



## Split views on QED closures

Debate on active transportation options for the parkways continues.

Pages 6, 7 & 12

## What a Walk of Art it was!

Glorious weather and close to 50 local artists - young and old - highlight the hugely popular OOE community event.

Pages 3, 4, 6, 8 & 23 to 25



## Self-styled romantic

Our Neighbours columnist Dianne Wing profiles OOE's multi-talented artist Jordan Craig.

Page 27

## OPINION

# Lansdowne 2.0: City council poised to transform urban park into high-rise development with a shopping mall

*Calls for financial transparency and true public consultation have been met with silence*



JOHN DANCE PHOTO

The contentious Lansdowne 2.0 proposal, which is expected to get City Council approval in early November despite heavy opposition from affected community associations and citizens, is "a tremendous opportunity squandered" and "a perfect example of particularly bad governance."

### ALEXANDRA GRUCA-MACAULAY

The Lansdowne 2.0 proposal that is expected to cost the City \$417 million and involve at least \$239 million of new City debt goes for final approval to the joint Finance and Corporate Services and Planning and Housing Committees, and City Council in early November. Despite assurances that there would be a "robust" consultation process before the final report, the City instead has run marketing-heavy "information" sessions with severely restricted opportunity for public input. As a result of this lack of consultation, Lansdowne 2.0 is a tremendous opportunity squandered, and the downside costs over time could prove to be staggering.

Calls for financial transparency from community associations, and prominent Ottawa residents including Kevin Page, former Parliamentary Budget Officer, and Michael Wernick, former Clerk of the Privy Council of Canada, have been met

with silence. There have been promises of "deep dives" and financial due diligence, but the scope of work for the consultants has been so narrowly constricted as to almost certainly render the final product of limited value. For example, rather than ask questions such as "can Lansdowne's total future retail operations realistically be expected to offset the projected losses of other operations like the 67s and event centre?" the scope limits its question to the "economic viability" of an "additional 59K feet of retail space." Most importantly, there has not been a deep dive into the question of why the Lansdowne partnership has lost money since operations started in 2014 despite prior projections that repeatedly promised rosy profits that have never been delivered.

*Continued on Page 11*



MELINDA NEWMAN PHOTOS

## Pride and love go on parade

*Smiles, songs and unadulterated joy filled the roadway and sidewalks of Elgin Street on August 27th during the annual Capital Pride Parade as an estimated 10,000 participants pounded the pavement under sunny blue skies to show solidarity for Ottawa's 2SLGBTQI+ communities.*



1. A young boy waves a pride flag to participants of the CAA float turning the corner of Elgin and Gladstone streets.
2. Costumes for the day were both naughty and nice in keeping with the hot, hot weather and the boundless imagination of participants.
3. More than 200 organizations and companies marched in the parade to show their pride - this year's theme was Get Proud!
4. Banners proclaiming Love Wins and Proud To Be Me helped to spread the message of inclusion.
5. Many Old Ottawa East residents walked or cycled across the Flora Footbridge to take in the colorful parade proceedings, including this Bower Street brigade: Dan Vincent & Stephanie van Zanten (in orange and white t-shirts), their children Mathéo, André and Esmée, and James Ketcheson & Elyse Pratt-Johnson (both far right), and their children, Thomas, Nicholas and Théo. Our photographer for this collage, Melinda Newman, is pictured in the centre rear of the photo wearing shades and a bicycle helmet.



*Kids' Art Exhibit at the Children's Garden*

# Creativity, entrepreneurship and community spirit on display

**LORI GANDY**

The day brought sunshine all around for the five young artists exhibiting their art in the Old Ottawa East Children's Garden as part of *A Walk of Art 2023* on September 23rd.

Camille (9), Aniela (6), Isobel (9), Mána (7) and Raphaëlle (9) arrived at the Children's Garden early with their best work (and a very proud parent or two) and got busy setting up for the Kids' Art Exhibit.

Once their displays were ready, they all contributed to creating and signing a colourful poster, which had pride of place on the front gate of the Garden, clearly visible from the street. And then the fun really started! A steady stream of people came by to admire the amazing art on display. Many visitors made purchases, to the great delight of the artists, one of whom - Mána - even sold out! The success was all the more exciting because, for all of them, this marked the first time they had ever exhibited their art. Camille was so excited about her first sale she decided to save the coins she was given as payment.

Looking at the beautiful artwork on display, each with its own unique style, it was obvious that art holds a special place in the hearts of these talented young people. For Aniela, art is "...fun to do and it's pretty sometimes. Making art makes me feel happy." Raphaëlle enjoys art because, as she says, "It's a way to help me deal with my emotions. I can paint about how I feel - that's my favourite kind of painting." For Camille, painting makes her feel "happy and relaxed." Mána likes that art "can be anything!" And for Isobel, the wisdom of the ages in one so young: "I like that there are no mistakes in art, you can make anything you want."

These young artists are not only creative; they're entrepreneurial as well. Absolutely nobody got into the Garden without an invitation from Raphaëlle to have their portrait painted. She had a steady stream of 'sittings' throughout the event and everyone came away delighted with their portrait. "I enjoyed painting portraits for the people who visited the Garden," she says.

Aniela's exhibit included not only some lovely cards and stickers; she also collected funds for the Children's Garden and for the Ukrainian Family Relief Fund at St. Thomas Church. She also accepted two commissions for cards and pet portraits in return for donations to this Fund.

And while all the artists were set up to accept cash payments, anyone who arrived cashless was quickly informed that an e-transfer would do just fine.

One of the original founders of the OOE outdoor art tour, artist Rosie Cusson staged the first children's art



LORI GANDY PHOTOS

These five young OOE artists answered *The Mainstreeter's* call to exhibit their artwork in the Children's Garden during *A Walk of Art 2023*. They all vowed to return again next year!



**ABOVE: Aniela (6) feels art is fun to do and it's pretty sometimes; RIGHT: Camille (9) was so excited about her first sale.**



exhibit, called the Kid's Corner, outside her OOE home in 2020, and the event within an event has grown since then.

Situating the Kids' Art Exhibit in the Children's Garden, a familiar place to many of the artists, created a rich and

*Continued on Page 8*



**LEFT: Raphaëlle (9) paints about how she feels. ABOVE: Mána (7) likes that art can be anything! RIGHT: Isobel (9) says that there are no mistakes in art.**



*At the Corners on Main...*

## Open air courtyard gallery was a real crowd-pleaser

As they busied themselves setting up for the multi-artist gallery in the Springhurst Avenue courtyard garden of The Corners on Main (TCOM) condo complex, it was hard for organizers John Jarrett and Terry West to contain their enthusiasm.

Six highly skilled exhibitors - five visual artists, including Jarrett, and a sculptor - busied themselves turning an already picturesque setting into an oasis of artistic beauty. And both Jarrett and West fairly beamed with excitement and anticipation, hanging signs, directing traffic and anxiously awaiting what would turn out to be an endless stream of art tour strollers.

The TCOM courtyard garden gallery proved to be one of the best-attended exhibits of *A Walk of Art 2023* - Old Ottawa East's 4th annual outdoor art tour - and by far the biggest and most successful ever.

Participating at the TCOM courtyard garden gallery were, along with Jarrett, visual artists Sylvia Spasoff, Peggy West, Sarah Pooler, and Shila Biswas and metal sculptor extraordinaire Eamon (aka Michael Fitzpatrick). After the event, the artists reported that the crowds were terrific, and the sales were brisk!



1

TERRY WEST PHOTOS



2



3

One of the terrific new outdoor venues for exploring the work of Old Ottawa East's talented local artists during the 4th annual community art tour was the courtyard garden of The Corners on Main (TCOM). 1. The exhibit by six local artists during *A Walk of Art 2023* attracted a constant stream of viewers of all ages; 2. Peggy West sets up her artwork exhibit before the 11 am opening of the TCOM gallery; 3. Eye-catching outdoor landscapes were featured at Sylvia Spasoff's exhibit; 4. Among the community's most accomplished artists, John Jarrett did double duty as presenting artist and organizer of the TCOM gallery; 5. Artist Shila Biswas was among many first-time exhibitors at *A Walk of Art 2023*, and also exhibited at the Ears on Main preview gallery prior to the outdoor tour; and 6. OOE resident and self-taught artist Sarah Pooler was overjoyed to exhibit her paintings at the TCOM gallery.



4



5



6



LORNE ABUGOV PHOTOS

The Gavillucci's of Old Ottawa East - Giovanni (79) and Celestina (76) - are a matched pair of lovebirds with deep Italian roots and hardy local spirits.

## If it comes from the soil, Giovanni can grow it!

*A one-man market garden - and his endearing spouse!*

### LORNE ABUGOV

Celestina Gavillucci wants everyone in Old Ottawa East to know - in case they haven't already heard - that her husband of 55 years, Giovanni-Battista Gavillucci, is a warm and wonderful human being.

"Some people who don't know him think that he is an angry guy, because he comes close to people and he talks in a very loud voice," she explains to me, concern in her voice. "But he can't help it. He has two hearing aids. And once they understand that they see that he is a really wonderful guy!"

In short order, I learn that Celestina, who is known to neighbours as "Tina", is exactly right about Giovanni, who is known to neighbours as "Gio". Spend 15 minutes with Gio, as I did recently at the family home on the corner of Elliot Avenue and Main Street, and you have made a friend for life.

You can also easily lump Tina into that same "salt-of-the-earth" category. In an age when honest, solid, nature-loving people with simple, decent values seem to be in short supply, the Gavillucci's are an exception, a balm to the soul.

For his part, Giovanni is a throwback to earlier times, both in Italy and in Canada. His gardening prowess derives from the hillside gardener in a small Italian town, but also aligns well with the early history of adept market gardeners tilling the soil in Old Ottawa East (OOE).

If there is a produce gardener in OOE more proficient than this gentleman, please raise your hand now. Gio is the black belt and the gold standard of the green-thumbed set. In his backyard oasis, he grows an array of fruits, vegetables and fresh flowers too numerous to name - imagine your basic Farm Boy, without the kiwi fruit. On the front lawn, his beloved pear and plum trees fairly groan each summer under the weight of the plump low-hanging fruit they produce.

For her part, Celestina, keeps steady pace with Gio, though her best work is done in the kitchen. "He grows it all, I cook it all," she tells me with a smile. "Every year, I do the minestrone. Every year I say to Gio: 'Don't plant so much this year! I don't want to spend the whole summer in the kitchen.' But he can't help it. It's what he does."

Before I know it, Tina invites me into her kitchen, where all the magic happens. She tells me that much of what Gio grows finds its way to family, friends and neighbours, who appreciate and benefit from all the fresh produce. "The neighbour's kids love Gio, and they love all the food he grows, and so do their parents," Tina says proudly. "He is very respected."

Love and respect - they lie at the heart of the couple's long and happy marriage. Gio was born and raised in the tiny mountain town of Carpinado, Italy, and he came to Canada as a 19-year-old in October 1963. Sixteen-year-old Tina left her town of Ceccano, Italy, outside of Rome, a year earlier in November 1962. The pair met each other at a baby christening in Ottawa and fell in love on the spot.

"But you know, back then," Tina remembers, "the two families had to agree, so he had to court me for more than a year. But we made it!"

The couple moved into their home in Old Ottawa East half a century ago, and for the most part they have enjoyed every moment of their long life in this community. "Well," says Gio, "I did tell Tina once that maybe we should move to a different place. But she said 'no, this is my home, why would I leave here?' So, we stayed. What are you going to do? She's the boss."

And with that, Gio shrugs his broad shoulders and shuffles off with a smile on his face to show me the pepper plants.

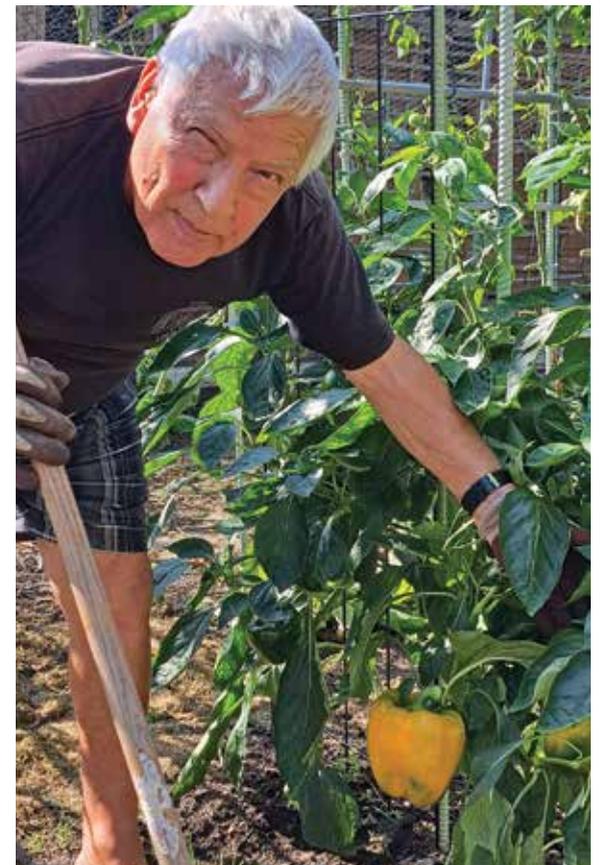
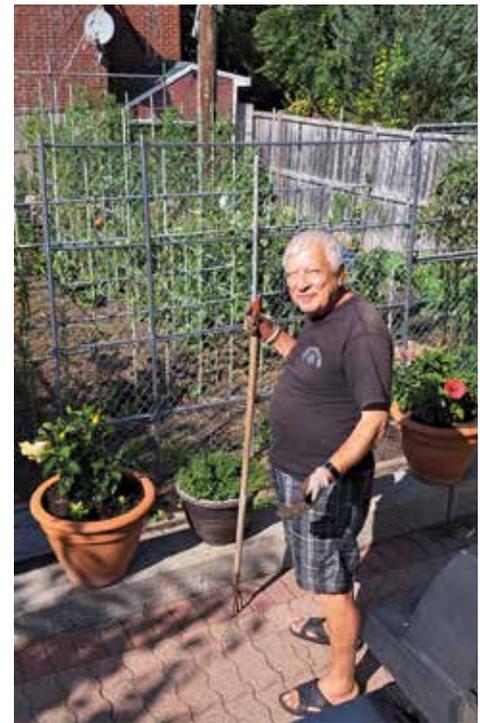


TOP: Clumps of ripe pears hang down from several fruit trees on the Gavillucci's front lawn;

ABOVE LEFT: Giant trumpet zucchinis more than a metre in length are one of Giovanni's many specialties;

ABOVE RIGHT: On almost any summer's day, you're sure to see Giovanni in his natural setting doing the one thing he likes best - growing things;

RIGHT: If you take an interest in Giovanni's pepper plants, he'll surely take an interest in you. If you happen to meet him, take the time to say hello and ask him how his garden's growing. You'll be glad you did!



