

MAINSTREETER

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

APRIL | AVRIL 2016

Brantwood Sponsors Ride a Refugee Roller-Coaster

BY JOE PARASKEVAS



Brantwood Sponsorship Group organizers, from left, Carol Buckley, Pauline Lynch-Stewart and Carol Alette in Buckley's garage, which is filling up with donations of household goods for a Syrian refugee family. Brantwood sponsors continue to look for donations despite having to wait longer than expected for their chosen family to arrive in Canada. Donors can reach them at buckleybest@rogers.com

Compassion pulled them into it.

Excitement carried them on.

Now, a group of Brantwood Park residents is experiencing another side of refugee sponsorship: uncertainty.

The 24 households that have committed to supporting a Syrian refugee family continue to prepare for the arrival of the newcomers.

But an effort that began with unbridled

enthusiasm now sustains itself on hope.

"The next thing we need to hear is an arrival date," Carol Buckley, one of the sponsorship group's originators, said recently. "Now, media reports are suggesting it's going to take a lot longer. We're simply faced with uncertainty about how long it's going to take and that makes it difficult to plan."

Buckley's dejection was in marked contrast to the Brantwood group's first

weeks as prospective sponsors when events unfolded at rocket speed.

Inspired by a rant by comedian Rick Mercer, urging Canadians to help Syrians fleeing unrest in their homeland, Glengarry Road resident Pauline Lynch-Stewart set out to build support to sponsor a refugee family.

She started with her book club. Before she knew it, dozens of households in the Brantwood area, six elsewhere in the

city and even one outside Ottawa had pledged some kind of support.

"Not only did we raise \$34,000," Lynch-Stewart said, "we raised two-thirds of that in a week. And the full amount in a month. That was just through e-mails and knocking on doors."

Like others sponsors, the Brantwood group partnered with a sponsorship agreement holder that would represent them as they applied to the federal government to bring a Syrian family to Canada.

They chose the Mennonite Central Committee, through the Ottawa Mennonite Church, for their considerable experience in helping refugees.

The Brantwood group began to hold meetings in December, tapping their skill sets to develop their plan.

Lawyers, bureaucrats and writers came forward to put together the sponsorship application. Teachers - from primary school to university - volunteered to teach the new family English and to tutor their children.

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Sesqui-what? Just Get Ready to Celebrate

BY JOE PARASKEVAS AND JOHN DANCE

It's called a sesquicentennial.

I beg your pardon.

It comes from Latin. 'Sesqui' literally means half and.

Half and what?

Well, in this case, half and 100 years. Or to be clearer: a centennial and a half.

What are we talking about?

The sesquicentennial. Canada's 150th birthday. It's coming up in nine months.

Not much time.

No. Three-quarters of a year. Or I should say: dodrans anno.

Dodrans?

That's Latin for three-quarters of a year. Never mind. Let's talk about how we'll celebrate 150 years of Canada.

The Old Ottawa East Community Association is doing precisely that. It wants to encourage people to come forward with ideas.

One suggested circumnavigating Rideau Island, the land mass between the Rideau Canal and the Ottawa and Rideau rivers on which Old Ottawa East sits.

Another proposed pondering the legacy of Sir John A. Macdonald and his prime ministerial successors.

The circumnavigation of Rideau Island would involve a leisurely one-day paddle up the Rideau Canal, down the

Rideau River, along the Ottawa River and back on the Canal to Old Ottawa East.

The event would emphasize participation and collaboration so that all kayakers and canoeists would be able to complete the 20-kilometer trip and its four portages without difficulty.

The thinking behind the idea is to celebrate Old Ottawa East's historic and beautiful waterways.

There are considerable challenges to work out: for example, how to get around Rideau Falls. This summer, organizers will set up a trial trip to ensure the expedition is feasible.

They are also considering a celebratory dinner for the end of the day of paddling.

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PHOTO BY JOHN DANCE

In one proposed sesquicentennial project to celebrate Canada's 150th birthday, paddlers would circumnavigate Rideau Island.

New Park Showing Promise

BY T.L. DI GIACOMO

Imagine it's summer: a nice day, not too hot, but still shorts weather. You decide to go to the park, perhaps the new one in Old Ottawa East.

You enter from Main Street. The path through the park is beautiful: flowers, trees, singing birds. A farmers market is open. You walk past the stalls, stop at some, and then continue on your way.

At the end of the path, the first thing you see is a splash pad. A teenaged girl has brought her younger siblings to play. They are all splashing and squealing and having a good time.

There's an elderly couple playing chess at one table, a father and his little girl playing ping-pong at another. A grandmother is teaching her grandchildren how to play bocce. Families are enjoying the horseshoe pitches. Two teenagers are cuddling under the shade structure. People are having picnics on the grass.

This scene might remind you of a European piazza. That's exactly what the people at Novatech Engineering Consultants are aiming for with their design of Greystone Park, the public space linked to the development of the Oblate lands adjacent to Saint Paul University.

On Feb. 29, members of the public met with the design team to talk about what they wanted in the new park. This meeting was a follow-up of another held last June 2, at which developers presented people in attendance some pictures and design ideas and asked them to rate the elements they wanted to see incorporated into the park design.

At the February open house, Novatech landscape architect Jessica Palacios took the public on a simple journey through the park. The response was good.

The park will be 112 hectares in size, and split into two sections: what developers are calling the Grand Allée and the Forecourt. The Grand Allée walkway will be accessible from Main Street and maintained throughout the year. This will be one of many walkways and entrances to the park.

In the summer, the walkway will be lined on either side by farmers market stalls. Because the market is only for warmer months, these stalls will be temporary and movable.

The Grand Allée will be covered with permanent reinforced turf: real grass that grows on top of a modular plastic

system. This will allow the surface to be safe for walking and to be driven on. Drip irrigation will be incorporated into the turf. Benches and games tables will be set up under the trees there now.

Because people at the open houses said trees were important, there will be designated wooded zones. Woodchip mulch and shallow-rooted plants will provide buffers between these zones and the market stalls. Only maintenance access will be permitted around the trees.

The Forecourt promises fun: a set of horseshoe pitches, a bocce court, a splash pad that can convert into a skating rink in the winter. Set in gravel will be games tables where the public can play cards, chess, Ping Pong or whatever they like. The Forecourt will be designed as a free-play zone.

There will be plenty of seating, most of it moveable: picnic tables, benches and chairs. More trees will be planted to cast shade and there will be two awnings, one at either end of the Forecourt, also to protect users from the sun.

One of the main focal points will be the Deschâtelets building, which dates to 1885 and which will have a new stage with elevated risers above the lawn, broad steps for sitting, ramps for easy accessibility, permanent anchors for weather protection during events, electrical connection and a hose and water connection for clean-up. This space promises to be well-used for a number of public events.

For the sake of sustainability, an interconnected bio-swale - a landscape element designed to remove silt and pollution from surface runoff water - will also be incorporated in the Forecourt.

Large trees will replace the old heritage trees that must be taken down. Developers are considering red and silver maples and red oaks for this area. Permeable surfaces will allow stormwater to percolate into the earth.

Even though bikes and motorized vehicles will be allowed in the park, pedestrians will have priority. Short posts to divert traffic and speed bumps - the speed limit will possibly be 25 km/h will contribute to safety.

Bike racks and waste receptacles will be provided in several places throughout the park, both in the Forecourt and the Grand Allée.



