

MAINSTREETER

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

FEBRUARY | FÉVRIER 2016

WELCOME FROM MANY OOE Readies for Refugees

BY JOE PARASKEVAS

Consider Chestnut Street.

It's a peaceful stretch of houses typical of Old Ottawa East.

Kids run around when the weather's warm. Residents help each other out. They feel fortunate to live among easygoing neighbours.

You could find people like those on Chestnut Street anywhere in Canada.

And yet, this winter, something makes this tiny thoroughfare, one block west of Springhurst Park, different from many others.

Four Chestnut Street households have each put up about \$2000 to bring a family of Syrian refugees to Old Ottawa East.

Calling themselves the Chestnut Sponsorship Group, they have signed an agreement with the Anglican Diocese of Ottawa to identify a family fleeing violence in the Middle East and support them through their first year here.

"I guess I, like a lot of other people, was moved by the stories I heard," said Chestnut resident Amy McGee, who last November sent an e-mail to her neighbours, floating the sponsorship idea.

McGee, 41, a midwife, wondered if a family with children like her own might want to travel 10 time zones away for a new start in a peaceful corner of Central Canada.

At the time, this country was beginning to consider its role in the worldwide resettlement of Syrians caught in the crossfire between Bashar al-Assad's government forces and their opponents. Millions of Syrians had fled the country throughout 2015, many risking their lives in journeys over land and across open water to reach Europe.

McGee sought to take advantage of the federal government's newly focused efforts to resettle thousands of Syrians in Canada by the early months of this year. The response from her neighbours was immediate.

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PHOTO BY HUGH DALE-HARRIS

Four Chestnut Street households are banding together to sponsor a family of Syrian refugees. They are working with the Anglican Diocese of Ottawa. Their goal is to raise \$14,000 for six months' worth of needs for the newcomers.

Back two rows, Left to Right: Hugh Dale-Harris, Amy McGee, Dianna Cullen, Jessica Huniu, Erin Groulx, Yael Atnikov, Scott McAnsh, Wynne McGee-Harris, Annie Leblanc, Chaim Atnikov, Joe Huniu

Kids in front: Chi-Chi McGee-Harris, Vivi McGee-Harris and Lotus McAnsh. Iris, the dog

Farewell to One

BY DARREN DICKS

When I got the news on Sunday that Liz Fulton had died I was surprised and sad. I was also surprised that I was surprised.

Liz knew, given the state of her health, that this day could come anytime. Yet it never seemed to come and I found myself surprised when it did, even

though I too had long known it was a possibility. I guess I had started to let myself believe that she

was invincible.

Liz became ill in the prime of her life and spent two years in hospital. She was diagnosed with a debilitating illness that affected multiple things: her heart, her respiratory system and her mobility, to name a few. She was told then she did not have long to live.

But this is Liz we are talking about. She had her own opinion and way of doing things. She was determined and resolved. So in spite of medical opinion Liz pressed on her own way. Her diagnosis came several decades ago. The possibility of imminent death has been a part her reality ever since.

But it was that reality, when you understood it, that made you admire Liz and her strength and her character and her faith. If you did not know Liz or her circumstances you would perhaps only see a woman in a wheelchair. You may see weakness, but until you got to know her you would not know her incredible strength, determination and resiliency.

Chances were good if you were to see Liz, she was cruising around the streets of Old Ottawa South or Old Ottawa East and other places around the city. She loved to be outside and she loved to be mobile. She was very independent and did not like to have to depend on others for her care. This again was her determination and resilience showing through.

I think this is part of the reason she did not like hospitals or being in the hospital. It meant her freedom was restricted. That is why she would always insist on getting herself to the hospital in her chair so she could leave as soon as possible. She wanted to do things her way and she did not like not doing it their way. She had enough of that dealing with her many ailments.

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Liz Fulton with her beloved companion Wendy.

PHOTO BY SUNNYSIDE WESLEYAN CHURCH

Editor's Note: Along with the rest of Old Ottawa East, the Mainstreeter was saddened to learn of the death of Liz Fulton, Jan. 24. She was as close to a legend as this corner of Ottawa ever had. Stories about her will be told for many years. The following is an adaptation of the eulogy for Liz given by Darren Dicks, Associate Pastor, Sunnyside Wesleyan Church at a memorial service, Jan. 30.



Belgrave Road residents Lynda Rivington and Brooklyn are disappointed that passage under the Smyth Bridge is unexpectedly closed.

PHOTO BY JOHN DANCE

Pathway Closures Surprise and Inconvenience Residents

BY JOHN DANCE

The closure of the river pathway under the McIlraith (Smyth) and Transitway bridges is a continuing inconvenience for OOE residents.

Some people have raised questions about why the city has maintained user access under the two Rideau River bridges on their eastern sides but not in Old Ottawa East.

The deterioration of both bridges requires more work than the city originally anticipated. As a result, their closures will be lengthy.

Access under the McIlraith Bridge will be restored by the end of March. The pathway under the Transitway / LRT Bridge further north may be closed for up to two years.

The city failed to consult with the community about the closures although there was advance notice for the McIlraith restriction.

Last October, the city provided the Old

Ottawa East Community Association an update on LRT progress and explained that the Transitway Bridge would be refitted with new LRT tracks. But there was no mention of the closure of the pathway under the bridge.

In December, the city provided an update on pathway changes resulting from the Transitway/LRT Bridge reconstruction. Again, there was no reference to the closure of the pathway under the bridge.

The recommended detour for the underpass at the McIlraith Bridge requires pedestrians to go all the way to the intersection of Main Street and Riverdale Avenue, a total detour of about 700 metres.

Hundreds of pedestrians and cyclists who regularly use the river pathway have opted to dash across Main Street to get to the other side rather than go to the Riverdale intersection. With the arrival of snow in late December, there were the occasional skiers who ran across

Main, skis and poles in hand.

“The deterioration of the [OOE-side of the McIlraith bridge] abutment is worse than expected, which can only be determined when the concrete is removed and the hidden area is exposed,” said Lei Gong, the city’s project engineer for the McIlraith Bridge restoration project.

“It would be too dangerous to allow pedestrians access through the work site. For public safety, it is paramount that the contractor prevents public access to the work zone,” she added.

Area residents and Coun. David Chernushenko asked city staff to investigate the possibility of creating a signalized crossing on Main at Bullock Avenue or Toronto Street so pedestrians and cyclists don’t have to detour all the way back to the lights at Riverdale and Main.

But Lei said such a solution would take too long to install and cost between

\$120,000 and \$150,000.

“Given the short duration of the pathway closure (approximately four months), this is not an economically viable option,” she said.

The closure of the Transitway Bridge means pedestrians and cyclists who used to cross the river on it must now detour to the old pedestrian bridge just south of the Queensway Bridge. This demands an extra kilometre of travel.

For people proceeding along the river pathway the detour caused by the blocked access means a detour of about 300 metres.

“The pathway east of the bridge on the OOE side is not city property and is therefore not an official city pathway,” said Nicholas Levesque of the city’s Rail Implementation Office. “That is why the recommended detour route is to head north to Lees Avenue and to continue via Lees Avenue.”

The Impact of Exclusion

BY JOE PARASKEVAS

The ways the military - and society at large - define disability and treat the disabled appear to have changed in 100 years. But have they really? The selection of Canadian soldiers for World War I and the treatment of those rejected is the subject of a book published last fall by Nic Clarke, assistant historian of the First World War at the Canadian War Museum ... and an Old Ottawa East resident. Clarke's book, *Unwanted Warriors; The Rejected Volunteers of the Canadian Expeditionary Force* will be released in paperback this spring by UBC Press. The Mainstreeter caught up with Clarke at Cafe Qui Pense, one recent afternoon.

Why this subject?

That's a good question, one that I'm often asked. I started my research, my MA thesis, on children's disabilities. And I published a number of articles on disability, what a disability is, is it a social construct as opposed to just a physical reality. I was doing work for my MA thesis supervisor at UBC on politics in British Columbia. I was doing some newspaper research for him and there was a small article about the Honorably Rejected Volunteers of Canada Association.

I had done a lot of work on the First World War and I had never heard of this association. A very small article talking about their claims, demanding widespread recognition as men who had offered their service for the First World War but had been rejected.

As you're well aware, there was a lot of pressure for men to serve in the First World War. A lot of these guys were not seen as physically disabled by civilians. They were rejected for poor eyesight and a variety of other things. This is a way, at the end of the war, for them to defend themselves again.

I thought, well, OK, who are these guys? There was nothing really out there. Then, I was going through Library and Archives Canada's collection and again, serendipitously, I came across the records of 3,000 of them who had been rejected at Valcartier Camp during the raising of the First Contingent in August-September of 1914. Valcartier was the mobilisation site for the First Contingent of the Canadian Expeditionary Force.

I thought: this is cool. It allowed me to pursue my twin passions, which were: research into how disability is a construct and how it affects us and research into the First World War.

I wonder if you could summarize your book for people who haven't read it.

The book itself examines a group of individuals. They're important because

they make up a large minority of the Canadian population. We need to get the complete facts, for a variety of reasons, which is discussed in the book. Between about 100,000 and 200,000 individuals were rejected. It offers an examination, it puts light on these individuals.

In doing so, it also is the first book to examine the First World War medical examination, how that medical examination works, what were the ideologies behind it. In doing so, it also explores the different concepts of disability between civilian society and the military. Why does the military think certain things are disabling that civilian society doesn't? And then the clashes that are involved and how these clashes are played out in the bodies and the experiences of the guys who were rejected.

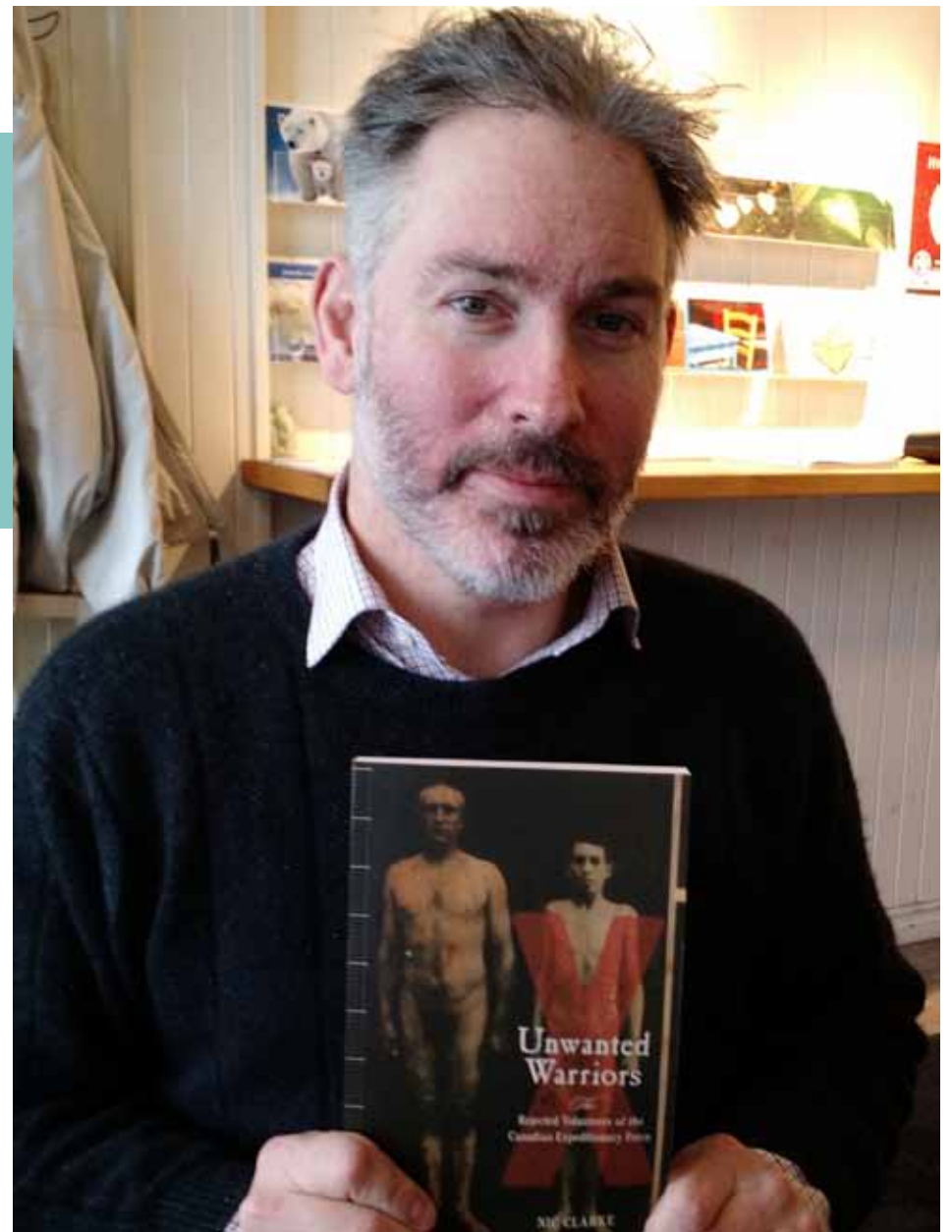
Lumberjacks who are getting 9,000 calories a day, who had bad teeth, they were rejected. There's massive amounts of debate around that. Now, the military does quickly realize that that's wrong and changed things with the Canadian Army Dental Corps in 1915. The Canadian Army Dental Corps exists because of the First World War.

