

MAINSTREETER

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

AUGUST | AOÛT 2019

SPAN-TASTIC!



PETER CROAL PHOTO

In this stunning nighttime picture, Peter Croal of *The Mainstreeter* captures the new Flora Footbridge and its reflection lit up in the waters of the Rideau Canal.

FLORA FOOTBRIDGE OPENING COVERAGE

pages 19 - 21

City Council turns deaf ear to residents

NINE STOREYS APPROVED FOR GREYSTONE

Community plans to appeal

As The Mainstreeter went to press, the Old Ottawa East Community Association announced a Special General Meeting on August 27th to seek funding authorization to appeal the City of Ottawa's approval of a nine-storey residential building at 10 Oblats Avenue. The City's ruling outraged members of the community who attended Council's meeting to oppose the request by the Regional Group. Ron Rose was at the meeting and filed the following report.

RON ROSE

The presence of 40 Old Ottawa East residents resplendent in lime-green t-shirts were not enough to prevent the City of Ottawa's Planning Committee from approving construction of a nine-storey building in front of the Deschâte-

lets building.

On June 27th, by a vote of eight to one, the Planning Committee approved a request from the Regional Group to build a nine-storey building at 10 Oblats Avenue, in front of the existing building belonging to the Sisters of the Sacred Heart of Jesus, between Main Street and the Deschâtelets building. Regional had originally secured OOE community support by pledging that the height of the building in question would be only six storeys.

At the same meeting, the Planning Committee also approved a change to the City's Official Plan that will permit buildings of up to nine storeys anywhere in the rectangle of land from Main Street to the Rideau River, between Oblats Avenue and Hazel Street. The vote was also eight to one in favour of the change to the Official Plan.

The lopsided votes came despite the

presence of 40 OOE residents who attended the meeting to express their opposition to Regional's request, decked out in vibrant lime-green t-shirts emblazoned with the declaration "Respect approved plans". Seventeen of those residents addressed the Committee, arguing that the proposed changes went against the expressed desires of the OOE community.

These presentations were supplemented by other residents who had previously filed written submissions to the Committee, also opposing the proposals.

Prior to the Planning Committee's vote, Capital Ward Councillor Shawn Menard delivered a presentation in strong opposition to the developer's proposals, but he wasn't able to vote on the motion as he is not a member of the Committee. Councillor Menard

**Special General Meeting
of the Old Ottawa East
Community Association,
Tuesday, August 27, 7:00
- 9:00 p.m. Old Town
Hall, 61 Main Street**

A Special General Meeting is being held to seek authorization for the expenditure of up to \$5000 of community association funds to support the appeals that have been launched by the Old Ottawa East Community Association to the recent City of Ottawa decisions for the 10 Oblats property, i.e., Official Plan Amendment 228 (By-law 2019-257) and Zoning By-law 2019-258.

Continued on Page 15



PETER CROAL PHOTO

Team Watson had another tremendously successful day of fundraising on Main Street on June 1st during the "Lemonade Standemonium" event. Combined with the matching contribution from Watson's Pharmacy, the youngsters raised a total of \$5,260 for the Ottawa Regional Cancer Foundation!



LORNE ABUGOV PHOTO

The 14th Mason Terrace Street Party was another "good time had by all" event, as witnessed by the most festive cakewalk ever. Organizers handed the Candlelighters Ottawa branch a cheque for \$200 from proceeds, and the sumptuous homemade cakes made choosing a favourite a challenge for these happy street partygoers.



JOHN DANCE PHOTO

The Main Event in June was a great success despite the rain. The BBQ team chefs were, from left, Ron Rose, Eleanor Rose, Jen Abma, Bob Gordon, Mackenzie Power, Andrew Power, Wendy McRae, Sue Beattie, Lynda Colley and Denise Inglis.

Neighbours, School Board appeal heard

Planning board verdict pending on Mac field lighting restrictions

ALEXANDRA GRUCA-MACAULAY

In an eight hour long marathon session, the Ottawa Catholic School Board's (OCSB) appeal of lighting restrictions at Immaculata High School's sports field was argued on July 2 before a provincial Local Planning Appeal Tribunal (LPAT) panel. Following the hearing, LPAT Tribunal Chair Sharyn Vincent reserved decision on the case to a future date.

Time limits on the use of lighting for soccer games conducted on the new turf field by the Ottawa Footy Sevens (OF7s) commercial organization, were imposed last August by the City's Planning Committee through an amendment to the property's Site Plan Control Agreement. The time restriction, which required that lights on the field be turned off at 9 pm on weeknights and 10 pm on weekends, rather than 11 pm on both weeknights and weekends as originally agreed under contract by the Board and OF7s, was the only issue before the LPAT panel for determination.

Tim Marc represented the City and Chris Rootham acted for the OCSB at the LPAT hearing which featured sworn testimony by all witnesses and participants. Key witness for the City was Doug James, a senior staff planner, while Fredrick Chrystal, Director of Facilities at the OCSB, was the primary witness for the Board.

Strenuous objections

Despite strenuous objections from the Board's lawyer, Phyllis Odenbach Sutton, President of the Old Ottawa East Community Association, and Hanya Soliman, a homeowner residing adjacent to the field, were granted participant status at the appeal, as was Chris Surgeoner, President of OF7s.

Through questioning of the Board's witnesses, Marc sought to establish a timeline of events that led to an agreement with the OF7s. Speaking for the Board, Chrystal indicated that the OF7s approached the school about the project in November 2016. To Marc's question, "when did you sign your agreement?", Chrystal replied, "I do not recall." Several times during his testimony, Chrystal asserted that the OCSB had consulted with the community, and he noted a public session had been held at the school in March 2018. When shown a letter sent by Norma McDonald, then principal of Immaculata, announcing on February 14, 2018 that "an agreement had

been reached" with the OF7s, Chrystal responded that he did not recall having seen the announcement. When asked if he recalled when the agreement was signed, Surgeoner responded, March 23, 2018, and he acknowledged further that working agreements had been signed earlier.

During her testimony, Odenbach Sutton provided the accurate date of the public information session as April 12, 2018. Her evidence showed that the Board's deal with OF7s was, in Marc's words, a "fait accompli" before the public became aware of it. This conclusion led him to ask Chrystal, "did you not think to consult with the community or even your own elected board members?", to which the Board's witness responded that the Immaculata field project was an "internal matter between the OCSB and the OF7s."

Negative impact

At one point in the hearing, the City's lawyer asked, if weather conditions allowed, "could the OF7s operate the field on Christmas Day?"; Chrystal responded "yes" to that question, and to the subsequent question regarding operations on Good Friday. In his testimony, Surgeoner affirmed, "if there [had been] any suggestion of restricted hours" when the OF7s approached the school board then the project would not have gone ahead.

Given her chance to participate before the LPAT panel, Soliman described how for a decade she had known and accepted that she was living next to a high school field. She told the panel that throughout that time period, she could sleep with the blinds open, and have summer dinners in the backyard. She testified that "now, since last September, none of this is possible." According to Soliman, referee's whistles, sporadic shouts from upwards of 45 adults on the field every hour, and the glare of sports lights until 11pm have combined to severely restrict Soliman's peaceful enjoyment of her property and have negatively impacted her ability to sleep. When the Board's counsel sought to clarify the distance between Soliman's home and the field, she responded: "3.5 metres to the track, and approximately 7 metres from the side of the house to the soccer nets."

In presenting the Board's case on ap-

peal, Chrystal asserted that the Immaculata field should be treated equitably, just like the lit artificial turf sports fields at the Minto Recreation Complex in Barrhaven, and the Matt Anthony field at the University of Ottawa (U of O) Sports Complex. In response, the City's lawyer entered into evidence land title documents that show that residents who purchased next to the new field in Barrhaven had to acknowledge a covenant on title that advised that there may be late night sports activities adjacent to their properties. By contrast, the long-established neighbourhood surrounding Immaculata was constructed years before the school took ownership, and residents had no such forewarning. Under questioning from the Board's counsel, City plan-

ning staffer James explained that whereas "zoning is a blunt instrument," site plans "finely integrate" the zoning with surrounding land uses and help to ensure that any land use co-exists with surrounding properties without causing "undue adverse impacts." In his opinion, "turning out the lights," at Immaculata, "would help with compatibility," between the operations of the OF7s and the abutting residential neighbourhood.

In his closing remarks, the City's lawyer emphasized that throughout the lengthy day of evidence presented, not once did the OCSB suggest, "that the concerns expressed by Ms. Soliman are not real."



ALEXANDRA GRUCA-MACAULAY PHOTO

Another evening of late night Ottawa Footy 7s soccer unfolds at the Immaculata turf field as neighbours and the Ottawa Catholic School Board await the ruling on lighting restrictions from the Local Planning Appeal Tribunal.

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Main, Hawthorne, Greenbank redesign

Major road work, disruption begins next year

SCOTT MCANSH

More road work is coming to Old Ottawa East. The City is finalizing plans to redesign the north end of Main Street, Hawthorne Avenue, Greenbank Road, and many adjacent side streets. An initial public information session was held on June 18th at Saint Paul's University setting out the preliminary design for the streets. The City had already held two public advisory sessions for community stakeholders.

More than 60 people attended the public information session and directed many comments and questions to the City staff and consultants on hand. The City will take those comments and come back to the community this Fall with a more detailed design.

The preliminary plan foresees a road redesign of Hawthorne Avenue, Main Street north of Hawthorne, Greenfield Road, and many of the side streets off Greenfield. There will be changes to the water and sewer infrastructure, and many of the streets will have cycling infrastructure added. The plans include

a westbound bike lane on the north side of Hawthorne, cycle tracks on both sides of Greenfield and on Main, and a two-way multiuse path along the east side of Colonel By Drive from Graham Avenue to Hawthorne.

The bike lane on Hawthorne will be similar to the path on Laurier Avenue, bounded by concrete barriers. City staff advised that a full cycle track is not possible on Hawthorne due to the substantial water main that runs under that road. Cyclists will be expected to use Graham for eastbound trips, and the new multi-use path along Colonel By is intended to allow cyclists to safely complete the trip to the Pretoria Bridge.

A proposal that drew some concern at the session was the plan to remove the left turn lane from Greenfield to Main. There were many in attendance who said that the removal of that lane would create large traffic backlogs at that busy intersection.

Jonathan Knoyle, the Program Manager for the project with the City of Ottawa, said that the feedback the City received from the first two public advisory ses-

sions was very useful. He has found the community to be cooperative and easy to work with and notes that the City got good value from those sessions. Many more comments made at the Saint Paul's public information session could also impact the plan, according to Knoyle.

Capital Ward Councillor Shawn Menard attended the public information session and indicated that he was happy with the progress of the project thus far. He said that his office has been in constant contact with the project team and he has found them receptive to concerns that he and his staff have raised, including issues like cycling connections and the protection of important trees in the neighbourhood. Menard says there is still more work to be done, including connecting the bike infrastructure on Main Street and burying the hydro lines on Hawthorne Avenue. While there have been productive talks with City staff on burying hydro wires, Menard considers it unlikely to be incorporated into the redesign plan for the streets due to the cost of the procedure.

Prolonged discussion took place

around the planned replacement of the highway bridges at Main and the Canal. The Ministry of Transportation is in the early stages of planning those bridge replacements and consideration has been given to the Ministry possibly buying or expropriating properties at either end of Hawthorne. The City says that is one reason why there are no current plans for the redesign of Main from Hawthorne to Harvey Street. That stretch of Main under the highway is relatively narrow, and the City is in early talks with the Ministry about acquiring some land for the roadway when the bridge replacement is complete. That project is not set to begin until 2025, so there will be a gap in the cycling infrastructure on Main for some time.

Concerns about the dangerous intersection at Main and Hawthorne are also expected to be addressed in the context of the redesign plan for these streets (see article at page 10 of this issue). "This is a difficult intersection; there's a lot going on, and a lot of people and cars are using it," explained Councillor Menard. "The bollard (traffic barrier) was an important immediate step we could take to add more protection for pedestrians, but it's not a long-term solution."

"In the coming years, that intersection will be re-designed as part of the re-construction of Hawthorne, Main and Greenfield. We are working with city staff to make sure that the new design will prioritize safety of vulnerable road users. In the meantime, we will keep looking into temporary measures to keep people safe," Menard told *The Mainstreeter*.

The timeline for the project is to develop a detailed design plan in the Fall and to finalize the plan over the Winter. Construction north of the highway, including work on Main and Greenbank will begin in 2020 and likely run into 2021. The work south of the highway, including Hawthorne and Colonel By, will begin in 2021. The City is expecting to complete the project by the end of 2022. So get ready for more road disruption in the community.



CITY OF OTTAWA

An artist's rendering of what the redesigned Hawthorne Avenue could look like following completion of the upcoming construction.



CITY OF OTTAWA

Greenfield Avenue will take on a new look with wider sidewalks and cycling lanes in the works.

Lansdowne Park – what now?



PETER FOWLER PHOTO

Lansdowne Park's Aberdeen Pavillion shimmers in the lights of an Ottawa winter's evening. Consultations currently underway will help to determine Lansdowne's next stage.

JOHN DANCE

With the opening of the Flora Foot-bridge, Lansdowne Park just became more than a noisy, somewhat distant neighbour for Old Ottawa East.

Now that the renovated park is within easy walking and cycling distance, the future of Lansdowne has become important not just for residents of the Glebe and Old Ottawa South but for those of Old Ottawa East too.

The RedBlacks, Fury and 67s games, cinemas, stores, restaurants and the urban park on the Lansdowne site are now readily available to OOE residents, but this new-found ready access is set against the backdrop of the City and the Ottawa Sports and Entertainment Group (OSEG) – the operator of much of the park – trying to figure out how Lansdowne can generate greater revenues.

And it's also in the context of Councillor

Shawn Menard's view that the park's vision needs to be changed so it becomes a "place for people ... for families" rather than being "a place of big events and bigger festivals."

"More money needs to come into Lansdowne Park to have the redevelopment deal pay off for city hall and its business partner," reported the Ottawa Citizen's Jon Willing in March. The original deal between the City and OSEG foresaw the City receiving \$62 million of net revenues over the course of the 30-year agreement but now the forecast is that the City will receive nothing. Similarly, OSEG's revenues are forecast to be less than planned.

In April, OSEG committed to complete a "strategic review" to, as Willing described it, "stabilize the financial distribution scheme called the 'waterfall,' which sets the order in which the cash is distributed to the two partners." The review was to be completed for the City to consider by June 30 but, as of this writing, it remained unavailable. Furthermore, there has been no consultation with the surrounding communities during the course of the review.

Meanwhile, Menard has promoted a new vision for the park that would "close off the grounds entirely to cars (except to access the parking garage)," while providing more pedestrian space.