A model of the new Greystone Village development at a recent open house. In the foreground is the planned public space leading from Main Street to the Deschâtelets Building. PHOTO BY T.L. DI GIACOMO

The public still had a few suggestions and concerns.

Potable water and public washrooms remain issues the designers have not yet incorporated into the space. Many people have also asked if dogs will be allowed to play off-leash in the park and have not yet received a concrete answer.

Many people at the open houses have wondered if planned heritage features

are necessary, since the area is already dripping with history. A few people want vegetation to attract wildlife. The design process has not yet reached that level of detail. One man even suggested that tall swings should be incorporated, as they can be enjoyed by people of all ages.

More public open houses are planned.

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Reflections of an Older OOE: Mary Hand.



I was born in 1943. We lived in Sandy Hill and my parents bought the house (at 377 Main St.) when I was four. And I lived there until I was 13. So, I guess about nine years. That was really the time that I grew up in Canada because my dad was a diplomat and we went to Italy when I turned 14. Moved away (from OOE) when I was 13, lived away for less than a year and then we went abroad. Then I came home and got married. So, my whole youth is Old Ottawa East.

PHOTO BY JOE PARASKEVAS

Mary Hand grew up at 377 Main Street during the late 1940s and '50s. She remembers her childhood as a time of freedom. For Old Ottawa East, it was also the very beginnings of its modern era.

WHAT WAS IT LIKE TO LIVE ON MAIN STREET?

Main Street wasn't as busy (as it is today). But we always considered it a very busy street. We were always told by my mother: "Be careful! Be careful! Be Careful!" But I mean, neighbourhoods were completely different in those days. In the summertime, for instance, we never wore shoes from the time school ended until it started again. It seems bizarre now. When things like the flushers used to come and flush the streets, we'd be yelling, "The flushers! The flushers!" And everybody would go and run along the road. I mean, when you think of it: all that dirt and everything else.

The flushers were street cleaners. They were big trucks that drove with water pushing out the sides to push the dirt over by the curb. The sweeper people

from the city would come and sweep that. There were people with a little orange cart that they would push and shovel the dirt and put it in after the flushers would come by.

The road from Main Street down to the Smyth bridge was not paved, and development was just starting down there on Elliott and all those streets. We always called it the Old Farm Road. Everybody called it the Old Farm Road. I can remember now, when they finally paved it, I remember my friend Patsy Bolton saying, "Let's take our scooters down the road." And my mother had forbidden me to do that because she thought it was dangerous. And I said to Patsy, "Well I can't do that. It's a mortal sin." And she said, "Oh no, Mary. It's only venial." So, I took mine down.

The Rideau Gardens on the right (side of southbound Main Street) were not

developed. In fact, my mother used to say, if she was making a pie, you know, "Go get me some rhubarb." And we would just go down and pull rhubarb. I don't know who owned the Rideau Gardens, if the city owned it or what not. But we would go and just steal. There was all this rhubarb growing, sort of near the edge, along the edge of the street, along the Southern Drive area. We would go collect it for her and bring it home.

I know on the corner of Riverdale and Main was the Boltons. And it was a business: George Bolton Electric. He had a motto: Let George do it. And I am positive that business still exists somewhere in the city and that is still their motto. (Editor's note: It does, in Gloucester.) Every once in awhile I see a George Bolton truck.

Our house was quite nice when I was

young. We had come from a very small, two-bedroom bungalow in Sandy Hill that my parents got when they got married. There were now three kids in the family and then my grandmother moved in with us and another kid came. (The house on Main Street) was a three-bedroom. All those people, when I think of it. Because my youngest brother was such a troublesome child, he ended up getting the front bedroom where my sister and I had shared. My sister slept with my grandmother in one room and my other brother, David, and I slept with my parents in their master bedroom. At that point, that's why we moved. We had no rec room in the basement, although we played down there.

WHAT WAS DOWN THERE?

The coal bin. You know, you have a coal chute and the coal truck would come and back into the driveway and put the chute in and it would all go into

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Dropping In On 2017

BY JOE PARASKEVAS



The 2017 Drop-In group meets at Sunnyside library Saturdays at 10 a.m. to discuss ideas to celebrate Canada's sesquicentennial. From left: Tim Lash, Kirsty Twidale, Valerie Yersh

PHOTO BY JOE PARASKEVAS

In a small basement room at Sunnyside library, six people were trying to grab the country's attention.

They were an ordinary group: among them a teacher, a librarian, an event planner. Their areas of expertise were no less common: an entrepreneur, a civil servant trained in environmental studies, a public policy expert.

And yet, despite the nondescript surroundings, they were imagining large crowds doing extraordinary things.

This was the weekly drop-in that had met Saturday mornings at 10 a.m. since last fall to talk about ways to mark Canada's 150th birthday in 2017. On the table in front of them was a growing binder of ideas. They included:

- A road hockey tournament on Bank Street
- The history of the country depicted in Lego
- A sing-along of 150 years of Canadian songs
- Art installations, tree plantings, a new village square

The Sunnyside group wants to nurture the ideas they receive into actual events.

"There are a lot of very special projects but they are all like disconnected popcorn," said participant Tim Lash. "What's the meaning of these things? It's not just a bunch of disconnected things. 2017 is a big time in our history. It calls for long-term vision."

"There is a notion that 2017 is a critical opportunity for Canadians to do the sorts of things that we have long believed" said meeting organizer Gail Stewart, who five years ago came up with the idea of a program called Conversations Among Canadians to bring people together. The Canadian Library Association liked it so much, it adopted the program.

Now, Stewart is inviting people to come discuss 2017 and its significance.

"The way forward on that is not a Royal Commission or election platform," she said, "but for people to talk together, get new ideas and stop being quite so private. You need that conversation. It's the glue that holds our nation together."

The 2017 Drop-In takes place at Sunnyside library Saturdays between 10 a.m. and noon.



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FROM THE EDITOR

An event occurred behind the scenes during production of the February *Mainstreeter* that readers should know about.

John Dance, former community association president and frequent contributor to this newspaper, filed a piece that I edited. It had to do with the canal footbridge that countless people want built between Old Ottawa East and the Glebe.

Most residents have waited for this bridge for many years. Others, such as John, have taken part in the back-and-forth city hall process, trying to actually get the thing built.

For the February issue, John wrote that three levels of politicians had been meeting to discuss construction of the bridge. He added that Coun. David Chernushenko had helped transfer funds from another project to the canal bridge file.

John wrote a positive headline for the piece: 'Footbridge Moves Forward.' I tightened his lead, in journalistic parlance, making it shorter and presumably clearer. I also changed the headline to 'Not Much Progress on Canal Footbridge.'

Some politicians were reportedly quite upset with the *Mainstreeter*. John scrambled to heal hurt contacts. He has played a significant role as community activist on the footbridge project, perhaps as great as Chernushenko himself, the councillor has acknowledged.

Here is why I think the story about the edited footbridge story matters to you. I believe the *Mainstreeter* should be your most reliable source of community news.

What I should have done, as editor, is send John's edited piece, re-topped with a new headline, back to him for review. I didn't. I apologize to him now, for mishandling my part of the editor-reporter relationship.

I re-framed John's story, casting it in a negative rather than positive light, because I didn't think the fact some politicians had met to discuss a bridge or moved money to fund it, constituted much progress at all.