## LETTERS TO THE EDITOR

### DON'T BLAME QUEEN ELIZABETH DRIVEWAY CLOSURE FOR TRAFFIC SNARL-UPS IN THE GLEBE

In September I returned home from a visit out west, which included the bicycle ride of a lifetime on a 17-kilometre closed-to-cars section of Alberta's Bow Valley Parkway alongside hundreds of other cyclists of all ages from all over Canada and other parts of the world, most sporting huge smiles. And no wonder. The Parks Canada pilot program meant we were all biking on a wide road through magnificent mountains and into some of the most spectacular landscapes on the planet.

What a contrast to bike over the Flora Footbridge to the Glebe upon my return and to be reminded of the Mayor's cars-first approach and the National Capital Commission's lack of resolve in protecting time for biking, walking and running on a modest 2.4-kilometer section of the Queen Elizabeth Driveway. The Driveway belongs to all Canadians through the federal taxes we pay, and overlooks the Rideau Canal, a UNESCO World Heritage site.

Although I live in Old Ottawa East, I spend time each week walking, biking or driving in the Glebe, and find the hazards and frustrations of all those modes of transport exacerbated by road construction projects that drag on.

Add to that the frenzy that accompanies large-scale events at Lansdowne, which is inadequately served by public transit. Drivers speed because they are going to be late for their event and cannot find parking. Or they cruise, slow and distracted, looking for a parking spot rather than keeping their eyes on the road.

Fixing the traffic congestion in the Glebe so that residents don't feel trapped and besieged in their own neighbourhood has very little to do with whether Queen Elizabeth Driveway is open or shut to cars. The chaos and congestion are due partly



JOHN DANCE PHOTO

**Fixing traffic problems on Glebe streets has very little to do with whether Queen Elizabeth Driveway is open or closed to cars, says reader Theresa Wallace, who says that the City's historic failure to plan proper public transit is one of the root causes of the traffic gridlock. For more news and views on this issue, see pages 7 and 12 of this issue.**

to construction but mostly to the deep historical failure of the City of Ottawa to plan proper public transit to serve Lansdowne Park and environs while also being subservient and submissive to the business interests that run Lansdowne.

*Theresa Wallace  
McNaughton Street*

### PROUD KIDS SHOWCASE THEIR WORKS OF ART

In late September 2022, I came across the advertisement for *A Walk of Art*, the Old Ottawa East outdoor art tour. Inspired, I thought it might be the perfect occasion for my daughter, Hanna, and her friend, Farrah, to set up a lemonade stand they had been contemplating all summer.

With my husband's help, we quickly got everything ready. The girls opened for business during *A Walk of Art*, and the response was fantastic. They not only served lemonade but also had the pleasure of connecting with neighbours and visitors who stopped by to chat and encourage them.

The next day, we sat down to review how things went. We thought to ourselves, perhaps next year we can be a part of *A Walk of Art*. I contacted *The Mainstreeter's* editor, and he was thrilled with the idea of opening some space for children to showcase their art.

Hanna, who is nine years old this year, was nervous but super excited to invite her friends from the neighbourhood (Farrah, Lily, Walter, Ava, Dana, Neva, and Kaya). Everyone brought their best artwork



to exhibit. We did not anticipate how wonderful this experience would be for the children, ages four to 12. They were all proud to showcase their work and to explain to adults, some of whom they knew and others who were complete strangers, what inspired them and how they arrived at their final product.

The younger kids, who accompanied their older siblings or little ones from McNaughton Street, stopped by and created their art right on the spot. It was a fun day of community building and engagement.

We thank the three artists who thought of this wonderful idea in 2020 (Steve Fick, Rosie Cusson and the late Kathleen McCrea), *The Mainstreeter*, and the many local coordinators, volunteers, and artists for contributing to such a fantastic day. Everyone came together to support children's growth and development and local artists in their creative pursuits.

We have many lovely photos of happy little artists engaging with the public, neighbours, and having FUN!

*Marianna Shturman  
McNaughton Street*

[www.mainstreeter.ca](http://www.mainstreeter.ca)

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

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

## OPINION

# Closure of Queen Elizabeth Driveway highlights conflicting City, NCC policies

*"...even if we accept that increased opportunity for pedestrians and cyclists is warranted, restricting the QED for automobile traffic is overkill," says Richard Webb.*

### RICHARD WEBB

Once again, we are faced with the spectacle of different public authorities implementing contradictory policies. The long established Glebe Traffic Plan introduced measures to keep automobile through traffic off residential streets, by preventing access from the Queen Elizabeth Driveway (QED) to such streets. However, by restricting automobile traffic on the QED, the National Capital Commission ensures that traffic that would otherwise bypass residential areas must use residential streets.

Keep in mind the purpose for which various types of roads

exist. Residential streets were constructed to service local houses, apartments, public buildings and commercial establishments. Roads such as the QED were constructed specifically for the purpose of allowing traffic to bypass residential communities (hence their higher speed limits), often with restricted access and egress points. To restrict the use of such roads to cyclists and pedestrians negates their very purpose.

The interests of four groups are involved - drivers, residents, cyclists and pedestrians (the difference between cyclists and pedestrians being usually ignored, even though their interests may also give rise to conflict). The city's order of priority is cyclists and pedestrians, local residents, then drivers.

As a result, extensive steps have been taken to discourage car traffic, including the removal of lanes (e.g., the Bank Street Bridge and Main Street), the construction of traffic hazards (euphemistically referred to as "traffic calming devices"), and the elimination of parking spaces by the installation of dedicated bike lanes. Cyclists are favoured by such lanes and by acceptance of their right to ignore the usual traffic rules (e.g., stop signs, lights, one-way streets). Pedestrians are favoured by non-enforcement of rules relating to traffic lights, causing increased automobile congestion on local streets.

Most of us would agree that reducing car traffic is a worthwhile endeavour, and if such traffic could be completely eliminated, so much the better. But the reality is that there will always be some need for such traffic. Carrying a month's worth of family groceries on a bicycle may be customary on the streets of Delhi, but it is not feasible in Ottawa. Carrying couches down Bank Street is difficult at best. Asking centenarians to ride bicycles in the winter or carry their groceries home on foot is a non-starter. To pretend that we can get rid of all automobile traffic is unrealistic.

The need for automobiles is inversely proportional to the quality of the available public transportation system. A reliable, comprehensive and affordable public transportation system - concentrated on areas of maximum population density - works in Toronto and New York. But Ottawa's system is unreasonably costly, unreliable, slow, infrequent, and fails to provide meaningful service to many areas. Indeed, the City's primary goal seems to be to get suburban commuters to and from downtown for work - a questionable goal in an era of remote work - rather than creating an infrastructure within the city to serve residents generally. No thought appears to have been given to north/south routes along the main transportation corridors, like Bank Street and Bronson Avenue that have high population density and event locations, like TD Place. In fact, even the east/west LRT route has been constructed across areas of low population density, like the former Sir John A. Macdonald Parkway, rather than across areas of greater population density, like Baseline Road.

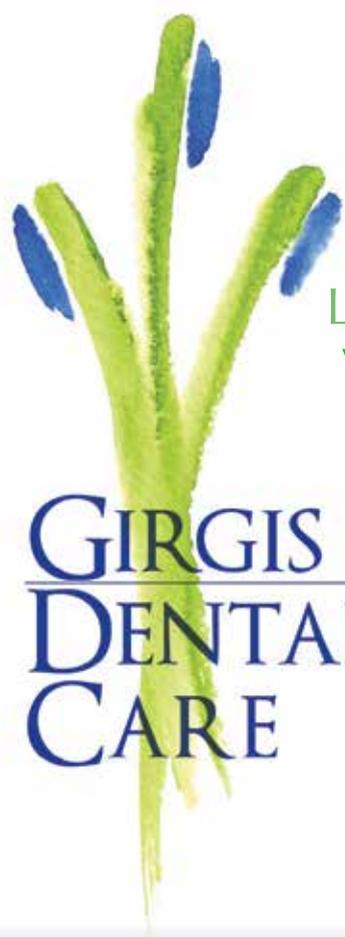
And even if we accept that increased opportunity for pedestrians and cyclists is warranted, restricting the QED for automobile traffic is overkill. There is already a system of paths in place for pedestrians and cyclists - and a large buffer zone between the Canal and the QED - which offer a more pleasant experience than driving or walking on a roadway. And cyclists may already cycle on the roadway, whether or not it is closed. The only beneficiaries are those few pedestrians who prefer walking on roads to walking on paths.

*Richard Webb is a long-time resident of the Glebe with an active interest in community affairs. His article was first published in the Glebe Report and appears here with his consent.*



JOHN DANCE PHOTO

**Restricting the use of Queen Elizabeth Driveway to cyclists and pedestrians negates the very purpose of the parkways, says Richard Webb.**



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## Young artists agree - exhibiting their artwork is fun!

*Continued from Page 3*

amazing sense of community. Between talking to visitors about their artistic techniques and their inspiration, the young artists found time to appreciate their fellow exhibitors' art and even made purchases themselves.

"I bought a birdy and a rainbow sunset sky from a nice girl next to me," says Aniela. "And Raphaëlle and I did an art swap: I gave her a unicorn picture and she painted my portrait." Raphaëlle says she also "liked seeing what the other kids had at their exhibits."

All of the artists enjoyed sharing their art with others. As Camille says, "I liked watching people come to my table and enjoy my art. Seeing the smiles on their faces and hearing their thoughts about my art made me feel proud."

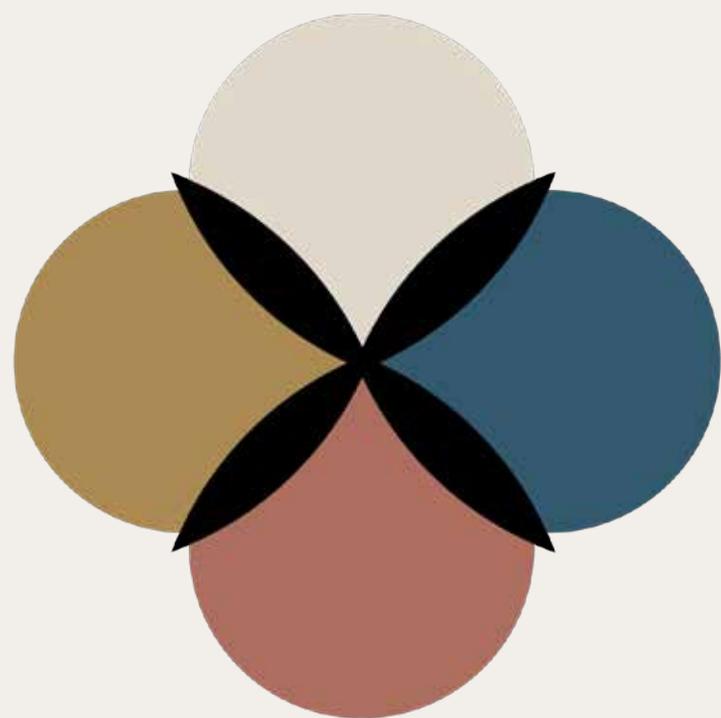
The community spirit evident in the artists themselves, and in the attention and generosity given by the visitors to these young people, was beautiful to see.

A total of \$70 was raised for the Children's Garden, including contributions via artists and in the 'Donations' box. More importantly, these young artists got a taste of what it means to create and exhibit art, and to be praised and remunerated for their creative expression. When asked if they'd like to participate at next year's Kids' Art Exhibit, the answer was a resounding "Definitely." There may even be some siblings joining in the fun too.



MARIANNA SHTURMAN PHOTO

**A second group of young artists happily engaged with the public at their MacNaughton Street Kids' Art exhibit.**



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# Greystone Village Phase 3 approved by City Council

*Last minute negotiations ensure that the public can access a pathway connecting the Grande Allée to the Rideau River*

## JOHN DANCE

Plans for the 271-unit Phase 3 of The Regional Group's Greystone Village are now approved by City Council and, as a result of last minute negotiations, public access from the Grande Allée to the Rideau River will be extended between the two buildings of the new development.

The development surrounds the southeast portion of the Deschâtelets Building so has frontage on Deschâtelets Avenue and Scholastic Drive.