Another of Menard's proposals is to "animate Aberdeen Square," which is the plaza area to the north of the Aberdeen Pavillion. In July, perhaps following up on this proposal, the City and OSEG launched

a survey asking the public for their opinions on how to "further enhance Aberdeen Square ... to host community and special event programming."

But this survey seemed to come out of the blue – it had not been raised with the newly constituted Lansdowne Community Consultation Group, and, as noted by Sarah Viehbeck, president of the Glebe Community Association (GCA), "How does all of this fit into a work plan for Lansdowne? What problem are we trying to solve and at whose definition?"

GCA has raised a series of questions about ongoing operations and the future of Lansdowne Park and, thus far, no answers have been forthcoming from the City. For instance, GCA has asked, "Why are more events considered to be the preferred strategy to increase profits by OSEG? Will this contribute to improvements in the City's financial return? Is Lansdowne a good deal for the taxpayers of Ottawa? On what evidence is the City making this assessment?"



Richard Cundall represents the Old Ottawa East Community Association on the Lansdowne Community Consultation Group and he may be con-

tacted at lansdowne@ottawaeast.ca for residents who have questions, concerns, recommendations or suggestions about ongoing operations of Lansdowne and the future of the park.



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Ottawa Centre's federal voting history:

Red or orange with a blue tinge

JOHN DANCE

In the last federal election, the riding of Ottawa Centre had the greatest voter turn-out of all 338 ridings in Canada, as Liberal Catherine McKenna won against the late Paul Dewar, a well-respected New Democrat who had held Ottawa Centre the previous three elections.

So come this election day, October 21, will Ottawa Centre voters again turn out in droves and contribute to either changing or maintaining the current federal government?

As of July 13th, McKenna was slated to face three main challengers: Carol Clemenhagen, Conservative; Angela Keller-Herzog, Green; and Emilie Taman, NDP. In addition, Merylee Sevilla has declared for the People's Party of Canada and Adam Rolston will represent the National Citizens Alliance.

Over the half century that Ottawa Centre has existed as a federal riding, basically with the same boundaries as it now has, there have been 16 federal elections. The Liberals have dominated by winning 10 times, the NDP five times

and the Conservatives once. But over the last 20 years, the NDP has the edge, winning four of the seven elections.

"The Ottawa Centre riding covers most of downtown Ottawa, including the Parliament Buildings," notes Wikipedia. From the Rideau River, the riding stretches west encompassing the communities of Centretown, Little Italy, LeBreton Flats, Mechanicsville, Hintonburg, Westboro, Civic Hospital, part of Carlington, the Glebe, Old Ottawa South, and Old Ottawa East.

Over the years, parts of Old Ottawa East have been shuffled in and out of the riding as redistribution has required adjustments, but now OOE is entirely encompassed within the Ottawa Centre riding.

This election, voters will mark a newly-designed ballot that is two inches wider to improve handling. "We have also made the background grey instead of black, increased the font sizes and substituted dots with dashes—all to improve readability and optical character recognition (OCR) by screen readers," says Elections Canada.

Another improvement is extended hours at all advance polls, and there will be more advance voting sites, although as *The Mainstreeter* went to print, related details were not available.

One final note on the Ottawa Centre riding: it has the highest percentage of master's degree holders in all of Canada (12.7%), or so says Wikipedia.



In the pre-election October issue of The Mainstreeter, candidates will be invited to provide a written answer to the question of "Why should voters of Old Ottawa East cast their ballot for you in the upcoming federal election?"

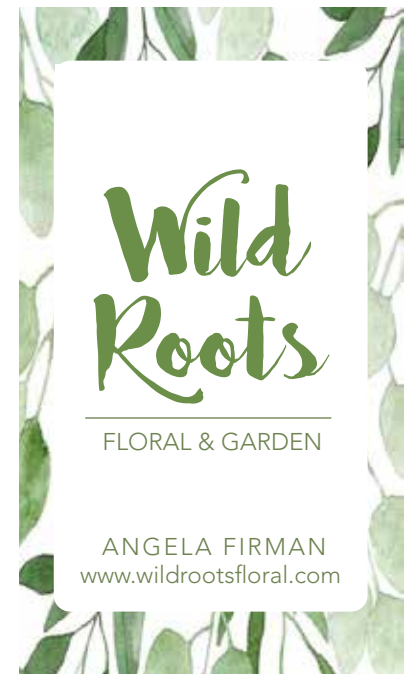
Parliament	Years		Member	Party
Ottawa Centre <i>Riding created from Carleton, Ottawa West and Ottawa East</i>				
28th	1968–1972		George McIlraith	Liberal
29th	1972–1974		Hugh Poulin	
30th	1974–1978		Robert de Cotret	Progressive Conservative
	1978–1979			
31st	1979–1980		John Leslie Evans	Liberal
32nd	1980–1984			
33rd	1984–1988		Michael Cassidy	New Democratic
34th	1988–1993		Mac Harb	Liberal
35th	1993–1997			
36th	1997–2000			
37th	2000–2003			
38th	2004–2006		Ed Broadbent	New Democratic
39th	2006–2008		Paul Dewar	
40th	2008–2011			
41st	2011–2015			
42nd	2015–present		Catherine McKenna	Liberal

Wikipedia

Over Ottawa Centre's 50-year history the Liberals have won 10 elections, the NDP five and the Conservatives one.

**Candidate's Debate –
Wednesday, September
25, 2019; 7:00 p.m.,
Glebe Community
Centre 175 Third
Avenue**

Old Ottawa East Community Association and sister community associations are sponsoring a federal candidate's debate. Candidates of the four major parties contesting the election in the Ottawa Centre riding have confirmed their participation. Doors open at 6:30 p.m. and the debate kicks off at 7:00 p.m. "Arrive early, as big crowds are expected," says organizer Jack Hanna.



Joel Harden

MPP, Ottawa Centre



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Councillor Shawn Menard: Shawn.Menard@ottawa.ca

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

Community Police (for non-emergency concerns): 613-236-1222 x5287 or huntmr@ottawapolic.ca

Old Town Hall: 613.627.0062

Opinion

Imperfect pitch:

The Ottawa Catholic School Board gave away too much

THERESA WALLACE

When Ryan Lum comes home to Ottawa for the holidays, he likes to drop in at his old schoolyard. When he strolled by last December, the field was locked.

“The whole experience of seeing the high fences and 24-hour video surveillance sign was shocking,” said the 30-year-old Immaculata High School alumnus and founder of its environment club.

It's never a good feeling being locked out of your own schoolyard. What makes it even harder to accept for the Immaculata community is that the fences, padlocks, and unfriendly signs at Mac are the result of a first-of-its-kind deal in Ottawa: one between a school board and a private partner licensed to make money renting out a school field on a per-hour basis outside of school hours.

Rumours swirling

For years, schools have rented their gyms and fields to Brownies, Cubs, and community groups for a reasonable fee. But this deal is quite different. Under the terms of the 21-year agreement, the Ottawa Catholic School Board (OCSB) has licensed the Immaculata field to an adult-league soccer field rental company in exchange for that company upgrading and maintaining the field for free. And what do the students get? On school days until 6 p.m. and for occasional special events outside those hours, students can use their field. And it's a nice one: a bright green artificial turf field with pristine white lines.

In late February 2018, rumours started swirling through Old Ottawa East about the coming changes. And then came the confirmation that the OCSB had already made a deal — without consulting the community. Neighbours watched in dismay as the company's contractor ripped up the grass and installed artificial turf, lights, and fencing. The long side of the playing field butts up against streets that dead-end at its edge, and several residents can reach out from their porches to touch the fence, which is a few feet from the track that encircles the field.

The company runs three simultaneous hour-long games of seven-on-seven adult soccer played across the width of the field from 6 p.m. until



JOHN DANCE PHOTO

Three soccer games per hour from 6 p.m. until 11 p.m. on weeknights, as well as on weekends. That's 42 players an hour, three refs, and lots of whistles. It makes for an uneasy relationship with neighbouring homeowners who voiced their displeasure recently before the Local Planning Appeal Tribunal.

11 p.m. on weeknights, as well as on weekends. That's 42 players an hour, three refs, and lots of whistles. High-intensity, rip-roaring fun — but shoehorned into the wrong space.

Board defiant

City staff belatedly realized a new site plan agreement was needed by the school board and should have been submitted to the city before construction began. In an attempt to address residents' concerns, staff proposed the lights on the field be turned off at 9 p.m. on weeknights and 10 p.m. on weekends. In August 2018, the city's planning committee reviewed and approved the site plan agreement, including the earlier lights-out requirement.

Defiant and unrepentant, the school board instructed the prominent law firm handling this deal for them to fight the restriction on hours.

School boards are property tax exempt, but according to councillor Shawn Menard, the city has asked the provincial Municipal Property Assessment Corporation (MPAC) to assess property tax on the OCSB because of the private business being operated on the Immaculata property. Anticipating this possibility, the soccer company's contract with the OCSB includes provisions to reimburse the school board for any property taxes it may have to pay. MPAC is still reviewing this request.

Complaints filed

Two Old Ottawa East residents have filed separate complaints regarding the Immaculata field with the office of the provincial ombudsperson. One complaint alleges the board may have violated its own procurement policy in making the deal. The second complaint alleges the board used the Community Hubs Capital Fund to finance the track without the public consultation and transparent process required to access this provincial seed money.

A good public school is a hub where students and neighbours gather, sometimes spontaneously, and is sensitive to its neighbourhood. The OCSB is now reviled by some in the community.

I don't feel that blood-boiling anger — just the sadness and disappointment one experiences when betrayed by an old friend. The Immaculata mantra when my three kids went there was “respect.” That seems ironic to me now.

If you live close to an Ottawa high school, beware. If you are a Catholic ratepayer — I'm not anymore — you may want to question your trustee. If you live in or visit Old Ottawa East, or if you're a future, current, or former Immaculata student who likes to play sports in your schoolyard outside school hours without paying a private company, you're out of luck.

[A version of this opinion feature was first published in the Spring real estate issue of *Ottawa Magazine*.]

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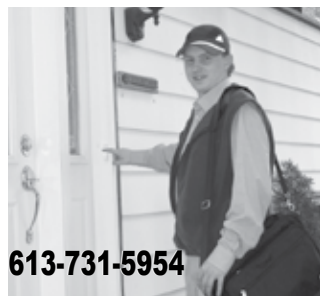
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New community cycling routes opened, others planned

JOHN DANCE

The Light Rail Transit (LRT) system hasn't launched yet but an adjacent multi-use pathway (MUP) has just opened that will provide quick, safe access from Old Ottawa East to the Laurier Avenue bike lanes. The City is also proposing better cycling links from Pretoria Bridge to the O'Connor Street bike lanes.

The new MUP runs parallel to the eastern side of the LRT route, connecting Lees Avenue LRT station to the VIA/Tremblay Road station and to the University of Ottawa (uOttawa) LRT station just to the east of the Corktown footbridge. By the end of the summer the route will be extended to the Laurier Avenue bike lanes.

The MUP connects to the Rideau River Eastern Pathway and to the Western Pathway in Old Ottawa East. The Western Pathway's new switchback and underpass between the Lees Avenue campus of the uOttawa and the Lees Avenue towers provides access to the MUP.

Although there are stairs to the MUP at Lees Avenue, cyclists travelling on Lees will need to detour into the Lees Avenue uOttawa campus to access the LRT MUP, but this is readily done at the rear of the campus's western parking lot near the switchback.

As cyclists travel south across the LRT river bridge, they pass under the new Hurdman LRT station as they proceed towards the VIA/Tremblay Road station. Much of the new MUP's landscape on the eastern side of the Rideau River has been well-naturalized and it provides a striking setting for the modern LRT station



JOHN DANCE PHOTO

A cycling tour recently explored the new LRT multi-use pathway in Old Ottawa East.

architecture.

As reported in an earlier issue of *The Mainstreeter*, convenient and safe cycling linkage of Pretoria Bridge to the O'Connor Street cycling lanes has been lacking.

The City is now proposing that cyclists proceeding west from Pretoria Bridge would travel from the Canal along Catherine Street directly to O'Connor Street.

However, cyclists going in the opposite direction would be required to proceed east on Argyle Avenue, past the YMCA, to a contra-flow cycle track on Metcalfe Street and then east on Isabella Street.

This eastbound routing proposal was not well-received by OOE cyclists. "That eastbound loop seems very complicated as a way to save going one extra block on Isabella," says Don Fugler, a keen OOE cyclist. "My guess is that it would be rarely used. I would rather have a painted bike lane on the south side of Isabella for those two blocks."

"Unfortunately due to property constraints and the location of the hydro

poles on Isabella, an eastbound cycle track on Isabella is not feasible at this time," *The Mainstreeter* was told by City staff. "However, the City is reviewing the Undergrounding Policy, which deals with when the City buries utilities, during

this term of Council. Construction will not take place for several years and we will review this corridor for new opportunities for cyclists once the policy has been updated."



JOHN DANCE PHOTO

The new links along the LRT route will offer some safe and striking settings for cyclists.

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Traffic barriers take a hit at dangerous intersection

JESSICA JEPP

Just a few weeks after they were installed at the south-west corner of Main Street and Hawthorne Avenue, traffic barriers intended to prevent vehicles from mounting the curb were hit countless times by vehicles and broken. They have now been replaced.

The City installed the barriers after feedback from concerned neighbours and at the urging of Old Ottawa East's Councillor Shawn Menard.

The south-west corner has a very shallow setback, and many vehicles, including city buses, routinely mount the sidewalk as they turn right onto Main Street. The intersection is a busy one during rush hour and many drivers do not stop as they round the corner, thereby endanger-

ing pedestrians.

Installed quickly in response to community concerns brought by Councillor Menard to City planning staff, the barriers were seen as an interim safety step. The recent evidence of damage to the barriers, however, indicates that the intersection requires further intervention.

"The bollard was an important immediate step we could take to add more protection for pedestrians, but it's not a long-term solution," noted Councillor Menard. In the coming years, that intersection will be re-designed as part of the re-construction of Hawthorne, Main and Greenfield. We are working with city staff to make sure that the new design will prioritize safety of vulnerable road users. In the meantime, we will keep looking into temporary measures to keep people



JESSICA JEPP PHOTO

Traffic safety barriers installed at the south-west corner of Main Street and Hawthorne Avenue proved no match for vehicles such as the one pictured here which repeatedly crushed the barriers and often mounted the curb.

safe."

During their short lifespan, the traffic

barriers alerted pedestrians to exercise caution waiting at the intersection, and encouraged drivers to take a wider turn around the corner.

