

Angry birds!

A recent spate of attacks by aggressive Red-winged blackbirds have OOE residents looking skyward.

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The Green Door turns 35

Since it first opened in 1988, Ottawa's pioneering vegetarian restaurant has come to define who we are and what we eat. We sit down with the owners, Ross Farmer & Jenny Ong.

Pages 4, 5 & 10



170 Lees Avenue

We pay a visit to the refurbished high-rise tower and find a lot to like - both inside and out!

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Let them eat cake!

Tartelette Bakery & Café comes to OOE



Cordon Bleu-decorated pastry chef Sanaz Homa lives out her dream as she prepares to launch her much-anticipated confectionery café in The Shops at Millieu. Audrey Pridham reports on page 7.

At Lady Evelyn School

An Earth Day celebration for all ages

The global impact of Earth Day celebrations continues to grow, and nowhere more so than this year's festivities at Lady Evelyn Alternative School. On April 22nd, students, parents and community members mingled their way through a wide array of ecologically oriented displays, booths, games and demonstrations. Students and teachers prepared diligently for the party reading books and working on projects with a theme of protecting and honouring our planet. Students helped to gather recycled bottles and electronic waste, and youngsters had fun learning how to protect living things in our oceans. The successful event was hosted by the Lady Evelyn School Council and by Sustainable Living Ottawa East (SLOE).



Local couple is dishing up some smoking good salmon and seafood

LORNE ABUGOV

Her parents, Paul and Marjorie, have lived in the Old Ottawa East family home for more than 40 years. She grew up with her two brothers, as a teenager she met up with her friends at the 7-Eleven on Bank Street, later got together with a childhood friend from Old Ottawa South, and today spends what free time she has raising an active 4-year-old daughter from her home in Centretown.

So what's Vanessa Goodkey doing at the centre of Quebec's burgeoning smoked fish business?

"Not too sure, it's just the way things have happened," Goodkey told *The Mainstreeter* in a recent interview at the Boucanerie Chelsea Smokehouse, an historic eatery bordering Gatineau Park that she and Elliott Gosselin purchased in 2018, the same year their daughter Leni was born.

"I went to university for sociology and then I ended up being a kitchen designer," says Goodkey. "So no, I have no background in the fish business, and I had no idea that I would ever be the co-owner of a fish and seafood smokehouse business. I don't even remember if I liked eating fish growing up as a child. You'll have to ask my parents that question," she smiles.

A lot more certain is that Gosselin, Goodkey's partner and an accomplished chef since his teenage years, knows his way around fish and has a passion for the art of "cold smoking" salmon and various other seafood species on sale at the Smokehouse, including Arctic char, rainbow and steelhead trout, scallops, mussels and shrimp. "Elliott does pretty much everything to do with the front-end business operations. He's the master jack of all trades around here along with our manager, Zack Vezina," explains Goodkey. "I am in the background with paperwork and all that kind of stuff. Elliott's the smokehouse expert. He has the passion and dedication for crafting smoked fish," she says. "He really loves it, and when you

taste the product, you can taste the love."

"When we took the business over from the previous owner, he showed Elliott the ropes, but given Elliott's background and experience in the food industry, he picked up the knowledge pretty easily and quickly. He had smoked food outside using hot smokers, but he'd never done this kind of cold smoking before. There was a lot of trial and error, because there's so much fluctuation in the process, what with the time of year, the humidity, how long it needs to stay in the smoker and other factors. So, for him, it's still a work in progress, but he's been working hard to perfect the smoking technique ever since."

Community outlook

Gosselin's career in commercial kitchens began with a first job at Patty's Pub on Bank Street and has included stints as both a chef and a caterer preparing food for the dancers and technical staff at the National Ballet Company in Toronto and for 10 years on and off back in Ottawa at the Manx on Elgin Street. "He's always been into cooking, and he always wanted to either own his own restaurant or catering business," says Goodkey. "So that's what we set out to do, but then we came across the Boucanerie and decided to go for it, and we're very determined to keep it going as an important part of this community," she recalls.

The theme of community runs through the conversation with Goodkey. The couple has committed themselves to a business model focused on sustainability, community and integrity. Since assuming ownership of the Smokehouse, Gosselin and Goodkey have formed partnerships with like-minded artisanal producers in their community, for example, selling products like kombucha, honey, maple syrup and cheese made in and around the Gatineau region.

There has been some uncertainty for the Smokehouse since the pandemic struck in March 2020. According to Goodkey: "Our team was just settling in, ramping up, and getting to know the business when the pandemic hit, and we had no idea what that might mean for us. Were we going to have to shut down completely?"

"Oddly enough, the pandemic ended up being a positive for our business. People were around, they still wanted to eat well,

Boucanerie Chelsea Smokehouse



LORNE ABUGOV PHOTOS

Old Ottawa East native Vanessa Goodkey and partner Elliot Gosselin take a moment to relax outside the Boucanerie Chelsea Smokehouse, which they purchased in 2018. Hard work and product enhancements are generating very loyal customers.

and they were actually closer by, near their homes, going for walks or drives because they couldn't do anything else. We were open, and we managed to stay open the entire time, following all the safety, distancing and masking measures. So, the pandemic really drove an increase in our sales. Only now are things kind of settling back to pre-pandemic levels of what it might have been had there been no virus outbreak," says Goodkey.

The SamBat connection

Since the pandemic they have faced some challenges. Sourcing their salmon and other seafood has posed issues of price and supply. For example, the price of salmon has skyrocketed, doubling at one point, and forcing the couple to continuously research their suppliers and shift around where necessary. Goodkey stresses the priority that she and Gosselin continue to place on maintaining the highest standards of quality and environmental sustainability.

One of the more innovative business relationships the Smokehouse has entered into involves upcycling sawdust from SamBat, the renowned Carleton Place manufacturer of maple baseball bats used by many Major League baseball players. Once a month, Gosselin picks up a big bin of sawdust from SamBat that the Smokehouse uses in their cold smoking

process, which the website describes as follows:

"Cold smoking is a method of smoking which does not involve high temperatures. The smoke is generated in a separate chamber from the fish using sawdust. The consistency of the sawdust is so fine that it never creates a full fire. Instead, it simply smoulders and maintains a very low temperature of between 18-20 degrees Celsius. (...) Our rich, dense, smoky flavour is achieved by using the highest quality maple wood. They (SamBat) use only the finest for their products and, lucky for us, we get to use their waste as our key ingredient!"

With a mind to the future, the couple has already embarked on some ambitious expansion plans for the Smokehouse, according to Goodkey. "We're hoping to open up a café and outdoor casse croute next year. Elliott's father has helped us do a major clean-up of the back and side of the property, bringing it up to a usable level this year. It would be a great addition where our customers can come through the store, order a sandwich and some additional items like baked goods and coffee and then sit outdoors and enjoy the view of the river flowing by.

"We're also continuing our participation in farmer's markets, every Thursday, Saturday and Sunday through the



A wide range of salmon and seafood products are all "cold smoked" on the premises by co-owner Gosselin.

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SHARING LUNCH WITH...THE GREEN DOOR'S

Happy 35th birthday to Ottawa's pioneers of vegetarian & vegan cuisine

With first generation owners and operators - Ron Farmer and Poppy Weaver - now happily retired, the torch of leadership of the Green Door has passed on to the next generation. As we sat down with current co-owners, Ross Farmer and Jenny Ong, it was hard to escape the conclusion that Old Ottawa East's beloved eatery is in caring and capable hands, and poised for another 35 years of success, serving our community fresh and healthy food.

The Mainstreeter: Old Ottawa East has enjoyed a prolonged 35-year love affair with The Green Door. How do you explain this community's enduring affection for your restaurant?

Ross Farmer: The Green Door restaurant was originally founded to cater to a bunch of different communities, not necessarily just for Old Ottawa East, and that included the community that pioneered vegetarian and vegan cuisine. That niche market, together with the more general Old Ottawa East community, very much embraced the restaurant as a kind of a focal point. And in that way The Green Door kind of took on a personality of its own. This neighborhood was a very good fit for this style of business – the restaurant very much focused on local and organic, and that kind of clean and healthy living very much aligned with the mentality of this neighborhood. The fact that The Green Door has lasted for 35 years in Old Ottawa East is really quite an accomplishment and speaks to the neighborhood itself, that it can maintain that atmosphere and that mentality for such a

long time.

The Mainstreeter: It's been said before that most people in Ottawa and Gatineau can more easily identify The Green Door than they can identify Old Ottawa East itself. What do you say to that?

Ross Farmer: Old Ottawa East isn't exactly a huge community. It's geographically relatively small and, historically speaking, back in 1988 when The Green Door opened, there really wasn't too much here. Of course, it's changed drastically in the last half decade or so. But before that, it was pretty much our restaurant and St. Paul University, which was itself a subset of Ottawa University. And I don't want to go stepping on the toes of any other businesses, of course, but the Green Door was very much of a target for health-conscious people across the city and across the river. So I think the niche that we filled for many years brought some attention to a community that otherwise flew somewhat under the radar.

Jenny Ong: I think that recognition of The



LORNE ABUGOV PHOTO

ABOVE: Co-owner Jenny Ong (front row, 4th from right) and her team at the Green Door are continuing the tradition of fresh and healthy vegetarian and vegan cuisine at OOE's most storied restaurant; **BELOW:** The buffet-style format keeps customers coming back again and again.

them and that they felt good after they ate here. And that hasn't changed to this day.

The Mainstreeter: You mentioned a moment ago that the community has changed drastically over the last five years. And yet, the basic formula of a buffet style that The Green Door adopted early on hasn't really changed, and it's as successful today as it was 35 years ago.

Ross Farmer: We've always used a "paid by weight" system. We've had to do a few modifications, obviously, over the years. We changed a few of the desserts because we were finding far too many half-cut desserts at the end of the day. So now most desserts are charged on a "paid by piece" basis, but the vast majority of the dishes here are still paid by weight, the way it's always been. It's simply a successful way of doing things, and I'm surprised that the approach hasn't caught on with other buffets. We still get the question from some customers – is this an 'all you can eat' – so we have a standard disclaimer and a little speech we use to explain the system at the restaurant, because it is somewhat unusual. But it is another thing that sets us apart, and we also find that it very much contributes to an efficiency on both sides. The kitchen isn't making a ton of food that ends up being wasted. And the customer takes only what they need, so you're not seeing waste for them either.

The Mainstreeter: Over the years, you've worked with local farmers and other



SUPPLIED PHOTO

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OWNERS - ROSS FARMER AND JENNY ONG

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producers, your customers love your food, and you've hired many young people and students from the neighbourhood. It seems that everyone in and around this community is a beneficiary of The Green Door.

Ross Farmer: We certainly deal with a large number of suppliers along the supply chain. We've dealt with many local farmers from around Ottawa and Gatineau over the years. And we are often approached by other local farmers who would like to supply us but sometimes we just kind of reach the cap and can't add to the list. As for the customers, we get repeat visits from customers constantly. We've got many customers who have been coming here since 1988. We have heard customers claim they were here on the day we opened, which is always endearing to hear. As for staffing here at The Green Door, we've seen tons of people come on to our team - long term chefs and cooks, some of

changes that The Green Door has undertaken over its 35 years of operation?

Ross Farmer: Since 1988, there have been three separate expansions. Many community members will remember that it was a real small restaurant at first. Again, our system has always been the same, but the larger footprint has allowed us to expand our offerings and become more comfortable with a little bit more space. The community style of not having servers in the conventional sense but allowing people to take care of themselves and run at their own pace has always been a focal point of The Green Door. It goes without saying that COVID brought in a whole plethora of adjustments that we're still getting used to today. For example, our online and website system was greatly expanded. We had an early foundation down just before COVID which was lucky because it allowed us to grow them quickly. So that part of our operations expanded dramatically as did our arrangements with

members of the team, and a couple of chefs - we wore all the different hats. We were the dishwashers, the cleaners, the cashiers, the table movers - everything.

Ross Farmer: Now we are back to about 30 staff. Before the pandemic, the restaurant was super busy. That ground to a quick halt. But one of the really good adjustments that came from the COVID experience is that we ended up becoming much more efficient, and that has stayed true. It gave us a kind of cold reset to readjust everything and cement the positions and readjust the duties. So while we're not quite back to the same level of business that we were pre-pandemic, we're fast approaching it, and we've gone from 42 employees holding on for dear life, to eight in 2020, and now back to 30 employees who can comfortably manage things in 2023.

