

MAINSTREETER

OLD OTTAWA EAST'S COMMUNITY VOICE | LA VOIX COMMUNAUTAIRE DU VIEUX OTTAWA-EST OCTOBER | OCTOBRE 2016

Elephant Feet, Shark Teeth, Bike Boxes and Sharrows; Understanding the new markings on Main Street

BY JOHN DANCE



Rebecca Inglis and her mother Denise test out the new bike box at Hazel and Main.

PHOTO CREDIT: JOHN DANCE

Main Street seems so new. But what's with all the green paint and weird symbols?

The new street markings are an educational challenge for motorists, cyclists and pedestrians. But authorities say it is all about improved safety and user comfort.

In September, the city opened the rebuilt Main Street from the Queensway bridge to Clegg Street. The many changes seemed a little daunting at first.

The street was transformed: from a four-lane roadway to two lanes with turning lanes at key intersections. The lane reductions allowed the creation of much wider sidewalks and cycle tracks, which

are separated bike lanes.

The separation of the three types of users - drivers, pedestrians and cyclists - works well until they meet at intersections and turns. At these points there are new markings.

The zigzag lines on the cycle tracks tell cyclists they must yield to pedestrians

who are crossing to board buses.

At intersections the cycle tracks become crossrides that are like crosswalks except instead of straight lines, they are delineated by small painted squares called elephant feet.

These have been recently approved for use in Ontario and are common in Europe at cyclist crossings.

In addition to the elephant feet, the crossrides are painted green to emphasize where turning motorists must yield to cyclists who are going straight ahead.

Another European pavement marking device being introduced is called shark teeth. This is a line of triangles. They mean yield right of way if the teeth of the triangles are pointing towards you. If the triangles point away, it means 'bump ahead' and slow down.

The big green bike boxes at intersections represent a major change. Robin Bennett, a project manager in the city's cycling programs explained they are a traffic measure used in Denmark.

"With the advent of protected bike lanes, there is an accompanying movement towards guidance for cyclists who

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Crime on the Rise in OOE

BY LESLIE ANNE MICHELSON

Crime in OOE this summer saw a sudden spike.

Some residents have become alarmed at the increased number of thefts, break and enters and even home invasions that have taken place.

According to Ottawa police, there were more than 48 property crimes this summer. On average, there was approximately one crime committed every three days in our neighbourhood.

This included a 28 percent spike in

crimes involving theft under \$5000 and an even larger increase of 63 percent involving theft of cars – most of which from were taken from residents' driveways.

One of the more serious incidents involved Alex Demarsh, a resident on Springhurst. He was asleep with his family during a home invasion in August.

Demarsh was woken up by his pregnant wife around 4 a.m. when a young man began rummaging through

their jewelry drawer a foot away from their bed. After confronting the man and chasing him out, Demarsh was surprised to find the rest of the house in disarray.

Left without a cell phone, he called police via Skype. Although they responded quickly, the crime left the family shaken.

Other residents on Springhurst, Rosemere, Evelyn, and Chestnut streets have also fallen victim to incidents of theft over the past few weeks. Items stolen included vehicles, bicycles, tools, money, and electronics.

Old Ottawa East has traditionally been a tight-knit neighbourhood with

families, community barbeques, and organized non-for-profit events.

OOE residents can take some precautions to reduce their chances of falling victim to theft and deter future property crimes in their neighbourhood, authorities say.

They encourage residents to notify neighbours of any suspicious activity in the community, and keep doors, garages, sheds and cars locked. Ottawa Police also recommend securing windows to minimize break and enters and installing lights outside homes to discourage criminals from approaching.

BUSINESS BEAT



If you build it, will they come?

BY RON ROSE

Residents of Old Ottawa East have long wished for more commercial development in their community. There was never a shortage of ideas of what people wanted to see.

In the next few years, an abundance of commercial space might become available, just as the population of Old Ottawa East is set to explode. But will there be large enough support for all the planned commercial development?

The wish list of what kind of additional retail businesses residents would like to see along Main Street is long.

People want a place to buy groceries, especially fresh fruit and vegetables. They also would like a place to buy newspapers, to sip coffee, more restaurants and simply places to sit out on a patio and enjoy a beverage or a glass of wine.

OOE resident Heather Jarrett looks forward to the time our population is large enough to support more specialized services: doctors, dentists and lawyers.

“I’m thinking about the smallish stores and businesses we frequent outside our neighbourhood that I’d frequent if they

were closer-- art supplies, library, gas station,” Jarrett said.

Chris Osler of the Sandy Hill Community Health Centre refers to Old Ottawa East as a food desert: an urban area where it is difficult to buy affordable or good-quality fresh food. He said this is an especially important problem for low-income residents.

“I would like to see a greater availability of fresh food within the community. That would be on my wish list,” Osler added.

Developers realize they too, need vibrant shops and services on site to attract buyers for the new condo units.

“We need to attract retail clients for our own commercial reasons,” said Josh Tobin of the Regional Group.

The Greystone development will have approximately 25,000 square feet of commercial space available along Main Street and the Grande Allée, the stretch planned to connect Main and the Deschatelets building.

Domicile’s Corners on Main development will add about 13,000

square feet of space within the next three-to-four years.

The development at 129 Main St. (the former Petro-Canada gas station) will also have some ground floor commercial space.

In addition to those developments, the current zoning will require new buildings along Main Street north of Clegg to have ground floor commercial space, similar to the building at 164 Main St. which has a Subway sandwich shop on the ground floor.

All these potential projects would add up to approximately 40,000 square feet of new retail space along Main Street. To put this in perspective, that’s a little more than 10 percent of the 350,000 square feet created in the last few years at Lansdowne Park.

However, while residents and developers want to see new retail outlets, there is no guarantee the stores will be filled. There have been very few new commercial establishments open along Main Street and Hawthorne Avenue over the past decade.

A number of places have closed down. There is no evidence that the community can support additional businesses.

There are currently two main commercial hubs along Main Street: at the corners of Hazel Street and Hawthorne Avenue. Merchants near Hazel seem confident about the future. A few have recently expanded, taking over space vacated by other shops.

There was more turnover recently in the Hawthorne area. The commercial spaces though, are currently occupied with steady patronage.

Still, there is no evidence sufficient demand for new retail really exists within the community.

We have the advantage of an exploding population. As many as 3000 people could move into the three major residential developments along Main Street over the next few years.

But it remains to be seen if our community can support any of the potential new commercial developments.

This year may go down as one of the most infamously partisan times in political life. In the United States, the candidacy of Donald Trump in the presidential election has torn open divisions among voters and political party members and shocked observers with its strident attacks on immigrants and women. In the United Kingdom, the referendum on European membership – the Brexit vote – even claimed a life, when Labour politician Jo Cox, advocating for the U.K. to remain in Europe, was attacked and murdered as she prepared for a political event by a man saying Britain should leave the EU. In Canada's House of Commons, NDP MP Nathan Cullen, who represents a B.C. riding but lives with his family part-time in Old Ottawa East, paid an emotional tribute to Cox, who had been a friend. Cullen spent much of his time when in Ottawa this summer, attending sessions of the new House committee on Democratic Reform, of which he is a member. The Mainstreeter caught up with Cullen last month. We wanted to know what such a sad, surly year might do to people's interest in politics.

Mainstreeter Interview: Nathan Cullen



PHOTO CREDIT: CULLEN FAMILY PHOTO

NDP MP Nathan Cullen, an Old Ottawa East resident, shown here in a photo from last winter : canal skating with sons Elliot (L) and Isaac (Centre).

Why were you hit so hard by the death of Jo Cox?

Three things: the shock of it, the nature of how she was killed and who she was. Jo was an incredibly bright light and had a very hard time in England where a lot of xenophobia and outright racism was in the news. She was bravely defending a humanist and caring approach to the world.

The day of (her death), I was very much thinking about her kids. She had very young children. And how utterly unfair that is.

What do such events do to ordinary people?

