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

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What's next for the Deschâtelets site?

BUILDING A MYSTERY

With rival uses currently under active consideration, the fate of Old Ottawa East's iconic heritage building awaits important decisions by the Regional Group and the City of Ottawa. The Mainstreeter's John Dance reports on the latest developments.



JOHN DANCE PHOTO

Possible locations for the French Catholic School Board's new central Ottawa elementary school include the Deschâtelets residence and the Saint Paul University campus.

JOHN DANCE

The Regional Group is considering an offer from the Conseil des écoles catholiques du Centre-Est (CECCE) - the French Catholic School Board - to purchase or lease on a long-term basis Greystone Village's Deschâtelets residence as the site for a new French elementary school serving students in central Ottawa.

CECCE now operates its central school at 88 Main Street in the former De Mazenod School owned by the Ottawa Catholic School Board. Known as "Au Coeur d'Ottawa", the temporary arrangement will extend for at least another school year as the School Board pursues a permanent home.

In addition to the offer for the Deschâtelets residence, "the CECCE is also exploring all possible options with the Saint Paul University administration," says Isabelle Beaudoin, the Board's communications officer. The university site offers several possibilities, including vacant land to the south of the Grande Allée and some underutilized parts of the university.

Yet another option for the new elementary school is a site in Centretown, which was the CECCE's original plan. In

2017, the Board proposed that the new school be located in a renovated heritage building at 330 Gilmour Street in time for the 2018 school year. According to a Board press release of 2017, the children of this school would have had "safe access to a rooftop schoolyard and green spaces," but in the end the deal with Ashcroft Homes fell apart.

"There is a lot of demand in Ottawa Centre for a French Catholic school accessible in the area," says Valérie Assoi, the CECCE trustee for Zone 6 which includes Old Ottawa East. "So, finding a permanent site for the school is one of the most important infrastructure projects of our School Board." The original Centretown plans foresaw a school with an enrolment of up to 250 students.

Réjean Sirois, the Board's director of education has reached out to the Old Ottawa East Community Association "to share some information regarding the Deschâtelets Building located on Main Street" but, as *The Mainstreeter* went to press, details for a briefing between the parties had not been finalized.

"We have received an offer which we are currently evaluating" confirmed

Continued on Page 6

City still mulling OOE community centre plan for Deschâtelets

DON STEPHENSON

Despite some reports to the contrary, and recent offers from French-language school boards to re-purpose the Deschâtelets heritage building as a new elementary school, the developers of the site have not ruled out the site as a possible community centre for Old Ottawa East.

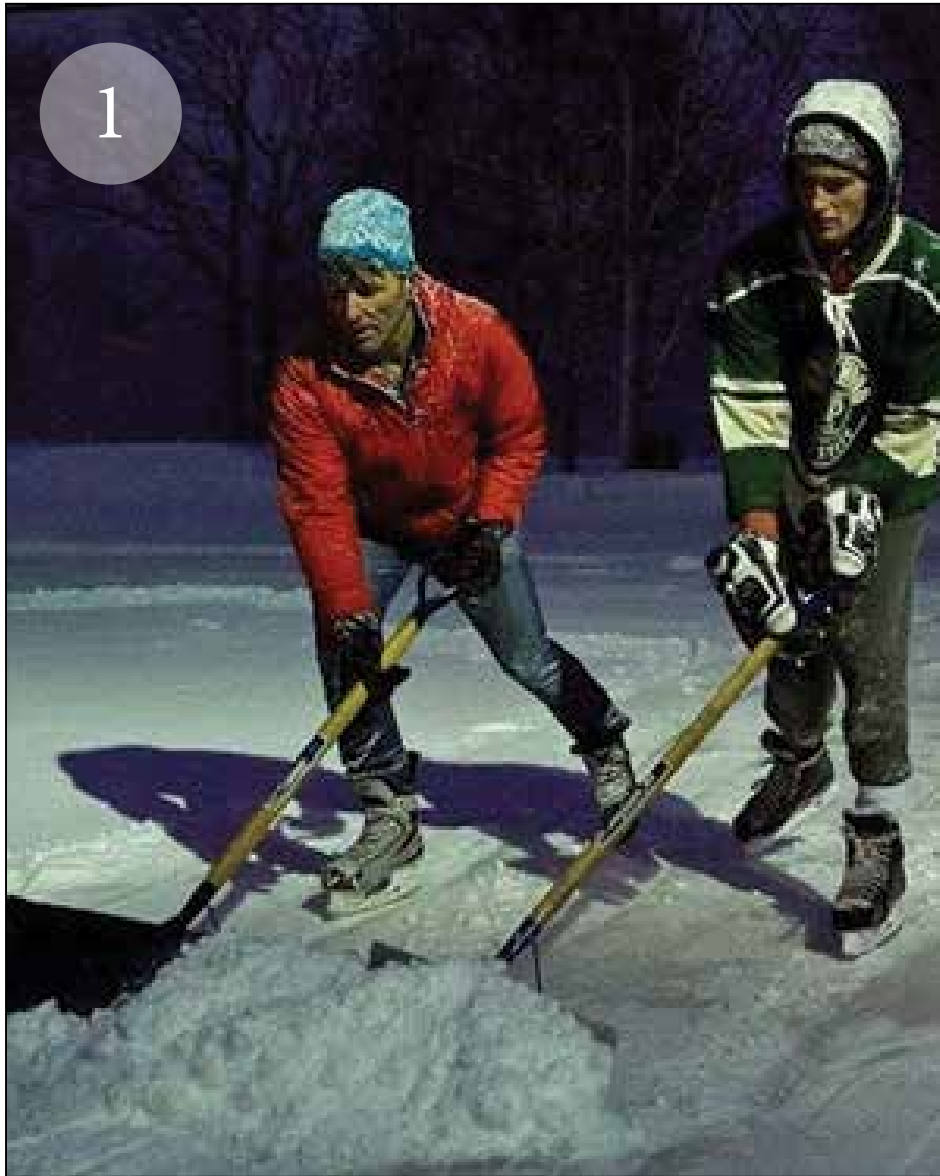
The Regional Group, owners of the former Oblate Fathers residence on Main Street, continues to work on costing information which it plans to share with the City of Ottawa soon, including the feasibility of converting the Deschâtelets site into a community centre for OOE, among other uses.

The City of Ottawa has confirmed that no decision has been taken

regarding its participation in the redevelopment of the heritage building. Initial concern that the community centre plan had been abandoned in the context of City budget deliberations proved to have been unfounded.

While municipal officials have recognized the significant benefits of the community centre proposal, the capital and operating costs, as well as the occupancy model for the rest of the Deschâtelets building, must be determined before recommendations to City Council can be made.

Capital Ward Councillor Shawn Menard has taken up this issue and plans to convene an internal meeting with City officials and representatives of the Old Ottawa East community later this month.



Snapshots of a life well-lived: Photos 1 & 4: Paul Dewar enjoyed few things as much as his time on the Brantwood rink, whether lending a hand with the snow plough or suiting up for his beloved OOE Hosers; Photo 2: During his days on Parliament Hill, Paul was always willing to meet with the public, and with the occasional international rock star, in this case, Bono; and Photo 4: Flipping burgers and dogs at the Main Event was just one of many community events that Paul Dewar graced with his presence.

Photo Credits : Photo 1: JIM LAMONT; Photo 2: JAMIE KRONICK; Photos 3 & 4: JOHN DANCE



Three sets of identical twin girls!

Something in the water on Bower Street

CASSIE GIBBONS

Bower Street in Old Ottawa East is framed in the bay window of the front living room, with late March snow drifting gently before melting on the warming asphalt. Outside the window, a quiet and tranquil scene, but inside, a symphony of giggles, pattering feet, and chitchat.

According to Multiple Births Canada, the likelihood of having twins is about four in every 1000 births. The likelihood of identical twins, otherwise known as monozygotic twins, is not directly influenced by genetics; it's influenced entirely by luck. Despite those odds, since 2006, there have been three sets of identical twin girls born on the same block of Bower Street.

Haley, Morgan, Susannah, Evelyn, Zooey, and Phoebe settle on a couch in front of the bay window. Their moms, Bonnie, Monique, and Kristi, sit in between them, beaming. The girls, and their moms, a whirlwind of blonde and raven hair, spend a great deal of time with each other, living so close together.

Bonnie, a resident of Bower Street since 2004, welcomed her twins Haley and Morgan in 2006, making them 11 years old, and the eldest of the twins. They enjoy karate and reading in their spare time. Monique gave birth to her twins, Susannah, who goes by Susie, and Evelyn, who goes by Evie, in 2010 after having moved to Bower Street earlier in the year. The eight-year-old girls are full of energy and love polar bears. Lastly, Zooey and Phoebe, born to Kristi in 2015, are the youngest of the Bower Street twins at age four. The young girls enjoy playing sports, particularly soccer and skiing. Kristi moved to Bower Street shortly after Bonnie in 2004, and the two became fast friends in the close community.

"When you're a mom, with the kids and everything else going on, having a good community is so important," says Bonnie, whose twins were born prematurely. She had a difficult time to start, but with her community's support, Bonnie is now able to pass on tips and tricks to the other twin's moms.

"Bouncing ideas off of each other has been really helpful," says Monique, whose twins were also born prematurely and had a difficult start.

"It's especially helpful as mine are younger, checking in with the other moms to see if they're progressing and hitting milestones at the right time," adds Kristi, "it's been really awesome having such good friends, and I imagine it will be helpful in the future as the twins get older."

It's not just the moms who lean on each other for support; the kids are extremely close, and love to spend time together, whether playing or helping their parents.



CASSIE GIBBONS PHOTO

The Bower Street twins and their moms sit on a couch in Bonnie's home on a snowy Sunday in March. [L-R; Monique, Susie, Evie, Kristi, Zoey, Phoebe, Haley, Morgan, and Bonnie]

"Bonnie's girls are always helping to look after Phoebe and Zooey," says Kristi, smiling as Phoebe sits in Haley's lap on the couch. "It's been such a big help having everyone so close by."

With everyone living within sight of one another, the girls spend as much time as possible playing together. "Can we stay and play after?" was repeated by each of the twins no less than several times over the 45 minute *Mainstreeter* interview.

Fake weddings

Being twins, the girls love that they have someone their own age to play with all the time. "The best part is you don't have to fight about TV shows, 'cause everyone likes the same thing," says Morgan.

"You can play the same way if you're the same ages," say Susie and Evie chiming in. The girls spend most of their time together playing board games and dress up, having fake weddings, and playing outdoors.

Currently, they love playing Harry Potter board games, being a little too young for the movies. Most notably, the girls have picked up skiing in recent years, and love to go out to the hills on quiet snowy winter weekends.

Several years ago, after a particularly heavy snowfall, Bonnie's girls, Haley and Morgan, decided to build a snow fort on their front lawn. The snow fort has grown in scale each year to take up the entire front yard of Bonnie's house, and now has become a winter tradition for all of

the kids on the street. "Everyone comes to play in the snow fort," says Morgan excitedly.

As soon as it was mentioned, the chances of making it through the evening without a visit to the snow fort were slim, and before long, the kids were scattered on the front lawn, adorned in brightly coloured winter coats and rubber boots. Remnants of the once mighty snow castle rise above the snow and slush, half melted chunks of towers slumped over, and collapsed tunnels sunken into the

ground. The kids are already excitedly awaiting the first snow of next year so they can begin the rebuild. "It's a close-knit street, and with the twins it's become even closer," says Kristi. Regularly hosting parties and gatherings, Bower Street is a vibrant section of Old Ottawa East with a wonderful community of parents. It really does take a village to raise a child, and Bower Street seems up to the task.



A HALEY PHOTO

One of the twins, Haley, grabs the camera for a smiley photo with her Bower Street buddies!

THE DEEP GREEN INITIATIVE

The development of the Oblate lands

A beast of unwieldy magnitude, and a symphony of collaboration

REBECCA AIRD

BACKGROUND

In 2012, Sustainable Living Ottawa East (SLOE) began a process to identify and assess “deep” sustainability opportunities in the redevelopment of the Oblate property, which at 10.6 hectares, comprised one of largest remaining pieces of undeveloped land in the Ottawa urban core. Given credible rumours of the impending sale of the property, we knew few things would have greater impact on sustainability in Old Ottawa East. We also had the Community Design Plan, including explicit parameters for the future development of the Oblate Lands, as an excellent foundation for our work.

At the same time, SLOE was offered a research partnership through Carleton University that would support this work -- assessing how campus-community engagement could best deliver meaningful benefits to community partners. And so the project that became “Deep Green” was born. Our aim was to create momentum, credibility, and actionable options for sustainable development before the sale of the property.

What unfolded over the next two years was by turns a beast of unwieldy magnitude, and a symphony of collaboration and coordination. We had more than a dozen often mind-numbing strategic planning sessions; tasked and directed the two research assistants Carleton provided over the course of the project; engaged incredible mentors to work with Carleton engineering, architecture and communications students to produce original research, reports, design panels and videos; and built a strong network of partners and supporters.

In early 2014, we distilled the findings in each of four major themes into an interim report, then organized an Expert Forum to ground-truth and expand on these. Serendipitously, the timing of the forum coincided with Regional’s purchase. They and Domicile, which had purchased the adjacent Sister’s property, accepted our invitation to sponsor and to attend the experts’ forum.

With presentations and panel discussions featuring a total of 12 leading

experts, and over 100 residents and City and institutional representatives in attendance, the forum strongly reinforced OOE’s reputation as a well-organized and determined community. Regional’s Josh Kardish later noted that in their discussion immediately after the forum, the project leads agreed that their only real option was a more partnership-based relationship with the community than had been the norm in past developments.

