

# MAINSTREETER

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

APRIL | AVRIL 2023



## Remembering Matier's

*Barbara Rockburn returns with her memories of the Old Ottawa East commercial establishments of the 1950s and 60s.*

Pages 4 & 5

## Concern grows over Echo Drive closure plans

*Things heat up as all three elected reps of affected communities voice their displeasure with provincial Canal bridge replacement plans.*

Pages 8

## Business Beat

*We examine four of Old Ottawa East's businesses, two of them well known, two of them hidden gems!*

Pages 19 to 22



Demonstration of solidarity marks 1st year anniversary of Russia's invasion

## Old Ottawa East residents among throngs at Flora Footbridge flash mob event to protest war in Ukraine



EMBASSY OF UKRAINE IN CANADA PHOTO

Hundreds of Ukraine sympathizers gathered on the Flora Footbridge on February 20th for a flash mob to mark the upcoming first anniversary of Russia's invasion of the Ukraine and to support the resilience of the Ukrainian people, including many newcomers in Canada taking safe refuge from the horrors of war. More photos of the event, at which Governor General Mary Simon was joined by diplomats from many nations, can be found at page 2.

### Lansdowne 2.0

## Whatever happened to the promise of public consultation?

ALEXANDRA GRUCA-MACAULAY

City of Ottawa staff are charging ahead with Lansdowne 2.0 once again. As reported in the June 2022 issue of *The Mainstreeter*, the City's proposed plan to rescue the financial sustainability of its partnership with the Ottawa Sports and Entertainment Group (OSEG) involves a new expensive construction project at Lansdowne. Despite public assurances by then Mayor Jim Watson and City staff that

the approvals of the Lansdowne 2.0 report last June were only intended as a "check-in" with Council to be followed by robust public consultation before any decisions are made, staff are now moving forward with the 2.0 plan and intend to ask the City's Finance and Corporate Services Committee for final approval in early July. Although the City had already spent \$173M on revitalizing Lansdowne just ten years ago, its partners are dissatisfied with

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## ***A sea of blue and yellow - and red!***

Drawn on short notice, crowds jammed Flora Footbridge to demonstrate support for the people of Ukraine and listen to speeches about the heroism of the country and its people. The collective mood of the assemblage, including many Old Ottawa East residents, was sombre but upbeat as Canadians and Ukrainians joined together to protest the unprovoked invasion by Russia.

2



1. Draped in flags, the crowd packed the narrow footbridge.
2. Newcomers to Canada Natalia Sakhno and Yana Korzh huddle under the giant flag of Ukraine.
3. Governor General Mary Simon speaks to Ukrainian Embassy officials after addressing the crowd.
4. The spirit of cooperation between Canada and Ukraine was well-symbolized by the joint Canada-Ukraine flag.
5. The deep blue skies of an Ottawa winter made a perfect backdrop for the many pro-Ukraine banners and flags flapping in the breeze.
6. The giant Ukraine flag was unfurled following the speeches, tying together the many supporters of the country's struggle to return to peaceful times and to reunite families scattered by the invasion.

3



4



5



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THERESA WALLACE PHOTOS

**LEFT:** The Sagrada Familia Church on Glenora Street serves Spanish-speaking Catholics living in Ottawa. **ABOVE:** Father Ricardo Quinones, who became pastor of Sagrada Familia in 2019, says that the church bells remind him of the countryside and of olden times.

### *The bells on Glenora Street*

# An invitation to slow down and listen

## THERESA WALLACE

From the days before we had watches or cellphones, from a past when whole families in their best clothes walked together on Sunday mornings in response to the call of the bells, there is a tradition in Old Ottawa East that feels deeply rooted in history and lasts through the efforts of a church on Glenora Street.

Every day of the week, a recording of church bells is played through speakers in the belltower of Sagrada Familia Parish near the corner of Herridge and Glenora streets. The bells can be heard around noon and 6 p.m., at other times as part of the call to Mass, as well as on special occasions in the Church calendar.

There are messages in the bells. “There are different rings for a funeral, a wedding, or during Holy Week leading up to Easter Sunday, for example,” says Father Ricardo Quinones, pastor of Sagrada Familia, which serves Spanish-speaking Catholics from all over the world who live in Ottawa.

Alexandra Gruca-Macaulay and her husband Doug live within a block of the church and look out the back of their house onto Sagrada Familia’s stained-glass windows. “In past years, carols would play on the bells on Christmas Eve, and we would open our windows to hear a delightful addition to our family gathering.”

For some of the church’s neighbours, the bells are how they tell the time. “I

have enjoyed the bells since moving to Drummond Street in 1997,” says Fred Simpson. “I often imagine from bygone days that they would summon the town folks from the fields for mealtime at both noon and six in the evening. When I am shoveling snow or doing yardwork, the 6 p.m. bells are a nice way to be reminded that I need to go inside and help with dinner preparation.”

The church, originally named Sainte-Famille, was established in 1903 on what is now Oblate Avenue, so the bell is well over a century old. Echo Drive resident Viviane Villeneuve, a former parishioner of the church back when it was called Sainte-Famille, has been translating historical documents from French. She says that in a publication written by journalist Charles Bruyère, she learned the bell was made at the Paccard Bell Foundry in La Savoie, France. She says, “It weighs 1200 pounds and was costed at approximately \$500. When the bell is rung its tone resonates in ‘G’ major.”

In 1958, a crane carried the bell from its former home on Oblate Ave to the church’s new location at the corner of Glenora and Herridge. Several decades ago, at a time when Spanish-speaking parishioners outnumbered French-speaking parishioners, Sainte-Famille became Sagrada Familia. (More history of this church, and others in the neighbourhood, can also be found on Rick Wallace’s history website at [history.ottawaeast.ca](http://history.ottawaeast.ca).)

Father Ricardo, who lives in the church

rectory, says it is not practical for the bells to be rung manually. “Someone would have to climb into the narrow belltower several times a day, and it’s a small space,” he says. “Still, the bells remind me very much of the countryside and olden times. Now we have Facebook and websites and so on, but it is a tradition and a reminder always that this is a church.” Father Ricardo doesn’t mind that many of the residents of Old Ottawa East who compliment him on the bells are neither parishioners of his parish nor churchgoers.

Neighbour Suzanne Gagnon, who works at home, grew up in the Eastern Townships of Quebec surrounded by many churches with bells that rang every day. “For me, it reminds me of my childhood, and I look forward each day

to the ringing of the bells. It makes me happy knowing that everyone nearby is hearing the same sound at the same time. The bells are loud, and the fact that many people can hear them gives me a sense of community.



**Do you have a story associated with the bells of Sagrada Familia, or something special you would like to share about the bells at your own church? If so, please email the editor of *The Mainstreeter* at [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca). For more information on Sagrada Familia, please check out the church website at <http://www.sagradafamilia.ca/>.**

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## REFLECTIONS ON GROWING UP..

The Rockburns of Old Ottawa East

### A thick slice of life in Old Ottawa East in the 50s & 60s

*It was a simpler time back then, and for young Barbara Rockburn, life was an unending cavalcade of adventures. In her first installment in our February issue, she told readers about some of her adventures as a child growing up in Old Ottawa East. In this second and final installment, she paints a vivid picture of the bustling commercial scene in the community in the 50s and 60s. "Almost everything we needed could be found in the few square blocks bordered by Main and Drummond streets, and Hazel and Herridge streets..."*

#### BARBARA ROCKBURN

In the 1950s and 60s, [Old] Ottawa East residents didn't need to go to anonymous chain store grocers or franchised eateries; almost everything we needed could be found in the few square blocks bordered by Main and Drummond streets, and Hazel and Herridge streets, and supplied by our friends and neighbours.

When we lived at 172 Glenora Street, my sister and I were too young to be sent to Main Street on our own, but half a block down Glenora, at the corner of Herridge, there was a convenience store with a grill. In my earliest recollections it was called Maria's, later it was Fred's, or maybe vice versa. There you could get hotdogs, hamburgers or BLTs, or pick up a Jos Louis or an Eskimo Pie. Because the door was a good three or four feet higher than the sidewalk and facing neither Glenora nor Herridge but the corner itself, the biggest attraction for me was the steep rounded concrete steps rising up to the front door. Just to scale this work of art was an achievement for a four-year-old, and the prize was whatever I could buy for a nickel.

For special occasions when we craved something a little more exotic than cheeseburgers, we had to walk a bit farther – to the Main Garden Restaurant at the corner of Main and Evelyn Avenue. Their Canadianized Cantonese food was popular with the whole family – except for my Grandpa who always insisted rice wasn't meant for supper – it was for dessert (Grandma's rice pudding couldn't be beat). The Main Garden later became a favourite with the teenagers of the 70s when the proprietor offered a dozen egg rolls for a dollar. In later years, the restaurant was taken over by the former owner's relatives and renamed Peach Garden. When they eventually built a new restaurant in New Edinburgh, my family, and many other OOE residents, moved with them.

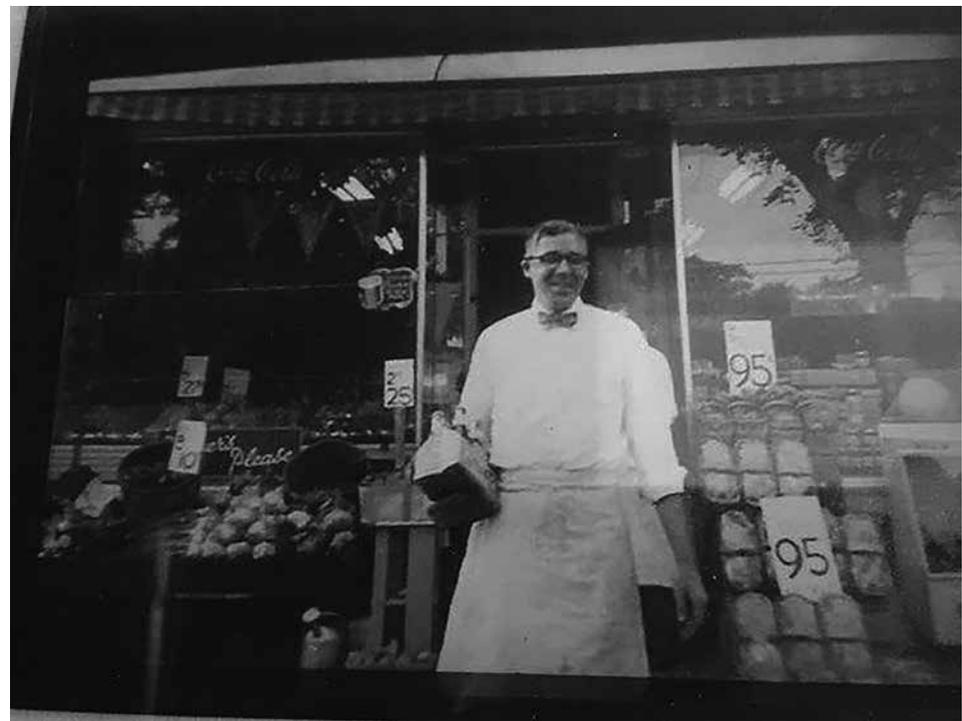
The Main Street strip of family-owned

and operated shops between Hazel and Herridge streets was the source for most of our retail needs. As I recall, from South to North, there was Matier's Confectionery; a barber shop complete with the spinning red, white and blue pole (this little girl was given a booster board straddled across the arms of the huge barbers' chair when I was brought there for my bowl cuts); the alley way (a great short cut for kids racing to Matier's); Noffke Press – a family-run printing shop; Mike's Luncheonette; and finally, Nelson Drugs, at the South West corner of Hazel and Main.

Des and Betty Matier (often fondly known as Bes and Detty), along with Des' folks, Jerry and Mabel, ran the shop that was the hub of the community (the current site of Singing Pebble Books). A popular meeting spot for young and old alike, local children came for the candies, teenagers came for their *Tiger Beat* and *Seventeen* magazines, smokers came for their cigars, cigarettes and Certs ("with a golden drop of Retsyn"), shutterbugs dropped off their film for processing, and everybody stopped by for their daily gossip. No lottery tickets though – gambling of any kind was illegal until the federal government okayed the sale of Olympic Lottery Tickets to help raise funds for the 1976 Olympic Games in Montreal. That opened the gambling floodgates that have led to today's legalized sports betting – not an activity that would have been condoned in Des Matier's day.

#### Game Day at Matier's

The Ottawa Rough Riders (predecessors to the Redblacks et al.) were entering their most successful years then – they would take three Grey Cups in the 60s. Des and Jerry were huge fans and aficionados of all things Riders, so before heading over to Lansdowne Park (now TD Place Stadium), they would hold court as the local lads gathered at Matier's to discuss the chances of their



SUPPLIED PHOTOS

**ABOVE:** Des Matier and his wife, Betty, ran the "hot spot" shop of the Main Street strip in the 1950s and 60s; **BELOW:** Among the favoured treats of the time were MelOrols, a packaged tube of ice cream that sat in specially designed "flatbed" cones.

boys winning the Cup. It got so that Des had no time on a game day to deal with a paying customer looking for their Export "A's" or half a pound of baloney and was forced to hire someone to help mind the store. That someone was my Mom. She would go on to hold more demanding jobs with more professional titles, but to my mind, she never held a cooler gig.

In the 60s, Matier's was the hot spot for the neighbourhood kids; it carried all the latest issues of all our favourite comic books from *Superman* to *Archie* to *Millie the Model*. To snack on while browsing we could choose from Cracker Jacks, penny candies, brightly coloured sugar dots on paper strips, sponge toffee, wax lips, licorice pipes, Cornets (mini cones filled with maple syrup and topped with a thick layer of maple sugar – delicious and sticky

whether you started from the bottom or the top), Koo Koo bars, Popsicles, five- or ten-cent chocolate bars, or chips that came in nickel or dime bags. No doubt by the 70s a few of those same kids were purchasing other treats in nickel and dime bags from much less reliable sources.

Matier's served up just about everything you might need on short notice: fresh cut deli meats; frosty cold bottled Cokes from the ice water chiller (ten cents each plus two cents deposit); flints for your Zippo lighter; the morning, afternoon, and evening editions of all three local papers (the Ottawa Journal, Ottawa Citizen, and Le Droit); and best of all — MelOrol ice cream cones.

*Continued on Page 5*



## ... IN OLD OTTAWA EAST IN THE 1950s & 60s

*Continued from Page 4*

MelOrols were a tasty bargain at ten cents apiece. They came in paper-wrapped tube-shaped portions that Mom would peel and fit into the wafer cones specially designed for them. As I recall, they were fun to eat and almost drip-proof by design, but they could never compare with the messy but “real” hand-scooped ice cream served up at Mike’s.

Mike and Sarah Makhoul were the proprietors of Mike’s at 198 Main Street (now The Green Door restaurant), a combination luncheonette/convenience store a few doors down from Matier’s. I have yet to taste a hamburger as good as Sarah’s. Or sipped a better milkshake. Mike and Sarah’s kids were around the same age as my sister, and she would often hang out with them after school while they were doing their homework at the lunch counter.

