

Rat Rate Rumoured to Rise in Archville

BY JOE PARASKEVAS

It's their audacity that strikes Allison Brachman.

She will be sitting at the back of her Havelock Street house in the middle of the day. A movement will catch her eye. She will look through the sliding glass doors and they calmly saunter past.

Rats.

"My yard is like a transit route," Brachman, 44, said recently. "I see their little footprints."

Rats, in large enough numbers to be noticed by several people, appear to be calling the area around Havelock and Harvey streets in the Archville section of OOE home. Residents have made a growing number of sightings since last fall, Brachman said.

She described taking out the garbage one day and approaching a spot where cans are stored.

"The can moved before I got there," she said. "There were two or three

(rats) inside."

The rats tend to be about 10-inches-long, not counting their tails, Brachman said. They do not appear to have caused significant property damage, she added, unlike squirrels or raccoons.

People have been reluctant to put out rat poison, given that many have pets, Brachman said.

The rats generally travel along the sides of houses. People have seen them as far away as Main Street and Greenfield Avenue. In fact, a theory is circulating that the rodents fled to the neighbourhood last year to avoid Main Street construction.

The city however, downplayed that idea.

"Between July 2015 and May 2016, four rat-related complaints were received by the Main Street construction team," a spokeswoman said, in an e-mail. "The total number of service requests related to rats received city-wide was 171."

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PHOTO CREDIT: SARA LANDRETH

Wheeee! Life in OOE can be so uplifting. James and Freya Brooke-Smith, 1, keep spirits up while Leo Brooke-Smith, 4, shovels away the record-setting snowfall that fell in Ottawa on March 24.

Fate of River Corridor in Jeopardy

BY JOHN DANCE

Anybody want - for free - half a kilometer of Rideau River shoreline in Old Ottawa East?

The corridor - 500 metres long and 30 metres wide - is now owned by The Regional Group, developers of Greystone Village on the former Oblates lands. It is zoned as 'open space' and cannot be developed. Regional is trying to find a public owner who will care for the land. So far, nobody has come forward.

The land is, in the view of the Old Ottawa East Community Association,

the critical missing link for a 5.4-kilometer city park, running from Laurier Avenue and Strathcona Park in Sandy Hill to Bank Street and Linda Thom Park in Old Ottawa South. Currently the only private lands along this stretch of the river belong to Regional and the University of Ottawa at 200 Lees.

Why the hesitation among groups that could be interested in the land? The primary reason is that neither of the identified potential recipients - the Rideau Valley Conservation Authority and the city itself - wants to be on the

hook for possible soil remediation costs.

About 60 years ago much of the riverfront was built up with demolition material, including large chunks of concrete and asphalt.

The material contains metal and coal contaminants that "exceed the concentrations set out in the Ministry of the Environment generic criteria for residential/parkland development, although the groundwater has not been contaminated from this debris fill," city planning officer Erin O'Connell told

the Mainstreeter.

Elsewhere on the Regional site, similar contamination is being cleaned up. The city is covering about half the \$32 million remediation cost through its brownfield redevelopment program.

The city will recover its share of costs through property taxes on new dwellings. However, there is no brownfield program for new parkland.

In any new development the developer is required to provide a defined amount of parkland or related funding.

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Mainstreeter Questionnaire: Tanis Browning-Shelp



In 2014, the last time Mainstreeter readers heard from Tanis Browning-Shelp, the longtime resident of OOE was stepping down from writing the paper's arts column. Browning-Shelp wanted to turn her attention to writing fiction and set about composing the first of a planned three-book series featuring a teenage heroine, Maryn O'Brien.

This past winter, Browning-Shelp, 53, launched that book – Crash Course – one of the first to be published by new Ottawa publisher Dog-Eared Books. A brisk story of how Maryn meets the challenges of bike racing and false accusations of sexual misconduct

against her coach, Crash Course is clear-eyed and engaging.

The Streeter caught up with Tanis Browning-Shelp, at her home.

1. WHAT'S THE BEST PART OF SEEING YOUR FIRST BOOK PUBLISHED?

I love knowing that people—especially young people—will read my books. When I was young, books meant everything to me. I wanted to have that same impact on people with my writing.

2. WHERE DID THE IDEA FOR CRASH COURSE COME FROM?

I have always heard that when writing fiction, you should write what you know. I know the world of competitive sports. A writer/editor friend of mine suggested that if I were to write about that world, it would be a fascinating read.

3. HOW DID MARYN O'BRIEN COMETOGETHER?

I know many driven young people and many families who support their kids in pursuing their serious goals. Maryn began as an amalgamation of the amazing teens I've known over the years, but soon came to life in ways I never expected. She took over and my pen just obeyed!

4. WAS YOUR GOAL TO COME UP WITH A CENTRAL CHARACTER THAT COULD CARRY YOU THROUGH MULTIPLE BOOKS?

Yes, I wanted to show how hard it is to stay focused on meeting a challenging goal. I decided to place a different obstacle in front of Maryn in each book. My goal was to show her grow as a person through facing these obstacles head on.

5. HOW FAR ALONG ARE YOU IN THE NEXT BOOK?

Book Two in the series will soon be ready for copy editing. We hope to launch it before summer vacation. I hope it makes it onto peoples' summer reading lists!

6. WHY DID YOU TURN TO WRITING?

Writing is all I've ever wanted to do. When people can relate to characters and their stories, I believe they carry those people and their challenges/journeys with them for life. In a way, your creation becomes a part of them.

7. TYPICALLY, WHEN DO YOU WRITE?

Every chance I can get. These days, I start writing once the flurry of morning activity (the usual chaos in a house with busy teens) ends and quiet settles on my home office. On a good day, I write from 9:00 to 3:00. Sometimes I continue into the evening after dinner and driving are done.

8. WHERE DO YOU WRITE?

When I am writing my first drafts of chapters, I like to write by hand. Ideas flow better when I put pen to paper. I sit in a comfortable, stuffed chair that looks out a window at the canal and write in a notebook. Once the editing begins, I work at my home office computer.

9. WHAT'S THE TOUGHEST PART OF BECOMING A WRITER?

For me, the toughest part was getting over my fears. I had been a communications writer for many years, but I had never created a book of fiction. I was afraid that I wouldn't be able to do it well. And I was afraid that the ideas wouldn't come. But once I got going, my fears went away.

10. HOW OFTEN DO YOU FLOAT DRAFTS TO FAMILY AND FRIENDS TO READ?

For this series, I had three main adult readers. Two of them received the chapters as I completed them. One read the books as a whole. I also had four young people read them. These people were a mix of friends and family. Once I had a solid first draft, the books went to professional editors.

11. WHEN DID YOU APPROACH A PUBLISHER WITH A SCRIPT?

I was keen to work with a Canadian publisher, but the options for unpublished novelists are limited. I first approached a Canadian company in March of 2014. They made some recommendations, but no commitment to publish.

Continued on page 3

12. HOW DID YOU KNOW IT WAS THE TIME TO STEP FORWARD?

I got the thumbs up from my manuscript readers. I felt the books were ready. I worked hard with my editors to tighten the writing. Once that work was done I was ready to launch Maryn O'Brien and share her with the world.

13. HOW QUICKLY DID YOU HEAR BACK?

Although Canadian publishers tell you in their submission guidelines that they can take up to six months to respond, the publishers I dealt with responded within two months.

14. WHY DID YOU TURN TO DOG-EARED BOOKS?

It was a new, local initiative. The founder, Larry McCloskey (an established YA author) said that he believed in publishing good stories with positive themes. He not only thought my series was a good fit, but he also invited me to be a part of the venture of creating a small publishing house. Larry meant business. He was committed to publishing books in 2016.

