

Momos Coming to Main Street; Family prepares to live - and work – in OOE

BY JOE PARASKEVAS



Andrew Lay and his wife, Sula, and their three sons, aged three, six and nine, stand in front of the site of their new restaurant, Sula Wok, expected to open this summer on Main Street. The family plans to live above the restaurant.

PHOTO CREDIT: JOE PARASKEVAS

The day Andrew Lay met Su Xinhui, the woman who would become his wife, she pulled him vigorously off the street in the south China city of Yangshuo, into her restaurant to get him to buy something to eat. It was a manoeuvre typical of the fiercely competitive restaurant owners who catered to tourists in China.

The lanky Canadian backpacker, hungry and cold, didn't put up much of a struggle.

"Normally I might not be swayed, but she was very pretty," Lay chuckled recently remembering the encounter, as Xinhui, who goes by the name of Sula, nodded. "It wasn't like I was fighting."

The food business would always be the backdrop to their relationship.

Now, Lay and Sula's latest venture has landed them - and their three young

children - in the middle of the dramatic changes that are transforming the heart of Old Ottawa East.

But the couple promises they won't tug any customer through the door of their new Main Street restaurant, Sula Wok, expected to open this summer. Instead, they plan to take a gentler – even charitable - approach to feeding people.

It was a decade ago. Lay, now 46 but then in his mid-thirties, had left Ottawa to roam through China, teach a little English and try to figure out what he wanted to do next in his life.

He had grown up in Alta Vista and, until then, known two things: travel and food. Since 1984, he had run a food cart at the corner of Bank and Sparks streets downtown: first selling lemonade, then branching out to hot dogs and gourmet sausages.

Lay had developed a growing reputation. His Sunny Days food cart was a bit of a local institution.

He had also traveled widely: to India and south Asia and on a motorcycle through Central America. The visit to China proved exceptional. It began, of course, with the chance meeting with the enterprising young woman at the door of her restaurant called the Yak Cafe.

Sula was actually tough enough to hold down two stores - she also had a small jewelry shop - in the busy tourist section of Yangshuo. She became Lay's wife and business partner. In turn, he learned to like aspects of life in her country.

He particularly enjoyed the manner in which many stores in China were built: with residences above main-floor

Elgin and Hawthorne: You Could Be Next!

City considers turning portions into complete streets

BY ROBB BARNES

Elgin Street and Hawthorne Avenue will soon become friendlier to cyclists and pedestrians, City of Ottawa officials told people at a public consultation last month.

The consultation unveiled plans for Elgin Street south of Lisgar Street, and Hawthorne Avenue between Isabella and Main streets. Both Elgin and Hawthorne will be renewed as part of the city's ongoing maintenance schedule for all city streets.

Through the renewal process, Elgin and Hawthorne could become 'complete streets' – a format used in Main Street reconstruction to make the roadway easier to use for a wider range of pedestrians, cyclists and motorists.

Ottawa streets were once seen through a single, car-focused lens. They were strictly a means to get drivers from one point to another as quickly as possible. A few years ago, City Hall decided to start thinking about streets as something more.

City engineers now also ask how a street will be used by pedestrians, cyclists and transit users. They think about streets as a place – for gathering, walking, shopping – rather than just a way to get somewhere else.

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A Bird-en Worth Having? Creepy or Majestic? The jury on crows is still out in Old Ottawa East

BY LESLIE ANNE MICHELSON

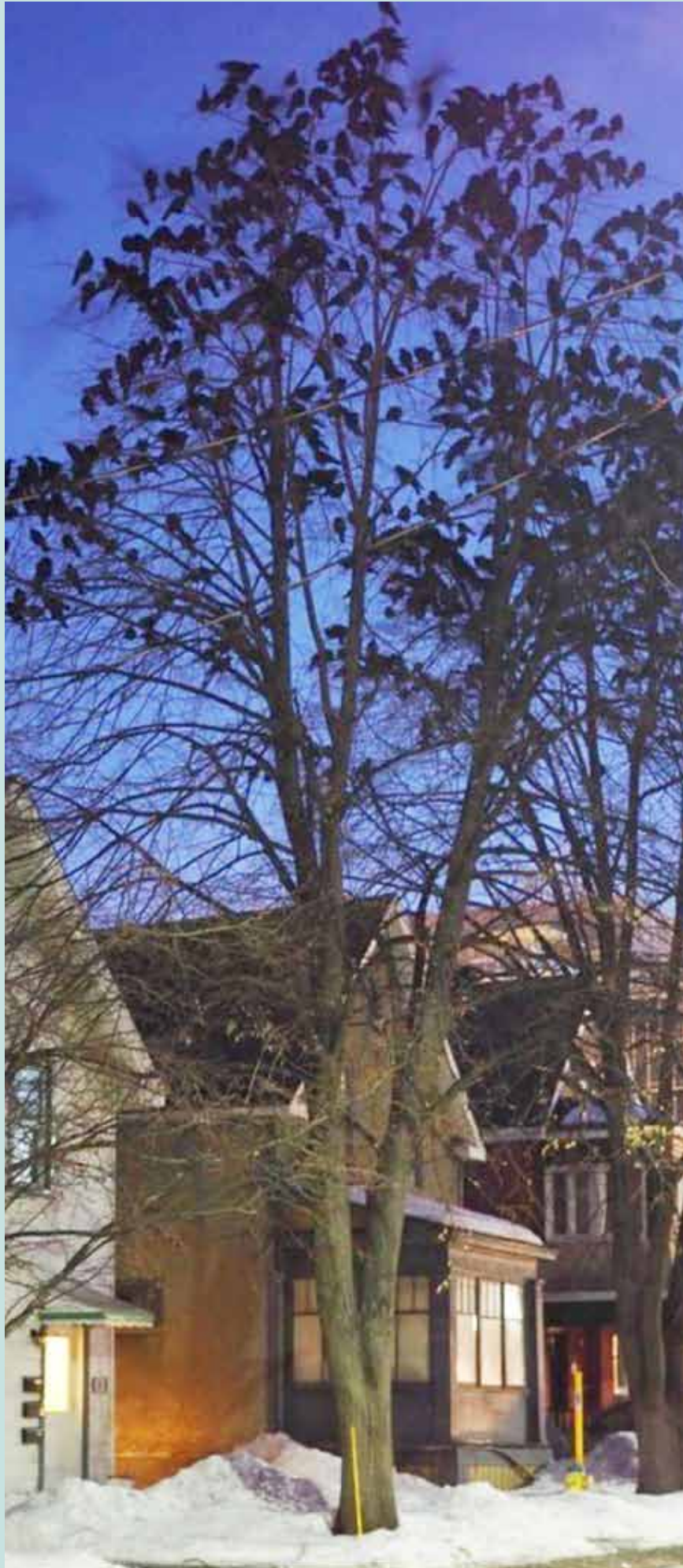


PHOTO CREDIT: JOEL KARWATSKY

Crows by the hundreds turned streets in Old Ottawa East this winter into sets for some Hitchcockian thriller.

Old Ottawa East residents are baffled by thousands of crows that have descended on the city - and the neighbourhood - this winter. The birds have left the community divided: either impressed or unnerved by their numbers and behaviour.

For longtime residents George and Michelle Vandewaetere, the crows are a welcome addition to the neighbourhood.

The couple have watched all winter as the birds gathered in astonishing numbers in Springhurst Park behind their house. Roosts which provide crows warmth and safety from large predators such as long-horned owls left the couple in awe.

“In our 45 years of living of living here, we have never seen anything quite like it,” they said.

In contrast to the Vandewaeteres’ fascination, other residents are quite spooked by the fearfully majestic birds.

Katrina Petryk recalled early December when, “thousands of crows gathered by Greenfield Avenue, standing still in the snow, all eerily facing the same direction.”

The strange phenomenon occurring all over Ottawa is what bird and wildlife experts characterize as communal roosting. Although a recent occurrence in OOE, large communal roosts which can involve hundreds if not millions of birds, have been well documented all over North America for close to a century.

Thanks to Hollywood and horror stories, crows are often given a bad rap. The highly intelligent birds travel upwards of 40 kilometers every morning in search of food and return at night to the same roost.

Michael Runtz, a bird expert and professor in ornithology at Carleton University urged people to look past the crows’ reputation and embrace their presence.

“In a time when many bird populations are diminishing, I think it’s important to take advantage of their presence,” Runtz said. “It is quite wonderful to see birds in these numbers gathering and thriving.”

For people looking to catch a glimpse of the birds, they have been most recently reported in Centretown around 4-5 p.m.

Main Street Retail Emerges From the Dust

BY RON ROSE

When residents first learned that Main Street would be under construction for two years, one of their concerns was the potential impact the work would have on businesses along the street.

Store owners themselves were worried. With traffic reduced to only one way southbound, the temporary removal of parking and general construction chaos, many thought clients wouldn’t go to the trouble of figuring out detours and finding a place to park. They would simply take their business elsewhere.

Some businesses closed, due in part to construction and parking problems. Others saw an almost total drop in visits from passing motorists.

However, now that traffic has almost returned to normal, it appears that most stores have survived.

Their success was a combination of proactive measures, cooperation of city staff and customer loyalty.

Once they knew how bad construction would get, the more successful businesses quickly made sure their regular clients knew they were still open for business. They updated them on detours and the best routes to take. They used e-mail and social media and posted welcoming signs in their windows.

Many posted regular traffic updates on their websites. Staff took extra time with phone enquiries, assuring callers their store was open, providing advice on how to get to the store and where to park once they arrived.