Now, almost three years after the shovels hit the ground in the Greystone development in 2016, most of the infrastructure -- streets, sewer and stormwater systems -- is in place. Construction is complete or underway on over 230 units and will begin on close to 350 additional units in 2020. The shape of what is still to come to reach the eventual total of just over 1000 units is also well determined, though plans for the remaining lands around the Deschâtelets are still under evaluation. So it’s now possible to assess the tangible legacy of SLOE’s work, in relation to each of the four key themes.

OUTCOMES OF DEEP GREEN

Community Amenities and Connectivity

Deep Green Goal: To create a more livable Old Ottawa East by optimizing facilities, amenities and services that can serve the new development and the surrounding community, and by boosting pedestrian and cycling activity and residents’ interaction.

Key elements proposed by SLOE included design to reinforce relationships to the river and adjacent neighbourhoods; public gathering spaces; a community centre within or adjacent to the Deschâtelets building; a street and path network prioritizing walkability and safe cycling; and commercial/retail along or adjacent to Main Street.

Regarding relationship to the river, retention of a 30 metre shoreline corridor with public right of way was never really in doubt, partly because of advocacy by SLOE and OOECA prior to the sale of the Oblate lands. But rather than private homes backing directly onto this corridor, Regional proposed a “window street”, with the City’s planned multi-use pathway



JOHN DANCE PHOTO

Pictured here (l to r) are Patricia Ballamingie, Geri Blinick, Rebecca Aird and Mary Trudeau, who were instrumental to the development and execution of SLOE’s Deep Green initiative.

-- to be completed this coming summer -- directly adjacent. This arrangement will contribute significantly to the public-realm feel and function of the shoreline.

Still in the plans is another stunning connectivity feature -- a pedestrian passageway through the Deschâtelets building to the shoreline. Sidewalks on all streets in the development will also enhance pedestrian connectivity. A promised outdoor parking space for VRTUCAR awaits occupation of the first condominium building this fall.

The two planned parks are of course also very significant community amenities. The linear Grand Allée park, which represents an advance in creative thinking about urban parks in Ottawa, will likely open in 2021. The opening of the forecourt park in front of Deschâtelets will be even further into the future. OOECA’s engagement and advocacy has been key to the evolution of these parks, as well as many other community benefits in the development.

In terms of retail activity, the ground floor frontage of the proposed building cornering Main Street and the Grand Allée is designated commercial. Construction is slated to begin this summer. A firm target date for completion could help land the hoped-for deal with a grocery store or other anchor tenant. It may help that Domicile has recently confirmed several businesses, including The Happy Goat Café, in the adjacent Corners on Main development (see Business Beat at page 15 of this issue).

If Old Ottawa East eventually gets a community centre in Greystone Village -- a long saga involving many other players -- it will be largely thanks to early and ongoing advocacy by the Community Activities Group (CAG). Regional would like to see it happen, and the City has acknowledged the need and been engaged

in exploring options. But significant challenges remain in accommodating it -- or for that matter any other possible uses that have been explored -- in the Deschâtelets building. (Recent offers on the building by French-language school boards are reported on page 1 of this issue).

Stormwater Management and Shoreline Restoration

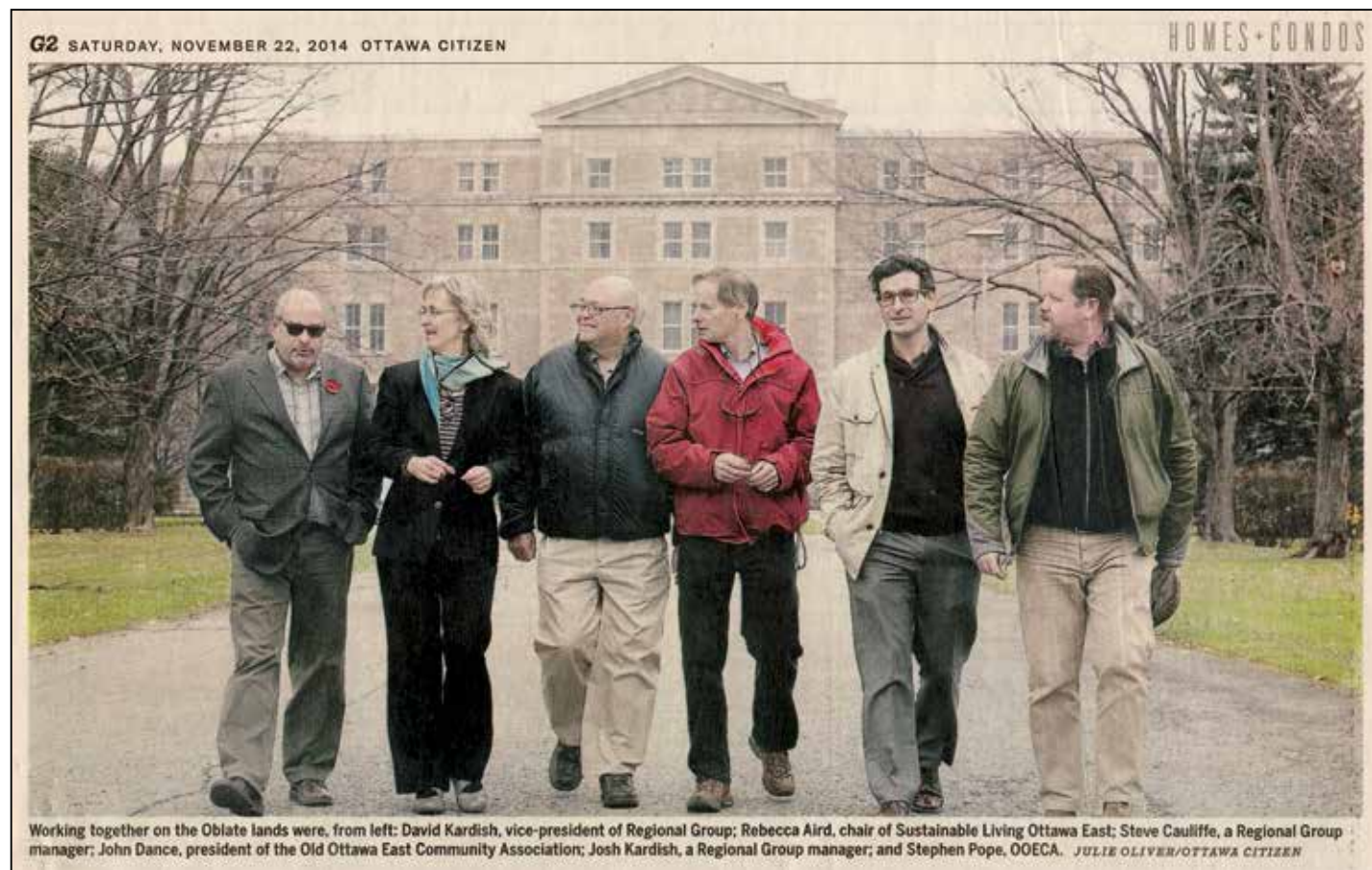
Deep Green Goal: To maximize whole-property stormwater infiltration and optimize the ecological health of the Rideau River shoreline via a landscape-based approach that respects natural features and functions while addressing multiple uses of the land.

Key elements proposed by SLOE included rain gardens; biodiverse swales along the shoreline corridor; specific additional low-impact development (LID) measures for stormwater management; and targeted shoreline recontouring to reduce instability and enhance revegetation success.

At SLOE’s request, Regional organized a day-long workshop on options for the site, led by a top LID consultant. Regional and its consultants translated the learning from that day into an impressive suite of LID measures within public rights of way, proposed to the City in December 2015. Some measures were also proposed on private lands, including an underground cistern for the condo building behind Saint Paul University, to store roof runoff for irrigation.

What followed was a sometimes Kafkaesque maze of bureaucratic hurdles at both provincial and City levels. It’s possible Regional could have better anticipated and planned for some of the procedural challenges. But in the end, despite significant ongoing efforts

AN INDEPTH REPORT



JULIE OLIVER PHOTO - THE OTTAWA CITIZEN

The redevelopment of the Oblates lands has been newsworthy for many years, witness this coverage which ran in the *Ottawa Citizen* back on November 22, 2014.

by Regional and the community, the only implemented LID measures are those on private land. To be clear, though Regional would foot the bill for establishing the infrastructure on public lands, maintenance would fall to the public purse, so City staff due-diligence on anticipated benefits and costs was merited. But given the City's explicit priority on piloting, learning from and extending LID approaches, it's hard to understand why – with a willing developer and a mobilized community – nothing was done by the City with the opportunity.

On the upside, SLOE regards Regional's landscaping and naturalization of the 30 metre corridor as a significant success. Including the "soft costs" (consulting, etc.) and the capping and re-grading work, Regional invested well over \$500K in this work. The result includes thoughtfully designed naturalization zones; a good list of native species; a mix of grassland, shrubs and groupings of (eventually large) trees; two turtle nesting areas; and lookout points over the stormwater outfalls designed to connect people to the river while minimizing impact on the landscape.

Regional also did admirable work in landscaping the Phase 1 properties, minimizing grass and favouring native species. Most significantly, they coordinated across a range of measures to maximize the number and size of trees, including buried hydro lines, steps to protect foundations from root damage, and a depth and quality of soil that will enhance the viability of the trees over the

long term.

Affordable and Seniors Housing

Deep Green Goal: To ensure that the Old Ottawa East Community Design Plan target of 25% affordable units is met; that the Oblates land development contributes to appealing options for seniors to age in the community; and that innovative housing models and financing approaches for seniors and affordable housing, including opportunities for community investment, are employed as feasible.

Two of Regional's primes in the early development of the project had been personally and professionally engaged on the issue of affordable housing. This, as much as SLOE's advocacy, was likely responsible for Regional's informal early commitment to a significant financial contribution for affordable housing at Greystone. Initial thinking was that this might take the form of mixed-use housing in one of the buildings on the Grand Allee. In late 2015, Regional signed an agreement that allowed CAHDCO, a not-for-profit affordable housing developer, to explore options to redevelop Deschâtelets and an adjacent piece of land.

Notwithstanding significant timeline extensions, a workable approach and suite of partners for that initiative never emerged. So, the fate of affordable housing on the site remains up in the air.

With demographics and location in their favour, Regional did attract a developer to build and run a seniors

residence. The good news is that some OOE homeowners who would like to stay in the community as they age will likely be able to afford to live there. But there are many others for whom it will not be affordable.

Sustainable Energy

Deep Green Goal: To realize an ultra-low energy/carbon footprint in the Oblate lands development by maximizing energy efficiency and integrating sustainable energy supply options for the new development; and to consider how such options might be developed to extend to the surrounding community.

The foundation proposed by SLOE was highly energy-efficient design for all buildings in the development. The more aspirational element was a district energy system (DES) to facilitate important innovations such as cogeneration, the purchase of surplus heat from buildings, thermal storage for load or demand management, and use of renewable energy sources such as biomass.

We were impressed with some of the steps Regional took early in the development process in relation to this goal, including hiring an LEED ND consultant, and commissioning a DES feasibility study. But the outcomes have been modest compared to the promise of this early action.

Regarding district energy, participation by Saint Paul University might have put more wind in the sails. But exploratory conversations by Regional's consultant were not

encouraging. Given this, and the significant upfront costs and challenges of finding and negotiating with a third-party provider, no further action was taken.

On the building efficiency side, Regional committed to Energy Star certification for Greystone homes, built by Regional's construction subsidiary, EQ Homes. This is a good thing, and a benefit to Greystone Village homeowners. On the other hand, Greystone is far from the first residential development in Ottawa to adopt Energy Star. And in the very fast-advancing world of building energy efficiency, this is no longer a stretch target.

Also commendable if not exceptional is Regional's intention to achieve LEED silver certification for the first condo building, to be completed by November 2019. The additional two towers are to be built to the same standard, though not certified. There are currently no plans for either solar energy generation, or for the provision of EV charging infrastructure.

SO . . . IN CONCLUSION?

There is little doubt that Greystone Village is a more community-enriching and greener project as a result of the groundwork done on the Community Design Plan, the sustainability focus brought by SLOE, and the ongoing engagement and advocacy of OOECA and CAG. Regional has also gained: reputationally for welcoming community engagement; financially from significantly reduced timelines for key development approvals processes; and in the ultimate quality of the development. It's also clear that on some key fronts, the development has fallen well short of SLOE's ambitious hopes.

Community engagement is still critical to ensure success on outstanding issues and opportunities, including affordable housing and further energy infrastructure.

But perhaps the most important question is how political and bureaucratic decision-makers and influencers – and other institutional stakeholders – can support the depth and pace of progress needed on the profound sustainability challenges and opportunities we collectively face. Especially when business and community stakeholders align through initiatives such as Deep Green, nimbler and more determined responses are essential.

[This article is a condensed version of Rebecca Aird's full report on the outcomes of the Deep Green Project. To read the full report online, please visit www.mainstreeter.ca.]

Quelle sera la prochaine étape pour le site Deschâtelets?

JOHN DANCE

Le Groupe Régional réfléchit actuellement à une offre du Conseil des écoles catholiques du Centre-Est (CECCE) d'acheter ou de louer à long terme la résidence Deschâtelets au sein du Village Greystone afin de bâtir une nouvelle école élémentaire de langue française au service des étudiants du Centre d'Ottawa.

Le CECCE gère présentement son école centrale au 88 rue Main dans l'ancienne école De Mazenod qui appartient au Conseil des écoles catholiques d'Ottawa. Connu sous le nom « Au Coeur d'Ottawa », cet arrangement temporaire sera prolongé au moins pendant une autre année scolaire pour permettre au Conseil scolaire de trouver un emplacement permanent.