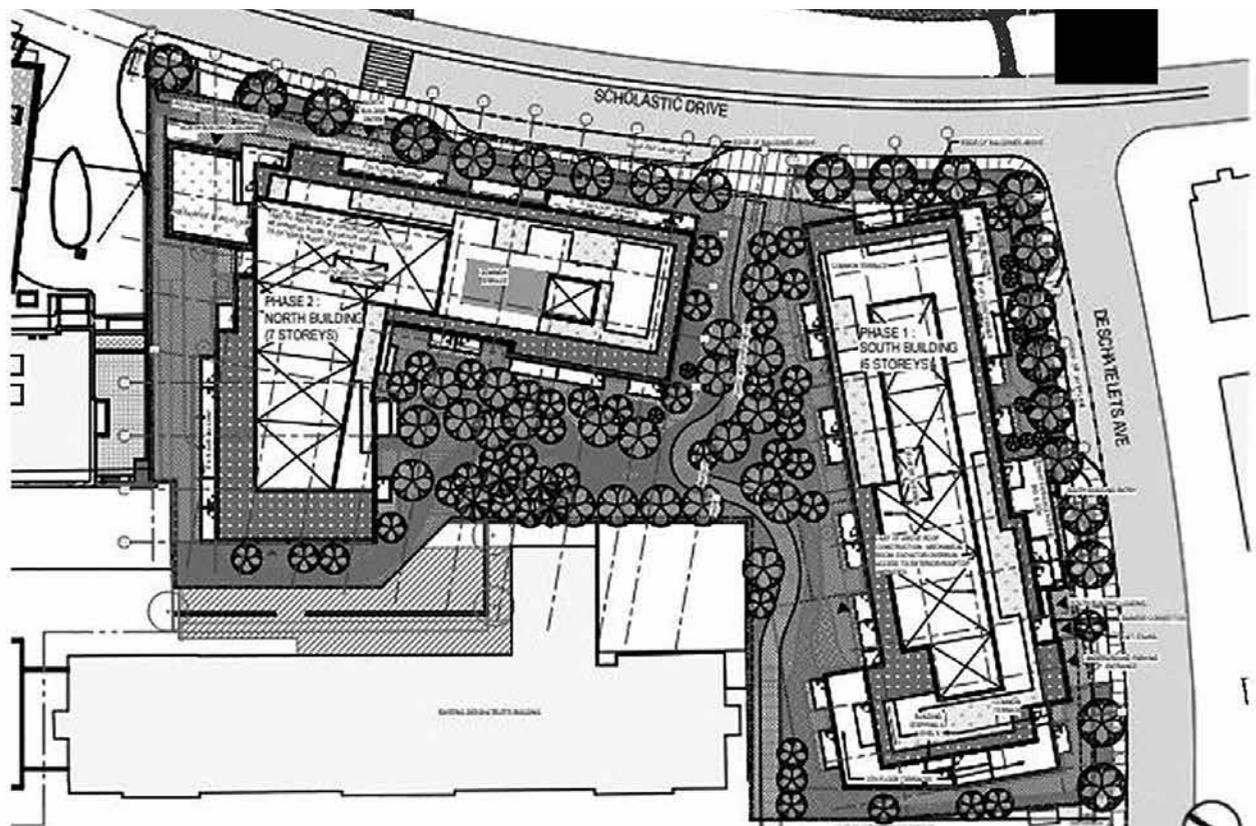
Regional consulted with the community throughout the development of plans and made numerous changes to ensure existing zoning was respected and community concerns were addressed.

These changes included ensuring that the new development would not detract from the appearance of the Deschâtelets Building and moving the underground parking garage entrance to the side of the building, rather than on Scholastic Drive near the Rideau River Eastern Pathway and the Nature Trail.

The one outstanding issue was the extent of public access to the pathway between the two buildings. The Old Ottawa East Community Association argued that year-round, 24-7 access should be provided because the pathway was in essence a continuation of the route along the Grande Allée, and part of the Old Ottawa East Secondary Plan mandated an "east-west pedestrian/cycle path between Main Street and the Rideau River."

Regional Group proposed that access to the pathway would be limited to daylight hours, and it would be closed in the winter. Last-minute discussions between Regional and Councillor Shawn Menard led to an agreement that requires the pathway to be "open, lit and accessible to pedestrian traffic, daily from sunrise to 11:00pm, generally, except during the winter months."

Although the pathway will not be open in the winter, a Regional staff member says the pathway will not be closed until after the first major snowfall and it will be reopened once the snow has melted. This winter arrangement is different from what the City of Ottawa does with the Flora Footbridge stairs.



REGIONAL GROUP IMAGE

**Phase 3 of Greystone Village is now approved and a pathway between its two buildings will provide public pedestrian access from the Forecourt Park in front of the Deschâtelets Building (bottom left of image) to the river paths.**

They are often closed before the first major snow storm and remain closed well after the snow disappears.

Regional has not yet determined when construction will begin. Also, a decision still has not been taken on whether the buildings will have rental or condo units.

With the approval of Phase 3, the only Regional land that still does not have approved plans is the semi-circular area just to the west of the proposed Forecourt Park in front of the Deschâtelets Building and cut in two by the Grande Allée. Plans for this area are now being developed and the community will likely have a chance to comment on them within a few months.

So after this final phase of the Regional land is approved all of the institutional lands of the Oblats of Mary Immaculate and the Sisters of the Sacred Heart of Jesus will be developed. The only outstanding area for development west of Main Street between Clegg Street and Springhurst Avenue is the Saint Paul University land on the south side of the Grande Allée. It's zoned for development like the land Regional built out on the north side of the Grande Allée.

## **Parking more important than trees?**

# Hawthorne development approved despite community objections

## JOHN DANCE

In October, despite many objections from Graham Avenue residents and the Old Ottawa East Community Association (OOECA) planning committee, City Council approved a proposed 57-unit apartment building at 12-24 Hawthorne Avenue (south

side of Hawthorne Avenue near Colonel By Drive).

An amendment proposed at the Council meeting by Councillor Shawn Menard to mitigate adverse impacts on neighbours to the south on Graham Avenue was greeted by Kanata North Councillor Cathy Curry with the

*Continued on Page 11*

## **Statement on 18 Hawthorne approval from Councillor Shawn Menard**

This application was a difficult one and involved a substantial amount of work from my team and me. I believe we got this application to a place where the positives outweigh the negatives.

The current policy direction under the City's new Official Plan (OP) calls for up to nine storeys on inner urban corridors like Hawthorne Avenue; despite this, a six storey building is proposed here in acknowledgement of the low-rise residential to the south of the property, and in recognition of

the existing secondary plan. As the first redevelopment on the Hawthorne Avenue corridor in a generation, and the first since the adoption of the new OP, this application will set a good precedent for the street. I was happy to see that an amendment to the Old Ottawa East Secondary Plan (OOESP) was not sought here by the developer.

We were able to preserve ground floor commercial space with this application, which initially sought to

*Continued on Page 19*

*kirk.*

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## Hawthorne: OOECA, residents voices go unheard

*Continued from Page 9*

question “Can you reassure us that the developer is perfectly happy?”

Graham residents and OOECA were not “perfectly happy” with the amendment or, for that matter, with a number of other aspects of the proposal which, from their standpoint, had changed only marginally since the community consultation of last January.

The evening before Council approved the proposal along with Menard’s amendment, the OOECA Board specifically asked the Councillor to request that “The underground parking garage be pulled back from the southern property line (Graham Avenue side) to preserve the two large canopy trees and [that] additional trees of large canopy species be planted to the east and west of the existing trees.”

At the City’s Planning and Housing Committee (PHC) meeting the week before Council’s approval, Councillors had a lengthy debate on the merits of the proposal’s underground parking garage going all the way to the southern property line. Residents and OOECA pleaded that this would mean the removal of two large

canopy trees and that the proposed small trees-in-planters replacements would be a poor substitute.

City staff and developer JB Holdings subsequently came up with a change that would eliminate four underground parking spaces and provide space for a new large canopy tree at the southwest back corner of the lot. It was this change that Menard brought forward as an amendment to what was before Council.

The approved six-storey structure is two more than what current zoning allows. However, the new Official Plan, supported by recent planning changes made by the provincial government to increase the housing stock, allows for nine storeys on minor corridors like Hawthorne. The developer did not originally seek nine storeys because, amongst other reasons, the Old Ottawa East Secondary Plan allows a maximum of six storeys except in the Lees Station area and one small area within Greystone Village. Up until now the secondary plan’s provisions have prevailed over the Official Plans.

In addition to wanting the two mature trees saved, several Graham residents have large hedges near the lot line and

they are concerned that the underground parking garage will adversely affect them. In terms of the hedges, Menard says, “City staff and the applicant committed to protecting the hedge as part of the site plan control process moving forward... Staff are confident the hedge can survive, but there are no guarantees in these scenarios, and the province has done its best to remove community and political influence from the process.”

At the PHC meeting, OOECA noted that the proposed 47 parking spaces were 50 percent above the minimum required by the zoning. Further, just three months before, Council approved the 15 des Oblats development that provided no residential parking spaces whatsoever, basing this decision on the fact that Old Ottawa East is a very good 15-minute community that has excellent transit, active transportation and amenities, all factors that apply equally to the Hawthorne development.

OOECA concluded that there was “No compelling planning case for additional parking; they are just to service non-affordable units; no additional units result from the excess parking.”

Also, OOECA noted that the



JOHN DANCE PHOTO

**These two trees will be removed to make way for a large underground parking garage.**

secondary plan specifies that, with regard to the Graham Avenue side of the new Hawthorne building, “the stepped building envelope massing is important to achieve compatibility with the low-rise neighbourhood on Graham Avenue to the south.” The proposal failed to comply with how this is supposed to happen.

OOECA also objected to the developer’s plan to build the Hawthorne frontage into what is supposed to be a two-metre setback. “Since 2011, all new development applications on Main Street have respected this requirement,” OOECA noted. But City staff dismissed the community association’s concerns and Councillors weren’t the least bit concerned with it.

### Lansdowne 2:0

## "Options that could have yielded real value to the taxpayers of Ottawa...have not been explored."

*Continued from Page 1*

Absent meaningful consultation, the City’s final proposal may at best present a second option that has tinkered with some of the details on the edges: maybe two huge towers instead of three; but the process of rezoning the site—which includes the football field—from 38 metres to 127 metres to allow for 40-storey towers marches ahead. As one observer cautioned, “2.0 looks to be laying the groundwork for 3.0.” Options that could have yielded real value to the taxpayers of Ottawa such as a site for the arena that is close to the LRT and a good match with the City’s development plans, or space that brings true community benefits for Ottawans, such as a public recreation centre have not been explored – instead the City has doubled down on paying for a “take it or leave it” \$400 million proposal from OSEG.

The Lansdowne 2.0 proposal appears to be a perfect example of particularly bad governance: no real consultation, obfuscation instead of transparency, de facto subsidization of private investments, massive spending of taxpayers’ dollars on a deal that has done nothing but lose money, squandered opportunity and greenspace, creeping commercialization of what is supposed

to be Ottawa’s primary central park, and no meaningful delivery of affordable housing.

As a financial underperformer, Lansdowne 1.0’s only bright spot has been the new urban park components by the Canal. Now Mayor Sutcliffe and the majority of City Councillors want to

spend much more public money, while no money is coming from the Ottawa Sports and Entertainment Group. Lansdowne Park—a City-owned urban park—could be a beautiful welcoming space for all the people of Ottawa, to come, enjoy, and be active in. But instead, it appears destined to become

a high-rise development with a City-owned shopping mall.

It seems no one has taken the effort to answer a key question: “If the City is to spend \$400 million at a time of competing priorities, is Lansdowne 2.0 the best use of funds for the Ottawa taxpayer?”



JOHN DANCE PHOTO

**Lansdowne 2.0's opponents regard the proposal as a massive overspending of taxpayers' dollars on a deal that has done nothing to date but lose money and shrink the greenspace at Ottawa's primary central park.**

## Wildly divergent views on use of the parkways

# Queen Elizabeth Drive traffic closure - Mayor prefers to shut down Colonel By Drive

### JOHN DANCE

The debate rages on - should Queen Elizabeth Driveway (QED) be closed to cars to increase "active use," or should it remain open to cars? Ottawa Mayor Mark Sutcliffe strongly supports the latter and now suggests that, rather than closing QED to cars, Colonel By Drive could be closed instead.

Over the summer, Mayor Sutcliffe campaigned against the closure of QED from Fifth Avenue to Pretoria Avenue, noting that the closure adversely affects access to Lansdowne Park, leads to congestion on Glebe streets, and results in delayed emergency response times.

"Colonel By Drive (CBD) would be a lot less problematic," Sutcliffe said in a recent City News interview, a sentiment he had expressed in a CBC interview earlier in the summer.

Many residents of Old Ottawa East objected to the complete closure of CBD from Pretoria Bridge to Bank Street in the summer of 2021. And many objected to MP Yasir Naqvi's proposal to make CBD an active-use-only route year-round. On the other hand, there were many supporters of the closure and the proposal, just as there are many supporters of the QED closure.

In response to the pandemic-driven need for residents to have more space for outdoor activity, the National Capital Commission (NCC), the owner of the two Canal parkways, closed the QED in the summer of 2020. The next year, CBD became the closed route, but in 2022 and this past year the Driveway was again devoted to active transportation for a 2.4 kilometre stretch.

This year, the NCC had proposed that the QED be used for pedestrians and cyclists between Preston Street and Somerset Street but, in light of opposition from the City and from the Ottawa Sports and Entertainment Group, the NCC decided to keep the Preston to Fifth Avenue section open for cars.

City Council's Transportation Committee discussed the fate of the parkways at its late September meeting. Here, too, there were mixed positions. Some Councillors see the parkways as City "arterial roads," while others support the NCC.