Store owners also reported that city staff and contractors were extremely helpful during the two construction seasons. The city posted signs at key gateways to the community advising motorists that Main Street stores were open for business. Members of the business community participated in the four public open houses and 21

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Remembrance of things past; life was a challenge for Main Street business owners during construction. PHOTO CREDIT: RON ROSE

meetings of the Main Street Working Group. They also benefited from eight meetings the city organized specifically with the business community.

The city designated one person to act as a community liaison. That person was always available to address questions or concerns raised by residents and store owners. The city published 36 bi-weekly construction newsletters, highlighting imminent activities.

Most store owners also credited customer loyalty for their survival. One said her clients were, “crazy faithful”. They made special arrangements to come to the store at a different time or on a different day. All of her regular clients have come back since the street reopened.

“I have the best clients ever,” she said.

All store owners went out of their way to thank clients when they did show up. One even hugged a customer who had had a particularly difficult time getting to the store.

While results were mixed along the street, the stores near the Main-Hazel intersection seemed to have emerged in good shape. One reason was location. Being close to Hazel Street, which was always open, allowed constant access to businesses both north and south of the intersection.

Another reason was the possibility of hassle-free parking in the lot beside 202 Main St. Stores at this location were also more established than others. They had a solid client base.

Main Street stores are starting to see an increase in business since the street reopened to two-way traffic late last year. Owners are optimistic that the new improved street will lead to a better customer experience. They are looking forward to the future with confidence.

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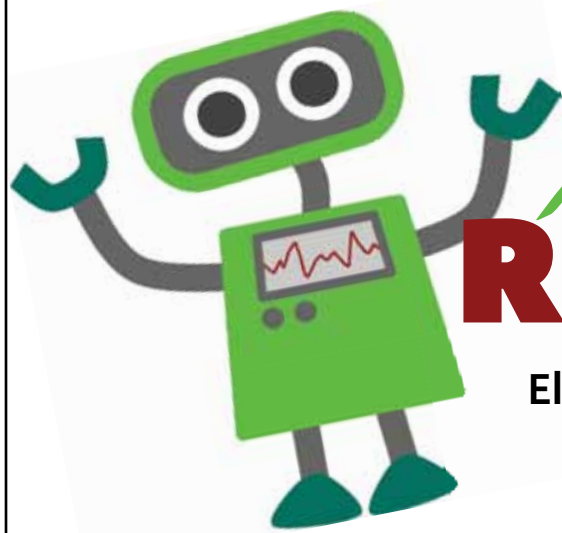
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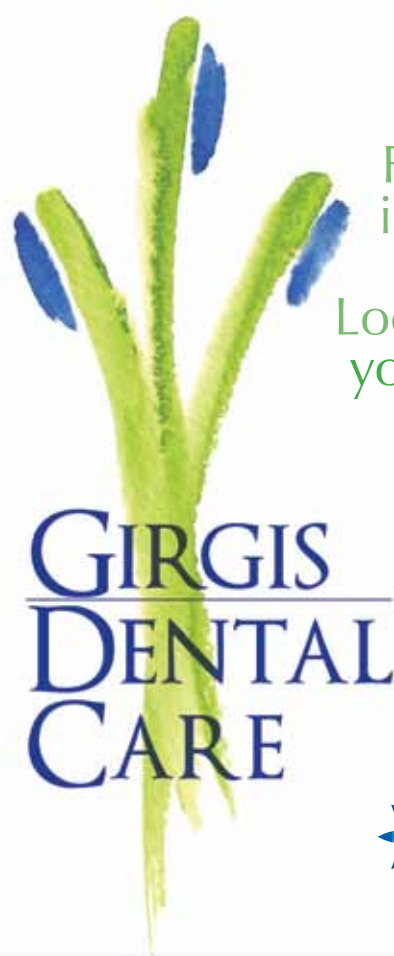
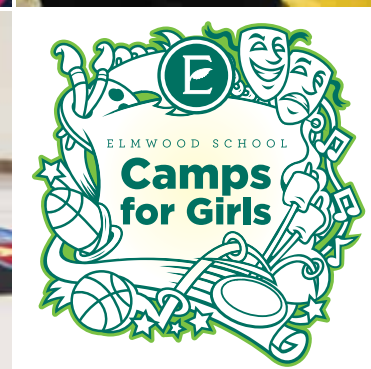
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FROM THE EDITOR

THINK OF THIS EDITION OF THE MAINSTREETER AS THE ANTIDOTE FOR THE FIRST WEEKS OF THE TRUMP PRESIDENCY.

We try to be what Trump is not: graceful, worldly, forward-thinking, wise. There is plenty in these pages to prove that: an entertaining story about new residents setting up a new business, an informative piece about how old residents and businesses weathered Main Street reconstruction.

Mesmerized by the past, Trump calls for the building of the Keystone XL Pipeline. With our eyes on the future, the Streeter writes about the new Rideau River Western Pathway and plans that would make Hawthorne Avenue friendlier.

Trump upends stability and sureness. The Streeter shows change needn't disrupt the status quo as much as improve it.

Trump sees people in trouble and gloats. We see people struggle and sympathize. He builds walls. We build understanding. His anti-immigration policy is vulgar. We go in search of new voices. The more cultures we contact, we say, the better.

I know some of you may wonder why I would make such a stretch. To draw a link between a community newspaper in Old Ottawa East and the 45th president of the United States seems far-fetched and foolish. To which I say: oh, really?

You see, reading, in these times when ignorance appears to have overtaken knowledge, is like medicine. When brutality, perversion, insularity and fear dominate, those of us who long for literacy, progress, high-mindedness and courage, look for reassurance. In its own infinitesimally small way, the Mainstreeter wants to provide that. We will entertain and educate you as best we can. It is our way of telling you: everything is going to be OK.

That loathsome man, his unwitting, ignorant helpers and the dull millions who voted for him won't drive the rest of us into darkness. America's credibility may collapse. This little newspaper's will remain rock solid.

QUE CE NUMÉRO DU MAINSTREETER VOUS SERVE D'ANTIDOTE AUX PREMIÈRES SEMAINES DE LA PRÉSIDENTIE DE TRUMP.



PHOTO BY NANCY MCL IMAGES

Joe Paraskevas, Mainstreeter Editor.

Nous essayons d'être ce que Trump n'est pas : gracieux, ouverts sur le monde, tournés vers l'avenir, avertis. Ces pages sont pleines d'exemples de cette attitude : un reportage divertissant sur de nouveaux résidents démarrant une entreprise, un article informatif racontant comment les résidents et les commerces de longue date ont surmonté la reconstruction de la rue Main.

Obsédé par le passé, Trump demande la construction de l'oléoduc Keystone XL. Les yeux rivés vers l'avenir, le Streeter publie des articles portant sur le Sentier de l'ouest de la rivière Rideau et sur les projets qui feraient de l'avenue Hawthorne une rue plus conviviale.

Trump renverse la stabilité et la sécurité. Le Streeter démontre que le changement peut améliorer l'ordre établi plutôt que de le renverser.

Trump voit des gens qui souffrent et s'en réjouit. Nous voyons la souffrance d'autrui et compatissons. Il bâtit des murs. Nous bâtissons la compréhension. Sa politique d'antiimmigration est vulgaire. Nous allons à la rencontre de nouvelles voix. Pour nous, plus nous communiquons avec différentes cultures, mieux c'est.

Certains d'entre vous vont se demander pourquoi je fais un lien si ténu. Faire une comparaison entre un journal communautaire du Vieil Ottawa-Est et le 45e président des États-Unis semble exagéré et inutile. Ce à quoi je réponds : vraiment?

Lire, par cette époque où l'ignorance semble primer sur la connaissance, agit comme un médicament. Quand la brutalité, la perversion, l'insularité et la peur dominant, ceux d'entre nous qui ont soif de littérature, de progrès, de noblesse d'esprit et de courage, cherchons à être rassurés. À sa façon, aussi minime soit-elle, le Mainstreeter cherche à rassurer. Nous vous divertirons et vous éduquerons au meilleur de nos capacités. C'est notre façon de vous dire que tout va bien aller.

Cet homme détestable, ses aides ignares et les millions de citoyens ternes qui ont voté pour lui ne pourront nous entraîner dans les ténèbres. La crédibilité des États-Unis pourrait s'affaïsser. Ce petit journal demeurera inébranlable.

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www.Mainstreeter.ca

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Main Street Re-opens, Readers Speak Out

When traffic began circulating again in Old Ottawa East, we asked some of our far-flung correspondents to weigh in on the new Main Street. The O'Reillys of Harvey Street actually gathered comments from several neighbours.

It would be good if they could finish the job and renovate the north end of Main Street. Are there plans to do so? The sidewalks up our end are woefully inadequate - all cracked and narrow! It would be good if The Emporium - Canadiana furniture - could be honoured by having the sidewalks and streetscape improved. It's a small business of almost 40 years duration. It's a valuable part of both Main Street and the entire city of Ottawa.

I am generally happy with the work, but I have two questions:

- 1) Will the bike paths receive winter maintenance, once the construction is over?
- 2) When will Main Street north of the 417 be reconstructed?

Overall, we are very impressed with the Main Street reno. It's a great improvement, with the designated bike and walking lanes and the green painted road-markings. But is it actually finished? What about the gaping holes around the newly planted trees? The brickwork is falling into the holes. We notice the broken bollards where drivers racing southward on Main keep crashing into them. Now they are all broken. We fear an accident one day with people racing down the street to work in the morning, then noticing (at

the last minute) the street swerving left and darting out in front of other drivers. Daily, angry honking ensues! Slow down, mes amis!!