I don't know. I don't know what they do. Maybe it challenges for some people the easy and lazy way of thinking about people in elected life. They are people who are deeply loved and love. And we should be aware that violent rhetoric sometimes leads to violence. People have to be more conscious of their words and the power of their words. And for the average person, to not get hypnotized by the crass mode of language that can actually do damage.

Is your experience typical? Do people enter politics in similar ways, inspired by similar things?

That's a really good question. I don't know. I gravitate, I think, towards the ones that are that way, that aren't consumed by the need for power. I have tried to spend more of my time with them, within my party and between the parties. Because you have got common ground. The ones that are purely in it for the game or for their own sense of self-importance, that's boring. I don't have a lot of interest in that.

This has been a year characterized by a certain amount of vitriol, whether you're looking at the presidential election in the States, the Brexit vote. I wanted to know what kind of impact things that we see, viciously partisan politics outside Canada, have here.

Oh, I think they absolutely do. I think Brexit certainly gave people pause. I know from sitting on the electoral reform process (committee), the flippancy with which people throw a referendum around. I can remember (Toronto Star columnist) Chantal Hebert making a comment on one of the evening panels, where one of the panellist said, Oh, you just throw a referendum in there, as a way to get out of trouble, if you reject something that you don't want. Chantal said, be very careful. Referendums have unintended consequences and they are deeply emotive. She would know. She would know. And the effect of Trump, which we have not seen the full (extent) of yet. We don't know what's going to happen. I still have hope. I think, ultimately, Trump's going to be rejected. That kind of politics is going to be rejected. I think England's had

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When did you get into politics?

In 2003 is when I ran for the nomination, 2004 I got elected.

What drew you to politics?

I got turned on by a teacher in high school. My family is Irish Catholic, so there's some genetic politics there. But a teacher got me hooked into international development. I ended up doing some work overseas. I came to realize when I got back home that formal politics was as important as the informal. I shouldn't just focus on non-profits' work, NGO work, that the role of elected people was really critical in the world. It was not just an either-or type of situation. A circumstance came up when I moved to northern B.C. where my representatives were, I thought, very biased towards native peoples and unfairly speaking on behalf of (them). It wasn't a plan, though. It wasn't: I'm going to do this, this, this and ...

What has kept you going?

People. The vocational part of this for me is when I'm home or talking about home, that's where I feel most connected. It's very sustaining.



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FROM THE EDITOR

“WHAT TIME OF DAY IS IT, APEMANTUS?”

“TIME TO BE HONEST.”

**- Shakespeare
(Timon of Athens)**

This edition of the *Mainstreeter* may offend some readers. If it does, I apologize profusely.

My trepidation has to do with the piece of fiction I chose to put in the paper, the first fictional work in this newspaper since I became editor in 2013.

I have long wanted to add fiction to the *Mainstreeter*'s repertoire. I grew up loving the *New Yorker* magazine in the '70s and '80s. To me, it was the perfect blend of news, opinion, analysis and fiction (and cartoons, of course, and poetry). I have sought to emulate that formula since taking the helm of the *Streeter*.

In August, I received an e-mail from Catina Noble, an author in Sandy Hill. She was trying to draw the attention of editors of several community newspapers to her latest book, a series of journal entries about challenges teenagers face, including depression and anxiety.

I read her copy. It held my interest. I asked if she had any more pieces to show me. She sent a few more, one of which was the short story called *Counting Crows*.

It appealed to me because the characters were well-drawn, believable, compelling. I thought the story itself - the spare language, the raw emotion - displayed a kind of Raymond Carver grittiness. It was violent, but the violence was not gratuitous. It contributed to the believability of the story itself.

This was art, I said to myself. Jarring, yes, but that's what art did. And moreover, it came from an area scribe. Not Old Ottawa East, that was true, but close enough.

Still, I was uneasy. I ran the story past a few people. Some suggested I decline it. Consider the families who read the *Mainstreeter*, they said. I asked myself: would I show it to my own kids? Probably not.

Then why run it? Because it was, in my judgement, a good piece. And while it might not be termed family entertainment, it was not inappropriate for a newspaper that spoke to a worldly, well-educated audience.

I always enjoy hearing that children read the *Streeter* with their parents. And yet, they are not the newspaper's only consumers. I trust that some of you will enjoy the heft Catina Noble's writing brings to this edition. I hope you will tell me you want more fiction, not less, in future.

And if I'm wrong? Then I will try to practice greater discretion.



PHOTO BY NANCY MCL IMAGES

Joe Paraskevas, *Mainstreeter* Editor.

« QUELLE HEURE EST-IL, APÉMANTUS ? »

« L'HEURE D'ÊTRE HONNÊTE. »

**- Shakespeare
(Timon d'Athènes)**

Ce numéro du *Mainstreeter* pourrait déranger certains lecteurs. Si c'est le cas, je m'en excuse profondément.

Mon inquiétude est liée à l'œuvre fictive que j'ai choisie de publier dans ce numéro, le premier texte de ce genre dans ce journal depuis que j'en suis devenu le rédacteur en chef en 2013.

Je souhaite depuis longtemps insérer des œuvres fictives au sein du *Mainstreeter*.

J'ai grandi en lisant le *New Yorker* des années 1970 et 1980, que j'adorais. Selon moi, il s'agissait du parfait équilibre de nouvelles, d'opinion, d'analyse et de fiction (et, bien sûr, de caricatures et de poésie). J'essaie d'imiter cette formule gagnante dans les pages du *Streeter* depuis en avoir pris les rênes.

Au mois d'août, j'ai reçu un courriel de Catina Noble, une auteure de Sandy Hill. Elle voulait diriger l'attention des rédacteurs de plusieurs journaux communautaires vers son dernier livre, un roman sous la forme de journal intime portant sur les défis auxquels font face les adolescents, comme la dépression et l'anxiété.

J'ai lu son texte; il m'a intrigué. Je lui ai demandé si elle en avait d'autres et elle m'en a envoyé quelques-uns, dont la nouvelle « *Counting Crows* ». La nouvelle m'a interpellée à cause de ses personnages bien dépeints, crédibles et convaincants. Le texte lui-même, minimaliste et brut, fait preuve d'une authenticité à la Raymond Carver. Il s'agit d'un texte violent. Toutefois, cette violence, plutôt que d'être gratuite, contribue à la crédibilité de la trame narrative.

J'avais une œuvre d'art entre les mains. Choquante, oui, mais là est la raison d'être de l'art. En plus, il s'agissait d'une auteure locale. Pas du Vieil Ottawa-Est, bien entendu, mais pas tellement loin non plus.

Néanmoins, j'éprouvais encore des inquiétudes. J'ai fait lire la nouvelle par quelques personnes. Certaines ont suggéré que je la laisse tomber. Elles me disaient de penser aux familles qui lisent le *Mainstreeter*. Je me suis posé la question à savoir si je laisserais mes enfants lire ce texte. Probablement pas.

Pourquoi alors publier cette nouvelle? Parce que ce texte est, selon moi, bien écrit. Bien qu'il ne s'agisse peut-être pas de divertissement convenable pour toute la famille, il est approprié pour un journal qui bénéficie d'un lectorat raffiné et bien éduqué.

Je suis toujours ravi d'entendre dire que des enfants lisent le *Streeter* avec leurs parents. Et pourtant, ils ne sont pas les seuls consommateurs de ce journal. Je suis sûr que certains d'entre vous sauront apprécier le sérieux que la plume de Catina Noble contribue à ce journal. J'espère vous m'indiquerez vouloir davantage, et pas moins, de fiction à l'avenir.

Et si j'ai tort? Alors j'essaierai de faire preuve de plus de discernement.

1 Source de la traduction : <http://www.atramenta.net/lire/oeuvre4930-alternative.html>

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Women's Ultimate at Springhurst Park

BY SUSAN REDDING



Old Ottawa East welcomed a new sports league this summer. Organized through the Community Activities Group, Women's Ultimate Frisbee enjoyed a successful first season. Approximately 50 players, organized into four teams, competed on Thursday evenings at Springhurst Park from early May to late August. The league welcomed everyone from beginners to former national-caliber players and featured a broad range of age groups.


