

MAINSTREETER

OLD OTTAWA EAST'S COMMUNITY VOICE | LA VOIX COMMUNAUTAIRE DU VIEUX OTTAWA-EST DECEMBER | DÉCEMBRE 2020

Ottawa's top planner cites OOE as a "perfect illustration of what the City would consider a success"



JAMES RAMSEY/SKYTOGRAPHY PHOTO

Intensification evident in this photo of Greystone Village, along with infrastructure enhancements of the complete Main Street and the Flora Footbridge, make Old Ottawa East a model for City of Ottawa planners.

City's new Official Plan looks to mimic the success of development in Old Ottawa East

JOHN DANCE

The most important plan of the City of Ottawa - the Official Plan (OP) - is now being revised and it sounds as though officials want the whole city to be more like Old Ottawa East.

"Old Ottawa East is the perfect illustration of what the City would consider a success," says Alain Miguez, manager of policy planning. He says this is because of the intensification in

Greystone Village and the infrastructure improvements like Main as a complete street and the Flora Footbridge that allow the majority of trips by active transportation or transit.

The new OP sets the direction for how Ottawa will evolve over the next 25 years and focuses on how to support a growing population, residents' wellbeing and economic development.

The first goal of the proposed new OP is to achieve more growth by intensification

rather than by greenfield development and the second goal is to change the nature of mobility so that the majority of trips are by sustainable modes such as transit and cycling.

Other goals are to improve the sophistication of urban design and build the city's resiliency in terms of public health and climate change.

In terms of greater intensification, the development of Old Ottawa East with the new OP will be governed by its

"secondary plan" (a sub-plan of the OP) approved in 2011 and by the Lees "transit oriented development plan" approved in 2014, and which is being converted into a secondary plan.

The new OP would see the Lees area and the portion of OOE north of the Queensway deemed part of the "downtown core" while the rest of OOE would be part of the "inner urban"

Continued on Page 9

ART BEAT FEATURE

OOE Urban Sketch Artist Tim Hunt

Page 26



Dans le bâtiment Deschâtelets

5,7M\$ octroyé par le ministère de l'Éducation pour l'école élémentaire catholique au Coeur d'Ottawa

JOCELYNE CALOZ

Le Conseil des écoles catholiques du Centre-Est (CECCE) a reçu un octroi de financement de 5,7 M\$ du gouvernement provincial qui couvrira les coûts de construction de la nouvelle école élémentaire catholique Au Coeur d'Ottawa. L'école se trouve présentement un le vieil édifice de Mazenod situé au coin de l'avenue Graham et de la rue Main. On a fait l'annonce du financement lors d'une conférence de presse le 26 octobre à laquelle ont participé des

représentants du CECCE, de la ville et du ministère provincial de l'Éducation.

Monsieur Réjean Sirois, directeur de l'éducation du CECCE a indiqué que l'octroi de ce financement est l'aboutissement de trois ans d'efforts et de rencontres afin d'offrir à la communauté scolaire d'Au Coeur d'Ottawa une école permanente.

Selon monsieur Sirois, l'école sera dotée de 351 places d'élèves et de 39 places en services de garde d'enfants fournis en français. Cela permettra à l'école d'accueillir des enfants de la

maternelle à la 8e année, alors que l'école

Suite à la page 12

INSIDE

| | |
|----------------------------------|-----------|
| Brantwood Wedding | 3 |
| Food Security & COVID | 4 |
| Be the Change | 15 |
| Meet Student "A" | 17 |
| Art Beat | 26 |
| Neighbourhood Trends | 29 |



5.



4.



3.

HALLOWEEN 2020



1.

Clockwise from above: 1. Never too late to sanitize is this bony fellow's motto; 2. A simple but elegant stairway pumpkin treatment caught the eye of photo editor Peter Fowler; 3. Paw Patroller Wes doesn't look too worried by the landsharks who have gobbled up his twin sisters, Eloise and Roxanne; 4. This mummified scaredy-cat adorns an OOE front lawn; 5. Dinosaur Tobin practices socially-distanced trick-or-treating at the home of these banjo-strumming skeletons.



2.

When Harry married Su

OOE residents tie the knot at Brantwood in virtually unbeatable style



It was not the wedding they had originally planned; but it was better!

LORI GANDY

When Harry MacKay and Su-Bin Park-Mackay decided last February to get married in October, they immediately started planning a traditional event - hall, band, catering, photographer and about 100 guests. “We thought we were being very clever getting everything organized as quickly as possible,” says Harry.

Then the pandemic happened and by June they realized that an October wedding in a hall was unlikely, given the predicted second COVID-19 wave in the fall. So, they rebooked everything for next year.

But Harry and Su didn't want to wait a year. “October is a special month for us,” says Su. “Harry's birthday is October 1st and mine is on Halloween. So having our anniversary on the 17th means the entire month of October is our month.”

So they shifted gears and started planning a “simple” wedding for October. Their first thought was a City Hall ceremony but that couldn't happen because it's not available for weddings now.

They eventually chose a location in Brantwood Park next to their favourite walking trail. Turns out it was a great choice. When October arrived, new restrictions were introduced for restaurants and event spaces. “So it was going to be outdoors or in our garage,” says Harry.

Next came the planning. They found the perfect officiant through a Google

search. Catering came from their favourite Korean restaurant, Maht, which opened early to prepare box lunches for the guests and deliver them to the park by 1:00 pm. Desserts came from the Green Door. They wrote their own vows. And about a week before the wedding, Harry built seven wooden benches for the guests to sit on.



Invited guests perch on Harry's handmade benches to witness the marriage of Harry and Su on a glorious fall day.

Su was busy for weeks obtaining items, including candles, a carafe and a cake plate, from OOE's Buy Nothing group, for the wedding. “It's a great way to find many useful things,” she says.

Thirteen people attended the ceremony in the park, including Su's mother and Harry's aunt and uncle. Many of their relatives weren't able to attend though. Su has family in Korea, and a brother in Toronto. Harry's parents were planning to drive from Nova Scotia to attend, but the couple had to tell them that they couldn't come because of the pandemic situation in Ottawa.

That's when Harry and Su decided to turn their wedding into a virtual event.

“The whole wedding arose as a solution to the short-term problem of getting married during a pandemic,” Harry says. “Then it kind of evolved into something that was a full ceremony. We only started thinking about Zoom when my parents couldn't make it, about a week before the ceremony. Afterwards, we realized we could've invited the original 100 people on our guest list. We didn't realize it was going to work so well.”

Thanks to Zoom, Harry's parents were “present” for the ceremony. “I could see them and talk to them before and after the ceremony and that was very special for me. It was like they were there with us,” says Harry. His parents and their guests ordered Korean food as well, so they could feel as much a part of the day as if they were there in person.

Harry's parents also sent the Zoom link to extended family and friends, much to his surprise and delight. Su's uncle in Korea was awake at 2:00 am videotaping the ceremony from Zoom. He then sent the video to Su's relatives in Korea.

There were a few hiccups. Their phone was hooked up to Bluetooth for the music, and during one of the more heartfelt speech moments, the phone rang. Cameras were



The happy newlyweds pose for a photo beneath their simple wedding canopy in front of their favourite Brantwood Park walking trail.

set up in various locations so the final video would have a multi-camera view of the wedding. Wires and equipment were everywhere, and they almost tripped over the wires at one point. Looking back on the video Harry compiled, Su says that these moments just added to the charm of the day.

As for the weather? They crossed their fingers and hoped for the best. And they got it - a glorious fall day, warm and sunny.

Su recalls they were a bit concerned about the public nature of the wedding, but in the end, the passersby - on foot, bicycles, even a canoeist - offered warm congratulations. “It was a perfect reminder of what a great neighbourhood we live in,” they said.

It wasn't the wedding they originally planned; it was better, they both agreed. A beautiful memory, inspiration for others contemplating a simple heartfelt wedding, pandemic or not, and a terrific story for their kids and grandkids. Congratulations from all of us at *The Mainstreeter*, Harry and Su!

MASHAELL PHOTOGRAPHY PHOTOS

THE MAINSTREETER'S SOCIAL ISSUES SERIES...

Food Security in the pandemic - and beyond

JOHN DANCE

"The most vulnerable are the most affected," Elly Vandenberg, Director Global Office Canada for the United Nations World Food Programme (WFP), told participants at the Food Security panel webinar hosted October 16 by three key organizations within Old Ottawa East (OOE).

Food security is a term that encompasses the goal of making food a human right and ensuring the availability of healthy and safe food for all in a sustainable and resilient manner. The pandemic has exacerbated the difficulties of making progress on food security, as the expert panelists explained to an audience of about 70 local residents on a Zoom webinar.

The panel was the first session of the Social Issues Discussion Series initiated by *The Mainstreeter* in collaboration with the Mauril-Bélanger Social Innovation Workshop of Saint Paul University and the Community Activities Group of Old Ottawa East.

"Small businesses suffer, community gardens struggle, but Coca-Cola deliveries are not missed," noted panelist Amanda Wilson, assistant professor in the School of Social Innovation at Saint Paul University. Wilson, an expert on food systems, cooperatives and collective organizing, spoke of the added pressure on food banks caused in part by reductions to public transit that have made it more difficult to access their locations.

The third panelist, Phil Mount, the associate director of Just Food, a non-



SUPPLIED PHOTOS

Moderator Nathalie Childs (Left) and panelists Professor Amanda Wilson, Phil Mount and Elly Vandenberg provided their Old Ottawa East online audience with a comprehensive understanding of food security.

profit that enhances access to healthful food for everyone in the Ottawa region, explained that "those who are food insecure are far more likely to report poor health." COVID-19 has resulted in increased food prices but also more people who grow their own food and purchase local, healthy food, he noted. Just Food and other organizations worked hard to ensure the initial closure of community gardens was overturned.

The theme of producing locally is also a key thrust of the WFP, Vandenberg noted. Initially the program focused on transferring food from North America to countries in need, but now greater effort is on supporting local production so that "today's food recipients are tomorrow's suppliers." WFP now connects small producers to markets and encourages diversification.

During the pandemic, the increase in the demand for local food in Ottawa has been

fostered by increased online accessibility of consumers to farms, as demonstrated by Agricola Cooperative Farm, a vendor at the Main Farmers' Market. Food producers want long-term customers, Mount noted. And, he said, they need to have "a fair income" and improvements to rural infrastructure.

Community gardens are also key to improving accessibility to healthy food, the panelist commented.

As the discussion shifted to how to improve food security, Mount made the case for developing long-term resilience in local food production. "We need to find ways to support those who want to grow food for their neighbours."

Stopping food waste is another key goal of WFP. "One third of what's produced is wasted. If it were saved, we could feed two billion people," Vandenberg said. The essential link between food security and both peace and good health was a theme repeated throughout the evening.

The issue of food banks was raised several times and the panelists agreed that "the

charity food model" is not the solution to food insecurity. "We need to focus on institutional change," said Wilson. In response to the question of what could "the more fortunate among us do to support food insecurity," Mount said they should "approach their legislative leaders and make it clear that we need solutions to food insecurity."

"We need to deal with the underlying circumstances, understand the changes that would address the issues, and get the policymakers engaged," concluded Phyllis Odenbach Sutton, chair of the webcast session.

The panel was moderated by Natalie Childs, a member of Agricola in Papineauville. She and her colleagues actively participate in the Main Farmers' Market and her farm was the source of many plants and much produce that nourished OOE residents during the pandemic.

Continued on Page 5

THE MAINSTREETER PRESENTS

SUSTAINING BIODIVERSITY

IN OLD OTTAWA EAST

Join us for an exploration of the steps each of us can take to help **preserve the natural ecosystems** of our community.

January 20, 2021
7:00 PM - 8:30 PM

REGISTER NOW
bit.ly/biodiversity_ooe

ATELIER D'INNOVATION SOCIALE MAURIL-BÉLANGER
MAURIL-BÉLANGER SOCIAL INNOVATION WORKSHOP

Old Ottawa East Community Activities Group
Groupe d'activités communautaires du Vieil Ottawa-Est

The next free community webinar in the Social Issues series takes place on January 20th.

La sécurité alimentaire pendant et au-delà de la pandémie

JOCELYNE CALOZ & JOHN DANCE

«Les plus vulnérables sont les plus touchés», a déclaré Elly Vandenberg, directrice du Bureau mondial Canada pour le Programme alimentaire mondial (PAM) des Nations unies, aux participants de la webémission sur la sécurité alimentaire organisée le 16 octobre par trois principales organisations du Vieil Ottawa-Est.

La sécurité alimentaire est un terme qui englobe l'objectif de faire de l'alimentation un droit humain et de garantir la disponibilité d'une alimentation saine et sûre pour tous de manière durable et résistante. La pandémie a exacerbé les difficultés à progresser en matière de sécurité alimentaire, comme l'ont expliqué les experts à un public d'environ 70 résidents

locaux lors d'un appel Zoom.

Ce panel était la première session d'une série de discussions sur les questions sociales initiée par l'Atelier d'innovation sociale Mauril-Bélanger de l'Université Saint-Paul avec la collaboration de *The Mainstreeter* et du Groupe d'activités communautaires du Vieil Ottawa-Est.

«Les petites entreprises souffrent, les jardins communautaires ont du mal à survivre, mais les livraisons de Coca-Cola ne manquent pas», a fait remarquer Amanda Wilson, professeur adjoint à l'École d'innovation sociale de l'Université Saint-Paul. Mme Wilson, experte en systèmes alimentaires, coopératives et organisation collective, a parlé de la pression supplémentaire exercée sur les banques alimentaires causée

Suite à la page 5

...FOOD SECURITY & COVID-19

La sécurité alimentaire

Suite de la page 4

en partie par la réduction des transports en commun qui a rendu plus difficile l'accès aux banques alimentaires.

Le troisième intervenant, Phil Mount, directeur associé d'Alimentation Juste, une organisation à but non lucratif qui améliore l'accès à une alimentation saine pour tous dans la région d'Ottawa, a expliqué que « ceux qui souffrent d'insécurité alimentaire sont beaucoup plus susceptibles de déclarer être en mauvaise santé ». COVID-19 a entraîné une augmentation des prix des aliments mais aussi un plus grand nombre de personnes qui cultivent leur propre nourriture et achètent des aliments locaux et sains, a-t-il noté. Alimentation Juste et d'autres organisations ont travaillé dur pour que la fermeture initiale des jardins communautaires soit annulée.

Le thème de la production locale est également un axe essentiel du PAM, a noté Mme Vandenberg. Au départ, le programme se concentrait

sur le transfert de nourriture de l'Amérique du Nord vers les pays dans le besoin, mais aujourd'hui, l'effort porte davantage sur le soutien de la production locale afin que « les bénéficiaires d'aujourd'hui soient les fournisseurs de demain ». Le PAM relie maintenant les petits producteurs aux marchés et encourage la diversification.

Pendant la pandémie, l'augmentation de la demande de produits alimentaires locaux à Ottawa a été favorisée par l'accessibilité accrue des consommateurs aux fermes en ligne, comme l'a démontré la ferme coopérative Agricola, un vendeur au marché des fermiers de la rue Main. Les producteurs alimentaires veulent des clients à long terme, a fait remarquer M. Mount. Et, dit-il, ils doivent avoir « un revenu équitable » et des améliorations aux infrastructures rurales.

Les jardins communautaires sont également essentiels pour améliorer l'accessibilité à une alimentation saine, a commenté le panéliste.

Popularity, importance of OOE's community gardens skyrockets

Experts stress benefits of growing our own food

PHYLLIS ODENBACH SUTTON

All of the panelists involved in the Social Issues discussion on Food Security & COVID-19 noted the importance of growing food locally. Old Ottawa East is well-positioned to do exactly that with three local community gardens – the Old Ottawa East Community Garden (OECG), the Children's Garden and the Lees Avenue Community Garden.

In this article, *The Mainstreeter* takes a closer look at all three community gardens and examines the impact of COVID-19 on their operations.

The gardens share a number of common attributes, for example, gardeners sign a membership agreement (renewed annually) which outlines individual rights and responsibilities, a wait list is maintained by the garden coordinator (for OECG and Lees), vegetables are the primary crop although some flowers are grown for aesthetic reasons and to attract pollinators, and while most of the gardeners are growing for their own use, vegetables in designated plots support certain charitable organizations.

All three gardens were initially caught up in a mandated provincial COVID-19 closure. Volunteers undertook considerable advocacy work to petition for the opening of gardens, and then worked with Just Food and Ottawa Public Health to develop new safety protocols. Requirements included strict adherence to the health standards of Ottawa Public Health, detailed signed documentation by individual members, and signage to prevent public access to the gardens. Planting was delayed somewhat as operations could not proceed until mid-May once final approval was received.

Old Ottawa East Community Garden

The Old Ottawa East Community Garden was one of the first community gardens in the city, established in June 2007 on Saint Paul University lands with a grant from the City of Ottawa. The garden started with 20 plots, but that number has increased over the years to approximately 40, with 10' x 10' plots and some double plots (10' x 20'). There are currently 43 registered members, with an executive committee elected by members. Many members have been with the garden since or close to its beginning. They try not to allow food to go to waste from any of the plots.



DAVID HURST PHOTO

Yuna Zhang, a coordinator for the OOE's community gardens, is shown with the garden's end of season donation for the Ottawa Food Bank.

The Community Garden Development Fund continues to provide modest annual grants to assist with operating expenses.

