

\$10.5M budgeted

City approves funding for new OOE community centre

JOHN DANCE

The much dreamed about new community centre now has approved funding. The City of Ottawa’s new budget has earmarked \$1 million in 2020 to design a new Old Ottawa East (OOE) community centre to replace the Old Town Hall. And for 2021, the budget forecasts \$9.5 million for construction of the facility that would be in the middle of Greystone Village in the Deschâtelets Residence, as described in the accompanying story on the new school.

Capital Ward Councillor Shawn Menard describes the emerging project as a potential “major win” for the community. “Working collaboratively with the community, the school board,



IMAGE: CECCE

Arrows at the top left and top centre of the design rendering of the Deschâtelets Building and the Grand Allee point to the planned new gymnasium/multi-purpose building and the historic residence which will host a new French-language school and the long-awaited new community centre for Old Ottawa East.

Regional and the City to use a historic site to serve a core community need is an example of creative planning and new urbanism,” he said.

The news was greeted with delight by Don Stephenson, past chair of the OOE

Community Activities Group (CAG), who has worked tirelessly over the last four years to seek City support for new facilities. “Old Ottawa East has always been a wonderful place to live but with a modern and much larger community

centre, it will be even better,” said Stephenson.

Over the last few years, CAG has provided suggestions of what elements

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New school proposal for Deschâtelets progresses

JOHN DANCE

Talks to create a new elementary school in the storied Deschâtelets Residence have taken a step forward with news that the Conseil des écoles catholiques du Centre-Est (CECCE) has agreed to buy the heritage building in the heart of Old Ottawa East and Greystone Village from its owners, the Regional Group.

The sale is conditional on a positive due diligence investigation by the French Catholic school board, but if the deal goes through it will pave the way for an elementary school on the lower floors of the old stone five-storey building, with room for a community centre and, possibly, seniors housing in the upper floors of the heritage structure.

Before a school is created within the Deschâtelets Residence, the City would have to approve re-zoning of the iconic

property at the eastern end of the Grande Allée. To that end, Marc Bertrand, CECCE’s superintendent of education, presented the case for a new school at a special community association meeting before Christmas. The school board also made a presentation in January to the City of Ottawa’s Planning Department.

Au Coeur d’Ottawa, CECCE’s central Ottawa elementary school, is currently housed within the old school building at the corner of Main Street and Graham Avenue, a property leased from the Ottawa Catholic School Board. However, the facilities are too small, there is no gymnasium and a permanent location for the school has been sought.

The proposed school in Deschâtelets would have a capacity of 351 “pupil-places” and would draw from the Centretown, Glebe, Old Ottawa South and OOE catchment area. The building

would also have space for a daycare of 39 children.

“As a francophone grandmother who has two grandchildren in French education, I am so pleased that the project with the Deschâtelets building will bring access to French language education close to home,” says Françoise Bouchard, a resident of Corners on Main. “The vision of bringing together a community centre with the care of children and a senior residence is what we are about as a community.”

Although the Deschâtelets Building has no room for a full-sized gymnasium, the City of Ottawa has budgeted for an OOE gymnasium/multi-purpose facility that could be constructed as a separate building just to the north of Deschâtelets. The gym would be part of the community centre and could be shared with the school.

CECCE’s tentative agreement with the Regional Group is for the main Deschâtelets building. The deal includes land on the eastern side that would be used for the outside play area of an associated daycare facility, but it does not include the chapel structure on the

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LORNE ABUGOV PHOTO

In our December 2019 issue we published a spooky shot of a skeleton stuck up in a tree. Who knew that Old Ottawa East would continue to be a "haunt" for ghouls and other scary inhabitants in 2020! Although new home construction is a fact of daily life in Old Ottawa East, one doesn't expect to find a newly-minted dinosaur pen on Glenora Street! No one in this community is completely safe from monsters!

JOHN DANCE PHOTO

The Old Ottawa East Hosers cruised to a berth in the final of the 12th annual Capital Ward Cup but, in the end, their arch-rival, the Old Ottawa South Moose, were victorious 4-1 in a tough match marked by lucky bounces for the southerners. The defending champion Hosers earlier disposed of the Glebe and Heron Park, but they met their match against the smothering defence of the Moose. Councillor Shawn Menard organized the tournament and Miles Krauter of his staff officiated at the Glebe's new Mutchmor rink. Hosers players were from left: Brad Scott, Nathan DeNigris, Amelia DeNigris, Kenzie Tobin, Eric Cauchon, Ian White, Monica Cote, and Taylor Morris.



JOHN DANCE PHOTO

Whoops! In December, Ottawa's finest were called by a Brantwood Park resident who was concerned with a vehicle driving around in circles in the park. Turns out the "offender" was long-time Brantwood rink volunteer Mike Lemon who was compacting the snow before the first flooding. Not surprisingly, Constable Sundholm did not charge Mike for his off-road efforts. Despite the erratic weather, the rink opened thanks to the help of many volunteers, but more helpers are needed. Please contact rink coordinator Marco DeNigris at marco.denigris@gmail.com if you can volunteer about once a month.





LORNE ABUGOV PHOTOS

The names of an early Ottawa settler and two of the guiding lights of the Oblate Order in Canada are commemorated with new street names in Greystone Village.

Jeremiah Kealey, Telmon and de Mazenod New streets, new street names in Greystone Village

PETER TOBIN

Residents within the Greystone Village development and other OOE dwellers may have wondered about the historical background to some of the new names given to some of the new streets within the development, such as Jeremiah Kealey

Street and Telmon Street.

Who was Jeremiah Kealey? And who was Telmon Street named for? These two street names in Greystone Village seem to have no obvious relationship to the Oblate Fathers who occupied this part of



SUPPLIED

The Oblate order, which dominated the life of this community throughout much of its history, was founded by Bishop Eugene de Mazenod.

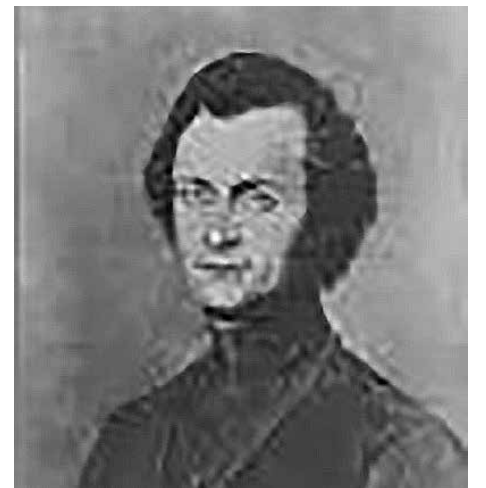
Old Ottawa East for so many years.

Jeremiah Kealey, who was also known as Darby Kealey (since both Jeremiah and Darby are anglicizations of the Irish name Diarmada) was born in Ireland in 1794 and arrived in what became Bytown around 1820. Thus, Jeremiah Darby Kealey was one of our very first Ottawa settlers, arriving well before Lieutenant-Colonel John By, for whom he undoubtedly worked in the building of the Rideau Canal. During his days in Ottawa, Kealey was a labourer, then a logger and finally a farmer. Kealey's major acquisition was his 1856 purchase of 68 acres of land bounded by Main Street, the Rideau River, Lees Avenue and des Oblats Ave. A portion of that land was later sold to Robert Lees.

Kealey and his wife, Elizabeth raised a large family and their descendants must by now number at least one thousand strong. The internet is awash with Kealey offspring searching their connection back to Jeremiah. *The Mainstreeter* recently interviewed Jeremiah's great-great-granddaughter. By press time, she will have moved into Greystone Village, just a shille lagh toss from Darby's 68 acres.

Father Pierre-Adrien Telmon was a talented but troubled figure. Born in France in 1807, he arrived in Montreal in 1841. He was described as being "of a rebellious and impulsive disposition". That said, when allowed to follow his own ideas, he was capable of great achievements. What he accomplished in Ottawa during the five year period he worked here was truly impressive.

In 1844, Father Telmon became the first Oblate to arrive in Ottawa, having been sent here by the Oblate founder, Bishop Eugene de Mazenod. Tasked with



SUPPLIED

Father Pierre-Adrien Telmon

completing the construction of the parish church, he added neo-Gothic elements to what became the Notre Dame Cathedral on Sussex Drive. He also purchased land for the Oblates and built schools. Father Telmon played a key role in convincing Mother Elisabeth Bruyere and the Sisters of Charity to come to Bytown in 1845, and he built a house for their first hospital. When the typhoid epidemic broke out in Lowertown in 1847, Father Telmon added a wing to Mother Bruyere's hospital. That was the forerunner of the Ottawa General Hospital. It would not be much of a stretch to say that Father Telmon was the mid-wife of the Ottawa General Hospital.

A brief foray to Texas in 1849 proved to be Father Telmon's undoing. Assuming incorrectly that he had the approval of the Oblate founder, Bishop de Mazenod, Telmon accepted an invitation from the local bishop to set up an Oblate mission in Brownsville, Texas. Months later, Bishop de Mazenod recalled Father Telmon to France where he spent the rest of his days until his death at age 70.

SHARING LUNCH WITH ...

In this issue of *The Mainstreeter*, we are delighted to introduce four young multi-sport student athletes who are helping to instill a new "buzz" in the sports program at Immaculata High School. Along with their teacher and coach Sarah Thomas, these gifted teenagers spoke about their passion for sports, their school pride and their commitment to their coaches and their teammates. We also learn about the issues and people that have already influenced their lives, and their outlook on the future.

MAINSTREETER STAFF

The Mainstreeter: What has the sports program at Immaculata High School meant to you, and how big a part of your life are the athletics here at your school?

Christian Fadael: I think it's a really big part of my life because it gives me opportunities. We get to go to tournaments and you make new friends from playing sports at the school. I've enjoyed the teams, and I've learned a lot from them.

Chris Lemoine: For me, the sports here at Immaculata have been life changing. I've made friends that will last me a lifetime. And since the addition of the brand new track and field, we have had great new opportunities for everyone to develop as athletes.

Meredith Walker: I think sports are really important because you get to meet people who aren't in your grade or in your classes. And they provide a nice opportunity to get a break from the day to go to a tournament or a competition.



Isaiah Obiorah is a Grade 9 student at Immaculata who is on the hockey, basketball, volleyball and badminton teams.

Isaiah Obiorah: Here at Mac, sports mean a lot to me – they're my favorite part of the school. It's fun to develop new skills in different sports, make more friends and hang out with new people.



Multi-sport student athletes at Immaculata High School say that there is new-found pride in their school among students and teachers alike, and a sense of excitement for their futures, despite some serious challenges looming.

The Mainstreeter: How did all of you come to choose Immaculata as your high school?

Christian Fadael: Some teachers came to my elementary school to talk about Immaculata and what it held for us, and I had already heard a lot of good things. Sports have always been really interesting for me, and I discovered that Immaculata offers among the most sports in Ontario for high school students. So that intrigued me, and it wasn't too far away from my house. So, all in all, I thought it was a good idea.

Chris Lemoine: Both of my brothers went to Immaculata, and I live around the corner from the school on Harvey Street. I knew Immaculata was great, so for me it was easy to say yes to this school.

Meredith Walker: Both of my sisters went to Immaculata and they really liked it and had a great experience. So it made me want to come here as well. And I live close by on Southern Avenue, so it's been a really good choice for me. My sisters and I, we love Immaculata.

Isaiah Obiorah: It's a cross boundary school for me, but I had heard a lot of good things about the school from a couple of friends who had come to Mac before me. And I heard they had a lot of sports and quite a few really good sports teams, so I thought it was a good fit for me, and it has been a good fit.

The Mainstreeter: You are all probably aware that your new sports field hasn't been universally popular with everyone in

this community. Can you tell our readers what the field has meant to each of you, since you are all involved in playing sports that take place on the field?

Christian Fadael: I think the field is a really good idea and it has meant a lot for the football team, especially. We've had a lot of games and practices there and we've been able to really develop our skills. Even athletes from other schools will comment on it, saying that it's a really nice field and they like playing on it. So it's been really good for school spirit, and that's nice.

Chris Lemoine: The field has been a great new addition here at Mac. Prior to the new field, we had an old mud field with a path right down the middle, which was a tripping hazard, perfect for rolling ankles. Since the addition, it's been really awesome, and it gives the school and the students a lot of spirit. Just recently, we were hosting the tier one and tier two football finals because of our new field. So it brings new opportunities and the students obviously love it.

Meredith Walker: It's perfect to play any sports on the field. It's great for football and also for track - it's so much better than it was - before we just had this gravel path and it was really hard for us to run on.

Isaiah Obiorah: I haven't used the track or the field that much this year for the sports I'm playing, but I was on the football team last year, and practising there every morning was a lot better for the team than it used to be.

The Mainstreeter: Let's talk a little bit

about the future and what it might hold for you? Given that athletics are a big part of your life now, do you feel that sports in some way will contribute to your plans for the future?

Christian Fadael: I think a lot of the teachers at our school give us great opportunities, and especially my football coach. He knows a lot of scouts. So I hope that eventually, after high school, I'll be able to still play sports, maybe football, in university, and I hope that I can study criminology.

Chris Lemoine: Because of my love of sports, I'm hoping to play football in university next year, at whichever school that may be. I'm looking to study Human Kinetics because through sports, I found a passion for how the human body works and how to make it work better.



Meredith Walker is a Grade 9 student at Immaculata who plays on the hockey, basketball, track, cross country and football teams.

Meredith Walker: Well, I have no idea yet where I want to go or what I want to

IMMACULATA STUDENT ATHLETES

study, but I know for sure that I want to play sports if I can in university.

Isaiah Obiorah: I'm not sure what I really want to do when I get older, but I definitely want to play either basketball or hockey in university.

The Mainstreeter: All of you are pretty focused on sports right now. Are there other activities or causes that are really important to you or that you really enjoy?



Christian Fadael is a Grade 10 student at Immaculata involved in track, volleyball and football.