However, the barriers did not resolve the systemic safety issues at the corner. The sight lines make it difficult for drivers turning right onto Main Street to see pedestrians crossing until they are already around the corner, and the shallow setback forces pedestrians to stand close to the edge of the sidewalk while waiting to cross the street. In addition, the relatively narrow lanes mean that drivers turning right are often squeezed onto the sidewalk to avoid vehicles coming through the intersection in the centre lane, particularly in winter when snow accumulates.

The south-west corner is not the only concern with the Main and Hawthorne intersection. Vehicles travelling northbound along Main Street often stop some distance beyond the setback on the south-east side, blocking the sight lines for vehicles travelling southbound on Main and making it difficult for them to turn left onto Hawthorne safely.

Residents concerned about the safety of the intersection, have urged Councillor Menard and the City to consider several next steps to ensure better balance between pedestrian and cyclist safety and fluid vehicle circulation, including:

- Initiate a traffic safety blitz with police for the busy back-to-school season to encourage drivers to obey traffic laws;
- Implement no right turn on a red light, or a protected right turn onto Main Street, until the intersection can be remedied;
- Consult with OC Transpo to solicit feedback from bus drivers on their experience with the intersection; and
- Conduct a study of the traffic/cyclist/pedestrian movement, solicit feedback from cyclists and pedestrians about their experiences at the intersection, and make necessary adjustments to the built environment.

At Saint Paul University:

Community school strikes for climate justice

JOE GUNN

On May 24th, in front of St. Paul University (UStP) on Main Street, in the spiritual and geographical heart of Old Ottawa East, the Centre Oblat – A Voice for Justice helped to organize a gesture of solidarity with the global School Strike for Climate movement, which has been endorsed by renowned leaders across the planet.

The Centre Oblat – A Voice for Justice (Centre Oblat) is a ministry of the Oblates of Mary Immaculate in Canada that was initiated at UStP in mid-February 2019. The aim of the Centre Oblat is to work on issues of poverty in Canada, ecological justice, reconciliation with Indigenous Peoples and just and sustainable extractive industries in the Global South.

Outside the main entrance of UStP, a crowd gathered to listen to music performed by students and to hear remarks from UStP Rector Chantal Beauvais, Professor Heather Eaton, Indigenous Activities Coordinator Sébastien Pilon and student association president Giovanni Aaron. The Centre Oblat's director, Joe Gunn, served as moderator at the 30 minute event.

The School Strike for Climate movement began in late 2018 when the now 16-year-old Greta Thunberg sat in



ÉMILIE GAGNON-CAYA PHOTO

Saint Paul University Rector Chantal Beauvais addresses a gathering outside the Main Street campus on hand to support the School Strike for Climate movement. The support rally was organized by the Centre Oblat – A Voice for Justice.

protest outside the Swedish Parliament. Since then, she has spoken at international climate events, met the pope and other world leaders, and been nominated for the Nobel Peace Prize.

Thunberg has said: "In order to properly address the crisis, we need our educational institutions to be hubs of sustainability that provide learning and teaching to prepare today's students to not only be those that lead a just transition, but to prepare for a changing world..."

May 24th had added importance for the Centre Oblat and for UStP, as it also marked the 4th anniversary of Laudato Si, the Pope's encyclical on the environment. In that document, Pope Francis spoke of his wish for an "integral ecology" that develops environmental sustainability based on increased economic equality and care for the poor – as well as all creation.

A large banner signed by students of UStP throughout the week was later taken to Ottawa City Hall and marched on to Parliament Hill, joining banners

signed by hundreds of student marchers assembling there. After the rally on the Hill, students and their supporters moved on to make their case for increased ambition to the office of Catherine McKenna, federal Minister of the Environment and Climate Change.

Over 2,500 school strikes were registered around the world, and more than 104 in Canada as students demanded climate change action from their governments. Canada's participation comprised about 5% of the global total.



The School Strike Movement is growing by leaps and bounds, with the next School Strikes planned for the September

20 – 27 period. See the "Fridays for Future" website: <https://fridaysforfuture.ca/>. Also, stay tuned to the UStP website for updates. The entire community is welcome to join organizers on the steps of the University again in September.

BUSINESS BEAT

New to OOE:

Right place, right time for SJC Financial

QUINN ABUGOV

As the winds of change blow through Old Ottawa East's Main Street corridor, the rapidly evolving residential and commercial footprint is beginning to attract a variety of unique new businesses to the landscape.

One of the commercial newcomers, SJC Financial, which recently opened at 242 Main Street, offers a la-carte mortgage services to individuals and businesses of all stripes. In a community with both the Corners on Main and Greystone Village developments either constructed or underway, Old Ottawa East and SJC seem like a perfect fit.

SJC offers a wide-range of mortgage solutions and strives to offer packages and options for people of all ages and demographics, a factor that Steven Cleiri, company President and Founder, feels will lend itself well to the diverse mosaic of OOE residents. "With Old Ottawa East, you have a wide variety of people looking for different services. You have the aging folks who are thinking about retirement with considerable equity in their home, looking to sell and make money," says Cleiri. "On the other hand, you have

people coming into the area who are facing challenges getting financing, and we help them out as well. We will always find a solution for our clients."

SJC has relationships with over 60 lenders, an aspect that Cleiri believes allows his company to find the best solution for each of their clients.

SJC offers services for first time home buyers, people looking to refinance their homes and alternative lending options for clients who've had some financial challenges. The company also offers private and construction financing, making it "a truly one-stop shop for everyone's mortgage needs," says Cleiri. He added that SJC's clients can also obtain 8% to 9% yields on real estate assets held in non-registered accounts, RRSPs, TFSA's and RRIFs.

Born and raised in the Alta Vista area, Cleiri has fond memories of Old Ottawa East. "Growing up south of the community, I naturally would drive down Main Street and I always thought it was a great artery for the city. So when I came to this location and decided to pick it up, it just seemed like a natural fit," Cleiri says. "My goal in coming here is to reach out to more people in the community and get them familiar with what we offer."

Cleiri has grown his business from just himself to three agents and a full-time office manager within a short span, and he intends to continue to grow symbiotically with the Old Ottawa East. He welcomes OOE residents to visit SJC's website at <https://www.sjcfinancial.com/> for more information on the company's services, or to drop into the SJC office at



PETER CROAL PHOTO

The staff of SJC Financial are happy to provide a range of financial services to residents and businesses in Old Ottawa East from their new location at 242 Main Street. From left to right, Steven Cleiri, Claudia Etwyse, Hisham Elleithy, and Shaun Stuparyk.

242 Main Street during business hours to speak with Steven or another agent about

the company's specialized expertise and financial products.

Nu Grocery will bring waste free shopping concept to Old Ottawa East

QUINN ABUGOV

Another month, another major business announcement for the Main Street commercial corridor came in July when a much-needed and long-awaited grocery operation was announced for Old Ottawa East and its residents. In an online Twitter challenge, Nu Grocery revealed that it would be opening up a new grocery outlet in Corners on Main this Fall.

Nu Grocery, which has operated a 100% waste-free grocery store in Hintonburg since 2017, intends to bring the same successful concept to Old Ottawa East.

Nu Grocery patrons are expected to provide all of their own containers and packaging, which can be purchased at the store or online. The novel concept has proven popular in other cities across Canada, including Vancouver, Toronto, Waterloo, Montreal and Halifax, as shoppers seeking to contribute positively to the environment feel good about limiting their personal waste.

The grocery store will fill a much needed void for the community. In a series of interviews published in *The Mainstreeter* in 2018, both newcomers to the neighbourhood and experienced real estate agents familiar with the community



indicated that a grocery store in Old Ottawa East was the greatest commercial/retail gap needing to be filled in the community.

While for some residents in the community, a more mainstream grocery chain might have been preferable, Nu

Grocery is expected to tie in nicely to the existing business landscape of Old Ottawa East which features a number of environmentally-conscious retail alternatives. For more information on Nu Grocery, visit the store's website at www.nugrocery.com.

LETTERS TO THE EDITOR

CREDIT WHERE CREDIT IS DUE – PART 1

The Chair of the City's Planning Committee had it ass-backwards in her closing remarks on June 27th when she claimed that Regional's Greystone development was the impetus for major infrastructure improvements in the neighbourhood of Old Ottawa East. In fact, it was the community-led initiatives resulting in the "complete street" (Main Street) and the Flora Footbridge that attracted the developer to the community.

Jan Harder's comments were not only inaccurate, they were also completely inap-

propriate for a Committee Chair, who is supposed to act impartially.

We are an actively engaged community, pushing for improvements before they are on the City's radar. Groundwork for the Flora Footbridge, developed by the community and acknowledged by the Mayor in his bridge opening ceremony remarks, started at least 15 years ago! Let's give credit where credit is due; it's the community residents that have made Old Ottawa East the best in the city, and not the developers.

*Heather Jarrett,
Main Street*

DEMOCRACY SUFFERS WHEN COLLECTIVE VISIONS ARE IGNORED

Participating in our democratic process for the vast majority of community members is a burden because of the time and effort it takes.

The Greystone development is a case in point. Our Old Ottawa East local community created a vision which we all accepted, as were the conditions of housing development to achieve that vision.

Now, as in so many other Ottawa housing development projects, City bureaucrats and elected officials have undermined the values of our community by approving a third party special interest group's application to change the ground rules based not on the community's vision but on a different vision shared by the City and the developers.

This is an essentially unfair and undemocratic competition between the vision of local community members

who successfully managed to collectively express themselves in a most fundamentally democratic way versus professionally-trained employees executing master plans to make a functioning metropolis regardless of what it does to well-established local communities.

The vision we residents of Old Ottawa East share includes a balanced and sustainable community. Development initiatives in future must include an explanation of how new projects further the preservation and growth of our 'sustainable' local economic, social, and natural environments.

If we members of a community can define our own vision, as we did with Greystone, then we become the experts of what we want – not City staff and politicians – and that's democracy in action! To those who stand up, listen, and express our collective voice, thank you as always for all you do.

*Jamie Brougham
Letchworth Road*

CREDIT WHERE CREDIT IS DUE – PART 2

Like many others, we were thrilled that the Flora Footbridge opened in time for the Canada Day weekend. And while it was nice to see news clips of dignitaries reveling because the footbridge opened early and under budget, we feel some 'official' recognition is due Old Ottawa East's unsung hero on this project.

Long before he was president of the Old Ottawa East Community Association, John Dance laboured long and hard for a footbridge. In the early 1980s, he asked the City to move a temporary steel footbridge beside Pretoria Bridge (used during its reconstruction) down to Clegg Street but the City said no. Years of lobbying followed in his attempts to secure endorsements from all levels of government, schools, school boards, community associations and the public.

John would be the first to disclaim any significant personal role. He credits citizens and community associations on both sides of the canal for their support, and politicians, past and present, for securing the funds to build the bridge. However, without his 40 years of dogged determination, the Flora Footbridge might never have come to fruition.

Yes, John has been recognized at meetings, in speeches, on Twitter, Facebook and elsewhere but we feel that some lasting public landmark, such as a plaque on or near the bridge acknowledging his contribution, erected perhaps by the City, would be fitting. A tribute to the power of the individual would be entirely appropriate – an example of what one citizen working tirelessly for years can accomplish.

Thank you, John Dance.

*Lynda Rivington, Belgrave Road
Laurence O'Reilly, Queen Elizabeth Drive*

GETTING THE BRANTWOOD STORY DOGGONE RIGHT

As many residents know a change to by-law request was posted in Brantwood Park recently requesting that dogs be allowed on leash along the river pathway and also be allowed off leash on the ball diamond fields when the fields are not in use. As the person who initiated this request for community consultation, I'd like to correct a number of misleading statements in a petition that was recently circulated and presented at city council against the proposed changes.

The petition states that Brantwood Park is heavily used by local residents and the park should not be re-designated as an off-leash dog park. This statement is highly misleading. Our request was for dogs to be allowed on leash along the river path and only allowed off leash in the ball parks when the fields are not in use. We are requesting shared use of this large green space, being respectful of when

sport teams are playing.

The petition goes on to say the proposal will change the character of what is currently a beautiful clean space and it will infringe on the ability of residents to enjoy our shared space. Well actually, it is not being shared equally at present due to the restriction of the many who would like to walk and play with their dogs there. My way of enjoying Brantwood Park is to walk through it with my dog, which I am not permitted to do at present. With approximately 35% of households owning a dog (Stats Canada), is it not fair that those residents should not also be able to enjoy a small portion of Brantwood Park?

Our proposal was presented in a fair and meaningful way that provided for community input as was requested by the OOECA board. Contrary to what the petition states, the changes to the by-laws requested were not proposed by Councillor Menard, and they were presented in a way that conformed to all the requirements for local community consultation.

*Margaret Vant Erve
Echo Drive*

WHAT IF THEY THREW A PARTY...AND NO ONE KNEW?

I write to both the Glebe Report and to *The Mainstreeter* because I suspect my comments apply to residents on both sides of the Rideau Canal.

This afternoon, Wednesday, June 26, the Flora Footbridge was officially opened. The ceremony took place on the Canal side of the bridge runoff in the Glebe under a couple of marquis.

Some of the neighbours attended because flyers had been put in their mailbox. A lot of the community had no idea of an opening date other than the "tentative" opening mentioned by Councillor Shawn Menard for June 28th.

Those of us who have been party to all the work, disruption, and noise involved in the construction of the bridge, and have had no notice of the official opening (not

even on the City of Ottawa website) are pretty disappointed.

We have followed the construction work put in by all the folks who soldiered on in the bridge's construction regardless of the weather, and we have been uninvited parties to the chaos involved. Now that the bridge is just about complete, it is a real shame that we, all the onlookers, could not be party to its opening to cheer.

*Barb Grisdale
Queen Elizabeth Drive*

[Editor's Note: Broader notice of the opening of the Flora Footbridge ought to have been given to residents of the Glebe, OOEC and OOS. Fortunately, the community associations stepped in and staged their own opening ceremonies on July 20th, replete with speeches, ribbon-cutting by neighbourhood kids, cake and lemonade. See our coverage of both the official and unofficial openings on pages 19 to 21.]



Three-year old Cleary and his mom, Mandy, cutting the ribbon to officially open the Flora Footbridge at the community celebration.

A much-deserved honour

Rick Burrowes recognized as driving force behind rebirth of Springhurst Park

JOHN DANCE

Rick Burrowes, long-time OOE resident and the driving force behind a revitalized Springhurst Park, has been honoured by the Sandy Hill Community Health Centre with its Excellence in Health Promotion Award.

