stain glass windows, a dormer and, a typical Noffke feature, a billiards room in the basement.

# Community Activities Group of Old Ottawa East (CAG)

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# PRESCHOOL

For children with parents/guardians unless otherwise stated

## Community Playgroup (0 – 5 years)

Old Town Hall, 61 Main  
September 21 – December 14  
Friday 9:30 – 11:30 a.m.  
\$57 first child, siblings \$42

## Cooperative Playgroup (0 – 3 years)

Brantwood Park field house, 39 Onslow  
September 18 – December 11  
Tuesday 9:30 – 11:30 a.m.  
\$35 for each child attending

## Parent Time

Old Town Hall, 61 Main  
October 15 – December 10  
Monday, 10:00 – 11:30 a.m.  
**FREE**, pre-registration required



## Peekaboo-CouCou (0 – 3 years)

Brantwood Park field house, 39 Onslow  
October 11 – November 29  
Thursday 9:30 – 11:30 a.m.  
\$35 first child, siblings \$20  
Pavillon du Parc Brantwood, 39 Onslow  
11 octobre – 29 novembre  
Jeudi 9h30 à 11h30  
\$35 premier enfant, frère-soeur \$20

## Sing Song Party Time with Derek McKinley (0 - 5 years) - NEW!

Join singer and children's entertainer Derek McKinley for a fun musical time celebrating our amazing planet!  
Old Town Hall, 61 Main  
September 18 - October 30  
Tuesday 10:00 – 11:00 a.m.  
November 6 - December 18  
Tuesday 10:00 – 11:00 a.m.  
\$96, siblings under 12 months of age are free

## Music Together (1 – 12 months)

Old Town Hall, 61 Main  
September 22 – December 1, no program October 6  
Saturday 9:30 – 10:15 a.m.  
\$160 including materials, siblings \$85

## Hush-a-Bye Babies® (1 – 12 months)

Old Town Hall, 61 Main  
September 13 - October 25 OR;  
November 1 - December 13  
Thursday 1:00 – 2:30 p.m.  
\$96

**For more detailed information visit [www.OttawaEastCAG.ca](http://www.OttawaEastCAG.ca)**

**Little Lotus™ Mom and Baby Yoga (6 weeks – crawling)**  
Old Town Hall, 61 Main  
October 15 – November 19  
Monday 10:00 – 11:00 a.m.  
\$90 per adult

## FUNDamentals Of Ballet (3 - 4 years) - NEW!

Come learn the fundamental elements of ballet! By the end the session, we hope your little one will be excited about the art of dance and creative movement, all while having tons of fun!  
Old Town Hall, 61 Main  
October 11 – November 15  
Thursday 5:30 – 6:15 p.m.  
\$60

# 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 15 – October 20  
Saturday 9:30 – 10:30 a.m. (3 years)  
Saturday 10:30 – 11:30 a.m. (4 – 6 years)  
\$53

## Adoption Potluck & Play (5 – 12 years)

Brantwood Park field house, 39 Onslow  
September 16, October 21, November 18, & December 9  
Sunday 4:30 p.m. – 6:30 p.m.  
\$29 per child with family

## Youth Activity Club (7 – 12 years)

Old Town Hall, 61 Main  
November 16, or December 14  
Fridays 6:30 – 8:30 p.m.  
\$7

## Halloween Party (5 – 10 years)

Old Town Hall, 61 Main  
Friday October 26  
6:00 – 7:30 p.m.  
\$15

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



# AFTER School

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

## Brantwood Park After School (Age 6 – Grade 6)

Brantwood Park field house, 39 Onslow  
Pick up by 5:45 p.m., for children attending Hopewell and Lamoureux schools, \$210 per month

## Old Town Hall After School (Age 6 – Grade 6)

Old Town Hall, 61 Main  
Pick up by 5:30 p.m., for children attending Lady Evelyn, Elgin Street and Francojeunesse schools, \$210/month



## Pumpkin Sale & Fall Festival

**Brantwood Park field house,  
39 Onslow  
Monday October 8,  
raindate Saturday October 13  
10:00 a.m. – 2:00 p.m.**

**Pumpkin Sale, pumpkin decorating, food trucks, apple bobbing, bouncy castle, facepainting, Sing Song Party Time with Derek McKinley and more...**

**Order your pumpkin for delivery at [info@OttawaEastCAG.ca](mailto: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 & Communications** Tina Raymond, **Volunteers & Events**, Lisa Dunnett,

**Executive Director**, Carol Workun, **Program Assistant**, Megan Shoemaker

**For more detailed information visit [www.OttawaEastCAG.ca](http://www.OttawaEastCAG.ca)**



Sample of Sally Benders own work - "Painting a Special Place"

## ADULT General Interest

### Group Guitar Lessons for Beginners (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..  
Old Town Hall, 61 Main  
September 19 – November 21  
Wednesday, 7:00 – 8:00 p.m.  
\$250

### Painting a Special Place - NEW

Do you have a special place that you would love to paint? Using a clear photo as a reference, learn the steps to transform your photo into that painting.  
Instructor: Sally Bender  
Old Town Hall, 61 Main  
October 9 - November 27  
Tuesdays 1:00 - 3:30 p.m.  
\$180

### 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 1  
6:30 - 8:30 p.m.  
\$55

### Ancient Sacred Landscapes and Geographies - NEW

In this course we look at a variety of traditional, sacred landscapes and how they have become known.  
Instructor: Maureen Korp, PhD, University of Ottawa Old Town Hall, 61 Main  
October 15 – December 10, no program October 8  
Monday 7:00 – 9:00 p.m.  
\$120

### Figure Drawing - NEW

Practice your figure drawing skills while learning and sharing with your fellow artists. A model is organized each week for the group. Model poses in the natural form, without clothing.

Old Town Hall, 61 Main  
September 12 – October 31 OR;  
November 7 – January 9,  
no program December 26 or  
January 2  
Wednesday 10:30 – 1:00 p.m.  
\$95



Find us on  
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[facebook.com/groups/ottawaeastcag](https://facebook.com/groups/ottawaeastcag)



@OttawaEastCAG

**For more detailed information visit [www.OttawaEastCAG.ca](http://www.OttawaEastCAG.ca)**

# ADULT Fitness

Classes are beginner-intermediate unless otherwise stated.