As reported by CBC News, Tobi Nussbaum, CEO of the NCC, noted that the City's Official Plan calls on the NCC to "reimagine Queen Elizabeth Driveway and Colonel By Drive to reduce the roads' importance as commuter routes in favour of pedestrian activity."

Several "delegation" speakers at the



JOHN DANCE PHOTO

**While Mayor Mark Sutcliffe is firmly opposed to closing Queen Elizabeth Driveway to cars for active uses, no decision on future plans has been taken by the NCC, which owns the two Rideau Canal parkways.**

Transportation Committee meeting strongly supported greater pedestrian and cyclist use of QED. Neil Saravanamuttoo of Parkways for People and also a Glebe resident noted that although initially the QED closure meant additional traffic within the Glebe, after eight weeks, traffic

had returned to previous levels. Somerset Ward Councillor Ariel Troster, said, "What we are talking about here is how to get cars to Lansdowne."

The NCC is currently conducting a survey on residents' perspectives on the QED closure and active transportation

use of its parkways. No decision has been taken on what closures there will be next year.

*For more perspectives on the closure of the QED, see pages 6 and 7 of this issue of The Mainstreeter.*

## PHOTO NEWS



PETER TOBIN PHOTOS

**Official opening dates remain shrouded in mystery, but some definite progress has been observed recently by our photographer Peter Tobin on two Main Street construction projects of particular interest to local foodies. The Grande Allée (R) is the future home of the Main Street Farmers' Market, while the JFuse Aburi & Bar will add a taste of Japan and Korea to the local dining scene.**

# 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.*

## HIGHWAY 417 BRIDGE REPLACEMENT: WHAT'S HAPPENING?

The Ministry of Transportation of Ontario (MTO) still has not released its final transportation environmental study report (TESR) for the replacement of the deteriorated Highway 417 Canal bridge.

A year ago, after five years of some information sharing and little actual community consultation, MTO proposed a plan that would require 90-week detours of the pathways and roadways under both sides of the Highway 417 Canal bridge.

Although this plan had been endorsed by City staff and federal agencies, it was radically different from the information that had been previously shared with the communities that use the two Canal parkways and their pathways. Consequently, the Old Ottawa East Community Association and others have pushed back.

Last November, MTO said the final TESR would be released in the spring. Then this was revised to the summer. When asked about the delay, MTO's media department responded, "The Ministry is working to secure all the necessary approvals required prior to publishing of the draft TESR for 30 day public review and comment. The TESR will be posted once all the reports are completed and necessary approvals are in hand."

MTO specifically noted, "The Cultural Heritage Assessment and Evaluation Reports are being finalized to comply with the Ministry of Citizenship and Multiculturalism requirements before submission of the TESR to the Ministry of the Environment, Conservation and Parks as part of the approval process." However, the need for these reports was known by the Ministry when it originally said the report would be available in the spring, so it's not clear why this requirement is now being cited as a reason for the delay.

"The Ministry recognizes the impact associated with replacing its infrastructure within an urban environment," MTO responded to The Mainstreeter.

Last November's proposal would eliminate all active and motorized transportation through the construction zone for 90 weeks. Now the Ministry says that it "[C]ommits to mitigating construction impact to the greatest extent possible and, where feasible, will provide active transportation through the construction site."

"While the need to replace these bridges is necessary as each is at the end of its service life, MTO is aware of -- and making efforts to accommodate -- community interests based on community and stakeholder input," MTO responded. Residents remain very concerned about the extent of such "accommodation."

## AU COEUR D'OTTAWA - STALLED

Work on the new location of the French-Catholic school, Au Coeur d'Ottawa, in the Deschâtelets Building remains stalled.

"There have been no Ministry [of Education] approvals since our last response in May," the media department of the Conseil des Ecoles du Centre-Est reports.

"We have received and responded to numerous questions from the Ministry over the course of the summer. No additional work has been done since we are not authorized to do so without Ministerial approval."

Meanwhile, the school continues to operate using the old De Mazenod School on Main Street and a portion of the Old Town Hall.

## GMH PROJECT ON TRACK

The massive reconstruction of north-end streets, including Main, Hawthorne and Greenfield, is progressing on schedule and still should be finished by the fall of 2025, reports Bruce Kenney, the City's manager of design and construction.

"The contractor is still on track to deliver the project on time, but the recent Hydro Ottawa Strike has delayed some pole and duct relocations, as well as the installation of new hydro equipment for the undergrounding of overhead facilities," says Kenney. "This delay has added some pressure to the construction schedule and the project team is currently assessing options to mitigate these impacts."

"Construction for this year is expected to wrap up by early December as the contractor reinstates roadways and sidewalks to hard surface conditions to help facilitate winter maintenance," says Kenny. "Work is expected to resume in March of 2024."

The significant accomplishments this year will include: the installation of a new



JOHN DANCE PHOTO

**At the end of September, the Main-Hawthorne intersection was a mass of construction vehicles as Hawthorne was repaved.**

sanitary sewer on Main Street underneath the Highway 417 bridge, which sets up the new outlet required to separate sanitary sewage flows from the existing combined sewer system in this section of Old Ottawa East; new watermains, storm and sanitary sewers on Hawthorne Avenue (from Colonel By Drive to Main Street), and on Colonel By Drive and Echo Drive (south of Hawthorne Avenue to Immaculata High School); Echo Drive between Main Street and Concord Street North will have the existing combined sewer replaced with new sanitary and storm sewers, while also featuring the installation of a new watermain that will allow looping of the watermain to improve water quality as well as fire flows to the community; and Greenfield Avenue (from Old-Greenfield Avenue to King Edward Avenue and Mann Avenue) has new watermains, and sanitary and storm sewers that have been realigned to the existing road alignment.

One part of the project has been advanced says Kenny: "The Lees Avenue multi-use pathway was moved up in the construction schedule and will be completed by the end of the year, providing improved cycling access to the University of Ottawa from the LRT pathway."

## NCC: LIGHTING, SKATEWAY AND WALL

At long last, work on the broken street and pathway lights along Colonel By Drive will begin this fall. The first step will be to replace the "underground infrastructure" for the lights, and this will be completed in the spring. Installation of the new lighting fixtures will be completed by winter 2025.

The NCC also reports that all of the Old Ottawa East access stairways to the Rideau Canal will be installed this fall. Some years ago, there were plans to eliminate at least one of them. So all that is needed is a lengthy stretch of cold weather so that, unlike last year, the Skateway opens.

Next summer, the rehabilitation of the retaining wall between Echo Drive and Colonel By will resume. A massive project two years ago saw the rebuilding

of the Mount Pleasant to Avenue Road/Riverdale section. The upcoming work will be a smaller project, involving the crumbling portion of the wall near the Bank Street bridge.

## MINOR VARIANCES CHALLENGED

Several recent requests for minor variances have been successfully challenged by the Old Ottawa East Community Association (OOECA), but if the related decisions of the Committee of Adjustment are appealed to the Ontario Land Tribunal the OOECA efforts may be for naught.



JOHN DANCE PHOTO

**Parts of the crumbling retaining wall between Colonel By Drive and Echo will be rehabilitated next summer.**

*Continued on Page 14*

# OLD OTTAWA EAST COMMUNITY UPDATES

Continued from Page 13

## MINOR VARIANCES CHALLENGED

As explained in *The Mainstreeter* a year ago, an application for a minor variance may be made by a property owner when a proposed building change doesn't conform exactly to the zoning by-law.

In the case of 435 Echo Drive, the applicant requested a minor variance to seek an extra metre of height for the new single unit building that was proposed as a replacement for an existing two and a half story dwelling. The applicant argued that groundwater issues and ability to connect to the City sewer system meant that the building could not have a deeper foundation.

OOECA acknowledged that the zoning by-law would allow an additional metre if the new building had multiple dwelling units. It also argued that there were means of dealing with groundwater and sewer connections so that the floor of the basement did not have to be raised.

Even though the City of Ottawa had no objections to the requested variance, the Committee of Adjustment did not approve it. Now the applicant is appealing the decision to the Ontario Land Tribunal (OLT).

At the OLT hearing, neither the City of Ottawa nor the Committee of Adjustment will speak to defend the decision. The City won't because it supported the variance. And the Committee of Adjustment won't because it leaves the defence to those who objected to the variance. Even if OOECA speaks at the OLT hearing, its likelihood of successfully defending the decision is low because OOECA does not have the resources or professional capacity to mount a defence.

Given the imbalance in resources and finances between developers and community associations such as OOECA, the current appeal process is likely to become increasingly problematic as developers apply for more minor variances. OOECA has recently seen numerous applications that would result in reduced rear yards and less room for large trees and soft landscaped areas for residents.

## THE MAYOR COMES A-CALLING



Accompanied by Capital Ward Councillor Shawn Menard, Ottawa Mayor Mark Sutcliffe paid an "information gathering" visit to Old Ottawa East this past August. Top of mind for a number of local residents was the Alta Vista Transportation Corridor (AVTC), which the community roundly opposes.

At Springhurst Park, former OOECA President Phyllis Odenbach Sutton reminded Mayor Sutcliffe that constructing a 4-lane highway through scarce inner core parkland was bad public policy, citing as well the proximity to the newly built Lees Avenue LRT Station. The Mayor was noncommittal, indicating only that no decision on the controversial AVTC would be taken before a full consultative process was completed.

## CALLING ALL READERS!

A new car can now cost more than an average house in Old Ottawa East did four decades ago. There are formal car sharing services available in the community and some people have just decided to not own a car.

At *The Mainstreeter*, we have begun to wonder whether you, our readers, or you and your neighbours, have found informal ways to share cars among various families who live on the same street or nearby? Or are you thinking of doing so? If so, and if you are willing to be interviewed, please contact *The Mainstreeter* at [mainstreeter.ca](mailto:mainstreeter.ca) and we will connect you with one of our writers who is preparing a story on this for our December issue.

## MISSION ACCOMPLISHED - MAURIZIO'S HOMEMADE AIRPLANE TAKES FLIGHT!

As featured in the October 2021 issue of *The Mainstreeter*, Mason Terrace resident Maurizio Penna and his home-built airplane recently took to the skies! For Penna, the maiden flight of his hand-crafted airplane on September 29th was a total success, marking the end of more than four years of construction.

The partially assembled Van's Aircraft Corp. RV-12, 2-seat aircraft, which travels at over 200 km/hr for up to 5 hours, left Mason Terrace on a trailer in June (see photo).

As we went to print, Penna had logged eight hours of flight time from his airport base in Smith's Falls. For the initial 25 hour test period, no passengers are allowed on board and the plane can only be flown 25 miles from its takeoff point. Prior to the first flight, Penna attended pilot training courses at the U.S. headquarters of the Van's Aircraft Corp., practising his technique on identical plane models to his own.

Penna is still aiming to attend the Experimental Aircraft Association (EAA) fly-in in Oshkosh, Wisconsin in July 2024. The event is the world's largest aviation conclave with over 10,000 aircraft coming from all over the world.



SUPPLIED PHOTOS

**TOP:** Maurizio Penna's partially constructed full-sized aluminum aircraft was rolled out of his Mason Terrace garage in July, just a few months before it was completed; **ABOVE:** Penna is pictured at the helm high above the Smith's Falls staging and training area where he will be finishing his test flights of the DIY aircraft.



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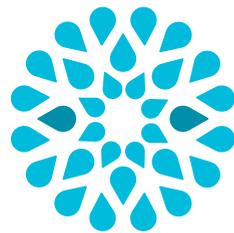
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## LIVE MUSIC IN THE COMMUNITY



The *Mainstreeter's* reporter Mia Hebb enjoyed the vibe at Old Ottawa East's only live music venue.

## Open Mic Night at the Happy Goat Café

### MIA HEBB

If you wander down Main Street on Friday nights, you might just see that the lights of Happy Goat Coffee Company are on and hear the sounds of musicians and poets through the windows. Happening every Friday from 7:00pm to 10:00pm, the Happy Goat open mic music nights are the perfect events for poets, musicians and performers looking to try out their skills in a cozy, welcoming environment.

Since open mic nights started up nearly a year ago, the event has progressively been gaining more attention from members of the community. Guests don't require tickets or an entry fee and are welcome to come in any time and experience the performers and the atmosphere over a beverage of choice.