OECG is directly linked with Just Food and follows its mandate for growing organic food. The garden has a dedicated allotment to growing fresh vegetables for the Centretown Emergency Food Centre, with weekly deliveries. These allotments are run with volunteer hours from the gardeners and student volunteers from area schools.

For more information on the Old Ottawa East Community Garden see: <https://oldottawaeastcommunitygarden.wordpress.com/about/>

The Children's Garden

The Children's Garden arose from the inspiration and hard work of a dedicated group of Old Ottawa East residents, including members of Sustainable Living Ottawa East (SLOE) and the Sandy Hill Community Health Centre, and students from Lady Evelyn School. The City of Ottawa allowed space at Robert Leggett Park (corner of Clegg and Main streets); with funding from Evergreen Walmart and the Ottawa Community Foundation (OCF), the garden was built in 2008. The OCF and the Community Activities Group of Ottawa East provide annual support.

While this garden is officially a community garden, no plots are assigned. The Let's Talk Science program works with students at Lady Evelyn School to plant seeds and raise seedlings which are then planted in the garden. Plots close to the ground allow younger children to plant, while the higher beds are typically planted and cared for by parents, seniors and older youth. Members of a Queer/Trans garden club help out with a lot of this work. Children, youth, families and seniors then weed, water and harvest. Pre-COVID-19, much of the harvest was kept to use for educational purposes. When

Food Security in the pandemic

Continued from Page 4

The series will have five more free community webcasts throughout 2021, with the next panel focused on the issue of sustaining biodiversity in Old Ottawa East, which will take place on Wednesday, January 20, 2021. Subsequent webinars have now

been announced and include topics such as: affordable housing and healthy, diverse communities, public safety and community policing, advocacy in OOE and a planning and development session entitled "Old Ottawa East – 2040".



The Food Security webinar can be viewed online at: <https://drive.google.com/drive/folders/122UXLrKuF3Ot5Bo47qLunD-s06ADlep>. For those seeking additional information on the topic of Food Security, references to links mentioned during the webinar include:

- <https://cdn.wfp.org/2020/stop-the-waste>
- <https://proof.utoronto.ca>
- https://proof.utoronto.ca/wp-content/uploads/2019/11/PROOF_FACTSHEET_Foodbanks-112019.pdf
- <https://proof.utoronto.ca/wp-content/uploads/2016/06/public-policy-factsheet.pdf>
- <https://www.publichealthontario.ca/-/media/documents/e/2020/eb-sustainable-food-systems.pdf?la=en>
- <https://www.theglobeandmail.com/featured-reports/article-canadas-agri-food-sector-adapts-to-pandemic-challenges-to-keep/>
- <https://www.nfu.ca/policy/envisioning-a-post-pandemic-agriculture-and-food-system/>
- <https://goodfoodottawa.ca>
- <https://ottawaschoolfood.ca>
- <https://sustainontario.com>
- <https://justfood.ca/thecommons/>

Continued on Page 10

LETTERS TO THE EDITOR

OF DOGS, TREES AND PEEMAIL

Old Ottawa East residents love trees. And many OOE residents have cherished dogs. But the two do not go together all that well when dogs add their own “pee-mail” to a tree.

The photo provided shows the effects of too many instances of dogs peeing against a tree in our neighbourhood. In time, the nitrogen, high acidity and salts burns the tree trunk, allowing the bark to fall away and exposing the tree to disease. The urine will also find its way to the roots, causing further damage.

So, if possible, encourage dog pee-mail to happen on non-living things. The trees, in their own way, will thank you for it!

*Peter Croal,
Elliott Avenue*



PETER CROAL PHOTO

TREE AND ME

When I saw those ominous signs I knew that the tree in Greystone Village – I call it Tree – was in trouble. It was some kind of maple, the ones with the spiny-pointed leaves. I’m not sure how old Tree was, somewhere between 40 and 80 (like people that age, it’s very difficult to judge). I should have said something, but I bit my lip for a while. Even when they surrounded Tree with asphalt and sent exhaust-spewing buses circling around it, Tree seemed unconcerned. While not quite rolling along like Old Man River, it kept waving its limbs bravely in the wind.

Finally, though, I had to speak up. I told Tree it had to mount a campaign of protest, line up some allies and hit the bricks. But Tree resisted all my suggestions and came up with excuse after excuse:

The neighbour maples on Hazel were “too little”, the big ones on the Grand Allee were “a bunch of snobs.” That big old-timer on Springhurst? It stood up, got its roots dirty, enlisted supporters and won the day, and so, Tree said “Success has gone to its head. It hasn’t answered any of my tree mails.”

My final plea urged Tree to call the City. That huge tree on Pretoria across from Loblaws has an official Protected Tree sign and a raft of “Thou Shalt Not” warnings to its developer. Tree countered “That’s the Glebe --- they’ve got connections”. I just had to say a prayer for Tree and leave it to its fate.

*Peter Tobin,
Corners on Main*



PETER TOBIN PHOTO

Hosers of the year!

The great Brantwood Rink escape



JOHN DANCE PHOTO

Evan Kuelz (left) and Zack Sheppard are the 2020 Brantwood Rink Hosers of the Year.

JOHN DANCE

In another few weeks, weather permitting, the Brantwood Rink should be open and providing a glorious escape from indoor COVID-19 confinement – but the rink needs help.

The rink is run by volunteers; however, more are needed and now is the time to signup for the

opportunity to spend an hour or so several times during the winter flooding the rink. Please contact rink coordinator Marco DiNigris at marco.denigris@gmail.com for details.

Every year for the last 24 years two Brantwood “hosers” are selected as “Hosers of the Year,” and last year winners Evan Kuelz and Zack Sheppard recently

received Old Ottawa East’s most coveted (and only) trophy, recognizing their dedication.

“We live in a fantastic community with so many wonderful neighbours,” says Kuelz. “It feels great to be able to volunteer and give a little bit back. It’s a great feeling to be a part of the Brantwood rink. This year with the challenges we’ll be facing, maybe the Brantwood ice rink will give many people the escape they need, if even just for a little while.”

The good news is that despite COVID-19, the rink is scheduled to open as usual. But the pandemic will have an impact on both the on-ice and shelter aspects of the program.

“For the ice portion, there will be a limit on the number of users who can use outdoor rinks at one time, which will match the outdoor gathering limits contained in provincial regulations at that time,” says Dan Chenier, Ottawa’s general manager of recreation, cultural and facility services.

As *The Mainstreeter* went to press, it wasn’t known whether the skate changing area in the Brantwood fieldhouse will be available. If it is, there will be a limit on the number of people who can use it consistent with the indoor gathering limits set by the province.

THE MAINSTREETER

www.Mainstreeter.ca

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

The Mainstreeter is distributed free of charge to all Old Ottawa East residents and commercial establishments. Please send article submissions, under 600 words, and letters to the editor, under 250 words, to editor@mainstreeter.ca in MS Word format. Letters to the editor must include name and street address and may be edited for length and clarity. Advertisers may contact **The Mainstreeter** at advertising@mainstreeter.ca. Photo submissions are welcome to editor@mainstreeter.ca. Please see www.mainstreeter.ca for online versions of **The Mainstreeter** plus full-length interviews, archives, and other content about Old Ottawa East.

Editor: editor@mainstreeter.ca Lorne Abugov

Content Contributors: John Dance, Lorne Abugov, Tanis Browning-Shelp, Jocelyne Caloz, Lori Gandy, Bonnie Weppler, Phyllis Odenbach Sutton, Peter Fowler, Peter Croal, Peter Tobin, Peter Frood, Robb Barnes, Jayson MacLean, Student "A", Stephan Telka, Terrence West, Pierre Johnson, Janice Manchee. Copy Editors: Lorne Abugov, Jocelyne Caloz, Lori Gandy

Photo Editor: Peter Fowler

Rédactrice (pour le français): Jocelyne Caloz

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

Accounts Manager: Cynthia Dwyer

Distribution Manager: Daniel Racicot

Layout Designer: Bess Fraser

Photographers/Artists: John Dance, Lorne Abugov, Peter Fowler, Peter Croal, Justin Tang, Stephan Telka, James Ramsey/Skytography, Tim Hunt, Mashaell Photography, David Hurst, City of Ottawa/OSEG, CECCE, Janice Wong, Heather Duggan, Elizabeth Tromp, Charlotte Duchesne

Web Editor: B.J. Siekierski/Social Media Editor: Anthony Lenzo/

Instagram Editor: Bess Fraser

Board of Directors: Bonnie Weppler, Cynthia Dwyer, BJ Siekierski; Sue Beattie, Ron Rose, Whitney Bond, Lorne Abugov (ex-officio)

Copyright © 2020 Old Ottawa East Community Newspaper Inc. All rights reserved. This newspaper, or any portion thereof, may not be reproduced or used in any manner whatsoever without express written permission of the editor.

Old Ottawa East Community Newspaper Inc. thanks the following volunteers from our community who distribute the newspaper to your door in rain or shine:

Zone A: Sandra Koch (Captain)- Johanne Lalonde - Selena and Jacob Arvai - Anthony Dicaire - Sabod Anand - Danica Nielsen - Blake Proudfoot - Amelia DeNigris

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

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

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

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

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

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

Other distributors: Carol Workun, Chuck Bain, Nancy McDonald, Ron Rose, Heather Jarrett, Sue Cavanaugh, Aynsley Morris, Lorne Abugov & Melinda Newman; William & Charlotte Duchesne; Barb Grisdale

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

OTHER USEFUL CONTACTS

Councillor Shawn Menard: Shawn.Menard@ottawa.ca

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

Community Police (for non-emergency concerns):

613-236-1222 x5287 or huntmr@ottawapolice.ca

Old Town Hall: 613.627.0062

Opinion

A postscript to the demolition of the Deschâtelets Building chapel

PETER FROOD

Ottawa City Council's recent decision to pass a bylaw permitting both the French Catholic school board to locate L'École Au Coeur d'Ottawa within the Deschâtelets Building, paving the way for other community benefits at the historic site, and the demolition of the chapel wing of Deschâtelets is, on balance, a good decision.

Old Ottawa East (OOE) gets an elementary school, a shared use gym along with a community centre and affordable seniors housing on the upper floors. The Regional Group offloads a white elephant that has served its purpose for marketing and approval processes, and local politicians have announcements that will serve them well in the future.

But does this decision lead to a great project? No, not at all. Why? Because it sacrifices the chapel wing of the Deschâtelets Building, a part of the original municipal heritage designation. It is now clear that heritage designations are contingent and dependent upon the narrowly defined interests of key players. The relative ease with which the Chapel has been traded off here in OOE is in marked contrast to the tenacious debate about the design of the proposed addition to the Chateau Laurier hotel. In response to sustained pressure, the Chateau Laurier design team finally produced a design concept that shows greater respect for the heritage value and character of the landmark hotel and its surrounding landscape.

As the chapel wing turns to dust destined for landfill, the biggest loser is the community heritage of Old Ottawa East. Part of an iconic structure in the community, and its related history, will be lost to future generations. The winner is the Regional Group. Not only will the developer offload a liability, but it has also gained another site for development.

The sacrifice of the Chapel is unnecessary. There are examples in other communities where former religious properties have been adapted to strengthen social support facilities within their community. The key to success in these circumstances is a community champion group with vision, imagination and an ability to act.

The Mount Community Centre (MCC) in Peterborough, Ontario shows what can be done. Mount St. Joseph served as the motherhouse convent and church for the Sisters of St. Joseph for over 100 years. In 2006, they sold the site, comprised of buildings and 10 acres of land in a residential area near the Peterborough



SUPPLIED PHOTO

The Austin Doran Hall, formerly the Convent chapel is, one two meeting spaces in The Mount Community Centre in Peterborough.

city core, to a developer. Three years later, the property was acquired by the Peterborough Poverty Reduction Network (PPRN) to develop, through adaptive reuse, a social innovation hub.

Working within the constraints of its municipal heritage designation, the MCC now includes: 63 units of affordable housing; a community kitchen addressing food security issues as well as food service training and Meals on Wheels food preparation; rental accommodation for organizations like the Victoria Order of Nurses, a preschool/kindergarten, small businesses and environmental organizations; space for faith-based group offices and services; and event space for various performances and functions. On the surrounding grounds, there is a large community garden that is spinning off micro enterprises. The MCC has also been used as a film location. Future plans include the possible development of two areas for additional mixed income social housing.

Alas, in Old Ottawa East, no community champion stepped up to use the orphaned space creatively.

During the Council discussions, Councillor Shawn Menard succeeded in modifying the bylaw to include additional historical and documentary research for the Deschâtelets Building and the Oblats order to support the commemoration of the chapel wing. This step is a bit like an obituary, but it will preserve a memory of place. A related measure to maintain a legacy for the chapel wing would be to deconstruct rather than demolish the wing so that the building materials are available to be used as part of

the commemoration and for the adaptive reuse of the Deschâtelets Building. Other harvested materials could be used as architectural features throughout the site and in the community. This strategy is aligned with current thinking by innovative heritage professionals concerned about heritage and other building waste in a circular economy. Actively mining heritage and other building materials would also contribute to Ottawa's climate change strategies.

Bruised somewhat by this experience, Old Ottawa East, and our community association representatives, can perhaps think about what is next. The answer, I think, is the former Convent of The Sisters of the Sacred Heart of Jesus on des Oblats Avenue.

Next issue of
The Mainstreeter

Content and
advertising
deadline is:

January 13,
2021

REAL ESTATE

ESTATE

ADMINISTRATION

WILLS & POWERS

OF ATTORNEY

Leslie J. Kirk & Isabelle Sabourin

KIRKLAWOFFICE.CA

613.238.8006

34 Hawthorne Avenue

kirk.

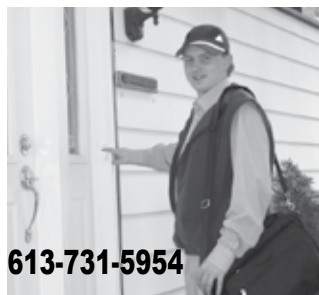
KIRK LAW OFFICE
PROFESSIONAL CORPORATION



COMPUTER HELP IN YOUR HOME

**WE COME TO YOU TO FIX
COMPUTER PROBLEMS.**

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



613-731-5954

HOW CAN WE HELP YOU?

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

Compu-Home

613-731-5954

info@compu-home.com
Malcolm and John Harding

Get noticed.

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

diane & jen

ENGEL & VÖLKERS® dianeandjen.com



Stunning 3-Story Single in the Glebe
275 FIRST AVENUE | Listed at **\$2,099,900**
Impeccably renovated and super spacious!



Warm, Character-filled Hintonburg Semi
118 STIRLING | Listed at **\$675,000**
Pine floors, high ceilings & exposed brick



Modern, Tranquil Condo, West Centretown
#401-22 PERKINS STREET | Listed at **\$469,900**
Sunny, 1-bdrm with peaceful views



NEW LISTING!

Cute As A Button Carlington Single
109 GENERAL AVENUE | Listed at **\$625,000**
Sunny 3-bdrm with a large yard!



Proud partners of the Old
Ottawa East community

Engel & Völkers Ottawa Central, Brokerage.
Independently owned and operated

Diane Allingham & Jennifer Stewart, Brokers, Engel & Völkers Ottawa Central



MORE GREAT LISTINGS ONLINE:
dianeandjen.com

home@dianeandjen.com
613-422-8688 • f t y i

Official Plan...

Continued from Page 1

portion of the City. It's not clear at this point what impact this would have on the north of Queensway area as it currently has development restrictions within the OOE secondary plan.

In terms of the rest of OOE, all the restrictions of the approved secondary plan would remain in force, including height limitations on Main Street and Hawthorne Avenue.

One new OP provision would see the creation of a "special district" for the Rideau Canal. This would cover the first row of properties along the Canal and mean "quality architecture" and "sensitive design" would be required for all new development in the district.

Over the last few years a number of developments along Echo Drive in both Old Ottawa East and South have drawn the ire of neighbouring residents so this new provision may be beneficial for OOE.

Asked about the impact of greater intensification on Old Ottawa East's trees, Miguelez says there is great emphasis placed on the downtown forest. One means of doing this is to allow no additional "curb cuts" which are necessary to allow vehicles to get on to properties. The impact of no additional curb cuts rule is that multi-unit developments will be allowed only one driveway.



JOHN DANCE PHOTO

Greystone Village has achieved intensification by incorporating a variety of building forms ranging from detached singles to large condominiums.

"Greenspace is an enormous part of a complete neighbourhood," Miguelez says. The Old Ottawa East Community Association shares his view, as reflected in its request that the Alta Vista Transportation Corridor lands stay undeveloped and be added to Springhurst Park.

"The OP sets the stage for the revision of zoning," Miguelez says. During the revision, the R1 zone - which includes much of the portion of OOE south of Clegg Street - will be studied. The review may concern residents who oppose multi-unit dwellings built when single house are demolished, particularly given

the growing movement with Canadian planners to promote greater density in areas that have primarily been zoned for single, detached dwellings.

Help wanted!

Calling on all Old Ottawa East visual artists

The Mainstreeter announces a contest for local artists to design and paint five newspaper boxes that will be situated in public areas throughout our community. It's time to let your creative vision out of the box! Enter now!

MAINSTREETER STAFF

Following in the footsteps of neighbouring community newspapers in Old Ottawa South and the Glebe, The Mainstreeter has acquired five newspaper boxes that will be situated throughout Old Ottawa East to facilitate access to the community newspaper.