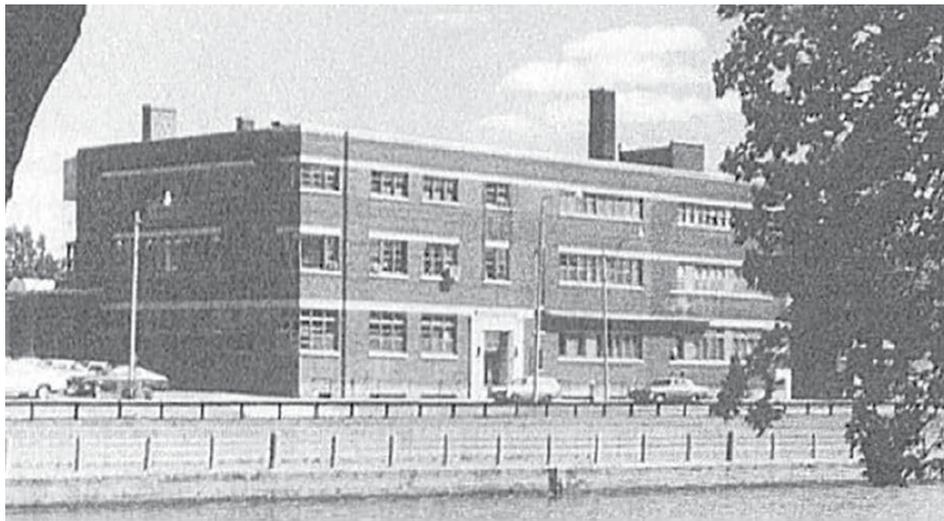
the bakery at 95 Echo Drive to pick up a couple of their sandwich loaves, which were thinly sliced lengthwise to order.

This was the secret behind Mom’s “fancy sandwiches” – tiny crustless dainties spread with peanut butter and rolled around a banana, maraschino cherries wrapped in pink cream cheese, or minced baloney and gherkins (hand-ground by Mom with a huge meat grinder clamped to the kitchen table) rolled around the straightest gherkins she could find in the Bick’s jar. Fancy spiral sandwiches were the perfect appetizers before birthday party Miracle Whip Cake.

### *Dueling butcher shops*

There were a couple of other stores in the neighbourhood that offered the fresh produce and protein the Main Street stores could not.

Pete Sinclair and Jimmy Craig had dueling greengrocer/butcher shops on



Aside from their grilled delights, in the 60s, Mike’s carried handy grocery items, their offerings often duplicating Matier’s, as each shop had their regulars. So you could find at either store staples like Kraft Dinner (11 cents a box), SPAM, KLIK and KAM, tinned vegetables, Hamburger Helper, boxed cake and pancake mixes, along with the usual necessities of the time – newspapers, smokes, soft drinks, chocolate bars, chips, and those new-fangled ball point pens in their space-age dispensers. By the time the 70s rolled around and we were living at 55 Hazel, our parents would sometimes send us over to Mike’s to pick up burgers and fries for a Friday night treat. Our hands were as greasy as the waxed paper bags by the time we got home, but you couldn’t ask for better -- or fresher -- fast food.

Of course, Morrison Lamothe’s 24 cent loaf of Donald Duck sliced white bread was always a big seller at both stores. My aunt tells the story of the day the delivery man stayed too long chatting in the shop for his horse’s patience, so the horse turned around and headed back to the bakery on his own. Morrison Lamothe was a favourite for its specialty products too, and every time one of our birthdays rolled around, Mom would walk up to

Herridge Street at opposite corners of Drummond. Jimmy had moved his flourishing business from Ottawa South and offered Pete some stiff competition. I distinctly recall a crisp, sunny Fall day in the 60s wading through the crunchy brown fallen leaves along Drummond Street, when both shops had pyramids of pumpkins, bushels of perfect apples, dozens of brown paper bags overflowing with peanuts in the shell, and a tidy collection of witch’s brooms standing out in the sunshine; their doors open wide, welcoming me in. Witch’s brooms (spirals of twigs, corn husks or straw) were still used by some homemakers to sweep their stoops, but this collection probably represented more of a nod to Halloween festivities than to actual domestic chores.

Pete’s shop was a magical transplant straight from Avonlea. The slick pine floors seemed to be specially designed for children to slide across, and their heavy blanket of sawdust gave the whole place the comforting aroma of freshly cut lumber. At the front end of the store were open crates of every fresh fruit and vegetable in season. Pint and quart sized wooden baskets were provided by the hanging weigh-scale, so you could buy just enough apples or peaches for tonight’s pie.



FORGOTTEN OTTAWA WEBSITE PHOTOS

**ABOVE: For the Ottawa Rough Riders, the 60s were a golden decade, and for the locals of Old Ottawa East across the Canal from Lansdowne Park, game day was a time to “tailgate” over at Matier’s on Main Street. BELOW LEFT: The sales outlet at the Morrison Lamothe bakery building on Echo Drive was the place to go to purchase fresh bread and cake products.**

At the back there was a side entrance off Herridge, which opened to the butcher shop, although it was all one large store. A huge wall-to-wall glass-fronted cooler held a collection of freshly trimmed roasts, steaks and chops; whole poultry and cured meats; a variety of organ meats (and that dastardly blood pudding); chicken breasts and thighs; and flats of fresh eggs.

Behind the case was Pete, always happy to see you, and always asking after the health of your granny or auntie. He had a massive butcher-block table to his right and a cavernous walk-in meat locker to his left. Whenever he opened the locker door to get a slab of beef, from which he’d grind your hamburger to order, you’d feel the chill waft over you, and for a brief moment you could see the sides of beef hanging there, waiting to be trimmed for the next customer.

Beyond the counter, but in clear view of the customer, was a large white fan-shaped scale, which he’d first line with brown butcher’s paper before weighing your pound of ground beef. He’d then pull on the loose end of twine that ran from the far end of the butchery through a series of steel loops screwed into the ceilings to where it dangled over the scale. A few quick folds, a few taut twists of twine, a loud snap as his calloused fingers broke it at just the right length, the price jotted down on the paper in grease pencil, and you were off to the check-out for another friendly chat while you counted out your cash.

By 1963, we had moved to 121 Glenora, and Mom had moved on to a new job with Nelson Drugs. Knowing her to be a reliable employee and popular with customers from her years at Matier’s, Cecil Shinder, the proprietor and pharmacist of Nelson Drugs, hired her on

to work in his establishment at 196 Main Street.

Nelson Drugs was a mainstay in Ottawa East. Mr. Shinder offered a full-service pharmacy in just two short aisles, selection of fancy boxed chocolates (in heart-shaped boxes come Valentine’s), greeting cards, home perms and hair dyes (“Does she, or doesn’t she?”), hot water bottles, and giant blue boxes of Kotex sanitary napkins that were secreted behind the counter and discreetly wrapped in brown paper and twine when purchased. All this and free delivery to boot.

In later years, Mr. Shinder took on a partner, another pharmacist named Seymour Klein, and together they purchased the long-vacant lot across Hazel and built the new structure at 192 Main that housed a huge new Nelson Drugs (now the home of Watson’s Pharmacy). The drug store was on the ground floor and there were doctor’s offices on the second floor and basement level. Mom, of course, stayed on, and now that we were living at 55 Hazel her walk to work was even shorter.

My parents lived on Hazel for over 30 years. My sister and I moved out and on with our own lives in the 70s, but 55 Hazel was always the place we called home. Over the years, Dad went on to own his own business and Mom studied hard and became a Medical Secretary. Just after the turn of the century they bought a place of their own, the last of the Rockburns to leave Ottawa East.

Although I have not lived in good Old Ottawa East – or good Old Ontario for that matter – for over 20 years, I still carry the memories of its people, streets, schools and stores with me wherever I go. And I always will.

## LETTERS TO THE EDITOR

### *That house on Harvey Street...*

As I turned the page of *The Mainstreeter* to 23, lo and behold, there was a sketch by Tim Hunt of my old friend's home on Harvey Street.

It took me back so vividly to the Great Depression. I was just a little girl then, and I would run from my home on Havelock Street over to Harvey Street to see if my friend Lois Simser could come out to play with me.

The Simser family lived in that house for many years. The oldest son was one of the very first persons to join up at the beginning of the Second World War. Mr. Simser was a very hard worker, taking care of his

large family as best he could. The older children all worked to help out. It was tough times back then.

Needless to say, Mrs. Simser worked just as hard keeping her brood in line and managing the household chores. I can still remember very vividly a daily wash hanging and blowing in the outside air - a full long line stretching all the way from the back porch to a big tree near the back of the property. No dryers in those days.

Another memory was of Mr. Simser and a small crew of men working in the large barn at the back of the property on a Saturday morning, making potato chips in large metal drums. I have no idea where all of those chips went after they were finished cooking. I never did find out. We were not allowed to go near that barn. Enough said.

For a large family, all of the Simsers were well mannered, kind and worked as soon as they were able. All thanks to a very stern mother. After all, it was the "Dirty 30s".

Thank you, Mr. Hunt, for your wonderful sketches that bring back many memories for this 95-year-old lady who grew up during the Great Depression in Old Ottawa East. Keep up the good work.

*Marjorie S. Carver (Ms.), Retiree,  
Queen Elizabeth Driveway*



### *Healthy Ageing in the Community*

Senior Watch Old Ottawa South (SWOOS) aims to help seniors age in place and continue to live independently. SWOOS is a committee within the Ottawa South Community Association and is forming a loose association of Age Friendly Communities in the core along with Heron Park and Alta Vista. SWOOS has received funding to print a Guide to Healthy Ageing in the Community, as well as a survey on the subject.

I am writing to *The Mainstreeter* because we would like as many people as possible to review our existing online guide, which will be updated as part of this project and form the basis of the printed

document. Please take a look and provide us with your comments on what's not clear and what might be missing. We would appreciate receiving this feedback by the end of April. The existing guide can be found online at:

<https://oldottawasouth.ca/swoos/itemlist/category/590-aging-in-place-in-old-ottawa-south>

Please send comments to [SWOOSadmin@oldottawasouth.ca](mailto:SWOOSadmin@oldottawasouth.ca).

*Carolyn Inch,  
Riverdale Avenue*

### *Contaminant concern*

I read with dismay the news that Colonel By Drive will be closed for two years for critically necessary repairs to the Queensway. If knocking down a couple of buildings was the other option, I am not sure why this was not chosen. I have been interested in people of late advocating to close the parkways to traffic without pondering the consequences.

We live in Brantwood Park. Over the decades, it has often been hard to get out or get into the neighbourhood by car due to traffic. People coming off the Smythe Street Bridge cut through the neighbourhood in an effort to get around just by a bit. That said, what does this mean for children and the elderly living in the area?

For some years, I taught a course in Environmental Chemistry oriented to the theory and practice of dealing with contaminants. The audience included a lot of environmental engineers and others who went on to do environmental consulting.

About air pollution there is much to say in terms of chemistry, variables, impact on, and, of vegetation, as well as health impacts.

We had looked at indoor and outdoor air pollution not far from the Rideau Canal in Ottawa and in more rural parts of Ottawa. Lacking major industries, the major pollution peaks were from traffic, reliably in the morning and evening rush hours. Levels inside the City were not so different than those outside. Because normally there is a high rate of people using rapid transit, these peaks were lower than in many cities. The biggest peak was on Saturday - what I called the shopping peak.

NO<sub>2</sub> is one of the important contaminants from modern cars and small trucks. Above tolerable concentrations, it is harmful to respiratory health. My students and I obtained results from a monitor set up by a road near Carleton University. The first question I would ask students is: "What is causing the peaks?". After a pause, students figured out this was because of a traffic light stopping the cars.

This is what I think of when I see a line of stopped cars on Main Street: a big peak.

*J. David Miller, PhD FAIHA  
Elliot Avenue*

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## OTHER USEFUL CONTACTS

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**Community Activities Group:** Call Old Town Hall at 613.627.0062 and leave a message for Lee Jacobs or email LeeJ@ottawaeastca.ca

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

**Old Town Hall & OOE Community Association:** Call and leave a message at 613.627.0062

## OPINION

### Climate change and the Rideau Canal Skateway

# Canal shutdown erodes the cultural fabric of our community

**PETER CROAL**

The Rideau Canal Skateway did not open this year due to warm weather induced by climate change. This marks the first time since the opening of the Skateway in 1971 that Ottawa citizens and visitors could not skate.

What are we losing as residents of the City of Ottawa and the Old Ottawa East (OOE) community because of this sad situation?

To answer this question, cast your mind and your gaze north to the Arctic regions of Canada. Much has been written about how the loss of dependable sea ice is eroding the cultural fabric of communities in Canada's North. Winter is the preferred season for the Innu and Inuit because it allows for long distance travel, connection to family and friends, food security and cultural identity. Dependable sea ice is key to health, happiness, and wellbeing for thousands in the Arctic.

With the closing of the Skateway this year due to poor ice conditions, residents and visitors who have come to enjoy skating the Canal have lost a great deal, similar to the Inuit and Innu. Canal skaters, for example, routinely bump into friends and family members, which allows for some wonderful and spontaneous social interaction. There are many people who happily use the Canal ice to skate to work. The Skateway is an excellent place for a first date to be celebrated with a Beavertail. For low-income individuals and families, the Skateway is an ideal and inexpensive way to have some fun, bond with family and get some exercise. And one cannot forget the sense of identity that the Skateway affords residents of Ottawa due to its title as the "Largest Skating Rink in the World".

How many times have we driven or walked by the Canal, seen skaters having fun and then say to ourselves: "The ice looks great. Lets go for a skate!"

The Skateway, like Arctic sea ice, is an anchor for our collective identity. Its temporary winter nature has a powerful influence on our ability to socialize, exercise, travel and have



PETER CROAL PHOTO

fun. The loss an Inuit traveller feels when looking out over an ocean that has not frozen is similar to a skater, skier or walker who looks at the vacant Skateway. Although separated by thousands of kilometres, the loss of ice joins us in the stark realization that climate change is taking hold and diminishing who we are.

Perhaps this winter closure of the Skateway will motivate OOE

residents, our fellow citizens and government officials to respond to Ottawa's Climate Emergency in a more robust way. If not, future generations will look out at the Rideau Canal and will be relegated to merely imagining the pure joy of skating on a sunny brisk winter day with friends and family.



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www.churchoftheascension.ca

*Community associations are leading the charge...*

# Elected representatives join growing opposition to MTO's plan for Rideau Canal bridge replacement

*Provincial scheme would see both Colonel By Drive and Queen Elizabeth Driveway shut down for 90 weeks and Old Ottawa East traffic diverted onto Hawthorne Avenue and Main Street*

## JOHN DANCE

All three primary elected representatives of local residents have voiced criticism of the Ministry of Transportation Ontario's (MTO) plan for replacing the Queensway bridge over the Rideau Canal. Furthermore, they are demanding better consultation than what the Ministry has managed so far.

In response to a letter from Old Ottawa East Community Association (OOECA) president Bob Gordon, Councillor Shawn Menard says, "[W]e are not supportive of the new plan that was recently proposed to close both driveways for pedestrians, bicyclists and drivers for almost two years during bridge construction. These closures would create serious disruptions and hardships for the nearby communities and for any residents visiting the area."

"I have been listening to our community about this issue and I'm hearing loud and clear that there are still many concerns that have not been considered by the MTO - particularly, the impacts the extensive detours will have on motorists, pedestrians, cyclists, and businesses in Old Ottawa East," Ottawa Centre MP Yasir Naqvi told *The Mainstreeter*. "I strongly believe that the MTO must come back to our community in good faith to remedy these outstanding concerns."

For his part, MPP Joel Harden is planning to meet with the MTO and Menard to seek a less disruptive plan and one that reflects better consultation with the affected communities. Community association representatives will also be invited to the meeting.

Terming the consultation process so far "a farce," Gordon noted that, "The environmental assessment consultation process began over five years ago but only this past November did communities learn of a significant change in the design and construction strategy, one in which MTO would be recommending such a lengthy period of detours."

"MTO's consultants on the project defend the new recommendation on

the grounds, among others, that it 'mitigates the permanent property impacts on 221 Echo Drive and 3/5 Hawthorne Avenue,'" Gordon wrote to local politicians. "However, at no point were residents and businesses asked whether the mitigation of impacts on two buildings would justify the two-year closures of the two Canal parkways."