Christian Fadael: When I'm not doing sports, I do like to work out in the gym and stay in shape, because that's important to helping with my sports. I am also in scouts and I really like it. One issue that is definitely important to me is climate change. I heard a speech by Greta Thunberg and I learned a lot from it. I think it's really important for our future and what could happen if we don't change things now. Just a small change that I've been doing is trying to recycle more in our house. Nothing too huge yet, but I'll see what I can do.

Chris Lemoine: I like to go to the gym and work out. It's not just to boost my ego or anything, because I do like seeing different workouts, and how they affect the body. And that's part of the reason why I'm interested in the field of kinesiology. As for issues and causes, I'm worried about climate change - that is definitely a really big one for me. I don't want to have to raise my kids in a world where they have to be constantly afraid of issues like natural disasters. Hopefully, the government can straighten things out and actually do something, instead of just saying they're doing something.

Meredith Walker: I think it's really sad that lots of girls around the world in countries like Afghanistan and Iran still can't go to school, maybe because of war, or maybe the cultures in these countries don't allow it to happen, or maybe it's just because they are girls.

Isaiah Obiorah: I definitely spend my spare time with friends, and I have a personal trainer so I work out there quite a bit, especially during the off season to help out on my sports. I feel climate change is a very stressful topic, and something that's really negative that's happening in the world, but with everyone working together we can hope to solve it.

The Mainstreeter: In a sense, Immaculata High School is itself a community. You students spend eight or nine hours, five days per week in the Immaculata community. Tell our readers what this community is like from your perspectives.

Christian Fadael: I believe the Immaculata community is a pretty safe one. I feel like everyone here works hard. We have fun together, and most of us try hard to help each other. There's always a teacher you can talk to if you need help with something, or if you need to report something. There are community members who are always there to help us.

Chris Lemoine: My experience has been definitely something I'll remember for the rest of my life. The teachers here are super warm and welcoming, giving up their time for coaching sports, early morning practices, late after school practices. It's awesome to see how much they care about us. The students here are also super welcoming and kind to everyone.

Isaiah Obiorah: This is a great community. I've been here for three years now, and each year has been amazing for me. The students and teachers have always been really nice. I haven't heard that there's much bullying going on. All in all, I've had a great experience at Mac. We just had our Mac fair before Christmas, and we had a whole bunch of kids volunteer and it was a really good turnout and a lot of fun.

The Mainstreeter: As athletes, you are all familiar with great pro and amateur athletes who are leaders on and off the sports field. Who do each of you admire and respect and really look up to as role models for your own development?

Christian Fadael: I'd say there are several people that inspire me a lot and that I look up to, starting with my parents. They always try to help me out and guide me towards the right path. Also, my football coach here at Mac, Mr. Coventry, spends a lot of time helping all of us and making sure we're good student athletes, and not just athletes.

Meredith Walker: I want to mention Miss Pascoe, my religion teacher this year. I find her really kind, and you can always talk to her and she never judges you.

Isaiah Obiorah: One of my biggest idols is LeBron James. He's been a very popular person and a great athlete since he was in high school, and he's never been involved in any scandals or any controversy. He's a very respectful man. I admire his work ethic, and I really like how he built a



Chris Lemoine is a Grade 12 student at Immaculata who plays football, basketball, badminton and beach volleyball.

school for underprivileged kids.

Chris Lemoine: Someone who I really looked up to would be Muhammad Ali. Not only was he the best of the best as the heavyweight champion for so long, but he was also a really influential political activist. It's not just important to be good at what you do in your field, but also to use your platform to speak out, so what he achieved really spoke to me.

The Mainstreeter: Not everybody is optimistic about the future. Are you glad to be alive in 2020? Are you looking forward to the future?

Christian Fadael: I would say yes, I'm looking forward to the future. There may be some things that we have to fix before we get there, but if we all work together, we will probably solve things like world hunger. We need to fix hunger in our lifetime.

Chris Lemoine: When I look ahead, and I think about my personal future, I'm really excited for what it holds. But if I brought in my global viewpoint and look at the entire world as a whole, I'm not very optimistic for the future. I don't think we're doing enough to combat the big problems that we have in the world. And it is scary, but hopefully we'll get these things done.

Meredith Walker: I'm really excited for the future. I don't know what's going to happen. Obviously, we have to fix our

climate change problem in order to have a good future. But I'm really excited to see what we can all do and what the future holds.

The Mainstreeter: We are fortunate today to also have one of Immaculata's teachers and sports coaches here with us, Sarah Thomas. Sarah, the students gathered here today are all great athletes. You have a chance to work with them both as a teacher and as a coach. How important is that dual role to you, to your own life and to your career to be involved in sports at Immaculata?

Sarah Thomas: Athletics is a huge part of my life. It always has been. So I knew when I became a teacher that I wanted to coach and to be involved with student athletes. I feel blessed to walk in this building every day and get to work with these awesome students in the classroom, in the gym, and on the football field. I always look forward to games and practices, weight room sessions, study hall, tournaments, much the same as the students themselves do.

The Mainstreeter: When these young people aren't involved in sports, what kinds of things are they thinking about and talking about here at Immaculata?

Sarah Thomas: We have so many projects going on. It's a privilege to be a teacher here where so many world issues are being discussed and projects are being put into place to improve these issues. I teach social studies, and part of our geography experience in grade eight is choosing a world issue and getting to know more about it. We put together an action plan, and try to see if we can make the world a better place. Even though we're just one small school, I think we can make a difference. And I feel like the kids here have the very same attitude.

The Mainstreeter: Finally, do any of you have any views on the larger community of Old Ottawa East?

Chris Lemoine: I've lived here for quite a while. And recently there has been a lot of development. We have the addition of the new field here, and the new condos going up on Main Street and the retirement home that's going to be opening up soon. I feel that as long as the growth doesn't get out of hand, it's a good boost to the community. We have a new zero waste grocery store which I think is a good step in the right direction. I think the people around here are going to enjoy that. In my view, so long as the City properly communicates with the community, I think it will all be good.

LETTERS TO THE EDITOR

Aberdeen Square naming rights (2)

I wish to thank readers who copied me on their letters complaining about the sale of naming rights at Aberdeen Square (aka the Casino Lac Leamy Plaza) at Lansdowne.

From the City of Ottawa, we have now learned - The Council's 2012 policy decision is clear and undisputed: OSEG was expressly given no rights with respect to the naming of the Aberdeen Square. The LPP - the legal agreement between OSEG and the City - also states that OSEG shall not have naming rights "unless expressly provided for in the Agreement". This "unless clause" is where the naming rights slipped in.

There exists a schedule to the LPP agreement, entitled the "Urban Park Property Agreement" (UPP), which is not widely available. The UPP also makes no mention of naming rights. Instead, it includes a section entitled "Sponsorship".

Guess what?

The City's Sponsorship Policy includes the opportunity to purchase naming rights as part of sponsorship opportunities. So OSEG acquired what was explicitly not granted by Council back in 2012, through the sponsorship back door. The legal agreement between OSEG and the City entitled "Aberdeen Square Sponsorship Agreement" includes approval of the square's new name.

The City wants more animation at Lansdowne. So do we. However, there is no need to change the square's name for up to ten years. Both OSEG and the Casino can host or sponsor events at the Urban Park, including Aberdeen Square, by renting City facilities and advertising them.

If you wish to protest this back door assignment of naming rights, please write the Mayor, the City Manager, Clerk, Solicitor and Heritage Committee members and kindly copy me on your correspondence.

*Isla Paterson
Patterson Avenue*

Playing your part in Earth Hour

I am on a campaign to raise awareness of **Earth Hour**, which is the annual event to symbolize our commitment to the planet. I have noticed in the past years that in our neighbourhood the lights have remained on during this time.

According to its website (earthhour.org), Earth Hour was started by WWF and partners as a symbolic lights-out event in Sydney, Australia in 2007, and today it is one of the world's largest grassroots movements for the environment, engaging millions of people in more than 180 countries and territories. It has become a catalyst for positive environmental impact, driving major legislative changes by harnessing the power of the people.

This year, Earth Hour is scheduled for **Saturday, March 28th from 8:30pm to 9:30pm**. I would like to remind everyone in Old Ottawa East to switch off their lights for an hour on March 28th and remember our beautiful earth.

*Barbara O'Connor,
Brown Street*

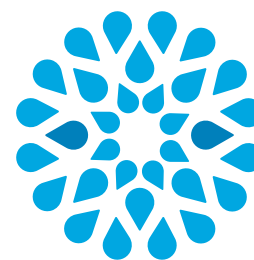


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Councillor Shawn Menard: Shawn.Menard@ottawa.ca

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

So, if you like Flora...

How about another footbridge?

JOHN DANCE

“Why should taxes be wasted on a bridge to nowhere?” one Glebe resident asked a decade ago when the Old Ottawa East Community Association (OOECA) and other community associations began their quest for a footbridge over the Canal.

Some of us in OOE thought “nowhere” was not a nice way of describing the Glebe, however, the resident was probably referring to Old Ottawa East. But today, as a result of a lot of effort by many people and funding from municipal, provincial and federal taxpayers, the Flora Footbridge was built and has become a key route for many of us.

Now the community association wants the City of Ottawa to consider building a second much more modest and low cost footbridge: one running from the eastern end of Clegg Street across the Rideau River to what some might regard as nowhere, but really isn't.

The bridge would provide a safe alternative to taking McIlraith (Smyth) Bridge and then Smyth Road. The Smyth Bridge is not bad for cycling - aside from dealing with traffic merging to and from Riverside Drive - but Smyth Road is and is likely to remain unsafe and unpleasant for pedestrians and cyclists. It has no bike lanes and there is no room to build them.

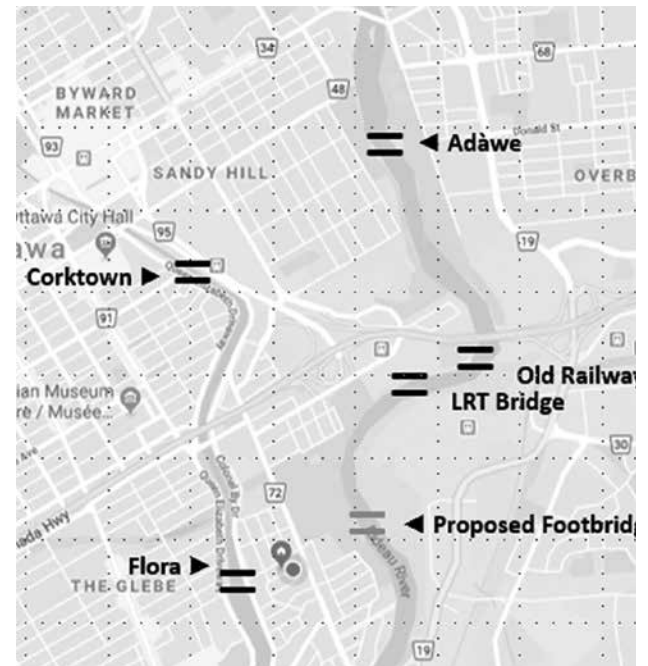
Access from the west to the Smyth Hospital Campus would become much easier and convenient if a footbridge were built. And, with the new Hospital Link pathway and route through the hydro corridor, cyclists would have an enjoyable and convenient way of getting across the City without going downtown to Laurier or travelling to the busy Baseline-Heron and Hunt Club “cross-town” routes.

Similarly, the new footbridge would provide a link to the pathway going through the Alta Vista Transportation Corridor all the way to the bike lanes on Conroy Road.

The new footbridge would also complete a Rideau Canal - River loop with three other footbridges: our Flora, Corktown linking Centretown and Sandy Hill, and Adawe linking Sandy Hill and Vanier/Overbrook. Adawe, with its wonderful views, allows an added appreciation of the Rideau River and, likewise, the proposed footbridge would further enhance our access to and appreciation of the river.

Just as Flora has better connected the Glebe, Old Ottawa East and Old Ottawa South, the proposed footbridge would connect Riverview Park and Alta Vista to our communities. Riverview Park is bounded on the west by the Rideau River, on the north by the CN railway tracks, on the east by St. Laurent Boulevard, and on the south by Smyth Road. It has a population equal to OOE and OOS combined, yet with only road bridges, it seems unconnected to our communities. It definitely is not “nowhere.”

With a new footbridge there would be ready access to the large greenspace on the eastern side of the river. Also, for some, the Hurdman LRT station



SUPPLIED PHOTO

The proposed Clegg Street-Riverview Park footbridge would connect the many walking and cycling routes of Old Ottawa East with routes to the east and south.

would become more convenient than the Lees station.

And a bridge would make it easier for those east of the Rideau River to bike to Lansdowne Park rather than trying to fight the horrendous vehicular traffic of big-event days.

Unlike the Rideau Canal footbridges, this one could be modestly and less expensively constructed. There are no World Heritage Site obligations to satisfy, nor are there any navigation requirements aside for enough height to allow spring flow and the ice-breaking machine.

Indeed, the OOECA recommends that economy be the prime evaluation factor in consideration of bids for design of the bridge. In its simplest form, the bridge could be three simple 30-metre pre-fabricated pieces like the modest one over a Canal inlet in the Experimental Farm, opposite Colonel By Drive just south of Dow's Lake.

Corktown Footbridge took about 15 years to get built and Flora took about 10 years, because it's a long process assessing needs and impacts; getting necessary approvals and funding; and then actually building the structure.

But there is a growing awareness that we need to drive less and walk, bike and transit travel more. And for many of us, new “active transportation” infrastructure such as the proposed footbridge is seen as a valuable investment to improve the city's infrastructure fabric.

So who knows - maybe it will take less time to have another footbridge built than it did for Flora and her partners. Friends tell me I'll be dead by the time the city gets around to building another footbridge in Old Ottawa East, but I hope they are wrong.

New school proposal for Deschâtelets progresses

Continued from Page 1

eastern side nor does it include any land elsewhere.