The newspaper boxes will bear The Mainstreeter logo and will be located on Main Street, at the Lees Avenue LRT station, at the Clegg Street curb near the Flora Footbridge and in Greystone Village on de Mazenod Avenue. They should make their first appearance in March 2021, after they undergo permitting by the City of Ottawa and design and painting by local artists.

"There are so many talented artists and designers in Old Ottawa East," says art editor of The Mainstreeter, Tanis Browning-Shelp. "By giving some of our visual artists a commission to design and paint these boxes, we can showcase their work. And during the

COVID pandemic, what better time for our artists to undertake a project that will create new, dynamic public art that everyone in Old Ottawa East can appreciate."

She explained that design submissions from all artists working or residing within Old Ottawa East are welcome, including from high school and university students.

An honorarium of \$100 per box, plus paint supplies, will be awarded by The Mainstreeter to artists selected from submissions emailed to the newspaper.

The newspaper boxes have been acquired from Performance Printing in Smith's Falls, and they are identical to those which have now been painted and deployed along Bank Street jointly by the OSCAR in Old Ottawa South and the Glebe Report in the Glebe.

So, this holiday season, it's time to create some fantastic new public art for everyone in Old Ottawa East to celebrate! Don't delay - enter now!

The fine print...

Each newspaper box is made of metal with a plexiglass window on the front. The boxes are approximately 106 cm. high, 45 cm. wide and 38. cm deep. The Mainstreeter logo must be featured prominently on each of the boxes. Designs that reflect Old Ottawa East, its residents, its history, its environment, and/or its spirit of community are encouraged.

Designs may not include an advertisement or promotion for any business or product. Artists must ensure that their designs do not breach any intellectual property, trademarks, brands, or images of illegal activity. Designs depicting or suggesting racism, sexism, or that suggest discrimination on religious, sexual, or gender grounds will not be accepted.

Since the boxes will be located outdoors and have to withstand varying weather conditions, the artwork must utilize oil-based paint that adheres to

metal, as well as a protective finishing coat.

Any Old Ottawa East visual artist interested in this exciting opportunity should email a brief submission to editor@mainstreeter.ca before January 31, 2021.

Your submission should not exceed two pages. Please include a brief personal statement and contact information, a sample of your previous work and a design concept sketch. We will respond to your submission by reply email.

Winning artists will be selected by February 7, 2021 and painting of the boxes is expected to be completed by not later than March 15, 2021. Artists may be selected for not more than two boxes. Unpainted boxes can be delivered by The Mainstreeter to the winning artists for painting at their studios or designated work spaces and can be picked up by the newspaper once the work is completed by the artists.

COMMUNITY GARDENS

Continued from Page 5

crops were abundant, the community was encouraged to do some extra harvesting and/or the produce was brought to local food banks or organizations that help to feed those in need.

Specific COVID-19 measures included limiting the number of people in the garden at one time and a virtual sign up sheet to book garden time. Funding from the Sandy Hill Community Health Centre covered the costs of a summer coordinator who ran online programming for children, made small kits of materials over the summer that were dropped off to families, and produced badges and a banner for the children. Funding from TD Parks covered the costs of two larger virtual events in June and September.

For more information on the Children's Garden see: <http://www.ottawachildrengarden.org/about/>

Lees Avenue Community Garden

The original 24 plots of the Lees Avenue Community Garden were built in a single day in June 2012 with the assistance of more than 100 volunteers. This garden is located on City of Ottawa property near Springhurst Park. Financial support along with start-up supplies and equipment, including a shed, gardening tools and a 1000 litre water tank

were provided by "FISKARS Project Orange Thumb" with co-operation and support from the City of Ottawa, Just Food, Canadian Tire, the Community Gardening Network of Ottawa, and the Sandy Hill Community Health Centre.

There are currently 28 active plots at the Lees Avenue Community Gardens with individual garden plots either 12' x 4' feet or 8' x 4'. One plot is set aside to provide produce to St. Joe's Lunch Table on Laurier

Avenue or St. Luke's on Somerset Avenue, depending on the success of the growing season. More than half of the gardeners who were part of the original "build-day" in 2012 continue as members. Hama Investments Limited at 170 Lees allow access to water to fill the holding tank.

To maintain COVID-19 health standards, gardeners were required to provide their own tools, watering cans, gloves, and sanitizers, since there was no access to the

shed for storage. COVID-19 restrictions also had an impact on volunteer work days to assist with ongoing repairs and general maintenance. Members hope that repair and maintenance can proceed next spring with the possible addition of garden plots.

Area residents can indicate their interest in the Lees Avenue Community Garden by contacting: leescommunitygarden@gmail.com.



SUPPLIED PHOTO

Of the 28 active garden plots at the Lees Avenue Garden, more than half of the gardeners have been involved since the garden launched in 2012.

www.pbdental.ca



Tel: (613) 236-5202

Fax: (613) 236-5206

223 Echo Drive. Ottawa, ON K1S 1N2

Google

Reviews ★ ★ ★ ★ ★

www.pbdental.ca

Why Choose Us?

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

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

Your Neighbourhood Dentist

Dr. Michael Watkins

Dr. Serena Wong

Dr. Keith Josephson

Dr. Tim Hoeschen

Dr. Jessica Gubernat

Is that all there is?

Community groups underwhelmed by latest proposals to revamp Aberdeen Square

JOHN DANCE

Proposed improvements to Lansdowne's Aberdeen Square were met with a pronounced "Is that all there is?" response from residents who attended a Zoom consultation in October.

The City of Ottawa, which owns and operates the large public space to the north of the Aberdeen Pavilion, joined with the Ottawa Sports and Entertainment Group (OSEG) to propose several infrastructure improvements.

Specifically, four features were proposed: "pillar structures" would denote the eastern and western entrances to the square; "pavilion structures" would serve as the focal point for events and would have "temporary/ removable tension fabric canopy" over the stage area; six "modular stage platforms" would serve as seating areas and be reconfigured into a stage; and "iconic timber bollards" would delineate the boundaries of the square.

"Aberdeen Square improvements should not be primarily event-focused: they should make the square a wonderful community space throughout the day," commented Alexandra Gruca-Macaulay, the former parks and greenspace chair of the Old Ottawa East Community Association (OOECA). "The City's cash-in-lieu-of parkland funding for city-wide regional parks should be used to make this happen. The \$250,000 that's now available through naming rights is a start but we want a square at the heart of Lansdowne that gives life to the whole park."

Similar sentiments were shared by many other local residents who participated in the consultation. "I'm underwhelmed by the design and think we could do better," says June Creelman former president of Friends of Lansdowne. "I'd love to see a design that references the architecture of the Aberdeen Pavilion, something with



CITY OF OTTAWA/OSEG IMAGE

The City of Ottawa and the Ottawa Sports and Entertainment Group has proposed "modular stage platforms" which could be arranged to form stages of varying sizes for different events at Aberdeen Square.

a real sense of place that would make it attractive for informal activities all year round."

"The plans we saw tonight are totally inadequate," Ron Rose of Old Ottawa East stated. Lansdowne needs something exciting, something that will draw people year-round. Incorporating a stage is a great idea, but the space needs so much more."

Over the last two years, the square has been the subject of much discussion, including: a defeated proposal to have OSEG take control of the square; a proposal from Councillor Shawn Menard to eliminate car traffic, create infrastructure for events and add shaded areas in the open plaza space; and, a public

survey through which park users sought permanent seating, additional farmers' market activity, more foliage and greenery and less vehicle traffic.

To date, the one substantive change to the square is the closure of the roadway running between the Aberdeen Pavilion and the square itself, but the roadway on the northern and eastern sides remains a thoroughfare, something objected to by residents.

"The City has closed William Street in the busy Bytown Market, so it should be possible to close Marché Way to the north and east of Aberdeen Square," noted Rose. "That would make the entire space pedestrian and eliminate the need to 'delineate' the pedestrian area from the street."

Neither permanent seating nor additional shaded areas are part of the City/OSEG proposal. "There were 32 elms in the square. There are now two live elms," noted Glebe resident Carol MacLeod. "There are no trees in front of the commercial buildings on the square. There are no trees planned to shade the proposed audience area of the square." MacLeod also commented, "The proposal seems directed at monetizing rather than animating the square."

The Glebe Community Association (GCA) has asked the City and OSEG

to delay any immediate or short-term decisions on the redesign of Aberdeen Square. "While there are several elements we support in the proposal, for example, enhanced space for the use of the public, more seating and a performance area to showcase local talent, there are still several issues that need to be addressed," says Anthony Carricato, GCA's Lansdowne chair.

GCA is also concerned about increased noise and traffic associated with the proposals, however, the City and OSEG said events at the refurbished square would comply with the approved Lansdowne traffic management plans and the noise control bylaw.

Also, OSEG reported that the proposals met with the approval of the Ontario Heritage Trust which ensures compliance with heritage provisions concerning the Aberdeen Pavilion. OSEG noted that the Farmers' Market, the primary user of the square, has no objections to the proposals.

Although the naming rights deal means Aberdeen Square is now officially called Casino Lac-Lemay Plaza, residents continue to object to the new name and the lack of consultation on the name change.

[John Dance is the OOECA representative on the Lansdowne Community Consultation Group.]

Two volunteers needed to help refugees settle in Ottawa

Ottawa Mennonite Refugee Assistance (OMRA), a local nonprofit that helps resettled refugees (omraottawa.org/), needs two volunteers for very occasional help: 1) a driver with a truck and a strong back to pick up used furniture from donors and deliver it to new refugees; and 2) a coordinator to track

available furniture and determine where to deliver it.

OMRA provides rental subsidies to refugees new to Canada and offers them help while they settle in their new country. Two OMRA Board members live in Old Ottawa East.

If you can help, please contact Maria Rigby by phone at 613-567-389.

5,7M\$ octroyé par la province

Suite de la page 1

compte actuellement 150 élèves et n'offre que des classes de la maternelle à la 6e. L'école pourra continuer à offrir un modèle d'enseignement réinventé inspiré du modèle finlandais, c'est-à-dire une école différente, empreinte d'activités physiques, de pauses de relaxation quotidienne et de l'apprentissage informel d'une troisième langue. L'école prône des sorties fréquentes autour de l'école et dans la communauté. Le bâtiment Deschâtelets et ses alentours fournissent un milieu parfait pour ce genre d'apprentissage, a indiqué monsieur Sirois.

La conseillère scolaire du CECCE, Valérie Assoi, a souligné le partenariat nécessaire pour réussir le projet. Elle a noté les efforts de l'Association communautaire du Vieil Ottawa-Est, du Groupe d'activités communautaires du Vieil Ottawa-Est, du Groupe Régionale (Regional Group, propriétaire actuel de l'édifice) ainsi que du conseiller municipal Shawn Menard. Elle a aussi remercié les parents et les membres de la communauté pour tous les efforts qu'ils ont mis pour faire valoir la nécessité d'une école élémentaire catholique francophone au cœur de la capitale nationale.

Un gymnase moderne sera construit juste au nord du bâtiment Deschâtelets et ce gymnase sera au service des élèves ainsi que de la communauté. La ville et la commission scolaire n'étaient pas disposées à convertir l'aile de la chapelle qui sera démolie en un gymnase en raison des coûts et d'autres facteurs.

Les enfants ainsi que les parents de la communauté francophone du Vieil Ottawa-Est sont heureux de savoir que des programmes de qualité, en français, continueront à être disponibles. Toute l'équipe d'Au Coeur d'Ottawa espère rentrer dans leur nouvel emplacement le plus tôt que possible. Monsieur Sirois a indiqué qu'ils pourront peut-être rentrer en septembre 2021, sinon avant, tout dépendant de la finition des travaux du bâtiment Deschâtelets.

La nouvelle école "comblera un vide" pour la communauté catholique francophone dans le Glebe, le centre-ville, le Vieil Ottawa-Est et le Vieil Ottawa-Sud, a noté Marc Bertrand, directeur des installations du CECCE.



CECCE IMAGE

City Council approved the demolition of the chapel wing of the Deschâtelets Building to facilitate sale of the building to the French Catholic school board.

Province awards \$5.7M to build new home for French Catholic elementary school

JOCELYNE CALOZ

The Centre-East French Catholic School Board (CECCE) has received a \$5.7 million grant from the provincial government to fund the construction costs of the new home of the Au Coeur d'Ottawa Catholic elementary school in the refurbished Deschâtelets Building. The school is currently housed in De Mazenod, an old school building located at the corner of Graham Avenue and Main Street.

The announcement of the new funding came at a press conference on October 26 attended by representatives of CECCE, the City and the provincial Ministry of Education. Réjean Sirois, CECCE's Director of Education, said the provincial funding announcement is the culmination of three years of efforts and meetings to provide the Au Coeur d'Ottawa students with a permanent school facility.

According to Sirois, the new Au Coeur d'Ottawa school will have 351 student places and 39 French-language childcare spaces and will permit the school to accommodate children from kindergarten to grade eight, whereas the school currently has 150 students and offers only kindergarten to grade six classes. Au Coeur d'Ottawa will continue to offer a reimagined teaching model inspired by Finnish educators which advocates physical activities, frequent outings around the school and the community, outdoor learning, daily relaxation breaks and informal learning of a third language. The Deschâtelets Building and its surroundings provide a perfect environment for this kind of learning, Sirois told the news conference.

Valérie Assoi, CECCE School Trustee, stressed the partnership needed for the project to succeed, noting in particular the efforts of the Old Ottawa East (OOE) Community

Association, the OOE Community Activities Group, the Regional Group, which currently owns the building, and Councillor Shawn Menard. Assoi also thanked parents and community members for their efforts to highlight the need for a French-language Catholic elementary school in the heart of the nation's capital.

A modern gymnasium will be built just to the north of the Deschâtelets Building and will serve the students as well as the community. The City of Ottawa and the school board were unwilling to convert the to-be demolished chapel wing of the Deschâtelets Building to a gymnasium due to costs and other factors.

Children and parents within

OOE's Francophone community were pleased that quality programs in French will continue to be available in the area. Sirois added that staff members of Au Coeur d'Ottawa hope to move to their new location as soon as possible, by September 2021, if not before, depending on the timetable for construction and renovation work at the Deschâtelets Building.

The new school will "fill a void" for the Francophone Catholic community throughout the Glebe, Centretown and Old Ottawa East and South, noted Marc Bertrand, CECCE's director of facilities.

Centennial trees to be trimmed, not chopped by Ontario Hydro

MAINSTREETER STAFF

Hydro One will selectively trim and remove trees that pose a risk to the transmission lines that run along the middle of Centennial Boulevard, Hydro One spokesperson Alex Stewart says. Concerns had been raised that Hydro One was going to remove Centennial Boulevard trees with large, specialized equipment just as had been proposed for under the connecting hydro lines on the eastern side of the river.

A strong push from the Riverview Park community with the support

of Councillor Jean Cloutier led to Hydro One agreeing to use the same "selective" approach on the eastern side as will be used on Centennial. The work will be done over a number of years.

"As part of our role to deliver safe and reliable power, Hydro One regularly conducts vegetation maintenance along transmission lines to make sure there is a safe distance between power lines and hazardous trees and branches," says Stewart.

At the OOECA's online AGM

Community Association voices virtues virtually despite the virus

JOHN DANCE

In a very different way, in a very different world, about 70 members attended November's annual general meeting of the Old Ottawa East Community Association (OOECA), celebrating the past year's successes and discussing pending challenges and issues. As with all of OOECA's recent meetings, the AGM was held via Zoom, with confined participants lacking the social gathering that normally marks the annual event.

Throughout the meeting, the many effects of COVID-19 were apparent: attendance was about a third that of last year; the association's finances have taken a hit because the Main Event barbeque fundraiser was cancelled and memberships are way down because there hasn't been door-to-door canvassing; and, some Board and committee members have had to resign because of the personal difficulties posed by the pandemic.

The negotiated settlement of OOECA's appeal to the Local Planning Appeals Tribunal concerning development within Greystone Village was highlighted by OOECA President Bob Gordon in his report. As a result of the successful negotiations, the association achieved: reduced height for one of the new condominium buildings now under construction; "certainty" in terms of specific height restrictions in the area surrounding the Deschâtelets Building; and, with these restrictions, preservation of the viewscape of the Deschâtelets Building from Main Street.

"The appeal effort made us understand the importance of clarity in secondary plans and the need for vigilance to urban development matters," said Gordon. "We know now that we can raise funds for a just cause and the case signaled that a strong community can work together and speak forcefully about issues we care deeply about."

Other planning committee issues were raised, such as, the repurposing of the Deschâtelets Building to be a new school and community centre, the proposed demolition of the Deschâtelets chapel wing, and the ongoing review

of the impacts of Ottawa plans on OOE. Gordon noted that the planning committee needs a new chair and other members, including one for the Brantwood Park neighbourhood.

Several other Board positions remain unfilled, including a representative for the Lees Station area and its five large apartment buildings. Also, the board lacks a vice-president and a director of communications. The latter is seen as particularly important, given the association's goal to improve its online capability and electronic communications, redesign its website, and "rebrand" the association with a new logo and other measures.

Three attendees stepped forward to become "members at large" on the OOECA board. They are Georgia Blondin, Krista Broeckx and Ian Sadinsky. "I've been a resident for 24 years and walked every street for the last seven months and thought I should do something for the community," Sadinsky commented.