15. HOW MUCH RESPECT FROM READERS AND BIG PUBLISHERS DO SMALL PUBLISHERS GET?

It is still early days for Dog-Eared Books, but the feedback we've gotten so far has been great. People are impressed with the quality of the books. They like the stories and seem eager for more. If the books are good, the size of the press shouldn't matter.



Author Tanis Browning-Shelp at her home on Echo Drive.

PHOTO CREDIT: JOE PARASKEVAS



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FROM THE EDITOR

WHY CAN'T WE RUN A COMMUNITY NEWSPAPER LIKE WE WOULD A LARGER JOURNAL?

Say, the Citizen, the Globe, or the New York Times.

As my four years of editing the Streeter wind down, I reflect on the many times I asked that very question: why couldn't I take what I had learned as a professional journalist and apply it to the job of publishing the news of Old Ottawa East? For the most part, I like to believe I did.

Be current. Be provocative. Be elucidative. And be fast. Those were my watchwords. You judge whether I – and the rest of the Streeter team – succeeded.

And yet, this spring, I learned why a community paper can't always be a small version of the big brands. It had to do with a story you won't see in this issue.

We were readying to publish. Our writer had done her research. She had spoken to the actors, the people at the centre of the story. She was ready to break the news of the arrival of another cool, hip new business in Old Ottawa East. She had a story that would influence conversations, not only in this part of the city, perhaps in others.

Our Old Ottawa South neighbours would look on in envy. Our cross-canal friends in the Glebe would have to pay the ferry man so they could come try this place out.

My glee was palpable. The Citizen hadn't written about it. The Community Activities Group E-Update, with its growing number of subscribers, didn't have it. We were going to be the bearers of the news.

Then, like a roller coaster at its apogee of expectation, everything went into cascading freefall.

The subjects of the story demurred. They weren't ready to go public. Our writer, honorable woman that she was, hesitated. She showed understanding for the plight of the people she had interviewed. What if their venture fell

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POURQUOI NE POUVONS-NOUS PAS OPÉRER UN JOURNAL COMMUNAUTAIRE COMME S'IL S'AGISSAIT D'UN JOURNAL À PLUS GRANDE AMPLEUR?

Comme le Citizen, le Globe ou le New York Times, par exemple.



PHOTO BY NANCY MCL IMAGES

Joe Paraskevas, Mainstreeter Editor.

Alors que s'achèvent mes quatre années en tant qu'éditeur en chef du Streeter, je pense aux nombreuses fois où je me suis posé cette question : pourquoi ne pas appliquer ce que j'ai appris en tant que journaliste professionnel à la publication des nouvelles dans le Vieil Ottawa-Est? J'aime croire que, pour la plupart, c'est ce que j'ai fait.

Être à l'affut. Être provocateur. Être éleveur. Et être rapide. C'étaient mes mots d'ordre. Vous déciderez si j'ai – avec l'équipe du Streeter – réussi.

Et pourtant, ce printemps j'ai appris pourquoi un journal communautaire ne peut pas toujours être une version réduite des grandes marques. C'était en lien avec un reportage que vous ne lirez pas dans ce numéro.

Nous nous préparions pour la publication du numéro. Notre journaliste avait fait sa recherche. Elle avait parlé aux acteurs principaux au cœur de l'histoire. Elle s'appêtait à annoncer l'arrivée d'un nouveau commerce branché dans le Vieil Ottawa-Est. Son article allait provoquer des conversations, et pas seulement dans notre partie de la ville.

Nos voisins du Vieil Ottawa-Sud nous enverraient. Nos amis de l'autre côté du canal, dans le Glebe, se verraient contraints à payer le bachoteur pour pouvoir venir essayer l'endroit en question.

Ma joie était palpable. Le Citizen n'en avait pas parlé. Le bulletin de nouvelles par courriel du Groupe d'activités communautaires, qui a de plus en plus d'abonnés, n'en parlait pas. Nous allions être les porteurs de cette nouvelle.

Et puis, comme sur une montagne russe à son apogée, la chute libre inévitable s'ensuivit.

Les sujets du reportage étaient réticents. Ils n'étaient pas prêts à publiciser la nouvelle. Notre

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MAIN STREETER

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EDITORIAL - cont. from page 5

apart, she asked me. Poor them, I scoffed, imploring her to send me her words. Better a story of dashed hopes than no story at all.

Ah, but that is where I learned I was wrong.

My writer had interviewed her neighbours. They were friends. For all I knew, their children played together. I couldn't simply impose my journalistic lust into that scenario. Wait until June, everyone urged me. We would have a story to tell then.

Wait. It's not a word a journalist likes to hear. And yet, in a community newspaper, where lines between story subjects and reporters sometimes blur, the people we write about are those we see every day. Waiting, showing grace, can go a long way towards building that very community we chronicle, adding to its quality of life.

Wait, they said. I did. And so will you, dear reader. But tell the ferry man not to refund any tickets he cut. This place is going to be good.

journaliste, femme honorable, hésitait. Elle comprenait la situation des gens qu'elle avait interviewés. « Et si leur projet tombait à l'eau? » me disait-elle. « Pauvre eux, » me moquais-je, l'exhortant à m'envoyer son texte. Mieux vaut une histoire d'espoirs déçus que pas d'histoire du tout.

Mais c'est là où je me trompais.

La journaliste avait interviewé ses voisins. Ses amis. Leurs enfants jouaient peut-être ensemble. Je ne pouvais pas imposer ma soif journalistique sur cette situation. Tout le monde m'encourageait à attendre le mois de juin. Nous aurions une histoire à raconter à ce moment-là.

Attendre. Ce n'est pas un mot qu'un journaliste aime entendre. Et pourtant, dans un journal communautaire, où la séparation entre les sujets et les journalistes est parfois nébuleuse, les gens sur lesquels nous écrivons sont ceux que nous croisons à tous les jours. Le fait d'attendre, d'être gracieux, peut beaucoup contribuer à bâtir cette communauté que nous documentons, enrichissant son niveau de vie.

Attend, m'ont-ils dit. Et c'est ce que j'ai fait. Et c'est ce que vous ferez aussi, cher lecteur. Mais, dites au bachoteur de ne pas rembourser les billets émis. Ce commerce va en être un bon.

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RAT RATE RUMOURED TO RISE IN ARCHVILLE - *cont. from page 1*

The city also deflected questions about a possible rat infestation specifically in Archville.

“Ward 17, where Havelock and Harvey streets are located, generates a low number of rat-related service requests, particularly as compared to other wards,” the spokeswoman said.

“The city is satisfied that its current processes for rat-related complaints are appropriate.”

She pointed people to the city’s website where they could find information about rat control.

Havelock residents have tried to track

the rats.

“There is a nest (of rats) that lives under a shed in a neighbour’s yard,” Brachman said. “That would be a Harvey Street house.”

However, nobody has come forward with solutions about getting rid of the

animals.

“I’m just worried about ‘baby season,’” Brachman said, looking to the spring and the possibility the local rat population will multiply. “I don’t want them in my house.”



The Mainstreeter is looking for a volunteer editor, beginning in June 2017.

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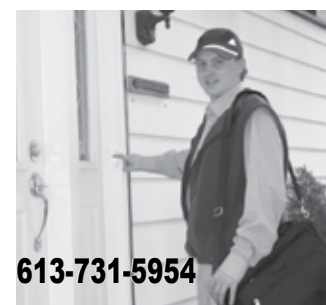
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LETTERS TO THE EDITOR

New Residents and New Volunteers; Both Can Care for Our Community

We love receiving letters from Jamie Brougham. He is such a perceptive person. Few people look at the complete picture of OOE with his degree of detail and ingenuity. Here's his latest epistle.