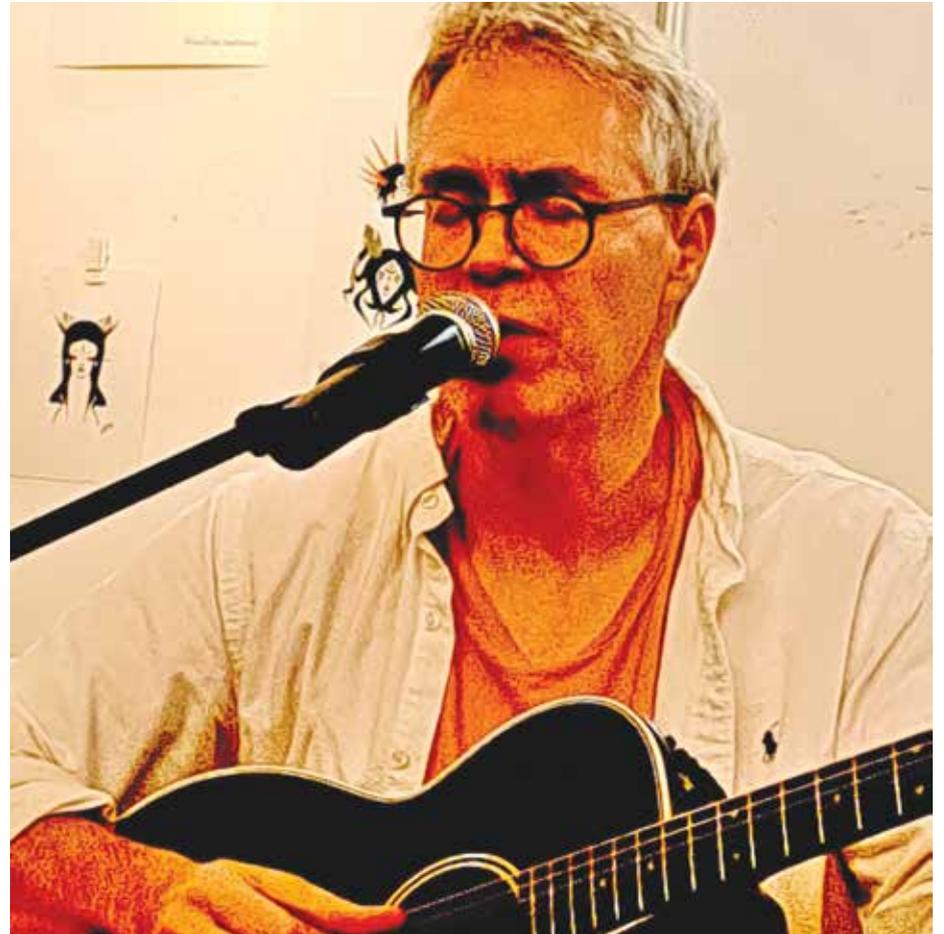
Many types of artists have frequented the Friday night events since they began, most notably poets, musicians, acoustic guitarists and occasionally rappers, according to Carrie Corbett, Manager of the Happy Goat location on Main Street. "It's nice to set up open mic or evening art nights and see people be able to express themselves without the hassle of having to pay fees. It's a safe space, and it's really cool to see what kind of talent is out there," Corbett says.

The stars of the night, besides the hard-working Happy Goat staff, are the performers. Whether it be passion or simply to help out, the open mic nights are a great opportunity for any artist to showcase their talents. For instance, Benjamin Mungham, a guitarist and bassist, is one of the musicians who has frequented open mic music nights since their inception at the local café. Mungham is an audio engineer by trade, but he frequents the Happy Goat music nights whenever stand-in performers are needed. The performances help him to hone his skills playing the guitar. "Typically I do a lot of the back-end work, but whenever there's a time slot that's open or there aren't enough performers to fill the entire night, I'm more than happy to jump in and play whatever tunes I can remember."

Another performing musician, Jim Milne, is a frequent attendee of the open mic evenings. Milne, who has been playing music for nearly three years, says that he enjoys performing at the coffee house due to its low pressure and welcoming environment. "It's nice to kind of sneak out where nobody knows you and see how it lands."

The Happy Goat music nights are most importantly places for artists to be able to step into a safe space to perform and share their art. "It's about community, about supporting people who really want to get out there and start doing art. It's really scary having a jumping point, so being a starting place for someone makes us feel really fulfilled and happy," says Corbett.

The music night I attended on Friday, September 23rd was as warm and lively as any open mic event you'll see. With several lovely guitar and singing acts, patrons were free to lounge on couches or chairs and enjoy the music, which made for an extremely



PEGGY WEST PHOTOS

Jim Milne is a frequent performer at the Open Mic Friday evenings at the Happy Goat Coffee Company on Main Street.

pleasant experience. With excellent acoustics, good drinks and a friendly, low stress environment, Happy Goat open mic nights are a perfect place to frequent if you've got time to spare on a Friday evening.

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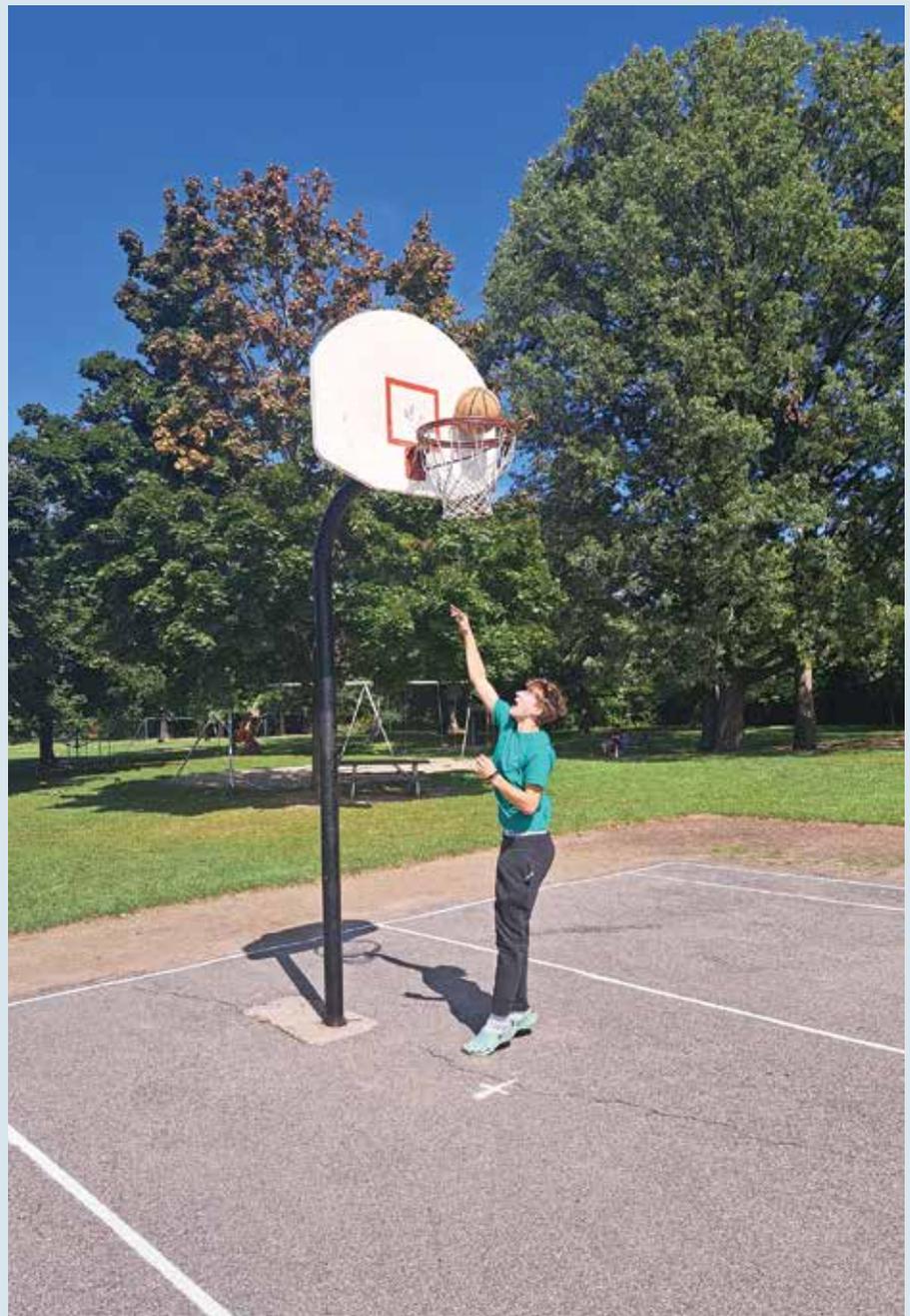
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## Brantwood Park b-ball court gets an overdue facelift



**ABOVE:** What a difference a month makes! The long-neglected basketball court at Brantwood Park was the subject of a story in the August issue of *The Mainstreeter*, in which City staff advised that the court was not scheduled for new line-painting in the near term. But thanks to community pressure and Councillor Shawn Menard's office, the court received much-needed landscaping and line-painting in late August/early September. Funding for the line-painting came from a transfer of an amount from Cash in lieu of Parkland funds that weren't used for the picnic tables at Windsor Park.

**RIGHT:** Henry Bourne of Belgrave Road sinks a layup at the Brantwood basketball court. He likes to shoot 3s several times per week, and the newly painted lines on the court now allow him to hone his shooting eye.



LORNE ABUGOV PHOTOS

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## Councillor Menard speaks out on contentious Hawthorne project

*First local application under the new Doug Ford rules brings fresh challenges for politicians and community associations alike*

*Continued from Page 9*

remove this requirement. That was a recent change we had made to the zoning in concert with the community as the neighbourhood has a relative lack of commercial amenities compared to neighbourhoods like the Glebe and Old Ottawa South. We were also able to work with the applicant to provide some relief to existing tenants. Each existing household was provided with \$12,000 to help with the costs of displacement.

Displacement protections should be policy in Ontario and in this City, but in lieu of that it is left to us to pursue voluntary arrangements that can mitigate this reality. I am thankful the Old Ottawa East Community Association (OOECA) helped us advocate for these tenants.

Increased and additional setbacks and setbacks were introduced after feedback was received from the community. Those changes are appreciated, especially the front setback, despite still falling short of what the community had sought. We had pushed back on the number of parking

stalls on this application, and we did see a reduction of stalls and an increase in bicycle parking, but the parking remained above the minimum requirement.

Thanks to continued advocacy from the community, and further negotiation at the committee and City Council level, we are able to gain a further concession on the parking lot. The motion passed at Council will see another four parking stalls removed between the two storeys of parking through a notched-out zoning setback in the southwest corner of the lot. The removal of those stalls will allow for soil depth in the lot sufficient for a large mature tree to grow. The oak tree that will be removed in the rear yard can be more adequately replaced with a new oak tree with this change. The planter proposed in the rear is also being modified to allow for greater soil depth that will allow for taller and larger trees. In total, 11 trees will replace seven trees on this lot.

City staff and the applicant committed to protecting the hedge as part of the site plan control process moving forward. This is the first site plan application

we have seen in the community under the new rules dictated by the Ford government: council can no longer intervene in the process. City staff have been given ultimate authority under the new rules, which replaced the previous model of delegated authority which gave Counsellors leverage and an avenue to pursue or direct changes. Staff are confident the hedge can survive, but there are no guarantees in these scenarios, and the province has done its best to remove community and political influence from the process. However, it has been made clear to both the applicant and to City staff how important preserving the hedge is to our community and to our office.

*...the applicant was crystal clear with us that if they had to redesign at this stage, they would be coming back with an amendment for nine to 12 storeys.*

Ideally, I would like to have seen a different design for parking here that saw the underground lot further set back, but given what stage we were at with this application, and given the modifications in line with community desires and community benefit already achieved,

I decided to support the application without further delay. A delay or redesign at this stage could have resulted in an application not coming forward, and likely something less compatible and in line with OOECA's expectations coming forward later, all while the lot sits vacant in the interim.

Indeed, the applicant made it very clear that this was a redline for them, and despite pushing them to their redlines (and even past them here and there), the applicant was crystal clear with us that if they had to redesign at this stage, they would be coming back with an amendment to the OOESP for nine-12 storeys. An across the board setback, as was requested by OOECA, would have required a redesign.

In order to get the best end result for the street and for the community, I supported the motion for a final concession on setbacks and supported the application as amended at Council.

Despite some disagreement with OOECA on the best political move on this aspect of the application at this stage, I want residents to know that we wouldn't have gotten the positive concessions we did without the tireless work of OOECA volunteers. I am very thankful for their advocacy work, and their principled commitment to prioritizing greenspace and trees over parking. Together we made this a much better application.



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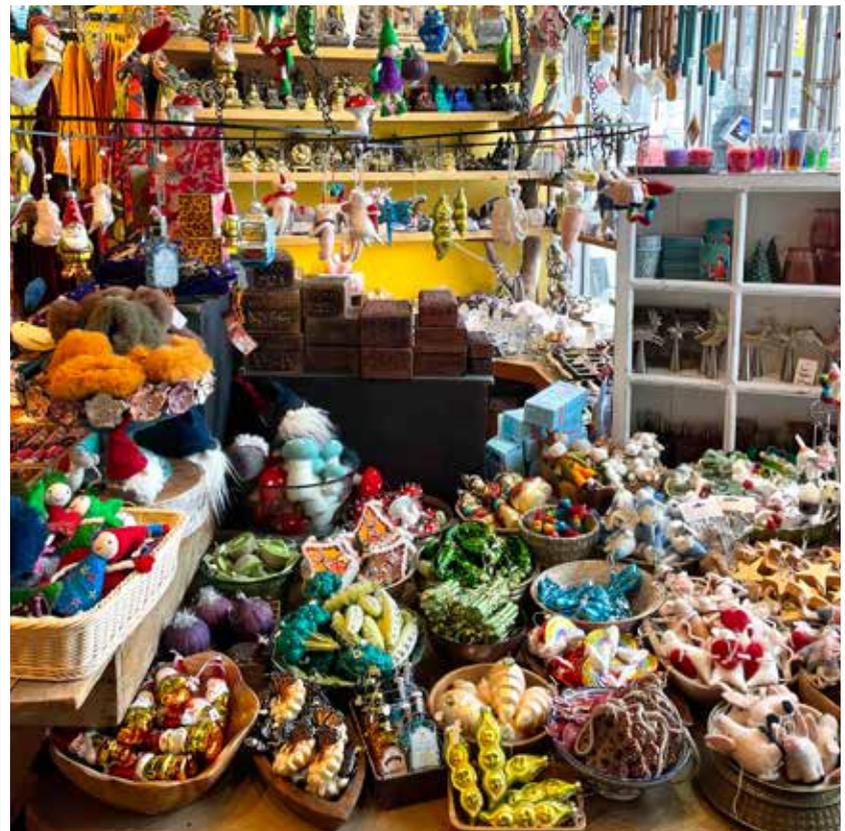
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# SAINT PAUL UNIVERSITY AT 175

Connected to the issues of the time...