My new headline reflected that. To me and to readers, forward movement on the project would mean the setting of actual construction dates or shovels in the ground.

At the same time, I am not going to apologize to any politicians who took issue with our piece. We reported the facts. We made no mistakes. Though we showed continuing interest in a needed city hall project, we were less than flattering - in our choice of headline - to the politicians involved. But we didn't express our ambivalence in a disrespectful way.

That's the point of this editorial. The *Mainstreeter* tries to tell people in its community what matters and why. It conducts itself professionally. I owe John Dance and any person who writes for us that professionalism. And yet, anyone who thinks we should simply publish pieces that praise their subjects indiscriminately, will find we have no time for that.



PHOTO BY NANCY MCL IMAGES
Joe Paraskevas, *Mainstreeter* Editor.

Un événement est survenu dans les coulisses du *Mainstreeter* pendant la préparation du numéro de février, événement dont les lecteurs devraient être au courant.

John Dance, ancien président de l'association communautaire et collaborateur fidèle de ce journal, a soumis un article que j'ai révisé. Il y était question du pont piétonnier sur le canal, qui relierait le vieil Ottawa-Est et le Glebe.

Nombreux sont les citoyens espérant sa construction. La majorité des résidents attendent la construction de ce pont depuis des années. D'autres, comme John, ont participé aux échanges avec la ville pour essayer de finalement le faire construire.

Dans le numéro de février, John a écrit que des politiciens des trois niveaux gouvernementaux s'étaient réunis pour discuter de la construction du pont. Il a ajouté que le conseiller David Chernushenko avait aidé à faire transférer des fonds voués à un autre projet vers le dossier du pont piétonnier.

John a donné un titre positif à son article : « *Footbridge Moves Forward* ». J'ai resserré son introduction, la rendant vraisemblablement plus claire et concise. J'ai aussi modifié le titre de l'article, écrivant plutôt « *Not Much Progress on Canal Footbridge* ».

Certains politiciens étaient apparemment plutôt mécontents. John a dû agir d'urgence pour soigner des relations endommagées. Il joue un rôle important au sein du projet du pont piétonnier en tant que militant dans la communauté. Même Chernushenko le reconnaît, indiquant que John en fait peut-être autant que lui-même.

Voici pourquoi je pense que ces détails sont importants pour vous, nos lecteurs : je crois que le *Mainstreeter* devrait être votre source de nouvelles communautaires la plus fiable. J'aurais dû, en tant qu'éditeur, renvoyer l'article modifié et renommé à John pour qu'il le révise, ce que je n'ai pas fait. Je lui présente à présent mes excuses pour cette maladresse dans notre relation rédacteur en chef-journaliste.

J'ai reformulé l'article de John, faisant ressortir l'angle négatif plutôt que positif, parce que je ne considère pas que le fait que des politiciens se soient rencontrés pour discuter d'un pont, ou qu'ils aient déplacé des fonds pour le financer, représente un progrès. Mon nouveau titre reflétait tout cela. Pour moi et pour les lecteurs, des avancées indiqueraient plutôt la sélection de dates de construction, ou encore le début de la construction.

Tout de même, je ne présenterai pas d'excuses aux politiciens qui étaient en désaccord avec cet article. Nous avons rapporté les faits. Nous n'avons pas commis d'erreurs. Bien que nous ayons démontré un intérêt continu envers un projet municipal nécessaire, notre titre n'était pas du tout favorable envers les politiciens impliqués. Notre ambivalence n'a toutefois pas été exprimée sans respect.

C'est là où je veux en venir avec cet éditorial. Le *Mainstreeter* vise à signaler aux membres de la communauté ce qui est important, et pourquoi. Il agit avec professionnalisme. Je dois aussi faire preuve de professionnalisme envers John Dance et envers quiconque écrit des articles pour le journal. Cependant, celui qui pense que nous devrions publier des articles qui félicitent aveuglément leurs sujets se rendra vite compte que nous n'avons pas la patience pour ce faire.

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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

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BRANTWOOD SPONSORS RIDE A REFUGEE ROLLER-COASTER *cont. from page 1*

Within only two or three meetings, the group decided it would sponsor a family, support them for one year and partner with the OMC.

Lynch-Stewart was struck by the

“amazingly participatory and decisive group.”

By Christmas, they had chosen a specific family - a couple with three school-age children. By January, they had finished fundraising. By February, their application was delivered and the group began to gather household items to stock an apartment for the newcomers.

Their arrival appeared imminent: a wait

of only one or two months.

Since then however, the pace of the effort slowed. The sponsors were told their application could take up to eight months, even a year, to process.

“One to two months versus eight months,” said Buckley, “if only we knew which side we’re on. We’ve been working really hard for an imminent arrival. It’s very difficult to switch gears.”

Cutbacks to staff that were processing applications and announced caps to the number of refugees to be accepted in 2016 led private sponsors across the country to be disappointed that their efforts would lead nowhere.

Brantwood sponsorship organizers were concerned about sustaining the high level of excitement and public engagement that had carried them through the first four months of their effort. They were also worried about the effects of the slowdown on the refugees themselves.

“Our concern and frustration with the delay is as much about our Syrian family having to endure really difficult living conditions even longer,” said Lynch-Stewart.

“The momentum of the neighbourhood group, we’re trying to keep that momentum up,” Buckley added. On March 31 though, the federal

government assured sponsors who had applied before that date that their applications would indeed be processed.

Buckley, whose garage is filling with donated furniture, continues to coordinate the furnishing of the refugees’ apartment.

She is asking for kitchen items, such as a toaster, kettle or microwave oven.

To inquire about donations, people can reach her at buckleybest@rogers.com.

“It’s coming along,” Buckley said. “We would really, really love it if someone would donate a computer.”

SESQUI-WHAT? JUST GET READY TO CELEBRATE *cont. from page 1*

Meanwhile, OECA president Phyllis Odenbach Sutton is organizing a prime ministers book club for 2017. She said the idea to honour the heads of government, beginning with Macdonald came from a friend of hers.

Odenbach Sutton is trying to gauge interest in a monthly gathering to talk about the lives and accomplishments of Canada’s prime ministers.

On his birthday next January, Macdonald will get his due. Just how subsequent PMs would get theirs is up for discussion.

Long-term prime ministers such as Laurier, King, Pierre Trudeau, Borden, St Laurent, Mulroney, Chretien and Harper might each have a meeting dedicated to them. Some PMs serving shorter terms might be grouped together.

The OECA is searching for volunteers to organize the sessions. Ideally, local historians would step forward to provide overviews and lead discussions.

Readings for each PM would be recommended in advance. The real goal of the Prime Ministerial meetings would be to encourage as many people

as possible to learn about the country’s leaders of the last 150 years.

The ecological group Sustainable Living Ottawa East is considering a tree-nurturing project to mark the sesquicentennial. It would encourage residents to plant new trees and care for them in the decades to come.

The OECA is considering another idea: to create community murals on the walls of the Main Street underpass beneath Highway 417.

Anyone interested in organizing or taking part in sesquicentennial projects should contact the OECA at info@oe.ca.

New Pathway Will Link Brantwood and Springhurst Parks

BY JOE PARASKEVAS

The city is planning a multi-use pathway along the Rideau River, between Brantwood and Springhurst parks.