## Vinyasa Flow Yoga

Old Town Hall, 61 Main  
September 19 – December 5  
Wednesday 7:15 – 8:45 p.m.  
Wednesday 5:30 – 7:00 p.m.  
(Intermediate)  
\$113



## Hatha Yoga

Old Town Hall, 61 Main  
September 22 – December 15, no program October 6  
Saturday 9:15 – 10:45 a.m.  
\$113

## Yin Yoga

Old Town Hall, 61 Main  
September 18 – December 4  
Tuesday 6:00 – 7:15 p.m.  
\$113

## Pilates

Old Town Hall, 61 Main  
September 18 – December 4  
Tuesday 7:30 – 8:30 p.m.  
\$113

## Tai Chi Qi Gong

Old Town Hall, 61 Main  
October 10 – December 12  
Wednesday 1:30 – 2:30 p.m.  
\$94  
October 15 – December 10,  
no program October 8  
Monday 6:00 – 7:00 p.m.  
\$85

## Strength and Tone

Old Town Hall, 61 Main  
September 19 – December 14  
Wednesday OR Friday  
8:00 – 9:00 a.m.  
\$92

## Zumba

Old Town Hall, 61 Main  
September 20 – December 13  
Thursday 6:30 – 7:30 p.m.  
\$123  
September 17 – December 10,  
no program October 8  
Monday, Noon – 1:00 p.m.  
\$113

## 20-20-20

Old Town Hall, 61 Main  
September 18 – December 11  
Tuesday 8:30 – 9:30 a.m.  
\$92  
October 11 – December 13,  
**NEW** Thursday 8:30 – 9:30 am  
\$71

## Better Body Boot Camp in the Park

Brantwood Park, 39 Onslow  
September 10 – October 3  
Monday OR Wednesday  
7:00 – 8:00 p.m.  
\$48

## Better Body Boot Camp

Lady Evelyn School, 63 Evelyn  
October 15 – December 10  
Monday 8:00 – 9:00 p.m.,  
October 10 – December 12,  
no program October 31  
Wednesday 7:15 – 8:15 p.m.  
\$108

# www.OttawaEastCAG.ca

## Fitness for Living for Older Adults - **NEW**

A fun fitness class designed to help with daily living, staying active and aging successfully.

Old Town Hall, 61 Main  
September 27 – November 29  
Thursday 1:00 – 2:00 p.m.  
\$71

## Co-ed Volleyball

Lady Evelyn School, 63 Evelyn  
October 11 – December 6  
Thursday 7:30 – 9:00 p.m.  
\$53

## Men's Basketball

Lady Evelyn School, 63 Evelyn  
October 10 – December 5  
Wednesday 8:30 – 10:00 p.m.  
\$53

## Urban Pole Walking

Old Town Hall, 61 Main  
September 25 and October 2  
Tuesday 6:30 – 7:30 p.m.  
\$15

## Single Class Fitness Passes

Available for most classes,  
see website for details.

**For more detailed information visit**

**Online registration** opens 8:00 p.m. Tuesday, Sept 4 at [www.ottawaeastCAG.ca](http://www.ottawaeastCAG.ca), with Visa or MasterCard.

**In-person registration** opens at the Old Town Hall on Wednesday, Sept 5, 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.

## COMMUNITY Partners



**The Green Door Restaurant**

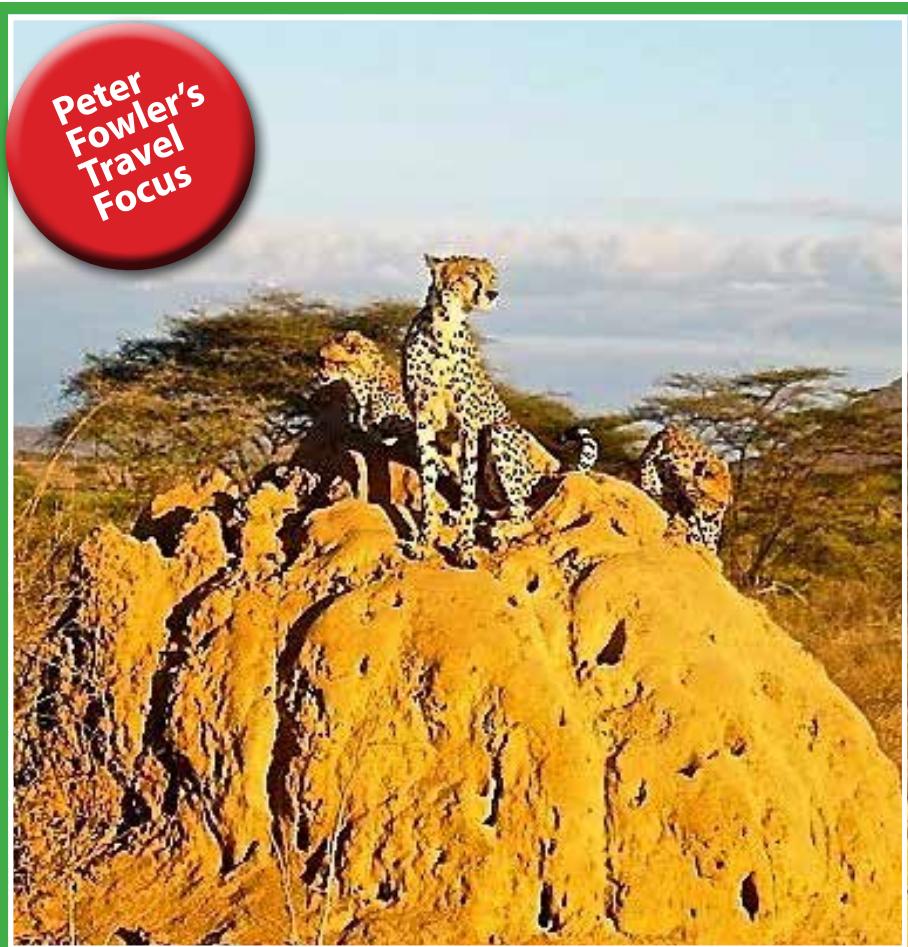


**Old Ottawa East eUpdate**

**Sign up NOW for weekly a email newsletter with up to the minute community news and events**

[www.ottawaeastCAG.ca/eupdate](http://www.ottawaeastCAG.ca/eupdate)

*If you would like more information on the CAG Community Partnership Program  
please email [cworkun@ottawaeastCAG.ca](mailto:cworkun@ottawaeastCAG.ca)*



## Southern Kenya

This month, *Mainstreeter* reader and OOE resident **Melinda Newman** has submitted her stunning photograph of a family of cheetahs scanning the horizon in a Kenya game reserve. If you have a favourite travel photo, send it to [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca) and if it's chosen, we'll feature it in this place in the next issue of the *Mainstreeter*.

**Melinda Newman:** We were fortunate to have an African safari holiday in Kenya and Tanzania. One morning we were awakened early and set off to try to find big cats in a national park in southern Kenya. At around 6 a.m., our family met up at close quarters with another family on the savannah – a family of hungry cheetahs! As we drove slowly by, we observed several of the graceful hunters perched atop a large termite mound, using the high vantage point as a 360-degree observation deck. The cheetahs were sleek, powerful and majestic, and while they blended in to an extent with the dry terrain, the background of greens, browns, blues and the whites of the clouds seemed if anything to draw the mind's eye to these breath-taking cats. This turned out to be a once-in-a-lifetime opportunity and produced a photo that I am truly proud of.

