

## FARMERS' MARKET RETURNING TO MAIN STREET IN 2017

BY CHRISTINE MACINTYRE

Fall may be around the corner but Old Ottawa East residents should have their sights on next spring.

The Main Farmers' Market will be returning to Main Street for the 2017 season.

Vendors will set up shop next May in the parking lot next to Singing Pebble Books, across the street from their previous location at Saint Paul University.

Ron Farmer, owner of The Green Door restaurant and long-time supporter of local producers, has offered to host the market at the parking lot at 210 Main.

"The market is a great asset to our community and I'm happy to do what I can to support it," Farmer said.

The market's volunteer board had always planned to return to Old Ottawa East but there were some tense moments recently.

Two years in a temporary location at the Canadian Museum of Nature had been challenging, admitted board chair, Sue Cavanaugh.

The move had meant extra work: getting the word out about the new location, figuring out new advertising channels, building relationships in the Centretown neighbourhood and working with the museum.

Cavanaugh called the first weeks "bumpy." But she was quick to add last season ended well for most vendors and 2016 has proven just as good or better.

Still, the market's previous location at Saint Paul was unavailable for 2017. The board was scrambling to find a spot.

The market's planned permanent home along the new Greystone Village's Grand Allée is not expected to be ready until 2018, at the earliest.

Board members breathed a sigh of relief when news of the relocation to the Singing Pebble parking lot was confirmed in July.

"The board is thrilled that the market is coming back to Main Street next year and we are all looking forward to our new location," Cavanaugh said.

"We are extremely grateful to the Canadian Museum of Nature for hosting the market for the last two years," she added. "They stepped in when we had nowhere else to go. But more than anything, we are grateful to those in the

Old Ottawa East community who came out and shopped at the market during our time at the museum. Your support has helped to keep the market viable during a difficult transition period."

Main Street renewal had forced the market to move.

The relief the market will emerge from its exile extended to vendors looking forward to another season of bringing fresh produce, meats, baked goods, prepared foods and craft work to the centre of Old Ottawa East.

The market will rely on public support to help it re-establish itself. The board hopes to rebuild the market as a gathering place where the community can come together and celebrate local food, while supporting local farmers and producers.

As usual, the market will be open from 9 a.m. to 2 p.m., every Saturday, from early May until late October.

Additional details about the market's return, including vendor profiles, special events, updated logistical information and details about opening day will be available on the Main Farmers' Market website later this fall and winter.

**Website:** [www.mainfarmersmarket.org](http://www.mainfarmersmarket.org)

**Twitter:** @mainfarmmarkott

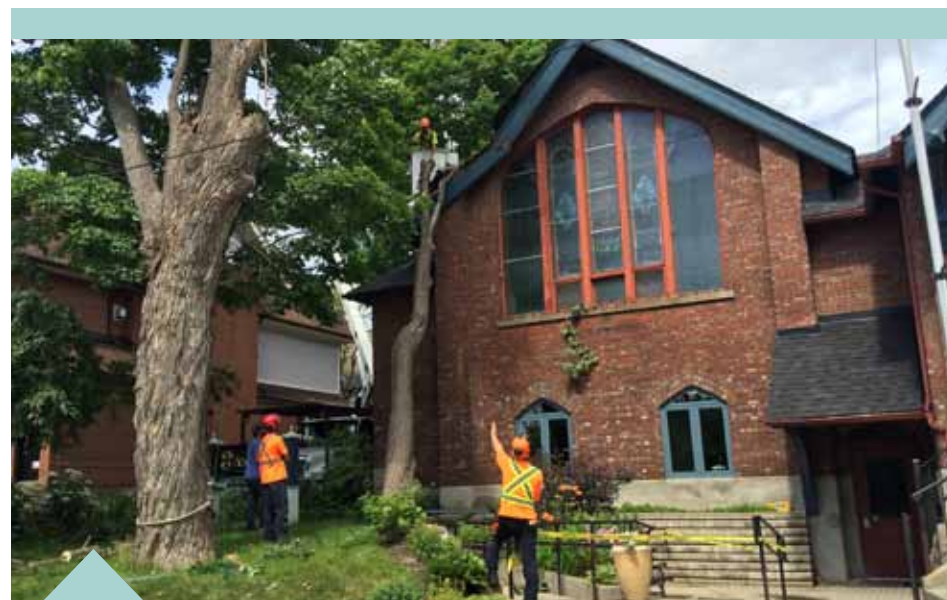
**Instagram:** mainmarketottawa

**When:**

Saturdays, 9 a.m. to 2 p.m.,  
May to September 2017

**Where:**

210 Main Street, Ottawa



### Ascension Damage

A crew from Trillium Tree Experts works to lift a large branch from the roof at Church of the Ascension on Echo Drive. The branch was brought down during the July 13 storm, causing significant damage to the roof.

Credit: Annie MacTavish

### Make Room for Rooming Houses

No end in sight to multiple-unit trend, city suggests

BY JOE PARASKEVAS

Historic neighbourhoods of central Ottawa will likely continue to succumb to a building spree of rooming houses that stands to transform neighbourhood character and residents' quality of life.

Old Ottawa East has not seen development on the scale of neighbouring Sandy Hill, but members of OOE's community association hold out little hope that this area will escape the trend.

At a June meeting at city hall, executives of three community associations, Old Ottawa East among them, heard the city is not about to put an end to the construction craze.

Community groups and their supporters filled a meeting room to hear a presentation from Action Sandy Hill, that neighbourhood's community association, spelling out the disappointment of many homeowners at the replacement of a growing number of buildings - some of them heritage homes - with multiple-unit, multiple-bedroom rooming houses largely aimed at students of the nearby University of Ottawa.

ASH vice-president Bob Forbes spoke of "rampant conversion of houses to 'bunkhouses'," and gave several examples where new structures and their many tenants were altering the

*Continued on page 8*



# Circumnavigating Old Ottawa East (Here Be Dragons - or Swans)

## New Rideau Canal access point opens fun routes for canoeists and kayakers

BY STEVEN STAPLES



FAMILY PHOTO

**Get that man some sunscreen! The intrepid Steve Staples carried by the current down the Rideau River, tells us how to circumnavigate Old Ottawa East. Credit: Family photo**

The new, easy-access launch on the Rideau Canal at Clegg Street has made it possible for paddlers to discover Old Ottawa East by canoe and kayak.

Explorers willing to make a few portages can circumnavigate OOE using the waterways that surround the community.

The round trip up the canal, through Carleton University and down the Rideau River takes about three hours. That leaves enough time for a leisurely picnic lunch on the way.

Paddlers will enjoy lovely views of urban architecture along the canal and wildlife living on the Rideau River shoreline, including the area where the city's Royal Swans make their home.

The journey begins on Clegg Street in the heart of Old Ottawa East. Travellers can park their car, if needed, at the eastern end of Clegg in Brantwood Park. A canoe cart or removable wheels make the portage to the dock at the new Rideau Canal access point at the western end of Clegg Street, an easy crossing to make.

The first part of the journey heads southward, up the canal and away from downtown. It is easy paddling. There

is no discernible current. The stagnant water tends to accumulate a lot of trash, but that does not diminish the view of the historic Aberdeen Pavilion or the iron rail-lined passage leading to Dow's Lake.

Those with the endurance of voyageurs may choose the longer route and follow the Dow's Lake shoreline to the pavilion at the end of Preston Street. Otherwise, the route across the lake is the quickest way to arrive at the edge of the Dominion Arboretum, a pretty spot to put ashore and enjoy a snack.