Also we worry about the trees. Is there an irrigation system in place? There seems to be a deep drop between sidewalk level and tree-ball level. Hoping that these trees will be maintained, and not just left to languish and die as so often happens with city-planted trees. Looking forward to seeing the big artwork in front of St. Paul U. We really like the benches. They look like nice ones. There could be more public garbage receptacles is the only thing. But overall: a great job and a great improvement. Well done, guys!

J. and S. O'Reilly (Harvey Street)

Before the snow buried the new sidewalks, they looked fantastic. The benches are the best street benches I think I have seen. With all the extra sidewalk space in front of the Green Door, I hope the shops there get sidewalk tables ASAP. Shade is an issue in the summer however. Perhaps umbrellas will look after that but we can hope for the little trees to chip in. The whole big investment makes me think it would be a good place to sit and people watch, but not yet.

The balance of its greatness will depend on making it people-friendly. It will need more than the Green Door and the other fine shops already there. It will depend on the shops, restaurants and whatever else is there to draw people to be Down on Main Street (Bob Seger).

So, while there is snow, all the extra effort is of little value. In fact, it kind of bothers me that in some spots they have been doing the extra snow-clearing. That while the bike route closed signs are up. I thought two feet of snow on the bike route would be self-explanatory like all their fancy-pants symbols they have painted at every corner.

The only thing that has bugged me is the extra sits in traffic. It does not work well around Hazel, which tends to back things up. That turning lane that I think will be valuable when the new development is in has caused anxiety with drivers. I think (the city is) on the right track ending the left lane from Lees with a temporary island. However I think the turning lane into the neighbourhood needs to be longer. (Perhaps I should have been a traffic planner.) As with everything the city does, patience is a blessing.

The only other worry I might have is what bikers feel entitled to do along the bike routes. That could affect the friendliness of the sidewalks in the

summer. (I am wondering about kids and absent-minded adults in front of fast-moving bikes.) But that remains to be seen.

We're a short way into the project so we'll see how it works out. I hope those wide sidewalks are like a dream catcher. The dream is a place where people in the neighbourhood walk out to see other people in person. Then we can call it 'social' infrastructure!

Jamie Brougham (Letchworth Street)

We sent reader questions to the city. Josee Vallee, the senior engineer of infrastructure projects, who has led the way on Main Street reconstruction, replied.

1. Will the bike paths receive winter maintenance, once the construction is over?

ANSWER: The cycle tracks north of Clegg Street are presently winter maintained and the cycle tracks south of Clegg Street will be winter maintained once construction is over.

2. When will Main Street north of the 417 be reconstructed?

ANSWER: A functional plan is presently being prepared for Main Street from Harvey Street to Echo Drive, Hawthorne

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MAINSTREETER • 2017 Production Schedule

Date for submission of articles/ads	Print date	Completion of Distribution
#1 January 11, 2017 *CAG spring flyer	February 8, 2017	March 1, 2017
#2 March 8, 2017	April 5, 2017	April 28, 2017
#3 April 26, 2017 *Main Event promo	May 17, 2017	June 9, 2017
#4 July 12, 2016 *CAG fall flyer	August 2, 2016	August 25, 2017
#5 September 6, 2017 *AGM/Thanksgiving	September 27, 2017	October 20, 2017
#6 October 25, 2017 *CAG winter flyer/ Christmas	November 15, 2017	December 8, 2017

Avenue from Colonel By Drive to Main Street, Greenfield Avenue from Main Street to King Edward Avenue and Colonel By Drive/Echo Drive from Hawthorne Avenue to Graham Avenue. Detail Design will begin late 2017 or early 2018 once the functional plan is developed and a design consultant is retained.

Construction could start as early as 2019, depending on the phasing developed during detailed design but may get pushed later due to various factors. The construction schedule is dependent on utility work, combined sewer separation phasing, coordination with other local projects with respect to traffic impacts and funding. Definitive timing of construction is unlikely to be available until late 2018 or early 2019 in the detailed design phase.

3. What about the gaping holes around the newly planted trees? The brickwork is falling into the holes.

ANSWER: The settled pavers will be repaired in the spring. Any safety concerns will be addressed immediately.

4. We noticed the broken bollards where drivers racing southward on Main keep crashing into

them. Now they are all broken. Will they be repaired?

ANSWER: Three bollards are presently damaged. All damaged bollards will be replaced or repaired in the spring.

5. Also we worry about the trees. Is there an irrigation system in place?

ANSWER: All the street trees north of Clegg located between the cycle track and the sidewalk are planted in Silva Cells. A Silva Cell is a modular building block used to contain healthy soil beneath a hard surface like a cycle track and a sidewalk. The Silva Cells support the cycle track and sidewalk loads and are filled with high-quality, uncompacted soil to grow trees. The system includes irrigation pipes to aid in watering of trees and the trees will be watered regularly.

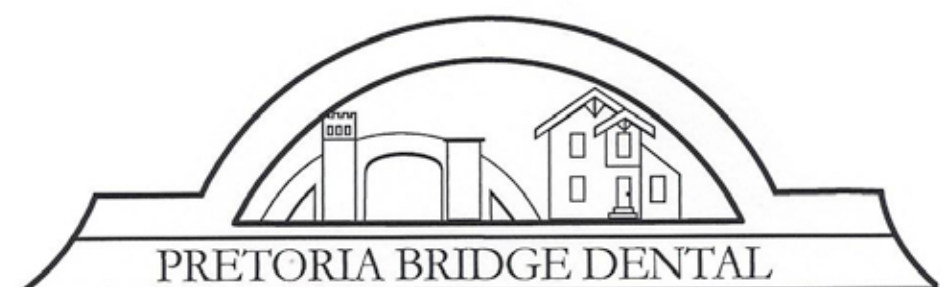
6. There could be more public garbage receptacles. Are there more coming?

ANSWER: A total of seven recycling units will be installed this spring (between Hawthorne Avenue and Clegg Street). Each recycling unit will have three receptacles – bottles and cans, trash and paper.

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To Be Blessed: A Great Responsibility

BY REVEREND RHONDA WATERS

#BLESSED. The word has slid from religious use to a general sense of lucky or fortunate, tossed around with wild abandon when people feel happy or appreciative. It's undoubtedly a good thing to notice when you are happy or appreciative. Anything that helps protect us from becoming overly negative and demanding is a good thing. But 'blessed' is a bigger idea than that.

To be blessed is not about being fortunate. People with very little can also be very blessed. (Jesus actually says: "Blessed are the poor.") People who are profoundly unlucky can be profoundly blessed. ("Blessed are those who mourn.") So, what does 'blessed' mean?

Like many words that come to us through ancient languages and long histories, the word 'blessed' points to a number of complicated ideas. To be blessed is to be the recipient of God's favour, of God's particular care and attention. It is not revealed through one's material well-being, no matter what some salespeople might like us to believe.

It's bigger than that. To be blessed is to be made a source of God's favour for others. This is why the church blesses things like boats, homes and bicycles. We are asking God to make those tools a source of enrichment in people's lives, to ensure they fulfill their purposes of transportation and security and fun. We bless babies and marriages and people because we want them to be under God's care and because we want them to be a source of joy and love, revealing God's presence to the world around them.

So, the next time you find yourself feeling #blessed, look around you. Someone, somewhere, needs you to be a blessing in their lives. Being blessed isn't good luck. It's a great responsibility.

On Sunday, Feb. 5, Church of the Ascension was to hold a Blessing of the Skates. Check our website (www.churchoftheascension.ca) or Facebook page for details of events as they come available.

Rhonda Waters is the rector at Church of the Ascension.

Rededication of the Brantwood Place Heritage Gates

On behalf of Royal Canadian Legion Branch 595 I would like to extend to you, an invitation to attend the rededication of the Brantwood Place gates. In recognition of the importance of the gates to the Brantwood Place community, Old Ottawa East, the city and the many soldiers of Ottawa East who gave their lives, RCL Branch 595 will conduct a rededication ceremony.

The ceremony will take place Saturday, May 13 at 11 a.m. in front of the gates at Beckwith Road and Main Street.

Both a war memorial and a heritage site, the gates have undergone extensive reconstruction and are now complete. They also serve as the site for the annual Remembrance Day service that Branch 595 has led for a number of years.

History

The gates were constructed in 1912 as an entrance to the then proposed exclusive Brantwood Place Community. After 35 years, the gates were found to be structurally unstable.

They were to be demolished in 1947. Intervention by the Brantwood Place community saved the structures. In 1949, the city declared the gates a war memorial which allowed them to be preserved and to prevent any future demolition. Plaques were added as a memorial to those who lost their lives in the two world wars.

Further recognition of the gates came in 1979. The province recognized them as an Ontario Heritage Site.

Degradation of the gates continued over the years. The city, as part of the Main Street Renewal project of 2016, reconstructed the gates and the original plaques honoring those who gave their lives, to preserve their heritage status.

MARTIN (MALPH) MALTAIS

President,
Royal Canadian Legion,
Branch 595, Strathcona

Paved River Pathway Coming to OOE This Year

BY JOHN DANCE

By the end of this year, Old Ottawa East will finally have a multi-use pathway along most of its Rideau River corridor.

One of the pathway's key components – the ramp from Clegg Street into Greystone Village - just opened.

When it is completed, the new Rideau River Western Pathway will run from Brantwood Park to Sandy Hill where the already-built portion goes on to Strathcona Park and the Adawe footbridge.