What kind of a portrait do your findings make of Canada, 100 years ago?

It speaks to me about how disability is a social construct. And differing things lead to people being defined or not defined (as disabled). It shows that there's a lot of tension in Canada about the war for reasons that often aren't explored. How do you define someone who's not fit to fight? People don't always understand there's a very real and sensible decision that the military are making. But the military also has to rely on experiences from earlier wars.

I'll give you an example: spectacles. In 1914, combat infantry are not allowed to wear spectacles to get to the minimum requirements, which are almost 20-20 in both eyes, which is a huge ask. Now, the

Continued on page 4



Ask Judy



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THE IMPACT OF EXCLUSION *cont. from page 3*

reason for that is the British army had operated on the periphery of the empire in underdeveloped areas with long supply lines. If a guy loses his glasses you can't replace them. The German or French armies, which were designed to primarily fight in Europe, allowed their men to wear glasses. Why? Because the supply lines are short and in developed areas. It takes the Canadians until 1916 to change the rules to allow infantry to wear glasses. Before that, the minimum requirements had gone down because of the recognition that 20-20 vision might be good for snipers but in a (battlefield) aimed shots are not always key. So that speaks to how the Canadian army and a lot of its traditions in the First World War were based on previous experience.

What kind of burden did rejection bring to those the army didn't want?

I actually call rejected volunteers some of Canada's first casualties. Some go on to commit suicide because of the social pressures put upon them. There's a young man named Daniel Lang, who is 18-years-old, who takes strychnine in a park in Welland. George Barker hangs himself after being rejected three times and finding out that his brother's been killed overseas. Other guys go into

self-imposed social exile. Why are they doing this? Because there's an incredible social pressure to serve. They feel guilt as they watch their friends go off to fight knowing that many are not coming back. And they are being ostracized and treated horrifically in the streets.

There's also internalized guilt. And then of course, there's this other thing where, in a pre-Medicare Canada, with these ideologies going around of men being providers and so forth, and also with the rise of eugenics, where you're suddenly seen as being defective. War aside, you're now portrayed as a burden on your community. All these things create - to use an over-used metaphor - a perfect storm.

Eugenics was that much a part of Canadian society?

It's certainly stronger in the 20s and 30s. But eugenics ideologies are certainly around (at the time of World War I). And eugenics becomes very powerful in Canada in the postwar period. We have two provinces that bring in sexual sterilisation laws, Alberta and British Columbia. There is the fear that good, healthy men go off to fight and die. Who gets the 'dregs'? There are massive

concerns about this in the postwar period and even during the war. How is it going to affect society in the postwar period, that the degenerates and the rejects are the ones who have been kept?

I took away from this book that Canada is a better place now for soldiers and for society. What do you want people to take away?

I'm wary of drawing comparisons, simply because the societies are so different. What I would like people to take away is two points. One, is to further question what disability is,

because disability is a social construct, how disability is viewed in society, how the disabled are viewed. I offer people a chance to pause because in some ways I don't think things have changed in the construction of disability.

The other thing is: it's about giving a voice and a place to these individuals in Canada's First World War experience. The Canadian population in the First World War is around seven-and-a-half, eight million. Two hundred thousand individuals is not an insignificant percentage of the population.

BOXING DAY 2015



PHOTO BY MARY BOND

Boxing Day 2015 had the air of late October: temperatures above freezing and not a hint of snow. Several canoeists tested the Rideau River waters in OOE.



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OOE READIES FOR REFUGEES *cont. from page 1*

"I thought that's a very awesome project," said Scott McAnsh, a 36-year-old lawyer, who, along with his wife, agreed to McGee's plan the same day.

B.C. New Democratic Party Member of Parliament Nathan Cullen and his wife, who also live on Chestnut, joined as well.

The residents chose the Anglican Diocese, one of many sponsorship agreement holders identified by the government to support refugees it brings to Canada.

The Diocese is working with about 25 community groups in eastern Ontario that have expressed interest in welcoming Syrian refugees. A spokesman said the broad professional and personal expertise the Chestnut residents brought to the table will help ease a Syrian family's transition to Canada.

"Amy's group is typical of the community groups that we are working with – committed, compassionate people who bring their professional competency, social activism and humanity to resettle refugees," said Donald Smith, chair of the Diocese's Refugee Working Group. "Helping a newcomer family to resettle in Canada requires a great deal of time

and patience, similar to what is required when raising a family. Most of the newcomers who will be resettled have children and the parenting skills that groups like Amy's bring to the family are invaluable."

Under federal sponsorship program guidelines, the government would fly a family to Canada and pay for six months support. The Chestnut group had to come up with \$14,000 for "human support," McAnsh said.

"So like: instruction, helping them find things in the city, access to clothes, emergency support, that sort of thing over those (first) six months," he added, "as well as financial support for the last six months."

The original plan called for the sponsored family to rent a house on Chestnut Street. But the group found the price of renting – about \$1300 a month – was too steep.

"The idea is: you help people get set up in a place that they will continue to afford," McGee said.

Instead, she, McAnsh and the others found an apartment in the Lees Avenue towers for about \$300 less. They also learned there were other Arabic-

speaking residents in the apartments who could help the new family get settled.

The Chestnut group reached out to friends, family and the wider community and raised about \$9500 by the end of January.

The donations came through efforts both sophisticated and small.

McGee's daughter and a friend raised \$156 in three hours one afternoon selling home-made caramel.

The group also set up a web presence to attract donors and started to tell everyone they knew.

"Potential donors should go to www.canadahelps.org and search for the Anglican Diocese of Ottawa," said McAnsh. "Once there, they should select the Chestnut Sponsorship Group from a drop-down menu.

"You will get your charitable receipt almost immediately," he added, saying that work with a sponsorship organization such as the Diocese allowed the Chestnut group to push the tax incentives during fundraising.

The group has only just begun the task of actually choosing a family to sponsor

from weekly lists that include details such as places of origin, numbers of adults, ages of children.

Finding a potentially good match has proved more difficult than expected.

"Ages, I think are important," McAnsh said. "I have an eight year old, the neighbours have a five-year-old."

"If we get somebody who has a five-year-old," McGee said, "we have somebody (on the street) who knows where all the places are for kindergarten. There's a bunch of research you do when you have a kid. You know where things go. It's not so much about who we would enjoy spending time with, it's about making it as easy as it can be."

One to three months after the government accepts their choice, McAnsh said, the Chestnut Group could expect the family's arrival.

"We do hope they would like to hang out with us," McGee interjected, giggling. "But it's not a guarantee. They might not like us."

Once the new family comes to know Chestnut Street, that prospect would be highly unlikely.

FAREWELL TO ONE' *cont. from page 1*

Some may consider this part of Liz's character as being stubborn. Well, let me tell you she was.

It was this stubbornness and determination that made her Liz and I am sure it is these traits that kept her from succumbing to her many ailments for so long. Why when given only a few months to live she turned it into several decades. Recently, she was in a battle with the city over her the location of her ramp at her house and the possibility it would interfere with the proposed Main street expansion. The people at the city underestimated what they were in for the ramp is still there.

While Liz was no stranger to conflict, if you knew Liz you knew she loved people and always treated people the way she wanted to be treated. She did not want to cause people trouble or be a nuisance. She would rather avoid it all together.

Perhaps that is why she loved dogs so much. They did not give her grief. Most of you that knew her would have seen with her sidekick Wendy. They were inseparable. She loved Wendy dearly

and when life without Wendy became a reality Liz had a deeper pain.

I would sometimes walk with Liz and take our dog along. We had to stop for every dog we encountered along the way. Not for my dog to interact with the other dogs, but because Liz had treats for every dog we encountered. She always had a bag of premium dog treats wherever she went. The dogs and their owners were always happy to see Liz coming.

Even though Liz had a great deal of pain in her life she always tried to look for the bright side of things. Her faith was a big part of her life. She faithfully attended church and helped in any way she could.

So when I got the news this week I was surprised I was surprised but I also had mixed emotions. I knew I would miss her but I also knew her suffering had ended and in a way her prayers were answered. While we feel the pain of losing Liz keenly, she left us an example of how to cope with pain. Sometimes we may even have to be stubborn.



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OECA planning committee member Michael Dawson is disappointed the city is not widening Main Street at its northern end to allow separated bike lanes.

PHOTO BY JOHN DANCE

Main Street Likely to Remain Incomplete

BY JOHN DANCE

The city is refusing to add dedicated bike lanes along the full length of Main Street.

A 160-metre stretch at the north end of the reconstructed Main will lack bike lanes in each direction. The absence means the city is ignoring a provision for cyclists in its Official Plan but it also puts their safety in jeopardy some suggest.

Riders maintain that having no bike lane - even on a short stretch of the road - would make the northern section of Main more hazardous than in the past.

"It's where dedicated cycle lanes end along a continuous road and a cyclist has to merge abruptly into traffic that many cycling deaths and accidents occur," said Theresa Wallace, an Old Ottawa East resident and contributor to Canadian Cycling Magazine.

By 2017, separated cycling tracks are expected to run almost two kilometres along the reconstructed Main Street, from the McIlraith Bridge at Smyth Road to Harvey Street, just north of the Queensway.

Completing the cycle tracks just a further 160 metres to Colonel By Drive would not be feasible if the city does not acquire additional right-of-way from the property at 115 Echo Drive.

This is the plot of land at the northeast corner of Colonel By Drive and Main Street. A developer has proposed building a six-storey development there.

For the last three years the Old Ottawa East Community Association pushed the city to complete the Main Street bike lanes all the way to Colonel By.

The response was that the street was not wide enough at its north end to allow construction of the cycle track.

However, in 2014, the city advised the OECA that when properties were redeveloped it could acquire the additional right-of-way to give it enough room to construct the bike lanes.