**Peter Fowler's Comment:** Amazing composition, beautiful sunlight, transparent setting (i.e. the cheetahs appear to be totally unaware of the photographer's presence), good borrowed background from the cloud bank and the trees, nicely focused. A wonderful piece of art.

 Once again we'd like to see your favourite photo from your own travel experiences. Old Ottawa East readers are invited to submit their personal favourite international travel photo along with a brief description of the photo, how they came to take it and an explanation of why it is a cherished favourite (200 words or less). Send your travel photo submissions to [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca). Perhaps your international travel photo will appear in this space in a future issue of the *Mainstreeter*.

## Woodland Creatures Party

**Where:** The Children's Garden  
**(Corner of Main and Clegg St)**

**When:** Sat. Aug 11th  
10-11:30am

**Dress up as your favourite woodland forest creature and join us for a party in the garden!**

**There will be face painting, sprinkler, crafts, games, and a scavenger hunt!**

*Children of all ages are welcome, must be accompanied by an adult.*



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[editor@mainstreeter.ca](mailto:editor@mainstreeter.ca)

# BUSINESS BEAT

# Caterer in OOE delivers fresh eats and delicious treats

Beyond the unique and wonderful storefronts in Old Ottawa East exists a treasure trove of business. Our community is home to a host of businesses each operating from their own kitchens, offices or studios. From PR companies, to florists, to bookkeepers, to artists, to piano teachers, our community is diverse with talent, and supporting local business is getting easier and easier every day. Here we profile an OOE hidden treat, Your Occasional Caterer!

## MEREDITH NEWBERRY

Joanne Benoit is no stranger to the entrepreneurial spirit in Old Ottawa East. She has been a caterer from her own home for 33 years. She whips up hors d'oeuvres, baked goods and mouth-watering bites for cocktail parties, birthdays and special events throughout the city. Christmas and New Year's Eve keep her whisk moving the fastest, and her spatulas always on hand.

After building her reputation through word of mouth and countless successful catered events, Benoit keeps her kitchen busy. Throughout the neighbourhood, customers receive her menu and start placing their orders, so they don't miss out. And when Benoit showed me a cheese ball that she molded into the shape of an apple, I could immediately understand why people line up for Benoit's unique, hand-made and delicious food.

Benoit started her catering business, Your Occasional Caterer, when her three children were young. She was a bookkeeper at the time but wanted to have something she was passionate about and could do at home while raising her children. It's a

reason many parents in similar situations make the decision to start their own at-home business. Flexible hours, the desire to follow a passion and the thrill of building something of her own allowed Benoit to grow her own business and be home for the children when they arrived from school.

Benoit says her family was always understanding and it was relatively easy to balance her work and her life, even though it was in the same place. "It was never a problem for me. Plus my family always knew that when I was working they could have the broken or the burned ones so that made it all ok."

Perhaps because they saw their mom happy and active in the kitchen, all her children cook and appreciate good food and hand-made touches. Benoit is currently drying home-grown lavender for her oldest daughter's wedding, making hand-rolled truffles for the same big event and getting a head start on winter by



MEREDITH NEWBERRY PHOTOS

Your Occasional Caterer, Joanne Benoit displays a yummy sample of her Ginger Cognac Truffles produced in her Old Ottawa East kitchen. Inset: Joanne's signature Cheese Ball molded to the shape of an apple is a favourite among her customers.

drying the herbs from her home garden.

Even though cooking is her job, it's never been a chore. Her dream day would be cooking a big meal for her large family. Whether it's spicy crusted chicken, charcuterie platters or parmesan-stuffed main entrees, she's happiest in the kitchen, sharing food and laughing over a glass of wine.

Parents of school-age children may also recognize Benoit from Rainbow Kidschool. The out-going, active and always smiling Benoit went back to school a few years ago and trained to become an Early Childhood Educator. Now that her own nest is empty, she is able to enjoy both her catering business and her desire

to work with young people.

"Follow your passion, if you share it, people will come," she said when asked what her advice is to other people on the fence about starting their own business. "Don't be afraid of your own success."

Since we caught Benoit in the midst of rolling truffles for the upcoming summer wedding, she said she'd share her delicious recipe with us. Gluten-free, of course, and filled with chocolate decadence.

**Want to place your order for Thanksgiving or Christmas? You can contact Joanne Benoit, Your Occasional Caterer by phone at 613-799-3761 or by email at [josignin@hotmail.com](mailto:josignin@hotmail.com).**



## JOANNE BENOIT'S GINGER COGNAC TRUFFLES

Makes 78 truffles

### INGREDIENTS:

- ¾ cup 35% heavy cream
- 1 pound semi-sweet chocolate, chopped
- ¼ cup butter
- 2 TBSP candied ginger
- 2 TBSP cognac
- Optional Coatings: Powdered sugar, Cocoa Powder, or Melted Chocolate.

### INSTRUCTIONS:

- Bring cream to a boil and remove from heat. Add chocolate, stirring until

melted.

- Cool for 5 minutes. Whisk in Butter & Ginger. Stir in Cognac. Allow to cool again. Cover and refrigerate.
- Once hardened (but not too hard to scoop), use a small #50 candy scoop and drag across the top of the chilled chocolate. Pop onto a tray and either allow to dry before rolling, or roll right away in cocoa powder, and/or icing sugar or melted chocolate.
- Store in refrigerator or freezer until ready to serve.

# The changing commercial face of OOE

**JEAN CASSIDY**

Old Ottawa East (OOE) residents are getting used to the ever-changing community vibe and have begun to anticipate what changes will come next. One question that seems to have gripped the neighbourhood is: What commercial retailers or services can we expect to see opening soon in OOE?

Some details are beginning to emerge. There are two health-related services that are certain to open in OOE in the coming months. Dr. Cynthia Simon and Dr. Geneviève Audet, practising family dentistry, and offering orthodontic and cosmetic services, hope to open the doors to River Dental Clinic by August 2019.

A little further south, at 230 Main Street in the former Caisse Populaire branch, Dr. Hedyeh Javidnia, a facial cosmetic surgeon, is currently overseeing renovations. Both surgical and non-surgical treatment options can be discussed with her through consultation. Dr. Javidnia is targeting an early fall 2018 opening. Additional practitioners may join later. See her website for more details: <https://cosmeticfacialsurgery.ca/facial-cosmetic-surgery-services>.

Domicile's The Corners on Main, Phase 2 building, will offer 14,000 square feet of commercial ground floor frontage on the northeast corner of Main Street and des Oblats Avenue. At the southeast corner of the same intersection, Greystone Village will seek tenants for their 20,000 square feet of commercial space.

The timeline for determining Greystone Village commercial occupancy is still many months away, as developers await approval by the City of Ottawa on updated plans that include this commercial space. News on approvals is expected in early fall of this year. Serious discussions with



**Dr. Geneviève Audet (L) and Dr. Cynthia Simon (R) hope to open the River Dental Clinic in Corners on Main by August 2019. Their family dentistry practise will accept new patients and offer orthodontic and cosmetic services.**

commercial stakeholders will not take place until approvals are secured, pushing occupancy to approximately two years post-approvals.