Outgoing board members Alexandra Gruca-Macaulay and Richard Cundall were thanked for their efforts. Gruca-

Macaulay created the new Parks and Greenspace committee and launched a variety of measures to increase and enhance the community's parks and greenspace. Brendan O'Kelly will take over her role. Cundall was the association's representative on the Lansdowne Community Consultation Group and John Dance will assume the related responsibilities.

Transportation issues for the coming years were noted including follow-up to the Main Street safety audit, the OC Transpo bus route through Greystone Village, additional traffic calming and noise reduction measures especially in the Greenfield Avenue area, the rebuilding of Main Street north, Hawthorne and Greenfield, and the replacement of the Queensway bridges over Main Street and the Rideau Canal.

Sustainable Living Ottawa East, the association's environmental arm, continued to protect and enhance the community's natural environment with the ongoing removal of invasive species along the Rideau River Nature Trail, and maintaining the Main-Riverdale perennial garden, the children's garden

and the community gardens on Saint Paul University lands and in the Lees Avenue greenspace. A "bird-friendly OOE" initiative took flight this year.

In the open forum portion of the meeting, members raised a variety of issues including the bus route through Greystone Village, impact of intensification particularly north of the Queensway, the lack of affordable housing in Greystone Village, the size of the proposed new community centre, ski trails on both sides of the Rideau River, and the question of how to convert the Alta Vista Transportation Corridor (AVTC) lands beside Springhurst Park into an expanded park.

Councillor Shawn Menard and Ottawa Centre MPP Joel Harden joined the AGM and expressed their appreciation for the association's efforts. Menard mentioned that the City is supporting the new community centre, suggested that more work needs to be done to mitigate the impact of the commercial use of the Immaculata field, and stressed the importance of converting the AVTC lands into greenspace.



ZOOM SCREENSHOT

The Old Ottawa East Community Association annual general meeting was conducted with Zoom this November.

Bloomfields Flowers

BEAUTIFUL LIVING NATURALLY

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



YOUR HOME HAS A *story* TO TELL.

Our unique way of sharing that story creates an effective and emotional connection that engages buyers.

It's a *bespoke* approach and a proven method to sell your home **faster**, at a **higher price**, with **minimal disruption** to you.

EXTRAORDINARY HOMES DESERVE *exceptional* MARKETING

Find out more at
www.lifestylehomesottawa.com



Jenniffer Alvarenga
Sales Representative
613.218.3543

BE THE CHANGE

Think globally, act locally...

How to change the world from your own backyard

ROBB BARNES

While it may have become a bit of a cliché by now, the expression “Think globally, act locally” is still packed with meaning when it comes to climate action.

We often think of climate change as something “out there.” To the casual observer, it’s melting icebergs, wildfires and droughts in far-off places. It gets solved by politicians in suits, signing international agreements and making grand policy statements in the House of Commons.

But real climate action is nothing without grassroots power. As important as international and national climate leadership may be (and it is hugely important), it means nothing if we don’t build political will and take action locally.

First, let’s look at why municipal leadership matters. Cities like Ottawa are where the vast majority of Canadians live and are directly or indirectly responsible for nearly half of

Canada’s emissions. Globally, cities are where the world is moving. If global civilization is increasingly urban, we can’t build a greener country or planet without putting cities front and centre.

From planning to transportation to infrastructure to energy use, cities are where daily decisions have out-sized effects on our collective future. So, how do we make a more climate-friendly city? This is where the power of community comes in. While individual decisions are important and can influence our society at the level of personal values and social expectations, climate change is fundamentally a political problem that must be addressed by political means.

All of us have political power and that power is often strongest where we live — on our street, in our neighbourhood, in our ward and riding. We all have networks and as constituents and community members we have many

opportunities to raise our voices. Elections are important but involvement here should be the bare minimum. We can have our say during budget consultations, policy debates and through the many initiatives of neighbourhood groups, community associations and advocacy organizations.

What should we raise our voices for? What’s the best use of our community power? Right now, the City of Ottawa is on the verge of renewing its Official Plan, a major planning and policy document that will shape our urban fabric out to 2046. This encompasses the next decade, a period the United Nations tells us is vital to avoiding climate catastrophe through aggressive action. We must ensure the new Official Plan is Ottawa’s climate emergency plan and that the plan responds with adequate ambition and vision. The city will provide opportunities through its “Engage Ottawa” web platform and public consultations, and community groups will be gathering public feedback to weigh in.

The good news is there’s still time to tackle the climate crisis while building a better city. One of the most inspiring elements in the city’s early conversations about the Official Plan is the concept of the “15-minute neighbourhood.” That is, a neighbourhood that provides access to services and amenities within a 15-minute walk. Old Ottawa East is already a leader in this area. We can improve on what is

already working by enhancing urban density, embedding more mixed-use development and lessening car dependency city-wide.

There has never been a time when climate action was this important. Even in the midst of a global pandemic, there has never been such a tremendous opportunity for Ottawans to change the world for the better from our own backyards.

The time for action is now. Join your local community association, your local environmental advocacy organization and call your councillor to underscore the importance of climate action. Together, we can make Ottawa a greener, more vibrant and more dynamic city, for now and for future generations.

[Robb Barnes is Executive Director of Ecology Ottawa and an Old Ottawa East resident]



SLOE (Sustainable Living Ottawa East) wants to hear how you are working environmentalism and climate change action into your everyday living here in OOE. Contact SLOE to stay informed on their projects at sloe@ottawaeast.ca.

Also, on January 20, 2021, the second installment in The Mainstreeter’s Social Issues Discussion Series takes place; the topic of this free community webinar is Sustaining Biodiversity in Old Ottawa East.

Register now at: bit.ly/biodiversity_ooe.


FLORA HALL
BREWING

**A SHORT
WALK
TO YOUR SECOND
HOME**

**CENTRETOWN’S
NEIGHBOURHOOD
BREWERY & KITCHEN**

37 FLORA AT BANK

FLORAHALLBREWING.CA

Joel Harden

MPP, Ottawa Centre



Our office is here for you with:

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

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

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

Get noticed.

Cynthia Dwyer | advertising@mainstreeter.ca

**Please wear
your mask!**



**SVP portez
votre masque!**

Catherine McKenna

M.P. for Ottawa Centre
Députée de Ottawa-Centre

**Constituency Office
Bureau de circonscription :**

Telephone | Téléphone :
613-946-8682
Email | Courriel :
Catherine.McKenna@parl.gc.ca

THE MAINSTREETER PRESENTS

SUSTAINING BIODIVERSITY

IN OLD OTTAWA EAST

Join us for an exploration of the steps each of us
can take to help **preserve the natural ecosystems**
of our community.

January 20, 2021
7:00 PM - 8:30 PM

REGISTER NOW

bit.ly/biodiversity_ooe

ATELIER D'INNOVATION SOCIALE MAURIL-BÉLANGER
MAURIL-BÉLANGER SOCIAL INNOVATION WORKSHOP

Old Ottawa East Community Activities Group
Groupe d'activités communautaires du Vieux Ottawa-Est

DENYS
BUILDS
DESIGNS



RENOVATIONS

613-236-6516 | [Denys.ca](https://denys.ca)

DESIGNS BUILDS REPAIRS RESTORES RENOVATES



Piano Lessons

LaDawn Ouellette
Old Ottawa East

Ontario Registered Music Teacher
Certified RCM Teacher

ladawnouellette@gmail.com
(613) 324-3161



MAIN RENOVATIONS and design
Booking now for Fall 2020



mainrenovations.com



Introducing "A Student"...

"My whole year has been turned on its head"

In our October issue, *The Mainstreeter* introduced our readers to "Teacher X", a long-serving Ottawa elementary school teacher who signed aboard to serve as an online teacher at the school board's Virtual Academy. Her candid interview helped all of us to understand how virtual or online education is working in our kid's schools, from a teacher's perspective. We'll catch up once again with "Teacher X" in our February 2021 issue.

For now, however, we'd like our readers to get to know "A Student", our confidential name for a grade 10 high schooler who lives in Old Ottawa East and who has agreed to offer us her "take" on what it's like to be a student this year during the pandemic. In this article and in a further one to follow in our April 2021 issue, you'll come to learn why she says COVID-19 has turned her whole year "on its head".



MAINSTREETER STAFF

As a student during COVID times, "A Student" has had to face her fair share of changes to the usual school system.

At the moment, "A Student" attends school one day out of two, working from home on off days. There are two cohorts, and the other cohort attends school when she is at home. Instead of having four classes in a semester over a period of just over four months, she now has two classes lasting nine weeks. "My whole year has been turned on its head," the student says. "It's a completely new way of learning."

"My days have definitely become

duller," she explains, "because instead of having four classes in a day, I have a single two and a half hour class in the morning and another in the afternoon. It's tough to pay attention in the last bit of each class."

She goes on to say that as much as teachers do their best to keep it interesting and dynamic, students are always exhausted by the end of the day. "It's just so much information at once," she explains. "It can be hard to keep track."

For "A Student", the challenging part is not the workload, but retaining all of the important information. "Things we would usually learn in two days, we now learn in one", she says. The students focus

more on the key information, learning only what is absolutely necessary. There are no extra projects, or as many fun activities. "I usually enjoy school, but it's definitely an overload of things to learn this year."

According to the 10th grade student, the most difficult part of online learning is staying motivated. Distractions from work abound. At her school, students at home are doing homework assigned by the teacher on in-school days. Some examples of at home assignments are reading part of a book, working on an essay, or completing a virtual worksheet. She says she usually has between three and six hours of work each day.

As with any situation, there are

definitely some positives to this method of learning. "A Student" enjoys the days at home, because she gets to sleep in, and has learned new life skills such as a better work ethic, better work habits and organizational tools.

"I definitely enjoy working from home," says "A Student", "because I get to eat a better lunch, be home with my dog and do other important chores around the house. However, I would say that I enjoy in-person school more, especially for the small social interactions after being stuck in the house for so long. I tend to really like the classroom interactions."

Continued on Page 33







River Dental

Happy Holidays

From all of us at River Dental, we wish you peace and joy for the holiday season et nos meilleurs voeux pour la nouvelle année. Restez en santé!

We look forward to seeing you soon!

Dr. Simon, Dr. Audet, Dr. Desjardins
Marie-Soleil, Michèle, Talin, Pratima

613.422.6555 | info@riverdental.ca | 7 Oblats Avenue, Ottawa

- + Welcoming new patients
- + Family & cosmetic dentistry
- + SureSmile Invisible Aligners
- + CEREC Same Day Crowns
- + Chairside & take home whitening
- + Ultra thin veneers
- + Bilingual staff
- + Evening Appointments

Please visit our website for information on our latest Covid-19 protocols.

www.riverdental.ca

Community Activities Group of Old Ottawa East (CAG)

... making Old Ottawa East an even better place to live, work and play

www.ottawaeastcag.ca • admin@ottawaeastcag.ca

61 Main Street, Old Town Hall, Ottawa K1S 1B3

CAG eUpdates — www.ottawaeastcag.ca/eupdate

2021 PROGRAMS AND ACTIVITIES

Winter Programs

www.ottawaeastcag.ca/programs

Fitness • Dance • Art • Specialty Workshops

Yoga—Swing—ELDOA—Pilates —Zumba

Better Body Boot Camp—Children's Creative Movement

Beeswax Food Wrap Workshop—Excel Tutorial

And more, for children and adults!

Summer Camps

www.ottawaeastcag.ca/camps

Registration opens Tuesday, January 5

Virtual Birthday Parties

www.ottawaeastcag.ca/rentals

Facilitated • Tailored • For children 4 to 14 years

To REGISTER www.ottawaeastcag.ca/registration



In partnership with



2020-21
Community
Partner



INTERVIEW

MEET CAG
VOLUNTEER
JANA
TREMBINSKI

The Mainstreeter: Jana, what is your current role and duties volunteering with the Communities Activities Group (CAG) here in Old Ottawa East?

Trembinski: With the Community Activities Group (CAG), I've been involved as a board member for about a year now, and I am currently Chair of the Programming and Communications Committee. Our committee is really focused on helping to identify ideas for programming with our executive director, Carol Toone, and thinking about surveys that might help us improve our programming. Anything that has to do with outreach to the community and to our programming really falls under my purview. A current focus is on how we can better communicate what CAG offers to the people of Old Ottawa East.

The Mainstreeter: Jana, you've been involved with CAG's operations both prior to and during the pandemic. How do you think CAG's operations have evolved during these challenging times?

Trembinski: Overall, CAG is a not for profit organization that offers programming for both children and adults, targeting the people of Old Ottawa East. I've been involved with CAG for several years, both prior to the pandemic and now during the pandemic. There certainly are a couple of things that are different in CAG's service offerings due to the pandemic.

The biggest operational change is the level of interest from the community. People are always looking for affordable and convenient things to do. We've always had a good core amount of people involved with our programming, but during the pandemic, our enrollment and the level of interest in the community has been way higher.

We have a couple of metrics that I find really interesting. For example, we went from offering seven kids' summer camps in 2019, to nineteen this past summer. The same held true for the adult fitness classes we offered. We offered three adult summer fitness classes in 2019, but this summer we had eleven classes running. So enrollment and interest was way up in CAG programming this summer during the pandemic.

The second point in terms of operations has been the rate of change and the need for adaptability from CAG. The adaptability piece is something that was so important for CAG and something that has not just kept us afloat but actually thriving during this pandemic time.

The Mainstreeter: When you speak of adaptability, you're referring to the constant changes in the pandemic itself

and to the shifting safeguards and directives from public health authorities, correct?

Trembinski: Yes, we went from offering in person classes and very little in the way of online classes to everything online and nothing in person, then to most things online and a little bit in person, and now back to most everything online again. So, yes, it's the amount of change and the rate of change, things that were entirely out of our control.

Our adaptability has really defined our operations through these really strange times. I really have to give credit to our staff and to our executive director, Carol Toone. They all got a taste of the need to adapt early in the year, just slightly pre-pandemic, when we had all of those teacher strike days, and you really saw CAG's ability to be nimble and adaptable. CAG was able to offer children's camps EVERY strike day. This was an invaluable resource to parents who didn't have the ability to stay home with their children all of those days. I don't know of any non-profit community-led organizations that were in a position to offer a strike day program as quickly as we were. Hats off to Carol and her team to be able to adapt so quickly and so well to these changing situations.

The Mainstreeter: What about the viability of your operation today as a result of COVID – financially, from a resource standpoint, from a community engagement standpoint – is CAG in better or worse shape than before the pandemic?

Trembinski: Financially there have been some hardships. There has been some trial and error - for instance, the summer camps were a learning experience for us. It does cost a lot more to run a summer program with additional PPE, cleaning supplies, and with lower enrollments to meet health restrictions while maintaining the same amount of staff for camper safety.

And there's a huge responsibility placed

on CAG, and frankly, we spared no expense to ensure that we were able to run our programs safely. I would say that it has not been easy for CAG to do both – to continue to offer affordable programming, and to step up to the plate when it comes to safety precautions.

We're a small community organization, and people come to expect a certain price point for our programs. It's very important to us that we can reach out to the broadest cross section of our community, to everyone in the community, to people from all economic backgrounds.

Operationally speaking, I think the pandemic has really solidified the team at CAG, that's Carol Toone, the administrative staff that work with Carol and the after-school counselors. Meeting all these challenges and delivering great online programming has really solidified that group. They've become a really well-oiled machine, and a great team.

The after-school program is an example of CAG's ability to pivot. The After School Program launched an online version a mere three weeks into isolation. They offered diverse programming for two hours every day of the week – from Family Feud games, to science tutorials, to discussions about birds, craft time, and mystery games. The programming kept the kids coming back, and they ran the program from April to June., a great team.

As a Board member, and program user, I have seen first hand the power of Carol Toone in action. She has led the organization very well through these challenging times. She has put a big focus on human resources and internal operations, and she has built and groomed a great team. She is a highly adaptable, flexible and energetic leader, and she has definitely put her stamp on CAG.

The Mainstreeter: As a community organization, do you think that CAG is well-recognized and well-understood within Old Ottawa East? If not, how can CAG enhance its community profile?

Trembinski: I would say that the coronavirus has increased our community profile, partly because the pandemic has forced us all to prioritize our community and our immediate surroundings. Before the virus, there was a focus outside of our community, being part of different organizations, and not necessarily community-focused. We've all had to look inwards, to a certain extent, during the pandemic, and CAG has been there, and has been available to support people through hard times and, in doing so, our profile has been increased.

Take our adult fitness classes, for example. People are looking to stay in shape - they're not going to gyms anymore, but they really want to stay connected, and we have a great bunch of fitness instructors. Katie Ireland's class has become really popular with groups of mostly women looking to connect with other women and getting fitness through online classes.

We've seen that too from our virtual events. Usually in the summer, we have all kinds of barbecues and other events to get together as a community. We didn't have that this summer, so we thought to offer online virtual events, wondering if people were going to be interested, or if they were perhaps "onlined-out". The response was terrific - we had over 200 people attend the Main Event online - with activities from cooking classes with Greens and Beans to the online trivia night. More recently, for our Halloween event, we had over 230 people signed up. We are seeing how people want to be connected to other people and want to be involved. And they've looked to CAG and that's enhanced our profile in the community.

As an organization, we're looking at ways to remain relevant, to identify what people are looking for as we head into the winter and get ready for these darker months when we can't get together. The virus is forcing us to think outside the box, to modify our service offerings to meet a new need.



SUPPLIED PHOTO

CAG volunteer Jana Trembinski is pictured here with husband Derrick, and sons Jude and Sam.