In the fall, city council approved \$625,000 for the project. The federal government provided the same amount, following an announcement by Ottawa Centre MP Catherine McKenna.

The funding allows construction of a three-metre wide paved pathway, part of the city's official plan for decades. It is a key feature of the Old Ottawa East community design plan.

Over the years, the community succeeded in having the Springhurst Park segment of the pathway built when sewer repair work was done. The University of Ottawa was convinced to build another stretch on its lands along the river.

Greystone Village developer the Regional Group built and paid for the new ramp at Clegg street, a long-sought improvement that replaces a steep, muddy and dangerous footpath.

During the summer of 2017, much of the pathway through the Greystone property will be paved. The rest will be completed when construction shifts to the development's northeast quadrant.

Years of consultation have gone into the approved pathway design. While not all community members are pleased with all aspects, the changes that were made in response to public concerns improved the original plan.

The soft-surfaced Rideau River Nature Trail also runs through OOE's river corridor but it remains distinct from the Western pathway. The trail runs behind Rideau Garden Drive and through much of Brantwood Park including the massive oak-tree alley north of Brantwood Drive.

To avoid using the nature trail, cyclists using the new pathway will be encouraged to take Onslow, Elliot and Bullock streets rather than going through the southern portion of Brantwood Park.

The nature trail will form a separate walking path through the 30-metre riverfront open space of Greystone Village.

Sustainable Living Ottawa East, the organization that conceived and developed the nature trail, wanted to preserve a safe walking trail in nature-sensitive areas near the Rideau River. SLOE lobbied to have the entire pathway soft-surfaced, arguing it would be better for the environment and users.

In the end, the city decided to keep the paved pathway out of much of Brantwood Park and further south along the river, and to pave the rest so that cyclists and other users had a smooth surface for commuting.

One other contentious issue was the lighting of the pathway. SLOE was concerned about light pollution and the impact of pathway lighting on wildlife. The city wanted lighting for the safety of users.

Continued on page 9

PAVED RIVER PATHWAY COMING TO OOE THIS YEAR; *cont. from page 8*



PHOTO CREDIT: JOHN DANCE

Ann Langmuir and Dave White walk their dog down the new multi-use pathway at Clegg.

In the end, the city agreed to install 3000K LED lights that emit yellower light than other sources. It said they were, “the best choice from a natural systems perspective.”

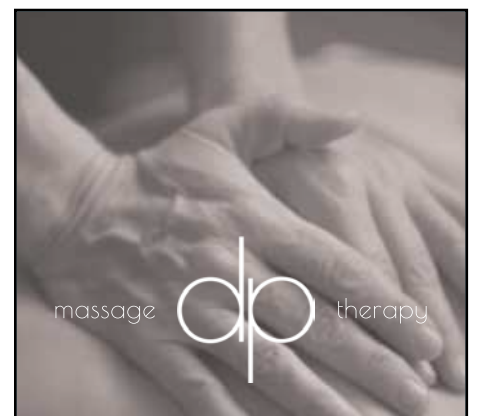
MID-TOWN FOOTBRIDGE UPDATE

All is rosy on the Clegg Street-Fifth Avenue footbridge front: the detailed design is nearing completion, funding has been approved and construction is scheduled to begin this year.

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ASK RAINBOW

How do I prepare my four- year-old for kindergarten?

Do you have questions about your toddler's development? Rainbow Kidschool can help. Send us your questions via Facebook at www.facebook.com/rainbowkidschool. Learn more about us at www.rainbowkidschool.ca.
PHOTO CREDIT: ROXEANNE MARBERL



Starting school in September can be a scary time for some children. As parents, we want to ensure we provide our children with the right tools to assist them with this transition.

It can be tough for preschoolers, especially those at home with their families or caregivers, to go into a large classroom with teachers and a group of peers they don't know.

One of the easiest ways to help with the transition is for your child to attend a preschool program close to the elementary school your child will attend. Often they meet others in the preschool program who will go to the same school.

That will provide your child with a few friendly faces they will recognize on those first days of kindergarten.

A preschool program gives children their first introduction to a classroom setting with smaller group ratios: one adult to eight children. As well, your child will get into the routine of going to school on a regular basis without their parents/caregivers staying with them. Many preschool programs will offer flexibility and allow you to choose two, three or five days a week depending on your family's needs.

Other important things you can do to prepare your child for kindergarten is

to take him or her to drop-in playgroups or children's programs at local libraries. These programs require parents/caregivers to remain with their children during the program. So, sit back and try to give your child the opportunity to explore and play on their own. This can help make separation in September easier.

Take advantage of any open houses your child's new school may offer. Take your child to these. The more exposure they get to their new school, the more familiar they will be with it when they start in September. You can take walks to the school during the end of the school

year and in the summer to let your child become familiar with the area.

Kindergarten programs are a full day for children. They will have to take a lunch. For many children, this is a new experience. Let your child take their lunch bag and have picnics in the back yard or at the park, where they can get used to opening and closing all the containers. This will help make them more comfortable during snacks and lunch times. Anything you do with your child will help them, even something as simple and fun as back to school shopping.

Send questions about your toddler's development to the educators at Rainbow Kidschool. Rainbow (Carleton Preschool) has been a community leader in child development and preschool since 1967. Rainbow also offers an after-school program for kindergarten and school-aged children. Submit your question via our Facebook page: www.facebook.com/rainbowkidschool. For more information about us, visit www.rainbowkidschool.ca



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COMING BACK TO MAIN STREET!

The 2016 season may have just ended, but we're already getting excited for our return to Old Ottawa East in 2017. Opening day is May 6 – mark your calendars!

The Main Farmers' Market – Saturdays from May to October

210 Main Street
Beside Singing Pebble Books



More than 30 vendors
Plus music, crafts, face painting
for the kids, and more!

Check our website for next year's vendor list and details: www.mainfarmersmarket.org



HOSERS VICTORIOUS:

The Old Ottawa East Hosers triumphed in the 10th annual Councillor's Cup Jan. 28, emblematic of shinny supremacy in the centre of the nation's capital. In the final game, the Hosers crushed their arch enemies, the Moose of Old Ottawa South, by a score of 8-4 after spotting the Moose a 3-0 lead in the first four minutes. The Hosers have now won the Cup five times, once more than the Moose. The Glebe has won once. Victory continues to elude Heron Park. This year, the Hosers had perfect balance and skill, born of countless hours at Brantwood Park rink. The team's women's contingent was notably strong, highlighted by veteran Natalie Saunders, playing just two months after having her first child, and rookie Kenzie Tobin. Team members are: Front Row, from left, Natalie Saunders, Sue Redding, Mike Souillière, Kenzie Tobin; Back Row, Cindy Coutemanche, Jacob Bays, Nick Workun, Nathaniel Sneyd-Dewar and Ian White. PHOTO: JOHN DANCE



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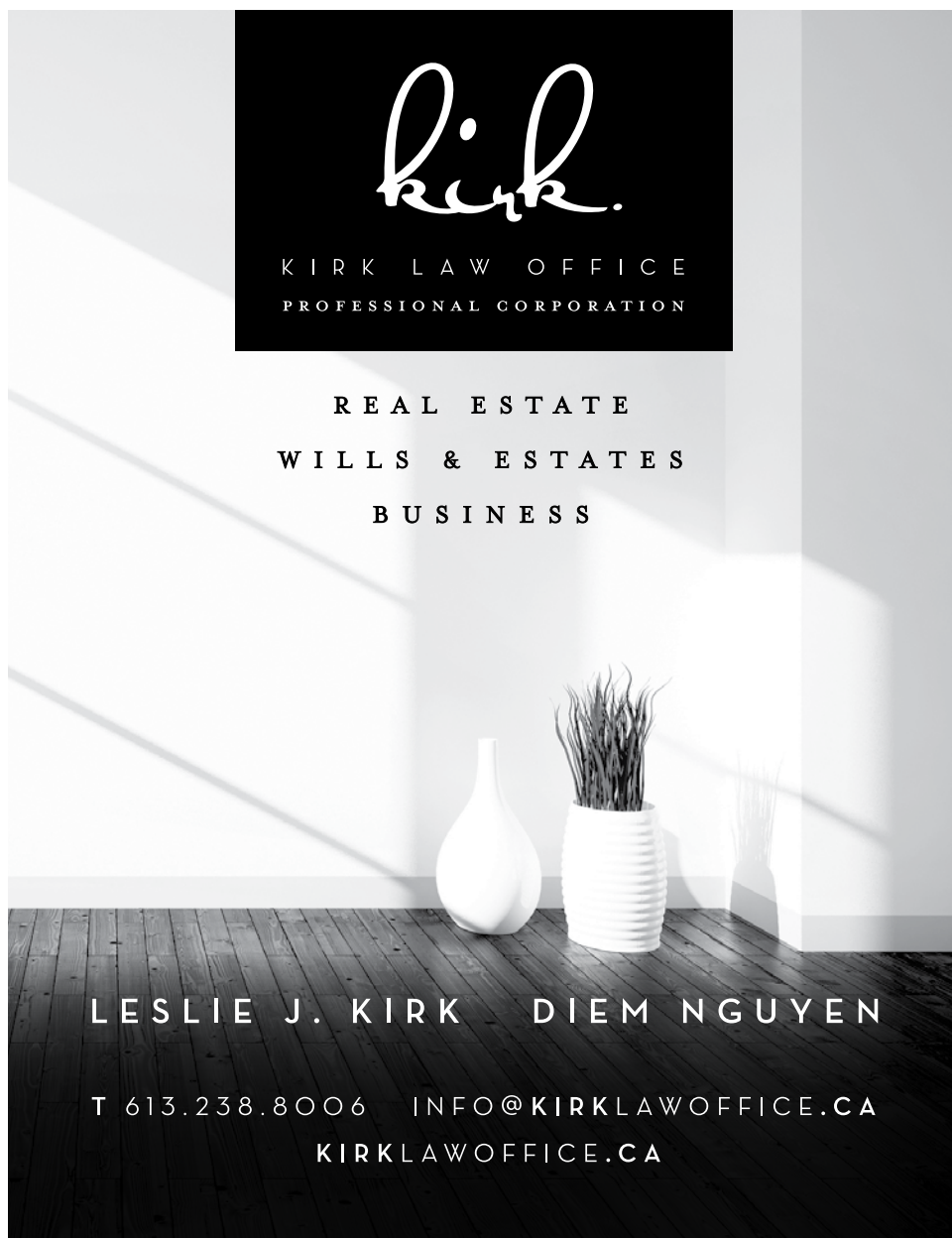
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Community Activities Group of Old Ottawa East (CAG)