In 2019, the MTO plan for

City staff endorse the new plan but were asked by *The Mainstreeter* what traffic studies had been done to determine the impacts the detour would have on Main-Hawthorne traffic. The City responded, "The MTO is the lead agency for the project to replace the Highway 417 bridge over the Rideau Canal... The City's role in this project is limited to reviewing and providing comments as the Ministry develops

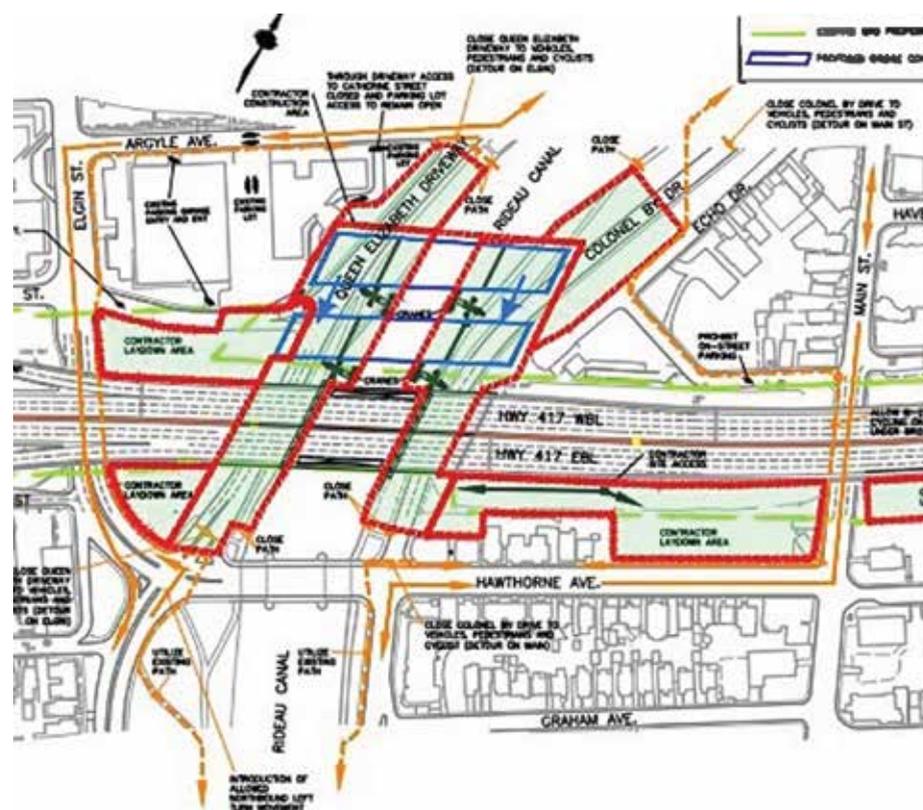
during critical construction periods, then why could not the same treatment be made for the community routes below?"

To this MTO responded, "The new bridges must be constructed on temporary piers and abutments (ends of the bridge) that will be in place for the duration of the construction period (90 weeks). The location of the temporary piers and abutments are in line with the permanent piers and abutments to facilitate the glide path from the temporary piers and abutments to the new substructure. The temporary piers are directly within the travel lanes of the two parkways, and they cannot be relocated. In addition, the temporary piers and abutments are one of the first construction activities and must be in place for the entire duration of the Rideau Canal construction phase."

As explained in previous articles in *The Mainstreeter*, the Queensway Canal bridge replacement project is part of MTO's lengthy plan to replace all of the 60-year-old bridges of the midtown and downtown sections of the Queensway. The Rideau Canal bridge is the most complicated bridge that needs replacement because of its length and location over the heritage-protected Canal.

Although no specific figures have been released, the cost estimate for replacing the Canal bridge was estimated to be \$400 million. In addition to replacing it, the bridges over Metcalfe, Elgin and Main streets will also be replaced. Timing for the project is not yet confirmed, however, the City's three-year Greenfield, Main, Hawthorne project will be completed beforehand.

One silver lining to the community pushing back on MTO's plans is that the Ministry has agreed to review the issue of noise barriers for the Queensway through Old Ottawa East. "This is another important issue for residents, and we will continue to work with the province to resolve it," says Menard.



MTO IMAGE

**To reconstruct the Queensway Canal bridge, MTO proposes to detour all Colonel By Drive traffic onto Main and Hawthorne for 90 weeks.**

reconstruction of the long, multi-lane bridge that goes over the Rideau Canal and its parkways and pathways, would have required the demolition of the two buildings at and near the northeast corner of Colonel By Drive and Hawthorne Avenue. However, the only substantial detour proposed at the time was simply to shift pedestrian and cycling traffic from the lower to the upper pathways along the Canal. Three years later, MTO presented its contentious "recommended" plan that required 90-week closures of the parkways and the pathways with their traffic being detoured on the Old Ottawa East side onto Hawthorne and Main Street and, on the west side, onto Elgin Street and Argyle Avenue.

traffic management plans that will minimize the impact to all users of the transportation network while ensuring the work to replace the bridge is done in a safe manner."

MTO was asked by *The Mainstreeter* if they had done any Main-Hawthorne traffic studies but two weeks after the question was asked the Ministry still had not responded.

Tom Scott, OOECA's Director of Transportation and Infrastructure, asked MTO "Why such a long period of continuous closure was required or what other alternatives were available?" And he noted, "If the roadway above can be closed for short periods only



JOHN DANCE PHOTO

The City of Ottawa proposes to demolish the GoodLife fitness facility and the row of adjoining commercial buildings constructed just nine years ago. This is part of the overall scheme to demolish the entire northside stands and the arena below, and then build new northside stands, three 40-storey towers and a separate entertainment centre to the east of the playing field.

# City's combined debt, OSEG guarantees under Lansdowne scheme may near \$500M

*Six community groups ask Mayor Sutcliffe for meaningful consultations before any final decisions are made*

*Continued from Page 1*

Lansdowne's financial performance to date. The Lansdowne 2.0 plan would involve the City spending a further \$332M, and much more as well for related infrastructure, soil remediation and a number of other uncoded items, and would require the tear down of the newly built retail space that houses GoodLife, as well as the Civic Centre and North side stadium stands. Construction would involve a new retail platform/podium, topped by 3 high-rise towers ranging from 29 to 40 storeys. The North side stands would be rebuilt, and a new arena and event centre would be moved under the hill (berm) that sits at the east end of the stadium. The City would fund its costs from a variety of sources, including \$239M of new debt. To help repay this debt, the City plans to syphon away 90% of the amount of property taxes assessed when the project is "good to go" from the new retail podium and towers and then divert these property taxes to debt repayment each year for 40 years – a scheme that the City has named "Property Tax Uplift."

If the project goes ahead, the City

would be exposed to about half a billion dollars in either direct or indirect debt repayment obligations. In 2013, the City took on \$154M in debt to help pay for "Lansdowne 1.0"—\$239M more is needed for 2.0. Along with this direct debt, the City has issued several guarantees in support of long-term loans that would need to be repaid by the City in the event of default. In 2014, the City Manager used his delegated authority to issue a guarantee for OSEG's retail loan—about \$100M of this loan is still outstanding. Then, in 2015, the City and OSEG settled a dispute over the \$23.6M that OSEG had spent to fix the Civic Centre roof. Under threat of legal action, the City settled with OSEG by having the Partnership take out a loan to repay OSEG and getting the City to guarantee this loan—the roof loan still has about \$18M outstanding (the roof itself would be torn down under 2.0). In 2020, OSEG asked to restructure some of the terms of its partnership agreement; the City staff report cautioned that if OSEG's requests were not approved, there was a "very real risk" that OSEG might choose to default leaving the City (i.e., taxpayers) responsible for

repaying both guaranteed loans. Finally, Lansdowne 2.0 would require the City to issue a guarantee in support of OSEG's \$30M retail podium loan. If Lansdowne 2.0 goes ahead then the City's total outstanding Lansdowne debt would be approximately \$339M, and its loan guarantees would be about \$148M – close to \$500M in total. On top of that, the City would fund \$93.6M from other sources for the remainder of its costs.

With concern mounting that time is running out for the possibility of engaged consultation for a very costly -second only to the LRT - yet, poorly understood City project, the Old Ottawa East, Glebe, and Old Ottawa South community associations, together with the Federation of Citizens' Associations, Parkways for People, and Synapcity wrote Mayor Sutcliffe and City Councillors in late February asking that "no further decisions... be taken until there has been meaningful consultation with the community." Given how much the economic climate has changed since the Lansdowne 2.0 financial projections were presented, the letter also called for an update of financial data, as well as a

risk analysis—particularly on financial projections associated with Lansdowne's retail space—the part of the Lansdowne plan that shoulders the greatest burden for generating future financial success. The letter also called for full disclosure of financial statements for each part of the Partnership "bubble": Retail, Stadium, Redblacks, and Ottawa 67s.

In early March, the City, through its Engage Ottawa site, launched its public engagement strategy with a survey that Councillor Menard has called "concerning." The short survey asks, what some have called, limited, "marketing" type questions: e.g., "How did you hear about the proposed Lansdowne 2.0 revitalization?" Community representatives have asked staff to include "Property Tax Uplift" on the site's list of defined terms, to inform the public of the berm's loss of 58,000 sq. ft. of public park greenspace due to the new event centre's non-accessible roof, and to include the fact that the Lansdowne 2.0 staff report has stated that the Civic Centre and North side stands are structurally sound. Staff thus far have been unwilling to update the information as requested.

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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 Community Association's Planning Committee. From his unique vantage point, he keeps our readers informed of a wide range of community developments.*

## Flora Footbridge proves demonstrably able

The large flash mob that assembled on the Flora Footbridge in February (pictured on page 1 of this issue) to draw attention to the one-year anniversary of Russia's egregious aggression in Ukraine were in no danger of a bridge collapse. According to City staff, the Flora Footbridge can safely accommodate the weight of 1,000 people.

No permit was technically required for the event because, say City staff, "The right to peacefully demonstrate falls under the Canadian Charter of Rights & Freedoms." That said, Phil Landry, the City's Director of Traffic Services, notes, "We simply encourage all organizers to contact the City of Ottawa so that we assist them with coordination pieces if required, and so that we may share information with relevant partners via a permit."

The Ukraine event was the third time Flora has been used as an assembly point for a demonstration. The previous times were protesting the approval of a pipeline and the Ontario government's position of negotiating a new contract with teachers.

## Nice ice - Brantwood Park Rink thrived

Even though the Rideau Canal Skateway didn't open for a single day this winter, the Brantwood Park community rink was open for two months. The fluctuating temperatures and major snowfalls "made for a very challenging rink maintenance season," says rink coordinator Louis Denis. But he and the many other volunteer "hosers" kept it going.

"With the Rideau Canal closed for the season, we had extra motivation to keep Brantwood going throughout the winter," says Denis. Mike Galazka, owner of Old Ottawa East's car repair shop on Main Street, again did the ploughing. "Mike was out much more than usual this winter and his help was greatly appreciated," Denis noted.

## Active Transportation Plan expected to bridge OOE's gaps in future

The City's revised active transportation plan shows that Old Ottawa East may - eventually - have four new bridges for pedestrians and cyclists.

One of these - a footbridge just south of where the Queensway crosses the Rideau River - may in fact really be the restoration of the heritage CPR bridge. However, if the heritage review now underway does not make a strong enough case for restoration, the bridge will be demolished and replaced by a new bridge further to the south.

"The other three major structures are from existing transit-oriented development (TOD) plans. They are conceptual projects, with no cost estimates or timelines," says Zlatko Krstulic, the City's program manager for active transportation planning. "As intensification occurs in the areas covered by the TOD Plans, additional demand for crossings may move these projects higher in prioritization for further detailed planning and design."

One of these three is a Rideau River footbridge near the end of Clegg Street, a structure that the community association has sought and one that would be well-used all year and, in the winter, would be particularly well used by the many who use the Rideau Winter Trail on the eastern side of the river.

A multi-use bridge is also proposed to connect the Lees LRT station area to a large development area on the north side of the Queensway. Another multi-use bridge is proposed to connect the uOttawa campus to the proposed Hurdman station TOD area, although it is not clear what the need for this bridge would be in light of the nearby CPR bridge and the pathways on the LRT bridge just to the west.



MARCEL SIGGS AND FRANK UIJLENBROEK PHOTO

**Canada's women's indoor field hockey team posted a best-ever 8th place finish at the FIH Indoor Field Hockey World Cup in South Africa. OOE resident Abrie Girgis is pictured sixth from the left.**

## Local athletes continue to shine on the world stage

Readers of *The Mainstreeter* were recently introduced (December 2022) to Old Ottawa East's Noah Porter MacLennan, a 19-year-old resident of Rideau Garden Drive who stunned the world of international freestyle skiing by winning a silver medal at a World Cup aerials event in Chur, Switzerland late last year. The Team Canada next-gen superstar continues to rack up stunning World Cup results this season, placing 5th in a slopestyle event at Mammoth Mountain, and a 10th place finish in aerials and 8th place finish in slopestyle at the FIS Freestyle World Championships in Bakuriani, Georgia between February 19 and March 5.

In the February 2023 issue of *The Mainstreeter*, we profiled the Girgis sisters, Kenzie and Abrie, who reside on Bower Street and who were recently named to the Canadian women's outdoor and indoor national field hockey team, respectively. As this issue went to press, Kenzie Girgis was in Bridgetown, Barbados along with her Team Canada teammates preparing for the 2023 Junior Pan American Championships (women's outdoors) taking place from April 10-18.

Her sister, Abrie Girgis, returned in February from the 2023 FIH Field Hockey Indoor World Cup held in Pretoria, South Africa, where she helped Team Canada to an eighth-place finish in the 12-team tournament, our country's best ever performance in the global competition held every four years. Team Canada was eliminated in a quarter-final match, losing 6-1 to the eventual gold medal winners from the Netherlands.

Zacharie Robichon, who grew up on Brown Street and who was featured in the October 2020 issue of *The Mainstreeter*, continues to pursue his auto racing career. Following a successful 2022 season, highlighted by a class victory at the Rolex 24 Hours of Daytona race and a debut at the famous 24 Hours of Le Mans race, Robichon will race in 14 events this year, including many of the world's iconic sportscar endurance races, including a return to the 24 Hours of Le Mans. His racing schedule will take him to the United States and to five European countries in 2023.

## Snow Clearing: the good, the bad and the really bad

It was a tough year for shovelling and getting local streets and sidewalks ploughed. A discussion on the Old Ottawa East Grapevine Facebook group suggested a number of areas that should be given higher priority than the City gave them this year.

Snowbanks at bus stops, making it difficult to safely get on and off a bus was seen as a big problem, as were piles of snow at corners and T-intersections, making crossing streets difficult or impossible for those with mobility issues.

Other nominations included snowbanks that constrict traffic on Clegg Street between Echo Drive and McGillivray Street; the often-delayed clearing of sidewalks on the Pretoria Bridge and the multi-use pathway that leads up to Pretoria Bridge from the Colonel By Drive multi-use pathway.

Respondents also commented on the "havoc" some private snow removal companies play with the city's sidewalk clearing. "There is at least one company, prolific in this area, that dumps all the snow off clients property onto the roadside verge, and in doing so wrecks the sidewalk clearing work done by the city," noted one respondent.

On the positive side, a Centennial Drive resident complimented the City for ploughing the snow to the central boulevard, so driveways didn't get ploughed in.

## "Gotta Go" just got better

The portable toilet at Springhurst Park will now be funded by the City as a result of Councillor Shawn Menard's successful effort to include a provision in the new budget to fund two portable toilets in each ward. Last year the Old Ottawa East Community Association realized that there was a pressing need for such a facility at Springhurst Park and, in the absence of City funding, agreed to pay for the toilet.

# Old Ottawa East bus riders are likely to experience public transit challenges

**PETER TOBIN**

The painful probings of the Provincial light-rail transit (LRT) inquiry revealed a host of mistakes including a rushed implementation of an untested system, a blatant control of information and faulty decision-making. Fortunately, the next big OC Transpo project, the electrification of the City's bus fleet, seems to be taking a more cautious and transparent approach.