The Mainstreeter: *You've probably amassed some funny anecdotes of customer experiences that you still really chuckle about. Are there any that spring to mind?*

Ross Farmer: Well, we had a chipmunk that

roamed in the front door once and caused a real scene in the front of the restaurant for a while. It took me a good 20 minutes to shoo it back outside. Some regular customers still come up and remind me of the chipmunk - the non-paying customer. I don't remember what the chipmunk went for - I think he was taken aback by the selection and by the quantity of customers.

Jenny Ong: I remember one day we came to work in the morning and the front door was broken, the glass shattered. And you know what's inside the vestibule between the two doors? A big fake plastic lamb. At first, I thought it was a dead goat! Maybe it was from a nativity scene. That was pretty funny.

The Mainstreeter: *Do you see anything on the horizon that might pose a threat to the ongoing longevity of a restaurant like this, or do you think The Green Door is good for another 35 years or more?*

Ross Farmer: Vegetarianism and veganism, healthy eating and healthy lifestyle are all getting much more popular, which is

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"...we would have riots on Main Street if we ever got rid of the tofu and broccoli dish."

them have been here for their whole career. There are many young people we've hired who are just looking for summer jobs or after school jobs that turn into long term endeavours, and we absolutely love seeing old staff returning back to us, both from a training standpoint and from a social standpoint.

The Mainstreeter: *You have a rotation of recipes here, and some of them are more successful than others. Speaking for myself, life wouldn't be quite as good without your tofu and broccoli.*

Ross Farmer: Yes, the tofu and broccoli would definitely be our bread and butter. It's the number one recipe, and we would have riots on Main Street if we ever got rid of that dish. We do have a very, very large repertoire of dishes that has kind of evolved over the decades - dishes that we were making 10 or 20 years ago are different from the dishes we're doing now since tastes change and we need to stay exciting and relevant. But there are many dishes that are absolute staples - the stir-fried vegetables, the lasagna, the potato & kale - they're on the menu every day. They are long-term, very old recipes that, once again, we couldn't change if we wanted to because of the backlash we'd receive. The other dishes that we make rotate on a seasonal basis. Over the winter months it can get a little tricky, but we try to stay creative and bring in different vegetables from time to time. We very much operate on a chef's intuition here, where they check what they have available in the fridge every day and go from there. We have a huge list of recipes that they can draw from, but we're also always open to try new things for our customers.

The Mainstreeter: *What are some of the main*

third party delivery systems like UberEATS and Skip the Dishes.

The Mainstreeter: *Speaking of COVID, many people in Old Ottawa East and beyond were really concerned about the fate of The Green Door, and whether you could survive the pandemic. How did you manage to pull through?*

Ross Farmer: Well, the pandemic brought in a ton of challenges, obviously. It was very much thanks to the community, especially in the very early days, that we managed to continue. Our customers were very endearing, and it was eye-opening to see how many people wanted to help us. We received emails saying "I'd like to buy a gift card to support you. I know I can't redeem it now." People just putting their hands up to say if you need anything, we'd love to support. We didn't necessarily need the help, because we managed to get by offering new things and providing customers with meal options and COVID-safe dining experiences. That strategy allowed us to sort of float through the tougher days. But it really ended up being a full circle, coming back to what people truly wanted, which was the pay by weight concept. We had many, many iterations in between, some of them good, some of them not so good. We tried coming up with the flavour of the week abiding by whatever rules were in place. It got old very quickly, but it wasn't all for naught, because there were some keepers at the end that have made us stronger.

Jenny Ong: Before the pandemic, we had 42 staff - during the pandemic we were down to eight core people - a couple of chefs and a few of us brainstorming on how to pivot so the restaurant could change things quickly overnight. Ross and I and a few other key



SUPPLIED PHOTO

Fresh ingredients supplied by local farmers and lovingly prepared by experienced and creative chefs form the basis for the many popular dishes served up on a pay by weight basis at The Green Door. Staples such as ratatouille, vegetarian lasagna and the broccoli and tofu recipes never fail to please discerning customers.

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Boucanerie Chelsea Smokehouse

The smoked fish revival: Local entrepreneurs opt for sustainability & community

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summer," she says, pointing to the Smokehouse van and trailer which the couple brings to outdoor markets in Wakefield, Aylmer and Hull, Quebec. "We also do many farmer's markets in the winter, and especially around the Christmas period." Tongue in cheek, Goodkey suggests that a new staffer might help bolster their Farmer's Market team this summer – their young daughter. "Yeah, we're hoping that Leni will lend Elliott a hand with all the outdoor markets – but not sure how keen she is about that!"

Another area of potential growth for the business is taking their retail efforts online. "We've been so busy working day-to-day since we purchased the business, that we haven't managed to start up our online sales. We are hoping to do that soon, but so far, it's been a steady stream of our regular customers coming in each week. They love their smoked fish or their raw salmon for sushi, and we see them over and over again. And word of mouth is also bringing in some new customers, so the takeout sandwich sales have been picking up as well."

And garnering front cover attention in the January/February 2023 issue of influential *Edible* OTTAWA magazine has helped to put both the Boucanerie Chelsea Smokehouse, and Gosselin's signature "Chelsea crack" product, a delicious paper-thin smoked salmon jerky, on the local foodie map. The catchy product name was coined by customers of the smokehouse, an obvious nod to the addictive quality of the popular delicacy.

"We were so flattered by the fantastic coverage and review we got from *Edible*

OTTAWA – surprised too," recalls Goodkey. "They had said that they were going to do a feature on smoked fish and that they would be interviewing three or four different people in the business. But they didn't let on that we were going to get the magazine cover until it actually came out. So we were pretty shocked and very pleased to see our salmon jerky on the front cover along with some really nice photos and a feature article on Elliott and the smokehouse."

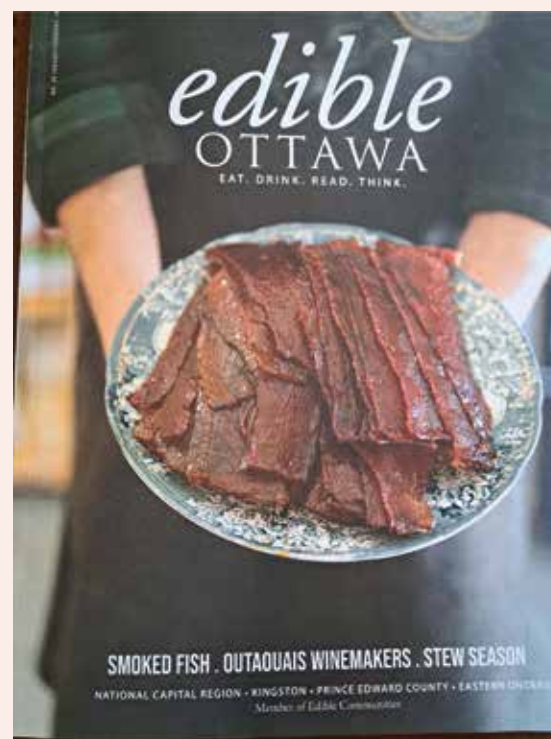
And what of the prospects of the Chelsea Smokehouse participating in the future at the Farmers Market in Old Ottawa East? "We'd really like that," Goodkey smiles, "but unfortunately, we're not allowed to transport smoked fish across provincial borders for sale without a federal permit."

I jump into my car for the drive back from Gatineau Park, and silently curse the bureaucracy. There's a small stash of the Chelsea Smokehouse's delicious smoked fish in a paper bag in the passenger's seat. By the time I hit the Quebec-Ontario border, much of it is eaten. Fortunately, I don't need a permit to do that!



**Boucanerie Chelsea
Smokehouse is
located at 705,
Route 5, Chelsea,
Quebec and is**

**open Monday to Sunday 10am
- 6pm. To learn more about the
Smokehouse, visit their website
at www.boucaneriechelsea.com
and contact them at
smokehousechelsea@gmail.com.**



The Boucanerie Chelsea Smokehouse made headlines early this year when their signature product, a smoked salmon jerky affectionately known as "Chelsea crack", found its way to the front cover of prestigious *edible* OTTAWA magazine.

AMY ZAMBONIN PHOTO

BUSINESS BEAT



AUDREY PRIDHAM PHOTO



FELT SPACES DESIGN RENDERINGS

LEFT: Tartelette's award-winning chef and owner, Sanaz Homa, pictured outside her new bakery and café in The Shops at Millieu; ABOVE AND BELOW: Matt Edwards' bright and breezy interior design also pays tribute to Homa's Middle Eastern heritage.

Tartelette Bakery and Café's owner Sanaz Homa

A 'dream come true' for OOE's very own Cordon Bleu cakes and pastry chef

AUDREY PRIDHAM

This summer, Old Ottawa East will be graced with the opening of Tartelette Bakery & Café, featuring artisan pastries and tarts created by Sanaz Homa, a decorated graduate of Le Cordon Bleu Ottawa Culinary Arts Institute (Le Cordon Bleu). Originally from Montreal, Homa moved to Ottawa to study at Le Cordon Bleu and is now poised to open her first bakery location here in Ottawa within The Shops at Millieu in Greystone Village.

Homa started off as a software engineer and web designer but knew that she had a passion for the culinary arts after baking cakes at home and realizing that it was her "hidden talent." Before attending Le Cordon Bleu, she had been baking for about eight years and took cookie and cake decorating courses.

However, her main inspiration behind baking comes from her family. She explained that her father was a restaurant owner, and her grandfather was a pastry chef of note. Indeed, according to Homa, her grandfather's own bakery was the most famous one in his city and province.

"I wanted to keep my grandfather's legacy alive," said the third-generation chef.

Homa eventually attended Le Cordon Bleu as she wanted to study French baking skills and techniques. She graduated two years ago as an Outstanding Student. Her experience at the coveted French cooking school allowed her to work with many experienced chefs, and some of the key skills she learned included the

importance of teamwork and using high-quality ingredients, lessons she still takes to heart today with her business.

After graduating, Homa was dedicated to making her dreams come to life by opening her first business. She said that owning a bakery was a long-time dream of hers as a student, and she is eager to share her creations with others here in Old Ottawa East.

"I'm so excited about opening our bakery and café soon. I think it's my dream come true," she said. "It's such a lovely neighbourhood, and I believe it's quickly become [one of] Ottawa's most iconic communities to live and work in."

She also explained that Old Ottawa East's location was ideal as there are currently no other bakeries open in the area. So far, she has received messages online from people in the community saying that they are excited to have her here.

Homa's artistic desserts and

presentation skills stem from having an artistic family growing up. As a youngster, she liked to paint, and from that base of artistry, she has developed a strong understanding of colour and of decorating with proper composition. Her artistic sense of cooking is one of the reasons why she loves baking tarts the most, and that's how the Tartelette came to be named.

She also explained that her love of tarts is heightened by the fact that you can make a whole variety of them and, so far, she has 11 flavours for her customers to choose from. "It's such a piece of art, it's not just a tart. It's made from different types of filling," Homa said.

While tarts are Homa's specialty, and she is eager to showcase them, that doesn't mean that there isn't a large selection of other baked goods to choose from on the menu. Tartelette will also serve cheesecakes, croissants, artisan breads, coffee beans roasted from

Montreal, and organic teas. She said that her hometown has some of the best baked goods and coffee roasters, and she wants to bring some of the tastes of Montreal to her own bakery here in Ottawa.

Tartelette was designed by Matt Edwards of Ottawa's Felt Spaces Design, who worked with Homa to refine and shape her vision for the bakery. At the core of Felt Spaces Design's approach is a focus on atmosphere and what Edwards calls 'spatial storytelling'. Tartelette's story is revealed through its culinary offerings, which reflect Homa's training as a French baker, but also her Middle Eastern heritage.

"I tried to find a balance in the design that fit with my client's story. It is a smaller space and there was a lot that needed to fit into a limited footprint. My goal was to create a space that felt intimate, rather than small.

"In terms of Middle Eastern references, the most obvious is the large wall mural which is a reproduction of a woman's portrait painted on Persian tapestry. There's also a unique geometric pattern that we worked together to create specifically for Tartelette, which is a nod to the prevalence of geometric patterns in Middle Eastern architecture."

Tartelette is expected to open in early June, and Homa is looking forward to flaunting her pastry skills from Le Cordon Bleu's kitchen to her own here in Ottawa. Her divine creations have already been featured on the bakery's Instagram page.

"It's such a challenging journey," she said about opening her new business. "But it's all worth it."



FELT SPACES DESIGN RENDERINGS

BUSINESS BEAT

Office in The Shops at Millieu all about the dollars & sense...

