

DEMOLITION DERBY!

Old Ottawa East chapel, historic church and local residences all fall to the wreckers

MAINSTREETER STAFF

April and May proved to be a tough couple of months for bricks and stones and mortar in Old Ottawa East.

Of late, it seemed that wherever you turned, there was a wrecker's crane silhouetted against the skyline, crunching its jaws into community landmarks, leaving nothing but dust clouds and mountains of rubble where once stood historic churches and chapels or residential dwellings.

Old Ottawa East residents wishing to remember "what was" took photos aplenty, many of which were sent to *The Mainstreeter*.

Toddlers, with their parents in tow, watched spellbound as the "digger trucks" did their methodical work, felling the Deschâtelets Chapel wing and the Holy Trinity Church, among other familiar community sites.

Our coverage of the demolition spree can be found on pages 2, 6 and 27 of this issue of *The Mainstreeter*.



MAINSTREETER PHOTO

The Deschâtelets Chapel wing was the focus of much community attention over a number of weeks in April and May as the wrecking crew removed stain glass windows, unpeeled bricks and masonry and reduced the once proud landmark to rubble.

Plan to transfer UOttawa Lees Campus to Vanier Ward kiboshed by OOECA appeal

Forceful community association challenge results in City Council reversing controversial ward boundary change decision

JOHN DANCE

The old adage "you can't fight City Hall," took a beating when Ottawa City Council recently reversed its December 2020 decision to transfer the University of Ottawa (UOttawa) Lees Avenue campus from Capital Ward to Rideau-Vanier Ward, following an appeal filed by the Old Ottawa East Community Association (OOECA).

In its appeal of the original decision to the Local Planning Appeals Tribunal, OOECA noted, "City Council's decision to approve this ward boundary transfer is unwarranted and unreasonable, although perhaps not surprising, since it resulted from the City staff's two-fold failure to accurately describe the recommended transfer and properly assess the suggested transfer against the established effective

representation criteria."

Ward boundary changes are periodically required to reflect varying rates of population change within wards so that there is effective representation, based upon reasonable voter parity of all wards, while also ensuring that physical boundaries and "communities of interest" are respected.

In their recommendation to reverse Council's initial decision, City staff dismissively termed the OOECA request a "modest modification," however, staff offered no defence of why the initial decision had been recommended. City staff also recommended reversing another ward boundary change decision, this one affecting Overbrook, also a case where the local community association had appealed the matter, citing poor

consultation.

"It is not often that you can beat City Hall, but clearly these two community associations have shown that you can," noted Alex Cullen, President of the Federation of Citizens' Associations.

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The Mainstreeter interview

Checking in with OOE's Pharmacist Scott Watson

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Church of the Holy Trinity demolished



Worst infestation of Gypsy Moths in a decade hits pockets of Old Ottawa East

“There were tonnes of caterpillars coming down in webs. One of my neighbours said it felt like the apocalypse...”

JAYSON MCLEAN

Brenda Burke stands pointing up to the branches of a crabapple tree just starting to sprout some buds. With its greenery poking through for another year, the tree looks happy enough, but then Burke zeroes in on some off-white patches periodically dotting the bark — egg masses, it turns out.

“Last year, they hadn’t made it this far into the neighbourhood, but as you can see they’ve arrived,” Burke said.

The ‘they’ in question are Gypsy moths, an invasive species that, last summer, reached outbreak proportions across parts of Eastern Ontario and has, unfortunately, made its presence felt in Old Ottawa East. Particularly hard hit are trees in the northern corner of the community on the provincial Ministry of Transportation land adjacent to the Highway 417 on-ramp and in the area surrounding Greenfield Court at the ends of Montcalm and Havelock streets.

In larval form, the Gypsy Moth is a spiky-haired caterpillar with blue and red spots along its back that can eat about a square metre of leaf material over the course of its lifespan. Amazingly, Gypsy Moth caterpillars can strip a tree bare within a few days.

The outbreak in Ontario is now being called the worst in decades, and while

Ottawa’s municipal foresters are continuing to monitor the situation, Burke and her neighbours are bracing for the worst, having last summer endured both COVID-19 and an onslaught of caterpillars, their feces and dive-bombing Gypsy moths.

“We didn’t know what we were dealing with,” Burke said. “There were tonnes of caterpillars coming down in webs. One of my neighbours said it felt like the apocalypse.”

“It reached a point where you couldn’t sit outside because there’d be caterpillars dropping all around you. Some neighbours put up screen tents on their decks but, honestly, I think I was out for one evening all last summer,” she said.

Arriving in New England in 1869 as part of a failed silkworm breeding program, the Gypsy Moth is now established in Ontario, Quebec and the Maritimes. Outbreaks tend to happen every seven to ten years, with populations typically dying back after a couple of years due to predation, parasites and other factors.

“Since they first arrived, Gypsy Moths have been migrating northwards, now due to climate change and shifting ranges,” says Adam Oliver Brown, Assistant Professor with the Department of Biology at the University of Ottawa. “Their populations go through cycles, and they can get really bad in some years, largely



SPENCER COLBY PHOTO

Condo owner Brenda Burke is helping to coordinate efforts to combat the Gypsy Moth infestation, but methods available aren’t foolproof or fun.

because they don’t have natural predators or diseases over here.”

Brown says outbreaks can be treated with insecticide, and cities have done aerial sprays of a bacteria toxin specific to moths called Btk or *Bacillus thuringiensis kurstaki*.

“But spraying is frankly a PR nightmare,” Brown said. “People really don’t like the idea of being sprayed with bacteria.”

There are more hands-on approaches such as scraping the moth’s egg masses from infected trees and other locations — moth eggs can appear on brick walls, fences and other surfaces — and trees can be wrapped in burlap around their trunks to catch caterpillars heading for the ground. There are bottle traps, too, for the adult moths. But none of these methods are 100-percent effective, nor are they a lot of fun.

“We did the egg scraping last year and the bottle method,” says Burke. “You have to submerge the eggs in soapy water for two days, and with the bottle, you hang it from a tree, and they crawl inside, and then you have to scoop them all up, which is a gross job.”

So far, the City of Ottawa has stuck to a wait-and-see approach, having released a

statement last month on its monitoring to date and how residents can try to tackle the pests on their own.

City Forester Jason Pollard says the City completed surveys over the winter to estimate populations for this year.

“Locally, Ottawa experienced elevated populations of Gypsy Moth in 2020 which have been assessed to be minor. Although the moth can cause significant defoliation, it is only repeated years of defoliation in trees and forests that generally impact tree health,” Pollard said in an email.

“It’s also important to note that this insect pest has a periodic outbreak cycle, so we can expect elevated populations followed by population collapse typically after two to three years,” Pollard said.

For Burke, who is treasurer for her condo board, and who is helping to coordinate efforts this year in spraying and burlap-wrapping trees, she said she understands the City’s perspective but is worried, nonetheless.

“Already, some of the trees are eaten through and the caterpillars keep growing,” Burke said. “We know we have to act and do what we can to reduce their numbers.”



RYSZARD SZCZYGIEL PHOTO

The male Gypsy Moth pictured here can strip the bark off a tree within a few days.

SHARING LUNCH WITH...

A caring ally in the COVID campaign

The helping hands and heart of Watson's Pharmacy

From humble beginnings in 2006, Watson's Pharmacy in Old Ottawa East has grown into a neighbourhood staple over the past decade plus. As Ottawa Magazine once wrote, "stepping into Watson's Pharmacy is like being transported into a Frank Capra movie or, perhaps a Norman Rockwell painting," – a very accurate portrayal of what patrons can expect upon entering the Main Street store.

Watson's Pharmacy itself has an open concept and is incredibly neat and tidy – consistent with what a customer might reasonably expect from a business doling out medication and personal care items. Behind the counter, friendly staff are quick to assist clients with their dispensing needs and to answer any and all questions that come their way.

With a compounding lab in the back of the store, Watson's works closely with physicians to offer customized medications for customers. Watson's sets itself apart, in that it follows a holistic, integrated approach to pharma care, meaning that it offers a combination of modern techniques with complementary therapies from around the world.

The Mainstreeter's Business Beat Editor, **Quinn Abugov**, recently sat down with owner, namesake and head pharmacist, **Scott Watson**, to discuss all things Watson's Pharmacy. Watson opened up about surviving the pandemic as a small business, the recent Main Street re-construction, the store's future in Old Ottawa East, and of course, jigsaw puzzles.



ABOVE: Pharmacist Scott Watson dispenses prescriptions behind protective shielding in the pharmacy **BELOW:** Despite extensive sidewalk construction during the pandemic, Watson's customers have found their way inside the pharmacy in droves.

THE MAINSTREETER: How have the day-to-day operations of the pharmacy gone during the pandemic, and what key differences have you noticed?

SCOTT WATSON: With our day-to-day operations, we had to implement glass barriers and get people to wear masks. We also had to get used to keeping our distance from each other and the customers. That was the biggest change, and we had to get used to that, just like everyone else. Only now are we able to get closer than six feet to our customers and that's only when we're giving a vaccination. Compared to some businesses that have had to shut down, we have been very, very lucky and we know that, since we're classified as an essential business. For us, it's been very gratifying just to be able to be out here in the community and to be helping people.

THE MAINSTREETER: How would you say the pandemic has affected your customers?

WATSON: Initially, we saw some changes due to the Public Health regulations, and how we could dispense medicine. We had to switch down to a 30-day supply, far less than what we normally carry. This caused a little bit of frustration for people. As things stabilized last June and July, instead of doing 100 prescriptions per day, you're doing 200, and then you're doing 300. The backlog was

unlike anything I've seen before in the business. In fact, that happened with all pharmacies across Ontario, and we all had to get used to it. For a time, there was a big concern about the supply of medicine.

THE MAINSTREETER: Has the assortment of your best-selling goods changed over the past year?

WATSON: Because of the lockdowns and the closures of certain businesses, we sold a lot of things that we would have never sold before. Surprisingly, we've sold a lot of puzzles over the

past year. You know, in terms of dollar value, it's not very much, but we do have a lot of people coming here for puzzles and gifts. We also sold a lot of hand gel. Initially you couldn't get any, so we started making our own right here in the lab. Until some of the large local distilleries began producing mass quantities of sanitizer, it was kind of a nice way for us to be creative and help out our customers at the same time. It's been amazing how much hand gel, personal protective equipment, masks, large quantities of Vitamin D and zinc we've sold. For a while, you couldn't get any from the companies that we would

normally purchase these supplies from. Everything was on backorder, so we ended up making our own immune supplement with some basic ingredients like zinc and vitamins C and D. We tried to respond in the best ways that we could.

THE MAINSTREETER: How have your staff coped with working during the pandemic?

WATSON: At the start of the pandemic, with so much uncertainty, people were very brave. We had to learn how to

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OOE PHARMACIST SCOTT WATSON

Continued from Page 4

protect both our customers and our staff. You always worry about transmitting the infection to others or getting sick yourself, so you have to be extra careful. We're not in the hospital treating somebody who needs respiration, so we're kind of removed, but it was still very concerning initially. We have a very talented team, and I was very complimentary and very proud of all my staff, and we managed to get through it as a group.

THE MAINSTREETER: How long have you been operating in Old Ottawa East, and what sort of impact did the reconstruction of Main Street have on the business?

WATSON: We've been operating in Old Ottawa East since November 6, 2006, so gosh, I guess it's coming up on 15 years now! Main Street was my first location, and in 2012, I opened a second store on Wellington Street West. I'm really happy with this Main Street location and I love the neighbourhood feel of Old Ottawa East.

As for the Main Street construction, we were at the initial onset of it, and it was kind of scary. I remember taking pictures, and there was basically a 15 to 20 foot hole in front of our door. Like, if you walked out the front door, you'd end up in the hole. Luckily, the City had set up a path for people to get into the side door, and people went along that path. And, honestly, there were people going

through dirt and mud with walkers to come through this mess of a street to come to our pharmacy. Honestly, there would be times when I'd come in almost in tears because I couldn't believe they came. So we were kind of scared at the onset but were so incredibly surprised and heartened by the people that continued to come when it was so hard to get here. The construction took a long time, so after a while, people just kind of got used to it. We did lose some business, but we didn't really lose that much, and I mean, a big, big thank you to the entire community. We couldn't have done it without you guys, and we're so appreciative. I mean the only thing we can do is control what we do, and we just tried to be the best that we could.

THE MAINSTREETER: Have the new condo developments across Main Street had an impact on business?

WATSON: Every couple of days I think we see a new person, in some fashion, either in the post office, at the front of the store picking up prescriptions, or even buying gifts or personal items. I'm positive that it's getting busier and busier with all the traffic across the street, for sure.

THE MAINSTREETER: What does the future hold for Watson's Pharmacy in Old Ottawa East?

WATSON: So, what does the future look like for Watson's? There were some rumours, but I am pleased to announce that we recently signed a new 10-year



At the start of the pandemic, Watson's began to create their own vitamin immune supplements and sanitary hand gels to combat shortages from their suppliers.

lease, and we will be staying here in Old Ottawa East. We couldn't be any happier, really, and I think it's all guns blazing, you know? Kind of full steam ahead.

