

# MAINSTREETER

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## THE GIFT OF FRIENDSHIP

Mike Galazka's buddies restore his '68 Mustang

HERESA WALLACE

One of the most famous car chase scenes in cinema history involves Steve McQueen ripping through the streets of San Francisco chasing bad guys. It's from the 1968 film *Bullitt*. Mike Galazka, 61, is a big fan of the film, and he owns a '68 Mustang like the one McQueen drives in that scene.

"A customer has a '68 Charger just like the villains McQueen is chasing," explains Galazka, owner of Mike Galazka Service Centre, an automotive repair shop on Main Street. "We used to joke that for the 50th anniversary of *Bullitt*, I'd drive my Mustang down Main Street chasing him in his Charger."

His intention when he bought the Mustang in 1979 was to restore it to mint condition, but the project kept getting delayed. Galazka and a few buddies have met for breakfast at 7 a.m. on Saturday mornings for more years than they can remember, and every Saturday they'd nag him about when he'd finish his car. "Mike is sometimes a man of few words and he'd just shake his head and say he had no time," long-time friend Renzo Calvano says. "But all his friends knew he was too busy working hard in the shop and trying to help everybody else and not getting his own stuff done."



JOHN DANCE PHOTO

Mike Galazka in the driver's seat of his restored 1968 Mustang at his service centre on Main Street. Left to right behind him: Sam Galazka, Elizabeth Galazka, Cam Potter, Chris Thompson, Jim Naida, Renzo Calvano, and Tom Walsh.

Stories of Galazka's good works have piled up over the decades: he's ploughed Brantwood rink after snowstorms for several generations of skaters, opened his repair shop on the weekend to help desperate motorists, and fixed cars for next to nothing for those in need. When Paul Bourque ran out of gas this past summer on Colonel By Drive north of Main Street, he called his buddy. "Within four minutes, Mike arrived," Bourque says. "I was on the side of the road for 10 minutes tops before I was on my way."

Galazka was injured last spring using a grinder on the underbody of the Mustang—in what could have been a far more serious accident, the grinder kicked back and caught him in the neck. As a result, his friend Jim Naida decided to intervene. Naida collected a few hundred

dollars from each of a dozen of Galazka's friends to get the body of the Mustang restored.

"When I told him we were having his Mustang towed to a shop in Greely that works on high-end vintage vehicles, Mike almost started to cry," recalls Naida, a retired firefighter who has lived in OOE his whole life and who befriended Galazka in high school. The two teens hung around the auto repair shop and gas station on Main Street, which Mike Galazka Sr. started operating in 1966.

Calvano also hung around that garage. "Mike Sr. was a prince of a man, a real warrior. When he was 13 years old his family was sent to Siberia because of the war. They lived in wooden barracks. Eventually they went to Africa, where Mike Sr. became a mechanic. He had a

big heart and a passion for classic cars just like his son has."

Mike Jr., who received an engineering degree from Carleton before deciding to join the family business, is a regular spectator at the Rideau Carleton Raceway Wednesday evening Cruise Night car show. He plans to bring his Mustang there when he has it all fixed up.

The "last man standing," as he calls himself, on a street that used to have four gas stations in a business that has become dominated by big companies, Galazka doesn't think he'll be able to find the hours to finish the car before the end of this year in time to mark the Mustang's and *Bullitt*'s 50th anniversary. "But when it's done, we might still take that drive down Main Street."

## My son Chris and me: A mother's tale of grief

*For most of us, Christmas is a time when family and friends gather to celebrate the many joyous gifts that life offers. Sometimes, though, the gifts of life are taken from us, without warning and without explanation. The following firsthand account submitted by Old Ottawa East resident, Elaine Dean, is a case in point, reminding all of us that the holiday season is also a time of compassion for those around us who have suffered grievous loss.*

ELAINE DEAN

This Christmas will be the first one in our new house in Old Ottawa East. My son Christopher and his younger brother Julian went to Lady Evelyn elementary school here in the neighbourhood. For me, it feels like moving back home after 15 years in Hunt Club.

It will never be the same as it was before, though, because Chris is no

longer here to celebrate the holidays with us. We lost Chris in 2014 after he was hit by a car while at university.

Chris enjoyed life. He made lots of friends. He did well enough at school and that's okay because he loved to spend time with his friends, who were always important to him. He looked out for them, and together they enjoyed many good times together.

When Chris was applying to university, he put together his art

portfolio, just as he had done when he applied for the Visual Arts program at Canterbury High School, only it was a much better portfolio now. I cried happy tears when I saw his portfolio, because he is so talented. He really wanted to study architecture at the University of Waterloo, and after taking a year off, that's exactly what he did. He loved it, and thrived there. It was like the elastic band between us, connecting us, had grown longer. Now it's longer still.

*Continued on Page 6*

From the top deck of the second phase of Corners on Main, the view of the surrounding community and beyond is remarkable. Domicile Developments recently celebrated the “topping-off” of the new building.

PHOTOS BY: JOHN DANCE



A young artist decorates one of many pumpkins painted at the CAG Fall Festival and Pumpkin Sale  
PHOTO BY: JIM LAMONT



Over the summer, Merritt Avenue resident Stuart Inglis hand-crafted a rowboat - complete with oars and a bicycle boat trailer - for exploring the river.

PHOTO BY: JOHN DANCE



# Community celebrates Chernushenko

JOHN DANCE

At November's Old Ottawa East (OOE) community annual general meeting outgoing City Councillor David Chernushenko was praised for his eight years of work, most notably for the rebuilding of Main Street and the Flora Footbridge.

"If the question is 'Did you make Old Ottawa East a better place to live?' the answer is 'Yes,'" Don Stephenson, chair of the Community Activities Group (CAG) of OOE, told Councillor Chernushenko to the applause of the 120 attendees at the joint AGM of CAG and the OOE community association (OOECA) held at the Church of the Ascension.

In response, Councillor Chernushenko said he was very proud of his accomplishments, particularly the rebuilding of Main Street, noting, "A four-lane traffic sewer has reverted to being a community street."

Phyllis Odenbach Sutton, president of OOECA, also thanked Councillor Chernushenko and presented him with a Main Street sign.

A number of other community members were honoured, including Lisa Dunnett, retiring events coordinator of CAG, and Ron Rose, for his leadership as OOECA's transportation chair during the lengthy Main Street consultation and construction.

Shawn Menard, Capital Ward's new city councillor effective December 1, outlined his priorities, notably establishing a "ward council" that will have representatives of the communities that constitute Capital Ward; better dealing with development proposals including infill restrictions; reviewing concerns with the new Immaculata playing field; addressing the loss of trees and greenspace; and determining if residents want to have cannabis retail storefronts. Menard joined the many residents at the social hour that followed the formal meeting.



JOHN DANCE PHOTO

CAG chair Don Stephenson (left), Councillor-elect Shawn Menard and OOECA president Phyllis Odenbach Sutton chatted at the AGM social.

## OOECA and CAG Highlights

The OOECA President's report outlined the many successes in the transportation file, including the installation of flashing crosswalk beacons at Greenfield and Concord street north and at Colonel By and Main; the reopening of the sidewalks on the Rideau River LRT bridge; the completion of the City portion of the Rideau River Western Pathway; the reopening of the Greystone Village river walking path; and the completion of the Main Street road safety audit.



On the other hand, she cited a number of remaining challenges: LRT construction is not yet complete; the on-ramp to Highway 417 remains closed; there's been no progress on sound barriers north of the Queensway; and construction activities continue to adversely affect roads and trees.

In terms of planning issues, the OOECA planning committee now has nine members, with most neighbourhoods represented. During the past year, the committee reviewed and commented on approximately 15 Committee of Adjustment applications

for minor variances; assessed a variety of large development proposals; supported the City staff recommendation to limit hours of lighting at Immaculata's new playing field; and participated in several city-wide consultations.

CAG, which is separate from the community association, is the not-for-profit organization that delivers recreation, sports, cultural and community events, including the Winter Party in the Park, the Main Event, summer BBQs, the fall festival and the Valentine Skate. A major accomplishment of CAG in 2018 was the resurfacing of the Springhurst basketball court.

## Open Forum

A key part of the meeting was the open forum, capably moderated by OOECA's Jaime Girard, where residents had the opportunity to raise questions and state their opinions on a wide range of municipal issues.

"Where are we regarding affordable housing in Greystone Village?" Rebecca Aird asked. "Affordability is becoming a really significant issue in the city and in our community," she noted, adding that "Regional [the developer of Greystone] had committed that one of its buildings would be affordable housing."

The need for additional affordable housing was also mentioned by Chris

Osler of the Sandy Hill Community Health Centre. He suggested that the Alta Vista Transportation Corridor lands could be used for affordable housing as could other lands along the LRT routes.

Other residents were interested to know what businesses were going to be located in the new Main Street buildings. Odenbach Sutton responded that the developers have not yet confirmed any leases or sales, however, Domicile had earlier reached out to get a sense for what residents were seeking, and Regional had pledged to seek a grocery store within its development.

Stephen Pope suggested that, in light of the power outages resulting from the September tornadoes, it was time for residents to demand that the City of Ottawa require its wholly-owned Hydro Ottawa to improve the resiliency of the electrical network.

Parking problems in the community have been exacerbated by the increase in construction activity and, as noted by Suzanne Johnston, by the great growth in the number of Airbnbs in Old Ottawa East.

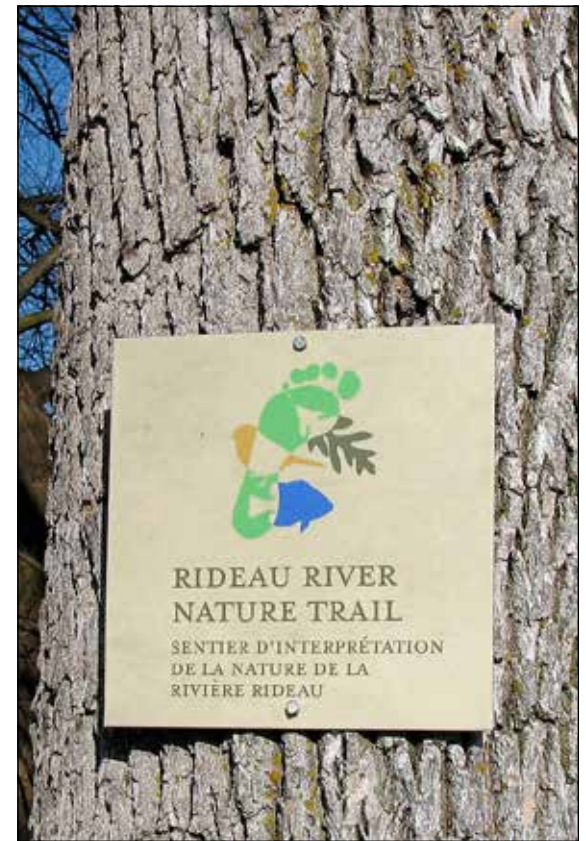
And there were complaints about cyclists and motorists going the wrong way on one-way streets, as well as the lack of community involvement in the development of the proposal for a community centre in the Deschatelets building of Greystone Village.

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# SHARING LUNCH WITH SLOE



SUPPLIED PHOTO

Some of the founding members of Sustainable Living Ottawa East (SLOE) are pictured along with the signage of the Rideau River Nature Trail that they helped develop. From left to right are John Dance, Rebecca Aird and Mary Trudeau.

## IT'S NOT EASY BEING GREEN

*Think of the many things that make our community so special. Though we often take their existence for granted, we sense that they didn't just come to be. Someone, at some time, had the vision and did the hard work.*

*In this edition of The Mainstreeter interview, we pay tribute to Sustainable Living Ottawa East (SLOE), a dedicated volunteer group of environmental activists that for more than a decade has safeguarded the environment and "liveability" of Old Ottawa East. As the following interview demonstrates, the list of their achievements is long, and their contribution to the quality of life in our community is unparalleled.*

**The Mainstreeter:** Over the past decade, Sustainable Living Ottawa East (SLOE) has played a critical role in the development of this community. However, many newcomers to this community would not know the extent to which SLOE has succeeded in changing the face of Old Ottawa East. Can you inform our readers of some of the achievements of SLOE that most stand out in your minds?

**Rebecca Aird:** SLOE started the Main Street Farmers Markets as a pilot project to see how it would do, over three successive Saturdays in August 2007. There had already been some interest in farmers markets here, for example from Ron Farmer at the Green Door. St.

Paul University had agreed to allow us to use their parking lot for the Farmers Market. Those first three Saturdays were such an incredible success that we decided this had to be continued. This was an initiative that grew out of SLOE but then evolved and became its own independent initiative.

SLOE was also involved in initiating the Children's Garden. Aamina Badran had always wanted to have a Children's Garden somewhere in Old Ottawa East. She had already set up a children's plot in the community garden, but she had a bigger vision. We determined that the current location of Robert Legget Park, which was effectively a vacant site, was a great spot. Annette Hegel joined the initiative very early on and became a key driver. Once again, the project soon became an enormously successful independent initiative that was connected to SLOE.

**Mary Trudeau:** One project that became a key initiative for SLOE was the Rideau River Nature Trail that was developed from John Dance's vision, centred around connectivity for a trail along the river that would link the neighborhood from one end to the other. This project was especially far-sighted at that time, which was before the Oblate lands were sold, when there was some danger that the whole area might be privatized, which would

restrict community access to the river.

SLOE undertook a signage project for the Rideau River Nature Trail. We were able to secure a grant from the City of Ottawa, and we developed a number of signs along the trail to provide information, for example, that a viable fish population lives in the Rideau River despite it flowing in the downtown core, that it's important to respect and preserve the shoreline to maintain habitat, and to remind us all that our neighborhood is connected directly to the river and what drains out of our backyards and streets ends up in the Rideau River.

**Ian McRae:** The Rideau River Nature Trail project had a lot of legitimacy from the very beginning due to the involvement of City of Ottawa officials and neighborhood leaders working together to develop a shoreline map and a plan for where the shoreline could be natural life and where the path of the trail should run.

The city also cooperated through their Forestry Services Branch. We developed a planting plan with the City, and they provided trees and shrubs for the naturalization of the shoreline. In the first two years, 2007 and 2008, we planted 150 trees and shrubs along the shoreline, and in subsequent plantings, we added several hundred more.

**The Mainstreeter:** Can you tell our readers about the origins of SLOE and your mission for the betterment of OOE?

**Rebecca:** We have to start with Jan D'Arcy. She encouraged us to form an Environment Committee for the Old Ottawa East Community Association (OOECA). We were all people who had experience in working on environmental and sustainability issues and who really wanted to contribute to the community.

By the second meeting, we had agreed on a mission, which consisted of four areas of activity - sustainable transportation, sustainable energy, green spaces and ecological diversity and sustainable food. We wrote a guiding vision for each of those areas. We then quickly generated a list of about a dozen actions that we felt would be wonderful for the community to undertake. Then we simply asked who wanted to lead on each project. The goal of SLOE - our overall mission into which those four areas of activity fit - was to make OOE a sustainable community.