**Jim
WATSON**
Mayor • Maire

COMMUNITY UPDATE

MIDTERM REPORT

COVID-19 RESPONSE

- Working collaboratively with Dr. Etches and her team at Ottawa Public Health, local hospitals, and our federal and provincial partners
- Working to improve access to COVID-19 testing
- Creation of an Economic Partners Task Force to provide the City with “on the ground” feedback from the business community as the pandemic evolves
- Implementation of a Property Tax Hardship Deferral Program and creation of a Business Reopening Toolkit
- Opening self-isolation centres for our most vulnerable residents



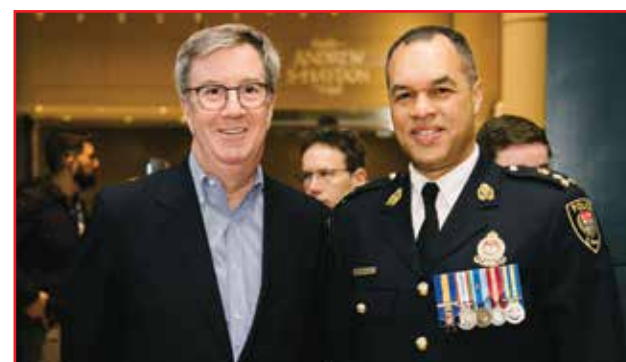
ECONOMIC DEVELOPMENT

- Keep life in Ottawa affordable while investing in essential services with a cap on taxes
- Continuing to attract major events, sporting championships and film productions to Ottawa
- Breaking ground on the new Central Library
- Supporting job-creating projects like the Advanced Building Innovation Centre



TRANSPORTATION

- Progress on construction of Stage 2 LRT
- Extending no-charge OC Transpo service for seniors to include Sundays in addition to Wednesdays
- \$80-million investment to improve the state of roads across the city
- Increasing cycling tourism opportunities in rural villages



PUBLIC SAFETY

- Hiring new paramedics to improve response times in all areas
- Hiring additional community-based police officers
- Launching the Automated Speed Enforcement (ASE) pilot project, seeing 8 cameras installed in Community Safety Zones to encourage safer driving behaviours near schools



AFFORDABLE HOUSING AND INCLUSIVITY

- Partnering with Ottawa Community Housing and the federal government to build 700 housing units across three sites on Gladstone Avenue
- Partnering with Multifaith Housing to build 40 housing units for veterans at the new Wateridge Village
- Increasing the amount of City land available for affordable housing along transit corridors
- Appointing Liaisons for Veterans' Affairs, Gender Equity and Anti-Racism
- Achieving gender parity on advisory committees



Ottawa Tourism

ENVIRONMENT

- Investing \$3 million per year in energy retrofits to City facilities, with a seven to ten-year payback through energy savings, for a total investment of \$12 million this term of Council
- Growing the city's urban tree canopy through partnership opportunities that will see an additional 500,000 trees planted over the term, with an initial focus on areas impacted by the recent tornadoes
- Protecting Ottawa's water environment for future generations through the Ottawa River Action Plan (ORAP) and the Combined Sewage and Storage Tunnel (CSST), now fully operational



@JIMWATSONOTTAWA

JIMWATSONOTTAWA.CA

JIM.WATSON@OTTAWA.CA

A Vatican project with ties to Old Ottawa East

Julian Revie & Gillean Denny envision a Living Chapel taking root in a time of change

JAYSON MACLEAN

There's a one-of-a-kind building taking root across the pond in the Gardens of Vatican City in Rome, one bearing a distinct connection to Old Ottawa East.

Inspired by Pope Francis' Laudato Si, a call to arms delivered in 2015 to environmentalists and Christians alike, the Living Chapel is a swirling, verdant expression of hope for the planet, a meditation on humankind's capacity to rebuild our symbiotic connection to Nature.

Flush with colour and a feast for the senses, the chapel walls are made from living plants and recycled materials that actually ring out in song, chiming to the drip-drip of water through the structure's solar-powered irrigation system.

Not bad for an idea first hatched by composer Julian Revie, who grew up on Onslow Crescent in Old Ottawa East, and brought to life by architect Gillian Denny, a friend of Revie's who is now married to his OOE neighbourhood friend, Philippe Bernier.

Denny says Revie had proposed the project to the Vatican as a response to the Laudato Si, a straight up rebuke if there ever was one of both our ongoing exploitation of nature and the paltry efforts we've so far made to address climate change.

But it was the encouraging tone in Pope Francis' letter that provided the

motivation for the Chapel, Denny says.

"No one had ever built an entire building out of living walls before," Denny said, "And Laudato Si was a message of hope, so we wanted to express this idea of rebuilding our Mother Earth and helping it out, the feeling that we can do this."

Denny, whose work has taken her around the world a number of times, including more recently the redeveloping of a primate research centre in China, decided the Chapel would be put together in her native Philadelphia, with help from students and faculty at her alma mater, Penn State's Stuckeman School and nearby Pennsylvania College of Technology.

The level of complexity was off the charts, however, not just in terms of design elements and logistics but on the concept side, too — Denny and Revie were dealing with the Vatican, after all.

"Basically, I kept coming up with design ideas and throwing them Julian's way and he would take them back to the theologians who would kick things around and then send them back to me," Denny said.

"For the actual building part of the process it was nice to have Julian physically come to some of our build meetings. He was able to tinker around with some of the designers at Penn State who were helping me figure out how to make the music system work," she said.

The Living Chapel debuted in the Vatican's Botanical Gardens this past



Architect Gillean Denny and composer/visionary Julian Revie are the creative inspiration for the Living Chapel.

June, and if you're thinking, 'Gee, how'd that go during COVID?' you'd be right on target.

One element of the plot twist involved thousands of tree saplings which were meant to be part of the Chapel walls. "When Italy went into complete lockdown, no one was allowed to do anything, so the Chapel sat in pieces in the Botanical Garden for a while, and by the time they were able to actually assemble it, the saplings were actually too big to go on," Denny said. "So, we just put them into planter barrels with the idea of eventually distributing them to schools throughout Italy, which will be really nice."

"There was also supposed to be a whole musical concert coming together in conjunction with the big reveal in Rome, which unfortunately, thanks to social distancing, was not happening," Denny said.

Born and raised in Philadelphia, Denny now lives in Arnprior where she, Philippe and their two daughters are not far from the grandparents in Old

Ottawa East. Denny has been working on an energy-efficient passive house for her family in Chelsea, Quebec, with the move coming up in a few weeks.

Looking back, Denny says her feelings about the Living Chapel project are mixed, as there's been a definite lack of closure due to the pandemic. The Chapel was designed as a reinterpretation of Saint Francis of Assisi's church, the Porziuncola, with the intention being that the Chapel would move to Assisi after a short stay in the Vatican.

"We're sort of stuck in limbo, with the Assisi site not yet prepared," Denny said. "All of the people who physically built the structure in the United States, me included, were supposed to go to Italy to assemble it and unpack the boxes, but we didn't get to do that."

"It kind of feels like a weird dream that you woke up halfway through," says Denny. "Still, it was wonderful to reconnect with people and to work on the Chapel together, and I wouldn't give that up for the world."



The entire structure of the Living Chapel is built of living walls;

INTERN with
The Mainstreeter

CONTACT: LORNE ABUGOV editor@mainstreeter.ca

The Mainstreeter 2021 Production Schedule

| <u>Deadline to submit articles/ads</u> | <u>Print date</u> | <u>Completion of distribution</u> |
|--|-------------------|---------------------------------------|
| Issue # 1 | | |
| January 13, 2021 | February 5, 2021 | February 26, 2021 |
| Issue # 2 | | |
| March 17, 2021 | April 9, 2021 | April 30, 2021 |
| Issue # 3 | | |
| May 12, 2021 | June 4, 2021 | June 25, 2021 |
| Issue # 4 | | |
| July 14, 2021 | August 6, 2021 | August 27, 2021 |
| Issue # 5 | | |
| September 10, 2021 | October 7, 2021 | October 30, 2021 |
| Issue # 6 | | |
| November 10, 2021 | December 3, 2021 | December 22, 2021 |

For further information:

Lorne Abugov
Editor

editor@mainstreeter.ca
613-878-1532

Cynthia Dwyer
Advertising Manager

advertising@mainstreeter.ca



3 Trees

Your neighbourhood one-stop gift shop:

Imported silver jewellery from India and Nepal
Natural fibre clothing, Merino, Alpaca, Cashmere
Hand-knit woolens, 100% Beeswax candles
Greek icons, Buddhist thangkas, Hindu statues
Block-printed textiles, Incense, Palm-oil free soap

202 Main St., (613) 230 0304 Instagram @3treesshop



ELMWOOD
SCHOOL

INSPIRING GIRLS

Elmwood is an independent day school for girls from Pre-kindergarten to Grade 12. Regarded as one of the most innovative girls' schools in North America, we are ranked in the top 25 private schools in Canada. At Elmwood, each girl is encouraged to challenge herself to excel in the classroom, develop confidence, and lead with strength. Here, girls learn to be the best students, leaders and global citizens they can be.

LEARN MORE ABOUT EVERYTHING WE CAN OFFER YOU AND YOUR DAUGHTER:

- Safe and secure environment
- Average class size of 15
- Unparalleled academic program
- Healthy meals prepared by on-site chef
- Before-and after-school care
- Transportation
- Needs-and merit-based financial aid available

Call (613) 744-7783 for more information
or visit elmwood.ca/admissions for our
Virtual Open Houses and more.



Distinguished School

Recognized by Apple as a distinguished school for innovation, leadership, and educational excellence.

ELMWOOD – HELPING GIRLS LEARN, LEAD AND SUCCEED FOR OVER 100 YEARS.

**Peter
Fowler's
Travel
Focus**

MATALA, ISLE OF CRETE, GREECE

OOE resident Stephan Telka returns to our travel photo column in The Mainstreeter with a dream-like image taken off the coast of the Greek Islands. Telka caught this photo of moored fishing boats off the southern coast of the Isle of Crete.

STEPHAN TELKA: With so many places around the world to explore (during “normal” times), it seems as though there’s simply no time to keep returning to the same place. Greece is my exception. Deliciously fresh food, effusive hospitality, layer upon layer of history, sunny weather, laid back beaches, and iced coffee wherever you go - what’s not to like?

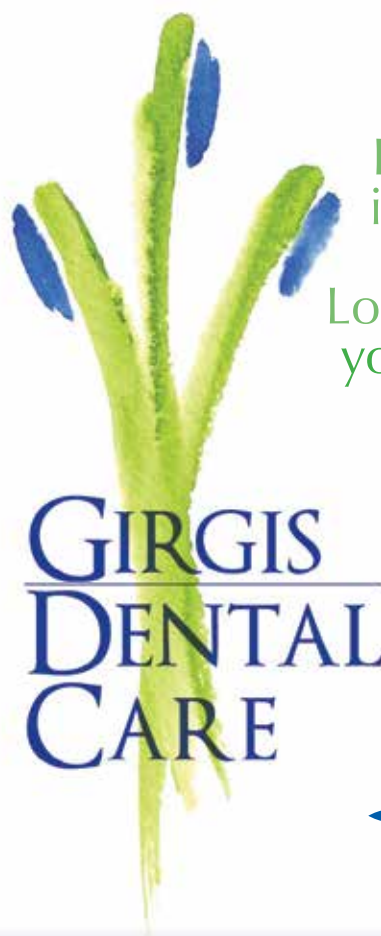
This picture is from the chilled-out

beach town of Matala on the southern shore of Crete, Greece’s largest island, overlooking the Libyan Sea. It was particularly popular in the 60s among Hippies who lived in ancient limestone caves carved into the slope in the background of this picture. It’s also where Joni Mitchell wrote the song “Carey” about a brief romance, and her longing to return to the creature comforts beyond the stone caves.

I took this snap during our final minutes in the village, having spent a blissed out day on the beach, with bellies full of fresh seafood and Mythos beer. It’s a picture that reminds me of that feeling of total R&R that a vacation brings. Soon enough we’ll return!



We have been delighted with the response to our open invitation to readers to submit their travel photo handiwork for publication in the pages of our newspaper. If you would like to see your favourite travel photo in our Peter Fowler’s Travel Focus feature, please submit it to editor@mainstreeter.ca, along with up to 200 words describing the image and why it is special, for you and the circumstances around how it came to be taken. If we like it as much as you do, you’ll find it right here in this spot in a future issue of The Mainstreeter.



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

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



invisalign®

The Clear Alternative to Braces

KILBORN MEDICAL CENTRE
1385 BANK ST. SUITE 203
OTTAWA, ON K1H 8N4
www.girgisdentalcare.ca
613.738.1113

Want a second opinion that puts you first?



Stephen Roster
Wealth Advisor

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

**We take a more complete look at your life for a
more complete financial strategy.**
Investments • Financial Advice • Protection • Estate Planning



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

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

A Remembrance Day that Danica will never forget!



LORNE ABUGOV PHOTO

OOE resident Danica is dressed in her finest and sporting some of her father Peter's "mini-medals" as they both proudly lay a wreath on Remembrance Day at the Brantwood Place Gates.



BROKER | SALES
REPRESENTATIVES



25 YEARS OF FOCUSED
EXCELLENCE IN REAL ESTATE

TOP 1% FOR ROYAL LEPAGE IN CANADA*



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

MARLAND
TEAM

*Based on closed and collected earnings



Buy With Confidence Sell With Pride

Faulkner Real Estate offers boutique personalized service, and elevates standards by protecting clients against conflict of interest.

Contact Judy for a Complimentary Consultation



JUDY FAULKNER
Broker of Record
613.231.4663
Judy@HomesInOttawa.com



Diem Nguyen, Lawyer & Notary Public
WAKE ROBIN LAW

Complimentary consultations available for Wills,
Powers of Attorney, Estate Administration, and Real Estate
613-413-4323

571 Somerset St. West, Ottawa, near Bay St. (by appointment)
info@wakerobinlaw.ca • www.wakerobinlaw.ca

Photo by Ashley Notley



Going, going, almost gone

LORNE ABUGOV PHOTO

One of the popular mainstays of the Old Ottawa East business community, Greek on Wheels, will disappear early in 2021 as it takes up new premises on Somerset Street West and Bank Street. The late night Greek salads and souvlaki platters that made 3 Hawthorne Avenue one of the most frequented take-out eateries in our community will be sadly missed - our loss and Centretown's gain.



RESTAURANT & BAKERY

organic vegetarian natural since 1988



Place your bakery & takeout orders online in advance: Holiday bundles, fruitcakes, truffle boxes - find them all on our website!

**Open Tuesday to Saturday
11:30 am - 8 pm**

613-234-9597
www.thegreendoor.ca

Reserve and
order online!

CANADIAN MARTYRS
Catholic Church
A Welcoming Oblate Parish



Scan and learn

Join us for Sunday Mass!

Saturdays at 5:00 p.m.
Sundays at 10:00 a.m.



100 Main Street, Ottawa
613.232.5347

www.canadianmartyrs.org — Find us on Facebook! canadianmartyrsottawa

ART BEAT



**TANIS
BROWNING-
SHELP**

TANIS@BROWNING-SHELP.COM

OOE ARTIST FEATURE: URBAN SKETCHER TIM HUNT CAPTURES CHANGE LIVE

When visual artist Tim Hunt found himself off work during the first few months of the pandemic, he was inspired by Urban Sketchers from across the globe to get out and sketch our city live, capturing it “warts and all.” Hunt and his wife Karen Massey both pursue an art form. Massey is an award-winning poet. “We work to pay the rent, so the time for doing our art isn’t always there,” Hunt explains. “The temporary shutdown of my workplace this past spring gave me a turn.”

For many years, Hunt focused on collage and sculpture using found objects and “all manner of rusty, broken, and discarded things,” he says. Viewing the work of Urban Sketchers on Instagram in March took him back to the simplicity of drawing. “I have lots of metal objects and other items kicking around for making my art installations,” Hunt says. “In the

A finger on the pulse of the arts in OOE

quiet and meditative days in isolation with my family (Massey and Hunt have two teenagers), I found myself re-evaluating the idea of keeping all of this stuff. I made a personal pact to embrace my first love of drawing and sketching.”

Hunt compares urban sketching to living the artist’s dream. “You walk out the door with a small sketchbook, pen, and watercolour kit,” he says. Urban Sketchers is a global community of artists with chapters in cities all over the globe. Hunt began walking, cycling, and sketching all over Ottawa, sometimes for three or four hours a day. For the past 10 years, he has been working night shifts. “I’m a morning person, so it’s been refreshing to be back outside in the daylight.” Soon, he began posting his own urban sketches on Instagram.

“I do my drawings in pen and if time, space, and weather permit I also paint/colour them on location, which is the Urban Sketchers way,” Hunt says. “But I confess that sometimes, on cold days, I might do the drawing on site and finish the painting at home.” On average, the sketches take about an hour and a quarter to complete. But when the weather is pleasant, Hunt spends more time on them. “I’m less comfortable drawing where people can watch me,” he admits. “So, a pandemic is a good time for me to do this work because people are unlikely to approach me. I usually park myself in a corner where I won’t be in somebody’s path.”

Urban Sketchers often draw people while sitting in cafés or libraries. “But these places were closed, so I had to go to where the people were,” Hunt says.

“Artists in different parts of the world were capturing the Black Lives Matter rallies, so I tried to do the same. It was powerful to be out during the event and feel the energy. But you had to draw quickly. The people, of course, were moving, so to complete a drawing you had to be moving too! I got jostled around, so it was challenging just to put something on the page. I think the drawings give viewers the feeling of being there.”