After careful consideration, Ottawa City Council recently approved a plan that would see the City gradually transition its bus fleet to electric vehicles. The decision was monitored by the City's Auditor General Nathalie Gaugeon. At her recommendation, the City will collaborate with the Toronto Transit Commission (TTC) in the purchasing process.

The TTC is recognized as being one of North America's earliest adapters to emissions-free transit. Toronto has had e-buses running successfully in its system for almost four years. Ottawa has four electric buses in the OC Transpo system with another 26 slated to be in service by early 2024. By 2027, OC Transpo plans to have 350 e-buses quietly plying our streets. The accordion buses, which have difficulty coping with winter conditions, notably in Greystone Village, will probably be the first

component of the fleet to be replaced, according to City staff.

For the most part, Old Ottawa East is well-served by buses, on paper at least. The hospital complex at Smythe Road, the Rideau Centre and Byward Market can all be reached in minutes from stops along Main Street. Buses from Lees Avenue go to the Civic Hospital and to Tunney's Pasture. The service is supposedly very good but spotty reliability is the fly in the ointment, according to OC Transpo riders who have spoken to *The Mainstreeter*. While OC Transpo lists reliability at 97%, the regular bus riders we interviewed question that statistic and the methodology behind it. The ubiquitous "We are hiring" signage on buses is an indication that staffing shortages are likely a contributing factor that hampers more consistent service.

The 2023 budget of the City's Transit Commission includes free transit for those 12-years-old and under, a fare freeze for one year and a significant reduction in the number of buses. The current fleet of 851 buses will gradually reduce down to 738 buses. The City claims that the reduction will not have an impact on service, however counter-intuitive that would seem to be. However, the City's detailed explanation outlines why that scenario is credible.

Nevertheless in a February 23 letter to City Council made available to *The Mainstreeter*, Renee Amilcar, General Manager of Transit Services, provides the following caution. "Following the adoption of the 2023 budget OC Transpo will also be undertaking a review of all bus routes. As ridership patterns have changed due to the pandemic, we must adapt the system to this new reality to continue to deliver the best possible services to our customers. This will involve evaluating potential future networks and identifying potential changes to service policy".

Looking beyond budget cuts, imminent construction projects will create traffic congestion especially on Main Street. The years-long road renewal on Greenfield Avenue, Main Street and Hawthorne Avenue commencing this spring will necessitate occasional lane closures. Later in the decade, the proposed 90-week partial closure of Colonel By Drive and Queen Elizabeth Driveway will be a huge headache for all vehicles including buses. Even the comparatively minor disruption caused by the repaving of Lees Avenue this summer is likely to be a necessary nuisance.

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# The Greenfield/Main/Hawthorne Project

*At Hawthorne & Main...*

## A safe corner at the dangerous intersection is now just one steel bollard away

**JOHN DANCE**

The Greenfield Avenue, Main Street, Hawthorne Avenue (GMH) project

will result in better cycling and walking facilities, including long-sought improvements to the dangerously constrained southwest corner of



JOHN DANCE PHOTO

Hawthorne Avenue residents Diana Dobrovetsky and her daughter Amalya are pictured at the southwest corner of Hawthorne and Main where two steel bollards were installed to protect gas meters. Residents now want bollards right at the corner to protect pedestrians.

*The City is opposed to installing a steel bollard at the apex of the southwest corner of Hawthorne and Main, but a final decision will be made during construction later this year.*

Hawthorne Avenue and Main Street. But the extent of one of these improvements remains undetermined.

Information presented at the GMH project's February public open house at Saint Paul University indicated that there will be steel bollards protecting pedestrians from eastbound Hawthorne traffic turning south onto Main. The bollards would be situated along the edge of the Hawthorne sidewalk.

However, the community has sought a bollard at the apex of the constrained corner in order to protect pedestrians from turning vehicles. The City of Ottawa has opposed having a bollard there, arguing that it would make snow clearing difficult. An examination of the corner by *The Mainstreeter* reveals that an existing utility pole guy wire has limited the width of the nearby Hawthorne sidewalk to 1.3 metres, and that this long-standing restriction has not prevented City snow removal to date. This calls into question the City's claim that snow removal is an issue, since a bollard at the corner apex

wouldn't reduce the sidewalk width to less than what currently exists with the guy-wire restriction.

"The placement of bollards on the southwest corner of Hawthorne and Main (...) is constrained by underground utilities, as well as the size and turning movements of the City's snow removal equipment," Bruce Kenny, the City's Manager of Design and Construction told *The Mainstreeter*.

"A final determination on the placement of proposed bollards, including the feasibility of adding a third bollard near the apex, will need to be confirmed during construction later this year, after the new curb line has been established, underground utility locations verified and through further consultation with City staff," Kenny says.

In related news, the cycling lane on the south side of the Pretoria Bridge at Colonel By Drive will be widened from 1.2 metres to 1.8 metres so that both cyclists and pedestrians will be better protected at this corner.

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# The Greenfield/Main/Hawthorne Project

## Majestic trees removed for GMH Project

JOHN DANCE

Viviane Villeneuve's plea for a stay of execution will not be granted. The trees she writes eloquently of in her article below are doomed and, overall, the tree canopy in Old Ottawa East will be diminished as a result of the Greenfield, Main, Hawthorne (GMH) reconstruction project.

The massive project's detrimental impact on trees contrasts to what happened with the reconstruction of Main Street south of Hawthorne Avenue. As a result of GMH, approximately 40 trees will be removed and approximately 45 new trees planted. When the southern part of Main Street was reconstructed about seven years ago, 82 trees were removed but more than 200 street trees were replanted along Main Street as well as many more on the Saint Paul University Main Street frontage.

The trees are being removed in the current project because of "road geometry changes" including new cycling lanes and wider sidewalks. "All efforts were taken to preserve as many existing trees as possible," Bruce Kenny, the City of Ottawa's Manager of Design and

Construction, says.

The City's response does not sit well with Villeneuve and a number of others who live in the northern part of Old Ottawa East. Karen Smith, a resident of the Glassworks condominium at the corner of Greenfield Avenue and Main, laments the pending loss of the substantial trees in front of her condominium.

"The trees in front of the Glassworks have provided much needed noise reduction, shade and tremendous value to the overall landscape," Smith says. "The trees have also helped to save energy through cooling in the hotter months, and provide a wind break during winter. Not only am I concerned about the removal of most of the trees on Main Street but more broadly about the cumulative impact of losing mature trees throughout our city."

In response to Smith's concern, Patrick Salmon, the City's project leader, responded, "Given the narrow right-of-way within this section of Main Street, there are limited areas where trees can be planted. The proposed design seeks to tie-in existing cycling infrastructure south of Harvey Street to the pathway



JOHN DANCE PHOTO

**Long-time Old Ottawa East resident Viviane Villeneuve hugs the massive silver maple on Main Street that will be removed as part of the GMH project.**

along Colonel By Drive, while providing a parallel pedestrian facility." Smith responded with the suggestion that the northbound Main right-turn lane could be removed, or the cycling lane and the sidewalk could be narrowed to provide space for the trees, but the City was unwilling to do this.

The large maples on the western side of Main between Harvey and Greenfield are being removed "due to condition or complications because of their proximity to overhead lines and buildings," says

*Continued on Page 15*

## The final chapter of a 143-year-old maple on Main Street

VIVIANE VILLENEUVE

In Old Ottawa East, major construction is scheduled to commence north of Highway 417 on the Greenfield Avenue/Main Street/Hawthorne Avenue project. The work consists of replacing older watermains, storm sewers, addition of bike paths and the reconstruction of roadways.

To complete this work, trees will be cut down on both sides of Main Street (see article above), notwithstanding that among those trees are two historic maples. These trees have been part of Old Ottawa East since the 1860's, when the community was known as "Archville". They stand tall – 143-years-old - and are perhaps the only mature trees left on all of Main Street. They reflect the history of working-class Ottawa during the second half of the 19th century and the first half of the 20th Century.

Around the 1860's, Archville was a growing concern, as it was for these young maple trees. The trees were planted by Maxime Landry, who worked as a cooper in 1882 making flour barrels for

the J.T. Ballantyne Company. In 1886 and 1893, Landry purchased two lots on Macadamized Road, which became 38 and 40 Main Street.

Maxime and his wife Léa raised five girls, one boy and three maple trees. Over the years a number of photos taken show the family with the trees as they grew. The magnificent trees survived. They have many stories to tell, of working-class family life in the community. Max Landry Jr. worked as cooper with his father, and later became a conductor on the Ottawa Electric Railway. He was also a star player for the Capital Lacrosse Club. Dellina Landry became the first lady in Old Ottawa East to own and proudly drive a car. She was employed by St. Patrick's College. Amanda and Laura Landry both married and raised their children on Harvey street and Echo Drive, respectively. Louisa and Eva Landry both left the neighbourhood but, eventually, Eva returned and lived with her son, Lawrence (my father) at 38 Main Street. He also worked for J.T. Ballantyne, transporting coal to the surrounding areas. After the war, he was

hired by Morrison Lamothe to deliver bread with horse and wagon to customers in Old Ottawa East. The Landry Family is long gone and so is most of the neighbourhood, but the trees are still there.

Protecting our city's heritage is not impossible, it just takes a little more

thought and planning. Whether on public or private property these majestic natural monuments should be saved. The houses remaining on this northern stretch of Main Street will eventually be torn down along with the trees unless we can save them.



SUPPLIED PHOTO

**This photo, taken around 1910, pictures the author's grandmother, Eva Landry Villeneuve (L) and her great aunt, Delina Landry next to the family home on Main Street. Two trees are pictured directly behind them, but one had to be cut down at a later date probably because of limited space as they matured.**

# The Greenfield/Main/Hawthorne Project

## Mature maples fall victim to cycling paths at King's Landing

Continued from Page 14

Kenny. Two of these trees have already been removed and the larger one will be removed next winter.

“Due to the westerly lean of the [remaining] tree, much of the weight is overhanging the houses located at 38 and 40 Main, making them a target if the tree were to fail,” the City’s forestry department commented. “[The] excavation for a hydro duct is required within this nine-metre protection zone therefore the tree’s root system will be compromised; the integrity of the root system will be further compromised with the installation of the water services as a 4-foot X 4-foot excavation pit is required for the safety of the workers.”

Residents of Kings Landing are lamenting the loss of four large Manitoba maples on Greenfield. They, too, were cut down to provide space for new cycling lanes. “The stumps range from 18-inch to 23-inch diameter and the trees were over 30 feet tall producing shade, reducing CO2 from the heavy traffic on Greenfield and providing habitat for squirrels and birds,” says Kings Landing resident Jim Strang. “Close inspection of the stumps does not indicate any evidence of rot or disease. They were sacrificed for the construction of bicycle paths on both sides of Greenfield as part of the Greenfield Renewal project. According to residents there were no more than a dozen or so cyclists using this route on a daily basis.”

No trees are going to be planted along

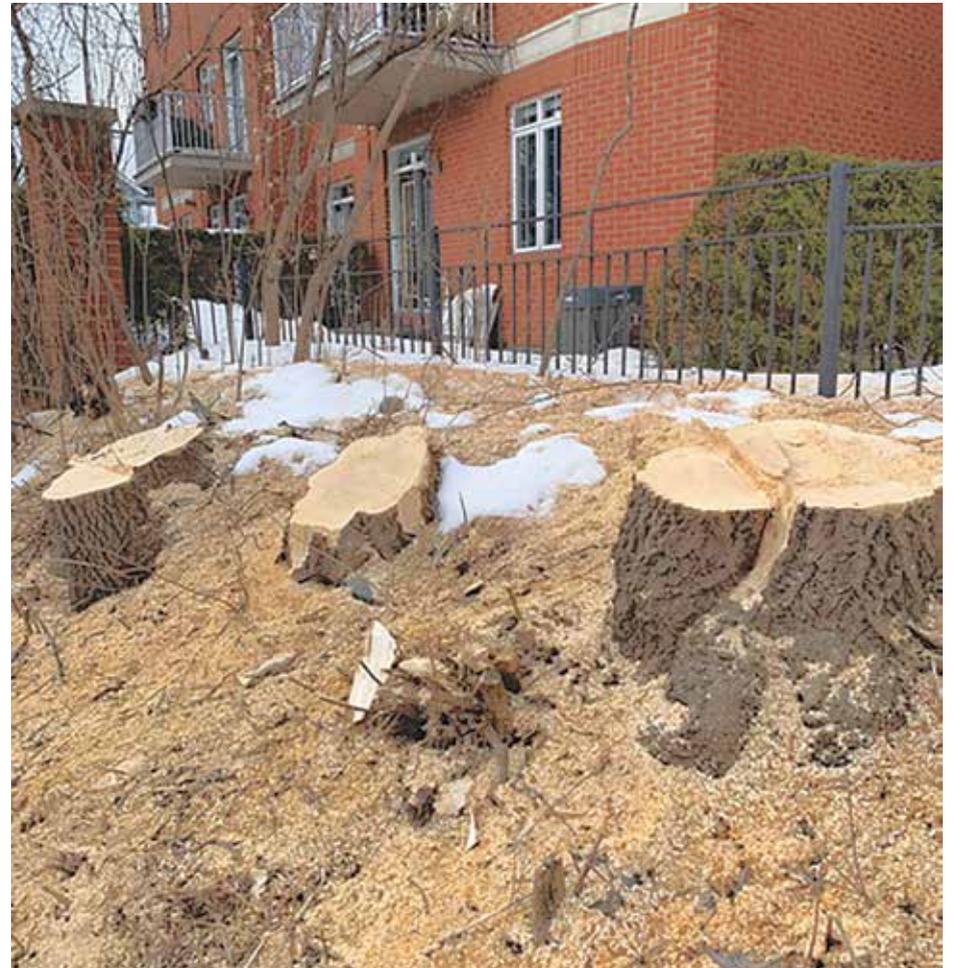
the non-park sections of Hawthorne Avenue which is a disappointment for those who had hoped that the buried electrical wires would provide space for trees. “With the burial of hydro wires, the underground duct structure and adjacent roadway do not allow sufficient space to plant trees on the south side of the roadway between the property line and the curb while still accommodating the sidewalk,” Kenny says.

Ballantyne Park on Hawthorne will be used as a staging area for the future Highway 417 bridge construction so no new tree planting can be done there “until the needs of that project are fully understood,” Kenny commented.

A total of 15 different species will be planted, including a variety of maples, elms, serviceberry, hazelnut and crab-apple. The trees will be similar in size to those planted in the previous phase of Main Street reconstruction. Also, more than 100 shrubs will be added.

“As part of this project’s commitment to tree planting, additional funds have been provided for tree planting elsewhere in the City to compensate for the loss of mature trees,” says Kenny. “These funds contribute towards the City’s trees in trust program and park and community planting programs.”

But the replacements for the “majestic natural monuments” that Villeneuve eulogizes won’t be providing comparable shade for another century or two.



JIM STRANG PHOTO

Four stumps are all that remain of mature maples on Greenfield Avenue that were felled for new cycling paths on lightly used routes, according to Kings Landing residents.

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## Spring 2023 Programs and Events

All programming and events are subject to change.