## 'This is the face of change': Saint Paul University celebrates 175 years



SUPPLIED PHOTO

Saint Paul University rector Chantal Beauvais believes Saint Paul's will continue to be very creative and bold.

**URSULA LEONOWICZ**  
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As a 175-year-old Catholic university's first female and secular rector, Chantal Beauvais has had the opportunity to witness transformational change over the years.

"I became rector in 2009 and it was an unusual candidacy because I was still a junior professor, but I was very attracted to the possibility of carrying the mission forward and I had a ton of ideas, which is why I applied," says the rector and chief executive officer at Saint Paul University (SPU).

"If I were to put a phrase on my mandate, I would say it's 'speaking to a contemporary audience.' Looking at the programs we offer and the issues we're dealing with, as a society, and making sure they're connected. It wasn't very difficult to do because I think it's in our DNA, at Saint Paul University, to be connected to the issues of the time."

Unlike other universities, all of SPU's fields of study are interdisciplinary and based on thematic. The university has eight overarching fields of study: canon law, conflict studies, counselling, ethics, social communication, social innovation, theology and transformative leadership.

The majority of SPU students are

registered in Human Sciences programs, including conflict studies, counselling, and social communication. Approximately half study in French, the other half in English.

### *History of Saint Paul University*

Originally created as Bytown College in 1848, SPU was founded by Bishop Joseph-Eugène Guigues, who entrusted the college to the Oblates of Mary Immaculate in 1856.

In 1861, the school was renamed College of Ottawa, and in 1866 it was granted university status. In 1889, it was granted the pontifical charter.

The administration revised its pontifical charter, and a new civil charter was approved in 1933 when the school became known as the University of Ottawa.

"The next phase of the university started in 1965, when what is now known as Saint Paul University agreed to offer programming in ecclesiastical disciplines only, which included theology, philosophy and canon law," explains Beauvais.

At the same time, a new institution to be known as the University of Ottawa was created and the two universities became part of a federated complex that offered completely different fields of study. "Since the University of Ottawa has such a wide

offering of programs, it's been difficult not to duplicate," Beauvais says, "but we've been able to find a niche for ourselves. There is also a lot of great collaboration between the two institutions."

When Beauvais started as rector, only three per cent of Ottawa residents knew of the school.

Since then, the university has been extremely active building relationships with various institutions, school boards, public organizations and government. Beauvais believes that notoriety has increased, and perceptions have shifted.

"If you ask employees, professors and students what Saint Paul University is to them, the language that comes out is very congruent with the language that we articulated when we were working on our new mission and vision statements," she says.

"So, 'This is the face of change,' which is our motto, is existentially rooted in our community."

The creation of the Élisabeth Bruyère School of Social Innovation stands out to Beauvais as a recent development that gives people who want to have a direct impact on society — and to address the crucial issues of poverty, marginalization and exclusion —

the opportunity to do so. SPU also recently created a Centre for Indigenous Learners, which has two knowledge keepers and one Anishinaabe coordinator. The Centre is being inaugurated this fall.

"It wasn't necessarily easy, as a Catholic and oblate institution, to engage in that dialogue with the Indigenous community and to create that relationship of trust, but we had many conversations and are learning to be more respectful of Indigenous cultures, values and knowledge. It's an ongoing process, and, as our knowledge keeper says: 'We walk together,'" says Beauvais.

"The school is on a journey. It has a lot of creative energy and new, young professors with a lot of interesting ideas. My feeling is that the university is going to continue to be very creative and bold."

Saint Paul University is hosting an open house on October 19 from 4pm to 7pm to provide future students with the opportunity to visit the campus, discover the undergraduate and graduate programs offered at SPU and learn more about the scholarships that are available.

For more information about Saint Paul University, visit [ustpaul.ca](http://ustpaul.ca).

*This content was produced by Content Works, Postmedia's custom content studio, and was first published in the Ottawa Citizen as sponsored content on behalf of Saint Paul University. It is reprinted here with consent of Content Works and Postmedia Network Inc.*

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## SAINT PAUL UNIVERSITY AT 175

*"Incredibly satisfying as an educator..."*

# A Saint Paul professor's experience teaching with Discovery University

*Working together with the Ottawa Mission, Saint Paul University brings free, non-credit university courses to those who haven't had the opportunity to pursue their formal education due to financial barriers or life circumstances.*

### AUDREY PRIDHAM

Dr. Richard Feist is in the faculty of philosophy at Saint Paul University (SPU) and conducts research in ethics and the philosophy of math, physics, science, and literature. During the fall of 2017, he was contacted by the dean of Discovery University to help teach some courses at SPU's campus. Since then, he has gained many valuable opportunities to teach those who are unable to attend university due to financial barriers.

Discovery University is led by the Ottawa Mission and brings free, non-credit university-level courses to those who want to experience it. Carleton University and the University of Ottawa are also involved with the program along with SPU. Many of their courses are focused primarily in the social sciences and humanities, as well as hands-on courses. According to Dr. Feist, the courses consist of mostly readings and class discussions, and don't include assignments or exams in order not to add pressure on the students.

"At The Ottawa Mission, we meet many people who have had to cut their formal education short due to life circumstances. Many have not had the opportunity to set or obtain educational goals, whether they are in pursuit of a career, or simply for the joy of learning," the Mission states on their website.

After teaching courses with Discovery University, Dr. Feist decided to join the board of directors, a perch from which he currently oversees the types of courses that the program offers, informing clients at the Mission about the program, and recruiting professors at SPU. Currently, he is also teaching a course with the program



SAINT PAUL UNIVERSITY WEBSITE

### DR. RICHARD FEIST

about artificial intelligence.

"It's to give people a chance to be exposed to this knowledge and also to help people that have various challenges to be in an educational, pedagogical, atmosphere, and it helps bring people a little bit out of their shell," he said.

Dr. Feist explained that the application process for Discovery University is fairly simple, and that the main restriction is that you have to be over 18 years of age. He said that the program doesn't look for proof of prior education, and that most classes are capped at around 17-18 students.

"You get a large cross-section of

people. You get people who are very well educated, and some people who have very little education. It's quite a spread in the class when you're running a course."

Dr. Feist also said that some students that he had taught have gone on to continue their education by taking courses as a special student to get the full taste of a what a standard university course is like.

"They're not full-blown university courses in that sense. They serve as introductions, helping people become more acclimatized to what a university course kind of in principle looks like."

The one challenge that Discovery

University faces is that it's hard for them to maintain funding. Dr. Feist said that all the professors are paid and that it's not voluntary, and that each university has to kick in some funding. However, he mentioned that the Ottawa Mission does help by organizing fundraisers along with SPU.

After having taught with Discovery University for the past six years, Dr. Feist finds it "incredibly satisfying as an educator" to see his students grow in the classroom environment and be introduced to new concepts. He recounted how some of his students go to these classes to realize how the course material connects to them and how it's meaningful.

"It's giving people who normally might not ever get a chance to be exposed to certain kinds of philosophical ideas, to watch them live with those ideas for a few weeks and see how that changes how they see things," he said.

Giving low-income individuals the chance to learn at a university level also allows Dr. Feist to personally connect with his students and learn more about their backgrounds.

"When you don't really have contact with the community, you don't know individuals in the community. When [I] go and work with them, I see more individuals – you get to know people and get to know their names. That's been a good thing for me, just understanding different levels of society."

Applications for the fall for Discovery University are now closed. More information about the program and the courses that are offered can be found on the Ottawa Mission's website.

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## Popping up at the Ears on Main Preview Gallery



LORNE ABUGOV PHOTO

One of the mysteries of the universe was finally solved on August 30th at the Ears on Main hearing health clinic at 139 Main Street. Exactly how many artists does it take to hang a gallery? The answer - FIVE! - at least in this case. Five of our community's top artists gathered at Ears on Main, to hang samples of their own artwork, creating a stunning pop-up Preview Gallery inside the local business owned and operated by Angie O'Connor, who donated space for the exhibition. In place throughout September, the Preview Gallery offered residents a taste for what was to come on September 23rd during *A Walk of Art*, OOE's 4th annual outdoor Art Tour. Pictured here (L to R) are tour organizer Whitney Bond, artists Steve Fick, Sarah Lacy, John Jarrett and Tim Hunt, local art patron Angie O'Connor, Art Beat Editor Tanis Browning-Shelp and artist Ruth Browning. Absent are two other OOE artists featured at the Gallery, Shila Biswas and Luke Goldsmith.



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## ART BEAT



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### A WALK OF ART 2023: OUR 'BABY' HAS GROWN UP!

Hundreds of art enthusiasts ambled through Old Ottawa East (OOE) in perfect weather on September 23rd to check out the exhibitions in our community's fourth annual outdoor art tour. Visitors could view or purchase the works of forty-eight artists this year including three photographers, one sculptor, one jewelry maker, and twelve young artists. The 2023 event included five multi-artist venues—The Corners on Main (TCOM) courtyard garden; Bower Street and Mason Terrace for adult artists; and McNaughton Street and the Children's Garden for child and tween artists.

Presented by *The Mainstreeter*, *A Walk of Art* has matured, in part, thanks to the volunteer efforts of the newspaper's Board members Whitney Bond and Lori Gandy, and the financial support of seven commercial sponsors. This year's sponsors included AOV Surveying, Ears on Main, Merriam Print Inc., Oat Couture and Montgomery's Scotch



SUPPLIED PHOTO

**Jewelry maker Fei Wu brought her unique talent to *A Walk of Art*.**

Lounge, Ottawa Physiotherapy & Sports Clinics, Royal Lepage Performance Realty, and Watson's Pharmacy & Compounding Centre.

"These local businesses appreciate how art can build community," says *The Mainstreeter's* Editor and co-coordinator of the tour, Lorne Abugov. "This event is a meaningful occasion for artists to meet one another and to share their work with

## A finger on the pulse of the arts in OOE



LORNE ABUGOV PHOTO

**First-time exhibitor, artist Rose Marie Roy, teamed up with fellow painter Chris Kingsley to extend the outdoor art tour to Rideau Garden Drive.**

the public."

Acrylic painter Sarah Pooler participated in *A Walk of Art* for the first time in 2023. She exhibited her work along with five other artists in the courtyard garden of TCOM—one of the group venues that was added to the tour this year. "My kids helped me set up my art display of vibrant acrylic paintings," Pooler says. "I wasn't sure what to expect during the day, but the crowds didn't stop coming! Who knew there were so many fabulous artists right here in OOE?"

The event has grown geographically, too, now extending north to south from Graham Avenue to Riverdale Avenue, and west to east from Echo Drive to the Rideau River. Attendees could follow the detailed event map prepared by OOE artist and event founder Steve Fick, who also happens to be a leading Canadian cartographer.

Chris Galbraith, who attended the event with Olivia Crossman and their daughter Audrey, liked what he called the "community feel" of the event. "I come from Fergus, Ontario, a small town west of Toronto, where artists hold shows like this quite often," Galbraith says. "It is very nice seeing it here!"

Riverdale Avenue resident Tara Lapointe commented on the variety of art on display. "I saw such beautiful work... from painting to sculpture to graffiti-inspired art!" Lapointe says. "The talent in this neighbourhood is absolutely extraordinary! And I thought that the exhibitions in the Children's Garden and on McNaughton Street were a wonderful way to encourage children to make art and build their confidence."

Susan Smith was also impressed with the young people who "put themselves

out there," Smith says. "I really loved seeing the family involvement, and the Children's Garden exhibition was such an oasis!"

"It was a beautiful afternoon," says Suzanne Charest. "We were out riding our bikes and talking to people. I think the event works well to build a community of artists in the neighbourhood. And the variety of art impressed me."

Rose Marie Roy and Chris Kingsley, two painters who displayed their art together on Rideau Garden Drive, appreciated the opportunity to show their work. Kingsley paints in oils, and florals are her specialty, and Roy paints in acrylic, oil, and watercolour. Her work is modern Impressionism.

"We would like to thank all those dedicated people who make this



TANIS BROWNING-SHELP PHOTO

**Chris Galbraith, Olivia Crossman and their daughter Audrey taking in the art tour on Echo Drive under blue skies and amongst fall flowers.**

*Continued on Page 25*



JOSH RACHLIS PHOTO

**Louise Rachlis exhibits on Graham Avenue - a very successful day with lots of strollers and cyclists viewing the artist's vibrant work.**



## TIM HUNT'S MAIN STREET SKETCHES

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

**Tim Hunt:** My father was a Baptist minister, so I spent a lot of time in churches growing up, enchanted by their stained-glass windows and unique architectural details. Church buildings punctuate a street with unique points and angles and make excellent subjects for drawing...and OOE has an abundance to choose from!

I've always been curious about the red brick church at the corner of Main

Street and Lees Avenue with its vacant niche at the peak of the roof and empty flag stands surrounding the doorway.

I met longtime OOE resident Anthony Lenzo at this year's Old Ottawa East *Walk of Art* and asked him what he knew of the building's history; it turns out that he has a personal connection to it. The original building (1931) was home to the Canadian Martyrs Catholic Church for 20 years until they built a

new church at 100 Main Street.

"I recall it as a hall that my school, Canadian Martyrs on Graham Avenue (now St. Nicholas Adult H.S.), used and that the church rented out for events such as dances, parties, political debates, voting polls, and craft shows," Anthony said. "It was a hall in 1966 when my dad arrived in Canada. He went there for dances in his younger days before he met Mom."

Once the school closed in 1983, the hall was rarely used until it was purchased by the current inhabitants, The Peace Latvian Evangelical Church in 2015.

I want to offer my thanks to Anthony, and to all of the wonderful people who stopped by to chat with me during *A Walk of Art* this year, and who support local artists.