THE MAINSTREETER: How has the post office done during the pandemic? Any key differences?

WATSON: You know, with Amazon and so much being ordered online, I know it's been a real challenge, and just dealing with the amount of packages that are coming or going out and being returned. I'm sure every Canada Post out there has that to deal with, so it's just kind of a new way, right? We're just having to get used to it. But compared to two years ago, I mean it's around the clock. As

soon as the pandemic started, it began getting much busier. So, the staff have been working hard, and the free seconds that they have between customers has grown less and less because there's often a lineup here that just doesn't stop. When we started it was kind of a nice, relaxing job, you know, time to read a book almost. Now, they're working hard and it's a challenge for the whole postal system, especially right here at the retail level.

THE MAINSTREETER: Thanks so much, Scott. We appreciate you taking the time to sit down with us.

WATSON: My pleasure. Thank you.



ABOVE LEFT and RIGHT: Specialty products such as puzzles from the Gifts and Gourmet section of Watson's have proven very popular to housebound customers, and the post office inside the pharmacy has seen a heavy increase in users and usage.

LETTERS TO THE EDITOR

Remembering Holy Trinity Church

I am submitting a portrait of the Church of the Holy Trinity, the oldest continuously used church in Old Ottawa East, located at the intersection of Main Street and Echo Drive. The Church was built by common public donations in 1877 and was active for 143 years until 2020.

I composed the portrait, in the rain, on March 19, 2021, during the demolition.

*Rosie Cusson,
Glenora Street*

[Editor's Note: Rosie Cusson is one of the talented local artists and photographers who will be exhibiting their artwork and photographs outdoors in front of their homes in Old Ottawa East (OOE) on Saturday, August 21st from 11:00am to 3:00pm. For more information about *The Mainstreeter's* 2nd Annual OOE Art Tour, please see the article by Tanis Browning-Shelp at page 21 of this issue of *The Mainstreeter*.]



A community landmark is lost



I live in the community (14 years) and I am an avid reader of *The Mainstreeter*. I walk or bike past the former Anglican (now former Portuguese) church at the corner of Main Street and Echo Drive at least twice a day.

I thought you might be interested in the selection of pictures that I took of the demolition of the church (See page 2 of this issue).

Of note, you will notice the historical layers of brickwork, something that will likely not be seen again.

If one looks carefully, on the close-up of the corner one can see where it looks like actual stone was used in the original construction.

The front face of the church came down at once. It was surprisingly impactful to watch the demolition of such a historical structure for the purposes of building a Westboro-style mirrored rental apartment building.

A community landmark and true example of Ottawa's history is now lost.

*Hamish St. Rose,
Concord Street*



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Making the most of a new development

I wouldn't be a realist if I weren't pessimistic about the chances of a letter changing a developer's building plans, but I really feel short-changed about the Deschâtelets Building. There was a recognition when Regional bought the property that they were to preserve this iconic building that's part of our community's heritage.

Now, having torn down the Chapel – roughly one-third of the building – Regional's ability to develop the land in its place seems to be a big bonus for them. It is clear that there is a school and a community centre going into the Deschâtelets Building, and yet the view of the river, some meaningful green space for public use and a direct pathway to the river are all going to be lost, since they are not part of Regional's plans unveiled in May.

The social benefit of this development for the community has been eroded in two ways. First, with the loss of the chapel, we lose a major part of our cultural history and, second, we lose natural greenspace that could have afforded the school and the community centre with direct access to the linear park along the river.

There is no question that the preservation of a reasonably good relationship between the community and Regional has been a great asset. That said, having a back lawn connecting to the river from our future community centre is a social benefit that will increase the value of the properties for the developer because it makes for a better community, just as it will enhance the value of the community centre to Greystone residents and to the community at large.

*Jamie Brougham,
Letchworth Road*

THE MAINSTREETER

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

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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



JOHN DANCE PHOTO

New co-owners of the Sisters of the Sacred Heart convent have pledged not to demolish the site.

Some good news and some questions on the sale of the historic convent

PETER TOBIN

After months of calm, April brought a flurry of activity around the sprawling red brick convent between des Oblats and Springhurst avenues. Suddenly, surveyors appeared taking measurements, personnel started snapping photos from every angle, and around the clock security began patrolling the grounds inside the blue safety fence. Something was afoot - but what?

That question was put to rest when the property owner, Domicile confirmed that it had sold the property effective April 28. The convent, which dates back to 1915, had been purchased last summer by Domicile from the Sisters of The Sacred Heart, but the company decided against developing it themselves. Instead, Domicile dealt the convent for just a notch above \$12.5 million to Smart Living Properties (SLP) of Ottawa in partnership with Forum Equity Partners (Toronto).

What do we know about the new ownership partners? Forum Equity is an investment and management company with a large and impressive portfolio of properties including the Shenkman Centre in Orleans. SLP is among the largest developers in Ottawa, boasting a portfolio that has been amassed mostly through the acquisition of built properties which it then re-purposes as multi-unit accommodations geared to uOttawa students. The company also has properties near Carleton University and Algonquin College.

SLP's website lists 'community focused' as a priority; however, maintaining that focus has proven to

be challenging for SLP. Three years ago, the company built a 16-unit, 97-bedroom accommodation near Algonquin College. At the time, the CBC reported that residents, along with the Bay Ward City Councillor, vociferously complained that there had been no community consultation. Earlier this year, SLP encountered local opposition after 'notices to vacate' orders were issued to renters of rowhouses on Osgoode Street in Sandy Hill. According to a CBC online report, following a drawn out negotiation process, a compromise agreement was reached, which allowed renters wishing to stay to do so and which, for the most part, has proven to be satisfactory to both SLP and the renters.

Concerned residents of Old Ottawa East had speculated that demolition of the convent property was likely. However, SLP's Chief Business Officer Rowland Gordon has now quashed speculation about the convent's eventual demise. "We have no plans to demolish the building. The goal for this property is to create a residential rental

community that will complement the wider community. We will share more details with the broader community once we have things confirmed," Gordon informed *The Mainstreeter*.

The decision to save the convent will bring tears of joy to the Sacred Heart Sisters and a degree of certainty to neighbours. Questions still abound, however. What does the future hold for the Mary garden on the convent property and, similarly, will the new owners honour the promised pedestrian path linking Springhurst and des Oblats avenues? Will the community once again face a round of requested zoning and by-law exemptions and minor variances?

Until these and other questions can be answered, Old Ottawa East residents - who recently donned lime green T-shirts emblazoned with the phrase "Respect Approved Plans" to protest revised planning approvals sought by condo developers on the neighbouring grounds - may be well-advised to hang on to them a little longer!



HISTORY.OLDOTTAWAEAST.CA PHOTO

Sisters of the Sacred Heart Convent as it stood in 1926.

Hawthorne Avenue hydro wires - be gone!



JOHN DANCE PHOTO

Hawthorne Avenue's hydro poles and wires will be removed when the traditional main street is reconstructed over the next few years.

JOHN DANCE

Enfin! City Council has approved burying the hydro wires and removing the poles when Hawthorne Avenue is reconstructed between Colonel By Drive and Main Street over the next three years.

The “undergrounding” decision has been a long time coming. The Old Ottawa East Community Association (OOECA) sought the removal of the wires on the southern portion of Main Street when it was rebuilt five years ago but to no avail. With the pending reconstruction of Hawthorne, community members again pushed for undergrounding.

Councillor Shawn Menard [Capital Ward], working with City staff, council colleagues and OOECA, successfully argued that the benefits of undergrounding wires on Hawthorne, a traditional main street zoned for considerable intensification, far outweigh the incremental costs incurred through undergrounding. “This project will pay for itself because of development,” Menard told fellow members of the City’s Transportation Committee.

The decision, coupled with the earlier technical realization that hydro poles on the northern part of Main Street and on Greenfield Avenue must be buried to provide enough width for sidewalks and cycling lanes, means that all of the hydro wires on the major routes of the northern sector of Old Ottawa East will be buried during the upcoming \$33 million reconstruction project.

Several suburban councillors strongly opposed Menard’s proposal that the City should pay the incremental cost of undergrounding. Councillor Jenna Suds

[Kanata North], supported by Councillor Allan Hubley [Kanata South], argued that because residents in her community had to pay for undergrounding through a special area levy this should also be the case for Old Ottawa East residents, otherwise it wouldn’t be “fair.”

Sudds noted that current City policy requires “user pay” when there are incremental costs for undergrounding. However, before this policy came into effect, the Old Ottawa East secondary plan said “priority will be given to burial of overhead wires along this traditional mainstreet [Hawthorne].” Also, the draft of the new official plan notes, “To facilitate regeneration, and to improve streetscapes opportunities to bury overhead wiring ... will be prioritized along mainstreet and minor corridors.”

A number of councillors, including Catherine McKenney [Somerset], Diane Deans [Gloucester-Southgate], Theresa Kavanagh [Bay], Jeff Leiper [Kitchissippi] and Mathieu Fleury [Rideau-Vanier] supported Menard’s position, noting “we should do it across the city” (Kavanagh), “it would be a real lost opportunity to delay it” (Deans), and “we’re talking about a public realm that supports intensification” (Leiper).

As a result of the decision, seven hydro poles and their wires will be buried at an incremental cost of \$1.1 to \$1.7 million. The source of funds within the City budget remains to be determined.

Over the last few years since the southern part of Main Street was reconstructed, several other traditional mainstreets have been reconstructed with accompanying burying of overhead

wires. “Technical reasons” have made undergrounding necessary, staff have said. “Had we not removed the poles we would not have the streetscape we have now,” Councillor McKenney said of the rebuilt and wireless Elgin Street.

The undergrounding will provide resiliency in the face of high winds and severe weather events, Tom Scott, OOECA’s Director of Transportation, told members of the City’s Transportation Committee. He also stressed that the removal of the hydro poles would make snow removal easier and walking and cycling safer and noted undergrounding will “allow the planting of full-sized trees without the need to butcher them when they then started to actually grow to any height.”

The decision to underground the wires

on Hawthorne represents the culmination of former OOECA Planning Committee Chair Paul Goodkey’s campaign to have wires buried on OOE’s mainstreets. He, however, passed on the credit to Councillor Menard who successfully led the charge to get approval for undergrounding for not just Hawthorne, but also the northern part of Main Street and Greenfield Avenue.

When the City’s Transportation Committee recommendation to bury the wires was considered by City Council, only one Councillor - Jan Harder [Barrhaven] - spoke against it. *The Mainstreeter* emailed her to seek the reasons for her opposition but she did not respond.

Candidates come forward

MAINSTREETER STAFF

Federal and provincial parties are getting their acts together as we head towards elections. On the federal scene, Catherine McKenna will again seek re-election for the Ottawa Centre riding and she may have at least two of her challengers from the last election.

Carol Clemenhagen has again won the nomination for the Conservatives and Angela Keller-Herzog is again seeking the nomination for the Greens. So far Lyra Evans is the one declared nominee for the federal New Democratic Party.

Provincially, Joel Harden will seek re-election as the NDP candidate. Katie Gibbs is the only person who has put her hat in the ring for the Liberals who previously held the riding with Yasir Naqvi.

The next municipal election isn’t until the fall of next year so there is no news of candidates coming forward for city council and boards of education positions. Readers are invited to email *The Mainstreeter* at editor@mainstreeter.ca if they hear of other nominees for any elected positions beyond those mentioned above.

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Upgrades at Springhurst Park are on the way

MAINSTREETER STAFF

Major improvements will be made to Springhurst Park this summer, including a long-awaited beach volleyball court, a permanent ping pong table, a new junior playground and three pieces of outdoor adult exercise equipment.

“The genesis for this project is Rick Burrows and his efforts with Vision Springhurst, which were carried forward through OOECA’s Parks and Greenspace Committee,” commented Councillor Shawn Menard. “It’s been a long road as this project was delayed for a year due to COVID, so we’re excited to see it finally take shape.”

The total project budget for both design and construction is \$279,100 of which \$157,000 is for the playground replacement and \$122,100 is for the other improvements.

The City also announced that federal funding will be used to upgrade Brantwood Park’s children’s play structure in 2026.

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As part of the GMH Project

A new safe crossing for pedestrians and cyclists coming soon to Colonel By Drive and Main Street

JOHN DANCE

A much-desired safe pedestrian crossing of Colonel By Drive at the northern end of Main Street should be a reality this year, Councillor Shawn Menard recently announced.

Described as a “wonderful new design,” by Menard, the new crossing will be a marked improvement over what was originally proposed and much better than what was temporarily in place last year when a Rideau Canal pathway detour necessitated a temporary safe crossing at the busy intersection.

The new design will allow pedestrians and cyclists to safely cross Colonel By Drive from either side of Main Street.

The original design had a crossing from just one side of Main Street. This would have required a bi-directional multi-use pathway for pedestrians and cyclists on the southwest side of Main.

Pedestrian-activated traffic-lights, distinctly and separately marked crossings for cyclists and pedestrians,

and concrete lane dividers on Colonel By will all make crossing the parkway much safer.

Although the exact timing of the work is not known, it is expected to be completed this year as part of the massive Greenfield Avenue/Main Street/Hawthorne Avenue reconstruction project, which is scheduled to be completed in 2024.