Close to the entrance of Hartwell's Locks is an unofficial access point. It is on the eastern side of the canal where the canoe or kayak can be pulled out of the water. (This requires ducking under a light chain).

The dock on the west side of the canal would provide easier transition to dry land, but it requires travellers to cross the narrow walkway bridging the lock.

Exercise caution crossing Colonel By Drive. Traffic moves quickly and visibility is limited.

Here begins the longest and most surreal portage of the journey. Explorers must transport their watercraft down

the streets of Carleton University, and follow the sidewalk southward along the O-Train tracks to the Rideau River. University students hardly even bat an eye at the unexpected sight of boaters cutting across campus.

Access to the Rideau River on the Carleton University side is limited by the steep cliff down to the water's edge. The easiest location to put the boat into the river is in front of the Herzberg Laboratories Building on University Drive, next to the easily recognizable cable structure that spans the river.

Depending on a person's skill, type of watercraft and the water level on the day of the trip, some may choose to shoot the rapids beneath the O-Train bridge. This can be risky. The shallow water moves quickly. It should only be attempted by skilled paddlers with proper equipment, such as helmets.

A safer route is to cross the river and make a second portage down the paved pathway that runs along the south shore. This bypasses the rapids. It returns to the water below the railroad bridge.

Crossing the river may be the most difficult part of the route. Some brisk paddling may be required to avoid being swept down the rapids with the current.

From this point on the gentle Rideau River current carries weary paddlers under the Dunbar Bridge (Bronson Avenue), past Billings Bridge (Bank

Street), and back home to Old Ottawa East.

Keep to the main channel between Dunbar and Billings. Be prepared for shallow water. Enjoy the waterfowl and wildlife along the way. Keep an eye open for white or black Royal Swans between Bank Street and Brantwood Park.

The weeping willow trees at Brantwood Park herald the end of the journey. The first landing point is at the foot of Clegg Street. A second landing point is available for residents of the old Archville neighbourhood, further along the shoreline at Springhurst Park.

In future, other routes are sure to be discovered. These could include passing through Hartwell's Locks and rounding Hog's Back Falls, or even travelling as far north as the Rideau Falls at the Ottawa River and back up the canal through the locks at Parliament Hill.

The Clegg-Carleton University route can be traversed in a leisurely morning or afternoon. It is well suited for those with intermediate skills using a canoe or kayak and who want to enjoy a unique perspective on their neighbourhood.

Steven Staples, who is not an accomplished canoeist, completed this easy route with his canoeing partner in May.



PHOTO BY JAMIE BROUGHAM

As many who venture out on the Rideau River in Old Ottawa East know there are mute swans that are descendants of swans given to Canada by the Queen for the country's 100th birthday. They are beautiful and majestic. When the water is smooth their white bodies (there are a few black swans too) mirror off the water with a perfect reflection. One of the swans in OOE is the Royal Swan of Brantwood. This special swan engages many visitors on the river and for me feels like a friend.





## THE ENGLISH CONVERSATION GROUP

The English Conversation Group, volunteers and newcomers at their picnic in Brantwood Park during the Main Event. The group meets every Wednesday at 7:00 p.m., September to June. Volunteers have a conversation for 90 minutes with a newcomer to help them practice their English. We meet fascinating people from all parts of the world. Please join us if you can at Saint Paul University, Laframboise Hall Room L142. Contact Ashwin Singadia at [ashwin@ashidor.ca](mailto:ashwin@ashidor.ca) or 613-232-5409 for further information.

PHOTO CREDIT : VICKI DAVIS.



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## LETTER TO THE EDITOR

Every Sunday now, a very annoying food truck invades our very peaceful neighbourhood playing extremely obnoxious, loud nursery rhymes for more than one hour. Today (July 3) two little girls who were trying to sell Kool-aid to cyclists on Colonel By were told to stop by some by-law enforcer. How do we get our quiet, peaceful Sundays back?

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# FROM THE EDITOR

To do with our children what we once did with our parents confers life with an exquisite surreality.

We find ourselves back where we once were. Everything has changed and nothing has changed.

Asked to describe why she loved baseball, historian Doris Kearns Goodwin pointed to the joy her children derived from attending games with her. That joy blended with memories of going to Ebbets Field, Brooklyn's legendary stadium, with her father when she was young.

"Sometimes, when I close my eyes," Kearns Goodwin said, "it's almost as if he's there and not my kids. And then it all gets mixed up together. If there is a magic in baseball, I'm sure that's what it is."

I had such an experience myself in July. Its backdrop was book store rather than ballgame.

My 11-year-old daughter Willow and I spent an hour, one Saturday afternoon, at Main Street's Singing Pebble Books: poking through the stacks, trying out fountain pens, being amused by puns in birthday cards. Then, feeling peckish, we wandered into the adjacent Café Qui Pense.

We split two doughnuts, Willow had a glass of milk, I an iced latte prepared by Camila, the young woman behind the counter. It was one of the best coffees I had tasted in a long time.

There were three other people in the place. Camila played music of the late Argentinian folk singer Mercedes Sosa. The bright blue of the café's bench seating was in sharp contrast to the leaden sky outside. Willow and I amused ourselves with a copy of The New Yorker that had a caricature of Donald Trump on its cover.

At one point, I looked across at my daughter. I was drawn back 40 years: to Saturday afternoons with my dad at the old Classic Bookshop on Portage Avenue, opposite the University of Winnipeg in the Manitoba capital.

In that kind of moment the present sends a laser to the past. You think of the great many things you have done, of life's path with its switchbacks and wrong turns.

Then, in flash you understand: everything's going to be alright. You are comforted, as you watch your daughter and remember your dad, in the way historian John Thorn was comforted, when he spoke of baseball and two people playing catch. He said, "The idea that you can throw a piece of yourself out there, into the ether ... and it comes back to you. This is the promise of everlasting life: that it's not going to end. It's going to come back to you."



PHOTO BY NANCY MCL IMAGES

Joe Paraskevas, *Mainstreeter* Editor.

Faire avec nos enfants ce que l'on a jadis fait avec nos parents confère un aspect à la fois surréel et exquis à la vie.

On se retrouve là où on a déjà été. Plus ça change, plus c'est pareil.

Quand on lui a demandé d'expliquer pourquoi elle aimait le baseball, l'historienne Doris Kearns Goodwin a souligné la joie qu'éprouvaient ses enfants à l'accompagner à des parties. Cette joie se mélangeait aux souvenirs qu'elle avait de parties vues avec son père à Ebbets Field, le célèbre stade de Brooklyn, alors qu'elle était jeune.

« Parfois, quand je ferme les yeux, » disait Kearns Goodwin, « c'est presque comme s'il était là à la place de mes enfants. Et puis tout se mélange. S'il y a un aspect magique au baseball, je suis convaincue que c'est de cela qu'il s'agit. »

J'ai vécu une expérience semblable en juillet. Plutôt que de se dérouler sur un terrain de baseball, elle s'est déroulée dans une librairie.

Ma fille de 11 ans, Willow, et moi, avons passé une heure par un samedi après-midi à la librairie Singing Pebble Books sur la rue Main. Nous avons bouquiné, essayé des stylos plume, rigolé en lisant les jeux de mots dans les cartes de souhait.

Puis, ayant envie de prendre une bouchée, nous sommes allés au café voisin, le Café qui pense.

Nous avons partagé deux beignes. Willow a commandé un verre de lait et moi un latte glacé préparé par Camila, la jeune femme derrière le comptoir. C'était un des meilleurs cafés que j'aie eu depuis longtemps.