The fate of the chapel remains up in the air. Built in 1950, the chapel features “concrete construction with buttress-like columns and a vaulted ceiling,” according to the City’s heritage report of 2011. Regional says the chapel has serious structural issues and wouldn’t respond well to seismic activity and, based upon these factors, Regional would like to demolish the building.

Issues raised by residents at the community meeting included how the school would use the “Forecourt park,” the planned city-owned park in front of the Deschâtelets Residence; where teachers would park; the impact of school buses and parents in cars dropping off students; and “noise caused by bells, announcements and fire drills.”

In response to these concerns, Bertrand noted that currently there are just two school buses for the Au Coeur School and that a “very low proportion of students” use buses. Possible teacher parking could be by the new gymnasium, noted Taylor Marquis of Regional. In terms of noise concerns, the school board responded that the new school will not use bells to announce the beginning and end of classes.

In terms of the school’s possible use of the Forecourt park, a number of residents wanted to know just how much of the park might be fenced off to provide a safe area for younger students and what were the proposed restrictions to public use of the park during the school day.

“We understand that this will be a mixed space and we do not want to take away your front yard,” Cecilia Shea, a parent of a student at Au Coeur d’Ottawa, responded. “As M. Bertrand mentioned, there will be an enclosed space for the four- and five-year-olds. These spaces are usually small and should not take up all of the lawn.”

“CECCE is an ideal partner for a future community centre in the Deschâtelets Residence, optimizing the use of facilities of both organizations,” concluded Don Stephenson, past chair of the OOE Community Activities Group and community lead for the new community centre.

“Most important, however, is that CECCE shares our vision for the preservation of a local heritage building and the development of a vibrant community hub, in which to expand community programs and foster community engagement - for the students of the École Au Coeur d’Ottawa and for local residents alike,” said Stephenson.



JOHN DANCE PHOTO

The heritage Deschâtelets Residence is poised to be renovated to serve as a new elementary school for the Conseil d’écoles catholiques du Centre-Est.



Betty Hill loved to share the community’s history with friends and family. A veritable “force of nature”, Mrs. Hill lived her entire life in Old Ottawa East, and witnessed it change from a small village “out of town” to a vibrant urban community.

Betty Hill, 103 years in OOE

We mourn the passing of our most senior citizen

MAINSTREETER STAFF

Elizabeth “Betty” Jean Hill (nee Brown), Old Ottawa East’s most senior citizen, passed away peacefully on January 30th at the age of 103.

Revered by her family, friends and neighbours in Old Ottawa East and often described by family members as a “Force of Nature”, Betty Hill was born in Ottawa during World War I on December 9, 1916.

Betty Hill holds a special place in the history of Old Ottawa East, having resided her entire life in this community, living most of her 103 years in the Brown family home at 388 Main Street, and then on Brown Street, named after her family. The Browns were one of the founding families of Old Ottawa East and were close relations of the Lees family, members of which resided further north off Main Street on the Lees family homestead.

The incredible life of Betty Hill was chronicled in a comprehensive *Sharing Lunch With* interview published by *The Mainstreeter* in April 2018, which is available in its entirety on our website at: www.mainstreeter.ca/index.php/2018/04/05/sharing-lunch-with-betty-hill-at-the-green-door/.

In the interview, she spoke fondly of her of her working career which included her efforts to support Canadian troops during World War II, but also of her childhood growing up in the Brown family house, which is now

the site of the Cuban Embassy:

“Yes, my whole life has been spent here in Old Ottawa East. I guess I never had the gumption to go anywhere else! My grandmother had this house and she wanted us to share it with her, and we did. This neighbourhood has changed a whole lot since back when I was growing up. It was real quiet back then. We used to have a bus stop right around the corner from us on Riverdale and Main. The streetcar turned around at Clegg but the City bus had a route along Riverdale back then. If the bus ever stopped at our stop, we knew it was a visitor for our house, because there was no one else around.”

Mrs. Hill’s obituary described her as “a font of historical and social information on the area, which she was always keen to share, and she was surprised at the interest of others in her stories. She engendered love, respect and admiration in everyone with whom she came in contact, right up to her final days. She was brought up and remained a person of faith and considered her commitment to church and community second only to her family.”



Donations in memory and in honour of Betty Hill can be directed to Hospice

Care Ottawa (May Court), 114 Cameron Avenue, Ottawa, ON, K1S 0X1, or to Southminster United Church, 15 Aylmer Avenue, Ottawa, ON, K1S 5G4.

Plans afoot for a big party!

Milestone 100th anniversary in the offing for Glebe Collegiate Institute

CONNIE BOYNTON

Past teachers and alumni of Glebe Collegiate Institute (GCI) were among those in attendance at a recent community open house at the school to launch the planning of celebrations to mark GCI's 100th anniversary in 2022/23, and to gather ideas on the milestone event from the community.

Panning and fundraising for the landmark 100th anniversary celebration have begun in earnest. The recent open house helped to generate many ideas, some of them coming from a wide range of attendees, including those who had attended at the school's 50th

and 75th anniversaries. A proposed heritage plaque at the school and the refurbishment of the GCI auditorium, which is well used by the high school and also by the community, were two ideas that generated considerable discussion.

Glebe Collegiate Institute has a long and storied history, and many youngsters who grew up in Old Ottawa East did their high schooling at GCI. GCI holds fond memories for the many alumni and families affiliated with the school and fosters strong devotion from current students. Past students Of GCI have gone on to excel in various disciplines in the arts and sciences, including illustrious alumni such as Peter Mansbridge, Alanis Morissette and Angela Hewitt.

In 1919, the Adolescent School Attendance Act became law in Ontario and introduced compulsory school attendance until age 16, leading to a dramatic rise in secondary school enrolment.

In those days, the community now known as the Glebe would have been considered out of town. Distant as it was from the downtown, it was an area marked at that time by many dirt roads and empty hills, and by the newly-commenced construction of an impressive and imposing school building. Glebe Collegiate Institute began holding classes in the fall of 1922, before construction of the school was fully completed. As a result, the official

opening was delayed until 1923.

GCI was initially created as an expansion of Ottawa Collegiate Institute (OCI) which was housed in the building that is now Lisgar Collegiate Institute. OCI initially consisted of the Glebe and the Lisgar campuses, which led to much rivalry between the schools. Early on, Lisgar campus students were attending a banquet at Glebe campus when a food fight erupted that only intervention by the principal could quell. Eventually, Glebe and Lisgar became separate entities with

their own administrations.

Today, as an almost 100 year old building, Glebe Collegiate is in need of some revitalization, however, certain aspects of an older building are difficult to fix. One difficulty is the lack of air conditioning. Other parts of the school are aging but can be repaired. As noted, one possible anniversary project brought to the attention of anniversary organizers would involve fixing the school's auditorium.

New OOE community centre

Continued from Page 1

would be most valuable in a new community centre. A regulation-sized gymnasium/multi-purpose room is a key part of the proposal. The space would allow for a large variety of activities including basketball and for holding large and small community meetings.

The timelines for the project and details of ownership and operation have yet to be determined. City staff indicate that "there are a lot of moving parts." The City still must negotiate with the French Catholic School Board to acquire a portion of the Deschâtelets

Residence for a community centre and with Regional Group to acquire adjacent land for the gymnasium.

There are also rezoning, site plan and heritage applications for the project to be filed (by the School Board), processed and approved. Staff expect that this will take place during the winter and spring of 2020.

In terms of the design work, CAG will lead that process on the community side, assisted by the Sandy Hill Community Health Centre (CAG's principal partner in programming community activities and services) and the OOE Community Association.

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Pedestrian safety on Lees Bridge questioned



Denis Rancourt, shown here with his daughter's dog, Chula on the Lees Avenue Bridge over the Queensway, says the parapet separating pedestrians (and dogs) from the drop below should have a railing on top, as required in the relevant provincial structural manual. The second picture shows, as a stark contrast, the new barrier on the Lees Avenue sidewalk that separates pedestrians from the LRT line.

JOHN DANCE

The reconstructed Lees Avenue overpass of Highway 417 is unsafe for

pedestrians and does not meet approved standards, in the view of Old Ottawa resident Denis Rancourt

of Simcoe Street. The provincial Ministry of Transportation and Communications (MOTC), however, disagrees.

"The situation is a grave public danger that could cause death and a major freeway accident," Rancourt recently wrote to the Ministry.

In his research of the matter, Rancourt discovered that the province's Structural Manual for the Highway Standards Branch of the MOTC specifies in its "bridges with pedestrian sidewalks" section that "Barriers installed on pedestrian sidewalks should have a handrail." But the new bridge has no handrail.

According to the Ministry's manual, a handrail "provides a safety 'grip' for pedestrians in case they slip, makes it difficult for people to walk on top and adds some aesthetic value."

The new overpass was built in 2014 and the bridge it replaced did have a handrail on top. Similarly, sidewalks on overpasses over Highway 401 in and around Toronto have handrails on top of the concrete wall.

To date, MOTC's response to Rancourt has been that the height of the parapet wall on the Lees Avenue Bridge meets the Canadian Highway Bridge Design Code standard.



JOHN DANCE PHOTOS



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RICK WALLACE: ONLINE HISTORY OF OTTAWA EAST PHOTOS

The hydro sub-station at 39 Riverdale draws few passing glances from motorists, cyclists and pedestrians, however, it continues to play a central role in the city's hydro distribution grid and sits on land on which Canadian aviation history was made.

Way more than a bus stop!

Spotlight set to shine on that strange building... at 39 Riverdale Avenue

LORNE ABUGOV

These days, it is more often referred to as “that spot to catch the bus on Riverdale” or “the building next to the snowboarding hill at Riverdale and Main”.

Shrouded in a bit of mystery, and often overlooked by neighbourhood motorists, cyclists and walkers, the edifice at 39 Riverdale Avenue with a long front façade, double metal front doors and eight regularly spaced, rectangular front windows is about to get some well-earned and overdue public recognition.

Built in 1946, originally owned by the Ottawa Hydro Electric Commission, and officially known as Hydro Sub-Station Number 5, the squat, stone building that bears resemblance to an oversized mausoleum is the subject of a detailed staff report prepared by the City's Heritage Section recommending the designation of 39 Riverdale and four other hydro sub-stations as heritage properties under Part IV of the Ontario Heritage Act. The report will come before the City's Built Heritage Sub-Committee on February 11th and is expected to be heard by City Council on February 26th.

The four other Ottawa hydro sub-stations, all built between 1922 and 1946, that have been proposed for heritage designation status are located at 247 Glebe Avenue, 340 Holland Avenue, 1275 Carling Avenue and 351 King Edward Avenue. According to Anne Fitzpatrick,

a heritage planner within the City's Planning, Infrastructure and Economic Development Department, these five sub-stations continue to play a workhorse role in electrical power distribution today, “reducing the voltage carried in transmission lines to levels appropriate for distribution for use throughout the city”.

She notes that the buildings “are excellent examples of industrial buildings influenced by a range of architectural styles and as significant examples of the early to mid 20th century hydro sub-stations in Ottawa. The sub-stations display a high degree of craftsmanship through architectural details such as stone panels with the building's name, metal entrance canopies suspended by chains, stone and copper detailing, decorative parapet rooflines and large often round-arched, windows.”

The staff report concludes that 39 Riverdale Avenue satisfies all three evaluation criteria for heritage designation: Design or Physical Value; Historic and Associative Value; and Contextual Value.

Regarding the Design Value criterion, the report states that 39 Riverdale is “... an excellent example of an industrial building influenced by the Streamlined Moderne variant of the Art Deco style and is a significant example of the early to mid 20th century hydro sub-stations in

Ottawa. The Streamlined Moderne style was popular in the 1920s until the mid 1940s. The style featured bold masses, smooth finishes and occasionally traces of the classical style. Typical of its style, Hydro Sub-Station No. 5, features smooth surfaces, symmetry and stylized dentils.

“The front entrance consists of double metal front doors with sidelights, a curved metal canopy and a central window above the door. There is a stone panel above the door that reads “Ottawa Hydro Electric”. Other notable architectural details include the dentilled stone banding at roofline, stone sills, and subtle stone quoining on corners and around windows,” note City staff in the report, which concludes that the building “retains a high degree of architectural integrity.”

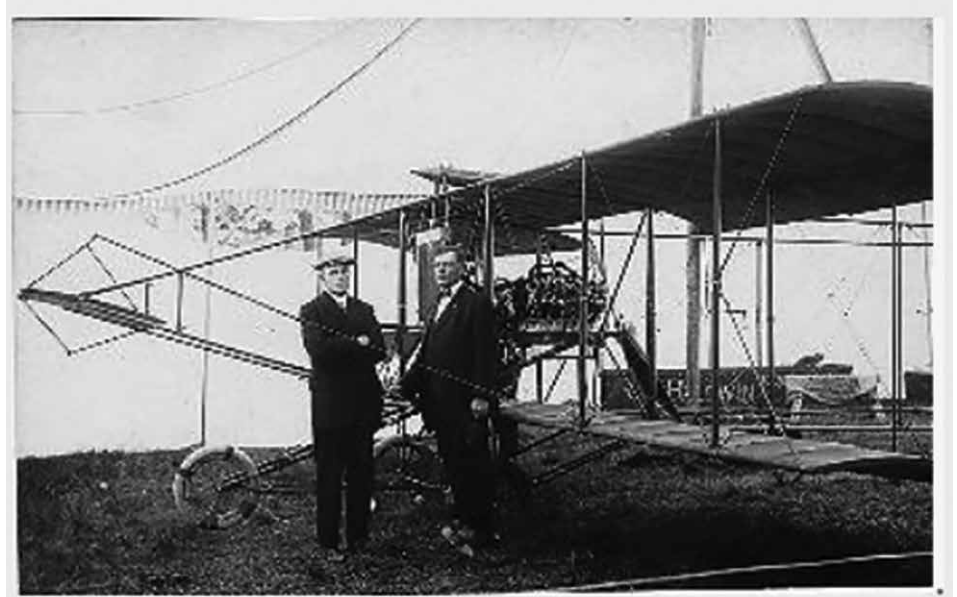
In building a case for satisfying the

Historic Value criterion, the detailed report sheds fascinating light on the history associated with the building, its location and the development of electrical power in Ottawa in the late 19th and early 20th century.