Register @ [www.ottawaeastcag.ca](http://www.ottawaeastcag.ca)

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- OOE Homeschool Meet-Ups - Tuesdays 1:00 to 3:00 pm @ Brantwood Fieldhouse
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### Community Events

- May 6<sup>th</sup> **Free Spring BBQ** with Atelier at the Children's Garden - 4:30 pm
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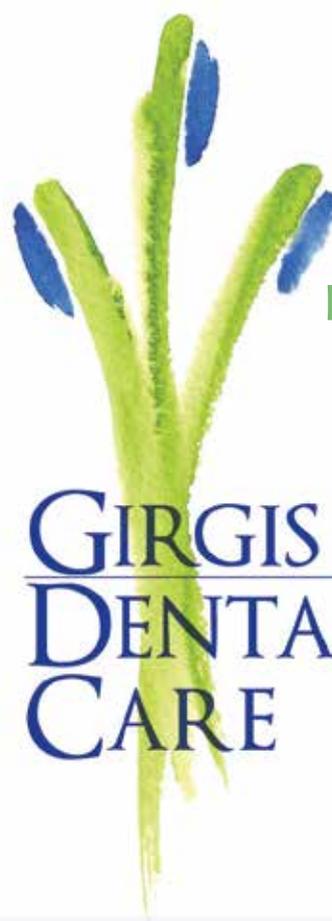
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## BUSINESS BEAT: HIDDEN GEMS OF OLD OTTAWA EAST

With four youngsters of her own, Old Ottawa East resident Sarah Tait of MacGillivray Street knows kids clothing as well as anyone in this community. So who better to launch an innovative online second-hand childrens clothing thrift store, known as [fabrick collective]. Tait is turning outgrown kids' clothes into cash and donating a sizeable chunk of the proceeds to help support women who have experienced incarceration.

[fabrick collective] seems to be a very well-conceived idea, and a fairly simple but sophisticated business model. When did it all materialize in your mind?

I started thinking about the idea in 2019. I was on the Board of Directors and doing volunteer work for the Elizabeth Fry Society, a registered charity that supports and advocates for criminalized women and girls in Ottawa. Things were still very busy at home with our four young kids and, specifically, with our twin boys born in 2018. Then, when the pandemic started, I thought of [fabrick collective] as an idea that would be interesting, and I just couldn't get it out of my head. I really noticed how hard it was going to be for people to get out to thrift stores, since everything was closed at the start of the pandemic. Everybody was worried about germs on clothing and buying used and going outside, and nobody was accepting donations anymore. There was no place to take your kids' used clothes. So, after a few months of that, coupled with starting to go a little stir crazy during the early period of the pandemic, I thought I needed to do something to give myself a different focus. I felt there was a real problem here where people have a lot of clothing to gift, but they don't have anywhere to keep it or bring it. And I thought of all that in the context of Elizabeth Fry still needing to do fundraising.

So what steps did you take to launch [fabrick collective]?

I took a short online business course from another previous board member who had just launched her own business education venture. It was incredibly helpful in conceptualizing my idea, and on how I could appeal to donors and to customers, and what my organization would look like. All those details got



[fabrick collective]

SUPPLIED PHOTO

Sarah Tait, founder and owner of [fabrick collective], the home-based online thrift store for youth clothing, tells *The Mainstreeter* about the many important threads in her life that she wove together to create one of Old Ottawa East's hottest new businesses.

worked out through participating in her course. And then on January 1, 2021, I sent out an email to all of my contacts - all the moms I've ever met through playgroups and through socializing and all of my friends - telling them what I was planning to do and asking if they would be willing to donate some clothes. The response was amazing. I also posted on the Old Ottawa East community Facebook page and got a great response from that. This community has really been fantastic in helping me launch and has really given me so much support from the very beginning. Then I spent those few months in early 2021 building my website, essentially learning how to do that having never done it before. And then I launched [fabrick collective] in March 2021. I've now been in business for two years, but I would say that I spent a good 18 months thinking and planning and getting organized before I really began.

Before we go any further, can you tell me why [fabrick collective] is spelled with a "k" in fabric, and how did the name come about?

When I first started thinking about this idea, I had a strong desire to raise money for Elizabeth Fry. For every non-profit, fundraising is always a priority and an issue. One of the five priorities of Elizabeth Fry for the last few years has been to improve their buildings, their built environment for staff and for clients.

As an organization, we hadn't had a lot of money to invest in that kind of thing and we wanted to make sure that the clients have as dignified a setting as possible to start rebuilding their lives. They do have temporary housing for people who have either left jail or who have been bailed from jail and are spending some time in their housing to do some programs and get back on their feet. There was a real desire to make those rooms more comfortable and dignified for clients.

With all that in mind, I just started thinking about how many clothes I have in our closets with my four kids. They go through a lot of clothes. I thought there was a lot of value just sitting in those closets, and wouldn't it be great if I could sell them and pass the proceeds on to Elizabeth Fry for this kind of building project? And so the word "fabrick" popped into my head one morning to combine the idea of the fabric of the clothes and - not literally building bricks - but rather the sense of improving housing and also the idea of the fabric of building a community that could come together and pool their donations together, pool the proceeds and give them to Elizabeth Fry to purchase things to make a house a home.

To what extent did your own online shopping experiences during the pandemic influence your decision to start [fabrick collective] as an online business?

I think I had the concept in mind that it would be an online-only business, at least to start with, for a good number of years. Mostly because it was a different model of thrifting. I thought that there would be a need for people who either didn't have the time or couldn't get out to thrift stores with very young kids. In my own case, I would have found it impossible getting out to Value Village with twins on my hip, you know, it would have been a nightmare. So I thought there could be a way of having something that was very browsable, very searchable - just a really quick and simple way to find clothes that you need and the sizes that you want instead of going out, spending the time and energy getting there and combing through the clothes racks. So that was always the concept, and then, when the pandemic started and everybody was going online, I just thought this was exactly what I wanted to do. It just seemed that travelling to stores was no longer accessible for so many people. And I was fortunate. My husband has made a big contribution through childcare. I launched and built the business during the height of the pandemic where we were homeschooling our older children and looking after toddler twins with no preschool or family visits. That meant most of my work happened evenings and weekends. And the pandemic has had a disproportionate effect on women's economic activity due to the childcare burden so it's important to me to recognize that without my husband's full participation in sharing domestic work, the business wouldn't have been possible.

You use the term "thrifting" as a verb, as in "to thrift". What is your definition of thrifting?

Buying second-hand is what thrifting is to me. I think it's a verb that has emerged in the last few years, and it refers to any second-hand purchasing, whether that's from a charity store, a Facebook group or a trade with friends.

Are the kids clothes you sell at [fabrick collective] donated by individuals or do you have arrangements with commercial wholesale second-hand clothing suppliers, or both?

No, [fabrick collective] is entirely driven by individual donors, and so far, about 200 different families have donated, many of them repeat donors. Every Wednesday evening at 7:30 pm I upload between 100 to 200 articles of clothing donated by individuals that week, and sometimes over 200 items. These are new additions to the website. At this point

*Continued on Page 20*

## BUSINESS BEAT SUPPLEMENT

### Thrifting with [fabrick collective]

Continued from Page 19

in time, I have almost 4,000 items of clothing in stock on the website and the turnover is very high.

#### Are all the clothes stored within your home?

Well, actually, very recently, as in a month ago, I started renting a storage unit to house all the inventory. And so now, I have it all sorted there, by size and type. I go there twice a week to put away the incoming items and to pick up the items for the orders that are outstanding. From my home, I'm just processing the donations of clothing, photographing them for the site and doing all the desk work.

#### Would you say that your business is competitive with or complementary to existing kids clothing stores in and around our community?

It's definitely complementary. There are so many new clothing companies, but I don't think there will ever be enough sources of second-hand clothing, which is so needed. We really need to take a

step back from purchasing new which functions as a huge polluter. Buying clothing second-hand is something very straightforward that people can do to minimize their environmental impact. And with kids, sometimes they just don't even wear the stuff at all, or it just never fits, or they grew so fast. So a lot of the used clothing is in really great shape. There are existing second-hand clothes available on a consignment basis and there are charity shops; I just think this is another way for people who are more comfortable shopping online at home or don't have the time to go out to shop.

#### Would most of your customers live in Old Ottawa East?

I would say most of my customers live in Ottawa. I do ship across Canada, but I like to focus on Ottawa because that reduces the environmental impact of shipping things far away. I think it's great to keep it all local. And because my enterprise serves a local non-profit, I think it's a bit more meaningful to keep things in Ottawa. And I do have a density of customers in Ottawa Centre - and in Old Ottawa East, in particular - who have been very loyal from the beginning, continually donating clothes

and purchasing from me regularly. I think this neighbourhood is environmentally conscious, and I think it's ripe for having a store like this. It's definitely been helpful to my business to be in this neighbourhood.

#### Can you fill us in on your background?

I was an academic until I started having kids, about 11 years ago. I got my PhD in criminology from Cambridge University in the UK.

My partner and I moved back to Canada in 2009. We had both been applying for academic jobs, and we ended up in Ottawa because he got a job with the government. I kept applying for jobs and then started having kids, and suddenly my priorities changed, and I became a stay-at-home mom for 10 years. I have two twin boys who are four, and two older girls who are eight and 11. The board work with Elizabeth Fry was my attempt to reengage with that part of my knowledge and background

and to try to do something of service to the community while I was at home with the kids. And that kind of led into this business idea.

#### You have an arrangement with the Elizabeth Fry Society that sees your company donating part proceeds to the organization. How does this work?

Yes, I donate 30% of gross sales every month through the Elizabeth Fry website on behalf of [fabrick collective]. I came up with the 30% figure myself, because I felt that amount was 'roughly the average of what a consignment store might pay out to consignors for clothing. I felt like it was significant, enough to make a difference but not so much that there would be zero profit left over, because I do need to pay myself and all the expenses. I think the numbers have worked out fairly well - I'm donating up to about \$1,000 a month to Elizabeth Fry, and that feels really great.

(fabrick collective)

www.fabrickcollective.ca  
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## HIDDEN GEMS OF OLD OTTAWA EAST

On Main Street just north of the Queensway sits an unassuming property overlooked by many residents of Old Ottawa East. However, the property is becoming rather well known to the four-legged members of local families, and to many other canines of distinction in Ottawa who have chosen The Hounds for their dental care. One such pooch is Dougie the Potcake who recently visited The Hounds to have his teeth cleaned.

### QUINN ABUGOV

As humans, we are taught from a young age the importance of following the basic rules of oral healthcare - brush and floss your teeth twice per day to keep the dentist away, or something along those lines. Furthermore, scary words like, gingivitis, plaque and cavities get seared into our brains from a young age by concerned dentists and parents alike.

But this begs the question, what about our furry, four-legged K9 friends? What happens when they are afflicted with gum disease, plaque and/or tartar build-up? What do you do when your dog's breath can literally peel paint off the wall? How do you get them to sit still and relax for more than a few nanoseconds while you try to brush their teeth? Well, good thing you are reading the latest copy of *The Mainstreeter*, because we have the answer.

Enter, The Hounds, a local, one-stop shop for your dog's dental needs.

Located at the north end of Main Street, The Hounds offers quality, local pet care from an expert technician with over 25 years of experience in the field. After initially setting up shop elsewhere in the city, The Hounds moved to its current location during the COVID pandemic and has been operating there since 2021. As was the case with many dog-centric businesses during the pandemic, The Hounds' business exploded as many people acquired a dog during lockdown.

The Hounds ownership is very appreciative of the community aspect of Old Ottawa East and encourages customers to check out local businesses such as Happy Goat and Greens and



### The Hounds

Beans during the wait for their pets. Being located next to the Canal was also noted as a neighbourhood highlight and

many customers head for a stroll during the 40-minute dental procedures. Much of the owner's professional life

has been spent working in the world of animals, having previously run a doggy day care and pet grooming operation in Southern Ontario, before relocating to Ottawa. In fact, the teeth cleaning services have become so popular that the operation pivoted to full-time dental care.

The business has a few features that make it a unique player in the world of doggy dental care. The Hounds offers a non-distractive, quiet and relaxing atmosphere for the animals, and only hand instruments are used for a gentle, calming cleaning experience. Dogs are not harnessed during the treatment, and they refrain from using equipment that makes loud noises.

The Hounds does not use anaesthetics on animals and instead relies on relaxation techniques like massages to gain trust. Each dog is alone during their treatment sessions, further removing stimulus from the room and making the experience that much more comfortable. In addition to the dental services, The Hounds also offers nail trimming and behaviour consultations for local dog owners, adding to its already impressive cache of service offerings.

### *Dougie the Potcake visits The Hounds*

## A testimonial from a satisfied customer

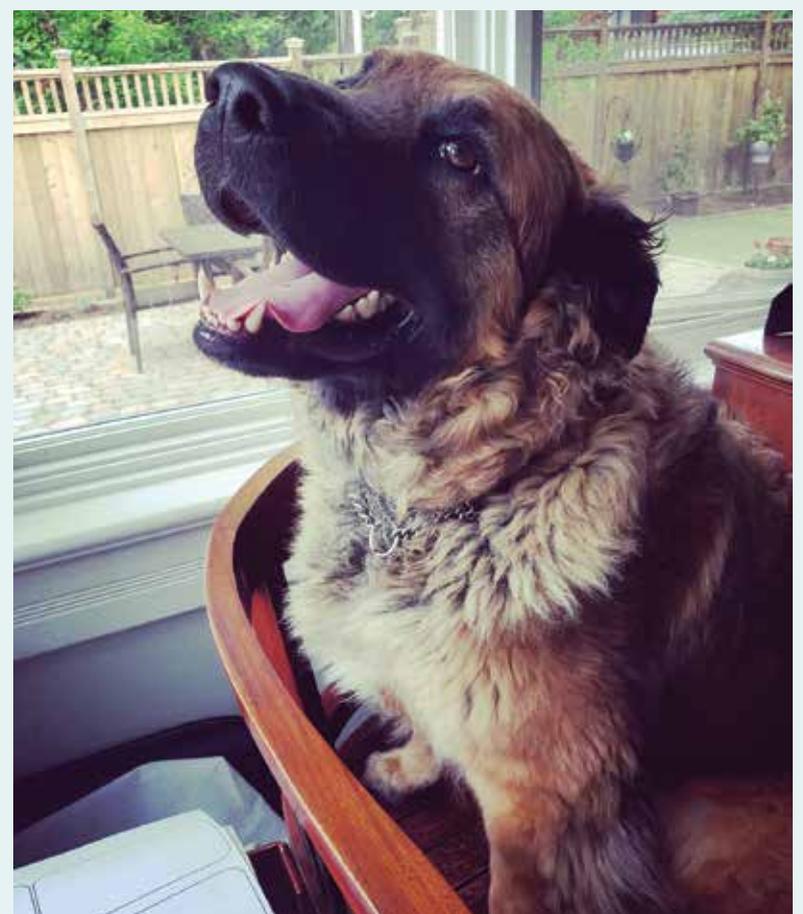
### DOUGIE

My name is Dougie, and I am a five-year-old Pot Cake rescue from Antigua, now living in Old Ottawa East with my Mom and Dad. I tried to leave a review for my dentist on Google, but it was tricky to type without a pair of thumbs!

I went for a visit to the dentist in late March and I had the best time. I was a little nervous at first, but the massage at the beginning of the session really helped calm my nerves. The coconut oil toothpaste took a bit to get used to, but trust me, I've eaten worse! This was my first time seeing a real toothbrush before and it was surprisingly painless when it was time to brush. The dentist even gave my Dad a brand-new toothbrush for me to take home! The 40 minutes went by so fast, and I didn't want to leave when it was time to go.

The trip to the dentist has done wonders for my self-confidence! I now notice that people don't recoil when I try to lick their faces. Several people and dogs that I know have noted my blindingly white smile and now I don't have to walk around the neighbourhood with my mouth closed!

A big thank you to my dentist for giving me a new lease on life. Look out world, here I come!



LORNE ABUGOV PHOTO

**Dougie the Pot Cake is all smiles once again after his recent appointment with the experts at The Hounds. According to Dougie, his teeth cleaning has "...done wonders for my self-confidence."**

## BUSINESS BEAT SUPPLEMENT



LEFT: Owner Christa Nahle (l) & niece Loma Ramal; BELOW: Christa is pictured at her usual spot in Greens & Beans, serving satisfied customer Mark Weed with her delicious food.

