

OSEG seeks full control of Lansdowne



Councillor Shawn Menard addressed a rally in front of City Hall, demanding full consultation on OSEG's proposed takeover of the Lansdowne urban park.

Some 500 residents turn out to public meeting to object to the proposed takeover

JOHN DANCE

The Ottawa Sports and Entertainment Group (OSEG) is seeking control over the entire Lansdowne Park site but residents in neighbouring communities, Councillor Shawn Menard and local community associations are pushing back in opposition to the OSEG proposals.

Currently, City of Ottawa staff manage the green eastern half of the site with its two heritage buildings, Aberdeen Square, the play and skateboard areas,

the orchard, the "great lawn," and the outdoor rink and basketball court. OSEG now wants overall site programming responsibility for this area, in addition to the western half of the site comprising the stadium, arena, offices and stores that it already controls.

OSEG's request was sent to Steve Kanellakos, Ottawa City Manager in late September, and his office responded by drafting a report recommending that the City manager be delegated the authority

to negotiate the requested transfer.

This recommendation was to be considered on November 5 by the Finance and Economic Development Committee (FEDCO), chaired by Mayor Jim Watson, and was to be considered the next day by full City council.

Upon learning of this plan, on October 22, Menard hastily convened a meeting of the Lansdowne Community Consultation Group, with representation from OSEG

Continued on Page 6

Ottawa Neighbourhood Study confirms... If it wasn't already clear, Old Ottawa East is different

JOHN DANCE

The relative poverty of Old Ottawa East's young adults, our unaffordable and non-subsidized housing, our high education levels, and our lousy walking are just some of the fascinating demographics of this community that come to light in newly compiled data found on the Ottawa Neighbourhood Study website.

For instance, 71 percent of OOE residents ages 25-64 have a bachelor level education or above versus the Ottawa average of 45 percent. Similarly, only one percent of this age cohort hasn't got a high school diploma versus six percent for the entire city. So, we're a well-educated bunch.

On the other hand, 51 percent of the 15-24 age group is poor (in the "low income prevalence" group), almost triple the Ottawa average. This may be because of the disproportionate number of post-secondary students who live in OOE but, regardless, it's a striking difference.

Similarly, OOE "household tenure" differs markedly from the Ottawa average. We have more renters than owners: just 47 percent of residents are in "owner households" unlike the 66 percent city average. About a quarter of OOE residents live in the five Lees Avenue towers. Another notable difference is that only about 1 percent of tenants are in subsidized housing versus 16 percent for the city as a whole. Perhaps not surprisingly, 37 percent of

OOE households are in "unaffordable housing" compared to 24 percent for the city.

"The Ottawa Neighbourhood Study (ONS) provides data on strengths and challenges for each neighbourhood in Ottawa," says its website. "By all working together, we can improve the neighbourhoods in which we live." Much of the ONS data is derived from Canada's 2016 Census compiled by Statistics Canada, but other sources are cited in the ONS study for some indicators.

OOE is notably younger than the Ottawa average with a median age of about 34 versus 40 for the city. In terms of population by age group, the proportion who are 15-24 is about twice that of the Ottawa proportion. Again,

this may be because OOE is home to Saint Paul University and the Lees campus of the University of Ottawa (uOttawa) and is close to the main

Continued on Page 10

INSIDE

2019 Year in Review	4
Business Beat	21
OOE Churches Update	22
Our Neighbours	27
Art Beat	28
Eclectic Events	40



JOHN DANCE AND JEFF SUTTON PHOTOS

Remembrance Day in Old Ottawa East this year brought deserved tribute to the many Canadian soldiers from this region who sacrificed their lives to ensure, for all of us, peace in our lifetimes.



Terra Firma: Cohousing and its impact on Old Ottawa East

THERESA WALLACE

Over two decades ago, a cohousing group called Terra Firma (TF) bought six townhouses on Drummond Street, changing the lives of many and resulting in profound, long-lasting benefits to our community and our city.

Legend has it the TF dream was born when architect Anthony Leaning discovered a book about cohousing. “That’s where the original seed of the idea came from: Anthony coming across a book on cohousing in an architecture bookstore he co-owned,” confirms Steve Fick, who in the early 1990s was responsible for maintaining the list of people who had expressed an interest in this cohousing initiative.

Fick, a counsellor and artist who for many years created innovative maps in *Canadian Geographic* magazine, says the first meeting occurred in 1992 and at one time there were 130 names on that list. The group was split as to whether they

recalls. Remarkably, 22 years later, none of the original six families has sold their townhouse.

The Common Area

Keith Shackleton and his partner Diane Ziegler were on that original list, but had bought their own home by the time TF purchased the six townhouses. Seven years later they asked to buy in, and Leaning designed an infill in the driveway space between the two sets of townhouses that linked up the row with a seventh residence and a basement common area. Ziegler and Shackleton sold their home and for months lived in a tiny back bedroom of the townhouse owned by members Suzanne Gagnon and Fred Simpson while Shackleton, a social worker and sustainability activist, acted as the contractor on the new build. The downstairs common room is where TF members have their Wednesday and Sunday dinners—families take turns making the meals—and where organizations such as refugee sponsorship



TERRA FIRMA PHOTO

View of Terra Firma’s backyard includes a shared bike shed and tree house.

and is responsible for the establishment of the farmers’ market on Main Street, the children’s garden at the corner of Main and Clegg, the Rideau River Nature Trail and other projects. “That sign you see on the Greystone Developments property on Main Street that says it is Ontario’s first LEED community of a certain size,” says John Dance, former president of the OOE community association, “is all because of

members and non-condo members. The latter have an arrangement with TF so they can be part of social activities.

Engineer and sustainable energy expert Clara Kayser-Bril and her husband and two small children moved here from France. They are renting one of the original six units while the owners are away. Kayser-Bril says, “We love being around like-minded, kind, caring people, especially when our families are so far away.”

Fick says studies have shown the primary predictor of health and longevity is connection, and cohousing is about creating communities with shared values. “Throughout history one thing that has destroyed such intentional communities is utopianism. We have avoided that. TF doesn’t need to be anyone’s ideal. We just want it to be as good as it can be.”

The Future

Ontario and Quebec groups wishing to establish cohousing often consult TF. Some succeed, many fail; financing is difficult to obtain from banks and when an ideal site is found it’s hard to outbid developers with much deeper pockets.

Whatever happens to the popularity and viability of cohousing in Canada, TF continues to thrive because it’s a place people want to be. The oldest members are eighty, the youngest is two. Neighbours who live around the corner on Herridge and across the street on Drummond join in the meals and activities. Fick and his partner Signy Fridriksson’s three grown children and one grandchild are part of that expansion. “They’ve gone away to university, travelled all over the world, and now all three have chosen to live close by,” Fick says.

Thoma Simpson, 26, was at TF from the beginning, and now he’s back too. “Growing up, there were lots of parental figures to learn from, a sense of warmth and belonging, a soccer-field-sized back yard. I want to give my daughter the same sort of experience.”



HEATHER WEINRICH PHOTO

Individual decks joined by accessible ramp and boardwalk, friends and neighbours sharing a meal.

wanted to be urban or rural. They bid on a property just outside Gatineau Park, but were unsuccessful, and scouted out central Ottawa properties. (Cohousing is quite different from co-operative housing, where co-op members most often rent rather than own their units.)

TF’s real estate agent found three townhouses on Drummond Street for sale by one owner. Luckily, the owner of another three townhouse units immediately south was willing to sell as well, so TF bought all six.

“In 1997, when we were ready to purchase the six units on Drummond Street, that was about how many families were ready and willing to buy,” Fick

groups that TF members are part of gather for meetings. The common area consists of a dining and living room, a washroom and a guest room.

Lucky Old Ottawa East

Almost immediately, OOE benefited from having such a capable, community-minded group in the neighbourhood. Shackleton was part of a team that started the community gardens behind Saint Paul University, and he was the gardens’ first coordinator. Sustainable Living Ottawa East (SLOE), which has garnered national attention for its sustainability initiatives, was born in the common room under the leadership of TF member Rebecca Aird

Rebecca and SLOE pushing for greener development.”

Keeping the Faith

When TF bought the six townhouses, they did so with one big mortgage. The six owners put in whatever they could afford for the down payment and how much they had to pay in total over time reflected that. One of the six couples was away on sabbatical and bought in sight unseen. TF took down the fences separating their back yards so their kids could play together.

At the time of the connecting infill, the seven units formed a condominium, but as more people sought affiliation, TF developed two kinds of members: condo

2019: THE YEAR IN REVIEW

MAINSTREETER STAFF

Engaging indeed! As 2019 draws to a close, it's time to reflect on this past year in Old Ottawa East as seen through the pages of *The Mainstreeter*. Our community did not lack for news that captured the attention of our readers, and we have selected twelve of the most engaging stories that kept our reporters busy over the past year. If you missed out on any of the drama, here's your chance to get up to date before 2020 arrives!



The loss of Paul Dewar

A deep sense of loss and sadness enveloped our community in February upon the death of Paul Dewar following a courageous year-long battle with brain cancer. During his lifetime, Paul's many and varied accomplishments in community advocacy and in local and federal politics were widely recognized among his colleagues and by Canadians across this country as both inspired and inspirational. To his friends and neighbours in Old Ottawa East, where he resided, Paul was a "native son", an important and iconic figure within the community, a loving husband and father, and a living exemplar of the values that many of us aspire to in our daily lives.

Even as his illness forced him to come to grips with his own mortality, some of Paul's remaining energy was channelled into a final act of public service, the launch of Youth Action Now, an initiative that aims to unleash young people's power through support to grassroots action and collective leadership. Paul knew that the key to a better future for our country and for our communities was to tap into the passion and the energy of young people.



The Flora Footbridge

The face of Old Ottawa East continued to undergo radical transformation in 2019 as intensive development and restructuring took place throughout the community, touching our housing stock, our roads and our waterways. No single project proved to be as eagerly awaited as the completion of the new Flora Footbridge spanning the Rideau Canal between Clegg Street in Old Ottawa East and Fifth Avenue in the Glebe. Expectations that the footbridge would be a game-changer for most all of us in Old Ottawa East have for the most part proven true.

Fittingly indeed, John Dance reported on both the "official opening" and the "community opening" of the Flora Footbridge in the August 2019 issue of *The Mainstreeter*, noting that, while it

took 112 years, "the new bridge over the Canal was worth the wait." In that same issue, Glebe residents Lynda Rivington and Laurence O'Reilly observed in a letter to the editor that much of the credit for Flora was owed to John Dance, OOE's "unsung hero" for his tireless efforts over "40 years of dogged determination" and lobbying to secure widespread support and endorsement to build the new footbridge.



We profiled seven Old Ottawa East and Glebe residents on the opening day of the footbridge and their reactions were almost entirely enthusiastic about the new structure, as they cited the added connectivity, convenience and spectacular new view planes of the Canal and the communities on both sides of the Canal. Our headline in the August issue seemed to sum up the excitement generated by the opening of the new footbridge – in our view, it was simply Span-tastic!



Immaculata turf field

Although the construction of a new artificial turf sports field at Immaculata High School was an important and controversial story throughout much of 2018, the anger provoked within the Old Ottawa East community by the secretive process surrounding the commercial use of a publicly funded green space continued to boil during 2019.

News of the private agreement between the Ottawa Catholic School Board (OCSB) and the Ottawa Footy Sevens organization to build the new turf field at Immaculata High School first came to light in March 2018. The deal, which called for private investment and ownership of the new sports field along with intensive usage of the field in the evening hours for a commercial soccer operation, was reached without any meaningful prior notice to or consultation with the Old Ottawa East community or regard for residents living close to the field on Glenora and

Drummond streets.

Late night lighting and noise from multiple soccer games was the catalyst for complaints from community residents and an attempt by the City to place evening lighting restrictions on use of the field by Footy Sevens. This move was appealed by the OCSB to the Local Planning Appeal Tribunal (LPAT), which recently overturned the lighting restrictions, as *The Mainstreeter* reported in our October 2019 issue. The latest developments are described in an update article on page 8 of this issue.



The Deschâtelets Building

As the front page of our April issue proclaimed, the fate of the iconic Deschâtelets Building on Main Street remained very much a mystery this year. One of the two front page stories explained that there were several rival bids on the table for the former residence building of the Oblate fathers which was designated a heritage property in 2011. A second front page article pointed out that, despite the offers from two school boards to re-purpose the building, the developer of the Greystone Village, Regional Group was still mulling over the possibility of the site being used as a community centre for Old Ottawa East.



In late April and early May, several meetings of stakeholders took place to consider options for the building and to quiz one of the school boards (Conseil des écoles catholiques du Centre-Est (CECCE)) on its intended use of the property. Further discussions with the City of Ottawa and Regional raised the possibilities of OOE having a new community centre using some of the Deschâtelets space as well as a shared gymnasium/multi-purpose structure built to the north of Deschâtelets that would also be used by the new school.

As this issue went to print, the CECCE was poised for a December 5th public meeting at the Old Town Hall to

present the community with their plans to establish a French-language grade school in the Deschâtelets Building. The meeting was proposed by the Conseil to provide an opportunity for interested members of the community to discuss the impacts of their plans on the important heritage building and on local residents in Old Ottawa East



New retail businesses

The commercial retail landscape of Old Ottawa East underwent considerable change and growth during 2019 and further retail store openings are anticipated for early 2020. Our Business Beat reporters Quinn Abugov and Jessica Jepp were kept busy with articles on several new businesses opening their doors in Old Ottawa East this year, among them Happy Goat Coffee Company (April issue), Miche Hair (June issue), SJC Financial (August issue), and in this issue on page 21, the NU Grocery. Other new store openings this year were River Dental, Aesthete MD, Little Italy Fine Foods as well as stores in the Corners on Main, including Laurier Optical and a physiotherapy clinic.

There is every indication that 2020 will be another busy year for retail store openings in Old Ottawa East, and *The Mainstreeter* will continue to cover all the changes in our business community. Also, we will keep a close eye on developments that could affect other changes to the commercial retail lineup within the community, including the province's plans to use Hawthorne Avenue as a staging ground for its major Queensway bridge replacement project, discussed below.



Nine storeys at 10 Oblats

Community leaders in Old Ottawa East were angered in 2019 by the efforts of the developers of the Greystone Village project to increase the height of a proposed residential building at 10 Oblats Avenue to nine storeys from the original design of six storeys.

In the June issue of *The Mainstreeter*, Ron Rose reported that the re-design, which the Regional Group had cleared with City of Ottawa staff and the Urban Design Review Panel, caught both residents in the neighbouring Corners on Main condos and community leaders by surprise. "This is not just a question of three more storeys on a building," remarked Phyllis Odenbach Sutton, former chair of the community association at the time. "The agreement to limit the height of buildings between Main Street and the Deschâtelets building was a main selling point of an agreement between the previous owners of the property, the community of Old

OUR MOST ENGAGING STORIES

Ottawa East and the city. Everyone wanted to protect the view of the historic Deschâtelets building, and not overwhelm the neighbours to the north of Springhurst Avenue."

By early July, the issue had escalated as concerned local residents and community leaders, decked out in lime green Respect Approved Plans t-shirts, looked on in disappointment as first the City's Planning Committee and then the entire City Council voted to green light the planned nine storey building. Adding insult to injury, Council approved a change to Ottawa's Official Plan to up the height limits to nine storeys anywhere in the rectangle of land from Main Street to the Rideau River, between Oblats Avenue and Hazel Street.

In response, the community association sought and obtained special authorization to expend up to \$5,000 of internal funds to support a legal appeal of the City's decisions and have since launched an online funding campaign to fight City hall.



Main/Hawthorne/ Greenfield

With major construction projects surrounding them in recent years and engulfing most of Main Street and Elgin Street, residents of Hawthorne Avenue in Old Ottawa East may have thought themselves lucky for dodging the disruption bullet. Maybe so, but not for too much longer.

As Scott McAnsh reported in our August issue, Hawthorne Avenue will undergo major road redesign work and associated disruption, along with a stretch of Main Street north of Hawthorne as part of a two-year project that will also include significant construction work on and around Greenfield Avenue. The work will go beyond road re-design (artist renderings of the reimagined roads were included in *The Mainstreeter*) to also include water and sewage upgrades and the addition of cycling infrastructure, including bike lanes, cycles tracks and concrete barriers.

Work on the project had been expected to begin next year, however, the start of the estimated timeline for the project has now been delayed a year to 2021. And once this project is completed in 2023, Hawthorne residents will have a rather short respite from major infrastructure construction until 2025, when the province expects to commence its extensive new Queensway bridge replacement project, including the bridges at Main and the Canal. To the chagrin of residents and popular businesses on the north side of Hawthorne, much of the land will be used as a staging area for the bridge work which is expected to take almost a decade to complete (see *Loss of businesses* below).



Springhurst Park toxic soil

In our June 2019 issue, John Dance reported on the results of a soil contamination study conducted by the City of Ottawa which sampled 31 residential property sites west of Springhurst Park located on or adjacent to an old landfill site operated from the early 1900s to the mid-1930s. The 2017 study, which sampled neighbourhood soil to assess risks from the former landfill site associated with day-to-day residential land use activities, concluded that "activities that do not involve digging in the soil are unlikely to pose a health risk."

Anxious homeowners and residents within the study area to the west of Springhurst Park, south of Lees Avenue,



east of Simcoe Street and north of the Rideau River were informed by the City this summer that the study had yielded evidence of fairly widely dispersed soil contamination in the form of various metals above provincial standards for residential areas. Also found were elevated levels of polyaromatic hydrocarbons (PAHs), chemical contaminants which, according to the City, "are created during the incomplete combustion of fuels, waste or other organic substances."

To allay concerns of residents living within the affected area, the City offered to convene a public meeting on the soil contamination study, which took place on October 28th at the Old Town Hall. Lorne Abugov was at the meeting for *The Mainstreeter* and his report can be found at page 13 of this issue.



Future of Lansdowne

Our front page story in this issue of *The Mainstreeter* chronicles recent events in the unfolding sequel to the controversial Lansdowne Park re-development saga that transformed the inner city when construction began in 2012 following community protests and legal challenges.

In the latest go-round involving Lansdowne, we reported back in our August issue that Ottawa Sports and Entertainment Group (OSEG) were at work developing plans to assume greater control over portions of the property that have been the jurisdiction of the City with a view to enhancing revenues at the site which have fallen short of initial projections.

By late September, OSEG had sent its proposal to City staff in which the company sought overall site programming responsibility for all of Lansdowne Park. Thereafter, City staff prepared a report which was to be considered on November 5 by the Finance and Economic Development Committee (FEDCO), chaired by Mayor Jim Watson, and then further considered the next day by full City council. The staff report recommended that the City manager be delegated the authority to negotiate the requested transfer.