**Mary:** A lot of us were involved in policy and planning in our work life and we all spent a lot of our time on long term strategic plans. We were looking for something different, so we decided that SLOE should be specifically project-related. We stayed away from

# THE MAINSTREETER INTERVIEW

commenting on city policy and getting involved on the political side of things, and instead, we just wanted to be boots on the ground, hands in the dirt.

**Ian:** One member of SLOE has traditionally also been a member of the OOE Community Association and provided liaison with the other community association environmental committees throughout the city. SLOE co-founded a group called CAFÉS - Community Association Forum on Environmental Sustainability - that has taken many positions over the years on all the relevant issues of interest in the city and in similar urbanising neighborhoods.

**The Mainstreeter:** One of the more important recent projects that SLOE was associated with was the Deep Green project relating to the massive Main Street redevelopment of the Oblate lands. Can you help our readers better understand what the Deep Green project involved and how SLOE's stewardship of the project benefited the community?

**Mary:** The Deep Green project started before the sale of the Oblate lands. We at SLOE wanted to see if we could influence the conditions of sale and some of the expectations of the City surrounding the development of the lands. We had a strong desire to maintain access to the river and we wanted to ensure that privatization would not stop that access as was the case in other parts of the city, for example, in Sandy Hill.

We identified four themes for the Deep Green project that were consistent

with SLOE's own themes. The first theme was energy, and the development of a district system for renewable energy on the Oblate lands that the rest of the community could hook into. Another theme was connectivity, which involved transportation links, encouraging cycling, and walking trails, so that that the block of land would not become isolated from the river and the community. The third theme was to encourage low-impact development for stormwater to reduce the adverse impact of losing that much green space. And the fourth theme was affordable housing, and aging in place.

**Rebecca:** We realized that we needed to focus on development of the Oblate lands since that would constitute an important influence over the future sustainability of our community. We held a workshop in March 2014 that attracted over 100 people; and it happened to take place just after the Regional group had bought the property. When Josh Kardish and Stephen Cunliffe, who attended from Regional, saw how well-organized the community was and how serious we were about the use of these lands, it seemed to really influence their thinking about the development of the property.

**The Mainstreeter:** We have recently elected newcomers to represent this community politically both at Queen's Park and at Ottawa City Council. What are the chief concerns affecting our local environment here in Old Ottawa East that our newly-elected representatives must address going forward as priorities?

**Rebecca:** I think we as a city need to come to grips with the idea of intensification and understand what the benefits of intensification are. We need to see those benefits in terms of quality of life and lifestyle, and it's up to elected officials to help to ensure that when intensification happens, it comes along with community amenities. If people are going to be more willing to receive intensification in their communities, there has to be an understanding that they have the right to expect that it will come along with those kinds of added amenities.

**Vicki Davis:** Certainly one thing that concerns me as I watch the development of Domicile and Regional, as they pave over our land, is the issue of surface permeability. Where is the water going to go if everything is paved over? I would like to see these and other future projects add green space permeability to their pathways, rather than just paving everything. I think our elected representatives should be very concerned about that issue as well.

**Mary:** I'd like to see our elected officials pay a lot more attention to the issue of food security. We seem to have lost sight of the importance of local farmers and supporting them and the food sources that they provide to the community. We have to increasingly support things like Farmers Markets and Farmers Baskets that we in the city can purchase, helping to raise awareness around these issues of food supply. Our politicians have to study the issues of food security, climate change and the vulnerability of our food network to

these extremes of temperature.

**Ian:** There is a concern in terms of maintenance of green space in the community. One of the last remaining open spaces is 160 Lees Avenue or what most people think of as Springhurst Park, but the park itself is very small and most of that open area is contaminated brownfield currently slated to be used for the AltaVista Traffic Corridor, a highway more or less from the south shore of the Rideau River to Nicholas Avenue. If money does become available and political pressures lead to its construction, our community will lose one of the last remaining large open areas we have.

**The Mainstreeter:** This community and its residents owe a debt of gratitude to all of you for your work with SLOE over the years. You have advised that without a "next gen" of local environmentalists stepping forward to lead this organization, SLOE will disappear. As the community newspaper, The Mainstreeter needs to ask: Do we still need SLOE in Old Ottawa East today?

**Mary:** I think any community needs an environmental group like SLOE to pick up on issues of concern to the community. The existing SLOE group has tackled so many of the burning issues that we saw around us over the past eleven years. Today, it's really important to get new ideas and new energy for new issues. We do need to see younger people getting involved with SLOE in Old Ottawa East.

**Rebecca:** It bears remembering that the incredible resources that SLOE pulled together are still here in this community. All of us that first formed SLOE are not going away, and we remain willing to provide our expertise and mentorship to a new generation of activists and participants in environmental and sustainability projects. We have some money, some equipment and a great deal of institutional memory to help a new generation of leadership take charge.

**These founding members of SLOE are happy to meet with, and to provide support to, anyone interested in taking on a leadership/coordinating role for a next suite of initiatives.**

**If this is something you'd like to explore please send an email to editor@mainstreeter.ca enclosing your contact information, and a SLOE representative will reply to you with more information.**



SUPPLIED PHOTO

Community volunteers are hard at work planting new trees by the shores of the Rideau River – one of many environmental initiatives pioneered by SLOE in Old Ottawa East.

# 'I had made his favourite meals for him'

— Continued from Page 1

Christopher brought so much joy to my life. I missed him so much when he went away, but at the same time I was happy for him because he was living his life, just as he wanted.

In his second year at university, days before Christmas, he had finished his exams and was getting ready to come home. He had just turned 20, his birthday being December 10. His friends had a get-together before they broke for the holidays, and they were excited about their first co-op placement that would begin in January. Chris went out to pick up a bottle of wine and never made it back. He was hit by a car when crossing the street.

At home, I had made his favourite meals for him, waiting for him and the holidays to begin. Instead, we took a flight to Toronto and then drove to the hospital in Hamilton during an ice storm. When we arrived, the surgeon told us that he had done all that he could. Over the Christmas holidays, we saw surgeons and nurses come and go. Then Chris had a stroke, and we were forced to make the decision to take him off life support. I slept with him, I sang to him, and I could not believe this was happening to



SUPPLIED PHOTO

Christopher, the year he graduated from Canterbury High School in the Visual Arts program.

my beautiful boy. But it did. He passed away at the beginning of January 2014. Even though I prayed for a miracle, there wasn't one for us. Chris never got the chance to graduate from university, to get married, to have children or a successful career.

Early on in my grief, I went to drop-in sessions, met with a counsellor, and joined a support group with Bereaved Families of Ontario, Ottawa (BFO Ottawa). This is not a group that any one of us would like to join, but saying that, I am glad I did. In our support group, we decided that at family gatherings we would toast our children. We knew we had to do something to help others talk about our children for us. I didn't know then that both my love for Chris and my

grief would last a life time, but now I know this with certainty. Throughout my life I have experienced difficulties. I now know I have resilience, that I can recover through introspection and because of my strength. It's not like I have a choice, though.

Chris is a part of me and always will be. Some of the parents in my support group wrote chapters in the recently published book, *Always With Me: Parents Talk About the Death of a Child*. Individually and collectively, we knew that there weren't enough books available to help us, written from the perspective of a parent. We wrote this book so that we could talk about our children, and so that we could share our experiences in the hope that doing so may help others.

Several days before Christmas, we have a special gathering for Chris on the grounds at Canterbury High School, around the tree that is dedicated to him. For us, it is a special time to catch up and spend time together remembering Chris.

If Chris was still with us, I know that he would have loved our new home in this community and would also have been happy to be back living downtown again. For my mum, Julian, Sean and me, Christmas will once again be a quiet time.



**Most people will experience grief in their lifetime. BFO Ottawa is an organization run by people who have lost a loved one. Its trained facilitators know first-hand what it's like because it has happened to them. Everyone at BFO Ottawa believes that no one should have to grieve alone. To find out more about BFO Ottawa's unique programs, or to make a donation, please visit [bfo-ottawa.org](http://bfo-ottawa.org).**

**To pick up a copy of *Always With Me: Parents Talk About the Death of a Child*, you can drop into Octopus Books, 118 Third Avenue, in the Glebe, or you can order it online at [demeterpress.org](http://demeterpress.org).**

## LETTERS TO THE EDITOR

### TO THE VOTERS OF CAPITAL WARD

It was a great honour to be a candidate for Capital Ward in the most recent municipal election. I was humbled by the support of the many community volunteers, donors, people who took signs and of course, those who voted for me. The opportunity to connect with residents and learn about the day-to-day issues that impact our neighbourhoods on such a large scale is very unique.

I've made many new friends, attended wonderful community events and had the chance to walk on the many streets that make Capital Ward a special place. Thank you to the many residents who took time at the door to speak with me and the other candidates throughout the election. You were engaged, energized and committed to your communities, and that was the most inspiring part of the campaign.

With great appreciation,

Christine McAllister  
[christinemcallister@rogers.com](mailto:christinemcallister@rogers.com)

### FOND MEMORIES OF BRANTWOOD BEACH

In the last issue of *The Mainstreeter*, Theresa Wallace wrote about the history of swimming in the Rideau River, documenting the popularity of Brantwood Beach in words and photos. The account touched a responsive chord with many of our readers, including Roberta Hagar who submitted the following account of her childhood memories from the 1940s paddling the waters and skipping across the sandy

shores of Brantwood Beach. We hope you enjoy her memories of days gone by on the beach!

My family moved to Beckwith Road in 1945 and Brantwood Beach was where we spent much of our time. On hot summer weekends, there wasn't a parking spot to be found because of the cars parked up and down the streets close to the beach. There were so many people on the beach, it was impossible to find a spot to spread a towel.

My father ran the canteen on the beach for a couple of years in the late 40s. I would go around the beach and ask people if I could have their empty bottles. For every bottle I turned in, I would get two cents, and I usually collected enough to buy a bag of chips and a drink from the canteen. Evelyn Miller was the name of the lady who ran the cloak room for a few years, and George Woods was a lifeguard. I would get up early in the morning and head for the beach to help George put out all of the equipment, and he actually taught me to swim. I would swim back and forth between the piers pretending to be Marilyn Bell swimming the English Channel.

On some of the summer nights they would show movies on a screen attached to the side of the canteen building; children and parents would all sit on the grass and enjoy the movies. Every now and then we would wander through the woods to Brighton Beach, but not very often because we had to pay to swim there. When we had our fill of swimming for a while, we would run across the field and play on the swings in the playground. Once or twice during the summer, the city would have a special day at the park for the kids. We could win prizes by running races or bean bag and horse shoe throwing. One year we had a yoyo expert show up and wow us with what he could do with the toy.

Of course, there was the rink in winter, where we would skate until our toes began to freeze. Then we would head inside to warm up in the canteen building. There was a great wood stove burning and we would try to dry our mitts on the stove before going out again. Of course, it usually turned out that our mitts got scorched. Our parents would warn us not to go out on the ice on the river, but being kids and having no fear, we would slowly walk out until the ice started to crack and then run back to the shore.

On the other side of the river, directly across from Brantwood Beach, there was an old man who lived in a tarpapered shack. We called him Frank the Tramp and people from the neighbourhood would periodically go across and give him food. He stayed in that shack winter and summer, and on the coldest days, we could see the smoke coming out of the shack's chimney. Rumour had it that he was a World War One veteran, and I always wondered what became of him.

In the early spring when they blasted the ice, the sound of the explosions could be heard throughout the whole neighbourhood. Hearing the sound of the train whistle as it ran along the tracks on the other side of the river as I lay in bed at night is another wonderful memory. What a great neighbourhood to grow up in, with so many wonderful memories of Brantwood Beach.

I hope you enjoy hearing some of my memories of days gone by on the beach!

Roberta Hagar

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**Zone C:** Don Fugler (Captain) — Bruce, Kathleen, Kaithlyn and Meghan Lowe - Kathleen McCrea - Sean, Lisette, Clare and Fiona Sutherland - Janet and Alan Barnes - Lori Gandy - Janice Neelands - Connie Acelvari - Frederic, Mathieu and Amelia Racicot - Nicole Varshney and Charles Colin.

**Zone D:** Helene Lowe (Captain) — Marilyn, Duncan and Colin Best — Michelle, Garreth, Amelia and Enid Palidwor, — Krystina and James Gibson — Kaitlyn Lowe — Thoma and Ariana Simpson with Clara.

**Zone E:** Zone E: Wendy McRae (Captain)- Anna Doucet, Andrew and Mackenzie Power, Mary and Ruaidhri O'Donnell, Mark Wigmore, Ben Macki, Kim Farrall, Alex Beattie, Maasilan and Nila Etchart.

**Zone F:** Elaine Henderson (Captain), Dan Roach, Therese Smith, Juan Renart, Bob Ryan, Mark Audcent, Mike Taylor, Barbara Kirk.

**Zone G:** Phil Browne (Captain) — Leslie Jones, Jim Strang, Ed Janes, Jeanette Drisdelle.

Other distributors: Carol Workun, Chuck Bain, Nancy McDonald, Ron Rose, Heather Jarrett, Sue Cavanaugh, Aynsley Morris, Lorne Abugov and Melinda Newman.

High school volunteers should submit their papers for signature to Daniel Racicot.

## OTHER USEFUL CONTACTS

**Councillor Shawn Menard:** Shawn.Menard@ottawa.ca

**Community Activities Group:** Call Old Town Hall at 613-564-1078 and leave a message for Carol Workun

**Community Police** (for non-emergency concerns): 613-236-1222 x5287 or huntmr@ottawapolic.ca

**Old Town Hall:** 613.627.0062

## FROM THE EDITOR

### A privileged partnership for *The Mainstreeter*

For Old Ottawa East's favourite son, Paul Dewar, the month of November was replete with well-deserved honours and accolades.

First, on November 2nd, Mayor Jim Watson conferred Ottawa's highest honour on Dewar in the form of the key to the city for "service and dedication to his community and country, and his significant contributions to education and youth empowerment." Three days later, *Maclean's* magazine named him as a winner of the 2018 Parliamentarian of the Year award, bestowing upon him a coveted Lifetime Achievement Award.

Diagnosed with terminal brain cancer this past February, Dewar has responded in characteristic fashion, celebrating life and continuing to speak out on issues of importance to him, youth engagement, political reform, community development and human rights and decency foremost among them.

Between 2006 and 2015, we at *The Mainstreeter* had the privilege to chronicle the political career of Paul Dewar, both at events within our neighbourhoods that he organized or attended and in the body of his writings published in his column in each issue of our newspaper. His written contributions to *The Mainstreeter* during his 11 years as our federal representative are marked by his deep love for Ottawa and community, and by the wellspring of compassion and human decency that formed the basis of his political philosophy.

Here is a small sampling of excerpts from Paul Dewar's columns in *The Mainstreeter*, his views as vibrant and relevant today as they were when first written a decade or so ago:

### DEWAR ON IMMIGRATION

One of the greatest assets that we have in Ottawa is the tremendous diversity of people and cultures. It is evident in every corner of our community that immigration plays an integral role in making Ottawa the vibrant and diverse community it is. As my office can attest, however, the immigration system is in need of an overhaul to deal with the more than 900,000 applications in process. It is not uncommon for immigration applications to take upwards of four to five years before they are finalized, and families reunited.