TERRY WEST PHOTOS

### Greens & Beans

## Popular Main Street eatery 'toughed it out' during COVID

### TERRY WEST

It's not hard to understand why so many of Greens & Beans customers are repeats - the attractive interior, friendly reception and food are hard to resist.

Husband and wife team Ali and Christa Nahle are experienced restaurateurs, but as far as the couple are concerned, their Greens & Beans eatery at 137 Main Street is special. Their former restaurant locations tended to be in commercial areas, where sinking roots in the community was all but impossible. Here on Main Street this is no longer a problem, and the Nahles revel in being part of a dynamic, neighbourly community. It wasn't long before they were on a first name basis with customers.

In the early months, the Greens & Beans menu was strictly vegetarian - Middle Eastern breakfasts, vegetable pies, salads, desserts, falafels, assorted dishes, fresh fruit drinks, smoothies, baklava. However, sensitive to OOE customer preferences, the menu soon expanded to include meat dishes - halal, of course. This year, with Ramadan upon us (March 22 - April 20), a full Iftaar feast is available daily for Moslems to break the

fast and non-Moslems to sample.

Despite the cozy-café atmosphere, the bulk of their business is takeout, with customers phoning their orders in early for pickup on the way home. Not to be neglected is the noon-hour trade from Immaculata High School.

Worried about the students' concentration on French fries, the Nahles began offering a student discount to encourage healthier alternatives - \$5.00 for a meal and a fruit drink - not soft drink (with four children of their own, the Nahles promote healthy eating).

Looking back, it's hard to believe that COVID struck a few short weeks after Greens & Beans opened. Still, they hung on, despite a drop in trade, inflation and soaring food costs. With no government rescue (too small), it's been tough, but they operate on a tight schedule - Christa manages the restaurant weekdays; at 4:30 pm Ali returns from his construction job to handle the evenings; weekends they split with Crista doing Saturdays and Ali handling Sundays.

But there's pride in having survived. When asked if they'd prefer to locate elsewhere, Christa was emphatic: "Definitely not! We love it here."



## Zero waste food outlet is a good commercial neighbour

### NU Grocery

### TERRY WEST

Combine imagination and initiative in an entrepreneur and wheels begin to turn. Put two such people together and they can be unstoppable. Cases in point are NU Grocery's Sia Veeramani and Valérie Leloup, who were introduced by an environmentalist in Montreal in 2017. They clicked, and a plan for a new concept in grocery retailing was born - one dedicated to banishing waste, plastics and overpackaging. Their store would feature quality local foods, abolish non-biodegradable items and packaging, and shun products from far away (think carbon pollution). From toothbrushes to dental floss, all manner of household utensils would be made

if the staff's pleasant disposition is a reflection of a caring management - NU Grocery offers sick leave benefits, "livable wages", and consideration of personal needs in timetabling.

This caring philosophy spills over into the community, too, with 1% of profits going to selected charities and regular collections for organizations like the Centretown Emergency Food Centre. And check out their activity agenda, starting with a Rideau River Cleanup this April, plus seminars - Building a Sustainable Wardrobe, The Box of Life, Indoor Vermicomposting, Consciously Curated Homes, Sustainable Clothing.

COVID Impact: For NU Grocery the past four years haven't been easy. COVID struck 12 weeks after opening



NU GROCERY WEBSITE

### Seen here are NU grocery co-owners Sia Veeramani & Valérie Leloup.

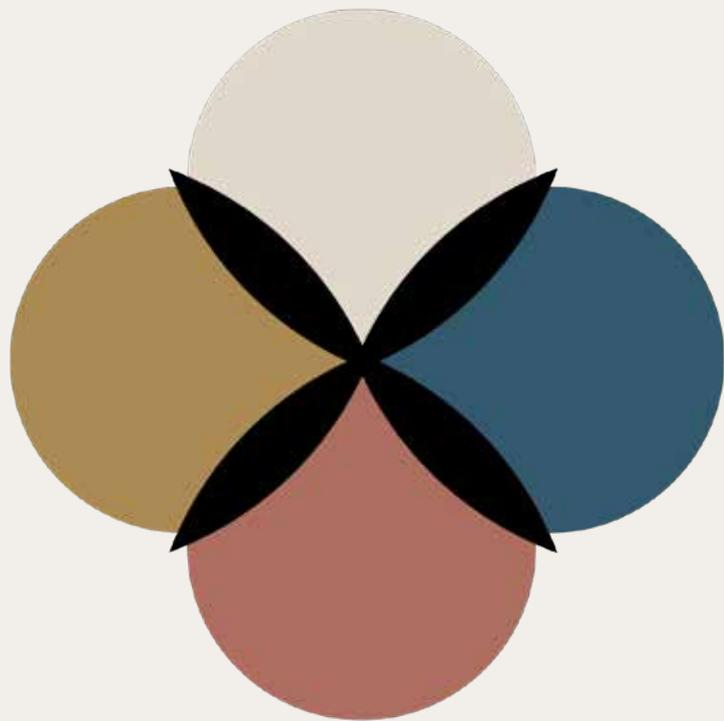
from environmentally green materials. To combat overpackaging, shoppers would provide their own jars and containers for dried foods and liquids - things like oils, soaps, shampoos, and honey. In Sia's words, "reduce, recycle, and rethink," was to be their mantra. When asked recently how this has affected prices, Sia maintains that they remain comparable to Farm Boy and Loblaws.

So, what's been the public reaction? In the beginning, it was a steep learning curve for many, but just as Ottawans were won over to separating recyclables and compostables from garbage, so they've grown accustomed to bringing the right containers. In the words of one Mooney's Bay family: "It's a small step towards the world we want to leave for our children, and well worth any minor inconvenience," - an opinion widely shared. The store is also a relaxing and friendly place to shop. To step inside is to be greeted warmly. One wonders

the Main Street store, leading to product shortages, price hikes and skyrocketing inflation. Belts had to be tightened—the smaller Hintonburg store was closed. On the plus side deliveries increased and still constitute 10% of their business. That they weathered the worst of the storm they attribute largely to their loyal customers, as well as a minimal government grant and an understanding landlord. On one thing Sia is clear: "We are here to stay."

When asked about OOE as a community in which to do business, Sia was extremely positive. She sees the people here as a mix of long-time residents and newcomers anxious to sink roots. In short, an environment in which NU Grocery feels completely at home.

**Editor's Note: Both of Terry West's articles on this page were originally published in the Corners on Main newsletter.**



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## ART BEAT



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### OOE ARTIST FEATURE

## OOE ARTIST FEATURE: YVONNE COUTTS & THE OTTAWA DANCE DIRECTIVE - REEMERGING, ON TOUR, THIS SPRING

The Ottawa Dance Directive (ODD), like all performing arts companies, struggled throughout COVID to keep its programs running and its dancers dancing. Because of its location on the second floor of Arts Court at the corner of Daly Avenue and Nicholas Street, ODD was also hit particularly hard by the Canada convoy protest and blockade. ODD persevered under the artistic direction of Old Ottawa East resident Yvonne Coutts. “I have seen the incredible resilience of the artists in this community,” Coutts says. However, she also admits that she had been feeling creatively blocked as a choreographer since the death of her father in 2018.

Thanks to a chance encounter between Coutts and a cellist in December 2021, she and ODD are now preparing to perform two full evening shows in Edmonton on April 20 and 21 at the Triffo Theatre, followed by an evening at the Orillia Opera House on May 10, and returning home for three performances at University of Ottawa’s LabO Theatre on May 18, 19, and 20. The show is a unique collaboration between ODD dancers and internationally renowned Ottawa-based cellist Raphael Weinroth-Browne.

Coutts met Weinroth-Browne at an event at Ottawa’s St. Matthew’s Church. “It was promoted as ‘an afternoon of cello.’ I went with my mom, half expecting to hear holiday music. That’s when I first heard Raphael perform his original piece *Worlds Within*.”

The classically trained Weinroth-Browne has a passion for progressive



CURTIS PERRY PHOTOS

**ABOVE:** Dancers from the Ottawa Dance Directive (ODD) perform *Empty Space/Empty Time* “in conversation with” Ottawa-based cellist Raphael Weinroth-Browne, who performs his original piece *Worlds Within*; **BELOW:** Old Ottawa East’s Yvonne Coutts combines her creative vision, choreography and dance skills in new collaborative works that will tour in Edmonton and Orillia this spring, before returning for three nights at University of Ottawa’s LabO Theatre on May 18, 19 and 20.

metal and middle eastern music. Over the past decade, he has explored unconventional approaches to cello playing in several ground-breaking groups. And, as a session musician, he has appeared on more than 150 studio albums.

Weinroth-Browne’s debut solo album, *Worlds Within*, was released in 2020 to critical acclaim. Described as “a haunting 40-minute piece for amplified cello based around cyclical looped patterns and lush reverb-laden soundscapes,” the album weaves together elements of ambient music, post rock, modern classical, and progressive metal. In response to the coronavirus pandemic, he released *Worlds Within Live* in 2021, a live rendition of the 2020 studio album.

*Worlds Within* is built from a simple initial seed, gradually branching out and recreating itself in different forms through the use of live looping. Looping pedals create instant recordings of musical performances and play the recordings back in real time. This allows the musician to create a “polyphonic soundscape” where multiple melodies are played simultaneously.

“I was deeply moved by hearing Raphael’s performance that day in December,” Coutts says. “I approached him after the concert, told him how



much I loved it, and asked if he had ever collaborated with dance before.”

Hearing *Worlds Within* finally allowed Coutts to make the material she had been working on into a complete work she eventually called *Empty Space/Empty Time*. Bringing it to fruition finally allowed her to move with her grief. “But *Empty Space/Empty Time* is not a piece

locked in sadness,” she explains. “It is a physically charged work and the energetic swells reflect the many cycles of emotion. Through working with Raphael and the four tremendous dancers, the solace I sought began to emerge along with a new wave of creativity.”

*Continued on Page 25*

## ART BEAT



### TIM HUNT'S MAIN STREET SKETCHES

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

I have long been curious about the history of the buildings at 48 and 50 Main Street. I pass by them daily, and although modest, something suggests that they have more to tell than they are letting on - just the sort of thing that piques my curiosity and gets me excited about making a drawing.

While Main Street evolves with the addition of bike lanes; vibrant



businesses; and newer, taller buildings; these unassuming sisters keep a low profile. After finishing my sketch, I reached out to local artist David Hawken, whose website address is displayed in the window on the Harvey Street side of Studio 50. According

to Hawken, the corner building was originally an Italian grocery store, and the red brick house next door was home to its owners.

Tracing its timeline back over a century, 50 Main has also been host to a

French bookstore, a Canada Post depot, and a company that produced braille books. For the past 20 years, the building has served as David Hawken's art studio - a significant contribution to the living history of Old Ottawa East. See David's work at [Instagram@davidhawkenart](https://www.instagram.com/davidhawkenart).

## YVONNE COUTTS, ODD... REEMERGING ON TOUR

*Continued from Page 24*

Weinroth-Browne sometimes thinks of *Worlds Within* as the soundtrack to a life cycle "beginning from an unending ether, emerging into innocence and wonder, growing into self-awareness...followed by chaos and upheaval...making peace with what is, and returning to the infinite."

Coutts describes *Empty Space/Empty Time* as a wordless conversation with the music. "The musical performance by Raphael and the dance performances by Amanda Bon, Jacqueline Ethier, Alya Graham, and Sarah Hopkin can each stand on their own. But when performed together it produces another layer of expression and impact: the music seems to open the space, to give the audience a heightened sense of presence. And with the four dancers and the cellist on stage, it becomes a quintet."

The show includes a second original work choreographed by Coutts entitled *Open us Open* performed with another solo cello piece called *Ricercare*, also written, and performed by Weinroth-Browne. "The dance is an inquiry into the gap between sensory perception and thought and focuses on the energetic value of the moment," Coutts says. She dances it herself, performing for the first time in two decades, and forming a duet with Weinroth-Browne.

"We are excited for the opportunity to perform this show on larger stages during

this tour. We believe that these spaces will allow audiences greater perspective to be aware of the individual dancers, aware of space, and aware of absence. At other times, there is only the breathtaking music and beautifully spatial lighting design." Lighting is another important element of the show. "The lighting designs were created by Gabriel Cropley. The University of Ottawa's new LabO Black Box Theatre (located in the Ottawa Art Gallery building), with its cutting-edge technology, will be a perfect venue to experience it all. They call it LabO because it is a place of incubation and experimentation."

"It is remarkable to work with this phenomenal group of artists who have chosen to live and work in Ottawa and have come together for this," Coutts says. "Raphael graduated from Canterbury High School's Music Program and three of the show's dancers graduated from The School of Dance's Professional Contemporary Dance Program. This is an all-Ottawa performance! I've made many dances in my career, but it is surprising and magical to have this profound experience at this point, and I am grateful for that."

To learn more about Yvonne Coutts and ODD, go to <https://odd-cdc.org>. For a sample of Raphael Weinroth-Browne performing the second section of his piece *Worlds Within* go to <https://www.youtube.com/watch?v=1oF6cV-OKFg>. Tickets are on sale through Eventbrite. Check out ODD's website, Facebook, or Instagram page for the link.

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



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JOHN DANCE PHOTOS

About 70 people gathered in Patterson Creek Park to mourn the total closure of the Rideau Canal Skateway this year. By late February, the National Capital Commission found the Canal ice was thinning rather than thickening.

*Canal Skateway closure:*

# The mourning and the meaning

JOHN DANCE

Ottawa's headline climate change story of the past winter was the total closure of the Rideau Canal Skateway. This delightful part of daily winter lives for many Old Ottawa East residents simply didn't happen.

In early March, about 70 residents gathered at Patterson Creek Park to mourn the closure and to contemplate the interruption of 52 years of glorious winter skating on the world's largest outdoor rink. Among the mourners were Old Ottawa Easters' Jim Fraser and Carol Alette, two skaters who, during a normal skateway season, would be out on the Canal almost every day it was opened.

"Skating on the Rideau Canal is normally an important part of our lives over the winter, so of course we are very sad to have missed out on it this season," they told *The Mainstreeter*. "But our disappointment pales in the face of what's to come if we don't all heed these types of wake-up calls and take the big steps necessary to slow down the inexorable march of climate change."

This was also the opinion of others at the event. "It's a shock. Even though we've been talking about climate change and the climate emergency for a long time, this is one of the first times in Ottawa - in our community - that we've been faced with one of the consequences," event organizer Kelly Butler told the Ottawa Citizen.

The National Capital Commission (NCC) struggled mightily to make the skateway



Old Ottawa East residents Jim Fraser and Carol Alette are pictured after their last skate last year. They usually skate almost every day the Skateway is open but, sadly, it never opened this year.

safe and skate-able this year. But by late February, the NCC found that the ice was thinning rather than thickening and, with the sun becoming more intense every day, they pulled the proverbial plug.

As reported in the February issue of *The Mainstreeter*, the NCC has partnered with Carleton University engineers to better understand how the impacts of climate change are affecting the formation of ice and also to devise means to create and thicken ice early in the season.

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# Ottawa conspicuously absent from Canadian cities that have endorsed the Montreal Pledge on biodiversity

PETER CROAL

As the snow slowly melts and the sun regains its warmth, we begin to notice life that has remained hidden or migrated away during the winter months. There is the lovely song of the red-winged blackbird, daffodil, tulip and crocus shoots appear, and the swelling buds of maple trees hold promise of shade on a summer day.

All of these harbingers of Spring represent the rich tapestry of Ottawa's biodiversity, a component of life essential to our own survival. Yet, by 2050, the United Nations predicts that 70 percent of all humanity will live in cities. It is cities that are now experiencing the worst effects of climate change, pandemics, biodiversity loss and pollution. Thus, it must be cities that confront these challenges in practical and concerted ways.