Hunt’s drawing of Singing Pebble Books (see page 29) marked a pandemic-style departure from the norm in urban sketching. “When many cities around the world were in lockdown, the Urban Sketchers organization would assign drawings of ordinary items that you’d find inside your home,” Hunt explains. They also assigned drawings of places out in the community, such as a local bookstore, and recommended using Google Street View to inform your work. “I used a Google Street View image of Singing Pebble Books for my own sketch,” Hunt explains, “but since I walk past the store so often I felt like I was drawing it from my own experiences being out in the community.”

Hunt has focused on themes of demolition, destruction, and development in his work for years. In 2017, when Old Ottawa East was transforming Main Street into a complete street and the Greystone project was in its early stages, the community’s loss of several mature trees inspired Hunt and two other artists, Annette Hegel and Karin Bell, to create an art project. “The trees that were destined to be cut down were marked with an X,” Hunt says. “We gave them Hello, My Name Is name tags and named each tree as a way of honouring it before it was cut down. We even freed a few of them—still wearing their name tags—from the woodchipper. We used those trees for a project called May Day in which we photographed each tree before and after the trees were cut down. The bike paths on the complete street were great, but I had mixed feelings because it was sad to see the trees go.”

Hunt is currently interested in sketching buildings that are destined for demolition. He recently focused on some houses on Robinson Avenue, a short street that sits near the Queensway between Sandy Hill and Old Ottawa East. “When you look at the buildings on Robinson, you might think they’re run down or you might think they’re cool,” Hunt says. “But people had been living in them for 100 years and now this little community is coming down one house at a time. By sketching



SUPPLIED PHOTO

Old Ottawa East urban sketcher Tim Hunt seen here crossing Main Street recently with his canoe in tow.

those buildings I’m capturing an area of the city as it is changing. I’m chronicling its history.”

Urban sketching is like reportage. “You draw something as you see it happening,” Hunt says. “In the summertime, I stationed myself in a bush on a hill above the bike path to sketch some construction work being done on Pretoria Bridge. I was capturing something that was happening right then, a change in our community. There is a rawness and energy in that immediacy.”



To see more of Tim Hunt’s urban sketches, his Instagram coordinates are @timhuntottawa.

You can view the work of Ottawa Urban Sketchers at the Urban Sketchers Ottawa Facebook Group.

Author Tanis Browning-Shelp (<http://www.browning-shelp.com>) pens her Maryn O’Brien Young Adult Fiction series, published by Dog-Eared Books, from her home in Old Ottawa East. Contact tanis@browning-shelp.com if you have information about artists or art events that you believe would enrich our community members’ lives.



In his small sketchbook, Urban Sketcher Tim Hunt captures construction work being done on Pretoria Bridge.

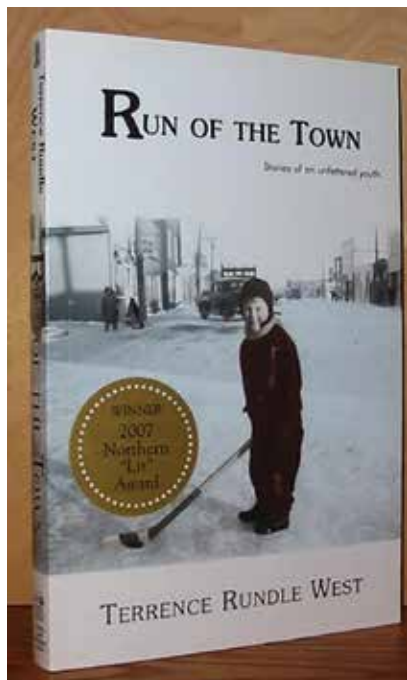
BOOKS & AUTHORS

The 1962 Cuban Missile Crisis

OOE author's short story recalls the war that almost was

TERRENCE WEST

Maybe it's because near misses don't count that the Cuban Missile Crisis has been all but wiped from memory. Ask about Kennedy's assassination in 1963, or Henderson's winning goal in the 1972 Summit Series, or the attack on the World Trade Centre in 2001, and people will give you chapter and verse on where they were and who they were with. But ask about those terrifying, hand-wringing days in late October 1962 and you get blank stares. Not so for those who lived it. For us, just to recall that horrendous week is to break into a cold sweat.



Terrence West's books are available at Singing Pebble Books on Main Street.

The Cold War had been running for a good 15 years by October 1962 and we'd become rather blasé about atomic testing, hydrogen bombs and nuclear fallout. We knew they were there, of course, but no one really believed either side would be foolish enough

to actually risk Armageddon. Then, out of nowhere, came shattering news: Russian missile silos had been spotted in Cuba; Inter-continental ballistic missiles (ICBMs) and nuclear warheads to arm them were on the high Atlantic. In a flash, American military leave was cancelled, and the entire military might of the United States put on a war footing.

The world watched in stunned horror as the crisis escalated. For me, just out of university and with my whole life ahead, it was blindingly obvious that my future was about to end in a fiery crash. For a week, we lived by our radios listening to reports on the progress of the Russian convoy racing for Cuba. The hawks in Washington pleaded for a preemptive strike. President Kennedy shot Khrushchev an ultimatum: turn the ships around by October 24 or the U.S. would be forced to attack. The US Navy raced to a position 1200 kilometres northeast of Cuba, but Russia's warships ploughed on. Fingers inched closer to the red button and nuclear annihilation.

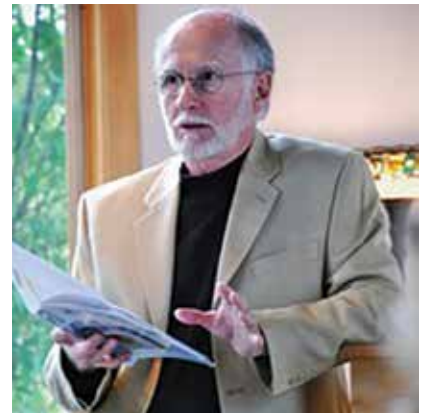
With the media counting down the seconds and the doomsday clock preparing to strike midnight, the world drew its breath in one collective, implosive gasp. Would Russia comply with the American ultimatum and back down? It was well-known that the Soviets had the nuclear capacity to retaliate, and Khrushchev, by his record, the resolve to see it through. Civilization was drifting towards perdition. An Hitchcockian movie was coming to life. Missiles would soon be streaking across northern skies.

As October 24th dawned, the world learned that the US had moved to alert security level DEFCON 2, the highest ever in American history. But then, news of other developments filtered in that offered a glimmer of hope: the US Navy had moved its blockade south increasing the gap between it and the

Russian ships; seeing this as a face-saving exit, the Soviets slowed down their convoy, then turned it around entirely, except for one ship which was allowed through the line. With the Americans and Russians having taken a step back, both sides could save face. As suddenly as it had blown up, the storm passed, and a dazed world was left to ponder the near miss.

To this day, I still ponder, continuously baffled by how this near, world-ending event has all but been erased from the history books. If we don't remember and learn, are we not destined for a repeat? Was it sheer luck that, in 1962, cooler heads in Moscow and Washington had their fingers on the nuclear button? Which begs the question, what of today's leaders? What restraint might they show in a crisis?

Of monuments, memorials and marches to the Cuban Missile Crisis, the "war that almost was", you'll find none. But don't kid yourself, it happened. Few remember today but the scars are still there. Ask your grandparents.



SUPPLIED PHOTOS

Author Terrence West reading from his book of short stories, *Run of the Town*.



Terrence Rundle West lives in Old Ottawa East. His second book, *"Run of the Town"* (winner of the Northern 'Lit' Award in 2007), contains a short story on the Cuban Missile Crisis. West's books are available at the Singing Pebble and at Perfect Books on Elgin.

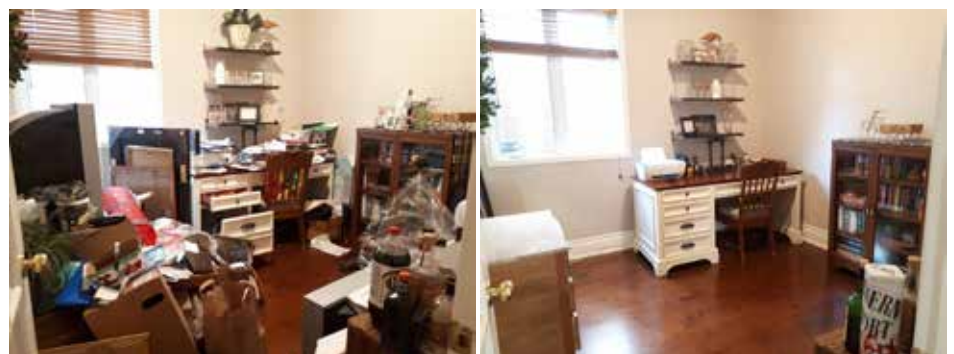
Organizing
Room2Breathe
Decluttering

Are you tired of rooms that have become a 'dumping ground' in your home?

Frustrated that you can't keep spaces organized regardless of repeated attempts?

We can help.

Our 3 STEP Organizing & Decluttering process is tried, true and proven to work! And we'll deliver your donated items to Ottawa charities.



Call #613-868-5197 today
and receive our special \$48/hour rate*
(available until December 15th)

Room2Breathe.ca

Martha@Room2Breathe.ca

Confidentiality guaranteed and COVID measures in place.

*not valid in conjunction with any other offer



Signy Fridriksson, MA, RP
Counselling and Psychotherapy

Couples, Families, Individuals
and

2-on-2 Couple Counselling
with Steven Fick

613-864-5222 signy@signy.live
www.signyfridrikssoncounselling.ca

Greystone Village Retirement Home converted to temporary 120-bed acute health care unit

MAINSTREETER STAFF

Early November witnessed the opening of a temporary 120-bed short-stay transitional health care unit within the newly-constructed Greystone Village Retirement Home (GVRH). The new unit is overseen by the Élisabeth Bruyère Hospital and managed by Integrated Care Solutions, a division of Bayshore HealthCare.

Patients at the short-stay unit, which is located on Scholastic Avenue in Old Ottawa East, have been transferred from overcrowded acute care hospitals such as The Ottawa Hospital, Queensway Carleton Hospital, and Hôpital Montfort, which are struggling under the strain on existing acute care facilities caused by the coronavirus pandemic.

The new GVRH health care unit will not house patients under treatment for the COVID-19 virus; rather, the new unit is targeted for patients who no longer need the acute care that hospitals provide, but who are in need of specialized care before returning home or to long-term care.

"Transitional care is needed in our region more than ever," says Guy Chartrand, President and CEO of Bruyère. "These 120 beds will help alleviate some of the pressure on the health care system and on our acute care partners, while helping people access the care they need at a crucial time in their journey."

GVRH had been scheduled to open its doors in April, however, the opening was postponed indefinitely due to the pandemic. Health authorities in Ottawa, including the Champlain COVID-19

Response Committee, identified the new retirement facility as one that the Bruyère could utilize for short-stay transitional patient care. Bruyère, which has been working during the pandemic with health care partners and the province of Ontario to help ease the challenges regarding availability of beds and the flow of patients, saw GVRH as a perfect fit, as did the local owners and operators of the new retirement home.

"Our goal with Greystone Village Retirement was always to help community members maintain their independence," says Jennifer Martel, Co-Owner and General Manager of GVRH. "We are pleased that our facility will be able to provide some comfort to those who need a safe path back to the community."

With Ottawa and other parts of the province now engulfed by a second wave of coronavirus, demand for additional acute care hospital beds is expected to worsen before it improves, shining a light on the shortfalls of a health care system that has not kept pace with patient needs in recent years.

"Building more capacity is essential to ensure our health care system is prepared for a surge in demand and supports our ongoing efforts to end hallway health care in Ontario," Christine Elliott, Ontario's Deputy Premier and Minister of Health, told a news conference to announce the new GVRH unit. "These new transitional care beds at Greystone Village Retirement Home will support patients and their families in the Ottawa region as they transition out of acute care into the next stage of their recovery."



MELINDA NEWMAN PHOTO

With its own plans to open postponed due to COVID-19, Greystone Village Retirement Home was the perfect partner for the Élisabeth Bruyère Hospital's plan to oversee a new acute health care facility.

FREE PARKING

In exchange for:
Clearing snow on said parking
space and snow at front entrance
(Drummond Street)

Call Michèle
613 322-1566
DECEMBER 2020

SANDY HILL
CONSTRUCTION

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

AWARD WINNING CONTRACTOR –
RENOVATOR OF THE YEAR

For a comprehensive overview,
please visit our web site:

www.sandyhill.ca or call

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

SERVING OTTAWA EAST FOR OVER 20 YEARS



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

Additions Professional spaces Exteriors Bathrooms
Basements Home Office Kitchens Bedrooms

VISIT OUR SITE OR CALL NOW!
ZINNRICHARDSON.COM 613-809-5089

OUR 35TH ANNIVERSARY 1985 - 2020

FROM THE MAINSTREETER - SPRING 2005

Neighborhood trends: store frontage in Old Ottawa East

In the final installment of our 35th Anniversary tribute to The Mainstreeter, we revisit an intriguing front-page article by Pierre Johnson who catalogued the store frontage of the commercial establishments in Old Ottawa East in the Spring 2005 issue. As Johnson explains, his stout defence of the honour and longevity of the community's commercial establishments was the result of misinformation he heard while attending a City of Ottawa Planning Committee meeting. For his article, Johnson hit the pavement and sauntered by almost every commercial outlet in the community, snapping photos and researching as he went. His account featured write-ups on 30 different stores and outlets along Main Street, Hawthorne and Echo Drive.

We have topped up Johnson's research and conclusions in the accompanying sidebar article, relying upon his information from 15 years ago as much as possible. So, when, for example he noted that the Scotia Bank on Main Street and Hawthorne Avenue has been around for 93 years, readers should remember to tack on an added 15 years to Johnson's totals, which means the storied bank branch has now served our community for 108 years!

PIERRE JOHNSON

In the last issue of *The Mainstreeter*, I wrote an article in response to the loss of commercial space at the old Peach Gardens site and highlighted other locations that no longer provide services within walking distance in Old Ottawa East. There is another side to the story - it's about all the businesses we have kept, and which thrive in the area. I was motivated to put this piece together after enduring some ill-informed remarks at Planning Committee at City Hall.

Before compiling this article, I knew there were many more businesses in the area than vacant storefronts, and that over the past several decades, Main Street has held its own better than most people realize. After doing a quick tour of the shop-fronts and talking to people in the area, I have an even stronger feeling about the vitality of the area. There are many good stories to tell which this article cannot do justice to - hopefully, there will be others in the neighborhood with more time to explore some of these success stories.

To put this article into context: When Ottawa's new official plan goes into effect, later this year or next, all of Old Ottawa East is due to be designated as "general urban" zoning. "General urban" zoning allows residential, mixed or commercial use. The official plan does not distinguish any section of Main Street from any other street in the neighborhood. That is clearly wrong. Having services in walkable range is essential to keep the neighborhood livable and grouping services around "mainstreet" areas would help businesses maintain critical mass.

This strategy would also mitigate against commercial development starting willy-nilly on the established residential streets of Old Ottawa East - something residents would dread seeing happen. To use extreme examples to make the point, having Old Ottawa East go 100% residential would be bad for property values, and having commercial sites peppered throughout the residential streets in the area would also be bad. We already have "mainstreet" type zones on Main and

on Hawthorne and this is where urban style commercial activities belong.

The reason the community association is recruiting volunteers to work on Main Street revitalization is to try to have some say in the evolution of the area. At its April 12th meeting, with enthusiastic support from many community residents, the Old Ottawa

East Community Association executive set up two working groups - one that will harness community energies to respond quickly to immediate development proposals on Main Street, and another to look at creating an urban plan that will address commercial opportunities along Main and Hawthorne.

The neighbourhood storefront scorecard - 15 years later

MAINSTREETER STAFF

In his Spring 2005 article about OOE commercial store frontage, Pierre Johnson profiled 30 local business success stories in our community. Today, 15 years later, of the 30 local businesses Johnson profiled, 12 have survived the passage of time and the pandemic and continue to operate in our community. An additional 5 businesses continue to provide the same or similar goods and services today as in 2005, however they do so under new ownership and/or new names. Finally, 13 businesses that Johnson profiled in 2005 have closed their doors or re-located to other communities. Here's the 12 businesses that remain in operation today, in the words Johnson used to describe them back in 2005:

1. **The Scotia Bank** at Main and Hawthorne may be the oldest business in Ottawa East as they claim to have been here for 93 years. They were originally in the commercial storefronts which were lost when the Queensway was built and have been in the current location since the early 1960s.
2. **Dixie Dairy** has been a convenience store for about 47 years with different owners (eight years under the current owner). Under a different name perhaps, this has been a neighborhood store for much longer. It probably gets the runner up prize for business longevity after the Scotia Bank.
3. **The Green Door Restaurant** has offered organic and vegetarian food at this location since 1988.
4. **The Emporium** at Main and Harvey sells early settlement furniture. All their furniture is made of solid wood. This business began in 1978 at this location and had a major renovation about 11 years ago. The



TIM HUNT SKETCH

Continued on Page 37

POLITICAL PAGES

ROB GORDON A/PRESIDENT OLD OTTAWA EAST COMMUNITY ASSOCIATION



A CHALLENGING YEAR IN REVIEW

Following a very different annual general meeting and nearing the end of a difficult - or worse - year for many of us, it's time to reflect on what the Old Ottawa East Community Association (OOECA) accomplished during 2020 and what challenges it faces as the pandemic continues to adversely affect our daily lives and our future.