That's when community and political push-back began. Councillor Shawn Menard and the Lansdowne Community Consultation Group, with representation from OSEG and the three neighbouring community associations, met in October to better understand the OSEG plan and its rationale. OSEG had not previously raised its plans with this group, nor had it previously discussed changes to Aberdeen Square - such as its renaming to Casino Lac-Leamy Plaza - that were announced by the City in September.

On October 28, the three community associations held a public meeting in the Horticulture Building where OSEG presented its proposal to a concerned audience of about 500 attendees who voiced their concerns. This was followed by the FEDCO meeting on November 5, where more than 40 public delegations provided their perspectives on the proposed transfer, with only two of the delegations speaking in favour of the proposition.

As a result of the volume of public protest, City planners have gone back to the drawing board with new instructions from City Council. For all the details, see John Dance's story on page 1 of this issue.



Light Rail Transit commences

The Flora Footbridge was completed ahead of schedule and under budget. But that the same could be said about Ottawa's new Light Rail Transit (LRT) system which launched officially on September 14th. Sixteen months later than expected, over budget and following a construction process that had its issues - daddy, what's a "sinkhole"? - Ottawans finally got to experience their new LRT system. And that's when the real problems began!

The page one headline of our October issue was: "LRT rolls at last: after a very long wait, we now get short waits." Looking back, with the benefit of three months of hindsight, our headline writer may have been too charitable in reference to the "short waits". Train breakdowns, computer glitches, stranded passengers, a shortage of buses, fare freezes based on poor transit service, and a litany of other issues contributed to what can only be called a nightmarish launch for the much-anticipated public transit system.

Still, back on opening day, many first-



time riders were ecstatic about the new LRT system, including OOE residents who we profiled in our October issue, as they boarded the new trains at the Lees Avenue and nearby Hurdman stations. The trains were fast and silent, the waits were indeed short that day, the artwork and live music at the Lees station was a sight to behold, and optimism abounded.

This is a story in its early stages, and we'll continue to hope for happier news for the LRT system and its passengers in 2020.



The federal election

The 2019 federal election on October was the third trip to the polling stations for Old Ottawa East residents in a little over a year. In two earlier elections in 2018, local voters were in the mood for change as they cast their ballots to unseat provincial incumbent Yasir Naqvi and, shortly thereafter, municipal councillor David Chernushenko.

And while Ottawa Centre's sitting MP and Cabinet Minister Catherine McKenna may not have liked the trendline, in the end she managed to buck the odds and hold off a long list of challengers to hang onto her seat in Parliament as the Trudeau Liberals were re-elected to office in a minority government. McKenna will represent the riding this time as the Minister of Infrastructure and Communities which means that she should be well-placed to

Continued on Page 19

LETTER TO THE EDITOR

On September 25, 2019 local media outlets (CBC and CTV) announced that the Aberdeen Square at Lansdowne Park had been renamed Lac-Leamy Casino Plaza, because of a naming rights deal signed with the City.

According to the CBC report: “A city memo says OSEG is paying the city \$143,521 for the naming rights and managing a \$25,000 annual dedicated programming fund”.

According to the 12 October 2012 Lansdowne Partnership Plan Agreement, OSEG has no rights in

respect of the naming of the Aberdeen Square. Specifically, the naming rights provision, as stated in Report 25 of the City’s Finance and Economic Development Committee, indicates that “OSEG shall have no naming rights in respect of the naming of the urban park, Aberdeen Square, the “great porch” area, the Aberdeen Pavillion or the Horticulture Building and roadways.”

Furthermore, the City cannot sell naming rights for Aberdeen Square, as specifically reflected in Report 25, since ““Lansdowne Park” will be used for (...)

Aberdeen Square”.

According to the Capital Ward Councillor, the naming rights were assigned by delegated authority.

My complaint is: How is it possible for the City to grant naming rights to OSEG or any other corporation using delegated authority when the 2012 agreement clearly specifies that naming rights cannot be granted?

The City’s 2013 Delegated Authority Policy states that anyone who has a complaint or concern about the

contravention of the use of delegated authority should write to the City Clerk, who is to notify the City Council and the City Manager. The City’s clerk is Rick O’Connor. His e-mail is: Rick.OConnor@ottawa.ca

If there is any citizen who is angry about this abuse by the City of its delegated authority power, they should join me in writing to the City Clerk, with a copy to the Ward Councillor, Shawn Menard and to the Old Ottawa East Community Association.

**Isla Paterson,
Patterson Avenue**

LANSDOWNE: Public concern erupts again

Continued from Page 1

and the three neighbouring community associations, to understand what was being proposed and its rationale. OSEG had not previously raised the proposed takeover with this group, nor had it previously discussed changes to Aberdeen Square - such as its renaming to Casino Lac-Leamy Plaza - that were announced by the City in September.

Following the consultation group’s meeting, the Glebe Community Association with the support of the Old Ottawa East and Old Ottawa South associations quickly organized a public meeting held on October 28 in the Horticulture Building where OSEG presented its proposal. About 500 attendees voiced their concerns about the proposal and the lack of consultation.

Subsequently, at the FEDCO meeting on November 5, more than 40 public delegations provided their perspectives on the proposed transfer, with only two of the delegations speaking in favour of the proposition.

Initiated by Menard - who like all other urban councillors is not a member of FEDCO - an amended recommendation was proposed to and approved by the committee. As a result, City staff will now be obliged to consult with the community, will no longer have delegated authority to negotiate the transfer with OSEG, and will be obliged to return to FEDCO by next June with a report based on the “exploratory discussions and consultations”.

Mayor Watson, who chairs FEDCO and who left council chambers while most of the delegations were criticizing the proposed transfer, “couldn’t get over how many people are still fighting the Lansdowne redevelopment deal,” the *Ottawa Citizen* reported. “These are like the same people that are probably fighting the metric system,” Watson said after the

meeting.

The Mayor’s comment prompted Old Ottawa East residents Alan and Janet Barnes to write to him noting, “Your suggestion that those who question the OSEG bid to take over the programming of the City portion of the park are ‘the same people that are probably fighting the metric system’ is unworthy of a person in your office. Denigrating and dismissing those who might disagree with you is not what we expect from the Mayor of Ottawa.”

“The recommendation by City staff that Council authorize negotiations with OSEG to turn over programming was grossly premature,” wrote the Barnes’s. “Whether intended or not, such a move would create strong pressure for Council to approve whatever agreement was negotiated. If this course had been followed, the OSEG bid would have had the effect of pre-empting the public discussion of the future of Lansdowne programming that was just getting underway.”

As outlined in OSEG’s letter requesting the transfer, the part of the park that the group manages is not generating the revenues that OSEG anticipated. Moreover, when coupled with additional expenses OSEG incurred for enhancements to the stadium and the arena, additional retail

construction costs and higher than anticipated start-up costs, OSEG indicates it will not receive repayment of \$102 million that it has contributed. Given current attendance, the City will get none of the \$60 million that it was to receive for its investment.

To increase revenues, OSEG wants to attract a million more visitors to Lansdowne each year and argues that its takeover of the programming of the City’s side of the park would allow this. Specifically, OSEG says its much larger staff (140 versus the City’s five full-time and 13 part-time) and their expertise will lead to better overall management of the park. Also, OSEG argues that having just one party managing the whole site will eliminate “confusion.”

Under the OSEG proposal, the private firm would set rental rates and fees for the City-owned facilities, but the City would continue to be responsible for all capital and maintenance costs. The City’s “baseline expense for ongoing [park] operations will, generally, be the current cost to the City of maintaining and programming ...,” according to OSEG, although if there are incremental revenues, there is the potential of a reduction of the City’s operating costs.

As a result of the amended FEDCO recommendation, key protections of the Ottawa Farmers’ Market and some

community and non-profit use of the urban park will be ensured regardless of the fate of OSEG’s proposal.

Included in what OSEG wants as “broader, more diversified and amplified programming,” are “Octoberfest, Scarefest, [and] the possible return of the Ottawa Exhibition.”

The FEDCO report noted that there were no environmental implications associated with OSEG’s taking over programming responsibilities but, at the public meeting, residents said an extra million people will affect nearby neighbourhoods.

“OSEG’s proposed takeover is an issue that affects all City residents, financially through taxes being spent and simply through the fact that this is a city park for all our residents to enjoy. All should be encouraged to become educated and involved,” says Richard Cundall, the Old Ottawa East Community Association board representative on the community consultation group.



**Old Ottawa East residents
who wish to discuss the
OSEG proposal and
upcoming consultations**

**can email Richard Cundall at
lansdowne@ottawaeast.ca.**

Advertising Manager urgently needed for

The Mainstreeter

Come join our team!

CONTACT: Bonnie & Scott | chair@mainstreeter.ca

THE MAINSTREETER

www.Mainstreeter.ca

The Mainstreeter is a non-profit community newspaper supported by its advertisers and published by Mainstreeter Newspaper Inc. The views expressed in The Mainstreeter are those of contributors, and advertisers, and do not necessarily represent the views of the editorial staff, the sponsors or the advertisers.

The Mainstreeter is distributed free of charge to all Old Ottawa East residents and commercial establishments. If you do not receive a copy of The Mainstreeter at your residence, kindly contact editor@mainstreeter.ca.

Please send article submissions, under 600 words, to editor@mainstreeter.ca in MS Word format. The editor will contact you if substantial edits or changes are required to the text. Send letters to the editor to editor@mainstreeter.ca. Keep letters under 200 words and include name, address, and daytime phone number. Letters may be edited for length and clarity. Advertisers may contact The Mainstreeter at advertising@mainstreeter.ca. Photo submissions are welcome to editor@mainstreeter.ca. Please see www.mainstreeter.ca for online versions of The Mainstreeter plus full length interviews, archives and other content about Old Ottawa East.

Editor: editor@mainstreeter.ca Lorne Abugov

Content Contributors: Theresa Wallace, John Dance, Lorne Abugov, Tanis Browning-Shelp, Peter Fowler, Quinn Abugov, Cynthia Dwyer, Lori Gandy, Keith Shackleton, Bonnie Weppler, Anne Louise Mahoney, Clare Sunderland, Josée Madéia, Joanne Benoit

Copy Editors: Lorne Abugov, Jocelyne Caloz, Lori Gandy

Photo Editor: Peter Fowler

Rédactrice (pour le français): Jocelyne Caloz

Advertising Manager: advertising@mainstreeter.ca Cynthia Dwyer (Acting)

Accounts Manager: Cynthia Dwyer

Layout Designer: Bess Fraser

Photographers: John Dance, Peter Croal, Lorne Abugov, Peter Fowler, Evelyn Tan, Cynthia Dwyer, Lori Gandy, Theresa Wallace, Bonnie Weppler, Heather Weinrich

Web Editor: B.J. Siekierski

Social Media Editor: Anthony Lenzo

Board of Directors: Bonnie Weppler, Cynthia Dwyer, Leslie Kirk, BJ Siekierski; Scott McAnsh; Sue Beattie, Lorne Abugov (ex-officio)

Distribution: Daniel Racicot

Old Ottawa East eUpdate: info@ottawaeastCAG.ca Carol Toone

The Mainstreeter Newspaper Inc. thanks the following volunteers from our community who distribute every issue of the paper to your door in rain or shine:

Zone A: Sandra Koch (Captain)- Johanne Lalonde - Selena and Jacob Arvai - Anthony Dicaire - Sabod Anand - Anna Pazdzior - Blake Proudfoot

Zone B: Aileen Larkin (Captain) — Don & Carole-Anne Pease — Elysia and Kailena Allen — Susan O'Reilly — Tai Farrell — Sue McDougall — Eric Boulton — Graeme and Carolyn Barbe — John McCauley — Dorothy Shigeishi — Dan & Chantal Boulet

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

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

Zone E: Wendy McRae (Captain) — Joseph Sleiman, Andrew & Mackenzie Power, Mary O'Donnell, Mark Wigmore, Ben Macki, Suzanne Johnston, Sue Beattie, Phoebe Goyette

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, Lorne Abugov & Melinda Newman; William & Charlotte Duchesne

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 Toone

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

Old Town Hall: 613.627.0062

Opinion

IT WAS A YEAR LIKE NONE OTHER

Whatever happened to the sleepy little enclave that this community used to be! Once, we were routinely overlooked by other Ottawans. We were known mostly by Main Street commuters as a vehicular corridor linking Alta Vista to the downtown core more so than as a community in its own right.

But in 2019, Old Ottawa East emerged once and for all from its cocoon and took flight. Few who watch the ebbs and flows of Ottawa communities would deny that OOE has now burst onto the municipal map. Indeed, as strange as it sounds, this community is flirting around the edges of being flat out trendy!

For the volunteers at *The Mainstreeter*, the major changes that have engulfed Old Ottawa East of late have kept us hopping. On behalf of our readers and residents, our reporters and photographers have covered, to name a very few assignments, the opening of our brand new shared Flora Footbridge, aspects of our complete and redesigned Main Street, some of the exciting new housing options in Greystone Village and the Corners on Main, a raft of new retail store openings and many enhanced transportation options, including the LRT, the re-opened eastbound Queensway ramp and a slew of new cycling pathways and corridors.

Our Year in Review article at pages 4 and 5 of this issue is our first ever attempt to keep tabs on the most engaging stories that shaped this community in 2019.

And now, as our attention turns to 2020, we have some exciting new plans up our sleeve for *The Mainstreeter*. Here are a couple that we would like to share.

First, we are delighted to announce that OOE residents **Jayson MacLean, Judith Kennedy** and **Peter Croal** have agreed to coordinate a new open-ended column for *The Mainstreeter* in the coming year entitled, “*Be the Change — Environment and Sustainability in Old Ottawa East*”. In their role as members of Sustainable Living Ottawa East (SLOE), our three volunteer column coordinators will guide the development of this timely column, which will afford space for community members with expertise or interest in a particular environmental issue to speak their mind in a local and/or personal context.

The overriding aim for *Be the Change* is to showcase articles that inspire community members to consider how sustainability and climate change are impacting Old Ottawa East. The columns would also present opportunities for community members to connect with one another to develop personal practices to mitigate climate change and support sustainability in OOE.

We are also determined to provide better coverage next year of our community's schools and students, along with the issues of importance to young people today.

The late **Paul Dewar** recognized that youth are the true catalysts for change in our world. He hoped that launching Youth Action

Now would “help unleash the power of the young people in our community to make a real difference.”

In this issue of *The Mainstreeter*, we are delighted to welcome our new youth intern, **Clare Sunderland**, a high school student residing in Old Ottawa East, who responded to our call for first-time reporters. Her first contribution on the closure of the Sandy Hill CHC satellite office appears in the Business Beat on page 21 of this issue. We'll be asking Clare to help us provide expanded coverage of our neighbourhood schools and of today's youth and their perspectives throughout the year ahead.

We look forward to 2020, just as we relished every moment of 2019. We thank all of our volunteers who helped us out this year, and special thanks are extended to all of our wonderful neighbours who distributed *The Mainstreeter* to your door in 2019. We wish them all a very happy holiday season. They are all our unsung heroes!

We also bid a very fond farewell to our dedicated and long-serving Advertising Manager and Reporter, and our friend, **Ron Rose**, for his untiring service to this newspaper and to this community. We will beat the bushes to find a new Advertising Manager in the days to come, Ron, but we will never find your replacement! Our sincere thanks.

The Editor



Quality childcare in Old Ottawa East

Outdoor exploration, community connection, gardening, creative play, in a safe, fun, loving atmosphere.

Registered Early Childhood Educator (R.E.C.E)
21 years working with children in a variety of capacities.

Spots available for children aged 1-4.

Lilia Fick • 613-567-5150 • lilia_of_the_valley@live.com

No proof City analyzed impact of Immaculata field changes

JOHN DANCE

In response to a freedom of information (FOI) request from *The Mainstreeter*, the City of Ottawa provided no documentary evidence to show it analyzed whether the improvements made to the Immaculata High School playing field would, as required by its zoning by-laws, ensure that the uses of the field were “of a scale and intensity that is compatible with neighbourhood character.”

The improved field resulted from a deal between the Ottawa Catholic School Board (OCSB) and a private company, the Ottawa Footy Sevens. While the new turf field has been much appreciated by students, the intensive evening use by Ottawa Footy Sevens for its soccer operations continues to be aggravating and injurious to a number of residents closely bordering the field.

Of the 60 or so pages of documents discovered through the FOI request, roughly half of the pages were blank due to solicitor-client privilege or because they included “recommendations which reveal advice or recommendations of an officer or employee of the City or consultant retained by the City”.

Of the 30 or so pages containing actual information, 17 pages were already in

the public domain and, indeed, one record was an email written by a resident questioning what the City was doing to ensure that the City’s bylaws were being enforced. Only 5 of the remaining 13 pages contained information of a substantive nature – the other 8 pages were essentially content-free emails, like “Thanks Tim.”

When questioned about this lack of analysis pertaining to neighbourhood impact, Doug James, Manager of Development Review for the City, responded by email, “The property owner did not need rezoning to allow the use of the field by Footy Sevens and as such, could proceed as they did...” But Mr. James was silent on whether any analysis of neighbourhood impact had been done, a silence made the more curious by virtue of the City having itself flagged the issue when an officer emailed the School Board stating, “The intensity of the use (more activity/programming) is a point your team will have to be prepared to speak to as well.”

Months later, through the site plan control process, the City received comments from residents on the community impacts of the Footy Sevens operation, and, says James, “As a result of this public consultation, [the City] tried to respond to these [comments] and



JOHN DANCE PHOTO

The new field at Immaculata is popular with students and adult league soccer players but its noisy and extensive commercial use continues to be aggravating to neighbouring residents.

mitigate the impacts on the surrounding community.”

The City’s belated response to residents was to approve restrictions on the use of evening lights. These restrictions were successfully appealed by OCSB to the Local Planning Appeal Tribunal so that Ottawa Footy Sevens can continue their evening games until 11 p.m.

Given the failure of lighting restrictions, *The Mainstreeter* asked the City what it is planning to do to mitigate impacts. “As long as the activities on the field correspond to its permitted use, there is no violation of the Noise Bylaw,” says Roger Chapman, Director, Bylaw and Regulatory Services.