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

www.OttawaEastCAG.ca



**Spring -
Summer 2017
Program Guide**

**Registration
opens Tuesday,
March 7 at
9:00 p.m.**

info@OttawaEastCAG.ca

Old Town Hall 61 Main Street 613-627-0062 Wednesdays 2:00 – 9:00 p.m.
Brantwood Park field house 39 Onslow Crescent 613-230-0076



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

Preschool

For children with parents/guardians unless otherwise stated

Community Playgroup (0 – 5 years)

Old Town Hall, 61 Main
April 5 – June 21
Wednesday 9:30 – 11:30 a.m.
\$44 first child, siblings \$29
April 7 – June 23,
no program April 14
Friday 9:30 – 11:30 a.m.
\$41 first child, siblings \$26

Cooperative Playgroup (0 – 3 years)

Brantwood Park fieldhouse,
39 Onslow
April 4 – June 13
Tuesday 9:30 – 11:30 a.m.
\$25 per child

Parent Time

Old Town Hall, 61 Main
April 11 – June 20
Tuesday, 10:30 a.m. – noon
FREE
Pre-registration required.

“Splash and Play” (0 – 5 years) - **NEW**

A coordinate playgroup with
toys, games, crafts and water
play!
Old Town Hall, 61 Main
July 5 – August 16
Wednesday 9:30 – 11:30 a.m.
July 7 – August 18
Friday 9:30 – 11:30 a.m.
\$26 first child, siblings \$11

Peekaboo/CouCou (0 – 3 years)

Brantwood Park fieldhouse,
39 Onslow
May 4 – June 8
Thursday 9:30 – 11:30 a.m.
\$23 first child, siblings \$8
Pavillon du Parc Brantwood,
39 Onslow
4 mai – 8 juin
Jeudi 9h30 à 11h30
\$23 premier enfant, frère-
soeur \$8

Hush-a-Bye Babies® (1 – 12 months)

Old Town Hall, 61 Main
March 9 – April 27
Thursday 1:00 – 2:30 p.m.
\$108
May 11 – June 22
Thursday 1:00 – 2:30 p.m.
\$96

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

Old Town Hall, 61 Main
April 5 – May 10 OR;
May 17 – June 21
Wednesday 1:30 – 2:30 p.m.
\$90 per adult

Music Together (0 – 4 years)

Old Town Hall, 61 Main
April 8 – June 24,
no program April 15, May 20
Saturday 9:30 – 10:15 a.m.
\$160 including materials,
siblings \$85
Siblings under 9 months of
age are free

School age

Drop-off programs unless
otherwise stated

Adoption Potluck & Play (5 – 12 years)

Brantwood Park fieldhouse,
39 Onslow
April 23, May 28 & June 11
Sunday 4:30 p.m. – 6:30 p.m.
\$19 per child with family

Soccer in the Park (3 – 9 years)

Brantwood Park, 39 Onslow
May 6 – June 10
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
June 22 – July 20
Thursday 6:00 – 7:00 p.m.
(3 – 6 years)
\$38
Parent or supervising adult
required to stay in the park.

Youth Sports (7 – 12 years)

Lady Evelyn School gym, 63
Evelyn
April 20 – May 18,
no program May 5
Thursdays 6:00 – 7:30 p.m.
FREE
Pre-registration required

SUMMER Camp 2017

Online registration for summer camp is open now. All
camps are drop off, children must be independent in the
bathroom.

New this year, **our camp days have been extended to
5:30 p.m.**

Kinder Camp (4 – 6 years)

Brantwood Park fieldhouse, 39 Onslow
August 8 – 11 (4 days)
Tuesday – Friday
9:00 a.m. – noon, \$80

Jump Start Summer (5 – 10 years) - **NEW**

Old Town Hall, 61 Main
June 26 – 30 (5 days)
Monday – Friday
8:30 a.m. – 5:30 p.m., \$190

Camp Brantwood (4 – 8 years)

Brantwood Park fieldhouse, 39 Onslow
July 31 – August 4 (5 days)
Monday – Friday
8:30 a.m. – 5:30 p.m., \$190
August 21 – 25, (5 days)
Monday – Friday
8:30 a.m. – 5:30 p.m., \$190

Nature & Art Camp (5 – 10 years) - **NEW**

Brantwood Park fieldhouse, 39 Onslow
August 14 – 18, (5 days)
Monday – Friday,
8:30 a.m. – 5:30 p.m., \$190

Canoe Kids (7- 12 years)

Brantwood Park fieldhouse, 39 Onslow
July 4 – 7, (4 days)
Tuesday – Friday
8:30 – 5:30 p.m., \$230
July 10 – 14, (5 days)
Monday – Friday
8:30 – 5:30 p.m., \$285
July 17 – 21, (5 days)
Monday – Friday
8:30 – 5:30 p.m., \$285
July 24 – 28, (5 days)
Monday – Friday
8:30 – 5:30 p.m., \$285

Children must pass a swim test to participate;
see website for details



For more detailed information visit www.OttawaEastCAG.ca

MARCH break

March Break Camp (5 – 10 years)

Old Town Hall, 61 Main
March 13 – 17, (5 days)
Monday – Friday,
8:30 a.m. – 5:30 p.m.,
\$190

AFTER school

Registration for 2017-18 opens
at 9:00p.m. Tuesday, March
7. If the program is full please
add your name to the wait list.

New Ontario Ministry of
Education legislation man-
dates that as of September
1, 2017 we will no longer be
able to offer our After School
program to Junior and Se-
nior Kindergarten students.

Brantwood Park After School (Grade 1 – 6)

For children attending
Hopewell and Lamoureux
schools
Brantwood Park fieldhouse,
39 Onslow
Pick up by 5:45 p.m.
\$180/month

Old Town Hall After School (Grade 1 – 6)

For children attending Lady
Evelyn and Francojeunesse
schools
Old Town Hall, 61 Main
Pick up by 5:30 p.m.
\$180/month

PD Days (Kindergarten – Grade 6)

Brantwood Park fieldhouse,
39 Onslow Crescent
Friday June 2, OR Friday
June 9
8:30 a.m. – 5:30 p.m., \$40

*Want to book a
children's birthday
party?
Need a room for an
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*CAG has lots of
options for you!*

*See website for
birthday parties
and rentals.*

EVENTS

Brantwood BBQ & Picnic

Brantwood Park fieldhouse,
39 Onslow
May 18 – Aug 17
Thursday 5:30 – 7:00 p.m.

The Company of Fools, Torchlight Shakespeare

Midsummer Night's Dream
Brantwood Park, 39 Onslow
Thursday, August 3
7:00 p.m., pay-what-you-can



The Main Event Outdoor Movie Night

Friday, June 16, Springhurst
Park, Lees Ave
9:00 p.m. or dusk

The Main Event Community Party

Saturday, June 17, location
to be announced
10:00 a.m. – 2:00 p.m.

The Main Event Garage Sale

Saturday, June 17, throughout
Old Ottawa East
8:00 a.m. – noon

The Main Event Market Sale

Saturday, June 17, location
to be announced
10:00 a.m. – 2:00 p.m., \$25

ADULT general interest

Telling Your Truth: Memoir Writing - NEW

Every life holds many stories.
Has your life been "normal"
or wildly unconventional? No
matter which, there's bound
to be something fascinating
about it. A memoir—whether
it is one short piece about a
Christmas dinner or a whole
book about your childhood—
offers your personal truth to
others in a way that is deeply
gratifying and transformation-
al. This workshop will teach
you some basics about memoir
and the literary devices you can
use to tell your story in a clear
and compelling way. Partici-
pants in this class have creat-
ed projects that preserve their
unique stories in their own
voices for generations to come.
Instructor: Suzanne Nussey
Old Town Hall, 61 Main
April 20 – May 25
Thursday 7:30 – 9:00 p.m.
\$160

Games Time

If you like games, join your
neighbours for bridge, scrabble,
backgammon, cribbage, euchre
and more.