Instead of arbitrary and undemocratic policies set by a controlling minister, our immigration system needs to make changes to entry requirements, increasing the target number of immigrants into the country, and most importantly, investing in resources both in Canada and overseas to properly address the 900,000 applications which still need to be processed.

I believe in a fair immigration system that not only ensures family reunification without long and cruel delays, but also addresses our need for skilled workers without exploiting people simply as economic units. (*The Mainstreeter*, June 2008)

### ON INTENSIFICATION AND COMMUNITY GREEN SPACE

As the city advances towards the concept of intensification and concrete development

increases, retaining current green space becomes more of a priority, whether they are as natural open green areas or developed for recreational activities. Urban greenness is an important human and ecological resource that is essential for our quality of life. There is a sense of unease with the city's unmanaged intensification and with the NCC's current concept of selling or exchanging green space for other uses.

Green spaces in cities are often given adequate attention only when they are threatened by proposed development in our communities. One only has to look at the proposal to build the Alta Vista Parkway to see potential loss of green space in our neighborhood. Often we take these urban green spaces for granted because there is a lack of coherence as to who is the appropriate steward for urban green spaces - should it be the city, the province or the National Capital Committee.

Of course, it is a shared responsibility of all three levels of government, and accordingly elusive and akin to herding cats. I believe community associations are the most coherent group in this regard, since they provide a voice that looks at the overall health of their respective communities - in essence, they are natural stewards. (*The Mainstreeter*, September 2006)

### ON LITERACY SKILLS

As Canadians return to school, college and university, now is the time to consider the number of people struggling with skill sets the rest of us often take for granted. One of these is literacy. Literacy skills are essential for our everyday lives, for reading and interpreting information and for school work, health and leisure. It's essential for the development of our communities that we invest in enhancing the literacy skills of Canadians. Adults with low literacy are those who only meet the minimum requirement for understanding and using information from text, such as news stories or instruction manuals. They can deal only with simple and clear material. Pressuring the government to take concrete action to improve literacy levels in Canada, especially among marginalized communities, will continue to be a focus for my colleagues and me as we work towards making Canada a more inclusive country. (*The Mainstreeter*, August/September 2012)

### ON YOUTH

Finally, we cannot close the book on this election without referencing the strengthened youth engagement in this campaign. From "vote mobs" to youth participation in all our local campaigns, young Canadians have shown us how to change this country for the better. I'm proud to serve alongside bright young women and men in our Parliament who will take a leadership role in building a sustainable, progressive and welcoming country. It's time to make our Parliament a forum for debating ideas and identifying solutions. It's time to release our political system from the toxicity of partisanship and tactics. After all, Canada is a promise of peace, order and good government. It's about time we work together to deliver on those promises. (*The Mainstreeter*, May/June 2011)

# Ask Rainbow Kidschool

For your kids: Too much of a good thing?

**ROXEANNE MARBERL**

*Question: Many parents enroll their preschoolers and JK/SK children in more than one activity, such as swimming or soccer. How many is too many scheduled activities (outside of school)?*

*Answer:* Extra-curricular activities can be an important part of a child's life after school. They can help your child learn and expand on a specific activity, and they can broaden your child's social interactions and introduce them to new friends with similar likes and interests. Often, the easy part is finding

activities for your child to do outside of school/preschool. The hard part is finding the right balance that will both benefit your child and fit your family's schedule and budget.

When parents arrange too many extra-curricular activities, children do not learn the skills necessary to explore and create on their own. Children need to have down time and unstructured play to relax throughout their day, time when they can explore and create on their own. When children are busy all day -- going from school to an extra-curricular activity to home, where they have unstructured time -- they often

will say they are bored at home because they really do not know what to do.

At this age, most children are only able to adequately handle one, possibly two extra-curricular activities during the week at a time, especially if there are other children in the family with their own activities. Limiting extra-curricular activities to one or two weekly allows a child to fully participate and get the most out of their activity. The nice thing is that many sports activities are seasonal, so while your child may only be out one or possibly two nights a week, they still get to participate in many activities, such as

skating lessons in winter, swimming lessons in spring and soccer lessons in summer.

*- Roxeanne Marberl is the director of Rainbow Kidschool.*



**Got a question about your preschooler's development? Rainbow Kidschool can help! 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. Send us your questions at [www.facebook.com/rainbowkidschool](http://www.facebook.com/rainbowkidschool) or visit us at [www.rainbowkidschool.ca](http://www.rainbowkidschool.ca)**



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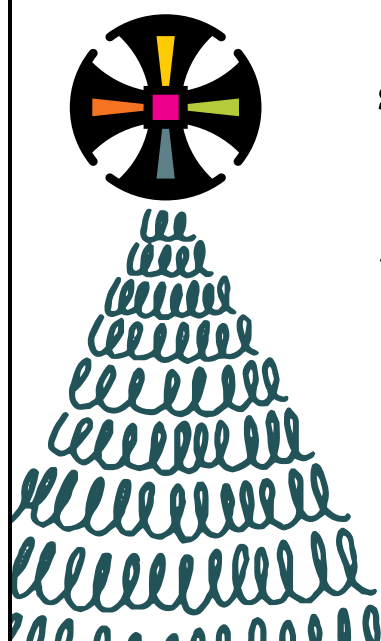
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PETER CROAL PHOTO

The Mainstreeter's online team share a smile at a recent meeting to plan 2019 online web and social media coverage of news, features and events in Old Ottawa East. From left are Anthony Lenzo, B.J. Siekierski, Lorne Abugov and Meredith Newberry. The team is looking for a couple of new volunteers interested in the digital side of life at The Mainstreeter.

For more information contact [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca).

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The former Ward councillor and his staff have much to reflect upon during their eight-year tenure in office. Back row, l to r: David Chernushenko, Sarah Loomis, Michael Reid; front row: Ian Grabina, Angela Plant.

SUPPLIED PHOTO

## Pleased to have built bridges, proud to have served you

### DAVID CHERNUSHENKO

In this final submission as your representative, I wish to thank everyone who works to make Ottawa and the world a better place. I am especially thankful to the wonderful men and women I have had the honour to call “my” staff over two terms, and to the many people in Old Ottawa East who volunteer in any capacity to build community.

I have made it my goal from the outset, indeed in life, to build bridges. While society may look like it is fracturing into all manner of political, ideological and tribal camps, that is just on the surface. Dig a tiny bit deeper, and you find people reaching across artificial divides to find common ground, in the goal of achieving an end that all consider important.

As a councillor, I knew that making important policy changes, getting approval and funding for critical infrastructure and turning community dreams into reality was always going to require 13 votes on a 24-member Council. I set out, therefore, to develop positive working relationships with all councillors, the mayor, city staff, residents and even vested interests of

all stripes. We were not always going to agree, but through respectful dialogue, understanding and perseverance, we could often come to an understanding that got the most important things done.

Looking around me as I campaigned this fall, I could see the results of “building bridges”: A vibrant new Main Street, in place of a divisive and dangerous speedway; Greystone Village rising and being occupied, respectful of the Community Design Plan fought for and established by you; and, of course, the Flora Footbridge, which will not only take local residents to the Glebe and further west on foot and by bike, but also bring friends and customers back this way.

Not everything was a win. Not all that I set out to achieve has been wrapped up with a neat bow. But I can look back on eight years with satisfaction that I gave it all I had.

Finally, my wish is that the new Council, indeed every one of us, keeps in mind the people of Ottawa who have few privileges. They, and their needs, are too numerous. We can and must make them a priority.

See you on the paths!

# Menard wins tight election despite OOE voters

### JOHN DANCE

In Capital Ward, the most highly contested ward in Ottawa’s recent election, Shawn Menard narrowly triumphed over four others, including incumbent councillor David Chernushenko.

However, had Old Ottawa East voters’ preference been shared by other Capital Ward communities, Chernushenko would have prevailed and returned for another term as Councillor.

In OOE, Chernushenko took 31 percent of the vote compared to Menard’s 29 percent. But, overall, Menard was the winner with 28 percent of the vote compared to second place Christine McAllister with 25 percent, Chernushenko with 23 percent, Anthony Carricato with 19 percent and Jidé Afolabi with the balance.

Chernushenko’s success in Old Ottawa East may have been related to the fact that two of his major accomplishments - Main Street’s transformation into a complete street and the Flora Footbridge - addressed longstanding desires of many community members.

Menard won the most votes in Old Ottawa South and overwhelmingly won the advance poll at Carleton University with 304 of the total 362 votes. Chernushenko took only 8 votes there, McAllister 14, Afolabi 15 and Carricato 21. Menard vigorously campaigned at Carleton and has a number of significant links to the university including his role as past president of the Carleton University Alumni Association for the National Capital Region.

McAllister dominated in the Glebe, where she had been president of the Glebe Community Association. She took 36 percent of the votes at the major Glebe polling stations and Anthony Carricato - a former vice president of GCA - was next at 21 percent. However, Carricato was the victor in Heron Park winning 34 percent of the vote to Menard’s 28 percent, McAllister’s 16 percent and Chernushenko’s 15 percent.

A number of building-specific polling stations such as Billings Lodge, a “retirement community” in Heron Park, showed voting patterns substantially different than the overall shares. At Billings Lodge, Carricato won 22 (48 percent) of the 46 votes.

Jim Watson easily retained the mayoral seat with 71 percent of the vote compared to second-place finisher Clive Doucet at 22 percent. But Doucet did much better in Old Ottawa East, winning 40 percent of the votes compared to Watson’s 59 percent.

Voter turnout for the entire city was 43 percent of eligible voters while voter turnout for Capital Ward was the highest in the city at 52 per cent, with 12,834 residents participating. In the previous election voter participation in Capital Ward was just 39 percent.

Over the last four years - despite considerable in-fill and new developments in Capital Ward - the number of eligible voters declined by 358, about 1.4 percent. The reasons for this decline are not currently known.

Capital Ward candidates were gracious in both victory and defeat. Immediately after the election Menard wrote, “My colleagues who ran campaigns alongside our team were of such a high calibre. I would like to thank them for their engagement and contribution to civic life in our ward. In particular, I’d like to thank David Chernushenko for his eight years of service to our communities.”

“It was so much fun to put myself out there and give it my all,” Carricato told *The Mainstreeter*. “With your support, I am even more motivated to continue working hard for our community. This is only the beginning!”

“It truly was an honour to run,” Afolabi commented to *The Mainstreeter*. “I will stay engaged and involved and look forward to continuing to advocate for a different kind of Ottawa - a city that can proudly claim its place as a pacesetter on the environment, on innovation, and on social justice.”

### Election Results (courtesy of the Glebe Report)

- Mayor: Jim Watson
- Councillor, Capital Ward: Shawn Menard
- Ottawa Carleton District School Board, Zone 9: Lyra Evans

■ Ottawa Catholic School Board, Zone 9: Shelley Lawrence

■ Conseil des écoles publiques de l’Est de l’Ontario, secteur 9: Marielle Godbout

■ Conseil des écoles catholiques du Centre-Est, secteur 9: Johanne Lacombe (acclamée)

# A closer look at the provincial election

JOHN DANCE

It's been almost six months since Joel Harden's resounding Ottawa Centre victory for the New Democratic Party in the provincial election. However, in the absence of analysis in mainstream media, *The Mainstreeter* has taken a closer look at the election results.

First off, Harden's victory is part of a pattern that has existed in Ottawa Centre since the provincial riding was created in 1967: the alternating holding of the riding by the NDP and the Liberals, and never by the Progressive Conservatives. Over the last half century of 16 provincial elections the Liberals and the NDP have both won eight times.

And while Harden received 46 percent of the votes in this year's election, with Liberal Yasir Naqvi winning 33 percent, in the 2014 election Naqvi won with 52 percent while NDP candidate Jennifer McKenzie followed with 20 percent.

The Conservative vote has remained relatively constant with Collen McCleery taking 16 percent this year, about two percent less than the 2014

Tory candidate, Rob Decker. Despite this decline, overall the provincial Conservative vote increased from 31 percent in 2014 to 40 percent this year.

The increase in the riding's NDP votes appears to have resulted from a combination of taking a large proportion of the increased voter turnout, the six percent growth in the riding's registered voters and from voters switching from the Liberal column to the NDP. The total Liberal vote declined by 31 percent, but the NDP vote increased by a whopping 172 percent.

Over just four years Ottawa Centre's registered voters increased by 6.2 per cent, moving from 94,777 to an estimated 100,661. (Elections Ontario had not released the official registration numbers at press time.)

In 2014, Ottawa Centre had a turnout rate of 57 percent but this year it grew to 64 percent, one of the highest rates in the province.

In Old Ottawa East, the gap between Harden and Naqvi was less than the overall riding result but Harden was still the clear victor in the polls at Immaculata High School and

| Ottawa Centre  |              |                  |                |
|----------------|--------------|------------------|----------------|
| Assembly       | Years        | Member           | Party          |
| Riding created |              |                  |                |
| 28th           | 1967–1971    | Harold MacKenzie | Liberal        |
| 29th           | 1971–1975    | Michael Cassidy  | New Democratic |
| 30th           | 1975–1977    |                  |                |
| 31st           | 1977–1981    |                  |                |
| 32nd           | 1981–1984    |                  |                |
|                | 1984–1985    | Evelyn Gigantes  |                |
| 33rd           | 1985–1987    |                  |                |
| 34th           | 1987–1990    | Richard Patten   | Liberal        |
| 35th           | 1990–1995    | Evelyn Gigantes  | New Democratic |
| 36th           | 1995–1999    | Richard Patten   | Liberal        |
| 37th           | 1999–2003    |                  |                |
| 38th           | 2003–2007    |                  |                |
| 39th           | 2007–2011    | Yasir Naqvi      |                |
| 40th           | 2011–2014    |                  |                |
| 41st           | 2014–2018    |                  |                |
| 42nd           | 2018–Present | Joel Harden      | New Democratic |

COURTESY WIKIPEDIA

Joel Harden's recent electoral win in Ottawa Centre snapped 23 consecutive years of Liberal representation in Queen's Park, but maintained a pattern of alternating holders of the riding between the Liberals and the New Democrats.

Saint Paul University.

Of the 122 polling stations, including advance polls, Harden won

91, Naqvi won 27, McCleery won three and one was tied between Naqvi and McCleery.

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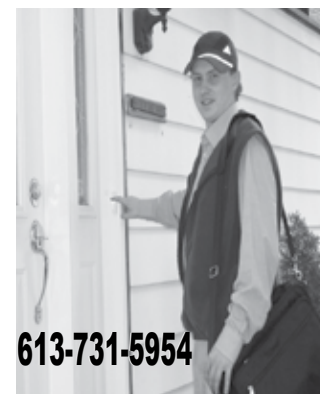
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# FOLLOWING THE NEWS

## 'Echo' condo approved despite opposition

JOHN DANCE

The request by the Old Ottawa East Community Association (OOECA) that the proposed six-storey condominium at the northeast corner of Echo Drive and Main Street promote street-level vibrancy was recently rejected by the City's planning committee, giving Uniform Developments the green light to proceed with the development.