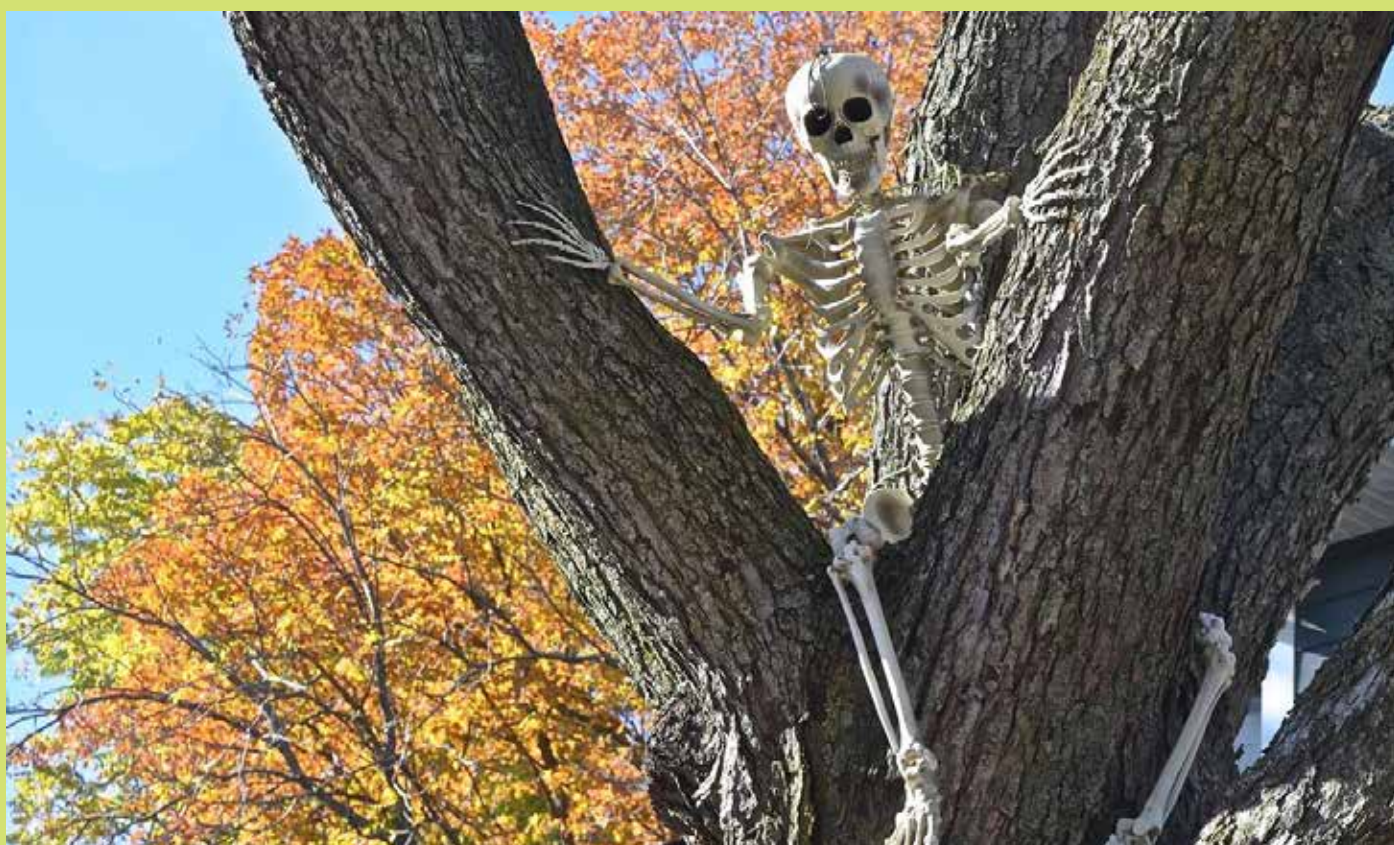
The commercial use of the Immaculata field has been, to date, tax free. At the October meeting of the Old

Ottawa East Community Association, Councillor Shawn Menard noted that the preliminary response from the Municipal Property Assessment Corporation (MPAC) was that taxes could not be collected, however, Menard has asked that this matter be more rigorously pursued by City staff. According to Wendy Stephanson, the City’s Chief Financial Officer, MPAC is still in the process of reviewing the change to the Immaculata High School field and its possible municipal tax consequences.

The cost to *The Mainstreeter* for its FOI request to the City was \$5. *The Mainstreeter* also made an FOI request to the OCSB but the school board required \$764 to provide the information. As a result, *The Mainstreeter* didn’t pursue the request.

Peter
Fowler's
OOE
Focus

Despite the rain showers, Halloween 2019 saw the usual proliferation of young ghouls and goblins dotting the streets of Old Ottawa East in the early evening hours as the candy supplies of householders across the community nosedived. But no amount of chocolate bars and Skittles could help the likes of this bag of bones who found himself literally up a tree without a loot bag in the days leading up to Halloween. One of many skeletons that haunted our neighbourhood in late October, this scary tree-hugger was discovered by our rambling photo editor, Peter Fowler.



We strive at *The Mainstreeter* to engage our readers, and so we greatly appreciate when our readers engage us in return. Since we began publishing

the favourite photos taken by our readers we have received numerous submissions from residents whose experience in photography ranges from professional grade right through

to snap-happy amateur shutterbugs. Please continue to send us your favourite photos of Old Ottawa East to editor@mainstreeter.ca, along with up to 200 words describing the

image, why it is special for you and the circumstances around how it came to be taken. If we like it, we will publish it in this space in a future issue of *The Mainstreeter*.

Over 10 years of community involvement!

REAL ESTATE
ESTATE
ADMINISTRATION

WILLS & POWERS
OF ATTORNEY

BUSINESS

Leslie J. Kirk & Diem Nguyen

KIRKLAWOFFICE.CA

613.238.8006

34 Hawthorne Avenue

kirk.

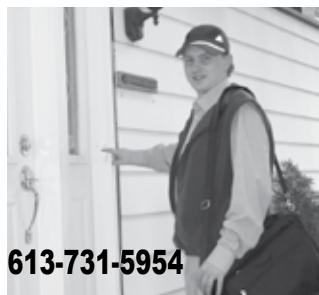
KIRK LAW OFFICE
PROFESSIONAL CORPORATION



COMPUTER HELP IN YOUR HOME

WE COME TO YOU TO FIX COMPUTER PROBLEMS.

Compu-Home is a highly regarded family business located right near you. Service is honest, reliable, affordable and prompt.



613-731-5954

HOW CAN WE HELP YOU?

- Computer slowdowns
- Problems with Internet connections
- Spam, spyware and security programs
- Setting up and maintaining home and office networks
- Printer problems
- Helping plan, purchase and use new computer equipment
- Transferring and backing up data
- Using new digital cameras
- Coaching

Compu-Home

613-731-5954

info@compu-home.com
Malcolm and John Harding

Get noticed.

FOR COST-EFFECTIVE ADVERTISING:
CYNTHIA DWYER | advertising@mainstreeter.ca



diane & jen

Brokers Diane Allingham & Jennifer Stewart



On the Naughty list this year?

Naughty or nice,
if you need to
relocate in 2020,
we can help.

Contact us to
plan your next move



home@dianeandjen.com
#200 -1335 Carling Avenue
Ottawa, Ontario K1Z 8N8



PROUD
SPONSORS
OF CAG

613-725-1171



ROYAL LEPAGE
Team Realty
REALTOR, Broker and Licensed Broker

dianeandjen.com



Old Ottawa East is different

Continued from Page 1

campuses of Carleton and uOttawa.

In terms of marital status, about 8 percent are “separated/divorced/widowed” versus 13 percent city-wide. A surprising 41 percent of adults have never married versus 30 percent city-wide. Single parent families in OOE are 11 percent of the total families versus 16 percent in Ottawa.

Just half of one percent of residents can speak neither English nor French, one-third of the city-wide rate. OOE’s proportions of visible minorities (26 percent) and “newcomers” (3 percent) are close to the city-wide figures.

A big difference is that 10 percent of OOE is made up of “non-permanent residents” compared to just 2 percent for the city. Again, this may be a reflection of the transient student

population. Housing mobility statistics show that 22 percent of OOE residents moved in the last year versus 14 percent city-wide.

The additional cycling infrastructure of the past five years results in OOE having a very high “cyclability score” of 95.7 of a possible 100. And 12 percent of residents bike to work, five times the Ottawa rate. Conversely, our “walkability score” compares unfavorably with the Glebe and Old Ottawa South.

Nevertheless, 17 percent of residents walk to work versus 7 percent for all Ottawans. Similarly, 47 percent drive to work compared to 68 percent of all Ottawans.

ONS has provided updated population statistics for OOE in order to reflect the community’s boundaries

as defined by the OOE community design plan (CDP). The consequence is that an area that ONS previously included as part of Old Ottawa South is now included within OOE. The 2016 population of OOE was 7,350, up by 44 percent from the 2011 figure when a part of OOE was included within the OOS population numbers. As a result of the data now reflecting the CDP boundaries, Old Ottawa East now has more people than Old Ottawa South.



The data cited above and others in the ONS data sets are teasers. But what they mean may warrant further investigation and action to address disparities. To explore the many data sets on the ONS site, go to <https://www.neighbourhoodstudy.ca/>.



CITY OF OTTAWA IMAGE

According to the 2016 census, Old Ottawa East’s population grew to 7,350.

City taxes set to rise again in 2020

MAINSTREETER STAFF

In 2020 Ottawa’s municipal tax rate will rise by three percent just as it did in 2019. And water rates will continue to increase by more: an average of 4.7 percent. The combined effect will cost residential taxpayers an extra \$145, based on the City’s average tax assessment of about \$400,000.

The only new project in Old Ottawa East funded by the new budget is the replacement of the play structure at Springhurst Park at a cost of \$175,000.

However, many of the city-wide initiatives may benefit local residents. For instance, \$1.5 million is budgeted for 125,000 trees so some of these may find their way to OOE. And the sidewalk snow clearing program will be boosted by \$2.9 million so walking might be a little safer this winter. Similarly, 30 additional police officers are being hired so there may be improved police presence and responsiveness.

LOVE
YOUR
SKIN

Beauty Lounge

*You are
Beautiful*

We invite you to join us!

Be it for a quick laser treatment, a manicure, pedicure, eyelash extensions or a full day of pampering. We guarantee you will love your skin after you do.

See you soon...

Laser Hair Removal
Eyelash Extensions
Brow & Lash Tinting
Manicures
Pedicures
Shellac
Facials
Waxing
Make-Up
Spray Tan

LOVE
YOUR
SKIN
Beauty Lounge

613.565.0111 | info@lysb.ca
97 Main Street | Ottawa | ON | K1S 1B7

OOECA and CAG

Next generation takes the helm at community annual general meeting



Jaime Girard and Bob Gordon are the new president and vice-president of the community association.

JOHN DANCE

The leadership of two of the community's major volunteer organizations passed to a younger generation at the November 12th annual general meeting of the Community Activities Group (CAG) and the Old Ottawa East Community Association (OOECA).

Jaime Girard and Bob Gordon are the new president and vice-president of OOECA, and Tina Raymond is the new chair of CAG.

The transition came with great appreciation expressed to out-going OOECA president Phyllis Odenbach Sutton and CAG chair Don Stephenson.

Despite the record snowfall that blanketed the city, Old Ottawa East residents once again filled the Church of the Ascension for the annual general meeting, and they were warmly welcomed by the Reverend Rhonda Waters, Ottawa Centre MPP Joel Harden and Capital Ward Councillor Shawn Menard.

"I am impressed with how this community has made its mark on the development in this city...thank you for all the work you do," Harden commented. He highlighted some of the positive changes in the community, including the recent opening of Nu Grocery, but he flagged other potential changes, like the demolition proposed along Hawthorne Avenue for the Queensway bridge replacement, that need more consultation.

Councillor Menard paid tribute to Odenbach Sutton who "steadfastly led this community." He spoke of the potential repurposing of the Deschâtelets building on the Greystone Village site as a new community centre. He also noted the ongoing efforts to protect the public interest at Lansdowne Park and to implement measures to mitigate the impact of the evening soccer activity at the Immaculata field.

Stephenson, who will continue as the community's lead in its effort to secure a new community centre, praised the work of retired CAG executive director Carol Workun: "She gave 17 years to her community and made Old Ottawa East an even better place to live and play."

"We need volunteers," Stephenson stressed. "Join our volunteer team at CAG, make new friends in the neighbourhood... Give us just two or three hours per year and make a real difference!" he exhorted. And he noted specifically that CAG needs a new treasurer with the retirement of long-serving Lynn Byford.

In her parting remarks, Odenbach Sutton noted, "With a younger president and vice-president comes a desire for a new approach to social media; personally I think this is a really good idea."

Reflecting on her four years as president, she said, "I have been really lucky to have been involved in many celebrations, including the opening of Main Street as a complete street and the Flora Footbridge; barbecuing together at the Main Event, the sesquicentennial

circumnavigation by canoe and the sesquicentennial prime ministers speaker series.

"While I have seen many changes over the last four years - new commercial/retail on Main Street, new art - what has remained constant has been the engagement and passion of OOE residents. Thank you for letting me represent you for the last four years as your president," Odenbach Sutton

concluded.

Nick Masciantonio was also thanked for his many years of community service, including four years as community association president, two as CAG chair and his video recording the speakers series on Canada's prime ministers.

Lorne Abugov, editor of *The Mainstreeter*, also told the capacity crowd of the importance of volunteering, noting that his two years as editor had been a "humbling experience... I feel very privileged to have this opportunity." The guiding principles of *The Mainstreeter* are engagement, relevance and accessibility for its readers, he explained, stressing that the community paper needs to be an open platform for residents to access news and information and to tell their stories to friends and neighbours.

Specifically, *The Mainstreeter* is urgently in need of a new advertising manager to replace long-standing volunteer Ron Rose, who stepped down after many years of service to the newspaper and the community. Anyone interested in joining the volunteer team should email chair@mainstreeter.ca for more details.

The open forum portion of the meeting included discussions on the appeals pertaining to nine-storey buildings in Greystone Village, climate-change-related flooding along the Rideau River, the Ministry of Transportation and Communications' proposed expropriation of Hawthorne Avenue properties, and the need to protect and enhance community parks and greenspace.

A social hour followed the AGM allowing residents to chat with Harden, Menard and the CAG and OOECA board members. Thanks to Councillor Menard for staying past 10:00 p.m., almost to the end on this bitterly cold November night.



JOHN DANCE PHOTOS

Tina Raymond takes over the duties of chairing the Community Activities Group from Don Stephenson.



PETER FOWLER PHOTO

Flora Footbridge wins urban design and construction awards

JOHN DANCE

The Flora Footbridge won two of the six available awards for this year's "Ottawa's best in urban design." The project's team was presented with the award for excellence in both "public places and civic spaces" and "urban elements." Flora also won the award of

merit in the bridge category at this year's Canadian Institute of Steel Construction awards.

In the first four months of the bridge's operation, over 330,000 crossings were counted.

Meanwhile, City staff report that various "minor deficiencies" continue to be corrected. "The bridge deck lighting

has been changed due to a wiring correction made to the lighting system," according to the City's Carina Duclos. The result is a brighter surface for users.

Lighting levels on the actual structure are also being adjusted. "Dimmers have been installed under the deck and will also be installed on the v-piers," says Duclos. "Lighting on the v-piers has been temporarily turned off to address minor wiring deficiencies. Lighting levels will be reviewed again once all dimmers have been installed and deficiencies have been addressed." Some residents regard the lighting as too bright and white.

The bridge's public art in the form of uniquely designed benches has been installed, with one bench at the foot of the eastern stairs and the other by the Glebe-

side lily pond.

Shortly after the big snowstorm of November the City blocked off the stairs on the OOE side of the footbridge. "Stairs are only maintained when there is no alternate route in close proximity," Luc Gagne, Director, Road Services for the City told *The Mainstreeter* two years ago.

As with the Corktown footbridge, Flora has a ramp immediately adjacent to the stairs and the City deems it "a more efficient use of resources, more cost effective, creates less liability and ensures accessible access for everyone when [just] the ramp is maintained." Nevertheless, some users of the bridge were not happy with the stair closure and the extra 120 metres of walking this necessitates.

Main Street - the next phase...



JOHN DANCE PHOTO

Construction work is now well underway on the next phases of the Main Street development at Greystone Village.

FOLLOWING THE NEWS

Springhurst toxic soil study public meeting

Some answers unearthed for concerned residents

LORNE ABUGOV

Following two years of uncertainty, members of the Old Ottawa East community whose homes are situated on contaminated lands immediately west of Springhurst Park seized the opportunity in late October to grill City of Ottawa landfill and public health experts on the results of a soil contamination study of the area conducted by the province in September 2017.

At a public meeting at the Old Town Hall, about 20 homeowners and tenants peppered questions at Martha Robinson, a program officer with Ottawa Public Health and Erin Tate, a landfills expert with the City's Environmental Remediation Unit, both of whom were central to the planning of the study conducted by the provincial Ministry of Environment, Conservation and Parks and the analysis and reporting of the study sampling results.

Robinson and Tate launched the meeting with a prepared presentation, a copy of which *The Mainstreeter* obtained following the meeting, and with assurances to the community that the study results for various metals and polycyclic aromatic hydrocarbons (PAH) concentrations in the soil were consistent with those found in other surveys of soil quality nearby repurposed landfills.

In June of this year, the City sent a letter to all of the residents of the area surveyed in the Springhurst study and noted that "(a)lthough contaminated soil has been identified in this area, there must be direct contact with or disturbance of the soil in order for any health risk to occur."

31 properties sampled

As shown in the accompanying map diagrams, the province collected soil samples from 31 residential properties in the overall study area; 16 of the properties were located within the perceived extent of the former landfill site (the "landfill area") while the 15 other properties were in the adjacent area to the north and west that was perceived to be unaffected by the landfill (the "background area").

Analysis of the study samples found that most of the various metals (primarily lead) recorded at levels above provincial standards were contained in soil samples on properties located within the historical landfill area and were concentrated at a depth between 20-30 centimetres below the surface. At shallower depths from 0-20 centimetres, metal concentration levels were lower and there were no significant differences found between samples taken from the historic landfill area and the background area. According

to the City experts, this was likely due to landscaping and the addition of clean topsoil by homeowners and tenants.

While Robinson and Tate stressed that the purpose of the study was to measure the scope and extent of soil contaminants and assess risk impacts against day-to-day residential use activities, many of those in attendance at the Old Town Hall were more interested in the historical source of the contamination. Several in the crowd questioned the City staffers about the origins of the pollutants, especially the elevated PAH concentration levels found almost equally dispersed throughout both the landfill area and the background area.

"We know that PAHs are found in traffic emissions, and both of the study areas are equidistant from the Queensway," observed one community member, who sought to understand why the City found no contamination risk to residents of the area in a 2005 study yet found potential risk when the land was studied again in 2016. "Isn't it conceivable that the change observed between 2005 and 2016 might be due to vehicular traffic from the Queensway rather than soil contaminants from the old landfill rising in the ground?" the City experts were asked.