Il y avait trois autres clients dans le café. Camila faisait jouer de la musique de la chanteuse argentine Mercedes Sosa.

Le bleu vif des bancs du café contrastait avec le ciel gris dehors. Willow et moi nous sommes divertis en feuilletant un exemplaire du New Yorker avec une caricature de Donald Trump en couverture.

Puis, à un moment donné, j'ai regardé ma fille. J'ai tout de suite été transporté aux samedis après-midis passés avec mon père, il y a 40 ans, au Classic Bookshop sur l'avenue Portage, en face de l'Université de Winnipeg dans la capitale du Manitoba.

Lors de ces moments, le présent semble envoyer un laser vers le passé. On pense aux nombreuses choses qu'on a faites, au parcours sinueux de la vie, avec ses montagnes russes et ses mauvais virages.

Puis, tout à coup, on comprend : tout va bien aller. On est réconforté, en regardant sa fille et en se souvenant de son père, exactement comme l'était l'historien John Thorn en évoquant le baseball et deux personnes jouant à la balle. Il a dit : « L'idée même qu'on puisse lancer une partie de soi-même là-bas, dans l'air du temps...et qu'elle nous revienne. Il s'agit bien là de la promesse de la vie éternelle : qu'elle ne finira pas. Elle va nous revenir. »

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## MAKE ROOM FOR ROOMING HOUSES *Cont. from page 1*



PHOTO BY PHYLLIS ODENBACH SUTTON

**The large and the small of 21st century life near the U of O. Rooming houses have become a matter of debate between residents and the city as the two sides consider the development of old neighbourhoods in Sandy Hill and Old Ottawa East.**

tranquility and order Sandy Hill had previously known.

One new building on Blackburn Avenue had seen tenant garbage overflow onto the playground of an adjacent school, Forbes said.

Rideau-Vanier ward Coun. Mathieu Fleury chaired the meeting and several city staff attended.

In the past, the city has issued statements about new buildings in support of preserving neighbourhood character. It has done little though, besides demand developers follow existing norms regarding placement of driveways or front doors or front-yard landscaping, said OOECA

president Phyllis Odenbach Sutton. "City staff essentially said that there was nothing that they could do right now," Odenbach Sutton said, following the meeting.

Most of Sandy Hill is zoned R4, a designation that allows a small apartment building over 11-metres-tall to be built on a given property. Four-storey buildings with four residence units per floor are becoming standard.

Forbes spoke of one building that had 24 bedrooms - six units, each with four bedrooms - built on a property where a three-bedroom house had stood.

OOE is zoned R4 in the streets north of the Queensway that are closest to the U

of O. Archville, the OOE neighbourhood directly to the south is zoned R3, where a triplex is the largest possible structure

and height restrictions limit buildings to below 11 metres.

City staff said new construction has largely followed building rules. A proposed review of R4 zoning has not started and would not be expected to wrap up within a year.

The city said it would consider looking at placing a limit to the number of bedrooms in a structure when it conducts the R4 review. Still, community association representatives left the city hall meeting wary of future development.

"From an OOECA perspective, the outcome for me was the realization that there is really nothing that we can do now to stop what Sandy Hill has rightly called illegal rooming houses from being built in an R4 zone," Odenbach Sutton said.

OOE residents in the northern reaches of this community have expressed displeasure at several rooming-house conversion projects. To the OOECA's planning director, it is a matter of time before what Sandy Hill is seeing will begin to affect OOE in a substantial way.

"U of O is growing rapidly and has finally hit the point where potential students are looking for housing further away from the campus than Sandy Hill," said Stephen Pope. "That's the driver that creates the market."

Pope said rising land costs in Sandy Hill and OOE were forcing developers to turn every possible corner of properties they acquired into rentable space.

"Because of the attitude towards intensification that is held by senior Ottawa planners, these questions (about

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rooming houses) will be left to fester," Pope said. "Ottawa deserves better."

The Old Ottawa South Community Association also attended the meeting. That community, in the shadow of Carleton University, hasn't seen rooming-house development on par with Sandy Hill.

Much of OOS is zoned R3. And yet, the rooming-house trend remains on OSCA's radar, said one member of its planning committee.

"Community members remain vigilant to the trend of demolishing small homes and replacing them with multi-unit, high-residential-density dwellings," said Carol Brascoupe. "It is also our opinion that this type of building neither reflects neighbourhood character nor does it provide safe, affordable, accessible housing."

In the face of growing concern among residents about the possible course of new development in Sandy Hill, Old Ottawa East and South, The Mainstreeter went to Coun. David Chernushenko.

## WHAT CAN CITY COUNCILLORS LIKE YOU DO, MORE THAN TRYING TO LIMIT BUILDING GUIDELINES THAT DEVELOPERS WILL CONTINUE TO TRY AND TEST?

We just have to be vigilant about what new types (of buildings) are coming up. I give credit, if that's the right word, to a lot of builders and developers for being creative. When we close one loophole or create a new rule they are finding new ways (to circumvent it). If the goal is to put as many people in a building on a piece of property and we ended what was known as conversions a couple of years ago, up springs another approach to maximize the number of rent payers on the site. So, we just have to be

vigilant and say: what's the latest thing that we hadn't thought of. And I credit city staff. They work with us when we identify these problems to find a tool to deal with this.

But the flipside or other point to make is: an upset neighbour isn't always going to win the day. There are some people who would like to freeze their street in a time capsule. There are a lot of homes that are in very poor shape and are due for a thorough renovation or if the condition

of them is so poor, the smartest thing anyone can do is to knock it down and start again. And you are almost always going to get a more modern building. Tastes change, both in terms of size and expectations of what's a single-family home.

So, I would be foolish to promise and I wouldn't even be honest to promise that I want to stop all infill building types that we're seeing. All I want to do is stop the types that are leading

to social problems: too many people, badly behaved, hanging out over their neighbours' lawn in some form because balconies, rooftop projections are not sufficiently set back, there's no parking allowed for, their green bins are literally falling over on the sidewalk, there's nowhere for it and nowhere for it to be stored. These are the sorts of things, the social problems that are manifested. The simple fact that there's more people on a site is not always a problem.



# Refurbished Brantwood Gates to rise again as part of Main Street project

BY JIM BRONSKILL

They towered silently over the hustle-and-bustle of Main Street for more than a century.

But almost overnight the Brantwood Place Gates disappeared. Workers systematically reduced them to piles of stone that they carted off.

The gates, long in need of repair, will rise again however at the intersection of Main Street and Beckwith Road. Their rebuilding is part of the extensive neighbourhood renewal project.

The four pillars, with their distinctive field stones, were built in 1912. They were a grand entranceway to developer Robert Sibbitt's planned Brantwood Place subdivision.

It would be decades though, before Sibbitt's promise of a community for "the discriminating" and "fastidious" attracted many homebuyers and the area blossomed.

The condition of the gates has long been a cause for worry.

In 1947, the City of Ottawa concluded they were a danger and a hindrance to snow removal. One July day that year, workers began demolishing the pillars — lopping the top off of one.

A public outcry from local residents, including a petition with some 400

signatures, saved the landmarks.

The gates were formally designated a war memorial in 1949. Thirty years later, they were granted heritage status under Ontario law.

A 1982 report cited a need for repairs costing about \$5,000 as well as frequent inspections. An architectural firm's detailed 2011 assessment called for a complete refurbishment.

In recent years, cracks in the crumbling concrete bases of the monuments were becoming increasingly visible.

The Main Street renewal project provided an opportunity to undertake the necessary repairs.