By a vote of nine to one, Ottawa's planning committee approved Uniform's site control plan for the 38-unit "Echo", allowing three live-work units that are two steps up from the development's Main Street frontage. The live-work designation provides the units' owners with the options of using the property for commercial or residential purposes or both simultaneously.

"This is an unfortunate development, and we will continue to fight to prevent this from becoming a precedent for the future development of Main Street," commented Ron Rose, chair of OOECA's planning committee.

The community association unsuccessfully argued that the live-work units should be at-grade and, similar to the front of the new developments between Evelyn and Hazel streets, have wider sidewalks and public space up to the face of the building. OOECA argued further that the live-work units should have, as approved in the Old Ottawa East community design plan (CDP), "active and inviting uses, such as shops and restaurants at-grade."

Jack Stirling, president of the Stirling Group, an Ottawa planning consulting firm, spoke on behalf of Uniform and

argued "there is no opportunity for retail" at the Main Street-Echo Drive location of the proposed development, as he defended the design.

"That's not correct," countered OOE resident Theresa Wallace, who often cycles on the Canal pathway directly across from the development. "For example, a juice bar, a gelato place or a coffee shop where you could grab a refreshment and take it back to the Canal side to enjoy would be a welcome amenity along that stretch."

The Old Ottawa East CDP was strongly supported by the community when it was approved in 2011, however, this was largely because of the view that greater intensification - along with all the related construction disruptions - would be compensated for by new amenities and other benefits such as affordable housing and commercial development on

Main Street that would contribute to the vibrancy of the street.


"In the case of what the City has approved for the 'Echo' development, it appears that the community will receive none of these promised benefits," says Wallace.

The new condo is advertised as "downtown Canal living" and as "sophisticated boutique condominium living on the Rideau Canal." Unlike advertising for Regional and Domicile developments on or near Main Street, there is no mention of Old Ottawa East.

The former Holy Trinity Church on the site will be torn down but is now being repurposed as the condo's sales pavilion. "Realistically, we won't be open to the public until early 2019," says Uniform representative Ryan MacDougall.


**CORRECTION:** In the October issue of *The Mainstreeter*, the Our Neighbourhood column profiled Lisa Dunnett, a volunteer Board member of CAG, under the headline "Dunnett proud to call OOE home". The article contained two factual errors: Lisa graduated from the University of New

Brunswick and not the University of Ottawa, and Lisa's future husband purchased a house on Bullock Avenue in Old Ottawa East, and not on Belgrave Road. We sincerely regret the errors.




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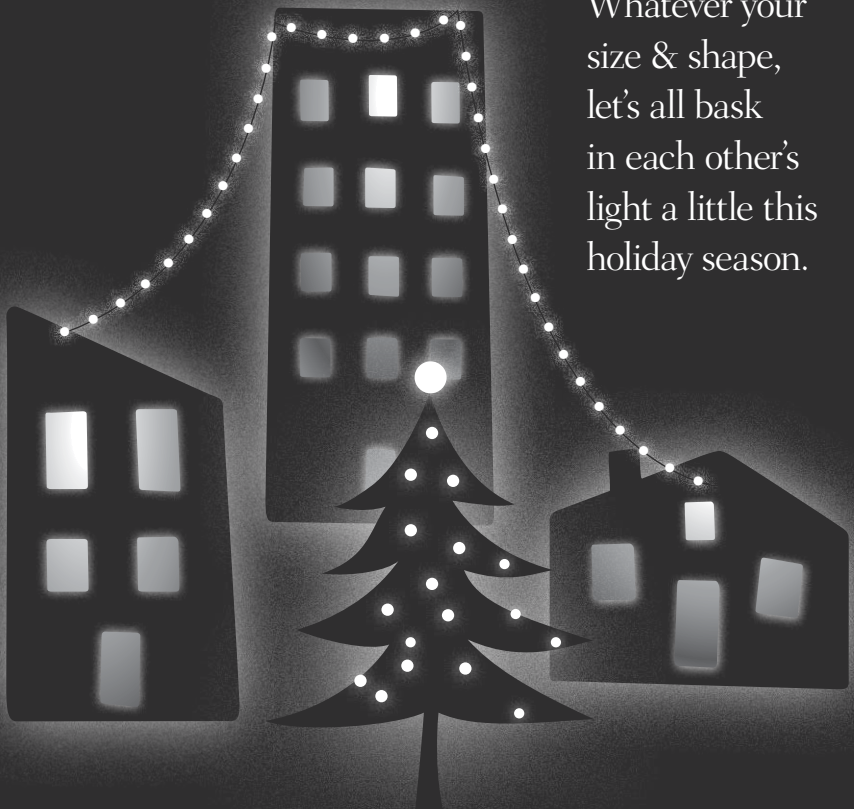


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## Peter Fowler's OOE Focus

Our roaming photo editor Peter Fowler is back this issue with an intriguing image he captured while strolling the canal in Old Ottawa East. His holiday photo is a veritable "trompe l'oeil" that deceives the senses, creating an illusion of free-floating festive trinkets dangling from the sky. Send your favourite Old Ottawa East snapshot to [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca), and we will consider publishing it in this column in future!

*Peter Fowler's comments:* Thank you so much, Someone, for decking your tree with these Christmas decorations. On a foggy, frigid day in December, I was arrested by the sight of your holiday cheer. Of course, I rushed home for the camera, and as the gloom deepened I managed to get a shot from your front yard. There they



were, your happy red ornaments as the Canal disappeared in the icy fog beyond. The tree that the baubles hang from is an insubstantial one, so that

they seem to be suspended in the air unsupported. I'm sure you planned it that way. So here's a salute to random acts of beauty. You know who you are.



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# Canal wall work brings detour and improvements

JOHN DANCE

Another major infrastructure project has begun in Old Ottawa East: Parks Canada's rehabilitation of the 262-metre section of the Rideau Canal wall running from Concord Street North to Main Street.

This project is part of the \$15 million investment into Rideau Canal wall repairs, stemming from a \$3.2 billion nation-wide program to maintain assets within national parks and historic sites.

The project brings with it some disruptions but, in addition to restoring the integrity of the Canal and the multi-use pathway, the work will result in a wider pathway, where possible, within the current project area.

During the course of the project, cyclists and pedestrians will be detoured from the fenced-off pathway along the Canal to the east side of Colonel By Drive. The detour runs along bike lanes painted on Echo Drive between Main Street and Concord Street North, then along the paved pathway running north to the Corktown footbridge and the University of Ottawa.

In the past, residents have

complained about cyclist/pedestrian conflicts along the pathway that will be used for the detour, but Christie Ulicny, communications officer for Parks Canada, says, "Appropriate signage will be installed between the Corktown Bridge and Concord Street North to ensure pedestrian/cyclist safety."

One immediate impact of the work is that the skateway access stairs at Concord and the Concord shelter facilities will not be installed this winter. To compensate for this closure, the National Capital Commission has installed a new skateway point across from the Main Street - Colonel By intersection. Also, a new signalized crossing has been installed at this intersection to ensure the safety of pedestrians and cyclists.

The project will be completed in the spring of 2020. At this point, it is not known whether the Concord stairway and shelter will be installed for the 2019-2020 skating season.

Canal walls have already been repaired in the Old Ottawa South section, and more work will be required in Old Ottawa East after the current project is completed. The crumbling section of the Canal wall just south of Clegg Street will remain



JOHN DANCE PHOTO

The new crossing at Main Street and Colonel By Drive is now part of Harvey Street resident Heather Bigelow's running route.

fenced off until this work is completed.

"The Clegg Street section of the Ottawa Canal Wall repairs is in the planning stages," says Ulicny. "There are a number of considerations for this section of the Canal due to the

configuration of services and other infrastructure that interacts with this site. We are currently working with the City of Ottawa, Hydro Ottawa and the National Capital Commission to assess our approach."



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# Ottawa Centre NDP expect to announce nomination date

KYLE DUGGAN

Canadians who want to vie for the NDP nomination in Ottawa Centre could soon be coming out of the woodwork.

The riding association is expected to announce the date soon for its nomination meeting, where party members can choose their candidate for the 2019 federal election. They're aiming for late January or early February.

Oliver Kent, CEO of the federal NDP Ottawa Centre riding association, said several potential nomination candidates have already applied to the party and are waiting for approval.

"We expect to make an announcement shortly about the timing of the nomination meeting

and that approved candidates will begin to go public," he wrote in an email.

The riding will likely be a key battle zone for the party. The seat has swung back and forth between the Liberals and NDP since 1979 and does so at the provincial level as well (See John Dance article at page 11 of this issue). It was held by the NDP for the better part of a decade until Liberal MP and Environment Minister Catherine McKenna won the seat back in October 2015, when a red wave swept much of the country and handed Liberal Leader Justin Trudeau a majority government.

Former NDP MP Paul Dewar represented the riding from 2006-2015, and before that former NDP leader Ed Broadbent claimed the seat in 2004 for the 38th Parliament.

Former Liberal MP Mac Harb held the riding from 1988 until he was appointed to the Senate in 2003.

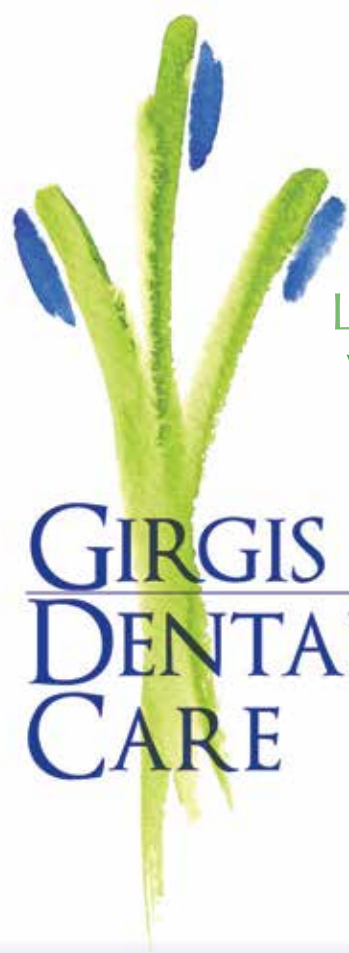
For her part, McKenna was soon knocking on doors after winning the Liberal nomination for the riding in May 2014, and ran a strong campaign against Dewar in 2015, positioning herself and the party as the best option against the Conservative government of former prime minister Stephen Harper.

Kent remembers her early nomination, and said it's been a factor in not waiting too long to name an NDP candidate.

"I think the fact that she was nominated well in advance would be one thing that's motivating us to get a nomination done well in advance. Though frankly, we did that provincially as well," Kent said.

After the 2015 election, Dewar was anticipated by many to remain in politics and make a mayoral bid in Ottawa, but he was diagnosed with terminal brain cancer earlier this year. He is now involved with a community youth leadership group, Youth Action Now. This will be the first time in more than a decade that someone other than Dewar will represent the party in the riding.

The expected date of the next federal election is October 21, 2019, which is the latest that Trudeau could call an election according to the fixed-date provisions in the Canada Elections Act, although the prime minister could call one earlier if he chooses.



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# City's Main Street road safety final report leaves community concerned for the future

## TOM SCOTT & THE MAINSTREETER

The City of Ottawa recently completed its review process for the Main Street Road Safety Audit and has provided a final traffic audit report to the Old Ottawa East Community Association (OOECA).

The final report includes the City's responses to the consultant's twenty-five findings and recommendations contained in the draft report, as well as input from the OOECA Transportation group provided in response to an earlier draft report released in the fall. A copy of the final report can be found on the OOECA website at [www.ottawaeast.ca](http://www.ottawaeast.ca).

OOECA members undertook a walk-about on Main Street following the release of the draft report, using their observations as the basis for their

input to the City, which is found in the "Client Response" section of the final report and summarized in the report's Appendix A. The city's follow-up actions are outlined in Appendix B.

OOECA's Transportation group will meet next and discuss the final report and its implications in an effort to develop a consensus view on:

- i) the adequacy of the consultant report;
- ii) the adequacy of the City staff's responses, including those relating to the group's earlier input;
- iii) the amount of work needed to resolve safety concerns, which will now be considered by the City in the context of the Main Street North-Greenfield-Hawthorne reconstruction project; and
- iv) whether issues observed in

the Safety Audit will be improved or exacerbated by impending Main Street Overpass and Rideau Canal Crossing bridge work the province will undertake as part of its Highway 417 bridge renewal project.

The final report will also be discussed at the December OOECA Board meeting.

OOECA has already expressed concerns with the safety audit and the City staff's responses. In particular, the community association is troubled by the City's "wait and see" approach for accident and injury reports to determine if observed infrastructure deficiencies should be improved.

"I hoped that the whole point of this community consultation would have been that we don't need an injury or death to tell us we should have taken action," said Tom Scott, chair of the OOECA Transportation group. "A better risk management approach would be to observe incidents (where issues arose but where no material property damage or personal injury

occurred) and actual safety issues over a longer time frame at the critical points already identified in the audit, plus those that OOECA added – but certainly not wait for reported accidents to better assess the safety concerns."

OOECA also believes that the larger community should have been consulted earlier in the process. "There is another lesson to be learned here for collective community inputs to the upcoming public information sessions for the reconstruction projects related to Main Street North-Greenfield-Hawthorne," noted Scott.



*If you have any concerns regarding the Main Street Road Safety Audit final report, the plans for the reconstruction of Hawthorne and Greenfield, or the downtown 417 bridge replacement projects, please come to the OOECA board meeting, or email your comments or concerns to [tsct9401@rogers.com](mailto:tsct9401@rogers.com).*



MAINSTREETER PHOTO

Many of the volunteers who bring you *The Mainstreeter* gathered on November 20th for the annual Volunteer Appreciation Party at the Royal Oak in Old Ottawa East. A jovial assembly of *The Mainstreeter's* journalists, distributors, staffers and board members swapped stories, raised a glass of holiday cheer and paid tribute to the many volunteers – past and present – who work tirelessly to publish our community newspaper and deliver it to your doorstep all year round.

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



**Winter  
Program  
Guide 2019**

**Registration  
opens Tuesday,  
December 4 at  
8:00 p.m.**

Photo: Jim Lamont

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

Old Town Hall 61 Main Street 613-627-0062  
Brantwood Park field house 39 Onslow Crescent 613-230-0076



# PRESCHOOL

For children with parents/guardians unless otherwise stated.

## Community Playgroup (0 – 5 years)

Old Town Hall, 61 Main  
January 11 – March 22,  
no program March 15  
Friday 9:30 – 11:30 a.m.  
\$44 first child, siblings \$29

## Cooperative Playgroup (0 – 3 years)

Brantwood Park field house,  
39 Onslow  
January 8 – March 19,  
no program March 12  
Tuesday 9:30 – 11:30 a.m.,  
\$27 per child

## Parent Time

Old Town Hall, 61 Main  
January 7 – January 21 OR  
February 25 – March 4  
Tuesday, 10:00 – 11:30 a.m.  
**FREE**, registration required.