Numerous possible sources

In response, Tate pointed out that provincial contamination risk assessment standards underwent revision in 2010, so while five centimetre shallow soil level testing was considered adequate when the 2005 studies were undertaken, by 2016 the provincial standard required that testing be done down to a depth of 10 centimetres. "This deeper testing could certainly account for the increase in pollutants noticed in 2016," she observed, "and that's why the most recent study sampled at three different depths down as deep as 30 centimetres."

Nonetheless, at least in the case of PAH contamination, the study report points to numerous possible sources of PAHs associated with urban environments, including transportation-related emissions, and concludes that "(m)any of the measured concentrations of PAHs were elevated at all depths across the study area; however, on further analysis of the sampling data, the concentrations of PAHs in soil appear to be unrelated to the historical landfill."

Some of the focus at the meeting related to a lack of information available to residents residing in the background area adjacent to the old landfill area. "Without the soil contamination results in the background area, it's not possible to properly compare results against those

from the landfill area, which makes it almost impossible to conclude how much contamination is actually due to the old landfill as opposed to other possible sources," pointed out a concerned questioner. In response, the City staff undertook to get more background area data from the province to share with concerned residents.

Tate and Robinson announced that the City will commence distributing an annual written notice to homeowners and tenants residing within the Springhurst Residential Risk Management Area to advise them of the historical landfilling activities and the contaminants identified, and to explain how to minimize health risks and exposure to the impacted soil. The notices will follow a model developed for homeowners and tenants residing within a former landfill site in Vanier.

Annual notices

The annual notices will be sent to all households situated within the landfill area of the study, an area which the City now expects to enlarge beyond the study parameters based on the soil sample findings. The enlarged area targeted for annual notices will be extended to include all properties on the west side of Chestnut Street between Evelyn Avenue and Lees Avenue. In response to a questioner at the meeting, Robinson cited the Vanier precedent as the basis for the City's decision not to broaden the

scope of annual notices even further to all homeowners and tenants residing within the background area of the study.

The City experts reiterated their recommended mitigation measures (see *Mitigation sidebar*) to the audience and advised that large quantities of soil excavated at their properties during construction or renovation should be disposed at authorized landfill sites. Responding to a question, they acknowledged that the City had no current programs to offer financial assistance to homeowners and tenants.

Community members at the meeting reported some of their own "findings" to the City experts, including physical waste remnants of the old landfill that they routinely find at or just below ground level on their properties. The buried treasures include old glass cosmetic and perfume bottles, milk bottles, ceramics, animal bones from a former abattoir nearby, and blobs of coal tar from either an old coal gasification plant or a City-owned incinerator, both of which bounded the former landfill site.

Studies of other active or recently closed landfill sites the City has completed to date have not identified concerns with elevated concentrations of methane in or escaping the soil, which explains why the Springhurst soil sampling study did not include tests for methane. A still-in-

Continued on Page 25



ONTARIO MINISTRY OF THE ENVIRONMENT

This map displays the approximate soil sample locations selected by the province for the Springhurst Toxic Soil Study.

Who knew?

Heritage Ottawa's inaugural tour of Old Ottawa East brings our history to life



OOE heritage tour guides Julie Harris and Laura McLeod (both pictured on the far right) delighted a hearty crowd of residents with the history of our community.

LORI GANDY

In early October, as the skies threatened rain, a hardy crowd of Old Ottawa East (OOE) residents – new and old – along with others from the Ottawa area, met in front of St. Paul University to hear and learn the story of our community through its historic buildings. Heritage Ottawa sponsored this first-ever walking tour of OOE, which was guided by Julie Harris, a heritage professional who has undertaken research on several OOE properties, and Laura McLeod, a resident of OOE with

a deep interest in the neighbourhood's history and heritage.

Below is a snapshot of some of the intriguing history and significant sites showcased during the tour.

The Oblates

Any discussion of OOE must begin with the Oblates of St. Mary Immaculate who have had a significant presence in the community since 1864. A religious order from France, the Oblates were missionaries to the poor who established

churches and English and French educational institutions, including Saint Paul University, the largest institutional property, along with the University of Ottawa and St. Patrick's College, which later became the site of Immaculata High School. The Oblates also operated most of the Roman Catholic Indian Residential Schools in western Canada.

The first permanent Oblate building – The Scholasticate – was the site of training for priests and seminarians. The nearby convent building housed the Sisters of the Sacred Heart who arrived in 1902 to provide domestic services to the priests.

The Oblates owned a great deal of land in the community, and much of what exists in OOE today is the result of the Oblates selling property through the years. This practice continues today as former Oblates lands are now being redeveloped to incorporate new housing and commercial interests to enliven an already lively community.

Making connections

The story of OOE is the story of a community looking to connect, within its own boundaries and with other communities beyond its doors. With the Rideau Canal and River as its western and eastern borders, respectively, OOE has always relied on bridges to improve trade and commerce and facilitate the flow of people across the Canal.

A rudimentary swing bridge spanned the Canal from about 1890. Around 1907, an ice bridge covered in wood served the residents of OOE during the winter months. The Pretoria Bridge, completed in 1915 as part of the beautification of Ottawa project, vastly improved connections between OOE and downtown Ottawa. The new Flora Footbridge now connects OOE

to the Glebe. The brilliant white of the bridge gives a nod to the Canal's history, reflecting the tradition of whitewashing the wooden military structures constructed along the Canal.

Historic Homes

The tour showcased some of the historic homes that help connect OOE residents to the community's past.

Patterson House, on Mason Terrace, built in 1891 for civil servant George W. Patterson, is one of just a smattering of 19th century homes remaining in OOE. Built on a hill composed of soil excavated from the Rideau Canal, the house is a second empire design with a flat roof that was converted into a mansard roof in the 1920's.

Bower House near Echo Drive and Bower Street was built around 1867 by John Conrad Bower. It remains largely unchanged from its original structure and is one of the better examples in Ottawa of a Victorian house. John's son Ira later severed the property behind Bower house and built the property near Echo and Mutchmor Road for his daughter to live in, so long as she remained unmarried. The house was whitewashed brick for years until the current owners brought it back to its brick exterior.

Two examples of mid-century modern architecture are notable as well: the **Harry Hodder House** at Echo and Bower designed by architect Hart Massey, which showcases Japanese architectural influences, and the **Cuhaci House** at Echo and Mason, built by Edward Cuhaci in 1973, which capitalizes on the view of the Canal with floor to ceiling windows.

Many homes in OOE sport round-headed (or arched) doorways, a signature feature of developer Rupert McClelland's homes built from 1939 to the early 1940's with carpentry from his own workshop. A little known fact: Mason Terrace, one of the streets created as part of McClelland's OOE development, was named after his brother, Mason.

Another key feature of the OOE landscape, the fieldstone gates at Main Street and Beckwith Road were erected in 1911 and dedicated as a war memorial in 1949. They have since been designated a Heritage Property.



There is so much more to say about the history and heritage of Old Ottawa East.

Residents and others interested in additional OOE heritage tours extending beyond the limits of this one, or a repeat of this tour, should contact Heritage Ottawa at <https://heritageottawa.org/contact-us>. Check out the Heritage Ottawa website for information about all of their tours starting next spring. And for a wealth of information about the history of OOE, you can go to the website <http://history.ottawaeast.ca>.



LORI GANDY PHOTOS

The Bower House, built around 1867 by John Conrad Bower, remains largely unchanged from its original structure.

THANK YOU!

2019

Old Ottawa East Volunteers

From the Main Event to BBQs at Brantwood Park
Volunteer contribution makes OOE events possible and successful.
Sincere thanks to all our 2019 volunteers.
We could not have done it without you!

Old Ottawa East Community Association and Community Activities Group
www.OttawaEast.ca * www.OttawaEastCAG.ca

Welcome **James C**
Our newest Stylist & Classically
Trained Barber.



WWW.LUCASNAULT.COM 613 518 1351

Inner Truth Counselling
holistic support for women and children

Satkiana Shaw, Holistic Counsellor
satkiana@gmail.com (613) 795-8213
www.innertruthcounselling.com

THE ORGANIC SALON
by LUCAS NAULT

OUR BARBERING IS NON-GENDER BIAS!
EVERYONE IS WELCOME, ALWAYS.

Want a second opinion that
puts you first?



Stephen Roster
Wealth Advisor

As your ScotiaMcLeod advisor, I can help you see your portfolio in another light. Based on my 16 years of experience and our proven advisory process, I can analyze your current financial situation, and engage experts across a range of financial disciplines to maximize opportunities and minimize risk. Putting your needs first to meet your personal financial goals is my commitment to you. Call me for a complimentary portfolio review.

**We take a more complete look at your life for a
more complete financial strategy.**

Investments • Financial Advice • Protection • Estate Planning



ScotiaMcLeod Ottawa
613-782-6786
stephen_roster@
scotiamcleod.com

© Registered trademark of The Bank of Nova Scotia, used by ScotiaMcLeod under license. ScotiaMcLeod is a division of Scotia Capital Inc. Scotia Capital Inc. is a member of the Canadian Investor Protection Fund.

DENYS
BUILDS
DESIGNS

RENOVATIONS

613-236-6516 | Denys.ca

DESIGNS BUILDS REPAIRS RESTORES RENOVATES

New Location!
Starting July 1, 2019.

2393 Virginia Dr.
Ottawa, ON
613-MASSAGE (627-7243)

daniellepratt.ca
online booking available

Community Activities Group of Ottawa East Winter 2020 Program Guide

Online at www.OttawaEastCAG.ca

Old Town Hall, 61 Main St

Tel: 613 627-0062



ADULTS

Yin Yoga
Hatha Yoga
Vinyasa Flow Yoga
Strength and Tone
Cardio-Strength-Core Blast
Pilates
Taichi Qi Gong

Figure Drawing and Painting
Intro to Swing—Lindy Hop
Beeswax Wrap Workshop
Knitting Club

Better Body Boot Camp
Women's Hockey
Men's Basketball



Winter Party In the Park

BABIES & PRESCHOOL

Hush-A-Bye Baby
Playgroups
Peekaboo/Coucou
Music
Ballet



SCHOOL-AGE CHILDREN

Nerf Games in the Gym
Magic the Gathering
Friday Drop-in for Youth
After-school Program
March Break Camp
PD Day Camp
Summer Camp

- THE -
GREEN
DOOR

AND MORE...



76% voter turnout in the riding

McKenna triumphs in Ottawa Centre



Catherine McKenna celebrated her election victory, surrounded by her happy family.

JOHN DANCE

Liberal candidate and incumbent Catherine McKenna handily won the Ottawa Centre riding in the October 21st federal election despite strong opposition and the national decline in Liberal support.

McKenna increased her share of the vote from 43 percent in 2015 to almost 49 percent while the national vote saw her party fall from 39 to 33 percent.

Second place finisher Emilie Taman of the New Democratic Party (NDP) campaigned hard, even making two visits to monthly Old Ottawa East Community Association meetings. But in the end she garnered only 29 percent of the vote, down from 43 percent won by the late Paul Dewar and the NDP in the previous election.

"I'm extremely proud of the campaign we ran in Ottawa Centre," Taman told *The Mainstreeter*. "We kept things respectful and offered tangible solutions to a host of problems that are not being properly addressed (from climate change to affordable housing to gaps in our health care system). While the result on election night was obviously a disappointment, I have no regrets and was grateful for the opportunity to represent Jagmeet Singh and the NDP in this election."

Conservative Carol Clemenahagen was a distant third with about 13 percent of the vote and Green Party candidate Angela

Keller-Herzog was fourth with about 7 percent. The other 7 candidates won a total of about 2.4 percent of the vote.

As Minister of the Environment and Climate Change, McKenna was the only Ottawa MP in the previous cabinet. In the new government, she will

serve as Minister of Infrastructure and Communities.

"This has been a tough campaign in Ottawa Centre, and it's been a really tough campaign for the country," McKenna noted at her victory party at Lansdowne Park. "One of the lessons to

emerge from today's results is the need for a more positive political culture in our country," she said, as reported by the *Ottawa Citizen*.

But just days after her victory, vandals painted vulgar graffiti on the windows of her Westboro campaign office. "I don't even have words to describe what kind of person would do this," McKenna told CBC. "It's the same as the trolls on Twitter. It needs to stop."

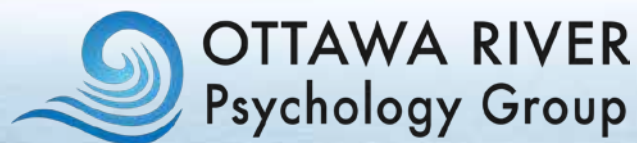
McKenna's campaign focused on local issues, particularly environmental ones. She delivered on a promise from the previous election to support construction of a new Canal footbridge, and in this election she pledged to make Ottawa the greenest capital in the world. Part of this pledge will be an ambitious tree-planting program. Also, she committed to work with other levels of government to create a pedestrian and cyclist crossing on the old railroad bridge over the Ottawa River, just north of the new Bayview LRT station.

Ottawa Centre had the fifth highest voter turnout of all 338 ridings in Canada with 76 percent of eligible voters casting a ballot. This turnout was down from 2015 levels when the riding had a turnout of 82 percent, the highest in Canada. In 2019, the national turnout was 66 percent, down two percent from 2015.



SUPPLIED PHOTO

Catherine McKenna was congratulated on her victory by Old Ottawa East's Nick Masciantonio, past president of the Ottawa Centre Federal Liberal Association.



OTTAWA RIVER Psychology Group

Third Wave Psychology for Well-Being and Growth

Register now for our upcoming groups:

- Mindfulness Based Cognitive Therapy
- Cognitive Behavioural Therapy for Adult ADHD
- Mindful Self Compassion Training
- Compassion Focused Therapy Level One
- HARMONY: Yoga Reinforced Cognitive Behavioural Therapy for Generalized Anxiety

**Register online
or call us for more information:**

www.ottawariverpsychology.com
(613)-656-3331
Email: info@ottawariverpsychology.com
44 Hawthorne Ave, Ottawa, ON



BROKER | SALES
REPRESENTATIVES



25 YEARS OF FOCUSED EXCELLENCE IN REAL ESTATE

TOP 1% FOR ROYAL LEPAGE IN CANADA*



613.238.2801 | robmarland.com
165 Pretoria Ave. Ottawa, ON K1S 1X1

**MARLAND
TEAM**

*Based on closed and collected earnings

**Sunnyside
MUSIC SCHOOL**
sunnysidemusic.com

THE PERFECT GIFT FOR THE MUSIC LOVER

.....

**BUY THEM A 10 LESSON
GIFT CERTIFICATE
YOU ONLY PAY FOR 9!
THAT'S A FREE LESSON!**

Just use Promo Code **MAIN 1219** to get this great offer

**613-730-2887
613-851-4682**
SUNNYSIDEMUSICSCHOOL.COM
1111C BANK STREET IN OLD OTTAWA SOUTH

**SIGN UP FOR 10 OR MORE LESSONS
AND GET
30% OFF
ANY INSTRUMENT
RENTAL OR
PURCHASE!**



Holiday Hours

Open: Tuesday
December 24
10am - 2pm

Closed:
December 25 to
January 2

Reopen: Friday
January 3

organic • vegetarian • natural

**Order online
from our bakery**
www.thegreendoor.ca

Gift cards available as well!

Open Tuesday to Sunday 11am-9pm
198 Main Street • 613-234-9597

2019: Our most engaging stories

Continued from Page 5

keep a watchful eye on unfolding events in our corner of the country. Or so we hope!

John Dance describes the campaign and the results for readers at page 17 of this issue of *The Mainstreeter*.



Loss of existing businesses

Good news throughout 2019 about the addition of commercial retail stores in Old Ottawa East was tempered on October 2nd by word that as many as five existing businesses on Hawthorne Avenue, Echo Drive and Main Street were likely to be expropriated to make way for a provincial Ministry of Transportation (MOT) bridge replacement project planned to start in 2025.

Residents who frequented the Royal Oak Pub on Echo, Greek on Wheels and Cyco's Cycling Shop, both on Hawthorne, and the Organic Salon and Gordon McGovern Construction, both on Main Street were surprised to learn that the land on which these businesses sit would be needed by MOT as a staging ground for the Canal Queensway and Main Street bridge replacements.

The Mainstreeter intends to follow this important story in 2020 as the MOT and the City continue to finalize plans for the multi-million dollar bridge replacement project that will address four aging Queensway bridges between Metcalfe Street and Main Street and require three-day weekend closures to swap out old bridges for new ones.

Burdock busters



CYNTHIA DWYER PHOTO

Volunteer members of the Sustainable Living Ottawa East (SLOE) group have helped for many years with weeding invasive species along the Rideau River in our neighbourhood. This group was working recently on burdock, ragweed and buckthorn. Pictured here from left to right are volunteers: Karen Gravelle, Phyllis Odenbach Sutton, Paul Churcher and Ian McRae. If you would like to volunteer by joining the weeding brigade please email sloe@ottawaeast.ca.

WORKING FOR YOU



Canada Pension Plan (CPP)
Old Age Security (OAS)
Passport Canada
Employment Insurance Benefits (EI)
Citizenship and Immigration
Canada Student loans (CSL)
Canada Revenue Agency (CRA)
Guaranteed Income Supplement (GIS)
Veterans Affairs
Greeting for special birthdays
anniversaries
Acquiring Canadian flags and pins

Catherine McKenna, MP Ottawa Centre
107 Catherine Street, Ottawa, ON K2P 0P4
613.946.8682 | Catherine.McKenna@parl.gc.ca
CatherineMcKennaMP.ca



/McKenna.Ottawa



@CathMcKenna



@CathMcKennaOttCer

Bugged?

*Have you got a concern you need to get off your chest?
Send a Letter to the Editor - otherwise we'll never know what's on your mind!*

200 WORDS OR LESS | editor@mainstreeter.ca

CANADA'S ONLY OATMEAL CAFE




FASHIONABLE OATMEAL

Open 365 days a year 7am-4pm

1154 BANK STREET @ GLEN



A scotch lounge in your neighbourhood. *Neat.*

54 single malts, Scotch Cocktails,
Wine, Beer, Cider & Prosecco and *Small plates*
Evenings @ Oat Couture Oatmeal Cafe
Wednesday - Saturday 5pm - late

CANADA'S ONLY SINGLE MALT LOUNGE

MY GIFT TO YOU

Contact Judy to receive your
2020 Ottawa Desk Calendar



Judy Faulkner

Owner / Broker of Record

613.231.4663

Judy@HomesInOttawa.com




THE ORGANIC SALON
by LUCAS NAULT

Welcome
MASTER STYLIST
Paul B.
EXPERT IN
CUT & COLOR

WWW.LUCASNAULT.COM 613 518 1351

Have a story for
The Mainstreeter?