For example, in relation to the history of electrical power in the City, the report states: “Electric lighting came to the Ottawa in 1882 when two carbon lamps were erected in the lumber yards of Lebreton Flats near Chaudière Falls. By May 1, 1885, Ottawa was the first city in the world to have all its streetlights lit with electricity, replacing the oil-fueled lamp posts.

“The business of electricity generation and distribution was lucrative, and several companies were quickly established by

Continued on Page 12



RICK WALLACE: ONLINE HISTORY OF OTTAWA EAST

Pilot Lee Hammond (left) pictured with Captain Thomas Baldwin next to his “Red Devil” airplane ON September 11, 1911. Hammond is credited with the first airplane flights in the City of Ottawa, a five minute circuit over the Central Canada exhibition grounds, out to Dow's Lake, and then landing at Slattery's Field, which today is the site of Hydro Sub-Station 5 at 39 Riverdale.

That strange building...

Continued from Page 11

the business and political elites in the city.” Among those who dove headlong into the scramble to gain control of the Ottawa power franchise in the late 1800s were notables such as E.H. Bronson, Francis Clemow, Thomas Ahearn and Warren Y. Soper.

Political frustration caused by early monopolization of electrical service and resulting high electricity rates led eventually to the establishment of a municipally-owned enterprise in 1916, the forerunner of Ottawa Hydro, known as the Ottawa Hydro-Electric Commission, which was the original

owner and builder of 39 Riverdale. When in 1950, the City-owned electrical company purchased its last-surviving private competitor, citizens of Ottawa could truthfully boast that they paid the lowest average electricity rates in the world, as reported in the *Ottawa Journal* on May 9, 1951.

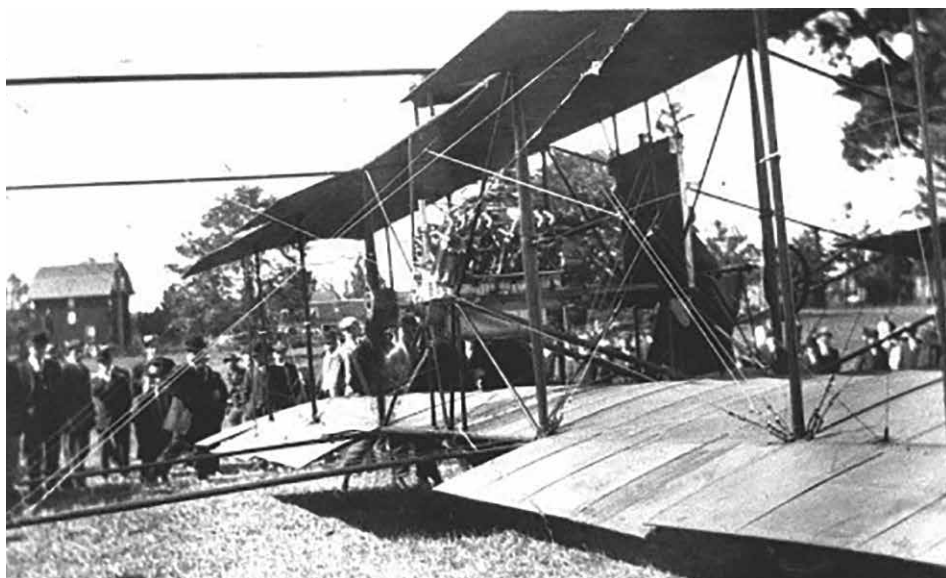
Equally noteworthy is the location at 39 Riverdale, which was a former farmer's field known as Slattery's Field owned by the Slattery family who resided on the north side of Riverdale at the corner of Main, and who ran a successful livestock operation on their farm lands and a butcher store in the Byward Market.

As the report chronicles, Slattery's



LORNE ABUGOV PHOTO

Today, area youth take advantage of the sloping terrain beside the hydro sub-station at Riverdale Avenue and Main Street for use as a snowboarding run.



RICK WALLACE: ONLINE HISTORY OF OTTAWA EAST

Another aviation first – the maiden flight of inter-City mail delivery between Ottawa and Montreal on October 9, 1913 - took place at Slattery's Field; the milestone was captured in this photo of the Vought/Lillie biplane flown by pilot William C. Robinson.

Field is the site of two of Canada's most historic aviation events: "Slattery's Field ... is the site of the first airplane flight in the Ottawa region. Between September 11-14, 1911, pilot Lee Hammond flew a biplane and performed for crowds as part of the Central Canada Exhibition. Later, on October 8, 1913 the first flight between two Canadian cities landed here (at Slattery's Field) after flying from Montreal. The plaque on the building (at 39 Riverdale) from the Canadian Aviation Historical Society notes that

"both pilots had to contend with cows and horses, which shared the crude airfield".

Not to be forgotten is the design work of noted Ottawa architect, J. Albert Ewart, who worked in the city from the turn of the century until the late 1950s. In addition to designing the sub-station at 39 Riverdale, Ewart also designed the Ottawa Electric Building (1926) on Sparks Street, the Ottawa Civic Hospital (1924), and Southminster Church (1931) on Bank Street.



If readers have any comments they wish to submit to the Built Heritage Sub-Committee regarding the 39 Riverdale Avenue hydro sub-station, they can be provided to Anne Fitzpatrick (Anne.Fitzpatrick@ottawa.ca) and Eric Pelot (Eric.Pelot@ottawa.ca), Committee Coordinator, anytime before the February 11th meeting.

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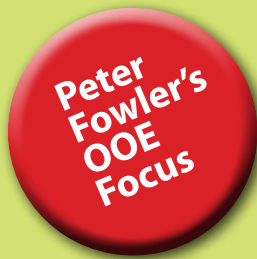
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Our photo editor was delighted to receive a number of striking early morning images of the Flora Footbridge submitted by Glebe resident Barb Grisdale. From her home on Second Avenue, Barb has an excellent vantage point from which to admire the stylistic lines and dramatic reflections that have made Flora one of the most widely-photographed new images in Ottawa.

Barb Grisdale: I took this photo of the Flora Footbridge at about 5 a.m. as I was walking the dog on the Glebe side of the bridge. The canal waters were absolutely still. Having just read that the footbridge has won a couple of design awards, I can certainly confirm that it is an impressive structure indeed.




Since we began publishing the favourite OOE neighbourhood 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.



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A tale of two seasons on the footbridge



JOHN DANCE PHOTO

The city's clearing of snow on the Flora Footbridge has been challenging for bridge users. On the main span, snow is plowed into a windrow down the centre rather than to the sides so that users must contend with two narrow pathways rather than one medium-sized one. "The reason for this maintenance process is to ensure no snow falls onto the Rideau Canal Skateway," says Bryden Denyes, the City's manager of roads services. He also notes that by plowing into the centre, "Our maintenance equipment does not damage the footbridge." In late January the pile in the middle was removed, and Denyes says the City will continue to remove the windrow when it builds up. The City will not shovel the stairs because, they say, it is easier, cheaper and safer to simply plow the ramp. The width of the winter pathway stands in sharp contrast with the expansive space available to pedestrians and to canoe portagers alike during warmer seasons.

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The Mainstreeter's 2005 Survey

Main Street revitalization 15 years later

JOHN DANCE

"Picture a village - with a bakery, fresh vegetable or fruit store and maybe a cafe or a coffee shop set back on wide, tree-lined sidewalks spilling with people and decorated with vintage lamp posts, flower pots and benches."

That's how journalist and *Mainstreeter* contributor E. Kaye Fulton summarized the collective desire of Old Ottawa East residents of 15 years ago. Fulton was one of over 500 people who responded to *The Mainstreeter's* eight-question Main Street Revitalization Survey back in 2005, and their perspectives are fascinating to consider a decade and a half later.

development of the town houses at the corner of Evelyn Avenue and Main street, which at the time was the site of the Peach Garden Restaurant, have "a viable commercial element on any frontage along Main." Capital Ward Councillor Clive Doucet fought Council's decision but, as he told the community association at the time, "From the perspective of many City officials, the community of Old Ottawa East does not exist."

The revitalization survey and related community-led meetings gave rise to the development community design plan, which was approved in 2011 and contained many of the elements sought in the 2005 survey, and also helped



JOHN DANCE PHOTOS

The "old" Main Street was seen as dangerous for both pedestrians and cyclists.

They "want the commercial heart along Main Street and Hawthorne Avenue to be rescued, resurrected and renewed," Fulton wrote. The "unanimous" view was that the community wanted a greater variety and number of shops and services. That Main Street was widely regarded as an "arterial speedway" was a key barrier to the desired transformation.

Residents also sought such things as more footpaths, and "pedestrian friendly options such as bike lanes, a weekend farmers' market and pedestrian links to sister communities in the Glebe and along Elgin Street."

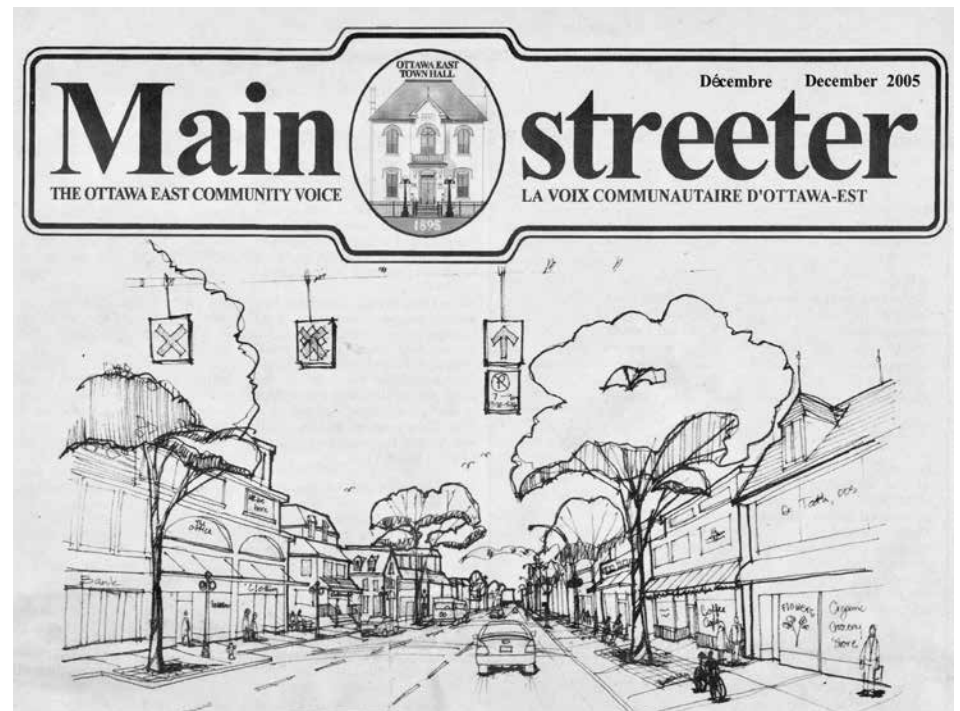
The strong consensus was that there should be a mix of commercial and residential on Main Street - "only two percent wanted Main to be wholly residential." Top choices for new businesses were a coffee shop, bakery, vegetable store, post office, library, pub and butcher.

The impetus for *The Mainstreeter* survey was City Council's refusal to respect the community's request that the

launch the rebuilding of Main Street as a complete street.

Main Street's buried infrastructure was crumbling and the time had come to replace it. The City realized that the configuration of the street and sidewalks could also be considered since they all needed to be replaced anyway. After many meetings of the Main Street Renewal Working Group, with its many representatives for residents, businesses, churches, schools and other organizations, Ottawa's first "complete street" design of a core route was submitted to the City's transportation committee. After four hours of debate, the redesign scraped through, but then was widely supported at City Council. Construction began in 2015 and the "new" Main Street opened from the Queensway bridge to the McIlraith (Smyth) Bridge two years later.

Meanwhile, developers had bought all of the Oblates' and half of the Sisters' property bordering on Main Street, leading to specific proposals that, for



LASHLEY AND ASSOCIATES, LANDSCAPE ARCHITECT.

The front page of *The Mainstreeter* of December 2005 had an architect's image of how Main Street might ideally look.

the most part, adhered to the vision and constraints of the community design plan and the "secondary plan" that gave it legitimacy.

So how has Old Ottawa East changed relative to what was sought in the survey? To a surprising extent, OOE of today fulfills many of the dreams and desires of the residents of 15 years ago. Notably, as some drivers complain, Main Street in 2020 is anything but a "speedway." However, it is safer and more comfortable for cyclists and pedestrians, despite some cyclists who insist on riding the wrong way or not respecting pedestrians.

The children's garden and the greatly improved Saint Paul University grounds have made Main Street a much more pleasant and interesting street. The completion of the Flora Footbridge and the new pathways along the river and beside the LRT route now provide the pedestrian and cycling connectivity that was sought.

"I recall the neighbourhood initiative to try to slow cars down on Main Street on weekends by parking (legally) on Main Street on Saturday mornings," says Mary Trudeau, one of the founding members of Sustainable Living Ottawa East. "I did it a few times but it was really taking your life in your hands as cars easily went 60km/hour down the street as a norm. Today, 15 years later, I no longer avoid walking on Main Street and the traffic speeding problem has been addressed without putting our cars in the direct line of fire. I would never have considered biking along Main Street but I do so now regularly."