Looking at Brantwood recently, I noticed the city in the midst of cutting down four beautiful cherry trees beside the field house.

I knew the big plan was to have the (planned) bike path go through this space. I guess I somehow had it in my mind that the city would work around the trees. That was upsetting for the loss.

They should have tried harder to work around them. I mean this is our park. Caring about our community and its social and natural resources is what makes it valuable.

I have spoken to a number of people who want to move into the Greystone and Corners developments. They want to move someplace where they may not need a car, where the people care

about their local community, where there are interesting things that people have created because they care.

Two points here: if the city stopped telling developers that build 'communities' that the only thing they have to be concerned about is building housing and infrastructure and utilities to them, they might end up with more social and natural environment. What if we had neighbourhoods with their own 'main street,' with shops and restaurants that actually attract, parks with landscaping that is more than just sports fields, places where people want to go and be?

Left to urban planners in government and selfish developers, neighbourhoods have little social and natural environment. As a result, we have cars for long-road neighbourhoods that are full of human-resource storage units that people want to leave in order to enjoy life. That's sad.

Then we have - by contrast - our neighbourhood. It's tucked away

between two waterways with a community that cares about the social and natural environment.

Who believes there has to be something to balance the all-important economic environment that dominates direction of most development? We have to continue to fight for our social and natural environment. We cannot accept that it may be undermined.

We could use some new troops. Sustainable Living Ottawa East needs people. The Mainstreeter needs people. The Community Activities Group can always use volunteers. And our little community association could use a few bodies who know how to deal with a political system that is not built to listen to people.

That will be this community's job - your job - when new people move in.

Have a recruiting campaign that says: this is how we do it here in one of the city's best neighbourhoods. We actually have to show we care and give newcomers the tools to do it.

They, like most people, have no idea how to do it. If we define what that means and set an example, we do important work so that others can learn.

Saint Paul U., by coincidence, is even talking about a social innovation curriculum.

- Engagement
- Social innovation
- Protection of our local natural environment
- Building what we want and need right in our community
- And caring.

If you have time, now's a good time to share in leading social development. We do have one of the best communities anywhere. It is people like you who make it that way!

--
Jamie Brougham

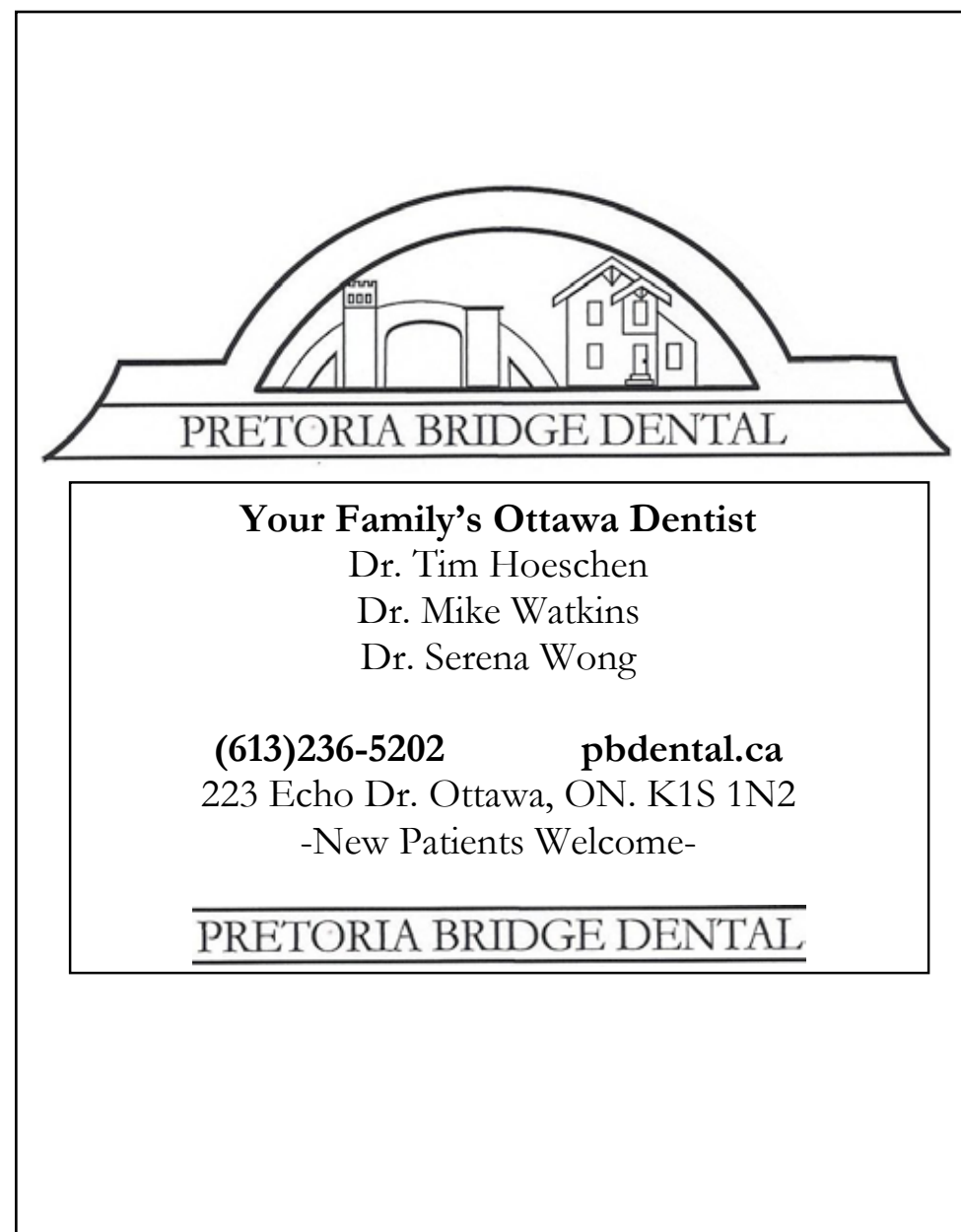


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FATE OF RIVER CORRIDOR IN JEOPARDY - cont. from page 1

In the case of Greystone Village, Regional will exceed the requirements by providing the Grande Allée - Deschâtelets Forecourt Park. So, there is no requirement for Regional to do anything with the river lands.

The possibility of real improvements to the property are limited if the city continues to decline ownership.

“During the Deep Green conference of three years ago, Sustainable Living Ottawa East suggested that the shoreline could be improved by being contoured to a more natural profile and reforested,” says SLOE member Ian McRae.