Like our regular monthly meetings, the AGM moved to a virtual format, bringing a new way of getting together, discussing and taking decisions. We may be getting better using these virtual tools, but it's harder to have good discussions and fewer people are participating.

I'd like to thank two board members who are retiring after making significant contributions. For the last several years, Richard Cundall has been the OOECA representative on the Lansdowne Community Consultation Group and has ensured that Old Ottawa East perspectives are known by the City and Ottawa Sports and Entertainment Group.

Alexandra Gruca-Macaulay created, and then became Chair of our new Parks and Greenspace Committee. Her initiative addresses an increasingly important aspect of our community: ready access to recreation, natural facilities and lands. Alexandra played a leading role in many community issues and on our Local Planning and Appeal Tribunal (LPAT) appeal team.

Our parks are our healthy play, rest and meeting space. The pandemic has accentuated the value of what we have and the need for additional parks and greenspace. The OOECA, with the support of various other groups, is asking the city to expand Springhurst Park to include all of the Lees Avenue portion of the Alta Vista Transportation Corridor.

The long-proposed four-lane highway through these lands has never made sense to most OOE residents. Now, with the creation of the adjacent LRT line, severity of climate change and increased need for greenspace and affordable housing, the absurdity of the proposition is even more apparent.

The key success of the community association in 2020 was limiting the heights of buildings in front of the Deschâtelets Building. Our appeal to the LPAT constituted the biggest expenditure in the association's history, but the cost and the effort were well worth it. Thanks to the many residents who contributed to the lengthy campaign and to Kristi Ross, an OOE resident and lawyer, who provided the necessary expertise and advice.

Progress on other planning fronts was also made. OOECA endorsed the repurposing of the Deschâtelets Building as the new home for Au Coeur d'Ottawa, the city's central French Catholic elementary school, and concurred with the demolition of the Deschâtelets chapel wing, provided the school and a new community centre are really created. The OOECA Planning Committee reviews many proposals each year which require ongoing diligence. New members of the committee are sought to ensure all of our neighbourhoods are represented, and we also need a new Chair for the committee.

The Transportation Committee dealt with many issues ranging from bus routes in Greystone Village to rebuilding Greenfield, Main and Hawthorne, a massive project that begins next year. Thanks to our Chair, Tom Scott and his committee, the speed limit on Greenfield was reduced to 40 km/hr and traffic calming measures were implemented throughout the community.

Many other projects were completed including Ron Rose's updating of the "Welcome to OOE" brochure.

I thank all of you who have contributed so much to our community, especially during this difficult time. I have had the opportunity to engage with many residents and have been heartened to see the growth of neighbourhood bonding. Virtual engagement can become a mental strain, but I appreciate those who continue to participate in the OOECA meetings.

SHAWN MENARD COUNCILLOR-ELECT, CAPITAL WARD

SHAWN.MENARD@OTTAWA.CA
SHAWNMENARD.CA



10 WAYS THE CITY OF OTTAWA BUDGET NEEDS TO CHANGE

It's budget season at City Hall and as with everything that's happened in 2020, budget decisions pose unique challenges and opportunities. The COVID-19 pandemic has caused declines in City revenues in some areas, but the needs of residents haven't disappeared.

We should be having debates about what would generate budgetary savings and how funds could be re-allocated from wasteful projects and used to build the better City we deserve.

Here are 10 ways I think the City could better allocate resident funds:

- 1. Do Not Expand the Urban Boundary** – Ottawa has recently approved another large expansion of its urban boundary, adding houses to Ottawa's periphery. It will cause taxes to go up, harm our environment, spread City services even thinner, and won't help affordability of housing.
- 2. Affordable Housing and Homelessness** – Some people feel that putting money into affordable housing is too costly, but housing people who are homeless and house-insecure is not only the right thing to do, it also saves social service costs and helps individuals and families contribute back to local communities.
- 3. Reduce New Road Building Projects** – Ottawa has a lot of roads that need fixing. We should certainly repair the pot-holes we have. Instead, we are expanding and building new roads which are not needed. It is incredibly costly for the City, not just for the capital costs of the new roads but to maintain them in the future (e.g. snow clearing and repairs).
- 4. Fighting Climate Change** – Investments in building retrofits, LED lighting, efficient HVAC and alternative forms of power generation save us money while helping to reduce emissions. The more we can induce activities like bicycling and walking, the more the City saves.
- 5. Parking, Congestion, and Ride Shares** – While every other user
- 6. Vacant Buildings** – We have a lot of buildings sitting vacant in Ottawa, causing a drag on our neighbourhood economy. We should be charging progressively increased fees for boarded up buildings with steeper penalties to encourage re-development.
- 7. Brownfields Subsidies to Developers** – The city gives developers a lot of money to help them remediate development sites, up to 50% of the clean-up costs. The City needs to rein in the influence of large development companies and ensure fairness in Ottawa.
- 8. Reducing P3s** – We've seen it with LRT and Lansdowne. Public-Private Partnerships seem to overpromise and under-deliver. Our top project debts in the City are P3's with large risk factors, legal implications and increasing costs when things go wrong.
- 9. Examine the Police Budget** – Police budget increases have far outstripped inflation and population growth in the last 20 years in Ottawa. Other jurisdictions have saved funds while transferring a large percentage of police calls to mental health workers who produce better outcomes.
- 10. Government Transfers** – One of the best ways we can achieve our goals is by ensuring that the City receives its fair share from other governments. Transfers represent about 20% of our budget revenue in any given year - we need to ensure we are doing all we can to enhance these transfers.

We can improve the financial situation of the City by reallocating inefficient spending, but we need the budget process to change. The City needs to do a better job of listening and incorporating innovative ideas from citizens into its plans.

POLITICAL PAGES

JOEL HARDEN MPP, OTTAWA CENTRE

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



SUPPORTING LONG-TERM CARE RESIDENTS & THEIR FAMILIES

Recently, the Ontario Legislature debated Bill 218, "Supporting Ontario's Recovery & Municipal Elections Act." Shamefully, the act shields long-term care operators from liability, making it much more difficult for families to hold them responsible for failing to keep residents safe.

A wide range of people and organizations from the Advocacy Centre for the Elderly to personal injury lawyers urged the government to remove long-term care and retirement homes from the Bill. They've argued that because there are no case precedents defining what "gross negligence" means in the context of long-term care, it will be easy for long-term care operators to evade accountability.

In Ontario right now, there's a lawsuit bringing together over 200 people against the "big three" for-profit long-term care operators: Revera, Sienna Living and Chartwell. The Premier has promised families that he'd take on "bad actors" in the industry but introducing Bill 218 speaks much louder than his words.

Despite the pleas of both experts and family members, Bill 218 passed third reading on November 16 and will become law. Along with my colleagues in the official opposition caucus, I was proud to vote against it.

Bill 218 is yet another example of why we need to take profits out of long-term care. A recent study by the Toronto Star confirms that residents of for-profit long-term care homes are over three times more likely to contract COVID-19 than non-profit or municipal care home residents.

We'll keep up the pressure for a long-term care system worthy of the seniors who have built this province and realize Tommy Douglas's dream of an expanded system of Medicare that includes home and long-term care. It's about care, not profits.

Renouncing hate

Under the cover of the pandemic, the Ford government introduced legislation before the house that would grant his friend Charles McVety's Canada Christian College the right to award university degrees. McVety has a long history of racist, homophobic and transphobic comments, but that doesn't seem to be a problem for Premier Ford.

In early November, my colleague Laura Mae Lindo (MPP for Kitchener Centre) asked Premier Ford to reconsider bestowing degree-granting status on Canada Christian College. She did so after recounting these words McVety has said about sexual orientation:

"...what is sexual orientation? You could have an orientation to pedophilia, you could have a sexual orientation to commit all kinds of things. It doesn't mean that we have to accept it."

In other comments, he's claimed "Islam is not just a religion, it's a political and cultural system as well and we know that Christians and Jews and Hindus don't have the same mandate for a hostile takeover."

This is a man who misguidedly thinks his hateful views represent Christianity. They don't. These ideas don't represent Christians like me, who will challenge intolerance whenever it rears its ugly head. And it won't stop queer and trans people, Muslims or anyone else from getting the respect they deserve.

Hate is sown, it festers, and it can manifest terrible consequences. It's time McVety and his supporters embraced a more inclusive Christianity and acknowledged the beauty that is present in everyone.

A famous carpenter told us to "love your neighbour as yourself". And in Amos 5:24, we are asked to "let justice roll on like a river, and righteousness like an ever-flowing stream." This is welcome advice in a world filled with so much bigotry.

CATHERINE MCKENNA MP, OTTAWA CENTRE

EMAIL: CATHERINE.MCKENNA@PARL.GC.CA
PHONE: 613-946-8682
TWITTER: @CATHMCKENNA
FACEBOOK: MCKENNA.OTTAWA
INSTAGRAM: @CATHMCKENNAOTTEN



LET'S LOOK FORWARD TO A BETTER YEAR IN 2021!

This year has been difficult for everyone in our community. As we approach the holidays, I hope that you and your family are healthy and managing as well as possible during this challenging time.

Now serving my fifth year as your MP, I've never been prouder to represent our community. The dedication and ingenuity of essential workers, healthcare professionals and first responders, teachers, local businesses, public servants, non-profit organizations and volunteers to adapt and survive through the health, economic and social challenges brought on by COVID-19 has been truly inspiring.

As difficult as these past few months have been, I'd like to share positive news for Ottawa Centre and beyond. Invest Ottawa's Area X.O, launched the first electric Low-Speed Automated Shuttle trial of its kind in Ontario! I had the opportunity to test the shuttle at Tunney's Pasture. These vehicles have potential to enhance the lives of our citizens, create new market opportunity for our companies, and help move us to a low carbon future.

I'm also very pleased that our government launched the new Rapid Housing Initiative, a \$1 billion investment, to create up to 3000 new permanent, affordable housing units across the country. Of this, \$31.9 million is allocated to Ottawa. This initiative will create more jobs, strengthen communities and provide more Canadians with a safe and affordable place to call home.

I'd also like to extend my admiration and thanks to all the small businesses in Ottawa Centre. I have spoken with many local business owners about their challenges due to the pandemic. It was great to be able to speak directly to so many of them at the Mayor's Breakfast organized by the Ottawa Board of Trade. The federal government has heard these concerns and recently enhanced the Canada Emergency Business Account,

extended the Canada Emergency Wage Subsidy and introduced the new Canada Emergency Rent Subsidy, that businesses can access directly. And the new Canada United Small Business Relief Fund is supporting businesses with grants of up to \$5,000 to offset costs of COVID-19 safety needs and enhancement of their digital or e-commerce capabilities.

On an optimistic note, the federal government has signed deals to secure hundreds of millions of doses of promising COVID-19 vaccines for Canadians, which health experts predict will be ready sometime next year, contingent upon the results of safety trials. Until we have a vaccine, we need to continue to do everything we can to control the spread of COVID-19, so that when vaccines get here, we will be able to act quickly to protect all Canadians. The logistical distribution of this vaccine candidate will require some very careful cooperation. Our government is working with experts to assess which vaccines will be most effective, which vaccines will be best suited to different segments of the population and how best to distribute the vaccine.

Let's continue to protect ourselves and each other by continuing to wear masks, physically distance, wash our hands, stay home if we're sick and download the COVID-19 alert app. In addition, let's be mindful of our own mental health and check in with our loved ones and neighbours to see how they're doing. Let's also continue to spread kindness and compassion in our community during the holidays and beyond, as we look forward to the new year with renewed hope and optimism.

I wish you the very best this holiday season and hope you can enjoy this special time of year safely, with your loved ones. With everything we've been through this year, let's look forward to a better year in 2021!

Hardly missed a beat...

How Rideau Chorale kept right on singing despite challenges of the coronavirus

JANICE MANCHEE

In early 2019, Sandra Bauer was looking forward to returning to civilian life in Rideau Chorale after several years on the executive. When the realization hit that all of the executive members were moving on, she agreed to serve a year as the transitional chair to support the new executive.

"I decided that a little extra challenge would be welcome," says Bauer. "I was so familiar with the choir. What could go wrong?"

Rideau Chorale mounted successful performances of Carmina Burana and Handel's Messiah in the fall and Bauer began to think it might be fun to run for chair again. Plans were in place to perform Bach's Mass in B Minor in May 2020.

Then the world began hearing about COVID-19.

In February, another executive member pulled Bauer aside and asked if the choir's insurance would cover losses due to low attendance or even concert cancellation if this "coronavirus" thing hit Ottawa. His work involved monitoring global development – plus he had family in Italy.

"I was somewhat skeptical," says Bauer. "Surely the virus wouldn't become that serious way over here in North America."

A crazy time

Liz Tromp, then Rideau Chorale secretary-treasurer, advised Bauer the choir's insurance did not cover this type of situation.

"My brain was screaming all stop," Bauer says. "But was it an over-reaction? We were trying to balance caution for our members and audience with 'the show must go on.'" As things developed, the Rideau Chorale executive engaged in intense discussion, struggling to keep up with the rapidly changing situation.



ELIZABETH TROMP PHOTO

Roland Graham, Rideau Chorale's choir director, leads participants in a socially distanced vocal warm-up at Venturing Hills Farm in Luskville.

"Should we sign the venue contract?" says Tromp. "How can we have a concert if we can't practice?"

Everyone was cancelling everything. It was a crazy time."

The World Health Organization's declaration of a global pandemic on March 11 provided the needed clarity. Rehearsals were cancelled and the concert postponed indefinitely.

The question became how, and if, Rideau Chorale could continue.

"Many of our members were present in spirit if not physically," says Bauer. "They shared news and ideas about how the choral world was dealing with the pandemic."

Particularly worrisome were reports of illness and death in choirs around the world. Mount Vernon's Skagit Valley Chorale reported 52 of 61 members ill and two dead by mid-March. That same month the Amsterdam Mixed Choir reported 103 of 130 members falling ill and a number of deaths. They weren't alone.

But there were also signs the choral

community was not giving up. Many choirs moved to a virtual mode, using the internet to rehearse and perform. It was clear that the music, and, more importantly, the camaraderie continued.

Not business as usual

Rideau Chorale director Roland Graham jumped right in to develop virtual rehearsal videos via Facebook, later moving to the more interactive Zoom.

"This wasn't everyone's cup of tea," says Bauer, "but there was sufficient enthusiasm to keep us moving forward."

In June, Bauer decided to leave the executive and Tromp took the chair.

"We knew this wasn't going to be business as usual," says Tromp. "We focussed on putting together something that would engage our members, help them keep learning, and bring them joy in these strange and isolating times."

Rideau Chorale has been unable to

mount in-person concerts, but the choir has produced videos of several pieces from their repertoire, available on the Rideau Chorale website.

And Rideau Chorale is planning forward. The concert of Bach's Mass is postponed, not cancelled. And for the fall season, the choir has begun working on Brahms' German Requiem.

Like Bach's Mass, the Requiem was written over the composer's lifetime. Grief over the death of fellow composer Robert Schumann in 1856 and that of his mother in 1865 inspired a number of Brahms' pieces.

The Requiem itself demonstrates Brahms' skill in counterpoint and rhythm.

In mid-September, a group of choir members met at Venturing Hills Farm in Luskville. This beautiful equestrian park beside the Gatineau escarpment is owned by the family of Rideau Chorale accompanist Carson Becke.

A PhD in Musicology, Becke is leading virtual lectures on Brahms and the choral tradition for choir members. This is well in line with Rideau Chorale's vision to promote and present beautiful pieces of music to the community while developing the members' musical knowledge and abilities.

"We will continue to adapt until that magic day when we can resume singing together again," says Tromp.

[Janice Manchee sings tenor with Rideau Chorale.]

Information about Rideau Chorale and its virtual and upcoming performances can be found at rideauchorale.org.

LE MAINSTREETER PRÉSENTE

PROTÉGER LA BIODIVERSITÉ

DANS LE VIEIL OTTAWA-EST

Rejoignez-nous afin d'explorer les mesures que chacun d'entre nous peut prendre pour aider à préserver les écosystèmes naturels de notre communauté.

INSCRIVEZ-VOUS :

bit.ly/biodiversite_voe

Le 20 janvier 2020

19h00 - 20h30

BUSINESS DIRECTORY

ROOFING



ROOFING REPAIRS

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

HAIR

Main Hair Cutters

64 Main Street Ottawa
 613-565-2772
 Kathleen Flinter
COLOUR - STYLES - CUTS

BOOKS



**SINGING
PEBBLE
BOOKS**

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

202A MAIN STREET OTTAWA, ONTARIO, CANADA K1S 1G6
 (613) 230-9165 INFO@SINGINGPEBBLEBOOKS.CA
 WWW.SINGINGPEBBLEBOOKS.CA

AUTO

MIKE GALAZKA SERVICE CENTER LTD.