Jan D'Arcy, who was both editor of *The Mainstreeter* and president of the community association in 2005, says "We got exactly what we were after. Our community really came together." She notes how we have the weekend farmers' market, a number of new cafes and restaurants and, now, Nu Grocery. And



Narrow and sloping sidewalks with overhanging branches were the norm in OOE, along with speeding vehicles on the commute to work.

she says, "We got Main Street done in an even better way than we envisioned."

"We're very happy with the changes and how things are gradually shaping up on Main Street as the trees fill out and more retail stores move in," comment Dorothy and Ron Shigeishi of Onslow Crescent. "We're pleased with the Nu Grocery but are still wishing for a Cedars-like general grocery, a pub and especially a new community centre in the Deschâtelets building."

Similarly, Burnham Road resident Margaret Moriarity comments, "I am happy with the changes to Main Street. The dedicated bike paths and wider sidewalks are what please me the most." But Moriarity laments, "It would have been nice if the former Petro-Canada station site [north corner of Main Street

Continued on Page 19

20th anniversary

A chapter in the life of the Lady Evelyn Book Club

DANIELLE FONTAINE

On November 15th, 2019, all 13 members of the Lady Evelyn Book Club met at Lady Evelyn Alternative School to celebrate 20 years of book club gatherings. Lady Evelyn was the original common factor for the members, as they had all taught there together at some point. The members gathered at the school for a commemorative photo and brought books to donate to the library as a way of honouring the connection to the school.

Afterwards, the group reconvened at the Royal Oak Pub for the official book club meeting. Needless to say, book discussion fell by the wayside, as much social catch-up was required. Toasts were raised to different members for



JOHN DANCE PHOTO

Bottom row (kneeling): Christian Hurlow, Lori Fraser, Lynda Jane Cornelisse, Nancy MacDonald, Marion Brearly; **Middle Row:** Barbara De Lorme, Heather Beausoleil, Barbara Cooper, Donna Bondy, Danielle Fontaine, Kathy Czerny; **Behind the Sign:** Lynn Champagne, Shari Langevin

such things as questionable attendance, political activism, archival record keeping, photography and, in one case, for reading the books after book club meetings.

Over the years the group has celebrated births, weddings, funerals, divorces and retirement parties. They have also reminisced about the students they taught and shared stories of their lives. Some people say that books

are their bread. Some people say that books are their religion. For the Lady Evelyn Book Club, books are their friends.

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Celebrating the Rideau Canal Skateway's 50th year

JOHN DANCE

So what's free, better than the Rockefeller Center, a recommended bucket-list activity, half a century old and with its heart in Old Ottawa East?

The answer is obvious: the Rideau Canal Skateway.

About one-third of the nearly eight-kilometre-long outdoor rink runs along the western boundary of Old Ottawa East. The middle of the skateway is bisected by the new Flora Footbridge.

A quick search of the internet confirms what many of us already know - the Skateway is the world's best outdoor rink, followed by the rink at New York's Rockefeller Center and other rinks in cities almost the equivalent of Ottawa, like Paris, Moscow and London. Factually, according to the Guinness Book of Records, the Skateway is the "largest" rink in the world with an area equivalent to 90 Olympic-sized hockey rinks.

More rigorous internet searching shows that skating on our rink is on the list of the best outdoor Canadian bucket-list activities. Often, during the winter, you'll meet tourists from Europe and the United States who have come to Ottawa just to experience the Skateway.

For some Ottawa Easters, like Alex Watson of Glengarry Road, the Skateway is a delightful winter way to get to work every day, although skating to downtown is so quick that it takes more time to put on and take off your skates than to actually skate the distance.



JOHN DANCE PHOTOS

Old Ottawa East architect Anthony Leaning with CSV Architects designed the warm, comfortable and iconic skate shelters of the Skateway.

(NCC) and resident of Clemow Avenue just across the Canal from OOE, had the idea of the Skateway. "A team of NCC employees armed with brooms and

diversion into Patterson Creek.

Skaters now experience a smoother surface and don't trip on the many orange spray-painted pumping holes that used to run down the centre of the entire route. Today's flooding technique has been mechanized with the key component being the "Froster FW60," a water dispersion vehicle that with its extended arms coats a wide swath as it moves along the Skateway.

The tanker-like contraption is often parked just south of Clegg Street and fills in the cracks and divots on the ice surface much more effectively than the old hose flooding method. And because of its large tank of water it doesn't have to be filled frequently. Relatively few ice holes now

need to be drilled and they can be situated more safely on the edges of the rink.

This year, the Skateway opened on January 18, the same date it opened the first year. But the first year, the season lasted 90 days, which remains a record. Over the last half century, the skating season has been as short as 34 days and climate change with its more variable weather patterns and warmer temperatures has made ice maintenance a real challenge.

So it's a real question whether the Skateway will endure for another half century. But it's time to go skating and enjoy it now, even as we all work towards less climate change.



The Flora Footbridge marks the mid-point of the Skateway and provides a perfect vantage point for watching skaters glide along in the early morning sun.

Anthony Leaning, another local resident, has played a key role in improving the skating experience. Eight years ago, Leaning, with CSV Architects, designed the striking "change chalets" that provide warm, spacious and comfortable shelter for the million plus skaters who use the Skateway in an average year. The shelters have won a number of awards for their unique and sustainable design.

Back in 1971, Douglas Fullerton, Chair of the National Capital Commission

shovels turned his idea into a reality when they cleared a small section of ice between the Mackenzie King and Laurier bridges near the National Arts Centre (NAC)," says Cédric Pelletier, NCC strategic communications advisor.

Since then, creating and maintaining the rink has become more effective and the skateway now extends all the way from the NAC to Carleton University and the Dow's Lake pavilion with a delightful



OOE resident Alex Watson skates to work every day when the Skateway is open.

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Please ask us about replacing your complimentary telephone consultation with a **walk** or **jog** along the Rideau Canal or during your commute to downtown.

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Community features such as access to green spaces, walkable destinations ... help reduce stress, increase social support and community belonging.¹

¹ Ottawa Public Health. Promoting Mental Health in Ottawa Summary Report 2018. June 2018. Ottawa (ON): Ottawa Public Health; 2018 at page 10.

Photo by Alora Griffiths on Unsplash

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BE THE CHANGE!

Environment and sustainability in Old Ottawa East

The Mainstreeter is proud to publish the first in a recurring series of environment and sustainability columns entitled Be The Change, and coordinated by Judith Kennedy, Peter Croal and Jayson MacLean and open to all members of the Old Ottawa East community who harbour a particular expertise or passion about climate change or related issues affecting our environment.

PETER CROAL & JUDITH KENNEDY

It's a tough world we live in. News about climate change and its effects arrives almost daily, with evidence increasingly suggesting that the warming of our planet is connected to a whole host of calamities both far and near: forest fires in Australia, melting polar ice and, closer to home, the Ottawa and Gatineau floods and tornadoes.

Old Ottawa East residents are also experiencing the effects. Our new normal is warmer, wetter and windier — and more unpredictable: we love our winter activities, but did you know that over the past 20 years we've already lost ten days per year to enjoy them each year?

Hate pot holes and the increased taxes to repair them? Brace for it: the increased number of freeze-thaw cycles are causing our roads to deteriorate faster, and those same cycles are also weakening your window seals. If you're thinking of a renovation or new home build in the next five years, building codes that withstand these changing conditions will likely increase our costs.

The Rideau River has a greater risk of spring flooding which could translate to increased insurance premiums and property taxes for those living nearby. If you love the shady streets and parks

of Old Ottawa East, generally drier conditions are affecting some of our tree species, too, while less severe winters have allowed the emerald ash borer larvae to survive to destroy most of our white ash trees.

The reality is that not only is the problem huge but actually doing something about it seems just as daunting, almost bordering on the impossible.

But from here in our little corner of the world, this is what we think: It's not too late. The choices we make today will decide the future for our community, and we are capable of taking the individual and community actions to help ourselves, our city and our planet.

Many Canadians feel that climate action is the responsibility of more populous nations. It's true that Canada's carbon emissions are relatively small on a global scale. But, as a developed nation, we have been emitting for a longer period of time than emerging economies, and on a per person basis Canadians have among the heaviest carbon footprints. The silver lining is that taking action can return other benefits to our community, such as cleaner air, less noise pollution, less congested commutes, reduced household costs and better health.

At the local level, in response to



PETER CROAL PHOTO

The warming of our planet is connected to a host of changes in our climate - warmer, wetter and windier become the new normal.

declaring a Climate Emergency, the City of Ottawa has created a Climate Change Master Plan. The plan identifies targets for reducing greenhouse gas emissions for the City as a corporation and at the community level. As the City identifies priority areas and actions, Old Ottawa East residents can play a role in that discussion.

In fact, there are many viable fronts for action on climate change. There's energy generation and conservation, food production and waste, building efficiency, city infrastructure and transportation — and each of these can be broken down into multiple potential actions to pursue, offering plenty of ways for citizens to make a difference.

But that's our view. We want to know what you think.

We are members of Sustainable Living

Old Ottawa East (SLOE), and we've started this ongoing column in *The Mainstreeter* to hear from people in the community about how climate change is affecting them. It's meant as a forum to share ideas and as a way to hear from people with a particular expertise or passion on the subject.



Old Ottawa East residents wishing to join SLOE to help be the change we want to see in the world are invited to share your thoughts by contributing a submission of your own to this column or by contacting SLOE about its ongoing projects at sloe@ottawaeast.ca.

Main Street revitalization

Continued from Page 15

and Springhurst Avenue] had become a small park."

The loss of green space is a concern of others as well. "I still miss the green open lands that used to be so prominent in the neighbourhood," says Trudeau. "I don't think there was as much attention paid to ensuring habitat was protected and created along the shoreline as there should have been but there may still be projects in the works to introduce and

rehabilitate lost habitat for snapping turtles, frogs, birds and the occasional snake along the river."

And despite the new vibrancy of Main Street at Domicile's Corners on Main and the enduring Green Door restaurant area, all three commercial units in the apartment building at the corner of Main Street and Lees Avenue are vacant.

"We need an Old Ottawa East BIA," says D'Arcy, calling for the creation of a business improvement area such as the one Glebe businesses support.

"At the moment, Old Ottawa East is enjoying a renaissance," says former Councillor Doucet. "It won't be the same as it once was. It won't be as wild or quiet but the essentials of a sustainable community are growing, not declining. By sustainable, I mean a community where more people walk, people know their neighbours, live, play and don't go too far away to work."

According to Doucet "...it was a great joy representing these communities at City Hall and very satisfying because we won many battles that helped preserve the essential community qualities in Old Ottawa East, the most important being

access to the river and a Main Street used as a community street as well as a place to move cars along, and of course the footbridge."

So, overall, it seems that sustainable progress has been made in revitalizing the community. Given the many goals that Old Ottawa East residents have achieved so far, now may be the time for *The Mainstreeter* to seek our readers' views on what Old Ottawa East should be like in another 15 years.

BUSINESS BEAT



ERIK STOLPMANN PHOTO

NU co-owners Sia Veeramani and Valerie Leloup are happy with the uptake on zero-waste shopping.

NU Grocery settles in on Main Street

THERESA WALLACE

Since NU Grocery (NU) opened in October, Old Ottawa East residents no longer have to leave the neighbourhood to buy basics such as milk, eggs or bread, and the grocery store has hired more staff. The owners say they're happy with the enthusiastic uptake on zero-waste shopping and, although their client base is the neighbourhood, regular customers are also coming from adjacent communities and as far away as Orleans and Gatineau.

The most popular products so far are

the sourdough bread baked by Little Stream Bakery, concentrated laundry soap from Quebec-based PURE, peanut butter, Equator coffee, bulk frozen berries and Beking eggs.

Co-owners Sia Veeramani and Valerie Leloup have noticed subtle differences in preferences at the Main Street NU compared to their Hintonburg store, which opened in 2017. "The offerings are mostly the same, however we have introduced a few new spices, grains and beans that Old Ottawa East customers have requested," Veeramani explains. "Since the NU Main store is a larger

space, we have a wider selection of products, including bulk frozen foods."

Veeramani says that as a small independent business NU tries to keep prices comparable to bulk stores, health food stores and supermarkets. "Having said that, we carefully curate our products to choose the best available. Some are ultra-concentrated or locally made or artisan, which can affect the price. Many last longer—our personal care products such as moisturizer, shampoo and deodorant are an example—which spreads out the cost over time."

Are you a NU newbie?

THERESA WALLACE

Zero waste shopping will be a lot less work than you expect, promises Sia Veeramani, but she admits there is a bit of a learning curve on your first visit.

NU encourages you to bring your own containers. No need to buy anything special, just bring what you have. Containers with wider mouths are easier to fill, but if you don't have a wide-mouth container, the store provides sanitized funnels at the weigh station by the entrance. Weigh the container, write the weight on the outside with the marker provided and grab a clean funnel if you need one (but if you don't have a container, you can pay a dollar for an empty NU jar and get a refund when you bring it back.).

Veeramani suggests new customers do an exploratory trip around the store to see what products are available in bulk. "We carry everything you find in a conventional grocery store except fish and meat," she says. "Whether you want to refill toothpaste, buy honey, get ketchup or purchase just one egg, you can do that here, and buy as little or as much as you need."

If there is something you want but don't see, ask. "We may have it and you just can't find it, but if we don't, we are open to suggestions on what new products we should carry."



NU offers free workshops every Saturday at the Main Street location.

Topics include, for example, how to grow your own sprouts, make kombucha, set up vermicomposting at home, make beeswax wraps, and prepare your own cleaning products. Check the sandwich board outside the store to find out what's happening on the weekend or subscribe to the NUsletter at nugrocery.com.



BUSINESS BEAT

New at Corners on Main

The MindLight Collective: helping to shine a light on patterns of the brain

LORNE ABUGOV

Guessing is a game of the mind, and many minds within Old Ottawa East seem to enjoy guessing at the identity of new businesses poised to launch their affairs in new commercial storefronts on or adjacent to Main Street.