Old Town Hall, 61 Main
April 7 – June 23,
no program April 14
Friday 8:00 – 9:00 a.m.
\$25



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, Don Stephenson, **Past Chair**, Melanie Gilbert,
Treasurer, Lynne Byford, **Secretary**, Stacey Wowchuck
Volunteers & Events, Lisa Dunnett,
Communications, Tina Raymond

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

For more detailed information visit
www.OttawaEastCAG.ca

info@OttawaEastCAG.ca

ADULT fitness & sport

Vinyasa Flow Yoga

Old Town Hall, 61 Main
April 5 – June 21
Wednesday 7:15 – 8:45 p.m.
(Beginner/Intermediate)
Wednesday 5:30 – 7:00 p.m.
(Intermediate), \$96
July 5 – August 23,
no program July 19
Wednesday 5:45 – 7:15 p.m.
(Beginner/Intermediate)
\$56

Hatha Yoga

Old Town Hall, 61 Main
April 8 – June 24,
no program April 15, May 20
Saturday 9:15 – 10:45 a.m.
\$80

Yin Yoga

Old Town Hall, 61 Main
April 3 – June 19,
no program April 17, May 22
Monday 7:15 – 8:30 p.m.
\$80

Tai Chi Qi Gong

Old Town Hall, 61 Main
April 5 – June 21
Wednesday 1:30 – 2:30 p.m.
\$96

Better Body Boot Camp

Lady Evelyn School gym,
63 Evelyn
March 20 – April 24,
no program April 17
Monday 8:00 – 9:00 p.m.
\$60
March 22 – April 26
Wednesday 7:15 – 8:15 p.m.,
\$72



Better Body Boot Camp in the Park

Brantwood Park, 39 Onslow
May 8 – June 19,
no program May 22
Monday 7:30 – 8:30 p.m.
\$72
May 10 – June 21
Wednesday 7:30 – 8:30 p.m.
\$84

Better Body Boot Camp Strength and Core

Old Town Hall, 61 Main
March 23 – May 4
Thursday 6:15 – 7:15 p.m.,
\$84
May 11 – June 15
Thursday 6:15 – 7:15 p.m.
\$72

Strength & Tone

Old Town Hall, 61 Main
April 5 – June 21
Wednesday 8:00 – 9:00 a.m.
\$71
April 7 – June 23,
no program April 14
Friday 8:00 – 9:00 a.m.
\$65
July 12 – August 16
Wednesday 8:00 – 9:00 a.m.
\$25
July 14 – August 18
Friday 8:00 – 9:00 a.m.,
\$35

www.OttawaEastCAG.ca

Pilates

Old Town Hall, 61 Main
April 4 – June 20
Tuesday 7:15 – 8:15 p.m.
\$96
July 5 – August 9
Wednesday 7:30 – 8:30 p.m.
\$48

20-20-20 - NEW

Twenty minutes each cardio,
strength, and core & stretch.
Old Town Hall, 61 Main
April 11 – June 20
Tuesday 9:00 – 10:00 a.m.
\$65

Single Class Fitness Passes

\$18/class Better Body Boot-
camp
\$12/class for Yoga, Pilates,
Tai Chi
\$9/class for Strength & Tone
and 20-20-20

Women's Ultimate

Self-officiated games
with emphasis on spir-
it and physical activity.
Springhurst Park
May 18 – August 24
Thursdays 7:00 – 9:00 p.m.,
\$78

For more detailed information visit

Online registration opens
9:00 p.m. Tuesday, March 7 at
www.OttawaEastCAG.ca, with
Visa or MasterCard.

In-person registration opens
2:00 p.m. at the Old Town Hall
on Wednesday, March 8, pay-
ment is by personal cheque
only.

Programs are advertised in the
language in which they will be
presented/ Les programmes se-
ront 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
such that we run all outdoor
programs rain or shine unless
otherwise stated in the program
description; programs will be
cancelled in the event of lighten-
ing or thunderstorm at the time
of the program.

COMMUNITY Partners



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The Glebe Branch @ Lansdowne Park
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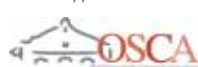
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MOMOS COMING TO MAIN STREET; cont. from page 1



Andrew Lay and his wife, Sula, lived above the Yak cafe, the restaurant she owned in China.

PHOTO CREDIT:
FAMILY SUPPLIED PHOTO



WE SHOPPED TIL WE DROPPED
FABULOUS FEBRUARY AT 3 TREES
WE PAY THE TAX
BARGAIN BASEMENT OPEN
LIKE US ON FACEBOOK AT 3 TREES
LIKE US ON INSTAGRAM AT 3TREESSHOP
LOVE US IN PERSON AT 202 MAIN

businesses. It was an attractive way of running one's professional life while keeping family close by, Lay thought.

"The communal feeling, there was something very attractive about living in that environment," Lay said. "That's what we wanted to do (in Ottawa)."

By 2008, the couple came back to Canada. Lay had sold almost everything he owned to be able to travel. But he hadn't given up his Sunny Days food cart. For him, the return was relatively easy. Not so much for Sula.

"In some ways people might assume that because I am married to a Canadian that the transition would be easy," she said. "Three children in the last 10 years hasn't left a lot of time to cultivate friendships."

She hopes the new restaurant can be a focal point to help her integrate more deeply into the community.

But as with many restaurant ventures, there have been high points and low.

The food carts flourished. Lay and Sula expanded their repertoire, adding what they called Asian tacos – tortillas filled with rice, salad and all sorts of Asian flavours – to their menu. They

introduced noodle and rice dishes, as well as Momo dumplings, a Tibetan delicacy, in three varieties: beef, pork and vegetarian.

Despite the construction that hampered sales at Bank and Queen, Lay and Sula opened a location at the General Hospital on Smyth and another cart that moved around the city: to the Pearson building on Sussex Drive, Tunney's Pasture, even out to Kanata.

They were also answering calls to cater events. But it was difficult to meet the demands of their growing business without a permanent place to prepare their food. The couple only had a food trailer. A restaurant would give them the licensed kitchen they required.

"We started looking for restaurant space in 2014," Lay said. "We felt confident in our product but at the same time, none of the spots made sense for us."

The family, now with three young sons (Sula was hesitant about having their names published), was living on Rosebery Avenue in The Glebe. The children were attending Lady Evelyn School and Lay and Sula were regulars at Church of the Ascension, the same church Lay had attended as a boy.

Continued on page 19

MOMOS COMING TO MAIN STREET; *cont. from page 18*



Tibetan momo dumplings are coming to Main Street at the new Sula Wok restaurant.

PHOTO CREDIT: ANDREW LAY

“I was familiar with this stretch of Main Street,” he said. “I always felt this area was so underserved.”

When the building at 184 Main, just north of Hazel Street, went up for sale in August 2015, Lay and Sula

jumped at the chance to finally open a restaurant. They came to look at the site one afternoon and within four hours they made an offer.

They liked its zoning designation, too. It allowed for both residential and

commercial uses. The dream of living in a space above their business – an arrangement that harkened back to their first days in China – seemed very close.

“It’s a perfect fit for us,” Sula said.

They took possession that November but to obtain a building permit took a year. Last summer, they bundled everyone into a one-bedroom apartment next door to the restaurant site while construction of their new home and business began. It was a lean year for everyone.

“According to our building inspector, it’s going really well,” Lay said, about construction. “According to our bank account, it’s going less well.”

“Everyone has sacrificed a lot,” Sula added, saying the children haven’t received many new toys lately.

Even their three-year-old is asking when construction will be over. Lay and Sula post photos on Sula Wok’s Facebook and Twitter accounts to show customers the progress of construction work.

Sula Wok’s opening – and perhaps the way it operates in the future – will

involve public goodwill.

Lay and Sula plan to turn to the international crowdfunding website Indiegogo to pay for some of the appliances in the restaurant. They want to raise about \$30,000.

As incentives for people to donate, they will offer gift packages. For example, a \$50 contribution would merit the donor a \$15 gift card, the right to be named on the restaurant’s web page ... and an order of momos. A \$200 donation would bring a \$100 gift card and an evening lesson of Asian cooking.

Lay, himself, is no stranger to charity. He would donate food regularly to homeless people he saw in his years running the Sunny Days food cart.

He hopes to introduce deferred purchases when Sula Wok opens. Customers will pay for their meals, but they will also be able to pay for food to be given to people who might come to the restaurant unable to pay.

“So much of that comes back to faith,” Lay said, “and the question: do you give away when you don’t have anything? It comes back to faith that we will be taken care of.”

ELGIN AND HAWTHORNE: YOU COULD BE NEXT! *cont. from page 1*

The proposed changes to Elgin and Hawthorne look like a step in the right direction. The Elgin Street of the near future could be a destination point for pedestrians and a safer street for cyclists.

The plans propose more trees, wider sidewalks, one less car lane in either direction, lower speed limits, raised intersections, more bus stops and a permanent public space connecting Jack Purcell Park with the street.