Besides making travel between Old Ottawa East’s signature green spaces easier, the new pathway will be a major piece in the city’s cycling network, according to a city spokesperson.

“The pathway planned along this corridor will (have) a minimum 3 meter paved width, yellow centre line and a 1.5 meter clear buffer on each side,” said Carina Duclos, manager of Design and Municipal Construction.

The pathway will run from Onslow Crescent to the existing multi-use pathway that stops at the University of Ottawa Lees Campus near the Rideau


River shoreline, Duclos added.

The new pathway will be about 1.4 km long.

The project is in the preliminary design stage. Once the city develops a detailed plan, it will tender the project.

The city will lead construction of the proposed pathway outside of the former Oblates property. The Regional Group, which is developing Greystone Village on the Oblates property will lead pathway construction on a 600-metre portion over private lands.

The city has not set a start date for construction.



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Valentine fun on Brantwood Rink

The annual Valentine skate took place on Friday, Feb. 12. A fine amount of fresh snow, warm hearts, great food and an ample serving of community spirit made for a great event. Thanks to everyone who came out to enjoy the evening with us.

Children eagerly slipped into their skates. Families and friends shared winter stories, cookies and hot chocolate. Everyone enjoyed a memorable evening.

Five contestants shared their chili recipes that were good to the last mouthful. The Community Choice winner was Ana Genio's delicious spicy vegetarian chili.

She gets bragging rights.

All contestants went home with a swag bag courtesy of Chris Knight of GUSTO TV.

Gregory was the happy winner of the Guess the Number of Candies in the Jar competition. He guessed 80, there were 82 in the jar.

Thank you to our amazing volunteers, cooks, chili chefs, bakers, fire minders, shovelers and behind-the-scenes helpers who made it such a great evening: Lisa and Todd Dunnett, Paul Dewar, Jordan Sneyd-Dewar, Marnie Drover, Marie-Eve Noel, Marina and

Jim Lamont, Christine Scales, Ramine Shaw, Dave Macki, Ana Genio, Jim Fraser, Selena Arvai, Carol-Ann Owen, Carol Allette, Melanie Gilbert,

Aboozar Sheikhi, Ana Genio, Stacey Wowchuck, Alyssa Bissionette, Catherine Hooker and Sofie and Lucy.

Thank you also Cindy Courtemanche, Mike Lemon and their dedicated rink volunteers without whom this event would not have been possible.

Thank you to GUSTO TV for the prizes.

Thank you to the many from the community who joined us to make the event such a success. Though the event was free we were grateful for the donations received.

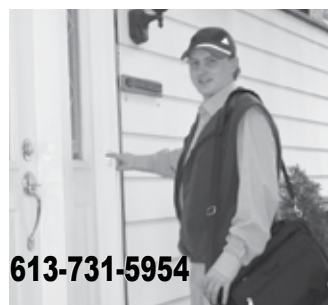
Thank you to our community partners without whom our events would not be possible: City of Ottawa, Sandy Hill Community Health Centre, Watson's Pharmacy and Wellness Centre, The Green Door, Diane & Jen Realty, The Regional Group – Greystone Village, Bank of Montreal – Lansdowne.

To see a great selection of photos from the event please check out the album on our Facebook page at www.facebook.com/OldOttawaEastCAG

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REFLECTIONS *cont. from page 3*

the coal bin. We had one of those great big octopus furnaces that was coal. My husband always said, "You guys were rich. You had the truck come and deliver it. We used to buy it." I don't think we were ever wealthy. We were very middle-class people. It was just the contrast with his life that was much poorer than mine as a young person. We had central heating and he didn't. He had wood stoves.

We used to play down there (in the basement) all the time. There was a cold storage. My mother used to go to the market and buy bushels of pears and bushels of peaches, in season, and then you preserved them in jars and they all went in the cold storage. In the winter she would say, "We'll have some fruit salad. Mary, go down and get a jar of fruit salad." I always remember tons of jars of fruit. Because in those days, I don't think you could buy fruit in the store in the winter. I mean, it was a novelty to get tangerines at Christmas. You didn't just go to the store and pick a bag of apples.

WHAT DID YOU DO FOR FUN?

I remember one of us would come out and say, "Dad's gonna take us to the Double Dip." The Double Dip was Mutual Dairy. It was on Echo Drive and you got a double-dip ice cream for five cents. And that was such a treat. You would come all the way down Main Street to Echo Drive and you would turn right and there's all those condos there now. There was a place called Mutual Dairy. We would have our ice cream and we would go sit by the canal and eat it. And that was a major treat. You would have a double dip of ice cream. My favourite always was Maple Walnut. It was hard ice cream. I don't remember there being soft ice cream when I was little. I only remember hard ice cream.

A very important part of our life was Brantwood Park. I learned to swim at Brantwood Park. At Brantwood Park in August, your mother never let you go swimming because it was polio season, and that was pre-Salk vaccine. Whether that was really true, but that was supposed to be when the virus was most prevalent. And we always said, "Well so-and-so can go swimming!" That was my mother's view, that none of us would go swimming, and that was a fairly common thing because August was polio season and she wouldn't let us go.

WERE THERE ORGANIZED LESSONS AT BRANTWOOD?

No, I don't remember any. You just went there because you wanted to and somebody else could and you were

going to do it. I did eventually go to Brighton Beach (near Windsor Park) and take some swimming lessons but never at Brantwood.

They had the playground area - I don't know if it's still there - the swings and slides and that sort of thing. They had a little shack and there was a kind of recreation person there, probably a teenager. And they had things like jacks. You could get a game of jacks. We would play jacks all the time. That was great fun. There was nothing very complicated. It was fun. And skipping and all that sort of thing.

Then in the winter, there was skating. (The rink) was the hub. It was marvellous. They had a shack with a wood stove in it. But often we didn't put our skates on down there. Mostly we put them on at home and then walked in the snow so our ankles weren't killing us until we got there. So, we walked from our house down to Brantwood.

And one thing about walking places: when I went to school when I was five, my father walked me to Canadian Martyrs school. You know where that is? It's on Lees. You go down Main Street to Lees, go past the church and then go down Lees. The building is still there. There's Mazenod and then there was Canadian Martyrs. He took me when I was five and he brought me to the schoolyard and then he went and got on the bus and went to work. And I remember being so worried. I didn't know what line to get in. Was I going to be in the wrong class? You know, you figured it out yourself. And I walked myself home and I walked every day after that. And we came home at noon. So, we walked to school, then we walked back, then we walked to school, then we walked back. Every day. And we did that when we were five without supervision. We were so free. There was no perceived danger at all. I'm sure there were bad people, but none we ever heard of. You walked with your friends and it was kind of an adventure to do that.

IS IT A BETTER WORLD NOW, WHEN YOU DON'T LET A FIVE-YEAR-OLD WALK TO AND FROM SCHOOL LIKE THAT?

No, no. I said to my sister last night, we were so lucky. Here's an example: when I was about nine, I took my brother and sister on the bus downtown to go to the movies ... alone. And when we got there, my brother, who is nearly five years younger than I am, had to go to the bathroom. And I did not know that theatres had bathrooms. So, I kept saying, "Hold it, hold it." He finally wet his pants and we left before the movie was over because I figured we had to take

the bus to get him home. Now, can you imagine somebody, nine or 10-years-old taking their siblings downtown? Downtown to Rideau Street.