En sus de l'offre pour la résidence Deschâtelets, « le CECCE examine toutes les solutions possibles avec l'administration de l'université Saint Paul » indique Isabelle Beaudoin, agente des communications du Conseil. Le site

universitaire offre plusieurs possibilités, y compris le terrain vacant situé au sud de la Grande Allée ainsi que d'autres endroits sous-utilisés de l'université.

Une autre option pour la nouvelle école élémentaire serait un site au centre-ville, ce qui était envisagé par le CECCE dans son plan original. En 2017, le Conseil proposait que la nouvelle école soit située dans un immeuble historique rénové au 330 rue Gilmour pour la rentrée scolaire de 2018. Selon un communiqué de presse du Conseil de 2017, cette école permettrait aux élèves de « bénéficier d'une cour d'école et des espaces de verts aménagés sur le toit du bâtiment en tout sécurité », mais en fin de compte, l'entente avec Ashcroft Homes est tombée à l'eau.

« Il y a une forte demande au sein d'Ottawa-Centre pour une école catholique de langue française dans ce milieu » indique Valérie Assoi, la conseillère scolaire du Secteur 6 qui comprend le Vieux Ottawa-Est. « Donc, un site permanent pour une telle école est un des projets d'infrastructure le plus important pour notre conseil scolaire. » Le plan original de Centretown

prévoyait une école qui accueillerait jusqu'à 250 élèves.

Réjean Sirois, directeur d'éducation du Conseil s'est adressé à l'Association communautaire du Vieux Ottawa-Est afin de « partager certaines informations au sujet de l'immeuble Deschâtelets situé sur la rue Main », mais au moment de publication de cette édition du Mainstreeter, les détails concernant une discussion entre les parties n'étaient pas finalisés.

« Nous évaluons actuellement une offre que nous avons reçue » confirme Taylor Marquis, coordinatrice de l'aménagement des terrains pour le Groupe Régional. « Aucune décision n'a été prise d'une façon ou d'une autre. »

« En évaluant cette offre, nous essayons de déterminer l'impact possible [d'une école] sur la communauté Greystone en termes de l'introduction d'une nouvelle utilisation qui n'avaient pas été envisagée au préalable dans les plans » précise Mme Marquis. « Une école aurait des répercussions sur le trafic, tel que l'introduction d'autobus scolaires, ainsi que des exigences de terrain de jeux

qui pourraient avoir des conséquences sur la conception et l'utilisation de l'avant-cour, pour énumérer quelques exemples. »

Un autre conseil scolaire, le Conseil des écoles publiques de l'Est de l'Ontario voit aussi un potentiel pour le site Deschâtelets et a fait une « offre verbale » pour la résidence, indique Mme Marquis. Le conseil scolaire, en réponse à une demande du Mainstreeter pour de plus amples renseignements, a indiqué que la propriété les intéresse car ils ont besoin de nouvelles écoles pour répondre aux besoins grandissants de leur clientèle étudiante.

La résidence Deschâtelets a été désignée une structure patrimoniale en 2011, un statut qui impose certaines restrictions sur ce qu'on peut faire avec l'immeuble et les terrains avoisinants. Selon la désignation, l'intérieur de l'immeuble n'est pas inclus. Néanmoins, l'intérieur de la chapelle est protégé comme le sont aussi l'allée bordée d'arbres menant de la rue Main à l'avant-cour ouverte devant l'immeuble Deschâtelets et l'avant-cour bordée d'arbres à l'ouest de la porte d'entrée.

Building a mystery

Continued from Page 1

Taylor Marquis, Regional's Land Development Coordinator. "No decision has been made either way."

"As part of our evaluation, we are trying to determine the impact [a school] would have on the Greystone community in terms of the introduction of a new use that was not previously contemplated in the plans" says Marquis. "The provision of a school would have traffic impacts, such as the introduction of school buses, and playground requirements which could affect the design and use of the forecourt park, just to list a few."

A second school board, the French Public School Board (Conseil des écoles publiques de l'Est de l'Ontario), also sees potential for

the Deschâtelets site and has made a "verbal offer" for the residence, says Marquis. In response to a request for details, the School Board told The Mainstreeter that it has an interest in the property because of the need for additional schools to serve a growing student body.

The Deschâtelets residence was designated as a heritage structure in 2011, a status that imposes a number of restrictions on what can be done with the building and nearby grounds. According to the designation, the interior of the main building is not included. However, the interior of the chapel to the east is protected as are the tree-lined allée leading from Main Street to the open forecourt in front of the Deschâtelets Building, and the semi-circular, tree-lined forecourt to the west of the front door.



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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, Ian 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, William and Charlotte Duchesne, 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

We remember Paul Dewar

In our final Mainstreeter farewell, friends, neighbours, former students, and admirers of the late Paul Dewar provide our readers with some of their most cherished memories of an OOE community treasure.

STEVE ROTHFUCHS

We knew Paul Dewar as our MP several years before we moved into a house two doors down from the Dewar/Sneyd family. We got to know each other as neighbours, and Paul was a familiar sight, walking to the Brantwood rink with his stick and gloves in the winter, easing up after a run in fairer weather, returning from a day at the Hill, always decent and always friendly.

In 2017, I relapsed with lymphoma. It was a difficult period physically and emotionally for all of us while my diagnosis remained in the balance for months. Amrita, my wife, did the full load of chores, and ten year old Annika had to pitch in as well. During this time, any show of love and solidarity was appreciated by us – food, dog walking, just keeping us company – every gesture was treasured.

In the depths of treatment, I used to spend endless exhausted hours on our couch, just resting and recovering. Then one day I heard a familiar scraping sound. I looked outside to see Paul shovelling our driveway. When he bumped into Amrita a short while later, he told her not to worry about shovelling for the rest of the winter.

We'll miss him in our little corner of Brantwood Park, but the bigger world will miss him too. Our hearts go out to Julia and the boys.

THERESA WALLACE

Years ago, when I was doing research for a paper on refugees, I went to a session on the Hill. While I was checking in at security, Paul Dewar, the main speaker, strode through the lobby flanked by staff. He was wearing a trench coat with the collar turned up and had a big smile on his face as though he was on his way to a party to meet up with friends.

When he addressed those gathered in the packed room to mark an anniversary of the Southeast Asian refugees who came to Ottawa while his mother was mayor, it was clear many of them were indeed old friends. The crowd loved him.

Shortly after, I was in Watson's Pharmacy on Main Street near closing time and saw Paul's son, Nathaniel, then a high school student, cleaning the floor with a big mop. It may be more of a reflection on the hard work ethic of the Dewar family than on our country, I know, but seeing our MP's son doing janitorial work, especially such a short distance from Parliament Hill where his father sat in the House of Commons, made me feel, at least at that moment, proud to be Canadian, and proud of the degree of equality we have achieved so far.

JAMIE KRONICK

I grew up on Broadway Avenue in the Glebe. Paul Dewar was my teacher in Grade 7 at Hopewell Avenue Public School. By virtue of the small town that Ottawa can be, 15 years later I would reconnect with him when I began working as a photographer for the NDP.

Paul was a brilliant, kind, and genuine figure - which as a politician, looked especially good on him. One of my favourite memories of Paul is from the day he met with Bono (see photo at page 2). His childlike excitement is still so clear in my mind.

PETER CROAL

The passing of Paul Dewar leaves a huge hole in the fabric of our neighbourhood, city and country. I did not know Paul very well. We only said hi to each other when he was walking his dog in our neighbourhood of Brantwood Park. We also had very good conversations when he came to our door canvassing for elections.

Canada has lost a unique man and politician. Of all the excellent qualities that Paul had, one characteristic rises to the surface each time I think of him, and that is: integrity. Looking about today in the rogues gallery of the world's politicians and business leaders, one is hard-pressed to find people of whom we can truthfully say they marshall their ideas, opinions and actions through a lens of integrity. But Paul did. I feel that integrity was the core of his being. And this was reflected in his policies and life's goals, whether they be for his dear family, Canada or the world. Even during his last months, he strove to develop Youth Action Now for Canada. He knew the future of a better Canada lies in the youth, and so he developed this organization, while at the same time battling through his illness. This is true grit. This is integrity.

The world needs more Paul Dewars. In a time when many feel the moral compass of our leaders is swinging wildly, it is up to citizens to lead by example and to lead with integrity. He has inspired me to become more involved in social justice issues and to help make Canada the beacon of sanity, that it is known to be around the world. As the Hopi Tribe of the United States says: We are the ones we have been waiting for. Paul didn't wait. Nor should all Canadians.

JOHN DANCE

Paul Dewar relished being in, and contributing to, our community. I remember cleaning up after an AGM of the community association and he and Julia were there until the work was all done. And there was the shinny he'd play with his sons and sometimes his "Dipper" friends at the Brantwood rink. On the way to skating on the Canal last year, I saw Paul coming back from a long skate and he looked perfectly happy coping with not having to be a Member of Parliament representing all of us crazy constituents.

But most of all, I remember how we all saw Paul spend his last half year or so in Old Ottawa East - with grace, humour, and energy, and launching an initiative to help youth. This, he showed us, is how we all should live and, if we are able, die. Thanks, Paul.

Community supports burying Hawthorne Avenue hydro wires

JOHN DANCE

It's round two of "to bury, or not to bury, that is the question".

When Main Street was reconstructed a few years ago, the City refused to bury the hydro wires because of its policy of "requester pay," borne of the reality that burying hydro wires is more expensive than keeping them on poles.

But now, with the pending full reconstruction of Hawthorne Avenue between Colonel By Drive and Main Street, the Old Ottawa East Community Association (OOECA) is pressing the City to bury the hydro wires, just as is being done with the current reconstruction of Elgin Street.

In response to the question of whether the City is planning to bury the Hawthorne Avenue wires, Carina Duclos, Manager of Design and Construction, told *The Mainstreeter*, "The project design team is working closely with key stakeholders and utility agencies, including Hydro Ottawa. It is too early in the process to respond."

"The decision to underground the wires on Elgin Street sets a prudent precedent for undergrounding the wires on Hawthorne Avenue," says OOECA president Phyllis Odenbach Sutton. "Given these two traditional mainstreets are essentially contiguous and have similar configurations and the same narrow right-of-way width, the benefits of undergrounding hydro wires are worthy of genuine detailed analysis."

The community association's research, coupled with the evidence of Elgin Street, shows that the initial Hydro Ottawa estimates of the incremental cost of undergrounding have been far in excess of the actual costs. Doing the work when the streets are already being dug up for new sewer lines and water mains makes the undergrounding of wires less expensive.

Elgin Street's undergrounding was originally estimated at approximately \$8 million. But after thorough review, the detailed cost estimate came down to about \$3 million, including the cost for secondary wiring connections to existing properties. And about half of the \$3 million cost is being covered by Hydro Ottawa.

The Hawthorne Avenue traditional mainstreet is about 200 metres long - a fifth of the length of the Elgin Street undergrounding - so the cost of the projected work would be substantially less than what the City will incur for Elgin Street.

After City Council approved the "requester pay" policy for undergrounding, it approved the Old Ottawa East Secondary Plan that stated, "Priority will be given to burial of overhead wires along this Traditional Mainstreet [in reference to Hawthorne Avenue]." While a similar provision was also made for the central section of Main Street, the City chose to ignore it when Main Street was reconstructed.

The City's preliminary Hawthorne Avenue design shows new hydro poles near the centre of the new south-side sidewalk and this will not result in the expected wider clear sidewalks - most especially in the winter months when sidewalk plows will not be able to manoeuvre effectively around the poles.

Councillor Shawn Menard has spoken in support of undergrounding the wires on Hawthorne Avenue and says, "There is a need to begin recognizing streetscape accessibility, design quality and beautification to a greater extent in our city. Hawthorne, as an extension of Elgin Street, makes perfect sense to have its wires buried and we will be pushing for this."

Research by OOECA shows that in other capital cities, hydro wires are buried on central main streets, and even



JOHN DANCE PHOTO

Leslie Kirk, Hawthorne Avenue lawyer, wants to see the Hydro poles removed and underground wires similar to the reconstruction of Elgin Street.

smaller Canadian cities like Kingston and Brockville have ensured that hydro wires do not blight their main street.

The question of burying hydro wires is just one part of the design work for the rehabilitation of Greenfield Avenue, Main Street, Hawthorne Avenue and neighbouring streets.

"This work is being conducted to replace aging combined sewers with separate storm and sanitary sewers, replace sections of older water mains, and reconstruct the roadways, including the implementation of complete street features for the betterment of all road users in the community," says Duclos.



A public information session on the \$27 million project is expected to be held in late spring 2019, to present the preliminary design drawings to the public. At this time, attendees will be able to review the design, ask questions and provide comments on the proposed work. Also, a public advisory committee will be set up so residents, businesses and others can be involved in the design and construction.

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Upcoming music calendar of events in Old Ottawa East

Home music concerts are growing in popularity in Old Ottawa East, as music aficionados open their homes to friends and neighbours who share a love for live music and who enjoy the laid-back, friendly vibe of in-home tunes from talented local musicians. OOE resident John Royle has staged many home concerts in the neighbourhood near Brantwood Park, and he continues to offer up an eclectic mix of musical sounds to enjoy over the next few months. Plan to attend one of the concerts in May:

- May 3rd - Piano, very young Ottawa pianist Victor Toma
- May 24th - Chamber Music, Triptych Trio with Thomas Annand (piano), Dan Parker (cello), and Laura Nerenberg (violin)



*For inquiries about attending John Royle's home concerts,
contact him by email at john.royle.1@gmail.com.
Admission to all concerts is by donation, but you need
to reserve a seat to attend.*

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Sue Halikas, 100

Old Ottawa East Century Club adds a new member

MAINSTREETER STAFF

Our neighbour on Elliot Avenue, Sue Halikas, celebrated her 100th birthday on March 18th! Old Ottawa East has been Sue's home since 1972, having moved here from another part of our fair city.