The dismantling of the gates in June, "went very well and as planned," said Andy Smith, manager of design and construction for the city's east unit.

The restored gates, expected to be complete by November, will match the style and appearance of the original ones, Smith said.

The plan is to reuse components, including the large granite balls from atop the pillars, as well as many of the stones that made up the pillars and the bronze war memorial plaques.

The structures will be anchored with

new foundations and bases. They will have flashing or membrane for water protection, along with freshly made concrete pillar caps.

"The most significant challenge of the Brantwood Place Gates reconstruction will be to recreate the monuments to reflect the heritage character and appearance while working with a mix of new and historic materials," Smith said.

The gates will be set back from Main Street up to 1.5 metres from their previous positions. This will free up space for a widened sidewalk and should improve sightlines for vehicles turning onto Main from Beckwith.

The monuments will be surrounded by paving stones of the kind already in place along much of the new-look Main Street.

In summer 1947, when the gates were almost torn down without notice, Ottawa Citizen columnist Austin F. Cross wrote that the people of Ottawa



PHOTO BY JIM BRONSKILL

**The century-old Brantwood Gates at Main Street and Beckwith Road were reduced to piles of stone this summer. But they will rise again.**

East (as it was then called) were "plenty mad" over the sudden affront.

He summed up the feelings of residents who saw the Brantwood Gates as a cherished focal point of the community — a sentiment many share today.

"Although we have our landmarks we have only one that really means anything to us and that's the gates."

## Little Libraries Becoming Big

BY JOE PARASKEVAS

They are simple, informal and decidedly limited in the number of items they offer.

But they represent the very ethos of the literary experience.

And they are blossoming.

Little free libraries are popping up across Old Ottawa East. They come as colourful boxes, shelves or any kind of display, placed by their owners at residential roadsides.

They hold books and magazines, randomly stacked. They ask users only to take and return materials: whether the books belong to a little library or not.

In this way, these odd little outposts - as far from the big-box, high-tech 21st century as one would think possible - speak to something inherently human:

to read, to discover and to share one's experience with others.

In OOE, there are little libraries now on Bower Street, Drummond Street, Belgrave Road and Marlowe Crescent. The stories of how they came to be are as interesting as the contents of the libraries themselves.

"We grew up in Bangalore, India," said Vasu, who opened the Drummond Street little library with his partner, Shiv, in June. "The city had a mobile library that would drive by, once a month, to our neighbourhood. Everyone would gather up at the library spot for a couple hours and chat about books. It was a happy community space.

"But this once a month ritual just wasn't enough," added Vasu, who didn't want to use his last name. "We were always so eager to lay our hands on 'that

next book,' that we spent much of our childhood and young adult life conjuring up schemes with friends to trade and share books. Our little library idea on Drummond is simply an extension of those childhood schemes, which we are now attempting to implement as adults."

In the short time the Drummond little library has operated, Vasu said books have come and gone briskly.

"There does not appear to be a pattern to the books that come and go, other than the fact that range of books is very diverse," he said. "We have had comic books, some mystery, some Canadian writing - Elizabeth Hay, Carol Shields, classics - Dostoyevsky - Crime and Punishment, must reads like *Catcher in the Rye* and non-fiction, most unlikely of which was a book on parenting for first time fathers."

As for the trust required for a community to run a little library - that people will treat the books with respect, Vasu said there are few, if any problems.

"We think the honour system brings out the best in most people," he said. "We believe that everyone feels that this library belongs as much to them as anyone else in the neighbourhood. It doesn't really matter if a book that is borrowed is not returned. In fact, the success of the library is premised on the hope that the borrowed book will make its way elsewhere but that new books will appear in the little library. Books are meant to be shared and there is no better way to do it than through small community and neighbourhood groups."

# Community Survey 2016 – Results

In the Spring, the Community Activities Group of Old Ottawa East (CAG) and the Old Ottawa East Community Association (OOECA) conducted a survey. Our end goal? To find out what you love about our community as a whole, what would you love to fix and what amenities/services would you like to see in our rapidly growing and changing community.

Thank you to all 198 of you who participated in the survey. Your input will help organizations plan for the future and better serve the community. In summary, this is what you told us...

## What are the top three things you love about living/working in Old Ottawa East?

The top response was Old Ottawa East's proximity to other downtown neighbourhoods. Residents like living in Old Ottawa East because it is central to the City.

The second through fourth responses were closely tied, residents love the Canal, the Parks and the River.

After that, residents said they loved the community feel in Old Ottawa East. Many residents commented on the small town feel of our neighbourhood.

## What are the top three improvements you would like to see in Old Ottawa East?

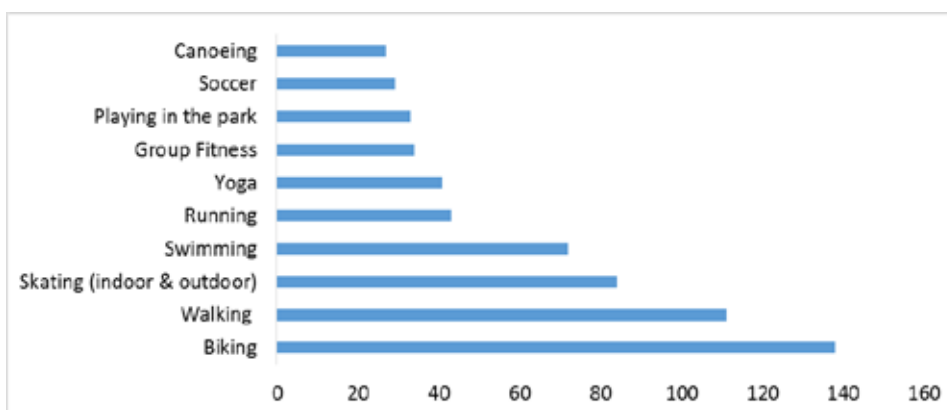
Loudly and clearly, residents said they wanted more businesses. But not just any new business, residents were keen to point out that they are not interested in big box stores, preferring independent and/or local businesses.

After more businesses, the new Clegg-Fifth Bridge was mentioned by many individuals as an improvement they would like to see in the community.

In concert with that, despite residents loving the biking and walking paths in OOE, many mentioned improving these facilities and integrating them better. Residents would like to see bicycles, cars and pedestrians separated, with safer intersections for all.

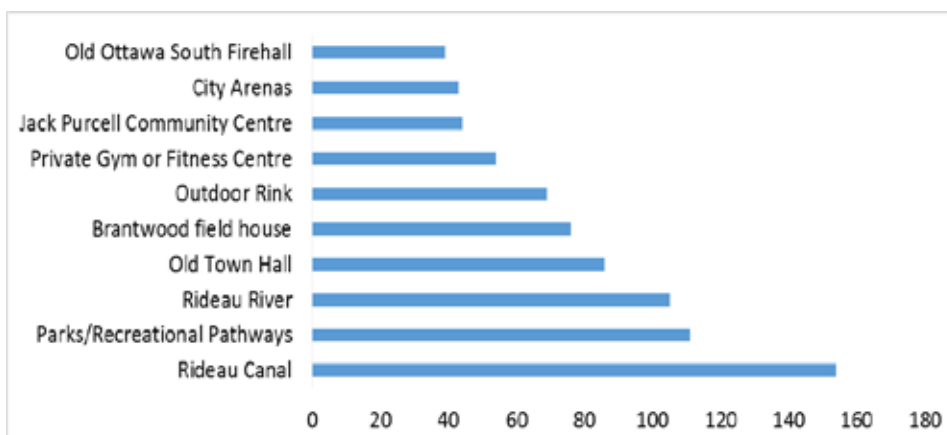
## What leisure activities do you or your dependants participate in?