Life was free and it was wonderful. We had lots of make-believe and we had circuses - our own version of them. We had shows. We sold Freshie. I had a stand at the bus stop where we sold Freshie. We were drinking as much as we were selling. We sold pussy willows in the spring. Every single spring, we went down to the river and got pussy willows and cut them and went door-to-door selling them.

My father had us pick weeds off our lawn. Ten for a penny. You know how many weeds you gotta pick to get a nickel? There was no weed killer or anything. You dug your own weeds out, in those days. You cut your grass with a push mower. My sister used to try and divide (the weeds) but my father was very smart. We had to have 10 roots to go with the leaves.

Another interesting thing that happened in those days: being Catholic, we went to Canadian Martyrs Church and Canadian Martyrs School, and there's the feast of Corpus Christi (in the spring). For first communion, all the girls wore white with the veil. You know, a little white dress. On this particular feast, there was a parade around the neighbourhood, where the priest carried the host, a big chalice. And as first-communion kids, we threw the little flowers out as he walked. That was such an honour. We were so proud of ourselves. That was Grade One. You did it once and that was it. The next year, the next Grade One class did it. You were getting to wear your first communion outfit. It was like being a bride, almost.

MORE PEOPLE WENT TO CHURCH?

Oh yeah. Everybody did. I couldn't even imagine people not going to church. I call myself a lapsed Catholic. I'm not really anything any more. I'd like somebody to convert me into some sort of spirituality. But in those days, you were either a Catholic or you were a Protestant. I did not know anybody of any other religion. I remember learning at school that the only way you were truly married was to be married in the Catholic church. Not knowing the facts of life, I could not figure why God would give all these Protestants children because they're not really married. And my mother caught me in the back yard, telling the back yard neighbour, "You know your mother and father aren't really married. You have to be a Catholic to be really married." That's the kind of narrow view we learned.

When TV came (in the early '50s), we didn't have one. But our neighbours the Kybas had one. So, we cozied up to the Kybas big-time in order to get in to watch Hopalong Cassidy on Saturday. It was a 'wild west' TV program. They had cartoons, too. We would hob-knob with the Kybas so they would say, "Would you like to come in to watch TV?"

Well, the church, you had to go to mass on Sunday. That was mandatory. But they instituted this thing where they said, "We're going to have mass on Saturday." They do that now but it counts as Sunday. In those days, they were just instituting it. So, it was a voluntary thing. And I remember my father coming and saying, "Come on kids. Gotta go to church." At 4:30 in the afternoon. And we'd say, "Why?! We don't have to. Why are we going?" He said, "Because it's a privilege that they have a mass on Saturday. And we're going to take advantage." And we would have to go on Sunday, as well. So, we would have leave the cartoons that we had been nice to people whom maybe we weren't fond of all day, to get in to watch the cartoons, and my dad dragged us out so we could get dressed and go to church.

A good life. Still, rather different than what we have today.

I feel sorry for kids now. I don't think that the gadgets, even the internet and all that, I think it robs people of discovering things yourself. We read because there wasn't television. They had storytime at the library, too. You could go and listen to a librarian read you stories.

It was a great place to live. It was a wonderful neighbourhood. There were so many kids and there was so much to do.

I lived four years in Italy, in the height of, you can't believe the luxury that I lived in, pretty splashy life and I married a clerk in the government. I got married when I was 19. At 21, I had two kids. My parents went abroad again so I had no family here. I never went out of the house with these little babies. I was young. My university friends were coming and stopping and saying, "How can you stand this?" You didn't really think about it.

Of course, I did marry somebody who was like my dad: honest, hard-working, intelligent. He was a good man. He was a Clerk 3 in the government when I met him and I married him but we knew he was getting his Clerk 4. So, we were set. He ended up as the director of Labour Relations at the RCMP. We had a nice life. We've been married 54 years this year.

Community Activities Group of Old Ottawa East (CAG)

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

Park Programs

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 a.m.
\$30 first child, siblings \$15

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

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

Women's Ultimate

Springhurst Park
May 19 – August 25
Thursdays 7:00 – 9:00 p.m.
\$88

Summer Fitness

Vinyasa Flow Yoga

Old Town Hall, 61 Main
July 6 – August 24
Wednesday 5:45 – 7:15 p.m.
\$64

Strength and Tone

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

Free Youth Programming

Youth Activity Club (7 – 12 years)

Brantwood Park field house, 39 Onslow
April 29, May 27 & 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



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Old Town Hall, 61 Main
April 19 – May 31,
no program May 10
Tuesday 7:00 – 8:30 p.m.
\$160

Summer Camp

Kinder Camp (3 – 6 years)

Brantwood Park field house, 39 Onslow
August 2 – 5 (4 days)
Tuesday – Friday,
9:00 a.m. – noon, \$80

Camp Brantwood (4 – 8 years)

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)

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)

Brantwood Park field house, 39 Onslow
July 4 – 8, July 11 – 15
July 18 – 22, July 25 – 29
Monday – Friday (5 days)
8:30 a.m. – 5:00 p.m., \$270

Regatta Ready (9 – 14 years)

Brantwood Park field house, 39 Onslow
July 18 – July 29
Monday – Friday (10 days)
8:30 – 5:00 p.m., \$440

After School 2016-17

Brantwood Park After School (Kindergarten – Grade 6)

Brantwood Park field house, 39 Onslow
For families at Hopewell & Lamoureux schools
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Old Town Hall After School (Kindergarten – Grade 6)

Old Town Hall, 61 Main
For families at Lady Evelyn school and Francojeunesse schools
Pick up by 5:30 p.m., \$170/month
Spaces available

PD Days

(Kindergarten – Grade 6)

Brantwood Park field house, 39 Onslow
Friday June 6 & 10, 8:30 a.m. – 5:30 p.m., \$40/day

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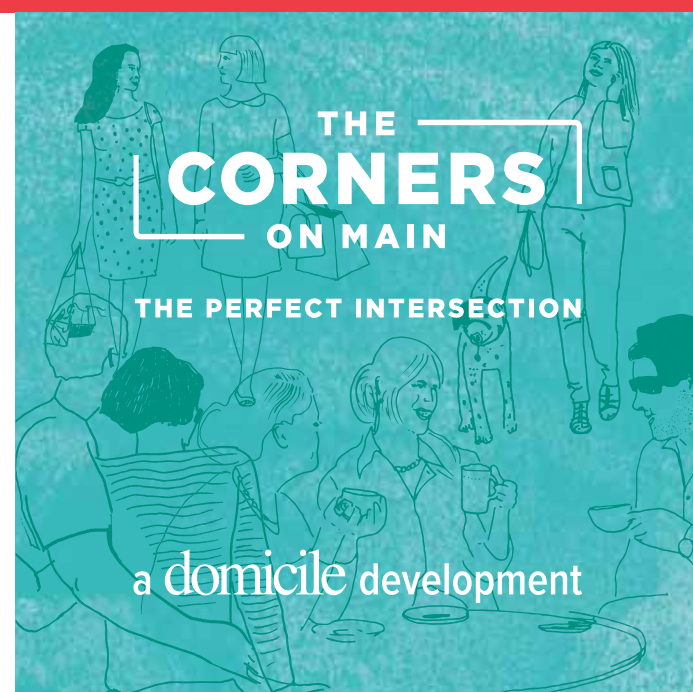
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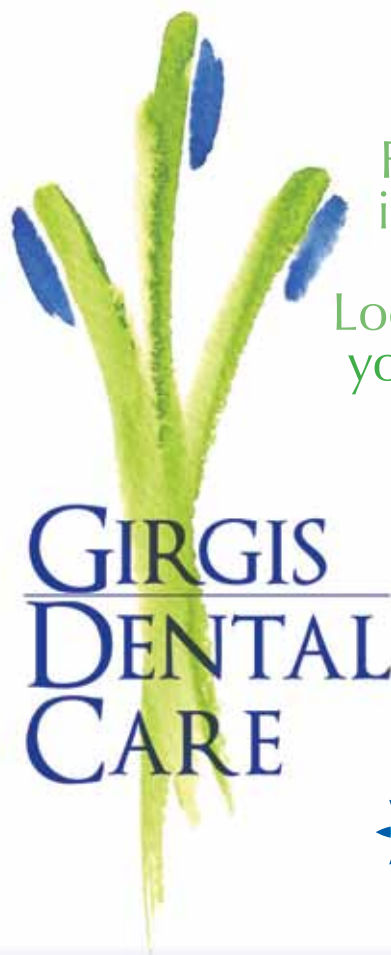
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The statue of the Virgin Mary on the grounds of the Sisters of Sacred Heart of Jesus has a new home. She was moved to the new statue garden just to the north of the convent and east of where Domicile Developments will be constructing its Corners on Main condominium. The statue garden was designed to provide an enduring parkette for the Sisters. From left: David Renfroe of Domicile, Sister Georgette Leroux and OOECA president Phyllis Odenbach Sutton.