Now the city is considering a proposal to develop the property at 113-115 Echo, known within the community as the Portuguese Community Centre and originally as the Anglican Church of the Holy Trinity.

Uniform Urban Developments proposes to demolish the heritage church and build a six-storey condominium.

Rather than seek expanded right-of-way

for cycle tracks, the city recommends a 1.5 metre painted cycle lane on the east side of Main beside the development and cycling sharrows, similar to those found on the Bank Street bridge, on the west side.

Sharrows are a measure used by municipalities to indicate roadways that must be shared by both cyclist and vehicle traffic. They give cyclists full use of a lane rather than compel them to squeeze to the curb.

Nevertheless, the city's two solutions for bike riders at the north end of Main are considered inferior to the dedicated cycle tracks that will exist on Main between the McIlraith bridge and Harvey Street.

"I am disappointed that the city has neglected to secure right-of-way to provide segregated cycling lanes on Main Street north of the 417," said Michael Dawson, a member of the OECA planning committee. "Currently cyclists wishing to get to the canal pathway need to cross a lane of traffic to avoid conflict with cars turning right at Greenfield."

Coun. David Chernushenko's office suggested Old Ottawa East cyclists may not have heard the last word on the matter.

"The Councillor has made it very clear that he would like to see cycle tracks on both the east and west sides of Main Street and has asked the city to investigate how this could be put implemented," said Chernushenko spokesman Ian Grabina. "Dual cycle tracks might be possible within the existing right-of-way and, if so, the councillor would be happy with this option even if it does not take the extended 23 metre right-of-way."

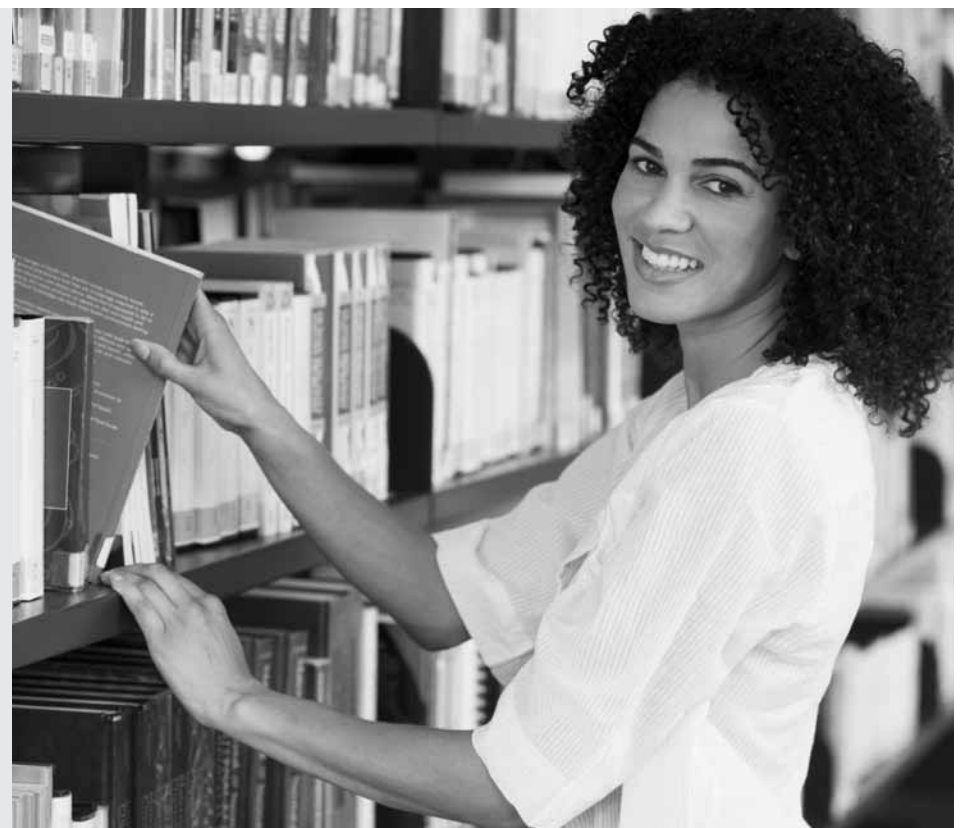
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Lady Evelyn Alternative School is seeking donations for its upcoming used book sale.

Your used books (no encyclopedias, textbooks or magazines) and vinyl can be dropped off in the Lady Evelyn lobby starting Tuesday, March 29.

The book sale will take place on Friday, April 22 and Saturday, April 23 at Lady Evelyn (63 Evelyn Ave.).

Everyone is invited to come and peruse the books and records from 3-7pm on the 22nd and from 9-3pm on the 23rd.



FROM THE EDITOR

From the Mainstreeter's perspective, 2016 began with shrillness of an alarm clock on a dark winter morning. When I heard reports of Postmedia layoffs in newsrooms across the country, my thoughts turned to the journalists, some of whom I knew personally.

I don't see any wisdom in the cuts. There is rarely a good reason to let a journalist go, certainly not the oft-cited desire to cut costs. Either you value storytelling or you don't. If you don't, please don't own a newspaper.

After I absorbed the news, the already impoverished working environment in which journalism existed, seemed even more so. Then I reflected on what the layoffs meant to the Mainstreeter. And I came to this conclusion: the job of producing our paper had become more important than ever.

Odd, don't you think? Why should an event near the centre of Canadian media matter at some lonely little outpost? The answer: because people need good things to read (and photos to look at). It doesn't matter where they find those things, only that they do. In journalism, reputation counts, perhaps more than in other businesses. It doesn't matter how big you are, only that you can deliver.

On a day when Canadian journalism was weakened, I imagined a stronger Mainstreeter, one that went in search of good stories to tell, never mind its postage-stamp sized territory. To tell true stories and to do it well, suddenly became a more compelling mission than before. Too bad it was the loss of some good comrades that triggered it.



PHOTO BY NANCY MCL IMAGES

Joe Paraskevas, *Mainstreeter* Editor.

Pour le Mainstreeter, le début de l'année 2016 a été marqué, un matin d'hiver sombre, par l'équivalent de la sonnerie stridente d'un réveil. Quand j'ai eu vent des mises à pieds dans les salles de presse de Postmedia à travers le pays, mes pensées se sont tournées vers les journalistes. Je compte certains d'entre eux parmi mes amis.

Ces coupures ne sont pas raisonnables. Il y a rarement de bonnes raisons de mettre à pied un journaliste. Le désir si souvent exprimé de couper les coûts n'en est surtout pas une. Soit on valorise le récit, soit on ne le valorise pas. Quelqu'un qui ne le valorise pas ne devrait tout simplement pas être propriétaire d'un journal.

Après avoir absorbé la nouvelle, le milieu déjà défavorisé du journalisme me semblait encore plus appauvri. Puis je me suis demandé ce que ces mises à pied représentaient pour le Mainstreeter. Ma conclusion est la suivante: le travail que nous faisons en produisant notre journal est plus important que jamais.

Étrange, non? Pourquoi un événement survenu près du cœur du monde médiatique canadien affecterait-il un petit poste éloigné? Parce que les gens ont besoin de bon matériel de lecture (et de photos). Peu importe comment les gens accèdent à ce matériel; l'important est qu'ils y accèdent. Le milieu journalistique, peut-être davantage que d'autres milieux, prise la réputation. L'ampleur de notre travail importe peu, pourvu que le matériel soit bon.

Par une journée où le journalisme canadien se voyait affaibli, j'envisageais un Mainstreeter plus fort, qui allait à la rencontre de bons récits, sans songer à son territoire minuscule. Raconter, et bien raconter, me semblait soudainement une mission plus irrésistible que jamais. Dommage que ce soit la perte de collègues talentueux qui ait déclenché ce sentiment.

MAIN STREETER

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Zone C: Don Fugler (Captain) – Connie Avelvari – Lori & Justin Gandy – Bruce, Kathleen, Kaithlyn & Meghan Lowe – Janice Neelands & Greg Danylchenko – Dan Racicot and Amanda Connell and their children Frederic, Mathieu and Amelia – Janet Barnes – Anthony Lenzo – Joe Charlton – Sean, Lisette, Claire, and Fiona Sunderland

Zone D: Helene Lowe - CAPTAN – Marilyn & Duncan Best, Colin – Michelle & Garreth Palidwor, Amelia, Enid – Krystina & James Gibson – Kaitlyn Lowe – Fred Simpson & Thoma – Lowalik

Zone E: Wendy McRae (Captain) – Anna Doucet – Matthew & Ben MacDonald – Dale – Mary O'Donnell – Mark Wigmore – Julia & Brian Donahue – Kim Farrall – Alex Beattie – Maasilan & Nila Etchart

Zone F: John & Heather Jarett – Nanay MacDonald – Juan Renart – Ian & Barbara Kirk – Mike Taylor – Mark Audcent – Bob Ryan

Zone G: Barbara Hicks – Leslie Jones-Jim Strang – Ed Janes Phil Browne

High school volunteers should submit their papers for signature to Cleta Kowalik

421 Echo Drive | Tel. 613-230-9853 | cletak@gmail.com

OTHER USEFUL CONTACTS

City of Ottawa: 24-hour number for all departments: 3-1-1

Councillor David Chernushenko: David.Chernushenko@ottawa.ca

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

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

Mayor Jim Watson: Jim.Watson@ottawa.ca

Old Town Hall: 613-564-1078

Old Ottawa East Community Association: info@ottawaeast.ca

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

Sandy Hill Community Health Centre: 613-565-3265





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Main Street Construction Moves South in 2016

BY JOE PARASKEVAS

Eight months into Main Street reconstruction, the city is eyeing the project's second phase.

Closure of the portion of the street north of Clegg Street in 2015 resulted in traffic jams and complaints from residents of cut-through cars speeding down Old Ottawa East side streets.

This spring promises a new set of

detours with the move of construction to the southern portion of Main.

"The closure of the northbound lanes from Riverdale Avenue to Clegg Street for a six-month period will provide traffic challenges to the public," admitted Josée Vallé, Project Manager in the Infrastructure Services Department.

The city will begin preparing for the shift this month.

"Construction is planned to begin south of Clegg Street in March, weather permitting," said Vallé. "Prior to the construction beginning in earnest, the contractor will remove trees and undertake other minor preparatory work in February."

The city will continue to circulate construction updates through an e-mailed newsletter, public notices and the media. Residents can sign up for the newsletter on the city's website.

Vallé said the project is on schedule and progressing well.

Not Much Progress on Canal Footbridge

BY JOHN DANCE

It remains unclear whether construction of the the Clegg Street-Fifth Avenue canal footbridge will actually start before another four years.

Politicians representing Ottawa Centre have worked together recently to try advance the project.

The election of Catherine McKenna as the new member of Parliament makes it likely that the federal government will contribute to the estimated \$18 million structure. During her campaign, McKenna committed to advocate strongly for federal funding as part of an ambitious infrastructure program in the Liberal platform.

Since her election, McKenna has met twice with Mayor Jim Watson and discussed the footbridge. The mayor responded positively as did Coun. David Chernushenko and Ottawa Centre MPP Yasir Naqvi.

Chernushenko succeeded in having the city transfer \$2.7 million from


a delayed Ottawa River footbridge proposal to the Clegg-Fifth footbridge account. This brought total approved funding to \$4.8 million, an amount Chernushenko said would make a "great down payment."

The approved funding has already allowed the city to complete geotechnical testing which will be used during design work.

Meanwhile the Rideau River's Adawe footbridge has opened to considerable acclaim. The bridge connects Sandy Hill to Overbrook-Vanier.

The key impediment to the progress of the Clegg-Fifth footbridge is funding. Efforts to lower conceptual design costs yielded few savings.