"Rick lives adjacent to the park and has taken the initiative over a number of years to observe how the park was being used," says SHCHC's Chris Osler. "He has created opportunities to further enhance the healthy active living components of the park. As a proponent of outdoor active living himself, Rick recognizes the importance of public park spaces, not only for the physical exercise benefits but for the social and cross-cultural benefits as well."

His "Springhurst Park Action" initiative – SPA for short – focuses on improving the amenities and activities at the park that is the principal recreation area for the thousands who live in the Lees apartment towers and the Archville neighbourhood to the north of Greystone Village.

Springhurst Park has steadily improved over the years with such additions as the very popular basketball court and the play area that SHCHC, the Community Activities Group of Old Ottawa East and the community association supported. But

now Burrowes is making the park more inviting for all.

"Many of the residents of the Lees Avenue towers are newcomers to Canada with diverse recreational interests," says Osler. "With this in mind, Rick purchased a picnic table, bolted a ping-pong tabletop to it, provided a net, paddles and balls, and has seen residents flock to use it."

"Similarly, Rick purchased PVC pipe and fabricated two medium-sized soccer goalpost frames that can be pulled out to the field at 160 Lees for public use by children and their friends and parents. Rick has provided and set up a volleyball net, badminton nets with racquets and birdies, hula hoops, frisbees and balls, all stored in his yard when not in use," says Osler.

"It's great to see dozens of people enjoying the games that SPA puts out, and people thank me daily for this good deed," says Burrowes. "It's gratifying to see the popularity of the table tennis and volleyball grow steadily so that most evenings there is a crowd around the table and a fun game of volleyball from 6:30 until dark. The players show appreciation for good plays, laugh when funny fails happen and, even though the skill level is rising quickly, people focus on fun and never argue."



CHRIS OSLER PHOTO

Rick Burrowes was presented with Sandy Hill Community Health Centre's (SHCHC) Award for Excellence in Health Promotion by Aynsley Morris, SHCHC's Board Chair, for his work and dedication to revitalizing Springhurst Park for young and old in the community.

Last fall, Burrowes launched a campaign called "Vision Springhurst 2019," an effort to encourage other residents to become involved in advocating and leading initiatives to further improve Springhurst Park. So while improving what's now in the park, including his persistence in ensuring the basketball court was properly resurfaced, Burrowes proposes such improvements as a dock like the one at Brantwood, canoe/kayak storage racks, a beach volleyball court, and a "nice permanent concrete table tennis table where my aging one is now."

"With the loss of the Oblats playing fields to development and the effective privatization of the Immaculata playing

field, the importance to our community of investing in Springhurst Park and designating the 160 Lees playing fields as parkland is now essential," says Burrowes. He continues to pursue the long-term vision of Springhurst and contemplates the City's plans for building the four-lane Alta Vista Transportation Corridor in the green space between Springhurst Park and the Lees Avenue towers.

"The absurdity of spending billions on LRT to increase mass transit use and at the same time pushing another freeway into the core that will encourage people to shun the LRT to drive downtown really is mind boggling," he notes.

Legal aid cuts deepest for most vulnerable community members

ALEXANDRA GRUCA-MACAULAY

In the wake of recent high-profile provincial funding cuts to health care and education, this past April's \$133 million funding cut to Legal Aid Ontario has garnered considerably less attention. While most people can relate to prospects of diminished health care services or underfunded education on a personal level, the services offered by legal aid are generally less well understood, and cutbacks are therefore less threatening in the minds of the average Ontarian.

For most, the name "legal aid," does not bring to mind two groups of citizens for whom legal aid is a necessity: those with disabilities, and those at risk of losing their homes. Local legal aid clinics

continue to be very active in dealing with these client groups, and slashed provincial funding places these citizens at risk.

As Gary Stein, Executive Director of Community Legal Services of Ottawa (CLSO), explained, legal aid clinics are part of an integrated system of support that helps the most vulnerable people in our communities, and often deal with disability and housing issues.

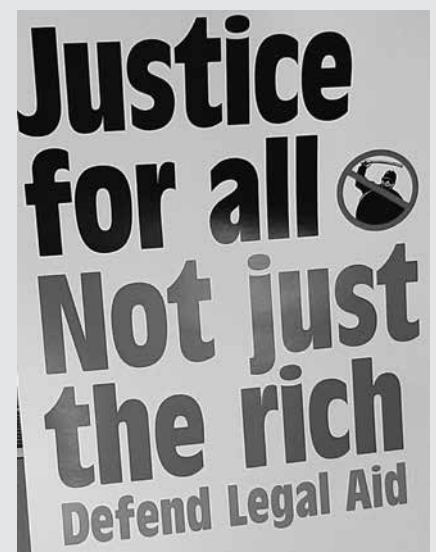
As Stein observed, "small things can make for big problems." He cited paperwork and bureaucratic forms as a common trigger for problems that often require the support of community legal aid.

Last year, according to Stein, CLSO worked with an Ottawa resident who

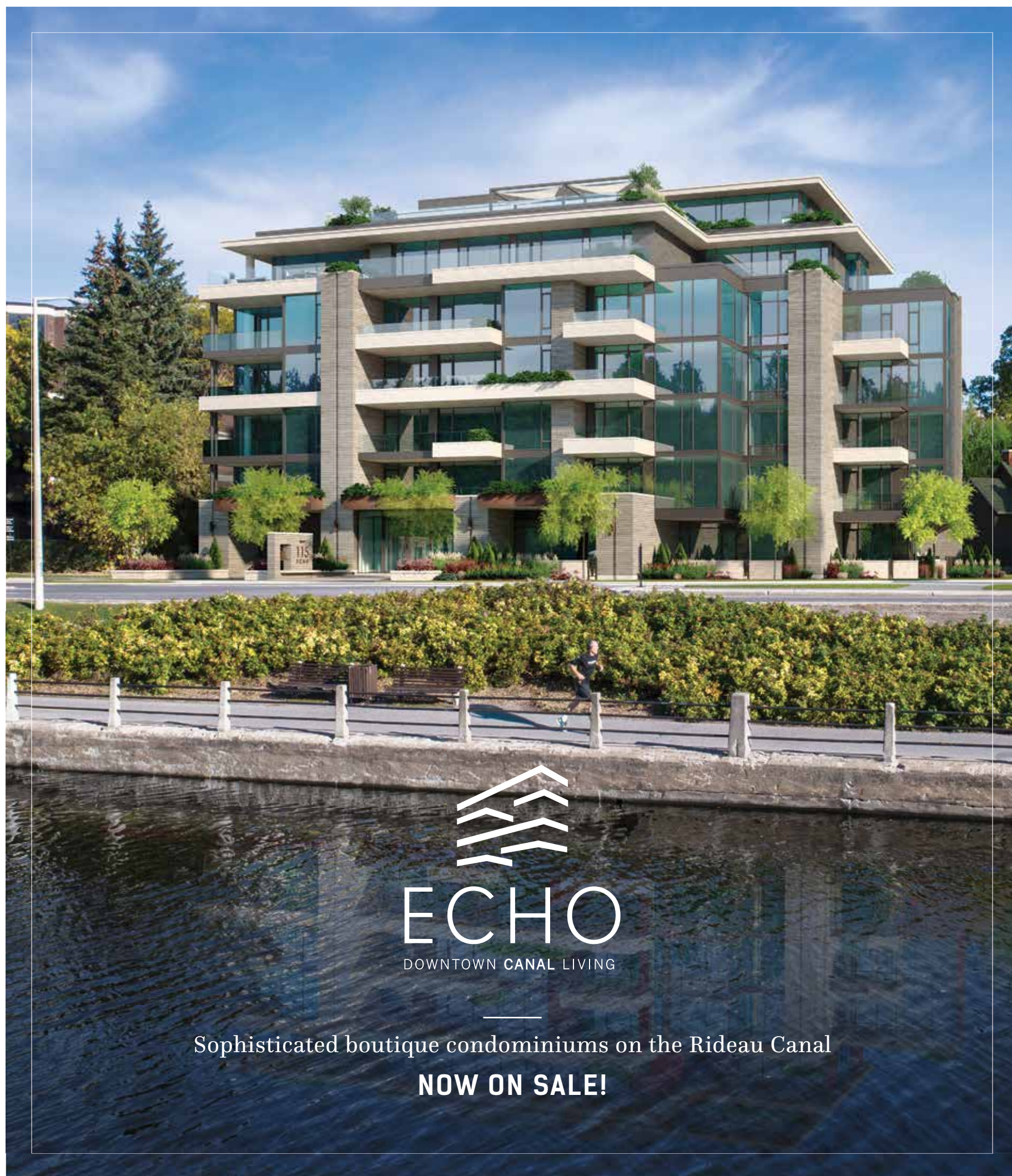
had been homeless, but who had qualified for a subsidy under Ottawa's Housing and Poverty Reduction Plan. However, the resident in question had learning disabilities and literacy problems and did not understand what was required under the Plan. As a result, the paperwork was not submitted, and the housing subsidy did not materialize. Eviction, and the threat of a return to homelessness loomed. CLSO was able to restore the rent subsidy, resolve the issue with the resident's landlord, and ultimately keep a roof over a vulnerable person's head.

Ottawa's lower income population is facing a housing crisis. In Old Ottawa East, the Regional Group has committed financial support towards affordable housing.

According to Vasu Naik, an Old Ottawa East resident and CLSO board member, legal aid plays an important role in keeping people settled within the larger context of providing equitably priced housing. Recognizing the key link between access to housing and



legal aid and expecting further burden on Ottawa's Social Services and Housing Sector resulting from the legal aid cuts, Ottawa City Council voted in June to have Mayor Jim Watson write to the Ford government seeking to have provincial funding for community legal aid clinics restored. As Naik explained, "remove one nut or bolt from the legal aid system, and everyone will feel the effects."



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URBAN DEVELOPMENTS



JOHN DANCE PHOTO

Many Old Ottawa East residents recently donned lime-green t-shirts in solidarity against a request filed by the Regional Group seeking Planning Committee and then City Council approval to increase the height of a new building at 10 Oblats Avenue from six storeys to nine storeys. Unsuccessful in their opposition, the community association on behalf of residents is now considering an appeal to the Local Planning Appeal Tribunal to block the allowance of a nine-storey tower on the former Oblates land.

Greystone appeal

Continued from Page 1

has since released a report recommending amongst other initiatives to split the Planning Committee in two in order to increase representative decision-making.

Two weeks later, on July 7th, Regional's

request went to a vote by the entire City Council at a meeting attended once again by the lime-green clad community members. Many Councillors from Ottawa's urban core, who are not represented on the Planning Committee, spoke against the motion, including Councillor Menard who proposed amendments which would have reduced the impact of the developer's proposals.

Throughout the debate at the Planning Committee, and the subsequent deliberation by City Council, OOE community

members were left shaking their heads at statements from Councillor Jan Harder, who serves as Chair of the Planning Committee and who, at one point in her youth, resided in Old Ottawa East.

Councillor Harder suggested that it was investments by developers like Regional that were responsible for many of the recent improvements enjoyed by residents of Old Ottawa East. Specifically, she suggested that the transformation of Main Street as a complete street,

the Flora footbridge, and preservation of the Grande Allée were due to investments made by developers. Her further assertion that residents' ability to access the Rideau River was also attributable to the developers was greeted by loud boos from those OOE residents attending the Council meeting. Attempts by *The Mainstreeter* to contact Councillor Harder for clarification on her comments have gone unanswered.

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OOE resident Denise Inglis wins prestigious Ottawa cycling award

THERESA WALLACE

"It was a purple bike with a banana seat. I used to do wheelies with it down the dirt road I lived on in Timmins," recalls Denise Inglis.

This year's winner of Ottawa's top cycling award lives in Old Ottawa East and still has some of the components from her first bike. That bike and every bike since have taken the Merritt Avenue resident on countless adventures, many of them involving helping others.

The Bruce Timmermans award is traditionally presented by the councillor for the ward in which the winner lives. Inglis received hers from Councillor Shawn Menard, also a cyclist, at a City Hall ceremony on June 5.

The award recognizes one exemplary Ottawa citizen and one local organization. EnviroCentre won this year's group award, which was presented by councillor Catherine McKenney, another cyclist.

The individual honour bestowed on Inglis is for a citizen who "publicly promotes the benefits and virtues of cycling as a principal mode of transportation" and includes "leading by example, advocating for cycling and supportive facilities, teaching cycling skills, and encouraging others to start cycling."

Through a busy combination of paid and volunteer work, Inglis does all this and more. She teaches cycling to groups and individuals, helps organize cycling events and rodeos, and hauls a super-heavy trailer behind her bike to deliver Meals on Wheels downtown. She was one of the organizers of Capital Spokes in June and teaches kids' biking camps during the summer at the Firehall.

Inglis is an optician by profession. In 2011, once her two children were in school full-time, she became a CAN-BIKE instructor.

She has a great sense of humour and the ability to improvise on a moment's notice, essential qualities in her profession. When she has cycling students who, for example, drop their knapsack and bike basket smack in the middle of a major downtown intersection during rush hour—okay, I admit that was me—she has to think fast and stay calm.

She must also have realistic expectations with her first-time students because some of them have had a whole lifetime to develop bad habits. "I consider that first course a success if you retain two skills: how to do a proper shoulder check and how to position yourself on the road to be visible to drivers."

Since 2012, Inglis has partnered with Vélo-Vanier, which offers a free bike lending service, cycling lessons, and community



THERESA WALLACE PHOTO

Denise Inglis, recipient of the City's top cycling award, is pictured with her bike and trophy on Merritt Avenue in Old Ottawa East.

bike rides. Part of her work with Vélo-Vanier involves teaching CAN-BIKE courses to teenagers, many of them new Canadians, and leading them on cycling excursions.

Rose Anne Leonard, Vélo-Vanier coordinator, says Inglis has an infectious joy that brightens everyone's day: "So many children have learned from her. Teen volunteers specifically ask to help her run rodeos at kids' summer camp programs. Our neighbourhood is safer as a result of Denise's work."



*This story is part of an occasional series of articles highlighting the amazing volunteers of Old Ottawa East. Do you know someone whose efforts inspire you? Please put pen to paper, or fingers to keyboard, and submit a story on them to *The Mainstreeter*! Stories can be up to 500 words and, ideally, accompanied by a photo or two. Story ideas can also be sent to editor@mainstreeter.ca*



Peter Fowler's OOE Focus

*Here's another photo from the collection of *The Mainstreeter's* Photo Editor, Peter Fowler, who bent low this summer to capture a street level photo of these delicately-coloured tulips fronting Saint Paul University on Main Street. Sometimes, seeing familiar sights from a different angle can be like seeing them for the very first time!*

Peter Fowler: There are a lot of different elements to this seemingly simple photo of some lovely tulips. The image is resplendent with many different colours, shapes and angles, all of which are pulled together by the foreground flowers neatly framing the metal sculptures and the bench.