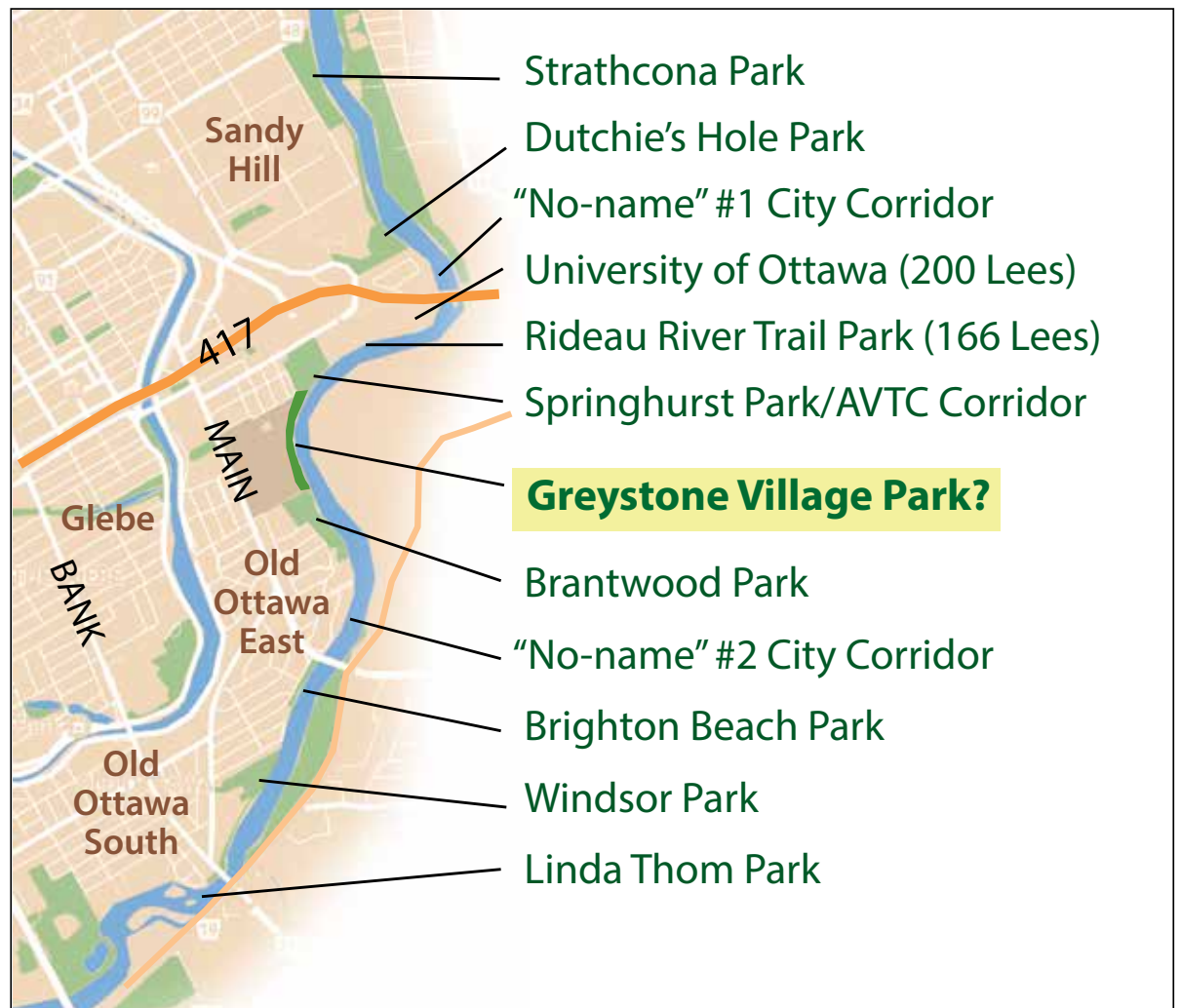
“That was deemed not possible because of the cost and the preference of the conservation authority to leave existing vegetation in place to stabilize the bank. However, a safe and economical solution that has been discussed is to cap the corridor with clean soil and reforest it with natural vegetation allowing an informal trail to remain for pedestrian use,” says Mr. McRae.

The OOECA raised the question of city ownership of the corridor at a

recent planning committee meeting at city hall. Capital Ward Councillor David Chernushenko responded that he would continue to pursue the issue with staff and Regional.

He indicated by email that “the ideal outcome would see the land designated as an official city park.”

Chernushenko said he would ensure all options are explored to see the land transferred to the city, triggering hope a contiguous city park along much of the Rideau River shoreline was possible.



Greystone Village's half-kilometre riverfront is the missing link for a five-kilometre city park along the Rideau River.

PHOTO CREDIT: STEVE FICK

Church of the Ascension Easter Services

Stations of the Cross
(for children) 10am, April 14

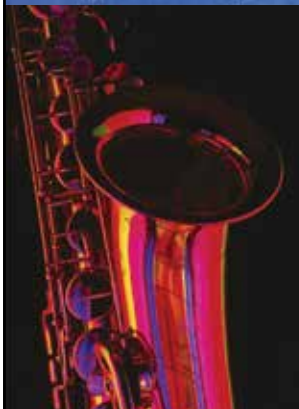
Liturgy of Good Friday
12pm, April 14

Easter Day: 10am, April 16



Ascension Jazz Series Evensong Ensemble Sunday, April 30 at 7pm

Open Heart, Open Mind: Rooted in the traditions of jazz, folk, and gospel. Tix \$18.
evensongensemble.eventbrite.ca



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



Main Street Murals Could Mean Much Musing

Look what might be in store for the Main Street underpass below Highway 417. Two Ottawa artists are on a three-team shortlist to paint murals at a section of Main most people see only in transit to elsewhere.

Ryan Smeeton, 28, and Drew Mosley, 37, are the local favourites, up

against artists from Toronto and New York. The competition began with 19 teams. An announcement is expected in early May. We asked Smeeton and Mosley to show us some of their past work.

Smeeton (right mural) is enthusiastic about producing engaging murals that not only transform and grow

perceptions of urban art, but also bring people together.

Mosley (left mural), who divides his time between a studio practice and carpentry and woodworking projects in the Ottawa Valley, has exhibited his work in galleries in Canada, the U.S. and internationally. His works are said to be both playful

and haunting, depicting an imagined world of anthropomorphised animals and experimenting with three-dimensional painting techniques.

Over the past few years the City of Ottawa has partnered with artists through the Murals on Underpasses Program to create several murals on city underpasses.

NOT JUST FOR HISTORY BUFFS: Come Celebrate Our Prime Ministers



PHOTO CREDIT: MACDONALD FAMILY

On April 24, OECA will celebrate Sir John A. Macdonald, Canada's first prime minister. It's part of a sesquicentennial series of informal evenings, free of charge, to learn more about Canada's prime ministers.

BY THERESA WALLACE

Still settling on a local sesquicentennial project? When not hiking in our national parks for free this year, you are invited to an Old Ottawa East series of informal evenings, also free, to learn more about Canada's prime ministers in a fun, relaxed atmosphere.

"Canada has had exceptional leaders over the last 150 years," says Bob Parkins, Springhurst Avenue resident, journalist, advisor to two prime ministers, and volunteer MC for the series. "But many of us don't know much about them. We're hoping to change that."

to Joe Clark, led the lively discussion.

On April 24, Phil Azzie, will celebrate Sir John A. Macdonald, Canada's first prime minister. The rest of the line-up looks like this: Greg Donaghy on Robert Borden (May); Stephen Azzi on Lester Pearson (June); Xavier Gélinas on Louis St. Laurent (September); Norman Hillmer on Mackenzie King (October); Paul Litt on Pierre Trudeau (November); Michael Stevenson on John Diefenbaker (December); and Arthur Milnes with stories on various prime ministers (January 2018).

Canada has had exceptional leaders over the last 150 years,

Wilfrid Laurier, who presided over a period of great growth at the beginning of the 20th century, was the first to be celebrated at the Old Town Hall. Richard Clippingdale, former director of Canadian studies at Carleton University and a former policy adviser

Check out the OOECA website for more details. Everyone is welcome, whether or not they live in Old Ottawa East. Feel free to bring teenagers and friends.



Old Ottawa South Community Association

SUMMER CAMP REGISTRATION Is On Now!