One of the tougher guessing challenges confronted by locals in recent months is the case of the new **MindLight Counselling and Trauma Therapy Collective** which has occupied offices at 5 Oblats Avenue in the Corners on Main since last November.

Beneath the MindLight Collective business sign, with its distinctive and symbolic logo (more on the logo below), is an exterior front door emblazoned with the words “By Appointment Only” and “Intake Forms Inside”. A bright yellow “Caution automatic door” sticker completes the puzzle for local residents. Interesting indeed, but admittedly not many clues for the sleuth in all of us to work with.

Enter *The Mainstreeter* (with big-time help from Google!)...

MindLight Collective – the Business Beat has learned – “is a fee based service group of provincially licensed clinicians offering a range of specialized services, backed by the best science.” According to its website, MindLight maintains “the highest standard of skills-based approaches by our commitment to reliable and consistent education and consultation with leading experts in the field of psychotherapy. Each of our clinicians particularly specialize in the treatment of anxiety disorders and trauma related conditions, including complex PTSD and Dissociative Disorders.”

Mining the Collective’s website, we learn further that “each member of the MindLight Collective works from their own location throughout Ottawa”, and that the main office in Corners on Main houses the practice of MindLight owner and founder, Fatina Elkurdi, a Clinical Social Worker trained in Canada and the United States with more than 19 years of practice in a range of hospital and clinical settings. Elkurdi specializes in applying research to practice, “teaching her clients innovative skills to treat depression and mood disorders, emotion regulation, anxiety disorders, interpersonal problems, substance dependence, chronic pain and medical conditions, often co-occurring”.

Curiosity piqued, *The Mainstreeter* contacted Elkurdi to learn more about MindLight Collective, how it came to be, and the services that she and her four Collective colleagues plan to make available to clients in the OOE community.

She explained that the collective came together as a result of the practitioners conducting clinical work together and sharing experience in the treatment of anxiety and trauma related conditions, as well as more general counselling needs.

According to Elkurdi, much of what the MindLight Collective aims to provide to its clients and to the public is education about responses to stressful events. “Often people will hear the word “trauma” and think, “that’s something serious that doesn’t apply to me.” That may not be the case,” she observes. “The loss of a loved one, a relationship crisis, or a chronically stressful work environment can have similar effects on the nervous system as what is traditionally thought of as traumatic. We hope to help people make sense of their symptoms and come up with a path towards healing.”

“The threshold of what is considered traumatic is far lower today than what has been previously understood,” Elkurdi explains. “In fact, we know that it is unlikely for anyone to be prevented from exposure to traumatic material now. Especially in today’s information age, exposure to world events, proliferating images, stories and experiences on news and social media are affecting many, in ways people feel ill equipped to cope with.”

She is confident that the MindLight Collective will offer real help to people, working with them to normalize their experiences, realize they are not alone, and come to know that help is available.

Although they are still undergoing some finishing construction touches, the MindLight office in Corners on Main as well as the distinctive MindLight logo, have been designed with – no surprise here – some pretty deep thought!

“Psychotherapy is not like going to the spa...For some, therapy may be the hardest work they will ever do. Through the skills you learn in psychotherapy, you can learn to turn towards pain and the harder, sharper aspects of your life you may have been avoiding or are afraid to confront. The strong lines and sharp edges of the logo reflect this, as well as the strong walls within which the therapeutic



LORNE ABUGOV PHOTOS

Specialized psychotherapy services are now available in our community.

relationship can contain what people feel is too difficult to hold on their own,” Elkurdi says.

“The offices on Oblats Avenue were also designed with this in mind. They are simple and comfortable, but have polished concrete floors, an almost industrial feel, high ceilings, representing the boundaries within which difficult material can be safely explored or “held” with your therapist. This is what we feel reflects the hard work that happens in psychotherapy. You may feel drained after therapy, but this is often part of the path towards healing and growth.”

In future, Elkurdi hopes to possibly add other qualified clinicians at the Oblats Avenue offices, and to consider ways in which the Collective can best integrate into the Old Ottawa East community. She

is considering a plan to make the office space available to community groups for meetings and small events. In addition, one of the goals of Collective members is to facilitate treatment through reduced fees for some community clients who might otherwise find the costs of psychotherapy and complex treatment counselling to be prohibitive.



At present, prospective new clients, or members of the public who have general inquiries about MindLight Collective, are encouraged to

contact the organization through a website submission form at www.mindlight.ca, by e-mailing: contact@mindlight.ca, or by leaving a message by phone at 613-518-1577.

Happy Goat Opens in OOE



ART BEAT

A finger on the pulse of the arts in OOE



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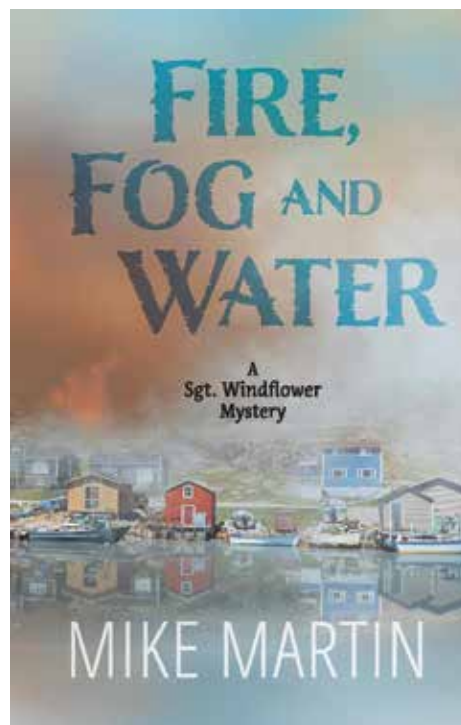
OOE ARTIST FEATURE: MIKE MARTIN, AWARD- WINNING MYSTERY WRITER, STORY TELLER AND CONNECTION MAKER

From our little corner of the world, Mike Martin writes stories to connect with people from all walks of life. He has published eight mystery novels - his most recent, *Fog, Fire and Water* was cited by Jack Batten in the *Toronto Star* as one of the “best new mysteries to thrill you over the holidays” - as well as one book of stories, *Christmas in Newfoundland: Memories and Mysteries*, released in August of 2019.

Martin's mystery novels are all a part of his Sergeant (Sgt.) Windflower series about an Indigenous RCMP officer—a Cree from Northern Alberta—stationed in the small community of Grand Bank, Newfoundland.

Martin brought the setting to the books. “My partner Joan bought her grandfather's home in Grand Bank several years ago, so we would go every summer to work on restoring it,” he explains. “Then, in the third summer, out of the fog, Windflower started telling me his story. I didn't make him Indigenous or a Mountie, he came to me that way.”

Martin did not plan to write a series. “But I didn't know how to stop!” he says. “The story keeps coming and the characters keep talking, so I compartmentalized it.”



Fog, Fire and Water (Sgt. Windflower Mystery #8) by OOE author Mike Martin.

Martin writes a book a year. It takes him about three months to complete a first draft and three months to edit it. “I make anywhere from 60-80 revisions. Then the rest of the year is for promotion and book events.”

For Martin, the best part of writing the series has been making connections with the people who read and like the books. “Newfoundlanders like books about Newfoundland; people who have some connection to Newfoundland like the series; and people who want to go to Newfoundland are attracted to it. And more people in the U.S. now know Newfoundland because of the musical *Come from Away*.”

The series has also carved out its own place within the mystery community. The books are considered Light Mysteries. They have some of the features of a Police Procedural and some of a Cozy Mystery. “The books have no sex, violence, or strong language,” Martin says. “They are for people who want to read more of a story and less about the crime/murder.”

His seventh novel *Darkness Before the Dawn* won the Blythe Award for Light Mystery of the Year. “You can't chase awards,” he says. “But, to me, that award was recognition that my writing has improved. It also felt good to be compared favourably to other authors.”

The series doesn't shy away from real problems such as opioid addiction, domestic abuse, and sexual harassment. Windflower is a good guy both inside and outside the force. He is also an outsider in a small community. “He has been accepted, but will never really

belong,” Martin explains. Windflower still lives in Grand Bank, but he now has a wife, a daughter, and pets. “He continues to grow emotionally as he moves into middle age and wonders what he'll do next,” Martin says. “It feels like we're moving nearer the end than the beginning.”

Martin considers it an honour that people take the time to read his books. “Someone once called me to say that they had a friend going through cancer treatment and that the only thing that relaxed him was reading my books,” he says. “People take the series into their lives.”

Martin especially loves connecting with people through writing at Christmastime. He has created an advent calendar of poems and a Twelve Days of Christmas collection of photos and poems. And for the past 15 years he has written an annual Christmas story for his family and closest friends. “I feel the joy as soon as I start thinking about

Christmas Surprise, he goes shopping with his mom. “We were on a mission to get our family's very first record player. It was special because it was just Mom and me.”

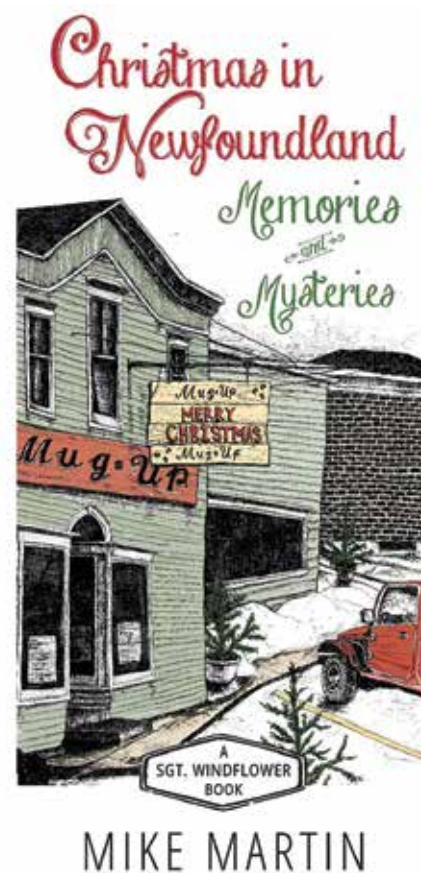
With *A Grand Bank Christmas* set in the 1930s, Martin felt like he was capturing a bit of history. “It was about a time when Joan's father's family had very little space in their kitchen, so they hung their Christmas tree upside down to get around it.”

Since one of Martin's original Christmas stories had included characters from the Sgt. Windflower series, he added a few more Windflower stories to the book. “They are not mysteries, but stories about the characters' own Christmases on Grand Bank,” he says. “Writing them gave me the opportunity to delve more deeply into the characters' back stories.”

Martin's publisher liked the stories, but he also wanted illustrations, so they took the project to Canterbury High School's Visual Arts teacher Christos Pantieras. “He agreed to work with his class to develop images for the stories,” Martin says. He and the publisher made the final selections and every student received something for their work.

These students were able to capture my stories in images without ever having been to these places,” Martin says. “The cover illustration of the *Mug Up Café* demonstrates the power of a story to inspire somebody—in this case, another type of artist. The project was a collaboration across both generations and media to tell and share stories, and it was another wonderful way of connecting.”

Martin's books can be purchased at local bookstores, including Chapters/Indigo and Books on Beechwood, or ordered on Amazon.



Christmas in Newfoundland: Memories and Mysteries, a collection of annual Christmas stories from the author's childhood.

the stories; I hope people feel the love in them,” he says.

Martin kept and mined these stories for his latest book, *Christmas in Newfoundland*. Some of them are from his childhood growing up in St. John's in the 1960s. “The stories bring back peoples' own memories of the magic of a child's Christmas,” he says. In *The*



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that you believe would enrich
our community members'
lives.**

Beautiful Monsters take over the National Gallery

PHYLLIS ODENBACH SUTTON

An appreciative audience was treated to a marvellous matinee performance at the National Gallery of Canada on January 25 featuring the Ottawa Baroque Consort, master storyteller David Brennan and a selection of pieces from the Gallery's special exhibition, *Beautiful Monsters in Early European Prints and Drawings (1450–1700)*. This exhibition, which runs until March 29, 2020, showcases a selection of 15th - 17th century engravings, etchings, woodcuts and drawings from the Gallery's collection.

The idea of pairing Baroque music with Baroque art arose over a year ago; the Beautiful Monsters exhibition provided the perfect art work, and the storytelling element was added to bring the monsters to life – with great success – in this one-time performance. Fusing three art forms,



Host David Brennan tours the audience through the nine levels of Hell in the Inferno.



The Ottawa Baroque Consort brings baroque music back to its roots.

PHOTOS SUPPLIED

the performance alternated between stories, music and art. A full Baroque orchestra on stage and large-screen projections of the artwork made this a tightly-coordinated production.

The material was a new take on Greek and Roman mythology, written by Consort artistic director Olivier Henchiri and Jacinthe Hudon, director of multidisciplinary projects. The concert audience was regaled with stories about the deadly allure of sirens and their songs as we heard of Lorelei distracting sailors with her song and causing them to crash on the rocks. We met the full chested and full bearded Neptune, god of fresh water, the sea and earthquakes – a lusty, temper-filled god who was bored and always seeking something else as he traveled across the sea perched on a horse-drawn chariot.

We learned how fresh water stored in oak barrels on ships often turned moldy and rancid, as our storyteller, armed with a stein of beer, captivated us with stories of sea monsters, whales circling ships and giant squids. We were told, among others, the story of Cadmus and the Dragon's teeth and, finally, we were treated to very vivid descriptions of the nine levels of hell in the Inferno. One could only agree with Ottawa Baroque Consort executive director Lisa Wall that Host David Brennan, a stand-up comedian and storyteller, "was perfect for the part."

And while the stories washed over us, so to did the beautifully performed music of Pietro Locatelli, Georg Philipp Telemann, Charles Avison and Vivaldi. Of particular note, Winter from "The Four Seasons" was used to wonderful effect with the Inferno artwork and story!