CONTACT: LORNE ABUGOV editor@mainstreeter.ca

FLORA HALL
BREWING

**A SHORT
WALK
TO YOUR SECOND
HOME**

CENTRETOWN'S
NEIGHBOURHOOD
BREWERY & KITCHEN

37 FLORA AT BANK

FLORAHALLBREWING.CA

BUSINESS BEAT

The novelty and hype of Zero Waste

Nu Grocery founders pioneer the 5R's of reducing waste as new Main Street location launches

QUINN ABUGOV

With winter weather upon us and the calendar heading towards Christmas and New Years, it's time to reflect on the banner year of commercial retail openings in Old Ottawa East. The neighbourhood now boasts a number of new businesses, a few of them having been profiled in this Business Beat column, that have added to the small but growing, diverse mosaic of commerce dotting the Main Street corridor.

Nu Grocery, a grocery store that adheres to the Zero Waste lifestyle pioneered by French-American author, Beatrice Johnson, recently opened up its second Ottawa location at the Corners on Main development.

The first location was opened in Hintonburg, in 2017, by local entrepreneurs and keen advocates of the Zero Waste lifestyle, Valerie Leloup and Sia Veeramani. The concept of Nu Grocery - which pioneers a waste-free business model by which customers bring their own re-usable packaging to mitigate waste - proved so successful, that it spawned a sister location in Old Ottawa East (OOE).

The OOE outlet is a well-lit, spacious

store-front with an open concept that boasts a variety of self-serve, bulk food items. The store officially opened on October 19th, ushered in by a boisterous crowd, and speeches made by local MPP Joel Harden and City Councillor Jeff Leiper.

The concept of Nu Grocery - which sells everything from fresh produce to common household items, to plant-based meat alternatives and cheeses - fits well with forward thinking and progressive businesses already established in the community. This fact was not lost on co-owner Leloup, who strongly believed that Main Street was the perfect location for her and Veeramani's first expansion.

"We were looking for an urban location, one that has really good biking and public infrastructure in place. The area has become very pedestrian friendly and that was very attractive to us." Like-minded businesses, such as the Green Door, Singing Pebble and 3 Trees, have effectively turned Main Street into a mini "Eco-hub", and that trend will continue with the addition of Nu Grocery. The new store will also provide the neighbourhood with a convenient, "close to home" alternative to the larger, chain grocery stores at Pretoria Bridge and Billings



QUINN ABUGOV PHOTOS

Bridge.

When asked how she established her novel business, Leloup says it was born partly from her frustration with conventional grocery stores whose models don't take the environment into account. "I used to have to shop at five different grocery stores around Ottawa in order to shop sustainably, so I decided to start my own store for people like me."

Leloup, an Environmental Science major herself, became enamoured with the Zero Waste lifestyle after reading Beatrice Johnson's book, "Zero Waste". "I learned that instead of the 3 R's that we are taught as children, the reality is there are 5 R's to reducing our waste; 1) Refuse, 2) Reduce, 3) Re-use, 4) Recycling and 5) Raw" says Leloup. "Recycling plastic is not a solution to a problem, therefore it's quite low on the list."

After meeting Johnson at a speaking engagement in Ottawa, the author put her in touch with Veeramani, another "Zero

Waster" and, as Leloup puts it, "they created a perfect partnership." And thanks to this partnership, OOE is beginning to experience the novelty and the hype of the Zero Waste lifestyle.



Sandy Hill Community Health Centre shutter Main Street office

CLARE SUNDERLAND

For the past 14 years, the Sandy Hill Community Health Centre (SHCHC) has operated a satellite office on Main Street, at the corner of Lees Avenue. This office closed its doors effective December 1st, with the Community Development staff relocating to a new office at 430 Wiggins Private in the Strathcona Heights neighbourhood of Sandy Hill.

Over the years, the Main Street satellite

office has run initiatives such as the Good Food Box Program, a monthly affordable food option, and Income Tax Clinics. It has also partnered with the Community Activities Group in Old Ottawa East (OOE) to offer recreation programs and special events such as the Learn to Skate Program for newcomers to Canada and the Springhurst Park Movie Nights.

The Mainstreeter asked SHCHC staff:

Why close now? In response, Project Coordinator Chris Osler explained that the context in which SHCHC operates has fundamentally changed. Under recent legislative reforms instituted by the new provincial government, notably, the Connecting Care Act, 2019, public funding will flow to Ontario Health Teams (OHTs) required to provide "appropriate, coordinated, effective and efficient services". SHCHC is now partnering with 60 other organizations across Ottawa in a bid to become an OHT.

SHCHC Executive Director David Gibson told The Mainstreeter that the organization is able to operate more efficiently and have a greater impact in

Strathcona Heights, a community which has been identified as having significant barriers to accessing services. The Main Street satellite office was costly to run, whereas the new space on Wiggins Private is being provided rent free to SHCHC; money saved will go directly into community programming. By contrast, the OOE office was mainly an administrative space, not a programming hub.

Although SHCHC will no longer have a physical space in Old Ottawa East, the Community Development team will continue to be involved with neighbourhood initiatives in our community.

OLD OTTAWA EAST CHURCHES...



People of all ages and many ethnicities attend Canadian Martyrs and the six other community churches in Old Ottawa East.

This holiday season...

Our community's Churches are doing well - and good!

JOHN DANCE

The churches of Old Ottawa East (OOE) have always been an important part of the community and residents' lives and, despite society's increasing secularization and internet distractions, our community churches continue to flourish as the ringing bells of Sagrada Familia on Glenora Street remind us every day.

All of the established churches have strong and active congregations. The only deconsecrated church in OOE is the building at the northeast corner of Main Street and Echo Drive. It's become the sales office for a new condominium, but it hadn't served as a church for some time. Its first congregation moved to the new and larger Anglican Church of the Ascension on Echo Drive a full century ago.

And in 2013, after Wesley United Church at the corner of Graham Avenue and Main shut down, the Ottawa Chinese Bible Church (OCBC) bought the building, both saving a lovely structure from new development and bringing to OOE a vibrant new congregation.

Similarly, back in 1981, the Peace Latvian Evangelical Lutheran Church bought the building originally housing the Canadian Martyrs Roman Catholic Church and have made it their home ever since. And in 2014, the city's Spanish parish of the Roman Catholic Church took over Ste. Famille on Glenora to create Sagrada Familia.

Why successful?

The priests, pastors and ministers of OOE churches stress the importance of their churches and Christianity to their members. All speak of the "welcoming" nature of their churches.

Father Timothy Coonen, who became pastor at Canadian Martyrs about two years ago after serving a dozen years in a national administrative position, originally joined the church 14 years ago after attending services at a number of churches and finding Canadian Martyrs to be the most welcoming. "I've often described this parish to friends as being like a small Northern church in the middle of the city," he says.

The welcoming nature of the churches is evident in the great variety of congregants' ethnicities.

And Father Coonen's peers also note that the locations of their churches make it relatively easy to drive or take the LRT, regardless of where they live. And several churches have gained members as new congregants moved into Corners on Main and Greystone Village. Students from Saint Paul University, Carleton University and the University of Ottawa also find the churches of OOE convenient.

"We've got all of the advantages of a downtown church without the disadvantages," Father Coonen says.

Another factor that contributes to the health of the churches is that they are of modest size compared to their downtown counterparts, so that services remain intimate and the maintenance of the buildings doesn't become impossible.

And most of the churches have halls and kitchens that allow for a variety of social functions including after-church gatherings.

In terms of maintenance, a strong volunteer base keeps the churches looking good with such features as the flower garden of Calvary Baptist Church at the corner of Main and Evelyn Avenue. And the occasional bequest allows the churches to make major new improvements like the new windows and wall repairs at Ascension.

Although the proportion of OOE residents who attend church has declined, many from elsewhere are attending local services. For example, Sagrada Familia has members from Gatineau. And with the closure of churches throughout the city, like Old Ottawa South's St Margaret

Mary, their congregants look for a similar church that is relatively convenient. As noted by Father Coonen, "the days of a parish's geographic boundaries are largely gone."

Importance to community

The local churches have reached out to be part of the surrounding community. For instance, Ascension hosts the annual general meeting of the community association, a jazz/chamber ensemble concert series, an annual pancake supper and an Italian night. A number of the churches have Christmas concerts and all welcome visitors throughout the year.

"The architecture of the churches also constitutes an important part of the built neighbourhood and the charm of our community," remarked Reverend Waters



Elder Peter Brauns notes how the Peace Latvian Evangelical Lutheran Church on Main Street serves as Ottawa's Latvian community centre as well as being a place of worship.

...AN IN DEPTH REPORT

at the recent community annual general meeting.

When the OCBC renovated the Wesley church, a new hall area was added to the south side with large windows welcoming people into the church and emphasizing the openness of the church. Ascension's recent renovations included the replacement of some of the plain stained glass windows with clear glass which has the effect of making the church much brighter and seemingly bringing the outdoors into the church.

The OCBC, the Latvian Lutheran church and Sagrada Familia all provide a hub for their specific cultures and languages. At a recent service of the Latvian Lutheran church, an informal gathering followed attended by the Latvian ambassador to Canada and a number of members of the Montreal Latvian community.

Every day the bells of Sagrada Familia ring out at noon and 6:00 pm, providing a moment of pause and reflection for residents.

The future

People of all ages attend OOE churches. At all of them, the strong presence of young children, both during the services and in "after-church" gatherings, shows that there is a solid basis for the future of the churches.

"I don't think secularism has offered hope - the message of Jesus does," says Kenny Wallace, associate pastor at Calvary Baptist. "We have a lot of people who love the church and love to help."

"It's challenging to maintain the church and have a service every week," says Peter Brauns, who worked hard almost 40 years ago to establish the Peace Latvian Lutheran church at the corner of Main and Lees Avenue and has been attending the church ever since. But, as he said that, people of all ages and from all over Ottawa and beyond enjoyed themselves at the post-service gathering in what has become the informal community centre for Ottawans with Latvian heritage.

Over the last hundred years, OOE churches have evolved and adapted in terms of their buildings, particular denominations and their congregations but they remain a key part of the lives of many and of the community's spiritual, social and architectural fabric.



JOHN DANCE PHOTOS

Top photo: Canadian Martyrs and other OOE churches have beautiful interiors, many with large windows welcoming people and natural light. Below left photo: The Reverend Rhonda Waters says The Church of the Ascension provides a sense of rootedness and is very progressive and active. Below right photo: Associate Pastor Kenny Wallace says people from all over the city come to Calvary Baptist Church.



Most Old Ottawa East churches have informative websites (see the following list) which you can access to find service times and contacts:

1. Church of the Ascension (Anglican)
253 Echo Drive
613 236-3958
churchoftheascension.ca

2. Calvary Baptist Church
107 Main Street
613 233-7213
calvarybaptistchurch.ca

3. Canadian Martyrs Parish (Roman Catholic)
100 Main Street
613 232-5347
canadianmartyrs.org

4. Metcalfe Street Church (reformed, baptistic, and evangelical)
Meets at Old Town Hall
61 Main Street
613 700-5629
metcalfestreetchurch.ca

5. Ottawa Chinese Bible Church (Evangelical Free Church of Canada)
31 Graham Ave
613 722-5252
ocbconline.ca

6. Peace Latvian Evangelical Lutheran Church
83 Main Street
613 230-4085

7. Sagrada Familia (Spanish - Roman Catholic)
152 Glenora Avenue
613 569-0449
sagradafamilia.ca



Have Yourself A Jazzy Little Christmas

John Dapaah & Friends December 21 at 7pm

Yuletide gospel and jazz from Chestnuts to Charlie Brown. Tickets \$20/adult, available online at Eventbrite or at the door.

ASCENSION CONCERTS

253 Echo Drive | 613-236-3958 | dapaah.eventbrite.ca

SALES CENTRE NOW OPEN!



GREYSTONE VILLAGE
RETIREMENT

Contact us today to arrange your private visit of our Sales Centre
Reserve your suite early to qualify for one of our great move-in incentives

613-234-2000 ~ info@greystoneretirement.ca

Get noticed.

FOR COST-EFFECTIVE ADVERTISING,
CONTACT: CYNTHIA DWYER |
advertising@mainstreeter.ca

DECEMBER 24, 4PM & 6PM

A Neighbourly Christmas

414 Pleasant Park Rd.



Ottawa Chinese Bible Church
english congregation



southeast
city church

Peter
Fowler's
Travel
Focus

SEATTLE, WASHINGTON

A recent email from Old Ottawa East resident Evelyn Tan brought with it several delightful photos that she has taken on some of her travels. Our favourite was this photo of a curious toddler with an adventurous spirit who took her own path to communing with nature, and more specifically with the Humboldt penguins at the Woodland Park Zoo in Seattle.

Not only is the photo a charming addition to our growing portfolio of the works of Old Ottawa East residents, it also fans our own curiosity about the sustainability initiatives taking place at this ground-breaking zoo. If you want to read more about the Humboldt penguin exhibit at Woodland Park Zoo please visit: <https://www.zoo.org/document.doc?id=151>.

EVELYN TAN: The Humboldt penguin exhibit at the Woodland Park Zoo in Seattle, Washington is the world's first sustainable penguin exhibit. It uses geothermal warming and cooling of water as well as eco-friendly water filtering systems.

As in many other zoos, penguins are a huge attraction for children. The day I visited this zoo, most of the children were content to watch the penguins on land, but this adventurous toddler wandered over to another section, climbed to the ledge all by herself and waited patiently for a penguin to swim by. She demonstrated the curiosity and tenacity attributed to scientists. She could have been a budding Diane Fossey, a Jane Goodall or a Rachel Carson.

I used my iPhone 5 to take this photo. The photos that give me the greatest pleasure are ones that I take without too much planning. This photo works for a number of reasons. First of all, little kids are naturally endearing. In addition, the dark rock frames the watery greens and blues, and the various levels of light in the interior provide textural contrast and depth. The small stature of the girl, and the colours and patterns and folds of her clothing lend a softness to the picture.

We strive at The Mainstreeter to engage our readers, and so we greatly appreciate when our readers engage us in return. Since we began publishing the favourite photos taken by our readers we have received numerous submissions from residents whose experience in photography ranges from professional grade right through to snap-happy amateur shutterbugs. Please continue to send us your favourite travel photos to editor@mainstreeter.ca, along with up to 200 words describing the image, why it is special for you and the circumstances around how it came to be taken. If we like it, you'll find it in this very spot in a future issue of The Mainstreeter.



Springhurst toxic soil meeting

Continued from Page 13

place passive methane venting system was installed on Brunswick Street during the remediation work conducted in 1997 when the lands were purchased by the Regional Municipality of Ottawa-Carleton for future construction of the Alta Vista Transportation Corridor (AVTC).

In response to a question about the soil contamination study results and its potential impacts on any plans the

City might have to resurrect the AVTC project, the City experts acknowledged that extensive further contamination testing and mitigation efforts would be required, along with public consultation, before any plan of that magnitude could proceed. Robinson and Tate drew parallels to the construction work undertaken on the recently completed Alta Vista Hospital Link project, a two-lane road and transit link connecting Riverside Drive and the Transitway to the Ottawa Hospital Ring Road. That construction cut through contaminated land that was formerly part of the City's main garbage dump in the 1940s and early 1950s, but with the building of Riverside Drive, the land was covered with new soil and landscaped into a park, similar to what was done with Springhurst Park.



This 1931 aerial photograph shows the extent of the former Lees Avenue landfill site.

CITY OF OTTAWA

THE
RIVER

TERRACES II

AT GREYSTONE

SAVOUR LIFE IN AN AWARD-WINNING COMMUNITY



Welcome to The River Terraces II

An elegant boutique condominium nestled between the Rideau River and Rideau Canal in the heart of Greystone Village – the only project in Ontario to be awarded LEED® ND v4 SILVER certification for the highest standards of sustainable building and development.

The River Terraces II is surrounded by nature, with lush landscaping, wide tree-lined allées, and walking and biking paths at your doorstep. Choose from a wide range of modern Energy Star® suite designs and fine finishes.

CONDOMINIUMS
FROM
THE HIGH **\$400's**

Suites from 300 to 2,000 sq. ft.



223 MAIN STREET

613.569.3043

Learn more at greystonevillage.ca

Prices and specifications are subject to change without prior notice. Renderings are artist's concept. E. & O.E.

GREYSTONE
VILLAGE

eQ
HOMES

OUR NEIGHBOURS

Globetrotting musical ambassador loves what OOE has to offer



BONNIE WEPPLER PHOTO

Claire Marshall

BONNIE WEPPLER

Music and travel: These two topics come up over and over again when speaking with Claire Marshall. “Music is deep in my heart,” she says.

Many in Marshall’s extended family are musical and she has found music to be an entry into different communities as well as a reliever of stress.

“For me, music is simply a joy. It is so

important to me.”

Recently, Marshall completed five years as OrKidstra’s Board Chair (see article on page XX of this issue). She now serves as Past Chair.

In 2018, she travelled to Latvia to participate in the Latvian Song and Dance Festival; the chorale part of the festival comprised 17,000 choristers from around the world! Although Marshall is in two choirs, she wasn’t a Festival chorister. Instead, she, along with 30,000 other audience members, participated in the audience sing-along.

“It was a life-changing experience and it brought so many people together.”

As the daughter of British diplomats, Marshall is extremely well-travelled. Following in her parents’ footsteps, she was seconded to the Canadian Trade Commissioner Service for a posting in South Asia and served in several positions in other federal departments.

“I have lived all over the world. I was born in Britain and my family moved to Canada when I was four years old. Ten years later, my parents were posted to India while I went to boarding school in Britain. My parents were then posted to Australia while I chose a university with an international reputation: McGill University.”

Marshall won’t name her favourite country. “There are still so many countries to explore. Maybe one of them will be my favourite!”

She was a founding Vice President of the Institute on Governance. With

knowledge of public sector reform, cabinet decision making and policy development, Marshall travelled a lot as there was international interest in changing structures and systems around the world. She helped by sharing Canada’s culture, traditions and experiences in these areas.

In addition to her volunteer work with OrKidstra, Marshall also volunteers with Volunteer Ottawa where she has designed various workshops and led training geared primarily to new Canadians and seniors. She is also a part of the Speakers’ Bureau for the United Way of Eastern Ontario.

For the past 17 years, Marshall has lived in Old Ottawa East. She loves the proximity of the other nearby neighbourhoods and what they have to offer. The opening of both the Adawe Bridge and the Flora Footbridge have made her travels around the city by bike so much easier!

“I have to give a big shout out to Cycos bike shop. They have been so helpful and generous to me over the years. I was very sorry when I learned that their business will be expropriated for the bridge reconstruction.”

In her spare time, Marshall sings with The Canadian Centennial Choir and CAMMAC, attends musical events at Dominion Chalmers and enjoys the Lansdowne Market.