New Edward Jones team brings financial investment and management savvy to Greystone Village

PETER TOBIN

Late last month, the investment and financial management company Edward Jones celebrated the opening of its new branch office on the south side of The Shops at Millieu in Greystone Village.

The Edward Jones company was founded in 1922 in St. Louis and its head office is still located in that Missouri city. The first Canadian branches, including one in Ottawa, were opened in 1996. Currently, there are well over a dozen Edward Jones branches in the Ottawa area, predominantly in the suburbs and the outer urban core. The Shops at Millieu office will be the first Edward Jones branch close to Ottawa's central business district.

Marty St. Denis is one of the two Edward Jones Financial Advisors in the new Millieu location. St. Denis grew up in Orleans, completing high school there before attending and graduating from Carleton University. That was followed up by an MBA at the University of Quebec in Gatineau. St. Denis and his wife have two young adult children, both of whom are busy with post-secondary studies, their daughter at Trent University (business) and their son at Sheridan College (IT).

St. Denis was such an early adapter to all things related to personal finance that when he was a ten-year old, his buddies nicknamed him Alex P. Keaton after the ambitious young tycoon wannabe portrayed by Michael J. Fox in the '80s comedy hit, *Family Ties*. His interest



PETER TOBIN PHOTO

New kids on the block are the investment and financial management team at the Edward Jones office now open at The Shops at Millieu. Pictured left to right are Andrew German, Kathy George and Marty St. Denis.

in finance didn't fade, however, and led St. Denis to a wealth management career at two of Canada's big banks before he joined Edward Jones in 2019. "My background is strongest in dealing with business owners and health care professionals," St. Denis explained.

"However, having worked in the Financial Services industry for over 20 years, I have been introduced to other clients and in this way have built up an even wider network of clients."

Andrew German is the other Financial

Advisor in the new Millieu office. Born in Halifax, German's family moved to Ottawa when he was five. He has a degree in Finance from uOttawa, having completed the final year of the program in the UK at Aston University in Birmingham.

German's early career was in the IT staffing and consulting business. In that capacity he helped a Toronto-based company take flight. That company, now known as Modis, asked German to run its Montreal and Eastern Canada

operation. After that success in Montreal, he decided to switch back to his finance roots. Returning to Ottawa, he joined Edward Jones in 2017. He and his wife Alison have one son and have lived in the Glebe for ten years.

Completing the staff at the new Edward Jones office is Kathy George, Branch Administrator and first point of contact at the new office. She has a wealth of experience in financial services and has been with the company for almost two years.

Next issue of *The Mainstreeter*...

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OPINION

OOE, The tree canopy - and you...

"X" marks the spot – another look at trees

PETER CROAL

When we walk around Old Ottawa East (OOE), the beauty of our neighborhood is enhanced by the many types of trees that grace our streets and parks. However, our walks are now often diminished by the surprising and sad realization that a red "X" has been painted on a tree and a City of Ottawa document has been stapled to the bark explaining why the tree is destined for felling. This is happening more and more due to aging of the trees, ice storms, windstorms and insects.

While gazing at a huge silver maple on Elliot Street that had an "X" painted on it, I started to reflect on the benefits that trees have given our community over their lifespan, and the meaning of "X". To me, "X" means something has been done wrong or is a target. It's a negative connotation. Nothing could be further from the truth.

First of all, there is the beauty of the tree and the welcome shade it provides on a hot day. There are the blazing colours of autumn and the dry rustle of the leaves in a light wind. The tree also provides sanctuary to many beneficial insects and a much-needed resting spot for migrating birds. Children play hide and seek behind it or tie a skipping rope to its trunk or branches. Its roots take water out of the ground, which helps with flooding and water table height. On average, the leaves of a large maple tree produce nearly 120 kilograms of oxygen each year. Two mature trees can provide enough oxygen for a family of four. And, perhaps most poignantly, a tree becomes part of our identity. It becomes more familiar to us each time we see it. Some may feel that a tree even becomes part of our family since it ages and grows as we and our children do. From a purely economic perspective, the real estate industry has



calculated that a mature tree in front of a home adds \$10,000.

The City of Ottawa would like the tree canopy target to be 40%. However, the tree canopy in OOE is currently at about 25% - and declining with each passing storm. The City has a tree initiative called "Trees in Trust Program". If the front of your home is lacking a tree, the City is willing to partner with you to provide you with one provided you are committed to help care for the tree and if space permits. A City forestry inspector will come to your home to determine which tree species is best suited to your location. These street trees are available on a first come/first served basis and will be planted in the Spring or Fall. There is no cost to the homeowner. As the City says: "Tomorrow takes root today. Plant a tree". A Chinese proverb states: "The best time to plant a tree is 20 years ago. The second best time is today". OOE needs more trees. You can help by reaching out to the City to take advantage of the Trees in Trust Program.

So, the next time we walk by a tree with an "X" on it, perhaps what we need to silently say to it, while resting our hands on its bark, is "thank you for all you have done for our community over these many years".



For more information on the Trees in Trust program and to get your new tree free of charge, please call the City of Ottawa at 311, TTY 613-58-2401 or go to Ottawa.ca/forestry.



The Mainstreeter Interview: Ross Farmer and Jenny Ong of The Green Door

"Obviously, we're as much a part of the community as the community is part of us."

Continued from Page 5

fantastic news for everyone. Originally, we thought maybe this was going to be a situation of competition for us. We saw Pure Kitchen open up, and there used to be The Table, and then places that make bowls, salads and wraps, like Freshii. We saw all kinds of small vegetarian pop-up shops, not to mention more mainstream restaurants developing expanded vegetarian menus. We wondered if they were going to chew into the picture and maybe take away some of our clientele.

But we found that the rate at which these restaurant options are becoming available is not as fast as the rate that this food itself is becoming more popular. So what we once thought to be a possible concern with some additional competition is in fact a null point. There's just so many more people enjoying this style of nutrition and lifestyle and seeing the benefits of it that we couldn't keep up anyways. So we're actually very glad to see other restaurants take on this market and expand upon it and, yes, provide us with some competition – but, in truth, it's not really competition because we all get to share in the creation of greater interest and enjoyment of the health benefits which create even more awareness. And we get to celebrate that we were here first and what

we pioneered back then is becoming more mainstream now.

Jenny Ong: I think that one of the main things about The Green Door, and it's one of the things that sets us apart, and that our newer customers may not see, is the purity of our ingredients. People may not understand that this is key to our philosophy, or maybe we haven't done our part to inform some of our new customers. For example, we purchase all of our legumes, soak them ourselves and then cook them. Those are the things, the freshness that that our bodies need nutrition-wise. It is quite simple in terms of what's being served on the buffet because we don't have fancy names to describe most of our dishes. If it's chickpea curry, it's chickpea curry. Broccoli stir-fry is broccoli stir-fry. Nothing fancy, no special moniker. It's all about nourishing the body.

The Mainstreeter: *The Green Door has supported local events and community activities from day one. Can you speak to the outward-facing role that you play as a community champion?*

Ross Farmer: Well, first and foremost, we have to thank the community for keeping us going for 35 years. Obviously, were as much a part of the community as the community is part of us. In terms of our contribution



SUPPLIED PHOTO

to the community, we would always like to do more. But sometimes we are just so swamped. So many things happen and we're always playing catch up. But it's good to be busy and we value our involvement in the community whenever we can step up.

Jenny Ong: We just realized the other day that this is our 35th year of operation – we did the math – and it's a real milestone for us. We wish we had more time to plan a celebration, but so far, we aren't planning

anything special. Back in the day, Ron and Poppy used to celebrate milestones like this by opening up the restaurant doors for a few hours and they just give away food. You can imagine how popular that was. Eventually it had to stop because some customers would come in with their take-out containers and just cart food out of the restaurant!!

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LETTERS AND NOTICES TO THE EDITOR



At Lees Avenue Community Gardens

Growing season 11 gets underway

I thought that you would be interested in the attached picture as the 11th year of the Lees Avenue Community Gardens commences. Garden members met Monday, May 22nd to begin plans for the 2023 growing season. The community gardens include 27 vegetable boxes and four grown level flower beds to attract bees and butterflies as garden pollinators.

Bob Whitelaw
Lees Avenue Garden Coordinator



SCOTT WHITELAW AND JOHN DANCE PHOTOS

A plea for your spare loonies and toonies

The Children's Garden needs your support

Many readers of *The Mainstreeter* know that the Children's Garden at Main and Clegg streets is now in our fourth year of partnering with the Sandy Hill Community Health Centre, which provides funding for the garden and receives our excess produce.

This partnership has been a great success, and we are pleased to be able to continue it. But we are now finding that the costs of the seeds, plants and supplies needed by the Children's Garden are greater than the funds we receive. Some of the projects we have on hold pending funding include fixing the gates, renovating the compost system to be more user-friendly, and adding more vertical growing space to the garden (like the tipi trellises).

To help offset the costs of these projects, we've started a donation box that will be set out in the garden when the Garden's Manager, Marianne, is there (check the website at ottawachildrengarden.org for days and times). I'm often in the garden as well and can accept donations. Please note that the garden does not give receipts for tax purposes.

If you and/or your children have enjoyed the garden's activities and produce, consider making a small donation (\$3-\$5 buys a packet of organic seed!). Come to the garden and talk to Marianne or me and help us make the Children's Garden even better!

Cynthia Dwyer, Chair, The Children's Garden Committee
McGillivray Street

Free game sharing at Springhurst Park

Springhurst Park Action (SPA) Game Sharing is now up and running in Springhurst Park. Everyone is invited to come down to Springhurst Park, especially in the evenings, to meet friends and make new friends you haven't met yet.

SPA uses WhatsApp groups as a catalyst for getting people together to participate in various sports. Anyone can join a WhatsApp group (QR Codes can be found on the Volleyball post and the Ping Pong table net at Springhurst Park) and take advantage of free use of the following equipment:

- Ping Pong (balls, racquets and table)
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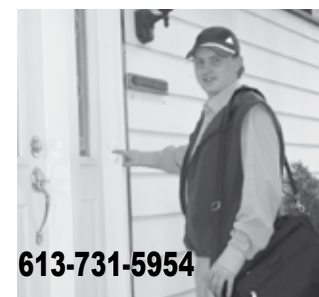
This year, there are new WhatsApp groups for Softball (pick-up games will be organized this summer in Brantwood Park); Ultimate Frisbee, Frisbee Toss and Catch and MTB (mountain biking).

Rick Burrowes, Springhurst Park Action

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Malcolm and John Harding

April ice storm clean-up extended well into May



Throughout Old Ottawa East many trees were destroyed on April 5th by the 15 millimetres of ice that coated limbs and branches. To the left, a large limb cracked off a Bower Street tree and leaned perilously against the owner's home for several days. To the right is typically extensive tree damage blocking Old Ottawa East streets. Pictured below is Jay Sawyer of Davey Tree removing one of the large Manitoba maples that fell in Springhurst Park.



JOHN DANCE & LORNE ABUGOV PHOTOS

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Highway 417/Rideau Canal Bridge replacement

MTO dismisses community objections to parkway detours

JOHN DANCE

The Ministry of Transportation of Ontario (MTO) is barreling ahead with its recommendation to have 90-week detours of Colonel By Drive and Queen Elizabeth Driveway when it replaces the deteriorated Highway 417 bridge over the Rideau Canal, a project that will begin after the City's Greenfield, Main, Hawthorne reconstruction project is completed.

As reported in the April issue of *The Mainstreeter*, the 90-week detour information came as a shocking surprise to residents who, in the five years of work and consultation leading up to the announcement of the new recommendation, had not heard of the possibility of any detours except brief ones required for the actual "rapid replacement" of the assembled new structure.

In May, MPP Joel Harden organized a meeting so that he and representatives of the Old Ottawa East Community Association (OOECA) could learn additional details of the MTO plan. MTO noted that through its November "public information centre" they'd received only 12 comments expressing "concern for impacts to active transportation, tourism and traffic." They also noted that the parkway closures were "formally accepted by NCC letter dated November 23, 2021," a year before the recommendation was provided to the public.

At the previous "public information centre," held three years earlier, MTO's recommended plan for bridge reconstruction required the demolition of the two buildings at and near the northeast corner of Colonel By Drive and Hawthorne Avenue. A number of residents objected to the demolition. At that time, no one in the community was aware that the alternative to demolition would require 90-week detours.

MTO says the new recommendation will save the two buildings, avoid endangering a major watermain to the south of the bridge, and improve the safety of the construction work area.