The bright blue sky in the top right of the photo is nicely balanced by the verdant green grass in the bottom left corner. While the eye is certainly drawn to the tulips initially, the longer one looks at the photo the more there is to be seen with varying elements in every quadrant of the image.



*We are pleased to continue to promote the work of local photographers in the pages of *The Mainstreeter*, including our own photo editor, Peter Fowler. Kindly submit your favourite photos of the Old Ottawa East community, its people, its places and its special visual highlights for publication in our pages. Simply send a copy of the photo*

to editor@mainstreeter.ca along with a brief description of the shot, where it was taken, how it came to be taken and why you are so proud of it. If we like it as much as you do, we'll run it in this space in a future issue, and you'll have bragging rights for the next two months, maybe longer!

Plans to make OOE a bird-friendly community take flight

REBECCA AIRD

When biologist Rachel Carson courageously stepped into the void of opposition to the chemical drenching of North American farmland in the 1950s and 60s, she titled her book *Silent Spring*. The sadness evoked by the idea of a spring without birdsong helped ignite the environmental movement.

Carson was more than an able analyst of the impacts of DDT and other organochlorine pesticides. She was a visionary who identified the need for a paradigm shift from domination to humility and mutual benefit in our relationship with nature.

We can't exactly claim victory on that paradigm shift. But for many of us, the joy of birds in song, in trees, and in flight remains a big part of the motivation to do what we can in our own backyards and neighbourhoods to support nature. Given the extent and pace of urbanization globally, it turns out that what we choose to do at the personal and community levels are really important.

One initiative that a few members of the Old Ottawa East Community Association's environment committee, SLOE, are running up the flagpole is to brand and make Old Ottawa East (OOE) a "bird-friendly community". Conceptually this is pretty straightforward – improve habitat and reduce mortality. Getting to success on those fronts means engaging the interest and involvement of a bunch

of residents. SLOE members are banking on the excellent potential in the community for creativity, fun and beauty to make that happen.

Here are a few of their suggested "off-the-top" options to begin to gather momentum this fall:

- Host a photo show of the birds of OOE at OOECA's fall AGM.
- Organize a habitat enhancement walk with a knowledgeable bird ecologist.
- Arrange for a talk, or maybe a series of talks, on urban bird ecology.

And here are a few ideas to incubate over the winter:

- Engage a group or local crafters to produce OOE-distinctive "Birdsafe" style cat collars
- Promote/sell dot-pattern decals for windows.
- Plan some habitat enhancement initiatives.
- Establish an OOE bird monitoring network.



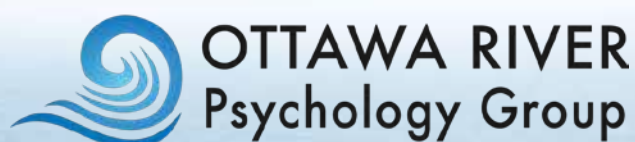
SLOE members are just at the beginning of thinking through and prioritizing the possibilities of a bird-friendly Old Ottawa East. If you'd like to contribute to the planning, please send an email to sloe@sustainablelivingottawaeast.ca with Bird Friendly in the subject line. You will be contacted for a planned September get-together!



JEFF SUTTON PHOTOS

TOP: An American Goldfinch and a House Finch share a snack at a Rosemere Avenue backyard bird feeder this past May.

BOTTOM: This mature Cooper's Hawk found its way to an Old Ottawa East backyard during the wintry days of February.



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JOHN DANCE PHOTO

The official opening of the Flora Footbridge just preceded the 2019 Canada Day festivities; the new landmark linking OOE to the Glebe was definitely the "go-to" destination on July 1st.

Flora Footbridge opens with a flourish

JOHN DANCE

It took 112 years, but the new bridge over the Canal was well worth the wait.

In late June, the Flora Footbridge linking Clegg Street and Fifth Avenue opened four months earlier than scheduled, cost \$2 million less than budgeted, generated greater use than forecast and, as a bonus, provided a glorious new public space overlooking the Rideau Canal.

On June 26, with some fanfare, politicians and young students from local schools cut the ribbon for the new bridge and two days later the bridge was quietly opened to the public. Subsequently, on July 20th, the three community associations, which had long lobbied for a bridge, held their own celebration of Flora.

As noted in the accompanying photo profiles below, the initial users of the footbridge seem delighted with the new safe, convenient, healthy and "green" linkage of the Old Ottawa East and Glebe communities. On Canada Day, crowds gathered on the bridge to catch spectacular views of the Snowbirds and then the Parliament Hill fireworks.

The desire for a bridge linking Clegg Street and Fifth Avenue goes back to 1907 when the terms of annexation of the Village of Ottawa East by the City of Ottawa

called for the construction of a bridge at the location. In the century that followed, several temporary bridges and a rowboat ferry provided cross-canal connections but, despite various proposals, nothing permanent was built.

Many parties deserve credit for getting the bridge approved and built. However, the efforts of community members were fundamental to its conception and progress. The Midtown Footbridge Group formed in 2008 with members from Old Ottawa East, Old Ottawa South and the Glebe, and it worked tirelessly to bring politicians and other parties on side.

In the end, nine community associations, five school councils, local businesses and various other parties ranging from the Glebe Little League to the Sandy Hill Community Health Centre endorsed the idea of a new bridge across the Rideau Canal between the Bank Street and Pretoria bridges.

The City bought into the concept and included it in the cycling, pedestrian and transportation master plans. Money was then approved for an environmental assessment that was begun in 2011. Three public open houses followed and, in 2012, a bridge with an estimated cost of \$17.5 million was recommended.

But without a source of funding the project was shelved. In the federal election campaign of 2015, Catherine McKenna pledged to make the bridge a priority. When elected, she followed through by securing \$10.5 million from the new federal infrastructure program.

Yasir Naqvi, Ottawa Centre's former provincial member of the legislative assembly, was one of the first politicians to endorse the bridge, and he secured \$6.9 million from the Commuter Cycling Program, which was funded through the now-defunct "cap and trade" revenues.

Other politicians also worked hard for the bridge. Ottawa Centre MP Paul Dewar was a long-time advocate. Councillor Clive Doucet strongly supported the link in the recommendations of his 2001 "Connecting Communities" report. And through his eight years as councillor, David Chernushenko made the bridge a priority. As president of the Centretown Citizens Community Association in 2009, Shawn Menard spoke strongly for the bridge.

The city's share of the bridge's cost was about \$3.6 million. Because the actual cost of the bridge was less than the \$21 million that was budgeted, both the federal and provincial governments will receive refunds, reports Luc Marineau, the City's acting manager of design and construction.

Preliminary unofficial estimates suggest that the new footbridge has had about 3,500 trips per day. This is substantially more than the 2,100 trips per day forecast in the environmental assessment. To put this usage in context, just four years ago the very popular Corktown Footbridge over the Canal at Somerset Street was

averaging fewer than 3,000 daily trips.

Despite the initial euphoria, some residents continue to fear the footbridge will turn Old Ottawa East into a parking lot for Lansdowne Park, particularly when there are large events like Redblacks games. Others say that the additional parking will be no worse than what is experienced when the Rideau Canal Skateway is open.

And there remains the sore point of the massive structure on the Old Ottawa East side which has destroyed the Canal views of a number of residents along Echo Drive. The OOECA strongly objected to the opaque design of the east-side ramp, abutment and stairs but the City refused to use columns to support the structures even though a key design principle was that the bridge was to be "slender, light and transparent."

Another concern is the brightness of the bridge's night-time lighting. "The light intensity has not yet been finalized but will be determined by the National Capital Commission and the City when the final dimming components are installed," says Marineau.

Pedestrian/cyclist safety issues have also been raised, including the sharp turn at the switchback on the Ottawa East side, the bollard in the middle of the Glebe ramp, and the merging of pedestrians and cyclists at the end of the ramps.

But these operational issues aside, thousands of pedestrians and cyclists are having their daily routines positively changed by virtue of the new footbridge. For many it's a wonderful new route to work, school, shopping or socializing.

On ouvre la passerelle Flora avec fioriture

JOHN DANCE

Cela a pris 112 ans, mais la nouvelle passerelle au-dessus du canal valait la peine d'attendre.

À la fin de juin, on a ouvert la passerelle Flora quatre mois plus tôt que prévu. Le coût était de deux millions de dollars inférieur à celui prévu au budget. La passerelle génère une utilisation supérieure aux prévisions et, en plus, offre un nouvel espace public magnifique qui donne sur le canal Rideau.

Le 26 juin, avec une certaine fanfare, des politiciens et des jeunes élèves des écoles locales ont coupé le ruban pour inaugurer la nouvelle passerelle. Deux jours plus tard, la passerelle a été discrètement ouverte au public. Ensuite, le 20 juillet, les trois associations communautaires qui avaient fait énormément de pression pour une passerelle ont organisé leur propre célébration.

Tel qu'indiqué dans l'article d'accompagnement, les premiers utilisateurs de la passerelle semblent ravis du nouveau lien entre communautés qui est à la fois sécuritaire, pratique, sain et écologique. Lors de la fête du Canada, des foules se sont rassemblées sur la passerelle pour profiter des vues spectaculaires des Snowbirds et, plus tard, des feux d'artifice provenant de la colline parlementaire.

Le désir d'une passerelle reliant la rue Clegg et la Cinquième avenue remonte à 1907 quand les termes de l'annexion du Village d'Ottawa Est par la Ville d'Ottawa exigeaient la construction d'une passerelle à cet endroit. Dans le siècle qui a suivi, plusieurs passerelles temporaires et un traversier à rames ont assuré la liaison entre les deux endroits, mais aucune structure permanente n'a été construite.

De nombreuses parties méritent d'être félicitées pour avoir fait approuver et

construire la passerelle. Néanmoins, les efforts des membres de la communauté ont été primordiaux à sa conception et à sa progression. Le Groupe « Mid-town Footbridge », formé en 2008 avec des membres du Vieux-Ottawa Est, du Vieux-Ottawa Sud et du Glebe, a travaillé sans relâche pour obtenir l'appui des politiciens et d'autres parties.

En fin de compte, neuf associations communautaires, cinq conseils scolaires, des entreprises locales et diverses autres parties allant de la Petite Ligue Glebe au Centre de santé communautaire de Sandy Hill ont appuyé l'idée d'une nouvelle passerelle entre les ponts Bank et Pretoria.

La Ville s'est ralliée au concept et l'a inclus dans ses plans directeurs pour le cyclisme, les piétons et le transport. Ensuite, l'argent a été approuvé pour une évaluation environnementale qui a débuté en 2011. Trois portes ouvertes au public ont ensuite eu lieu et on a alors recommandé une passerelle avec un coût estimatif de 17,5 millions \$.

Mais sans source de financement, le projet a été mis en suspens. Lors de la campagne fédérale de 2015, Catherine McKenna s'est engagée à faire de la passerelle une priorité. Une fois élue, elle

a tenu sa promesse en obtenant 10,5 millions \$ du nouveau programme fédéral d'infrastructure.

Yasir Naqvi, ancien député provincial d'Ottawa Centre, était un des premiers politiciens de soutenir la passerelle et a obtenu 6,9 millions \$ du Programme pour le navettage à vélo qui était financé par les revenus maintenant défunts « plafonnement et échange ».

D'autres politiciens ont aussi travaillé fort pour cette passerelle. Le défunt député d'Ottawa Centre Paul Dewar était un défenseur de longue date. Le conseiller Clive Doucet a fortement appuyé le lien dans les recommandations de son rapport de 2001 « Connexions entre les collectivités ». Et, lors de ses huit années en tant que conseiller, David Chernushenko a fait de la passerelle une priorité. En tant que président de l'Association communautaire des citoyens de centre-ville en 2009, Shawn Menard s'est exprimé avec force en faveur de la passerelle.

La part des coûts de la passerelle pour la Ville était d'environ 3,6 millions \$. Comme le coût réel était inférieur aux 21 millions \$ prévus, les gouvernements fédéral et provincial recevront des remboursements, rapporte Luc Marineau,

Faces on the Flora Footbridge...

PETER CROAL

Much is said today about our addiction to smart-phones and travelling through life with our heads bowed down, eyes glued to the glowing screen. While the technology is supposed to be connecting people, there is an uneasy belief that we are growing ever further apart and becoming more isolated.

Once in a while, however, something truly wonderful happens that demonstrates how much we still yearn for connection and contributing to the community. That something wonderful happened on June 27th when the Flora Footbridge was officially opened with much anticipation and celebration.

To acknowledge this event and explore how Ottawa residents reacted to their first trip across the bridge, *The Mainstreeter* interviewed people crossing the bridge in the early morning of June 29th. Interestingly, no one seemed to be blindly walking while looking at their phones. Most everyone had smiles on their faces; they were animated and talking with friends and passersby. There was much curiosity and conversation about the intriguing surface of the bridge and its design.

When people got to the centre of the bridge many could be heard remarking: "What a fabulous/fantastic/great view!" And they are right! The view is stunning and offers a perspective on the Rideau Canal and Ottawa that is refreshing. Doubtless, many will find this spot a place for interesting photography.

There was a theme that emerged many times during the interviews. The new footbridge was a "community connection" that fostered "community cohesion". To all, their first walk or bike ride on the new bridge quickly demonstrated that the Glebe and Old Ottawa East had just become a lot closer.

We may still need to look at our phones from time to time, but when we are on the Flora Footbridge, our thoughts and gaze can be focused on beauty, connection and community, even if for a short while.

Here's how residents enjoyed their maiden journey:



Louis Comerton "Wonderful addition to the neighbourhood"



Robb Barnes "Will improve community connection and reduce travel time"



Margaret Gillingham "An important project well done"

gestionnaire intérimaire de la conception et de la construction de la Ville.

Selon des estimations préliminaires non officielles, la passerelle compte environ 3 500 trajets par jour. C'est beaucoup plus que les 2 100 trajets prévus dans l'évaluation environnementale. Pour mettre les choses en perspective, il y a seulement quatre ans à peine, la très populaire passerelle Corktown au-dessus du canal à Somerset comptait en moyenne moins de 3 000 trajets par jour.

Malgré l'euphorie initiale, certains résidents continuent à craindre que la passerelle ne transforme le Vieux-Ottawa Est en terrain de stationnement pour le parc Lansdowne, surtout quand il y a de grands événements comme les matchs des RedBlacks. D'autres disent que le stationnement supplémentaire ne sera pas pire que ce qui se produit quand le Patinoire du Canal Rideau est ouvert.