“I’ve gone to choral rehearsals every week for some 40 years! Choral singing is most definitely my favourite pastime.”

Just Voices choir stages winter solstice concert

KEITH SHACKLETON

Among Ottawa’s many choirs, the Just Voices choir is unique.

Like other choirs, Just Voices offers fellowship and the joy of singing together. But the purpose of this Ottawa choir, founded in 2004, is also to showcase and support social and environmental justice, equality and inclusion.

The name Just Voices refers to that concern with justice – although it’s also true that the choir sings many songs without accompaniment. Their musical offerings include the handclapping, foot-stomping songs that come from South Africa, South America and other parts of the world that have inspired hymns of freedom and struggle.

The choir’s repertoire of songs is eclectic – songs performed in all styles and drawn from many parts of the world. Just Voices have adapted well-known tunes with original words about sustainability, the joys of biking, or the threat of climate change. Recent concerts have featured spirituals, folk tunes, and songs by Joni Mitchell, Neil Young, Oscar Peterson and Garth Brooks, as

well as Hymne à la beauté du monde by Quebec artist Luc Plamondon.

The 25 members of Just Voices come from across Ottawa, mostly central areas, including several from Old Ottawa East. Some members have sung in the choir for 10 to 15 years, but new members join every year, are welcome at all levels of ability, and do not need to know how to sight read. Instead of an audition, anyone interested is invited to drop in at a weekly practice and see what it’s like. The choir meets on Wednesday evenings from 7pm to 9pm at the Bronson Centre, from September to mid-December, and from January to mid-June. Each session ends with a winter or summer solstice concert.

The choir is rehearsing now for Just Voices’ 15th annual winter solstice concert on Friday, December 13 from 7:00 pm to 9:00 pm at the Church of the Ascension. The choir will welcome special guest artist Doreen Stevens, an Algonquin artist and singer-songwriter from Kitiganzibi, Quebec.

In addition to the seasonal solstice concerts, the choir performs at various events supporting social

and environmental causes. These have included the climate march on Parliament Hill; Gil’s Hootenanny, an annual May 1 workers’ celebration; the Women’s March; the Riversong concert at Westboro Beach, highlighting nuclear waste concerns on the Ottawa River; and recent appearances at an Odawa Native Friendship Centre fundraiser and the Interfaith Housing conference.

“I love the sense of community we have, both among choir members, and our connection to many community groups that work to make life better,” says Diane Ziegler, an active choir member and Old Ottawa East resident.

“Our weekly rehearsals are something we really look forward to. There’s the joy of singing beautiful songs in harmony with the other choir members – many of whom have become close friends,” says Ella Heyder. “We laugh a lot and often get up to dance, especially when singing African songs like Ke Arona (from the struggle against apartheid). It’s also really rewarding to sing at environmental and social justice events to lend our voices to the cause.”

The choir has a grown over the years,

says long-term member Rob Ryan, but has also kept continuity. “The people have changed, and we don’t sing as many songs about cycling as we used to. But the commitment remains the same to singing songs from all over the world that support and encourage many social justice, environmental and peace movements. I appreciate the enthusiasm, the love of singing and the sense of humour of the choir members.”

Just Voices’ current choir director, Jean Winter, has over 30 years’ experience as a high school music educator and in using music and art to help people explore their sense of self. She believes in the power of song to transform ourselves and the world.



Doors open for the December 13th winter solstice concert at 6:30pm at the Church of the Ascension at 253 Echo Drive. The sliding-scale admission is \$5 to \$15, and proceeds will support the Odawa Native Friendship Centre’s 510 Rideau Drop-in Centre. To find out more about Just Voices, visit justvoices.ca.

ART BEAT

A finger on the pulse of the arts in OOE



**TANIS
BROWNING-
SHELP**

TANIS@BROWNING-SHELP.COM

OOE ARTIST FEATURE: ORKIDSTRA

OrKidstra empowers kids and builds community through the universal language of music. It celebrated its twelve-year anniversary on October 22. Founded by Tina Fedeski, Gary McMillen, and Margaret Maria Tobolowska, OrKidstra began its work in one room at the Bronson Centre where 48 kids applied for its 27 available spaces. Now they work with more than 875 Ottawa kids.

With the approach of the holiday season and two big OrKidstra concerts just around the corner (see box), I sat down with the organization's Past Chair, current Board Member, and OOE resident Claire Marshall to talk about how OrKidstra works.

"Tina always says that music allowed her to be on equal footing with everyone," Marshall says. "This was the 'seed thought' that led to the creation of OrKidstra."

Inspired by the El Sistema musical education program, which originated in Venezuela almost 45 years ago, OrKidstra uses music to open doors for children and what they can achieve. "Kids in the program become self-aware and learn teamwork, commitment, patience, and respect," Marshall explains. "This ripples into families, schools, and communities."

Gustavo Dudamel, the Music Director of the Los Angeles Philharmonic, is a product of the El Sistema system where he took up the violin at age 10. "Tina, Gary, and Margaret were the first to figure out how to make the El Sistema program work outside of South America. Now at least 15 such programs exist in Canada and it has spread to 65 countries world-wide."

OrKidstra currently works in two Ottawa hubs—in Centretown, where they serve 175 students; and in Vanier, where they serve 125. Instruments are donated, teachers are paid, and the children attend for free. They work on an honour system where families who can afford to contribute to the costs of

the program do. There are no auditions, but when kids register, they make a two-year commitment. "The bar is set really high in terms of the work required, their behavior, and punctuality and the kids rise every time," Marshall says. "Students stay in the program right through to the end of high school."

The remaining 575 OrKidstra students get their training in elementary schools in underserved areas as identified by the City of Ottawa through Kiddlywinks, a high-energy music and movement program for grades one and two students. "Students get to dance, sing, and play the glockenspiels," Marshall says. "They have fun and they develop listening skills and self-restraint."

OrKidstra's teaching artists are musicians and music educators who are passionate about OrKidstra's social mission of success through music. OrKidstra teacher Venessa Lachance helps schoolteachers working with students with special needs. "I remember Venessa telling me about a little girl who had no concept of following instruction in school," Marshall says. "After just one class with Venessa, the girl's teacher went back into the classroom and sang an instruction to her. She followed it immediately!"

Marshall once took a friend to an OrKidstra concert where a teacher was visibly working to keep a young girl contained during the performance. Marshall knew the girl to be on the autism spectrum. Her friend remarked that the girl was a "handful." Eight months later, at the group's next concert, Marshall's friend asked whatever happened with that student. "She's right there in the middle, I told her, pointing to a young chorister focused on her performance," Marshall exclaims.

OrKidstra students are often newcomers to Canada. When they first arrive in Ottawa, they often speak neither English nor French. "We serve kids from 62 different linguistic and ethnic backgrounds," Marshall says. "Music gives them a voice. I remember a 12-year-old student named Shan, whose family fled violence in Somalia, telling me that when she's feeling down, sad, or angry, she grabs her cello and 'plays it out!'"

Ariella is a grade nine student at Immaculata high school. She has been an OrKidstra student for almost five years. Currently, she plays violin in the Senior B orchestra. "OrKidstra is more than just a place where we learn how to sing and play instruments," she explains. "It's a warm and welcoming place where we can relieve stress, talk to people, and learn how to grow and mature."

One of the highlights of Ariella's OrKidstra experience so far was the



FEI WU PHOTO

Longtime OrKidstra member and Immaculata high school student Ariella performing on violin.

time when she sang and played violin on Parliament Hill for We Day. "We sang O Canada and two other pieces, and then we got to meet Prime Minister Trudeau! He came into our gazebo tent and took pictures with us. He was very warm. We got to hold his hand and we had a nice conversation."

Ariella says she practices violin at least one hour a day as well as attending orchestra rehearsals. At Immaculata, she is a good student who plays basketball and plays flute in the high school band. Beyond high school, she hopes to study something in the medical field.

Teachers say that OrKidstra helps students with numeracy, literacy, hand/eye coordination, resilience, communication, persistence, and confidence. "All of that feeds what they need to excel in school and in life," Marshall says. "So far, 100 percent of our students go on to pursue post-secondary education—many on scholarships—and they don't just study music, but medicine, business, international law, neuroscience, and travel management. They know they can take on a challenge!"

OrKidstra groups have performed more than 50 concerts for special events like the Viennese Winter Ball, the Junos, Remembrance Day, and International Conferences at venues like Rideau Hall, the NAC, and Parliament Hill. Their performances are a small revenue stream. OrKidstra Ambassadors include Angela Hewitt, Alexander Shelley, and Kellylee Evans.

OrKidstra's strategic plan includes opening a third hub in 2020 and serving five total hubs by 2032. Check out their website at <https://orkidstra.ca> to learn more about their programs, make a

donation, and hear students' own words/performances. Better yet, come see them perform live!



Author Tanis Browning-Shelp (<http://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.

OrKidstra's Holiday Concerts: Free, Fun, and Family-Friendly!

- **Vanier Hub Holiday Concert:** Wednesday, December 11, from 6:00 pm – 7:00 pm at the Rideau Community Centre, 815 St. Laurent Boulevard. (Lots of free parking beside the building.)
- **Centretown Holiday Concert:** Wednesday, December 18, from 6:30 pm – 8:00 pm at the Carleton Dominion Chalmers Centre on O'Connor Street at Lisgar Street. (Street and private lot parking, and the number 14 bus from the Rideau Centre stops at the door.)

There are no tickets for the concerts, but donations are always appreciated.

BOOK REVIEW

The Wild Life:

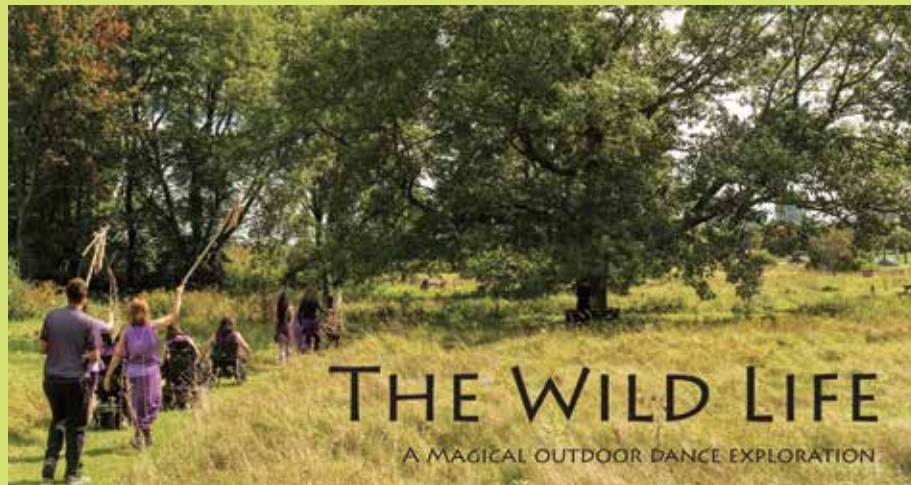
A photo book that dances magically on every page

TANIS BROWNING-SHELP

*We curved a path with our bodies
Rolling the earth with our chairs
Rubbing the scent of grass into
ourselves...*

The Wild Life is the name of an extraordinary dance performance

created by Renata Soutter, in collaboration with Liz Winkelaar, Sioned Watkins, and the Propeller Dancers, that took place outdoors in 2017 at the Canadensis Sculpture Garden with live original music by Jesse Stewart and a travelling audience.



It is also the name of a new book by Jake Morrison that captures the performance in photographic form and is now available for purchase as a fundraiser for Propeller Dance, a contemporary integrated dance company. Propeller Dance is for people with and without disabilities. They have both a professional company and recreational programs, and are renowned for defying traditional notions in the dance world.

The book, like the performance itself, is presented in four parts or “journeys” — to The Frame, to The Oak, to The Field, and to The Wings. Photographs by Jake Morrison and Andrew Alexander document the dance exploration in the wild urban space with its vistas of fields punctuated by sculptures. The performance was made possible thanks to a prestigious Canada Council for the Arts New Chapter Grant for a large-scale artistic exploration.

Artistic Co-Director and choreographer Soutter writes about artists longing for light and air and exposing her dancers to the new challenges of an outdoor venue... exploring what was possible by taking the harder path. The performance piece

was inspired by the garden’s setting and choreographed around sculptures by Marc Walter, Claude Latour, Peter Kolisnyk, and Patrick Thibert. Soutter is now looking ahead to creating a four-season version of the performance.

Soutter poses the following questions in the book: What makes art compelling and meaningful? What art needs to be said and seen? What art transforms and celebrates our human diversity? She describes the book as the answer to these questions, but also as a labour of love.

Propeller Dance is now gearing up to perform at DanceWorks in Toronto (March 14-15, 2020), a Mainstage Series of events showcasing the beauty of people of all diversities.



The Wild Life is available for \$25 at Singing Pebble Books; through Jake Morrison (Jake@withflare.ca); and on the Propeller Dance website (https://propellerdance.com/dance-company/the-wild-life/). Proceeds from the sale of the book go to Propeller Dance.

The Green Door Restaurant Exhibitions

Arctic Dreams: the photographs of J.A. Lamont



Iceberg and flying ravens, 2019, 27" by 40" pigment print.

From Tuesday, December 3 through to Sunday, March 1, check out feature artist J.A. Lamont and his show entitled “Arctic Dreams,” inspired by author Barry Lopez and his environmental concerns. Lopez notes that the Arctic is “terribly vulnerable” to global climate change.

Lamont is a photographer and custom photographic printmaker who founded *PeregrinePrints* in 2003, a company dedicated to working with photographers

to make fine art quality prints at affordable prices.

He has been teaching intermediate and advanced photographic printmaking with the School of the Photographic Arts: Ottawa since 2007, and taught a variety of courses with Henry’s from 2004 until 2018. Prints of his images are in private and corporate collections across North America and Australia. Many environmental organizations have



Polar Bear, 2018, 25" by 40" pigment print.

used his images and prints in publicity campaigns and as gifts. The Canadian government has purchased dozens of his images as large prints for display in embassies and consulates around the world.

According to Lamont, his primary photographic interest is the rediscovery of the sublime in the context of global climate change.

The Green Door restaurant has engaged photographer/publisher Jake Morrison for a year, from September 2019, to curate photography for the walls in the restaurant’s north room. A new show will go up every three months. More of J.A. Lamont’s images can be viewed on his website (https://www.jalamont.ca/arctic-dreams#1).



INSPIRED DESIGN,
BREATHTAKING RESULTS

OVER
25 YEARS
OF SUCCESS!

Proud to be an Award
winning design-
build firm!

OUR NEWEST PROJECTS



REVELSTOKE:
TRUSTED TO BUILD
YOUR CUSTOM HOME
OR RENOVATION



209 Pretoria Ave.,
Ottawa, ON K1S 1X1
service@myrevelstokehome.com

T 613.234.5571
F 613.236.6661



myrevelstokehome.com

WHAT'S ON YOUR PLATE?

New local farm collective brings the best of its produce to your table

JOSÉE MADÉIA

This past Fall, six small ecological farms from the Ottawa-Gatineau region joined forces to launch a new initiative to connect urban eaters with more local food. The new growers' collective, named Aliments Farmhouse Food, includes the following local farms: Beetbox Farm, Bluegrass Farm, Grazing Days, Juniper Farm, Milkhouse Farm & Dairy, and Rooted Oak Farm (See The Who's Who sidebar to the right).

Among the specialties of the six participating local farms are a large variety of certified organic produce and ethically raised meats & local cheeses, according to the collective's website.

When asked where the idea for this collective came from, Leela Ramachandran of Bluegrass Farm explained that "collective marketing of products from many local farms makes life easier for both producers and consumers. I know that people buying our salad greens will also be looking for local cheeses, ferments, vegetables and meats. I'm happy to make all of these available for my customers, and to share the administrative workload of the sales with other local farmers."

The group will market a Harvest Box of mixed produce, highlighting the best from each of the six local farms. While the local food landscape today is peppered with food boxes, according to David Mazur-Goulet of BeetBox Farm, what sets Farmhouse Food's Harvest Box apart from others is that "We are truly farm-to-table: the farmers growing your food also run the collective, manage production and sales, and bring the food to you in person. Everything in the box is grown within 100 kilometres of Ottawa-Gatineau, adheres to rigorous ecological and ethical standards, and is source-

identified for transparency."

The Collective, which will have ongoing local food offerings for the Ottawa-Gatineau community, delivered its first Harvest Box, which contained meat, cheese, produce and value-added items to a central pick-up event held at Dominion City Brewing. Distribution events are now being planned for 2020, and interested individuals and families are encouraged to visit the group's website and sign up for the email distribution list to stay informed of dates, locations and times for centralized delivery.

The Who's Who

Here is a line-up of each of the six participating local farms that form the Aliments Farmhouse Foods collective:

- **BeetBox Co-op Farm** (Ottawa) is a radishing, urban vegetable farm serving West Ottawa and growing out of the greenbelt in Nepean. This worker-owned co-operative provides certified organic fresh and high-quality produce.
- **Bluegrass Farm** (Jasper, ON) is a certified organic family farm near Smiths Falls. By growing in an innovative system of heated greenhouses, the farm helps to supply this region with fresh local greens and other produce nearly year-round.
- **Grazing Days** (St-André-Avellin, QC) is a small family farm committed to ecological and ethical animal husbandry. Grazing Days sells quality grass-fed beef, pastured pork and pastured chicken by direct delivery in the Ottawa-Gatineau region as well

as in Montreal.

- **Juniper Farm** (Wakefield, QC QC) is a biodynamic and certified organic vegetable farm that has supplied many individuals, restaurants and retailers from Wakefield down to Ottawa since 2006.
- **Milkhouse Farm & Dairy** (Smith Falls, ON), established in 2010, is a husband-and-wife team producing raw sheep's milk cheeses, pasture raised lamb, & all natural wool products.
- **Rooted Oak Farm** (St-André-Avellin, QC) is a certified organic vegetable and flower farm that serves families across Ottawa via farmers' markets. Employing minimal till, Rooted Oak strives to steward the soil with the environment in mind.



Harvest Boxes can be ordered through Aliments Farmhouse Food's website at www.farmhousefood.ca.



The new Aliments Farmhouse Food collective offers farm-to-table certified organic produce grown within 100km of Ottawa-Gatineau, along with ethically raised meats and local cheeses.



MILKHOUSE
FARM & DAIRY

POLITICAL PAGES

PHYLLIS ODENBACH SUTTON PRESIDENT, OLD OTTAWA EAST COMMUNITY ASSOCIATION

INFO@OTTAWAEAST.CA



REFLECTIONS ON THE LAST FOUR YEARS

As I write my last column as the chair of your community association, we are days away from our Annual General Meeting (AGM). And since an article reporting on the AGM is already in this edition of *The Mainstreeter*, I thought I would reflect on the last four years.