Ultimate is a self-officiated sport that relies on a spirit-of-the-game rather than referees to guide player behaviour. Participants are expected to play fair, call their own fouls, and show respect for their opponents at all times. Players who do are said to have 'good spirit.'

At Springhurst, good spirit extended beyond the games themselves. The league emphasized camaraderie and fun, both on and off the field. Veteran

players hosted free skills clinics to coach the newer players.

Every fourth week, the teams mixed up their regular rosters to give participants a chance to play with different people. Post-game socializing at the Royal Oak or Giant Panda on Lees Avenue helped us get to know one another. A mid-season karaoke social night was a hit with everyone (except maybe the neighbours).

Women's Ultimate will return next May. We encourage anyone who would like to try a challenging sport, make new friends and enjoy the neighbourhood's best girls' night out to join us. Details will be announced through CAG next spring.



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MY CHILD IS THREE YEARS OLD AND STILL WEARING DIAPERS. SHOULD I BE WORRIED?

There is no need to worry. Children learn at different rates. Toileting skills are no different. Most children will tell you or show you when they are ready to use the toilet on a regular basis. Using the toilet, or not using the toilet, is one of the things that young children have control over.

When a child has expressed a genuine interest in using the toilet or begins to realize the sensation of peeing or bowel movements, you'll know it is time to start toilet training. It is best to start at home, where they are most comfortable. If your child is also attending a child-care centre, talk with their educators and let them know what you are doing at home so that they can continue it at the centre.

If your child is uncomfortable sitting on the regular toilet seat, go together to purchase a potty or small training seat. Children will also enjoy shopping and choosing what will replace their diapers or pull-ups. This gives your child security that they are part of the decision making.

Once your child begins using the toilet, remember that there will be setbacks. When children are involved in playing or in an activity, they often forget they have to go pee until it is too late. Reassure your child that everything is OK. Accidents will happen. When and if an accident occurs, encourage your child to tell you and work together to clean up.

Some children may express interest in toileting at an early stage and then suddenly lose interest. This is common. Children are curious, they may see older siblings or parents using the facilities. They want to try it as well but have not actually developed awareness of the sensation. Continue to encourage their curiosity while allowing their independence.

There are many ways to try to encourage toileting. Whatever you choose, remember to follow your child's lead.

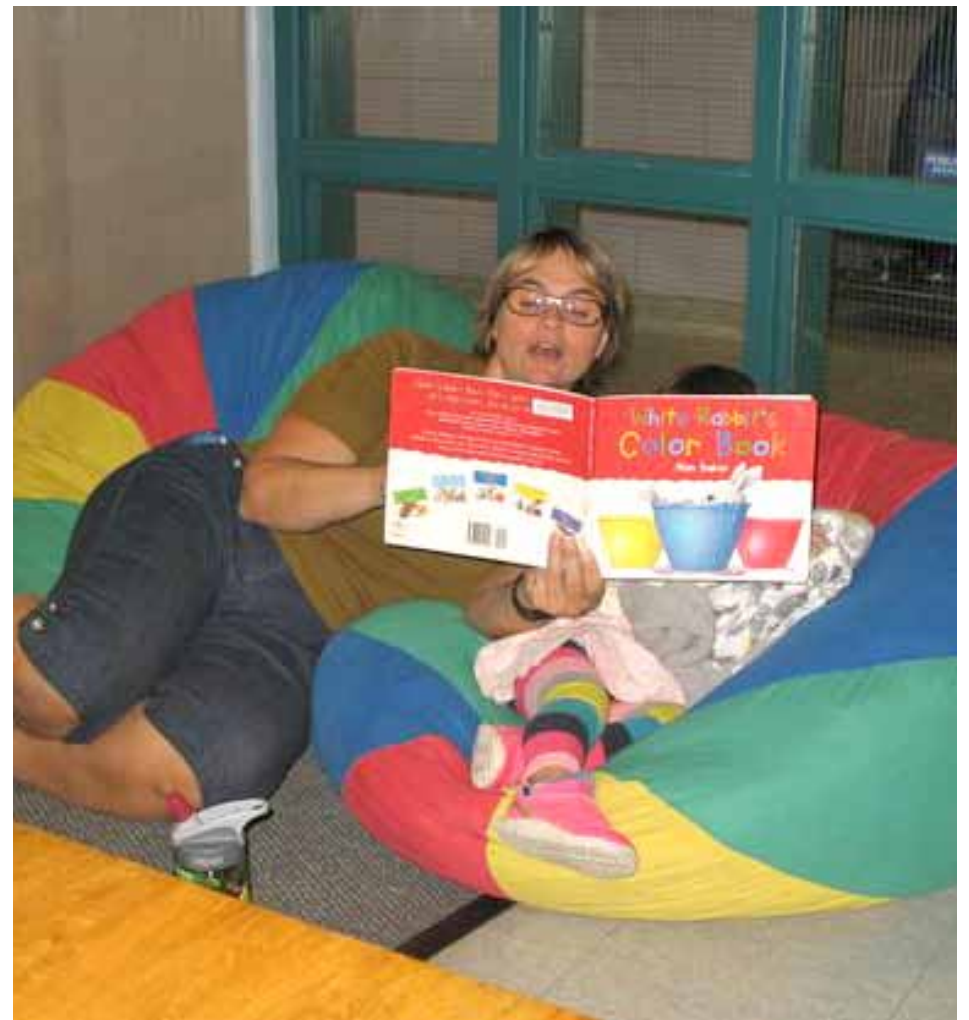


PHOTO CREDIT: LUCIANNE POOLE

Roxeanne Marberl is the new director of Rainbow Kidschool. She has worked in early childhood education for over 25 years, most recently at St. Thomas the Apostle Nursery School. She is from the Espanola- Elliot Lake area in northern Ontario and has two boys.

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Oct. 16th Walkathon to Help Our Hungry Neighbours



Pupils from Elgin Street Public School helping raise supplies for the Food Centre. The walkathon to support the Centretown Emergency Food Centre takes place Oct. 16.

PHOTO CREDIT: STEPHANE PHAM

BY PATRICIA MARSDEN DOLE AND KRISTINE BURR

Come join a walkathon to support the Centretown Emergency Food Centre, and get some exercise too!

The Food Centre, at 507 Bank St. is a vital resource to many people living in central Ottawa. Its catchment area runs from Wellington Street to Billings Bridge, and from Lyon Street in the west to Main Street, including Lees Avenue, in the east.

Members of 23 central Ottawa churches (several in Old Ottawa East) supply food and financial donations regularly. The Food Centre distributes a supply of groceries once a month to people in need. Located in the basement of Centretown United Church (Bank at

Argyle), it served nearly 10,000 people in 2015.

In addition, the Centre connects clients to other services available in the city and offers a healthy-eating cooking demonstration program. It relies on a host of volunteers drawn from across central Ottawa and beyond. University students in social work programs do placements at the Food Centre regularly.

In spite of generous support from central Ottawa churches, the Ottawa Food Bank, food drives, and an annual grant from the city, demand is outstripping resources. Food prices are going up, as are client numbers, partly because of added emergency shelters in the catchment area, itself partly due to

temporary housing in Centretown for government-supported refugees

People in our community can help the Food Centre by joining a short three-kilometre Walkathon on Sunday, Oct. 16 at 2 p.m., starting and ending at city hall. Registration will begin at 1:30 p.m. with local musicians contributing music before the walk begins. The route will take people along the canal and around Parliament Hill, a great location for a Sunday afternoon stroll.

Walkathon organizer, Elizabeth Kent feels the walk is also about raising awareness of the needs in our central Ottawa community, and the important role the Food Centre plays in supporting those in need.

“This is really about neighbours helping neighbours,” she said. “We would welcome walkers of all ages.”

If you can’t come yourself, you can support a walker with a donation for which you will receive a tax receipt. Further information, an online registration form, and a donation form, can be found at: www.centretownchurches.org.

Organizers are hoping the idea of a gentle walk and a good cause will attract residents and businesses from all over the catchment area – Old Ottawa South, the Glebe, Old Ottawa East, and Centretown.