The price tag remains at \$18 million, compared to \$11 million for the Airport Parkway footbridge, \$9.2million for Adawe and \$8.8 million for the Coventry-Train Station footbridge over the Queensway.



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Rainbow (Carleton Preschool), launched in 1967, is considered a community leader in child development and preschool. It offers an after-school program for kindergarten and school-aged children. Send questions about your toddler's development to the educators at Rainbow Kidschool via their

Facebook page: www.facebook.com/rainbowkidschool.

For more information about the school, visit www.rainbowkidschool.ca

My child is 3.5-years-old and doesn't recognize the letters of the alphabet. Should I be worried?

Don't worry. Children learn at different rates and have different interests as they develop their skills.

For example, all children love to sing songs. They learn the words through

repetition, singing favourite songs over and over. Every parent knows how much fun that can be in the car! Toddlers may be able to sing the alphabet song from start to finish, but it doesn't mean they are able to recognize each written letter.

Children usually learn to spell their own name first, often recognizing the first letter of their name before differentiating other names that start with the same letter.

Opportunities to involve your child in

social settings -- nursery school, day care or drop-in centres -- to practise and develop social skills are a much more important focus at a young age. These will be fun, in terms of toys and games, and educational. Learning is all about fun!

Parents can encourage children's letter recognition with books, puzzles or baked cookie letters. Children have a more concrete grasp of a concept when they can be hands-on.

Play hide-and-seek with letters,

scattering plastic letters around a room and help your child to identify their treasure. Toss some floating letters in with bath time.

Whatever activity you choose, keep it fun. Children learn best when they are happy and at ease. If they lack interest in letter recognition at this age, remember they are still having fun through various games. They will eventually learn their letters.



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For cost-effective advertising, contact: Ron Rose
613-680-9000
advertising@mainstreeter.ca

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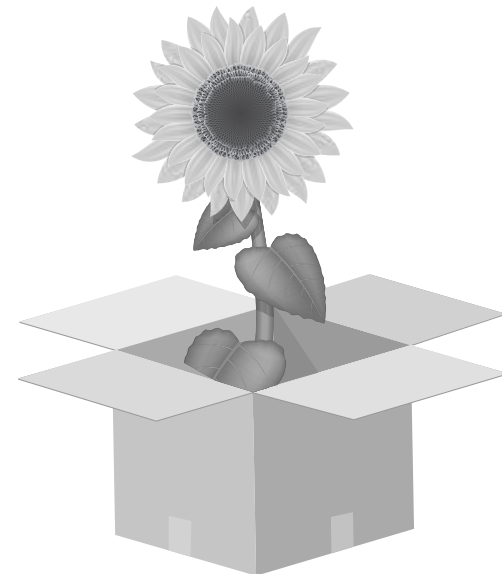
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REFLECTIONS OF AN OLDER OOE

Sydney Grierson, Part Two: A Time of Change 1945 - 1960

My story in the October 2015 edition of the Mainstreeter concluded in 1945. The next period of time brought big changes to the world, the city, the Old Ottawa East community ... and to the kid who grew up on Bower Street.

The manufacturing plants in our city and country which had been concentrating on the war effort, could now retool. They started to pump out goods for the consumer market.

More people started to buy automobiles. Trucks replaced the horse and wagon for the bread man, milk man, and vegetable man. People bought refrigerators now, so no more need to buy blocks of ice to keep your food cool. People began heating homes with oil or gas rather than coal. Grocery stores such as Dominion and Loblaws started to appear, though they were much smaller to start with than what we see today. Shopping centers were built in the expanding suburbs. House construction started to boom to supply new homes for returning war veterans and to respond to a built up demand not met during the war years.

The street cars were taken off the Elgin Street and Main Street sections of the Elgin-Bronson line. The city replaced them with buses. The stone pillars at the corner of Main and Beckwith Road became a memorial to the men and women of the area who served in the two world wars.

In the 1950s, for a period of 10 years, the land between the Rideau River and Riverside Drive from Bank Street to Hurdman's Bridge, became a garbage dump. As the dump filled up, several feet of sand were placed on top of the garbage. Today, the site is beautiful park land.

The Alta Vista area across the Rideau River became part of Ottawa. This brought an increased boom of new home development and the construction of the new Riverside Drive Hospital. Ottawa's city limits expanded. The Village of Billings Bridge became part of the greater city.



Sydney Grierson at his house at 43 Bower Street, as a five-year-old boy in 1937 and as a young man, 20 years later.

In Old Ottawa East, our open fields bounded by Bower Avenue, Main Street, Clegg Street and Echo Drive became three-and-a-half streets of new houses: Merritt Street, McNaughton Avenue, the extension of McGillivray Street from Clegg to Mutchmor Road and the south side of Clegg.

The fields on the south side of Bower became a row of new houses. A new street - Mason Terrace - rose behind them. Mutchmor was extended to Riverdale Avenue. Brown Street was added, along with an extension of Mount Pleasant Avenue. The Rideau Gardens between Sunnyside Avenue, Belgrave Road, Riverdale and the Rideau River were filled with new houses.

The Smyth Road Bridge over the Rideau was built. It opened quick access to the Alta Vista area from Ottawa East. Main Street became a much busier street. The bus line was extended from Main and Clegg Street out Riverdale to Ottawa South. An express bus was started that went from Elgin and Sparks Street with the first stop at Bower after which it

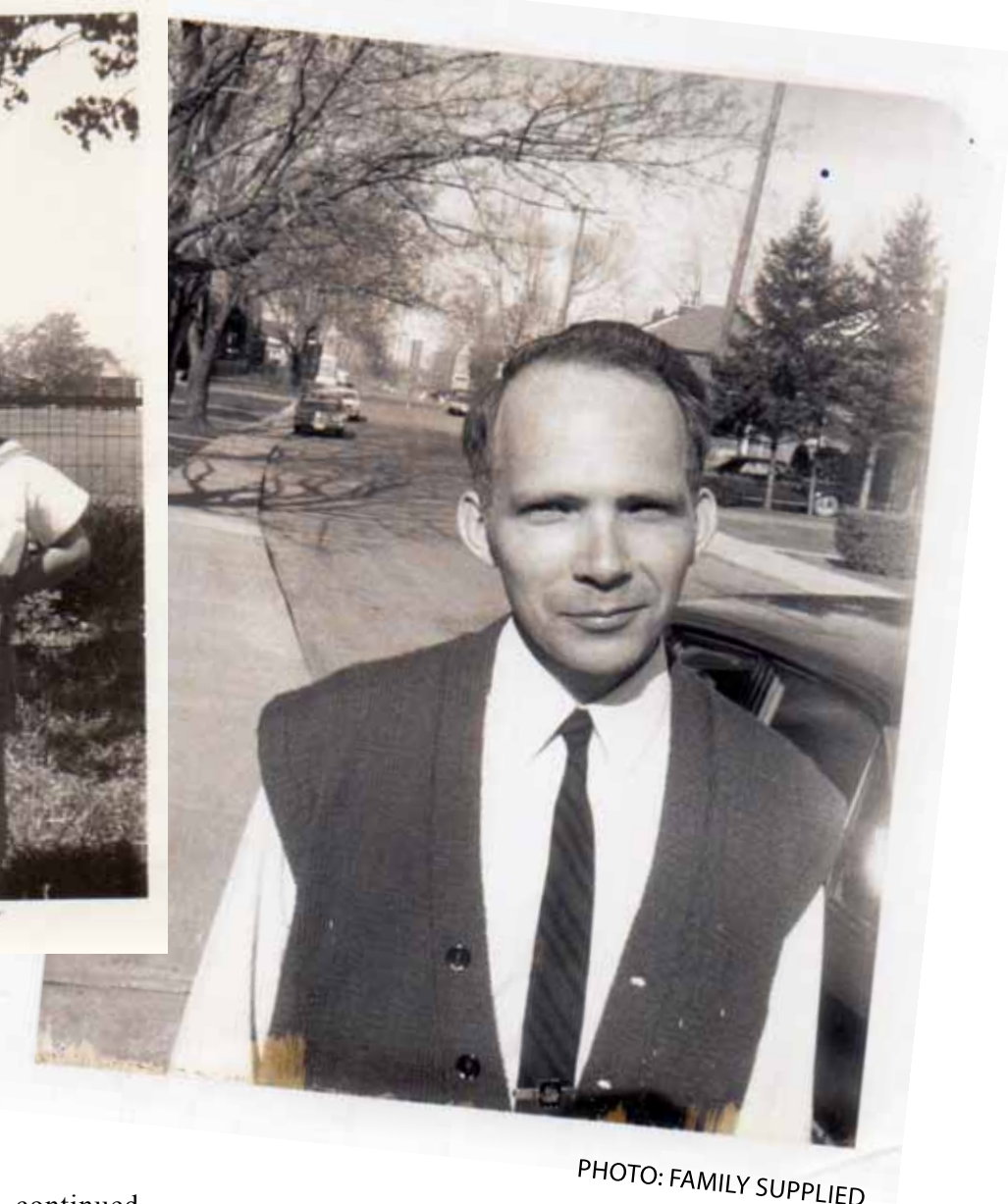


PHOTO: FAMILY SUPPLIED

continued out Riverdale to Ottawa South. This service ran only for the evening rush hour.

We, the children of the area, were not young any more. The older kids moved on. I was one of the last few to still be around into the 1960s, 70s and 80s. For all of us, our worlds became much larger. High school and university were much farther away, as was work. No more playing road hockey or football and baseball in the back fields.

For me the thought of going to high school was scary, but it was like a breath of fresh air after my struggles in grade school. Since my childhood, I was dyslexic. Nobody knew what the matter was or how to fix my difficulties. I either failed or got conditional passes in grade school. I refused to go to Lisgar Collegiate like my sister and brother, because I had to take not only English, but also Latin and French.

I chose to go to Ottawa Tech on Albert Street downtown. For three of my four years, I was president of my class and a member of the teacher and student council, even secretary in Grade 12. The best parts of my time at Ottawa Tech were playing my cornet in the senior high school band and developing lifelong skills in various shops. It was a long walk to high school, but for the most part they were good years.

Our entertainment and activities took us further afield. Bower and the area were no longer the main center of activity. We moved out of our community daily for many reasons, such as high school, then university, work and marriage. Our circle of close friends was changing. For our family, our closest friends became the other young people at church. They came from various parts of Ottawa. Some, like my sister's husband and my wife, came from another part of the province.

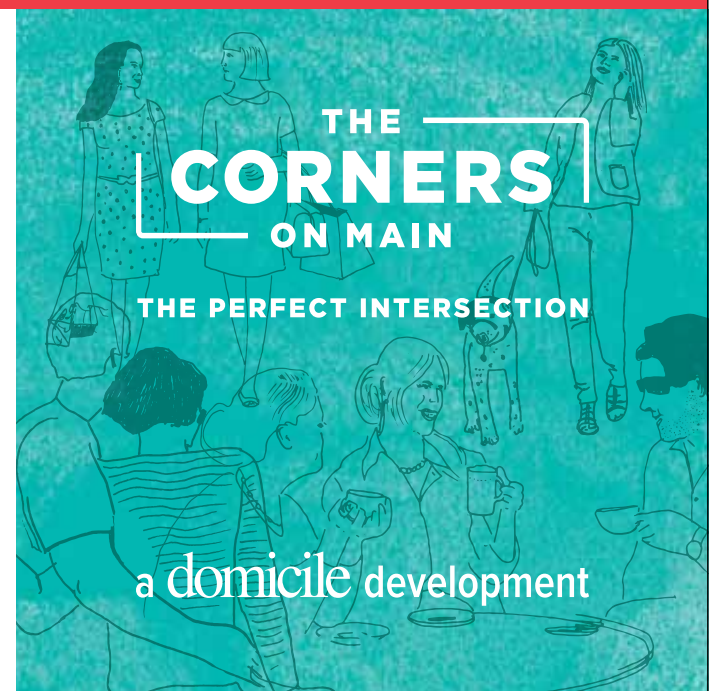
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Main's Attraction

Everyone's talking about Main Street. It's transforming into a place that celebrates the pedestrian — larger sidewalks, window-shopping and farmer's markets. But the biggest attraction of all might be the new Domicile building on the corner. It's at the perfect intersection of city life and condo living.