I have had the privilege of working with an amazing group of volunteers. I would like to thank this year's retiring members: Mark Seebaran, Federation of Citizens' Associations representative, Tom Deadman and Joan Batucan, board members at large, Heather Jarrett, representative for The Corners on Main and Greystone Village and our secretary, Jocelyn Kearney. We are very lucky to have such a dedicated team, and I am thrilled so many of our current board members sought re-election.

Over my term, I have met many residents of our wonderful community, both newcomers and long-time residents. Sometimes I met people or made new friendships through community activism (Respect Approved Plans) or by responding to concerns of residents (Immaculata sports field). Occasionally the trigger was "minor" variance applications or through hanging out at the park (Springhurst Park Action/Vision Springhurst). Recently, I discovered the zen-like satisfaction of cutting burdock burrs while chatting with other members of Vicki's weed brigade along the river.

Other times, the opportunity to meet residents came by participating in amazing celebrations – the opening of Main Street as a complete street, the OOE sesquicentennial events or the opening of the Flora Footbridge.

Indeed, probably the most gratifying project over the last four years was working on the sesquicentennial Prime Ministers Speakers' Series. What an amazing group of speakers we had! How wonderful it was to have Nick Masciantonio's company record the events for posterity. And how grateful we were when Saint Paul University co-sponsored the events when the Old Town Hall proved to be too small for the crowds. For many people, this was one of their first experiences with our association, and what a

way to meet us.

We had good news in that the Main Street reconstruction did not result in the closure of our key commercial businesses; instead they thrived. And recently we have been able to welcome a number of new retail businesses to Main Street.

We have suffered through numerous traffic disruptions and development projects since I joined the OOECA board. Traffic issues remain, particularly at some intersections, and more construction will be coming as Main Street north/Greenfield Avenue and Hawthorne Avenue are rebuilt.

Sometimes, development has been followed by new art – the mural under the Queensway, the stained-glass panels on Main Street, the new bird mural on the south wall of Singing Pebble Books and the bird lights at the Lees Avenue LRT station. Sadly, new development has also often been marked by a loss in green space and trees.

I have learned that there is strength in working together, both within our community as well as with other communities in Capital Ward and, more broadly, throughout the city. I welcomed the president of the Glebe Community Association (GCA) to one of our board meetings, and I spoke at one of their meetings. We are currently working closely with both the GCA and Old Ottawa South on Lansdowne issues.

And finally, I would like to say a huge thank you to the past president of the board, John Dance, who was always there to answer my questions and support me in any way he could. He prefers to stay out of the limelight and was typically behind the camera instead of in the picture. But he worked long and hard on so many projects, including one that finally came to fruition this year – the Flora Footbridge. Thank you on behalf of all of us!

Have questions? Want to learn more or volunteer to make improvements in the community? Then please consider coming to our regular monthly board meetings, check out the OOECA website at <http://www.ottawaeast.ca/> or contact info@ottawaeast.ca.

SHAWN MENARD COUNCILLOR-ELECT, CAPITAL WARD

SHAWN.MENARD@OTTAWA.CA
SHAWNMENARD.CA



BUSY FALL AT CITY HALL

The sun is going down earlier, the days are getting shorter, but the work at City Hall is just picking up. It will be a busy few months. Here are a few of the big things I'll be working on.

Lansdowne Park

A few weeks ago I was informed of a staff report that was coming to the Finance and Economic Development Committee (FEDCO) about Lansdowne Park. It suggested that we give staff the delegated authority to strike a deal with OSEG giving them control over operations and programming of the public areas of Lansdowne Park.

I could not support this.

A public consultation had been organized by the community associations of Old Ottawa East, Old Ottawa South and the Glebe. When we released the news about the planned change for Lansdowne, the community rallied. Five or six hundred people came out and let the city and OSEG know that they didn't want to see more public space given up.

Community members continued their efforts by writing Councillors and the Mayor, coming out to a rally we hosted before the FEDCO meeting, and then speaking passionately and thoughtfully about what Lansdowne should be. Over 2500 people signed a petition in less than a week.

Thankfully, after much work with city staff, I collaborated with other Councillors on a motion that revised the FEDCO report, removed delegated authority for staff, ensured that public consultation would occur *before* discussions begin with OSEG and provided an option to bring back a 'no deal' outcome. The motion passed at FEDCO and was scheduled to be considered by city council on November 27.

This does not mean this issue will go away. There is a lot of work left to do in the coming months, and there are some who want to see the full commercialization of the public side of Lansdowne.

Budget 2020

I had the opportunity to participate recently in two public consultations about the upcoming city budget. In October, Councillors for the five Ottawa South wards held a consultation, and then in the first week of November, the urban Councillors held a public consultation.

A lot of good ideas were presented. It's clear that residents want a city that enables active, sustainable transportation, fights inequality and strengthens our communities. I will continue to fight for those principles during budget deliberations.

If you haven't had a chance to provide feedback on the budget, please contact my office. Also, you can go to the city website at <https://engage.ottawa.ca/draft-budget-2020>.

Transit Problems

The roll-out of LRT has not gone as we'd hoped. To add to the LRT struggles, we haven't seen the promised improvements to bus service once LRT began. We have been pushing hard on some issues with city staff—working on improving the reliability of the doors; adding carpets and better traction on the stairs to address slipping hazards; and we are getting 40 more buses back on the streets, some of them in Capital Ward to routes 6, 7 and 55.

I've had problems with this deal from the start, signing P3's (public-private partnerships) is not in Ottawa's best interests and costs us transparency, service and is normally worse for our bottom line.

In addition, I called for a fare freeze in 2020. Fares were set to go up on January 1, and that's both unwise and unfair. We can't keep raising fares while service drops, and satisfaction is eroded. I was pleased when the Mayor followed up on this call and announced a 3-month freeze with possible extensions depending on service. We need to hold the line on fares so that we don't push even more people to abandon transit.

POLITICAL PAGES

JOEL HARDEN MPP, OTTAWA CENTRE

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



A GREEN NEW DEAL FOR OTTAWA

October was a whirlwind of activity as federal candidates and campaigns vied for the respect of voters in the 2019 federal election. As you read these words, the outcome is now decided. I am back at Queen's Park as part of Ontario's Official Opposition.

As I prepped for my return, I imagined two scenarios for the Doug Ford government given what I saw in my first year as MPP for Ottawa Centre.

On the one hand, we could see a chastened government. Premier Ford's approval ratings are among the lowest in Canada for any political leader, and cuts to public services are unlikely to change that trajectory.

Or we could see more buck-a-beer-like distractions as attempts to cut and privatize public services proceed apace.

Much as I would rather not, I am inclined to anticipate that scenario. Premier Ford is likely to "double down" on his hubris, and push through an agenda of austerity.

So how will I respond? Put simply, you can expect more community organizing. More monthly events to listen to you, learn from you, and tough questions at Queen's Park on behalf of those hurt by government cuts. You elected me to help organize community resistance to Premier Ford, and I won't waver from that commitment. Our team is ready for this work.

I'm also excited to shift beyond a reactive strategy to the Ford Government. We live in a time of climate crisis and rising inequality, and we need to think big. We must make the case for a bold vision of a fairer, more sustainable Ontario, and harvest our community's ideas.

That's why I hosted a "Green New Deal and Meal" event on November 30 to learn from environmental leaders in Ottawa. We invited folks to bring a snack to share (I brought chili), and to offer their

views on what they think a "Green New Deal" for Ottawa might look like. Here are some of the questions I brought to the event.

How could we massively expand renewable energy in Ottawa? How could we make OC Transpo more affordable for low income users, and more accessible to people with disabilities, seniors, and folks living in suburban and rural areas?

How could we encourage more sustainable practices regarding agriculture, waste, and water usage in our city? How could Ottawa become the active transportation capital of the world for wheelchair users, cyclists, and pedestrians? These and other questions offered fodder for much discussion.

Some will say that thinking big is pointless, and it is better to focus on more "practical" options. To dispute that claim, I would invoke the history of my grandparents' generation, which is fitting to do given that November was a month where we honoured the sacrifices of our veterans.

My grandparents survived the Great Depression, and the rise of fascism in Europe. They sacrificed through those tumultuous times so future generations could enjoy a society of hope, inclusion and opportunity for all.

In many respects, our society's inability to grapple with the existential threat of climate change brings us back full circle. We no longer have the luxury of assuming that piecemeal reform will work and, worldwide, we are seeing voters reject politicians who suggest that strategy.

We are now living in a new age of momentous change, and it's up to us to marshal the ideas and political will appropriate for the challenges we face.

Let's dream big, and start that work together.

CATHERINE MCKENNA,
MP, OTTAWA CENTRE
107 CATHERINE STREET
OTTAWA, ONTARIO, K2P 0P4
TEL: 613-946-8682
FAX: 613-946-8680
MCKENNA.OTTAWA
@CMCKENNAOTTAWA
WWW.CATHERINEMCKENNAMP.CA



THANK YOU, OTTAWA CENTRE

We are moving into the winter here, and as we inch closer to the end of the year, I am truly humbled that the people of Ottawa Centre chose to put their trust in me as their MP once more. And as I take on this new role as Minister of Infrastructure and Communities, I have three main priorities:

1) Working with provinces, territories, cities, and the private sector to get projects built quickly to improve the lives of Canadians.

2) Ensuring that we're looking at all projects through a climate lens, meaning that projects are cleaner and more resilient to climate change.

3) Making smart investments in infrastructure that both stimulate local economies and create good jobs.

I made the decision to run on a local campaign on issues that matter to all of us. I delivered on the local promises that I made in 2015. But I believe that there is a lot more to do to create a more sustainable, prosperous and inclusive Ottawa Centre:

- We need to restore the Prince of Wales Bridge for cyclists and pedestrians.
- We need electric buses in the OC Transpo fleet.
- We need to expand Bayview Yards and make Ottawa a global cleantech hub to create even more good jobs.
- We need to build more affordable housing.
- We need to respect and support our public servants.
- We need to eliminate single use plastics and plant thousands of trees, in Ottawa Centre.

I promised to do all these things and I will work every day to deliver them for you.

We had a very busy and productive summer this year and our summer volunteers provided some amazing assistance during their time in our community office. Moving forward, there are a couple changes to note happening in our community office. Monica Fathallah will take on the role of Office Director and Ashley Gammie will be transitioning to Casework Manager. We are committed to continue working hard for all of you, listening and helping with your concerns.

As I join my colleagues back on Parliament Hill, I will be a voice for all of you in Ottawa Centre and do my best to represent you and continue to work hard for our community.

Phoenix Pay System

Resolving the ongoing public service pay problem is our government's priority. If you have challenges resolving a Phoenix pay issue please contact our office and a member of our team will assist you.

Thank you Ottawa Centre,
Catherine

Note: Our office will be closed December 20, 2019 and we will re-open January 6, 2020.



Tel: (613) 236-5202
 Fax: (613) 236-5206
 223 Echo Drive. Ottawa, ON K1S 1N2

*Come join our Family and experience
 our commitment to taking care of
 both You and your oral health.*

Google
 Reviews ★ ★ ★ ★ ★
www.pbdental.ca

Your Neighbourhood Dentist

Dr. Michael Watkins Dr. Tim Hoeschen
 Dr. Serena Wong Dr. Jessica Gubernat

Why Choose Us?

- Impeccable Reputation • Incredible Patient Care • Invisalign/Itero Scanning • Evening Hours
- One Appointment Crowns • Parking Available • Emergencies Seen The Same Day



**Your neighbourhood
 QUALITY HOME RENOVATIONS
 and restoration specialists**

AWARD WINNING CONTRACTOR –
 RENOVATOR OF THE YEAR

For a comprehensive overview,
 please visit our web site:

www.sandyhill.ca or call

Nathan Gurnham at **(613) 832-1717**



SERVING OTTAWA EAST FOR OVER 20 YEARS



**ZINN RICHARDSON
 CONSTRUCTION
 YOU DREAM IT, WE BUILD IT.**

**Additions Professional spaces Exteriors Bathrooms
 Basements Home Office Kitchens Bedrooms**

VISIT OUR SITE OR CALL NOW!

ZINN-RICHARDSON.COM 613-809-5089

Bloomfields Flowers

BEAUTIFUL LIVING NATURALLY

613-230-6434 | www.bloomfields.ca | 783 Bank St. | 1280 Wellington St. West

BUSINESS DIRECTORY

ROOFING



ROOFING REPAIRS

Andrew, the Roofer
call or text (613) 889-7170
 email: andrewtheroofer6@gmail.com
"Oftentimes, a repair is all you need"

HAIR

Main Hair Cutters

64 Main Street Ottawa

613-565-2772

Kathleen Flinter

COLOUR - STYLES - CUTS

BOOKS



**SINGING
PEBBLE
BOOKS**

Our specialties include: health, psychology, philosophy, parenting, also music, tarot and more.

202A MAIN STREET OTTAWA, ONTARIO, CANADA K1S 1C6
 (613) 230-9165 INFO@SINGINGPEBBLEBOOKS.CA
 WWW.SINGINGPEBBLEBOOKS.CA

AUTO

MIKE GALAZKA SERVICE CENTER LTD.

MIKE GALAZKA
 (613) 232-6659

Complete Vehicle Repair, Air Conditioning
 Custom Exhaust Bending, 4 Wheel Alignments

123 Main St. Ottawa, Ontario K1S 1B9

Main Hair Cutters

is looking for an
 experienced, flexible,
 part time hairstylist,
 for evenings and Saturdays.

Call Kathleen during office hours.
 Telephone: 613 565 2772

COUNSELLING



Signy Fridriksson MA, RP
 Counselling and Psychotherapy

- Couples, Families, Individuals.
- Two-on-two Couple Counselling with Steven Flick.

*Deep Listening
Empathy
Respect*

Old Ottawa East
 www.signyfridrikssoncounselling.ca
 613-864-5222 signy@signy.live

HEALTH

Main Chiropractic & Personal Training Clinic

Pain & Injury Rehabilitation
 Covered by Insurance

Dr. Dimitri Bichet, Dr. Sylvia Craston

613-565-9995
 186 Main St., Ottawa

LESSONS

PIANO LESSONS

Suzuki method and Conservatory exam preparation
 convenient Old Ottawa East studio
 beginners through adults welcome

Gloria Fox, BMus, member ORMTA, SAO

613 236-8081
 References available

Get noticed.
 advertise with
The Mainstreeter

CONTACT: Cynthia Dwyer
 advertising@mainstreeter.ca

Next issue of
The Mainstreeter...

Content and advertising
 submissions are due on
January 12, 2020

INTERN with
The Mainstreeter

We are looking for students who like to write
 and who want to get their first experience in
 journalism.

CONTACT: LORNE ABUGOV 613-878-1532
 editor@mainstreeter.ca

Gifts that keep on giving

ANNE LOUISE MAHONEY

What do you want for Christmas this year? Some gift ideas may quickly spring to mind: electronics, jewellery, books, perhaps a holiday on a beach somewhere. Other gift possibilities may not be top of mind. We may overlook them, or find them hard to ask for, or even to put into words. Gifts like gratitude. Peace. Hope. Care for creation. Are such gifts even possible to give these days?

I choose to believe that they are truly possible, if we know where to look to find them. The first place to look is deep within ourselves.

Over at Canadian Martyrs parish, we are busy celebrating Advent. The scripture readings for each Sunday of this Advent season invite us to prepare and to be ready, because big things are going to happen. The world is about to turn upside down as a young couple far from their home awaits the birth of a tiny baby. But not just any baby – the King of Kings and Lord of Lords, as Handel's Messiah puts it. Hallelujah!

- During these Advent days, we are invited to reflect on and adjust our priorities and choices:
- How do we express gratitude for all we have, and how can we share this bounty with others?
- In what ways can we bring peace to our corner of the world (that includes social media!) and encourage others to do the same?
- How can we fan the tiny flame of hope in a world that is often filled with darkness?
- What changes can we make to better care for the Earth, our common home?
- The answers that emerge will bring us countless gifts that never tarnish, break down or fall apart, but instead fill us with joy and peace year after year.
- If you'd like to join us for our Advent or Christmas masses this year, we'd love to welcome you to our parish home.

Anne Louise Mahoney is co-chair of the communications committee at Canadian Martyrs Parish: canadianmartyrs.org. Facebook: www.facebook.com/canadianmartyrsottawa/



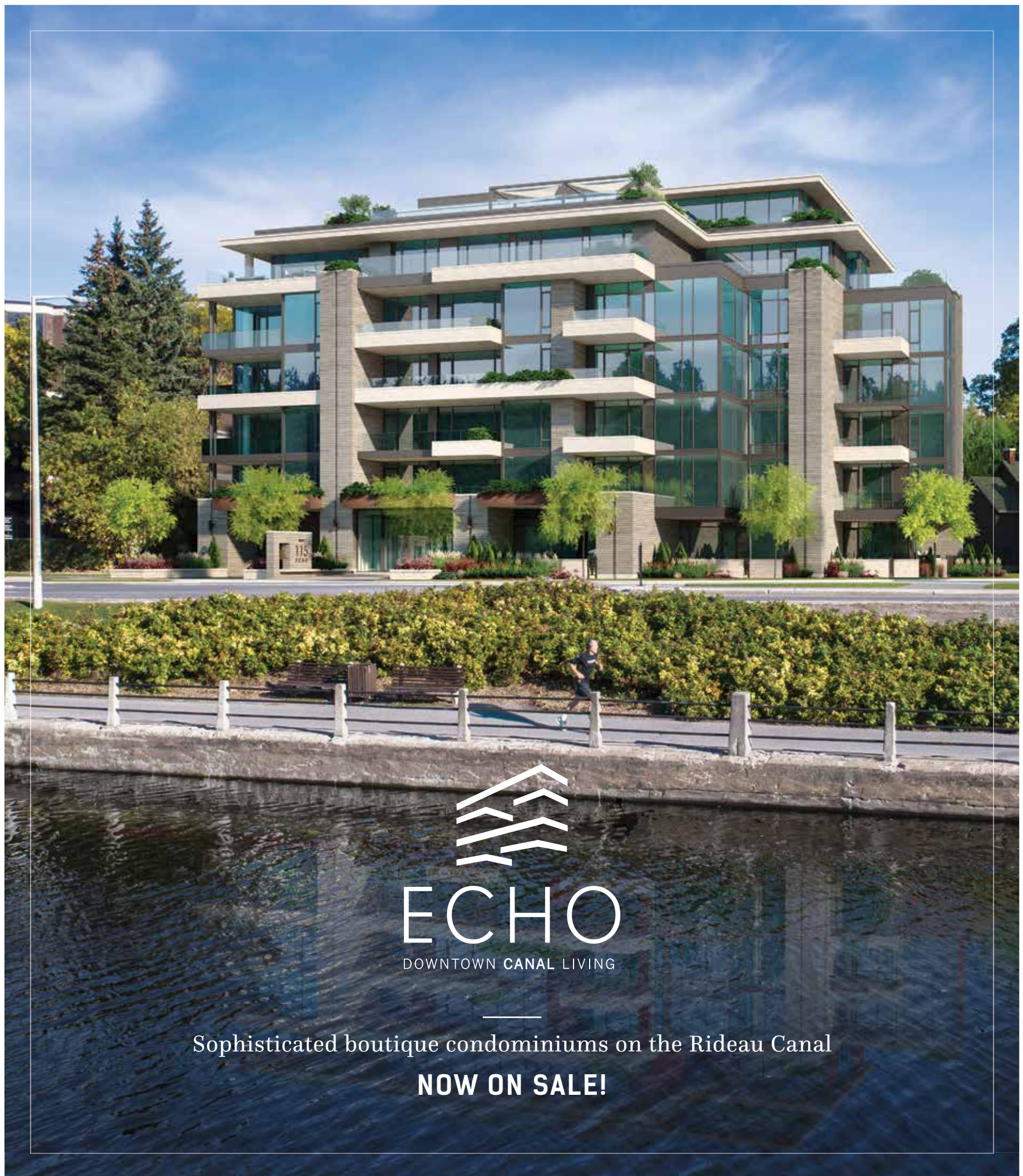
SHEILA BROWN PHOTO/PUBLICDOMAINPICTURES.NET


Eastbound 417 ramp re-opens



JOHN DANCE PHOTO

The six and a half year detour is over. The Highway 417 on-ramp off Lees Avenue re-opened on October 22 to the pleasure of many drivers in Old Ottawa East and elsewhere. The lengthy ramp closure resulted from Light Rail Transit construction and meant an extended detour to either the Metcalfe Street or Riverside Drive ramps in order to access the eastbound 417. Since re-opening, average daily use of the ramp has been about 6,000 vehicles with peak volume at 397 vehicles from 8:00–9:00 a.m. and 548 vehicles from 4:00–5:00 p.m. Before re-opening, the Lees Avenue ramp was repaved, and improvements were made to the sidewalks on both sides of the ramp.