News of commercial occupancy in Corners on Main, Phase 2 appears to be much more imminent. David Chick, Senior Vice President at Domicile, has made it clear that the goal is to bring in what is of interest to the community, while at the same time, quantifying the candidate's proven business acumen.

"We want to ensure the presence of longstanding additions to the community. Domicile will retain ownership of the premises", said Chick, "and as a result will hold a seat on the Board of Directors of the Phase 2

association. Our ongoing commercial presence will be based on a relationship of trust and accountability".

The strength of the enquiries coming in and/or generated by Cantor Realty Corporation on Domicile's behalf, is exciting, according to Chick, but hard details are difficult to come by until contracts are signed. Examples of interest currently tracked include: a real estate office, food/grocery, coffee house franchise, bakery/bread, a wine outlet, and a physiotherapy practice.

However, until contracts are signed, it's all just whispered speculation. Interested parties who would remain open into the evening hours would be ideal, adding to the vibrancy of the community, and

raising its potential as a target destination that can draw customers from our neighbouring communities: The Golden Triangle of Elgin Street, Sandy Hill, Alta Vista, Old Ottawa South and the Glebe.

Change? Yup, some is already here, and the rest of it is coming along, sooner or later!

**If you have a favourite business or service, that you currently are willing to drive to, and would like to see in Old Ottawa East, bring the company name forward to the land developers or their real estate managers for consideration as a lead for discussion, research and possible negotiations.**

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# WHAT'S ON YOUR PLATE?

## Why farmers' markets benefit everyone

GENEVIEVE GAZAILLE

Come summertime, some 20 farmers' markets pop up all around the region. Old Ottawa East is no exception, thanks to the Main Street Farmers' Market, a staple of our community that sets up in front of Saint Paul University every Saturday.

Farmers' markets have certainly benefited from a renewed interest as of late, but in Canada, the first ones appeared in the late 1700s. Although not considered a true farmers' market because of its proportion of resellers and craft vendors, ByWard Market is the oldest market still standing in Ottawa, dating back to 1826. Today, Farmers' Markets Ontario (FMO) is 180 members strong, a number that has tripled since the eighties.

### Healthy, sustainable and viable

Buying directly from the people who produce our food has many benefits.

First, customers get to learn exactly how their food is produced. Industrial agriculture can be detrimental to the environment, polluting water and sending chemicals into the ground. But smaller-scale agriculture often uses less radical methods, whether to reduce expenditures or to protect the land and insure long term financial sustainability. Knowing how food is produced also allows consumers to make savvy decisions for their health. Many illnesses have been linked to the presence of growth hormones, antibiotics and chemicals in the food we eat.

Second, buying directly from producers, whether at the market, through a CSA membership or at the farm, means that our money goes straight into their pockets. According to FMO, for each dollar we spend at markets, another \$2 is injected into the Ontario economy. While buying "local" at the grocery may seem cheaper than elsewhere, only a small portion of farmers produce enough food to supply supermarkets. The ones that do often need to drastically reduce their prices and hope to turn a profit on volume. The end result is that only a tiny portion of the sale price will actually end up in the producer's pockets.

Lastly, buying at the market means you can access foods you wouldn't find elsewhere because they require a quick turnover or are grown in small quantities, and you get a product that's perfectly ripe and fresh. Products coming from afar need to be picked while they're still green, so they won't rot before they get to your plate. In any case, buying California strawberries may be convenient, but let's remember that convenience in this case comes at the cost of trucks transporting them all over North America and causing greenhouse gases.



GENEVIEVE GAZAILLE PHOTO

**Organically Delicious produce from Todd and Galena's Garden - just one of many healthy options available to OOE market shoppers.**

### Shopping at the Main Market

La Fermière folle is one of the vendors you will find at the Main Farmers' Market. Family-owned and based in the Pontiac, it offers grass-fed beef, pasture-raised pork, honey and free-range eggs at the market and through a CSA subscription. To Ana McBride, the well-being of the animal directly impacts the quality of the meat: "We think what distinguishes farmers' markets food is the quality of the product. You simply can't compare. We feel that buying from local farmers' markets is the best way for consumers to understand where their food is coming from. It also

allows them to reflect on the impact their choice as a consumer has on the local economy and environment."

Beside produce from other meat vendors, residents visiting the Saturday market will find stands offering a variety of fresh fruit and vegetables, preserves, baked goods, prepared foods, beeswax reusable food wraps and the occasional craft.

According to Noel Dhingra, the market's new co-manager and owner of Cadence Ecological Farm, the Main Street Market fills a void in a neighborhood considered to be a food desert (an area lacking a place to acquire food) and contributes to the

sense of community: "Farmers' markets are spaces where community is built. Food is essential to life, and the market is a place where it is celebrated and truly valued. It's also a place where friends and family can meet, eat, and laugh."

 **Keep your eyes out for upcoming activities! Beyond samplings and recipes, the Main Street Market will be welcoming the band, The Pairs on August 18th and hosting a silk screening workshop on September 15th.**

## Cadence Farm founders take over Main market

Cadence Farm founders Brett Weddle and Noel Dhingra are stepping into David Coyne's shoes as the new Main Street Farmer's Market management team. As small farmers who already sell at Main Street, the pair have a unique perspective on how to create a market experience that is great for customers and producers alike.

"I became an organic farmer to advocate for good food in my community, connecting eaters with growers to accelerate the shift toward alternative food systems," says Dhingra. "I am delighted to be an advocate for local food in this new capacity, and I look forward to engaging further with local growers, bakers, roasters, makers and the people in this community and beyond who appreciate their products".

Brett Weddle has a lengthy connection to Old Ottawa East as a lifelong Green Door patron, and more recently as a vegetable vendor at the market. "I've seen Ottawa change a lot over my lifetime, and I like what I see in Old Ottawa East," says Weddle. "The farmer's market stimulates the local economy and is a catalyst for social change and environmental sustainability. This is something that I am honoured to support."

Both Weddle and Dhingra were warmly welcomed as new farmers by everyone at Main Street Market last season, and they were enthused to know that the local community was behind them, no matter how many weeds were waiting back at the farm! They are grateful for the opportunity to return that support to

the community and look forward to welcoming new growers and eaters into the heart of Old Ottawa East.

And as for the former head of the market, Coyne steps down from the post after three years at the helm, having overseen the growth and evolution of the popular market through a turbulent move and relocation. "Community and food security are priorities of mine as an erstwhile chef and educator," says Coyne, "and now, as a board member still very much involved in supporting its success, I anticipate watching Main Market come into its own in this burgeoning neighbourhood. Noel and Brett are passionate, dedicated farmers and caring, artistic community-minded humans; the market is in good hands!"

# BUSINESS DIRECTORY

## HEALTH

### Main Chiropractic & Personal Training Clinic

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# Hospice needs volunteer drivers

Hospice Care Ottawa is looking for volunteers from Old Ottawa East to drive members of the community to and/or from their weekly Day Hospice Programs.