With both the previous and current recommendations, the Rideau Skateway and Canal boat traffic will not be adversely affected. However, it is not clear why skaters and boaters won't be affected yet motorists, pedestrians and cyclists now will be.

MTO's responses to *The Mainstreeter* questions have been vague. *The Mainstreeter* posed the following questions: "What studies have been done



Plans to replace the deteriorating Highway 417 Rideau Canal bridge are unpopular with the communities on both sides of the Canal. Efforts to get the Ministry of Transportation (Ontario) to reconsider the proposed 90-week shutdown of the Canal parkways have fallen on deaf ears thus far.

by MTO to analyse the impact of the 90-week detour of Colonel By traffic onto Main and Hawthorne and the detour of Queen Elizabeth Driveway traffic onto Elgin and Argyle? How much longer will it take (...) drivers to make their transit when they have to take these detours at peak periods? What provisions will be made to ensure the safety of pedestrians and cyclists who use the streets that will be on the detour routes?"

After much prodding, the MTO responded: "The ministry is in the process of finalizing the design and confirming the final scope of the project. This will include completing traffic management plans. Opportunities to make this closure time as short as possible will be pursued during detail design. Plans for the detour routes, including safety for pedestrians and cyclists, will also be completed during detail design."

So it sounds as though MTO has no clear idea of the impact of the detours and how much longer it will take motorists to make their peak period transits through Old Ottawa East. The City of Ottawa told *The Mainstreeter* that it had not done such studies because it is MTO's responsibility.

One slight glimmer of hope is that

within the material that MTO distributed after its meeting with Joel Harden and OOECA, there was - in small print on the third last page of the 65-page document - the note "Time of detour (CBD and QED pedestrian and Cyclist detour) - Intermittent periods throughout 90-week construction period." There was no mention of "intermittent periods" during the meeting's discussion of detours. But even if the detours for cyclists and pedestrians turn out to be "just" intermittent, motorists will still

be detoured onto busy Main and Elgin streets.

This spring, MTO will finalize its "transportation environmental study report" on the bridge replacement project and, in the summer, there will be a 30-day public review. It sounds as though more than 12 people are going to have to object to the recommendations and their lengthy detours if there is to be any possibility of MTO developing a less disruptive plan.

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Following the news in brief

Old Ottawa East community updates

JOHN DANCE

*In addition to his role as *The Mainstreeter's* chief reporter, John Dance is the Chair of the Old Ottawa East (OOE) Community Association's Planning Committee. From his unique vantage point, he keeps our readers informed of a wide range of community developments*

Greenfield, Main, Hawthorne Project breaks ground

The massive Greenfield, Main, Hawthorne (GMH) reconstruction project is very much underway with streets being torn up in OOE's northern quadrant. The total budget for the project, including the work done last year, is set at \$46.5 million.

One outstanding question is whether a third bollard will be installed to improve the safety of pedestrians at the dangerous southwest corner of Main and Hawthorne. The City has told *The Mainstreeter* that "A determination on the installation of a third bollard will be made after all of the underground work on Hawthorne Avenue has been completed, and the new curb line has been marked out in the field. This is expected to occur in the fall."



Very corroded cast iron watermain was excavated from Echo Drive in front of Immaculata High School as part of the massive GMH project. New and durable PVC pipe will be installed.

Bumps on Colonel By Drive explained

So what was that construction activity and those deep bumps across Colonel By Drive (CBD) near Pig Island all about this Spring? Turns out that the 10 catch basins and lead pipes along CBD between Mount Pleasant Avenue and Avenue Road had reached their end of service life and required replacement.

In coordination with the National Capital Commission, the City undertook the project to replace the deteriorated catch basins and lead pipes. The overall project cost was about \$250,000.

The good news is that there is no plan for replacing other catch basins on Colonel By Drive. Catch basins are the essential means of draining storm water from city roads.



JOHN DANCE PHOTOS

A shadowy proposal for Lansdowne

At the Lansdowne Farmers' Market, local residents had a chance to view a model showing the visual impact of the three proposed residential towers in the middle of Lansdowne Park. Old Ottawa East (OOE) resident Peter Frood, pictured above, commented, "The scaling and mass of this concept overwhelms the Aberdeen Pavilion, bathing the pavilion, parks and other parts of the site in shadows. It is inappropriate for the site. The plan is all about profit-taking, not community-making."

The model was commissioned by the Glebe Community Association. To date, the City of Ottawa and the Ottawa Sports and Entertainment Group have only provided aerial renderings of what the new towers would look like. No images are available to show how the towers would appear from the OOE side of the Rideau Canal and how they would affect the current dominance of the Aberdeen Pavilion.

Au Coeur delay confirmed

The proposed opening of the Au Coeur school in the renovated Deschâtelets Building will not be this coming September, the date Le Conseil des écoles catholiques du Centre-Est (CECCE) had previously set as an opening goal.

Over the last few months, residents in neighbouring properties have seen little activity on the site so the confirmation of a delay comes as no surprise.

"A request to proceed with tender for the fit-up of the Deschâtelets Building and the gymnasium addition was sent to the Ministry [of Education] in October 2022," CECCE reports. "The CECCE is waiting for approval to proceed with the tender and for additional funding. [T]he starting budget, approved by the Ministry, was \$5.7 million in October 2020."

Since last summer when *The Mainstreeter* reported on progress, most of the interior demolition and structural stabilization work has been completed. The interior and exterior stone repointing has also been done in most needed areas.

There is no new forecasted opening date. It will be dependent on the Ministry's approval, says CECCE. Au Coeur is currently located in the old De Mazenod School at the corner of Main Street and Graham Avenue. In addition, it rents space for a classroom at Old Town Hall.

A chicken and egg situation...

Slow uptake of Main Street charging stations during 2022 termed "disappointing"

JOHN DANCE

The City of Ottawa's two electric vehicle (EV) charging stations on Main Street in front of Watson's Pharmacy were used 279 times last year, about a third as much as the City's most used charging stations at City Hall and about four times as much as a charging station near the Ottawa Hospital.

According to a CBC report, "Raymond Leury, president of the Electric Vehicle Council of Ottawa, called last year's usage 'disappointing,' but added the slow uptake is a 'chicken and egg' problem."

The City of Ottawa originally installed a total of 24 EV charging stations across 16 sites spread throughout the city and more are planned.

The Main Street location for the EV charging stations were not consulted on even though their installation meant the removal of two regular parking spots in the heart of OOE's modest commercial heart. Because the spots may only be used for vehicles that are being charged, they often remain empty even though they are ideally located for those who are picking up prescriptions at Watson's or food at Sula Wok.



JOHN DANCE PHOTO

Infrequently used electric vehicle charging stations on Main Street have had the effect of reducing available parking in OOE's modest commercial centre.



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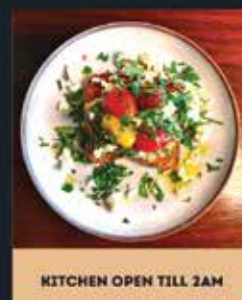
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A simple but enduring legacy

GEORGES WINTERS REMEMBERED

MAINSTREETER STAFF

Georges Winters, the driving force behind the annual Remembrance ceremonies at the Brantwood Gates, died recently at the age of 79. Although not a resident of Old Ottawa East, he grew up here, living on Glenora Street.

Winters firmly strengthened the local community tradition of honouring those who have served in Canada's armed forces. For about 20 years, he led the Royal Canadian Legion's Remembrance ceremony held at the Gates on the Sunday before the national ceremony at the National War Memorial on November 11.

As a long-time member of the Legion's Strathcona Branch, Winters recruited a great variety of participants for the ceremony, including our elected representatives, cadet corps and members of the Canadian Armed Forces. In addition to organizing the event, he led the proceedings.

After an almost four-year battle with lung cancer, Winters died at home, as he



JOHN DANCE PHOTO

Georges Winters, pictured here with his wife Katherine in 2019, has left a lasting legacy with the annual Remembrance ceremonies at the Brantwood Gates.

wished. Despite his deteriorating health, Winters still helped organize this past November's ceremony at the Brantwood Gates and he laid the wreath for the Legion.

During the many years of the existence of the Strathcona Branch, which used to be on Greenfield Avenue, Winters was the branch's chaplain and part of the executive. He worked for the Canadian Corps of Commissionaires for 32 years.

One of his last wishes to his wife Katherine, a constant companion at the many Brantwood ceremonies, was that she continue to support the event with the materials they'd used every year for the event, including the wires to securely hang the wreaths on the Brantwood Gates.

He's gone but has left a simple and enduring legacy - an annual event for all of us in Old Ottawa East to remember those who have served Canada.

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Up in the sky! Is it a bird? Is it a plane?

Yikes!! It's a very angry bird - and it's heading straight for my head!!

MAINSTREETER STAFF

An increasing number of Old Ottawa East strollers are feeling peckish these days – and mostly on the tops of their heads – as they fall victim to divebombing attacks from one or more angry birds perched on hydro wires on the block of Echo Drive just south of Mount Pleasant Avenue.

According to victims and residents of the houses in the block of Echo Drive in question, hardly a day goes by that unsuspecting walkers are not thumped on the head by squawking Red-winged Blackbirds plummeting down from on high.

At least four ‘head shots’ were reported to staff of *The Mainstreeter* during one week alone in late May.

Indeed, so many incidents have occurred in the past month or so that neighbourhood children living in the embattled stretch along the scenic street by the Canal have taken to alerting strollers to “Watch Out” and to beware of “Angry Birds” with their homemade lawn signs along the route.

A quick Google search revealed many videos of similar attacks by the screechy red wings in other cities, including Toronto and as far afield as Madison, Wisconsin and Grand Rapids, Michigan. The attacks on humans typically occur during the birds’ nesting season that runs between mid-May and mid-July, with June being the most nerve-racking month for reported attacks.

Ornithologists contend that the attacks should not be taken personally by the unfortunate victims. Red-winged Blackbirds are amongst the most abundant bird species in North America, and they are a highly territorial breed that will aggressively assault anything they regard as a

predator or threat to their nests or to their young hatchlings. Size differential matters not to the birds, who tend also to startle cats and dogs, plus other larger birds like hawks and crows. Indeed, the larger the perceived threat the more likely they are to swoop down from their perch, bird experts say. The birds do not discriminate as between male and female humans, considering all of us to be equally threatening.

This is not the first time that local residents along the stretch of Echo Drive south of the Flora Footbridge have been spooked by the angry birds. Several summers ago, walkers along Echo Drive just south of Clegg Street were reporting similar attacks by a particularly angry Red-winged Blackbird that garnered notoriety for its hyper-aggressive plunges at local noggins. This stretch of Echo has also reported attacks again this Spring.

While wearing a hat or cap is not a guarantee against a random attack, the headgear is advised to prevent possible bleeding to the scalp from the claws of the birds. Frightened reactions and behaviours are said to further embolden the mostly male birds whose role it is to defend the birds’ mating territory and their usually well-concealed nest.

Should a Red-winged Blackbird consider you to be a threat, what can you do? First, try to give the bird and its perching spot a wide berth. If the bird, nonetheless, begins to descend in your direction, according to seasoned bird gurus, you are advised to try to walk backwards away from the angry songbird, slowly if possible, and to give it a hard stare between the eyes to let it know that you aren’t afraid – even though, most likely, your insides are flapping like mad!



LORNE ABUGOV PHOTOS

The angry birds of Echo Drive keep watch on the strolling humans below.




These pop-up lawn signs drawn by neighbourhood youngsters warn unsuspecting walkers of a covey of militant Red-winged Blackbirds lurking above their heads.


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Cycling improvements to Smyth Road shelved to 2024 to permit new Riverside Hospital area seniors' facilities

JOHN DANCE

Two years ago, *The Mainstreeter* reported that much-needed cycling and pedestrian improvements at the Smyth Road ramps for Riverside Drive would be installed “over the next few months.” As any cyclist or pedestrian who has recently traversed the bridge to Alta Vista knows, *The Mainstreeter* was wrong. Well, actually, what City of Ottawa staff told *The Mainstreeter* was wrong.

So what's happening? A massive long-term care facility and a 15-storey retirement home are planned for the area on the Riverside Hospital campus to the east of the main hospital building. “The proposed development involves underground servicing work, which must be completed prior to the City's cycling safety improvements,” says Bruce Kenny, the City's Manager of Design and Construction. “As a result, we anticipate that the construction of the City's Smyth Road Cycling Safety Improvements projects will commence in 2024.”

The improvements include raised crosswalks for pedestrians and “crossrides” for cyclists crossing the dangerous on and off ramps for Riverside Drive.