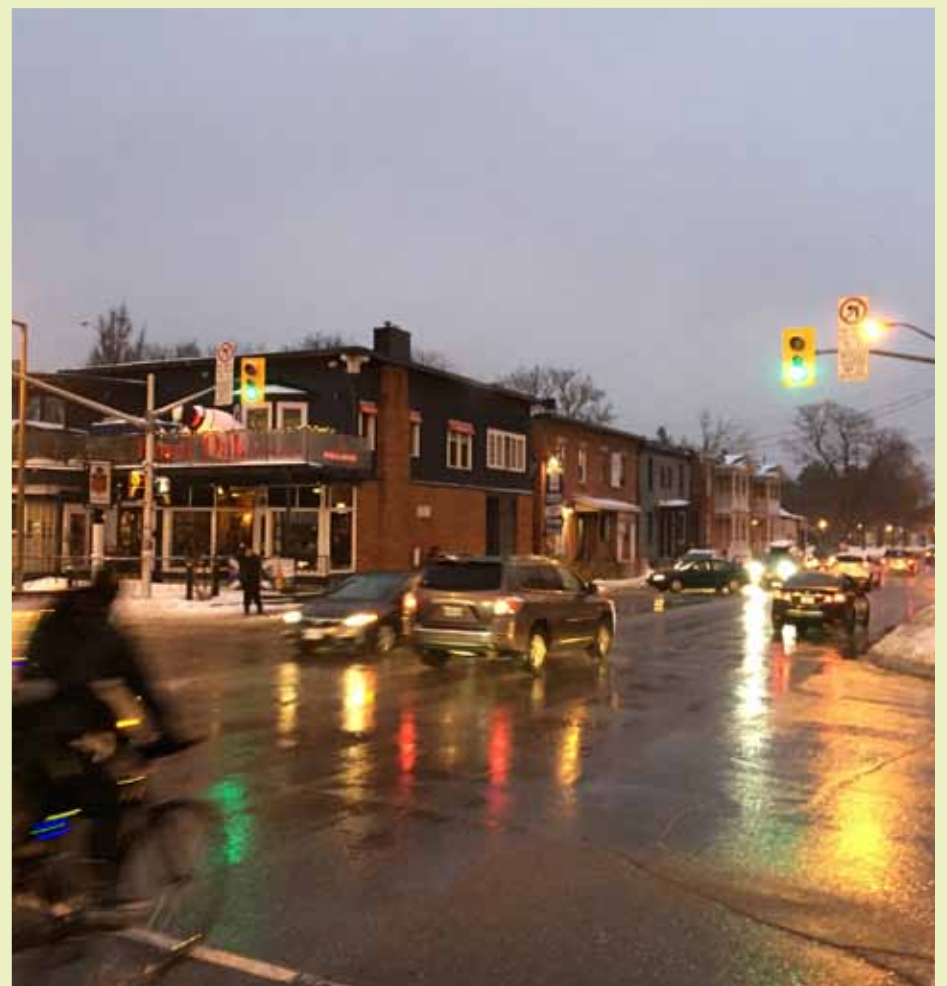
Meanwhile, Hawthorne could get wider sidewalks and a new bike lane on the north side, which will connect to the bike lane on Main Street.

The plans for the section of Hawthorne between Argyle Street and the Pretoria Bridge are less impressive. There, we won’t see a reduction in vehicle lanes or plans to address safety concerns where cars turn onto Isabella Street or Queen Elizabeth Drive. These intersections are currently high-risk for pedestrians and cyclists and confusing for motorists.

Also, there are no new bike lanes planned for Elgin. While this is a drawback, it is likely that reduced speed limits and raised intersections will work to slow down cars. Fewer parking spots will reduce the chance of dooring incidents, where drivers opening car doors collide with cyclists.

The renewal of Elgin and Hawthorne is a once-in-a-generation opportunity for Ottawa to get it right: to build a welcoming, accessible downtown core connected to vibrant communities such as Old Ottawa East. The city’s new complete-streets plans get us part of the way there. The rest is up to us – to demand more of our public spaces and from the officials tasked with building them.

Robb Barnes is Managing Director of Ecology Ottawa, a not-for-profit, volunteer-driven organization that provides information on environmental issues and encourages environmental leadership.



The city has plans to turn the stretch of Hawthorne Avenue between Main and the canal into a ‘complete street’ favoring cyclists and pedestrians much like it has done with Main Street.

PHOTO CREDIT: ROBB BARNES



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POLITICAL PAGES

OTTAWA PUBLIC SCHOOL BOARD TRUSTEE

BY SHAWN MENARD
SHAWN.MENARD@OCDSB.CA



WHY THE POTENTIAL CLOSURE OF RIDEAU HIGH SCHOOL AFFECTS ALL OF US

Rideau High School is not located in our neighbourhood. In fact, it isn't even in Zone 9, the one that encompasses Capital and Rideau-Vanier Wards.

Yet the potential closure of this 60-year-old school, in the highest-needs area in Ottawa affects all of us.

As has been written in these pages before, the Ottawa Carleton District School Board is undertaking accommodation reviews across the city. It has begun in the western and eastern portions of the district and is scheduled to continue, at least, over the next five years. There is a need to re-evaluate our schools, boundaries, and how the needs of students are being met. During the course of this review however, some profound questions are being raised.

HOW IMPORTANT ARE COMMUNITY SCHOOLS?

WHAT LANGUAGE OPTIONS SHOULD BE OFFERED IN LOCAL SCHOOLS?

HOW IS THE PROVINCIAL GOVERNMENT PLAYING A ROLE IN POTENTIAL CLOSURES?

The answers to these questions are, of course, nuanced. If you talk to OCDSB senior staff they might tell you that in the future there will continue to be closures of under-enrolled community schools, that language options may be consolidated into single-track schools (one for English and one for French Immersion) in many parts of the district, and that the provincial government is phasing out the declining enrollment grant for lower-enrollment schools, so it affects our financial situation when we have too

many spaces and not enough pupils.

The solutions to these issues are nuanced as well. I personally believe that closing seven schools in the west end and the highest-needs high school in the district in Phase One of these reviews is overdoing it. I would prefer to see the board take a path that is measured in its response, one that values small community schools in addition to our larger centers. This does not mean that school consolidation won't happen, but it might in a way that does not rush a process (to be implemented by Sept. 2017), considers more options for communities fully (presently only one option is floated as the appropriate choice) and involves parents in the decision-making process (rather than setting up an adversarial confrontation).

Rideau High School is a perfect example of the issues the district faces. It has low enrollment (that is expected to grow over time) and a reputation that does not match the high-quality staff, students and community that make up that school. It is presently an English only high school, and would no doubt do well to add French Immersion as an option.

The real reason the potential closure of Rideau High affects all of us is the canary in the coal mine scenario it presents. Unless there are voices who stand together to oppose inequity when it presents itself, it is highly likely that when that process comes to your neighbourhood, that inequity is emboldened.

I was heartened by a group of parents from our community who recently came together to demand changes to a guiding School Program Framework, which affects the entire district. They advocated for community schools and made a difference when we were able to get several amendments passed.

The next few years will be critical for K-12 education in Ottawa and no matter which community changes are being made to, it affects all of us.

POLITICAL PAGES

OLD OTTAWA EAST COMMUNITY ASSOCIATION

BY PHYLLIS ODENBACH SUTTON
INFO@OTTAWAEAST.CA



CROWS, SNOW AND SO MUCH MORE

Despite a massive black cloud of crows over much of Old Ottawa East, deep snow burying the landscape, soil contamination in the Children's Garden and construction everywhere, the community continues to flourish.

The volunteer Brantwood Rink Hosers under the guidance of rink czar Cindy Courtemanche and base-ice master Mike Lemon once again created their masterpiece, enjoyed by skaters of all ages. And the Hosers shinny team again defended the community's honour, winning the 10th annual Councillor's Cup tournament.

It is now possible to walk easily from Clegg Street to the Rideau River Nature Trail through the 30-metre open space along Greystone Village's waterfront. The new switchback built by the Regional Group replaces a muddy, steep and slippery path. It will provide access to a soft-surfaced walking trail and a separate hard-surfaced multi-use pathway that will run along the roadway on the eastern edge of the Greystone Village development.

In other Greystone news, Regional's proposed rezoning for the Deschatelets area is scheduled for the city's Planning committee in late February. The new proposals are within the limit of the total number of residential units approved for the site. Regional is proposing to alter the type, size and placement of the units. Also, due to lagging condo sales, Regional proposes a nine-storey rental apartment building just to the south of the Sisters' convent rather than the previously-approved six-storey condo.

Along the Grande Allée between Main and the nine-storey building would be, consistent with previous approvals, a six-storey rental apartment building with commercial on the ground floor. New ideas have been tabled. They include a community centre at the rear of Deschatelets.

Residents to the north of the Queensway were almost overwhelmed by the Hitchcockian sundown migration of crows over the Christmas period. After canvassing experts, Councillor David Chernushenko advised that the crows' presence was "fairly normal" and that the health risks were "fairly minimal."

The dangerous pinch point for southbound Main Street vehicles approaching Hazel Street - and specifically in front of Subway - has been improved

through the creation of a temporary lane blockage so that southbound traffic is forced into a single lane. A permanent solution is expected in the spring.

The new year will also see the soil remediation of the Children's Garden (Legget Park) at Clegg and Main. When the garden was established in 2009 the soil quality met provincial standards but standards for 'Polycyclic Aromatic Hydrocarbon (PAH) compounds' have become more stringent. That means the city must remediate. Over the winter, it will determine the full extent of the contamination, then develop a plan to risk manage the site or undertake remediation.

According to the councillor's office, "The city and Ottawa Public Health do not consider the current risk to be acute or immediate, and the contaminated soil is unlikely to have a health impact on anyone unless the soil itself was ingested."

On a positive note, the new year will see the resurfacing of the popular Springhurst basketball court. The court's surface has deteriorated. As a result of an application by Carol Workun, CAG's executive director, the generous \$7,500 contribution of the Sandy Hill Community Health Centre and the ongoing advocacy of Rick Burrowes, the city will make the needed improvements.

The OECA Planning Committee chair remains vacant. We very much need a volunteer. Our planning committee deals with such matters as the numerous development proposals that affect all of us and such city initiatives as the R4 zoning review of low-rise apartment buildings with four or more units. Many residents of OOE remain concerned that the goal for compatibility, fit and gradual increase in density are not being met by recent zoning revisions and the current proposals for the R4 zone will not promote these goals either.