Hospice Care Ottawa's Day Hospice programs run from Tuesdays to Thursdays and provide those living with a life-limiting illness a weekly day out in a comfortable friendly and home-like environment. Delicious food is served and there are a variety

of activities that guests can participate in. It's a day away for individuals living with a life-limiting illness and a break for their caregiver.

Volunteer Drivers will receive hospice and program orientation, the opportunity to develop meaningful relationships and join a dynamic team, a regular volunteer routine which is easy to schedule other events around and a gift in kind tax receipt for the number of kilometres driven as a

hospice volunteer.

Hospice Care Ottawa is a community-based charitable, non-profit organization. We offer palliative and end-of-life care, at no charge, to individuals and their loved ones. At Hospice Care Ottawa we support individuals and their caregivers during their entire illness, from the time of diagnosis through to death and bereavement. Our aim at Hospice Care Ottawa is to bring care, compassion

and comfort to improve the quality of living and dying. Programs are provided at our hospice sites across the city and within the community.



To become a volunteer call 613-260-2906 ext. 231 or apply online at <http://www.hospicecareottawa.ca/volunteer.html>

# FLORA FOOTBRIDGE: A WORTHY NAME WITH A LOCAL CONNECTION

Considering the local passion that led to a footbridge being built over the Rideau Canal in the heart of Capital Ward, I knew it would be important that it be given a name worthy of its place. It was essential, therefore to get the process right.

In December 2017, I launched a naming appeal through newsletters, columns and social media. The public was invited to propose names for consideration by a Naming Committee that included representatives of the three adjoining communities as well as the mayor's office and myself as chair. We received 141 suggestions, resulting in 86 unique suggestions and a shortlist of 70 submissions adhering to the City's Commemorative Naming guidelines.

In its first working meeting, the committee shortened the list to six names, which were then vetted by the City for clarity and duplication, resulting in the removal of one name.

In its second and final meeting the committee quite quickly and without blood or tears being shed, came to a clear decision. Drum roll...

On July 11, City Council officially approved the name: "Flora Footbridge". In its full bilingual form, the "Passerelle Flora Footbridge".

"Flora," as some readers will have guessed, is Flora MacDonald, a pioneering female Canadian politician and the first female Canadian foreign minister, a humanitarian at home and abroad and a bridge-builder between political parties and cultures.

Known simply as Flora to many, she lived for 40 years in the building overlooking both the bridge site and the Rideau Canal. She was also a keen speed skater, who could often be seen on the Canal skating for recreation or commuting to work on Parliament Hill. I am one of many residents who had the pleasure of chatting with her as we made our way downtown on a frosty Ottawa morning.

Having interviewed her as a rookie



journalist in Tokyo in 1987 (she was Minister of Communications in the Mulroney government at that time), I was struck by her generous, personable manner. It was that manner, among other fine attributes that made Flora generally liked and respected by people across the political spectrum.

As part of my research in advance of chairing the Naming Committee, I read a lengthy obituary from the *Globe and Mail* of July 26, 2015 in which Patrick Martin recounts her many accomplishments and attributes, and underscores how much of a "bridge builder" she was.

Two of her actions stand out at this time in history and politics.

She played an important role in resettling 50,000 Vietnamese "boat people," working closely at times with Ottawa Mayor Marion Dewar who so passionately acted to make our city a welcoming place. Her role in helping to smuggle six American hostages out of Iran should also be noted. A reminder

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then, and now, of what an important ally and friend Canada has always been.

Though most people will be content with a name that rolls nicely off the tongue I encourage you to do a little online search of your own. It may take you down the rabbit hole into important moments in the history of Ottawa, Canada, indeed the world.

#### FROM THAT GLOBE OBITUARY:

"As former foreign minister Ms. MacDonald found herself in demand to travel the world on behalf of charities such as Oxfam, CARE and Doctors Without Borders.

She was appointed by the UN Secretary-General as a member of the Eminent Persons Group studying transnational corporations in South Africa and travelled to Pretoria with former NDP leader Ed Broadbent with whom she became friends.

The work that gave her the greatest satisfaction, however, was with the NGO she founded: Future Generations

Canada. As director from 1997-2007 she sought to educate women in places such as Afghanistan and to introduce participatory systems that make development durable."

At her funeral, former Prime Minister Joe Clark, observed that

"she represents a spirit of community and responsibility which many Canadians believe represents the best qualities of Canada."

Finally, in a letter on behalf of Flora MacDonald's relatives supporting the nomination, her niece and executor Linda Grearson says:

"We all know how much Flora loved Ottawa and the canal... Flora would have loved the name Flora's Footbridge. She got a kick out of people addressing her just as 'Flora' wherever she traveled in Canada and the world."

I am thrilled to see this wonderful bridge going up at last, and just as thrilled by the name that has been chosen.

## OLD OTTAWA EAST COMMUNITY ASSOCIATION

BY PHYLLIS ODENBACH SUTTON  
INFO@OTTAWAEAST.CA



## SUMMER IN OLD OTTAWA EAST

While we may have had a cool spring, we have certainly been experiencing some true summer weather recently. And, as per usual, there has been much activity in our community.

In May, the Toponymy and Microhistory of Old Ottawa East was one of the Jane's Walk opportunities.

On June 2, Doors Open Ottawa included three venues in our community: the Ottawa Chinese Bible Church, the Peace Latvian Church and the AIDS Committee of Ottawa.

Also, on June 16, the Main Event was held. I would like to take this opportunity to thank the Community Activities Group for their organizing efforts, as well as the sponsors who supported the day's activities, the two wonderful bands who entertained us throughout the day and the volunteers who are so important to making any community event a success. A big thank you as well to all the volunteers who worked on the barbecue, which is a fund raiser for the Community Association, and to all of you who supported us by buying hamburgers and hot dogs.

Construction continues on so many fronts: the pedestrian bridge at Clegg and Fifth is showing considerable progress; Phase 2 of The Corners on Main is well-advanced; Greystone Village homes, townhouses and the retirement residence are under construction, with new neighbours regularly moving in; numerous infill developments are either under construction or in the planning stage and the Immaculata field resurfacing continues. Check out the article elsewhere in the *Mainstreeter* by John Dance for more information on construction disruptions in our community and some thoughts on how to reduce the adverse impacts of such activity.

There are many transportation files as well. No information is yet available on the results of the City's review of Main Street's performance and

safety. We are still waiting for the next open house for the Queensway bridge replacement (likely in the fall). The Rideau River multi-use pathway reopened to pedestrians and cyclists on July 6, and we are really pleased that flashing beacons have now been installed at the pedestrian cross-over on Greenfield at Concord Street North (see the photo in this issue of the *Mainstreeter*).