It's not clear how cyclists and pedestrians will easily get through the new development to access Billings Avenue, the much safer way to Alta Vista Drive rather than cycling along Smyth west of Alta Vista Drive.

However, the recently approved active transportation plan includes a project to extend the cycling facilities farther to the east of the Riverside Hospital intersection to connect with the existing bike lanes on Alta Vista Drive.

“Through the planning and design phases, staff will

look at what can be accommodated within this segment of roadway in terms of the type of facility (e.g., painted bike lane, raised cycle tracks, shared travel lanes) and there would be opportunities for residents through public consultation to comment on the proposed design,” says Deborah Lightman, the City's Program Manager for Active Transportation Planning.

“We're aware that the existing VIA Rail overpass presents some spatial limitations along this segment,”

she noted. The timing of proposed consultation and actual implementation of improvements has not been determined. The Old Ottawa East Community Association has recommended that with a creation of a new footbridge near the foot of Clegg Street a much safer cycling and pedestrian route would be available to get to Riverview Park and Alta Vista. This project is on the ultimate active transportation network, but it could be decades before it's built.

Old Ottawa East MP Yasir Naqvi announces leadership bid for Ontario Liberals

Yasir Naqvi, the Member of Parliament for Ottawa Centre, which includes Old Ottawa East, launched his campaign to lead the Ontario Liberal Party on June 3rd. Naqvi joins two other registered candidates seeking to replace the provincial party's interim leader, John Fraser, MLA, Ottawa South, once the votes for a new leader are counted and results are announced on December 2nd. Additional candidates have until September 23rd to register for the leadership race.

The Liberal leadership race promises to be a tight one. Joining Naqvi as registered candidates thus far are Nathaniel Erskine-Smith, Member of Parliament for Beaches-East York, and Ted Hsu, MPP for Kingston & The Islands. Both of these candidates, like Naqvi, have demonstrated popularity with voters and a knack for getting re-elected.

Naqvi is running on a platform that includes quality jobs for all Ontarians, world-class public education and high-quality healthcare. According to his campaign press release, Naqvi's vision is to reverse Doug Ford's cuts to education spending, a healthcare system on life support, and skyrocketing housing and grocery costs. “Ontario has had enough of the status quo Conservatives,” Naqvi contends.



Yasir Naqvi, MP, Ottawa Centre

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JOHN DANCE PHOTOS

TOP: Carolyn Cloutier and Doug MacLean have overseen many major improvements to the iconic high-rise tower; **MIDDLE:** Doug MacLean, Facility Manager of 170 Lees Avenue, is proud of the **state of the art** electricity-generating "turbine" that produces most of the building's energy on site and protects the building from Ottawa Hydro power outages; **BOTTOM:** Spectacular views of Old Ottawa East are afforded from the roof of 170 Lees Avenue.

At 170 Lees Avenue

There's much to like at the upgraded high-rise landmark

QUINN ABUGOV

Old Ottawa East is a neighbourhood blessed with many iconic local landmarks - the Flora Footbridge, the stone gates at Main and Beckwith and The Green Door restaurant - to name a few.

And in a neighbourhood characterized by low- and medium-rise buildings, one could argue that the cluster of high-rise towers on the eastern edge of Lees Avenue certainly qualifies in that same local landmark category.

Not only does the complex act as a pseudo skyline for the area, but the cluster of towers is also home to more than 1/3rd of the total population of Old Ottawa East and hosts a vibrant set of small businesses frequented by residents and visitors to the area.

One building in the cluster - 170 Lees Avenue - located on the doorstep of Springhurst Park and housing nearly 3000 residents in its apartment units, is rich with history that has left an indelible mark on Old Ottawa East for the past 52 years. The high-rise was constructed in 1971, and from the get-go was very popular with students attending the neighbouring University of Ottawa and Algonquin College satellite campus, in addition to new Canadians looking for a central location in the city. Nowadays, the LRT line stops literally across the street from the building, making the location ideal for those relying on convenient public transport.

The building has been owned by German company, Hama Investments Limited, since 1971, as one of their two Ottawa properties. Hama has invested heavily in the building in recent years, installing new elevators and windows, brightening up the lobby and common spaces and re-painting units. Each unit has also been recently renovated and equipped with modern amenities and comforts adding to the allure of the building for potential

renters. The building also houses two businesses; The Giant Panda, which serves Chinese food, and Cosmo Mart Medina Fried Chicken, which doubles as a convenience store and a destination for halal chicken.

170 Lees Avenue boasts features that make it unique in the context of the modern-day rental landscape. For one, Building Manager Carolyn Cloutier touts the availability of three-bedroom apartments as a unique aspect. "We have bachelor, one-, two- and three-bedroom units. The three-bedrooms have two full bathrooms, so they are very popular with families," says Cloutier. Three-bedroom apartments have become increasingly rare in today's rental market as most developers try to maximize the overall number of units by focusing on bachelor, one- and two- bedroom apartments.

"Our tenants tend to stay for between two to four years on average, but most will stay the full four years. They like the fact it's all inclusive - meaning we include hydro, heat and water with our rent," proclaims Cloutier, who is very proud of the steps management has taken to improve the reputation of the building.

In terms of being good citizens in the community, the management team of Cloutier and Doug MacLean was engaged at 170 Lees in July 2017, and since then, they have taken numerous steps to help beautify the neighbourhood. For one, Cloutier is quick to mention that the notorious dumpster that caused issues in the past is gone for good. "It is completely gone and will never return," says Cloutier effusively. The building boasts a Community Garden that is expanding so quickly Cloutier jokes they're running out of space. "It's wonderful. So many residents have been planting flowers and vegetables in the garden."

Speaking of flowers, by all accounts, the updates to 170 Lees Avenue have the place smelling like roses.

The Mainstreeter's 1st Annual Public Consultation Report Card

When government decision-makers stop listening to the public, our communities suffer

Every issue of The Mainstreeter has a report of some new development project, proposal or issue and how residents and their organizations have responded to it. In this two-part 'report card' series, John Dance provides his perspective on the public consultation that happened (or didn't) in relation to the many major initiatives that Old Ottawa East has seen over the last couple of decades.



JOHN DANCE

As a general rule, it appears that where there has been substantial public consultation, an initiative's outcome has, from the standpoint of most Old Ottawa East (OOE) residents and the OOE community association (OOECA), been much better than where consultation has been limited or after the fact or where responses have been ignored.

While perhaps this should be obvious, somehow and sometimes governments and their agencies and private developers elect to proceed with limited public consultation and little willingness to change direction.

In the following discussion on major initiatives, the "Gunning Principles" are used to assess the quality of public consultation. These principles, as publicized by the UK's Local Government Association, were coined by lawyer Stephen Sedley in a court case relating to a school closure consultation. In that case, Sedley argued that public consultation is only legitimate when:

1. Proposals are still at a formative stage (that is when the decision has not already been taken and the so-called public consultation is simply an opportunity for the proponent to say they shared information and sought input);
2. There is sufficient information to give "intelligent consideration." The information provided must relate to the consultation and must be available, accessible, and easily interpretable for consultees to provide an informed response;
3. There is adequate time for those consulted to consider and respond; and
4. "Conscientious consideration" must be given to the consultation responses before a decision is made.

In addition to these principles, successful community consultation depends on a variety of other factors including the capacity of those consulted to assess and respond; the context for the consultation; and the inclusiveness of who is able to participate.

So, how have the most recent OOE public consultation exercises rated? In the next two issues of *The Mainstreeter*, beginning with the most recent Lansdowne Park development initiative, we'll provide readers with our consultation report card.

1. Lansdowne Park

As described in April's issue of *The Mainstreeter*, some consultation on the Lansdowne 2.0 initiative is now underway, but the proposals are most definitely not at a "formative stage." Last year, City Council approved in principle what would be done to make Lansdowne Park "sustainable," given that the financial performance of the 2012-2014 renovations have not achieved the forecast financial results.

Citizens were not asked in advance about the desirability of demolishing the northside stands and the arena and then building new stands and a new "entertainment centre" on what is now mostly green space. Nor were they consulted on the plan to pay for at least \$332 million of construction by diverting tax dollars, selling off air rights for three high-rise towers, and, optimistically, predicting that 60,000 square feet of new commercial space will generate significant profits.

Has "sufficient information" been provided? Clearly there has been inadequate financial information. For example, there has been no explanation of who will pay for the municipal services required by the 2,500 new tower residents, given that 90% of their taxes are being diverted to pay for the stadium/event centre rather than for needed incremental services. There have been no options presented whereby residents could weigh in on whether, for instance, the LRT-less Lansdowne is the best location for a new entertainment centre.

And there certainly has not been adequate time for the public to respond. The City of Ottawa is rushing through a zoning bylaw amendment to allow construction of the three towers and has already sought "expressions of interest" for the purchase of the tower air rights.

It's unlikely that there will be any "conscientious consideration" of residents' perspectives when it appears as though the City is already well on its way to realizing the OSEG-City vision.

It's a repetition of the consultation pattern of the earlier Lansdowne project completed in 2014 that promised "a new, vibrant and transformed Lansdowne as a world-class venue that would [amongst other things] revitalize the existing stadium and arena for sports and entertainment events." Now, the City and OSEG want to demolish the "revitalised" stadium and arena and waste the tens of millions that was spent on the renovations.

One positive note: the "public realm/urban park" portion of Lansdowne 1.0 reflected community input and it has been a notable success. Now, however, Lansdowne 2.0 proposes to reduce the size of the public realm because parkland is needed for the new entertainment centre.

The advocates of both phases of Lansdowne refurbishment have argued that the changes are/will be much better than what previously existed because the large surface parking lots have been eliminated. The reality is that the parking lots have been replaced by new commercial buildings that have fundamentally changed the nature of the park.

Public Consultation grade for both Lansdowne 1.0 and 2.0: F

2. Highway 417 Downtown Bridge Replacement Project

The proposal to detour Canal parkway traffic for almost two years as the Highway 417 Canal bridge is replaced is most definitely not at a "formative stage." Engineers of the Ministry of Transportation of Ontario (MTO) have been working on the plan for more than five years and there have been only three opportunities for residents to comment. That said, MTO has consulted with other governments and their agencies (like the City of Ottawa, Parks Canada and the NCC) and these parties concurred with the MTO proposal. However, they did so without any consultation with those who will be affected, and without demanding traffic studies to assess the impacts of the detours.

MTO says the two-year detour plan is in response to consultation done three years ago when a variety of parties opposed the initial idea of demolishing two buildings to facilitate the bridge replacement. But the community opposition back then was made without knowledge that the MTO alternative to the demolition plan would be to have two-year detours. So, no, there certainly has not been "sufficient information" for residents to give "intelligent consideration."

And there hasn't been adequate time for residents to consider and reply. Indeed, many people, including Glebe residents, only recently became aware of MTO's plans to detour parkway traffic. As for MTO's "conscientious consideration" of residents' concerns, there appears to be little of this as the Ministry argues that through the November "public information centre," there were only 12 people who raised concerns about the detours.

Public Consultation grade F

Continued on Page 23

Flora gets top marks for public dialogue

Continued from Page 22

3. Flora Footbridge

The consultation process for the Flora Footbridge was long and varied. There was even a separate consultation process for selecting the name for the bridge. The idea for the project itself was long shared by many residents so that consultation wasn't a matter of pushing back against something being done to a community but rather working to make an idea as good as possible for as many as possible.

Key aspects of the consultation were an environmental assessment that sought residents' views and three open houses that invited residents' comments. Also, the City's project manager, Colin Simpson, was very open to discussing the proposal with residents.

Initially deemed by a Glebe resident "a bridge to nowhere," the proposal gained traction and with the critical support of then-new Ottawa Centre MP Catherine McKenna and then-MPP Yasir Naqvi most of the necessary funding was provided by the federal and provincial governments, so the proposal did not encounter delays on the financial front. Also, Councillor David Chernushenko was a steadfast proponent of the bridge. The three community associations of OOE, OOS and the Glebe were all strong supporters of the project so that gave impetus for moving forward.

Several design issues were not resolved to the satisfaction of a number of parties, most notably how the east-side abutment and ramp blocks the Canal views of Echo Drive residents and also the hairpin turn on the east ramp. And the initial graceful, curved shape with a wider deck at the middle was scrapped when the City did a "value-engineering" review of the project in an effort to reduce costs.

All principles for good consultation were respected.