## Peekaboo/CouCou (0 – 3 years)

Brantwood Park field house,  
39 Onslow  
January 10 – March 7  
Thursday 9:30 – 11:30 a.m.  
\$39 first child, siblings \$24.  
Pavillon du Parc Brantwood,  
39 Onslow  
10 janvier – 7 mars  
Jeudi 9h30 à 11h30  
\$39 premier enfant, frère-  
soeur \$24.

## Hush-a-Bye Babies® (1 – 12 months)

Old Town Hall, 61 Main  
January 17 – February 28 OR  
March 7 – April 18  
Thursday 1:00 – 2:30 p.m.  
\$96

## FUNDamentals of Ballet (3 – 4 years)

Old Town Hall, 61 Main  
January 17 – March 7  
Thursday 5:30 – 6:15 p.m.,  
\$80

## Music Together (0 – 4 years)

Old Town Hall, 61 Main  
January 19 – March 30,  
no program February 16  
Saturday 9:30 – 10:15 a.m.  
\$160 including materials,  
siblings \$85, siblings under 9  
months are free

# School age

Drop-off programs unless  
otherwise stated.

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

Brantwood Park field house,  
39 Onslow  
January 20, February 24 and  
March 24  
Sunday 4:30 – 6:30 p.m.  
\$22 per child

## Parent and Me Shiny (6 – 10 years) – **NEW!**

Brantwood Park outdoor rink,  
39 Onslow  
January 19 – February 9  
Saturday 1:00 – 2:00 p.m.  
\$35  
Parent or supervising adult  
required to participate.

## Nerf Games (7 – 12 years) – **NEW!**

Does your child love fort build-  
ing, strategizing and most of  
all Nerf toys? This program is  
for them!  
Lady Evelyn School gym,  
63 Evelyn  
January 10 – March 7,  
no program January 24 or  
February 14  
Thursday 6:00 – 7:00 p.m.  
\$55

# SUMMER Camp 2019

**Online registration for summer camp** opens 8:00p.m.  
Wednesday, January 2. **Prices include pre and post care.**

## Jump Start Summer (5 – 10 years)

Old Town Hall, 61 Main  
June 24 – 28  
Monday – Friday  
8:30 a.m. – 5:30 p.m., \$220

The following camps all at Brantwood Park field house, 39  
Onslow

## Canoe Kids (7- 12 years)

July 2– 5  
Tuesday – Friday  
8:30 a.m.– 5:30 p.m., \$235  
July 8 – 12  
Monday – Friday  
8:30 a.m.– 5:30 p.m., \$295  
July 15 – 19  
Monday – Friday  
8:30 a.m.– 5:30 p.m., \$295  
July 22 – 26  
Monday – Friday  
8:30 a.m.– 5:30 p.m., \$295

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

## Camp Brantwood - Nature week (4 – 8 years) – **NEW!**

For the child who loves nature and the outdoors  
July 29 – August 2  
Monday – Friday  
8:30 a.m. – 5:30 p.m., \$220

## Camp Brantwood - Live Wires! (7 – 12 years) – **NEW!**

For your active child; sports and active games  
August 6 – 9  
Tuesday – Friday,  
8:30 a.m. – 5:30 p.m., \$180

## Art & Science Camp (5 – 10 years) – **NEW!**

For the child who loves to learn, tinker and create  
August 12 – 16  
Monday – Friday  
8:30 a.m. – 5:30 p.m., \$220

## Children's Garden Camp (5 – 10 years)

August 19 – 23  
Monday – Friday,  
8:30 a.m. – 5:30 p.m., \$220

**Check out our new daily themes and awesome activities  
for all camps at**

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



# MARCH break

## March Break Camp

Break through the winter blues with us! Let your child's imagination run wild – this camp has an exciting new theme every day, from superheroes to circus performers. Rain or shine, inside and out, we will have active games, crafts and group activities that keep campers happy, engaged and enthused! Old Town Hall, 61 Main  
March 11 – 15  
Monday – Friday,  
8:30 a.m. – 5:30 p.m.  
\$220

# AFTER school

## Brantwood After School (Age 6 – Grade 6)

For children attending Hopewell and Lamoureux schools  
Brantwood Park field house,  
39 Onslow.  
\$210/month

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

For children attending Lady Evelyn, Elgin St and Franco-jeunesse schools.  
Old Town Hall, 61 Main  
\$210/month

*Looking for a room  
for a meeting or  
event? We can help  
with that!*

# ADULT sports

## Women's Hockey

Brantwood Park outdoor rink, 39 Onslow  
January 14 - February 25  
Monday 7:30 - 8:30 p.m.  
\$65

## Men's Basketball

Lady Evelyn School, 63 Evelyn  
January 9 – May 1,  
no program March 13  
Wednesday 8:30 – 10:00 p.m.  
\$95



*Want to book a  
children's birthday  
party? CAG has lots of  
options for you!  
More information at  
[www.OttawaEastCAG.ca](http://www.OttawaEastCAG.ca).*

# EVENTS

## Winter Party in the Park

Brantwood Park field house,  
39 Onslow Crescent  
Sunday, January 13  
1:00 – 4:00 p.m.  
**FREE**

## Valentine Skate

Brantwood Park field house,  
39 Onslow Crescent  
Friday, February 8  
6:00 – 8:00 p.m.  
**FREE**

Photo: Jim Lamont

# ADULT general interest

## New Canadian Learn to Skate (5 – 75 years)

Brantwood Park outdoor rink,  
Onslow  
January 19 – February 9  
2:15 – 3:15 p.m.  
**FREE**, to register; call Chris  
at 613 565-3265

## Figure Drawing & Painting

Practice figure drawing or painting skills while learning and sharing with your fellow artists. A model poses each week in the natural form in an extended pose.  
Old Town Hall, 61 Main Street  
January 16 – March 6 OR  
March 13 – May 1  
Wed 10:30 a.m.–1:00 p.m.  
\$95

## Intro to Swing: Lindy Hop – NEW!

Learn this exciting, energetic dance. After this class, you will be able to go out and social dance in a variety of styles and tempos, and with lots of different people! No partner required for this intro class.  
Old Town Hall, 61 Main Street  
January 8 - February 12  
Tuesday 7:30 - 9:00 p.m.  
\$95



## (Re-) TREAT Yourself!

Enjoy a relaxing and restorative start to the new year with yoga, plant-based cooking, lunch and massage. We promise you will leave feeling relaxed and with a strong sense of well being.  
Old Town Hall, 61 Main  
Saturday, January 12, 10:00 a.m. – 3:30 p.m., \$95



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

# ADULT fitness

All classes are beginner/intermediate unless otherwise stated.

## Vinyasa Flow Yoga

Old Town Hall, 61 Main  
January 16 – March 27  
Wednesday 7:15 – 8:45 p.m.  
(Beginner/Intermediate)  
Wednesday 5:30 – 7:00 p.m.  
(Intermediate)  
\$103

## Hatha Yoga

Old Town Hall, 61 Main  
January 19 – March 30,  
no program February 16  
Saturday 9:15 – 10:45 a.m.  
\$94

## Yin Yoga

Old Town Hall, 61 Main  
January 8 – March 26  
Tuesday 6:00 – 7:15 p.m.  
\$113

## Tai Chi Qi Gong

Old Town Hall, 61 Main  
January 9 – March 27,  
no program March 13  
Wednesday 1:30 – 2:30 p.m.  
OR  
January 7 – March 25,  
no program February 18  
Monday 6:00 – 7:00 p.m.  
\$103

## Better Body Boot Camp

Lady Evelyn School gym,  
63 Evelyn  
January 7 – March 4  
Monday 8:00 – 9:00 p.m.  
\$96  
January 9 – March 6  
Wednesday 7:15 – 8:15 p.m.,  
\$108



## Strength & Tone

Old Town Hall, 61 Main  
January 9 – March 27  
Wednesday 8:00 – 9:00 a.m.  
OR  
January 11 – March 29  
Friday 8:00 – 9:00 a.m.  
\$85

## Pilates

Old Town Hall, 61 Main  
January 7 – March 25,  
no program February 18  
Monday 7:30 – 8:30 p.m.  
\$103

## 20-20-20

Old Town Hall, 61 Main  
January 8 – March 26  
Tuesday 8:30 – 9:30 a.m. OR  
January 10 – March 28  
Thursday 8:30 – 9:30 a.m.,  
\$85

## Zumba

Old Town Hall, 61 Main  
January 10 – March 28  
Thursday 6:30 – 7:30 p.m.,  
\$113  
January 7 – March 25,  
no program February 18,  
March 11  
Monday noon – 1:00 p.m.  
\$94

# www.OttawaEastCAG.ca

## Body Sculpting

by **ESSENTRICS® – NEW!**

A workout that draws on the flowing movements of tai chi, the strengthening theories behind ballet and the healing principles of physiotherapy.  
Old Town Hall, 61 Main  
February 25 – March 25  
Monday 6:15 – 7:15 p.m.  
\$47

## POUND® Fitness – NEW!

Channel your inner rock star with this full body cardio-jam session inspired by the fun of playing the drums  
Lady Evelyn School gym,  
63 Evelyn  
January 10 – March 7,  
no program January 24 or  
February 14  
Thursday 7:45 – 8:30 p.m.  
\$57

## Fitness for Living for Older Adults

Old Town Hall, 61 Main  
January 10 – March 21,  
no program March 14  
Thursday 1:00 – 2:00 p.m.,  
\$71

# For more detailed information visit

**Online registration** opens 9:00 p.m. Tuesday, December 4 at [www.ottawaeastCAG.ca](http://www.ottawaeastCAG.ca), with Visa or MasterCard.

**In-person registration** opens 2:00 p.m. at the Old Town Hall on Wednesday, December 5, payment is by personal cheque only.

Programs are advertised in the language in which they will be presented/ Les programmes seront donc offerts dans la langue dans laquelle ils sont présentés.

**Financial assistance** is available to Ottawa East residents; please apply in person.

The **CAG Weather Policy** cancels outdoor programs if the temperature is below -25C with wind chill, or in the event of rain or hail. To find out if a program or event is cancelled due to weather, please check the CAG website.

**Single Class Fitness Passes:** \$18/class - Better Body Bootcamp, \$14/class - Yoga, Pilates, Tai Chi, Essentrics, Pound and \$11/class Strength & Tone, 20-20-20, Fitness for Living

## COMMUNITY Partners



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

## Old Ottawa East eUpdate

Sign up NOW for a weekly email newsletter with up to the minute community news and events

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



## Lisbon, Portugal

This issue of *The Mainstreeter* features a photo submission from the portfolio of Old Ottawa East newcomer, Stephan C. Telka who accepted our invitation to submit several of his personal favourites from his global travels. We look forward to publishing more of Stephan's fascinating imagery in the pages of *The Mainstreeter* in 2019.

**STEPHAN C. TELKA:** The UFO-shaped "Miradouro Panoramico de Monsanto" in Lisbon, Portugal, was built in 1967 on one of the highest points in the Monsanto Park. My partner and I ended up here during a June 2018 trip to the Lusophone capital, tipped off by a passing reference in a guide book. The restaurant was closed in 2000 and has been accumulating graffiti and the odd urban explorer since then. Panoramico to me was a welcome change from the warm pastels of the historic city centre, offering 360-degree views and faded modernist architecture. I could have photographed the building all day!

**PETER FOWLER'S COMMENTS:** This is an amazing architectural photograph. The huge spiral staircase and immense window are given scale by the central climbing figure whose measured tread adds movement to a very still scene. Clouds are an essential element to any outdoor scene (and these are good ones) yet they contrast beautifully to the desolate, abandoned feel of the concrete. The puddle on the lovely tiled floor is inspired. It reflects the sky but speaks of ruin. Why is he climbing this staircase and where does it lead? Why does an apparently modern piece of architecture appear to be a ruin? Lots of mystery here.



Old Ottawa East residents have responded with enthusiasm thus far to our invitation to submit their personal favourite travel photos for possible publication in our recurring Peter Fowler's Travel Focus feature. If you would like to share your favourite image with *Mainstreeter* readers, send it to [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca) along with a brief description of the photo, the location of the imagery, how you came to take the shot and why you consider it a personal favourite (200 words or less). Let's share your talents with the community!

## A busy fall season for CAG programs

### ASHA BRUCE

The Community Activities Group of Old Ottawa East (CAG) has been busy this fall with programming for all ages.

#### *Daytime Fitness at the Old Town Hall*

Fitness for Living for Older Adults, which takes place Thursdays at 1:00 p.m. at the Old Town Hall, has been a resounding success. Audrey Girvan guides the class through exercises and stretches, along with conversation and age-appropriate, upbeat music. Participants have been enjoying the program for all its aspects: "The instructor

is great, very knowledgeable and takes individual needs into account," said one participant; "The class is completely age-appropriate," said another.

Strength and Tone, on Friday mornings from 8:00 a.m., provides some early morning invigoration, focusing on muscular strength and endurance. After the program, participants indulge in some camaraderie and coffee to start the day, making this program an excellent opportunity for both exercise and socializing.

#### *After School Programming*

At the Brantwood After School program, children have been enjoying

their time outdoors by going on scavenger hunts, playing soccer and football, and climbing on the play structure. They have also been making salad rolls and bobbing for apples in the kitchen and making all sorts of Halloween crafts. Some of these spooky creations included wool mummies, popsicle stick scarecrows and origami pumpkins. Kids also suggest their own activities, and they have been sewing stuffed animals using felt. Some of these creations included a cat and a fox, and even a Christmas stocking. For Halloween, the children had a blast carving jack-o-lanterns.

The Old Town Hall After School program has been up to lots of fun

activities – outside, children have been playing football, knee-pit tag, grounders and soccer in our play area. For those more craft-inclined, the children have assembled many beautiful creations using beads and weaving embroidery thread. For Halloween, children made spooky keychains and baubles out of melty beads. They got up to their elbows in gunk to complete the Halloween crafting, hollowing out their very own pumpkins and drawing faces on them to be carved out. They have also thoroughly decorated Old Town Hall with all manner of cobwebs, skeletons and creepy-crawlies – enter if you dare!

# For the love of singing – Rideau Chorale to perform Handel's *Messiah* at Southminster United

**MAINSTREETER STAFF AND  
BALOU ANTIA**

About four years ago, in the late fall of 2014, Balou Antia was searching for a way to put “spiritual meaning” into his life when he chanced upon the Ottawa Folklore Centre Choir. He eagerly signed up and visited with the choir at Southminster United Church just up the street from his Mount Pleasant Avenue residence in Old Ottawa East.

“I tried out a rehearsal of Vivaldi's Gloria with a small group in the church parlour,” he told *The Mainstreeter* recently. “It was the beginning of something life changing!”

With two wonderful concerts (Vivaldi's Gloria and Fields of Gold) under his belt, Antia and his choir colleagues were saddened by the announcement back in June 2015 that the Folklore Centre would be permanently closing. The sudden news prompted an urgent meeting with the Choir's Music Director, Roland Graham, to assess the members' interest in continuing with this small 30-person choir. The vote was unanimous, according to Balou, and Rideau Chorale was born.