The Consort's multidisciplinary concerts have garnered quite a following over the past few years. "People know they're in for a powerful experience," says Olivier, adding that "In a way, this brings Baroque music back to its roots: word painting, stirring the passions and moving people emotionally."



The next performance of the Ottawa Baroque Consort Musically In\$u!t*ng will be at Glebe

St-James Church, 650 Lyon Street – a short walk across the Flora Bridge – on May 23, 2020 at 7:30pm.

Tickets are available at www.ottawabaroque.ca/, or by calling 613-400-1511.

OOE ARTS CALENDAR

The Green Door Restaurant Exhibitions

The Green Door restaurant has engaged photographer/publisher Jake Morrison to curate photography for the walls in the restaurant's north room. A new show will go up every three months.

From Monday, December 2 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. More of Lamont's images can be viewed on his website (<https://www.jalamont.ca/arctic-dreams#1>) or read the article on Lamont and his work on page 29 of the December 2019 issue of *The Mainstreeter*.

From Monday, March 2 through to Sunday, May 31, check out feature artist **Richard Robesco** and his show entitled "*Scotlandia*," inspired by Scottish folklore and mythology, which celebrates the Romantic Landscape. More of Robesco's images can be viewed on his website (<https://www.richardrobescocom>).

John Royle's Home Concerts

Friday, Mar 20, 7:30 pm - Donna Brown (soprano) and Andrew Mah (guitar) – all Brazilian program

Friday, Apr 3, 7:30 pm - Jason Fung and Stanford Cheung (duo piano) – benefit concert for "In Concert for Cambodia," supporting education for children in Cambodia.

To inquire about attending John Royle's home concerts (he lives near Brantwood Park), contact him by email at john.royle1@gmail.com Admission to all concerts is by donation (\$20 recommended minimum), but you need to reserve a seat to attend.

Ottawa Dance Directive / Series Dance 10

February 27-28-29, 2020 - An Autopsy of an Archive / Performed and Created by Tedd Robinson (with Johnny Spence and Riley Sims)

April 16-17-18, 2020 - Series Dance 10 #37 - Peggy Baker & Jennifer Dallas

For more information about ODD BOX Season 2019-2020 see www.odd-cdc.org or Facebook ODD/CDC.



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* Locations and dates are subject to change. New site additions are under consideration.



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BOOK REVIEW

Harry Livingstone's *Forgotten Men: Canadians and the Chinese Labour Corps in World War I*

THERESA WALLACE

They shared the hardships of many migrant workers: long hours, punishing work, substandard lodging and blatant prejudice. They left their villages to earn money to support their families, to escape poverty and hunger, and perhaps even to have adventures.

But the story of these particular migrant workers, the Chinese Labour Corps (CLC), is also unique. In a complex, urgent, top-secret First World War operation beginning in 1917, close to 85,000 of these men travelled in ships from northeastern China to British Columbia, where they were quarantined before crossing the country on crowded trains.

At eastern ports, the Chinese boarded ships for Liverpool, then France. Working

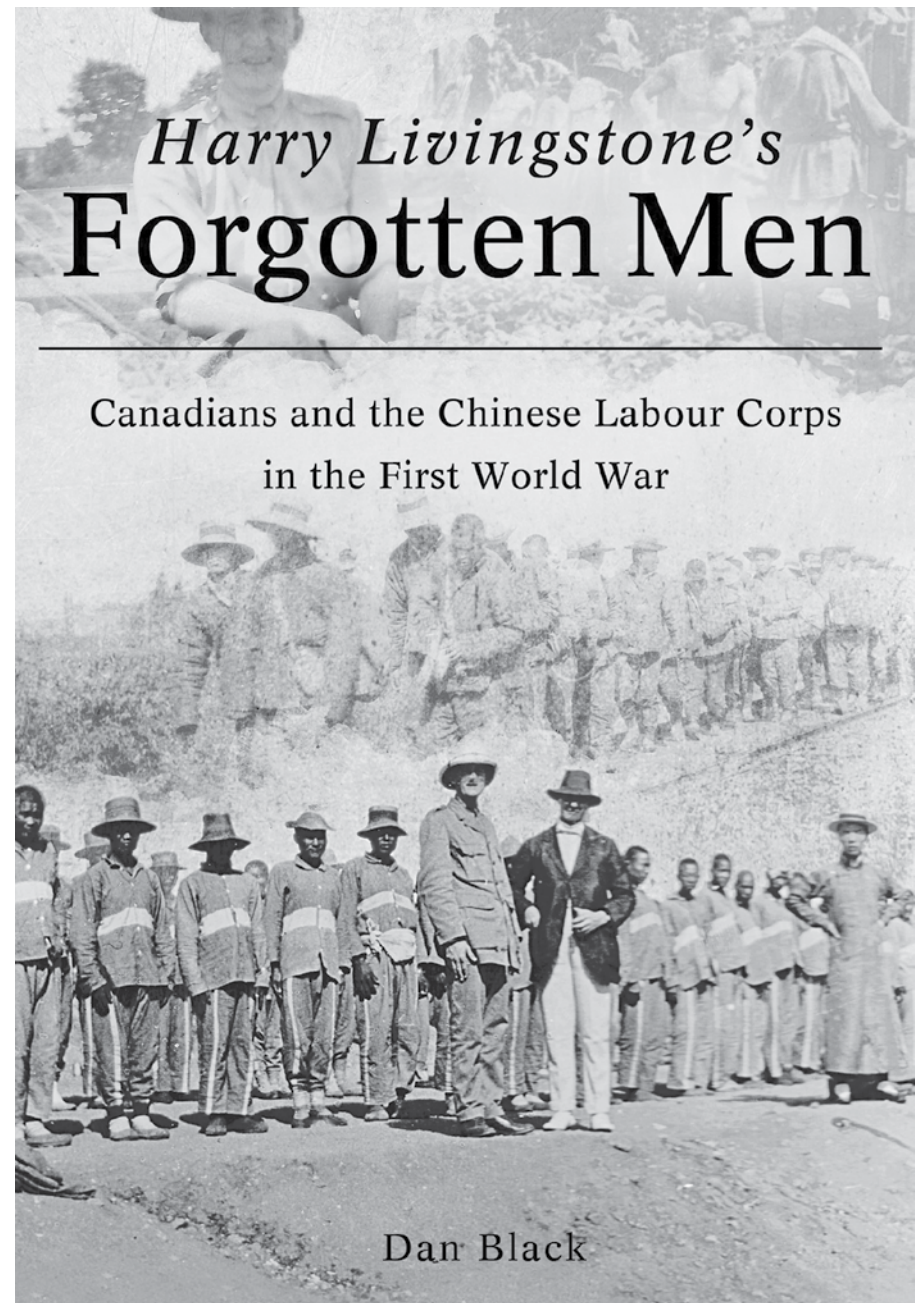
under contract for the British Army, the role of these non-combatant labourers from the Far East was to relieve the Allied troops of much of the labour necessary to keep the war machine moving at a crucial time. They unloaded ships, repaired trenches, roads, and railways, and stockpiled ammunition. This made it possible for more British personnel to join forward fighting units.

The CLC camps were mostly well behind the lines, but spread throughout the Western Front, and some came under enemy artillery and aerial bombardment. Most Chinese who died in the war succumbed to disease, but others perished as a result of enemy action. Several thousand are buried in cemeteries throughout France and Belgium, but their graves are also in the United Kingdom.



DAVID LIVINGSTONE COLLECTION

Chinese labourers aboard the CLC Special train during World War I.



JAMES LORIMER AND COMPANY LTD., PUBLISHERS

Roughly fifty graves are here in Canada. The closest to Ottawa is the grave of Chou Ming Shan in Petawawa. Last October, a new headstone was dedicated for this young man who died of malaria on one of the CLC trains as it crossed Canada.

Author Dan Black's new book *Harry Livingstone's Forgotten Men* tells the story of those who contributed to this massive war effort: the Canadian missionaries in China who spoke the language and helped with recruitment for the CLC; Harry Livingstone of the Canadian Army Medical Corps and other Canadian government, military and medical men who were tasked with keeping the

mission a secret from the enemy while receiving and caring for the Chinese and moving them across the country; and, the Chinese labourers themselves, about whom very little has been known until recently.

Black lives in nearby Merrickville and is the former editor of an award-winning national magazine. He travelled extensively to conduct research for this book, published by James Lorimer and Company, which he views as one step towards understanding the role Canada had in the CLC story. He can be reached at blackdandb@gmail.com.

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

VOLUNTEERING

Someone needs something you can give

LORI GANDY

Reaching out to help others is a great way to share your skills, expertise and energy. Volunteers make a huge difference for individuals and organizations and, most importantly, help people stay connected to their community and feel valued.

Below are a few volunteer opportunities that might be perfect for you.

English Language Tutoring for the Ottawa Community

Do you have a passion for helping others? Do you want to share your English language skills with a newcomer to Canada? If so, then consider joining **English Language Tutoring for the Ottawa Community (ELTOC)** as a volunteer tutor. ELTOC provides in-home tutoring to newcomers who cannot attend ESL classes due to child- or elder-care responsibilities, work schedules or health issues.

Tutors don't need teaching experience, just a keen interest in helping someone learn basic everyday English and understand Canadian culture. You will be assigned an experienced ESL Education Counsellor and receive training, teaching materials and ongoing support. ELTOC tutoring involves a commitment of about three hours per week for 10 months and you will be matched with an appropriate student (gender, location, availability). Your efforts will be greatly rewarded as you see your student gain confidence in English and learn about Canadian culture and society.

For more information, and to apply to be a volunteer tutor, go to <https://eltoc.ca>.



Meals on Wheels

If you have some time on your hands, **Meals on Wheels (MOW)** is looking for volunteers to deliver and serve nutritious meals for people who cannot easily leave their homes. Seniors and adults with chronic illnesses, disabilities, or who are recovering from illness or surgery all count on this important service for a daily hot meal and a smile.

Meals are delivered in Driver/Server teams, so if you don't have a car, you will be matched with a driver. Volunteers can create their own Driver/Server teams and drivers can choose to deliver and serve clients on their own as well. Meals are delivered during the hours of 11:00 am to 1:00 pm Mondays through Saturdays. The time commitment is flexible but is usually once a week. MOW also offers frozen meals that are delivered weekly. Volunteer orientation and training sessions are offered about twice a month.

As volunteer Beth Herweyer says: "The most rewarding aspect of volunteering for Meals on Wheels is the gratefulness of the clients. It takes only 90 minutes to two hours out of my day, and the clients appreciate the effort we make to deliver the meals, even in bad weather."

For more information about volunteering, contact the Meals on Wheels office at 613-233-2424 or email volunteer@mealsonwheels-ottawa.org.

Hospice Care Ottawa

Hospice Care Ottawa offers palliative and end-of-life care, at no charge, to individuals and their loved ones. The organization is currently recruiting volunteers for In-Home support and as drivers for their Day Hospice Program.

As a volunteer driver, you pick up invitees from their homes in the morning and bring them to the Day Hospice program, which is a day out in a comfortable, friendly and home-like environment including art, complementary therapies, music and more. At the end of the program at 2 pm drivers pick up the invitees and take them home. The time commitment is approximately two hours per week.

As an In-Home Support volunteer, you would visit clients in their homes, providing presence, practical support, companionship and comfort measures while giving respite time for caregivers. This volunteer opportunity involves a minimum commitment of four hours per week.

Hospice Care Ottawa could not do their important work without the help of dedicated and compassionate volunteers. If you would like to volunteer, please visit the organization's web site to apply or email volunteer services at volunteer@hospicecareottawa.ca.

services@hospicecareottawa.ca

More information about Hospice Care Ottawa can be found on their website at <https://www.hospicecareottawa.ca>

The Council on Aging of Ottawa

The Council on Aging of Ottawa (COA) has posted its Snow Mole 2020 questionnaire and is looking for volunteers to report on what it is like to walk outside on a winter day.

It's easy – you pick a day and a destination and use the Snow Mole questionnaire to audit your walk. The COA will use the information to inform the City of Ottawa about areas for improvement. The questionnaire is open until March 31st and you can do as many audits in as many locations as you want. So get out there and start trudging through the snow and ice to help make Ottawa a safe winter walking place.

For more information and to complete the questionnaire, go to www.coaottawa.ca/snowmoles. The COA website has many other volunteer opportunities available. Check them out at: <https://coaottawa.ca>.



You can find more volunteer opportunities at the Volunteer Ottawa website at <https://www.volunteerottawa.ca>.

If your organization requires the help of interested volunteers, email The Mainstreeter at editor@mainstreeter.ca and request inclusion in our periodic calls for volunteers.

Beat the Winter Blues

Warm up with the Ottawa Horticultural Society

LORI GANDY

If you're a gardener, waiting for the winter snow to melt can be painful. As you long for the spring, why not get together with fellow gardeners to learn about various aspects of plants and gardening and participate in garden-related activities. Come in from the cold to an Ottawa Horticultural Society (OHS) meeting and make some new friends.

The OHS is a non-profit organization with a mission to "cultivate an interest in plants and gardening in order to create a beautiful community." The OHS has been bringing together amateur gardeners since 1892. The organization offers a monthly program of knowledgeable speakers on a full range of gardening topics. It also holds auctions and plant sales, flower and plant shows, garden tours, photography competitions

and community gardening events.

OHS monthly meetings are a great way to meet other gardening enthusiasts and share advice and tips. And there are many opportunities to volunteer and help make OHS events a success, including annual plant sales in May and September. To cap the year, the Annual General Meeting and the fabulous Pot Luck dinner in December are always great fun.

If you decide to become a member (\$15 for an individual or \$20 for a family) you will have access to other benefits such as a members-only section of the website, a newsletter, tours of members' gardens and discounts at select local nurseries.



Meetings take place on the fourth Tuesday of most months

(check the website for meeting dates) at the Tom Brown Arena at 141 Bayview Road. They are free and the public is always welcome. For more information, please visit the OHS website at <http://ottawahort.org>.