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Observers in the ancient world, after gradually observing, comparing, and measuring, concluded that the entirety of the natural world — which to them was self-evidently beautiful — had commonalities of proportion which could be captured and codified and thus be reflected in everyday objects made by man.

Do you own something passed on to you by a grandparent — that you use every day? Ponder for a moment why you continue to treasure it ...

Is there not something deeply satisfying and pleasurable about using such a carefully crafted thing which cannot be easily explained?

Why are so many things poorly made today when they could be made better?

Will no one follow in our footsteps? Do we not crave something genuine?

Look at the back of the chest of drawers. Look at how each board is screwed to the dresser carcass. Notice how the boards are recessed and flush fitted. The top is solid wood, not artfully veneered. The bed moulding is wood, not extruded fibreboard.

And the front? Notice the rhythm of the drawers in the carcass. The harmonious descent — like music to the eyes — dresser top, six drawers, and base moulding. Indeed, an octave!

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Friday, February 5 at 9 a.m.

Learn about our Early Years Programme - Preschool and Kindergarten

Information Night:
Wednesday, February 10 at 7 p.m.

Learn about the advantages of an Elmwood education.

Call (613) 744-7783 or email admissions@elmwood.ca to RSVP.

www.elmwood.ca



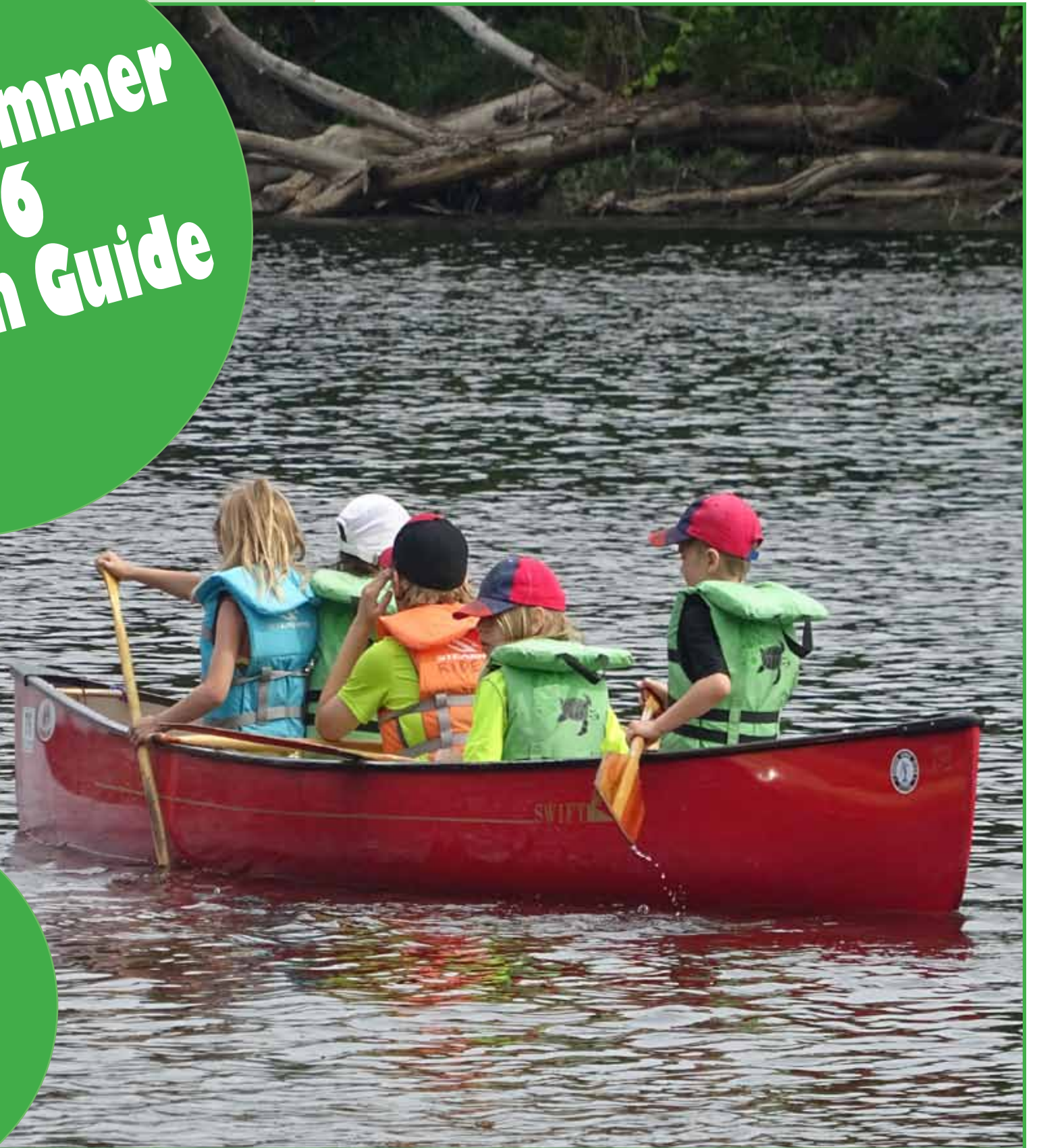
Community Activities Group of Old Ottawa East (CAG)

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

www.OttawaEastCAG.ca

**Spring-Summer
2016
Program Guide**

**Registration
opens
Tuesday, March 1
at 9:00 p.m.**



info@OttawaEastCAG.ca

Old Town Hall 61 Main Street 613-564-1078 Monday – Thursday 1:00 – 9:00 p.m., Friday 1:00 – 5:00 p.m.
Brantwood Park field house 39 Onslow Crescent 613-230-0076



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

Preschool

For children with parents/guardians unless otherwise stated

Community Playgroup (0 – 5 years)

Old Town Hall, 61 Main
April 1 – June 17
Friday, 9:30 – 11:30 a.m.
\$44 first child, siblings \$29

Cooperative Playgroup (0 – 3 years)

Brantwood Park field house,
39 Onslow
April 4 – June 13,
no program May 23
Monday 9:30 a.m. – noon
\$23
March 29 – June 14
Tuesday 9:30 a.m. – noon
\$27

Parent and Baby (0 – 12 months)

Old Town Hall, 61 Main
April 12 – May 17
Tuesday, 1:00 – 2:30 p.m.,
FREE, pre-registration req'd

Peekaboo/CouCou (0 – 36 months)

Brantwood Park field house,
39 Onslow
March 31 – May 19
Thursday 9:30 – 11:30 a.m.
\$30 first child, siblings \$15
Pavillon du Parc Brantwood,
39 Onslow
31 mars – 19 mai
Jeudi 9h30 à 11h30
\$30 premier enfant, frère-
soeur \$15

Children's Garden Playgroup (0 – 5 years)

Children's Garden, Main &
Clegg
May 3 – June 23
July 5 – August 25
Tuesday OR Thursday
10:00 – 11:30 am
\$30 first child, siblings \$15

Hush-a-Bye Babies® (1 – 12 months)

Old Town Hall, 61 Main
March 3 – April 21 OR;
Apr 28 – June 16
Thursday 1:00 – 2:30 p.m.
\$98

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

Old Town Hall, 61 Main
April 11 – May 16
Monday 10:45 – 11:45 a.m.
\$72 per adult

School age

Drop-off programs unless
otherwise stated

Soccer in the Park

Brantwood Park, 39 Onslow
May 7 – June 11
Saturday
9:00 – 10:00 a.m. (3 years)
10:00 – 11:00 a.m. (4–6 years)
11:00 a.m. – noon (6–9 years)
\$45
June 23 – July 21
Thursday
6:00 – 7:00 p.m. (3–6 years)
\$38
Parent or supervising adult re-
quired to stay in the park.

Adoption Potluck & Play (5 – 12 years)

Brantwood Park field house,
39 Onslow
April 17, May 15 & June 12
Sunday 4:30 – 6:30 p.m.,
\$17
Family participates together

Irish Dance (5 – 9 years)

Old Town Hall, 61 Main
April 7 – June 9
Thursday 5:45 – 6:30 p.m.
\$80

Art with Irena Animals with Watercolours (7 – 10 years)

Old Town Hall, 61 Main
April 5 – April 26
Tuesday 5:30 – 6:30 p.m.
\$60

Children's Yoga (5 – 9 years)

Old Town Hall, 61 Main
April 4 – June 13,
no program May 23
Monday 6:00 – 7:00 p.m.
\$80

Youth Activity Club (7 – 12 years)

Brantwood Park field house,
39 Onslow
April 29, May 27 or June 24
Fridays 6:30 – 8:30 p.m.
FREE, pre-registration req'd

Youth Sports (7 – 12 years)

Lady Evelyn School gym,
63 Evelyn Avenue
April 21 – May 19,
no program May 5
Thursdays 6:00 – 8:00 p.m.
FREE, pre-registration req'd

SUMMER Camp 2016

Registration for summer camp is open now

Kinder Camp (3 – 6 years)

Traditional camp fun for the younger set; a great half-day
first camp experience
Brantwood Park field house, 39 Onslow
August 2 – 5 (4 days)
Tuesday – Friday,
9:00 a.m. – noon, \$80

Camp Brantwood (4 – 8 years)

Lots of fun and games and traditional camp activities in
your neighbourhood park.
Brantwood Park field house, 39 Onslow
August 15 – 19 (5 days)
Monday – Friday
8:30 a.m. – 5:00 p.m., \$175
August 22 – 26, (5 days)
Monday – Friday,
8:30 a.m. – 5:00 p.m., \$175

Children's Garden Camp (5 – 10 years)

Discover the wonder of the Children's Garden during daily
walking trips from Brantwood.
Brantwood Park field house, 39 Onslow
June 27 – 30, no camp July 1
Monday – Thursday (4 days)
8:30 – 5:00 p.m., \$140
August 8 – 12
Monday – Friday (5 days)
8:30 a.m. – 5:00 p.m., \$175

Canoe Kids (7– 12 years)

Learn to canoe, kayak and about water safety while
exploring the Rideau River with Rideau Canoe Club.
Brantwood Park field house, 39 Onslow
July 4 – 8
July 11 – 15
July 18 – 22
July 25 – 29
Monday – Friday (5 days)
8:30 – 5:00 p.m., \$270

Regatta Ready (9 – 14 years)

Learn to sprint kayak with Rideau Canoe Club, complete
your two week camp competing in a regatta.
Brantwood Park field house, 39 Onslow
July 4 – 15
July 18 – July 29
Monday – Friday (10 days)
8:30 – 5:00 p.m., \$440



For more detailed information visit www.OttawaEastCAG.ca

AFTER school

CAG is pleased to announce that as of September 2016 we will be running the After School programs at both Old Town Hall and Brantwood Park field house. Full details at www.OttawaEastCAG.ca by February 15. Registration for 2016-17 opens at 9:00p.m. Thursday, March 3. If the program is full please add your name to the wait list.