The communities' top ten leisure actives are:



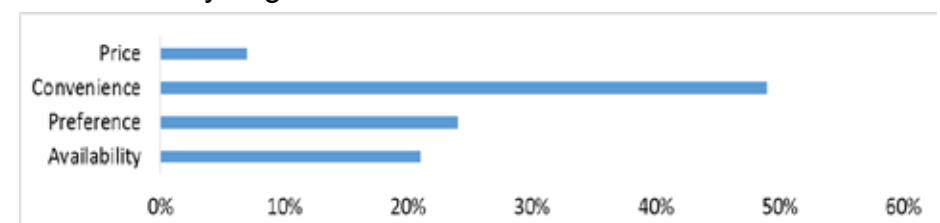
## Where do you go to do these things?

The communities' top ten destinations for leisure actives are:



## Why do you go there?

The reasons you gave us:



Price - "I go there because it cost less than other places"

Convenience - "I go there because it is nearby"

Preference—"I like it more there"

Availability - "it's the only place I could go when I'm available" or "I'm a member"

## What community services do you and/or your children regularly access?

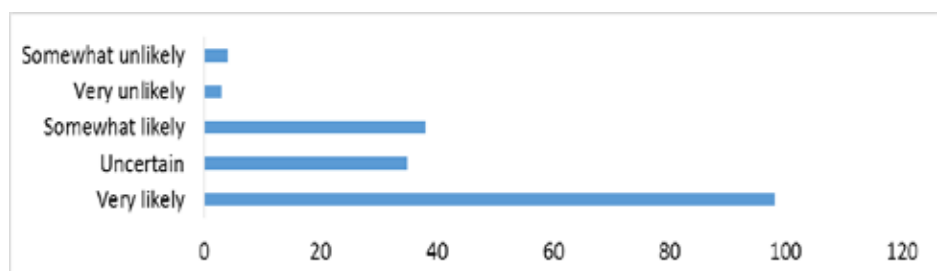
Of those that indicated they regularly access community services, most indicated they use health services and child care services. A smaller number of residents use social and employment services.

## Where do you go for these services?

Most indicated they accessed these services in Centertown, Old Ottawa East or Sandy Hill.

## If there were facilities in Old Ottawa East which allowed for expanded programs and services, how likely would you be to use them?

A large majority indicated they would access facilities for these services in the neighbourhood with the understanding they offered what they were looking for at a time that worked for them.



Judging from comments, the "uncertain" category seemed to reflect "depending if it offered what I was looking for at a time that worked for me"

More information on CAG: [www.OttawaEastCAG.ca](http://www.OttawaEastCAG.ca)

More information on OOECA: [www.OttawaEast.ca](http://www.OttawaEast.ca)

More comprehensive survey results are on both websites. To be sure you are informed about future surveys please sign up for the weekly OOE electronic newsletter at:

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



# Community Activities Group of Old Ottawa East (CAG)

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

[www.OttawaEastCAG.ca](http://www.OttawaEastCAG.ca)

**Fall 2016  
Program Guide**

**Registration  
opens  
Tuesday, Sept 6  
at 9:00 p.m.**

**[info@OttawaEastCAG.ca](mailto:info@OttawaEastCAG.ca)**

Old Town Hall 61 Main Street 613-564-1078  
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  
September 23 – December 16  
Friday 9:30 – 11:30 a.m.  
\$48 first child, siblings \$33, siblings under 12 months of age are free

## Cooperative Playgroup (0 – 3 years)

Brantwood Park field house, 39 Onslow  
October 31 – December 12  
Monday 9:30 – 11:30 a.m., \$16 or;  
September 20 – December 13  
Tuesday 9:30 – 11:30 a.m., \$30  
Price is for each child attending, siblings under 12 months of age are free

## Parent Time -- NEW!!

A get together for parents who are home on parental/maternity leave – baby can come too, and the coffee will be on! Get to know other new parents in the neighbourhood. This is a parent program, sorry no caregivers  
Old Town Hall, 61 Main  
September 20 – December 13, no program October 4  
Tuesday, 10:15– 11:45 a.m.,  
**FREE**, pre-registration required

## Peekaboo/CouCou (0 – 3 years)

Brantwood Park field house, 39 Onslow  
October 13 – December 1 Thursday 9:30 – 11:30 a.m.  
\$30 first child, siblings \$15, siblings under 12 months of age are free  
Pavillon du Parc Brantwood, 39 Onslow  
13 Octobre – 1 decembre  
Jeudi 9h30 à 11h30  
\$30 premier enfant, frère-soeur \$15, frère-soeur de moins de 12 mois inscription gratuite

## Hush-a-Bye Babies® (1 – 12 months)

Old Town Hall, 61 Main  
September 15 - October 27  
Thursday 1:00 – 2:30 p.m., \$96 or;  
November 3 - December 15  
Thursday 1:00 – 2:30 p.m., \$96

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

Old Town Hall, 61 Main  
September 21 - October 26 or  
November 9 – December 14  
Wednesday 1:30 – 2:30 p.m., \$72 per adult

## Children's Garden Playgroup (0 – 5 years)

Children's Garden, Main and Clegg  
September 13 - October 27 Tuesday OR Thursday,  
10:00 to 11:30 am  
\$26/first child, siblings \$11, siblings under 12 months of age are free



# School age

Drop-off programs unless otherwise stated

## Soccer in the Park (3 – 9 years)

Brantwood Park, 39 Onslow  
September 10 – October 22, no program October 8  
Saturday 9:00 – 10:00 a.m. (3 years)  
Saturday 10:00 – 11:00 a.m. (4 – 6 years)  
Saturday 11:00 a.m. – noon (6 – 9 years), \$45

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

Brantwood Park field house, 39 Onslow  
September 18, October 16, November 13, and December 11  
Sunday 4:30 p.m. – 6:30 p.m., \$25 per child

## Beginner Irish Dance (5 – 9 years)

Old Town Hall, 61 Main  
September 29 – December 1  
Thursday 5:00 – 5:45 p.m., \$80

## Youth Sports (5 – 9 years)

Lady Evelyn Alternative School, 63 Evelyn Avenue  
October 20 – November 25  
Thursday 6:00 – 7:30 p.m.  
**FREE**, pre-registration required



# After school

CAG is pleased to announce that as of September 2016 we are running the After School programs at both Old Town Hall and Brantwood Park field house.

