

MAINSTREETER

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

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PAUL DEWAR 1963–2019

"I HAVE FOUND MY WAY TO PEACE..."

A great man who loved and embodied all things good in our community has left us. On Wednesday, February 6th, we of Old Ottawa East were deeply saddened to learn of the passing of Paul Dewar following his one-year struggle with brain cancer. In an open letter, published after his death, Paul reminds us that kindness and compassion are at the core of all of us, as individuals, as members of our community, and as Canadians.



JOHN DANCE PHOTO

Equally at home at Brantwood rink or Parliament Hill, Paul Dewar never forgot his community roots in Old Ottawa East. Pictured here with his beloved OOE Hosers teammates, Dewar (second row, second from left) shared his vision of a community-centric Canada for many years in the pages of *The Mainstreeter*.

PAUL DEWAR

Dear Friends,

The time has come for me to say goodbye. While I have left this place physically, I have some final words I'd like to share.

I want to say thank you. My whole life was filled with the kindness of the people of Ottawa, but never did I feel the true depth and generosity of your love more than this past year. You were a constant source of comfort and solidarity for me and my family. I am so grateful for all that you have done.

I told you that I thought my illness was a gift and I genuinely meant that. In this time in between, I got to see the wonder of the world around us. This reinforced my belief that inherent in our community is a desire to embrace each other with kindness and compassion.

In my time on this earth, I was passionate about the power of citizens working together and making a difference.

I wanted a Canada where we treat our fellow citizens with the dignity, love and respect that every one of us

deserves.

I wanted a world where we reduced suffering and increased happiness. A world where we took better care of each other.

I had the privilege to travel and see that despite our many unique differences, we are all ultimately driven by the same desires for community, belonging and fairness.

It is easy sometimes to feel overwhelmed by the gravity of the challenges we face. Issues like climate change, forced migration and the threat posed by nuclear weapons. It's hard to know how to make a difference.

The secret is not to focus on how to solve the problem, but concentrate on what you can contribute – to your country, your community and neighbours.

Start from a place of compassion and be grateful for all that Canada has to offer – especially the natural beauty that surrounds us, and the music that brings us so much joy.

True change can only come when power is transferred to young people unburdened by cynicism. That's why I used what energy I had left this year to create Youth Action Now. Hopefully,

it will help unleash the power of the young people in our community to make a real difference. I hope you will be inspired to be a part of that project and continue my work.

Ottawa, don't stop now. Let's show our strength together. Let's embrace the vision of Algonquin elder William Commanda for an authentic and organic future, rooted in the wisdom of the Indigenous people upon whose land we reside.

Let's exemplify how to save our biosphere, right here, with the protection of our beloved Ottawa River and Gatineau Park.

Let's make more art. Let's play more. Let's embrace each other in these days of cynicism and doubt.

Let's welcome those who need a safe home. Let's empower those who have been left behind.

Let's nurture and grow with peace, love and unity. Let's join hands and hearts to see the beauty in ourselves through the soul of our city.

In the stoic stillness of my journey, I have found my way to peace. May you keep building a more peaceful and better world for all. Let this sacred ground be a place for all. Let the building of a better world begin

with our neighbours. May we dream together. May we gather our courage and stand together in moments of despair, and may we be bound together by joyous celebration of life. We are best when we love and when we are loved. Shine on like diamonds in the magic of this place.

SMILE AND PLAY...LAUGH AND DANCE...GIVE AND SHARE...

My love to you always,
Paul

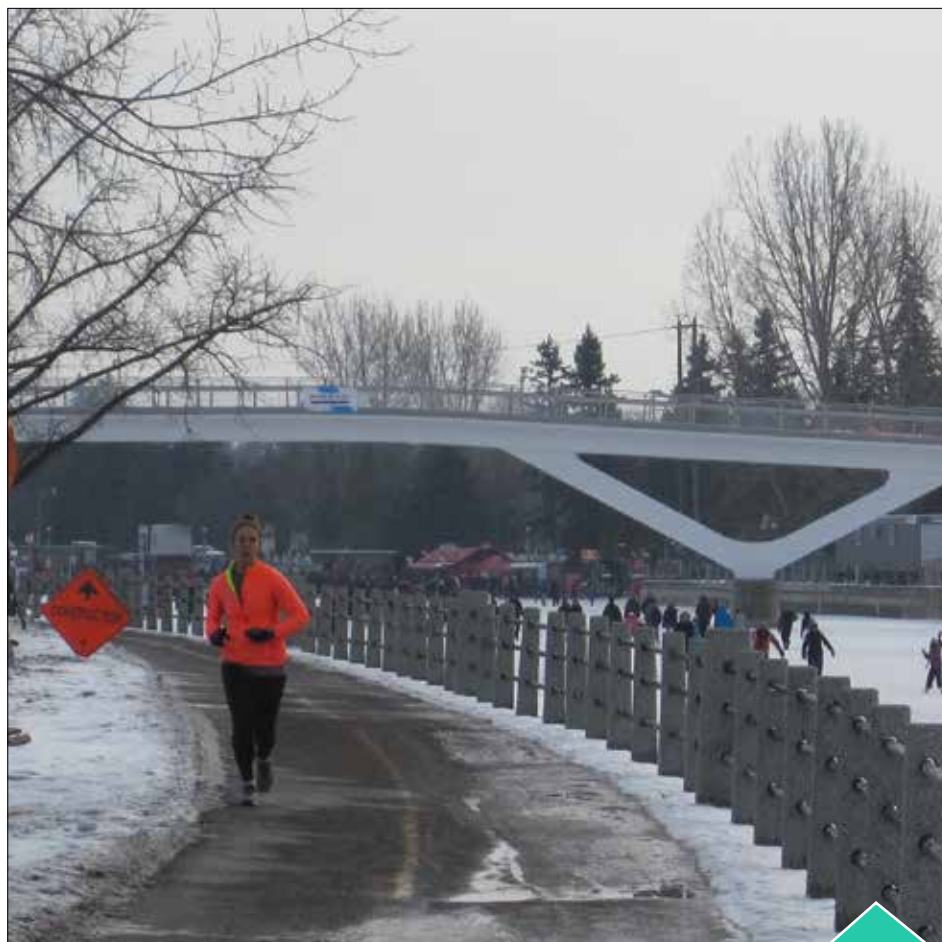


Paul Dewar Memorial Service Details

A celebration of life will be hosted by First United Church at Carleton University, Dominion-Chalmers Church, 355 Cooper Avenue, Ottawa at 10:30 a.m., Saturday, February 23. A time to gather and share stories will take place at First United Church, 347 Richmond Road, Ottawa from 2 pm to 8 pm on Friday, February 22. Donations can be made to Paul's legacy initiative Youth Action Now at www.youthactionnow.ca

Winter activities outdoors were just the thing for putting snow, ice and freezing temperatures in their place. Here sledders enjoy the fun of CAG's Winter Party in the Park.

PHOTO BY: JIM LAMONT



While Canal skaters outnumbered runners this month, winter conditions didn't dampen the enthusiasm of the many joggers who delight to the best year-round route in the city.

PHOTO BY: JOHN DANCE



Once again, Old Ottawa East greeted the influx of thousands of Ottawans and out-of-towners who donned their skates to partake of the many and varied pleasures of Winterlude.

PHOTO BY: JOHN DANCE

In contrast with the Winterlude throngs, the solitude and serenity of the cross-country ski trail is captured in this evocative image of winter in Old Ottawa East.

PHOTO BY: JAMIE BROUGHAM



Ottawa city planning

IT'S BROKE - SO FIX IT!

Communities want improved, more fairly balanced urban development

JOHN DANCE

The message was loud and clear: the City of Ottawa's governance of planning and development is broken, and numerous improvements need to be made.

Such was the strong consensus of 32 community representatives, including four from Old Ottawa East, who, at the invitation of Capital Ward Councillor Shawn Menard, spent a pre-Christmas morning brainstorming on ways to fix what they view as a developer-biased system that neither supports communities nor enhances the city's environment.

At the top of the list of suggested improvements was the idea of restructuring the City's planning committee so that urban, suburban and rural development proposals would be dealt with by separate sub-committees with membership on these sub-committees comprised of councillors from the specific area. This recommendation came in the choppy wake of Mayor Jim Watson's exclusion of all but one urban councillor from the powerful city planning committee.

"Design for beauty, the environment, health and sustainability," should be the goal of the planning process, participants concluded.

A further recommendation was that community associations should be provided resources to enable effective representation at planning committee and at the committee of adjustment



JOHN DANCE PHOTO

OOECA planning chair Ron Rose (left) was one of the community representatives at Councillor Shawn Menard's recent community workshop to make recommendations for improving Ottawa's planning system. Here they are considering The Regional Group's request to rezone property along the Grande Allée to allow a nine-storey apartment building.

where "minor variances" from specific restrictions in the zoning bylaws are considered.

A number of other recommendations were made in support of protecting communities and residents from adverse impacts of new developments. For instance, participants said the reports that City staff prepare for planning committee should reflect how consultation with communities affected the proposals under consideration. "There should be community-centric planning," noted Roland Dorsay of the Champlain Park

Community Association.

A glimmer of hope in this regard was shed by City planner Doug James, one of two staff members who attended the session. He said that the revised Official Plan, the blueprint for development, may reflect the importance of neighbourhoods.

The lack of 'planning certainty', promised by Mayor Watson and then by Planning Committee Chair Peter Hume at the April 26, 2012 Planning Summit, was a problem pointed out by Paul Goodkey, former chair of the OOECA planning committee. Goodkey noted that "although

the Old Ottawa East CDP consultations have been touted to be a model process to follow, the OOE Secondary Plan policies have not provided the expected redevelopment certainty."

The failure of the city's planning policies and practices to create affordable housing was decried by participants. "We are on the verge of being like Toronto and Vancouver," noted Glen Milne, former professor at Carleton's School of Architecture. He highlighted the trend towards "excessively large detached buildings" and the lack of "smaller scale infill that accommodates

Continued on Page 6

City pushed to prioritize environmental issues

JOHN DANCE

Community associations from across the city are pushing the new Ottawa city council to place much more importance on environmental issues.

Just before Christmas, representatives from the Community Associations for Environmental Sustainability (CAFES), which comprises 30 Ottawa community associations - including those of Old Ottawa East, Old Ottawa South

and the Glebe - created a list of 24 environmental initiatives that they want the new city council to consider and prioritize.

The City's strategic plan of 2015 had only three references to climate change within its 93 pages and "sustainability" was primarily mentioned within a financial rather than environmental context.

According to Angela Keller-Herzog, co-chair of CAFES, with a focus on environmental initiatives Ottawa can become a "smart world-

class green capital city, resilient in the face of climate change, and a leader in the transition to a low-carbon economy."

CAFES' comprehensive priorities list includes items ranging from creating a "climate resilience and adaptation plan" to improving the environment for birds and bees, specifically implementing design guidelines to address the serious threat to bird populations posed by the use of clear and mirrored glass. Indeed, as reported in the Ottawa

Citizen, Anouk Hoedeman, founder of Safe Wings Ottawa, says Ottawa sees more than 250,000 bird deaths annually as a result of clear glass on buildings.

When the CAFES' list was reviewed at a recent Old Ottawa East Community Association (OOECA) meeting, several members of the association expressed specific interest in making Old Ottawa East bird-friendly and they may take steps to achieve this.

"This term, I am hopeful that this

Continued on Page 6

COMMUNITY DEVELOPMENT UPDATE

OOE Community Design Plan becomes a reality

JOHN DANCE

Back in 2011, after years of community consultation, Ottawa city council approved the Old Ottawa East Community Design Plan (CDP) which called for intensification of at least 1,000 new residential units on the Oblates and Sisters lands between the east side of Main Street and the Rideau River. Eight years later, development is well on its way to reaching this target as OOE is transformed.

The Regional Group with its Greystone Village development, and Domicile with its Corners on Main project, will have about 270 occupied residential units by the end of this year, and, by about 2025, these two large developments as well as the Greystone Village Retirement Residence could have as many as 1,200 units.

Elsewhere along Main Street, two other developments - The Echo at the northeast corner of Echo Drive and Main Street and 129 Main at the corner of Springhurst Avenue - will provide another 84 units.

Assuming each new unit has an average of two residents, the community may grow by about 2,400 people by 2025, an increase of about 27 percent above the current 8,800 population of OOE.

In keeping with the CDP, by creating a "critical mass" of residents, new businesses are beginning to locate in the community. "We are delighted to announce some early, key tenants - River Dental, Laurier Optical, Walker Real Estate Group and Happy Goat Coffee

Company," says David Chick, Domicile's vice-president of sales and marketing. These businesses will be located on the ground floor of Phase 2 of the Corners development that fronts on Main Street.

Additional businesses are planned for the neighbouring 129 Main development and for Regional's buildings on Main Street and facing the Grande Allée.

Variety of units & prices

The variety of new dwelling units is extensive in Greystone Village with its many condominiums, singles, townhomes and, as is now proposed, rentals. The other major developments in OOE are all condominiums. But even with the condominiums, there is a considerable range of unit sizes.

Both Domicile and Regional offer small condo units priced at under \$300,000 but, at the other end of the scale, Regional's remaining "designer-ready" singles start at \$1.4 million. Similarly, the penthouse price in Regional's nine-storey condominium now under construction behind Saint Paul University starts at \$1.2 million. And in between, there are many condo options and Regional townhomes that have sold for \$550,000 to \$700,000.

"New condominium apartment projects are at an all-time low," says Chick. "Yet Domicile and Greystone in Old Ottawa East have done well, capturing the lion's share of sales in the small market out there. I think our success speaks of the inherent value of the Old Ottawa East community in so many respects, not just location."



THE REGIONAL GROUP

More than half of Regional's Greystone Village is well underway, including Phase 1 to the north of Brantwood Park (right side of plan) and Phase 2 to the south of Springhurst Avenue (left side).