Public Consultation grade **A**

In the next issue of The Mainstreeter, John Dance grades other OOE mega-projects on adherence to "legitimate" public consultation principles, including the Greenfield/Main/Hawthorne reconstruction and the Greystone Village 2B development.

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ART BEAT

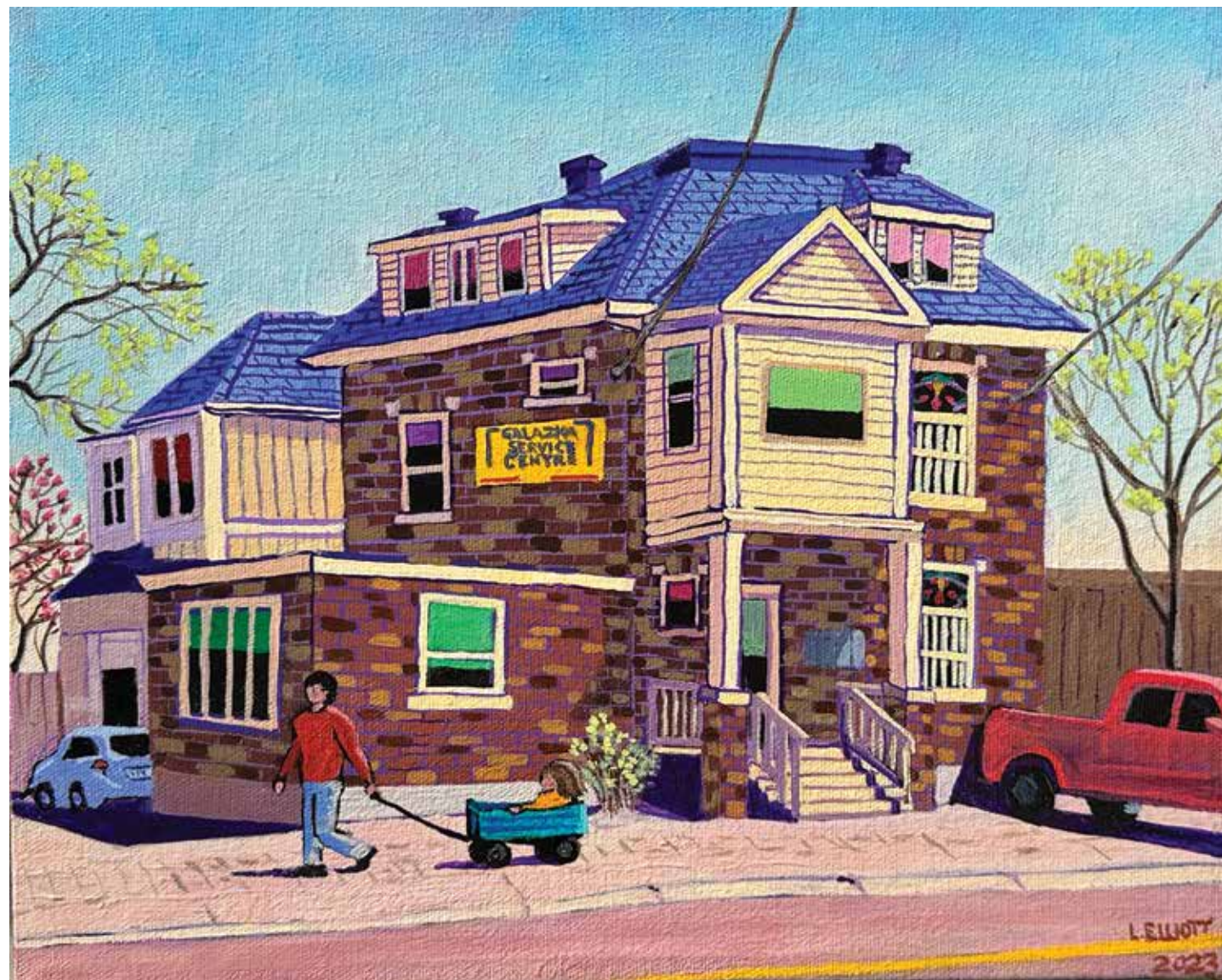
Springtime on Main Street

Louise Elliott has been a resident of Old Ottawa East (OOE) since 2007. She recently returned to painting as a form of leisure and to help her “stay in the moment.” You might recognize her name — for many years she was a senior parliamentary reporter for CBC News.

She explains that her painting displayed to the left was a labour of love for her friends, who rented an apartment for a decade in the large old house that’s attached to the Mike Galazka Auto Service Centre on Main Street.

“These friends, Hollan and Jordan Miseferi, were part of a group who met regularly outside in the evenings so our kids could play together and have some fun during very scary COVID times,” she says. “When Hollan told me they were moving out of OOE, I got out my paint brush and created this for them.”

“As I worked on this painting, I came to realize that, while I love historic buildings, they are nothing without the people who inhabit them. That’s what gives our neighbourhood a wonderful vibrancy,” she says. “Those were the feelings I tried to put into this painting. Old Ottawa East is a very special community, and I love the people here.”



Creativity runs in Elliott’s family. She also happens to be the cousin of OOE

poet, Karen Massey, who is the partner of Tim Hunt, *The Mainstreeter’s* resident

sketch artist whose latest work is found on page 27 of this issue.

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ART BEAT



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OOE ARTIST FEATURE

OOE ARTIST FEATURE: BESS FRASER CREATES PAINTINGS FILLED WITH LIGHT AND FUN!

No matter what kind of work Bess Fraser has done over the years, she has always had art as a foundation. “I have done art all my life and really enjoyed it,” Fraser says. “My grandmother and my dad had art in them. My Mom too. They were all art admirers. Dad was a banker, but eventually went to art school when he was in his 60s.”

“Growing up in Toronto, I was lucky to be exposed to so much art. And as a young adult I went to Europe to see it. My high school – Northern Secondary in Toronto – had a huge arts focus (ceramics, graphic design, fine arts, visual arts, etc.). I got more out of my art classes than I did out of any other subject in high school. Our teachers truly cared, and I

connected with them. I went into cultural studies in university and attended art school on Vancouver Island in my early 20s. The Vancouver Island college had keen and supportive instructors who created a positive learning environment. They wanted you to dive into whatever artform you were into! And that was it for my formal art training.”

As a volunteer, Fraser has been the layout editor for *The Mainstreeter* for years. Whether she is painting, creating websites or doing print layouts, her work is influenced by colour, light, shadows, and mood. “And more often than not,” she says, “the mood is playful!” Fraser calls her landscape paintings whimsical or colourful documentations, and she says that they are mostly influenced by light. “My work is joyful. Colour, shape, size, lines, and mark making are very important to me in my work these days. My sketch books are filled with drawings of subjects such as fashion, people, trees, and flowers as well as still life drawings of dining tables.

“I’ve had many different jobs over the years. For instance, my work in the restaurant industry. But art is literally something I have to do every day just to live! I look at art on Instagram all the time. But I feel that I need to get my own illustrations and notes about art out into the world, and I’m working on that.”

One way in which Fraser has used her art over the past 15 years has been through teaching art at community centres and working with seniors. “I’m getting a lot out of teaching and giving this experience to seniors,” she says. “It’s rewarding, fun, and, quite frankly, it’s a thrill to be needed and successful in that arena.”

At the Revera Colonel By retirement home where Fraser teaches, they are removing the “hotel art” from the walls

A finger on the pulse of the arts in OOE



GRACE AYRES PHOTOS

ABOVE: Artist Bess Fraser in front of collaboration with Ottawa artist Jerry Grey. **BELOW:** Two of the Georgian Bay landscape paintings that Fraser is working on in preparation for two upcoming exhibitions, including *A Walk of Art*, Old Ottawa East’s 4th Annual outdoor art show, scheduled for September 23rd.

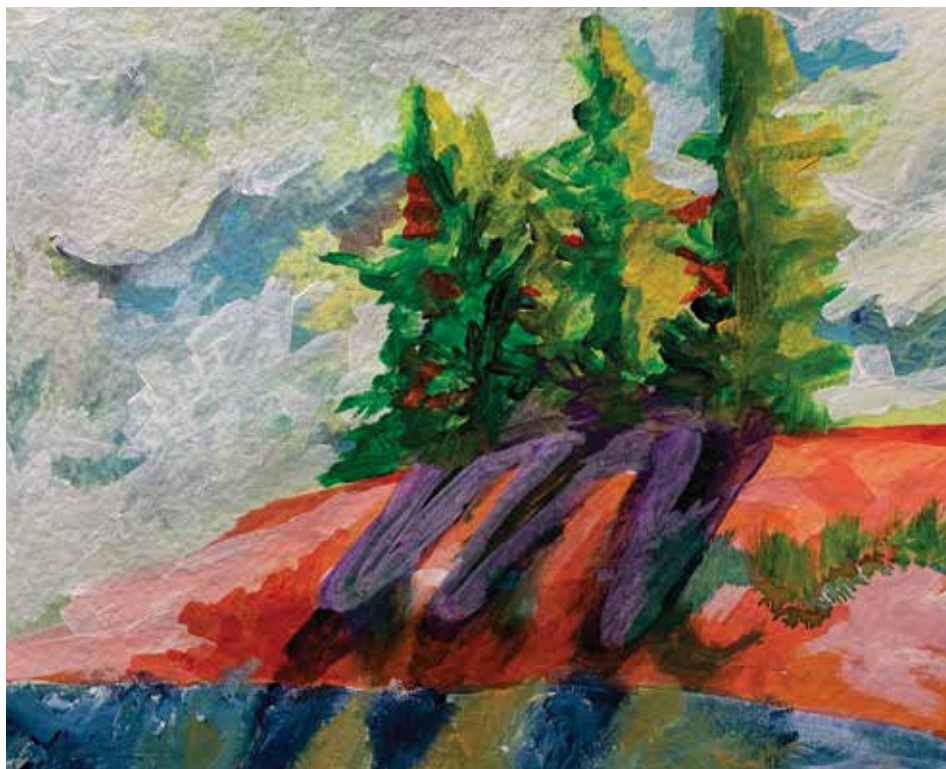
in common areas like the dining room and café and will soon be displaying their residents’ artworks. “The people who live there really enjoy seeing what their fellow residents are creating,” Fraser says. “That encouragement and doing the art with them is gratifying.”

Fraser also seems to be doing a lot more art for herself these days. Currently, she is preparing for two art shows. “I

recently recognized that I am recording/documenting important people, animals, places, and destinations in my life... these days, for my personal records. But I often get to sell images in the format of paintings.”

Because of Fraser’s access to nature—years of canoeing in Algonquin Park and memorable trips to family cottages throughout her life—Georgian Bay rock

Continued on Page 27



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: The opportunity to view the familiar from a new perspective is always a gift. I frequently paddle the Rideau River in my canoe and habitually avoid the busy Canal. But after having recently acquired a smaller, light-weight kayak, I found myself open to the prospect of a more urban paddling experience. Taking

advantage of a Sunday evening, pre-boating season, I was struck by the view of the now-vacant Royal Oak (and short-lived Gray Jay) which, on a beautiful evening such as this, would have been a bustling hub in years gone by.

Bobbing in the Canal from across the water, tracing the steps leading up the

hill, the building has an almost stately appearance. Having left my sketching kit at home, I took some reference photos and made some mental notes. I had started sketching what was once our neighborhood's only pub from the south-east corner of

Pretoria Bridge the day before, but was thwarted by rain, so I was pleased to record this image of the iconic landmark from a fresh point of view.



OOE artist Bess Fraser

Continued from Page 26

has had a profound influence on her painting. "As a young adult, I would quietly paint at a family place, inspired by the landscape," she says. "Now, my own family has access to a 'cottage dream' we are working on, and I am lucky to get to go there. This summer, I have a contract to do landscaping at a nearby marina, and for the rest of the time, I will paint." Fraser likens this working/painting arrangement to going on a retreat for the summer.

"Our place is located across the water from Killbear Park," Fraser says. "My focus right now is on Georgian Bay landscapes. In fact, I am obsessed with them! I'm doing oil, acrylic,

and mixed media paintings. I will be submitting five or more pieces to an online show in Pointe au Baril <https://ojibwayclubartshow.com/>. The online show goes from August 10 to August 13. There will be a ton of dazzling artworks by a number of different artists on display."

Fraser will also be participating in "A Walk of Art," the 4th Annual Old Ottawa East outdoor art show presented by *The Mainstreeter* and scheduled for Saturday, September 23rd.

Her work can be viewed on Instagram @northern_bessyart.