Many of us have been enjoying the re-opening of the nature trail on the eastern edge of Greystone Village; I do not think I have ever done this walk without running into other residents enjoying the walk as well. The native grasses, shrubs and most of the trees on the finished portion of the trail are doing very well; and although the northern portion of the trail has not yet been fully landscaped, a number of snapping turtles have been laying eggs in freshly moved earth. Hopefully the conditions will allow for the successful hatching of baby turtles!

Finally, I would like to note that we are taking the summer off from Board meetings, with our next monthly meeting scheduled for Tuesday, September 11. Also, please note that Khaled Salam, the Director of the AIDS Committee of Ottawa (located at 19 Main Street) will be joining us at our October 9 meeting to update us on their program and to respond to questions from the community.

And it is never too early to put our Annual General Meeting on your calendar – Tuesday, November 13. More information will be available in the next *Mainstreeter*.



*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). For more details check out the OOECA website at <http://www.ottawaeast.ca/>*

## CATHERINE MCKENNA, MP, OTTAWA CENTRE

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## COMMITMENT TO PRESERVE AND PROTECT ENVIRONMENT

As I've learned in conversations in the riding, residents of Ottawa Centre care greatly about getting outdoors, protecting Canada's natural beauty and animals, and ensuring we have clean air and water for future generations. I am proud to represent a riding that cares so deeply about our environment.

Our government is committed to preserving and protecting our environment as we understand our quality of life and prosperity are directly tied to it. Here a few of the investments and actions we have taken:

### Protecting Nature and Ensuring Clean Water

- A historic \$1.3 billion to protect and preserve Canada's lands and wildlife
- An Oceans Protections Plan to make our coasts healthier, safer, and better protected
- Investments to protect the Great Lakes which support over 50 million jobs and provide clean drinking water for 40 million people

### Tackling Climate Change and Growing a Clean Economy

- A national climate plan to phase out coal, make polluters pay, and invest in public transit and green infrastructure to cut pollution and grow our economy
- \$2.3 billion to support clean technology in Canada that brings cutting edge solutions to protecting the environment while creating good jobs
- A Global Plastics Charter to keep plastic out of our waters

### Greening Ottawa

I'm also working with the city, local organizations and business, and residents to make Ottawa the greenest capital in the world. This is about improving our quality of life, doing our part to tackle climate change, and growing a clean economy and promoting job creation.

### Investing in Clean Transportation

- Investing over \$1 billion in Ottawa's LRT project, to shorten commutes and better connect you to services while reducing greenhouse gas emissions

- Securing \$10.5 million towards the new Passerelle Flora Footbridge in order to make walking and cycling easier and safer

- \$55 million towards repairing NCC pathways and bridges

### Preserving our Waters

- Initiating the Ottawa River Watershed Study to develop a conservation strategy for our local water systems

- Designating the Ottawa River as a Heritage River to ensure its long-term health for swimming, drinking, and fishing

- Installing three new access points along the Rideau Canal, making it easier than ever to appreciate our local history and nature

Together, we have done a lot, but I want us to aim higher, our goal should be to grow Ottawa into the greenest capital in the world! We all play a role together in protecting Canada's climate as we move towards a greener future.

As always, if you have any questions about our government initiatives, do not hesitate to contact my community office (613-946-8682) or send me an email ([catherine.mckenna@parl.gc.ca](mailto:catherine.mckenna@parl.gc.ca)).

# The Main Event 2018

The Main Event on June 16 was only scheduled to start at 10:00 a.m., but neighbours started to flock toward the many stands and booths long before then. After all, there was so much to see and do; they wanted to make sure to have time to take it all in!

There was a petting zoo and inflatable castle. There was the Main Farmers Market and the Old Ottawa East Community Association's annual barbecue. There was mask painting, science activities for kids, food trucks, music, and so much more. Two bands, the Stan Clark Orchestra and the Gentlemen of the Woods, played music throughout the event that kept attendees dancing. Once it became clear that Mother Nature had decided to cooperate as well with plenty of sunshine and not too much heat, there was no staying away!

Old Ottawa East residents of all ages filled the sidewalks and street to take part in the many activities from opening to closing. A number of visitors also admitted that they were not from the neighbourhood, but had heard the festivities while passing through and couldn't help but join in. Old Ottawa East and Main Street left a favourable impression on all. The Main Event was presented by Community Activities Group of Old Ottawa East (CAG)

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## Generous Contributors

Gloria Fox (OOE piano teacher), Loblaws (Isabella), Shoppers Drug Mart (Bank & Sunnyside)

### A big thank you to everyone who helped make the event possible

The volunteers: Lisa, Todd, Declan & Isla Dunnett, Glen MacEachern, Carol Anne Owen, Felix Marais, Kaeli Van Regan, Darrah Boudreau, Sevda & Melina Lisiecki, Anthony & Nicolas Petryk, Selena & Jacob Arvai, Denise Inglis, Joanne Lostracco, Michelle Coyne, Dan & Keiden Byrne, Tony Veldcamp, Chaz Davies, Tai Farrel, Ramine Shaw, Taya Morris, Catherine Hooker, Chris Denning, Mary Tran, Jane Gough, Tina Raymond, Lynne Byford, Melanie Gilbert, Chloe Wilshaw & Audrey Wilshaw, Jessica Ross, David Barclay, Suzanne Gagnon, Dave Macki, John Dance, Nadia Shields, Chelsea Fulton, Tasmin Clunis, Mia Hebb, Marie-Eve Noel, Tera Winters, Collette Murray & Greg Kipling, Mackenzie Buchanan, Bob Gordon & his team, Don Fugler, Lorna & Peter Kingston, John Dance, David Chernushenko, Suzanne Johnston, Josee Luk, Phyllis Odenbach-Sutton, Andrew Power, Heather & John Jarrett, Ron & Eleanor Rose, Jamie Brougham, Jen Abma & her team, Wendy McRae, and Sue Beattie.

Thank you also to CAG staff Carol Workun, Megan Shoemaker and Isobel Smith.

Thank you to CAG program participants. Without your support throughout the year CAG events would not be possible!

# WHAT DO YOU WISH FOR YOUR DAUGHTER?

We know that you want the very best for your daughter. For her to spend her days in an inspiring environment, surrounded by peers who support and care for her, and teachers who know her, challenge her and celebrate her successes. You want her to have balance, at school and in life, and opportunities to try new things. And you wish that she would go to school every morning, excited about what the day would bring.