In terms of affordable housing, aside from the small units mentioned above, none of the developers are proposing to include affordable housing except for Regional who, in its "Oblates Lands Redevelopment" book of 2015, committed to "an affordable housing block."

However, Taylor Marquis, Regional's coordinator of land development told *The Mainstreeter*, "In terms of our initial commitment to affordable housing,

we were working with Centretown Citizens Ottawa Corporation and its affiliate, the Centretown Affordable Housing Development Corporation, to create a mixed affordable housing and community project within the Deschatelets building."

"After two years of preliminary work, unfortunately, the project was unable to secure the necessary approvals and public funding to proceed," she said. "We are now back to the drawing board in terms of the future use of the Deschatelets. That being said, we maintain our commitment to explore some form of affordable housing within Greystone."

Selling Old Ottawa East

All of the developers have used Old Ottawa East's location, amenities and character as key marketing attractions and, partly as a result, the community has become better known, as demonstrated last summer when the Globe and Mail carried a lengthy feature story on the various developments. "Old Ottawa East is getting a decidedly new vibe, and it's drawing an influx of new residents," noted Globe writer Adam Stanley.

In addition to pitching OOE's merits, Regional has emphasized the sustainability features of the Greystone development, backed by the company's recent industry awards for sustainability and leadership in energy and environmental design.

Potential New Residential Units OOE

Development	2018	2019	2020-2025	By 2025	2026-2050	Grand Total
1. Greystone Village	86	49	~875	~1010	0	~1010
2. GV Retirement Residence	0	0	146	146	0	146
3. Corners on Main / Sisters	73	63	160	296	0	296
4. 129 Main	0	0	46	46	0	46
5. The Echo (115 Echo)	0	0	38	38	0	38
6. Saint Paul University	0	0	?	?	?	?
7. Other Main and Hawthorne (Traditional Mainstreet - CDP)	0	0	?	?	~500	~500
8. Transit-Oriented Development (Lees LRT)	0	0	0	0	~3,700	~3,700
9. Other	0	0	0	0	~300	~300
Total	159	112	~1265+	~1536+	~4,500+	~6,036+

JOHN DANCE

AN IN-DEPTH REPORT

Uniform Developments, which is now marketing the luxury units of The Echo at 115 Echo Drive, advertises “downtown Canal living” and its claims that “The Echo has everything – all within easy walking or driving distance,” include among many other amenities, the farmers markets at both Lansdowne Park and Main Street.

So what's next?

“We are very encouraged about the new energy on Main Street, and the prospects for filling up our space with the best tenants we can get in this 2019 market,” says Chick. “The new Main Street streetscape, Greystone, The Corners on Main, the pedestrian bridge and a new awareness of Old Ottawa East, all bode well for the continued evolution of the 2011 intensification design plan. It is indeed exciting that changes to make the vision come to life have only just begun.”

Domicile has an option to purchase the Sisters building on Springhurst. Given the lot's size is about the combined size of Domicile's Phase 1 and 2, there is the potential for about another 160 units.

By the end of 2019, Regional expects all of the singles and townhomes beside Brantwood and Springhurst parks to be fully occupied, and construction of the first condo behind Saint Paul University is targeted for completion in March 2020.

Regional will soon begin excavation works for the second nine-storey condominium behind Saint Paul and the company is seeking City approval to build two buildings along the north side of the Grande Allée: a six-storey mixed



CITY OF OTTAWA

The City has approved “transit-oriented zoning” for around the Lees Avenue LRT station that would allow buildings up to 45 storeys.

use building fronting Main Street and a nine-storey apartment building behind it, both containing rental units.

Other major blocks to be developed in Greystone Village are the townhomes in front of the heritage-protected Deschatelets residence, the blocks behind and to the south side of Deschatelets, and the block that now has the OC Transpo bus loop.

Greystone Village is expected to bring a variety of community benefits such as the landscaped and public corridor along the river to be completed by the fall; the re-construction of the Grande Allée as a public park including a site for the community Farmers' Market; and the conversion of Deschatelets.

Farther down the road?

The Community Design Plan calls for six-storey development along much of Main Street north of Clegg Street and along both sides of Hawthorne Avenue west of Main. But aside from what's described above, no large developments on Main or Hawthorne are currently under consideration by the City, although there is a proposal for a 12-unit apartment building at 24 Hawthorne.

The Ottawa Catholic School Board properties on Main and along Graham Avenue have the potential for redevelopment. The CDP's “intensity target” for these areas and the “traditional main street” zoning of Main

and Hawthorne is about 500 units. Also, Saint Paul University owns the property just south of the Grande Allée which is zoned for six-storey buildings. Of greater likely impact is the proposed “transit-oriented development” around the Lees Avenue LRT station. Approved zoning would allow buildings of up to 45 storeys in height, a scale far beyond what is allowed on Main or Hawthorne or within any of the community lands that Regional and Domicile own. In the long term, the City estimates that another 7,400 people could live around the Lees LRT station.

All of which is to say, the change now underway may be modest compared to what the City would like to do over the next 30 or so years.

Mum's the word: Muzzled community participation in city pilot project

JOHN DANCE

As early as 2014, communities across Ottawa were seeking greater transparency and participation in the City's planning process. Back then, in response, the city launched a one-year “pre-application consultation” pilot project through which Capital Ward community representatives could participate in preliminary meetings between developers and city planners – provided that the representatives agreed not to discuss the meetings with community colleagues.

This process of “participating-without-discussing” was viewed by the City as an improvement over the previous regime when there was no community participation.

“The pilot project was deemed ‘a success’ due to the connection of the community associations to the pre-application consultation meetings – i.e. having the people in the chairs,” the City's “Business Support Services” told The Mainstreeter this past November.

In 2016, the City expanded the pilot project from just Capital Ward to all five wards in the “inner urban” area. The Mainstreeter had been told that an evaluation of the expanded pilot would be completed by the end of 2018, but because of “competing priorities and the election” the evaluation has been delayed and will not be completed until the end of 2019.

Under the pilot project, community reps find themselves in a conundrum, forced to sign a non-disclosure agreement (NDA) before they are allowed to participate in a pre-application consultation. When the pilot was expanded, Michael Mizzi, the City's chief of development review services, explained that NDAs were required because of “the City's commitment to confidentiality for the applicant.”

Stephen Pope, former chair of the OOECA planning committee, represented Old Ottawa East over the period between 2015 - 2017 when 11 pre-application consultations were convened. The impact of his

participation is not readily known because he remains constrained by terms of the NDA. Pope volunteered his expertise and time in order to participate while all other parties to the consultations participated because it was either their paid job or they were proposing a project for profit.

Stay tuned to see how the evaluation of the “pre-application consultation” pilot project turns out and whether the City will pursue any of the many community suggestions for an improved planning process.

New field deal at Immaculata halts kid's sledding fun

ALEXANDRA GRUCA-MACAULAY

Years of winter weekend sledding fun for young children came to an abrupt end this year, with the installation of chain link fencing around Immaculata High School's athletic field. This latest reminder of the changed use of the field have prompted residents to ask whether any new developments have occurred in relation to issues arising from the field's changeover.

As many Old Ottawa East residents will remember, this past summer the Ottawa Footy Sevens, a private soccer business, installed an artificial turf field, sports lights, and fencing at Immaculata. Footy Sevens converted the sports field into a home for their adult recreational "7-a-side" soccer league, as an outcome of their 21-year license agreement with the Ottawa Catholic School Board (OCSB).

The OCSB has stated that neither the school nor the board will receive any revenue from the field rental arrangement. Instead, the school has the use of the Footy Seven's artificial turf for the school's programming, and also saves on field maintenance costs. The dollar figure for anticipated maintenance cost savings has not been disclosed.

Last August, the City of Ottawa's Planning Committee voted in amendments to the Site Plan Control



ALEXANDRA GRUCA-MACAULAY PHOTO

A winter pastime for decades, young children have been fenced out of sledding at Immaculata High School this winter as a result of the license agreement between the Ottawa Catholic School Board and the Footy Sevens company.

Agreement that governs the Immaculata property. These amendments included provisions for artificial turf and sports lights (after the fact, since the turf and sports lights had already been installed), and also stipulated that the sports lights would be turned off by 9 PM Monday to Thursday, and 10 PM on Fridays and Saturdays.

The OCSB has launched an appeal of the lighting restrictions with the Local Planning Appeal Tribunal (LPAT) - formerly the Ontario Municipal Board - and advised the City that, pending the outcome of the appeal, the school board would allow the Footy Sevens to run their hourly, 7-a-side, three simultaneous games until 11 PM seven days a week.

An LPAT hearing had been scheduled for January 16, 2019, but two days before the date, the hearing was adjourned at the request of the OCSB's legal counsel. As *The Mainstreeter* went to press, a new hearing date had not yet been scheduled.

In the past, the Immaculata field had been rented out to community sports groups by the City. Some of these groups, such as the Ottawa Beavers and the Banshees Rugby Club, have been displaced by the Footy Sevens' field licence, and they have recently approached the Old Ottawa East Community Association to explore alternate possibilities for a reliable athletic training field.

Another ongoing issue involves the application of property tax: as a publicly-funded school, Immaculata is exempt from paying property tax, yet the field has been licensed to Footy Sevens for intensive commercial use from March to November; moreover, the school's parking lots are available free of charge to the Footy Sevens' clients. The City's Finance department is currently assessing the property tax implications of this new form of commercial use of a publicly-funded school property.

With Spring fast approaching, many residents will continue to monitor these and other issues that have been brought about from changes to the field's use.

Cities urged to prioritize environment issues

Continued from page 3

Council fully embraces the initiatives set out by CAFES as Ottawa needs to do its part in mitigating and adapting to something that will change life on earth," Shawn Menard, Capital Ward councillor and newly appointed vice-chair of the City's environment and climate protection committee, told *The Mainstreeter*. "We either assume our role as local climate change leaders or we continue on the unsustainable path we have been on as a City, leaving future generations with our mess."

The CAFES' proposal for a comprehensive waste management strategy with "consultations and actions" prompted OOECA Board members Tommy Deadman and Heather Jarrett to investigate how

green bin usage could be initiated in the Lees Avenue apartments and within the Corners on Main development.

A potentially controversial item on the CAFES' list is a ban on "single-use plastics." Although some Canadian municipalities have introduced related measures, there has been strong opposition from the plastics industry.

Several initiatives may have particular relevance to Old Ottawa East, including a proposed street tree protection and renewal program, a "five-kilometre connectivity plan for LRT" and the expansion of the active transportation network. With the pending completion of the Flora Footbridge, LRT and its Lees Avenue station, it will become easier to get around and through Old Ottawa East without a car.



For the full list of CAFES' 24 environmental priorities for Ottawa city council please check the OOECA website.

'Communities want improved, more fairly balanced city planning'

Continued from page 3

our kids."

Some of the many other ideas and concerns advanced by participants included: ease of finding and reviewing planning and "minor variance" proposals; enforcement "with teeth" of building and zoning restrictions; reviewing and adopting best planning practices of other jurisdictions; inadequate green space and

infrastructure to support communities; derelict buildings; and excluding councillors from planning committee if they received political donations from developers.

The draft report on the planning session is expected in February with the final to be completed in March, says Menard.

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

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Old Town Hall: 613.627.0062

OPINION

Climate change hits home

ROWAN AIRD & BRIA AIRD

As sisters growing up in Old Ottawa East, we've always been aware of climate change. In the last couple of years, though, uncomfortable reminders of climate change have become omnipresent. In October 2018, the fifth UN Intergovernmental Panel on Climate Change (IPCC) report was released, which warned that we will reach a global tipping point if we do not collectively reduce carbon emissions by 50% within the next 12 years.

Living with the threat of climate disaster is hard and depressing. How can you live well when your way of life jeopardizes its own future? We felt compelled to write this column to share one answer to that question.

Though Bria was pretty involved with environmental activism in high school, she became disengaged because the magnitude of our ecological crisis felt overwhelming. Luckily, she's been re-inspired by younger sister Rowan. It's hard to face up to the reality of climate change when ignoring the problem feels easier, but the true remedy for eco-anxiety is action. That's why we are working to incorporate meaningful climate change action into the fabric of our lives.

We come at this from different perspectives, though: Rowan is concerned that it's too easy to blame "big polluters" instead of taking responsibility for the impact that individual decisions have on the environment. Like the average resident of Old Ottawa East, she is easily among the top ten percent of polluters worldwide, collectively responsible for over half of global greenhouse gas emissions. Rather than being disempowering, this means her daily actions in the home and as a consumer have a bigger impact than some might assume.

The approach she's taking is personal accountability to reduce her ecological footprint. This is best exemplified by her low-carbon diet, not to be confused with a low-carb diet. While there's no universal guide to this diet, Rowan sets her carbon threshold at mackerel, excluding more ecologically costly foods like red meat and dairy.

Bria, on the other hand, experiences how hard it is to choose the lower-carbon option

day after day, especially when the status quo is cheaper and easier. That's why she's re-engaging politically to support good climate policy. One of the smartest climate policy moves is putting a price on carbon, something Canada is starting to do with the Pan-Canadian Framework on Clean Growth and Climate Change. Essentially, the price of a tank of gas today doesn't reflect the future environmental costs of burning that gas. Carbon pricing increases the price of fossil fuels, so it more closely reflects the true cost to the environment and the economy. Putting a price on carbon makes the better environmental option more economically attractive, whether that's investing in renewable energy or buying local lettuce.

Even though the most recent Nobel Prize in Economics went to Bill Nordhaus for his research modeling the power of carbon taxes to fight climate change, unfortunately, carbon pricing is the victim of a major smear campaign in Canadian politics. To do her own small part to support good climate policy, Bria has been campaigning for MP Catherine McKenna, one of the architects of Canada's climate plan. While the plan could be greatly improved, Bria believes it is a valuable start.