CREDIT: JOHN DANCE.



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OOE Churches Bring Syrian Families to Ottawa

BY PIERRE BEEMANS

On Feb. 18, members of Canadian Martyrs and Sagrada Familia parishes in Old Ottawa East stood behind a wide greeting banner with Arabic writing to welcome a young couple from Daraa in southern Syria.

The newcomers were the second of two Syrian refugee families the church communities are sponsoring.

The first family, from the town of Khabab in the same region in Syria, had arrived Feb. 5 to a similar reception. They and their five children are now settled in an apartment in Overbrook and the children have started classes at Our Lady of Mt. Carmel Elementary School and Lester B. Pearson High.

Daraa was one of the early centres of the Arab Spring uprising in Syria. The city and neighbouring towns such as Khabab were the scenes of bitter fighting by both the rebel forces and the Syrian army. Minorities such as Christians and Shiites, subjected to attacks and displacement by both sides, have fled in large numbers to nearby Lebanon and Jordan.

Encouraged by Father Jim Fiori, its new pastor, Canadian Martyrs parish decided last August to work with the Catholic Centre for Immigrants to sponsor a refugee family.

A parish survey showed such overwhelming enthusiasm for the idea and so many members came forward with offers of material and financial assistance and volunteer support, that it became possible to sponsor a second family.

Father Jorge Lopez, pastor of Sagrada Familia, the Spanish-speaking parish on Glenora Street, brought his community in as co-sponsor. An inter-parish implementation committee was formed with an impressive range of expertise.

A former parishioner offered an apartment in the OOE neighbourhood for the couple. A real estate agent on the committee found a newly renovated three-bedroom apartment in Overbrook for the first family.

The sponsorship implementation committee worked smoothly. An accountant was in charge of financial and budget matters. A former teacher saw to issues relating to education and language training. A medical doctor looked after health issues, a lawyer covered the legal.

Other volunteers kept records, organized a volunteer list, oversaw fundraising, prepared the activities schedule and provided Arabic interpretation. A hard-working team did a superb job of handling the collection and moving of clothing, appliances and furniture.

Much remains to be done, but this initiative has already rewarded our efforts. The warmth, sincerity and determination of our two Syrian families have endeared them to our parish. New friendships have formed between our parishes. A spirit of solidarity and generosity has brought us new vigour and confidence. This effort has come as a blessing for our churches, our city and our country.

A parish survey showed such overwhelming enthusiasm for the idea and so many members came forward with offers of material and financial assistance and volunteer support, that it became possible to sponsor a second family.

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MAY 29 • 2016**

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Get ready, and get involved – CAG Spring-Summer Events

BY CAROL WORKUN

Spring and summer see Old Ottawa East residents heading outside and to our great community parks. The Community Activities Group has a lot of fun events lined up to make the season even sweeter.

These events are organized and run by community volunteers, under the direction of CAG. Consider volunteering. There are many ways you can get involved and help make an event a success. Mark your calendars so you do not miss out.

THIS SEASON'S LINE-UP:

BRANTWOOD BBQ & PICNIC

Thursdays from May 19 - June 30,
5:30 – 7:00 p.m.

and then, new this year – we move to
Wednesdays for July and August...

Wednesday July 16 – August 17,
5:30 – 7:00 p.m.

Brantwood Park field house,
39 Onslow Crescent

Come and enjoy the best of the season
in the park with friends and neighbours.
Bring a picnic from home or purchase
supper from the BBQ.

THE MAIN EVENT OUTDOOR MOVIE NIGHT

Friday, June 17, 9:00 p.m. or dusk

Springhurst Park, 160 Lees

Movie to be announced

THE MAIN EVENT GARAGE SALE

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

THE ANNUAL MAIN EVENT COMMUNITY PARTY

Saturday, June 18,
10:00 a.m. - 2:00 p.m.,

This year again relocated to Brantwood
Park due to Main Street reconstruction
Wagon rides, children's games, bouncy
castle, live music, BBQ, market sale,
and more

NEW THIS YEAR - Angry Dragonz
food truck and Merry Dairy ice cream
cart

THE COMPANY OF FOOLS – TORCHLIGHT SHAKESPEARE

The Amazing Adventures of Pericles,
Prince of Tyre

Thursday, July 28, 7:00 p.m.

Brantwood Park, Onslow Crescent

Pay-what-you-can, suggested donation
\$15/person

BBQ and Picnic 5:30 – 7:00 p.m.

More details on all of these events are
online at www.ottawaeastCAG.ca.

Sign up for the CAG eUpdate at www.ottawaeastCAG.ca/eupdate to receive a
weekly electronic newsletter regarding
all happenings in Old Ottawa East.

Join CAG's FaceBook community
at www.facebook.com/OldOttawaEastCAG to get timely
reminders of events and all the great
event photos!

HERE'S HOW YOU CAN GET INVOLVED:

VOLUNTEER

All of our events are volunteer run. We cannot do any of this without YOU!

At the Main Event you can choose from an array of volunteer opportunities, from flipping burgers to setting up tents, from inflating balloons to collapsing tables. We have it all and we can find something for you. So, don't just show up this year. Show up, help us out and enjoy the day with the satisfaction of having been involved in an event that is enjoyed by so many.

Volunteers will also be needed to help out with the weekly BBQ's. It's a great way to connect with your neighbours and get to know more people in the community. If you are great with the BBQ let us know. You will be warmly welcomed.

We would love to hear from community youth to volunteer at any of these events. If you are going into Grades 9 – 12 we will be happy to sign off on your community service hours.

If you want to volunteer contact us at volunteer@ottawaeastcag.ca or call 613 230 0076.