OSCA runs a variety of camps for JK up to Gr. 10

- Pottery
- Ukulele
- Dance
- Cooking
- Creative Arts
- Basketball
- Leadership
- Camping
- Biking
- Science
- Minecraft
- Gaming

Learn more about our great camps by downloading OSCA's Summer Camp Guide from our website, or pick up a guide at The Firehall (260 Sunnyside Ave.) in Old Ottawa South.

www.oldottawasouth.ca

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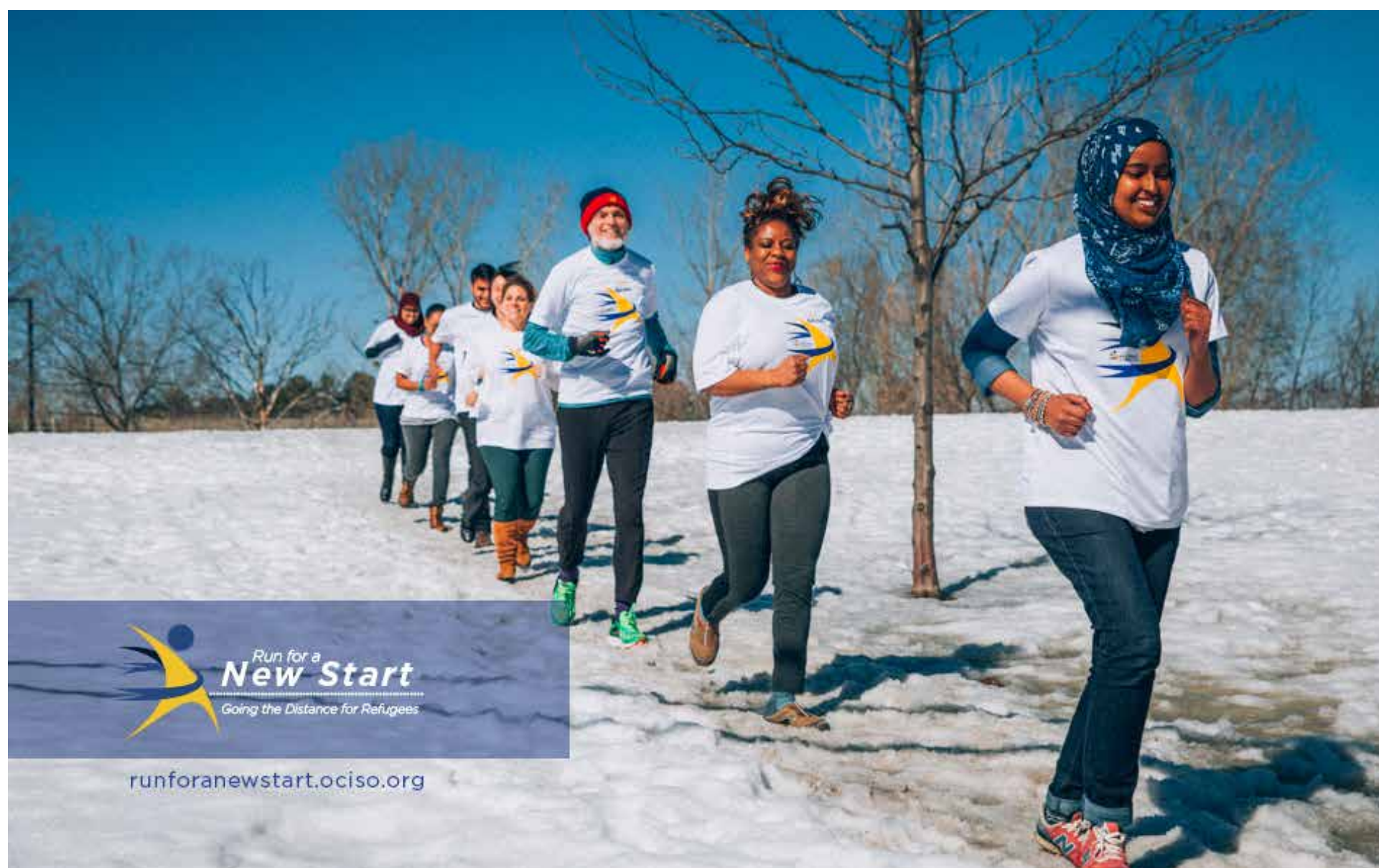


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**Run for a
New Start**
Going the Distance for Refugees

runforanewstart.ociso.org

Show support for immigrants and refugees. Join the Run for a New Start fundraising team.

PHOTO CREDIT: SERGIO DIAZ

WALK OR RUN FOR A NEW START! Help make refugees feel welcome in Canada

There are many ways we can show our support for refugees and welcome them to our community. The Ottawa Community Immigrant Services Organization (OCISO) invites you to participate in one of these.

We invite you to join OCISO's Run

for a New Start fundraising team of walkers and runners and train for one of the 2km, 5km, 10km, 21km or 42km races as part of the Tamarack Ottawa Race Weekend, May 27-28.

This year our volunteer fundraising team has set an ambitious goal of

raising \$20,000, to support OCISO's increasingly important work with refugee and immigrant youth here in Ottawa.

We invite any interested runners and walkers to sign up and join our Run for a New Start team. Volunteers who

commit to raising \$100 will receive one of our distinctive T-shirts!

For registration information, please contact OCISO's volunteer coordinator, David Rain at drain@ociso.org, or visit ociso.org/run-for-a-new-start.

Community Activities Group of Old Ottawa East (CAG)

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

Kids Programs

"Splash and Play" Playgroup (0 – 5 years)

A coordinator led playgroup with toys, games, crafts and water play!

Old Town Hall, 61 Main

July 5 – August 18

Wednesday or Friday

9:30 – 11:30 a.m.

\$26 first child, siblings \$11

Hush-a-Bye Babies® (1 – 12 months)

Old Town Hall, 61 Main

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

May 17 – June 21

Wednesday 1:30 – 2:30 p.m.

\$90 per adult

Soccer in the Park

Brantwood Park, 39 Onslow,
meet at the field house.

May 6 – June 10

(3 years)

Saturday 9:00 – 10:00 a.m.

(4 – 6 years)

Saturday 10:00 – 11:00 a.m.

(6 – 9 years)

Saturday 11:00 a.m. – noon

\$45

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

Adult Programs

Vinyasa Flow Yoga

Old Town Hall, 61 Main

July 5 – August 23, no program

July 19

Wednesday 5:45 – 7:15 p.m.

\$56

Pilates

Old Town Hall, 61 Main

July 5 – August 9

Wednesday 7:30 – 8:30 p.m.

\$48

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

May 11 – June 15

Thursday 6:15 – 7:15 p.m.

\$72

Strength and Tone

Old Town Hall, 61 Main

July 12 – Aug 18

Wednesday or Friday

8:00 – 9:00 a.m.

\$35

Single Class Fitness Passes

\$18/class Better Body Boot-camp

\$12/class for Yoga or Pilates

\$9/class for Strength and Tone

Women's Ultimate

Brantwood Park or Springhurst
Park (dependant on availability)

May 18 – August 24

Thursdays 7:00 – 9:00 p.m.

\$78

Telling Your Truth: Memoir Writing

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Let us help you tell yours in a
clear and compelling way.

Instructor: Suzanne Nussey

Old Town Hall, 61 Main

April 20 – May 25

Tuesday 7:30 – 9:00 p.m.

\$160

After School 2017-18

Brantwood Park After School (Grades 1 - 6)

Brantwood Park fieldhouse, 39 Onslow

For families at Hopewell & Lamoureux schools

Pick up by 5:45 p.m., \$180 per month

Program is FULL - add your name to wait list by
email to info@OttawaEastCAG.ca.

Old Town Hall After School (Grades 1 - 6)

Old Town Hall, 61 Main

For families at Lady Evelyn school, Elgin Street and
Francojeunesse schools

Pick up by 5:30 p.m., \$180/month

Spaces available

PD Days

(Kindergarten – Grade 6)

Brantwood Park field house, 39 Onslow

Friday June 2 or 9, 8:30 a.m. – 5:30 p.m., \$40/day

Looking for a room to rent this summer?