When it seems like you're the only one doing anything, every environmental action takes a lot of effort. But when you're part of a community that cares, taking action becomes a rich part of your life. That's one of the reasons we're so lucky to live in an environmentally-conscious community like Old Ottawa East. You may not want to cut meat out from your diet or volunteer for a political party, but together we can support our local organizations in advocating for sustainable living.

One of these organizations, Community Associations for Environmental Sustainability (CAFES), of which the Old Ottawa East Community Association is a member, has developed a list of strategic environmental priorities for the new term of Ottawa City Council, as reported by John Dance's article on page 3 of this issue of *The Mainstreeter*. We're inspired by these meaningful and achievable goals, and that's why we hope you'll join us in our next climate action: writing to our new councillor, Shawn Menard in support of this list.



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Experienced ownership group behind new Greystone Village Retirement Residence

PETER TOBIN

After months of limited publicity, the ownership team building the retirement home in Greystone Village is now getting the word out.

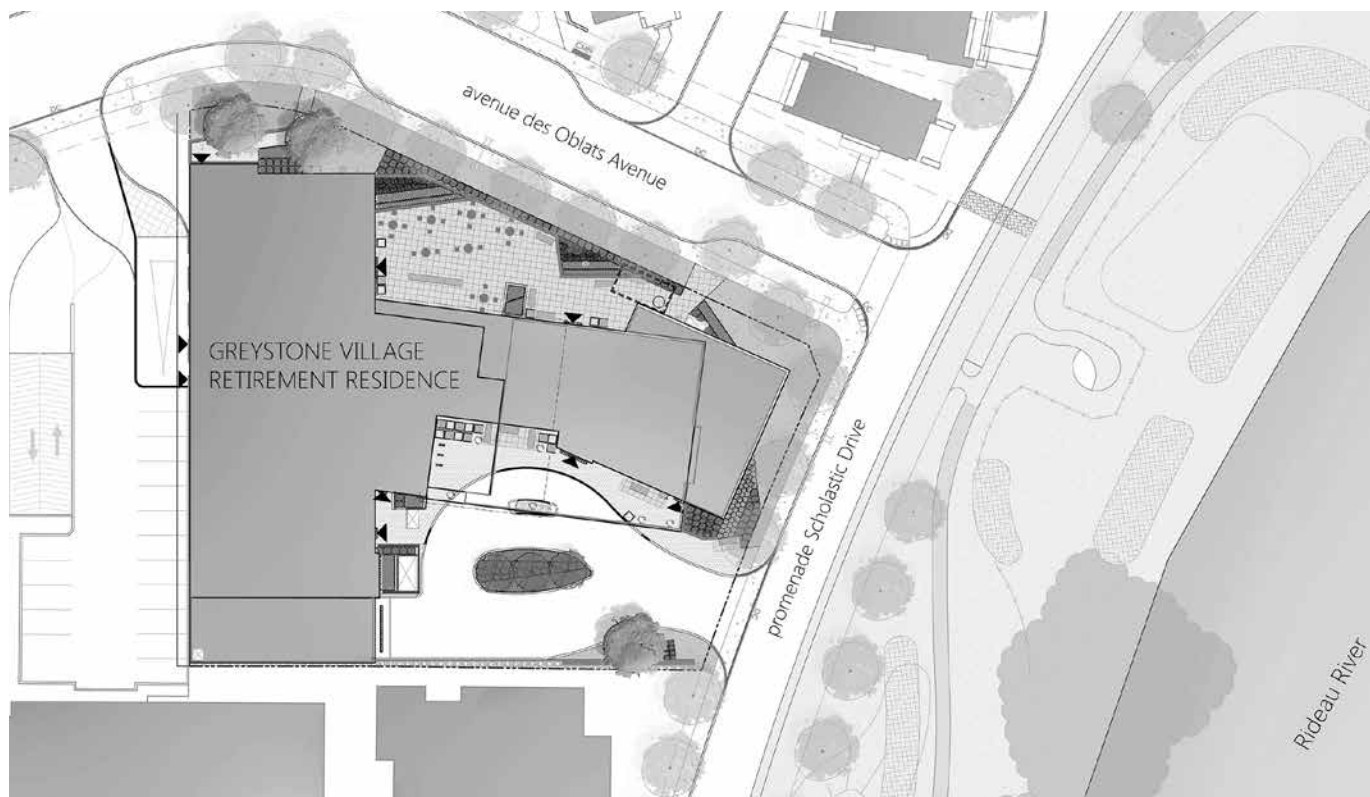
Key aspects of the Greystone Village Retirement Residence (GVRR) have begun to surface. The new GVRR web site has been launched and it's extensive and informative. A construction crane at the site is flying a large banner with the word "Retirement" in white letters. A slick brochure lists the home's features, and a presentation centre is expected to be ready by early April.

So who is behind this new venture in our community? Up until recently, with little information available, there was speculation that a retirement home chain might be involved. We now know that is not the case. *The Mainstreeter* has learned that the GVRR is a standalone project with four co-owners, all with years of experience in the local retirement industry.

Richard Lemay and his brother,

will be staffing the presentation centre, showing visitors around the suites and answering questions. She honed her managerial leadership skills as the Provincial Director of the Canadian Diabetes Association. Once the building is up and running, Martel will be responsible for the operation of the residence, but her current duties run the gamut from purchasing furniture to hiring staff.

Another of the co-owners, Marc Boulianne, is the Project Manager. In January, Boulianne provided this reporter with a tour of the lower three floors of the construction site. While he had a similar role in building six or more retirement homes at RLO, this is Boulianne's first build in which he has complete independence and, as he puts it, "responsibility from A to Z". He consults extensively with Neuf, GVRR's



The site plan of the new Greystone Village Retirement Residence reflects the building's prime location on the Oblates land. Many of the units will have Rideau River views.

SUPPLIED IMAGE



SUPPLIED IMAGE

The eight-storey retirement residence is slated to open in the Fall of this year. Reservation of suites within the residence has already begun.



Daniel were the original participants. The Lemay brothers owned Retirement Living Ottawa (RLO) for many years, a company that operated numerous retirement homes around the city. The Lemays sold RLO in late 2012 and not long after purchased a parcel of land within Greystone Village from the Regional Group. The Lemay brothers then invited two former RLO employees, Jennifer Martel and Marc Boulianne, to join them as co-owners of GVRR.

Jennifer Martel is the public face of the new retirement home. Martel

architect and design company.

The Greystone Village residence will be an eight-storey building with 146 suites including studios, one and two bedroom units. Prices range depending on size, view and location, with studios starting around the \$4,000.00 per month range. The piece de resistance seems to be the 8th floor, 914 square foot gem at \$7,650.00 per month.

What's to like about this addition to Old Ottawa East? Most people will be impressed by the amenities, but location, location, location would seem to be the big selling feature. The design configuration of the south-east section

of the residence ensures that many suites will have views of the Rideau River. The ground floor dining room and common areas will have ample clear glass panelling and unobstructed sight lines to the river. The two roof top terraces, however, will provide the best views of all.

As plans for the building unfolded in 2017, the Old Ottawa East Community Association argued against the developers' request for a variance to the established height limit. The Association's concerns were two-fold: that eight storeys would set a precedent and become the norm, and that the increased height would detract from the beauty of the Deschatelets building. The height limit issue went to Ottawa's Committee of Adjustment, and the decision went in favour of

the developers. Despite that initial disagreement, lines of communication remain open and both sides now agree that the relationship is cordial.



Until now, Old Ottawa East has been without a retirement home and residents of the community ready for a change in lifestyle had to move away. Now, when neighbours decide to leave their homes, they won't have to leave their community as well. GVRR is already accepting deposits and some suites have been reserved. Detailed information about the retirement home, including suite floor plans can be found at www.greystoneretirementresidence.com.

FOLLOWING THE NEWS

Flora Footbridge is on schedule and budget

JOHN DANCE

The \$21 million Flora Footbridge that grew rapidly last year is progressing well but, as per the construction schedule, won't open until the end of October.

The imposing structure is on budget and looks tantalizingly close to completion. Yet, according to Stephen Forestell, the City of Ottawa's program manager for municipal design and construction, much remains to be done.

After more than a year of continuous work when the piles were driven, abutments and piers constructed, steel girders erected and concrete decks poured, workers took a seven-week break starting in December. During the Canal skating season crews cleared around the bridge piers which double as seating areas.

Work has now resumed but will not be fully underway until the spring when concrete can be poured for the "switchback" ramp between Colonel By Drive and Echo Drive. Meanwhile, the rest of the footbridge railings are being fabricated in North Bay.

Other work includes the installation of railings and wooden handrails and the handrail lighting. On the Glebe side the lookout area joining the western ramp and the bridge span will be completed. In

addition, extensive landscaping on both sides is required, particularly on the west side where the Lily Pond is to be restored.

"If work gets done ahead of time we will re-evaluate the opening date," says Forestell. Because of safety considerations, the bridge cannot be used by the public while it remains a construction site.

When the bridge's structural lighting was tested in November, some residents in Old Ottawa East commented that it was too bright. In response, Luc Marineau, acting manager, design and construction, told *The Mainstreeter*, "The lighting intensity will be determined with the National Capital Commission before opening the bridge. The lights are white only."

The City has not yet released the names of the winning artists and their designs for the public art benches, one of which is to be in the Lily Pond area on the Glebe side and the other on the plaza area at the foot of the stairs on the Old Ottawa East side.

One glimmer of hope for the bridge opening earlier than October is the example of the Adawe Footbridge which opened six months earlier than scheduled. On the other hand, the footbridge over the Airport Parkway opened more than a year later than it was supposed to.



PETER FOWLER PHOTO

Although not scheduled to open until the fall, the new Flora Footbridge is already a conspicuous landmark for the skateway.

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Plans abloom for flowering of the Flora Footbridge

JOAN BATUCAN

Residents of Old Ottawa East (OOE) and the Glebe are excited about the upcoming grand opening of the Flora Footbridge, which will link the east and west sides of the canal in the latter half of 2019 (see John Dance's article at page 11 of this issue). But it seems that there are grander plans for the new structure that will make it more than just a direct path from OOE to the Glebe and its attractions, including Lansdowne Park, and shops and restaurants along Bank Street.

Michel Gauthier, Executive Director of both the Canadian Garden Council and the Canadian Tulip Festival, indicated that he has initiated talks with both community associations directly within the bridge terminal points, at the western edge of the Clegg Street/Colonel By Drive intersection in OOE, and just north of the Fifth Avenue/Queen Elizabeth Drive intersection in the Glebe. There has also been initial contact



PETER FOWLER PHOTO

Current plans to decorate the Flora Footbridge with plants and flowers would add vibrancy and colour to the new span.

with Landscape Ontario, and the National Capital Commission (NCC) - parties that might be interested in making the new Flora Footbridge a feature attraction showcasing blossoms of the season.

Sadly, the Flora Footbridge will not be ready for the 2019 Tulip Festival, which, in the past, has been a huge draw for tourists and outdoor enthusiasts. However, the Canadian Garden Council sees much value in promoting the Flora Footbridge in light of what it will offer in the future for seasonal attractions and for community co-operation.

"There are many future opportunities to make the footbridge bloom," said Gauthier. He listed examples of autumn flowers and plants and highlighted possibilities of winter plants to decorate the bridge for the opening of the Rideau Canal Skateway. He was very animated and excited at the prospects for the Flora Footbridge, comparing its importance and potential beauty to the likes of other world-renowned bridges.

"New York has the High Line. Seoul has the SkyGarden," continued Gauthier. Ottawa, it seems will have the "Flora

Footbridge." It is hoped that visitors from across the globe will want to visit Ottawa in all seasons and see the seasonally-adjusted landscaping on Canada's blooming bridge.

No concrete plans are in place at this time. In future, the Canadian Garden Council (the national umbrella body for provincial and national garden organizations) hopes to have contests awarding implementation to a best-in-design landscaping contest for each season or theme on the bridge. The Council also hopes to attract prospective suppliers for the flowers, plants and garden implements.

The initial bridge landscaping design may be planned to highlight Ottawa's own traditions and natural flora, and rely heavily on local area landscape designers for ideas and input.

So far, most of the funding for this ambitious and ongoing project is expected to come from government organizations at all levels, but no firm numbers or budgets have been set. The bulk of the ongoing maintenance will fall under the responsibility of various government organizations, such as the NCC for the terminus areas of the bridge. Volunteers or co-op students may be called upon to help those responsible.

Be on the watch for an announcement on the grand opening and the first chosen landscape design for the new Flora Footbridge.