She was an avid bowler in her younger years, playing both five and ten pin, which led her to compete in tournaments in Ontario and the United States. She also enjoyed time on the golf course. As a volunteer later on in life, Sue has spent many

happy hours producing hand-knit bonnets for new-born babies at the Grace Hospital.

Her many nieces, nephews, great-nieces and great-nephews, neighbors and friends wished her a wonderful birthday with many more happy and healthy years to come! Also, Sue is a regular visitor and shopper at the Billings Bridge Shopping Centre, and staff threw a birthday celebration for Sue on March 18th to mark the milestone day.

Happy Birthday, Sue!



STEPHEN HALIKAS PHOTO

Elliot Avenue resident Sue Halikas recently celebrated her 100th birthday and was feted by the staff at the Billings Bridge Shopping Centre where Sue is a regular shopper.

Over 10 years of community involvement!

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The Story of Bread Box - Dough to Door Bakery

JUSTIN STEFANIK & MAINSTREETER STAFF

It all began with an idea Justin Stefanik had last year. He imagined a loaf of fresh bread and treats being delivered to his doorstep. At that time, Stefanik was struggling to find meaningful work after graduating with a PhD in Geography from Carleton University. His spouse travels to Germany quite frequently on business and told him that she got fresh bread rolls delivered to her room daily. At the time, Stefanik was also hearing a lot about meal delivery services and about how this could revolutionize our future eating habits.

As a graduate from chef school and having a previous culinary career, he wanted to build on the idea of food delivery and subscriptions. Being a CSA veggie box subscriber, Stefanik also thought that a CSA baking box would be an interesting concept. So, he married his love of baking and passion for environmental issues into building Bread Box - Dough to Door Bakery.

Each week, Bread Box delivers a box of fresh baking to subscribers'

doorsteps. The box includes the bread loaf of the week and a surprise bake of the week. The loaf of the week could be a rye, a German pumpernickel, a classic sourdough, or one of the many other loaves the new company bakes.

The surprise bake includes either sweet or savoury items, and in the past has contained fresh croissants, browned butter brownies, and apple strudel. Every week is different, so to let subscribers know what will be arriving, a newsletter is sent out a few days before detailing the bakes and a list of the ingredients. It's fun to be surprised with fresh baking, and kids love to wait by the door for the Bread Box to arrive. Some clients choose not to read the newsletter on purpose so it will be a total surprise when they open the Bread Box.

Bread like no other

While the administration operation is based in Riverview Park in Alta Vista, Stefanik bakes out of the Cauldron Kitchen in Overbrook. It's one of the few shared kitchens in Ottawa where people can build their culinary dreams, according to Stefanik. He uses organic flour, cheese, and butter from local farm



SUPPLIED PHOTO

Sigrid is going to be a big help some day to the Bread Box- Dough to Door Bakery and to her dad, Justin Stefanik, who owns and operates the new home delivery bakery.

suppliers. These are often purchased directly from the farmer, such as George Wright of Castor River Farm. He buys Red Fife wheat and rye grain berries and mills them himself, so the baking has the flavour of fresh milled flour and not the stale taste stuff from bread that's been sitting in bags on grocery shelves.

Bread has had a bad reputation over the last few years, but not all breads are created equal, says Stefanik. Bread Box breads contain no preservatives and are built on the basics of organic flour, water, and sea salt. Stefanik uses a four-year-old sourdough starter as the leavening agent and the loaves are fermented over 12 hours for easy digestion and beautiful flavour. Many of his customers with gluten issues can eat Bread Box breads, whereas they are in excruciating pain if they eat store-bought bread. Every sourdough starter is geographically- unique based on flour being used, the local water, and even the baker's unique way of handling and storing it.

A zero-waste bakery

With the growing concerns over single-use plastics, it was Stefanik's goal to build a zero-waste bakery. His delivery vehicle is fully electric, and the 100% recycled plastic delivery boxes are reused every week. Subscribers simply clean the box and set them outside on delivery day and Bread Box seals them

with compostable stickers or, if you're really zero waste conscious, a rubber band. The Bread Box office even runs on a 6 kWh solar power system.

For every 20 subscription sign ups, a weekly box of subscription baking is delivered to Russell Heights Community Housing. Each week a different family that has signed up for the service gets a box of fresh baking. Stefanik felt that not only people with money should be able to enjoy delicious higher quality foods. As the company has grown, he has also recently hired and is training two residents from Russell Heights Community Housing to gain valuable job training in the culinary industry.

Many businesses try to make changes along the way to be more sustainable and more socially aware. For Stefanik and Bread Box, these values were embedded in the business from the very beginning.

(This article was first published in the March 2019 issue of the Riverview Park Review. It has been edited and published by The Mainstreeter, as we think the contents may be of interest to residents of Old Ottawa East. For more information about Bread Box products, visit: www.breadboxbaking.ca)



SUPPLIED PHOTO

Home-baked croissant are just one of many artisanal bread products Justin Stefanik creates and delivers to homes in our community each month.

Surf and turf:

OOE athletes travel to Hawaii for the beautiful game

LORNE ABUGOV

If you polled Old Ottawa East residents about their views on Ottawa's winters you might expect to find a fairly even split between those who "love it" and those who "leave it."

Two OOE women, Diane Cartier of Bower Street, a leave it, and Melinda Newman of Mason Terrace, a love it married to a leave it, discovered a novel way to escape the icy blasts of an Ottawa January this year by engaging in two of their shared passions – international travel and women's soccer.

Cartier and Newman were both part of the Ottawa Golden Cleats women's 50+ soccer team that competed from January 17th to 20th in the Mayor's Gold Cup 2019 tournament in Honolulu, Hawaii, which attracted adult men's and women's teams from Canada, Japan, Australia and the U.S. mainland.

The Golden Cleats placed fourth at the Honolulu tournament, and their work ethic on the field ensured that all four of their games were nail-biters, including a 2-1 win over one of the host Honolulu teams and a narrow 1-0 loss to a talented team from Portland, Oregon. In the end, a combination of intense heat, key injuries and a very short bench of substitutes kept the Golden Cleats from a podium placement.

Cartier, who has been playing soccer since she took up the sport at age 20 in Calgary, got involved with the Cleats, a Gloucester- and Cumberland-based team, about 11 years ago when she relocated to Old Ottawa East from Barrhaven. "When I moved more centrally, I decided that I wanted to play soccer with more of a Francophone

team in order to learn French, so that's why I got connected with the women from Gloucester," recalls Cartier.

Since then, it's been one soccer travel odyssey after another, as she and her teammates represented Canada at a series of master's tournaments around the world. The Cleats' first big trip was to Torino, Italy for the World Master's Soccer Tournament in 2013. Since then, the team has played in Nice, France, in Auckland, New Zealand and in Las Vegas, and they are hoping to get to Japan in 2021.

"What keeps me involved with the Golden Cleats are two things - I really enjoy playing soccer and the same with traveling. Being on this team is a great opportunity to see parts of the world that I've never been to before, to play great soccer and to be with a terrific group of women who have similar interests."

The Golden Cleats' team manager, Charlene Sexton, regards Cartier as one of the core players on the team. "Diane is one of our most seasoned players. She's just an amazingly skilled player who has really good touch with the ball. She distributes her passes very well and she never gives up. She's very competitive. She's also very vocal on the field, and she's really a key person in the center midfield for us."

Came to soccer late in life

Unlike Cartier, Newman came to soccer later in life, after spending many hours on the sidelines watching her three youngsters play the sport. She took the plunge herself in 2003, at the age of 50, joining a group of mostly soccer moms at a skills training program operated by



LORNE ABUGOV PHOTO

OOE residents Melinda Newman (left) and Diane Cartier of the Ottawa Golden Cleats women's 50+ soccer team warming up before their Mayor's Gold Cup soccer tournament in Honolulu, Hawaii.

the Ottawa Internationals Soccer Club. The women made tremendous progress that first summer and many decided the following year to form their own recreational soccer team. "That first season was a struggle," says Newman. "Our team scored more goals on our own net than in our opponent's net, and we went winless, losing 15 games – though we got one tie. What a cause for celebration that was!"

"Our first two games were so bad that the referee had to instruct us on the rules and how to do a throw in! Some of our players weren't in the best physical shape. Five or six of them pulled quads and hamstrings in those games, to the point where after, at a team meeting, we decided to name ourselves Code Red because we resembled a medical emergency," Newman recalls.

More women playing soccer

Today, she remarks, the situation is quite different. She is one of only three remaining "originals" from the summer of 2003 who continue to play the beautiful game. Along with her close friends and teammates, Heather Sherrard and Judy Robertson, Newman's passion for soccer has skyrocketed, in step with her skills and ability. Like Cartier, she has also played soccer internationally at tournaments in Nottingham, England and in Las Vegas and Nashville.

More adult women than ever are taking up the sport of soccer in Ottawa. In OOE alone, Cartier and Newman often play with and against other neighbourhood soccer enthusiasts, including Mason Terrace resident, Julie Greene and Lori Gandy, who lives on Mutchmor Road.

The Hawaii tournament marked Newman's first invitation to play with the Golden Cleats, and according to their team manager, she was a very welcome addition to the squad. "Lindy is so impressive, she's like the energizer bunny. She plays outside midfield on the wing and she never stops running. She is fearless playing against women twice her size and half her age, and she always wins the ball."

"We've all improved tremendously over the years, but for Lindy to be playing that well at the age of 65, she's just an incredible role model for the rest of the team," says Sexton.

On their return to snow-bound Ottawa, both Cartier and Newman were right back at it again. Their indoor spring league kicked off at the RA Center dome on February 4th and they embarked on 10 weeks of Monday evening games and Saturday afternoon training sessions. Said Newman, "We've got to be ready for outdoor soccer when the season begins in May!"



LORNE ABUGOV PHOTO

Members of the Ottawa Golden Cleats gather for a group photo by a waterfall on the North Shore of the island of Oahu.



Peter Fowler's OOE Focus

This month, Mainstreeter photographer and OOE resident Peter Croal has submitted an up close and personal shot of one of our many neighbourhood ducks.

Peter Croal's Comments: This photo was taken in the Fall of 2018 near Brantwood Park. I used a Nikon 135 mm lens and took the photo literally at birds eye level, about 1 metre from the duck. I like the picture because the look in the ducks' eye seems to say...enjoy the good weather because winter is coming! I also like the photo because of the interesting reflections of the duck and the Fall colours in the water.



The colours in the water offer a fiery contrast to the dark plumage of the bird, creating a pleasing all around image that seems to suit the background.

If you have a favourite photo of a local nature, send it to editor@mainstreeter.ca and if it's chosen, we'll feature it in this place in the next issue of The Mainstreeter.

Ottawa winter 2019: The perils of potholes

CHARLES JUNG

An unusually icy winter combined with a series of thaws means potholes are appearing faster and earlier than expected. Appearing as if by magic, the dreaded pothole is the nasty surprise that winter leaves behind. Add to the risk of potholes, the icy ruts and frozen speedbumps that have turned most Old Ottawa East side streets into minefields for cars.

While hitting a pothole or icy

ruts can damage tires, wheels, and suspension the damage can be much more severe, including injury and, in some cases, death. Potholes and ruts also present a much bigger danger for motorcyclists, pedestrians and cyclists.

If you have been injured or your vehicle has been damaged by a pothole, the local road authority may be on the hook to pay. Ontario's provincial Ministry of Transportation (MTO) and local municipalities have a duty to keep the roads under their jurisdiction

in a reasonable state of repair and have a legal duty to take reasonable steps to keep their roads free of hazardous driving conditions.

A regulation in the Municipal Act (Minimum Maintenance Standards Regulation), designed to restrict claims against municipalities, deems a pothole on municipal roads to be in repair if it is less than 8 cm deep and 1000 cm² in surface area on a city street that carries over 10,000 vehicles a day.

The legal duty of MTO and municipalities does not mean that roads must always be kept in a perfect condition. That would be impossible. However, employees responsible for maintaining roadways have timelines that they must meet in order to avoid legal liability. The timelines demand that the busiest roads with the highest posted speed limits be treated with

priority.

If the MTO or a municipality fails to maintain a road within the expected timeline and someone is injured in a crash or a vehicle is seriously damaged due to bad road conditions, the courts sometimes hold the MTO or the municipality liable. In many cases, a driver can make a claim against a municipality's insurance for vehicle damage caused by a pothole.

If you see a pothole, you should report it when it is safe to do so. If your vehicle is damaged or you are injured by a pothole you will need to (safely) take pictures and measurements. In the case of pothole damage or injury, you are obliged to file a claim within 10 days of the incident.

Charles Jung is a lawyer with Oatley Vigmond personal injury law firm.



PETER CROAL PHOTO

This winter, residents of Burnham Road took matters in their own hands - and in their own words - by posting danger signs on their street to warn of the risks of hazardous driving conditions.



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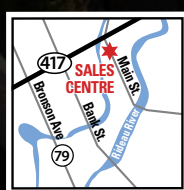
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BUSINESS BEAT

Goats do roam indeed!