CAG has space available in
July and August at the Old
Town Hall, 61 Main Street.

More info and rates:
admin@OttawaEastCAG.ca

CAG Summer Camps 2017



Something for everyone 4 - 12 years Register now!!
More info & registration: www.OttawaEastCAG.ca

----- STOP PRESS-----

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If your child is a gamer, maker, or future programmer
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Minecraft, Making Robots, Programming, Game Mak-
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Campers keep their Raspberry Pi computer. Robotic
students will build, program and keep their robot and
Raspberry Pi

Please note this as not a CAG run camp, all registra-
tions and enquiries to: www.levelupkids.ca

Register now: www.OttawaEastCAG.ca

Community Activities Group of Old Ottawa East (CAG)

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



CAG Summer Camps

Camp days have been extended to 5:30 p.m.

Kinder Camp (4 – 6 years)

Brantwood fieldhouse, 39 Onslow

August 8 - 11

Tuesday – Friday,

9:00 a.m. – noon, \$80

Camps is drop off, children must be independent in the bathroom.

Jump Start Summer (5 – 10 years)

Old Town Hall, 61 Main

June 26 - 30

Monday – Friday

8:30 a.m. – 5:30 p.m., \$190

Camp Brantwood (4 – 8 years)

Brantwood fieldhouse, 39 Onslow

July 31 – August 4 OR;

August 21 – 25

Monday – Friday

8:30 a.m. – 5:30 p.m., \$190

Nature & Art Camp (5 – 10 years)

Brantwood fieldhouse, 39 Onslow

August 14 – 18

Monday – Friday

8:30 a.m. – 5:30 p.m., \$190

Canoe Kids (7- 12 years)

Brantwood fieldhouse, 39 Onslow

July 4 – 7

Tuesday – Friday

8:30 – 5:30 p.m., \$230

July 10 – 14 OR;

July 17 – 21 OR;

July 24 – 28

Monday – Friday

8:30 – 5:30 p.m., \$285

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

Register now: www.OttawaEastCAG.ca



The weather was frightful, though not for the horses, at the 2017 Valentine's Skate at Brantwood Park.

PHOTO CREDIT: LISA DUNNETT

Skating Through the Snow on Valentine's Day

BY TINA RAYMOND

The weather might have been frigid, but the welcome was warm on Feb. 10 at the annual Valentine Skate at Brantwood Park. Dozens of families braved the weather to join in the fun

and celebrate together.

People donned skates to take to the ice at Brantwood Park, while the hills were full of sleds. The heat from

a fire pit and the temptation of toasty marshmallows were enough to keep everyone warm between trips up and down the hill and around the park on a horse-drawn sleigh.

Congratulations as well to Yolanda who won the candy jar game, correctly guessing there were 85 heart candies in the jar.

Finally, a big thank you to all volunteers who helped make this event possible. They include: Marie-Eve Noel, Ramine Shaw, Christine Scales, Carol Anne Owen, Lynne Byford, Todd Dunnett, Aboozar Sheikhi, Catherine Hooker, Victoria Fisher, Nita Scherer, Chandi Chandrasena, Mieka Eyking, Nicole Varshney, Johanne Lalonde, Tina Raymond, Nick Workun, Dave Macki, Margot Montgomery, Heather Jarrett, Suzanne Gagnon, Tina Raymond, and Lisa Dunnett.

CAG would also like to take this opportunity to thank our Community Partners for year-round support of CAG activities: City of Ottawa, The Regional Group - Greystone Village, Domicile - Corners on Main, Sandy Hill Community Health Centre, BMO - Lansdowne, Watsons Health and Wellness, The Green Door Restaurant, and Diane & Jen Realty.

You can find more pictures of the event, as well as information about upcoming activities in the community and how you can get involved at www.facebook.com/OldOttawaEastCAG.

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Inside the field house, guests indulged in chili, hot dogs, sweet treats, and hot chocolate. Young and old caught up as they enjoyed the food and cast votes for the best chili in the Community Choice competition.

The field house was bustling with activity from 6:00 to 8:00 p.m. The only complaint seemed to be that the evening had to come to an end.

Thank you to everyone who attended the event and contributed to the fantastic atmosphere. A big thank you as well to everyone who contributed donations.

A few shout-outs are in order.

Congratulations to all our chili cook-off participants: Catherine Riddell, Leslie Swartman, Ben Hebb, and winner, Todd Dunnett. All four chilis were delicious. Taste testers discovered new combinations of flavours.

A big thank you to businesses who donated prizes for this event; Al's Steakhouse, Gusto TV, Royal Oak on the Canal and Subway on Main Street.

ASK RAINBOW

BY ROXEANNE MARBERL

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



Playing with others can help kids learn to communicate. "Hey! That's MY stuffy!"

PHOTO CREDIT: ROXEANNE MARBRRL

MY TWO-YEAR-OLD DAUGHTER ONLY HAS A VOCABULARY OF ABOUT 20 WORDS. IS THAT NORMAL? HOW CAN I GET HER TO SAY MORE?

Between the ages of 18 months and two years of age you should notice your child's vocabulary increase from 20 words to 100 or more.

Of course, there are lots of ways you can help your child to increase their communication and vocabulary at home as well. Involve your child in your everyday tasks. Talk to your child about what you are doing and why. The more they see and hear, the more they will want to try to repeat both what you are doing and saying.

Encourage your child to say what she wants or needs. For the first year and a half of their lives children depend on

their parents to anticipate what they need or want. This can be difficult for parents to stop doing, but now is the time to encourage your child to communicate their wants and needs.

If your child simply hands you their empty cup or points to the refrigerator, stop. Chances are you know exactly what it is they want, but give them the opportunity to ask first. Some children may need prompting, "Would you like milk or water to drink?" Others may just need to be asked "What would you like?"

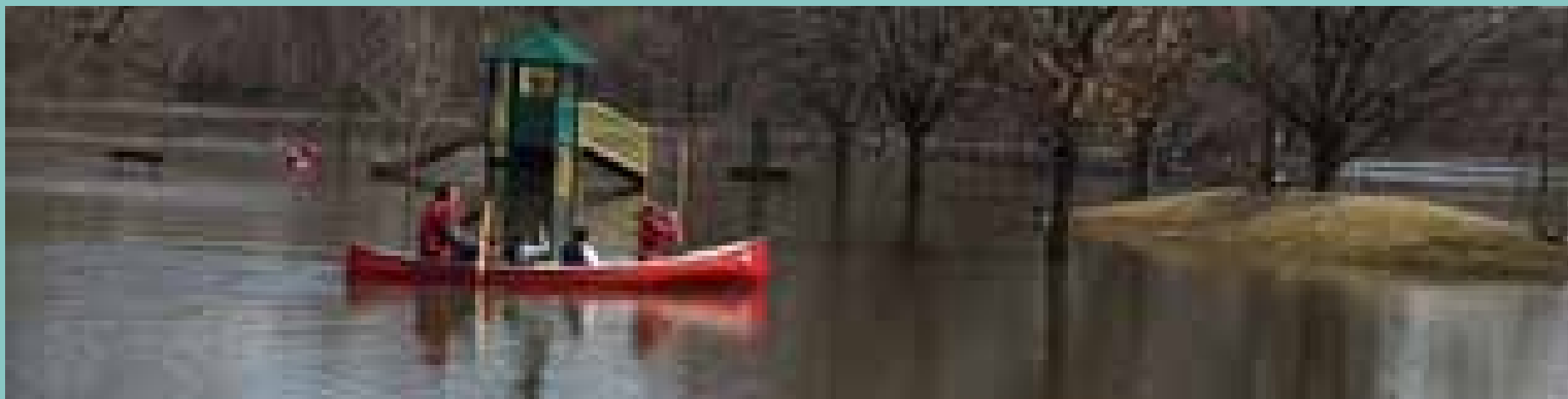
Ask open-ended questions. This is another way to encourage children to communicate. When children are asked a simple "yes or no" question there is no need for them to expand on their answers. They give a simple yes or no answer and the conversation is over.