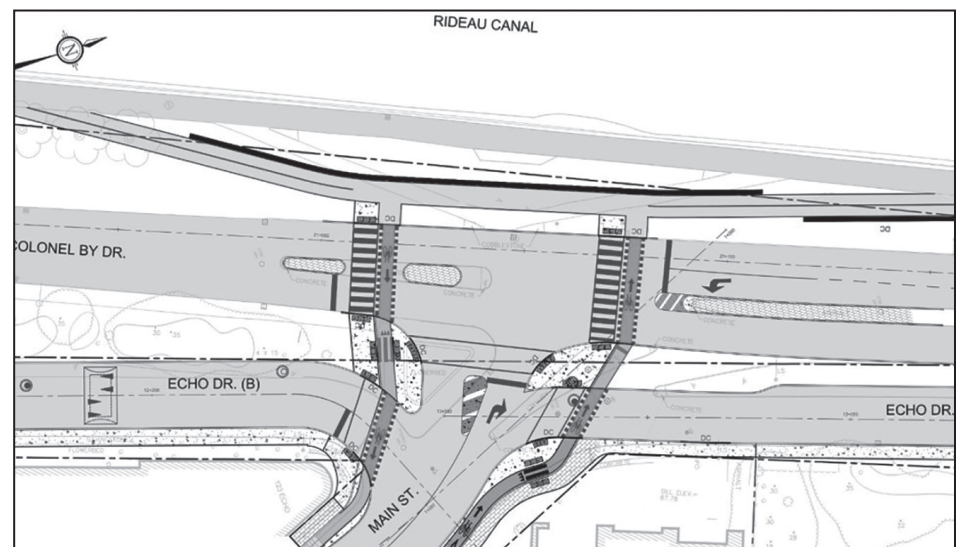
The revised intersection design includes a cycling lane on each side of Main Street approaching the new signalized intersection.

“The previously proposed multi-use pathway on the south side of Main Street is not compatible with current intersection design standards,” says Bruce Kenny, the City’s Manager, Design and Construction - Municipal. He also says, “Geometry changes to the intersection of Main Street and Colonel By Drive allow for a north-south crossing of Main Street.” The earlier design did not have this feature and would have required cyclists and pedestrians to cross Main at Greenfield.

The new safe crossing of Colonel By will be funded by the Canada Infrastructure Program’s COVID-19 Resilience Stream in the amount of \$226,000.

The Main-Colonel By crossing will

be the sixth safe crossing of Colonel By. Originally, planners didn’t want to impede traffic flow and viewed the crossings as unsafe, but the crossings have made the Canal pathways more accessible.



CITY OF OTTAWA IMAGE

The design of the new pedestrian/cyclist crossing of Colonel By Drive at the northern end of Main Street is an improvement over what was originally proposed.

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FOLLOWING THE NEWS

City staff poised to unveil revised Official Plan

JOHN DANCE

The City of Ottawa has not extended its deadline for approval of the new Official Plan, however, residents and community associations will soon get a glimpse of the modifications City staff have made in response to the deluge of citizen comments and concerns that were voiced on the November 2020 draft.

Even though the City extended the deadline for approval of the Transportation Master Plan to address the impacts of the COVID pandemic, there appears to be no willingness on City Council's part to change the schedule for the Official Plan. Asked about this by *The Mainstreeter*, Charmaine Forgie, the City's Manager of Business Support Services, responded, "The timeline for both the Transportation Master Plan and the New Official Plan have been determined and approved by City Council."

Forgie was somewhat more forthcoming in response to questions regarding next steps in the approval process for the Official Plan. "Much of the feedback [on the November draft] from residents and community associations can be grouped into themes and these will be addressed in the upcoming interim 'As We Heard It' report and ultimately summarized and included with the final report this Fall," explained Forgie.

"There will be engagement opportunities provided along with the release of the interim 'As We Heard It' report." She also noted that the City will post responses to "the large volume of questions submitted" and residents will have the opportunity to review all the responses.

Ariela Summit, a staff member of Councillor Shawn Menard's office says the City aimed to release ward-specific "As We Heard It" reports in May, in addition to the City-wide report that should be coming shortly. "These reports should cover changes that will be made in response to community feedback, and an explanation of changes that were not made," says Summit.

"[W]e see the Official Plan process as rushed, and the release of the second draft during the summer as far from ideal," Summit wrote in an email to the Old Ottawa East Community Association. "However, it looks like the interventions we've raised are having an impact, and for that we want to thank you for your focused dedication during a really hard time."

The City has indicated that a "consultative meeting" on the second draft of the Official Plan is scheduled during the third week of August. Then, during the September 13-15 period, a joint Planning and Agriculture/Rural Affairs Committee will meet to consider the second draft. The committee's recommendations will then go to City Council for review and final approval.



JOHN DANCE PHOTOS

ABOVE & BELOW: This summer, new safety features for pedestrians and cyclists will be put in place at the top of the ramps at the eastern end of the McIlraith Bridge connecting to Riverside Drive.

Cycling improvements imminent for Smyth Road, Riverside Drive on/off ramps

MAINSTREETER STAFF

Over the next few months, the eastern end of the McIlraith (Smyth) Bridge will be fixed to provide raised crosswalks and "crossrides" for pedestrians and cyclists crossing the dangerous on and off ramps to access Riverside Drive.

The cycling lanes and flex stakes on the bridge have made the bridge much safer but, at the on and off ramps to Riverside Drive, the cycling lanes abruptly end, and drivers can easily sideswipe pedestrians and cyclists. The raised crosswalks will both slow down traffic and give greater visibility to cyclists and pedestrians.

Related improvements at the Smyth Road and Ottawa Hospital Riverside Campus intersection will make it easier for cyclists and pedestrians to access the Pleasant Park and Billings Avenue routes which are far safer than proceeding along Smyth Road. Also, Billings Avenue will become a neighbourhood bikeway corridor with signage and pavement markings.

"This is so overdue," commented Marty Carr, president of the Alta Vista Community Association.



"We have limited cycling infrastructure in Alta Vista."

Although the improvements are not in Old Ottawa East, they will be positive for community cyclists and any cyclists and pedestrians proceeding east over the McIlraith Bridge.

"The detail design is ongoing, and the project team is working on plans that include off road cycle tracks across the islands on both sides of Smyth Road at the Riverside Drive ramps," says Bruce Kenny, the City's Manager, Design and Construction - Municipal.

"A virtual public information session is anticipated for the end of May/early June, and at that time we will have more project information to share, including design drawings."

"On-road bike lanes are planned on both sides of the Ottawa Hospital Riverside Campus access road for a distance of approximately 40 metres," Kenny told *The Mainstreeter*. "Cyclists traversing the campus will then be able to connect to the Pleasant Park cycling route at Rodney Crescent, where a curb depression will be installed, supplemented by pavement markings and signage."



Ward boundary plan reversed by appeal

“The arbitrary decisions (...) without consultation with the affected communities provoked these appeals. It is a lesson to the politicians that due process and community consultation counts.”

In support of City staff’s recommendation to overturn the original decision, City Clerk Rick O’Connor informed councillors that the City’s legal services engaged in discussions regarding the appeals with each appellant/appellant’s counsel...” However, these “discussions” with OOECA consisted of one email from city lawyer Tim Marc, simply saying, “City staff are prepared to seek instructions from Council to seek modifications to the above by-law by the Local Planning Appeal Tribunal to reinstate the boundary(...). I trust that the Old Ottawa East Community Association will find this satisfactory.”

Back in December, in proposing the original decision, staff’s “Recommendations Report” spoke of transferring just the University of Ottawa’s sports field from Capital Ward to Rideau-Vanier Ward. Councillors were misled by this wording because, as an accompanying map showed, the recommended boundary change was more substantial and encompassed the entire Lees Avenue campus.

Similarly, the report stated that “#417 is not a big boundary; use the River instead.” This assertion was also false because the Rideau River would not have become the new boundary. Instead it would have been the below-grade LRT line, a feature much less pronounced than Highway 417, which is the longstanding and conspicuous boundary between OOE and Rideau-Vanier’s Sandy Hill. At the time, staff also recommended



JOHN DANCE PHOTO

City Council approved reinstatement of the University of Ottawa’s Lees Avenue campus to Capital Ward following an appeal from OOECA.

the transfer of the UOttawa sports field because it “is directly associated with sports facilities to the north in the current Rideau-Vanier Ward.” The reality, as shown by information provided by Capital Ward Councillor Shawn Menard, is that there were just four organizations which rented the City sports field north of 417 and it’s not clear if any of them also made use of the uOttawa field. Staff omitted reference to the century-long relationship of the Lees Avenue campus area to Ottawa East despite the fact that primary “communities of interest” are among the key factors in determining ward boundaries.

Arguably, the most egregious aspect of staff’s original recommendation was the argument that the transfer would have no impact on voter parity because, as Beate Bowron, the City’s consultant responsible for the boundary change, noted, “[T]here will be no residents in the affected area during the project timeframe.” The reality, however, is that the area recommended for transfer is zoned to have 20-, 30- and 45-storey buildings.

Councillor Menard, who had voted against the new ward boundaries in December, congratulated OOECA for the successful outcome of its LPAT appeal.



CITY OF OTTAWA IMAGE

The campus is zoned for massive redevelopment, as shown, a fact ignored when City Council first approved the transfer to the more populous Rideau-Vanier Ward.

Recreation blueprint adds meat to the bones of the Official Plan

City's draft Parks and Recreation Master Plan unveiled

LORNE ABUGOV

Among the criticisms levelled recently at the City of Ottawa’s 2020 Draft Official Plan (Official Plan), foremost among them was the lack of specifics embodied in the massive document which ran long on generalities but offered only sparse detail.

But with the release in late May of a preliminary draft of the City’s Parks and Recreation Facilities Master Plan (the Parks Plan), some meat has finally been added to the bones of the Official Plan, and residents of Old Ottawa East can now gain somewhat better sense of how the City intends to provision parks and recreation facilities within the overall context of the Official Plan over the next decade and beyond.

The newly-released Parks Plan is

the City’s first combined parks and recreational facilities blueprint and serves as a supporting document to the Official Plan, which provided only high level direction on parks and green spaces. Like the Official Plan, the Parks Plan is a massive document spanning 192 pages, but readers of the complex document will find specific recommendations and policy directions, as well as an inventory of the City’s current parks and recreational facilities and a projection of requirements to serve the needs of residents to 2031.

The Plan’s conclusions and recommendations are based upon the following stated assumption: “The residents of Ottawa value and use parks and open spaces as gathering places, places for relaxation or discovery and to engage in active organized sports. Where

and how the City of Ottawa grows is expected to change substantially over the coming years. While the City may change and grow, all residents should have access to the benefits and services provided by the City’s parks and recreation facilities.”

Consultation on the Parks Plan began in January 2021, with surveys launched and online consultation sessions and targeted meetings held from January to the end of March. According to the report, 1,820 residents responded to the City’s online surveys and 212 people participated in the online consultation sessions. Participation from residents of the Downtown Core and Inner Urban transects (the two geographical transects which encompass Old Ottawa East) was proportionately higher on a citywide-basis than other communities,

particularly in relation to the online surveys.

As the City continues to experience explosive population growth over the next decade, City planners anticipate significantly increased pressure on local parks and recreational facilities and challenges for park planners to find creative solutions to meet the new demand. Ottawa’s population is projected to grow by 155,000 people, or 15 per cent, during the ten-year period from 2021 to 2031, reaching an estimated population of 1,219,000.

The City is required under provincial legislation to update its Parkland Dedication By-law to reflect parkland

Continued on Page 13

New Parks Plan lifts the veil on one aspect of City's OP

Continued from Page 12

needs between 2021 and 2046, the Official Plan's planning horizon. Beginning in 2021, the City will initiate a review of its Parkland Dedication By-law, and in the process will examine, among other things, the Cash-in-lieu of Parkland funding method that has been used in Old Ottawa East in the past to support parks and greenspace development.

As part of its Parkland Dedication By-law review, the objective of updating the Cash-in-lieu of Parkland Funds policy is "to ensure that, as the City develops and intensifies, the available [funding] tools are used to their fullest potential to meet the parks and recreational needs identified through the Parks Plan and to support the Official Plan's direction related to 15-minute neighbourhoods."

While the Parks Plan is thorough in its scope, key sections are particularly noteworthy, including a) a summary of Citywide population growth projections to 2031, broken down by transects introduced in the Official Plan, and b) a discussion of the impacts of growth on the provision of City owned parkland. Two concluding sections of the Parks Plan provide a parkland provision strategy for the City and an outline of next steps and implementation. In addition, two

appendices to the Plan provide detailed needs assessments and recommendations for the provision of parkland as well as 22 different recreational facility types, including a description of planned facilities to 2031.

The draft Parks Plan has now gone to advisory and standing committees and to City Council for information and feedback purposes, while City staffers continue to analyze public feedback. A second round of staff, public and stakeholder consultations is scheduled to begin later this month, with a final Plan for approval to committee and City Council in September 2021.