Exciting plans are in store for OOE's new Happy Goat Café

QUINN ABUGOV

Will coffee-enthusiasts begin to roam to Old Ottawa East in the summer months of 2019? That's what Happy Goat Coffee Company owner, Henry Assad anticipates, as he prepares to open his sixth café in the new Corners on Main in July 2019.

Happy Goat Coffee, a local, rapidly-expanding chain of cafés hopes to emulate the success already experienced at their five Ottawa locations. Since its humble beginnings on Laurel Street in 2011, Happy Goat has steadily grown, expanding operations to the Centretown, Old Ottawa South, Downtown Rideau and Sandy Hill neighbourhoods of the city. "Our cafés have a warm, friendly, neighbourhood-oriented feel, and we are not cookie cutter. Each café has its own style and presentation," Assad told The Mainstreeter. In a neighbourhood largely devoid of "box-store" businesses, this sense of uniqueness lends itself well to the current landscape.

Assad hopes to bring an approach to the new Corners on Main location that features a number of Happy Goat signatures but adds a few new and exciting twists. The new café will occupy a 1,500 square foot storefront, occupying the space on the south-east corner of the Corners on Main development. Assad

intends to use the space to its fullest, serving as a café during day-time hours with a transition to an evening vibe with an expanded food offering, licensed drink menu, and an open-air patio during the warmer months.

The open-air patio, along with later operating hours, are exclusive to the Old Ottawa East Happy Goat, aspects that Assad highlights. "The cool thing about the new space is that it's going to have a big patio," and unlike other Happy Goat locations, it will "stay-open until 11 pm, with a bigger food menu and, of course, offering high quality coffee." Assad also believes he has enough space to incorporate a small stage for quiet performances indoors, a feature also unique to the Old Ottawa East location. The owner intends to use his new café to showcase local artists and musicians and hopes to attract individuals from the area to contribute their talents.

As a long-time resident of Alta Vista, Assad is familiar with the Main Street corridor, having used it since his days as a student in the 1980s. Along with countless others, Assad feels the neighbourhood has lacked adequate commerce in years past. "When I was attending Ottawa U in the 80's, Main Street was kind of a transient street rather than a destination," he recalls. However, his stance has changed in recent

years, and he became more attracted to the area "initially through hearing about the Domicile and Greystone developments". The developments lent credence to his belief that "the neighbourhood was underserved and in need of more consumer choices".

Bearing in mind the population boom expected to hit the neighbourhood over the next decade, Assad hopes his café will become a community hub for coffee enthusiasts, art lovers, and anybody looking for a new local hangout. "Our Laurel Street location is located in a non-traditional retail-area, so we strived to make it a destination rather than just a convenience. We want to bring that same vibrancy to Old Ottawa East, the same warm, welcoming atmosphere that customers expect from Happy Goat."

Assad credits the success to date of Happy Goat to one main factor, high-quality coffee beans. "We trade coffee directly with the local producers," Assad says. "In fact, our roast master recently returned from Costa Rica and Guatemala where he deals with the farmers directly, and in the end, overpays for a higher quality product." While some businesses might shy away from the idea of overpayment, for Assad it's a no-brainer. "At the end of the day, we want to pay fair prices to the farmers, as people tend to underpay, which forces producers to sell their farms. We bring in fairness."

He notes that "we only use high-end quality coffee beans with a very low number of defects, and the processing is very detailed and precise." The end result, he says, is a very high quality coffee bean, which leads to a great cup of joe.



While it remains to be seen if coffee enthusiasts will come in droves to the Happy Goat at the Corners on Main, its local roots, high-quality coffee, and neighbourhood vibe should appeal to local tastes, and the addition of a licensed menu and an open-air patio certainly won't hurt the café's chances of success.



Old Ottawa East will welcome the newest Happy Goat location in the Corners on Main condo set to open this July.

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MENTORS IN THE HOOD

Veteran OOE lawyers cover all the bases

THERESA WALLACE

Leslie Kirk continues the Hawthorne Avenue legal tradition

Leslie Kirk has some significant anniversaries to celebrate in 2019. Twenty years ago, Kirk, then a high school student, started working for the summer in the Hawthorne Avenue office of lawyer Michael Farrell. Ten years ago, Kirk was called to the bar and became a lawyer. Five years ago, she took over Farrell's practice when he retired.

"I'm thinking of having a party," Kirk says with a grin.

Today, Kirk runs Kirk Law Office out of that same location on the south side of Hawthorne between Pretoria Bridge and Main Street. She has one associate, Diem Nguyen, and three fulltime staff. Her practice is mainly real estate, wills, estates and business law. Kirk says a chunk of her client base—at least 25 percent—is from the neighbourhood. Her firm helps sponsor the annual Main Event and she volunteers for the community association and sits on the Board of Directors of *The Mainstreeter*. She's also an enthusiastic walker and makes house calls on foot in Old Ottawa East.

For many of us, our main contact with the legal profession will occur when we buy a home or make a will. Kirk likes that she gets to interact with people who might otherwise have no experience with lawyers. "Every situation is different, but especially when it comes to the laws around wills and estates, there are a lot of misconceptions out there. What I enjoy most about my job is that I get to educate and help ordinary people."

Karen Reid celebrates 35 years as a criminal defence lawyer

Merritt Avenue is a bit less interesting since Karen Reid started car-pooling to work with her husband, a police officer. For decades, a familiar sight each weekday morning was a suit-clad, high-heeled Reid



Pictured (L to R) are Old Ottawa East residents Karen Reid, Julia Martin and Leslie Kirk, each of whom practises a distinctly different area of the law in uniquely distinct settings.

JOHN DANCE PHOTO

running in full flight past her neighbours' windows to catch the number 5 bus on Main Street.

Ottawa-born Reid is past-president of the County of Carleton Law Association, and as part of her work with the Ontario Justice Education Network (OJEN), she visits high schools and helps students prepare mock trials. She's also mentored dozens of students: this year she has two Carleton University co-op students and a St. Pat's high school student shadowing her throughout her day. "It's fun for all of us, and they get course credits," explains Reid, who is quick to praise her own mentor, Dan McGuire, with whom she articulated. "Dan is a great lawyer, a wonderful human being and someone who has guided me in doing what I do."

Reid says you have to be resilient to be a criminal lawyer, but adds, "Criminal law is not like on TV where there is hatred and fighting between lawyers in court. Usually the defence enjoys a collegial relationship with the prosecution, which helps resolve many cases before they go to trial."

Based upon her years of experience in the courtroom, Reid has a comprehensive understanding of criminal justice in Canada. Her overall impression of our justice system continues to be resoundingly positive. "As Canadians, we are not taught this, but we should be proud of our good justice system."

Julia Martin is on the path to achieving work-life balance

"Fate brought me to Old Ottawa East." That's how Julia Martin describes a life involving moves from Toronto to Germany, then to Ottawa, from work at a national law firm to a smaller firm, then with two other lawyers to the founding of Steinecke Martin Maciura, and most recently to working on her own.

"For a long time, I thought I wanted that corner office at a big firm, but being on my own is my favourite situation," Martin says. She and her husband have four children. Martin runs her practice out of a downtown office but also works at home. "I can volunteer at my kids' school in the morning, come home, and work on a factum for the Divisional Court in the afternoon. I'm my own boss. I feel enormously happy and privileged to do the work I do the way that I do it."

The Echo Drive resident began her legal career almost three decades ago. Martin is general legal counsel to a health regulatory college and represents professional associations as well as regulated professionals from all over Ontario in any matter before their regulators.

Martin worries those choosing law school today have fewer opportunities to

article and work as lawyers. "It's a different world out there now. But young people will figure it out. If you feel drawn to the law, I think you should study what you love and what you're passionate about."



If you are interested in pursuing a career in the law, please email us at editor@mainstreeter.ca with your question for the lawyers profiled here.





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WHAT'S ON YOUR PLATE?

Embracing a plant-based diet

GENEVIÈVE GAZAILLE

Amy Longard is a plant-based chef and registered holistic nutritionist who has made Old Ottawa East her home for five years. *The Mainstreeter* met with her to learn more about her home business and her overall approach to food and nutrition.

The Mainstreeter: As a plant-based chef and holistic nutritionist, what does your job entail?

Lingard: I spend a lot of time just helping people eat more vegetables, that's often what it comes down to. Whether it's working one-on-one with clients, leading my group nutrition program, doing cooking lessons or facilitating corporate workshops, where I'm showing how food improves work performance, I feel like my job is really to connect people and make plant-based food enjoyable and fun.

The Mainstreeter: What does it mean to be a holistic nutritionist?

Lingard: Holistic nutritionists don't just treat symptoms but take a deeper look at the underlying problem that's causing people to feel or be a certain way. It's really a holistic approach to wellness. Nothing happens in isolation in the body and it's important to really dig deeper rather than to apply a band-aid.

The Mainstreeter: What motivated you to launch your nutrition business?

Lingard: I was working with the government and I had made a lot of changes to my health, diet and lifestyle. During that time, there was downsizing going on at the government and my entire floor received a letter saying we had to compete for our jobs. I thought this was my opportunity to pursue my healthy living journey, so I left and went to culinary school in New York. After that, things started happening organically; I got hired to cook for yoga retreats, then I started having people ask me to work with them on their



SUPPLIED PHOTO

Holistic nutritionist Amy Longard has been promoting a healthy plant-based approach to nutrition in the community through her OOE home-based business for the past four years.

nutrition. The Community Activities Group (CAG) played a very big role in helping me get out there by allowing me to start teaching workshops in Old Ottawa East. It's now been four years of Amy Longard Nutrition.

The Mainstreeter: You embrace veganism and often share about it on social media. Tell us more about your philosophy and approach.

Lingard: I am vegan, but I don't expect people to be how I am. Yes, I love to see more people take animals off their plate, but I think that it starts with education, so I love to teach people how to cook really healthy and delicious plant-based meals. The underlying principle of being vegan is being kind to the environment, being kind to the animals and eating in a way that's very healthy for your body. I definitely wasn't vegan my entire life so I know where people are at and I can relate to

that. I welcome anyone, even those who have zero experience with making or trying vegan food. In fact, most of my clients are not vegan.

The Mainstreeter: What do you like about Old Ottawa East?

Lingard: I'm so happy with this neighborhood. I just love the accessibility to downtown and how people are so friendly. I like teaching cooking classes with the CAG. I do yoga at the Town Hall and I have a dog, so I've gotten to know many people just walking around.

For more information on Amy's upcoming group programs or cooking classes, visit www.amylongard.com.



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10am	Eucharist and Procession
April 18	Maundy Thursday
6:30pm	Dinner Church with Foot Washing
April 19	Good Friday
10am	Stations of the Cross (for children)
11am	Contemplative Prayer
12pm	Liturgy of Good Friday
April 21	Easter Sunday
5:30am	Outdoor Easter Sunrise Service
10am	Easter Day Eucharist

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City budget includes new OOE park, but no funds allocated for community centre

JOHN DANCE

The recently approved Ottawa budget provides \$1.2 million to design and build the Oblates urban park, the area in front of the Deschâtelets residence in Greystone Village, but no money is allocated for planning a community centre - possibly within Deschâtelets - that would replace Old Ottawa East's under-sized Old Town Hall.

Similarly, Heron Park, the community in Capital Ward just south of the Rideau River, received no funding for the Heron Road Field House renovation, an improved facility that the community has long pursued.

"The total cost of the Oblates urban park is estimated at \$2.3 million," says Dan Chenier, the City's General Manager, Cultural and Facility Services. "This is a developer-built park that is primarily funded by the developer."

Although City funding has been approved for this year, the developer, The Regional Group, will not begin construction of neighbouring buildings until 2020, so it is not yet determined when work will begin on the new park.

Overall, City taxes will rise by three percent rather than the two percent hike of the last few years. With the larger tax increase, the City has committed \$15 million to build more affordable housing for residents, including approximately 125 new affordable housing units to be approved this year.

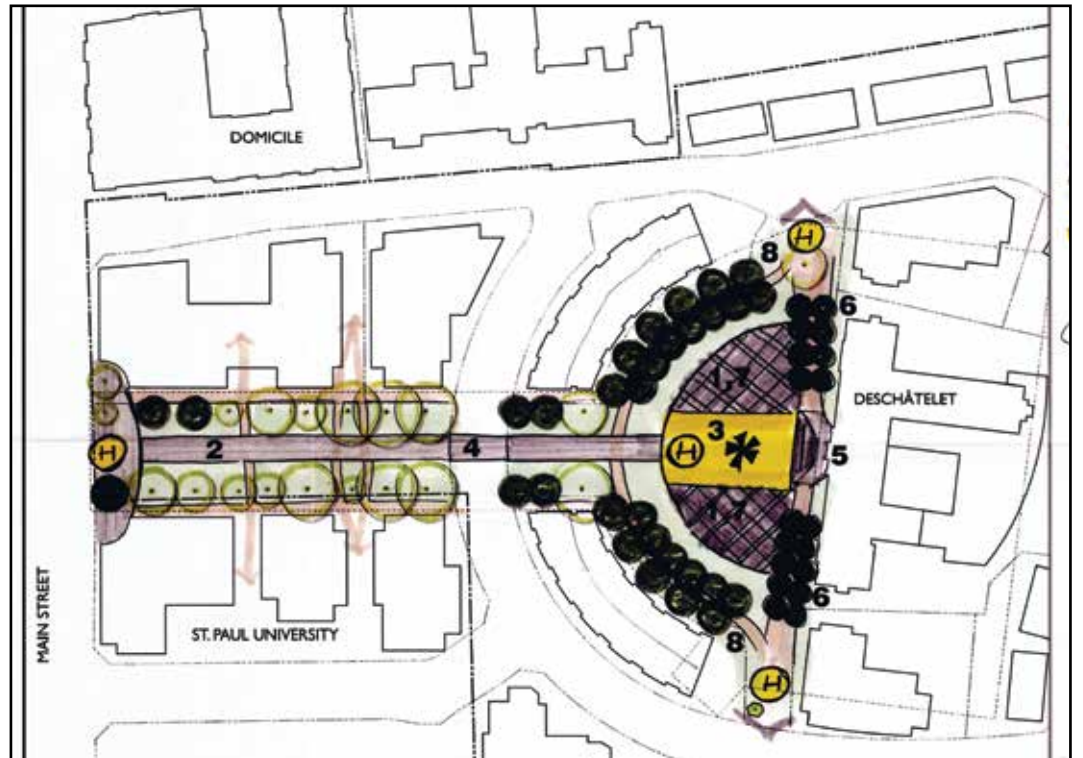
The Old Ottawa East Community Association (OOECA) is pursuing

improvement to the inadequate bus service to the Smyth Road hospital campus; the Ottawa budget's provision of \$3.4 million in 2019 and \$5.1 million in subsequent years for new transit routes may provide the means to achieve this improvement. Of interest to seniors, the new budget includes no-charge transit service for seniors on Sundays, in addition to no-charge service currently offered on Wednesdays.