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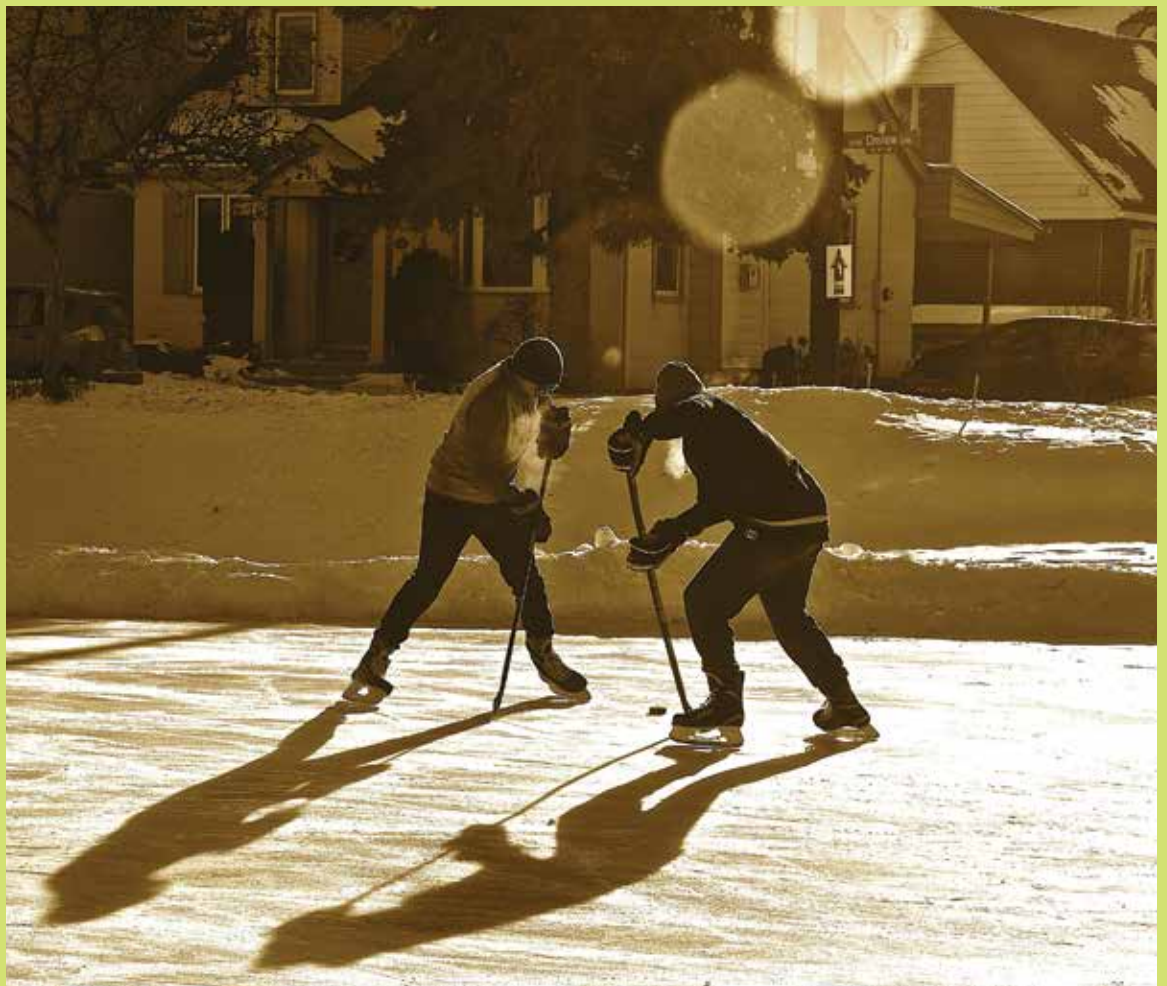




Peter Fowler's OOE Focus

Playing shinny down at Brantwood Park is one of several activities and events that lend definition to the community of Old Ottawa East. On a sunny Saturday recently, I sauntered down to the park expecting to see a multitude of skaters engaged in an outdoor tilt. Instead, I spotted these two combatants in classic one-on-one puck battle stance. What captivated me about this photo are

the shadows – shadows of the players, shadows on the snowbanks, shadows on segments of the ice surface. The glint of sunshine and the icy breath of the hockey players contribute to an image that is very much a classic slice of Canadiana. The homes on Onslow Crescent and Beckwith Road form a nice backdrop for a scene that I find to be both very striking and very stark.



Old Ottawa East residents have responded with enthusiasm thus far to our invitation to submit their favourite photos of our community for possible publication in our recurring Peter Fowler's OOE Focus feature. If you would like to share your favourite image with *Mainstreeter* readers, send it to editor@mainstreeter.ca along with a brief description of the photo, the location of the imagery, how you came to take the shot and why you consider it a personal favourite (200 words or less). We'd love to share your perspective on the community!

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Improved playing field proposed for Lees-Springhurst

JOHN DANCE

The expulsion of young rugby players from the now-gated Immaculata High School field may actually have a positive impact: the conversion of a large portion of the green space between the Lees Avenue apartment buildings and Springhurst Park into a decent playing field.

“Our proposal would aim to be everything the Immaculata field project isn’t: real grass (no turf), naturally lit (no stadium lighting until 11pm), open to the community (no fences) and transparent (no secrets/surprise announcements),” says Lucas Bloess, president of the Ottawa Beavers and Banshees Rugby Club, which is based primarily in Old Ottawa East and the surrounding communities.

For the last decade, the not-for-profit club practised at Immaculata, but with Footy7s rebuilding the field last year and now running it as a “for-profit” operation outside of school hours, the rugby club was forced to find an alternative field, something that has proved challenging.

The proposed site of the field remains reserved for where the Alta Vista Transportation Corridor (AVTC) would lead to the Queensway and Nicholas Street, and across the Rideau River to link up with the recently completed “hospital link” portion of the AVTC that, according to 50-year-old plans, would be extended south to join up with Conroy Road.

The field proposal was well received when presented at the January OOECA Board meeting, but more consultation

with a variety of community parties remains to be done as Bloess approaches Councillor Menard with the idea. “We want to get everybody on board from the outset,” Bloess said at the OOECA meeting.

“The project would certainly benefit some in the community - at least soccer and rugby players - and the Community Activities Group might take advantage of the field to expand our Springhurst programming,” says CAG chair Don Stephenson. “However, the field currently gets considerable use for unstructured recreation and that would be a loss to others in the community.”

Bloess says the green space, formally called 160 Lees Avenue by the City, has enough room for both a rugby playing field and an open, unscheduled field.

In responding to questions, he noted that the club is not proposing to have a parking lot on the site because many of the club members can readily walk, bike, or take the LRT. Also, he said people would still be able to walk across the field to and from the Lees LRT station because the field would not be fenced.

In exchange for funding a proper rugby field with goal-posts that was levelled and reseeded, the rugby club would seek free use of the field for two hours in the evenings Monday to Thursday. The rest of the time, the field would be available to others, including the local community.

Plans for completion of the AVTC remain in the City’s transportation master plan, however, when the plan was last

revised in 2013, the AVTC was removed from the list of “affordable” road projects, a move that was well-received by Sandy Hill, OOE and Riverview Park communities. In short, because of the apparent reduced status of the AVTC, the City may be willing to consider other uses of the green space.

One of the other potential uses of the green space is for “transit oriented development (TOD).” Indeed, in 2014 the City approved new zoning for the eastern part of the green space so that a 14 storey development could be built. OOECA unsuccessfully argued at the time that the lands should be kept as much-needed green space and recreational lands to serve the residents of the Lees apartments and

new residents of the 35-45 storey buildings that are now allowed because of new TOD zoning.

A further complicating factor for conversion of the green space to a good playing field is that underneath a clean cap of soil lies contaminated soil. As a result of this, Sustainable Living Ottawa East has not been allowed to plant trees there.

“Should the project proceed, the intention would be to initiate construction in the fall of 2019 so that the field is ready in the spring of 2020,” says Bloess. “Fall construction will help minimize and avoid disruptions to summer programming at this location.”



JOHN DANCE PHOTO

Lucas Bloess, president of a local rugby club, proposes improvements to the field between the Lees Avenue apartments and Springhurst Park.

Hosers wash out opposition to ice the Capital Ward Cup



JOHN DANCE

Victory. Again. The Old Ottawa East Hosers triumphed in the Capital Ward Cup, the pinnacle of shinny supremacy in the heart of the nation’s capital.

For the sixth time in its 11-year history, the Hosers took the cup on home ice at Brantwood Park, beating the Old Ottawa South Moose in the final by a score of 6-3.

Exhibiting considerable consistency and great defence, the Hosers defeated the Moose 7-3 and the Glebe Goal-Getters 7-3 in the preliminary games.

While some might argue that the level of play wasn’t quite at the NHL

level, the co-ed teams played with polite intensity, patiently waiting for opponents to dig the puck out of Brantwood’s snowbanks, and in the case of the Hosers’ opponents, the back of the net.

The three stars of the tournament were Capital Ward Councillor Shawn Menard who organized the tournament and stood all morning in the bitter cold, timing and scoring the games; his staffer Miles Krauter who helped organize and officiated all games; and Marco DeNigris who, with his Brantwood rink team, had the ice in great shape despite the major storms of the previous week.

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Winter watermain breaks shut down parkway, 40 households affected

JOHN DANCE

The snow and ice of the winter of 2019 were already bad enough but then a lot of spilled water joined the mix in Old Ottawa East to make things really messy and unpleasant.

In January, watermain breaks on McGillivray Street and on Colonel By Drive, just south of Graham, added to the mess and disruptions of frozen sidewalks and deeply-rutted streets experienced by residents.

And it isn't your imagination: there are more watermain breaks in the winter than in other seasons says Carol Hall, the city's water distribution manager. She notes that the old cast iron watermain of OOE are particularly sensitive to

ground freezing and shifting, phenomena particularly prevalent in the Leda clay of the area.

The break in the 76-year-old McGillivray Street watermain led to the total flooding of the basement of one householder and restorative work is now underway. About 40 other residences on McGillivray and Merritt Avenue were affected for about 18 hours when the water had to be shut off as repairs were made.

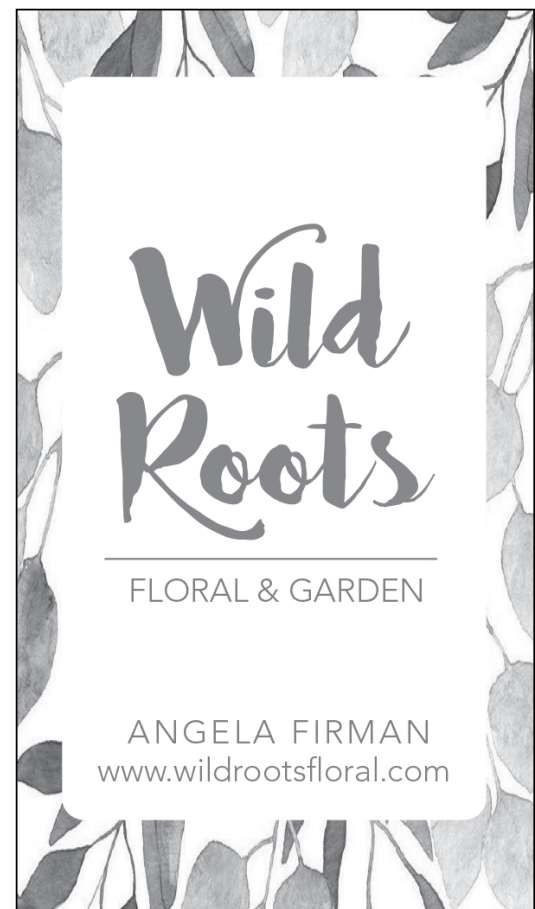
The Colonel By watermain break led to the closure of the parkway, and the repair crew experienced the frustration of fixing the main in one spot only to have two subsequent breaks along the line.

The six-inch watermain was installed back in 1908 - just as the Village of Ottawa East was joining the City of

Ottawa. There have been several other breaks of this main in the Pretoria area over the last few years and it is slated for a complete replacement during the upcoming 2020-2022 infrastructure rebuild of the Hawthorne Avenue, north Main Street and Greenfield Avenue area.

Rather than brittle and unlined cast iron pipe, the new watermain will be made of much more durable PVC (polyvinyl chloride).

After a watermain is repaired, the repair crew ensures any dirty water is flushed out and the main is decontaminated to provide safe water. The City would have provided clean bottled water to residents if the repair work had taken more than 24 hours.



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JOANNE BENOIT PHOTO

Will your neighbourhood coffee shop be the scene of the next Elvis gingerbread man sighting? OOE resident William Duchesne sure hopes so!

A man for today – and for tomorrow?

WILLIAM DUCHESNE

The #MeToo movement and events and awareness surrounding sexual harassment and assault justifiably cast a bright spotlight on the behaviours and attitudes of men in today's world.

But on a lighter note, one man – the usually forgotten gingerbread man – has managed to keep his dignity not just through a turbulent year but over a somewhat long and distinguished history.

Gingerbread was popularized as far back as the 15th century in Medieval Europe, where folks would crumble gingerbread to cover up the stench of rotting meat. Shapes and figures of the hard gingerbread cookies became staples of the biscuit-making practice of the 16th century. However, it is no less than Queen Elizabeth I (reigned 1558 – 1603) who is credited with the invention of the gingerbread man. As the Queen's

entourage also included a royal gingerbread maker, she would often utilize these talents to offer a male dignitary a gingerbread man baked in his likeness.

It wasn't long after that the spicy ginger treat became popular at county fairs in England, France, Holland and Germany. During this time period, gingerbread men were dished out by folk-medicine practitioners, often described as witches or magicians, who would create them as love tokens for young women. Apparently, if she could get the man of her choice to eat the gingerbread man that had been made for him, he would then fall in love with the young woman.

It is interesting to note that in his comedy, Love's Labour's Lost, William Shakespeare penned a line spoken by the clown Costard, "An I had but one penny in the world, thou shouldst have it to buy gingerbread...". More recently, Shrek's friend is the live talking gingerbread man known as Gingy.

The popularity of gingerbread during the holidays can, at least in

part, be attributed to the belief that spices heat you up in the winter. One of our Old Ottawa East neighbours (Joanne Benoit) was featured for her culinary skills and recipes in the December 2018 issue of The Mainstreeter. Joanne is also a fine baker of her own gingerbread men creations, humourously decorated to create a variety of characters. Over each day of the Christmas week, our family enjoyed selecting one of her gingerbread men that best depicted how we were feeling that morning. What fun it added!

I am one to think that the gingerbread man deserves more than just a holiday

shelf-life and should be around throughout the year. I have expressed this idea to Joanne.

Frankly, I do not understand why local coffee shops will carry muffins, donuts, cookies, biscotti, scones, and the like – but do not offer the noble gingerbread man. These other items don't have nearly as much personality (or taste with your coffee) as does the spicy gentleman. Please start asking your local coffee shops to bring back the gingerbread man. Together, we can make him a man for all seasons.