OLD OTTAWA EAST COMMUNITY ASSOCIATION 2017 FALL MEMBERSHIP CAMPAIGN

BY SUZANNE JOHNSTON

Old Ottawa East is undergoing significant changes. When the dust of construction settles we can look forward to a new and vibrant community with many new residents.

The community association's fall campaign for 2017 memberships started in early September.

It will draw to a close at the Annual General Meeting on Nov. 8.

The Old Ottawa East Community Association welcomes all new residents. It looks forward to seeing existing ones at community events and meetings.

Starting in September, OOECA volunteers were out knocking on doors. They were asking people to either renew their existing memberships or sign up for the first time to become community association members.

We hope you will sign up. An annual household membership costs \$3.00. What else can you buy for \$3.00 these days?

This small annual fee pays for association expenses, community events and the hosting of our ever-changing OOECA website.

If no one comes to your door, it could mean no one has signed up to canvass your street or they have missed you. If you would like to inquire about your membership or to sign up to canvass your street, please contact Suzanne Johnston at suzanne.johnston@sympatico.ca.

As OOE embarks on this exciting period of growth and change, we hope you and your family will be involved. It is your community. Make sure you come out and have your say.

The time commitment for membership canvassers is quite minimal. It usually takes only two or three hours and involves the following:

- Going door-to-door on a sunny day on your appointed street to hand out notices for the Annual General Meeting and either renewing or signing up new households for membership in our community association for \$3.00.
- Finishing your canvass and turning in your canvass kit to the Zone Captain by the end of October.
- Meeting new people on your street – always interesting.
- Attending a wine and cheese get-together for all canvassers and captains hosted by the membership chair the first week of November – Best part!!

OOE is fortunate to have an engaged community. Over the years our community association, with great input from residents, developed a well thought out community design plan to maintain the heritage of Old Ottawa East.

As OOE takes on its new shape, the community can be proud that developers and the city have respected the integrity of the plan. As the neighborhood continues to evolve, we look forward to having new residents and current residents participate in the growth and change.

Suzanne Johnston is Chair of the OOECA Membership Committee

IN EARLY SEPTEMBER, WE WERE LOOKING FOR CANVASSERS FOR THE FOLLOWING STREETS:

NORTH END:

Harvey
Echo – North of the Queensway to the Canal

SOUTH WEST:

Echo-Clegg to Riverdale
Mutchmor Road

CENTRAL:

Echo - South of Immaculata to Clegg
Drummond
McGillivray – Immaculata to Clegg



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UNDERSTANDING THE NEW MARKINGS ON MAIN STREET *cont. from page 1*

wish to make turns or gain a positional advantage over motorists at signalised intersections,” Bennett said.

“Since making a legal left turn is no longer possible with cycle tracks or protected bike lanes that reach an intersection, it became necessary to provide guidance for two-stage left-turn manoeuvres, which comes to Ottawa courtesy of Copenhagen.”

“A bike box is used at intersections to

designate a space for cyclists to wait at a red light,” added Main Street project manager Josée Vallée. “Cyclists stop in front of motorists and can proceed through the intersection first when the light turns green. These areas increase cyclist visibility and reduce the risk of collisions after a green signal.”

The other new symbol users will encounter is the sharrow between Hawthorne and Lees.

Sharrow is short for ‘shared arrow,’ a symbol with two chevrons above a bike image. It alerts motorists that cyclists are likely to occupy the same lane. It is supposed to encourage safe passing of cyclists by motorists, who, by law, must leave at least a metre of space between themselves and the bikes they pass.

The new markings received a positive review from one respected cycling teacher in the area.

“I’ve lived and biked in OOE for almost 20 years and the cycle track is a welcome separated bike lane on Main Street,” said Merritt Street resident and cycling instructor Denise Inglis. “With a bit of education to both motorist and cyclist about the new markings such as the bike box, it will be a safer and more enjoyable street and will definitely encourage more cycling in our neighbourhood.”



Footbridge Announcement

Sunny days, my friends, sunny days. In August, Ottawa Centre MP Catherine McKenna (centre) announced the federal government would contribute \$156 million for city transportation projects, including \$10.5 million for a new pedestrian and cycling bridge over the Rideau Canal.

The federal share was half of what the city needed to fast-track the bridge between Fifth Avenue and Clegg Street. Capital Coun. David Chernushenko (left) said he was “absolutely thrilled,” though he would wait until construction begins to actually believe the long-awaited project would be a reality.

The city hopes to start work by the end of 2017.

Yasir Naqvi, MPP for Ottawa Centre (right), said he was trying to secure the province’s share of funding.

PHOTO CREDIT: John Dance

NOTICE OF 2016 JOINT ANNUAL GENERAL MEETINGS

Old Ottawa East Community Association (OOECA) and Community Activities Group of Ottawa East (CAG)

TUESDAY, NOVEMBER 8, 2016

Church of the Ascension, 253 Echo Drive, Everyone welcome!

7:00 P.M., registration

7:15 P.M., annual meeting call to order, followed by a social hour

For up-to-date information and agenda go to www.OttawaEast.ca

If you or someone you know is interested in serving on the OOECA or CAG Boards, please contact us no later than October 31, 2016.

AVIS D’ASSEMBLEE GENERALE ANNUELLE CONJOINTE 2016

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Eglise de l’Ascension, 253, promenade Echo, Bienvenue a tous !

19 H, inscription

19 H 15, assemblée generale annuelle suivie d’une rencontre sociale

Pour les mises a jour et l’ordre du jour, visitez www.OttawaEast.ca

Si vous etes interesse(e) a faire du benevolat au sein des conseils d’administration de l’ACVOE ou du GAC, veuillez communiquer avec nous aux adresses suivant pas plus tard que 31 Octobre.

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MAINSTREETER INTERVIEW: NATHAN CULLEN *cont. from page 3*

some regrets. Even the side that wanted to leave.

Through all of this though, the thing that I pay attention to is that there is a huge resentment and fear within working people, left and right, middle, whatever you want to call them, that the promises made - globalization and other efforts - hasn't been coming down to them. Trickle down (economics) didn't trickle down. And so, people were shocked

when Trump was popular among blue-state Democrats, and particularly the elite are shocked because they don't feel that same resentment, they don't have the same experience of feeling left behind. Lower-income, middle-income Canadians haven't seen a raise in 30 years. It fills up. So, there is the manifestation of anger, the manifestation of fear. I think people are getting a raw deal and they know it.

It's interesting you mention anger because it seemed like last year's election was almost a ballot question: how angry had the country become? What do you think the legacy of the last 10 years will be, in light of what we have discussed: about public

approval or disapproval of politics, politicians, public life and so on. The way they view what's happening in their democracy?

It's probably too soon to tell, unfortunately. We don't know what will last, what won't last, not just in terms of policy but the way of doing politics. There's a great deal of hope placed on the new government. They certainly speak differently and present themselves differently. Yet, there's also a surprise that some of the policies (of the former government) have remained in place. Saudi Arabia, selling arms to known human rights violators. That's something Harper did. Approving the biggest dam in Canadian history against First Nations' rights. That's something Harper did. That's actually a great worry I have because a lot of people have invested a lot of their hope.

Despite experience, we're going to trust these guys? They have to be different. And I don't mean just look different, they have to be different.

That will be really important. Electoral reform is one of those issues that is quite a bit below the surface but will

be highly important because we know that if we get better voting we will have more collegial politics. There's way less incentive to tear each other apart under proportional systems where you have to cooperate. And you know you're going to have to cooperate. Voters are looking for cooperative people. They're just not going to reward ... assholes. Frankly. They're not going to reward people who are the best at putting the knife in.

Our system is actually not at all reflective of our country. Not the evolution of our country, in terms of sweeping immigration, not reflective of the multi-party system we have now. The way we vote is built for a U.S.-style two-party state with very little diversity in the population. And we're not that. We are a multi-party, diverse state and we need a way to vote that reflects that. It's like having five kids and still trying to cram them into your '86 Tercel. Things have changed. You need to adapt the way you move them around. It's not what it was.

Is this your next thing: electoral reform?