When children are asked questions that require more in their answer, they expand their vocabulary and learn the art of conversation. Instead of asking "Did you like going to the farm today with Daddy?", try "When you and Daddy went to the farm, what animals did you see?". Once your child replies you should be able to continue the conversation and ask more open-ended questions.

Offering your child the opportunity to play with others is also beneficial to their language development. Playgroups, drop-ins, parks, and play dates -- these settings can give your child a relaxed atmosphere to play with other children and interact with adults. Meanwhile, they can continue to increase their communication and vocabulary skills in a fun manner.

Last, but certainly not least, music and books are a great way to encourage language development. Listening to and singing short repetitive songs or nursery rhymes offer young children the opportunity to repeat what they hear. Having books out all the time at home for your child to look at on their own or with someone allows them the opportunity to say what they see in the pictures or to try to guess what could be happening.

Parents know their children best. No matter what age your child is, if you have concerns about their development or health, talk to your child's doctor. You can also contact the Ottawa First Words Preschool Speech and Language Program at www.firstwords.ca. This is FREE for Ottawa children from birth to the time they are eligible for senior kindergarten.



Playground structure ahoy! Canoeists Andrew Crawford, Ella Ward Crawford, Nina Jakobsen, Nell and Nora Redstone frolicking in the flood waters at the peak of the 2017 season.

PHOTO CREDIT: MAUREEN WARD



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The Mainstreeter is looking for a volunteer editor, beginning in June 2017.

The successful candidate should be knowledgeable about the community of Old Ottawa East, and be able to maintain strong relationships with community organizations.

THIS IS A **HOME-BASED POSITION** AND AN HONOURARIUM IS AVAILABLE.

A detailed job description can be found at www.mainstreeter.ca, and requests for further information should be addressed via e-mail to Steven Begg at chair@mainstreeter.ca



CAG Looking at Acquiring Licence to Run JK and SK After-School Programs

The Ontario Ministry of Education has developed and passed new regulations (the Child Care and Early Years Act) that affect how child care will be offered in Ontario. Some of the regulations are already in effect. Others are still being adjusted and implemented.

CAG is happy to provide an update on how the changes to the CCEYA will affect CAG programming this summer and fall.

- Our regular recreational programs for children are not be affected. Children's soccer, playgroups, youth programs, skating lessons etc.

- We can continue to offer summer camp to children 4 and up.

- We can continue to offer PD Day programs to children in JK – Grade Six.

- We can continue to offer our after school programs for children in Grades One to Six as an authorized recreational provider through our partnership with the City of Ottawa.

- Under the CCEYA we are no longer able to offer after school care to Junior and Senior Kindergarten students as we do now. Beginning in September, we will require a licence to operate. CAG is exploring the possibility of acquiring such a licence. As our after school programs operate in a shared space, we would need to license the full JK to Grade Six program. We are working with the province to better understand what this would look like, how it would affect programs overall and the practicality of operating under such a license. At this time, we can make no promises or guarantee we will be in a position to offer after school care to Junior and Senior Kindergarten students but we hope to have an update later this month.

Thank you for the many kind words we have received in support of our programs. We will continue to work with the province to come to a solution that best enables us to meet the needs of our families and the community.

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POLITICAL PAGES

OLD OTTAWA EAST COMMUNITY ASSOCIATION

BY PHYLLIS ODENBACH SUTTON
INFO@OTTAWAEAST.CA



SPRING AWAITS

I am writing this column on an evening of bitter cold with a forecast of freezing rain, but this winter has truly been a mixture of both frigid temperatures and unseasonably warm interludes. The mixture has produced many new potholes in our neighbourhood and throughout the city. Even our wonderful new brick sidewalks have suffered in some locations on Main Street.

But once the first signs of spring arrive (and I saw my first robin on March 4), I suspect we all get anxious for open water rather than ice on the Canal and river, the budding of trees, the blossoming of flowers and warmer temperatures.

Development throughout our community continues. As windows start to open, we will likely become even more aware of the construction going on.

Regional's construction of its Phase 1 developments near Clegg Street is now well advanced as are preparations for development of other portions of Greystone Village. The city's Planning committee approved zoning amendments for the North Village (just south of Springhurst Avenue) on Feb. 28. Consultations on the mixed-use block of land to the west of the Deschâtelets building and up to Main Street are likely to be conducted in April or May.

The Domicile Corners on Main building is growing ever taller. The buildings are nearing their full height. The 'Ichabod' Crane continues its daily movements, much to the pleasure of some of the younger residents in our community.

There has also been considerable progress in the construction of the Ottawa Chinese Bible Church on the corner of Main and Graham. And we will soon be welcoming another Main Street business when Sula Wok opens.

While these developments are proceeding smoothly, the fate of the 30-metre strip of land beside Greystone Village and along the river remains uncertain. Regional had discussed the possibility of the Rideau Valley Conservation Authority taking over this land, but the group declined. To date, the city has refused to accept ownership either. We continue to be puzzled by its refusal.

We also continue to hear about concerns from our north of the Queensway neighbours – the noise

from engine braking, the lack of sound barriers along the Queensway and issues with stormwater surface drainage.

On a more positive note, I encourage community residents to take advantage of events planned to celebrate Canada's sesquicentennial.

I hope that many of you, like me, have already taken part in some of these special events, such as Davis Cup tennis at Lansdowne park in February and Crashed Ice in early March. You may also want to check out the free Sunday and Monday screenings of Canadian films at the Bytowne Cinema – a pleasant walk from our neighbourhood. See ottawa2017.ca for more information. And there are also some special events organized by your community association.

Our Prime Ministers book club will have already hosted its first event by the time this article is published. We are so excited to announce that we have a wonderful group of speakers lined up to bring a number of our prime ministers to life. We started our series with a presentation and discussion of Sir Wilfrid Laurier on March 28. Our next presentation will be on April 24 when we go back to the beginning of confederation and discuss Sir John A. Macdonald. Later, we will host evenings on Robert Borden, Lester B. Pearson, Louis St. Laurent, William Lyon Mackenzie King, Pierre Trudeau and John Diefenbaker. We will share reading suggestions in advance of our events so please check for further information on our OOECA web-site and look for reminder notices in the CAG e-updates.

And please mark your calendars for the September 9 circumnavigation of Rideau Island - our other sesquicentennial project. Additional volunteers to help in the planning and staging of this event are needed; please contact either John Dance directly or send us an e-mail.

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.

DAVID CHERNUSHENKO COUNCILLOR'S COLUMN

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ROOM TO MOVE AND PLAY IN A DENSER CITY

With the City of Ottawa's intensification policies gradually translating into higher population density, it is essential that we invest in the kinds of infrastructure and institutions that residents expect in a livable city. Schools, libraries, health care and public transit come immediately to mind. Equally important, though, is an adequate and diverse supply of places to play and gather. These can be formal, such as community centres, pools, and sports fields, or informal, such as play structures, pathways and riverside parkland.

This is a time of considerable turnover, growth and long-term planning in Capital Ward in response to this growing need.