Now, over three years old, Rideau Chorale has grown to an average membership of 50-60 dedicated choristers and has performed a variety of choral classics, including Carmina Burana (Feb. 2016), Handel's

Coronation Anthems (spring of 2016), Gabriel Faure's Requiem (Nov. 2017), and Maurice Durufle's Requiem (May 2018).

Balou and his choir colleagues are excited to present their two-night performance of Handel's *Messiah* on December 6 and 7, 2018, “back by popular demand” from last Christmas holiday season. Featured soloists are emerging Canadian artists: Natalya Gennadi (soprano), Nicholas Burns (countertenor), Asitha Tennekoon (tenor) and Clarence Frazer (baritone). Director Roland Graham will play harpsichord, and Maestro Matthew Larkin will be guest conductor.

The journey to spiritual meaning for Balou through choral music has not been confined to singing. Together with his wife, Jennifer Strachan, the couple have also provided operational leadership to Rideau Chorale since June 2016.

“Our first Executive Chair, Manon Dumas, informed us that she had gotten a posting overseas through her employer, the Government of Canada,” Balou recalled. “She wondered if my wife and I would be interested and available to join the Executive Board. Having recently retired from the federal government myself, I agreed to take up the challenge, and Jennifer and I found ourselves on Rideau Chorale's fledgling



SUPPLIED PHOTO

**The Rideau Chorale is set to perform Handel's *Messiah* at Southminster United.**

Board.”

Now, in the couple's third and final year of service to the Board and, with an ever-changing membership including a number of diverse individuals from a variety of backgrounds to choose from, they are confident that Rideau Chorale will benefit from new leadership and fresh creativity going forward.

“It will be fun to go back to “just singing” again,” according to Balou.



**Join Rideau Chorale at Southminster Church on Thursday, December 6 or Friday, December 7 for a**

*wonderful evening of music, featuring the full version of Handel's beloved *Messiah*. The concerts start at 7:30 pm (doors open at 6:30 p.m.).*

*Tickets (\$20-\$50) can be purchased at [rideauchorale.eventbrite.ca](http://rideauchorale.eventbrite.ca); [rideauchorale.org](http://rideauchorale.org); or at Compact Music in the Glebe. \$5 parking (exact change, cash only) will also be available at the Royal College of Physicians and Surgeons, across the street from Southminster (enter from Echo or Sunnyside). Please call 613-263-0637 for more information.*

## Support for social projects at Saint Paul University

**SUE BEATTIE**

Are you an individual with a calling or a member of a group that could benefit from being mentored and guided on an issue that will make this community, this city, and hence the planet a better place? Do you or your group have a social project at its start-up stage? Is it a project that meets the needs of our community, promotes initiatives that address inequalities and poverty; or supports initiatives targeting Francophones, newcomers or First Nations?

How blessed are we to have the Mauril-Bélanger Social Innovation Workshop (The Atelier) in our community backyard? Not only as a resource for the students in the Élisabeth-Bruyère School of Social Innovation at Saint Paul University, but also as a vehicle to create partnerships with local organizations here in Ottawa.

Several years ago, the Sisters of

Charity made a donation to the university enabling the creation of the Élisabeth-Bruyère School of Social Innovation. The Sisters wanted the studies in the Social Innovation Program to be not only theoretical but also practical. Today, the School's programs concentrate on examining new ways to solve social issues facing us - focusing, in particular, on fighting both poverty and climate change. The Mauril-Bélanger Atelier, which opened in April of this year, has been set up to provide a practical side to the more theoretical studies.

The Atelier is named after the Honourable Mauril Bélanger, who was elected a member of Parliament in 1995 in the riding of Ottawa-Vanier, a role he held for the next 21 years. Bélanger served in several Cabinet positions under Prime Minister Paul Martin. Bélanger will always be remembered for his dedication to the community, his determination, his dignity and his

unfailing support for those who needed it most.

Walking down Clegg Street towards Brantwood Park, a large red door is difficult to miss on the basement level of Saint Paul University. Upon entering, you immediately sense a welcoming environment as the Atelier is set up with functional open-concept workspaces, private conference rooms, a comfortable lounge, a full kitchen, and free Wi-Fi - all with a modern industrial look.

Here, a variety of community stakeholders, including four professors who teach courses in the Social Innovation School, the students who are in the Program, as well as local community groups and individuals with a social innovation or social justice goal or vision - are able and encouraged to utilize and benefit from the Atelier's resources.

Fernanda Gutierrez is the captivating Coordinator who invites

staff, volunteers, newcomers, friends, families, spiritual leaders and community leaders to make the Atelier a “Positive Space”. The Atelier aims to provide collaborative workspaces, training, knowledge transfer and support to social innovation initiatives, organizations and businesses. Fernandez adds with a smile, “We are a teenager who lives in the basement of our parents' basement. The Atelier will grow over the years, alongside the Social Innovation School”.

One gets caught up in Gutierrez's wholehearted enthusiasm. She says, “The academic students are taught theory while our communities are dealing with the business side of things. No one has made time to discuss how to deal with issues which affect so many of us. The Atelier is the bridge, the incubator, bringing these two sets of groups together in order to brainstorm practical solutions for our social needs”.

# A finger on the pulse of the arts in OOE



**TANIS  
BROWNING-  
SHELP**

TANIS@BROWNING-SHELP.COM

In 2013, Tanis Browning-Shelp said goodbye to *The Mainstreeter* readers after four and a half years as the Artists' Corner columnist. During that time, she featured more than 30 Old Ottawa East (OOE) artists, showcasing a fashion designer, a landscape architect, a trained Cordon Blue chef, an architect, a bonsai artist, an impresario, as well as multiple visual artists, writers, musicians, and actors. Browning-Shelp left in 2013 to pursue her own art—fiction writing—and now returns to *The Mainstreeter* with a new perspective. In Art Beat, she will introduce the artists—the hidden gems—who live and work in our midst; highlight the arts in our own neighbourhood and beyond; and even muse from time to time about the challenges of being a local artist/author. We are delighted to welcome her back to the pages of *The Mainstreeter*!

## OOE ARTIST FEATURE: SUE BEATTIE, VOICE ARTIST

The honey-soaked tone of an adult female voice washes over me as images of Olympic athletes running, leaping, swimming, and lifting form in my mind's eye...A little girl transports me to the deep American south where she tries to persuade the mayor that a mysterious package is from a kidnapper...A Cape Breton woman, keen on The Lobster Kettle restaurant in Louisbourg, Cape Breton Island, convinces me to get myself there to try new things and catch the view.

These sundry voices with their



ALEX BEATTIE PHOTO

Voice artist Sue Beattie at work in her Old Ottawa East home studio.

genuine-sounding accents all come from one and the same person—Sue Beattie, voice artist. I have been listening to audio samples—voice-overs, characters, and commercials—on her website <http://suebeattie.com/>.

Beattie majored in French at university and college and later studied broadcasting. Although she has lived in OOE since 1993, it was in Johannesburg, South Africa, where she kicked off her voice work career when her husband Dwayne was hired to work there in 2007.

"We arrived in Johannesburg weeks before school started, so the kids - our ten-year-old daughter Emma and eight-year-old son Alex - and I would sit outside in the sun, day after day, reading Harry Potter," Beattie says.

Her favourite character was Mrs. Weasley. "I got really good at doing the voices and capturing the characters' emotions. There was so much meat to grab hold of in those books! And I got to practise breathing techniques reading the long descriptive paragraphs."

A teacher pointed her in the direction of Tape Aids for the Blind where Beattie ended up working for six months reading and recording novels, magazines, and children's books. She learned the art of voice work there—how to create a mood in front of the mic and how to be convincing/believable. "You take your script and get to know it, then you figure out how to make the words come to life using only your voice. You learn when to pause, when to breathe, and when to raise your voice."

Some of the pitfalls of the art form involve unwanted sound. "The mic picks up everything, so you have to make sure that your chair doesn't squeak, stop yourself from fiddling, try not to hit anything while gesturing, avoid wearing jewelry, eat first or your tummy may growl, and drink to avoid dry tongue noises."

When Beattie returned to Ottawa in the summer of 2008, she contacted voice artist Pat Fry who immediately became her mentor and began hiring her for jobs that required female voices. She has worked in

infotainment, e-learning, radio (commercials, voice-overs, plays, and documentaries), and has performed various animation roles. "What I like about the work is that no two days are the same."

To keep her voice/instrument safe, Beattie avoids large crowds when there is something going around and drinks lots of hot ginger tea or lemon and honey to sooth her throat.

For practising and preparing for auditions, she has a studio at home. Her kids (who are now both in university) helped her sound proof it. "Every surface is covered in carpet to prevent sound from bouncing."

When asked to describe her art, Beattie says: "Voice art is much like a musician interpreting music. I try to let the words/notes dance off the page."

Author Tanis Browning-Shelp ([www.browningshelp.com](http://www.browningshelp.com)) pens her Maryn O'Brien Young Adult Fiction series, published by Dog-Eared Books, from her home in Old Ottawa East.

## The Green Door Restaurant Exhibitions: Jake Morrison's "Retrospective 11"

Be sure to check out photographer Jake Morrison's exhibition, "Retrospective 11", running from now through to early January 2019. The show's title refers to the 11 years of work Morrison has produced since his first

show at The Green Door restaurant. His approach to photography is what ties his disparate works together; he treats every session as though he is shooting an event—no tripod, no planning - just a photographer responding to his

environment.

Through his publishing house With Flare Press, Morrison also recently published, designed, and released a book by Joyce MacPhee. A History of the Ottawa Folk Festival (1994-2012)

is now on display at The Green Door restaurant and can be ordered on the website <http://ottawafolkhistory.org/>.

— TANIS BROWNING-SHELP

# WHAT'S ON YOUR PLATE?

## The Good Food Box: a well-kept secret

GENEVIÈVE GAZAILLE

Did you know that there is a place in Old Ottawa East where you can buy your produce at cost? If not, meet the Good Food Box, which has been in operation for 22 years in Ottawa. The Good Food Box is a program operated by the Centretown Community Health Centre that allows people to purchase fruits and vegetable at wholesale prices. It has 26 pick-up locations throughout the city, the Sandy Hill Community Health Centre Satellite Office, located on the ground floor of 95 Main Street, being one of them.

### How does it work?

Once a month, customers are invited to place their order on the Good Food Box website no later than the 2nd Monday of the month, for pick-up at 95 Main the following Wednesday between 11am and 3pm. Customers can also arrange to order and pay in person so long as they contact the satellite office staff ahead of time. The Good Food Box is different than a CSA (community supported agriculture) share in that payment is made month-to-month, without having to commit for a given amount of time.

Boxes come in three sizes, and other options include an organic box and a fruit bag. The beauty of the Good Food Box is that customers can order as many boxes as they want! Prices vary from \$10 to \$25, and the program has estimated that, on average, savings range between



GENEVIÈVE GAZAILLE PHOTO

An example of the content of an organic produce box in the middle of winter.

20% and 35% of what would typically be paid at a grocery store.

It is noteworthy that customers cannot choose the content of their box. While the boxes are different every month and no substitutions are provided, many clients enjoy the fact that they get to discover new foods. And the Good Food Box makes things easier by supplying a monthly newsletter containing recipes and information on some of the featured foods.

During harvest season, a lot of the fruits and vegetables come from local farmers rather than from wholesalers. Examples of participating producers

include Ferme aux Pleines Saveur, Barkley's Apple Orchard, Ferme Chapeau Melon and Our Little Farm.

### A program for everyone

The program is accessible to anyone and everyone and is meant to benefit the community as a whole. "While we recognize that this program may address a need in terms of food security, it's important to know that there are no criteria on who can participate", says Chris Osler, project coordinator and community developer with the Sandy Hill Community Health Centre. "The intention of the program is to make good and healthy fruits and vegetables

available in convenient locations at affordable prices throughout the year.

"It's also a useful program for those who live in what we call 'food deserts', neighborhoods like OOE, that don't have food stores within their boundaries," notes Osler.



**To order from the Good Food Box and to learn about its partner programs, visit [www.ottawagoodfoodbox.ca](http://www.ottawagoodfoodbox.ca). To find out more about the Sandy Hill Community Health Centre's programs relating to food security, see: [www.shchc.ca](http://www.shchc.ca).**

## Ottawa Newcomers' Club offers a warm welcome

MAINSTREETER STAFF AND CATHY STAPLETON

Cathy Stapleton moved to Old Ottawa East from out west in November 2014. Having arrived in dreary November with a broken ankle, she was grateful to read a notice in a local paper about the Ottawa Newcomers' Club (ONC) after having spent two months in her new apartment.

Stapleton is keen on sharing her experience with ONC since the social club offered her a fun way to meet new friends and to get involved in many different activities.

She is married with two daughters. Prior to moving to Ottawa, Stapleton worked as a Church Administrator for over fourteen years; the church was the focus of her work, worship and socializing. She had many friends and

acquaintances with whom she socialized at church events but could count on one hand those with whom she socialized outside the church. She wondered what she was going to do with herself in this new city, particularly in the dead of winter.

She participated in her first ONC activity despite having a bad cold. Within two hours, Stapleton realized that she was in a perfect spot, as she met terrific women who have since become dear friends. Within six months, she was asked to convene one of the ONC social groups. She later added a new activity group for the club, as other members had done in the past when they came up with great new ideas. She now sits on the Board of Directors.

Stapleton regards the ONC as a fun way to meet new friends and to provide a safe and supportive peer group for women wanting to explore their city.

It is open to women who are new to Ottawa (within two years) or who have experienced a significant life change such as retirement, widowhood or divorce.

The ONC offers a slate of regular activities each month. Currently, these include monthly lunches and potlucks, a book club, bridge, mah-jongg, and scrabble get togethers, art tours, walking groups, a craft and chat group, dinners out, movie nights and Out and About's where women get to know more about our city. Members can get involved in as many activities as they like.

"Welcome" is the key message the ONC wants to leave with newcomers to Ottawa and to women who are experiencing life changes. Upon joining, new members receive the ONC newsletter enabling them to sign up for any activities of interest. The ONC then provides a list of those attending

for carpooling purposes -- it is more fun to ride to an event with new friends than on your own, notes Stapleton, who has enjoyed many outings and activities since she joined the club. Indeed, she is now worried that, in two years time when she and her family move back out west, she is going to miss more friends than she can count on both hands!



**To learn more about the ONC or to join the club, visit the website at: [www.ottawanewcomersclub.ca](http://www.ottawanewcomersclub.ca) and/or contact ONC at [newcomersclubottawa@gmail.com](mailto:newcomersclubottawa@gmail.com). Annual membership dues for July 1 to June 30 to cover administrative costs are \$30. Membership after March 1 is prorated to \$20. Club members look forward to meeting you!**

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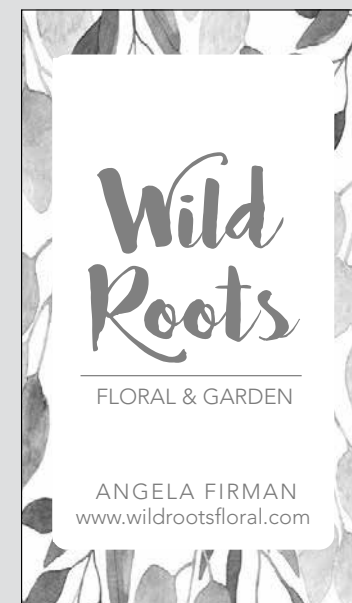
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# OOECA wraps up successful 2019 membership campaign

**SUZANNE JOHNSTON**

As Old Ottawa East (OOE) continues to transform itself, the community welcomes many new residents. The 2019 OOE Community Association (OOECA) membership campaign has now concluded, and we were happy to see many new members in attendance at the Annual General Meeting (AGM) held on November 13th, 2018 at the Church of the Ascension on Echo Drive.