Et il reste le point sensible de la structure massive du côté du Vieux-Ottawa Est qui a détruit les vues sur le canal d'un certain nombre d'habitants le long de la promenade Echo. L'Association communautaire du Vieux-Ottawa Est s'opposait fermement à la conception opaque de la rampe, de la culée et des escaliers du



JOHN DANCE PHOTO

Dignitaries on hand for the official opening included from left: John Fraser, MP; Yasir Naqvi and his son, Ravi; Mayor Jim Watson; Hon. Catherine McKenna, MP; former Prime Minister Joe Clarke; Councillor Shawn Menard; and Joel Harden, MLA.

côté est, mais la Ville a refusé d'utiliser des colonnes pour soutenir les structures, même si un principe de conception clé était que le pont devait être « fin, léger et transparent ».

Une autre préoccupation est la luminosité de l'éclairage. « L'intensité de la lumière n'a pas encore été finalisée, mais elle va être déterminée par la Commission de la capitale nationale et la Ville

lorsque les composantes finales de la gradation sont installées », explique M. Marineau.

Des enjeux impliquant la sécurité des piétons et des cyclistes ont également été soulevées, y compris le virage serré dans le virage en lacets sur le côté d'Ottawa Est, la borne au milieu de la rampe du Glebe, et la fusion des piétons et des cyclistes au bout des rampes.

Mais ces problèmes opérationnels mis à part, des milliers de piétons et de cyclistes ont leur routine quotidienne positivement changé grâce à la nouvelle passerelle. Pour plusieurs, c'est une nouvelle façon merveilleuse d'aller au travail ou à l'école, à faire des achats ou à socialiser.

...first impressions of OOE, Glebe residents

Louis Comerton thinks the bridge is “terrific” and emphasizes that the structure is a “wonderful addition to the neighbourhood”. He really likes that it will dramatically improve his running routes through Ottawa. It is money very well spent and he appreciates that the bridge was built under budget and opened 2 months early.

Robb Barnes feels Flora is fabulous for pedestrians and cyclists. He thought that the bridge will improve “connection” and “community cohesion” between neighbourhoods on both sides of the canal. Robb and his family do not own a car so the bridge will greatly improve all the little shopping trips he takes to the Glebe and reduce the amount of time for travel. He would love to see more infrastructure like this and

sends a big vote of thanks to all the politicians and community groups that were instrumental in getting the bridge built.

For her part, **Margaret Gillingham** absolutely “loves” the bridge since it will improve her ability to shop and socialize. She very much enjoys going to the Green Door on Main Street so the bridge will shorten the time it takes for her to get to one of her favourite restaurants! Margaret believe it was an important project “well done”.

Dawn Hoffman is head over heels about the new bridge. She is very excited to have such a beautiful new asset in her neighbourhood. She really likes that the bridge will cut down on the time needed to pick up her kids across the Canal.

Donna Dean, pictured below with her dog Tess, feels the bridge is “amazing”. She noted that it was packed with people so early in the morning. “Flora” will make it a lot easier to bike to her daughter’s home, and it will really help in connecting bike paths. She feels that the lights on the bridge are too bright at night and could be turned down just a bit.

Bruce Crisp and **Mary Bond** are “absolutely thrilled” the bridge is now open. They said it is already a “great” asset to Ottawa. It will significantly shorten the time needed to get to the Glebe and will increase safety for pedestrians and cyclists. Bruce and Mary send a big vote of thanks to David Chernushenko for all his hard work in getting the bridge built, as well as to all the construction workers who got the bridge built so quickly.



Dawn Hoffman “Head over heels about the new bridge”



Donna Dean, and Tess “A big help in connecting bike paths”



Bruce Crisp and Mary Bond “Will increase safety for pedestrians and cyclists”

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Peter
Fowler's
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Focus

GRENOBLE, FRANCE

OOE resident Melinda Newman travelled to France in June and, amidst the historical buildings and landmarks that dot Paris and the urban and rural landscape, she noticed three boisterous youngsters at play in the city of Grenoble who beseeched her to photograph them. So she did, and the result is a compelling photo that is visually interesting and spiritually uplifting.

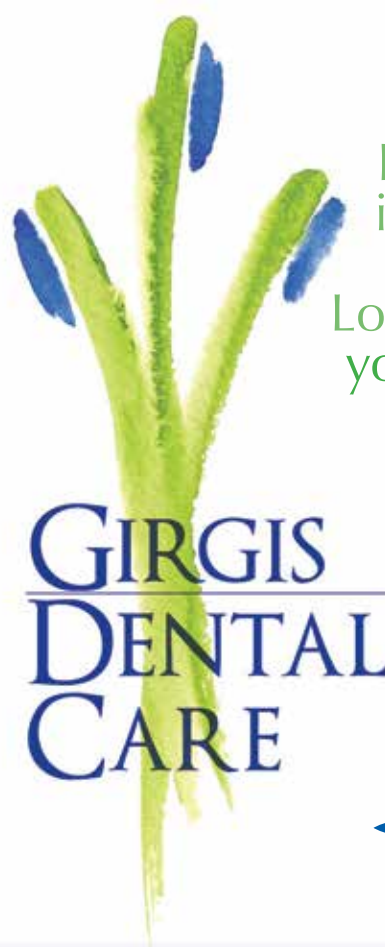
MELINDA NEWMAN: Our group was out touring in Grenoble one morning in an ethnic enclave known to the locals as "Arabtoun". The area bustled with activity, including a daily pop-up market selling items from all over the world. It was organized mayhem, but quite wonderful in terms of the spirit of the vendors and the local population. As we traversed a graffiti-strewn pedestrian underpass, three little

fellows zoomed past us on bicycles and scooters, turned around abruptly and in their best English politely greeted us and begged that we take their photos.

This was their concrete playground, as their home was a series of makeshift tents on a hillside adjacent to the underpass. They literally had nothing,

but for the clothes on their backs and their prized possessions – bikes and scooters. Of all the photos we took on this recent trip, there are none that capture the sense of the subjects and the context of their circumstances more than this one.

We continue to feature the wonderful travel photographs that residents of our community submit to us for publication. Please send us your favourite travel photo to editor@mainstreeter.ca with some details about the image, why you love it, and the circumstances around how it came to be so wonderful. If we love it as much as you do, we'll feature it in a future issue of *The Mainstreeter*.



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OUR NEIGHBOURS

An active lifestyle suits this couple thrilled to make OOE their home



JAS CHIMA & JEN ELLIOT

BONNIE WEPPLER

"I was blown away; I was so happy to be in Ottawa!"

That is how Jen Elliot felt on her first day in Ottawa.

She grew up in Ajax, moved to Waterloo to attend Wilfrid Laurier University and then headed to Hamilton for two years to work at Canada Basketball.

A position with the University of Ottawa Gee-Gees varsity sports teams is what pulled her to Ottawa in June 2009.

Elliot's first home in Ottawa was in the Byward Market. In 2017, she rented on Harvey Street and became familiar with Old Ottawa East. This past February, she and her partner of five years, Jas Chima, moved into a new, unique building at the Greenfield/Havelock split.

Chima arrived in Mississauga in 1981 from his native England. He graduated in electronics engineering at Sheridan College. At that time, Mitel was looking for students to work in Renfrew and he got the job. In 1985, that plant closed but Chima transferred to Kanata. Mitel is the only employer that he has had, although he has held different positions within Mitel and has worked in different locations with the company, including overseas.

Chima is a widower with two adult daughters. He met Elliot nine years ago when they both played volleyball with Ottawa Sports and Social Club (OSSC). They continue to play indoor and beach volleyball.

Elliot was thinking about buying rather than renting so they looked

around to see what was available. They chose their building for two reasons: 1) the proximity to the University of Ottawa for Elliot's job and 2) one of Elliot's friends had bought a condo in LeBreton Flats built by the same developer and was very happy with his condo and the building amenities.

"The best things about living in this building is the space – it's not a square box – and the layout, as well as the neighbourhood," says Elliot.

She confesses that, when the building was built up to the top floor, they had a friend come with his drone so that they could see what the view would be like from the rooftop terrace!

The couple have met many of their neighbours and feel that it's a good group and a neat mix of people.

Elliot and Chima love the proximity of the canal for walking, biking and skating. They are eagerly awaiting the opening of Happy Goat Coffee Company, perhaps more for the live music that will be offered there than the coffee! In the meantime, they patronize the other restaurants on Main Street as well as the Manx on Elgin. They also give a special shout out to the Farmers' Markets around the city.

This couple loves to travel and, in the past few years, they have visited Italy, Dublin, Jamaica, Whistler and Vancouver Island. They often search out jazz clubs during their travels. Closer to home, they also enjoy cooking and have gone to cooking classes at La Botega Nicastro.

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ART BEAT



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OOE ARTIST FEATURE: DAVID CHERNUSH- ENKO, PLUGGED IN ON HIS CROSS-CANADA BOOK TOUR

*To survive, the world must change,
To survive, four friends must remain
steadfast...*

*The stakes are high, and civilized
society hangs in the balance. As events
spiral out of their control, how much
are they each willing to sacrifice in
order to save it?*

— excerpt from book
cover of *Burning Souls* by David
Chernushenko

We know David Chernushenko from his eight years representing Capital Ward on City Council and chairing the Environment and Climate Protection Committee. But as I write this, fiction author David Chernushenko is completing the final leg of a cross-country book tour promoting his first novel.

Chernushenko launched *Burning Souls* at Southminster United Church on May 27. By June 3, he had charged up his family's electric vehicle (EV) and begun his Electrified Burning Souls Road Trip. His book is a fictional climate thriller that presents a frightening and eye-opening vision of our very-near future, while at the same time rousing readers to take action.

"My life and career have been about trying to motivate positive social change for the benefit of humans, civilization, and our only environment," Chernushenko says. An educator and coach, he has strived to affect such change through his work in government, private and non-profit sectors, policy, international negotiations, consulting, speaking, documentary filmmaking, and non-fiction writing.

So why the shift to fiction writing? "I wanted to see if I could do it, and I wanted to try something new," he explains. He also provides a more thoughtful response. "People need to want to change if they are going to do it. You connect with people through their hearts, their values, their fears, and their dreams. How better

A finger on the pulse of the arts in OOE

to make that kind of connection than through a good story and characters who make people care?"

Chernushenko first began working on the book three years ago in his limited spare time. The defeat in the October 2018 municipal election allowed him to dig in to engage in intensive editing.

He chose to drive the EV for the tour because, as a self-described explorer of 'living lightly,' he wanted to prove that it could be done. His family had already taken it on a trip through Quebec, but this would be an 8,000-km round trip over 45 days, often keeping to a tight schedule, and travelling to and through provinces which have been (thus far) less invested in public chargers.

Highs and lows

He headed off with 160 copies of *Burning Souls*, his camping gear, his bike, some portable mobile chargers/adaptors, and several maps and apps showing the locations of charging stations. His wife Marie-Odile and daughter Anna would meet up with him in Calgary, making the return trip part book tour and part family vacation. The EV has a range of 360 km when fully charged, but factors like speed, hills, weight, and wind have an impact. He has documented this in an online travelogue at <http://davidc.ca/category/news/>. Except for the odd charging station issue, the EV did the job. "I left with a premium CAA membership and never had to use it," he says.

As a new fiction author, Chernushenko experienced both highs and lows along the way. On the upside, he held launches and readings in 12 towns/cities from Sudbury to Victoria, got his books into 10 bookstores and libraries on the trip, and

was interviewed for CBC Radio shows in Sudbury and Thunder Bay, and the Green Energy Futures program in Edmonton. But his events at bookstores were not as successful as those organized through his own network. "I'm not known as a fiction author, so I don't draw a crowd in literary circles. The environmental and church groups pulled in bigger numbers." He also had trouble getting mainstream media coverage in the larger cities.

One issue that came up at almost every event was how to reach people who aren't already actively concerned about the environment. "I would say that I had several small victories in that area," he says. "I reached many curious people at charging stations. They would ask about the EV—how it works, how far you can get, how long it takes to charge, and what I was up to. That often led to talking about the book tour and, sometimes, to selling the book right from the back of my car!"

While charging in Wawa, Ontario early in the trip, a bike ride to the Rock Island Lodge to check out their charger and camping facilities led to a booking for his return trip on July 18. A white-out fog and rain bumped the event to July 19, where it turned out to be a big success in a small place. "As the sun broke out about 15 people came in for the reading and we had a really great discussion," Chernushenko says. "They encouraged me to record an audio book ASAP, and I even sold the final copies in my possession!"

"I do feel that I'm connecting with people through this novel," he says. "I've heard from readers who say that when particular news items come out about situations that one of my characters has predicted, they wonder how the characters would react to hearing the news—as if they were alive to them."



David Chernushenko

Chernushenko also believes that he is becoming an environmental grief counsellor. "After I read, I point out that the world used to be our oyster, but that we've really messed up over the past two decades," he says. "I sit in front of them and I ask, 'Can I do something to make it better?' then I honestly answer 'No.' So, we sit and feel the weight of that together. If we do that alone, we might deny it. If we face it together, then we might have the strength to get back out there and keep working for positive change."

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.



MARIE-ODILE JUNKER PHOTO

First-time fiction author and former Capital Ward Councillor David Chernushenko chats with audience members at a lodge in Wawa, Ontario on July 19, the final book event on his cross-country book tour for his climate novel, *Burning Souls*.

BOOK REVIEW

Burning Souls: an eye-opening climate thriller

REVIEW BY TANIS BROWNING-SHELP

David Chernushenko's new thriller about climate change is eye-opening, so impactful that its message will be seared into the soul of its reader.

[Full disclosure: I know the author. We met at my own book launch (for *Crushed*, Second in the Maryn O'Brien Series) at The Cyclery in 2017. I subsequently put him in touch with editor Marie Bilodeau, who worked with him to finalize *Burning Souls*. And we held a book event together during a recent (June) bike rally in OOE and OOS.]

Despite these connections, I felt compelled to write this review—I am exactly the type of reader this new fiction author is hoping to reach. I'm an avid consumer of fiction, concerned about our planet but not well-informed about environmental issues, and unsure of what I can do to make a difference.

Through reading other reviewers' comments about the book and after attending its launch, I could see that Chernushenko's environmentally-savvy readership finds it a page-turner and an excellent tool for launching complex discussions about the state of our planet and where we may go from here.

And readers with only a basic understanding of climate change and its origins benefit from Chernushenko's use of facts to underpin the book; he shares his comprehensive knowledge and understanding of global environmental, societal, political and religious issues related to climate change and their evolution.

He presents the material in clever and creative ways through the book's four main characters' emails, conversations, and hand-written letters, as well as through the journalistic features and blog posts by one of these characters.