Also, the budget includes a 25 percent increase in funding for ward-led traffic-calming projects across the city, up from \$40,000 per ward to \$50,000, so OOECA may seek support from Councillor Shawn Menard for needed traffic-calming measures.

Other specific budgetary inclusions for Old Ottawa East include the resurfacing of Colonel By Drive between Clegg Street and the Bank Street Canal bridge, the completion of the Flora Footbridge and the design of the Greenfield Avenue/Hawthorne Avenue/Main Street reconstruction project.

In 2019, the renewal of the Bank Street Canal bridge will also be funded. "The work will include concrete repairs and sealer applications to the soffit and pillars of the bridge to extend the lifecycle of the bridge. The project is expected to start late summer 2019 and be completed by the end of the year, pending budget approval," says Alain Gonthier, the City's Director, Infrastructure Services.



THE REGIONAL GROUP IMAGE

The new City of Ottawa budget provides \$1.2 million for the new semi-circular shaped park in front of the Deschâtelets residence but makes no funding allocation for a proposed new community centre, possibly at the Deschâtelets site.



Sandy Hill
Community Health Centre
Centre de santé
communautaire Côte-de-Sable

We Are Looking for New Board Members!

Nous sommes à la recherche de nouveaux membres pour notre conseil d'administration !

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- are 18 years of age or older,
- have awareness of current health and social issues,
- are resident of the City of Ottawa,
- can commit to monthly meetings, advocacy and networking activities for a two-year term,

Nous invitons les gens qui vivent ou travaillent dans notre ville à s'investir comme bénévoles en devenant membres du conseil d'administration ou d'un de ses comités. Si vous :

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For more information about who we are and what we do, please visit our website at www.shchc.ca.

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You can become a Member of SHCHC by completing and returning the Membership Form below to Sandy Hill Community Health Centre - 221 Nelson St., Ottawa, ON, K1N 1C7. There is no cost to become a Member.

Pour devenir membre du CSCCS il est suffi de remplir le formulaire ci-dessous et de le remettre ou de le poster au CSCCS - 221, rue Nelson, Ottawa (On), K1N 1C7. Il n'y a pas de frais à déboursier pour devenir membre.

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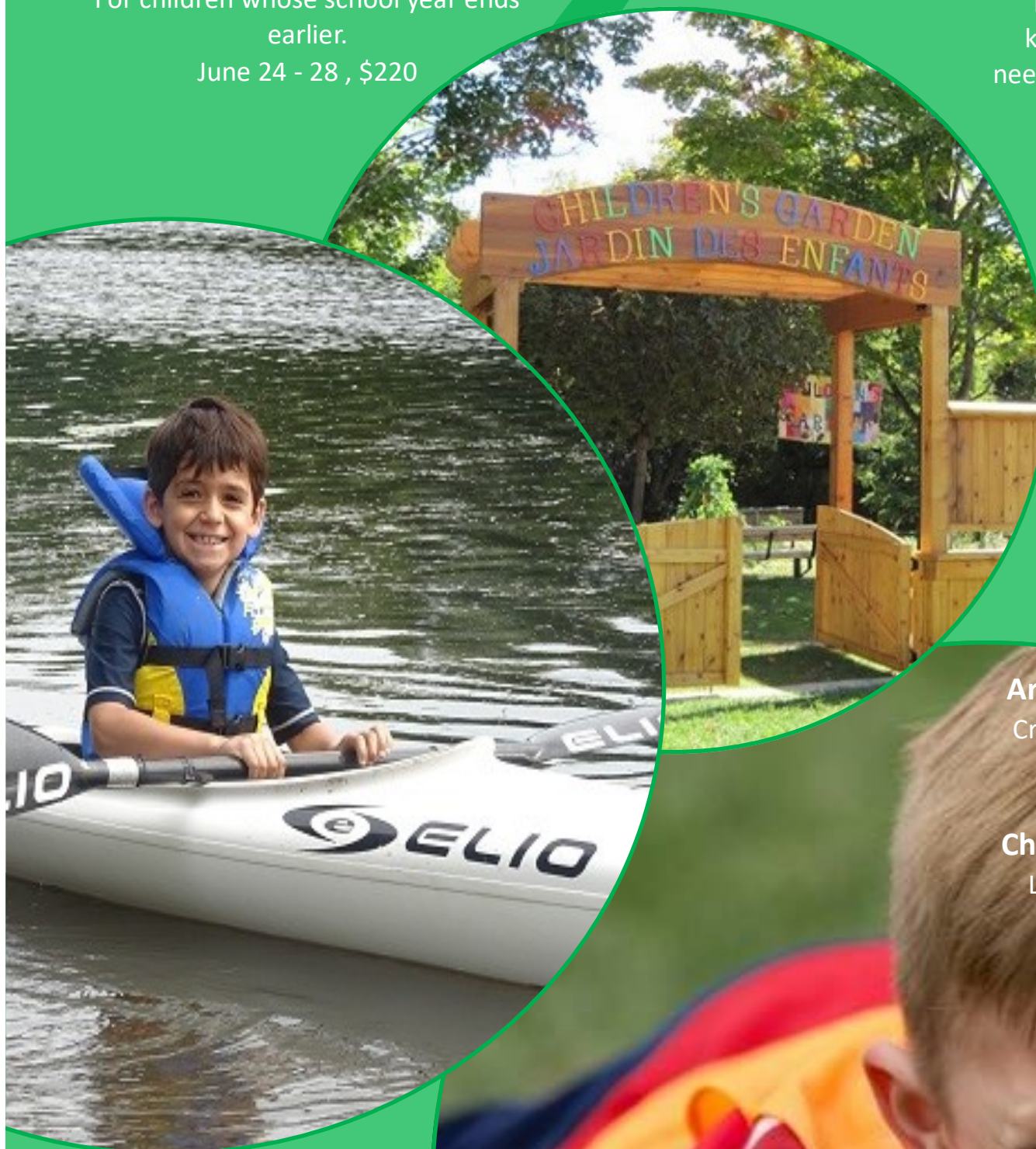
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OttawaEastCAG.ca

Photo: Jim Lamont



**Peter
Fowler's
Travel
Focus**

ACHILL ISLAND, IRELAND

Pounding waves and towering cliffs mark the coastline of tiny Achill Island in Ireland, where The Mainstreeter's Photo Editor, Peter Fowler captured this rugged seascape.

PETER FOWLER: The west coast of Ireland features a spectacular carriageway known as The Wild Atlantic Way. The Irish tend to drive on the opposite side of the road to most of the rest of the world, so it takes an intrepid motorist to tackle this route, but the views are stunning.

The particular vista pictured here is on Achill Island in County Mayo off the north-west corner of Ireland. The sheep outnumber humans a thousand to one on Achill Island, and it boasts the



highest sea cliffs in all of Europe. There are the remains of stone houses that have stood for thousands of years. Off this very shore, in 1588, the Spanish Armada foundered about looking for England. Some 6,000 Spaniards lost their lives in these waters.

Here we see the North Atlantic

meeting the oldest rock on earth. Not the gentle Ireland of forty shades of green, Achill Island is a magnificent and wild place to visit where Gaelic is as likely heard spoken as English. The locals are friendly, and a short conversation requires most of an afternoon, but is well worth the time.

Our invitation to submit a favourite travel photo for publication has proven to be popular with readers of The Mainstreeter. If you would like to see your favourite travel photo in our Peter Fowler's Travel Focus feature, simply send a copy to editor@mainstreeter.ca



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A finger on the pulse of the arts in OOE



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OOE ARTIST FEATURE: JOHN GOLDSMITH, CHAMPION OF CHOIR SINGING

John Goldsmith believes that choir singing improves health and happiness. He's even more convinced of it since performing Handel's Messiah with 3,499 other singers at London's famed Royal Albert Hall this past December.

Goldsmith has always sung for "recreation." He sang as a kid in an Anglican church choir in Quebec City; he sang with church choirs and folk groups in the 1960s and early 1970s; and he joined the Ottawa Choral Society (OCS) when he moved here in the mid-1970s.

He met his great friend, CBC radio pioneer Doug Ward, at the OCS. "At that time, Doug was revolutionizing public radio through his work with the CBC, and I was communications director of the National Arts Centre (NAC)," Goldsmith says.

While careers and family meant that they wouldn't always be able to sing from the same song sheet—Ward was director of the CBC Northern Service for a time and Goldsmith consul for cultural affairs in New York City—the two tenors eventually found themselves back together singing in Ottawa's annual Sing-Along Messiah.

Goldsmith reminisces about a career rich in cultural experiences. He helped set up the Quebec City Summer Stock Theatre and later administered Festival Lennoxville in Lennoxville, Quebec. He was a special assistant in the Secretary of State's Office, then responsible for arts and culture. He worked with the NAC in Ottawa and the Consulate General in New York and culminated his career funding support for the arts all across the country during his 23 years at the Canada Council for the Arts.

In addition, Goldsmith raised three children with his wife Annie, and even sang through much of that. When his son Luke became a chorister at St. Matthew's Anglican Church in Ottawa, Goldsmith heard their repertoire and asked his then 13-year-old son if he could please join the



choir too. "Luke said 'Okay,' so I've been singing there ever since."

"Doug Ward and I have also been singing at the Canadian Amateur Musicians/Musiciens Amateurs du Canada (CAMMAC)'s 'Come Sing Messiah' annual event with about 700 singers and an audience of 300," Goldsmith says. "But, last year, Doug told me that it was on his 80th birthday 'bucket list' to sing the Messiah with me at Royal Albert Hall in London. In early December, we travelled with our spouses and met up with two other OCS friends (Nancy Savage and Andrea Russell) to sing in 'Messiah from Scratch'—3,500 singers (with orchestra and soloists) performing the Messiah at Royal Albert Hall for an audience of 1,500."

"It was exciting and moving to perform in that beautiful old building where the Beatles, famous musicians, orchestras, dance companies, circuses, and even wrestlers have performed. It was extraordinary to stand among people from all over the world—the Netherlands, France, Denmark, New Zealand, Australia, Canada, the U.S., Russia, and the U.K. There were several hundred tenors alone!" Goldsmith recalls.

"Annie has dutifully attended many a Messiah performance and she said that this was by far the most emotional. She even called the Hallelujah chorus 'breathtaking.'"

Goldsmith points to some compelling research championing the value of choral singing to people's well-being. University of Oxford researchers, for example, have found that group singing helps create social bonds and a sense of belonging. "This is so valuable nowadays with people feeling isolated through social media," Goldsmith says. "Singing engages your body, mind and heart. It animates your



TERRY RICHMOND PHOTO

John Goldsmith, left, with Doug Ward at London's Royal Albert Hall on December 2, 2018. The longstanding friends were there to sing in 'Messiah from Scratch.' More than 3,500 individual performers participated in concert.

brain like few other activities."

Science writer Daniel H. Pink says that choral singing calms the heart and boosts endorphin levels. It is also known to reduce muscle tension, improve breathing/lung function and posture, and provide pain relief because of the neurochemicals it releases. According to Dr. Jacques Launay, a researcher at Oxford, choir singing helps sustain a healthy immune system by reducing cortisol and producing boosting antibodies. And, finally, learning new songs promotes cognitive stimulation and improved memory.

Goldsmith retired from the Canada Council for the Arts in 2014. Since then, he has been working on a grant-awarding committee for the Community Foundation, acting as chair of the Ottawa chamber ensemble Seventeen Voyces,

and advising on health education and care. He has also been (what else?) singing and feeling happy and healthy!



Author Tanis Browning-Shelp
www.browning-shelp.com
pens her Maryn O'Brien Young Adult Fiction series, published

by Dog-Eared Books, from her home in Old Ottawa East. Contact tanis@browning-shelp.com if you have information about artists or art events that you believe would enrich our community members' lives. And, if you are interested in choir singing, here's a link to a listing of more than 100 Ottawa-Gatineau choirs and choruses: www.cammac.ca/ottawagatineau/files/english/Choirlist-E.pdf.

The Green Door Restaurant Exhibitions

Off the Plate: Recent prints by the Ottawa-Gatineau Printmakers Connective

TANIS BROWNING-SHELP

Be sure to check out the show of prints by members of the Ottawa-Gatineau Printmakers Connective running from April 8 through to June 2 on the north wall gallery of the Green Door Restaurant.