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

Brantwood Park field house, 39 Onslow  
Pick up by 5:45 p.m., for children attending Hopewell and Lamoureux schools  
\$180 per month

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

Old Town Hall, 61 Main  
Pick up by 5:30 p.m., For children attending Lady Evelyn and Francojeunesse schools  
\$170/month

## PD Day (Kindergarten – Grade 6)

Brantwood Park field house, 39 Onslow  
Monday September 28 OR Friday November 18,  
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!**

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



## Pumpkin Sale & New This Year - Fall Festival

**Brantwood Park field house, 39 Onslow**  
**Saturday October 8, raindate October 9**  
**10:00 a.m. – 1:00 p.m.**

**NEW - Fall Thanksgiving Festival alongside the Pumpkin Sale.**  
**Pumpkin decorating, food trucks, apple bobbing, baking competition,**  
**bouncy castle, facepainting and more...**

**Order your pumpkin for delivery at [info@ottawaeastCAG.ca](mailto:info@ottawaeastCAG.ca)**

*Event supported by City of Ottawa Civics Events funding*

## 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, **Communications,**  
 Tina Raymond  
**Facilities,** Don Stephenson

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

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



## Halloween Party (5 - 10 years)

Friday October 28, Old Town Hall, 61 Main  
 6:00 – 7:30 p.m., \$12



## ADULT general interest

### Sauerkraut & Kimchi Lesson

In this interactive workshop, participants will learn all about lacto-fermentation. Working together, participants to make their own sauerkraut and kimchi and will also have the opportunity to try a few varieties as well. Please bring a cutting board and a sharp knife, we supply the rest. Old Town Hall, 61 Main  
 Monday, October 3  
 6:30 - 8:30 p.m., \$40

### Green Door Vegetarian Cooking Class

Green Door Restaurant, 198 Main  
 Monday, September 19  
 Monday 6:00 - 9:00 p.m., \$50

### Anti-Inflammatory Food Workshop

Join chef and holistic nutritionist, Amy Longard, for a workshop on anti-inflammatory foods. Amy will talk about foods that help reduce chronic inflammation in the body, as well as which foods to avoid. She will also prepare a few dishes for you to try and you'll take home the recipes! The dishes she prepares will be vegetarian, gluten-free, dairy-free and delicious. Old Town Hall, 61 Main  
 Monday, November 7  
 6:30 - 8:30 p.m., \$25



# 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  
September 21 – December 7  
Wednesday 7:15 – 8:45 p.m.  
Wednesday 5:30 – 7:00 p.m.  
(Intermediate), \$96

## Hatha Yoga

Old Town Hall, 61 Main  
September 17 – December 10  
no program October 8  
Saturday 9:15 – 10:45 a.m.  
\$96

## Yin Yoga

Old Town Hall, 61 Main  
September 19 – December 5  
no program October 10  
Monday 7:15 – 8:30 p.m.,  
\$88

## Pilates

Old Town Hall, 61 Main  
September 20 – December 6  
Tuesday 7:15 – 8:15 p.m.  
\$96

## Tai Chi Qi Gong

Old Town Hall, 61 Main  
September 21 – December 7  
Wednesday 1:30 – 2:30 p.m.  
\$96

## Strength and Tone

Old Town Hall, 61 Main  
September 14 – December 9  
Wednesday OR Friday  
7:30 – 8:30 a.m., \$78



## Cardio Dance Fit

Old Town Hall, 61 Main  
September 20 – December 13  
no program October 4  
Tuesday 9:00 – 10:00 a.m.  
\$96

## Better Body Boot Camp in the Park

Brantwood Park, 39 Onslow  
September 12 – October 3  
Monday  
7:00 – 8:00 p.m.  
September 14 – October 5  
Wednesday  
7:00 – 8:00 p.m.  
\$48

## Better Body Boot Camp

Lady Evelyn Alternative  
School, 63 Evelyn  
October 17 – December 5  
Monday 8:00 – 9:00 p.m.  
October 19 – December 7  
Wednesday 7:15 – 8:15 p.m.,  
\$96

# www.OttawaEastCAG.ca

**Online registration** opens 9:00 p.m. Tuesday, Sept 6 at [www.ottawaeastCAG.ca](http://www.ottawaeastCAG.ca), with Visa or MasterCard.

**In-person registration** opens at the Old Town Hall on Wednesday, Sept 7, 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.

The **CAG Weather Policy** is to run all outdoor programs rain or shine unless otherwise stated; programs will be cancelled in the event of a thunderstorm. To find out if your program is cancelled due to weather, please check the CAG website.

## Women's Recreational Sport

Lady Evelyn Alternative  
School, 63 Evelyn  
November 3 – December 8  
Thursday 7:30 – 9:00 p.m.,  
\$30

## Men's Basketball

Lady Evelyn Alternative  
School, 63 Evelyn  
October 19 – December 7  
Wednesday 8:30 – 10:00 p.m.  
\$40



Find us on Facebook

OldOttawaEastCAG

## COMMUNITY Partners



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The Glebe Branch @ Lansdowne Park  
\*\*We're here to help.

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

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newsletter with  
up to the minute  
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news and  
events

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



# The Main Event 2016

The Main Event was once again in Brantwood Park this year due to Main Street reconstruction. The venue was a great success and extremely well attended, feedback on the location was positive. We were blessed with wonderful sunny summer weather and the contribution of so many who made the event such a success!

## Our COMMUNITY Partners



## GOLD Level Event Sponsors



## SILVER Level Event Sponsors



## Generous Contributors

Gloria Fox, OOE piano teacher, Sobey's (Metcalf), Loblaws (Isabella), Farm Boy (Heron), Shoppers Drug Mart (Old Ottawa South)

## Thank you to the following volunteers for making the day a great success:

The Stan Clark Orchestra and Johnny Vegas, the Ralph Mercredi Quintet, Sheila White, Marie-Eve Noel, Heather Jarrett, Margot Montgomery, Dave Macki, Suzanne Gagnon, Jim Fraser, Ramine Shaw, Jim & Marina Lamont, Todd Dunnett with Declan & Isla, Ben Hebb, Beth Cooper and Mia, Catherine Hooker, Aboozar Sheikhi, Venus Nikseresht, Dan Byrne, Jesse Arnup Blondin, Jocelyn & BJ Kearney, Nicole Varshney with Maya and Jay, Cecilia, Michael & Brigidanne Brennan, Tamsin Clunis, Ken Workun, Lets Talk Science, the Ottawa Fire Department and Ottawa Police Service.

The BBQ at The Main Event is a fundraiser organised by the Ottawa East Community Association. Thank you to their BBQ Volunteers: Wendy McRae, Stephen Pope, Suzanne Johnston, Ed Janes, Glen Linder, Ron Rose, Celine Delorme, Nancy MacDonald, Phyllis Odenbach-Sutton, Sue Beattie, Don Fugler, Katherine Simonds, Catherine Pacella, Alex Beattie, Eddie Gillis, Doug Woolidge, John Dance, Jan D'Arcy, Jen Abma, Carol Alette, Brian Donahue, Bev Shea, Yasir Naqvi MPP, Councillor David Chernushenko. This year's BBQ raised \$807 for the Ottawa East Community Association.

Finally, we'd like to also thank our Executive Director, Carol Workun and Programming Assistant, Megan Shoemaker for their work on the Main Event and all their great work on our behalf throughout the year.

CAG Board of Directors: Melanie Gilbert (Chair), Nick Masciantonio, Tina Raymond, Lynne Byford, Don Stephenson, Lisa Dunnett and Bonnie Wepler.