Old Ottawa East Community Centre

Quaint and cozy as the Old Town Hall may be, it is wholly insufficient for the fastest growing community in Capital Ward — perhaps amongst the fastest growing in the city, by the end of this decade. OOE needs a proper community centre for recreational purposes, public events and gatherings, and potentially to house the Sandy Hill Community Health Centre's local services.

Conversations are ongoing with a number of community partners and the Regional Group, which is developing Greystone Village in the heart of the area. I hope this will lead to a viable future use of a section of the historic Deschâtelets building. What a win it would be to repurpose the building as a magnet for community uses and as a showcase for green building.

Grande Allée Park

The central boulevard from Main St. into the Greystone site, up to the Deschâtelets building, is being turned into Grande Allée Park. A multi-

year consultation and planning exercise led to a design that will provide a range of passive and active park spaces and gathering places for OOE residents new and old, and visitors too. Plans should be finalized in the coming year, with construction to follow.

Pathways

Construction will start this year on the more formal multi-use pathway along the western shore of the Rideau River, notably in the section between the Lees transit station and Brantwood Park. Improvements will also be made to the Windsor Park pathway. Recent discussion has focused on if and how the river shore property adjacent to Greystone Village might be acquired by the city and formalized as parkland, to complete a continuous string of parks from Sandy Hill to Bank St. This would require a series of environmental studies and management plans. I will continue working towards such an outcome.

Brewer Park

Over the next five to 15 years, we can expect to see a lot of activity in some parts of Brewer Park in Old Ottawa South, the result of a number of factors. These include changing demographics and shifts in the popularity of certain sports and activities; older facilities reaching the end of their viable life, meaning either major renovation expenses or taking a 'clean slate' approach; and a strong community desire to reduce and consolidate the area currently used for driving through and parking on parkland. An initial public meeting on March 23 marked the start of a multi-year process of listening, planning, seeking funding and then implementing whatever changes are agreed upon by city council.

POLITICAL PAGES

YASIR NAQVI MPP, OTTAWA CENTRE

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ONTARIO IS CUTTING YOUR ELECTRICITY BILL BY 25%

We've heard you. Our government is taking all action necessary to reduce your electricity bill.

I'm happy to report that the Ontario government will be reducing the average electricity bill by 25 percent for families, farms and small businesses. And future rate increases will be held to the rate of inflation for the next four years.

Starting this summer, Ontario's Fair Hydro Plan will provide Ottawa households with this 25-percent break. Many small businesses in our community like Gabriel's Pizza, Suzy Q Doughnuts and The Clocktower Pub will also benefit from this cut. These measures include the 8-percent rebate introduced in January and builds on previously announced initiatives to deliver broad-based rate relief on all electricity bills.

Taken together, these changes will deliver the single-largest reduction to electricity rates in Ontario's history.

Recently, electricity rates have risen for two key reasons:

- Decades of under-investment in the electricity system by governments of all stripes resulted in the need to invest more than \$50 billion in generation, transmission and distribution assets to ensure the system is secure and reliable; and,
- The decision to eliminate Ontario's use of coal and produce clean, renewable power, as well as policies put in place to provide targeted support to rural and low-income customers.

Over the last decade, we have created an electricity grid that is clean, reliable and sustainable. These are enormously important assets that meet the demand for cleaner and reliable power everywhere in the province.

But these investments came at a cost, and we have asked one generation – today's generation – to unfairly shoulder the burden of nearly all of it. We had to play catch-up and we asked today's ratepayers to cover nearly the whole tab.

Think of it in terms of a mortgage. We needed to rebuild the system and so we went to the bank for that money. Instead of paying off the mortgage over 30 years, we agreed to a term of 20. That means we pay things down faster. But the monthly mortgage payments – or, in this case, your hydro bills – are higher. And it doesn't really make sense since that house – or in this case the electricity system – is an asset that will continue to benefit people far past that twenty-year window. In effect, this generation is subsidizing not just those who came before, but those who will come next.

This is not right – and it has been notably unfair on today's hydro users. So, we are fixing that. We are renegotiating the mortgage and setting a new term that stretches over a longer period. Over time, it will cost a bit more. And it will take longer to pay off. But it is fairer – because it doesn't ask this generation of hydro customers alone to pay the freight for everyone before and after. The burden now will be shared more evenly and appropriately.

These new measures will make the system fairer and more affordable by cutting your hydro bill by 25 percent for everyone in Ottawa and across Ontario.

We have all worked hard to strengthen and green our electricity system. We recognize that we needed to do more to help our residents and businesses to manage the cost of electricity and that work is underway. If you would like more information on our plan to cut hydro bills by 25 percent please visit ontario.ca/fairhydroplan or contact me at ynaqvi.mpp.co@liberal.ola.org or 613-722-6414.

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WORKING WITH YOUTH TO CHANGE UNEMPLOYMENT

Spring has finally sprung in the nation's capital. That means shortly, thousands of young people in Ottawa Centre will put another school year behind them. University and college students are preparing to write their final exams. High-school students are just a few short months away from completing their school year. With summer around the corner, there's one thing Ottawa youth all have on their minds: where are they going to work for the summer and how will it benefit their long-term career goals?

During the campaign, I heard over and over again how hard it is for young people to find employment and to develop skills they need for the jobs they want. Historically, the youth unemployment rate has been higher than that of adults. In 2012, youth unemployment in Ottawa was over two times that of workers aged 25-54.

Changing this statistic has been a top priority for me since taking office. I have been hard at work with my two youth councils to make that happen.

Ottawa Centre Youth Jobs Council and Consistency Youth Council

Last November, I formed the Ottawa Centre Youth Jobs Council and the Constituency Youth Council as a way to stay connected with young people in the riding. The Jobs Council consists of representatives from business, labour, education, student groups, entrepreneurs and other key stakeholders. In addition to creating an action plan for youth job creation, the council is working to foster youth entrepreneurship and encourage employers to hire students and recent graduates.

The Youth Council is made of 25 students from high schools and universities in Ottawa Centre. I met with them in February to hear their insights on job creation. We will continue to meet throughout the year so they can provide their advice on pressing issues facing our youth.

On Feb. 28, the two councils worked together to hold their first youth town hall at Shopify. With their help, I had the opportunity to hear directly from young people at a town hall talk about their

personal experiences with youth unemployment and underemployment. I heard about barriers young people face in entering the workplace, skills they need, and types of employment they are hoping to gain. Following the town hall, members of the Shopify team led a coding workshop, allowing participants to learn a highly demanded skill.

Including young people at the table for these discussions is critical to the success of our community and Canada. Over the coming months, I look forward to more opportunities to bring youth and business leaders together from across our city in support of youth job creation.

Canada Summer Jobs Program

Our government knows that Canada's prosperity will increasingly depend on young Canadians getting the education and experience they need to prepare for the jobs of today and tomorrow. Young Canadians need access to meaningful work at the beginning of their careers. The Canada Summer Jobs Program helps give them a first-hand glimpse at a dynamic and promising career path. The government is giving more youth than ever the opportunity to get work experience through the Canada Summer Jobs Program that allows small businesses or not-for-profits to hire young talent and receive a wage subsidy.

If you are a student looking for a summer job, I encourage you to look into the Canada Summer Jobs Program. Information can be found at www.youth.gc.ca

Keep In Touch

I am committed to engaging with residents in Ottawa Centre on all issues important to them and to our community. Please feel free to get in touch with our office at 613-946-8682 or Catherine. McKenna@parl.gc.ca. And don't forget to sign up for our e-newsletter at catherinemckennamp.ca and follow us on Facebook at [McKenna.Ottawa](https://www.facebook.com/McKenna.Ottawa) and Twitter [@CMcKennaOttawa](https://twitter.com/CMcKennaOttawa)!

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