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Hush-a-Bye Babies® (1 – 12 months)

Old Town Hall, 61 Main
March 7 – April 18 OR;
April 25 – June 13,
no program May 16
Thursday 1:00 – 2:30 p.m.
\$96

Music Together (0 - 4 years)

Old Town Hall, 61 Main
April 6 – June 22,
no program April 20, May 18
Saturday 9:30 – 10:15 a.m. or
Saturday 10:30 – 11:15 a.m.
\$160 including materials,
siblings \$85. Siblings under 9
months of age are free.

FUNDamentals of Ballet (3 - 4 years)

Old Town Hall, 61 Main
April 4 – May 9
Thursday 5:30 – 6:15 p.m.
\$60

School age

Drop-off programs unless
otherwise stated

Adoption Potluck & Play (5 – 12 years)

Brantwood Park fieldhouse,
39 Onslow
April 14, May 12 and June 9
Sunday 4:30 p.m. – 6:30 p.m.
\$22 per child with family

Soccer in the Park (3 – 6 years)

Brantwood Park, 39 Onslow
May 11 – June 22,
no program May 18
Saturday
9:30 – 10:30 a.m. (3 yrs)
10:30 – 11:30 a.m. (4 – 6 yrs)
\$53
June 20 – July 18
Thursday
6:00 – 7:00 p.m. (3 – 6 years)
\$44
Parent or supervising adult
required to stay in the park.

Nerf Games (7 – 12 years) - **NEW!**

Does your child love fort
building, strategizing and Nerf
toys? This program is for them!
Lady Evelyn School, 63 Evelyn
March 21 – April 25
Thursday 6:00 – 7:00 p.m.
\$37

Magic the Gathering - **NEW!** Family Tutorial & Friendly Tournament (Age 6 +)

A card game where play-
ers use logic and strategy to
defeat their opponent. Par-
ent participation required.
Old Town Hall, 61 Main
March 10
Sunday, 2:00 – 4:30 p.m.,
\$7/person

Stay Safe (9+ years) - **NEW!**

Learn how to keep yourself
safe in a variety of settings.
Old Town Hall, 61 Main
April 7
Sunday 9:00 a.m. – 4:00 p.m.
\$72

Babysitting Course - **NEW!** (11 - 15 years)

Old Town Hall, 61 Main
April 14
Sunday 9:00 – 4:00 p.m.
\$72

SUMMER Camp 2018

Registration for summer camp is open now.

Jump Start Summer (5 – 10 years)

Old Town Hall, 61 Main
June 24 - 28
Monday – Friday
8:30 a.m. – 5:30 p.m., \$220

Canoe Kids (7- 12 years)

Brantwood Park field house, 39 Onslow
July 2 – 5
Tuesday – Friday
8:30 – 5:30 p.m., \$235
July 8 – 12
Monday – Friday
8:30 – 5:30 p.m., \$295
July 15 – 19
Monday – Friday
8:30 – 5:30 p.m., \$295
July 22 – 26
Monday – Friday
8:30 – 5:30 p.m., \$295

Children must pass a swim test to participate; see website
for details.

Camp Brantwood – Nature Week (4 – 8 years)

Brantwood Park field house, 39 Onslow
July 29 – August 2
Monday – Friday
8:30 a.m. – 5:30 p.m., \$220

Camp Brantwood – Live Wires (7 – 12 years)

Brantwood Park field house, 39 Onslow
August 6 – 9
Tuesday – Friday
8:30 a.m. – 5:30 p.m., \$180

Arts and Science Camp (5 – 10 years)

Brantwood Park field house, 39 Onslow
August 12 - 16
Monday – Friday
8:30 a.m. – 5:30 p.m., \$220

Children's Garden Camp (5 – 10 years)

Brantwood Park field house, 39 Onslow
August 19 – 23
Monday – Friday,
8:30 a.m. – 5:30 p.m., \$220



For more detailed information visit www.OttawaEastCAG.ca

MARCH break

Registration for this camp is open now.

March Break Camp (5 – 10 years)

Old Town Hall, 61 Main
March 11 – 15
Monday – Friday,
8:30 a.m. – 5:30 p.m.
\$220

AFTER school

Registration for the 2019 - 2020 school year opens at 8:00p.m. on Tuesday, March 5.

Brantwood Park After School (Age 6 – Grade 6)

For children attending Hopewell and Lamoureux schools
Brantwood Park fieldhouse,
39 Onslow
Pick up by 5:45 p.m.
\$210/month

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

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

If the program is full please add your name to the wait list by email to:

info@OttawaEastCAG.ca

New legislation may allow programs such as ours once again to accept children from the age of 4 as of September 2019. A decision is anticipated for July 1, 2019. If that legislation passes CAG will open registration to children in Junior Kindergarten and up.

Please see
www.OttawaEastCAG.ca
for more information and updates regarding CAG After School programs.



Want to book a children's birthday party? Need a room for an event or meeting? CAG has lots of options for you! See website for birthday parties and rentals.

ADULT general interest

Intro to Swing - Lindy Hop

The Lindy Hop is an exciting, energetic dance that is all about joy, expression, and having fun! No partner is required for this intro class.
Old Town Hall, 61 Main
April 9 – May 14
Tuesday 7:30 - 9:00 p.m.
\$95



Figure Drawing and Painting

Practice figure drawing or painting skills while learning and sharing. A model is organized each week. Model poses in natural form in an extended pose.
Old Town Hall, 61 Main
March 13 – May 1 or;
May 8 – June 26
Wednesday 10:00 – 1:00 p.m.
\$110



EVENTS

Brantwood BBQ and Picnic

Brantwood field house,
39 Onslow
May 16 – August 1
Thursday 5:30 – 7:00 p.m.

Main Event: Outdoor Movie

Springhurst Park, Lees Ave
Friday, June 14
9:00 p.m. or dusk

Main Event: Garage Sale

Throughout Old Ottawa East
Saturday, June 15
8:00 a.m. – noon

Main Event: Community Party

Main Street, - Clegg to Herridge
Saturday, June 15
10:00 a.m. - 2:00 p.m.

Adult sport

Women's Ultimate

Springhurst Park
May 23 – August 22
Thursdays 7:00 – 9:00 p.m.
\$86

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.

Co-Chair, Don Stephenson, **Co-Chair,** Tina Raymond,
Treasurer, Lynne Byford,
Secretary: Camrose Burdon

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

info@OttawaEastCAG.ca

For more detailed information visit
www.OttawaEastCAG.ca

ADULT fitness

All classes are beginner/intermediate unless stated.

Vinyasa Flow Yoga

Old Town Hall, 61 Main
April 10 – June 19
Wednesday 7:15 – 8:45 p.m.
Wednesday 5:30 – 7:00 p.m.
(Intermediate),
\$103
July 3 – August 21
Wednesday 5:45 – 7:15 p.m.
\$75

Hatha Yoga

Old Town Hall, 61 Main
April 6 – June 22, no program
April 20 & May 18
Saturday 9:15 – 10:45 a.m.
\$94

Yin Yoga

Old Town Hall, 61 Main
April 9 – June 18,
Tuesday 6:00 – 7:15 p.m.
\$103
April 8 – June 17, no program
April 22 & May 20
Monday 1:30 – 2:45 p.m.
\$84
July 9 – August 20
Tuesday 6:00 – 7:15 p.m.
\$66

Tai Chi Qi Gong

April 8 – June 17, no program
April 22 & May 20
Monday 6:00 – 7:00 p.m.
\$84
April 10 – June 19,
Wednesday 1:30 – 2:30 p.m.
\$103

POUND® Fitness – New!

Lady Evelyn gym, 63 Evelyn
March 28 – April 25
Thursday 7:15 – 8:00 p.m.,
\$47

Zumba

Old Town Hall, 61 Main
April 11 – June 20
Thursday 6:30 – 7:30 p.m.
\$103
April 8 – June 17, no program
April 22 and May 20
Monday Noon – 1:00 p.m.,
\$84
July 4 – August 22
Thursday 6:30 – 7:30 p.m.
\$75

Better Body Boot Camp

Lady Evelyn gym, 63 Evelyn
March 18 – April 29,
no program April 22
Monday 8:00 – 9:00 p.m.,
\$72
March 27 – May 1
Wednesday 7:15 – 8:15 p.m.,
\$72

Better Body Boot Camp in the Park

Brantwood Park, 39 Onslow
May 6 – June 17,
no program May 20
Monday 7:00 – 8:00 p.m.,
\$72
May 8 – June 19
Wednesday 7:00 – 8:00 p.m.
\$84
June 24 – July 29,
no program July 1
Monday 7:00 – 8:00 p.m.,
\$60
June 26 – July 31
Wednesday 7:00 – 8:00 p.m.
\$72

Strength and Tone

Old Town Hall, 61 Main
April 10 – June 19
Wednesday 8:00 – 9:00 a.m.
\$78
April 12 – June 21,
no program April 19
Friday 8:00 – 9:00 a.m.
\$71
July 3 – August 21
Wednesday 8:00 – 9:00 a.m.
July 5 – August 23
Friday 8:00 – 9:00 a.m.
\$57

Zen Bootcamp - NEW!

Combining the Zen of yoga
with the high intensity of
bootcamp. The perfect blend
of strength, mobility, flexibil-
ity and cardio in one cued
breath.
Old Town Hall, 61 Main
April 6 – May 11,
no program April 20
Saturday 11:00 – 12:15 p.m.,
\$60
May 21 – June 25
Tuesday 7:30 – 8:45 p.m.,
\$72

Pilates

Old Town Hall, 61 Main
April 8 – June 17, no
program April 22 & May 20
Monday 7:30 – 8:30 p.m.
\$84
July 3 – August 14
Wednesday 7:30 – 8:30 p.m.,
\$66

20-20-20

Old Town Hall, 61 Main
April 9 – June 18
Tuesday 8:30 – 9:30 a.m.
\$78

Urban Pole Walking

Old Town Hall, 61 Main
May 28 & June 4
Tuesday 7:00 – 8:00 p.m.
\$15

Body Sculpting by ESSETRICS®

Old Town Hall, 61 Main
April 8 – June 17, no pro-
gram April 22 & May 20
Monday 6:15 – 7:15 p.m.
\$84

Single Class Fitness Passes

\$18/class Bee Body Boot-
camp
\$14/class for Yoga, Pilates,
Tai Chi
\$11/class for Strength &
Tone and 20-20-20

For more
information
visit

www.OttawaEastCAG.ca

Online registration opens
8:00 p.m. Tuesday, March 5 at
www.OttawaEastCAG.ca, with
Visa or MasterCard.

In-person registration opens
2:00 p.m. at the Old Town Hall
on Wednesday, March 6, pay-
ment is by personal cheque
only.

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

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

The **CAG Weather Policy** is
such that we run all outdoor
programs rain or shine unless
otherwise stated in the program
description; programs will be
cancelled in the event of light-
ning or thunderstorm at the
time of the program.

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

COMMUNITY Partners



Centre de santé
communautaire
Côte-de-Sable



OTTAWA
PHYSIOTHERAPY
SPORT CLINICS
(Main Street)

If you would like more information on the CAG Community Partnership Program
please email cworkun@ottawaeastCAG.ca

Peter
Fowler's
Travel
Focus



SHELBY MOORE PHOTO

This remarkable photo taken at Horseshoe Bend, Arizona comes to us from Mainstreeter reader Shelby Moore who submitted many captivating images from her recent travels, including some spectacular underwater shots we hope to feature in future issues.

SHELBY MOORE

Horseshoe Bend is a natural wonder that captivates the imagination. Tamed by the Glen Canyon Dam, the emerald waters of the Colorado River form a gigantic horseshoe-shaped curve more than a thousand feet below the overlook, swinging first to the east then bending back to the west.

To get this photo, I am perched on the equivalent of the 99th floor of a high-rise tower. The edges at the lookout actually slope downward at a negative angle, which means there are no cliffs to catch you if you fall.

PETER FOWLER'S COMMENTS:

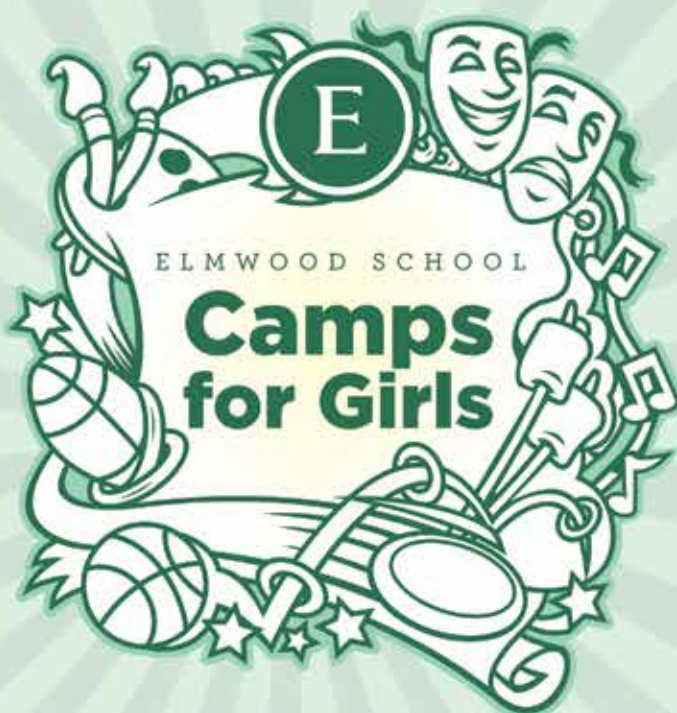
This photo exhibits a beautiful

symmetry offset by the misshapen butte and the surrounding cliffs of unequal height. In the foreground, there is a vertiginous drop, which seems to put the photographer in real peril. It then opens up with the wide angle lens to show the most unlikely butte sitting in an oxbow river. The striations of both the butte

and the surrounding cliffs create the visual cues to the massive scale of the landscape.

The picture is serene with the flat water, the muted tones of the stone, the soft sunset sky - yet here is this amazing butte dominating the picture, a witness to countless centuries of erosion and brute force.