Local residents may wonder what the Parks Plan holds in store for the community and surrounding urban areas over the next decade. Some of the Plan's parks and recreational facilities provisioning proposals relating to the Downtown Core and Inner Urban transects which encompass Old Ottawa East are listed in the scorecard to the right of this article. However, owing to the size of the transects which include numerous communities, it is not known at present whether any or all of the proposed new parks facilities will actually be located in Old Ottawa East, where greenspace is severely lacking.

New Parks & Recreation Facilities Scorecard

The City's draft Parks Plan contains proposals for new parks and recreational facilities needed by 2031 to satisfy demands of Ottawa's growing population. In the two transects comprising Old Ottawa East (OOE) - the Downtown Core and the Inner Urban - here is what the Plan proposes to add:

- No additional provisioning is proposed for the following recreational facilities in the two transects encompassing OOE: **Indoor Aquatic Facilities; Outdoor Deep-Water Pools; Supervised Beaches; Wading Pools; Arenas; Baseball Diamonds; Cricket Pitches; Lawn Bowling Greens; and BMX and Mountain Bike Parks;**
- 6 new **Splashpads** are proposed within the two transects – 4 within the Downtown Core transect increasing from 5 to 9 in total and 2 within the Inner Urban transect increasing from 28 to 30 in total;
- 5 new **Outdoor Ice Rinks** are proposed – 1 within the Downtown Core increasing from 8 to 9 in total and 4 within the Inner Urban transect increasing from 64 to 68 in total;
- 1 new **Outdoor Artificial Turf Field** is proposed for the Downtown Core increasing from 1 at present to 2 by 2031; a new Outdoor Artificial Turf Field is also under consideration for the Inner Urban transect; the Plan also states that the City is considering "possible conversion of Downtown Core and Inner Urban natural grass fields to artificial turf fields, to allow for intensified use and more competitive level lit facilities."
- 1 new **Natural Grass Rectangular Sports Field** is proposed for the Inner Urban transect increasing from 36 to 37 in total;
- 2 new **Tennis Courts** are proposed for the Inner Urban transect increasing from 78 to 80 in total;
- 7 new **Pickleball Courts** are proposed for the Inner Urban transect increasing from 30 to 37 in total;
- 4 new **Outdoor Basketball Courts** are proposed for the Inner Urban transect increasing from 43 to 47 in total;
- 5 new **Outdoor Fitness Equipment Areas** are proposed for the Downtown Core transect increasing from 1 to 6 areas in total;
- 3 new **Skateboard Parks** are proposed for the Inner Urban transect increasing from 3 to 6 in total;
- 13 new **Playgrounds** are proposed for the two transects – 3 within the Downtown Core transect increasing from 23 to 26 in total and 10 within the Inner Urban transect increasing from 138 to 148 in total.



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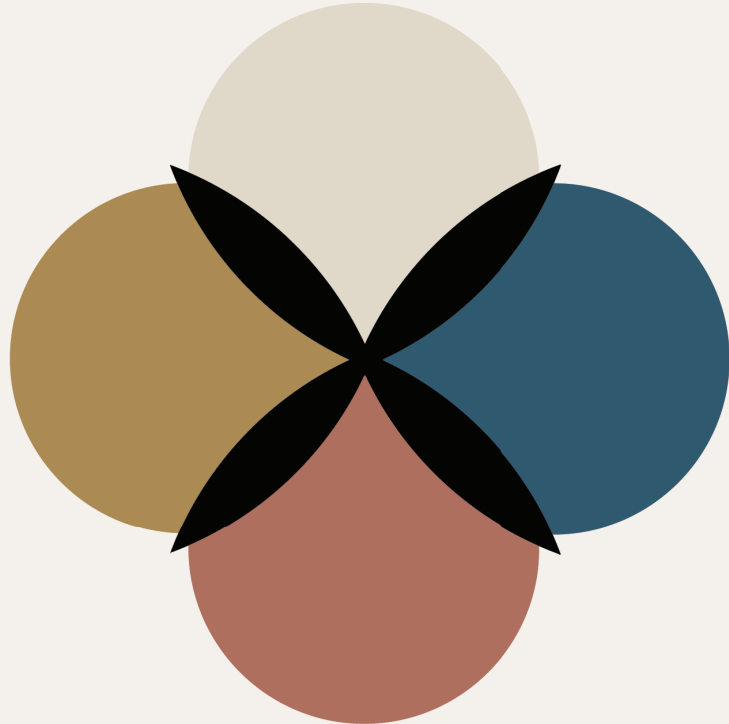
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New north-side stands and arena possible

Lansdowne review underway, but consultation plans are murky



JOHN DANCE PHOTO

The Aberdeen Pavillion has almost 50 significant leaks and will be the subject of much-needed structural repairs, according to City of Ottawa staff.

JOHN DANCE

After five months of waiting, community representatives were finally invited to a “stakeholder sounding board” meeting where the new review of Lansdowne Park’s future was discussed. However, the meeting yielded no specific information on what was being proposed, aside from both Ottawa Sports and Entertainment Group (OSEG) and City staff describing major infrastructure problems.

Last December, in the context of various bailout provisions being granted to the financially-challenged OSEG, Council approved a review to examine operating and capital requirements and to identify ways to “increase foot traffic on the site, including options to enhance animation, improve public amenities, assess aging infrastructure and increase the density on the site.”

The review is being conducted by OSEG and City staff, with proposed options to be considered by City Council in July. Detailed studies will flesh out the approved options over the subsequent year.

Although City Council approval of the review spoke of a “robust public engagement plan to ensure that the community is able to be involved in the future success of Lansdowne

Park,” the only public engagement so far is through the stakeholder sounding board. At its first meeting, community representatives stressed the need for public consultation with the broader community. By meeting’s end, however, it remained unclear what consultation would occur before Council considers the proposed options.

No terms of reference for the work have been provided, but prior to the meeting Capital Ward Councillor Shawn Menard shared his understanding that the City/OSEG working group is considering: new north-side stands and arena with housing on top; long-term canal interaction/animation with the site; and the connection between the two stands.

Menard has asked for a full transportation study to spur on more local and safe connectivity and he has made it clear “that the retention of greenspace public realm is incredibly important and that the model of having the publicly run portion of the site must remain.”

The City/OSEG working group is being overseen by two six-member City Councillor “sponsors groups.” The planning, infrastructure and affordable housing group is chaired by Barrhaven Councillor Jan Harder and

the group examining economic development, tourism, increased animation of the site, and the ability of the partnership to foster city-wide and ward-specific support for small businesses, is chaired by Kanata Councillor Allan Hubley. Menard is a member of both groups.

Mark Goudie, OSEG’s CEO, spoke of the “functional obsolescence” of the north-side stands and the arena and said they were “engineering challenged.” While the structure was built in 1967, there were upgrades made during the massive reconstruction project that concluded in 2015.

In terms of the urban park portion of Lansdowne which the City operates, Dan Chenier, the City’s General Manager of Parks, Recreation and Cultural Services, outlined infrastructure challenges with the Aberdeen Pavilion (“almost 50 significant leaks”) and the Horticulture Building (needs air conditioning for summer events).

OSEG’s proposed improvements for Aberdeen Square, such as entrance towers and moveable stage components, will now be considered within the context of the above-noted review. Earlier, local community associations and residents had objected to the proposed improvements noting that they do not adequately respect the heritage of the pavilion, are too large and should not be the priority improvements. The OSEG-proposed stage was more than twice the size allowed by the legal agreement relating to the Casino Lac Leamy’s funding of the improvements.

In other Lansdowne news, OSEG announced that 20 of the 32 trees in Aberdeen Square were to be replaced in May. For a variety of reasons, many of the original trees did not thrive. The new trees will be a mixture of celebration maple, silver maple, ginkgo and American elm.

“The City is undertaking some necessary structural repairs to the end walls of the Aberdeen Pavilion,” Councillor Menard reported in his May newsletter. This project is part of a larger scope of repair/restoration work identified for the Aberdeen Pavilion over the next several years.



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ASCENSION

Rideau River water gauge installed at Brantwood

JOHN DANCE

Old Ottawa East - specifically the Brantwood Park neighbourhood - now has something quite special, useful and relatively inexpensive: a Rideau River water level gauge installed and monitored by the Rideau Valley Conservation Authority.

The modest installation provides on-line hourly data on the river’s level and, in years of potentially dangerous flooding, will provide information alerting residents and the City of Ottawa to take necessary precautions.

The Brantwood gauge is one of four new gauges recently installed in flood-prone neighbourhoods within the City of Ottawa. Given the size of the floodplain in the Brantwood Park area and the nearby homes, it was deemed a good

Continued on Page 37

Dans le cadre du projet GMH

Un nouveau passage sécurisé pour les piétons et les cyclistes bientôt au coin de la promenade Colonel By et la rue Main

JOHN DANCE

Le conseiller Shawn Menard a récemment annoncé que le passage piétonnier sécuritaire de la promenade Colonel By, à l'extrémité nord de la rue Main, devrait devenir une réalité cette année.

Décrit par M. Menard comme une « nouvelle conception merveilleuse », le nouveau passage sera une amélioration marquée par rapport à ce qui avait été proposé à l'origine et bien meilleur que ce qui était temporairement en place l'an dernier, lorsqu'un détour du sentier du canal Rideau a nécessité un passage sécuritaire temporaire à cette intersection achalandée.

Le nouveau concept permettra aux piétons et aux cyclistes de traverser en toute sécurité la promenade Colonel By de chaque côté de la rue Main. La conception originale prévoyait un passage d'un seul côté de la rue Main. Cela aurait nécessité la création d'un sentier bidirectionnel à usages multiples pour les piétons et les cyclistes du côté sud-ouest de Main.

Des feux de circulation activés par les piétons, des passages distincts et séparés

pour les cyclistes et les piétons, ainsi que des séparateurs de voies en béton sur la rue Colonel By rendront la traversée de la promenade beaucoup plus sûre.

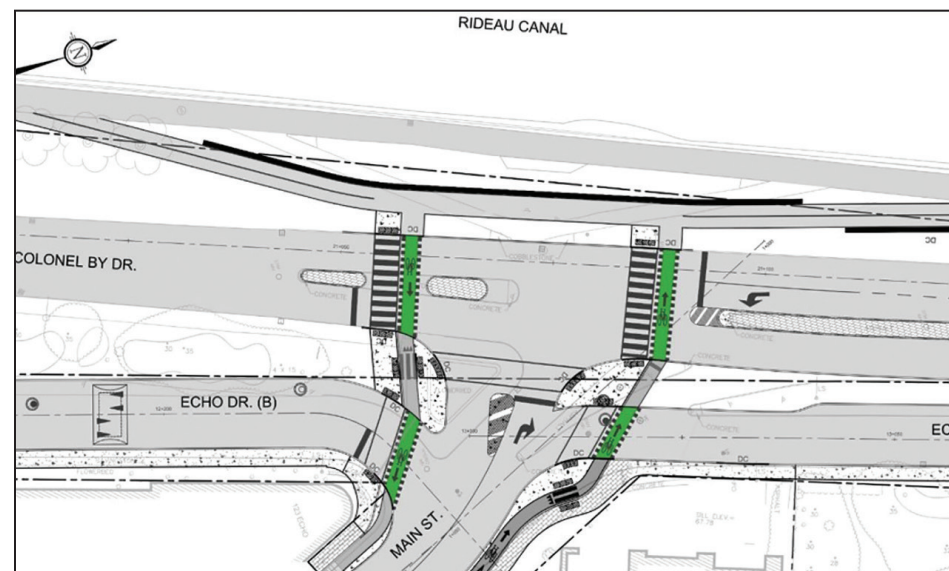
Bien que le calendrier exact des travaux ne soit pas connu, ils devraient être achevés cette année dans le cadre de l'énorme projet de réfection de l'avenue Greenfield, de la rue Main, et de l'avenue Hawthorne, dont l'achèvement est prévu en 2024.

La conception révisée de l'intersection comprend une bande cyclable de chaque côté de la rue Main à l'approche de la nouvelle intersection signalisée. « Le sentier à usages multiples proposé précédemment sur le côté sud de la rue Main n'est pas compatible avec les normes actuelles de conception des intersections », explique Bruce Kenny, gestionnaire de programme, Construction et design - Municipaux de la ville. Il ajoute : « Les modifications apportées à la géométrie de l'intersection de la rue Main et de la promenade Colonel By permettent une traversée nord-sud de la rue Main. » La conception précédente ne comportait pas cette caractéristique et aurait obligé

les cyclistes et les piétons à traverser la rue Main à Greenfield.

La nouvelle traversée sécuritaire de Colonel By sera financée par le volet Résilience à la COVID-19 du Programme d'infrastructure Investir dans le Canada, pour un montant de 226000 \$.

Le passage Main-Colonel By sera le sixième passage à niveau sécuritaire de la promenade Colonel By. À l'origine, les planificateurs ne voulaient pas entraver la circulation et considéraient les traversées comme non sécuritaires, mais les traversées ont rendu les sentiers du canal plus accessibles.



La conception du nouveau passage pour piétons et cyclistes de la promenade Colonel By à l'extrémité nord de la rue Main est une amélioration par rapport à ce qui avait été proposé à l'origine.