POLITICAL PAGE

JOEL HARDEN MPP, OTTAWA CENTRE

COMMUNITY OFFICE
JHARDEN-CO@NDP.ON.CA
613-722-6414
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TIME TO ADDRESS THE HOMELESSNESS CRISIS

While the temperature drops, my thoughts turn to our neighbours who lack stable, safe housing. Our city and province is experiencing a significant emergency housing and homelessness crisis due to our failure to invest sufficient resources in building affordable homes.

As I write these words, people are sleeping in cars, bus terminals, or fast food restaurants. City shelters are beyond capacity every night and are also limited by city policy and general safety protocols regarding the number of mats can be placed down each evening. As such, people often end up sleeping upright in waiting room chairs, all night.

Almost 100 people are sleeping outside in the capital city of a G7 country. This is a moral outrage, but it is only the tip of the iceberg. There are over 12,000 households on the waitlist for subsidized housing, and almost 8,000 people in Ottawa are accessing emergency shelters.

Jack Layton used to say that homelessness is unacceptable in our society, but its rampant rise of late is cause for great concern. We can and must do better.

In December, Somerset Ward Councillor Catherine McKenney tabled a notice to declare a housing emergency in Ottawa. The motion calls on all levels of government to address our housing crisis and shortage of affordable housing. This is the kind of leadership we need across the province, and I thank Councillor McKenney for her tireless work.

We desperately need immediate action from our governments to address this crisis. Last month, our friends in Toronto commemorated the 1,000th known homeless death of one of their own. In Ottawa, just before the holidays, nine men who were left homeless after a fire at their rooming house set up a tent city near Bayview Station.

We cannot allow our neighbours to

go on without safe, affordable housing. I am proud that my colleague, MPP Rima Berns-McGown, has renewed the call for Doug Ford to declare homelessness a state of emergency in Ontario. Our opposition caucus has also been advocating for the construction of more affordable housing, and the restoration of real rent control to protect tenants from unmanageable increases.

Inside and outside the Ontario Legislature, we will continue the push to ensure housing rights for all Ontarians are prioritized by our municipal, provincial and federal governments.

ODSP Town Hall

On January 16, our office hosted a forum for Ontario Disability Support Program (ODSP) recipients on the Ford government's proposed changes to ODSP. In addition to reducing a scheduled 3% rate increase to 1.5% (below the rate of inflation), the government has discussed changing the definition of disability used to determine eligibility for the program. More specifically, they have suggested a new, more restrictive definition that would exclude certain kinds of disabilities.

At our town hall, we heard directly from people on social assistance about how a more restrictive definition of disability would hurt them. Most notably, it could result in some people with disabilities being forced off of ODSP and on to Ontario Works (OW), which would mean a 40% reduction in benefits.

We will continue to work with groups like ACORN, Community Legal Services and others to push this government not to impose more restrictive eligibility criteria, and instead enhance ODSP so that recipients can live full and dignified lives.

CATHERINE MCKENNA,

EMAIL: CATHERINE.MCKENNA@PARL.GC.CA
PHONE: 613-946-8682
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CONTINUING TO BUILD ON OUR PROGRESS IN 2020

When we invest in Canadians, we are investing in a growing economy, more middle class jobs, and a stronger, more resilient Canada. Our government was elected on a promise to invest in Canadians to ensure that they have a safe and affordable place to call home, more money for their kids, and opportunity to save for their retirement.

Our first action this mandate was to take steps to cut taxes for nearly 20 million Canadians by 2023, while ensuring that the wealthiest individuals won't benefit. This could save a single person almost \$300 a year, provide a couple or a family close to \$600 a year in savings, and nearly 1.1 million more Canadians would no longer pay federal income tax at all.

We're ready to deliver on our promises and we've already started:

• The Economy and the Middle Class:

While Canada's economy is strong and growing, the rising cost of living makes it harder for everyone to share in that success. We will move forward with a real plan to make life more affordable for Canadians – especially the middle class and people who are working hard to join it.

- **Climate Action:** It's time for real action on climate change, starting by advancing our commitment of reaching net zero. We'll be looking at ways to make

it easier and more affordable for people and businesses to make choices that leave a cleaner world for our children and grandchildren.

- **Healthy Communities and Gun control:** We will keep moving forward on measures to ensure the safety and security of Canadians today, and for years to come.
- **Reconciliation:** While we have made a lot of progress together, more work needs to be done to build on the investments we've made and keep moving this important relationship forward. We will be discussing how we continue towards a place where Indigenous Peoples in Canada are in control of their own destiny, making their own decisions about their future.
- **Canada's Place in the World:** Canada has earned its place in the world, anchored by a reputation for defending democracy, human rights, and the rule of law. In an unpredictable and changing world, Canada needs to stay strong, be secure, and continue to engage on the things that matter most.

We will continue to invest in making life more affordable, create more jobs, and grow our economy to create a better future for our kids and grandkids.

Next issue of *The Mainstreeter*...
Content and advertising
submissions are due on:

MARCH 11, 2020

The Mainstreeter 2020 Production Schedule

Date for submission of articles/ads

#1 January 22, 2020
 #2 March 11, 2020
 #3 May 6, 2020
 #4 July 15, 2020
 #5 September 9, 2020
 #6 November 6, 2020

Print date

February 14, 2020
 April 15, 2020
 June 3, 2020
 August 12, 2020
 October 14, 2020
 December 2, 2020

Completion of Distribution

March 4, 2020
 May 6, 2020
 June 21, 2020
 September 2, 2020
 November 4, 2020
 December 23, 2020

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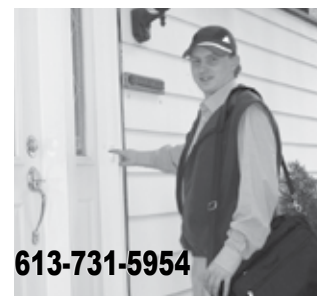
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Cost: \$60/adults; free for students

Register: joyfulsottawa@gmail.com



HOME BUSINESS FOCUS

Something's always cooking in Joanne Benoit's kitchen!



JOANNE BENOIT PHOTO

Justin Trudeau is no stranger to hot places and tight spaces, but who would have guessed that he would find himself in Joanne Benoit's kitchen! This cute cookie is just one of the many culinary treats that Joanne creates in her home catering business in Old Ottawa East. You can reach Joanne at 613-799-3761 or by email at josignin@hotmail.com.

GINGERBREAD COOKIES

1 ½ cups butter, melted

2 cups white sugar

2/3 cup molasses

2 eggs

4 cups flour

4 tsp baking soda

2 tsp ground cloves

2 tsp cinnamon

4 tsp ground ginger

- Add sugar, molasses, and eggs to melted butter.
- Beat until creamy.
- In a separate bowl combine flour, baking soda, cloves, cinnamon, and ginger.

- Add dry to wet ingredients and blend well.
- Refrigerate until firm, about 1 hour.
- Roll onto floured surface to roughly ¼ inch thickness and cut with cutters.
- Line baking sheet with parchment paper or Silpat.
- Using an offset spatula, lift cut cookie dough gently onto prepared baking sheet.
- Bake at 350F for 10 minutes, watching closely not to burn.
- Allow a few minutes to cool on sheets before attempting to move onto cooling racks.
- Decorate when cooled



With much of the attention in our community given over to the opening of new commercial retail establishments on Main Street, often overlooked are the many small home businesses that have sprung up throughout Old Ottawa East. Whether you teach piano, offer language lessons, make hand-crafted soap or, in this case, cook up delicious treats, *The Mainstreeter* would like to help promote your home business in our Home Business Focus column which will appear in the newspaper periodically. Send us your information at editor@mainstreeter.ca

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PETER CROAL PHOTO

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ECLECTIC EVENTS

BEESWAX Wrap Workshop, CAG, Tuesdays, February 18 & 25, 7:00 to 8:30pm, Old Town Hall, 61 Main Street.

In this interactive workshop, participants will learn all about beeswax food wrap. Working together, participants will choose their 100% cotton fabric (you can bring your own if 100% cotton), cut it to the desired size, and have the opportunity to try different techniques to infuse it with the beeswax.

Eveline Lemieux has a Masters degree in environmental science and is the owner of Bee Sustainable Food Wrap

since 2016. She will introduce some of the ideas behind the usage of these wraps and share tips on how to include them in your day-to-day life.

Participants will walk away with a greater awareness about plastic wrapping problems and solutions, and how beeswax food wraps can be ready to use. Everything needed is supplied, however, if you have 100% cotton fabric that you want to use and an iron that you can bring, that would be great too!

Cost is \$25, pre-registration required at <https://www.ottawaeastcag.ca/registration/>.

Strings of St. John's Concert, Sunday, March 8, 2:00pm, St. John the Evangelist Church (Elgin and Somerset streets).

The second concert of the Strings of St. John's 2019/2020 season is coming up and the public is invited to attend a wonderful afternoon of music in celebration of *International Women's Day*.

Selections on the program include

music written by women and commissioned by women. Also to be performed is the Vivaldi concerto for violin, 2 celli and strings featuring three young women from Lisgar Collegiate, Abbey Sugars-Keen (violin), Emily Yu (cello) and Catherine Mennill (cello). The concert will be led by guest conductor, Richard Arrigo.

Admission is by donation at the door (suggested \$20/adult).

Joyful Sound Ottawa Community Choir, Every Wednesday, March 25 to May 27, 3:00 to 4:30pm, Church of the Ascension, 253 Echo Drive.

Joyful Sound Ottawa is a new community choir for those with memory loss, their caregivers and students.

Under the skilled direction of Anne Longworth, choir members will make beautiful music and build meaningful relationships. No musical experience is required.

Cost: \$60/adults; free for students, and refreshments are provided at each choir session. For more information or to register email: joyfulsottawa@gmail.com

Talk & Tour the Ottawa Food Bank, Tuesday, April 7, 6:00 to 8:00pm, 1317 Michael Street.

Your donations help deliver healthy and nutritious food to 39,000 people in Ottawa every month.

You can visit the Ottawa Food Bank warehouse this spring and see how you help meet the needs of people in Ottawa who struggle with hunger.

It's a chance to see the Ottawa Food Bank's operations behind the scenes,

meet Michael Maidment, CEO of the Ottawa Food Bank, and have a conversation about how the Food Bank responds to hunger in our community. The conversation is thoughtful and lively and attracts a wide cross-section of people from Ottawa.

Light refreshments will be provided by FoodWorks, a social enterprise of Operation Come Home.

RSVP to Tricia Johnson at tricia@ottawafoodbank.ca or 613-745-7001 ext. 119

A green Lent...

Series offers a grassroots approach to climate action

CHANTAL AMUNDSEN

In a world of 24-hour news coverage and instant communication, it's easy to feel overwhelmed and anxious about the events that unfold before us. Sound bites about the impending doom, and pervasive gloom about climate change are constant reminders that we live in a precarious world.

Creation - diverse, complex and interdependent - is a reflection of the Creator's will. This idea resonates in all faith traditions. Humans are "one strand in this web of life," contributing to the "integrity of creation." A consumerist society bent on limitless growth now strains the planet's finite resources, threatening planet Earth. The "mending of creation" is an essential part of the work undertaken by faith communities.

Leading up to Lent, members of Southminster United Church will be busy producing reusable produce bags. These are meant to replace single-use, non-recyclable plastic bags found so pervasively in our supermarkets. Southminster will also be offering a workshop on how to make beeswax wraps. (For details, visit the Church website.)

During the five Sundays of Lent - **March 1 to 29** - Southminster will present a Lenten Series focused on the environment and the use of plastics. Traditionally in Christendom, Lent has been a time to reflect and prepare for Easter. Most associate Lent with giving up chocolate, for instance, as a way to identify with the sacrifice that Christ made for all. At



PHOTO SUPPLIED

Environmental products including beeswax wraps are some of the featured sales items at Southminster United's new Lenten Series on the five Sundays of Lent between March 1st and March 29th.

Southminster, we're giving up single-use plastics, as an approach to end pollution.

Why a Lenten Series about the environment? Southminster's Reverend Steve Moore has this to say: "I am convinced that faith communities need to, and can, contribute to climate action in a significant way. We cut across all sectors of society and can thus influence change for good. Much lasting change in our world began at the grassroots. With intentional and well-directed initiatives, we can all make a difference."

While the Lenten Series will be rooted in a biblical-theological theme of creation,

the environment and stewardship, each Sunday service (10:30 a.m.) will incorporate a specific topic, including:

- Plastics in our oceans: a case study;
 - Reducing supermarket plastics usage;
 - Limiting the use of single-use plastics; and
 - Alternatives to plastics (household cleaning and personal care products.)
- Southminster will conclude its Lenten programme on **Sunday, March 29**, with the play "12" by Kristina Watt, Artistic Director and Founder of 100 Watt Productions. An award-winning theatre artist, Watt's many

works involve youth, and are inspired by her passion about nature, our planet and our relationship to it. The theatre production of "12" is a case in point. The play is performed by and about young people - giving them a voice in the current climate crisis. A coffee hour will conclude each Lenten programme, affording the opportunity to share and discuss the environment themes covered during worship service. Coffee hour will showcase, amongst other things:

- A display of plastic alternatives;
- Items for sale, including Southminster produce bags and beeswax wraps;
- An exhibit on plastics and the environment; and
- Refreshments and baked goods.

This Lenten Series touches on just one aspect of the environment. Southminster is committed to dialogue and action, by engaging its members and the community at large in a broad, multi-faceted, grassroots approach to address today's environmental issues. In the words of Mahatma Gandhi: "Be the change that you wish to see in the world."



All are welcome to Southminster's Lenten Series. For more information on how to join in, visit the Church's Website at: <https://www.southminsterunitedchurch.com/>.



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PORTES OUVERTES

LE SAMEDI 28 MARS 2020
10H À 14H

OPEN HOUSE

SATURDAY, MARCH 28, 2020
10 A.M. TO 2 P.M.



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