ECHO
DOWNTOWN CANAL LIVING

Sophisticated boutique condominiums on the Rideau Canal
NOW ON SALE!

613.552.1004
echocanal.com

Visit Our Sales Centre
115 Echo Drive, Ottawa

Mon to Wed: 12 - 7pm
Sat and Sun: 12 - 5pm


uniform
URBAN DEVELOPMENTS

Are you a Saint Paul University student? We are looking for a student reporter to cover events and features at the university.

CONTACT: editor@mainstreeter.ca

Whether you are seeking or celebrating, join us this Christmas.

Christmas Eve

4pm Children's Service

7pm Carols

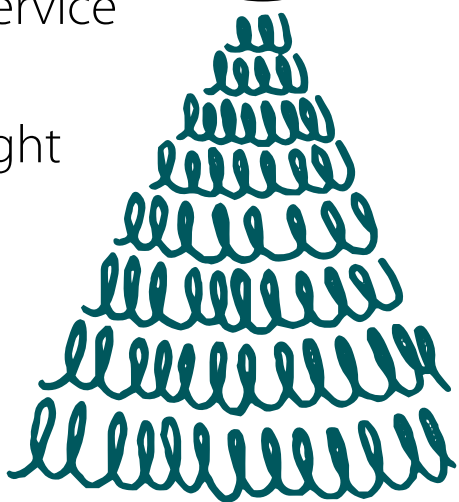
7:30pm Candlelight

Eucharist

Christmas Day

10am Eucharist

and Carols



ASCENSION

253 Echo Dr. | 613-236-3958 | churchoftheascension.ca



3 Trees

Exotic gifts

Silver jewellery

Fabulous Fashion

Nonordinary shopping at 202 Main Street

613 230 0304

Instagram @3treesshop

Joel Harden

MPP, Ottawa Centre



Our office is here for you with:

- Monthly Town Halls
- Canvasses
- Community Organizing
- Help Accessing Government Services (such as housing, ODSP/OW, healthcare, OSAP etc.)
- And more!

109 Catherine St. / rue Catherine
Ottawa, ON K2P 0P4

P: 613-722-6414
E: JHarden-CO@ndp.on.ca
www.joelharden.ca



GIRGIS DENTAL CARE

Family dental care
in a relaxing, calm
atmosphere.
Located in the heart of
your neighbourhood.
Free parking!

We are pleased to offer
Invisalign®,
straight teeth, no braces!
Ask for a FREE Invisalign
consultation today.



The Clear Alternative to Braces

KILBORN MEDICAL CENTRE
1385 BANK ST. SUITE 203
OTTAWA, ON K1H 8N4

www.girgisdentalcare.ca
613.738.1113



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



Join us to celebrate
the feast of **Christmas!**



CANADIAN MARTYRS CATHOLIC CHURCH

100 Main Street, Ottawa
613.232.5347

www.canadianmartyrs.org — Find us on Facebook! [canadianmartyrsottawa](#)

What will 2020 hold for you?

Visioning The New Year Collage-Making Workshop

Using images & words to express your desires

with Signy Fridriksson MA RP

Limited to 15 participants

Choose January 4, 5 or 11, 2020

1:30-4:00 Old Ottawa East \$35/person

Refreshments & all supplies provided

To register: signy@signy.live

Get noticed.

FOR COST-EFFECTIVE ADVERTISING,
CONTACT: CYNTHIA DWYER
advertising@mainstreeter.ca

MICHE HAIR

Michele Parent *Owner and master stylist*

29 Main Street, Suite 26, Ottawa, ON K1S 1B1

(613) 882-6667 · Miche@MicheHair.co

www.MicheHair.co



ECLECTIC EVENTS

MACFAIR - Immaculata High School's 10th Annual Craft Fair, Saturday, December 7, 10:00am - 3:00pm, 140 Main Street.

This yearly event, featuring over 120 local artisans showcasing their hand-made work, is a fundraising endeavour to support extracurricular and social justice initiatives as well as the Immaculata Student Council and the high school's annual Christmas Hampers program for hungry families. This year's event will be supporting Mac's basketball, soccer and hockey teams, as well as Prom, the Europe Trip and Team Mikinak (Mac's Aboriginal group).

For the past 10 years, Immaculata students have been actively involved in making this event a success - unloading all of the artisans' cars, drawing in customers around the community, welcoming guests, delivering lunches, etc... and then carrying everything back out to the artisans' cars and tearing down at the end of the day. We also provide free tables for a number of local charity groups each year. The involvement of our students has made this event a favourite among local artisans, as it truly is a full-service event for them!

Your \$3 admission earns you a ticket to our raffle with over 100 quality handmade prizes. Early birds - there will also be prizes for the first 30 adults through the doors at 10:00am! Plenty of free parking in the school parking lot. All of the information is available on the MACFAIR website: www.MACFAIRCrafts.ca.

Sounds Like Christmas Community Concert, Saturday, December 7, 4:30pm, Ottawa Chinese Bible Church, 31 Graham Avenue.

Come enjoy classic carols, holiday harmonies and festive favourites, and stay for the wintry refreshments afterwards! Admission is free, with freewill donations accepted. As part of the festivities, parishioners hope to bless the homeless in our city by accepting donations in support of St Luke's Table. Please consider bringing a pair of new socks to the concert.

Located at the corner of Main Street and Graham in Old Ottawa East, Ottawa Chinese Bible Church is less than one kilometre from Lees Station and just a minute off the highway. Free parking is available at the church lot, on the street and at St. Nicholas Adult High School. For more information, visit: en.ocbconline.ca/christmas.

The Ottawa Christmas Market, Casino Lac-Leamy Plaza at Lansdowne, Fridays & Weekends to December 22nd.

Ottawa, the countdown is on for the first ever European-style Christmas market! Happening here at the Casino Lac-Leamy Plaza at Lansdowne, we're inviting you to get in on the holiday magic as spectacular Christmas craft shopping continues through the month of December.

The Ottawa Christmas Market is presented by TD Bank and runs every Friday, Saturday and Sunday until December 22nd. It is free and open to all.

Enjoy free live entertainment every night of the Ottawa Christmas Market. Shows start at 7:00pm and finish by 9:15pm on Friday and Saturday evenings, and run between 4:30pm and 6pm on Sundays.

During the daytime on Saturdays and Sundays, the Christmas Market will feature carolers, wagon rides and, rumour has it, visits by the Sugar Plumb Fairy and Santa Clause.

Adawàning: Indigenous Women's Art Market, Atrium O'Brien, National Arts Centre, Saturday, December 14, 11:00am to 6:00pm.

Following the highly successful Indigenous Women's Art Market of December 2018, you are once again invited to come and support local Indigenous women artists and artisans in the National Arts Centre's Gail & David O'Brien Atrium.

The Indigenous Women's Art Market features the diverse and amazing work of Métis, Inuit and First Nations makers. Browse jewelry, beadwork, paintings, sculptures, mittens, moccasins, coffee, crafts, and much more. Come and enjoy the fun! Cash or card depending on the vendor. ATM on site.

Have Yourself A Jazzy Little Christmas, John Kofi Dapaah and Friends, Ascension Jazz & Chamber Series, Saturday, December 21, 7:00pm, 253 Echo Drive.

Under the auspices of artistic director Aude Urbancic, and with the support and encouragement of our patrons, the community, and the artists, everyone is cordially invited to a fourth year of live music at Church of the Ascension in Old Ottawa East.

On December 21, enjoy an evening of superb gospel and jazz with the John Dapaah Trio. From chestnuts to Charlie Brown, "Have Yourself a Jazzy Little Christmas" is an uplifting program of Yuletide essentials. Vocalists Roxanne Goodman and Michael Curtis Hanna infuse these timeless standards with new warmth and vibrancy.

The venue is welcoming and intimate; your ticket includes a holiday assortment of sweets and savouries from the kitchens of Greystone Village, prepared by chef Juanita. Enjoy coffee and tea or purchase a glass of wine or craft beer. Tickets, priced within reach, are available at the door, or online at Eventbrite.ca.

Christmas Lights Across Canada, 35th Edition of the Multimedia Projection Show, Parliament Hill, 111 Wellington Street, 5:30pm to 11:00pm to January 7.

Bundle up, grab your family and friends and head to Parliament Hill for the Illumination Ceremony of the 35th edition of Christmas Lights Across Canada.

Follow the exciting journey of Grizzli, Fox and Snowman on their quest for light through imaginary landscapes. Inspired by Canada's nature, climate and culture, this fairy tale combines digital projection technology, lighting and an original soundtrack with the architectural splendour of the Parliament buildings. A harmony of sound and light that will amaze young and old!

Continuing to January 7, 2020 - every evening, from 5:30pm to 11:00pm (presented in a 15-minute loop).

Also, in Canada's Capital Region, the winter landscape glows with hundreds of thousands of dazzling holiday lights that brighten Confederation Boulevard, Canada's ceremonial route circling the heart of the Capital. The Boulevard encompasses Wellington Street, Mackenzie Street, Elgin Street and Sussex Drive in downtown Ottawa, as well as Laurier Street in Gatineau and the Alexandra Bridge.

Some of the best places to experience the lights include the front lawn of Parliament Hill, Confederation Square and the Alexandra Bridge.

A winning team caps off annual OOE membership drive

Canvassers for the OOE Community Association annual membership drive celebrated another successful campaign at a party hosted by membership chair Suzanne Johnson and Mike Power.



JOHN DANCE PHOTO

Are you a Landlord?®

With Sleepwell, you won't have to choose between performance and service.

Talk to us today about how our technology, marketing and team can help increase the return on your real estate investment.



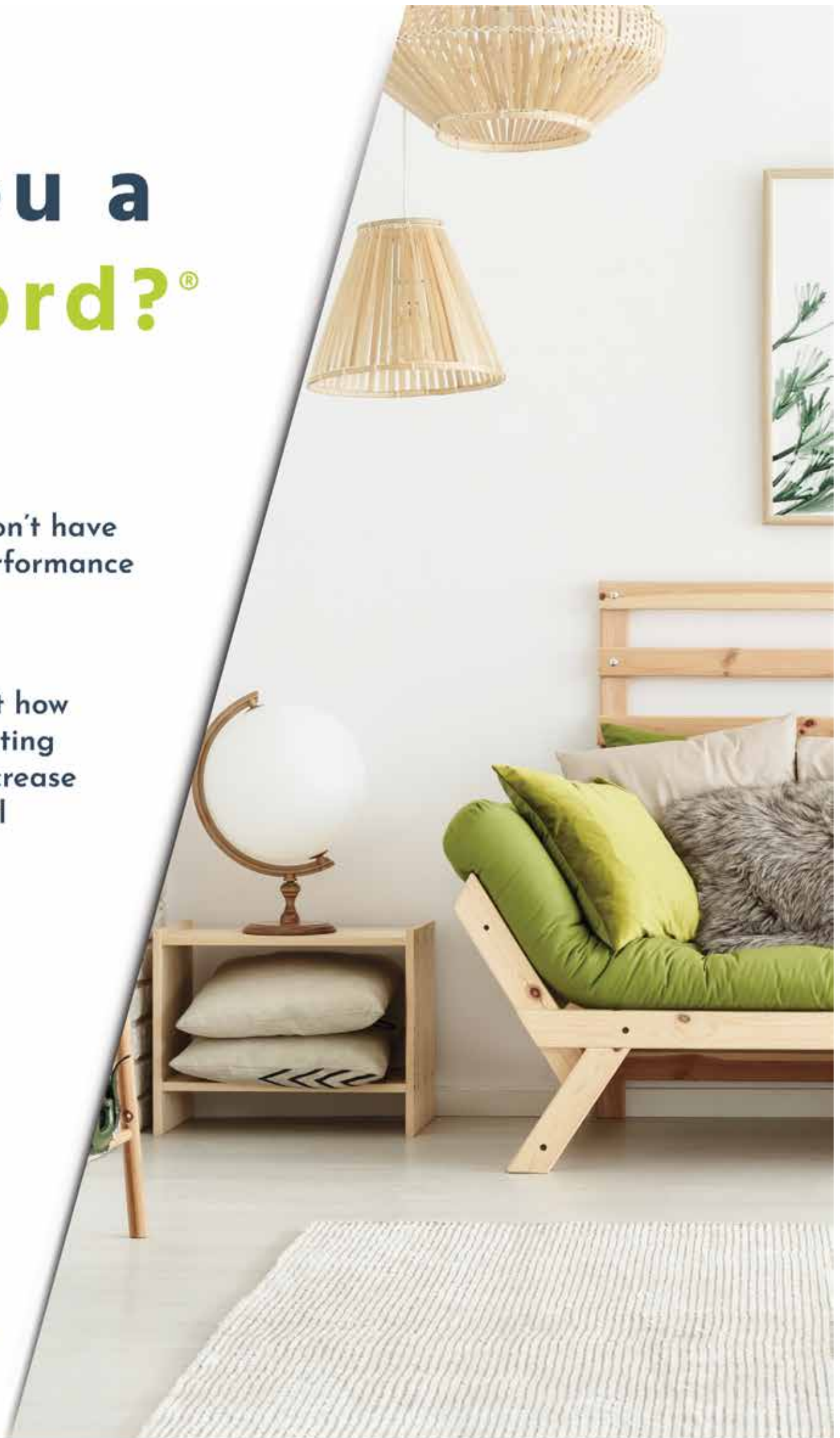
613.521.2000



sleepwellmanagement.com
info@sleepwellmanagement.com



423 Bronson Avenue
Ottawa, ON K1R 6J5





Dr. Cynthia Simon



Dr. Geneviève Audet



River Dental

Dr. Audet and Dr. Simon have been practicing dentistry since 1997.

**Family Dentistry • Sure Smile Invisible Aligners
Same Day Crowns • Bilingual Staff
Evening Appointments**

*We are looking forward to meeting you!
Nous avons bien hâte de vous rencontrer!*

Call us at 613.422.6555
or book online at riverdental.ca

7 Oblats Avenue
Ottawa, K1S 5V9



ELMWOOD
SCHOOL

INSPIRING GIRLS



WE ARE EXPERTS IN HOW GIRLS LEARN, LEAD AND SUCCEED.

At Elmwood, each girl is encouraged to challenge herself to excel in the classroom, develop confidence and lead with strength. Here, girls learn to be the best students, leaders, and global citizens they can be.

Learn more about our innovative approach to girls' education and book a personal tour at elmwood.ca

- All Girls
- Pre-Kindergarten to Grade 12
- International Baccalaureate World School

BOOK YOUR TOUR

(613) 744-7783 | elmwood.ca/tour

FAITES VOTRE DEMANDE D'ADMISSION POUR SEPTEMBRE 2020!

Découvrez nos programmes:

- Communications sociales
- Droit canonique
- Enjeux sociaux contemporains
- Éthique, justice sociale et service public
- Études de conflits
- Innovation sociale
- Leadership transformatif
- Relations humaines, psychothérapie et soins palliatifs
- Théologie et bioéthique

APPLY NOW FOR SEPTEMBER 2020!

Discover our Programs:

- Canon Law
- Conflict Studies
- Contemporary Social Issues
- Ethics, Social Justice and Public Service
- Human Relations, Psychotherapy and Palliation
- Social Communication
- Social Innovation
- Transformative Leadership
- Theology and Bioethics

**PORTES
OUVERTES**

28 MARS 2020

OPEN HOUSE

MARCH 28, 2020



UNIVERSITÉ
SAINT-PAUL
UNIVERSITY

ustpaul.ca     

223, rue Main, Ottawa ON 613 236-1393 | 1 800 637-6859

L'Université Saint-Paul est le collège fondateur de l'Université d'Ottawa (1848), avec laquelle elle a conservé un lien de fédération depuis 1965.

Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.

WATSON'S PHARMACY

& COMPOUNDING CENTRE



Scott
Watson



Award-winning, family-owned Watson's offers an **integrative**, holistic approach to your health, combining the best of traditional medicines and complementary therapies.

We can even formulate **customized medicines** to meet your specific needs in our in-store compounding lab.

For **quality** dispensary services, organic products, nutritional supplements, and health advice, visit us today.



TWO GREAT LOCATIONS

OLD OTTAWA EAST
192 MAIN STREET
613- 238-1881

WELLINGTON VILLAGE
1308 WELLINGTON ST.
613-238-1882

Thank you to our clients, friends, and community for another wonderful year. We wish you a holiday season filled with joy, and a happy (and healthy) 2020!