MIKE GALAZKA
 (613) 232-6659

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

123 Main St. Ottawa, Ontario K1S 1B9

HEALTH

CBD Sales & Counseling Anxiety – Arthritic Pain – Insomnia

Dr. Pierre Milot PhD., PhD. (tc)

**Psychotherapist
Winchester ON.**

Tel: 343 549 1650

Email: drpierremlot@mail.com

Website: www.coaching4life.ca

HEALTH

Main Chiropractic & Personal Training Clinic

Pain & Injury Rehabilitation
 Covered by Insurance

Dr. Dimitri Bichet, Dr. Sylvia Craston

613-565-9995
 186 Main St., Ottawa

The life and times of "Student A" during the pandemic

Continued from Page 17

"A Student" also remarked on how much her social life has changed since the beginning of the school year. She explains that a lot of people, some of her friends included, have made the change to private schools, to schools closer to their homes or even to fully online learning. Her school has many specialized art concentrations, and some of them - voice and wind instruments - cannot even function anymore. Moreover, some of her friends are in the other cohort, meaning that they go to school on different days than her. "If I want to see my friends now, I have to see them after school or on weekends, all socially distanced, and outside, of course. However, with winter coming, this will be made much harder, I think."

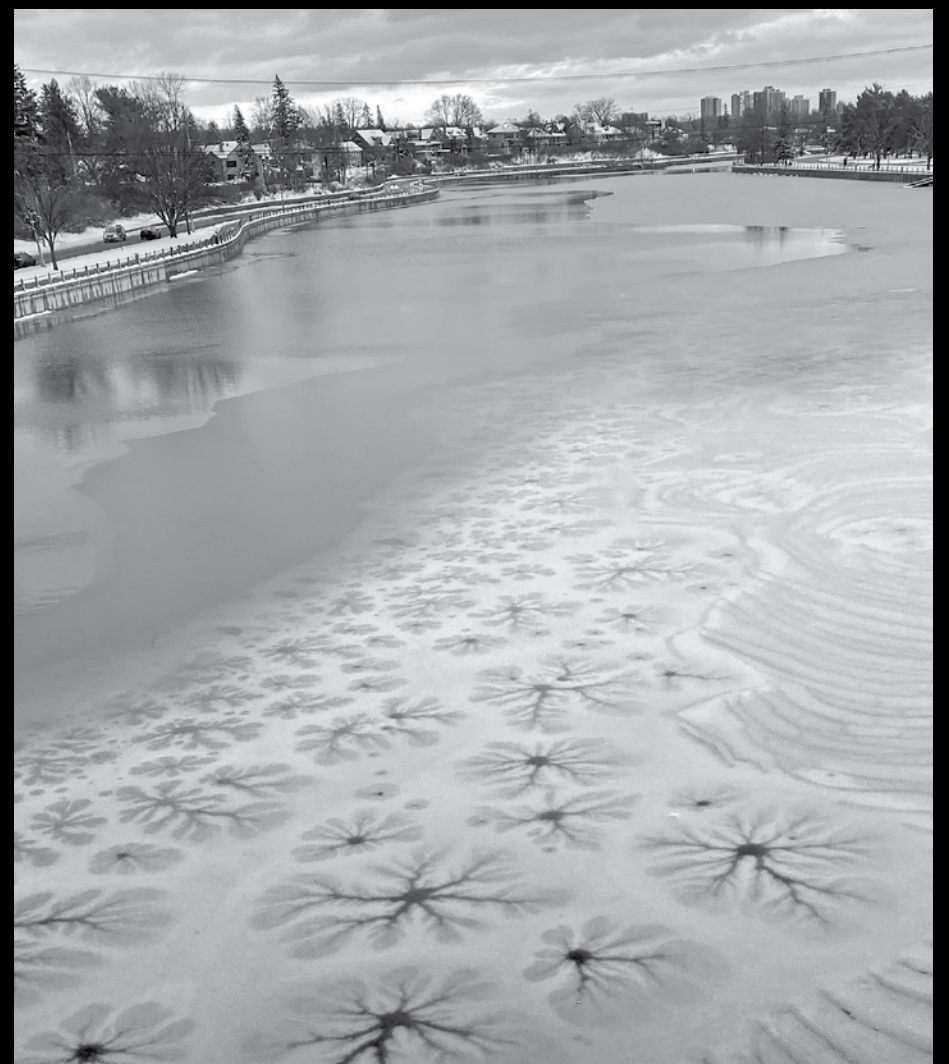
As to the procedures implemented in school, students use hand sanitizer before and after entering or leaving school buildings or classrooms. They clean their

desks after each class. Social distancing is required at all times for teachers and students. "In one of my classes, I'm not even supposed to turn my head to look at the person behind me, because that would reduce the two metre gap," she comments.

Bathroom breaks and snacks are scheduled. It is vital for all to wear masks at all times inside the classroom, except for snacks and lunch. Highschool students are allowed to leave the school at lunchtime, while 7th and 8th graders eat in their classrooms. "Lunchtime is where you see a lot of people not socially distancing themselves," says "A Student". "It's definitely very difficult to stay responsible. We've been careful for months now and nothing bad has happened. People are tired of all of the rules."

As with everyone during the pandemic, "A Student"'s life is drastically different. "I usually bike to school now," she explains, "because my parents don't feel comfortable with me taking the city bus. I get up a little later than usual on at home school days, because there's not too much to prepare since I only have two classes and no extra-curriculars."

"A Student" leaves us with these parting words: "All in all, I am happy to be learning and at school again. I miss my friends, but I enjoy spending time with them, even socially distanced. Online learning is definitely a challenge, but I am always finding new ways to cope with it."



CHARLOTTE DUCHESNE PHOTO

The late November snow and ice left a magnificent impression of patterns of whorls and fern-like images on the frozen Rideau Canal just below the Flora Footbridge.

Keeping you safe. Getting you better.



Low Patient Volumes. One-to-One Care. Individual Treatment Rooms.
Being in the vanguard of physiotherapy
has been our “normal” for over 20 years.

50 Springhurst Avenue . Old Ottawa East . 343-984-4760

physiotherapyonmain@gmail.com



physio_main



Physiotherapy on Main



Physiotherapy on Main Ottawa

www.physiodowntown.com

**THANK
YOU FOR A
GREAT
SEASON**

The board of directors and vendors of the Main Farmers' Market would like to thank our customers for a successful market season. In the midst of all this year's instability and uncertainty, it was wonderful to see so many of you come out to purchase fresh local food and participate in a little pocket of normalcy every Saturday morning. We are grateful to be part of such a strong and vibrant community.

We hope you have a safe and healthy winter, and we look forward to seeing you again next year.



mainfarmersmarket.org

Follow us on Facebook (@mainfarmmarket613) and Instagram (@mainmarketottawa)!

For Old Ottawa East churches...

A special Christmas during COVID times

JOHN DANCE

The churches of Old Ottawa East are doing their best to make this Christmas special and meaningful despite the challenges they and all of us face during the pandemic.

“Come in your pajamas and bring your coffee!” Rhonda Waters, priest of Church of the Ascension, comments on Ascension’s Christmas day Zoom service. Ascension, like Canadian Martyrs and the Ottawa Chinese Bible Church (OCBC), are scheduling on-line services although limited services will be conducted in the churches.

“Things will be quieter this year but maybe that’s not a bad thing,” says Waters. “Maybe a quieter Christmas will bring its own gifts of rest and peacefulness - and the opportunity to listen to the still small voice that is sometimes drowned out by Christmas chaos.”

The first Christmas event of the season is the OCBC’s annual “Sounds Like Christmas” virtual concert on Saturday, December 12 at 4:30 p.m. “This year, we welcome friends and neighbours to enjoy classic carols, holiday harmonies and festive favourites - from the warmth of their own homes!” says the church’s Adam Lim.

Canadian Martyrs Church is planning

on having “a Liturgy of the Word” via Zoom on Christmas Eve. “In the works, we have a virtual Christmas pageant which will string together photos of the parish children depicting scenes from the nativity and be shared during our Masses and by email to our parishioners,” says Heather Duggan, the church’s administrative assistant.

Two “in-person” services will take place in the church on Christmas Eve but, as has been the case for the regular services on Wednesdays, Saturdays and Sundays, there are strict protocols for attendance and limited available seating. The weekend and Christmas Eve masses require prior registration, and Wednesday is “first come, first served.” “COVID has certainly presented us with challenges,” says Waters. “It is, of course, harder to stay in touch with folks and the lack of use of the building in the spring made it harder to maintain the grounds to our usual standards.”

Despite the challenges, the churches stay in touch with their parishioners and have launched new programs. “We are collecting gifts to be distributed by the Ottawa Community Ministries Day Programs,” says Waters. “Fill a zippered pouch (a pencil case, for example) with a small bottle of hand sanitizer, packs of gum, mini chocolate bars, and a \$5 gift card to Tim’s, McDonald’s or other popular spots. Filled pouches can be



JANICE WONG PHOTO

This year, the Ottawa Chinese Bible Church’s “Sounds Like Christmas” concert will be on-line December 12.

dropped off at Church of the Ascension on Monday, Dec. 14 between 12 noon and 7 pm.”

Another of the church’s programs is “snowfolks at church” where everyone is invited to build a snow sculpture on the church’s Echo Drive grounds. “Please remember to maintain physical distance from other households - but the snow world is immune to COVID!” says Waters.

When Canadian Martyrs closed to the public in March, the church sought new ways to stay connected with parishioners. “The church bulletin has become our primary source of communication and has been adapted to our new circumstances,” says Duggan. “Our pastoral care team, with the help of our parish youth, have been keeping in touch with our seniors through a telephone tree.”

The pandemic health protocols have changed services: “Sunday Mass has a different feel with no procession, no singing (our musicians still provide us with music during communion and while we enter and exit the church), one lector, no paper bulletin, and ushers directing the communion lines,” says Duggan. “The pastoral team appreciates all the help we receive from the many volunteers who act as ushers, greeters and cleaners!”

For details regarding on-line and in-church services, please check the churches’ websites/links:

- Canadian Martyrs: www.canadianmartyrs.org
- Ottawa Chinese Bible Church: facebook.com/ocbconline and for December 12 concert tinyurl.com/soundslikechristmas2020
- Ascension: <https://churchoftheascension.ca>



HEATHER DUGGAN PHOTOS

LEFT: Canadian Martyrs in-church services have limited available seating and require attendees to wear masks; RIGHT: The crèche at Canadian Martyrs celebrates Christmas 2020 during the COVID pandemic.



INSPIRED DESIGN,
BREATHTAKING RESULTS

Finalists in the 2020 GOHBA HOUSING DESIGN AWARDS



OVER
30 YEARS
OF SUCCESS!

REVELSTOKE:
TRUSTED TO BUILD
YOUR CUSTOM HOME
OR RENOVATION

2020 HOUSING
DESIGN AWARDS



FINALIST



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

T 613.234.5571
F 613.236.6661



myrevelstokehome.com



Alpha Food occupied the corner of Main and Hazel for several decades before its closure.

Storefront scorecard

Continued from Page 29

building incorporates a century old house which provides a fitting setting to display their antique inspired furnishings.

5. **Donohue and Bousquet Antiques** at 27 Hawthorne, which specializes in antique silver, came to Ottawa East over 35 years ago from Quebec City. The small building this business occupies was originally built as a dentist office.
6. **Redshaw Auto Care** at 25 Hawthorne has been here for about 40 years. Prior to Redshaw this location was Pretoria Body Shop and back in 1956, this was known as Albion Motors (at which time the building and property was sold for \$4,500 - a lot less than the value of most cars they service today).
7. **Cyco's Bikes and Blades**, 5 Hawthorne, is a sports store with locomotion in mind. They sell and service bicycles and skates as well as provide rentals for people wanting to enjoy recreation in the vicinity of the canal. If you prefer your travel to be more effortless they also stock electric "assist" bicycles. The current owners have been here since 1996, but this location was a bike shop well before 1995.
8. **Greek on Wheels** at 3 Hawthorne has been here since 1995. This was the first location for this popular and award winning takeout service in Ottawa.
9. **Mike Galazka's Service Centre** is now exclusively at this location (123 Main Street) adjoining the old PetroCan site at Main and Springhurst.
10. **Phat Moose Cycles** is the newest business in Ottawa East having just moved into this location on Hawthorne near Main. They are a high-end mountain bike parts customization shop. By the time you read this story they will have had their grand opening.
11. **Singing Pebble Books** (202A Main) opened in August 1988. Since then,

it has become Ottawa's destination for books on alternative health for mind, body and soul.

12. **3 Trees** (202 Main) - the owners of 3 Trees sell many goods they bring back themselves from India. The store has been in existence for 13 years.

Here are five businesses that Johnson profiled that now have different owners or new names, but still offer similar goods or services to what their predecessors supplied in 2005:

1. **Dr. Christie and Dr. Watkins** have been in the dental office at Echo and Hawthorne for 22 years, but this location has apparently been a dental office for a lot longer than that (now known as **Pretoria Bridge Dental**).
2. **Michael J Farrell** has had this law office at 34 Hawthorne since 1991 (now known as **Kirk Law Office**).
3. **Main Pharmacy** has been under its current ownership since April 2004. This spot has been a drug store since this medical facility was built. The Medical Building which covers 190, 192 and 194 Main is home to nearly 20 doctors and health practitioners, as well as a medical laboratory (now known as **Watson's Pharmacy & Compounding Centre**).
4. **Cyclefit** (right behind Dixie Dairy) has been with us in Ottawa East since October of 2004. They've been in business for four years, previously located near Bank and Somerset (now known as **Patricia Lee Personal Training**).
5. **341 Pizza** at Main and Hawthorne has been here for seven years. They provide takeout food, as well as having a small seating area available (now known as **Habibi Pizza & Lebanese Pies**).

And here's the 13 businesses that are gone, but not forgotten:

1. **Karoly Loso Violins** at 19 Hawthorne has made, appraised, repaired and sold violins, violas, cellos and bows at this location for

over a decade.

2. **Oliver's Hair Station** at 58 Main has been in operation for over five years.
3. **HBK Hair Koncepts** on the corner of The Glassworks at Main and Greenfield has been here since July 2002.
4. **T-Base Communications**, 19 Main at Greenfield, is in the business of making printed communications accessible to the visually impaired, using a variety of sophisticated techniques. They set up their facility in Ottawa East in 1997 at the corner of Main and Harvey but moved to this larger facility in May 2003.
5. **Gordon and McGovern** have had their office at Main and Hawthorne since 1991. Their building, which originally was a gas station, has been playfully renovated with the look of an old-fashioned gas station with pump replicas serving as light fixtures, creating the illusion of other gas station amenities. Do not be fooled, their business is construction: design, building and renovation.
6. **Main Food Market** at 64 Main Street is a convenience store with an internet cafe, which has been here for seven months. The internet cafe includes four computers with printers, CD burners and photocopying services. This location is part of a group of seven convenience stores throughout Ottawa.
7. **Main Cleaners** at Main and Lees have been here for over 10 years under the current ownership. In the previous three years, it was also known as Main Cleaners and, prior to that, it was Betty Brite Cleaners.
8. **Alpha Foods** has been at Main and Hazel for more than 11 years, more than your average corner store. This store (often referred to by its customers as "the Iranian store") offers a wide selection of bulk and ethnic foods, such as Persian pastries and Mediterranean fare.
9. **The Caisse Populaire Desjardins** has been in its current building at 230 Main since the 1970s.
10. **The Wheatberry** (bulk, health and organic foods) changed name and ownership from the Wheatgerm back in 1988, when it was located next to the Green Door. In 1989,

the Wheatberry moved to its location at 206 Main.

11. **The St. Paul University Bookstore**, located at 249 Main in the Laframboise Hall, has been in this building for the past five years. Previously, the bookstore was in the Guigues Hall next door. In addition, Novalis Press has been publishing religious texts as part of St. Paul University since in 1935.
12. **The Razor's Edge** has been on Main Street for 19 years. For the first 16 years of its operations, this hairstylist and barber shop was next to the Wheatberry. And for the last three years, it has been located on the ground floor at 170 Main Street.
13. **The Royal Oak on Canal** at Echo and Hawthorne has been serving food and drink here since 2001. This location has been a popular one for various restaurant incarnations before the local pub moved in. Oldtimers in the neighborhood may even remember this spot as a drug store.

online or on-site
**Celebrate
with us this
Christmas**



Get noticed.

Cynthia Dwyer | advertising@mainstreeter.ca



OTTAWA PHYSIOTHERAPY & SPORT CLINICS™ (MAIN STREET)

BE YOUR BEST SELF
*live your
best life*

205-194 MAIN STREET, OTTAWA, ON
613-567-4808 WWW.OPTSC.COM

PHYSIOTHERAPY, MASSAGE THERAPY, GENTLE YOGA, DIETITIANS,
PELVIC FLOOR REHABILITATION PROGRAMS AND MORE!



UNIVERSITÉ
SAINT-PAUL
UNIVERSITY

Apply for Fall 2021!



School of **Ethics,**
Social Justice and
Public Service



Élisabeth-Bruyère
School of **Social**
Innovation



Providence School of
Transformative
Leadership and
Spirituality



School of
Conflict Studies



School of
Social
Communication



School of
Counselling,
Psychotherapy
and Spirituality



Faculty of
Theology



Faculty of
Canon Law



New PhD in Interdisciplinary Research
on Contemporary Social Issues

Keeping social justice at the **heart of education.**

ustpaul.ca

WATSON'S PHARMACY

& COMPOUNDING CENTRE



Scott
Watson



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

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

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



TWO GREAT LOCATIONS

OLD OTTAWA EAST
192 MAIN STREET
613- 238-1881

WELLINGTON VILLAGE
1308 WELLINGTON ST.
613-238-1882

Thank you to our clients, friends, and community for your support over this past year. We wish you a holiday season filled with joy, and a happy (and healthy) 2021!