**"Elmwood Summer Camp is ALWAYS our #1 choice for our daughter.
The range of camp themes offered is second-to-none." - Pragash, 2018 camp parent**



All girls welcome!

Visit elmwood.ca/summercamp for more information or call (613) 749-6761 for details and registration.

DISCOVERY CAMPS

FOR GIRLS AGE 4 TO 12 • WEEKLY FROM JUNE 17 – AUGUST 23

With exciting new weekly themes such as Robot Academy, Vet School, Chemistry Camp and Magic Camp, girls from Kindergarten to Grade Six will discover new challenges, develop lasting friendships and enjoy a dynamic range of hands-on, interactive activities.

Led by skilled and experienced educators, our camps have the perfect blend of learning, active play and creative exploration, all within Elmwood's beautiful and safe campus.

CAMPS RUN FROM 8 A.M. – 5:30 P.M. Cost is \$305, including a delicious lunch and snacks, excursion or special guest, fun "giveaways" and a cool camp T-shirt.

ELMWOOD SKILLS ACADEMY

FOR GIRLS AGE 7 TO 17 • WEEKLY FROM JUNE 17 – AUGUST 23

Elmwood's Skills Academy offers an outstanding range of academic and special interest programs. Taught either by Elmwood's talented faculty or by other experts in their field, our Skills Academy combines superb instruction with dynamic activities, sure to appeal to girls of all ages and skill levels.

Camps are half or full day and costs vary. Please visit elmwood.ca/summercamp for full details.

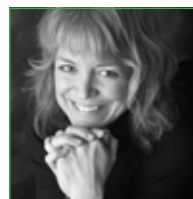
"I couldn't have asked for a more wonderful camp experience for my 4 and 1/2-year-old daughter. She truly thrived in the girls-only camp dynamic!"

BETSY, 2018 CAMP PARENT



**ELMWOOD
SCHOOL**

A finger on the pulse of the arts in OOE



**TANIS
BROWNING-
SHELP**

TANIS@BROWNING-SHELP.COM

OOE ARTIST FEATURE: YVONNE COUTTS, CHOREOGRAPHER

Yvonne Coutts—award winning choreographer and artistic director of the Ottawa Dance Directive (ODD)—knew she was a choreographer from the moment she took her first dance steps as a small child.

“I wanted to make dances, but I didn’t know that I could make a career of it until a serendipitous moment at age 17,” Coutts says. “I’d been planning to become an English teacher but met a high school math teacher who was leaving his job to study at Grant MacEwan College in Edmonton to become a choreographer. I was so surprised to learn that this was an option!”

It was at Grant MacEwan that Yvonne was exposed to some of the pioneers of modern dance—Charlene Tarver (a student of Hanya Holm)—and Brian Webb, a Canadian dance artist who trained in New York City and brought his contemporary techniques back home to Edmonton. “These instructors opened my eyes to contemporary dance,” she says. “I became interested in how people move their bodies through space together. I focus on rhythm and gesture. I love how day-to-day life gestures can mean so much; I am very curious about that.”

Coutts points to the kinship that contemporary dance has with contemporary art. “It takes risks, keeps you

wondering, and leaves traces of something within you,” she says. “You may not be able to understand it literally, but you will have a kinesthetic or emotional response to it that will create a connection. It is not about solving the art, but, rather, witnessing or experiencing it. A contemporary piece might spark discourse; you may even feel frustrated by it. But I believe that it is necessary because it can lead to self-questioning.”

Coutts worked as a company member of Le Groupe Dance Lab in Ottawa from 1988 to 1994 and became artistic associate at the Lab from 2003 to 2006. She has been on faculty of The School of Dance (TSOD) since 2000 and has instructed at contemporary dance schools including the University of Calgary and Grant MacEwan. Her choreography has been presented by dance companies around the world.

In 2010, Coutts teamed up with three other professional dance artists—Sylvie Desrosiers, Lana Morton, and Natasha Bakht—to form ODD. “We did a lot of research and community consultation to come up with ODD’s hybrid structure,” she explains.

According to Coutts, ODD has an exciting ongoing relationship with The School of Dance (TSOD), which celebrates its 40th anniversary this year. Merrilee Hodgins, TSOD’s artistic director, agrees. “Collaboration between dance organizations and other groups is the way you build community,” Hodgins says. ODD, for example, employs graduates of TSOD’s contemporary dance program.

As it approaches its own 10th anniversary, ODD, with Coutts at the helm, has become a centre for contemporary dance that houses Compagnie ODD and Series Dance 10 (Lana Morton, presenter). It welcomes dance artists for creation, presentation, professional development,



BEN WELLAND PHOTO

Dancers Charles Cardin-Bourbeau, Jasmine Inns, Kay Kenny, and Simon Renaud from Compagnie ODD perform the contemporary dance piece entitled PINK, choreographed by OOE resident Yvonne Coutts.

and residency opportunities. It embraces inclusive practices in dance making and intersects with the provincial, national, and international dance milieu.

ODD promotes other more unusual forms of collaboration such as the Festival du Milieu de Scolaire (Dance Festival for French Speaking Students)—in its fifth year at De La Salle High School this March—as well as the Read to Move Program which connects literacy and movement. Coutts, who is also a library technician, loves to see kids make the connection between language and movement or body language. “I enjoy seeing young people realize that they can also express themselves through movement.”

A collaboration of which Coutts is particularly proud was a partnership ODD established in 2018 with a performing dance company from Denmark, a videographer, a scientist, and 50,000 mealworms. The resulting MASS Bloom Explorations was an environmental choreographic installation that invited visitors to enter a biodome with a dancer and the larva of the Darkening Beetle.

“In Ottawa, we are so lucky to have the National Arts Centre (NAC) because it brings high quality works and world-renowned artists to our city. The NAC also collaborates with local dance organizations. But there are still many hidden gems—dance companies doing dance outside of the national body. For many of these local independent artists and organizations, it can be challenging to get visibility. ODD, for example, is better known in the dance milieu outside of Ottawa and trying to gain ground with the local public.”



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

Upcoming dance calendar of events

Dance fans in Old Ottawa East may find the following list of upcoming events to be of interest:

- Indigenous artist Lara Kramer will bring her performance work *Windigo* and exhibition *Phantom Stills and Vibrations* to ODD at Arts Court - February 21-23 (adult audiences)
- ARTchery Battle Fundraising Night - February 27
- Festival du Milieu de Scolaire (Dance Festival for French Speaking Students) Performance with local companies featuring ODD, Dorsale Danse, and more at De La Salle High School - March 21
- Emerging dance artists Simon Renaud (Montreal) and Jocelyn Todd (London, UK) in residence this spring (open rehearsals to be announced online)
- Canadian choreographer Tedd Robinson creates a new work with ODD this April (open rehearsals to be announced online)
- World-renowned dramaturge Guy Cools will lead a one-week workshop for professional performing artists at ODD - May 6-10
- Series Danse 10 #34 featuring Dorsale Danse, La Nouvelle Scène Gilles Desjardins - June 7-8
- The School of Dance (TSOD) will perform its 40th anniversary show at the Canadian Museum of History - June 15

For more information on any of the upcoming dance events, see www.odd-cdc.org or Facebook ODD/CDC.



A magical evening at the Ascension concert series

THERESA WALLACE

One night this past December, couples and small groups made their way along Echo Drive, entered the Church of the Ascension hall, bought concert tickets if they hadn't already done so plus wine and beer if they were so inclined, then strolled upstairs into the church for a holiday performance. Their reward for braving the freezing rain was a wonderful night of music by the John Dapaah Trio, accompanied by singers Roxanne Goodman and Michael Curtis Hanna.

"Oh, Holy Night was my favourite," says Marlowe Crescent resident Nancy MacDonald. "It gave me goosebumps. I also loved the way they jazzed up the standards and made them exciting and new again."

MacDonald has been a regular since the Ascension series started in 2016. Single adult tickets cost \$20 but, she says, "I buy season tickets, which are a great deal and make sure I actually go. You can also buy a three-pack. I walk over—that's another aspect that makes the series super-attractive. I like the intimate atmosphere. And people love bringing their wine upstairs."

The church can accommodate 160 people and was full for this concert, but not uncomfortably so. Pianist John Kofi Dapaah was joined on the stage by bassist Jean-Philippe Lapensée and drummer Jamie Holmes. In addition to holiday favourites, they performed the song To

Young Canadians, based on the letter Jack Layton wrote to Canadians before he died.

The next concert in the series is scheduled for February 23. It features Garry Elliott, Rachel Beausoleil and Liz Hanson (pictured here) performing Brazilian music for voice, guitar, and percussion. On April 6, Thomas Annand and Laura Nerenberg play early masterworks for harpsichord and baroque violin. Concerts start at 7 p.m.

Concerts for the community and a venue for Ottawa artists

The Ascension concert series was born out of a belief that music is something very special, and that a music ministry at the church means much more than planning what will be played and sung at Sunday morning services.

"There aren't a lot of opportunities to listen to live music in Old Ottawa East," says Adam Reid, a former Church of the Ascension music director and the founding artistic director of the concert series, which is in its third season. "We have a really beautiful space here, and we wanted to share it with the larger community."

The 28-year-old Reid is also a pianist. He has music and education degrees from Ottawa U, and currently teaches music at a high school in Perth. "As a musician



PHOTO COURTESY OF RACHEL BEAUSOLEIL

The Beausoleil Trio are scheduled to perform on February 23

and a music educator, I also know it is sometimes hard for musicians to find a suitable place to play, so we are excited to offer a space for performers and we endeavour to pay them fairly," says Reid.

During its first year, the church ran two separate concert series, one concentrating on classical music and another dedicated to jazz. For the second season, they combined the two into one series, a format they've maintained in this third season.

If you are looking for reasonably priced, high-calibre entertainment in a neighbourhood venue with great acoustics and a friendly, relaxed environment, check out this popular

concert series at Church of the Ascension on Echo Drive just north of Immaculata High School.



Please call 613-236-3958 for more information or go to the website at www.churchoftheascension.ca to buy tickets. On the website, there's a link to sign up for the series' quarterly email, which contains ticket draws, discounts, info on upcoming performers, and community music news. This season, you can show your concert ticket at Sula Wok on Main Street on the evening of the performance and get 15 percent off your meal.

Drummond Street co-housing concert a hit

Paul Weber's festive fracas delights fans of all ages

DANIEL MIRANDA

Billed as a "No Holds Barred Festive Fracas", Main Street musician Paul Weber recently hosted his First Annual Christmas Concert at the Terra Firma local co-housing development on Drummond Street in Old Ottawa East.

The evening of guitar playing and storytelling was opened by Slo' Tom (Tom Stewart), a well-known musician in the Ottawa sound scene who plays with his band, Slo' Tom and the Handsome Devils. Stewart played his hilariously sad songs, many from his band's new release, Down in a Government Town, on topics such as drinking, his mother-in-law, and how every building in Ottawa is being torn down to make room for condos. Slo' Tom's honest and heartfelt delivery

was well received by the audience of all ages.

Paul Weber then stepped away from the mixing board to share songs from his exciting new project entitled, "Ode to Gerry Barber". This collection, written by Weber, chronicles stories inspired by both historical events from Ottawa's past and Weber's personal memories of our government town.

Weber sang about the great fire of 1870 that would have destroyed much of Ottawa were it not for some quick thinking to breach a dam near Dow's Lake. In time for the holidays, Christmas Train was a song about the first train that came to Ottawa. Weber had the crowd shaking to the Ottawa Samba, which was inspired by his time spent in Brazil. According to Weber, the biggest difference between Brazilian Samba and the Ottawa Samba is that the former involves a lot of sensual hip shaking, while the latter is more of a natural bodily response to extreme cold temperature. *Ode to Gerry Barber*, the



SUPPLIED

track he's naming the collection after, is a tune written in memory of a bouncer in downtown Gatineau.

The house concert ended with Weber and Slo' Tom singing the night away to classic Christmas tunes.

Weber is planning to have more events like this in the future. To see

more Paul Weber related information, visit <http://www.paulweber.ca>. More on Slo' Tom can be found at <https://slotomandthehandsomedevils.bandcamp.com/>. Both artists also have Facebook pages.

WHAT'S ON YOUR PLATE?

Café Urban at Saint Paul nourishes both body and brain

GENEVÈVE GAZAILLE

“One cannot think well, love well, sleep well, if one has not dined well”. Virginia Woolf couldn’t have been more correct when she wrote that line in her essay, “A Room of One’s Own” some 90 years ago.

Today, more than ever, we understand the ramifications of a poor diet. What we feed our bellies not only impacts our physical health but also our psychological wellbeing and our overall capacity to function properly.

In “Hungry for knowledge: assessing the prevalence of student food insecurity on five Canadian campuses”, Meal Exchange food security researchers observe that close to 40% of students have experienced moderate or severe food insecurity, a multifaceted concept that we often perceive as an economic issue. In reality, nutritional adequacy and food literacy are also important factors.

Saint Paul’s solution

In 2013, understanding how important it is for students to eat a balanced diet, Saint Paul University was seeking a replacement service provider to operate its cafeteria. Specifically, the university was hoping to find a partner that would better answer the needs of a campus of the size of Saint Paul’s and also reflect the values of the school and the community.

The contract was allocated to Carley and Oliver Schelck, the owners of the Westboro cooking school, The Urban Element, and Café Urban was born. Nadine Tremblay, Manager of Food and Conference Services at Saint-Paul University explains: “The Urban Element was mainly chosen because of its owners who, more than profits, prioritized the idea of changing people’s eating habits and offering quality food to our students”.

Since then, many adjustments have been made, the full renovation of the Café being a major one. Nowadays, the community can enjoy a bright, welcoming and comfortable space to take



Carley Schelck, owner of Café Urban, and staffer Luci Sylvains ensure that students and visitors alike enjoy healthy and delicious offerings every day.