The Connective numbers some forty members who work in a variety of print media, both traditional—etching, woodcut, linocut, and lithography—and newer, experimental forms such as Mokulito (Japanese lithography using plywood). The Green Door show is entitled “Off the Plate,” a pun on metal printing plates (usually copper or zinc) from which images are “pulled” by printmakers.

The mandate of the Ottawa-Gatineau Printmakers Connective is to foster and promote the knowledge and appreciation of hand-pulled prints and printmaking among its members and the public. This is accomplished through group exhibits, demonstrations, workshops, monthly e-newsletters, a website, and meetings.

The Connective’s studio is housed at the Nepean Creative Arts Centre

(NCAC, 35 Stafford Road, off Robertson Road in Nepean/Bells Corners), and comprises three presses and supporting equipment. Recent work by members of the Connective can usually be seen at the NCAC on a gallery wall adjacent to the main office. From March until mid-May, prints from the Connective and its sister organization in Edmonton (the Society for Northern Alberta Print Artists, or SNAP) can also be seen in the Ottawa School of Arts display windows in the Minto Centre downtown.



This is the second show by members of the Connective at The Green Door Restaurant. The works

on display are for sale. Contact details for the artists are included in the labels attached to the wall beside each work. For more information, please contact the coordinator/curator, Murray Dineen, at www.murraydineen@uottawa.ca. Persons interested in joining the Connective or learning more about its activities can consult its website: www.ottawagatineauprintmakers.ca.



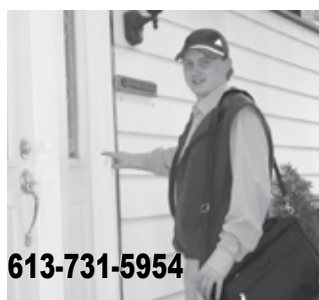
SUPPLIED PHOTO

“Line of Flight,” a print by artist Tina Petrovicz is one of the art works that will be on display beginning April 8th at the Green Door Restaurant exhibition.

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New streetlights are bright and white – but are they right?

JOHN DANCE

The night scene has been transformed across Ottawa as the City converts its old street lighting to new “light emitting diode” (LED) technology.

In Old Ottawa East, where most of the 400 street lights have been upgraded, only those on Greenfield Avenue and a few other streets haven’t yet been replaced, but the work on these “stragglers” will be completed this year. The “coach lights” that are on a few streets like Avenue Road have not yet been converted but they may be in the future.

The advantages of the new lights are profound: energy consumption is reduced by more than 60 percent, and the new lights require much less maintenance so that related costs will decline by 50 percent. Overall, city-wide savings of about \$6 million a year are expected.

The new equipment provides “a whiter light,” Greg Sergeant, the City’s Program Manager for signal and street lighting design and construction, told *The Mainstreeter*. “Objects appear as per their proper colour. Before grass looked dead.



JOHN DANCE PHOTO

The new LED street lights are more energy-efficient than the old ones and cast a sharp, white light, however some concern has been expressed about possible harmful effects on human sleep cycles.

Now green looks lush.”

No longer is there “up-light” because the new street lights focus on the roadways, says Sergeant. The consequence is that there is less light pollution, and from a plane the city looks darker at night.

The new technology allows remote control of each street light if its intensity

or direction needs adjustment. Residents with concerns about the new lights may call or email the City’s 311 information line.

One scientist, as reported in the Ottawa Citizen, says the new bright white lights are created by mixing yellow and blue light, and the blue component can be harmful by affecting the body’s cycle of

being awake and sleeping – known as the circadian rhythm. Sergeant notes, however, that the new lights’ intensity is below the threshold for causing harm.

Over the last century there has been an efficiency evolution in street lighting, starting with incandescent bulbs and moving on to mercury vapour, then high-pressure sodium and now LED.

City opposes rugby club’s plan to create Lees Avenue sports field

JOHN DANCE

Converting a large portion of the green space between the Lees Avenue apartment buildings and Springhurst Park into a decent playing field isn’t likely to happen any time soon.

As reported in the February 2019 issue of *The Mainstreeter*, a local rugby club has proposed modest improvements to make the field safer and more useable, but City staff have poured lots of cold water on the proposal.

In exchange for funding a proper rugby field that would be levelled, reseeded and equipped with goal-posts, the rugby club is seeking free use of the field for two hours in the evening from Monday to Thursday. The rest of the time the field would be available to others, including the local community.

“Though we recognize the need for additional sports fields in the core of the City, we can also advise of the significant

limitations and challenges with this site and the work you are proposing,” Dan Chenier, the City’s General Manager for Recreation, Cultural and Facility Services, wrote to Lucas Bloess, President of the Ottawa Beavers and Banshees Rugby Club.

“The key limitation is that the land is still designated for transportation [for the Alta Vista Transportation Corridor] and though this may change in the future, at this time the site cannot be part of a longer term recreation project or a partnership for community use,” Chenier wrote.

Furthermore, the site was contaminated and then remediated and, explains Chenier, the Ontario Ministry of the Environment “established a number of restricted or prohibited activities at the site to protect the integrity of the soil cap including planting of trees or gardens, installation of sand boxes, and various

construction activities such as installation of foundations or basements, trenching, use of heavy machinery, and installation of fence/light posts.”

The City’s third objection to the proposal is that it is contrary to procurement policy. “Though we appreciate your club’s interest in improving this site, we do not have the ability to sole source this type (of) opportunity to one organization since it could convey priority use privileges at prime times and other benefits, as well as limitations on broader community use,” Chenier emailed Bloess.

But the rugby club isn’t giving up yet. Bloess responded to Chenier, “With respect to the heavy construction equipment, surface grading, etc. I am wondering if it would be more feasible to scale back our project a bit so the current grading is left intact, but we just fill in any holes and divots on the field that would

pose a potential safety issue....”

Although Ottawa is citing environmental restrictions as a key limitation on allowable changes, in 2012 the City had itself proposed building a parking lot with 362 spots on the site. Earlier, the City made massive excavations to replace a major sewer line at the southern end of the property. Much of the fill that was dug up was then permanently stored in a mound on the eastern side of the field.

In 2015, City staff proposed improvements to the field, but the community objected to using OOE’s share of development-generated funds as the funding source. And just this past summer, several light standards were installed along the Rideau River Western Pathway on the south side of the field. Clearly, changes can be made to the site but, evidently, only ones that the City wants.

POLITICAL PAGES

PHYLLIS ODENBACH SUTTON

PRESIDENT, OLD OTTAWA EAST
COMMUNITY ASSOCIATION

INFO@OTTAWAEAST.CA



UPDATE TO OLD OTTAWA EAST GOALS AND PRIORITIES

The last time our community association focused on goals and priorities was in 2015. I am pleased to report that many of these goals have now become accomplishments.

We are now considering where we as a community feel our efforts should be best directed over the next several years. To date, we have had some preliminary discussions at board meetings, and a small committee has met to refine and organize our initial ideas. You can check out the draft document on our website. We are now looking for more community input, and we welcome members of the community to become champions of goals that are important to them.

Briefly, our primary goal is for Old Ottawa East (OOE) to develop into a well-integrated community within which we advance the well-being of our residents and our natural environment. We understand the importance of this balance and the need to support specific social, safety, economic, built environment and natural environment initiatives. The quality of life of, and in, a community results from getting the balance right between these important elements.

We are again organizing our goals into broad general areas. A brief overview of these areas and some of the key goals are provided in the following paragraphs.

One key area is community public space, greenspace and recreation. Some of the goals identified thus far include the development of a new Old Ottawa East Community Centre, enhancement of Springhurst Park, and creation of a Rideau River linear park, including cross-country ski trails in the winter.

We have identified these transportation goals: reinstatement of regular and frequent bus service to the Ottawa Hospital General Campus; removal of the Alta Vista Transportation Corridor from the city's Master Transportation Plan; community participation in the scheduled reconstruction and improvements project for Greenfield Avenue, Main Street North and Hawthorne Avenue,

including burial of hydro wires during the Hawthorne reconstruction; and implementation of the Main Street safety audit recommendations.

Regarding general community development and maintenance, some suggested goals include mitigation of negative impacts from the Queensway and pending MTO bridge reconstruction projects; improved outreach and engagement with multi-unit and high-rise residents in OOE, particularly with the Lees Avenue neighbourhood; and an increase in affordable housing available in the community.

We have also considered measures to improve community health, safety and security and the environment. Some goals to consider include possible development of a community disaster/ emergency plan, enhancement of our urban tree/ forest canopy and making OOE more bird-friendly.

Clearly, any goal setting initiative cannot ignore planning; therefore, we intend to strengthen our involvement in existing city planning processes, and in our lobbying efforts for specific changes to improve process, including transparency in planning decisions.

In terms of community governance and communications, we intend to work with other Capital Ward community associations to ensure an effective ward council is maintained, and we hope to expand our OOE public profile through an enhanced web site and other social media accounts.

Finally, we do not want to forget the importance of community events. This fall we hope to be celebrating the Flora Footbridge opening together!

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 the Old Town Hall). For more details check out the OOECA website at <http://www.ottawaeast.ca/> or contact me at info@ottawaeast.ca.

SHAWN MENARD COUNCILLOR-ELECT, CAPITAL WARD

SHAWN.MENARD@OTTAWA.CA
SHAWNMENARD.CA



IT'S TIME TO BE SMART ABOUT OUR CITY, OUR COMMUNITY AND OUR ENVIRONMENT

When I was on the campaign trail last summer and fall, there were many issues that came up at doorsteps and at all-candidates debates, but there were some that really stuck out. Residents were clear. They want a safe community, environmental sustainability, and better control over development.

Following up on these themes, here are a few matters that I have, and will continue to address at City Hall.

Environmental Issues

At the next meeting of the Standing Committee on Environmental Protection, Water and Waste Management, we will be discussing several important items and motions pertaining to how we can make Ottawa a greener, more sustainable city.

First, I will be introducing a motion declaring climate change an emergency. From severe weather events, to flooding, to health impacts, we will be enduring the effects of climate change increasingly as residents of Ottawa. The city must take climate change seriously and begin implementing greater measures to deal with emissions and environmental degradation.

I will also be introducing a motion addressing the introduction of single-use plastic bags into our green bins. This was a decision taken last term at council, with which I strongly disagree. The effects of introducing these plastic bags into green bins further entrenches their use. These bags will either wind up in compost or will be diverted to a landfill, resulting in even more non-biodegradable garbage. Plastic bags are not a solution.

The meeting is being held on Tuesday, April 16th at 9:30am in the Champlain Room at City Hall. Please come out and show your support for serious action on climate change and environmental sustainability.

Transit Matters

Following the Ottawa Transit Challenge in February, I announced my intention to seek a fare freeze for the rest of this year. Working with city staff and other councillors, I seconded a motion to have staff identify how we will pay for a fare freeze within this year's budget. We'll learn more in the coming months.

Speaking of transit, I'm happy to report that a new crosstown bus route, 55, will replace parts of the current routes 16, 101, 103 and 106 and provide new Monday-Saturday service along Main Street to the hospital complex on Smyth Road, and connect with LRT. There will also be four new trips on route 56 to provide additional travel options for OOE through the Glebe. The new trips would depart from Tunney's Pasture Station at 10:00 a.m. and 2:00 p.m., and from Lees Station at 10:00 a.m. and 2:30 p.m.

Development—Doing it Right, Doing it Respectfully

A number of development issues have arisen in Old Ottawa East, as well as the rest of Capital Ward, in the past few years that have tested the patience of residents, as well as the zoning bylaws in the city.

I want to reaffirm my commitment to making sure that when development and intensification comes to Capital Ward, it is done respectfully and with consideration of the community and bylaws that already exist.

In the spirit of trying to do development right, our office submitted comments to the Planning Committee in support of the lower height designation for the 2B building at the Greystone development. The disagreement concerns two different land use designations that exist for a medium rise area.

JOEL HARDEN MPP, OTTAWA CENTRE

COMMUNITY OFFICE
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109 CATHERINE ST, OTTAWA, ON, K2P 0P4



CHANGES TO AUTISM SERVICES LEAVE FAMILIES BEHIND

In Ottawa and across Ontario, parents, medical professionals and autism advocates are speaking out with one voice, calling on the Ford government to stop its disastrous changes to the Ontario Autism Program.

Instead of listening to parents and putting new investment into the program, the government is capping support at \$8,750 per year. This is despite intensive therapies costing up to \$70,000 each year.

While the current program keeps too many parents on the waitlist for too long, the PC's plan will make the situation even worse, depriving thousands of children with autism of the supports they need to thrive.

On February 16, our office hosted an emergency roundtable where we heard directly from parents of children with autism and autistic adults about the impact of the government's changes. The stories they shared were nothing short of heart-wrenching. People spoke about how their children will suffer without therapy, and about the financial hardship that forcing families to pay out of pocket for expensive but vital services will cause.

This is not a partisan issue – this is about the health and well-being of children. The government needs to go back to the drawing board, and meaningfully consult with the autism community about creating a plan that's fair, and that meets the individual needs of children.

I'm inspired by parents who have been organizing locally and across Ontario, tenaciously calling on the government to listen and start fresh. I was deeply disappointed when Children, Community and Social Services Minister Lisa MacLeod dismissed parents as "professional protestors" and warned the Ontario

Association of Behaviour Analysis that they would see "four long years" ahead, unless they supported the Ford government's changes.

Parents, professionals and people with autism deserve better. They deserve to be treated with respect, and they deserve to be heard. Along with my colleagues in the Official Opposition, I'm proud to stand with them in this fight.

At Queen's Park, I have been sharing stories from constituents about how the changes impact them and their children. If you have a story to share, send us an email, at jharden-co@ndp.on.ca.