## In OOE, the arts bind us together

*Continued from Page 24*

amazingly successful event happen," Roy says. "We were so happy to see the show of neighbourly support and appreciation. It was very special to me personally."

Artist Ruth Browning (below) exhibited her exquisite paintings for the third consecutive year at the picturesque front yard on Echo Drive.



SUPPLIED PHOTO



*If you would like to get involved in the planning and staging of A Walk of Art in 2024, kindly email Arts Editor Tanis*

*Browning-Shelp at [tanis@browning-shelp.com](mailto:tanis@browning-shelp.com).*

*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.*

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## Old Ottawa East Truth and Reconciliation initiatives



SUPPLIED PHOTO

September 30th marked the third annual National Day for Truth and Reconciliation in Canada, meant to raise awareness and reflect on the legacy of Canada's residential school system. In Old Ottawa East, several organizations have been working together with Indigenous groups to listen, learn and walk together along the path to reconciliation.

As pictured above, Canadian Martyrs has chosen to fly the orange survivors flag outside the church on a permanent basis. Various meetings and events will take place throughout OOE in the months ahead, and all are welcome to participate. More information about local initiatives to learn about Indigenous history and culture, decolonization and the plight of children in the Residential Schools can be found at these on-line addresses:

- Canadian Martyrs parish T&R committee: <https://canadianmartyrs.org/truth-and-reconciliation-committee/>
- Church of the Ascension's All My Relations committee: <https://churchoftheascension.ca/amr/>
- Immaculata High School's Indigenous group, Team Mikinak, and the special space in the school, the Mamidosewin room: Teacher Dayna Leahey: [dayna.leahey@ocsb.ca](mailto:dayna.leahey@ocsb.ca)
- Saint Paul University's Indigenous Initiatives Service: [https://ustpaul.ca/en/making-indigenous-relations-a-priority-saint-paul-university-\\_6738\\_1082.htm](https://ustpaul.ca/en/making-indigenous-relations-a-priority-saint-paul-university-_6738_1082.htm)

*The Mainstreeter* will cover some of the meetings and events conducted in the year ahead by the foregoing local organizations. Volunteers wishing to help us report on Indigenous affairs in Old Ottawa East should contact [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca)



LORNE ABUGOV PHOTO

L to R: Community members Rick Burrowes, Don Fugler and Wendy McRae envision Springhurst Park's greenspace transformed officially into People's Park, a renaming campaign that Burrowes has spearheaded to reflect the grassroots usage of the park space.

## OUR NEIGHBOURS

OOE's Jordan Craig

# A self-styled romantic, this artist's appreciation for beauty fuels many interests from jazz to private jets

### DIANNE WING

Jordan Craig's head is in the clouds. He might be flagging in private jets, or he might be painting opaque skyscapes on canvas. That is what keeps him busy these days.

He is a man of many interests, all connected to his appreciation of beauty. It helps to come from an artistic family. His father Philip Craig is a celebrated painter, his mother Diane, a jewelry designer, sister Shannon Craig Morpheu, an established painter, while brother Jonathon owns and runs Craig Gallery in Meaford Ontario.

Inspired by Jack Kerouac's novel "On the Road," Craig left Ottawa in his early twenties to follow Route 66 to California. He lived in Venice Beach for several years, attended The Hollywood Film Institute at Paramount Studios and experimented with super 8 film. In 1997 he moved back to Ottawa and started working at Dynamight Cartoons, the animation studio, owned by his mother Diane. At first, Craig contributed his computer skills to the studio but before long he was part of the creative team that produced *Untalkative Bunny*. *Untalkative Bunny* was an animated series about a mute, yellow anthropomorphic bunny and his life in the city. It aired in Canada on Teletoon for 3 seasons, 2001 to 2004.

Craig is a self-proclaimed romantic. His appreciation of beauty extends to all aspects of his life. He is a professional photographer of landscapes and portraits. "The magic of being able to pause time and go back to a moment over and over again is one of the key things I love about photography. The world goes by in a great blur and re-examining it in a photo offers the chance to slow it all down. The way I choose my subjects relies on this philosophy. I simply shoot anything that I want to stop, collect and examine later."

But stopping to observe the world is not just a visual exercise for Craig. He is a professional musician as well. He believes that in order to learn something new it's best to go to the source. His love of jazz prompted him to seek out Montreal freelance saxophonist Al MacLean for lessons. MacLean is an expert in saxophone history and restoration as well. Craig, the proud owner of a vintage Mark VI tenor saxophone, is currently working on an album with guitarist Colin Wolfson and keyboardist Maxime Fillion. During the pandemic, Craig produced *This Is Nowhere* for CKCU radio along with Tariq Anwar, from his home recording studio. The program was an exploration into what it means to live as an



artist with the aim to broaden the definition of the word "artist."

A lifelong love of airplanes led to Craig's current day job at Skyservice Business Aviation, the company that services private flights at Ottawa Macdonald-Cartier International Airport. He describes airplanes as physics in motion. "It's art really, the sight and the smell of intensity." At Skyservice Craig gets up close with private jets, some worth as much as \$50 million. It might be a medivac flight coming in from Nunavut, a private jet whisking in Iggy Pop to perform at CityFolk or President Biden arriving on Air Force One. Craig has seen them all. His job entails a bit of everything: fueling, unloading and loading, towing and pushing jets into parking spots for their short stay in Ottawa. Jet fuel, and coffee. That's the smell of international travel to Craig.

When he is not looking to the skies at work, he is thinking about painting skies. Craig has recently shifted his artistic focus to oil painting, mostly landscapes with big skies. He has come full circle. He grew up with oil paint, brushes, easels and frames everywhere. Oil and turpentine were the smells of his family home. "Painting was such a huge part of my family's existence that I really decided it was best to do something else. Over the years in photography I have had a great amount of success, for that I am grateful and proud. During that time I also studied with my father to learn the art of oil painting. I didn't intend to become a painter myself, but just to learn about his process." Craig spent last year learning to sketch and draw and took a month off this past summer to paint for himself and learn and solve problems in creative ways. Whether it be jazz, or jets, film or canvas, Jordan Craig is open to be inspired and to live life as an artist.

LEFT & BELOW: Equally at home on the tarmac servicing private jets and on stage blowing hot jazz on his tenor saxophone, Jordan Craig sees beauty and takes inspiration from many sources; BOTTOM: Craig's oil painting: *Dunrobin late summer* typifies his current artistic focus on painting landscapes with big skies.



CARISSA BROEREN PHOTOGRAPHY





CITY OF OTTAWA IMAGE

This conceptual illustration from the draft infill guidelines shows a multi-unit residential infill that “matches the neighbouring ground floor heights and offers a primary entrance at grade while fitting in with the neighbourhood.”

## Slow down - low-rise infill guidelines on hold

### JOHN DANCE

Local resident Paul Goodkey and a few others have demonstrated that you sometimes can influence City of Ottawa staff - something that is really important as the City pushes for more intensification in Old Ottawa East and throughout Ottawa.

Specifically, Goodkey, a member of the Old Ottawa East Community Association (OOECA) planning committee, thoroughly analysed the City’s draft “Urban Design Guidelines for Low-Rise Infill Housing,” and, in July, provided City staff with 120 detailed comments, questions and suggestions.

He prefaced his in-depth comments noting that, “Given the new zoning strategy is currently in a state of infancy,

it is reasonable to suggest these low-rise guidelines cannot be concluded until such time as the new Zoning By-law (ZBL) provisions are well developed or completed. To proceed otherwise is ‘putting the cart before the horse.’”

These comments seem to have resonated with City staff. Christopher Moise, Ottawa’s lead architect for the guidelines, responded to Goodkey, “The new guidelines will not be advancing until further progress of the draft low-rise zoning in the new comprehensive by-law has been made. As such, we will put this project on hold to ensure their alignment.”

The fundamental issue that Goodkey raised was the inadequate consultation to date on the ZBL or the design

guidelines. While the Federation of Citizens’ Associations, of which OOECA is a member, had some involvement with the review of the draft guidelines, there was little involvement of community associations, let alone of residents throughout Ottawa. However, the development industry has been involved with the drafting of the guidelines.

The new “form-based” low-rise residential guidelines will have an unprecedented impact on development throughout Old Ottawa East neighbourhoods because they will determine regulations for how buildings of four storeys or less will be built and what yard sizes will be required. With the new zoning, three-unit buildings will be permitted on most lots. Adding to the density, lots will be severed, and each

half will be allowed to have three units.

The OOECA planning committee has been particularly concerned with the new zoning direction regarding the size of front and rear yards. Further, OOECA has argued that draft provisions will severely limit the ability to plant large canopy trees and will adversely affect the viability of trees.

Goodkey strongly advises all residents to get involved in the development of the ZBL which gives teeth to the new Official Plan. The City has provided a number of discussion papers on the effort and is now offering “information sessions” on the ZBL.

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## Fall 2023 Programs and Events

All programming and events are subject to change.

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

### Youth Programs

#### 2023-2024 After-School Programs

Old Town Hall (spaces available)  
 & Brantwood Park Fieldhouse  
 (limited spaces)

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- **March Break Camp** (March 11-15, 2024)
- **Cooperative Playgroup** - Tuesdays 9:30 to 12:30 p.m. @ Brantwood (October to December 2023)
- **FREE Storytime @ Brantwood** by Mothercraft every 3<sup>rd</sup> Monday of the Month - 1:30 - 2:15 p.m. (Just drop in!)
- **FREE Playgroup (0-6 yrs)** by Grandir ensemble @ Brantwood Every Thursday - 9:30-11:00 a.m. (Just drop in!)

### Adult Fitness Programming

Register Now for the Fall 2023 Session  
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- Better Body Bootcamp (Late Fall starts Nov 6)
- Body Sculpting by ESSETRICS<sup>®</sup>
- Cardio-Strength-Core Blast
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- ELDOA
- Energy Stretch
- Hatha Yoga
- Latin Flow with Caro (was Zumba)
- Level Up with Leigh Bootcamp
- Pilates
- **NEW** Tai Chi
- Yoga Fusion (was Vinyasa Flow Yoga)

### Community Events

- **Halloween Family Event** @ Old Town Hall Games - Crafts - Treats October 31<sup>st</sup> @ 5:30 - 8:30 p.m.
- **CAG Community Events for 2024** will be announced by November 29<sup>th</sup>, 2023

In Partnership with:



[www.OttawaEastCAG.ca](http://www.OttawaEastCAG.ca)

## BOOK REVIEW

OOE author Terrence Rundle West

# Vivid tale of escape to the Northern bush

ERIC JONES

*A Time to Disappear* by Terrence Rundle West meets the first requirement of all good books. It has a map. In fact, it has two of them—one of the European theatre where the first half of the book takes place, and the other where the second half unfolds in Northern Ontario.

Although a work of fiction, the book does a solid job of familiarizing the reader with the geography and history of these areas. For the Finns, the Second World War came in three parts: the Winter War, the Continuation War and the Lapland War. These wars had a divisive effect on the country and on several of the book's characters including Jari, a soldier who eventually went AWOL from the Finnish Army. Jari's relatives in Finland are hard pressed to keep him safe and help him escape.

The Finnish Army sided with Germany in the war, in an effort to regain territory lost to Russia in the Winter War of 1939-1940.

But Alvar, another of the book's main characters, is one of the 'Red Finns' fighting against the Finnish Army with Russia. Although his story is quite different from Jari's, Alvar is caught in a similar bind and needs help to escape from Finland.

The geography lesson continues into the second half of the book, switching tracks to a part of Ontario that's rarely mentioned in books or travel brochures. This sparsely populated area, visited only by trappers or hunters, provides the landscape into which Jari disappears, after linking up with a German escapee from a POW camp. Together they face the rigours of trapping and living in the bush.

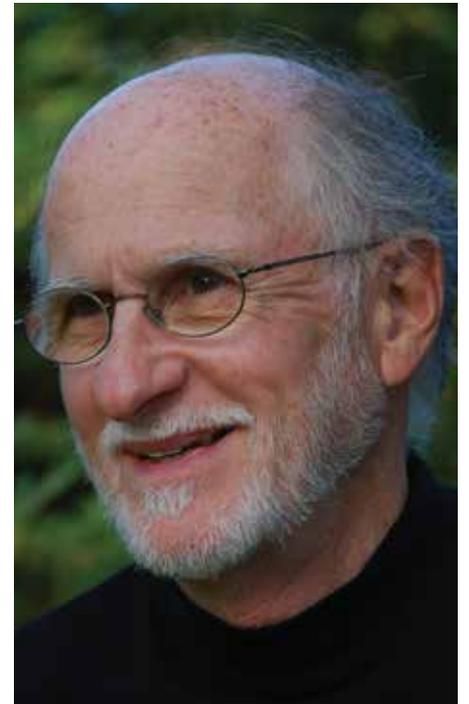
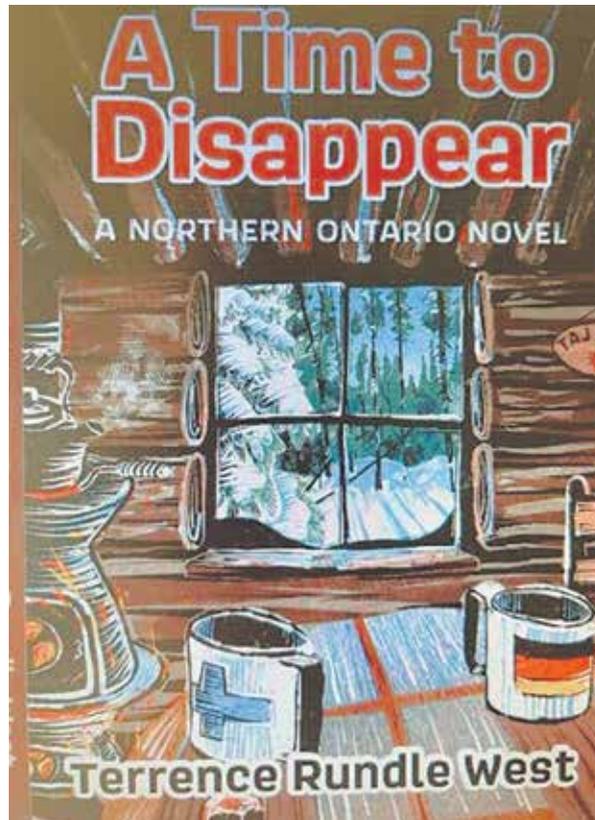
The 'disappear' in the book's title could just as well have been 'diaspora' to describe a time when many of the inhabitants of this part of Ontario were recent immigrants from Finland. But the main characters in this story aren't legal

immigrants and so have to remain hidden from authorities.