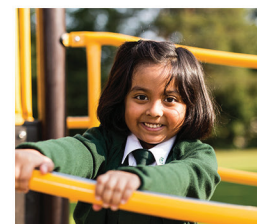
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Meet Jenny Mitchell

The Ottawa Tennis & Lawn Bowling Club



SUPPLIED PHOTO

Jenny Mitchell, President of the Ottawa Tennis and Lawn Bowling Club, pictured here with her husband, Steve and their family dog, Laddie, at their Bower Street home during the lock-down. She says her work in philanthropy harkens back to her small-town upbringing "where people look out for each other."

JANET UREN

The Rideau River has wended its way through the life of Jenny Mitchell, from the time of her birth in Manotick to her present-day home in Old Ottawa East, where she and her family settled in 2007. Also, on the nearby Rideau is the place where Jenny spends most of her summer hours – the Ottawa Tennis and Lawn Bowling Club (OTLBC).

Moving into a house near the river made Jenny feel instantly at home in Old Ottawa East. She also liked finding a way, almost immediately, to contribute to her new community. A classical pianist by training and a fund-raiser by profession, she appreciates the continuity in her life. “Even though I left rural Ontario,” says Jenny, “the fact that I ended up working in philanthropy harkens back to that small-town upbringing, where people look out for each other.”

It was Brantwood Park that first caught her fund-raising attention. “When the kids were little, we practically lived in the wading pool in summer. I met some great people, and we worked together to raise funds to restore the old Field House.” That project has led to something similar in neighbouring Old Ottawa South, where Jenny – as chair at the OTLBC – is currently leading a fund-raising effort to restore the century-old clubhouse on Cameron Avenue.

The journey from Manotick to Old Ottawa East has been anything but direct. In her 20s, Jenny followed a passion for classical music to Montreal and then to New York City, where – after a degree at McGill – she took a Masters at the Manhattan School of Music, graduating in 1997. “Then, after a year at the Banff School of the Arts, I got into the doctoral program at Stonybrook (State University of New York) on Long Island, which was amazing!”

As deeply immersed as she was in the New York experience, a return to Ontario was already in the cards. “My future husband was living in Brooklyn, and he actually came from Manotick. We had gone to high school together, and we reconnected in New York because his dad and my mom pushed us to get together. I remember arranging to meet him for breakfast because, I thought, ‘Nobody can misconstrue this as anything but breakfast.’ But that was it for us.”

And so, in 2003, the artist married the investment banker, and the pianist began

her transformation into fund-raiser. While she was teaching piano at the Brooklyn Conservatory of Music, Jenny went to the office, saying “We need to fix these instruments.” The answer was, “If you want to fix them, you have to fund-raise.”

So Jenny did and loved it. “It was a blast. I really liked the idea of bringing people together to do something, to make things better. I liked crafting a case, developing the strategy and having the conversation. Fund-raising is all about people, after all, and when you talk about money you are really talking about what people value.” Jenny began to hone her skills as a fund-raiser through work and study.

In 2007, the family moved back north and to their new home in Old Ottawa East. It did not take Jenny long to discover Brantwood Park, as well as another place that would be important for her – the tennis club. “I was heading down to Brewer Park with a stroller and two kids, and I just stumbled on the club. It was everything I love! Like a big old cottage by the water. I found out there was a pool, and I signed up immediately.”

Before long, Jenny was playing tennis as well as swimming. Starting almost from scratch, she became the Ladies Doubles Champion in a national tournament held at the club in 2017. At the same time, she found a way to make a contribution, first as a member of the fund-raising committee and now as board chair. “It’s been a steep learning curve,” she admits. “This is a significant business with lots of moving parts.”

Jenny divides her time now between her home on Bower Street, her work as a fund-raiser and her volunteer mission at OTLBC, which is to raise funds to restore one of the few surviving clubhouses from early 20th-century Canada. “The best part of this project, the most joyful part,” she says, “is talking to people from the community and hearing the stories about life at the club over the decades.”

The thing about these neighbourhoods – Old Ottawa East and Ottawa South – is that they are like small towns in themselves. Living on Bower Street, strolling along the Rideau River, meeting friends for a game at the tennis club and always looking out for her neighbours, Jenny has a real sense of having come home.



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Photo by Ashley Noiley



A professor at Ottawa U, Jacqueline "Jackie" Bosse raised her daughter in Old Ottawa East, and was very kind to neighbours. Certainly an important part of the neighbourhood, Jackie enjoyed being part of the 'Letchworth Road Community'. Now that she has retired, she is moving to Angers, France to live across the street from her daughter. Jackie had left France for North America in 1966, arriving in Canada in 1968, more than half a century ago. She has lived on Letchworth Road since 1973.

JACQUELINE BOSSE

Raising a glass to a wonderful neighbour



JAMIE BROUGHAM PHOTOS

Letchworth Road resident of 48 years, Jacqueline Bosse, will be missed by her many adoring neighbours as she departs OOE for Angers, France.

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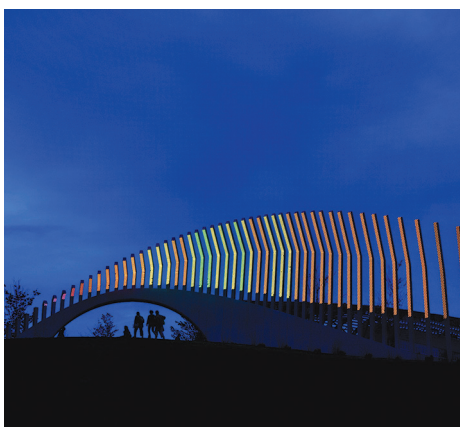
Second annual Old Ottawa East



OUTDOOR ART TOUR!

***Twelve exceptional local visual artists and
photographers exhibit their works outside their homes
throughout Old Ottawa East***

Saturday, August 21st - 11:00 AM - 3:00 PM
Rain Date: Sunday, August 22nd



THE 2021 OOE ART TOUR

Expanded outdoor walking tour of Old Ottawa East will showcase 12 of our talented artists and photographers



TANIS BROWNING-SHELP PHOTOS

LEFT: Steve Fick's artwork on display at last year's Art Tour; RIGHT: Rosie Cusson's signature teapots will be a feature of the upcoming 2021 Art Tour.

TANIS BROWNING-SHELP

Calling all neighbours! Get ready to put on your walking shoes to stroll, saunter, or stride your way around *The Mainstreeter's* second annual **Old Ottawa East (OOE) Art Tour**, our community's outdoor distanced art tour, which is scheduled this summer on Saturday, August 21st!

First launched last August, the **OOE Art Tour** featured artists Rosie Cusson, Steve Fick, and Kathleen McCrea, who displayed their artwork outside their homes on Glenora, Drummond, and Clegg streets, respectively, and attracted scores of neighbours who came out to meet them and view their handiwork.

All three of the founding artists will participate again this August when, once again, artists will hold their exhibitions in the front yards and driveways of their homes for a four hour period, from 11:00 am to 3:00 pm. With the backing of *The Mainstreeter*, this year's event has grown to include seven visual artists and five

photographers, creating a total of twelve individual exhibitions!

The Mainstreeter is delighted to promote the **OOE Art Tour** event as an important community collaboration. "This is a special event designed to expose our readers and our residents to the incredible creative talent in our community," stated Lorne Abugov, Editor of *The Mainstreeter*. "We've joined forces with local artists, many of whom have been featured in our community newspaper, and with other community groups to develop and promote the tour showcasing the depth of creative artists living or working in our community.

The artworks on display will be as varied as their creators, with subject matter ranging from teacups to icebergs and media including acrylic paint, glossy photo paper and even reverse glass. The event will also include a "Kids Korner" at 164 Drummond (see sidebar for details).

The **OOE Art Tour** will constitute a noticeably longer stroll through the

community than last year's edition - stretching from Echo Drive near Avenue Road through many streets of Old Ottawa East, including Mason Terrace, Bower Street, McNaughton Avenue, Hazel Street, and across Main Street into the Brantwood Park area. [watch for event posters on the day of the tour]. It will be

well worth the number of steps recorded on your fitness tracker to get out and see all 12 of the outdoor exhibitions. So start training now to be fit enough to take it all in!

The rain date for the event will be Sunday, August 22.

Artists and Photographers Exhibiting in the 2021 OOE Art Tour

1. **Ruth Browning:** *painter*, landscapes in acrylic—Website: www.ruthsters.ca
2. **Rosie Cusson:** *painter*, teapots, portraits, and figures in pastel, acrylic, and watercolour
3. **Steve Fick:** *painter*, landscapes and portraits in oil—Facebook: <https://m.facebook.com/SteveFickFineArt/>
4. **Peter Fowler:** *photographer*, *The Mainstreeter*
5. **Bess Fraser:** *painter*, Instagram: @northern_bessyart
6. **Karen Goetzinger:** *painter*, —Website: www.karengoetzinger.com/
7. **Luke Goldsmith:** *calligraffiti artist*, Instagram: @fill.graves
8. **John Jarrett:** *painter*, oil paintings of Ottawa
9. **Jim Lamont:** *photographer*—Website: www.jalamont.ca
10. **Sean Landsman:** *underwater photographer*—Website: www.seanlandsmanphotography.com
11. **Kathleen McCrea:** *multidisciplinary artist*, reverse painting on glass sourced from recycled picture frames
12. **Nicolas St. Pierre:** *photographer*—Website: www.nstpierrephoto.com

For Young Artists - The Kids Korner

- WHEN:** August 20 (the day before the Art Show)
- WHO:** Kids aged 2-10 years
- WHAT:** Submit your own artwork (size, approximately 8 x 10 inches; any colour, medium, or subject)
- WHERE:** Drop your artwork into the container on the front porch at 164 Glenora (between Herridge Street and Clegg Street)
- NOTE:** Kids' art will be on sale August 21st for \$2.00 (or more) and proceeds will be donated to the Ottawa Food Bank. Total funds raised will be published in the next issue of *The Mainstreeter*.



LORNE ABUGOV PHOTO

The outdoor, distanced format of the 2021 OOE Art Tour is perfectly-suited to everyone who enjoys a great walk, a neighbourhood tour and superb artwork.

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

eUpdate — www.ottawaeastcag.ca/eupdate

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REFLECTIONS ON THE PANDEMIC AND THE COMMUNITY

With the number of cases in decline through social distancing and vaccinations, the seemingly never end to the pandemic appears to be within sight, affording the opportunity for the community members to assess how we've done, what we've learned and what it may mean for our future.

Our lives changed profoundly over the last 500 days or so. With serious illness and death lurking around the corner, we became separated from friends and family, and our daily routines were in many cases dramatically changed.

Work lives took a huge hit ranging from loss of employment to front-line jobs that became dangerous just by being there. And for many, the new working-at-home arrangements resulted in unavoidable stress.

Meanwhile, for most, our social, recreational and consumption activities became radically different from our old patterns, resulting in more time spent within our local neighbourhoods; the communities at large of Old Ottawa East, Old Ottawa South and Glebe became more important.

Our backyards, streets, pathways and parks became our universe. Our society was limited to those in the same residence, our neighbours and, to a lesser extent, the people on the Zoom calls.

Our awareness of how fortunate we are to live in this central part of Ottawa, with the Rideau River on one side and the Canal on the other, has been increased as a result of the pandemic. We realize how fortunate

we are with our restaurants, Watson's Pharmacy, the farmers' market, Nu Grocery and other businesses. This increased appreciation, I hope, will contribute to greater neighbourly engagement.

Whole families are often out on their bikes, exploring our streets and pathways together. Many of us know the various parts of OOE much better than we ever did because of our daily walks. And the new ski trails on the other side of the river gave us a wonderful new way to get exercise without having to drive anywhere.

We see our neighbours and talk with them more than we did pre-pandemic. We also have a better sense of the community's strengths and deficiencies.

For all those who have had difficulties during this time, I hope that the opportunity to become more acquainted within our community has provided a necessary solace. I am gladdened to see the community connecting whenever my family and I are out, and I welcome the continued engagement when the pandemic ends.

After more than a year of monthly Zoom community association meetings we're hoping that the annual general meeting in November can be real, not virtual. It will be a pleasure to get together in person again.

In the meantime, maybe you have thoughts on how you want to become better engaged with the community. Are you interested in serving on the board of the community association or one of its committees? Let me know what you think. info@ottawaeast.ca

TINA RAYMOND
PRESIDENT,
COMMUNITY
ACTIVITIES
GROUP (CAG)



CAG HAS A NEW LOOK

The Community Activities Group website has recently gotten a makeover, and boy, does it look good!

The new site offers a cleaner design and a simple architecture so visitors can quickly find what they're looking for. All the information you need—including program information, our registration form, and details to become a CAG member or volunteer—are still available just one click away. Plus, information is now available in French for our francophone neighbours.

The website also features our new logo, which captures the gamut of activities and programs we offer.

A big thank you to Zach, Noah, and Chantal Backman, our volunteers who had the initiative and the creativity to design and generate the new site and logo. Their help and the many hours they put into this project are greatly appreciated. Great job!

If you're curious to see our new look, head over to www.ottawaeastcag.ca.