Remembering Paul Dewar

We mourn the loss of former Ottawa Centre MP Paul Dewar, who passed away on February 6. Paul was a giant, someone who dedicated his life to building a more just city and country.

Paul's poignant farewell message offered these words, which capture what we need in politics today: "My mom was a strong feminist, and she said something very important that I learned at an early age: 'Don't be afraid of power, know how to use and share it, and give it to those who don't have it.'"

These are words to live by, and values that I hope to see reflected in the work we do at Queen's Park, and in the community.

Community Builders' Forum

We want to celebrate the work of local community builders who make our neighbourhoods better places to live, and to provide them a forum to share their skills with you, so we can encourage a culture of community organizing. Join us on April 26-28 for our Community Builders' Forum. You can register here: joelharden.ca/forum.

CATHERINE MCKENNA, MP, OTTAWA CENTRE

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In Budget 2019, the Government of Canada proposes to:

- Make homeownership more affordable for first-time buyers by implementing a First-Time Home Buyer Incentive, a shared equity mortgage program that would reduce the mortgage payments required to own a home; and by providing greater access to their Registered Retirement Savings Plan savings to buy a home.
- Help workers gain new skills with the creation of the new Canada Training Benefit, a benefit that will give workers money to help pay for training, provide income support during training, and, with the cooperation of the provinces and territories, offer job protection so that workers can take the time they need to keep their skills relevant and in-demand.
- Prepare young Canadians for good jobs by helping make education more affordable through lowered interest rates on Canada Student Loans, making the six-month grace period interest-free after a student loan borrower leaves school.
- Help Canadians with the cost of prescription drugs by taking steps towards a national pharmacare plan, starting with creating a new Canadian Drug Agency that could lower Canadians' drug costs by as much as \$3 billion per year, developing a national formulary for prescription drugs, and a national strategy for high-cost drugs for rare diseases.
- Support low-income Canadian seniors who choose to stay in the workforce by enhancing the Guaranteed Income Supplement earnings exemption so that they can effectively keep more of their hard-earned income.
- Support municipalities' local infrastructure priorities by proposing a one-time top-up of \$2.2 billion through the federal Gas Tax Fund that will double the Government's commitment to municipalities in 2018-19, and make sure communities have the funds they need to pay for crucial repairs and other important local projects.
- Give all Canadians access to high-speed internet so all Canadian homes and businesses have access to 50 Mbps high-speed internet no matter where they live—including people and businesses in rural, remote and northern communities.
- Lower Canadians' energy costs by partnering with the Federation of Canadian Municipalities to increase energy efficiency in residential, commercial and multi-use buildings, and by introducing a new incentive for buying electric battery or hydrogen fuel cell vehicles with a manufacturer's suggested retail price under \$45,000.
- Advance reconciliation with Indigenous Peoples through new measures to help improve the quality of life for First Nations, Inuit, and Métis Peoples in Canada and advance self-determination with investments to improve water quality; preserve, revitalize, and promote Indigenous languages; and improve the quality of education and health care for Indigenous children in a culturally relevant way.

Since 2015, hard-working Canadians have proven what has long been understood: a strong economy starts with a strong middle class, and that's what we can accomplish together, when we invest in the middle-class.

ECLECTIC EVENTS...



Featured Events: Bike Rally and Rodeo for kids young and old!

MAINSTREETER STAFF

Round up the kids and their bikes and head over to June's bike rally and rodeo at Windsor Park in Old Ottawa South.

Old Ottawa East (OOE) families are invited to meet at 9:15 a.m., Sunday, June 2, at Ballantyne Park on Hawthorne Avenue, and then leisurely cycle over to the bike rodeo sponsored by Ottawa's Safer Roads program. Once at Windsor Park, participants of all ages manoeuvre their bicycles from one interactive activity/rodeo station

to another learning and practicing basic safety tasks such as simple bike maintenance, checking helmets for correct fit, how and when to signal, and navigating turns and roundabouts.

The bike rodeo will encourage children and parents to explore safe biking routes in Old Ottawa South (OOS), OOE and neighbouring communities, and will provide cyclists with the tools and know-how to travel safely.

If you are interested in this event as a participant or volunteer organizer, please email capitalspokes@gmail.com.

Lady Evelyn School's Annual E-Waste Recycling

April 26th – 28th, 63 Evelyn Avenue in Old Ottawa East.

Got e-waste cluttering up your house? Don't throw it in the trash - recycle it!

Between April 26th and 28th, you can drop off your used electronics (computers, cell phones, TVs, monitors, cameras, small appliances, stereos, speakers, and anything else with a power cord), along with used batteries and used metals at Lady Evelyn Alternative School.

E-waste collection hours take place on April 26th from 4pm to 7pm, April 27th from 9am to 1pm, and April 28th from 9am to 1pm. On April 27th, there will also be some fun Earth Day activities planned, so bring the entire family!

Art Credo's 42nd Annual Art Exhibit & Sale

April 27th – May 12th at St. John The Evangelist Anglican Church, 154 Somerset Street West

For two weeks, beginning April 27th, Old Ottawa East art lovers can take in an eclectic collection of approximately 100 original devotional and inspirational artworks presented in a contemplative setting.

Art Credo presents its 42nd Exhibition & Sale of original artworks by 40 local artists. An

array of paintings, sculptures and photographic works are presented for viewing and sale in a peaceful and spiritual setting.

The Art Credo exhibition runs for 2 weeks from April 27th to May 12th with the last weekend running concurrent with the Ottawa Tulip Festival (and Mother's Day). Free admission. Open every day noon to 6pm, Thursday and Friday until 8pm. For more information call 613-232-4500 or visit www.artcredo.ca.

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Ready, set, HIKE for Hospice Care Ottawa

May 11th, registration at 8:30 am,
Carleton University Fieldhouse

Hospice Care Ottawa is hosting its annual fundraiser Hike for Hospice Care Ottawa at the Carleton University Field House on Saturday, May 11, 2019. Registration starts at 8:30 a.m., opening ceremonies begin at 9:40 a.m. and the Hike commences at 10:00 a.m. There will be many activities before, during and after the Hike including live music, refreshments and the popular Kids' Zone.

Hike for Hospice Care Ottawa is a major fundraiser for Hospice Care Ottawa, a community-based charitable, non-profit organization,

which offers palliative and end-of-life care, at no charge, to individuals and their loved ones. Delivery of services is possible through the support of a small, dedicated staff, many volunteers, generous donors and fundraisers like the Hike.

Last year, Hike for Hospice raised over \$118,000 thanks to over 500 participants, many donors and generous sponsors. Hike organizers are hoping to surpass this amount in 2019.

For more information, to register or make a donation visit www.hospicecareottawa.ca or call 613-260-2906 ext. 222.

Run for a New Start Fundraiser, May 25th – 26th

For the 4th year running, the Ottawa Community Immigrant Services Organization (OCISO) is conducting its Run for a New Start fundraiser, as part of the Scotiabank Charity Challenge in the Tamarack Ottawa Race Weekend.

In a special campaign this year, all funds raised will go to Refugee 613, which works with OCISO and

other groups and individuals to build a stronger Ottawa by ensuring that refugees feel welcomed and supported in our city.

For more details, contact David Rain at drain@ociso.org or to register for the event, visit ociso.org/run-for-a-new-start/. And to learn more about the work of Refugee 613, visit: refugee613.ca.



CAG presents Better Body Boot Camp in the Park, Mondays or Wednesdays, May through July, Brantwood Park

Better Body Boot Camp is a fun, dynamic and challenging workout that incorporates functional movement, coordination, agility drills, cardiovascular and resistance training, core strength development, postural awareness and flexibility education. The workouts are designed to suit all levels and can be adapted to meet your fitness level and goals at any stage of the program.

Instructor: Katie Ireland's involvement in the world of fitness training spans two decades. As a competitive athlete and dedicated professional, Ireland has focused on hard work, sharing her passion with others and always keeping in touch with the latest trends in fitness.

Dates and program fees are:

May 13 – June 17 (5 weeks), no program May 20
Monday, 7:00 – 8:00 p.m. \$60
May 8 – June 19 (7 weeks),
Wednesday, 7:00 – 8:00 p.m. \$84
June 24 – July 29 (5 weeks), no program July 1
Monday, 7:00 – 8:00 p.m. \$60
June 26 – July 31 (6 weeks),
Wednesday, 7:00 – 8:00 p.m. \$72

Visit <http://www.ottawaeastcag.ca/registration/> to register for this and other CAG programs.

Discover hidden gems during Jane's Walk, throughout Ottawa-Gatineau, May 4 – 5

Have you ever wondered where to find wild food growing in the city? Have you discovered Ottawa's rare urban sand dune or wondered about one of the Capital region's many monuments? Or is there something in your own backyard that you want to share with others?

If you're enthusiastic about learning about your community, its history and its future, join Jane's Walk to explore Ottawa-Gatineau through free walking tours. This year, Jane's Walk Ottawa-Gatineau expects to offer more than 60 free walks to choose from as the local event celebrates

its eleventh edition. A typical Jane's Walk tour is given once during the weekend, takes about an hour, and covers around one to two kilometres.

Jane's Walk is a pedestrian-focused event that improves urban literacy by offering insights into planning, design, local history, and civic engagement through the simple acts of walking, observing, and discussing.

For details and to get updates on the festival, visit janeswalkottawa.ca, or follow the group on Facebook, Twitter (@JanesWalkOtt) and Instagram (@JanesWalkOttawa).



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Valentine Skate sadly cancelled for lack of volunteers

ASHA BRUCE

The Community Activities Group of Ottawa East (CAG) hosts many events throughout the year with the goal of offering fun, family-friendly and affordable entertainment for those in the community. Feedback generally is overwhelmingly supportive of these events – Old Ottawa East residents love to attend these events and look forward to them each year.

This winter, CAG offered our two annual, popular events in Brantwood Park, inviting families to make the most of winter, to celebrate the outdoors, the snow, and the rink in the park. January's

Winter Party in the Park was a great success, with many families attending and enjoying the rink, the fire pit, cookies, hot dogs and hot chocolate. Competition was fierce in the soup cook off, and many in attendance beat the cold, sipping on soup samples, all provided by our volunteers.

We had few but very enthusiastic volunteers offer their time for our planned Valentines Skate event in February, and though we had to cancel the event due to lack of volunteer offers, we wish to thank those who offered their time and enthusiasm for what certainly would have been another fun-filled community evening. CAG received an influx of support and disappointment

from families who had anticipated attending and enjoying the Valentines Skate. We also received some last minute offers to help out, but unfortunately it was too late.

All of our events are supported by CAG staff, but they need volunteers to make them happen. We understand people are busy, and many believe that our events are always well-supported, but recruiting volunteers has become increasingly difficult. We urge anyone considering volunteering in the future to let us know as soon as possible to prevent future cancellations – the best way to ensure our events happen is to come out and help! We really do need you! Even one hour on the day of the

event is a big help if enough people step up.

We hope to host a large and successful Main Event this June. This popular event relies on many volunteers and helping out is a great way to meet your neighbours and participate in the weekend's activities! Our weekly BBQs start up again through May, June and July. If you are interested in pitching in and helping to ensure the success of these events, please contact admin@ottawaeastcag.ca.

Thank you for helping us help make Old Ottawa East a better place to live, work and play!

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Calvary Baptist Church

Questioning answers can often help to answer questions



SUPPLIED PHOTO

A new Inquirers Class that will pose questions about Christianity in a non-judgemental setting will commence on May 12 at the Calvary Baptist Church at 107 Main Street.

KENNY WALLACE

"I never learn anything talking. I only learn things when I ask questions." – Lou Holtz

What's for dinner? How was your day? Is the winter over yet? Have you asked such questions lately? Asking questions is one of the greatest ways to learn. Many people in learning communities have found Lou Holtz's quote above to ring true. They have learned by asking good questions.

Regarding Christianity, many people have stopped asking questions, because frankly, they've already drawn their conclusions. They may have had bad experiences with Christians or heard of scandals and concluded churches aren't credible institutions anymore, or worse, while involved in a church, they were judged by church members. Some have even been scolded for asking honest questions about Christianity.

I have asked people about their experiences with Christianity, and sadly, such incidences represent the experiences of many. They can't understand how people who claim to be Christians can be so cruel, judgmental, and hypocritical. I understand their anger, and disappointment - these things ought not to be part of the church.

Perhaps you identify with these experiences and are ready to close the book on Christianity, however, before you do, may I ask you some questions?

Is it possible that you're understanding of Christianity isn't complete yet? Maybe you're learning experience isn't over yet. Could you have stopped asking questions too soon? Maybe you'd be delighted to learn that there's much more to Christianity than what first meets the eye. But in order to learn more, you'll have to keep asking. What if you could ask the questions that are burning on your heart without being scolded or judged? What if you could be yourself while inquiring about Christianity one more time.

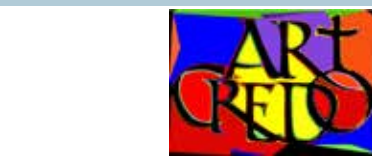
Recently, at Calvary Baptist Church we've started an eight week "Inquirers Class". The point of the class is to sit down in a relaxed environment and ask questions about Christianity together. Throughout the class we discuss questions regarding the teaching, character, and resurrection of Christ, and attendees are encouraged to ask questions of their own.

Kenny Wallace is the Associate Pastor at Calvary Baptist Church.



If you have questions about Christianity but don't know who or where to ask, then come join us from May 12 to June 30

on Sundays at 1pm and bring your questions to class so we can learn together.



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