In December 2022, the 15th Conference of the Parties to the UN Conference on Biodiversity (COP-15) was held in Montreal. Ottawa sent 2 delegates. At the Conference, cities declared real intention to protect green spaces and wetlands and to halt biodiversity loss. Montreal Mayor Valérie Plante announced the Montreal Pledge, which challenges cities to take 15 practical actions to preserve ecosystems. Fifty-seven global cities, representing over 120 million people, endorsed the Montreal Pledge, which commits cities to try to protect biodiversity and ecosystems by:

- Reducing threats to biodiversity
- Sharing the benefits of biodiversity
- Solutions, governance, management and education

Gatineau, is one of the signatories to the Montreal Pledge, as is Montreal, Toronto, Mississauga, Vancouver, Quebec, Laval, Longueuil, Levis, Sherbrooke and Windsor. Ottawa has not yet endorsed the Montreal Pledge.

Ottawa's biodiversity resources and ecosystems are constantly under threat due to poorly planned development, climate change, urban sprawl and ignorance. The destruction of thousands of trees from the Tewn development without respecting Ottawa's new Tree by-law is a setback to maintaining the tree canopy of Ottawa and yet another example of lack disrespect for Ottawa's ecosystems and biodiversity attributes.

To address Ottawa's biodiversity challenges, I have learned that one must get



**Many global cities, including 10 Canadian cities, have endorsed the Montreal Pledge to protect biodiversity and ecosystems; Ottawa is not among them. But this may change soon reports Peter Croal.**

more involved in Ottawa's governance. I have also learned that this is quite easy to do. Councillor Shawn Menard is now Chair of the Environment and Climate Change Committee. Councillor Menard is the right Councillor to lead on this file as he is dedicated to addressing environmental issues.

Councillors Plante, Carr and Menard will be drafting a motion for City Council recommending that Ottawa endorse the Montreal Pledge. This is good news, but just the first step. The endorsement must be backed up by practical actions that the City and residents can do to protect Ottawa's biodiversity heritage and make Ottawa a truly liveable city. Councillors do want to hear from their constituents. They want to know what the City is doing wrong or right. They actively look for good ideas from citizens. Let's help them to help us have a beautiful, liveable and welcoming city.



**Take a moment to let Councillors Plante, Carr and Menard know that you support Ottawa's endorsement of the Montreal Pledge. You may contact them at: [Stephanie.Plante@Ottawa.ca](mailto:Stephanie.Plante@Ottawa.ca); [Marty.Carr@Ottawa.ca](mailto:Marty.Carr@Ottawa.ca); [Shawn.Menard@Ottawa.ca](mailto:Shawn.Menard@Ottawa.ca)**

**You can follow the work of the Environment and Climate Change Committee in person at City Hall or watching live proceedings on You Tube at <https://www.youtube.com/@ottcitycouncil>. To find out when the ECCC is meeting or to make a presentation at a committee meeting, you can contact Christopher Zwierzchowski at [Christopher.Zwierzchowski@ottawa.ca](mailto:Christopher.Zwierzchowski@ottawa.ca).**

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# Unprecedented planning challenges are now confronting Old Ottawa East

*Ottawa's new Official Plan and controversial provincial legislation have combined to erode the safeguards in OOE's Secondary Plan*

## JOHN DANCE

Old Ottawa East (OOE) and other core communities face unprecedented planning and development challenges in the face of the City's new Official Plan and the provincial government's goal to increase housing supply through the controversial *More Homes Built Faster Act*.

Sitting in the crosshairs of the challenges is the OOE Secondary Plan (OOESP or the Secondary Plan), a City Council approved document that establishes goals and constraints for development within the community. While the OOESP has ambitious targets for new housing in specific areas, it also seeks to respect existing neighbourhood character and to enhance the sustainability of the community. The decade-old OOESP was developed over four years through a collaborative process involving community members, the Old Ottawa East Community Association (OOECA), City staff and the large institutional landowners.

An example of the potential impact on OOE is that, in a developer's eyes, Main Street south of Clegg Street could have nine-storey buildings as a result of the new provincial housing legislation. Yet the Secondary Plan policies limit heights to four-storeys because it's a "neighbourhood low-rise designation." Another example is the proposed 18 Hawthorne Avenue development, where the provincial legislation permits six storeys even though current zoning allows just four.

The Secondary Plan has an overriding provision that no buildings may be more than six-storeys except in certain delineated areas in the interior part of Greystone Village. But this provision is not likely to deter developers from seeking the more generous provincial limit.

### Density Targets

As the OOECA Planning Committee recently outlined in a meeting with Capital Ward Councillor Shawn Menard, "The density target for the institutional lands is already exceeded by approvals to date, and what's pending may result in twice the number of dwelling units targeted by the OOESP. Secondly, City analysis of new proposals in the area tend to focus on just the proposal at hand rather than assessing cumulative impacts of traffic and parking requirements and the impact on the OOE tree canopy."

A specific example is the proposal for

284 units on the eastern half of the Sacre Coeur property (15 des Oblats Avenue) which made no provision for residents' parking and had no analysis of impacts on neighbouring streets. "We see no evidence that a road network designed for 1000 units can accommodate 50 percent more traffic," the Planning Committee commented.

The Secondary Plan set a dwelling unit target of 150 for all of Hawthorne Avenue yet the 18 Hawthorne Avenue proposal would have 67 units constituting 45 percent of the target even though this building would occupy only 17 percent of the "developable" street frontage.

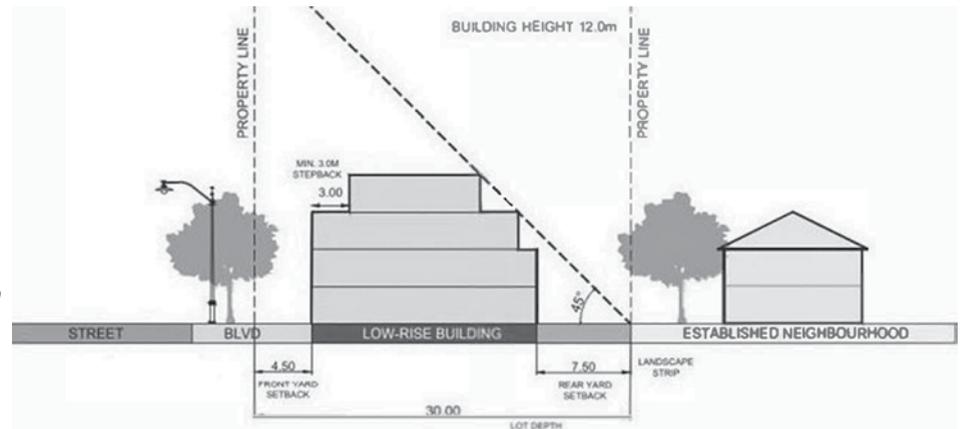
Conversely, the Planning Committee says the City has failed to ensure that the targets for much greater density around the Lees LRT station are actually met. The University of Ottawa is now building a six-storey building there even though the zoning allows 30-storeys. Had the university reached out to developers, many dwelling units could have been constructed above the medical sciences building, thus reducing pressure to build elsewhere in OOE and Sandy Hill.

"We recognise that densification is a reality. But it must be done wisely, targeted to areas like the Lees LRT station and consistent with the policies of the OOESP," says Dianne Caldbick, a member of the OOECA Planning Committee.

### Size of Required Yards

It's not just the large developments that pose challenges to the built fabric of OOE. Over the last few years, there have been increased pressures to seek minor variances and zoning by-law amendments that reduce the size of rear yards and the "setback" between the rear face of a building and the rear lot line, and amendments that alter the streetscape character of neighbourhoods. Many of these minor variances have been approved by the City-appointed Committee of Adjustment, despite clear violation of OOESP policies and objections raised by the OOECA Planning Committee.

"Reduced rear yard setbacks invariably reduce: landscaped amenity space; volume of critical root zone and ability for a mature tree(s) to flourish; appropriate rear separation distances between existing and new homes; reasonable privacy from overlook; and, depending on building height and orientation, the desire for some rear yard sunlight and sky view," the Planning Committee told Councillor Menard.



**One of the many improvements that the Old Ottawa East Community Association Planning Committee seeks is the re-instatement of the 45° angular plane to step back buildings at the rear so that neighbours' privacy and light is better protected, and trees can thrive.**

Although the new Official Plan seeks to increase the City's tree canopy, recent and proposed developments in Old Ottawa East will result in a decreased tree canopy with many trees being removed and others being replaced by species that will not become large canopy trees.

In May 2022, as a "housekeeping" amendment to the Low-rise Infill Guidelines, the City eliminated the 45° angular plane restraint guidance – "an upward angle drawn from the edge of a [rear] residential lot line to define the confines in which to build to protect a neighbour's access to light and sun." Like reduced rear yard setbacks, this action by the City will adversely affect residents' enjoyment of their rear yards, privacy and tree growth.

### New Zoning By-law

The OOESP has several unique features including a policy to maintain existing zoning in the residential neighbourhoods. In the face of the City undertaking a complete revamp of its zoning by-law, unclear how the existing zoning by-law provisions will fare. A related example is that the OOESP has a specific provision that aims to "Maintain the traditional pattern of pedestrian priority along the street with any garages relegated to the side or rear of homes and not projecting forward or otherwise dominating the building façade."

A key aspect of the new zoning by-law is that the focus will be on the "form" of

new buildings - not on what's in them. Thus, rather than single-family dwellings in much of the community, there will be new regulations permitting duplexes, triplexes, coach houses and other variations. Maintaining provisions such as current yard setbacks and heights may be a challenge in light of increased densification. Residents can participate in the development of the new zoning by-law by completing the surveys at [https://engage.ottawa.ca/zoning/news\\_feed/new-zoning-by-law-discussion-papers-march](https://engage.ottawa.ca/zoning/news_feed/new-zoning-by-law-discussion-papers-march).

A number of other planning and zoning questions also require discussion, including: will the City appeal minor variances, given community associations and other third parties are no longer allowed to do so?; how can the pre-application consultation process be improved?; and, are the land use designations and zoning for the areas near the northwest part of the Highway 417-Nicholas Street interchange reasonable?

The OOECA Planning Committee has met with Councillor Menard on these issues, and he is arranging a meeting with City staff so that OOECA can have meaningful consultation and discussions, in an effort to bring clarity to the OOESP policies' intent.

*Editor's Note: John Dance is chair of the Old Ottawa East Community Association's Planning Committee.*

\*\*\*\*\*

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\*\*\*\*\*

# POLITICAL PAGES

## JOEL HARDEN MPP, OTTAWA CENTRE

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



## YASIR NAQVI MP, OTTAWA CENTRE

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



## ONTARIO'S 2023 BUDGET MISSES THE MOMENT

Thursday, March 23rd was budget day at the Legislature, with all the fanfare it brings.

As I sat in Ottawa Centre's chair, leafing quickly through briefings and the budget documents themselves, I drew one major conclusion: this government missed the moment.

Sitting on swelling tax revenues (linked to the rising costs of living), they could have made massive investments in the things that matter most.

Our schools, including those in Old Ottawa East, needed funding. To cite one reason: thousands of autistic kids will be leaving the legacy Ontario Autism Program on April 1, and entering public schools. These kids need help to make this adjustment, but schools are facing cuts. This is no recipe for success.

Our health care system faces massive strain. Ontario's nurses earn the lowest wages in Canada. The backlog for surgical procedures continues to grow. The Ford government's response is to ensure for-profit clinics operate inside our public hospital system.

[We've been supporting Ottawa Hospital (TOH) staff speaking up about these clinics, noting the threat to patients given the poaching of staff. TOH Management and the Ford government have denied these concerns, but we will keep pushing for answers].

On April 22, the world will celebrate Earth Day. Nothing in Budget 2023 helps Ontario mark that occasion with any sense of pride, and delay is inexcusable.

In March, the United Nations' International Panel on Climate Change insisted we continue progress to reduce greenhouse gas emissions and limit the global rise of temperatures to 1.5 degrees by the end of the present century. As UN Secretary-General Antonio Guterres said "...our world needs climate action on all fronts — everything, everywhere, all at once."

Residents in Old Ottawa East know the serious effects of climate change. Just last May Ottawa was rocked by a windstorm that downed over 400 hydro poles, levying damage in excess of \$875 million provincewide (and \$19.5 million in Ottawa).

This sense of climate urgency is nowhere in Budget 2023.

It offers a whopping \$70 billion to privately built transit systems (all of which are over-budget, and past-deadline), but nothing to support the public transit we have. Transit riders in Old Ottawa East will wait longer for the bus, while the death spiral of less service and high fares continues.

Budget 2023 commits Ontario to new gas-fired electrical plants to offset the refurbishing of Ontario's nuclear reactors. We could renew our energy partnership with Quebec using hydroelectricity, it would be more affordable and better for the planet.

There is no serious action in Budget 2023 for affordable housing, nothing meaningful for Indigenous reconciliation, and nothing of substance for post-secondary education. We could add more items to the list, but the theme is clear. Budget 2023 is a disappointment. Residents in Old Ottawa East deserved better.

I will continue to raise these and other concerns in the Legislature, but as your representative in Toronto I want to hear from you. If you have opinions to share with me on Budget 2023, or any other matters, please send a message to [joel@joelharden.ca](mailto:joel@joelharden.ca).

## SUPPORTING OUR COMMUNITY

This year, the holy month of Ramadan began on March 22. Ramadan marks a sacred time of year for the Muslim community here in Ottawa Centre and around the world. This month-long journey of fasting and prayer encourages spiritual growth, reflection and compassion for those less fortunate. I was pleased to host Harmony Iftar this year on their 15th anniversary, at Parliament Hill. This was a multicultural and interfaith event where members of our community came together and embraced our differences in a diverse, cohesive and inviting atmosphere. Throughout this month, I look forward to joining our community in celebrating Ramadan.

In addition to hosting important community events as your MP, it is also part of my role to offer important services to Ottawa Centre residents. I was pleased to partner with the Catholic Centre for Immigrants to run a Free Tax Clinic this year. With their help, we were able to help close to 100 individuals and families file their taxes. With this service, those who may be struggling to make ends meet can have peace of mind in having their taxes filed. I am also pleased to announce that through our federal government's Community Volunteer Income Tax Program (CVITP Grant Program), four organizations in Ottawa Centre were able to access funding to run their own free tax clinic. This includes Centre 507, Somerset West Community Health Centre, OCAC (Ottawa Chinese Alliance Church), and Sprott Tax Students' Association (STSA). A huge thank you to the all the volunteer accountants and tax preparers, and staff of the local organizations running this service, for your help in serving our community and making tax season less stressful, and more accessible.

Our federal government continues to offer funding streams that provide direct help to members of our community and to our local organizations. As part of the 2SLGBTQI+ Federal Action Plan, the call for proposals for the Community Capacity Fund is now open. This fund aims to address the main priority of sustainable capacity funding for 2SLGBTQI+ organizations who work to end discrimination, violence, and barriers faced by the community. This is another step towards further promoting inclusion, advancing equity, and increasing safety in our community. For more information visit: <https://bit.ly/3mWykjH>.

Lastly, as a reminder, the Canada Dental Benefit continues to be open for applications. Quality dental care and good oral hygiene is essential to our health. As of mid-January, over 153,509 children and their families have benefited from this program, including 42,000 families in Ontario, and 680 children in Ottawa Centre. Eligible families can apply for the Canada Dental Benefit at [Canada.ca/dental](https://Canada.ca/dental).

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.