All of us at OOECA send out a big THANK YOU to all area captains and street canvassers for their diligent work during the fall membership drive. Each year, the canvassers do an amazing job of notifying residents of the AGM, signing up new members and renewing existing memberships - and this year was no exception. Great job everyone! We also give a big shout out to Wendy McRae, a founding member of the OOECA, a

former President and a tireless volunteer who performs the huge task of assembling the canvassing kits and reconciling the membership drive. Thanks so much, Wendy.

The annual membership campaign is OOECA's largest fundraiser, and membership proceeds allow the OOECA Board and our many volunteers to continue their work representing the citizens of Old Ottawa East to all levels of government. So, thank you to all those who were part of this year's membership drive; we could not do it without your help.

For all our new residents, OOECA welcomes you. For existing residents, we look forward to your continued attendance at community events and meetings. It is never too late to become a member of OOECA. If you would like to become a member, inquire about the canvasser for your street, sign up

to canvass your street if it's not already canvassed, or pose any other questions about membership, please feel free to contact [suzanne.johnston@sympatico.ca](mailto:suzanne.johnston@sympatico.ca).

Please note that if you would like to become a canvasser next fall, the time commitment is quite minimal, usually only two or three hours during September and October, and involves the following:

- Go door-to-door on a sunny day on your appointed street to hand out notices for the Annual General Meeting.

- Renew or sign up new households for membership in the OOECA for the bargain price of \$3.00.

- Finish your canvass and turn in your canvass kit to your Zone Captain

- Meet new people on your street - always interesting.

- Attend a wine and cheese get together for all the Canvassers and Captains hosted by the membership

chair the first week of November - Best part!!

OOE is fortunate to have an engaged community. Over the years, our Community Association, with extensive work and input from residents, developed a well-conceived Community Design Plan committed to maintaining the heritage of Old Ottawa East. As OOE evolves, the community can be proud that the integrity of the plan has been respected by developers and the City of Ottawa. For the future, we look forward to having new residents and current residents participate in the growth and change within this wonderful community. It is your community, so make sure you come out and have your say.

- Suzanne Johnston is the Chair of the OOECA Membership Committee

# POLITICAL PAGES

## PHYLLIS ODENBACH SUTTON PRESIDENT, OLD OTTAWA EAST COMMUNITY ASSOCIATION

INFO@OTTAWAEAST.CA



## CELEBRATING OUR COMMUNITY AT THE 2018 ANNUAL GENERAL MEETING

I would like to first thank everyone who attended our Annual General Meeting (AGM) this year on November 13. Although it was a cold, icy evening, there was great warmth inside the Church of the Ascension that night. It was wonderful to see so many new members attend the meeting from The Corners on Main, Greystone Village and other parts of our community. Thank you as well to all of the volunteers who made this event such a success.

The evening provided an opportunity for residents to say thank you to Councillor David Chernushenko for his eight years of public service and to wish him well as he adjusts to life without our monthly board meetings on his calendar. We also had an opportunity to welcome Councillor-elect Shawn Menard to our community association; comments and questions raised at the open forum at the end of the meeting will, I am sure, give our new councillor much food for thought. [Please see John Dance's article elsewhere in this edition of *The Mainstreeter* for more information about the AGM.]

It is really important to note that your community association board is comprised of a whole team of volunteers who strive very hard to make Old Ottawa East an even better place to live. I would therefore like to use this opportunity to thank them all: Ron Rose, Vice President and Chair of our Planning Committee; John Dance, Past President and lead on the Flora footbridge; Don Fugler, Treasurer; Jocelyn Kearney, Secretary; Suzanne Johnston, Membership drive; Tom Scott, Transportation; Catherine Pacella, Communications; Mark Seebaran, Federation of Citizens' Association representative; Heather Jarrett, liaison with new residents at the Corners on Main and Greystone Village; Jaime Girard, Health and

Safety; and members-at-large Bob Gordon and Richard Cundall. I would also like to thank Anne-Raphael Audoin and Cam Vidler who were elected to the Board last year but are unable to complete the second year of their term due to other commitments.

On the transportation front, our website provides a link to the city notice on the detailed design work for the rehabilitation of the northern section of Old Ottawa East. While construction is not scheduled to begin on the northern section until 2020, comments can be directed to city staff during the design process, and project information, notices and updates are available on the city website: <https://ottawa.ca/en/city-hall/public-engagement/projects/greenfield-avenue-main-street-hawthorne-avenue-et-al-reconstruction-project>

Lastly, I would like to provide an update on the April 29 vandalism of playground equipment at Springhurst Park and damage to homes and cars in the Archville area of our community. I have been contacted by a representative from the Collaborative Justice Program which is considering restorative justice options for both direct victims of the acts of vandalism and the community. Further information, including a possible discussion with a representative of the program and our community policing officer, will be advertised through the weekly e-update or on our website.

**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](mailto:info@ottawaeast.ca).**

## SHAWN MENARD COUNCILLOR-ELECT, CAPITAL WARD

SHAWN.MENARD@OTTAWA.CA  
SHAWNMENARD.CA



## THANK YOU CAPITAL WARD

On Oct 22nd I was humbled to receive the support of this ward to move us forward over the next four years. I do not take this position lightly and recognize the amount of dedication and privilege that comes with it. Thank you for putting your trust in me.

I want to recognize and thank Councillor David Chernushenko for his work over the past eight years. It is not an easy job, and meaningful progress was made. We need to not only continue this work, but to expand our efforts to improve quality of life for residents. Christine McAllister, Jide Afolabi and Anthony Carricato all ran spectacular campaigns. They and their teams knocked on doors, handed out leaflets, and put up signs in an effort to get their ideas out there. These ideas will not be forgotten. As your new representative, I will be doing my utmost to foster relationships with other leaders as we advocate for our shared goals at City Hall.

Capital Ward had the highest voter turnout of any ward in the city. It is a testament both to the campaigns that were engaging residents, and to the residents for responding. That said, only about half of eligible voters made it to the polls. One thing that is clear, now more than ever, is that we need to look at new models of voting that are more reflective of residents' wishes and that ensure every vote counts. During the campaign I promised to be a supporter of ranked ballots at the local level (as the City of London has just accomplished for the first time in Ontario). With a ranked ballot system, voters would mark their first, second, and third choice of candidates. If no candidate wins a majority, the person with the fewest first-place votes is eliminated. The second-place choices of those who voted for that candidate are then counted — and so on —

until one candidate wins a majority. I believe this should be implemented in Ottawa.

Our team ran a campaign that highlighted the disparities that exist when it comes to supporting the development industry in Ottawa over the public services we all rely on. We talked about how Ottawans live with one of the highest transit fares in North America, a lack of purpose-built affordable housing, inaction when it comes to the threat of climate change, wasteful spending on road expansions, and a lack of community amenities that we deserve. We offered solutions to these problems, and backed them up by taking action on the ground; we engaged in grassroots democracy. This will continue at City Hall. In early 2019, I will be establishing a Ward Council, which will bring together all neighbourhoods in Capital Ward to talk about issues of mutual interest, and will serve to advance a popular agenda at City Hall. I hope you will consider joining us.

I have greatly appreciated the opportunity to make a difference for students in K-12 during the past four years, serving as the public school board Trustee for Capital/Rideau-Vanier Wards. I was heartened to see that Lyra Evans will be assuming this responsibility on December 1st, 2018 and wish her great success. There is a transition period that takes place, along with an official swearing in ceremony, for the new City Council on December 3rd.

I look forward to working with all residents over the next several years to advance the interests of the people of our ward and of our city.

## JOEL HARDEN MPP, OTTAWA CENTRE

COMMUNITY OFFICE  
JHARDEN-CO@NDP.ON.CA  
613-722-6414  
109 CATHERINE ST, OTTAWA, ON, K2P 0P4



## ACCESS TO JUSTICE IS A RIGHT FOR EVERYONE

Imagine your spouse passed away in the prime of his career without leaving any will or family estate. You now struggle to survive financially with two young children, and are forced to contend with a legal system to salvage your family's earnings. Where do you turn?

Now imagine you're a single mother of three teenage children who was defrauded by a used car dealership. Your lease-to-own vehicle has significant problems which the dealer refuses to fix, and you have no funds for a lawyer. Where do you turn?

Now imagine being sued by your mentally-ill brother subsequent to his being involuntarily hospitalized at the order of a family physician. You were appointed a substitute decision-maker for your brother, and made a difficult choice that is now being litigated. Where do you turn?

These are real-life cases, and in each instance, lawyers with Pro Bono Ontario resolved challenging matters for people in their time of need. In our riding of Ottawa Centre and in Toronto, Pro Bono Ontario's Law Help Centres offer access to justice. The centres serve more than 18,000 clients every year, with volunteer lawyers dispensing free advice to those with everyday legal problems including landlord/tenant disputes, predatory lending schemes and estate issues.

Pro Bono Ontario's three centres were slated to close this December given a rise in demand for their services. At the eleventh hour, however, the federal government and legal community stepped in to provide emergency funding, allowing the centres to stay open throughout 2019. This happened after appeals Pro Bono made to the Attorney General of Ontario for financial support fell on deaf ears.

Not only do the Law Help Centres help thousands navigate the legal system, they save the system money. It costs \$500,000 to run the centres, but Pro Bono Ontario has conducted a study which

shows how the Centres save Ontario \$5 million a year by reducing court delays, a 10-1 return on investment.

For a small upfront cost, Ontario taxpayers save money, the courts operate more efficiently, and vulnerable people can access the legal support they need. Everyone wins by keeping these centres open, and I want to thank the legal community, including in Ottawa Centre, who rallied to save them.

While the Law Help Centres have been given a reprieve, their future after 2019 is still uncertain. What they need is stable, permanent provincial funding, something that Quebec provides to its pro bono legal services. I've been speaking out about this issue at the Ontario Legislature, but I need your help to ensure the centres are always there for people in need. Send an email to Attorney General Caroline Mulroney at [attorneygeneral@ontario.ca](mailto:attorneygeneral@ontario.ca) to let her know that you care about access to justice.

### **Townhalls**

Our office has hosted three town hall meetings this fall: one on cannabis policy, another on responsible development, and most recently a "100 Day Review of the Government", where folks shared powerful stories about how the Ford government's decisions are negatively impacting people and the planet.

We are working on a schedule of exciting new town hall topics for the New Year. Have something that you would like to see discussed? Send us an email! To stay in the loop regarding our town halls and other events, sign up for our e-newsletter by visiting [joelharden.ca](http://joelharden.ca)

### **Let's Get Organized to Stop the Cuts!**

We've been hearing from constituents who are outraged about this government's cuts to social assistance, French-language services, rolling back employment standards and rent control. Get in touch with our office to find out how you can get involved in protecting the things that matter to you.

## CATHERINE MCKENNA, MP, OTTAWA CENTRE

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## INVESTING IN OTTAWA CENTRE TO BUILD A BETTER COMMUNITY

I got into politics not because it's easy, but because it matters. It matters for our community, it matters for our country, and it matters for our kids. I'm proud that we've been able to work together to build a better Ottawa Centre. Just as we come upon the winter season, we tend to revisit the goals we set for ourselves at the beginning of the year. As your MP for Ottawa Centre, we have accomplished a lot over the past couple of years. Some highlights of my campaign commitments that together we have delivered on include:

### **The Flora Footbridge**

The federal government invested half of the \$21 million cost of the Flora Footbridge, which will connect two important mid-town Ottawa communities (Old Ottawa East with the Glebe and Old Ottawa South), reducing commuting distances and promoting active modes of transportation. We've had so much progress with the construction; it is well underway, and I am excited to see it open in 2019.

### **A Healthier Ottawa River**

The federal government investment of \$232 million for the Combined Sewage Storage Tunnel (CSST) project will help protect the health of the Ottawa River. We also introduced new access points to the canal for canoeing and kayaking and designated the Ottawa River as a Canadian Heritage River. Furthermore, Environment and Climate Change Canada is conducting a study of the Ottawa River.

### **The new Ottawa Public Library and Library and Archives Canada facility**

The \$73.3 million federal investment will help support not only a great library for Ottawans but also create a world-class facility to showcase Canadian artifacts and collections and tell the story of Canada's history.

### **Ottawa's Light Rail Transit System**

Over a billion dollars of federal funding has been provided for Stage 2 of Light Rail Transit. This investment will help to better connect the east, west, and south areas of Ottawa and help Ottawans get around in a faster, cheaper, and cleaner way. It will also be the largest reduction of greenhouse gas pollution in Ottawa's history.

### **More jobs for students**

Over 300 new summer jobs were created for students through the Canada Summer Jobs program this past summer right here in Ottawa Centre. Since 2015, the federal government has doubled the number of jobs per year for students and over 800 jobs have been created in Ottawa Centre.

### **More affordable housing in Ottawa through the National Affordable Housing Strategy**

This includes a federal investment of \$75 million to build more than 400 below-market rent spaces in Ottawa Centre. We will continue to work with the city of Ottawa to invest in more affordable housing in Ottawa. Feel free to reach out to Claridge Homes and Centretown Citizens for more information about location, neighbourhood, and units. To learn more about applying, selection criteria, etc. please get in contact with the CMHC Ontario office: 1-866-389-1742 or visit their website: [www.cmhc-schl.gc.ca/en](http://www.cmhc-schl.gc.ca/en)

It is hard to believe that three years have passed since I was elected. There's a lot to celebrate when we look back at the amazing things we've accomplished. It is an honour to work with you to build a more prosperous, sustainable, and vibrant Ottawa Centre for all. I'm looking forward to the year ahead and seeing what else we can get done.

# MAC FAIR much more than just a craft sale

**MEREDITH NEWBERRY**

MAC FAIR 2018 might have just happened, but its' impact is far from over. MAC FAIR is Immaculata High School's yearly craft sale fundraiser.

Every year more than 100 vendors set up shop for the day and greet hundreds upon hundreds of local shoppers. Over the past nine years MAC FAIR has raised over \$77,000 for student groups, teams, clubs and social justice initiatives,

showcased over 1000 local artisans and provided free tables to dozens of local charitable groups. This year the admission at the door and the cost of vendor tables went directly to DREAM Team (Dominican Republic Experience

at MAC), Chess Club, Hockey, Soccer and Track & Field Teams, the annual Europe trip, Student Council and annual Christmas Hampers for hungry families. Congratulations on another successful event MAC!