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# ANTHONY CARRICATO

As your representative for Capital Ward, I pledge to be an approachable Councillor who engages with you on important decisions that affect our ward. I have a plan that focuses on:



### SMART DEVELOPMENT

- Make planning decisions that better serve the community and reflect a broader vision for future development across the City

### GREENER NEIGHBOURHOODS

- Improve the maintenance of urban parks, protect trees and greenspace
- Invest in green infrastructure and reduce Ottawa's overall environmental footprint

### RESULTS FOR OUR COMMUNITY

- Build a strategy for growth, while encouraging development that will enhance the vibrancy of Main Street & Bank Street
- Review traffic patterns, cycling connectivity and pedestrian crossings to improve safety and accessibility in our ward and across the City

On October 22, I look forward to earning your vote.  
**Together, we can bring new energy to City Hall!**

[WWW.CARRICATO.CA](http://WWW.CARRICATO.CA)

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FOR CAPITAL WARD

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POUR LE QUARTIER CAPITALE

Join the conversation / Joignez-vous à la discussion:

anthony@carricato.ca  
@tonycarricato

@tonycarricato  
f tcarricato



CAROL WORKUN PHOTO

There was an excellent turnout for the Company of Fools production of *Twelfth Night* in Brantwood Park on July 26. The setting was superb and the performance excellent, the only disappointment was that the show was cut short by a sudden summer storm.

## Springhurst Park becoming hub of fun

### RICK BURROWES

Springhurst Park Action (SPA) is celebrating our third summer of fun and games-sharing in Springhurst Park!

What began as a few hula hoops hung up for random use has now grown to include two mini-soccer nets, a soccer rebound wall, a mini- and a full-size ping-pong table, badminton nets, a grass volleyball net, throw and catch scoops, a couple of peg puzzles

and all the balls and rackets needed to play the various sports and games.

All the equipment for the sports and games is set out every day throughout the summer from late afternoon until dusk, and it's free to enjoy for all park users.

Check out SPA's Facebook Page for some pictures and videos. Please "Like" us, or better still, head down to Springhurst Park and enjoy some active outdoor fun with your friends, family and neighbours!



RICK BURROWES PHOTO

Neighbourhood youngsters enjoying a ping-pong match in Springhurst Park.

## OOE COMMUNITY EVENTS

### SAMANTHA BRADY

There's lots of free fun for young gardeners of all ages at The Children's Garden during the month of August. Check out these no charge fun and educational activities on Tuesdays, Wednesdays and Fridays throughout the month:

### ARTSY TUESDAYS (1-2:15PM)

- 7th - Leaf impressions - examine different leaves and make leaf prints out of clay

- 21st - Sunflower bloom - explore and measure the sunflowers in the garden and then make a sunflower craft

- 28th - DIY Kites - learn about the role wind plays in a garden and make your own kite

### WATERMELON WEDNESDAYS (6-7:15PM)

- 8th - Soil Inquiry - explore different parts of soil and create your own soil model with delicious cookies.

- 22nd - Big hunt - learn about and discover different bugs in the garden

- 29th - Nature Hunt - go on a nature search and check off what you find on your list

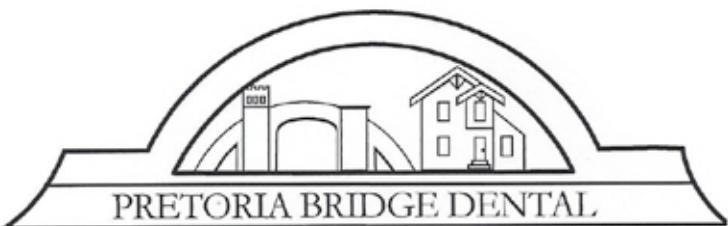
### FUN FRIDAYS (10-11:15AM)

- 3rd - Grass heads - create your own version of a chia pet using grass seeds, soil and nylon

- 10th - Butterfly cycle - Act out the lifecycle of a butterfly at different stations in the garden & then do a fun craft

- 24th - Sundial - make your own sundial to tell time

- 31st - Garden Bingo - what kind of animals, plants and nature can you find in the garden?