Yeah, I'm a democrat. One of the saddest things for me is when you stand on the

doorstep with a voter who says: I'm not going to vote because my vote never counts. I vote this way and in this riding that way never wins. Ever. Not even close. The most compelling motivation for people is having influence in their lives. Our greatest punishment to people is to take away any power in their life. When they get to the ballot box, they want to have that real sense of power: that I've got choices and that my choices are going to matter. Whether you care about the economy or the environment, whatever your issue is, we've got to give people more power. I think that's where that fear and anger come from is when people feel as if they've got no control whatsoever over what's going on.

What's good about public life?

Oh my god, it's the greatest privilege I've ever had outside of being a father. The notion of speaking on behalf of people is an honour. It connects me to people I never would have come into contact with that are inspiring. It is a gratifying, humbling experience.

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A GREAT DAY ON MAIN STREET!



Creative transportation. A table on a bike seat, a dresser on a skateboard. Many such sights were evident at the CAG Furniture Sale Sept. 10.

PHOTO CREDIT: ERIN O'CONNOR

BY ERIN O'CONNOR

Saturday, Sept. 10 dawned sunny and bright. A steady stream of motivated buyers made their way down the Grande Allée to the Deschâtelets building and the Community Activities Group Second-Hand Furniture Sale. Buyers left with trunk-loads of chairs, bookcases and other items. Some rented trucks, some were more creative and used bikes and skateboards to take their purchases home.

At about 10 a.m. the Main-Street businesses came alive. There was much to enjoy: the new wide sidewalks, bicycle tracks and people actually using them.

Main Street may not be completely re-opened but the end definitely feels in sight and it feels good.

Thank you to all the businesses that participated and the following who volunteered to add some entertainment to the event: Let's talk Science, The

Dept of Creative Works, Main Farmers Market and Cat Hooker, face painter.

Thank you to the volunteers who assisted with the furniture sale: Lisa Dunnett, Cat Hooker, Ramine Shaw, Selena Fraser, Carol Ann Owen, Bonnie Wepler and Erin O'Connor of Regional Group.

Thank you also to Regional Group (Greystone) which donated the furniture to CAG for the sale. All sale proceeds will go directly to CAG to support programs, events and other initiatives. Look out for a report soon on the amount raised.

To be sure to receive all the latest information on other CAG events in Old Ottawa East, please sign up for the CAG Old Ottawa East eUpdate, the community's weekly electronic newsletter.

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CAG Responsible for Old Town Hall Operations

CAG is happy to announce that as of Sept. 1, under an agreement with the city, we have taken on increased responsibility for operations at the Old Town Hall Community Center.

We are now responsible for staffing the building and booking rentals and programming, including the Old Town Hall After-School Program. The city will continue to be responsible for cleaning, snow clearance and maintenance.

We are excited for the opportunity this presents to us. Already, we can announce that the Old Town Hall After-School program is full. Wait lists are reduced at Brantwood, due to our increased capacity.

CAG was busy over the summer recruiting for both the After-School program and front-desk positions. We have recruited an additional program assistant to support our growing operations.

We are training our customer-service representatives, who will work the front desk at the Old Town Hall. We will ensure they are best able to answer your questions and make your visit to the Old Town Hall agreeable.

We have established a rental booking system for both Old Town Hall and Brantwood Park field house. We are now able to rent either facility to members of the public, groups, organizations and businesses.

If you are interested in renting either facility, please contact Carol Workun, CAG Executive Director at cworkun@ottawaeastCAG.ca. We are particularly interested in renting to groups that could bring diverse programming or recreation to Old Ottawa East.

IMPORTANT TO NOTE:

OPENING HOURS AS OF SEPTEMBER 1, 2016

As of Sept. 1, the Old Town Hall will be open for registration and other walk-in enquiries during regular programming hours and every Wednesday from 2 p.m. to 9 p.m.

NEW TELEPHONE NUMBER

Unfortunately with the changes we unexpectedly lost the regular Old Town Hall telephone number. Please note the new number of 613-627-0062.

For questions or suggestions about these changes or any other matter relating to CAG, please contact Carol Workun, Executive Director, at cworkun@ottawaeastCAG.ca

This month, the Mainstreeter is proud to publish a piece of fiction by Sandy Hill author Catina Noble. We hope short fiction will become a regular feature of the newspaper.

Noble, 38, has had her writing published in Chicken Soup for the Soul, PEN, The Charlatan News, The Steel Chisel, Bywords, In/Words, Woman's World Magazine, Canadian Newcomer, The Book Escape and others. Her poem You Can't See Me won first place in the June 2014 Canadian Author's Association-NCR Poetry Contest.

A book of journal entries she wrote as a teenager, I'm Glad I Didn't Kill Myself (published by Crowe Creations, June 2016) is available for \$17.99 at Amazon.com, Amazon.ca, Prospero (on Bank Street), Perfect Books (on Elgin Street) or directly from her (if you want it signed!). One dollar from each sale of the book will go directly to CHEO's Mental Health Department.

Counting Crows is one of 13 stories in Noble's new book Vacancy at the Food Court & Other Short Stories, available on Amazon.

Counting Crows

BY CATINA NOBLE

MIKA, TESS'S GIRLFRIEND, was getting married. A few days before the wedding Tess had gone out with the rest of the wedding party for a night on the town, one last fling before Mika tied the knot. It was Mika's fault.

Tess and the wedding party had gone to a strip club. Everyone had been drinking. The next morning, he was checking FB and found it — a picture of Tess sitting, laughing, enjoying the male dancer grinding himself close to her. That was it. He didn't even ask if anything had happened between the two of them. She was at work when he first saw the pic. So he did the sensible thing. He blew off work that day. He drank beer after beer. By the time she got home he had emptied an entire 24 by himself waiting until she arrived so they could have a little chat.

That's all he wanted to do. Talk about that night, the night the photo was taken. After all, he was her boyfriend. He had a right to know what happened. He would

simply ask and she would tell him. It would all be a misunderstanding and then they would kiss and make up. Plus there would be a good chance he would get laid afterward. It sounded like a fail-proof plan to him.

The minute Tess walked in the door, he jumped up off the recliner and got right in her face.

"Did you f--- him?" His eyes bulged.

Tess took a step back. "What are you talking about? You need to back off."

Pete did. He took a step back and stared at her. Maybe she didn't know that he knew. Or maybe she figured she could get away with it.

Best to get everything out into the open right now. Once she saw the picture, she had to say something, she couldn't ignore the evidence.

Pete marched right over to the desktop.

It took him three tries to get his password right on his Facebook account. He was fuming. Finally he got it in and pulled up the damning photo.

"What? You going to tell me to my face that this is not you in the picture?" His eyes grew wider and he didn't take them away from her as he continued poking at the photo on the screen.

"Pete, are you serious? Hey! How come you're home early today?" Tess looked at him warily.

"Don't you dare try to change the subject on me. This has nothing to do with me. It's you. You did it. You f---ed him didn't you?" He clenched his teeth and stopped poking the screen. The screen wasn't to blame. She was.

"One of the girls must have snapped the picture. You need to calm down, Pete. Right now. Nothing happened. The girls and I went out for Mika's bachelorette party. We saw a few strippers, had a few

drinks. Nothing happened." She took a step away from him.

"So you did sleep with him. You admit it. How could you?"

"Pete, how much have you had to drink? Are you even listening to me? Nothing happened. I told you, we had a few drinks, had a few laughs, it was a bachelorette party, that's what women do."

"That's the bullshit line you are giving me?"

"It's not bullshit. It's the truth. Nothing happened. You need to drop this right now. Let it go."

SHE WALKED to the kitchen and spotted all the empties. She was betting he hadn't even made it to work again today, that it was just a matter of time before he lost his job — if he hadn't already.

Continued on page 16

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"Pete, I thought we agreed to three bottles of beer after work during the week and no more. On the weekends you can drink to your heart's desire. But during the week you have to be sober enough to go to work. We talked about this." She waited for him to reply.