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OPINION

How Zane Shepherd introduced Old Ottawa East to his housemates through Tim Hunt's urban sketches

TANIS BROWNING-SHELP

As *The Mainstreeter's* Art Beat Editor, I was part of a small team involved in getting Tim Hunt's Old Ottawa East 2023/2024 Calendar produced. The calendar features Tim's fantastic urban sketches of buildings and other scenes from around our neighbourhood, most of which were published in *The Mainstreeter* as part of Tim's "Main Street Sketches" column. Since the new year began, I have enjoyed reading stories in *The Mainstreeter* about how Tim's calendar has touched peoples' lives and revived old memories. Recently, I learned of another such story, this time from a young community member's perspective.

Twenty-one-year-old Zane Shepherd moved to Old Ottawa East (OOE) at age two along with his older sister Keili, his mom, Jennifer Shepherd, and his dad, Colin Rennie. The kids grew up living on Drummond Street. Zane is now a mechanical engineering student at uOttawa living on Hawthorne Avenue with two fellow engineering students—Muiz Mustafa and Samuel Tan. All three of them just completed their third year of the mechanical engineering program.

Zane's mom Jen wanted to give both her kids a Tim Hunt calendar for Christmas, but by the time she got to Singing Pebble Books it had already sold out. Since I am a family friend and had helped with the calendar project, I was able to give Jen a prototype of the calendar, an earlier version with a spiral binding, to give to Zane shortly after Christmas.

Initially, the calendar served purely a practical purpose for Zane's household. "We genuinely needed a calendar in the house for scheduling things, especially house cleaning!" Zane says chuckling. "But later, I realized that many of the sketches were of places we walk past every day. They pointed to one sketch and exclaimed: 'We've been to that pizza place!'" Soon after that, Zane and his housemates began identifying the places Tim has captured and included in the calendar.

Muiz is originally from Nigeria. He moved to Toronto when he was seven and came to Ottawa to attend university. Samuel is from Toronto. "I soon realized

that using the sketches in the calendar, I could introduce Muiz and Samuel to the cool parts of our neighbourhood," Zane says. "I remember flipping through the calendar and showing them the Brantwood Park field house and telling them about how I used to work there and about the Brantwood Park rink and how people pitch in to flood it. The calendar has started up conversations about the neighbourhood and it makes me realize that I'm a part of the neighbourhood."

Over the years, Zane has participated in the Main Farmers Market Photographic Challenge; he has volunteered at The Main Event and for the Community Activity Group's (CAG) after-school programs and summer camps; he has worked for the same programs/camps; he has coached CAG's Learn to Play Soccer program; and he has taught skating through CAG. He has also flooded the rink at Brantwood Park and even won "Hoser of the Year" in 2019.

In my role as Art Beat Editor, it is lovely to see a local artist inspiring a young, long-time resident of OOE to truly feel a part of his neighbourhood and take pride in both his neighbourhood and his own part within it. It also feels great, as a resident of OOE, to learn more about our extraordinary young people in *The Mainstreeter*.



ZANE SHEPHERD PHOTO

Zane Shepherd (right) and one of this housemates, Muiz Mustafa, pose in front of The Emporium furniture store with Tim Hunt's urban sketch. Housemate Samuel Tam, not pictured, is working in Montreal this summer. The young engineering students have been curious about the store and whether or not they might find something for their household inside.

Limited access to Canal Parkways for active use

MAINSTREETER STAFF

From July 1 to September 5, Queen Elizabeth Driveway from Fifth Avenue to Somerset Street will be reserved from 8 am to 8 pm for active use, instead of being open 24 hours a day as it was last year. Colonel By Drive will not be closed to vehicle traffic this summer unless there is a special event.

In early May, CTV reported that the National Capital Commission (NCC) is considering closing the Queen Elizabeth Driveway to cars permanently, but the NCC says it hasn't made a final call. At the City's Finance and Corporate Services Committee, Mark Goudie, CEO of the Ottawa Sports and Entertainment Group, said he understands that next year the NCC plans to close the Driveway to vehicles all the way to Preston Street near Dow's Lake. He went on to call the plans a "big area of concern" for TD Place and Lansdowne.

The NCC reports that "Last year, there were over 100,000 visits during the Driveway's active use program from people experiencing the Rideau Canal car-free, in a fun and environmentally friendly way."

Asked if e-scooters may be used on the parkway pathways, the NCC responded, "The concept of active mobility is based on the principle that the uses authorized on pathways or parkways must be propelled by the human and not an engine. However, the propulsion can be supported by an electric battery. The electric kick-style scooter (e-scooter) does not require any propulsion activity from the user, therefore its use is not permitted."

POLITICAL PAGES

SHAWN MENARD COUNCILLOR, CAPITAL WARD

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LOOKING FOR A BETTER SOLUTION TO MANAGE GARBAGE

This June, Ottawa City Council is considering changing curbside garbage collection to a partial pay-as-you-throw program in an effort to reduce unnecessary waste going to landfill and to increase participation in the recycling and Green Bin programs. Should Council approve this policy, households receiving curbside garbage collection could set out, on average, two garbage items every two weeks at no additional cost besides the solid waste fee on their property tax bill, beginning in Spring 2024. An item could be considered one 140L garbage bin, a bulky item such as a mattress, or a standard size garbage bag, allowing for multiple bags to be placed in a bin. If households exceed the allowed amount of garbage, they will have the option of purchasing extra bag allowance tags for \$3 each, which represents cost recovery for disposing of one bag. Currently, three out of every four households are already putting out fewer than two garbage items on average.

The proposed change is part of a larger process to develop a new Solid Waste Master Plan, motivated in part by the fact that the Trail Road Landfill is projected to

reach capacity in the next 15 years. Currently, 58% of what residents place in their trash could be diverted to compost or recycling. Under the proposed program there would continue to be no limit to how much residents can set out through curbside recycling and green bins. Over 132 cities across Ontario, and more across Canada including Gatineau, Kingston, Edmonton, and Toronto have implemented partial-pay-as-you-throw. City staff predict that the program will reduce garbage tonnage by up to 19 per cent per capita in year one and up to 28 per cent in year five and increase the curbside waste diversion rate by up to six per cent.

The City is also looking at long term options for waste disposal ranging from siting a new landfill to thermal options like incineration. However, both options will cost in the range of \$300-\$450M and will take 10-15 years to site, construct, and operate. This is why short-term solutions like changes to curbside collection are so critical. By better utilizing these programs, we can avoid more costly options for taxpayers – a key concern and a priority I share, along with provisions for income-based equity considerations.

A Better Lansdowne

In May, our office launched a new website, www.betterlansdowne.ca, dedicated to creating a better vision for the future of Lansdowne Park.

The City has been holding public consultations on the “Lansdowne 2.0” proposal—which, in its current format would see the creation of 1200 new residential units added in three 35- to 40-storey towers, a loss of 58,000 square feet of public greenspace, and the addition of 740 new parking spaces...and all for the price of over \$330M of City money.

We think there can be a better plan for Lansdowne—something better for our community and for our City. Check out the website to read about the proposals for Lansdowne, sign the petition and check the Events calendar for more opportunities to get involved.

And, of course, you can always send your thoughts to us at CapitalWard@ottawa.ca. We'll make sure your feedback is seen by City officials.

So, please, make your voice heard on this issue. Together, we can create *A Better Lansdowne*.

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COMMUNITY SAFETY REQUIRES PUBLIC INVESTMENTS

A few weeks ago I asked for some insight from neighbours about how we keep each other safe.

They wrote back and shared deep concerns.

Many acknowledged the extent of suffering in our city. A brief walk anywhere downtown demonstrates this. We're facing a housing and homelessness crisis, an opioid crisis, and a mental health crisis.

This leads to behaviours and interactions that make people feel unsafe. One person wrote to tell me of a friend who was assaulted outside a coffee shop and suffered several injuries (including a major facial fracture).

That made me think about the tragic loss of Carl Reinboth in 2021, a street outreach worker at the Somerset West Community Health Centre (CWCHC), who was stabbed by a man in psychosis. Even today, Carl's colleagues still feel his absence.

But what do we do about this? That's the debate I wanted to have in the Legislature, and there was a moment when we found common ground.

MPP Stephen Crawford proposed a motion calling for the "certification of addiction peer support specialists." In debate, he insisted his intent was to encourage people with lived experience of addictions to devote themselves to peer support work, but in a regulated framework that drew on best practices and high standards.

I recommended the government not require academic credentials for addiction peer support specialists. I noted the SWCHC's Drug Overdose Prevention Program (DOPE), staffed by peer support workers, that is available to help from 5pm-11pm, Monday to Friday, and over the weekends.

I also recalled the insights of Bobby Jamison, one of Ottawa's foremost voices for harm reduction. He asked me to tell his story, and this is what I said:

"What Bobby tells me is that when he had his own journey ... it wasn't from addiction to sobriety. He often says that the opposite of addiction is not sobriety; it's connection to yourself and connection to your community and discovering what makes you get up in the morning and want to put one foot in front of the other and do something with your life. That's what Bobby said."

"His first overture into wellness was \$20 and pizza at the Somerset West Community Health Centre, where he was brought into a room with harm reduction workers to talk about why he was living with the trauma of the St. Joseph's Residential School in the Thunder Bay area, and how that school had hurt him at such a deep and visceral level that he was self-medicating through drug use."

"When he found his way out through spirituality, through connection with neighbours, through connection with other folks who were struggling with addiction, it wasn't just an investment in saving one person's life, Bobby has gone on to save dozens, I think probably hundreds of lives in our community."

Since its inception in 2019, the DOPE program has hired Bobby and other addictions peer support workers and earned impressive results. They have had over 31,000 engagements with neighbours, 84% of whom said they gained knowledge and skills to help with substance use.

This is what community safety looks like, but it requires public investments. Let me know what you think. I'll read every word you send.

YASIR NAQVI MP, OTTAWA CENTRE

EMAIL: YASIR.NAQVI@PARL.GC.CA
PHONE: 613-946-8682
COMMUNITY OFFICE:
404 - 1066 SOMERSET STREET WEST



PLANTING MORE TREES IN OUR COMMUNITY AND ENJOYING ACTIVE TRANSPORTATION

I hope you are enjoying the warm weather and taking advantage of Ottawa's active transportation network. Opportunities to walk, run, bike, and roll are key parts to creating healthier, safer, and more environmentally sustainable communities. This summer, Ottawa will see the grand opening of the new Chief William Commanda Bridge, made possible by an \$8.6 million investment by the Government of Canada, that will connect cyclists and pedestrians across the Ottawa River between Ottawa and Gatineau.

The NCC Weekend Bikedays are happening all summer long, encouraging residents to use our existing parkways to get around without their cars. These initiatives build on Ottawa's growing active transportation network, which includes new paths across LeBreton Flats, the iconic Flora Footbridge and quite possibly in the near future, a fully pedestrianized Wellington Street. I encourage you to get outside and enjoy the nice weather by choosing to bike to work, walk to the grocery store or go for a stroll. You can find routes, maps and more information at City of Ottawa and National Capital Commission websites.

Summer is also a great time to plant more trees. Increasing our urban tree canopy is an important part of our work to make Ottawa the greenest capital in the world. Tree cover works as natural climate control by cooling temperatures during hot summer months, storing carbon dioxide and contributing to our natural biodiversity. Planting two billion trees over a decade is a crucial part of Canada's climate plan. Last year's summer update reported that approximately 29 million trees were planted across the country, amounting to about 97 percent of the 2021 season's planting projection. More details to come later this summer on planting numbers from the 2022 planting season.

We have started a local initiative to plant more trees in Ottawa Centre to help restore our urban tree canopy. Last month, I was happy to partner with Community Associations for Sustainable Environment (CAFES Ottawa), Forests Ontario and Forêt Capitale Forest to launch a pilot tree planting program for our community. We gave out free trees to residents over Mother's Day weekend, along with instructions on how to care for their tree for years to come! Additionally, we hosted a community tree planting event for the whole family to enjoy. Together we have planted more than 120 trees in our community!

As always, my team and I are here to help. Let us know what issues are important to you, and how we can better support you and our community.

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- You are interested in volunteering to help us organize A Walk of Art 2023
- You are a business owner who supports local art and would like sponsorship information
- You are a community member who wants more information about A Walk of Art 2023

Russian invasion targets Ukraine's cultural identity

Hnatyshyn Foundation fundraiser concert to provide a lifeline to beleaguered Ukrainian performing artists

MARIANNE BROWN

More than 1,373 cultural institutions have been destroyed or damaged in Ukraine since the war with Russia began, including museums, philharmonics, and art schools according to Ukraine's Deputy Minister of Culture Galyna Grygorenko.