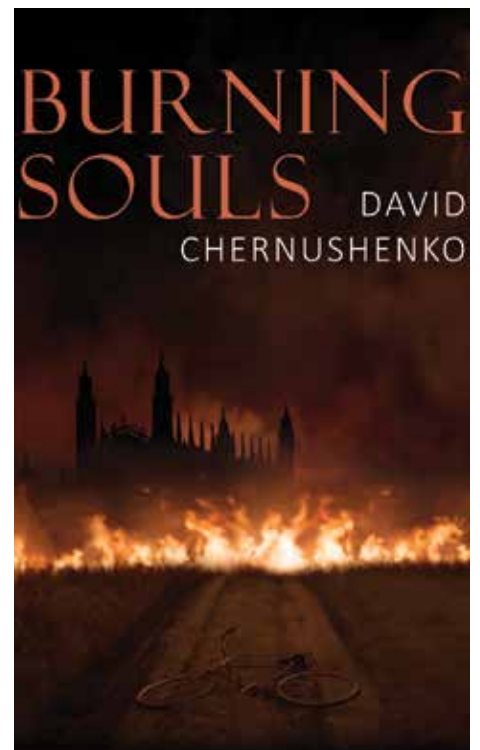
The information shared in the first

part of the novel is extensive, but stay the course and the story comes alive in the middle, and carries the reader along with its heroic characters and their passionate pursuit of the truth. They are the burning souls at the heart of this thriller, and if you go along for the ride, I guarantee you will be changed forever.

Chernushenko's character-driven story pulls us along into a bleak and shocking very-near future. As one character asks early on: "Don't upbeat stories lead people to a kind of false optimism? Apathy even?"

I felt anxious about the future of our planet while reading this book. But that is exactly the point. I also felt inspired to take action; apathy is impossible after reading *Burning Souls*.

Chernushenko's *Burning Souls* is available in most local bookstores and online.



The Green Door Restaurant Exhibitions "10 minutes ago": photos by David Barbour

**"AUTUMN"**

The Green Door restaurant has engaged photographer/publisher Jake Morrison for one year, starting this September, to curate photography for the walls in the restaurant's north room. A new show will go up every three months.

From September through November, check out feature artist David Barbour and his recent work entitled "10 minutes ago."

"For more than 45 years I have balanced personal photo projects with freelance assignments," Barbour says. "My clients have included CIDA, Ca-

nadian Geographic, Natural Resources Canada, Ottawa Art Gallery, and numerous government departments."

In 2016, Barbour sold his film cameras and began producing personal colour digital photographs for the first time. You can see the evolution of his work on his website at www.davidbarbour.com.

"Times change," he says. "New digital technology and social media make a powerful partnership. Using my Nikon 810/850 cameras, I experienced the satisfaction of improved detail and the pleasure of sharing my images only 10

**"WINTER"**

minutes after finding an interesting subject!"

"We live in a very fragile, damaged world and the search for a little beauty in life is challenging and healthy/life-giving. It is where I want to be. The autumn photographs in this exhibition were taken in the rain; the winter ones, after a fresh snowfall. Choosing these times highlights the colours and shapes of the two seasons. Combined with the changes of the light, these choices transform the ordinary to produce an image that is your own."

Barbour studied photography at the

Banff School of Fine Arts from 1973 to 1976. His career highlights include receiving a World Press Award in 1985 for his CIDA photograph entitled "Egypt," receiving a mid-career Canada Council grant in 1999 to continue his photography of Havana; and securing a City of Ottawa Project Grant in 2015 for photographing the Rideau Canal in Winter.

Barbour currently teaches photography at the School of Photographic Arts in Ottawa www.spao.ca and at the Ottawa School of Art www.artottawa.ca.

New vendors, fresh spirit mark Main Farmers' Market's 11th season

CHRISTINE MACINTYRE

The Main Farmers' Market launched its 11th season at the start of June, and after more than a decade in the neighbourhood, the market has truly become part of the fabric of both Main Street and the Old Ottawa East community. Those who have attended the market regularly over the years are happy to see many familiar vendors are back selling their fresh local produce, meat, baked goods and artisanal products.

There are nearly 30 vendors participating in the market again this year, offering an interesting mix of foods and crafts. While there may be other, larger markets in Ottawa, the Main Farmers' Market remains true to its original mandate of bringing local farmers together with the community for easy access to high-quality products – all the while helping to reduce our community's carbon footprint. All vendors are curated by the volunteer Board of Directors and the Market Manager, Brett Weddle, himself a seller at the market. Great care is taken to find vendors with farm-fresh produce from within 160 kilometres, as well as others whose products align with the market's vision and goals.

This season, as in the past, the market has welcomed a number of vendors who are not just new to the market but are also brand new businesses that have never sold at a market before. As Sue Cavanaugh, president of the Board, explains, "Since the market's inception, the Board has sought out and promoted new farmers and other food businesses whenever possible, as part of its mandate to support and grow the local food community."

The fresh entrepreneurial spirit of the vendors provides an energy that many

visitors to the market have commented upon. This season, some of the newcomers have launched some exciting and interesting collaborations. For example, new vendor Rigby Fiver Gelato, which makes lactose- and gluten-free gelato, teamed up with another new vendor, Leaf City Organics, which sells edible flowers, to offer some floral toppings for that day's gelatos. It was a lovely and delicious treat!

This energy and spirit have combined to ensure that the market is truly a fun, local community gathering place. There is live music almost every weekend, along with cooking demonstrations and a community tent that is provided at no cost to groups with information they need to share with local residents. All of this complements the many delicious options that are available each week from the farmers and local artisans.



For a full list of vendors, and what is in season, visit the market's website at mainfarmersmarket.org, or follow the market's regular posts on Instagram ([mainmarketottawa](https://www.instagram.com/mainmarketottawa)), Twitter ([mainfarmmarkott](https://twitter.com/mainfarmmarkott)) and Facebook ([mainfarmmarket613](https://www.facebook.com/mainfarmmarket613)).



IAN MCDONALD PHOTO

TOP: Now in its 11th year, the Main Street Farmer's Market has become part of the fabric of both Main Street and the Old Ottawa East community.

BOTTOM: Rigby Fiver creator and owner Barbara Di Bacco and satisfied clients enjoy the lactose-free, gluten-free gelato.



CHRISTINE MACINTYRE PHOTO

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Veteran, rookie earn 2019 Hosers of the Year

JOHN DANCE

A long-time veteran and a rookie hoser were selected as the 2019 Brantwood Community Rink "Hosers of the Year." Geoff Nimmo, one of the original hosers who founded the rink 26 years ago, doesn't even skate on the rink and his children have long gone but he continues to contribute because he sees the great value in this community asset.

Louis Denis, the rookie, is a new resident of Greystone Village but from his home on Clegg Street he quickly became interested in the volunteer-driven rink in the middle of Brantwood Park. Volunteers were greatly challenged by this year's severe winter conditions and in dealing with the aftermath of the sewer replacement work on the rink site, says rink czar Marco DeNigris.

"I think it had been 26 years for me," recalled Nimmo. "My earliest recollection was flattening the snow before flooding. We had no truck to help flatten it so we had our children bring down their sleds and we pulled them back and forth over



JOHN DANCE PHOTO

OOE residents Geoff Nimmo (L) and Louis Denis display one of the community's most coveted volunteer trophies after the pair were honoured with the 2019 Brantwood Park "Hosers of the Year" Award.

the snow until we had the outlines of the rink. I also remember how we used to have the water attachment in a box around the middle of the field. You had to reach down to attach the hose – it's much easier today.

"Our family is new to the neighbourhood, so helping with the rink was a great way to get to know new people and be part of the community," says Denis. "Marco made it easy and enjoyable to get involved. It's also lot's fun and re-

warding to see an outdoor rink come to life... becoming the place where local kids meet daily to skate and play hockey."



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POLITICAL PAGES

PHYLLIS ODENBACH SUTTON PRESIDENT, OLD OTTAWA EAST COMMUNITY ASSOCIATION

INFO@OTTAWAEAST.CA



OLD OTTAWA EAST COMMUNITY UPDATE SUMMER EDITION

Residents came together in a remarkable show of solidarity at the city's planning committee on June 27. Bedecked in apple green "Respect Approved Plans" t-shirts, heart-felt, well-reasoned and thoughtful presentations were made by 18 speakers. All were opposed to an increase in height to Block 2B at Greystone Village (10 Oblats Avenue) and an amendment to our Secondary Plan to allow up to 9 storeys in front, beside and behind the Deschatelets building. In addition to these presentations, 63 letters of opposition were sent to the planning department of the city during the consultation period. The 8 to 1 vote in favour of the developer Regional's request, and the subsequent Ottawa city council vote of 14 to 9 on July 10, were very disheartening and disappointing.

We are considering options on how best to proceed in our interactions with developers, city staff, other councillors and the mayor. Indeed, one of the most upsetting aspects of the city planning committee and city council meetings was the inappropriate and inaccurate remarks from the chair of the city's planning committee, Jan Harder. The frustration and sense of betrayal have not yet eased for many of us.

BUT we have been able to celebrate the Flora Footbridge, which opened on June 28. Broad smiles on those making their first crossings, the selfies, the new views, and opportunities to chat with neighbours from both sides of the canal were a treat to experience and observe. I would like to acknowledge and thank those residents who live close to the bridge in OOE, for whom life was often very difficult during construction, and to those residents whose views have been impacted.

Continuing on the transportation front, there was a public information session on the reconstruction of Greenfield Avenue, Main Street North and Hawthorne Avenue on June 18. Many residents viewed the panels, talked to city staff and consultants and provided their views and perspectives. Flex posts

were installed at the southwest corner of Hawthorne and Main to improve pedestrian safety; the current state of the poles shows that vehicles are still encroaching on the sidewalk. And at another recurring problem intersection, just after the crosswalk lights at Greenfield and Concord Street North were made operational again, another large truck crashed into and over the south side crossing standard. Clearly there are vehicle and pedestrian safety issues that need to be resolved.

Springhurst Park continues to be a hub of activity; I encourage residents to go for an evening stroll and join in the fun. Recent videos show that often between 80-120 adults and children are enjoying the green space, playing badminton, volleyball, table tennis, soccer or basketball. We have also been alerted that the junior playground equipment is being reviewed for lifecycle replacement by the city; hopefully we can share more news soon on this renewal project. And at Brantwood Park, the cracks in the tennis courts have been repaired and repainting undertaken.

As promised in my last column in *The Mainstreeter*, I would like to provide an update on the April 2018 Archville vandalism incident. The two youths involved, working through the Collaborative Justice Program, admitted their guilt, made financial reparations to victims in many cases, undertook community service work and were given an absolute discharge at their May 7 court appearance.

Have questions? Want to learn more or volunteer to make improvements in the community? Perhaps even become a member of the Board at the upcoming elections on November 12 at our Annual General Meeting? Then please consider coming to our next Board meeting on September 10, check out the OOECA website at <http://www.ottawaeast.ca/> or contact me at info@ottawaeast.ca.

SHAWN MENARD COUNCILLOR-ELECT, CAPITAL WARD

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A NEW FOOTBRIDGE AND A PROPOSAL FOR A NEW PLANNING COMMITTEE

I've been at City Hall for about eight months, now, and the work has been non-stop. There's always another project, another meeting or another community event. It's been rewarding, but it's been busy, and July was no exception.

Flora Footbridge

First, some really good news for the ward. The Flora Footbridge, connecting OOE and the Glebe, opened on Canada Day eve, a couple of months early. Throughout July, you could see pedestrians and bicyclists making good use of the bridge. It takes people to work, to shop, to visit friends and to explore our pathways. It also provides a glorious view of the canal. It's more than just transportation infrastructure. It's become a meeting place and a new landmark in the city.

Moreover, it was truly a mark of what can happen when the community comes together. This bridge was a long time coming—a crossing was first imagined a century ago. Politicians from all three levels of government came together to make it happen...but only because residents and community associations kept advocating for it.

This really is the community's bridge, and I thank each and every one of you who worked tirelessly to see it completed.

10 Oblats Avenue

So, the Flora Footbridge is a win for the community. Unfortunately, we also experienced a loss for the community in July. The Planning Committee approved an application to build a nine-storey building at 10 Oblats, even though the Secondary Plan clearly called for a limit of six storeys.

Very discouraging. The community worked closely with the city and with developers to create that Secondary Plan, only to see it effectively discarded within a couple of years. The community came out to the committee meeting and spoke passionately and eloquently about the need to respect the Second-

ary Plan. It was moving to see so many people demonstrate such concern and devotion for their neighbourhood.

My Proposal to Break Up the Planning Committee

The decision on 10 Oblats further reinforces that City Hall does not work for the people. It works for developers. We have seen too many development proposals in our ward unsuited to our neighbourhoods get approved by the Planning Committee and by City Council.

When we look at the composition of the Planning Committee, there's little doubt as to why. Right now, there is only one councillor from an urban ward on Planning Committee. This leaves a serious lack of representation for urban dwellers—and decisions made at Planning Committee are rarely overturned by City Council.

That's why I have proposed that we split up the Planning Committee, with one committee dealing with issues in Ottawa's inner wards and another dealing with issues in the suburban wards. This will provide greater oversight and greater democracy in the planning process.

Odds & Ends

There are also a lot of smaller issues that are happening in Old Ottawa East, these days. For instance, tree replacement along Main Street is being planned (and may be well-underway by the time you read this).

The pedestrian crossover at Greenfield and Concorde will be replaced, once again. This has been a problem intersection, as heavy trucks have repeatedly knocked over the light standard, but it's an important safety measure, so it will be replaced. In the coming years, the intersection will be re-designed, giving us a more permanent solution.

Finally, there's Springhurst Park. It needs a little TLC, and in the Fall, we will have consultations to replace the playground equipment.

JOEL HARDEN MPP, OTTAWA CENTRE

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DEVELOPMENT FOR PEOPLE, NOT PROFITS

As the Ontario legislature rises for the summer, I am excited to use this time to connect with neighbours and residents of Ottawa Centre and hear about local issues that matter most.

One of the issues at the top of everyone's mind is the proposed extension to the Chateau Laurier. I share in the disappointment of most constituents who have told us that the addition in their view detracts from one of our most elegant and historic buildings.

This is a pattern we have seen too often in our municipal planning process, where the interest of developers has outweighed the interest of communities. In Old Ottawa East, the Greystone Village development is another example of this, as The Regional Group decided to abandon the secondary plans it had developed in consultation with the community.

On July 10, I wrote to Mayor Jim Watson requesting that he ask members of City Council to abstain from votes on the Chateau Laurier and Greystone Village developments if they had received campaign contributions from executives of development companies (or their families, members or lobbyists) responsible for these projects.