Brantwood Park After School

(Kindergarten – Grade 6)
Brantwood Park field house,
39 Onslow
Pick up by 5:45 p.m.
\$180 per month

Old Town Hall After School
(Kindergarten – Grade 6)
Old Town Hall, 61 Main
Pick up by 5:30 p.m.
\$170/month

PD Day
(Kindergarten – Grade 6)
Brantwood Park field house,
39 Onslow
June 6
Friday 8:30 a.m. – 5:30 p.m.,
\$40/day

***Want to book
a children's
birthday
party?
CAG has lots
of options for
you!
More details
on the website***

March break

March Break Camp (5 – 10 years)

Old Town Hall, 61 Main
March 14 – 18, (5 days)
Monday – Friday,
8:30 a.m. – 5:00 p.m.
\$185



ADULT general interest

Telling Your Truth: Memoir Writing

Every life holds many stories. Has your life been “normal” or wildly unconventional? No matter which, there’s bound to be something fascinating about it. A memoir—whether it is one short piece about a family trip or a whole book about your childhood—offers your personal truth to others in a way that is deeply gratifying and transformational. This workshop will teach you some basics about memoir and the literary devices you can use to tell your story in a clear and compelling way. Instructor: Suzanne Nussey
Old Town Hall, 61 Main
April 19 – May 31,
no program May 10
Tuesday 7:00 – 8:30 p.m.
\$160

Ditching Dairy workshop

Join this workshop to learn about living without dairy. Discuss milk and cheese alternatives, how to make creamy dishes (with out the cream), sources of calcium in plant based foods, and how to read labels to avoid sneaky sources of dairy. Enjoy a demonstration on how to make almond

milk and chocolate almond milk, try samples and take home the recipes. There will also be samples of some delicious local dairy-free products.

Instructor: Amy Longard
Old Town Hall, 61 Main
April 4
Monday 7:00 – 8:30 p.m.
\$15

EVENTS

The Main Event Outdoor Movie Night

Movie to be announced
Friday, June 17
Springhurst Park, Lees Ave
9:00 p.m. or dusk

The Main Event Garage Sale

Saturday, June 18,
throughout Old Ottawa East
8:00 a.m. – noon

The Main Event Community Party

Saturday, June 18
Brantwood Park, 39 Onslow
10:00 a.m. – 2:00 p.m.

The Main Event Market Sale

Saturday, June 18
Brantwood Park, 39 Onslow
10:00 a.m. – 2:00 p.m.
Tables available for \$25, see
www.OttawaEastCAG.ca

Brantwood BBQ & Picnic

Brantwood Park field house,
39 Onslow
May 19 – June 30
Thursday 5:30 – 7:00 p.m.
July 6 – August 17
Wednesday 5:30 – 7:00 p.m.

The Company of Fools Torchlight Shakespeare

Brantwood Park, 39 Onslow
Thursday, July 28th
7:00 p.m.
Pay-what-you-can, suggested
donation \$15/person

ABOUT us

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

Chair, Melanie Gilbert, **Past Chair**, Nick Masciantonio,
Treasurer, Lynne Byford, **Secretary**, Bonnie Weppler
Volunteers & Events, Lisa Dunnett,
Member at Large, Don Stephenson

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

For more detailed information visit
www.OttawaEastCAG.ca

ADULT fitness

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

Vinyasa Flow Yoga

Old Town Hall, 61 Main
April 6 – June 15
Wednesday 7:15 – 8:45 p.m.
Wednesday 5:30 – 7:00 p.m.
(Intermediate)
\$88
July 6 – August 24
Wednesday 5:45 – 7:15 p.m.
\$64

Hatha Yoga

Old Town Hall, 61 Main
April 9 – June 25,
no program May 21
Saturday 9:15 – 10:45 a.m.
\$88

Yin Yoga

Old Town Hall, 61 Main
April 4 – June 13,
no program May 23
Monday 7:15 – 8:30 p.m.,
\$80

Pilates

Old Town Hall, 61 Main
April 5 – June 14
Tuesday 7:30 – 8:30 p.m.
\$88
July 6 – August 24
Wednesday 7:30 – 8:30 p.m.
\$64

Tai Chi Qi Gong

Old Town Hall, 61 Main
April 6 – June 8
Wednesday 1:30 – 2:30 p.m.
\$80



Better Body Boot Camp

Lady Evelyn School gym,
63 Evelyn
April 4 – April 25
Monday 8:00 – 9:00 p.m.
\$48
March 30 – April 27
Wednesday 7:30 – 8:30 p.m.
\$60

Better Body Boot Camp in the Park

Brantwood Park, 39 Onslow
May 9 – June 22
no program May 23
Monday 7:30 – 8:30 p.m.
\$72
May 11 – June 22
Wednesday 7:30 – 8:30 p.m.
\$84

Strength and Tone

Old Town Hall, 61 Main
April 6 – June 17
Wednesday or Friday
7:30 – 8:30 a.m.,
\$65
July 6 – August 26
Wednesday or Friday
7:30 – 8:30 a.m.,
\$47

Cardio Dance Fit

Old Town Hall, 61 Main
April 5 – June 14
Tuesday 8:30 – 9:30 a.m.,
\$88

www.OttawaEastCAG.ca

Latin Line Dancing

Old Town Hall, 61 Main
April 7 – June 16
Thursday 8:30 – 9:30 a.m.
\$88

Women's Ultimate

Self-officiated games with emphasis on spirit and physical activity. Prior experience or athletic ability helpful but not required.
Brantwood Park or Springhurst Park
May 19 – August 25
Thursdays 7:00 – 9:00 p.m.
\$88



Find us on Facebook

OldOttawaEastCAG

For more detailed information visit

Online registration opens 9:00 p.m. Tuesday, March 1 at www.ottawaeastCAG.ca, with Visa or MasterCard.

In-person registration opens 1:00 p.m. at the Old Town Hall on Wednesday, March 2, payment is by personal cheque only. Sorry we are no longer able to accept cash or credit card.

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

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

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PHOTO BY EMI PECH

Julian Knopp, 10, shows off his medal after the Ottawa Centre Atom B1 Ice Dogs won the Holiday House League Tournament.

Ottawa Centre Atom B1 Ice Dogs Win Holiday House League Tournament

The Ottawa Centre Atom B Ice Dogs took to the ice at the Bell Sensplex in Kanata the first weekend of December for the Holiday House League Tournament. The team consisting of players from the Glebe, Centretown, Old Ottawa East and South, were one

of 16 teams. Undefeated in their regular league play, the Ice Dogs were placed in a very competitive division. After six games over two-and-a-half days, the Ice Dogs took home the championship trophy and banner both to be displayed at Brewer Arena.

Congratulations to the team:

1 Gus Boldt (goalie)

2 Lyden McNair

3 Clay Covert

5 Lachlan Cartwright-Wall

7 Victor Galezowski

8 Leo Seguin

10 Julian Knopp

11 Jamie Chernoff

12 Amit Weinberg

14 Rowan Fader

15 Owen Meagher

16 Justin Leyser

17 Caleb Lamarche



Horse-drawn sleighs and Winter Party participants alike enjoyed the easy wind and downy flakes at Brantwood Park.

PHOTO BY JIM LAMONT

Winter Party in the Park Thank you to our supporters!

BY LISA DUNNETT

It was a wonderful winter day for the Annual Winter Party in the Park and our 2nd Annual Soup Cook-Off on Jan. 17.

Friends and neighbours enjoyed horse-drawn sleigh rides, hot dogs, roasting marshmallows by the fire, hot chocolate and yummy sweets. Children of all ages had fun sledding, snowshoeing, and trying their hand at broomball and ringette.

There was the always-popular hockey speed-shot station and target shooting. Many participants had never held a hockey stick. It was a treat for volunteers to introduce them to it. And of course there was skating and hockey to enjoy.

We are grateful to the chefs who shared their soups with us to be judged by the community: Mike Heffernan with

his Mike's Annual Turkey Leek Soup, Catherine Hooker with her Turkey Gumbo, Jane Gough with her Cabbage & Turkey Sausage Soup and Todd Dunnett with his Corn & Kielbasa Chowder. You tasted, you voted and you chose the Corn & Kielbasa Chowder as your favorite. Check out our Facebook page for the recipes: <https://www.facebook.com/OldOttawaEastCAG/>

There were many guesses for our candy jar. The winner was Henri C. He guessed 154 candy worms. The correct number was 159. Great guess Henri!

Thank you to our community partners without whom our events would not be possible: City of Ottawa, Sandy Hill Community Health Centre, Watson's Pharmacy and Wellness Centre, The Green Door, Diane & Jen Realty, The Regional Group – Greystone Village, Bank of Montreal – Lansdowne.

A huge thank-you to the local business who donated prizes for the Soup Cook-Off: Al's Steakhouse, The Royal Oak on the Canal, and Singing Pebble Books. Thank you to Life of Pie for donating some of their sweet treats.

CAG events, as always, rely on the support of a large team of volunteers. Thank you this year to: Marina and Jim Lamont, Christine Scales, Ramine Shaw and Sven and Rowan Riemer, Declan and Isla Dunnett, Jane McGarry, Cheryl McLean, Margo Bisson, Carol-Anne Owen, Kaeli Van Regan, Jesse Arnup Blondin, Seveda Lisiecki, Dave Macki, Heather Jarrett, Marnie Drover, Sofie and Lucy Dipillito and Jim Fraser. As always, thank you to Cindy Courtemanche and the team of volunteers who maintain the rink each year.

See you Friday, Feb. 12 from 6:00 – 8:00 p.m. at Brantwood Park for the Valentine Skate and Chili Cook-Off. If you would like to enter a chili please e-mail volunteer@ottawaeastCAG.ca

Brantwood and Beyond: The Old Ottawa East Walking Group

BY THERESA WALLACE

They meet at the Brantwood Park fieldhouse on Tuesday and Thursday mornings.

From there, members of the Old Ottawa East Walking Group journey on foot to wherever they feel like going that day, picking up walkers along the way at designated street corners in OOE. They walk for at least one hour but have walked up to three hours, including a coffee stop.

“When I retired two years ago, I wondered how I would get along without the structure in my life as well as the stimulus to get out of the house,” said Marlowe Avenue resident Alan MacDonald. “The walking group provides both.”

Irena Hribar Schmidt, who lives on Beckwith Road, joined the walking group during her chemotherapy treatment two years ago.

“I needed some company and security when walking to regain my strength,” she said. “I came when I could and on really bad days I considered mastering the walk a great achievement. I grew attached to my fellow walkers and interesting conversations we have. Continuing to walk with the group is now on my weekly agenda. And of course, the coffee stop during the bleak winter days makes the effort of getting out there so much more fun.”

The walking group attracts participants from outside the neighbourhood, including Beverly Shapiro from the Glebe, who describes the group as “a congenial, hardy bunch who tackle walks no matter what the forecast is that day.”

Claude Lemay, who lives in Overbrook, appreciates that the group helps her walk much farther than she would on her own.



The walking group meets at Brantwood Park. From left to right: Irena Schmidt, Zia Sadr, Vicki Davis, Alan Macdonald, Almas Sadr, Colleen Clark, Ioana Schiopu Kratina, Monique Pelletier, Dorothy Shigeishi

PHOTO BY VICKI DAVIS

Founder Vicki Davis says the group was started close to four years ago after the Community Activities Group of Old Ottawa East had a get-together for adults over 50.

“The walk along our Rideau River nature trail was so enjoyable that we decided a walk through our beautiful neighbourhood should become a regular event,” she said.

Vicki leads the group on Thursdays. Iona Kritina Schiopu leads on Tuesdays. Kent Sproule acts as a substitute leader. The size of the group varies, but there are usually between three and 12 walkers on each outing. New walkers are always welcome. Just go to the Brantwood fieldhouse at 9:30 a.m. any Tuesday or Thursday.