MEREDITH NEWBERRY PHOTO

Gary Corbett and Natalie Fletcher from Hawthorne Avenue were among many of the local shoppers who attended MAC FAIR this year. The show always attracts huge crowds and talented artisans.



MEREDITH NEWBERRY PHOTO

The students at Immaculata High School are in full force during the event. The students carry equipment and wares, direct people, help with parking, wave in shoppers, and like these three students, do it with a smile. Most of the students who are volunteers already have their volunteer hours required for their school year, but just like helping out with this yearly event.

## Holiday baking classics sure to please

**JOANNE BENOIT**

OOE resident Joanne Benoit offers up two can't-miss classic holiday baking treats that will go over well with family and friends.

### ANGEL FACE SHORTBREAD

#### Preparation time:

10 minutes, Cook time: 20-25 minutes, Total time: 30-35 minutes

#### Ingredients:

- 1/2 cup corn starch
- 1/2 cup icing sugar
- 1 cup flour
- 3/4 cup butter, softened

#### Instructions:

- Sift first three ingredients together, then blend in butter to form soft dough.
- Form into 1-inch balls, and place onto lined cookie sheet.
- Flatten with floured (Angel Face) cookie press.
- Decorate, and bake in 300-degree oven for 15 - 20 minutes.
- Allow to cool for 5 minutes before removing to a cookie rack.



JOANNE BENOIT PHOTO

Melt-in-your-mouth Angel Face Shortbreads are always popular with friends and family during the holiday season.

### CRANBERRY ORANGE SCONES

#### Preparation time:

20 minutes, Cook time: 15 minutes, Total time: 35 minutes, Serves: 12

#### Ingredients:

- Scones:
- 3 1/4 cups all-purpose flour
- 1/3 cup + 2 Tablespoons sugar, divided
- 3 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup cold butter, cubed

- 1 cup buttermilk, regular milk or dairy free milk
- 1 1/2 cups dried cranberries, divided
- 2 1/2 teaspoons orange zest

#### Glaze:

- 1/2 cup powdered sugar
- 1/4 teaspoon orange zest
- 1 Tablespoon milk

#### Instructions:

- Preheat oven to 425 degrees.
- In a large bowl, whisk together flour, 1/3 cup sugar, baking powder, baking soda and salt.
- Add butter and mix in with pastry blender until dough becomes coarse crumbs.
- Stir in buttermilk (or substitute) until just moistened.
- Mix and fold in 1 cup dried cranberries and 2 teaspoons orange zest.
- Turn dough onto a lightly-floured surface and knead gently until dough is no longer sticky.
- Divide dough in half and gently form each half into a 7" circle (about 1" high). Using a sharp knife, cut each circle into six even pieces. Separate.
- In a small food processor or blender, mix remaining 1/2 cup dried



JOANNE BENOIT PHOTO

Freshly-baked Cranberry Orange Scones and a steaming mug of coffee are a Christmas morning favourite at Joanne Benoit's Old Ottawa East home.

cranberries, 1/2 teaspoon orange zest, 1 Tablespoon hot water. Blend until a rough paste forms with some cranberry remnants.

■ Using a sharp knife, slice scones through the middle – beginning at the tip stopping 3/4 way back.

■ Spread about a teaspoon of cranberry paste and sandwich scone closed. Repeat with remaining scones.

■ Sprinkle remaining 2 tablespoons of sugar over the scones (optional).

■ Place scones onto the lined baking pan and bake for 10-13 minutes or, until tops are lightly browned.

# Family fun for all at this year's Fall Festival

ASHA BRUCE

The third annual Fall Festival and Pumpkin Sale, hosted by the Community Activities Group of Old Ottawa East (CAG), was a great success this year, and we are thankful to have had such good weather, lovely guests and fantastic volunteers. Held just outside Brantwood Park field house, we were happy to see many members of the community out with their families participating in all sorts of activities.

Some of the highlights of the event were apple bobbing, where upwards of 80 apples were successfully wrangled, face painting, and plenty of bouncy castle acrobatics. Derek McKinley and Sing Song Party Time offered up a musical performance for all in attendance, and children learned to juggle courtesy of our strolling entertainer. Food was provided both by our volunteers hosting a community BBQ, as well as by Angry Dragons food truck and La Catrina Churros Dessert Bar.

The pumpkin sale itself was a resounding success, bringing in \$550 to help support future community events and activities. Almost all the big, bright and locally grown pumpkins were sold,

some hand-delivered to nearby homes, and 150 mini-pumpkins were decked out in feathers, glitter and paint by the festival's younger attendees.

We are extremely grateful to all who came out to support the pumpkin sale, in particular to our tireless volunteers without whom we would be unable to host such fun and successful events.

Special thanks to the following volunteers for making this event a success: Lisa Dunnett, Dan Byrne, Todd Dunnett, Kaeli Van Regan, Jim Lamont, Camrose Burdon, Gloria Fox, Nicole Varshney, Carol Anne Owen, Selena Fraser, Catherine Hooker, Cynthia Mayville, Barbara Hicks, Lynne Byford, Olivia Byford-Harvey, Marie-Eve Noel, Jessica Ross, David Barclay, Suzanne Gagnon, Dave Macki, Ramine Shaw and Jim Fraser.

CAG gratefully acknowledges the financial support of the City of Ottawa for this event and would like 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, Ottawa Physiotherapy and Sports Clinic, Watson's Health and Wellness, The Green



JIM LAMONT PHOTO

Children test their skills and learn to juggle out on the field at Brantwood Park.

Door Restaurant, and Diane and Jen Realty.



**CAG relies on its volunteers to help us put on such great events for everyone in the community. If you are interested in getting to know your community better, giving back, and making new friends,**

**we are always looking for more volunteers! For more information, please contact Asha Bruce at [admin@OttawaEastCAG.ca](mailto:admin@OttawaEastCAG.ca).**

**Upcoming Events - The Winter Party in the Park on January 13 from 1:00 – 4:00 p.m. and the Valentine Skate on February 8 from 6:00 – 8:00 p.m., both in Brantwood Park.**



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SOMCHAI KONGKAMSRI FROM PEXELS

Christmas is so much bigger than presents and feasting and even family. It's an opportunity to open our hearts to give and receive gifts of peace, love and joy.

# Home for Christmas

ANNE LOUISE MAHONEY

One of the songs we hear a lot at this time of year is "I'll Be Home for Christmas." It seems to echo a deep human longing for home and the people we love. "Home" can mean a lot of things beyond mere physical location: things like safety, peace, comfort.

Even if we are settled somewhere, we may feel far from home. Perhaps our families are across the country or across the world. Or a beloved family member has died, and we are mourning their loss. Maybe we are unhappy, struggling in a relationship, unsatisfied at work (or unable to find work), or not feeling part of our community.

Unfortunately, Christmas has a way of rubbing it in when we feel out of place or out of sync with those around us. All that holly jolly, ring-a-ling, joy to the world messaging can kick us when we're down. Even if we don't celebrate Christmas as a religious feast, we can feel left out and blue during this season of light and consumer excess.

Over at Canadian Martyrs parish, we know Christmas is coming, but we're not there yet. Starting on December 2, we are busy celebrating Advent. Each of the four weeks of Advent reminds us what – and who – is coming: not the guy in the red suit, but Jesus, born as a helpless infant to parents who are far from their home. The scripture readings encourage us to prepare, to be ready, to wait – not passively, but

actively. Like anyone who has waited for a new arrival knows, there is lots to do to make room in all sorts of ways.

Advent is a good time for taking stock, reviewing priorities, finding time for reflection and opening our eyes to what's going on around us. In the northern hemisphere, the nights are getting longer, and the year is winding down, which can spur us to look at our lives more deeply:

- How are we helping to build a better, more peaceful community or world – a place where people have what they need and share some of it with others who may have less?

- Are we speaking up for the marginalized and the voiceless?

- Do we welcome the refugees among us?

- Are we spreading peace?

All this introspection can lead us through our Advent journey to Bethlehem, a place where stars shine brightly, and miracles are born.

In the end, Christmas is so much bigger than presents and feasting and even family. It's an opportunity to open our hearts to give and receive gifts of peace, love and joy. If you'd like to join us for our Advent or Christmas masses this year, we'd love to welcome you to our parish home.

*Anne Louise Mahoney is chair of the communications committee at Canadian Martyrs Parish: [canadianmartyrs.org](http://canadianmartyrs.org).*

## OOE COMMUNITY EVENTS

**WINTER SOLSTICE CONCERT** (Sunday, December 16, 7 p.m.)

Performed by the Just Voices Choir [www.Facebook.com/justvoices](http://www.Facebook.com/justvoices) - Church of the Ascension, 253 Echo Drive. Songs of Social and Environmental Justice and Peace with guest artist Sally Robinson. The Just Voices Choir will sing from their repertoire of songs to inspire social and environmental change, racial and gender justice, and against violence, war and poverty. Admission by donation, suggestion from \$5 to \$15, with all profits and donations to Ancoura, a group of volunteers which works to provide safe and nurturing housing and support for persons with mental illness. Admission is by donation, but free to those without money. For more information, go to [www.justvoices.ca](http://www.justvoices.ca). Just Voices is always open to new singers. Practices are held Wednesday evenings from 7 to 9 pm at the Bronson Centre.

**WORLD OF CAROLS** (Sunday, December 16, 3:00 p.m.)

Presented by the Cantiamo Choirs of Ottawa at the Woodroffe United Church Come and join us for this seasonal celebration featuring a unique arrangement by Canadian composer, Willi Zwozdesky, of a suite of carols from five different countries, and including special guest cellist, Thaddeus Morden. This performance will also include the World Premier Cantiamo commission of Angels in the Snow by Canadian composer, Laura Hawley. Cantiamo is also thrilled to share William Matthias's seven movement masterpiece, Salvator Mundi, which is accompanied by piano four hands to showcase our stellar accompanists, Nick Rodgerson and Teresa Van den Boogaard. Welcome Yule!

**"HAVE YOURSELF A JAZZY LITTLE CHRISTMAS"** (Friday, December 14, 7:00 p.m.)

Attend the Ascension Jazz and Chamber Series Christmas concert with the John Dapaah Trio at the Church of the Ascension, 253 Echo Drive. For more information and tickets for the concert and the ongoing jazz series, visit: <https://www.eventbrite.ca/e/ascension-jazz-chamber-series-2018-19-season-pass-tickets-47145848502>



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| DATE FOR SUBMISSIONS | PRINT DATE        | COMPLETION OF DISTRIBUTION |
|----------------------|-------------------|----------------------------|
| January 25, 2019     | February 13, 2019 | March 7, 2019              |
| March 8 2019         | April 3, 2019     | April 26, 2019             |
| May 3, 2019          | May 24, 2019      | June 14, 2019              |
| July 19, 2019        | August 14, 2019   | September 6, 2019          |
| September 13, 2019   | October 9, 2019   | November 1, 2019           |
| November 8, 2019     | December 4, 2019  | December 24, 2019          |



Monday, December 24, at 5:00 p.m.  
Tuesday, December 25, at 10:00 a.m.



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**John Dapaah Trio** *Have yourself a jazzy little Christmas*  
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**[ascensionconcerts.eventbrite.com](http://ascensionconcerts.eventbrite.com)**

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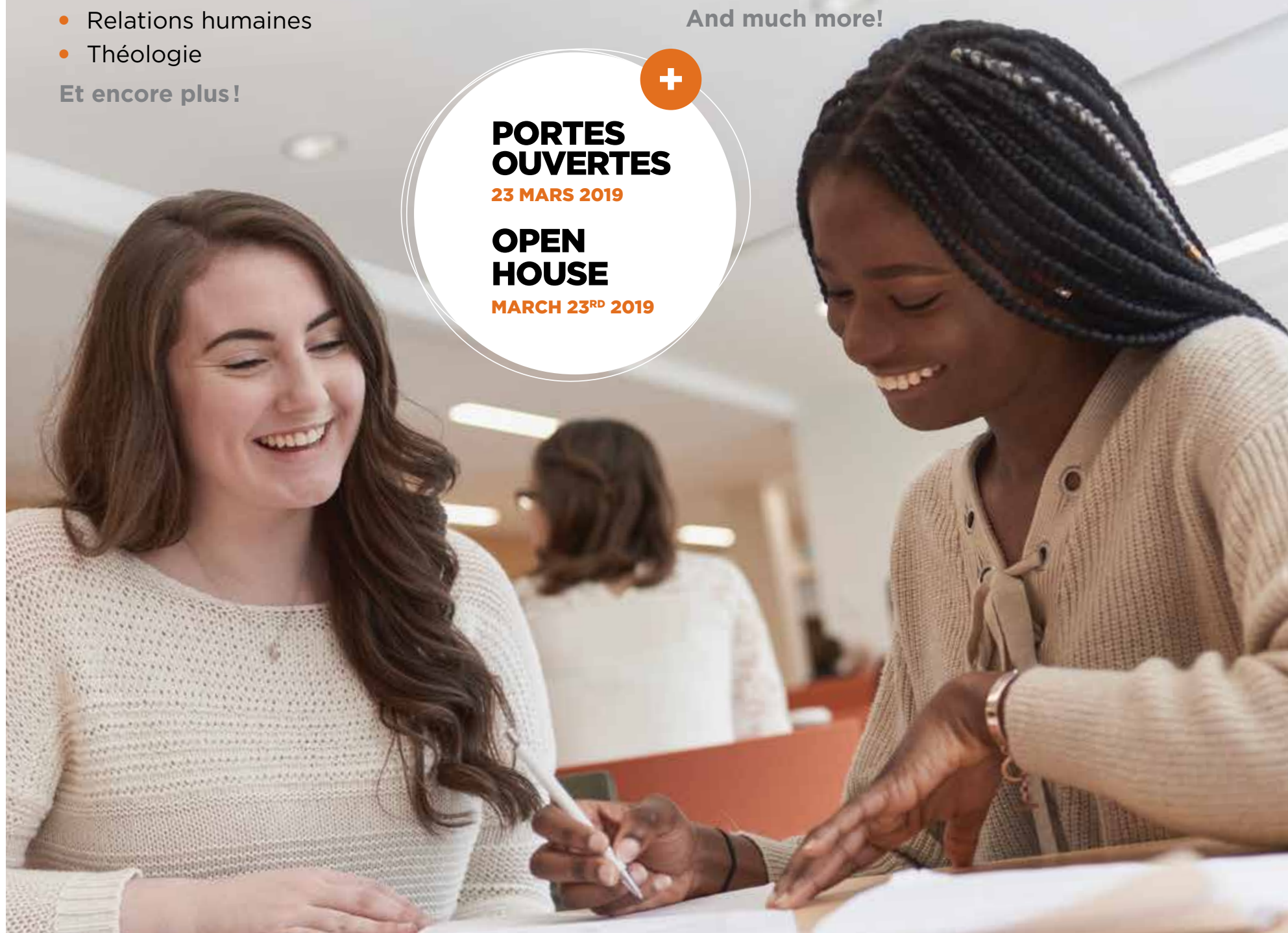
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Thank you to our clients, friends, and community for another wonderful year. We wish you a holiday season filled with joy, and a happy (and healthy) 2019!