Get Ready for this Year's Main Event

Planning has begun for this year's Main Event, to be held on July 24.

Like last year, the Main Event will be primarily virtual, with a number of activities for you to enjoy at home or outside with your family. Stay tuned for a full line-up of activities and reach out if you would like to help with our events throughout the year. There's a role for everyone from fundraising to poster design.

Program Spotlight

Join instructor Carolina Izaguirre Campos on Thursday evenings for Zumba, a fun and invigorating fitness class.

Zumba is a Latin-inspired dance fitness class that dancers and non-dancers alike can easily master. It is a cardio-based dance program that incorporates easy to follow steps, with a workout that targets legs, arms, core, and butt, as well as the most important muscle in the body—your heart!

Registration for this, and our other programs, is now open if you're looking for a new summer activity.

For more information, visit us at www.ottawaeastcag.ca/programs.



SUPPLIED PHOTO

This CAG Zumba fitness class photo was taken prior to the start of the COVID-19 pandemic

ART BEAT



**TANIS
BROWNING-
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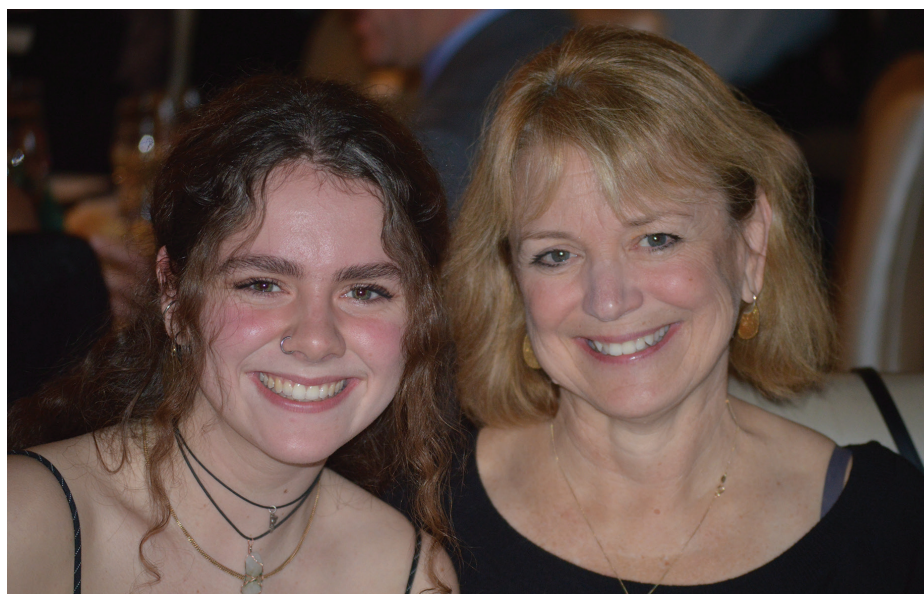
OOE ARTIST FEATURE: COMPLETION OF *THE MAINSTREETER'S* COMMUNITY ART PROJECT IS A MOTHER-DAUGHTER STORY

The final two of *The Mainstreeter's* five newspaper boxes have now been painted and installed within the neighbourhood! The artists who brought these last two boxes to life are both teenaged girls with nudging moms. I am one of the moms.

The fourth box was taken on by the mother and daughter duo of Bess Fraser and Grace Ayres. Fraser is an illustrative painter. Grace is a grade 11 student at Glebe Collegiate Institute.

"My mom told me about the project, got the materials together for it, and sanded the prepared box," Grace says. Fraser also provided art direction for the venture, producing five designs for her daughter. "Grace and I have done many projects together," Fraser says. "Not only art projects, but also cooking and gardening. Grace does her own version/interpretation. She puts her magic to it. And it is always better than what I had envisioned; she sees things clearly and has the skills to bring it together."

Fraser is influenced by the mid-century post-modern style of American figurative painting popularized in the late 1970s. Grace is also drawn to this style. "I made a birthday card for my dad with bands of colour, dots, circles, and other shapes in that style and I love painting in ombre (graduated tones),"



SUPPLIED PHOTO

Artist and engineering student Sydney Shelp and her mom, Art Beat Editor Tanis Browning-Shelp, are both happy about Sydney's participation in *The Mainstreeter's* newspaper box art project.

A finger on the pulse of the arts in OOE

Fraser explains that an artist can do a lot with just one colour. "We wanted to stick with *The Mainstreeter* green," she says. "The plan was to use several degrees of that colour."

Fraser printed her five design concepts on paper. Grace and her friend Leona Daugherty (a grade 11 student in the drama program at Canterbury High School) were talking about the box designs one evening and came up with specific ideas. The next day, they both dove in and each painted one side of the box.

After that initial burst of activity, however, the pace slowed. "Grace would get going with the painting, but then she'd have to take frequent breaks," Fraser says. "The main struggle was that in order for the box to be durable outside, we chose a paint that was quite toxic. It would have been better if Grace could have worked outside, but it was winter/early spring. She kept getting headaches. The paint also ended up being sticky—like working with soup. In the end, Grace used three of my five designs. Sometimes, it's about knowing what to include and when to stop."

"We incorporated trees, birds, and butterflies because our neighbourhood embraces nature," Grace says. "We're green inside! Her newspaper box has been placed outside the Greystone Village Retirement Residence on Scholastic Drive."

Sydney Shelp (my daughter) was the fifth and final artist to complete the artwork for the project. She was the first artist out the starting gate when the project was announced, but the last to cross the finish line. "When I heard about the project, I was on Christmas break, during COVID, and wanted something to keep me busy and take my mind off



HAMISH AYRES PHOTO

Artist Grace Ayres (L) and her mom, Bess Fraser collaborated on the colourful news box celebrating nature in our community. The news box can now be seen in front of Greystone Village Retirement Residence.

not being able to see my friends," Sydney explains.

"Unfortunately, the surfaces of the boxes had to be properly prepped and the doors removed before any of us could begin applying our artist's paints. "My Dad took on those aspects of the project. But by the time his work was done, I was back to school."

BELOW and RIGHT: *The Mainstreeter's* fourth and fifth newspaper boxes undergo their artistic transformations at the hands of talented young OOE artists.



Sydney, a graduate of Canterbury High School's visual arts program, was in her first year of biomedical and mechanical engineering at Carleton University. "I thought I could work on the box during reading week, but I ended up having several assignments due then."

"Later, during midterms, I volunteered to choreograph and prepare a dance (ballet) at the last minute for the Virtual Viennese Winter Ball. I had my box design concept figured out, but I couldn't seem to make the time to paint it."

Sydney found the time after final exams. "I was thinking about the things that make our neighbourhood unique and special and I thought of the Children's Garden," Sydney says. "That Garden is a reflection of how our community supports and encourages growth in its young people and fosters a curiosity and love of nature, which I have too!"

Continued on Page 25

ART BEAT



TIM HUNT'S MAIN STREET SKETCHES

Tim Hunt explores his community outfitted with a small sketchbook, pen, and watercolour kit. In our regular feature, he shares the pages from his sketchbook and tells the stories behind his work.



Tim Hunt: When I passed by the old brick church at the corner of Echo and Main one Sunday in April, its cupola had already been removed, and the rafters opened to the sky like an exposed ribcage. I was in a hurry that morning

but made a quick pencil sketch and took reference photos knowing the next time I passed, the entire building might be gone. When I completed the sketch I added a "ghost" of the distinctive cupola in indigo blue as a reference to its 144 years as an area landmark.

The 1877 structure most recently served as the presentation centre for Uniform Urban Developments and was demolished to make way for a six-storey luxury apartment complex. According to the history.ottawaeast.ca website, a rowboat was provided by the Anglican

church to ferry parishioners across the Rideau Canal, before there was a bridge to the neighborhood, and the church bell was salvaged from a train locomotive that toppled into the canal in 1904.

MOTHER - DAUGHTER STORY

Continued from Page 24

In the summers, Sydney works as a wilderness canoe trip leader. "My family always talks about how I spent my childhood turning over rocks and stones at my grandparents' cottage looking for bugs. And I really liked going to the Children's Garden growing up. I remember taking photos of bees there for a neighbourhood photo contest. And even my final visual arts project at Canterbury was a mural with a scene depicting the meeting of a fictional Royal Bug Lover's Society. I painted myself in the mural playing cards with a bat and a bug. Sydney painted her newspaper box in panels that tell a story. "It's like the panels of a comic book or graphic novel," she explains. "The story is about a parent and child planting something together in the Children's Garden."

Sydney's box is unique in the way that it pays homage to another OOE community art project. The Children's Garden itself recruited students from Lady Evelyn Public School to paint its fence posts. Sydney's box has been placed in front of the Happy Goat Coffee Co. on Main Street.

To see more of Bess Fraser's art, her Instagram coordinates are @northern_bessyart. To see more of Grace Ayres' art, her Instagram coordinates are @graceayres.nature. To see more of Sydney's art, including her Royal Bug Lover's Society mural, go to: <https://sydneyshelp.wixsite.com/gradshow>.

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



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OUR NEIGHBOURS

King's Landing resident is a long-time contributor to the community

BONNIE WEPPLER

"I started my flying career as a fighter pilot in the Royal Canadian Air Force (RCAF) in the early 1960s in Germany. With the NATO forces, our job was to protect against an attack by the Communist Warsaw Pact countries to the east. Both the Cuban missile crisis and the erection of the Berlin Wall were quite 'character building' events for us."

Next up for Jim Strang was a tour with the RCAF contingent in support of the United Nations Peacekeeping force in India/Pakistan.

Strang then left the Air Force for a career with Air Canada; he retired as a senior Captain, flying his final flight to his two favourite cities - London and Paris. However, before becoming a Captain, he had to pay his dues. "I did milk runs to every small airport Air Canada served from coast to coast. It was a fantastic way to really get to know our wonderful country."

In March 1999, one year prior to retirement, Strang and his wife, Barbara moved from Montreal to Ottawa.

They bought a unit in a new freehold townhouse development called Kings Landing going up on the Rideau Canal in Old Ottawa East and moved into their new home when there was lots of mud and ongoing construction.

"We chose our unit because there was a view to the Canal and the Peace Tower, a large kitchen and a comfortable deck."

"It looked like it would be perfect for our retirement. Now that the warmer weather is here the couple will be splitting time between OOE and their Quebec cottage. Strang says: "It's great to have the wonderful option of OOE downtown city life and be only a short drive to the call of the loons and the solitude of the lake." and it has been."

Strang notes that, people in Old Ottawa East are very involved in the community. He spent a number of years on the Old Ottawa East Community Association, and last month retired as the oldest OOE paper boy, after many years of delivering *The Mainstreeter* to Kings Landing!

He is concerned with the type

of intensification planned for the community: "I am not in favour of interrupting family-friendly neighbourhoods with the type of intensification that is going on, and which is in the City's plan for OOE."

"There should be kids playing outside and an opportunity for people to meet and socialize on front yards. High density, four-storey buildings are popping up at random in established residential neighbourhoods and these interrupt family flow and will not contribute to a more cohesive community."

Like many others, Strang is a fan of Watsons Pharmacy: "As we get older, we become bigger fans!"

In addition to Watsons, he patronizes Pretoria Dental, Cycos and Kirk Law. He also raves about "our great, old-fashioned, Mike Galazka's neighbourhood garage: They are really



BARBARA STRANG PHOTO

Jim Strang on his balcony at Kings Landing Private.

important cogs in our community."

And as so many others have identified, he agrees that, with the demise of the Royal Oak, our neighbourhood needs a good pub!

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A glimpse at the people and products at this year's Main Farmers' Market



SUPPLIED PHOTOS

ABOVE: Rosemere Avenue resident Eveline Lemieux creates and sells food wraps made from recycled fabric and beeswax. It's her third year at the Main Street Farmers Market. Her beeswax comes from small local producers and the name of her business is Emballage Bee Sustainable.

RIGHT: Cheryl Loyer was a volunteer helper at the Pumki stall last year. Pumki makes snacks, spreads and toppings from pumpkin seeds. This is their third year at the market. Co-owner Carlos Murray says market days at the Main Street Farmers Market are a high point of their business, and they enjoy meeting people and the friendly atmosphere.



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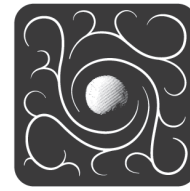
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POLITICAL PAGES

SHAWN MENARD COUNCILLOR-ELECT, CAPITAL WARD

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OLD OTTAWA EAST COMMUNITY UPDATE

The summer has gotten off to an incredibly busy start with many different challenging projects either underway or poised to begin. Among the many files that my staff and I are currently working on, here is an update on a few that involve or affect the residents of Old Ottawa East:

Capital Ward Official Plan Submission

Our office has prepared a position paper on the draft Official Plan (https://www.shawnmenard.ca/official_plan_submission?utm_campaign=active_transportation_co&utm_medium=email&utm_source=shawnmenard), outlining changes for a just and sustainable City of Ottawa and integrating extensive feedback from residents and community organizations. The paper calls for enhanced community control over our built environment, practical supports for affordable housing, equitable distribution of green space, protection of neighborhood character and cohesion, and sustainable transportation.