GENEVÈVE GAZAILLE PHOTO

their meal, and the seating capacity has been dramatically increased.

The menu typically includes homemade soups, sandwiches, salads, mains and baked goods made of fresh and local ingredients whenever possible. In the summer, thanks to its garden plot located behind Saint Paul’s, Café Urban can rely on some of its own harvest to prepare wholesome meals, preserves and jams.

“What differentiates us is that we care about the integrity of the food and we hire people to do things from scratch”, says Carley Schelck. “Working in a small environment with craft people, we can do a lot of fun stuff. These are people who have worked in restaurants for very good

chefs and want to do something different, people who want meaningful work and feel they are making a difference here, being in an environment where food is important because it’s ‘brain food’ for work and school. I think this is a nice way to contribute in an industry that sometimes feels soul-sucking.”

Café Urban is typically open from Monday to Friday and everyone is welcome – students and non-students alike. People living in the neighborhood may be pleased to learn that Café Urban offers a selection of frozen meals to go - which should be expanded in the future. Also, Christmas staples such as tourtière and yule logs can be ordered during the holiday season.

Appui de projets visant l’innovation sociale à l’Université Saint Paul

SUE BEATTIE

Êtes-vous quelqu’un ou êtes-vous membre d’un groupe qui bénéficierait d’être guidé par des experts sur un enjeu qui ferait de notre communauté, de notre ville, et ainsi de notre planète, un meilleur endroit? Est-ce que vous ou votre groupe avez un projet au stade de démarrage? S’agit-il d’un projet qui (i) rencontre les besoins de notre communauté de façon concrète et innovante; (ii) promouvoit des initiatives visant les inégalités sociales et la pauvreté d’une manière efficace et durable; ou (iii) répond aux enjeux de la communauté francophone, des nouveaux arrivants ou des Premières Nations?

Que nous sommes chanceux d’avoir l’Atelier d’innovation sociale Mauril-Bélanger (l’Atelier) tout près de chez nous. Non seulement comme ressource pour les étudiants de l’École d’innovation sociale Élisabeth-Bruyère à l’Université Saint Paul, mais aussi comme outil de création de partenariats avec des organismes locaux ici à Ottawa.

suite à la page 25;

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Des nouveaux moyens d'adresser les enjeux sociaux

suite de la page 24

Il y a quelques années, les Sœurs de la Charité ont fait un don à l'université permettant la création de l'École d'innovation sociale Élisabeth-Bruyère. Les Sœurs voulaient que les études au sein du Programme d'innovation sociale soient non seulement théoriques, mais aussi pratiques. Aujourd'hui, les programmes de l'École sont axés sur des nouveaux moyens d'adresser les enjeux sociaux auxquels nous faisons face – misant, en particulier, la lutte contre la pauvreté et le changement climatique. L'Atelier Mauril-Bélanger, qui a ouvert ses portes en avril l'année dernière, a été créé afin d'offrir une approche pratique aux études plus théoriques.

L'Atelier est nommé en l'honneur de l'honorable Mauril Bélanger, qui a été élu député dans la circonscription Ottawa-Vanier en 1995, un rôle qu'il a poursuivi pour les prochaines 21 années. M. Bélanger a occupé plusieurs postes au sein du Cabinet du Premier ministre Paul Martin, y compris ministre responsable des Langues officielles et ministre responsable de la Réforme démocratique. Il a co-fondé l'Association parlementaire Canada-Afrique avec la sénatrice conservatrice Raynell Andreychuk et a mené plusieurs délégations canadiennes comprenant divers partis politiques dans plusieurs endroits en Afrique. On se souviendra toujours de M. Bélanger pour son dévouement à la communauté, sa

détermination, sa dignité et son soutien indéfectible pour ceux qui en avaient le plus besoin.

En descendant la rue Clegg vers le parc Brantwood, on a de la difficulté à manquer une grande porte rouge au sous-sol de l'Université Saint Paul. En entrant, on ressent tout de suite un environnement accueillant car l'Atelier comprend des espaces de travaux ouverts fonctionnels, des salles de conférence privées, un salon confortable, une cuisine complète et accès gratuit au Wi-Fi – tout avec un look industriel moderne.

Ici, divers intervenants de la communauté – y compris quatre professeurs qui offrent des cours à l'École d'innovation sociale, les étudiants et étudiantes du Programme, ainsi que des groupes et individus de la communauté qui ont une vision ou un but lié à l'innovation sociale ou la justice sociale – peuvent et sont encouragés à se servir des ressources de l'Atelier et d'en bénéficier.

Fernanda Gutierrez est la coordonnatrice passionnée qui encourage tous les intervenants – personnel, bénévoles, nouveaux arrivants, amis, familles, chefs spirituels, dirigeants communautaires – à faire de l'Atelier, un « espace positif ». L'Atelier vise à offrir (i) des espaces de travail favorisant la collaboration, (ii) de la formation, (iii) de la transmission des savoirs et (iv) de l'appui aux initiatives, aux organismes et



PETER CROAL PHOTO

Fernanda Gutierrez est la coordonnatrice passionnée qui encourage tous les intervenants à faire de l'Atelier, un « espace positif ».

aux entreprises qui visent l'innovation sociale. Mme Gutierrez ajoute avec un sourire « Nous sommes un adolescent qui habite le sous-sol de nos parents. L'Atelier grandira au cours des années, à côté de l'École d'innovation sociale ».

On se laisse prendre par l'enthousiasme sans réserve de Mme Gutierrez. Elle explique « On enseigne la théorie aux étudiants et étudiantes académiques tandis que nos communautés font face à la réalité commerciale. Les gens n'ont pas le temps de discuter de comment aborder les enjeux auxquels tant de nous faisons face. L'Atelier fait figure de pont, d'incubateur, permettant l'interaction entre ces deux groupes afin qu'ils puissent faire un remue-

méninge pour trouver des solutions pratiques à nos besoins sociaux ».

Les services de l'Atelier sont offerts principalement en français, mais c'est un lieu de rencontre bilingue. Plus de renseignements au sujet de l'Atelier sont disponible sur leur site web récemment renouvelé (www.innovationsocialeusp.ca). Pour plus de renseignements, contactez: Fernanda Gutierrez, Coordonnatrice, (613) 782-3006, fgutierrez@innovationsocialeusp.ca

[This article was first published in English in the December 2018 issue of The Mainstreeter.]

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POLITICAL PAGES

PHYLLIS ODENBACH SUTTON PRESIDENT, OLD OTTAWA EAST COMMUNITY ASSOCIATION

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Reflections on our Community Design Plan and Secondary Plan

This column is a bit of a departure from previous reports, in that it was originally prepared for the January 2019 edition of the Glebe Report. It follows from the presentation made to the Glebe Community Association (GCA) Board in November 2018, where I provided an Old Ottawa East (OOE) perspective on our Community Design Plan (CDP) and Secondary Plan (SP). [See <http://ottawaeast.ca/planning#cdp> for more information.]

My participation was part of an effort to intensify the links between our two communities, particularly in light of the 2019 opening of the Flora Footbridge. Sarah Viehbeck, president of the GCA, reciprocated by attending our OOE board meeting in December, where she outlined the Glebe board's operations and discussed some of their key issues.

First, some background information for readers: Old Ottawa East's original vision and themes arose from a 2005 community survey, with the final versions of the plans approved by Ottawa's city council on August 25, 2011. The CDP and SP include goals for land use and design, intensification targets, affordable housing and green space.

When we consider what went well in the development of these plans, we concluded that it takes a lot of time to get it right. The process was not rushed, and the community had to push back numerous times to get acceptable provisions included.

We also benefitted from the Sisters of the Sacred Heart and the Oblate Fathers wanting to leave a legacy; more modest heights were accepted for the redevelopment of their lands in the heart of our community, ranging

from four stories at the perimeters to nine storeys in the middle of the site.

The developers generally bought into the plan as well; they realized, I think, that the stronger and more sustainable the community, the more attractive it would be to new residents.

Our SP included the idea of reducing the width of the roadway of Main Street and a transfer of the excess to sidewalks. My view is that the "complete street" design is a success. Wider sidewalks, raised bike paths, parking bays available even in rush hour, and new left turn lanes have improved Main Street as a neighbourhood street, rather than a thoroughfare for commuters.

With respect to the redevelopment of the institutional lands, the two major companies involved in projects, Domicile (The Corners on Main) and Regional (Greystone Village), have generally respected the CDP. We have some concerns, however, in terms of the lack of progress on affordable housing targets, the recent minor variance and rezoning requests regarding height for several components of Greystone Village and the request to allow office use rather than just retail and commercial space on the side streets of The Corners on Main. We are also upset about requests for rezoning from plans approved only a few years ago; this can adversely affect recent purchasers of properties who now face the possibility of higher buildings beside them.

A final assessment is still years away. But without an approved CDP/SP in place, our ability to respond to development proposals would, in all likelihood, have been more fraught and time-consuming.

SHAWN MENARD COUNCILLOR-ELECT, CAPITAL WARD

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SHAWNMENARD.CA



Committed to bring improvements to Old Ottawa East

It's budget season at City Hall. The draft budget was tabled on February 6 and council will vote on a final version March 6 (shortened because of the election that took place). Our office held a public consultation on January 30, and we'll have another one at City Hall on the evening of February 13 from 6pm to 8pm in Jean Pigott Hall focusing specifically on Housing and Transit. Please drop by!

Ward Council forum on snow clearing

January saw some extreme winter weather. In four days, we received two 20 centimetre snowfalls. It was more than 50 centimetres in less than a week. Throw in some freezing rain and you've got a serious challenge for our snow clearing crew.

We heard from a lot of you about the state of the streets and sidewalks in Old Ottawa East. You raised valid and serious concerns, and we think it's unacceptable that our city does not provide better services dealing with winter weather.

We've heard you, and we want to help amplify your voices, so we will be hosting a ward meeting to discuss snow clearing operations in the city. The forum will happen in late February or early March. We will be finalizing the date, time and location in the coming weeks and we will let people know via our website, social media and newsletter.

Greenfield- Main-Hawthorne redevelopment

I've had initial meetings with city staff and the development

team that is spearheading the redevelopment of Greenfield Avenue, Main Street and Hawthorne Avenue. This is an extension of the Elgin Street renewal work that is currently ongoing, and it will be a continuation of the work that was done on Main Street in recent years.

I am committed to making Capital Ward the safest ward in the city, and I think that with this project, we will be able to implement measures that will make the area safer for pedestrians, bicyclists and drivers. There are a number of opportunities that will help improve livability in Old Ottawa East, and I'm excited to watch that happen.

We will be having conversations and consultations with the neighbourhood to make sure that your voices and opinions are heard. There will be Open Houses for the public in the spring and fall, so that the community can provide input and feedback on the preliminary designs, as well as other opportunities for me and city staff to listen.

Flora Footbridge update

It's the bridge that's been talked about for over one hundred years (literally), and it's finally close to completion. The good news: the project is still on track to be completed this fall.

And more good news: there's a Flora Footbridge Newsletter that you can sign up for at the <https://ottawa.ca/esubscriptions/signup-form-en.html> on the city's website. Get updates as they happen!

JOEL HARDEN MPP, OTTAWA CENTRE

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Standing up for public post-secondary education

The Ford government is making big changes to post-secondary education in Ontario: reducing funding, cutting back needs-based grants, and attacking the autonomy of student organizations. As a former Carleton University instructor, I'm deeply worried about how these changes will affect the quality and accessibility of education for students and former colleagues at Carleton, Saint Paul, and across the province. Here's why the announced changes to post-secondary education are so damaging:

- **Reduced funding:** The government is implementing a 10% tuition fee cut for college & university students for 2019-2020, followed by a freeze the next year. While I'm a strong supporter of reducing tuition fees and campaigned against tuition hikes as a student organizer in the 1990s, tuition fee reductions must be accompanied by matching funding increases for institutions. The 10% reduction is unfunded, meaning universities & colleges will have to find ways of coping with a loss of revenue. This could mean larger class sizes, faculty layoffs and fewer course offerings. Ontario's post-secondary institutions already receive less funding per student than any other Canadian province.
- **Cuts to needs-based grants:** OSAP grants that covered tuition fees for the lowest-income students will be eliminated, and funding for OSAP will be reduced to 2016 levels. In addition, the 6 month interest-free grace period will be removed, meaning students will be charged interest immediately after graduation. At a time when students are graduating with mortgage-sized debt levels, this is unacceptable.
- **Attacks on student organizations:** Finally, the government is going to allow students to opt-out of paying dues to student unions, and other independent student organizations like campus radio stations and newspapers. This tactic imports American-style "right to work" rules and applies them to student unions. Much like labour unions,

everyone pays in to student unions because everyone benefits. Ending mandatory dues payments will put vital student union-run services upon which students rely at risk.

Not a single student union, university or college was consulted by the government, and we are organizing with local campus groups against these regressive changes.

Victory for our environment

Last month, the Ford government announced that it will not proceed with Schedule 10 of Bill 66 after widespread opposition. Schedule 10 allowed for the creation of "open for business" bylaws that would open up the Greenbelt to development and undermine clean drinking water protections. On January 23, the Minister of Municipal Affairs announced that Schedule 10 would be withdrawn.

This was only possible thanks to thousands of people across Ontario who spoke out in defence of our water and environment. It's proof that fighting back makes a difference, even when dealing with a majority government.

Film screening for Eating Disorders Awareness Week

On February 3, our office held a free screening of the film "Embrace" at the Mayfair Theatre, followed by a panel discussion, for Eating Disorders Awareness Week 2019. We hosted the event in partnership with Hopewell, Eastern Ontario's only eating disorder support centre.

Jill Andrew, MPP for Toronto-St. Paul's, joined us at the event. In December, Jill introduced Bill 61 – a private member's bill to officially proclaim the first week of February as Eating Disorders Awareness Week in Ontario.