# COMMUNITY BUSINESS DIRECTORY

## REAL ESTATE

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## COMMUNITY

Sandy Hill CHC offers free healthy living workshops  
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For more information  
*Pour de plus amples renseignements*  
<http://sandyhillchc.on.ca/health.html>  
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Sandy Hill  
Community  
Health Centre



Centre de santé  
communautaire  
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## SALON

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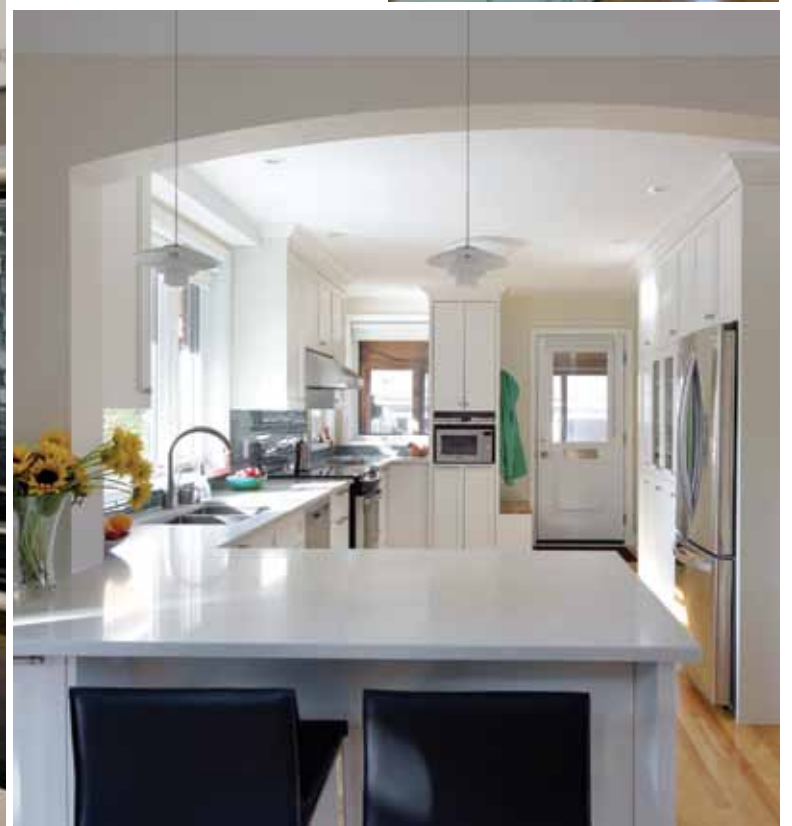


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# POLITICAL PAGES

## OLD OTTAWA EAST COMMUNITY ASSOCIATION

BY PHYLLIS ODENBACH SUTTON  
INFO@OTTAWAEAST.CA



This month I would like to focus on our volunteers, including some of the challenges they face.

We are blessed by a wonderful group of volunteers in OOE, evidenced most recently by all who participated in making the Main Event such a wonderful day. Members of the current and past OOE Board, plus other neighbourhood helpers, set up barbecues, flipped burgers and hot dogs, sliced tomatoes and onions and collected funds.

A special thank you to our VP Ed Janes, who took on a key role in the organization of this year's barbecue. Also a big thank you to the sponsors plus the Community Activities Group, with their large group of volunteers, for their organization of everything else for this event.

I would also like to acknowledge the recent efforts of some Archville residents who have enriched the sporting options at Springhurst Park. Thank you to newly formed Springhurst Park Action (SPA) for mini soccer nets used by children and adults for pick-up games, hula hoops and free use of a table tennis table, badminton net and rackets. (Check the garage with the blue door on Brunswick Lane if you are interested in borrowing any of these items.) See the mid-July CAG e-update for details about BLUE DOOR lending.

There are also challenges when you volunteer.

This became evident over the last several months.

Some of you may recall that the city presented its plans for the Rideau River Western Pathway at our May Board meeting. This was the first time the new board saw these plans. Many of us were pleased to see the city was considering using existing roads near Brantwood Park, rather than constructing an asphalt pathway along the shoreline. This had been one of the biggest concerns Sustainable Living Ottawa East had when public consultations were undertaken.

While there was concern with the proposed path between the fieldhouse and the wading pool, our councillor indicated city planners will look at a possible route north of the fieldhouse. Recently we received feedback from other residents who still favour a pathway along the river or want to direct

all bicycle traffic to Main Street. It is important to note that there are pros and cons for all of these options. The OOECA is not the final decision maker.

Volunteer members of our community Planning committee also continue to face challenges as they advocate against some of the city's Infill 2 proposals, such as the 11-metre height allowance for triplexes. All other building types in R3 zones will have a maximum height of 10 metres. The city's recently announced changes with respect to rear-yard setbacks also met with committee opposition.

Another challenge for community volunteers was front and centre at the June meeting of the city's Town and Gown Committee. Action Sandy Hill presented a very troubling picture of the development of illegal rooming houses in their community. This has transformed family homes into developments with up to 22 bedrooms. Such overdevelopment is also of concern in our North of the Queensway and Archville neighbourhoods. One of the most discouraging aspects is that almost all of the Sandy Hill development is currently being built within existing zoning rules.

On a more positive note, the city recently released revised proposals for coach houses and a new height maximum for accessory buildings. We were pleased that generally only a single storey will be allowed with a maximum height of 3.6 metres.

I would like to end this column by briefly commenting on some of the new ways available to enjoy our community. The new boat dock at Clegg has allowed many of us to check out the vistas to downtown at canoe or kayak level. The reopening of the pathway along the Rideau River has again allowed access on the waterfront between Springhurst and Brantwood Parks. And the bike paths that have been finished along Main Street make for a much safer ride.

I hope everyone continues to enjoy the summer!

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

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### BEST WAY TO TACKLE CRIME IS TO INVEST IN PREVENTION

There is no more effective and cost-efficient way to tackle crime and the resulting trauma than by investing in prevention. Crime Prevention Ottawa can't stop all crime, but its work makes a real difference in building a safer city.

CPO organizes workshops, hosts public speakers and publishes information, including on these two timely issues:

#### Understanding the dark side of social media:

Social media can play a tragic and life-changing role in sexual violence. Sharing nude photos of a classmate, posting sexual accusations or gossip online, texting threats to an ex, or recording a sexual assault and distributing it electronically — there are very serious consequences to the misuse of social media.

CPO, in partnership with the Ottawa Coalition to End Violence Against Women (OCTEVAW), released a research report into this complex issue. 'Sexual Violence, Social Media and Youth' addresses the impact of social media on young people in situations involving sexual violence, and takes a community-based approach to examining the problem and its impact on survivors.

The researchers found that a majority of sexual violence associated with social media goes unreported. They also found that abusive relationship patterns can be facilitated or maintained through social media, and that young women and girls experience the highest rates of sexual violence associated with social media.

The report identified these priorities for preventing sexual violence associated with social media:

- Understand what is unique about social media while recognizing that it does not in itself cause sexual violence.
- Support and build media literacy among children, teenagers and their parents.
- Encourage youth and parents to define and develop healthy relationships in social media contexts.

- Draw from programs that educate and engage bystanders to prevent sexual violence.
- Develop youth-driven programming that recognizes the different ways in which young people use and experience social media.

CPO and OCTEVAW consulted with the community following the report's release and, together with participants, identified prevention tools and next steps to help Ottawa deal with the problem. The presentation and interviews with participants are available at [youtube.com/crimepottawavideos](http://youtube.com/crimepottawavideos). The final report and a wealth of other information are at [crimepreventionottawa.ca](http://crimepreventionottawa.ca).

#### Don't stall, make the call:

How often have you thought or heard someone say, "I'm sure the police have bigger problems to worry about"? But we also hear, "Where are the police when you need them?"

The best way to feel safe in our communities is to be part of the solution: If you see a crime in progress, or you know of illegal activity taking place, pick up the phone and call security or the police. They can help, plus reporting incidents helps build the case for positive change.

#### Important numbers:

**911:** Crimes in progress, life-threatening emergencies

**613-236-1222 ext. 7300** or [ottawapolice.ca](http://ottawapolice.ca):  
Report other crimes

**613-233-8477:** Anonymous tips to Crime Stoppers.

To learn more about dealing with crime in your community, explore Crime Prevention Ottawa's Neighbourhood Toolkit at [crimepreventionottawa.ca/toolkit](http://crimepreventionottawa.ca/toolkit).