That's when he lost control. He was so angry. Why couldn't she just admit she had cheated instead of making it seem as though he was the one at fault. He had kept it in his pants. Without thinking, Pete raised his hand and slapped her across the face. Just one slap but it was so hard he knocked Tess right off her feet.

His eyes grew wide as he realized what he had done. He stared at her.

She lay flat on her back, eyes as big as saucers.

She stared at him then shouted. "Who are you? You're not Pete. The alcohol has turned you into someone else. I can't believe you would ever do something like this. That you would ever lay a hand on me."

And yet he just had. What should he do? Apologize? Help her up and run? While he stood still trying to figure out what to do, Tess remained on the kitchen floor. She had curled herself into the fetal position. A minute later, he was still staring at her when he heard her crying. How the hell

could this have happened? At that moment there was no way he could face her, so he made yet another mistake. Instead of going to her, saying he was

sorry or just holding her close, he bailed.

PETE HAD never been the jealous type or so he had thought. It seemed pointless to him. If a girl wanted to be with you, she was with you. If she didn't, that was fine and he would find someone else. There were always plenty of fish in the sea.

He wished he could take back what he had done. Perhaps if he could, none of this would be happening right now. Of course he wasn't blaming her. It was his fault. He had screwed up. Now he was single and on the fast track to becoming an unemployed alcoholic. F---. What did it matter anyway? It's not like he had much to live for.

Just a few months ago life had been good. No, actually life had been great. Money was coming in. Things were going good with Tess. In fact, he had started thinking about marriage. Very unlike him. He had always figured he would remain a lifelong bachelor. But believe it or not, after sleeping around and never having a woman on his arm to go to various events with, it became a little too monotonous for his liking. Not to mention his mother. For the last freaking decade she had been begging him to find a nice girl to settle down with. At that time, "settle down with someone" meant a boring, routine life. There was no way he could live like that.

Or so he had thought.

THEY MET at a coffee shop he had frequented about a dozen times. One day he ordered his coffee and looked up

to see her. Tess. She was beautiful.

He was six feet and she was just a couple inches shorter. With gorgeous blue eyes, short blonde hair — too short even for a ponytail — she looked sexy, and from what he could see she had a great body. She must have been new because he had never seen her before.

Her smile melted his heart and he couldn't stop thinking about her. So instead of just asking her out like he had with all the other women he wanted to get his hands on, he decided to keep dropping by the coffee shop. She was only a woman for crapes sake. Of course, he always bought coffee.

Finally, one day, she teased him, saying he kept coming back to see her on purpose. He surprised himself when he admitted it was true. He invited her out to his favourite pasta place for dinner. Afterward, they continued seeing each other a few times a week. Eventually she invited

him to move in.

Tess wasn't like other girls. She didn't bug him about where he was going, who he would be with and when he would be back. He came and went as he pleased.

Most of the time he would stay home with her because he realized he actually wanted to. A foreign feeling but he liked it.

HE WASN'T sure how long he'd been sitting in the parking lot. No one had bothered him yet so this was good. After all, he wasn't bugging anyone. He was just trying to pull his thoughts together. Trying to make sense of what happened. He had a brand new 24 of Molson Canadian to help cheer him up later back at his mother's.

As he sat in the driver's seat, a few crows landed a couple metres away from his truck. He peered out the window to get a better look. They were interested in bread crumbs or something. He watched them for a few more minutes. Then all of a sudden the crows became intriguing.

Now they were making more of a racket. Hey, there were more of them now. The numbers kept growing. He counted eleven of them in all. Whatever was on the ground must be addictive as they couldn't seem to get enough. Pete could relate. He felt the same way when it came to beer,

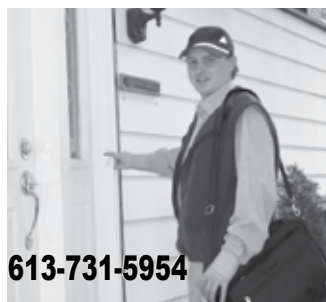
which gave him what he needed. He

Continued on page 17

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wanted to get closer and see what all the fuss was about. He stepped out of the truck and shut the door as quietly as possible. He didn't want to scare them away.

Leaning back on the truck he pulled out a pack of Export A and lit one up. He had quit smoking over a year ago, but this thing with Tess had driven him back to it. Beer and cigarettes helped calm his nerves.

It seemed like two of the crows were arguing about something.

Strange. What the hell did crows have to argue about? They had it pretty good. They didn't have to pay for anything. They always had a place to live.

Plus they didn't have to live with their mother if they got kicked out of their girlfriend's place.

DAMN, HE wanted a drink. But there was no way he would chance getting picked up by the police for drinking and driving. Truth was he wasn't completely sober just now but he could fake it if he had to. Now on the other hand, if the cops caught him actually drinking a beer ... well there wouldn't be too much to argue about. Best to keep smoking and figure out what the hell had happened to his life. And the crows. The two of them were still yakking at each other. Come to think of it, it seemed as if the pair of crows had moved about a foot away from the rest of the pack.

Pete inched closer to the crows. Surprisingly, they didn't budge. The two arguing seemed to have quieted down now but were still separated from the rest of the group. Funny, as he lit another cigarette, it seemed to him the two of them were staring at him. He shook his head. How pathetic.

His life had come down to this. Half tanked, smoking a cig, alone in a parking lot analyzing the behaviour of crows. Good thing Tess couldn't see him now, she would laugh. It would be embarrassing as hell.

THE CROWS were his friends now. Nice and quiet, they weren't judging him. He lit another cigarette. The parking lot was nearly empty. All the stores along the strip were getting ready to lock up for the night.

Pete was a coward. He had left her crying on the kitchen floor and had run. Not sure what he should do, he had driven to a bar and downed a few more drinks then passed out on a buddy's couch.

Yep, the crows were staring at him. Not just the original two, either.

Although now he wasn't sure which were the original two. All the crows had gathered into a circle. Strange for sure. Most likely this was an hallucination brought on by the alcohol. A couple more steps away from the truck and he was practically right beside the crow crew. The crow crew. Hey. Now that had a nice ring to it. Maybe once he got a few things sorted out and got back on his feet he would be able to get his own little business up and running. The name would be perfect. Perhaps he should write it down.

Nah. He'd remember something cool like that for sure. Being around the crows was relaxing. In fact, he felt quite content and decided to sit down on the cement. All the shops were now closed and not a single vehicle remained in the parking lot, save for his. He sat beside the crows, crossed his legs and just watched them.

It sounded like they were talking to each other. What were they saying? Perhaps they were making fun of him, thinking he was a loser or something. He leaned in closer but that didn't help either. He still didn't understand what the hell they were saying or even if they were talking

about him. But honestly, they probably were. They were mumbling. Just like Tess used to mumble. Tess. It was all her fault he was in this mess.

PETE TOOK a couple deep breaths. In and out, in and out. He had to be imagining this. Everything would be okay. Surely this was a nightmare. Soon he would open his eyes and Tess would be naked and snuggling up to him with that cute little smile of hers.

But no. He was still alone in a parking lot. Now it seemed as though he was surrounded by crows. Yes. As he looked from side to side he noticed the crows were circling in around him. When the hell had that happened?

He was in the centre of the circle and the crows surrounded him. Kind of freaky. Perhaps it would be best if he got up, got back into the truck and drove off. He had no idea where he would go. But staying put didn't seem like a good idea just now.

As he placed his right hand on the ground to give him some support to get up, a couple of crows came over to peck at his hand. He lifted his hand off the ground quickly. F---! It hurt. Pesky buggers. A few more came around and

started pecking at his knees. He tried kicking them away. Two of the crows were doing something with their wings. Some different kind of movement. Perhaps it was some sort of SOS call sign. Seriously, this shit was getting weird. Once he got back to the truck, he would have to double check to see what the hell he had been drinking.

Another crow flew by just above his head; it was so close he felt his hair move. But the crow did it again and again. Stupidly, he waved his arms around in the air to get them off. Not only did the crows refuse to leave him alone, but they made him lose his balance. He fell flat on his back on the concrete in the middle of the parking lot. Was it his imagination or were there even more crows now? No way. It couldn't be. No. He was right. He tried sitting up but couldn't. His energy

was zapped and his back was tender. He saw more crows coming, flying close, swooping down to the ground. They just kept coming. Wait until he told Tess about this! She would never believe him. Oh yeah. He had nearly forgotten. This was all her fault.