CONTACT INFORMATION:

Vicki Davis, Coordinator, Old Ottawa East Walking Group
vldavis75@hotmail.com

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A NEW YEAR AND MORE REASONS TO CELEBRATE OUR COMMUNITY

Happy New Year!

As the Member of Provincial Parliament for Ottawa Centre, I have seen first-hand how our residents are welcoming the great changes coming in 2016. In particular, our city is embracing new refugees moving into our neighbourhoods and ensuring their integration and support.

The Syrian refugee crisis came to the forefront towards the end of last year. I want to thank everyone in the community for the advocacy and support on this humanitarian issue. I have heard about the great desire to help and I committed to bringing the issue forward in our government.

In coordination with the federal government and the City of Ottawa, Ontario has led the charge with funding and logistics to help refugees move to our province and settle in new homes.

Our government is providing immediate financial support to support sponsorship and settlement efforts in Ottawa with increased funding to initiatives by three local organizations.

On Dec. 21, we announced \$1.33 million to the Catholic Centre for Immigrants, Refugee613 and the University of Ottawa Refugee Sponsorship Support Program.

These three initiatives are at the leading edge of refugee resettlement in Ottawa.

Long after the crisis disappears from the media, these organizations will still be working hard to ensure a seamless transition for refugees.

The funding is part of a larger financial commitment of \$8.5 million from our government over two-and-a-half years to help deliver refugee services.

I am proud our government was the first to commit money and resources to this dire situation. You voiced your desire to support the newcomers in every possible way, and we listened.

Premier Kathleen Wynne also established a Ministers' Ad Hoc Committee on Refugees in order to support our government's commitment to help settle thousands of refugees in Ontario before the end of the year. We set up a Special Advisory Table on Refugees, made up of experts from literacy, mental health and settlement sectors, to provide leadership, sector collaboration, coordination of services, information-sharing, and guidance on issues surrounding refugee arrival and integration.

I am honoured to serve on both these committees to bring forward our community's perspective.

What's incredible is that I continue to hear from community members on ways they can help Syrian refugees. It is never too late if you want to get involved. Volunteers are always needed with such a large-scale operation. You can find opportunities at SPARK Ontario (findmyspark.ca/warmwelcome).

Locally, Refugee613 (<http://www.refugee613.ca/>) and Ottawa Centre Refugee Action (www.refugeeaction.ca/) have identified needs to help settle our new neighbours and friends.

To learn more about how Ontario is helping Syrian refugees, please visit ontario.ca/syrianrefugees. If you want to be a part of the refugee effort or have an idea that I should focus on, I strongly encourage you to contact me at my community office at ynaqvi.mpp.co@liberal.ola.org or 613-722-6414. I look forward to hearing from you.

PHOTO CAPTION: Carl Nicholson, Executive Director of the Catholic Centre for Immigrants (left), Katie Black of CazaSaikely Law Firm, M.P.P. Yasir Naqvi, and Louisa Taylor, Director of Refugee613 (far right) at the December 21 funding announcement at uOttawa. The Government of Ontario announced \$1.33 million for three key initiatives in Ottawa to help settle Syrian refugees in the area.

ENVIRONMENTAL INITIATIVES IN SPOTLIGHT IN 2016

This year, the city's Environment committee is set to advance several important initiatives, including the City of Ottawa's Air Quality and Climate Change Plan (AQCCMP) and Renewable Energy Strategy. Both have taken on renewed importance since world leaders met in Paris in December to negotiate a global climate agreement.

These issues will be on the agenda at the committee's Feb. 16 meeting, when we debate the motion I tabled in November to strengthen Ottawa's current actions on climate change. Central to this is a commitment to reducing emissions by 80 percent below 1990 levels by 2050, bringing us in line with targets already set by the province, while sending a strong signal that Ottawa is prepared to do its part to decrease human impacts on the Earth's climate system.

My motion charges the AQCCMP interdepartmental working group with preparing an implementation plan to reach the 80 percent reduction target. It asks city staff to assess the feasibility of developing minimum energy performance standards for new residential and commercial buildings. It also calls on Ottawa to join the Compact of Mayors, a global initiative for local climate action.

The Environmental Services Department will present an update on the AQCCMP, including a list of current actions to reduce emissions — e.g. adding electric vehicle charging stations and improving transit, pedestrian and cycling infrastructure — and to adapt to climate change — e.g. expanding the urban forest cover and protecting natural areas.

We expect an overview of the work to date on our recently launched Renewable Energy Strategy, a key strategic initiative approved by Council for the 2014-2018 term. Staff are also analyzing how grants, tax credits and other mechanisms could

help homeowners, co-ops and private sector landlords finance retrofits and install renewable energy sources to help us achieve our targets.

As we prepare to deliberate on these issues, I want to invite residents to provide feedback by letter or email, or by registering to speak to the committee as a public delegation. Whether supportive or critical, your comments help ensure that decisions made at city hall reflect diverse views. For more information or for assistance in registering as a delegation, please contact Jon Connor at Jon.Connor@ottawa.ca or 613-580-2424 ext. 42022.

Canal bridge update

The long-awaited bridge between Clegg Street and Fifth Avenue is a bit closer to realization. First proposed in 2011, the Rideau Canal bridge sat behind two other footbridges in the queue: the new Adawe Bridge and the Prince of Wales Bridge conversion, now on hold. Progress was further slowed by the \$18-million estimated cost, a raft of required approvals, and several years of design work to be done.

Funding for design work was included in the 2014-2019 first phase of the Transportation Master Plan, with construction slated for 2020-2025. With \$2.7 million from the Prince of Wales Bridge fund recently transferred to the canal bridge, we may actually see a shovel in the ground before 2020.

I am working with MP Catherine McKenna, MPP Yasir Naqvi and Mayor Jim Watson to make that happen. I organized a public meeting for Feb. 4 at the Glebe Community Centre to share design details and other changes, which are also available on my website.

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POLITICAL PAGES

OLD OTTAWA EAST COMMUNITY ASSOCIATION

BY PHYLLIS ODENBACH SUTTON
INFO@OTTAWAEAST.CA



OLD OTTAWA EAST COMMUNITY ASSOCIATION: JANUARY 2016

It's a New Year with a new Old Ottawa East Community Association board. Thankfully, many board members are continuing on for another term.

Six members retired in November. I would like to use this opportunity, as incoming President, to thank them for their efforts: Caroline Hyslop, our outgoing secretary, Ron Rose, who led on transportation issues, Jim Strang, who represented us at the Federation of Citizens' Association, Jill Wherrett, who took on the community safety file during the term, Nick Masciantonio, the Past President and Syed Zaffar.

Although John Dance retired as President, we are so very happy to welcome him as Past President on the new Board. Other new members include Katherine Simonds (Secretary), Ed Janes (Vice-president), Eddie Gillis (FCA rep and parks at Greystone), Kate Martin (City Centre Coalition), Glen Linder (transportation), Mark Seebaran (community safety) and Paul Goodkey and Jocelyn Kearney (members-at-large). Continuing members include Don Fugler (treasurer), Catherine Pacella (communications), Stephen Pope (planning), Ian McRae (SLOE), Suzanne Johnston (membership) and Bill Baldwin (Lees Ave rep). What a team!

Change and continuity are also reflected in our wider community.

The most obvious change we have been living with for months is Main Street reconstruction.

Although there are continuing traffic restrictions on northbound traffic, Main Street north of Hawthorne is now open to two way traffic. This has significantly improved access out of the Archville neighbourhood.

There continue to be concerns, however, with cut-through traffic on streets south of Clegg as well as on Echo Drive in front of the Church of the Ascension.

The mild weather of November and December allowed us to enjoy the new wide sidewalks and partial bike lanes on Main Street – and to imagine a future spring when construction is finally over.

Big changes will soon be coming as well when construction begins on Domicile's Corners on Main and Regional's Greystone Village projects.

Our OOE Planning Committee is busy reviewing a number of other proposed developments. Multiple signs provide notifications for rezoning applications, minor variances and site-plan applications.

The developments highlight the challenges of retaining older buildings and history while at the same time allowing for modernization encouraged by provincial and city governments.

There are also changes being considered for the Old Town Hall. The opening of the wheelchair ramp, delayed several times, will be quite welcome. We hope to soon be able to have an accessible community building.

Another possible change for the Old Town Hall was discussed at our December board meeting. As a result of concerns with the structural stability of the existing two-storey porch at the back of the building, the city is looking to remove the porch and restore the building's heritage style. There was considerable discussion at the meeting on how best to renovate while maintaining space for community programming. City staff indicated a decision must be made soon.

We also heard about another possible change from our School Board trustee Shawn Menard. It had to do with school board boundaries for September 2016. As a result of over-capacity at Elgin Street Public School, a proposal is currently being considered to change the future boundaries for a number of Old Ottawa East families. This would mean future Early French Immersion students would be shifted to either Hopewell or Viscount Alexander schools. Debate is underway.

But I mentioned continuity as well and I would like to conclude with an observation on this point. I attended the Mainstreeter Christmas party at the end of November, and was struck again by the deep commitment many residents make to this community. We realized at one point in the evening that there were five former and current presidents of the OECA sitting around the table, all of whom are still actively engaged in volunteering with the association or the paper. All had called OOE home for a long time. What a community!



CALLING ALL VENDORS MARKET SALE AT THE MAIN EVENT THIS JUNE!

THE MAIN EVENT - MARKET SALE

SATURDAY, JUNE 18

10:00 A.M. – 2:00 P.M.,

BRANTWOOD PARK, 39 ONSLOW CRESC.

Summer fills up fast for market vendors, artists and craftspeople. When planning your season, consider the Market Sale at the Main Event on June 18.

The Main Event is the biggest party of the year in the growing community of Old Ottawa East. The event offers something for everyone - bouncy castle, obstacle course, wagon ride, visits from Ottawa firefighters and police, live music, a community barbecue and a wide variety of market vendors. This year we hope to have a few food trucks in attendance, too. Typically we have about 500 people attend, participating in activities and just having a great time.

A market sale will once again run alongside the Main Event at Brantwood Park. We will welcome participation from artists, craftspeople and food vendors. Have questions? Email us to discuss at info@OttawaEastCAG.ca.

If you want to be part of this year's event, please register online at www.ottawaeastcag.ca, or in person at the Old Town Hall, 61 Main St. (Monday – Thursday 1:00 – 9:00 p.m. and Friday 1:00 – 5:00 p.m., or during regular program hours).

Registration is just \$25 per table

We hope to see you at the Main Event 2016!



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2016 February – March Programs

CHILDREN'S PROGRAMS

BABYTIME

For babies and their parents or caregiver with stories, rhymes, songs and games. 0-18 months. Drop In.

Tuesdays, 2:15 p.m. (30 min.) January 12 – February 16
March 29 – April 19

TODDLERTIME

For toddlers and a parent or caregiver with stories, rhymes, songs and games. Ages 18-35 months. Drop In.
Please choose only Tuesday or Thursday for each session.

Tuesdays, 10:15 a.m. (30 min.)
January 12 – February 16
March 29 – April 19

OR

Thursdays, 10:15 a.m. (30 min.)
January 14 – February 18
March 31 – April 21

FAMILY STORYTIME (BILINGUAL)

Stories, rhymes and songs for preschoolers, toddlers and a parent or caregiver.

No registration required.

Contes, rimes et chansons pour les enfants préscolaires, les tout-petits et un parent ou gardien.

Aucune inscription requise.