MAIN EVENT GARAGE SALE

Time to sort out that basement? This sale runs throughout Old Ottawa East, from Rideau Gardens Drive to Greenfield Avenue (including Kings Landing) and from Echo Drive to the Rideau River on June 18, from 10:00 a.m. – noon. Residents are welcome to participate on their own premises. Businesses are invited to set up sidewalk sales.

THE MAIN EVENT MARKET SALE

A Market Sale will run alongside the Main Event Community Party on June 18, from 10:00 a.m. – 2:00 p.m., at Brantwood Park. Due to Main Street reconstruction, the Main Farmers Market will be relocated for a while. So, let's bring the market vibe to The Main Event. We will welcome participation from artists, crafters and food vendors - anything that would be part of a regular farmers market. Not sure? E-mail us to discuss. 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. Vendors must provide their own table. For more information contact: info@ottawaeastCAG.ca.



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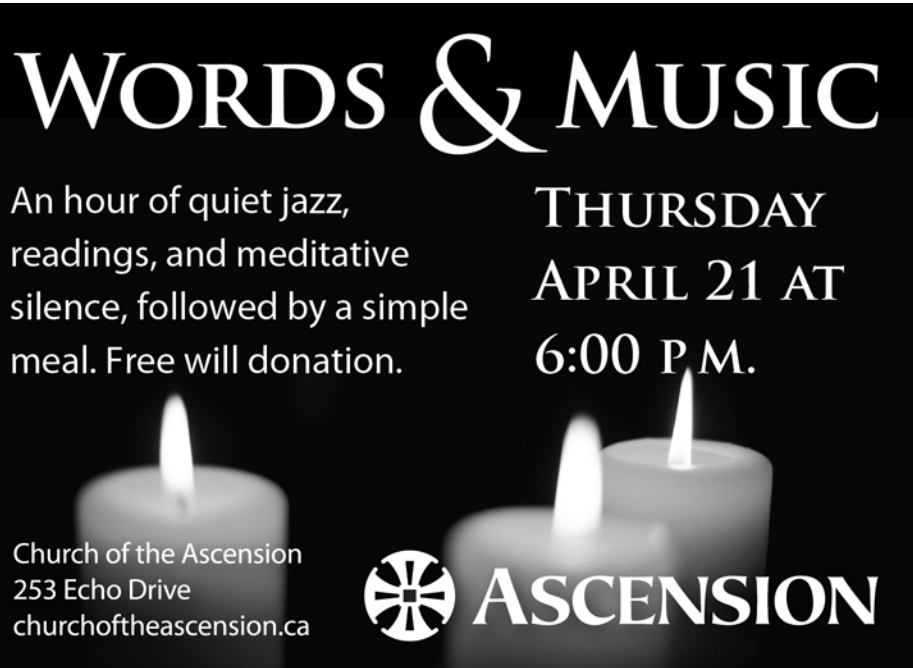
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churchoftheascension.ca

ASCENSION

POLITICAL PAGES

OLD OTTAWA EAST COMMUNITY ASSOCIATION

BY PHYLLIS ODENBACH SUTTON
INFO@OTTAWAEAST.CA



My first article in the Mainstreeter reflected on both change and continuity in our community.

This month I would like to address the importance of planning as our neighbourhoods change. We are at the start of the planning process for some projects, while part way through others. We may feel positively about some plans, discouraged about others, or ambivalent.

A potentially important new issue to our community is the city's plan to allow coach houses (small apartments or suites in the backyard of a home or along a laneway).

We discussed this topic at our February Board and Planning committee meetings and we hosted a public information session.

Why are we so engaged? Because we want to provide input and mitigate future problems in our neighbourhoods.

The city's planning process for coach houses started with a discussion paper in the fall of 2015. This was followed by a survey. Zoning by-law options were released on Feb. 1. Public comments were requested by February 29. An open house and information session were to take place in March.

The release of the final study recommendations is expected in April, and a staff report to the Planning committee and council in May.

Does the OECA have issues with the planning process? Yes we do. Our key concerns relate to the public consultation.

There was a very low response rate to the original questionnaire and the city dropped its original idea of a second.

We believe there could be potential adverse impacts on adjacent properties (particularly for two-storey coach houses) and the urban forest. We also have concerns about the proposed minimal set-backs from property lines. We see them as potentially insufficient for construction and maintenance.

Another project in the planning phase that will have an important impact on OOE is the Clegg-Fifth pedestrian bridge. We have now seen a new design (at the public information session hosted by our Councillor on Feb. 4). We were pleased to hear that there may be a possible acceleration in the construction schedule.

In terms of the new design, we recommend further consideration of a number of elements: additional stairs at the northern access points of the ramps on both sides of the canal, a viewing area at mid-span, ramp support on slender piers so that views are not blocked and the mass of the bridge is reduced, and the enhancement of the size, safety, connectivity, landscaping and efficacy of the east side landing area.

Construction for Main Street's renewal will recommence shortly. While we will be able to enjoy the improved pedestrian and bicycle access on completed portions, we will unfortunately still be looking at above ground hydro poles and a lot less greenery. Many mature trees have been removed.

As construction starts south of Clegg, we will once again experience new traffic woes and noise and dust. Hopefully the plans developed for our new complete street on Main will proceed smoothly.

We can also expect to see construction start soon on Domicile's Corners on Main project. After years of planning, Domicile expects to soon demolish the existing row houses on Main Street and start site preparations and excavation. Their presentation centre is expected to open in April.

Finally, I am very pleased to note that the ramp at the Old Town Hall is now open. Our community centre is accessible again. Also, the city has determined it will be able to repair the Town Hall's existing two-storey back porch. Repairs should be less disruptive for our community than the demolition of this part of the building originally proposed.

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

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FOOTBRIDGE, NEW PARK BOTH ON THE HORIZON

I am happy to report that the city is making significant headway in advancing construction of the Fifth-Clegg footbridge. With strong support from all levels of government, and an indication that funding will be made available once the city completes a formal submission, I can foresee construction starting in late 2017, if all goes well.

While nothing is certain until the first shovel is in the ground, the bridge is nonetheless closer than ever to becoming reality. Visit capitalward.ca/canalbridge to see the updated concept and other information that was presented at the most recent public information session.

Old Ottawa East Park Update

The conceptual designs for the new city park planned as part of the Greystone Village project received strong positive feedback from residents at a public open house in late February.

The Grande Allée Park (let's use that as a working name for now) will offer a diverse range of spaces and places for passive and active outdoor recreation and contemplation. You can download a PDF version of the proposed design at capitalward.ca/greystonepark.

Pathway Closure on Oblate lands

A 30-metre corridor along the west side of the Rideau River within the Oblate Lands is being preserved in a natural state, with a pedestrian footpath and a paved multi-use pathway adjacent to it. The current path is now closed to allow for the removal of fill and re-grading for a better connection to Clegg Street. It is expected to re-open in May.

Community Environmental Projects Grants

The city seeks proposals from non-profit organizations interested in enhancing our shared environment by undertaking small-scale, community-based initiatives that support environmental stewardship priorities.

The Community Environmental Projects Grant Program (CEPGP) supports neighbourhood and city-wide projects, specifically initiatives that aim to improve stormwater management, enhance and protect natural areas and reduce overall environmental impact.

Since its inception in 1995, CEPGP has funded efforts to remove invasive species, add interpretive signage to hiking trails, organize walkability forums, monitor local ponds and raise environmental awareness.