Ottawa Police Service statistics ([capitalward.ca/crime-trends](http://capitalward.ca/crime-trends)) show that Capital Ward experiences less violent crime than the rest of the city, and personal security is not a daily worry for most residents. We can all play a part in keeping it that way.



# POLITICAL PAGES

## YASIR NAQVI MPP, OTTAWA CENTRE

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YNAQVI.MPP.CO@LIBERAL.OLA.ORG  
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## MAKING OTTAWA CENTRE A MORE TRANSIT FRIENDLY COMMUNITY

I am excited to share with you that Ontario is committing more than \$1 billion toward the City of Ottawa's Light Rail Transit (LRT) expansion project to help grow the economy, reduce travel times and connect people to jobs.

Premier Kathleen Wynne was in Ottawa to make the investment announcement in person, along with federal and municipal colleagues in the city.

For Ottawa Centre, Phase 2 of LRT will mean less vehicular traffic, accessible transit throughout the riding and a more environmentally friendly way to get everywhere we need to go!

The Phase 2 LRT project will add 30 kilometres of new rail and 19 new stations, extending the LRT network to the east, west and south. In Phase 2, the LRT will be expanded west from Tunney's Pasture to Bayshore Station and Baseline Station.

This will add three more stations in Ottawa Centre heading west – Westboro Station, Dominion Station and Cleary Station. The second phase will also see the addition of Gladstone Station - on Trillium Line - in Little Italy – meaning all of us can get our cannoli fix with ease!

There are two major proponents of Phase 2 of LRT that I have long advocated for on behalf of our community. The first is extending the Trillium Line further southwards resulting in a major reduction of vehicle traffic - thus easing congestion - along Bronson Avenue and Bank Street in the downtown.

The second is the LRT extension to the Ottawa International Airport, which will make catching a flight from anywhere in the city a breeze.

This funding commitment will also help support the capital costs of an extension to Trim Road in Orléans. That, plus the airport extension, will add 6.5 kilometres of new rail and three stations.

Construction on Phase 2 is expected to start in 2018, once the Phase 1 Confederation Line is completed. Phase 2 is expected to enter service in 2023.

The Ontario government funding represents the largest provincial transit investment in Ottawa's history. New, modern light rail separated from regular traffic will offer fast, efficient service and improve travel for people across the region. The expanded LRT will also lower greenhouse gas pollution, improving air quality and fighting climate change.

Investing in transit infrastructure is part of the government's economic plan to build Ontario and deliver on its number-one priority: to grow the economy and create jobs. The four-part plan includes investing in talent and skills, helping more people get and create the jobs of the future by expanding access to high-quality college and university education.

The plan involves the largest investment in public infrastructure in Ontario's history, investing in a low-carbon economy driven by innovative, high-growth, export-oriented businesses. The plan is also helping working Ontarians achieve a more secure retirement.

I am very excited to be sharing this news with you. Our community is growing in the best and most sustainable way.

As always, if you have any questions or concerns, please do not hesitate to reach out to my office: ynaqvi.mpp.co@liberal.ola.org or 613-722-6414.

## CATHERINE MCKENNA, MP, OTTAWA CENTRE

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During the summer months our thoughts turn to the great outdoors and, for me, putting extra emphasis on the environment and climate change.

### Environment and Climate Change

Recently, I was honoured to deliver a toast at the Ottawa Riverkeeper gala. I highlighted how our government is working closely with the governments of Ontario and Quebec to designate the Ottawa River as a Canadian Heritage River. The Ottawa River contains world-class paddling and rafting destinations, making it an economic driver for many communities along its shores. We all have a shared responsibility in ensuring the integrity of this important waterway which is used for both business and recreation.

If you are at Lansdowne Park this summer, please check out the new "Let's Talk Energy" exhibit at the Horticultural Building. This solar-powered exhibit highlights Canadian research in the field of climate change and technologies developed to help mitigate it. The exhibit is open until Sept. 6. The "Let's Talk Energy" exhibit is an initiative of the Canada Science and Technology Museum and is supported by Environment and Climate Change Canada.

On June 1, I spoke at the Ottawa Chamber of Commerce's second annual Business Growth Survey breakfast where I challenged us to make Ottawa the world's greenest capital. This is both an environmental and economic opportunity for our city. Ottawa has significant green economy knowledge and Canada's largest concentration of clean energy and technology researchers, scientists and engineers, as well as six research institutes and nine sector associations.

There are some great local companies leading the way on sustainability.

- Thyme & Again food shop has a community and environmental green policy. The store uses 100% Bullfrog clean electricity power, all-natural cleaning supplies and compostable plates and cutlery. Since 2008, they have banned plastic water bottles (from their catering operation, storefront sales and even staff use) and replaced them with creative water stations at events.
- In addition to all the benefits and reduced environmental footprint of a local craft beer, Kichesippi Beer went a step further. They hired a full time sustainability officer to optimize their energy use and aim to reduce or offset as much as 100% of their greenhouse gas emissions in the coming years. They also looked at their entire supply chain product life cycle, from packaging to bottle recovery and disposal.

I am so proud of our city's leadership on the environment, with a new climate change plan and support for the second phase of Light Rail Transit (LRT) by all levels of government. The LRT will lead to the largest reduction of greenhouse gases in our city's history – amounting to some 155,000 tonnes.

Individual actions can also go a long way to addressing climate

change. Here are the top 10 things you can do to help:

1. Reduce energy use
2. Change the way you think about transportation
3. Insulate your home
4. Make every drop count
5. Cool wash and hang to dry
6. Use high-efficiency appliances
7. Switch to "green power"
8. Recycle
9. Repurpose
10. Discover plants, our new best friend

For more information visit [www.climatechange.gc.ca](http://www.climatechange.gc.ca).

### Canada Child Benefit

In our first term in office, our government has followed through on our commitment to support the middle class. I'm particularly proud of the new Canada Child Benefit. Starting this summer, families who need it most will start receiving the CCB.

The CCB will benefit 9 out of 10 families, and will give parents more tax-free money to help with the high cost of raising their kids. In fact, three million families will receive more money than ever before.

Here is how the CCB is making a difference for families:

- Take Samantha. She's a single mom with a three-year-old daughter named Julia. She earned \$30,000 in 2015. This summer, she'll receive her first tax-free monthly benefit of \$533, helping her pay for the family's ever-expanding grocery bill.
- Anne and John have two children – Chris is seven and Liam is four. John earned \$84,000 and Anne earned \$36,000 in 2015. This summer, their household will receive its first tax-free monthly benefit of \$328, giving them the extra boost needed to send Chris and Liam to summer camp.

Our government is working to build an economy that better serves the middle class. We know that when middle class Canadians have money to save, invest, and grow the economy, all Canadians benefit.

What will the new CCB mean for your family? Find out more and calculate your benefit at: [www.canada.ca/canada-child-benefit](http://www.canada.ca/canada-child-benefit).

### Ottawa Hospital – Civic Campus

Our government understands the need for a state-of-the-art hospital in downtown Ottawa. For this reason, the Honourable Mélanie Joly, Minister of Canadian Heritage and Minister responsible for the National Capital Commission has asked the NCC to review possible sites for the Ottawa Hospital - Civic Campus, through a rigorous and transparent process, in order to provide the government with a recommendation. The review should be completed by November. I fully support this open and transparent process, so that a new Civic Campus of the Ottawa Hospital may be built in Ottawa Centre.

After a productive session of Parliament, I will continue working hard through the summer on issues that matter to Ottawa Centre. I wish all of you a great summer!





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