The City is planning to release a series of "As We Heard It" reports on the Engage Ottawa page (https://engage.ottawa.ca/the-new-official-plan/news_feed/draft-new-official-plan) shortly that outline changes to the draft Official Plan, in advance of the chapter by chapter release of the final version this summer. We will continue to push for improvements and meaningful engagement with residents throughout the process.

Investing in Canada Infrastructure Program (ICIP)—Brantwood Playground Funding Update

With funding from the Investing in Canada Infrastructure Program, the City will replace the junior play structure and play equipment and create an accessible pathway at Brantwood Park in 2026.

Bank Street Canal Bridge Rehabilitation

Concrete repair works under the Bank Street Canal Bridge will start on May 25, 2021. The repair works are limited to arches 4 and 6 and are expected to be completed in August. This will conclude the planned concrete repair works under the bridge as part of this project.

Traffic Management on the Queen Elizabeth Drive will be similar to that of last year (lane reduction with alternating traffic on Queen Elizabeth Drive under arch 4 outside of the afternoon peak hours). Pedestrian traffic will be maintained through the NCC pathway and Queen Elizabeth Dr. at all times during the construction.

Information for this project can be found at <https://ottawa.ca/en/city-hall/public-engagement/projects/bank-street-canal-bridge-rehabilitation>.

Rideau Canal Walls

Parks Canada would like to inform the public that the concrete stairs at the National Capital Commission Kiosk that lead to the Rideau Canal Eastern Pathway from Colonel By Drive at Concord Street North have been temporarily closed since early May for modifications to the stairs and the handrail.

The north lane of the Rideau Canal Eastern Pathway at Concord Street North will be closed while this work is being completed. Northbound pedestrian and cyclist traffic are directed to utilize the south lane on the Rideau Canal Eastern Pathway at Concord Street North to bypass the construction. Minor vehicle traffic disruptions on Colonel By Drive may be expected as contractors move equipment to and from the site. Please follow signage and exercise caution in the area.

Parks Canada is leading this important infrastructure work to ensure safe, high-quality experiences for visitors by improving heritage, visitor, waterway, and highway assets located within national historic sites, national parks, and national marine conservation areas.

Community Advocacy

I had the pleasure of participating recently in *The Mainstreeter's* community online webinar entitled *Citizen Advocacy in Old Ottawa East*. Together with moderator Phyllis Odenbach Sutton and co-panelists John Dance, Heather Jarrett and Angela Keller-Herzog, I had the opportunity to discuss best practices and past advocacy projects and to respond to questions from the audience.

JOEL HARDEN MPP, OTTAWA CENTRE

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IT'S TIME FOR JUSTICE IN LONG-TERM CARE

Every morning I walked into work the first week of May, I thought of a personal support worker coming off a night shift somewhere at a long-term care (LTC) home.

Why? Because the report from Ontario's Long-Term Care Commission had just dropped. The report is the third document in recent months that is damning of the Ford Government's handling of COVID-19 in LTC homes, notably in for-profit homes.

As one report noted: "We know the first cases of COVID-19 were found in four LTC homes on March 17 of last year. From March 2020 to the end of the year, 76 per cent of LTC homes in Ontario reported cases of COVID-19 among residents and staff. As of today, 3,918 residents and 11 long-term care staff have died with the illness in Ontario, according to provincial data."

What was the Ford Government's response? Merilee Fullerton, the LTC Minister, spent most of the week blaming others.

"We were overdue for a pandemic," she said. Pardon me?

"Government coordination takes time," she continued, "and it just wasn't a match for the speed of COVID-19. There are many lessons learned from wave one, wave two and there will be lessons learned from wave three."

That's nonsense, from start to finish. The governments of BC and Quebec took a different approach as one wave of COVID-19 led to the next. They were able to protect PSWs, LTC residents, and other care workers. But in Ontario, the interests of for-profit LTC homes came first.

A Toronto Star analysis noted "the financial statements of Extendicare, Sienna Senior Living and Chartwell Retirement Residences show that in the first three quarters of 2020 (ending Sept. 30), these for-profit companies collectively paid out nearly \$171 million to shareholders at the same time they received \$138.5 million through provincial pandemic pay for front-line workers, the Canada Emergency Wage Subsidy (CEWS) program or other pandemic funding."

As David Milstead of the Globe and Mail reported, Chartwell, which operates 23 LTC homes in Ontario, paid out more in executive bonuses in 2020, the year COVID-19 came to Ontario, than it had the year before. Not one private LTC home has lost its license, and they are all fully-funded until the end of August 2021. We can and must do better than this.

It's time to implement the recommendations of the Long-Term Care Commission, including raising wages and benefits for PSWs so their compensation is comparable to the hospital sector. We also need a four hour minimum daily care standard, so every resident gets the quality care they need. Finally, we need to take profit out of long-term care, so every dollar invested in the system goes towards care, not paid out in dividends or executive bonuses.

What happened in long-term care homes last year can never be allowed to happen again. Let's overhaul the system to put the well-being of residents and workers before profits.

POLITICAL PAGES

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BUDGET 2021 EXTENDS SUPPORT FOR SMALL BUSINESSES, EARLY LEARNING & CHILDCARE

As we head into the summer months, the majority of Canadians have received at least one vaccination and this is great news, but we must continue to stay safe and follow public health guidelines.

A huge thank you to all the nurses, PSWs and health care workers, including in Ottawa Centre, who have made so many sacrifices to keep us and our loved ones safe. We all need to do our part. When you're eligible to get vaccinated, do it with the first vaccine offered!

Looking ahead to post-COVID-19 recovery, we need to think about the short, medium and long-term. On April 19, the federal government released Budget 2021, which outlines a plan that will help us conquer COVID-19, punch our way out of the pandemic recession, and build a more resilient Canada that is fair, prosperous and innovative.

The budget extends supports for small businesses through CEWS, CERS and lockdown support, and the creation of the Canada Recovery Hiring program to subsidize employers so they can hire more people or increase their employee's hours. The budget also helps build an affordable Canada-wide early learning and

childcare system at an average of \$10/day. This is not only good for families, but for all Canadians, as it means more women entering the workforce.

In addition, the federal government is making significant investments in sustainable infrastructure including natural infrastructure, retrofits and strengthening climate resiliency.

In local news, I have a few exciting updates – starting with Canada Summer Jobs! To all the youth aged 15-30, Canada Summer Jobs are now posted on Jobbank.gc.ca/youth. There are thousands of jobs available, right here in Ottawa. Please reach out to my office if you have any questions.

This month I made several significant local announcements, including federal funding of \$900,000 to renovate the Bronson Centre, which serves over 20,000 residents in Ottawa and is a hub for not-for-profit organizations that serve vulnerable people. The federal government understands the vital role community centres play in the health of our community by providing critical services/activities, fostering social inclusion and improving the quality of life. Federal investment to upgrade 29 playgrounds across Ottawa that are enjoyed by kids and parents were also made. This will make a huge difference for Ottawans.

The federal government is investing \$8.9 million in funding through the COVID-19 Resilience Stream in Ottawa for projects that will ensure residents have access to safe and inclusive community spaces. The funding includes renovating Cornerstone Housing for Women shelters, with improved air quality and a more comfortable and safer environment, so that critical services can continue to be provided to our most vulnerable women and gender-diverse residents.

Lastly, the federal government is investing \$74,000 for the Plante Pool Recreation Association, through our Healthy Communities Initiative. This will fund the Shade Sails Seniors' COVID-19 Compliant Park Programming project which provides a great way for seniors to get out, gather under the shade, meet new people, and take part in safe games. The federal government is committed to helping communities build safer spaces, adapt to the challenges of COVID-19, and ensure a higher quality of life for people in Ottawa and across the country.

We've had a challenging year, and please know that it's okay to not be okay. There are people in Ottawa ready to help, such as the 24/7 Distress Line at 613-238-2211 or text at 343-306-5550. Please reach out if you need it.

Eight key steps along the way

Navigating your journey to flow can be a path to pandemic happiness and health

ELAINE MacDONALD

My family would say that my daily mantra has forever been: Drink water, get out into nature and find something to get you into a state of flow. Water and nature are straight forward enough, but what is a state of flow?

During the challenging times of this pandemic, many of us are dealing with feelings of boredom, loneliness and sometimes loss of hope. And for the first time in our lives, we can't escape our situation as this is a worldwide crisis. We are being stretched to explore new ways to find happiness.

Luckily, there are several positive tools that we can call-on to sweeten our days, even if just a little. And one of these tools is finding our state of flow.

What is the meaning of flow? Positive psychologist Mihály Csikszentmihályi describes flow as a state of complete immersion in an activity. While in this mental state, people are completely involved and focused on what they are doing.

One sign that you have achieved true flow is when you lose all track of time while doing your activity. The best part of getting into a state of flow is that you feel as though you are far from any troubles and concerns.

According to Csikszentmihályi: "Getting into a state of flow these days safety zones have recently been disrupted and technology and social media are often our go-to relief. However, with a little planning and by being intentional on choosing an activity that turns our crank, we can achieve flow and find some well deserved peace.

Flow is just one self-care tool that we can call on to bring more positive energy into our days while working from home, home schooling our children or while in lockdown.

"Brainstorming a list of activities we would like to do is the place to start. Remember, the activity has to stretch us a bit but can be anything. Examples include sewing new curtains, drafting the subject of your new book, re-designing your garden or learning a musical instrument.

And if you have older children, getting the children involved in creating their own lists can also bring new energy to the home.

"Everyone can benefit from carving out some time for an activity that leads to a state of flow. What we can achieve when in flow can be very satisfying and soothing, plus we benefit from natural pleasure-inducing and performance-enhancing chemicals that make the brain happy and make us feel more in Zen."

Here are eight key steps to achieve flow:

1. Make an intention several hours before that you are going to do this;
2. Choose a task or activity that you like; one you feel is important;
3. Make sure it's challenging, but not too hard and that it requires your undivided attention;
4. Clear away distractions so that you are completely free (put phones and computers away);
5. Tell your partner, spouse, child

that you will be unavailable for this whole period;

6. Learn to focus on that task for as long as possible. Get immersed for a minimum of 30 minutes, with only 5-minute breaks in between these 30-minute blocks to keep you in flow. Use a timer;
7. Enjoy yourself; and
8. Keep practising.

Following your first attempt at achieving flow, notice how you feel. If you feel uplifted, try committing to making this a regular practice.

[Ms. MacDonald is a Health and Life Coach at Finding Your Zen Coaching]

Local grandmothers take up a big challenge

DIANNE BRETON

This year marks the 15th anniversary of the Stephen Lewis Foundation (SLF) Grandmothers Campaign, which was launched in response to the crisis faced by African grandmothers as they struggled to care for millions of children orphaned by AIDS. Since 2006, hundreds of women across Canada, grandmothers and grandmothers, have been inspired to join the Campaign, banding together in groups in every province to raise funds – more than \$36 million to date, providing a network of support.

To celebrate this milestone anniversary, grandmother groups throughout the Ottawa region have sprung into action, recognizing that the need to support Africa's grandmothers is more urgent than ever today as they and their families struggle to cope with the twin pandemics of HIV & AIDS, and COVID-19. The One World Challenge, led by Ottawa's One World Grannies group, is an innovative summer long fundraiser that will see participants embarking on a virtual journey of more than 10,000 kilometres through 15 sub-Saharan African countries, with a goal of raising \$25,000.

The journey began in Addis Ababa in Ethiopia on May 1st and will travel through 15 countries in sub-Saharan Africa where the SLF has community-based partners supporting grandmothers and their vulnerable families, and ending in Cape Town, South Africa by September 1st.

After enlisting support in the form

of a one-time donation from friends and family, each participant commits to tracking the number of hours she spends doing one or more activities such as walking, golfing, cycling, swimming or gardening. Any activity qualifies (except sleeping). Each recorded hour contributes 5 kilometres to the journey.

Participants and donors will receive regular email updates on the progress of the One World Challenge and will also receive news and stories about the work of the SLF community-based partners in each country along the way. A map of Africa on the website will be updated regularly to show progress as the trek advances.

There are nearly 14 million AIDS orphans in sub-Saharan Africa. In several countries grandparents, most often grandmothers, care for most of the children. The challenge for the Grandmothers is to find ways to earn a living for their families, to secure access to school, health care and protection from violence. They work as activists for their grandchildren's rights.

They have learned to advocate for their own human rights too, including land rights and political representation. They have become leaders, working in ways they could never have imagined before the pandemics. They are now able to pass on their knowledge and experience and sense of self-realization to succeeding generations.

As Kenneth Mugayehwenkyi, Founder of Reach One Touch One Ministries, and Chair of the Grandmothers Consortium in Uganda,



ROLAND BRETON PHOTO

One World Challenge participant Dianne Breton plans to stay active this summer to help raise \$25,000 on a virtual journey through Africa. She is pictured here with her granddaughter, Anastasia.

says: "This is like a dream come true. I remember when grandmothers felt hopeless, like they were nobody. Now, in the village where we work, they're leaders."