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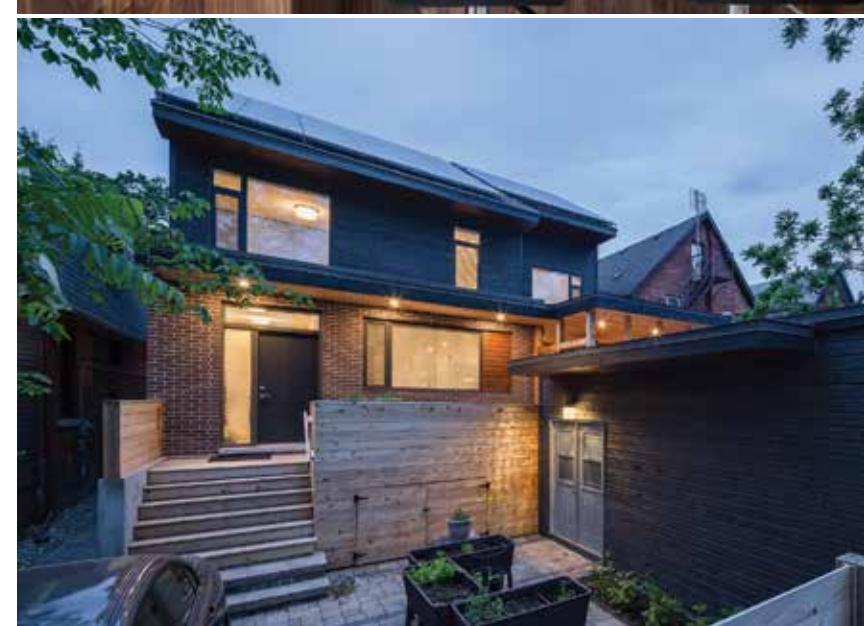
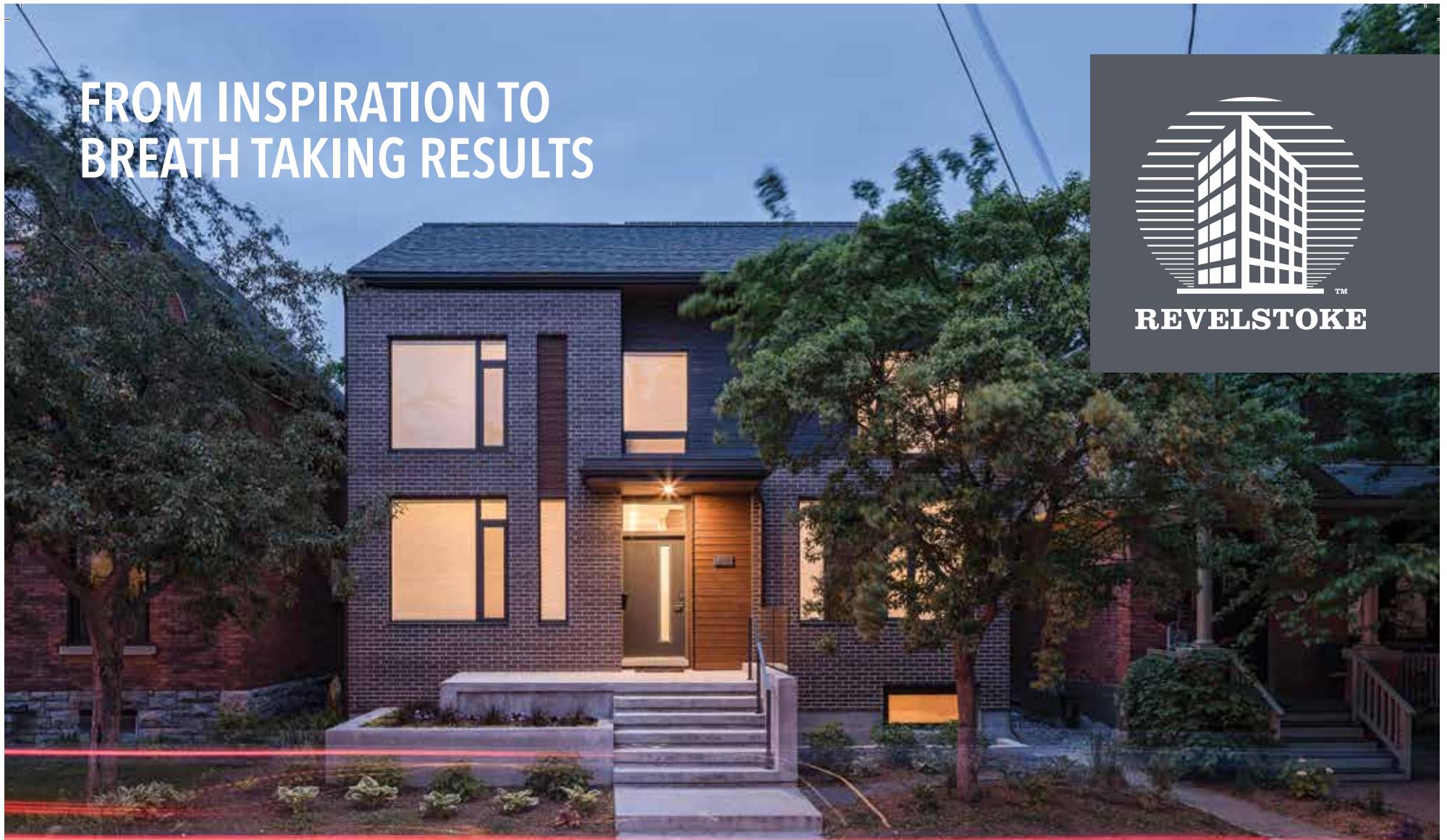
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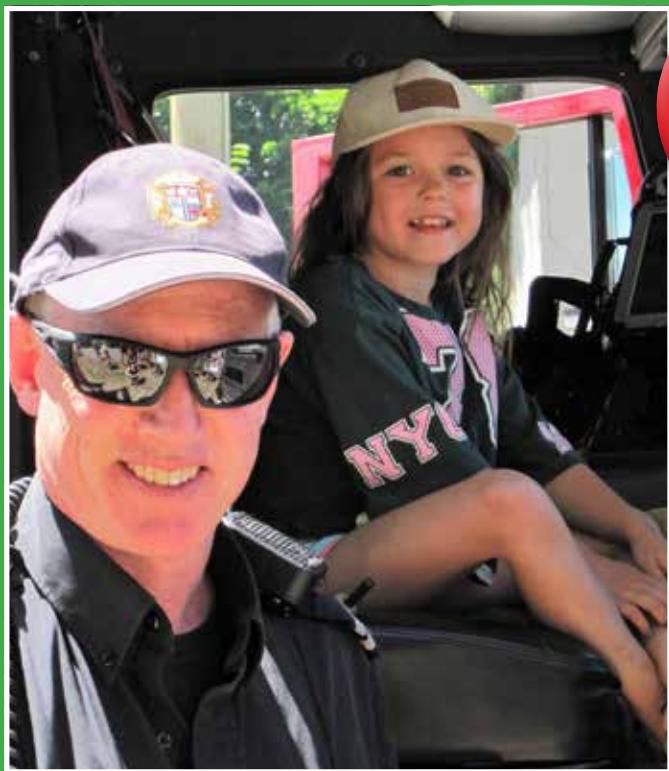
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The  
Main  
Event



1. Captain Pat Trudeau of the Ottawa Fire Department and other officers displayed their fire truck to Avery Drevniok and many other children at the Main Event.

2. Chloe Wilshaw with Melanie Gilbert cut the CAG cake for free pieces to all Main Event attendees.

3. The Old Ottawa East Community Association manned the Bar-B-Q at the Main Event serving hundreds of residents.

PHOTOS BY JOHN DANCE

## Your Community Needs YOU!!

Do you remember your first community event? Maybe it was here in the community at one of Old Ottawa East's regular shindigs such as the Winter Party in the Park or the Main Event. Maybe it was as part of a sports group or partaking in a local barbecue. Maybe you don't even remember your first community event, but remember the first one your child, grandchild, niece or nephew attended.

Whatever the case, think about how much fun was had at these events. Could you imagine helping bring that much fun to that many people? Well, not only is it possible, but it would actually be a big help.

After all, the only way these events can happen is with the help of volunteers like you. There isn't even any expertise or experience needed.

"Volunteers make these events a success. It doesn't take a lot of time or effort, and it's a great way to get to know people in the community," says Lisa Dunnet, CAG Event Coordinator. "There's a job for everyone, tasks that tap into a variety of interests, and an opportunity to volunteer at events throughout the year."

We're not exaggerating when we say volunteers make these events happen. Without you, events couldn't take place and some events have had to be cancelled in the past from lack of volunteers.

If you want to help make sure that this doesn't happen again in the future, put in your name to help. There are never too many volunteers and joining is as easy as sending an email to [info@ottawaeastcag.ca](mailto:info@ottawaeastcag.ca). We look forward to hearing from you.

### Special Call Out

On top of volunteers for regular events, there are other roles to play at CAG as we continue to grow and expand. Last year we became responsible for the Old Town Hall, our selection of programs continues to grow, and we're looking toward the possibility of moving to a new community centre among so many activities.

Specifically, we are looking for people who have one or a combination of the following:

- non-profit experience,
- event planning experience,
- great organizational skills,
- good writing skills
- a wide network of friends in the community
- can read a balance sheet and income statement.

To find out more, send an email to [info@ottawaeastcag.ca](mailto:info@ottawaeastcag.ca).



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23 MARS 2019

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NOVEMBER 3<sup>RD</sup> 2018  
MARCH 23<sup>RD</sup> 2019



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*Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.*

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**Thank you Ottawa East!**

**More than \$3,000 raised for the  
Ottawa Regional Cancer Foundation!**

On Saturday, June 2<sup>nd</sup>, as part of a city wide "Lemonade Standemonium", the Watson team of kids raised more than \$1,500 for the Ottawa Regional Cancer Foundation (OCRF). Watson's Pharmacy was proud to match the money raised, bringing our grand total to more than \$3,000!

OCRF provides invaluable cancer coaching and supports some of Ottawa's incredible cancer researchers - people like Dr. John Bell, shown here with his wife Sheila.

Overall, more than \$100,000 was raised city-wide. A big "Thank you" to all who supported this worthwhile cause!