CATHERINE MCKENNA, MP, OTTAWA CENTRE

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Supporting small businesses in Ottawa Centre

When I think of Ottawa Centre I think about our thriving and unique businesses. I think about Elgin Street where families can buy local bread from Brownloaf Bakery, get records from The Record Store in Hintonburg, have a healthy meal at the Green Door in Old Ottawa East and catch a show at the Mayfair Theatre on Bank Street.

We rely on small businesses like these to make our lives simpler and more enjoyable. In fact, some days they seem like such fixtures of our community that we forget the immense contributions they make to Ottawa Centre and our economy.

Small businesses are job generators. They make up 98% of Canadian businesses and employ 8 million hard-working Canadians from coast to coast to coast, including right here in Ottawa Centre. More than this, they promote the industry around which thriving communities can grow.

It is because of our community's entrepreneurial small business owners that Canada's economy is now among the fastest growing in the G7 countries and that the unemployment rate is at a historic low. In fact, the last time the national unemployment rate was lower than it is now, road signs in Canada were in miles per hour and Canada hosted its first Olympics in the summer of 1976.

People are working, wages are growing, and more Canadians are buying goods and services. There is a renewed sense of confidence and potential in the air. To keep up this momentum, our government is working hard to make it easier for small businesses. On January 1, we lowered the small business tax rate yet again, from 11% to 9%,

giving Canada one of the lowest small business tax rates in the world and giving small business owners to up to \$7,500 a year in savings.

Recently, our government announced the Fall Economic Statement. In it we proposed three immediate changes to Canada's tax system that will make it easier for small businesses to write off expenses for machinery and equipment used for the manufacturing and processing of goods, for the full cost of certain clean technology equipment and for a larger share of the cost of newly acquired assets in the year the investment is made.

A big part of remaining competitive means rolling up sleeves and cutting red tape. Since 2015, our government has cut more than 450 federal rules that impose an administrative burden on business. Regulations are intended to help us by protecting Canadians, but over time, outdated rules and poor alignment with our trading partners can mean small businesses are held back.

That's why our government is tackling regulatory irritants by harmonizing food regulations and inspections and facilitating greater trade of alcohol between provinces and territories, for example.

Whether it's our easy-to-use innovation.canada.ca website that provides small businesses with the help they need, or BizPaL, which simplifies getting permits and licences, our government is working hard to make it easier for small businesses to do what they do best: grow amazing communities like Ottawa Centre.

Rideau Chorale to sing Mozart's Requiem

JANICE MANCHEE

Linda Pollock takes a quick, deep breath, waits for the downbeat and works the sequence again. Mozart is not about to defeat this future Old Ottawa East resident.

"I'll be moving into The Corners on Main this coming May and I'm really excited to bring this glorious music with me," says Pollock who sings alto with Rideau Chorale, a three-year old, auditioned choir housed at Southminster Church.

Originally the Ottawa Folklore Choir, the group has grown, under the direction of Roland Graham, to over 60 members focussed on musical growth and chorale excellence.

In the past year several members of the choir discovered they were all moving to The Corners on Main in OOE. "We want our new neighbours to know about this choir" says Pollock, a founding member of the Chorale, "because we know there is a strong and creative musical community in OOE".

Rideau Chorale treasurer, Donna Walsh, is one of those moving east this year. Switching neighbourhoods is not the only change she is making. "I sang alto previously," says Walsh, also a founding member, "But this year I



SUPPLIED IMAGE

Pictured left to right are two of the featured soloists who will headline the Rideau Chorale's Mozart concert scheduled for early April: Isabelle Lacroix (soprano) and Dillon Parmer (tenor).

decided to challenge myself musically. I now sing tenor."

Lawrence Cumming, also a tenor, has already made the move to Old Ottawa East. Another early member of Rideau Chorale, Cumming took a short break last year and is glad to be back.

"I love to sing, particularly with others," says Cumming. "Group singing improves mood, creates a sense of belonging, lowers blood pressure – all kinds of good stuff."

Pollock agrees. "Singing? With others? What's not to like?"

In its short history, Rideau Chorale has undertaken some of the most challenging classical pieces, including Orff's Carmina Burana, Fauré's Requiem, Handel's Four Coronation Anthems, and Vivaldi's Gloria. In both 2017 and 2018, the Chorale's performances of Handel's Messiah were sold out.

"I'll admit there have been moments I wondered if I'd ever master certain passages," says Walsh. "But Roland has these creative explanations that just seem to carry us along."

Rideau Chorale will perform Mozart's Requiem twice. A daytime April 4th concert is the choir's first educational initiative. "A number of local schools have already confirmed their attendance," says Cumming, "but there's still room."

The second performance is the evening of April 5th. As with other concerts, the Chorale will be joined by soloists and a small orchestra. Roland Graham, also an accomplished pianist, will perform Mozart's Piano Concert No. 20.

"Mozart's Requiem was commissioned by a wealthy music lover in remembrance of his wife, who died at just twenty-one," says Pollock. "It embodies the longing and sacred pleas of early music. Whatever your beliefs, this is beautiful music."

"I hope our new neighbours will join us for these concerts," says Pollock. "It'll be a great chance to meet and share our love of music."



Janice Manchee sings tenor with Rideau Chorale. Information about Rideau Chorale, its upcoming performances and ticket sales can be found at rideauchorale.org or by calling 613-263-0637.

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LORNE ABUGOV PHOTO

OOE residents Melinda Newman (left) and Diane Cartier of the Ottawa Golden Cleats women's 50+ soccer team travelled to Honolulu, Hawaii recently for a soccer tournament. Read the feature story in the April issue of *The Mainstreeter* and online at www.mainstreeter.ca.

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CAG's Winter Party in the Park was a great success

ASHA BRUCE

Brantwood Park drew crowds of neighbours for the annual Community Activity Group (CAG) Winter Party in the Park and Soup Cook-off on Sunday afternoon, January 13. Thanks to many volunteers, sponsors, chefs and organizers, the event was a huge success and many who attended embraced the cold weekend temperatures, which only made the skating and sledding that much better.

Some of the highlights of the event included horse-drawn sleigh rides throughout the park – always a hit for kids and adults alike, sledding down the hill next to the field house, and skating, racing and playing hockey on the Brantwood rink.

In the midst of all the fun, visitors roasted marshmallows and warmed up by the rink-side fire before resuming their skate. For those who truly needed to warm up – or who simply preferred the indoors, there was hot chocolate and cider (new this year!) to be had in the fieldhouse, along with hot dogs and a variety of cookies served by our volunteers.

The annual soup cook-off was extremely popular, and enthusiastic taste-testers made short work of the



JIM LAMONT PHOTO

The sleigh ride is always a highlight of the CAG Annual Winter Party in the Park at Brantwood.

soup. The competition ended in a close contest with some voters indicating that they loved both soups and wished they could vote twice. Carol Anne Owen won the cook-off with her Vegan Curried Cauliflower Soup and earned a CAG gift and bragging rights for first place! Runner up (and still delicious) was a Curried Carrot Soup, the creation of Alexandra Gruca-Macaulay.

CAG thanks its community partners who helped make this event possible, including City of Ottawa, The Regional

Group – Greystone Village, Domicile – Corners on Main, Sandy Hill Community Health Centre, Ottawa Physiotherapy and Sports Clinic, Watson's Health and Wellness, The Green Door Restaurant, and Diane and Jen Realty.

CAG also thanks the large team of volunteers for braving the cold with hot chocolate, cider, cookies and enthusiasm –without the following there would be no event: Jim and Marina Lamont, Myrna Grandbois, Lynne Byford, Kaeli Van Regan, Carol Anne Owen,

Alexandra Gruca-Macaulay, Lucianne Poole, Trevor and Lisa Sabean, Fay Wu, Patrick Burt and Tera Winters. Thank you all for everything you contributed to the party and to the community.



PLEASE EMAIL ADMIN@OTTAWAEASTCAG.CA TO LEARN HOW YOU CAN GET INVOLVED.

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Living our faith beyond the walls of church

ANNE LOUISE MAHONEY

For hundreds of years, churches have been places of sanctuary – somewhere you can go to sit quietly, pray, warm up, rest or just let your mind wander. Even today, refugees can claim sanctuary in a church to avoid or delay deportation. Within these peaceful buildings, the noise of the world is muted. For a while, we can forget about the needs of those outside its walls.

Over at Canadian Martyrs parish, we certainly enjoy gathering once (or more) every week to celebrate our faith. But at the end of that celebration, we are sent out into the world to live – each in our own way – what we have just heard and proclaimed, within our family, neighbourhood, school, or workplace.

The parish as a whole has a responsibility to serve our sisters and brothers beyond the walls of the church, too. That includes supporting not only the Church here in Canada and around the world, but also a range of local initiatives. Here are some recent issues we at Canadian Martyrs have addressed:

Refugees: Over the past few years, partnering with Sagrada Familia parish, we sponsored two families from Syria:

a couple with five children, and a newly married couple. All are doing well! We have started the process to sponsor another family of four. We also support Carty House, a residence for refugee women.

Life at all its stages: Birthright Ottawa, Campaign Life Coalition, Miriam Centre, Youville Centre, and Hospice Care Ottawa care for people at various stages of life's journey, which is important to us.

Those who are struggling: We support a range of organizations – the Shepherds of Good Hope, Society of St. Vincent de Paul, Sunday suppers at St. Margaret Mary parish (Old Ottawa South), Waupoos Foundation, St. Brigid's Summer Camp, Jericho Road Ministries – and help people who come to our door.

Work that promotes justice and equality: Many local and international groups work for justice in our midst. Among those we sponsor are Multifaith Housing Initiative, L'Arche Ottawa, Development and Peace (the Church's official development organization), the Centretown Churches Social Action Committee and the Centretown Emergency Food Centre.



SUPPLIED PHOTO

Canadian Martyrs parishioners have a responsibility to live their faith beyond the doors of the church to help those in need.

In the end, we're all one family, one community. We always welcome new parishioners who want to join us in building a stronger community.

Anne Louise Mahoney is chair of the communications committee at Canadian Martyrs parish.

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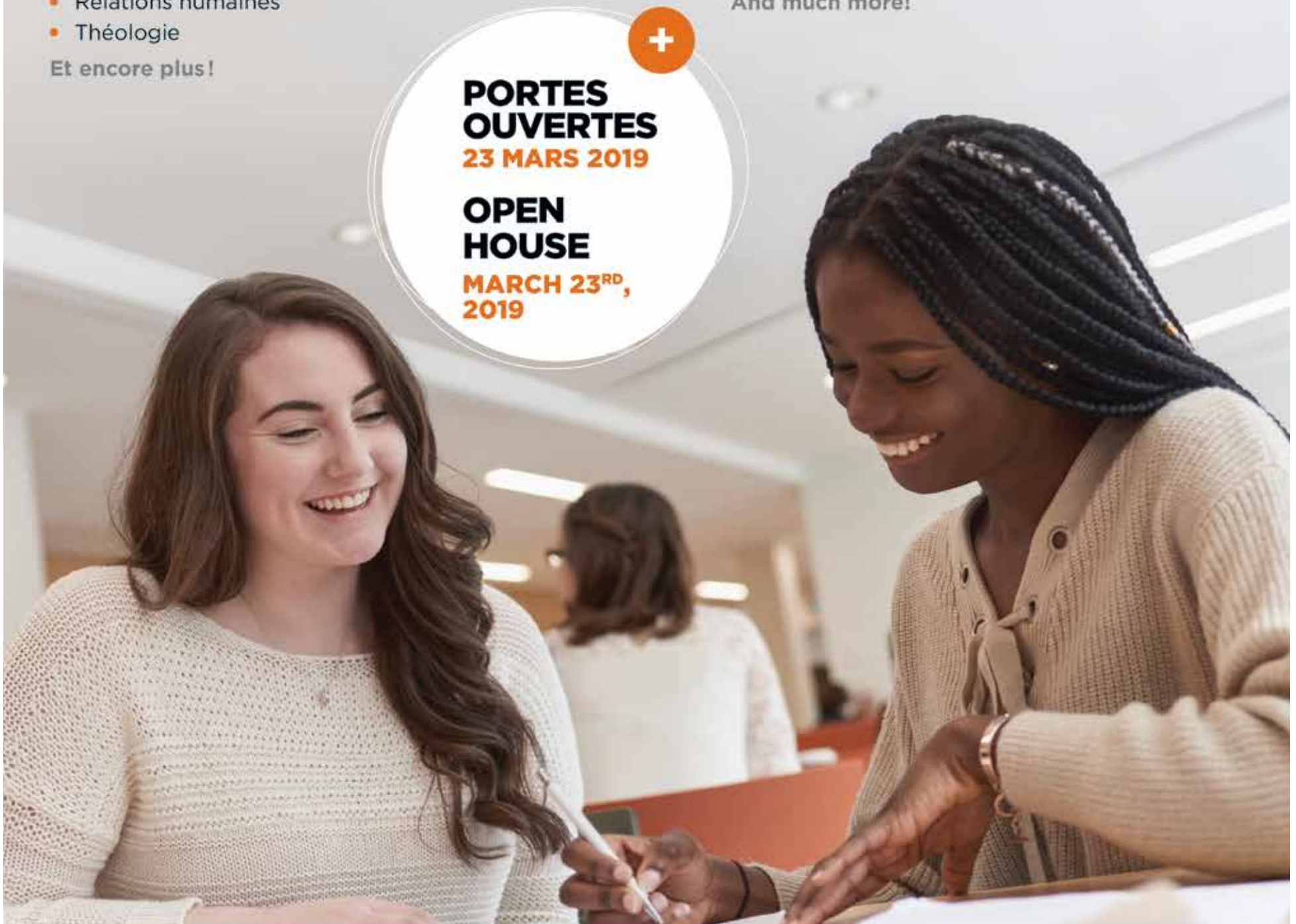
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