It's safe to say that many Canadian grandmothers have been deeply moved and inspired by the growing strength of their African sisters over the past 15 years. The members of the One World Grannies and other regional grandmother groups work in solidarity with them, knowing that

their efforts are providing positive and important grassroots support.



Everyone is invited to support the journey or become a participant and make every hour of physical activity count this summer. Signing up is easy! Contact Jenny Brooks at jbroo@sympatico.ca and visit the One World Challenge web site: <https://oneworldgrannies.ca/>.

Federal government grants \$71K for expansion, equipment

Happy trails ahead for the Rideau Winter Trail

MAINSTREETER STAFF

During the tough COVID-19 winter of 2021, one of the few rays of sunshine available to brighten the physical and mental outlook of Ottawa residents was the emergence of an expanded Rideau Winter Trail cross country ski, snowshoe and winter cycling and pedestrian pathway. And for those already looking forward to another banner year of outdoor winter activity, the news relating to the Rideau Winter Trail just got even better.

On May 28, together with representatives of several levels of national and local government and community organizations, the Rideau Winter Trail announced a grant of \$71,401 in federal funding from the

Canada Healthy Communities Initiative to sustain and expand the popular nine-kilometre outdoor trail located on the eastern embankment of the Rideau River, on lands managed and maintained by the National Capital Commission.

In announcing news of the successful funding, Rideau Winter Trail volunteer Martha Jeacle indicated that "(t)his grant will allow us to purchase equipment that will make our efforts more efficient, to respond to weather events more quickly, and have the tools for a greater variety of snow conditions. (...) Access to these funds puts us on a similar footing to other urban winter trails in Ottawa and will allow us to accelerate our plans by about 2-3 years."

The Canada Healthy Communities

Initiative is a \$31-million investment to create safer spaces and boost quality of life for people across the country by assisting communities to adapt to the challenges presented by COVID-19. Program funding ranges from \$5,000 to \$250,000 for eligible projects, within an overall federal funding budget of \$31 million. Eligible projects have to fall under one of three main themes: creating safe and vibrant public spaces, improving mobility options, and digital solutions. Federal Minister of Infrastructure and Communities, the Honourable Catherine McKenna, who was among the officials making the announcement, observed that "the Rideau Winter Trail (...) provides an amazing space for skiers, snowshoers, walkers and cyclists to get outdoors and active each winter. Federal funding will support trail expansion and the purchase

of new equipment to maintain this winter-friendly pathway for residents to continue to enjoy."

Peter Nor, Operations Manager and Board Chair of the Rideau Winter Trail, expressed gratitude for the funding of the trail and noted that "(t)his grassroots effort, supported by the National Capital Commission and City of Ottawa, leverages underutilized space downtown. Our trail serves socioeconomically diverse, dense urban areas that desperately need accessible outdoor winter spaces. With this grant we will accelerate our plans to improve our trail and be on a more sustainable footing to maintain this downtown jewel for years to come."

THE MAINSTREETER'S SOCIAL ISSUES DISCUSSION SERIES

Webinar expert panel delivers...

Case studies on community advocacy in Old Ottawa East

NASER MIFTARI

Community advocacy case studies and best practices were the focus of the fourth community webinar in *The Mainstreeter's* Social Issues Discussion Series. The 90-minute session featured panelists John Dance, Heather Jarrett, and Angela Keller-Herzog presenting case studies of community work in progress or completed projects, highlighting the many ways in which sustained advocacy efforts can influence decision-makers and impact policy change. Capital Ward Councillor Shawn Menard was the fourth panelist in the session, which attracted 80 participants; the moderator was Phyllis Odenbach Sutton.

Dance's case study related to the Flora Footbridge, the hugely popular pedestrian and cycling bridge over the Rideau Canal connecting Clegg Street in Old Ottawa East (OOE) with Glebe's 5th Avenue, which opened to the public in 2019. Community advocates in OOE, Old Ottawa South and the Glebe pushed for almost a decade to turn the vision of a new span across the Rideau Canal into a reality. The near \$20 million bridge – which was financed by all three levels of government – federal (\$10.5 million), provincial (\$7 million), and municipal (\$2 million) – is one example of how community advocacy can converge with the long-term outlook of decision-makers to make things happen.

In his presentation, Dance, who is *The Mainstreeter's* senior reporter and a long-time advocate for OOE, offered an historical overview of the advocacy efforts required, and how, more than a decade ago, volunteers came together to research and successfully plead their case before the City to build the Flora Footbridge. Dance outlined the years' long trajectory of meetings and

briefings during which the advocacy team lobbied and received endorsements from political representatives, the business community, and the community itself. He credited community members and numerous organizations, as well as former City Councillors David Chernushenko and Clive Doucet, current federal Minister of Infrastructure and Communities, the Hon. Catherine McKenna, former MPP Yasir Naqvi and City staffers with contributing to the achievement of the goal. Dance referred to the decade-long advocacy efforts as an enterprise that: "changed the fabric of communities yielding a healthy, safe, convenient, sustainable and new public space for all."

Heather Jarrett, an Old Ottawa East resident and an avid community advocate on political, development, and environmental issues, focused her case study on the Greystone Village development, specifically, the push-back advocacy efforts that challenged the controversial increased height limits of one of the proposed rental towers beyond that agreed to in the community design plan and Secondary Plan of Old Ottawa East. Jarrett listed six components that made the Greystone campaign stand out, namely, "significant impact on the community, widespread support, multiple pressure points, technical community know-how, fundraising, and communication".

Jarrett was most involved in community fundraising efforts, including a Go Fund Me page and designing and selling T-shirts. She relied mostly on the generosity of the community: "85 households contributed to this appeal. The lime green T-shirt gimmick might seem trivial, but the visibility of the T-shirts drew coverage from even the CBC and Ottawa Citizen," Jarrett said. Although



Councillor Shawn Menard



Angela Keller-Herzog



Heather Jarrett



John Dance

the campaign could not sway the votes at the City's Planning Committee, "it put us on the radar," Jarrett indicated, and she credited the resilient community that came out stronger from this exercise noting that "that is what advocacy is all about."

The webinar's third community advocacy case study, on the topic of "15-minute neighbourhoods," was delivered by Angela Keller-Herzog, Executive Director of the Community Association Forum on Environmental Sustainability (CAFES), an umbrella organization which brings together over 200 members from 16 different community organizations.

Keller-Herzog explained CAFES' perspective on "15-minute neighborhoods" – a concept which the City has bought into in its new draft Official Plan. According to CAFES, the 15-minute neighbourhood has many unknowns, and that's where their advocacy work is focused. "It promotes equity and a greater sense of community, but it is unclear whether it would end up being a snow job or will it actually create better neighborhoods," she wonders.

With the input of over 20 community organizations and 16 observer community associations, including the Old Ottawa East Community Association, CAFES has produced a technical report on the 15-minute neighbourhood and a document listing key issues and concerns, both of which have been handed to City planners. The desired outcomes are walkability, services, amenities, density, and peaceful and quiet neighborhoods in the 15-minute concept. "Whether we will be able to push back or we will fall prey to ill-designed plans and zoning rules because the City cannot do this, remains to be seen. We will keep pushing back. Getting from NIMBY to YIMBY is what this is about," Keller-Herzog

said.

Capital Ward Councillor Shawn Menard, a former resident of Old Ottawa East and a community advocate before his election to City Council, was the final panelist. He commended the advocacy work of each of the panelists and offered an insider's view on advocacy from the perspective of the decision-maker. "Visible activism, as with the t-shirt campaign led by Heather Jarrett and the community delegates before the Council, or even petitions and inquiries with Councillors, are often what carries the day in advocacy projects," Menard said, noting that the biggest current issue is the City's Official Plan set to be approved in September. "It is going to be hard to shift that, because this Council wants it approved, or at least some in the Council want it approved, but if you want to see a change you need 1,000 delegates showing up at City Hall in September," he advised.

In response to a final question on the single piece of advice each panelist would offer, Keller-Herzog suggested not to underestimate the power you can have, particularly with a like-minded group; Dance stressed advocacy as a way to work together and meet new people; Jarrett advised jumping in on issues without hesitating; and Menard noted the importance of getting involved.

The next free community webinar in *The Mainstreeter* series, entitled "Living Safely in the Community" is scheduled to be held on September 15 at 7:30 pm. Registration is open now at: https://bit.ly/publicsafety_ooe.

(Naser Miftari is a post-graduate journalist engaged with *The Mainstreeter* in a work placement career opportunity developed by the Menmonite New Life Centre journalism program and Ryerson University.)



JOHN DANCE PHOTO

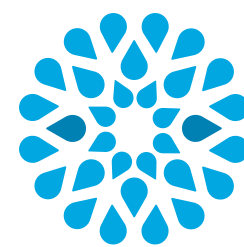
MPP Joel Harden is pictured here along with a group of Old Ottawa East citizen advocates gathered to oppose revisions sought by a developer of previously approved and agreed-upon development plans. The pressure exerted by the community advocates helped to broker a satisfactory settlement to the issue.



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Two fairy gardens discovered in Old Ottawa East! If you build it, they will come...

To date, there have been no reported sightings of small, winged fairies anywhere in Old Ottawa East, but *The Mainstreeter's* Peter Croal has confirmed the locations of two fairy gardens where the mythical beings are thought to have visited. Anyone with information on the whereabouts of the tiny spirits is asked to contact the newspaper.

Fairy Gardens are usually small, cultivated spaces

located nearby a tree that are furnished with miniature-sized plants and decorative baubles. Many fairy gardens are occupied by tiny fairy houses – suitably sized places for fairies to live. Fairies can be hand-picked and placed in the garden, or the habitat can be built to attract fairies, who tend to visit when no one is looking.

Legend has it that when a person creates a fairy garden something magical happens. The primary reason that one would want to attract fairies to a garden is their propensity to bring good luck and happiness. And, so the folklore goes, if you're lucky enough to meet a fairy, then you get three wishes.

Most ancient cultures believed in spirits that dwelled in the trees, rocks, and plants around them. And it is thought that as earlier European cultures were developing, these spirits were morphed into fairies in their legends and folk tales.

Fairy gardens are thought to have originated with bonsai dish gardens displayed in the Japanese pavilion at the 1893 Chicago World's Fair. Their popularity in North America has



A second fairy garden, this one on Elliot Avenue, was proof positive that plants and grass had no monopoly on OOE garden space this year!

been centred around the state of Maine, where fairy garden and fairy house-building has been a sea coast tradition for over 100 years.

Indoors, outdoors, in an over-sized teacup, flowerbed, wheel barrel or pot; As one writer has put it: "Fairies will appear anywhere there is an abundance of romantic reverie to be found."



PETER CROAL PHOTOS

The COVID lockdowns don't slow down mythical beings from weaving their magic in Old Ottawa East. This well appointed Fairy Garden was spotted on Bullock Avenue during the springtime.

**Please wear
your mask!**



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Catherine McKenna

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Grab-a-jab days in Old Ottawa East



PEGGY WEST PHOTO

May 8th and June 5th were vaccination days in Old Ottawa East for hundreds of essential workers. Organized by Dr. Nili Kaplan-Myrth, the "pop-up" COVID-19 vaccination clinics were set up on the Immaculata High School playing field, with canopies donated by Footy Sevens, and carried out by volunteer doctors, medical students and dedicated citizens.



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Rideau River water level monitoring now at Brantwood Park

Continued from Page 15

investment.

RVCA installed the system in 2019 and made it fully operational this past fall. Remarkably, it cost about the same as a home security system and its annual operating cost is only \$240.

"The gauge system is comprised of two components," says Justin Robert, the responsible RVCA technician. "A data logger/transmitter unit (mounted at height and visible) and a water level sensor (pressure transducer; located in the water). The water level sensor is secured within the water column and connected to the data logger via a trenched cable/conduit."

The user-friendly display allows ready review of different periods and the impact of specific storms.

So how does it work? "The sensor measures the pressure of the water, the barometric pressure and the water temperature," says Robert. "With these

parameters, it is able to determine the depth of water above the sensor. This data is sent to the data logger unit and subsequently transmitted via cellular network every 1-2 hours."

The data are available at https://his.rvca.ca/rvcafwl/charts/REALTIME_Q/FFW_BRANTWOOD_PUBLIC_HG.html.

Fortunately, this year has seen relatively low river levels. "Although nobody can predict the weather – and despite some recent rain – 2021 is shaping up to be an abnormally dry year across the Rideau Valley watershed if the current trend continues," an RVCA press release notes.



For more information or to subscribe to RVCA's flood forecasting and warning alerts, visit www.rvca.ca.



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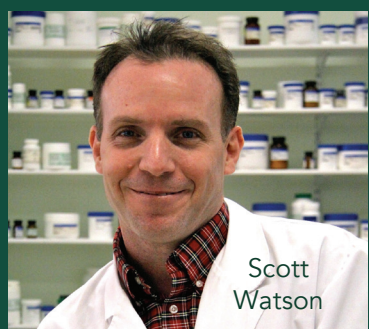
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Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.

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Compounding can offer some creative methods of treating medical conditions. For example, for those with swallowing difficulties or nausea, creams or gels can be made to carry medicine through the skin. Even Pets can benefit from medicines compounded into capsules, flavored liquids and tasty chewy treats.

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