Again he tried sitting up but couldn't. He remained flat on his back on the concrete. They were many, many crows now. They kept moving, so they were hard to count. Probably at least three dozen. Slowly, they crept in, surrounding him. They were at his feet, his head, his arms, his legs.

There was even one sitting on his stomach.

All of a sudden they started pecking at him. It hurt, he tried to fling them off but they wouldn't budge. F---, it hurt! He screamed and screamed. No one could hear him though, the parking lot was deserted. It was just him and the crows and they were doing whatever they wanted.

What the heck did they want with him? He was just a pathetic loser.

They kept pecking and pecking and pecking. His clothes started tearing. He could see patches of blood here and there. He kept hollering and hollering but they didn't stop and no one came. Several times he tried getting up but couldn't. He was trapped. He was being pecked alive by

crows. This had to be a really bad f---ing nightmare.

Tess. It was her fault. What had she done this time? It didn't matter.

He would deal with her later. It was time to wake up. It was time to take a good look at things. Perhaps it was even time to back off the booze, just a smidge. Surely it would make a difference.

More crows gathered. They just kept coming. As more arrived, the more pecking they could do. They were going to keep pecking and pecking until he was dead. By that time, most of his clothes would be torn off. Just his pale white flesh would be exposed. His body would feed them for a while.

An hour later he stopped moving. He was gone. But they continued the incessant pecking. The two crows that had originally started the altercation had come to an agreement. There was enough to go around for everyone. It was stupid to fight over something like this. There would be

other opportunities but for this one, they would share the honour.

Suddenly, all the crows stopped pecking and turned in the direction of Pete's face. The two fighting crows were by his head. There was one on his left side and another on his right. The rest of the crows watched. Who would be the leader? To their surprise, at the same time, both fighting crows made a move. Both went for his eyeballs and both succeeded. The others were surprised. Usually they had one leader, not two, but this was definitely an extraordinary feat.

Each fighting crow held one of Pete's eyeballs inside its mouth. They bobbed around in a circle making their victory known to all the others.

After three rounds of circling, the two leaders flew off. The other crows waited a moment and took off, following behind them.

Both fighting crows dropped the eye at the same time. One eyeball landed on the street and kept rolling slower and slower until it came to a complete stop. The other eyeball hit an old lady on the top of her head, bounced off and landed on the ground. She had been out walking her toy

poodle. As she felt something on her head, she looked around. What the hell had hit her? She touched her hair gently and let out a sigh of relief.

Thank heavens she wasn't covered in bird shit. She'd had her hair done at the salon that very morning.

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POLITICAL PAGES

OLD OTTAWA EAST COMMUNITY ASSOCIATION

BY PHYLLIS ODENBACH SUTTON
INFO@OTTAWAEAST.CA



OLD OTTAWA EAST COMMUNITY ASSOCIATION: OCTOBER 2016

This month I would like to bring people up to date on what has been happening in our neighbourhood over the summer, with a particular focus on infrastructure and construction. I am sure many of us must be feeling that we live in the centre of a construction zone.

In terms of infrastructure, there was some very exciting news in August about potentially accelerating the construction of the footbridge between Clegg Street and Fifth Avenue. This project would be part of the federal government infrastructure announcement Aug. 23. Hopefully we will soon hear that the remaining required funds will be made available by other levels of government.

There was also some funding from this announcement allocated to the Rideau River Western Pathway. The preferred route for this pathway is now north of the field house at Brantwood Park, which mitigates many of the concerns raised by residents at our May Board meeting.

And there were many milestones completed on one of the biggest infrastructure projects in our neighbourhood, Main Street's reconstruction. Northbound traffic is now flowing from Clegg to Greenfield, trees and shrubs have been planted along this stretch, the brick sidewalks are being completed, the final markings have been painted on the bike paths and work is proceeding on the installation of the art work outside of Saint Paul University. Work south of Clegg continues but hopefully we will soon see the end of the noise and dust.

But construction has not been limited to roads. We are seeing major construction at the Regional - Greystone Village site and at Domicile's Corners on Main.

At the Regional Greystone site: construction of Hazel Street into a public road with curbs and sidewalks is complete; construction of sewers and roads has begun for Phase 1; and first house construction is expected to start in October. Storm outlet construction is to start soon; this was preceded by tree cutting along the river. Note that the Rideau River pathway beside the development will be closed when this construction begins. Soil

remediation work is continuing with the focus now on Phase 2, the lands north of the Deschâtelets building. The removal of contaminated material is anticipated to begin in late fall this year and continue over the course of the winter.

Another soil remediation project is underway at Springhurst Park. The city is removing soil to a depth of 0.5 metres across most of the site, with the exception of those areas previously remediated or that already have appropriate barriers in place.

There is also considerable other construction in our community. Some of the issues I have heard from local residents are: concerns about parking by contractors and their workers; the impact on local roads and sidewalks as a result of heavy vehicle construction equipment; and the challenges on residents and neighbours of recently constructed multi-unit buildings with limited garbage facilities. We are currently researching the rights of residents. Stay tuned for more information.

Regarding future development, I would like to flag the recently announced City R4 Zoning Review, which is to address issues associated with low-rise multi-unit development. The review may also consider other aspects of the zoning by-laws, such as the R3 zones in Old Ottawa East. The review is to examine such zoning matters as limits on permitted bedroom counts, the definition of a 'dwelling unit' versus a 'rooming house,' and permitted unit counts in R4 zones. See the project website at ottawa.ca/R4Zoning for more information.

You will also soon be hearing from our canvassers as they seek your support. For only \$3 per household, you can become a member of the OOECA and help shape the future of our community. Our Annual General Meeting, in conjunction with the Community Activities Group of OOE, will be held on Tuesday, Nov. 8 at 7:00 p.m. at the Church of the Ascension, 253 Echo Drive.

As a final word, I would like to mention an exciting new musical initiative by the Church of the Ascension: their Archville concert series. What a wonderful way to spend a Sunday evening! Watch for details in the CAG e-updates or check the Church's web-site.

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

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CANAL CROSSING SIGNALS SHIFT IN ACTIVE TRANSPORTATION TREND

I took great pleasure in the recent federal government funding announcement that used as its backdrop the site of a new pedestrian-cycling bridge over the Rideau Canal. Pleasure from knowing this bridge will be of enormous value to residents and visitors, and also in realizing that it represents an important shift in priorities from the three levels of government supporting it.

The Fifth-Clegg Bridge shows that active transportation is finally getting its due. A growing number of people say they would walk and cycle more if governments built infrastructure that makes it appealing to do so: safer, convenient, more pleasant. When we provide viable alternatives to driving, more of us will choose them, and we all benefit from improved public health, increased public security, reduced pollution and greenhouse gas emissions, and more vibrant streets.

The federal government making a big deal out of emphasizing active and public transportation as cornerstones of infrastructure projects is in itself a big deal.

Some will think this shift doesn't go far enough (while others think it goes too far). But not long ago, this major announcement would have been about widening a highway or building a bridge designed exclusively for driving. It's a big symbolic and practical change at a time when we need to take urgent action to address physical inactivity and the resulting public health epidemic, as well as the climate crisis.

I'm glad we now have three levels of government aligned in our vision of a city where it's increasingly appealing to get around by active and public transportation.

Many other projects were announced besides the bridge, including improvements to multi-use pathways, new cycling tracks, and widened

shoulders on rural roads.

Specifically of interest to residents of Capital Ward:

- Rideau River Western Pathway construction, lighting and park linkages.
- An underpass along the Rideau River at the south end of Billings Bridge, allowing east-west pathway users to avoid Bank St.
- Design of a new multi-use path and crossing over the Rideau River between Carleton University and Confederation Heights.
- Design of the Bus Rapid Transit (BRT) corridor from Billings Bridge to Bayshore via Heron and Baseline Rds., including cycling corridors.