Have questions? Want to learn more or volunteer to make improvements in the community? Then please attend the monthly OOECA Board meetings (second Tuesday of the month, 7:00 p.m. at Old Town Hall). For more details check out the OOECA website at <http://www.ottawaeast.ca/> or contact me at info@ottawaeast.ca.

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ENOUGH PREDICTIONS. WHAT KIND OF FUTURE DO WE WANT?

In a milestone year such as Canada's 150th anniversary, it's tempting to try to forecast the future.

But predictions are risky. Weren't we supposed to be jetting around in flying cars and eating hi-tech food served by domestic robots by now? Or suffering under a permanent cloud of pollution and oppression, segregated into either protected ultra-rich enclaves or semi-lawless workers' slums, our streets lined with giant digital screens?

Those are the utopian and dystopian views that pop up in my mental library of books and films set in the near- to mid-future. How wrong and yet how right they were.

With drones hovering overhead and autonomous cars being tested, can flying cars and servant-robots be that far off? How about unbreathable air, a privatized water supply, treeless cityscapes and rich vs. poor districts? Maybe not so much in Ottawa, but some of the world's mega-cities show signs of dystopia.

Even in North America, consider Vancouver real estate prices, Detroit's inner city, and the cyber-surveillance we tolerate. If not signs of dystopia, these are troubling trends.

Sorry to be a downer, but good planning requires a solid grasp of our past and an honest assessment of our present. So instead of predicting the future, let's consider the kind of city we want in 2067:

Mobility: Would we rather move people as efficiently as possible, or vehicles? Would autonomous cars improve safety and reduce the number of vehicles on the road, or the opposite? Should we promote active transportation choices through better levels of service, priority crossings, snow clearing, etc.?

Energy: Is the financial cost of energy more important than the quality of our energy sources, considering air pollution, greenhouse gas emissions, and locally generated vs. distantly procured electricity?

Ecology: What place should wildlife be given within the urban environment? How much space should we set aside to support biodiversity?

Equality: How can we promote equality of opportunity (education, employment, health) for all citizens? Could a guaranteed annual income relieve the administrative burdens of managing existing support programs and the stigma of applying for them?

Compassion/Inclusion: What constitutes a compassionate city, and what measures (policy, budgetary) might contribute to a truly inclusive Ottawa?

I predict these questions will provoke some feedback.

Brantwood area street renewal

Streets surrounding Brantwood Park are due for a full renewal of underground pipes, roadbed and sidewalks in 2018. It will be messy, noisy and sometimes inconvenient, but over in one construction season. I will host a public meeting this spring and fliers will be delivered to affected residents.

Traffic calming

Beginning in fiscal 2015-2016, each councillor was allocated \$40,000 annually for 'temporary traffic calming' measures. But that money doesn't go far when spread across the ward and when speed boards and flex stakes cost thousands per location. So I consulted available traffic studies, speed data and collision reports before putting together a plan.

As a result, OOE residents will soon see more speed boards, road markings and flex stakes on local streets.

While reports of chronic speeding need to be validated by actual monitoring, please do report locations where you believe there's a recurring problem so we can all work towards safer streets.

POLITICAL PAGES

YASIR NAQVI MPP, OTTAWA CENTRE

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A 21ST CENTURY HOSPITAL FOR OUR COMMUNITY

Anyone who has recently visited The Ottawa Hospital's Civic Campus would surely speak highly of the doctors, nurses and staff and the care they provided. In Ottawa, we have some of the most qualified and well-trained medical practitioners serving all our families, seniors and children. To further enhance the work our medical professionals do and the health care they provide to our community, we have to ensure they have the most recent state-of-the-art facility and equipment. That is why building a new, revitalized Civic Campus of The Ottawa Hospital is essential for our city and our future health care.

The new Civic Campus has always been about our community. It has stood at its current location for 100 years and the new site will be receiving patients for yet 100 more. This is a key institution in our city, and I know we all want what is best for our community's long-term health.

Together, with The Ottawa Hospital, I have been consulting residents on how they see their future health care services. It has always been made clear to me that the new hospital has to be in the central core of the city, accessible to emergency vehicles via Queensway and through public transit. Our community wants and deserves access to a world-class, 21st-century health and wellness facility close to home - serving a growing and aging community.

All three levels of government have been working together to find the most suitable location for the new Civic Campus. I am glad that The Ottawa Hospital's community board and staff have endorsed the Sir John Carling site as the best possible location. It is situated centrally with appropriate accessibility to emergency vehicles. Further, it is on the LRT's Trillium Line, linking the new campus to the Confederation Line and communities in the south end of the city. It is also important to

note that this site satisfies the local interest groups, community associations and residents of the area.

Now is the time we move forward in the planning process to develop a new Civic Campus. I am excited that last December, the Ontario government announced a \$3 million Capital Planning Grant for the early stages of this planning process. This process will give us clarity on what services will be provided at the new Civic Campus, the functional design of the hospital, and the integration of services among health-care facilities across our region. I am also assured this process will entail extensive community consultations.

When it comes to health-care delivery, we have a lot to be proud of. Over the last 10 years there has been a crane at every hospital in Ottawa: Montfort Hospital has doubled in size, the Queensway Carleton Hospital has expanded significantly, there is a state-of-the-art regional cancer centre at the General Campus of The Ottawa Hospital, a new wing at the Children's Hospital of Eastern Ontario and the Ottawa Heart Institute is currently going through a \$200 million expansion. All these investments by the Ontario government are contributing to quality health care in our vibrant and growing city. In order to continue this momentum, I am committed to ensuring that a new Civic Campus is built to serve our community in the central core and communities across the city and the region.

If you have any questions or concerns regarding the future Civic Campus, or want to know what the next steps are, please do not hesitate to contact my Community Office at ynaqvi.mpp.co@liberal.ola.org or 613-722-6414. I know we are all committed to bringing the best and most cutting-edge health care to our community. In the end, this hospital will serve all of our greater well-being.

CATHERINE MCKENNA, MP, OTTAWA CENTRE

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CANADA150

New Year's Eve at 8:17pm on Parliament Hill marked the kickoff of Canada 150, celebrating Canada's 150th birthday. This is an exciting time to be in our nation's capital region with events throughout the year including free access to National Parks, National Historic Sites and National Marine Conservation Areas.

RIDEAU CANAL SKATEWAY OPENING

On Saturday, Jan. 14, I had the pleasure of speaking on behalf of Heritage minister Mélanie Joly, at the opening of the Rideau Canal Skateway. I joined Dr. Mark Kristmanson, (CEO of the National Capital Commission) and Michel Liboiron, (Senior Director, Government Relations and Public Policy at CIBC) to raise the green flag that will fly as long as the canal is open for skating.

Throughout the open-air skating season, as many as 20,000 people visit the canal every day to experience the world's largest skating rink. Whether you are visiting Ottawa for your first time or you have lived here all your life, skating on the canal is a unique experience.

Always be sure to check ice conditions and weather to have the right equipment and attire to stay safe and warm. It doesn't matter if your skates (or your skills) are a little rusty, you will find your stride.

CU75

Canada is not the only entity celebrating a big birthday this year. Congratulations to Carleton University on its 75th anniversary. Jan. 18 kicked off a year-long celebration that will honour all that Carleton has achieved. Founded on the principle: "It's the people, not the buildings, that make an institution," Carleton is celebrating the people who have made it great over the last seven decades.

While Carleton is celebrating their past this year, they are also looking to the future through reducing emissions and energy usage. Last November, I was delighted to announce that our government is investing \$22.5 million from the Strategic Investment Fund to support the greening of operations at Carleton. This funding supports the university's goal of reducing energy consumption while expanding research on green technologies and smart environments.

WORLD ECONOMIC FORUM (DAVOS)

Last month I had the immense honour of joining five of my Canadian ministerial colleagues in representing Canada at the World Economic Forum in Davos, Switzerland. The Forum brings around 2,500 of the greatest minds in leadership and business together every year.

At the conference, I spoke with environmental leaders from

around the world about our initiatives here in Canada and the investment opportunities in green technology. The environment and the economy will both be stronger if we invest in clean energy and green technology.

BLACK HISTORY MONTH

From the Honourable Lincoln M. Alexander, the first black Member of Parliament and the 24th Lieutenant Governor of Ontario, to Viola Davies Desmond, a civil rights activist who challenged racial segregation in Nova Scotia, every February we recognize the accomplishments, struggles, and triumphs of Canadians of African descent in the past and the present. There's a lot happening in Ottawa Centre to celebrate this month. I encourage everyone to participate in one of the many events that will be taking place.

WINTERLUDE

This year, Winterlude runs Feb. 3-20 and has something for everyone in the family to enjoy. Check out the ice sculptures, competitions, activities and performances in various locations across Ottawa such as the Crystal Garden in Confederation Park or the Snowflake Kingdom in Jacques-Cartier Park.

New this year on the Rideau Canal Skateway is the Ice Dragon Boat Festival on Feb. 17 and 18. I am so excited for this event. There are athletes coming from all over the continent to participate. Ice Dragon Boating is not only a first for Winterlude, but it's a first for all of North America.

SOCIAL MEDIA

What are you doing this month to #OwnOurOttawa? Send photos of how you embrace, enjoy and improve our community with the hashtag #OwnOurOttawa. I would also love to know what you're doing this month for Family Day, Reading Week, Winterlude and everything in between. Post your photos on social media using the hashtag #OwnOurOttawa and don't forget to tag our office @CMcKennaOttawa.

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