Sandy Hill  
Community  
Health Centre



Centre de santé  
communautaire  
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## Nous sommes à la recherche de nouveaux membres pour notre Conseil d'administration

Nous invitons les gens qui sont des clients de nos services et/ou des membres de la communauté francophone à s'investir comme bénévoles en devenant membres du Conseil d'administration. Si vous :

- êtes client(e) du CSCCS et/ou vous vous identifiez comme une personne francophone,
- connaissez le rôle que joue le CSCCS dans la collectivité et appuyez sa mission,
- êtes âgé(e) de 18 ans ou plus,
- êtes au courant des problèmes actuels sociaux et de santé,
- résidez dans la ville d'Ottawa,
- pouvez-vous engager à participer à des réunions mensuelles, à défendre les intérêts des résidents et à avoir des activités de réseautage pour un mandat de deux ans,

envoyez un courriel à Cristina Coiciu à [ccoiciu@sandyhillchc.on.ca](mailto:ccoiciu@sandyhillchc.on.ca). En ce moment, nous recrutons des personnes qui sont des client(e)s de notre centre et/ou des personnes francophones.

Pour plus de renseignements sur notre organisme et nos services, veuillez consulter notre site web à [www.sandyhillchc.on.ca](http://www.sandyhillchc.on.ca).

## We are looking for new Board members

We invite clients of our services and/or members of the Francophone community to become involved as volunteers on our Board of Directors. If you:

- are a client of the Sandy Hill Community Health Centre and/or identify yourself as a Francophone,
- are aware of the Centre's role in the community and support our mission,
- are 18 years of age or older,
- have awareness of current health and social issues,
- are a resident of the city of Ottawa,
- can commit to monthly meetings, advocacy and networking activities for a two-year term,

send an e-mail to Cristina Coiciu at [ccoiciu@sandyhillchc.on.ca](mailto:ccoiciu@sandyhillchc.on.ca). At the moment, we are recruiting individuals who are clients of our Centre and/or Francophones.

For more information about who we are and what we do, please visit our website at [www.sandyhillchc.on.ca](http://www.sandyhillchc.on.ca).



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## Top Questions to Ask Yourself Before You Renovate your Kitchen

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2. What is being changed? Appliances, cabinets, cabinet hardware, counters, sinks and faucets, flooring, lighting, wall finishes, ventilation and window coverings.

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## The Children's Garden

# Getting ready for another busy, boisterous and bountiful season

### LORI GANDY

While there may still be snow on the ground when this issue of The Mainstreeter hits the streets, planning for the upcoming season in the Children's Garden is well under way. For those of you who don't know about this Old Ottawa East gem, it's at the corner of Main and Clegg streets. You can't miss it for the brightly painted fence posts and the welcoming front entrance.

Marianne, the Garden's Manager, has purchased seeds, is planning some new and exciting vegetable varieties (think purple cauliflower) and is looking ahead to what will no doubt be another busy, boisterous and bountiful season.

### What's happening at the Garden?

As any gardener knows, there is always something to do in a garden: planting, transplanting, weeding, staking, and – the best part – harvesting.

In early May, the Garden will hold a "Spring Event" to clean out beds and plant seeds. Some seeds will be planted in 'nursery beds' for germination and then the seedlings will be transplanted later in June. "Children were really excited about transplanting day last year," says Marianne.

Beginning in early May, Marianne will begin posting information on the Garden's Facebook and Instagram sites and in the weekly newsletter. You can sign up to receive the newsletter at [ottawachildrengardeninfo@gmail.com](mailto:ottawachildrengardeninfo@gmail.com).

The newsletter plan is to include more information about what help is needed, when garden days are for that week and what tasks will be done, so you can sign up to help when you can. You can also check out the latest news on the website: [ottawachildrengarden.org](http://ottawachildrengarden.org).

### New this year

After her first season in the Garden, and thanks to those who made suggestions in the end-of-season survey, Marianne has exciting plans for this year. "We really want to encourage people to experiment in their own gardens. We'll be growing new varieties of vegetables, including multi-coloured

cauliflower and tomatoes." As Marianne says: "Why grow red tomatoes when you can grow purple, or orange or yellow ones." Why indeed!

Other plans include vertical gardening to maximize the use of the garden space. "We'll be making use of trellises and also growing potatoes in bags. We're excited to show people what they can do in small spaces."

### Education and Exploration

A key objective for the Garden is education. As in the past, the space will be open to various organizations to run their science and nature programs. Children participate in fun activities and learn about gardening and how to appreciate the natural world.

Says Marianne: "The more people we can get to come to use the space, the better for all of us. We want the Garden to be a community place for learning and fun."

### A sustainable, healthy garden

Keeping the garden healthy and sustainable is another important focus. This is something all visitors to the garden can help with. Knowing what is ready for harvesting and how to harvest it is critical to any plant's health. For example, you should not pick the leaves from the broccoli and cauliflower plants, because they will then struggle to survive and produce their fruit.

"We love that people come to taste



PETER FOWLER PHOTO

**ABOVE AND BELOW: An Old Ottawa East gem, the Children's Garden and its Garden Manager Marianne are gearing up for a busy growing season in 2023. Lori Gandy reports on the new initiatives planned for this season, including new vegetable varieties and vertical gardens, and kids' activities.**

the vegetables and fruit. We just want people to be aware of how and when it is appropriate to harvest," says Marianne. Visitors can check the large blackboard in the shed to see what's ready for picking.

Last year, the garden had some issues with plant destruction from little critters that nibbled and grazed at will. Marianne will be taking corrective action involving netting and strategic planting of ground cherries to attract squirrels away from the other produce.

But as Marianne says: "A garden is a living space, supporting people as well as the wildlife that visit regularly. We are happy to share with the critters, but we also want to enjoy it ourselves."

### Giving back to the community

A garden is truly a delicious gift from nature and the Children's Garden shares that gift by donating produce to the Sandy Hill Community Centre (the

Garden's sponsor) for distribution in the community. The donation harvest takes place on Thursday mornings, after which Marianne delivers the produce to the Centre.

### Events in the Garden

Besides the activities mentioned above, the Garden is available for events such as home-schooling classes or even birthday parties. The Garden has a large round table, a picnic table and some benches to accommodate groups. Email the Children's Garden and they will arrange for people to show your group the garden and help them harvest what's ready.

When you are responsible for a garden, you are always learning, always trying new things, always growing yourself. All good things that can serve us well – in the garden, and in life.

Come to the Children's Garden this summer and see for yourself what a wonderful place it is.



**Volunteers are needed throughout the season to help with garden tasks, and children are especially welcome**

**to join in and learn. Marianne encourages people to come to the garden when she's there (her schedule is posted in the newsletter and on social media). "Especially if it's your first time in the garden," says Marianne. "I'd like to be able to introduce you to the garden and answer any questions." If you would like to become a volunteer, contact Marianne at: [ottawachildrengardeninfo@gmail.com](mailto:ottawachildrengardeninfo@gmail.com).**



ANNIE STAPLES PHOTO

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Susana Tort, MIT AgeLab

## What's your next move?

**PAT EAKINS & JANET SUTHERLAND**

The topic of housing models for older adults will be the subject of a series of presentations planned to take place at the Abbotsford Seniors Centre during the month of May. Seniors Watch Old Ottawa South (SWOOS), a committee of the Old Ottawa South Community Association, has been looking at innovative housing options, including the consideration of the Abbeyfield ([abbeyfield.ca](http://abbeyfield.ca)) model of housing in the new tower planned for the west side of Bank Street at Riverside Drive.

Before any commitments are made on the Bank Street project, SWOOS wants to utilize the presentations to provide information to seniors on various housing models for the aging ranging from living independently within the community to living in a shared residence with a range of supports.

The presentations will be featured as part of Abbotsford's Learn and Explore Speaker Series (<https://glebecentre.ca/abbotsford-events/>). Three sessions are being planned: the first will provide an overview of the issues and options for seniors' housing in collaboration with the Council on Aging (Wednesday May 17th); the second (May 24th) will focus on residential design and adaptations to support aging in place (e.g., universal design, inclusive design, design for all, life span design) and the third (May 31st) will introduce innovative housing solutions such as the Abbeyfield model that have been successful in Ottawa and beyond.

The sessions will be delivered in a hybrid format (in person and simultaneously over Zoom) and will be facilitated by experienced resource persons working in the field of older adult housing. Each presentation will provide an opportunity for SWOOS members to share ideas and receive input and feedback from members of the local communities of Old Ottawa East, Old Ottawa South, the Glebe, and the Glebe Annex.

While there is no cost for admission to any of the presentations, registration is required. Non-members of Abbotsford Seniors Centre wishing to reserve seats at the presentations or to obtain the ZOOM link can do so by telephoning 613-230-5730. When you do so, you will be asked to share your name, phone number and e-mail address.

SWOOS continues to welcome volunteers to its Housing project team and to the Abbeyfield Riverside Board of Directors. While the organization views communities through the eyes of seniors, SWOOS believes that an age-friendly community requires the participation of all ages for the development of optimal amenities and for intergenerational social health. Those interested in getting involved with the seniors' housing initiative or wishing to obtain more information about SWOOS should contact [SWOOSadmin@oldottawasouth.ca](mailto:SWOOSadmin@oldottawasouth.ca).

## ECLECTIC EVENTS

**Saturday, April 22nd between 10 AM - 2 PM,  
EARTH DAY CELEBRATION,  
Lady Evelyn Alternative School,  
63 Evelyn Avenue**

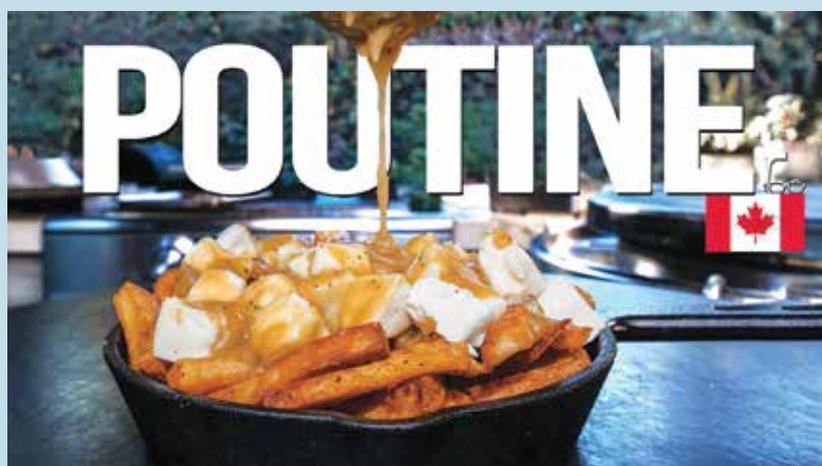
Lady Evelyn Alternative (LEA) School, Rainbow Kidschool and SLOE (Sustainable Living Ottawa East) are hosting an Earth Day Celebration for LEA families and the wider Old Ottawa East community! In fact, this free event is for everyone!

The students of Ms. Borts' Grades 2 and 3 class are already hard at work preparing for this special day, as their artwork demonstrates.

There'll be activities for the kids, vendor tables, a swap table, a bake sale and a climate change info station. Also planned is an e-waste collection site! Come and drop off your old and beyond-repair electronic items.



JAYSON MACLEAN PHOTO



**April 27th - 30th  
OTTAWA POUTINEFEST,  
Poutine Plaza, Ottawa City  
Hall,  
110 Laurier Avenue**

The 2023 Ottawa PoutineFest is back for its 8th family-friendly season, and vendors are ready to serve up the best in Traditional, Exotic, and Extreme Poutine, over 125 choices of poutine, a new Best in Cheese Curd, an exotic poutine competition, live music, more live

entertainment, the Poutine Sample Social with your Fest Pass, free entry to the festival and more. In addition to some of the best poutine on the planet, you can take part in the Poutine Judging Contest, Poutine Eating Contest, Potato Themed Games, and more. Poutine prices at the festival range from \$6.50 on up to \$15 for the most exotic items. Veggie Poutines and Gluten-free Poutines are also on offer, as well as craft beer sold by local Broadhead Brewery.



Jakob Ruest

May 28, 2013 - November 23, 2016

**Saturday, May 20th between 10  
AM - 2 PM**

**CDKL5 DEFICIENCY  
DISORDER WALK-A-THON,  
Kanata Recreation Centre,  
Kanata**

The family of the late Jakob Ruest, who passed away at the age of three from CDKL5 Deficiency Disorder, a rare genetic condition, continues to honour his memory and to fundraise to spread awareness about the little-known disorder and to support continued research to one day find a cure.

CDKL5 is a genetic mutation that prevents the body from making essential proteins needed for brain development, causing children to have seizures, as well as thwarting their ability to achieve basic

motor, vision, and other developmental milestones.

Last year, the family raised just over \$6,000 through a variety of events that included a year-long bottle drive, a bowl-a-thon and a memorial golf tournament which will be held this year in June (see below).

Jakob's 1st Annual Memorial 2K Walkathon was held last year also in May. Close to 40 people walked together along the Vincent Massey Loop and the Hogs Back Loop of the NCC Pathways. Donations from last year's event raised over \$1,100, and organizers are expecting a larger group and increased donations for this year's event.

For those whose outdoor activity tastes incline more to golf, Jakob's 2nd Annual Memorial Golf Tournament will be held on June 10, 2023. Registration starts at 11:30am with a shotgun start at 1:00pm, and a limit of 36 teams of four golfers. The tournament will feature the "Classic Home Cooked Roast Beef Dinner" starting at 6:00pm. Golfers can expect: door prizes, a silent auction, merch items, and a team golf cart decorating contest. The golf tournament Team Registration/Sponsorship Link is: <https://madawaska.golfems2.com/event/jakob-s-2nd-annual-memorial-golf-tournament>.

For more information about the May 20 walk-a-thon or other events organized by the family, you can contact them by email at [jakobrckl5@gmail.com](mailto:jakobrckl5@gmail.com) or by visiting their website at: [www.jakobruestcdkl5.ca](http://www.jakobruestcdkl5.ca) where you can find links to their Facebook group and Instagram account.

## Ottawa Children's Festival de la jeunesse

**May 11th - 14th,  
OTTAWA CHILDREN'S  
FESTIVAL DE LA  
JEUNESSE,  
Lebreton Flats Park, The  
Canadian War Museum &  
Arts Court**

Since 1985, the Ottawa Children's Festival de la jeunesse (OCF) has hosted an annual celebration of the best in live performing arts for families. Creating programs for children, the Festival focuses on enriching school curriculum and promoting the arts as an integral part of a child's education; strives to present work that excites and challenges audiences of all ages; and prides itself on developing and producing award-

winning programming that comes from across Canada and around the world.

Between May 11 and 14, 2023, OCF will welcome schools, daycares and groups of 10 or more with enrichment activities, ticket discounts, free on-site extras, and more! Bring a picnic, see a show, get your face painted, and then enjoy the on-site workshops and activities.

OCF prides itself on the quality of its programming and the ability to bring the best in international theatre and performing arts to Ottawa. The Children's Festival ensures that all families have affordable access to quality live performing arts. A sneak peak of the Festival's 2023 programming can be found at <https://ottawachildrensfestival.ca/sneak-peek-may-11-14-2023/>.



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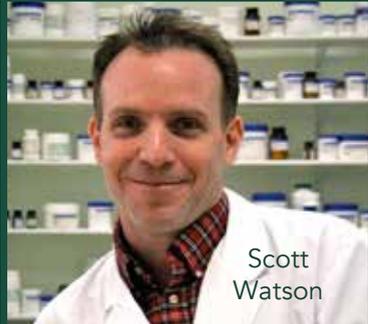
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## Join us in supporting OlymPINK on April 15!



Andrea D. (an OlymPINK organizer/participant)  
and Scott Watson

Watson's Pharmacy is proud to once gain support OlymPINK – a swim meet to raise money for breast cancer services. Started in 2019, this annual event has raised more than \$133,000, helping outfit an ultrasound room at the Ottawa Hospital Rose Ages Breast Health Centre. This year, in partnership with the Ottawa Regional Cancer Foundation, OlymPINK will support breast screening priorities and fund programs to help women on their journey through breast cancer. Join us in helping them achieve their goal!

Visit [www.olympink.org](http://www.olympink.org) for more information or to make a donation