MAIN STREET UPDATE

Main St. north of Clegg reopened in August, but there's still work to be done both on final touches and large infrastructure updates. October through December will tentatively see the installation of the various public art elements at the corner of Main and Hazel, while November should bring much needed relief to all: the end of the northbound closure between Riverdale and Clegg!

With the significant infrastructure changes on Main, my office is working with the Safer Roads Ottawa team, the City of Ottawa's Cycling group and the senior Main Street project engineer to develop an education campaign for all road users. It's not enough to educate cyclists on using the cycle tracks and bike boxes. We must also educate pedestrians and motorists so all road users gain the intended benefits from this significant taxpayer investment.

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MAKING ELECTRICITY MORE AFFORDABLE

Over the last few years, Ontario's economy has emerged and recovered from the impact of the global recession, growing by 6.1 per cent and creating 600,000 new jobs. Locally in Ottawa, we are growing and expanding as well. While economic analysis projects more growth in our province, families in our communities are telling us that they have yet to feel the impact of the recovery in their everyday lives.

That is why I am pleased to share with you that our government has announced important action to reduce the cost of electricity bills for families and businesses, in addition to reducing northern, rural and remote bills even more.

Ontario's electricity system is cleaner and more reliable today than ever before, creating a range of health and economic benefits. An independent assessment has estimated savings of more than \$4 billion per year in health, financial, and environmental costs associated with smog and pollution due to the elimination of coal-fired electricity generation. In fact, according to the Air Quality Health Index, Ottawa did not have any smog days this summer. This improvement is a result of our investments in cleaner and more reliable energy.

However, Ontario recognizes that these important investments have resulted in high electricity costs on the average household and business. We have had conversations with people all across the province and we are committed to taking these concerns seriously and helping with the cost of everyday living.

That is why we have introduced legislation that will assist individuals, families, farms and businesses of all sizes with their electricity bills. This legislation, if passed, would eliminate the provincial portion of the HST (8 per cent) on residential, farm and small business electricity bills as of January 1, 2017. This amounts to the typical Ontario household saving about \$130 annually.

By providing direct, on-bill savings per month, Ontario families will have access to additional disposable income to save or spend, based on the household's priorities. Eligible rural ratepayers would also receive additional relief, resulting in average savings of about \$45 per month or \$540 per year. This is a necessary relief to help offset the higher cost of supplying power (delivery charges) to these areas.

Small businesses in our communities can now use their electricity bill savings to invest in their future, or, pass the savings onto their consumers by lowering prices. Larger businesses will also reap the benefit of our plan as the Industrial Conservation Initiative (ICI) will be expanded by lowering the threshold for participation and allowing eligibility beyond existing customer types. When fully

implemented, participating industrial customers could find cost savings of up to 34 per cent, depending on their ability to reduce peak electricity consumption. Conservation programs delivered by local distribution companies will also continue to provide significant programs tailored to specific business classes and needs. The expansion of the ICI program will empower businesses to manage their electricity costs in a way that best supports their growth.

It is important to note other measures that can help reduce electricity bills remain in place, including:

- The Ontario Energy and Property Tax Credit which saves qualifying individuals up to \$993 per year, with a maximum of \$1,131 per year for qualifying seniors;
- The saveONenergy Home Assistance Program helps income-eligible consumers manage their energy costs by providing home energy efficiency assessments and energy saving measures at no cost;
- The Ontario Electricity Support Program helps eligible households — particularly low-income families and seniors on a fixed income. (ADD average savings)
- The removal of the Debt Retirement Charge from residential bills since January 1, 2016 is saving the average family \$70 annually.

Even though electricity rates are set by the independent Ontario Energy Board, we are taking these important steps to help reduce electricity bills across the board. Therefore, our government is taking action to reduce prices where we can.

Collectively, these measures would result in significant monthly cost savings to help Ontario families manage their own household budgets. The rebate of HST will represent about \$1 billion in taxes returned to families and small businesses on their bills.

I am happy to share that this plan represents one of the single largest actions to reduce costs for electricity consumers in the province's history. It keeps us on track to return the budget to balance in 2017-2018 and it maintains the clean and reliable system that we have invested in.

Please contact my office if you have any questions regarding the energy savings programs offered by the Ontario government and how you could qualify at ynaqvi.mpp.co@liberal.ola.org or 613-722-6414. You can also learn more by visiting: www.ontario.ca/energy.

Over the past few months your federal government was hard at work. As Member of Parliament for Ottawa Centre, I wanted to take some time to report to you on some accomplishments.

Fifth-Clegg Footbridge

On Aug. 23, I made an important announcement that 57 transit infrastructure projects totaling nearly \$156 million will be getting underway in Ottawa through the Public Transit Infrastructure Fund, a new federal infrastructure-funding program.

As part of this program, \$10.5 million in federal funding will support the construction of a footbridge between Fifth Avenue in the Glebe and Clegg Street in Old Ottawa East. Getting federal funding in place for this footbridge was one of my campaign commitments. I am thrilled to have been able to follow through on this promise. The project will connect vital parts of our city, while making it easier and safer to bike and walk across Ottawa. I am working closely with my provincial and municipal counterparts to ensure shovels are in the ground before the end of 2017.

100 Wellington (former U.S. Embassy)

On Aug. 18, I joined Public Services Minister Judy Foote to launch consultations on the use of the former U.S. Embassy at 100 Wellington St. It was amazing to see how excited Canadians are about the potential for the building. I know many Ottawa Centre residents have taken the time to share their views for the future of this site. I look forward to seeing the results of this public consultation process this fall.

Governor General's - Sovereign's Medals for Volunteers

On Sept. 6, I was delighted to attend the Sovereign's Medal for Volunteers ceremony, hosted by the Governor General of Canada, His Excellency the Right Honourable David Johnston. The medal recognizes the exceptional volunteer achievements of Canadians from across the country in a wide range of fields.

At this event I was proud to see Robert Taylor, who lives in Old Ottawa South, join three other volunteers from Ottawa Centre (Evelyn Greenberg, Brenton MacDonald and Norman Morrison) to receive this prestigious medal. For decades, Robert has been involved in efforts to increase interfaith activity, dialogue and understanding in his community. Recently, as the co-chair of the Ottawa South sponsorship group, he helped

raise \$70,000 to resettle a Syrian refugee family, and has devoted countless hours to committee meetings and fundraising events.

We truly have amazing volunteers in Ottawa Centre. Please consider nominating someone you know for this recognition at www.gg.ca.

Pop-Up Event at Thyme and Again and Tastes of Wellington West

On Sept. 17, I hosted another Coffee with Catherine event with a dozen participants in Wellington West. Thanks to Thyme and Again for generously hosting us. Coffee with Catherine is a great opportunity for me to meet constituents in an informal setting and talk about the issues that matter to you. The latest event included an insightful discussion on a wide range of topics, including the environment, Indigenous matters and youth. I always love to hear your thoughts and ideas, so please drop by to a future Coffee with Catherine. Stay tuned to social media to find out when the next pop-up will be.

Terry Fox Run

I enjoyed tying on my running shoes and joining other Ottawa Centre residents for the Terry Fox Run at Carleton University, Sept. 18. It was terrific exercise and a great tribute to a man whose legacy is still very much alive. Terry's achievements have been awe-inspiring. His Marathon of Hope in 1980 began a tradition that has raised over \$650 million for cancer research.

Reducing Mail Outs

During my campaign, I talked about reducing mail outs and finding new and exciting ways to engage with the people of Ottawa Centre. So far, I have held Facebook chats on local riding issues, set up pop-up office hours throughout the community, and convened three town halls on issues important to residents of the riding. To enhance communication with Ottawa Centre residents, I have launched a new e-newsletter. You can sign up for it at: <http://cmckenna.liberal.ca/email-updates/>.

Keep in Touch with Us

We want to hear what issues are important to you, so please feel free to get in touch with our office at 613-946-8682 or Catherine.McKenna@parl.gc.ca. Don't forget to follow us on Facebook at McKenna Ottawa and Twitter @CMcKennaOttawa.

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