The application deadline is Wednesday, June 1. Visit capitalward.ca/envirogrant for details, eligibility criteria, and an online application.

Main Street Trees

Speaking of environmental stewardship, the city expects to plant 233 new trees, including 53 on private property, between Harvey Street and the Rideau River as part of the Main Street renewal. While more than half will replace trees removed because of construction or because they were infested with Emerald Ash Borers, there will be a net gain of 109 trees.

You can download the landscaping plans at capitalward.ca/mainplans.

Gear up for Cycling Awards

Do you know any cycling ambassadors who should be recognized for their good work? If so, nominate them for the 2015 Bruce Timmermans Awards.

The awards, named for the late cycling educator, advocate and founding member of Citizens for Safe Cycling, recognize individuals and organizations committed to promoting the benefits of cycling as a principal mode of transportation.

The deadline for nominations is April 22. You can apply online at ottawa.ca/bta or pick up a paper copy at your local library.

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With the annual Award for Excellence in Health Promotion, the Sandy Hill Community Health Centre (SHCHC) is proud to honour those whose activities and initiatives have contributed to improving the health and wellness of our community.

Eligibility

Nominees for the SHCHC Award for Excellence in Health Promotion must be:

- Individuals who work or reside within the SHCHC catchment area (Sandy Hill and Ottawa East);
- Businesses and organizations that operate in our catchment area.

Award Criteria

To qualify, nominees must demonstrate leadership activities that:

- Strengthen people's health knowledge and the skills required to prevent ill health, and to enhance and protect healthy behaviour;
- Create and sustain environments that are supportive of health;
- Advocate for health to gain political commitment, policy support, social acceptance or system support for a particular health goal or program; and
- Have a current or potential impact on SHCHC strategic priorities.

Submit your nomination today!

For complete details, visit www.shchc.ca, or contact Cristina Coiciu at 613-789-1500 x 2505, e-mail ccoiciu@sandyhillchc.on.ca. Nominations must be received on or before April 30, 2016.

**Souligner les contributions exceptionnelles à la
promotion de la santé dans notre collectivité !**

Le Centre de santé communautaire Côte-de-Sable (CSCCS), au moyen de Prix d'excellence en promotion de la santé, est fier d'honorer ceux et celles dont les activités et initiatives ont contribué à améliorer la santé et le bien-être de notre collectivité.

Admissibilité

Les mises en candidatures au Prix d'excellence en promotion de la santé du CSCCS visent :

- les personnes qui travaillent ou habitent dans le secteur du CSCCS (Côte de Sable et Ottawa Est);
- les entreprises et organismes actifs dans notre secteur.

Critères du Prix

Pour se qualifier, les personnes mises en candidature doivent démontrer un leadership dans des activités qui :

- perfectionnent les connaissances des gens sur la santé et le savoir nécessaire pour prévenir les maladies, ainsi qu'améliorer et protéger un comportement sain;
- créer et soutenir des environnements qui favorisent la santé;
- défendent la santé afin d'obtenir un engagement politique ou un soutien aux politiques, une acceptation sociale ou un soutien à l'appui d'objectifs ou de programmes de santé en particulier; et
- ont présentement ou potentiellement un impact positif sur les priorités stratégiques du CSCCS.

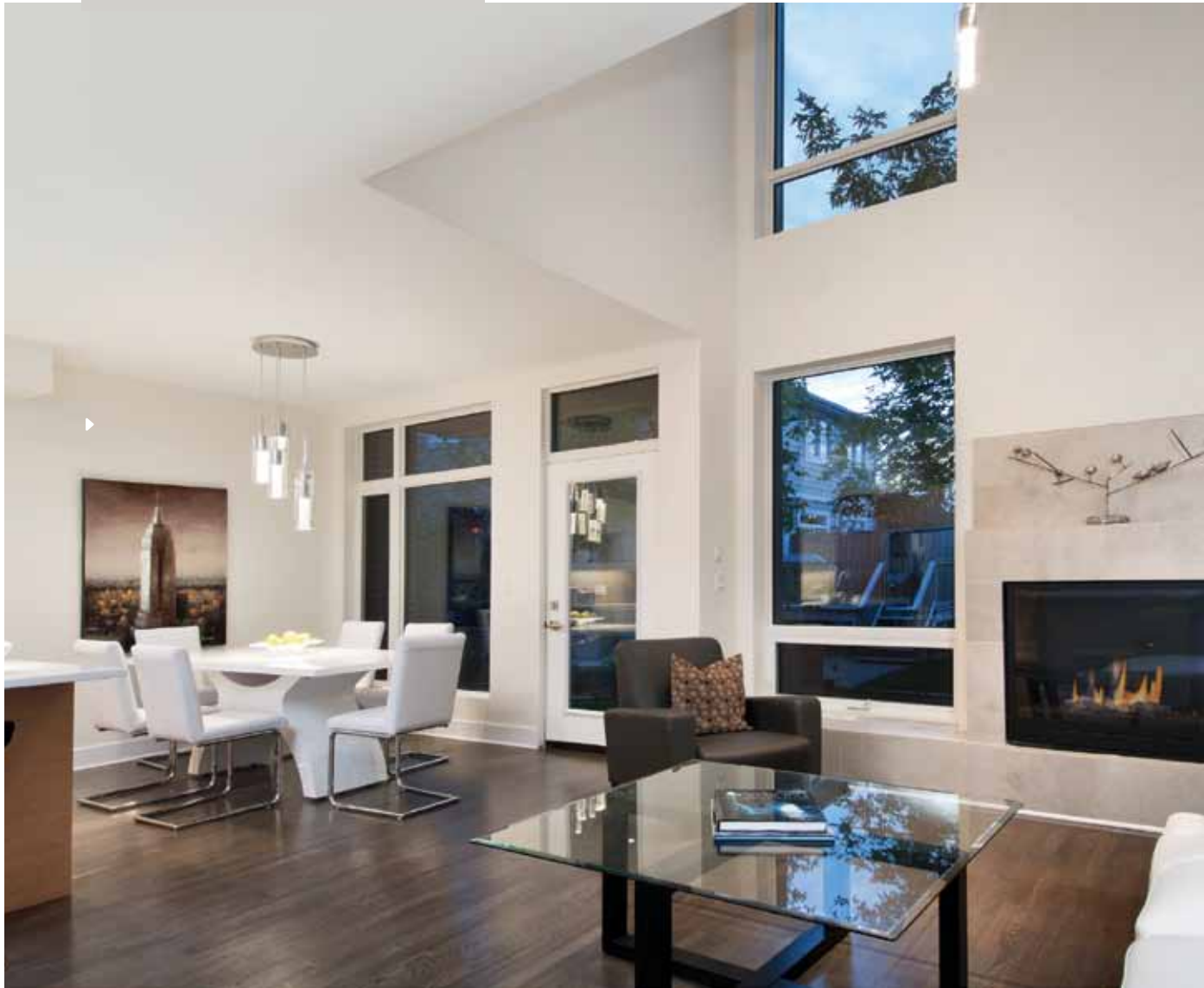
Soumettez une candidature aujourd'hui !

Pour obtenir tous les détails, visitez notre site web à www.shchc.ca, ou contactez Cristina Coiciu au 613-789-1500 x 2505, ccoiciu@sandyhillchc.on.ca. Les mises en candidatures doivent nous parvenir d'ici le 30 avril 2016 au plus tard.



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