**Wednesdays 10:15 a.m. /
mercredi 10h15 (30 min.)**

January 13 – February 17 /
13 janvier – 17 février
March 30 – April 20 /
30 mars – 20 avril

SILLY SATURDAYS AT SUNNYSIDE / ON S'AMUSE LES SAMEDIS À SUNNYSIDE

Join us for board games, wii, Lego or crafts. Ages 6 & up. No registration required.

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**Saturdays, 1:00 pm (180 min.)
Les samedis, 13 h (180 min.) :**
January 16 – June 25 /
16 Janvier – 25 juin

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Drop-in / Programme portes ouvertes

Friday, February 12, 1 – 5 p.m.

CHILDREN'S BOOK CLUBS

MIGHTY GIRLS BOOK CLUB

A children's book club focussed on exploring brave, strong and intelligent girls in books. Previously called the Mother-Daughter Book Club, mothers or other special women are encouraged to accompany their child. Ages 7-12. Registration.

Tuesdays, 6:30 p.m. (60 min.):
February 23, March 29

READERS WANTED BOOK CLUB

Great books to share with others. Join our book club for kids accompanied by a significant adult. Ages 9-11. No registration required.

February title: Charlie and the Chocolate Factory by Roald Dahl

March title: The Graveyard Book by Neil Gaiman

Wednesdays, 7:00 p.m. (60 min.):
February 24, March 30

CLUB DE LECTURE EN FRANÇAIS POUR LES ENFANTS! / FRENCH BOOK CLUB FOR KIDS

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Mondays, 6:30 p.m. (60 min.):
February 22, March 21

Les lundi, 18h30 (60 min.) :
22 février, 21 mars

TEEN PROGRAMS

TAG (TEEN ADVISORY GROUP) (ONGOING EVENT)

Attention Sunnyside Teens! Join our new Teen Advisory Group and have a say in which programs, activities and services will be offered to youth and also help plan and implement them. Ages 14-18. To join, stop by the

branch or apply at Ottawa.ca

Fridays, 4:00 p.m. (60 min.):
February 5, March 4

ADULT PROGRAMS

THE WRITING WORKSHOP

An opportunity for writers of fiction, non-fiction, poetry, and experimental forms to gather. Our emphasis will be on developing works-in-progress for publication. The workshop will provide writers with encouragement and constructive criticism from their peers. Author/Facilitator: Michael F. Stewart: <http://michaelfstewart.com>

Mondays, 6:00 p.m. (120 min.):
February 22, March 21

THE WRITER'S ROOM

Two hours – 1,000 words. A place for writers to meet and write without distraction in a supportive peer environment.

Mondays, 10:00 a.m. (120 min.):
February 22, March 21

UKRAINIAN CONVERSATION

Would you like to learn Ukrainian? Join our group to discuss interesting topics pertaining to Ukraine and its culture. Build your Ukrainian language skills led by a fluent Ukrainian speaker. Discussion and instruction is in English. All are welcome!

Mondays, 7:00 pm (60 min.):
February 8 & 22, 29, March 14 & 21

SCIENCE CAFÉS WITH CARLETON UNIVERSITY

Explore science through Carleton University's popular Science Cafés. Put on by the university's Faculty of Science, cafés are held every other Wednesday during the fall and winter terms. Each café begins at 6:30 p.m. with a 20 minute talk by a scientist followed by a 40 minute open question and answer period. Come and join us for a lively discussion around a scientific issue of the day. Be prepared to be informed, engaged and even amused, as Carleton's professors share their scientific discoveries with you. Drop in.

Wednesdays, 6:30 pm (60 min.):
February 10, March 9 & 23

CONVERSATION EN FRANÇAIS

Improve your spoken French and meet new friends in a relaxed setting. Intermediate level required. Drop in.

Thursdays, 6:30 pm (60 min.):
Jan 14 – May 5

ADULT BOOK CLUBS

EUROPEAN BOOK CLUB

Join us for the ultimate armchair travel around Europe. The European Book Club is offered in partnership with European Union National Institutes for Culture (EUNIC) in Ottawa to promote European authors and their works. A book title from an EU country is selected for discussion each month. Newcomers are welcome.

February title: The Fifth Dimension by Martin Vopenka (Czech Republic)

March title: The Shadow of the Wind by Carlos Ruiz Zafón (Spain)

Wednesdays, 6:00 pm (120 min.):
February 24, March 16

MYSTERY BOOK CLUB

Do you enjoy reading mysteries? Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion usually every third Friday of the month. Registration.

February title: The Information Officer by Mark Mills

March title: A Siege of Bitterns by Steve Burrows

Fridays, 2:00 pm (60 min.):
February 19, March 18

CONTACT:

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The Adawe Footbridge, opened last fall to connect Sandy Hill and Overbrook-Vanier, is already an enormous success. It is drawing many more users than estimated and providing safe, convenient access and glorious new views. City council approved funding for the environmental assessments for both the Adawe and Old Ottawa East's Clegg Street-Fifth Avenue footbridges in 2009. However, Adawe is complete while Clegg-Fifth remains on the drawing boards. Construction not planned until 2020. - Credit: John Dance



Photographer (and well-known OOE paddler) Jamie Brougham took this picture of the first stages of the Oblates land redevelopment from his window overlooking Brantwood Park. In the mornings since fall, Brougham has seen mountains of earth "being built all before breakfast!" he said recently. "Quite extraordinary! The scale of this project is incredible for our little neighbourhood. I was talking to (developer) Josh Kardish, and he said looking down from the roof of the Deschâtelets building (in the background) shows just what a massive project the land remediation really is." Credit: Jamie Brougham



The Old Ottawa South Moose held off a surge by the Old Ottawa East Hosers to win the Councillor's Cup shinny tournament hosted by Coun. David Chernushenko at Heron Park at the end of January. The Hosers were, front row from left: Jill Wigle, Jen Abma, Mike Souilliere, Susan Redding and Andrew Matsukubo. Back row: Ian White, Jordan Dewar, Nick Workun, and Jacob Bays. Credit: John Dance



Left to right: Cheryl McLean, Marina Lamont, Kaeli Van Regan, Margo Bisson and Jane McGarry come together for fun at the 2016 Winter Party in the Park, hosted by the Community Activities Group of OOE. Credit: Jim Lamont

The Buzz on Bone Broth

BY MICHELLE SCHUBERT AND DASHA TILLEUL

CHOOSING HEALTHY FOODS IS EXTREMELY RANDOM.

The definition of healthy foods can be almost anything. For foodies, healthy food means considering not only nutritional content but also sustainability.

Sustainable food is that which can be grown again and again and has no negative impact on the earth.

There have been many reported experiments of people changing their diet by attuning themselves to the rhythms of nature. Their goal is to nourish themselves from what is locally available without depleting the soil or using fossil fuel fertilizers.

When we look at traditional cultures that have impressive longevity statistics - from the Hunza to Georgians to Armenians to Asian cultures - there is a striking element that is woven into their diet that North Americans largely miss out on. It is bone broth.

Short-cooked or long-cooked, fish-based, meat-based or vegetable; a

simmering broth extracts all essential amino-acids and minerals from the original ingredient.

Using bones from grazing animals is critical. These animals are contributing to soil regeneration. They create a fertile land for plants, flowers, insects and millions of micro-organisms to thrive. Grazing animals get sunlight and moisture that cannot be recreated by humans.

The benefits of bone broth are many. Bone broth reduces inflammation in all structures of the body, stabilizes blood sugar and heals joints and soft tissue in the body (including the digestive system). It creates youthful skin, encourages detoxification and increases the body's ability to burn fat. It is a miracle food.

Written by Michele Schubert of Beyond Gluten Free and Dasha Tilleul of Agape Gardens. We offer a "30 Day Healthy Gut Challenge" which includes top quality bone broth to heal your body. Email Michele@beyondglutenfree.ca for more details.



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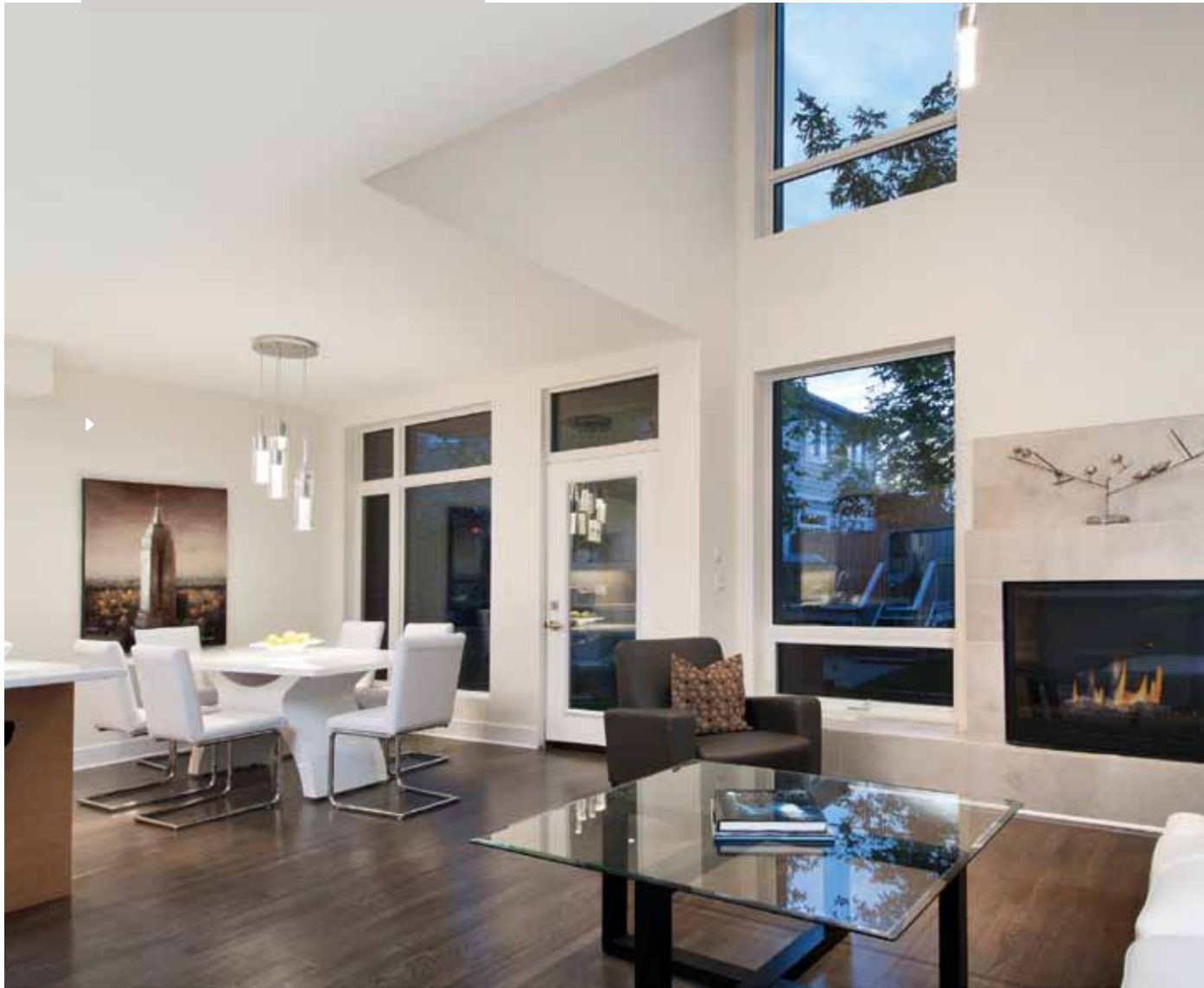
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avec qui elle a conservé un lien de fédération depuis 1965.

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

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