While Shawn Menard and other Ottawa Centre councillors stood up for community members and voted accordingly, a majority of their colleagues did not. This was yet another example of how prevalent developer influence is at City Hall, something that must change.

This should make us all the more concerned about the Ford government's changes to the Local Planning Appeal Tribunal (LPAT). While they've kept the LPAT name, they have reverted to the old Ontario Municipal Board rules. This change undermines local democracy

and provides unfair advantages to big developers.

In the months to come, we'll continue fighting for development that works for people, our environment, and communities, not developer profits.

Affordable Housing for Seniors

As the Official Opposition Critic for Seniors' Affairs, I often hear that we need safer, more affordable rental units for our aging community. Recently, in the riding of University-Rosedale in Toronto, a seniors' home abruptly announced it was closing its doors. Over 150 seniors are now struggling to find a place to live, in an already expensive rental market. This is incredibly stressful for residents. We need to ensure no one goes through what these residents are going through. Stable and affordable housing options for seniors needs to be a priority in Ontario.

I'm always interested in hearing from older adults about how we can create more supportive, age-friendly communities. Come and join us for a town hall on issues affecting seniors on August 16, 1 pm at the Good Companions Seniors' Centre (670 Albert St.).

Upcoming Events

In addition to the town hall, we have a busy summer planned with many events and opportunities to get engaged. We will be having regular meetups where you can join me at a local coffee shop to chat about the issues that matter to you. We are also gearing up for an exciting presence at Capital Pride, to celebrate how far we've come and to rededicate ourselves to the struggle for full LGBTQ+ equality. Check out our website at joelharden.ca for more details on these events.

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WHAT I'VE LEARNED FIGHTING CLIMATE CHANGE

In my role as Minister of Environment and Climate Change, I have come to understand that standing up for the planet is also about standing up for people and their way of life.

Over the last three years and ten months, I have spoken to Canadians from coast to coast to coast and I have come to understand – in a way I did not before -- how the environment is real for Canadians.

The environment is personal to farmers, fishers, hunters, foresters, trappers, skiers, paddlers and pond hockey players.

It's spiritual to Indigenous peoples who have cared for the animals, lands, and waters for millennia. It's existential for us all.

In our big, cold northern country, the environment affects where we live, how we work, how we prepare for our future. Climate change has made that future uncertain.

Government of Canada scientists recently released a report that showed Canada is warming at twice the global rate. It's three times higher in our north.

Floods — like the one that struck our community this spring, just two years after we'd weathered the devastation of the previous flood — are changing the way we live our lives.

2,200 Ottawa families were directly impacted by flooding this year. As I sandbagged with our community and neighbours again this year, I couldn't help but worry what the future holds if we allow business to go on as usual.

Canada's Climate Plan is a \$60 billion plan that is investing in solutions that are cutting emissions and ensuring Canada will meet its 2030 Paris targets in a way that builds up Canada's competitive advantage in the clean economy and creates jobs.

We're already seeing incredible clean job growth in Canada. The energy efficiency measures in our climate plan will create an estimated 118,000 jobs a year, the price on pollution will create 19,000 jobs, and clean energy jobs are growing 60% faster than the national average.

Our climate plan is investing in over 1,200 public transit projects across Canada that are getting people where they need to go in a faster, cheaper, cleaner way, including building Ottawa's LRT.

We're supporting energy efficiency projects, like the new district energy system in the National Capital Region that is reducing emissions in up to 80 buildings by 63 percent.

We've invested in Canada's engineers and entrepreneurs whose clean tech companies are creating the jobs of the future, like Equispheres in Kanata where the workforce is expected to grow tenfold by 2023.

We've supported Ontario's 50 million trees program and ensured Kemptville's Ferguson Tree Nursery could plant its millions of saplings because we know how important our forests and oceans are for giving us clean air, absorbing carbon and mitigating the impacts of climate change.

And we are working to reduce plastic pollution and banning harmful single-use plastics as early as 2021.

It has been a profound honour to serve as environment minister for all of Canada: for conservationists, resource workers, environmentalists, farmers, foresters, coal workers, and truckers. Most importantly, I have been the environment minister for children. I have three children, and I think of them all the time, wondering what we're leaving them.

WHAT'S ON YOUR PLATE?



GENEVIEVE GAZAILLE PHOTO

Produce abounds at the bustling Ferry Plaza Farmers Market in San Francisco, as our reporter Geneviève Gazaille recently discovered on her tour of local markets.

The two sides of agriculture

GENEVIEVE GAZAILLE

As consumers, we don't give much thought to where our food comes from when we place an item in our basket at the grocery store, except perhaps at the peak of the local strawberry season when we notice the package of California strawberries on display. Thanks to our harsh weather, we are used to buying foreign, industrially-produced foods, especially in the winter. Although Canadian farmers are resourceful and are constantly investigating new methods to extend the growing season, the reality is that their capacity remains very limited by the elements.

According to Export.gov, more than 80 percent of fresh fruits and close to 30 percent of fresh vegetables consumed in Canada are imported, mainly from the United States.

These imports often come at a cost: greenhouse gases from transportation; consumption of growth hormones and chemicals; unripened products; lack of freshness; lack of taste; and the list goes on.

Not to say that our own agricultural landscape is perfect. Our trade system is such that often, food produced right here is shipped across the world, sometimes only to make its way back to us. This is nonsense that leaves us vulnerable to world crisis and opens the door to more food insecurity.

Buying locally has many overriding benefits, including an understanding of how and where our food was produced and cutting our environmental footprint.

Over the past few years, I've grown increasingly fond of our local food economy and its benefits for our Ottawa communities. As a result, it's now become a habit of mine to visit farmers' markets and nearby farm gates whenever I travel locally or internationally.

That's exactly what I did when I recently visited San Francisco. As someone who is weary of industrial agriculture, I was sceptical. San Francisco is often portrayed as a foodie mecca, the land of celebrity chef and farm-to-table advocate Alice Waters and of famous Berkeley professor and author Michael Pollan. But it's also part of California, one of America's industrial farming hubs. California grows more than one-third of the United States' vegetables and two-thirds of its fruits and nuts.

I was smitten. The market was bustling and alive. Ferry Plaza Farmers Market was nothing less than the best market I've been to in North America, boasting an array of local produce. Since 1993, the market has served as a link between urban San Franciscans and local farmers and is renowned for its diverse offering of products from California's cutting-edge sustainable growers, producers, and chefs, as well as education programs to connect urban eaters with the local foodshed.

Nothing is black or white

Perhaps I was impressed by the amazing prepared foods made of organic products. Perhaps it was the weather. Or maybe it was because Ferry Plaza Farmers Market had foods we just can't find here,

like walnuts and oysters.

I realized that nothing is black or white. Just like in Canada, there are two sides to the California food story. These vendors, like our own local farmers, put a lot of love in the tasty food they produce and

are always keen to explain their journey.

Importantly, they contribute to making our local communities self-reliant. So it's important to continue visiting our local farmers' markets, whether in Ottawa, San Francisco or elsewhere around the globe.



GENEVIEVE GAZAILLE PHOTO

The Old Dog Ranch booth at the Ferry Plaza Farmers Market in San Francisco, which Geneviève Gazaille of *The Mainstreeter* recently toured. She found the market to be the best one she has seen yet in North America.

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To contact Catherine
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Authorized by the official Agent of Catherine McKenna.

ELECTIVE EVENTS...

Floatilia 2019 – Rideau Nautical Modellers Group Float of Radio-Controlled Watercraft, Sunday, September 8th, 8:00pm to 9:30pm, Brown's Inlet Pond

The Rideau Nautical Modellers boat club is staging their final group event, Floatilia 2019, on September 8th (with a rain date of September 22nd) at Brown's Inlet Pond in the Glebe. Club members look forward to this event to enable them to sail their hand-built ships equipped with their running lights in natural twilight lighting. The pond will also have two floating light houses for the members to maneuver their boats around in a timed competition.

The Rideau Nautical Modellers share an interest in building and operating various types of radio-controlled watercraft. These include both surface craft and submarines. Electric, steam and wind-powered vehicles make up the fleet, but internal combustion engines are not permitted.

Spectators and boat-building enthusiasts can meet club members and check out their radio-controlled boats weekly during the summer every Wednesday evening from 6:00 to 8:00 p.m. weather permitting. Members of the club welcome neighbours to come and take a look, watch the boats glide around the pond and ask a question or two.

For more information about Floatilia 2019 or the Rideau Nautical Modellers, contact Peter Ebenhoech at pebenhoech@gmail.com or visit the website at www.rideaunautical.ca.

Shining a Light on Community Mental Health Services - Upstream Ottawa's 10th Annual Charity Gala – Thursday, October 24th, 6:00pm, Ottawa Hunt and Golf Club

Since 1987, Old Ottawa East resident Sylvia Cuhaci, has devoted her prodigious volunteer energies and time to Upstream Ottawa Mental Health Community Support, a charitable organization that has been providing affordable housing options and a range of community based critical support services to persons with persistent mental illness. For more than three decades, Upstream Ottawa has maintained a very high level of client/family satisfac-

tion. Proceeds from this year's Charity Gala will benefit programs to enhance existing services and to expand services to as many clients as clinically possible in response to increased demand. "Our ability to provide highly individualized recovery-oriented supports are dependent upon the generosity of the community". (Bo Turpin, Director of Programming and Clinical Support).

The Gala kicks off with cocktails at 6:00pm and dinner at 7:00pm; tickets are \$160 for individuals and corporate tables of 8 are \$1,500. Catherine Clark will be the Master of Ceremonies and Keynote Speaker will be Dr. Susan Farrell, a psychologist specializing in Community Services. This year's Upstream Ottawa Charity Gala is proudly presented by Polanco Home Furniture and Interior Décor Solutions in Westboro.

For more information and to purchase tickets, please visit the Upstream website at <https://www.upstreamottawa.ca/2019-gala>

Participate in a new heart research project – 12 week exercise training program, University of Ottawa Heart Institute

An exciting research project is underway at the University of Ottawa Heart Institute that may be of interest residents of Old Ottawa East. The project is an innovative exercise training program for patients with atrial fibrillation.

Atrial fibrillation is an electrical disorder of the heart, which is characterized by a fast, irregular heart rate and affects approximately 350,000 Canadians. Currently, anyone over the age of 40 years has a 26% chance of developing this disorder. Atrial fibrillation is associated with substantial morbidity and mortality. These patients are normally managed with medications, yet they are desperate

for better treatment options.

To meet this need, Dr. Jennifer Reed, Scientist in the Division of Prevention and Rehabilitation, has decided to examine the impact of different levels of exercise training on the cardiovascular health and fitness in patients with atrial fibrillation. Dr. Reed's team is now recruiting up to 100 individuals with persistent or permanent atrial fibrillation from the greater Ottawa area. Participants will have their health measures taken, complete questionnaires and participate in one of two 12-week exercise training programs. The results will provide clinicians and patients with important information for new treatment strategies to improve quality of life, alleviate symptom burden and reduce exercise intolerance amongst patients living with this condition.

If interested, readers can contact Heart Institute research coordinator Matheus Mistura @ (613) 696-7000 ext. 15944 or by email at mmistura@ottawaheart.ca

Fourth Annual Walk for the Centre - Sunday, October 6th, Registration at 1:30pm, Start and Finish at Ottawa City Hall

Organizers from the Centretown Churches Social Action Committee are gearing up for another "Walk for the Centre" to raise much-needed funds for a neighbourhood food resource and to highlight that many in central Ottawa live without food security. The walk began in 2016 when friends and supporters of the Centretown Emergency Food Centre, located at 507 Bank Street in the basement of Centretown United Church (Bank at Argyle), looked for ways to combat local food insecurity.

Food insecurity is largely about the struggle to afford food. Recent studies identify immigrants, minimum-wage workers, seniors and students, to mention just a few, as being vulnerable to food security challenges owing to

pressure on food budgets.

The catchment area for the Food Centre runs from Wellington Street to Billings Bridge and from Lyon Street in the west to Main Street, including Lees Avenue, in the east.

While the Food Centre receives support from many sources, demand is high and with food prices rising, it is an ongoing challenge to serve everyone who comes through the door. Walkathon organizer, Elizabeth Kent highlights the fact that the Food Centre is a real community resource: "Our motto every year has been 'neighbours helping neighbours' – we welcome walkers of all ages."

There is no charge to join the "Walk for the Centre." Residents of Old Ottawa East can turn out to promote food security, choose to raise sponsorship funds for the walk, or make an individual donation to help the Food Centre. There will be two walk options – short and slightly longer. The longer route is approximately 4 km and will take walkers along the Canal and around Parliament hill, a great location for a Sunday afternoon stroll.

Annual Glebe Fine Arts Show – Saturday & Sunday, September 14th & 15th, 10:00am to 4:00pm, Glebe Community Centre, 175 Third Avenue

The annual exhibition and sale of fine arts brings together 34 Ottawa and area juried artists who enjoy displaying their works and meeting members of the community. With the recent opening of the Flora Footbridge, the venerable old Glebe Community Centre is closer to Old Ottawa East residents than ever before.

Fourteen years ago, a group of artists initiated a new art show in the Glebe. The initial event proved so popular that the group wanted to continue under the

coordination of Linda Loder and Linda Bordage. Since that time, the success of the show has grown each year and boasts an average of 1000 visitors each year!

Visitors can enjoy a full array of art forms, ranging from oils, acrylics and watercolours to embroidery, glass painting and fine art photography

The following local galleries annually exhibit a sample of the artists' work:

- at the *Glebe Gallery* (in the Glebe Community Centre);
- at the *Ottawa School of Art PrimeCorp* showcase located at the corner of Bank and Somerset; and
- at *Gallery 111 at Ottawa City Hall*.

These galleries offer an opportunity to preview and purchase some of the artwork.

Free admission, door prizes and on street parking are available.

Old Ottawa East Walking Tour, Heritage Ottawa – Sunday, October 6th, 14:00pm to 15:30pm, Meet at Main Entrance, Saint Paul University, 223 Main Street

Heritage Ottawa's popular Sunday walking tours will feature a guided tour of Old Ottawa East open to anyone interested in the history and heritage of this community. The story of Old Ottawa East will be explored through a tour of the area's historic

buildings and landscapes to explain how Ottawa institutions, transportation networks, industrial development, and residents from all walks of life contributed to the evolution of this unique neighbourhood.

Guides for the tour are Laura McLeod, a resident of Old Ottawa East with a deep interest in the neighbourhood's history and heritage, and Julie Harris, a heritage professional who has conducted research on several properties within Old Ottawa East.

The cost of the tour is: Heritage Ottawa Members: \$5 / Non-Members: \$10 (Payable by cash at the start of the tour).



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