Yuliya Kovaliv, Ukrainian Ambassador to Canada has noted, "Ukrainian culture and historical heritage are among the targets of Russia's brutal invasion. Destroyed museums, libraries and historical heritage are among the attempts to erase Ukrainian cultural identity."

An arts organization in Ottawa is raising funds to help. The Hnatyshyn Foundation, just across Pretoria Bridge, was established 20 years ago by former Governor General, the late Right Honourable Ramon John Hnatyshyn. Since its inception, the Foundation has supported Canadian artists through over \$4 Million in grants, awards, and residencies. Recently, it established a fund of \$200K for Ukrainian and Ukrainian-Canadian performing artists: ten awards of \$10K were given to Ukrainians and ten to Canadians of Ukrainian heritage across Canada.

On June 25th The Hnatyshyn Foundation is hosting a concert. All funds raised will help restore or rebuild an arts facility in Ukraine.

**Date: Sunday, June 25th, 2023,
6:00 p.m.-10:00 p.m.
Location: Carleton Dominion-
Chalmers Centre,
355 Cooper Street
Tickets, Program, and
Donations: www.rjhfgala.com**

"There is one submission from Ukraine, a violinist who is playing the violin in ruins, in front of a school that has been demolished by the war. You can't help but be affected by something like that. He's one of our recipients (...) and we think he's quite outstanding," said Gerda Hnatyshyn, CC, President of the Foundation. "In the darkest of times, art can be uplifting. And I see that in the results of our work."



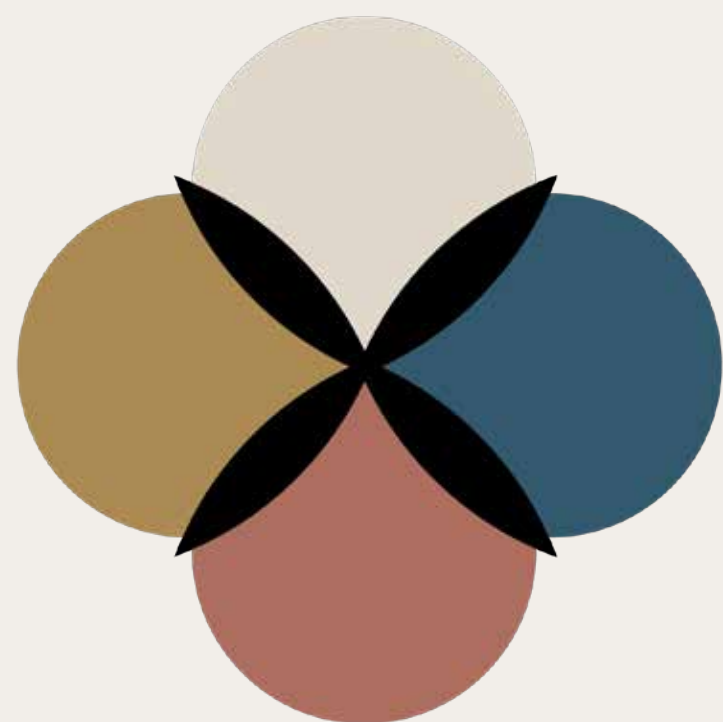
SUPPLIED PHOTO

Hnatyshyn Foundation laureate Illia Bondarenko (b. 2001) performs Piece for Illia, composed by the late Ryuichi Sakamoto, in the rubble of a school destroyed by Russian missiles in Zhytomyr.

Borys Ostapienko, of Toronto, will perform an original piece on the bandura, a traditional Ukrainian instrument. "With this grant, we're preserving history, heritage, culture," said Ostapienko. "We don't know how many of these instruments we're going to save. You need to have the arts."

Nine award-winners from Canada, one juror – Anya Nesvitaylo, first soloist for Les Grands Ballets in Montreal – and, if all goes well with visas, an EDM band from Kyiv, will perform. Afterwards, guests will be invited for a reception and silent auction, featuring items gifted by artists such as acclaimed photographer Edward Burtynsky and by several local businesses and organizations: the National Gallery of Canada, the Ottawa Art Gallery, the Ottawa Jazz Festival, Chef's Paradise, Gray Line Ottawa, Jacobson's, and Black Tartan Kitchen, to name a few! Folks who can't attend but would like to contribute are encouraged to donate or gift a ticket to a Ukrainian newcomer living in Ottawa.

Marianne Brown is the Interim Director of The Hnatyshyn Foundation and a proud resident of Old Ottawa East. She can be reached at (613) 233-0108 or director@rjhfgala.com



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FAITH

At Church of the Ascension

Compline Service: An invitation to pause, reflect and restore

MEGHAN KITT

The compline service at the Church of the Ascension began in Spring 2022 when Old Ottawa East resident Kate Jordan was seeking a contemplative practice to participate in and decided to start one at the local Anglican church. “I wanted a space that allowed for reflection and contemplation and quiet, without asking me to produce anything. A place where you could just come and be.”

Compline, or “night prayer,” is a service to mark the end of the day and the beginning of silence through the night. It has its roots in medieval monastic communities that would pray together several times each day. For Jordan, compline is all about building community and being together.

“What I like most about compline is that the music and the pattern of the service is very old. It has sustained communities through famine and plague and disaster, and also joy and wonder and delight. It connects you with all of the people who have sung or heard those words before. You see yourself as being part of a whole that extends far beyond the limits of the church and the limits of time. It’s very sustaining in that way,” Jordan shared.

Charlie Scromeda, who has been attending Ascension for a year, agrees. “Compline uses ancient liturgy: it does really feel like a connection with the older church through the centuries while still feeling very relevant. A lot of the hopes and fears we talk about at compline are the ones we talk about today. We still want to be protected through the night; we want to be protected from sickness and sorrow; we still want peace and a quiet rest.”

Danaya Kotyk had no idea what compline was when she first started attending the weekly services. What drew her was the

community: “What I found was something that was very satisfying and meditative,” she says. “We are surrounded by parts of life that always push us to go; there’s not much that invites us to pause, to reflect, and to hold silence.” That, for Kotyk, is the hardest part of the service. “Silence is a really challenging thing. We don’t have a lot of practice with it. But the more you sit with it, the more you practice it, the more you realise how special it is.”

That silence is what drew Sarah, a recent attendee of the services. She was looking for a place for contemplation, following recent upheavals in her life. “I’m retired, I’m tired,” she explains. “It’s really easy to accept this tiny little life, but I realise that I’ve shrunk down because of the lockdowns, and I haven’t expanded back out again. I can feel it. You have to get out there and be with others—be real people doing real things. This just feels so restorative.”

For Scromeda, the reason lies in the trust among attendees. “It’s a reset at the start of the week, an intimate space where I can just relax and be centred,” he says. The service is preceded by a social hour with tea, an antidote to the isolation that attendees agree has been hard to completely shake since the COVID-19 lockdowns.

For Kotyk, the social hour is just as important as the ensuing prayer. “The social is spiritual,” she affirms. “Connection is what helps us look beyond ourselves; it’s where we transcend the self.”



The compline service is held at 8:30 p.m. on Mondays at the Church of the Ascension (253 Echo Drive), with a social hour at 7:30.

More information can be found at churchoftheascension.ca. All are welcome.



SUPPLIED PHOTO

A social hour that precedes each compline service helps to address feelings of isolation that linger from the COVID lockdowns.

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ECLECTIC EVENTS

June 17th: 8:30 am Kids 1K; 9:00 am Youth 5K

2023 SATURDAY 5K & KIDS 1K SERIES, Run Ottawa in support of Immigrant Women's Services Ottawa, Central Experimental Farm.

The popular series of runs and walks for youngsters 18 and under is back this year with a series of runs scheduled between June 17th and September 30th.

The Kids 1K run is for youngsters up to and including 12, and the Youth 5K is for youngsters ages 18 and under. Adults can also participate in the 5K run. Registration is free for all Run Ottawa 2023 members. For non-members, Adult 5K fee is \$10.00 in advance and \$15 cash only on run day.

50% of all registration fees go



directly to Immigrant Women's Services Ottawa. Please consider topping up your donation online or onsite for this local charity.

Runners can register for the event and for other runs in the series at https://raceroster.com/series/2023/67301/saturday-5k-and-kids-1k-series?locale=en_CA.

**June 7th to August 27th
Wednesdays and Sundays at 2pm**

**FREE MUSIC FESTIVAL:
THE OTTAWA BAGELSHOP
MUSICFEST, 1321 Wellington
Street West**

The Ottawa Bagelshop and Deli is holding a 3-month-long, free to attend music festival this summer at its Wellington Street West location. The Musicfest will host 48 local solo music artists from all over Ottawa and Gatineau.

Liliana Piazza, owner of The Ottawa Bagelshop and herself a professional singer during her 20s, began the festival to showcase local talent. "There is a lot of incredible support for bands and larger acts but there really isn't anything

for smaller solo artists who are doing just as well. With things re-opening now we wanted to put a spotlight on all of this incredible local talent that is emerging from Ottawa; their homes and on social media through the pandemic."

Artists performing at the Musicfest include Steph La Rochelle (Dear Evan Hansen), Popular Twitch Streamer Melissa Lamm, Charles Cleyn (Berlin Music Video Award Winner), Lazzy Lung (named one of top 3 unsigned acts by Rolling Stone ME), and Miss Mcleod (performed at the Apollo Theater).

Seating is limited. Visit the Ottawa Bagelshop's Instagram and Facebook pages for updates as the festival progresses.



June 21st: welcome reception 6:15 pm; program 7:00-9:30 pm

STORIES AT THE SOLSTICE: A CELEBRATION OF SUMMER IN STORY AND SONG, One World Grannies, First Unitarian Congregation, 30 Cleary Avenue.

The One World Grannies group hosts a popular storytelling fundraiser every June, at the Solstice, on the first day of summer. After being held for many years in leafy Ottawa gardens, threats of rain (and an actual soaking) have led the Grannies to host an indoor event this year.

Stories at the Solstice features tellers "Beaver Woman" Louise Profeit-LeBlanc of the Yukon N'yaq Dun First Nation, Mary Wiggin, master of folk and fairy tale, and Nigerian Canadian Uchechi Ogbonna. The Three Rivers Choir, Sheila Green and Thomas McKegney will add musical pleasure to the evening. In addition to stories and music, guests will enjoy canapes, desserts and a chance to win one of several door prizes.

The One World Grannies together with Granny groups across the region and the country are dedicated to working in solidarity with the grandmothers and their families in sub-Saharan Africa who remain strongly affected by the devastation of HIV and AIDS, as well as the recent pandemic, drought and food insecurity. Fundraising efforts give sustaining support through the Stephen Lewis Foundation's work with partner organizations at the community level.

Your evening's enjoyment will help support children, young people and grandmothers affected and infected by HIV and AIDS.

Dianne Breton is a regular at Stories events. "This is a launch into summer, and I never miss it. Every Stories evening has its magical moments and lots of fun."

Tickets: \$30, available on Eventbrite or by reservation at 613-864-6442

May 25th - Fall 2024

**MONEY IN 10 QUESTIONS:
KIDS EDITION,
Bank of Canada, Bank of
Canada Museum, 30 Bank Street**

The Bank of Canada Museum invites children to visit a new exhibition inspired by questions they have about money. Money in 10 Questions: Kids Edition is a play-based experience that helps children understand money and how to handle it. The exhibit includes special activities for families during the first two weekends in June.

"We believe an early introduction to financial literacy is essential to a child's education," says Stacy Wakeford, Director of the Bank of Canada Museum. "Even at a young age, kids can understand economic subjects like compound interest or the value of labour. They are curious and have unique perspectives."

In 2020, the Museum asked kids

what they wanted to know about money. More than 800 questions flooded in from across the country, and the Museum answered them all. Money in 10 Questions: Kids Edition is built around 10 of these questions, such as "Why do you have to work for money?" and "Can money be dinosaur bones?"

Highlights of the exhibition experience include the following:

- Can you save a million dollars? Learn about the magic of compound interest.
- Discover some surprising forms of money. Touch them; some of them are furry.
- Meet a kid entrepreneur and find ways to make your own money.
- Exclusive to the Ottawa showing: some cool artifacts that answer 10 more questions kids had about currency and its history.

Admission to the Museum is always free.



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Compounding 101



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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.

Most compounded products are medicines and, as such, require a prescription. You should discuss your options with your doctor. A compounding pharmacist will work hand-in-hand with your doctor to develop a solution that is right for your particular needs.

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