The 'time to disappear' stretches into years for them; however, they find partners who are remarkably tolerant of their situations and help to resolve some of them.

Of course, all wars make many people disappear, and there are a few things in this book that parallel recent news stories. The illicit action of a foreign agency in Canada which threatens a family in the book is also a political hot potato today. The uncertain status of immigrants, many of them refugees from foreign wars, also plays a role in the book. And Finland's recent entry into NATO illustrates the cycle of history.

The author is most at home when writing about Hearst and its surrounding area. As he notes in the Preface, he was intent on shining a light on lives, as he



SUPPLIED IMAGES

Old Ottawa East resident, Terrence Rundle West, combines history, geography and current issues in his new novel, *A Time to Disappear*.

award.

*A Time to Disappear* is available at: Singing Pebble Books on Main Street., and Books on Beechwood, corner of MacKay Street and Beechwood Avenue

imagined them, of shadowy characters in the town. The places are real, down to the names of the trapper shacks in the bush, and the writing is real too.

Born and raised in Northern Ontario, West now lives in Old Ottawa East. He is a former recipient of the 'Northern Lit'



Diem Nguyen

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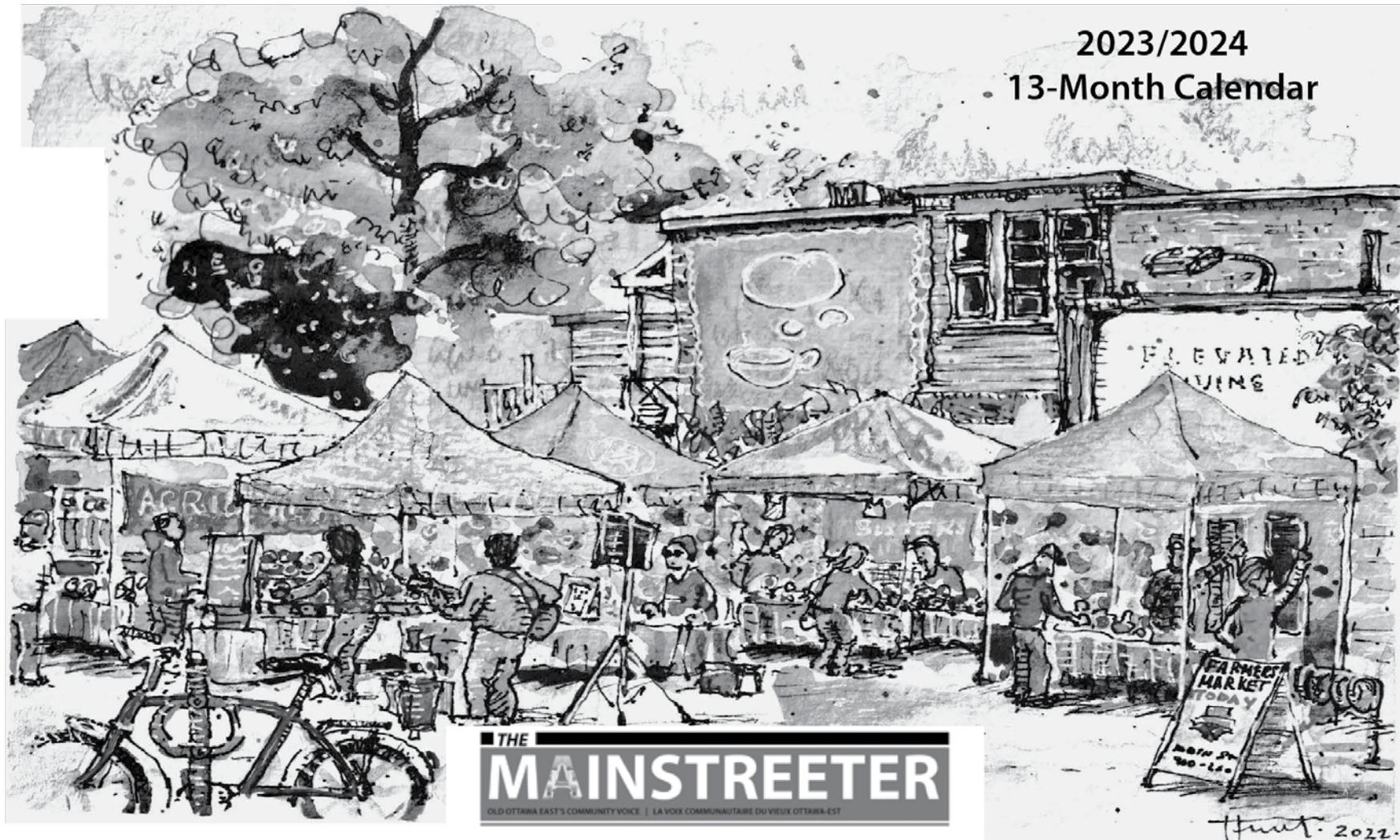
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# SENIOR LIVING



## Aging in place: 10 ways for seniors to age at home

### KAELAN BRAY

As the years pass by, many seniors desire to age in the comfort of their own homes. This concept, known as "aging in place," is becoming increasingly popular. It allows seniors to maintain their independence, cherished memories, and familiar surroundings as they grow older.

93% of seniors in Ontario would rather stay in their homes instead of moving into long-term care. But aging can come with challenges that leave seniors few options. That said there are steps that the elderly and their families can take to make home a safe place. Successful aging in place requires careful planning, lifestyle adjustments, and a commitment to maintaining overall health and well-being.

### 1. Home Modifications: Creating a Safe Environment

One of the first steps towards healthy aging in place is to assess and modify your living environment to ensure safety and accessibility. Simple changes such as installing handrails, grab bars in the bathroom, and slip-resistant flooring can significantly reduce the risk of falls. Wider doorways and ramps can make it easier to navigate a wheelchair or walker if needed.

### 2. Leverage Community Resources

Across Ottawa are organizations that offer programs and services to help seniors continue to age at home. From meal delivery to respite programs to non-urgent medical transportation, there are services in your community to help you or your loved one get that extra help you need to live at home longer. An excellent resource is the Champlain Healthline: [champlainhealthline.ca](http://champlainhealthline.ca)

### 3. Transportation

Explore local transportation services, rideshare apps, or access local agency-led transportation services that

help you stay connected to your community. Visit [211Ontario.ca](http://211Ontario.ca) to see what options are available in Ottawa.

### 4. A Balanced Diet

Nutrition plays a crucial role in aging well. A well-balanced diet rich in fruits, vegetables, lean proteins, and whole grains can help maintain a healthy weight, support the immune system, and reduce the risk of chronic diseases. Staying hydrated is also essential, as dehydration can lead to a host of health problems. There are also local meal delivery services available to bring food to your door. These can be searched on the Champlain Healthline website.

### 5. Regular Health Check-ups

Seniors should schedule regular check-ups with their healthcare providers to monitor their overall health. These appointments can help detect and address any health issues early, ensuring appropriate treatment and preventing complications. Remember to discuss your aging-in-place plans with your healthcare team to receive personalized guidance.

### 6. Home Care

There are many home care agencies in Ottawa that can help you or your loved one receive care in your home if you are unable to access it in the community. They can either be covered by your OHIP or private pay. Such services include nursing, personal support services, occupational therapy, dietetics and more. Speak to your physician about how to access these services.

### 7. Social Connection

Maintaining a vibrant social life is vital for emotional and mental well-being. Loneliness and social isolation can have detrimental effects on seniors' mental health. Joining clubs, volunteering, and staying in touch with family and friends can provide a sense of belonging and purpose. There has also been a boom in online groups

that you can connect with from the comfort of your own home. Connected Canadians can help with this: [connectedcanadians.ca](http://connectedcanadians.ca)

### 8. Cognitive Health

Keeping your brain active is essential for healthy aging. Engage in activities that challenge your cognitive abilities, such as puzzles, reading, learning a new language, or taking up a musical instrument. Stay mentally sharp by staying curious and seeking new experiences.

### 9. Financial Planning

Financial stability is a key aspect of aging in place. Review your financial situation and consider long-term care insurance or other options to cover potential future costs. Seek advice from a financial planner to make informed decisions.

### 10. Stay Physically Active

Physical activity is the cornerstone of healthy aging. Seniors should engage in regular exercise to maintain strength, balance, and flexibility. Activities like walking, yoga, swimming, and tai chi are excellent options. Consult with a healthcare professional before starting any new exercise routine to ensure it is suitable for your individual needs.

In conclusion, aging in place is a desirable option for many seniors, but it requires careful planning and a commitment to maintaining overall health and well-being. By making home modifications, staying physically active, following a balanced diet, and regularly checking your health, you can increase your chances of enjoying a healthy and fulfilling retirement in the comfort of your own home. Remember that seeking support from community agencies, healthcare professionals, family, and friends is essential on this journey towards healthy aging in place.

Find more information on healthy aging at [carefor.ca/resources](http://carefor.ca/resources).



SUPPLIED PHOTOS

**Kaelen Bray, Director, Nursing and Allied Health, at Carefor Health & Community Services in Ottawa advises that aging in place allows seniors to maintain their independence, cherished memories, and familiar surroundings as they advance in age.**

## POLITICAL PAGES

# KEY TAKEAWAYS FROM THE LANSDOWNE 2.0 REPORT: THE GOOD, THE BAD, AND THE UGLY



**SHAWN MENARD**  
COUNCILLOR, CAPITAL WARD

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Given the length of our comments provided in the in the current Lansdowne 2.0 proposal report, we have prepared a list of key points from those comments, while also highlighting further details in a breakdown of what is good, not so good and ugly in the report. Further background on Lansdowne—and our campaign to improve Lansdowne 2.0—can be found at our website - [betterlansdowne.ca](http://betterlansdowne.ca).

### *The Good*

- Staff have moved away from misleadingly framing Lansdowne 2.0 as “revenue neutral”;
- The high-rise tower in closest proximity to the historic Aberdeen Pavillion has been removed, and in its place, some new accessible green space is being proposed;
- One of the remaining two towers is now being proposed to have a relatively more modest height of 25 storeys;
- The report suggests that through traffic may be removed from Aberdeen Square, though falls short of committing to it;
- The report proposes to increase the trivial annual rent charged to the Ottawa Sports and Entertainment Group (OSEG) for their use and operation of Lansdowne Park, raising it from \$1.00 to \$500,000.00; and
- The number of additional parking stalls proposed for the site has come down significantly with the removal of the third tower, with the initial number of 739 parking stalls reduced to 336 parking stalls.

### *The Bad*

- The cost has risen to \$419 million for taxpayers;
- Despite moving away from talk of “revenue neutrality”, property tax uplift is still being used as a way to finance, in part, the Lansdowne 2.0 proposal;
- One of the two towers proposed is still a luxury skyscraper at 40 storeys with zero affordable housing; this type of built form does not contribute to supply-side efforts to address the housing crisis;
- There remain too many additional parking stalls proposed, which will bring hundreds of additional cars to the site while providing no means of managing the increased traffic;
- There is no new transportation plan proposed, and there are no commitments to make needed changes and improvements to our transit and transportation system to resolve longstanding problems with the site that continue to negatively impact local residents, users of the park and the

economic success of the site;

- The proposed investment for public realm enhancements is the bare minimum of what was proposed in the 2022 report (\$10 million), and there is no advanced timeline to implement these needed investments;
- The new proposal assumes that other levels of government will contribute \$20 million to the plan, without which, Ottawa taxpayers will be forced to pay more;
- From a sports fan/entertainment perspective:
  - There will be no green space from which to enjoy a game or event with friends and family as the hill be replaced by an arena with no green roof;
  - There will be fewer seats to choose from in both the new arena and the stadium;
  - Ticket prices will increase;
  - There is no roof proposed for the north side stands (as there is now);
  - No new transportation solutions are being proposed for suburban and rural commuters, such as more park-and-rides or permanent free shuttle service on Bank Street; and
  - The proposed music hall has been removed.

### *The Ugly*

- The green roof initially proposed for the new event centre—that we campaigned on making accessible—has been jettisoned entirely;
- The initial inadequate commitment for 10% market affordable units to be provided on site—through a requirement of the purchaser of public air rights— has been abandoned entirely;
- Worse, the report calls for council to waive the requirements of our Affordable Housing Land and Funding Policy, a policy that ensures that, when the City sells off public land for private residential use, 25% of the proceeds are directed toward our affordable housing budget. The report calls for that requirement to be replaced with a 10% requirement instead. This means both property tax dollars and revenues earmarked for affordable housing will be redirected to pay for Lansdowne 2.0;
- Small retail, GoodLife Fitness and all of the “J-block” built in 2014 is to be demolished with construction expected to take 7-10 years on site to replace it;
- The City will maintain a large loan for the roof of the civic centre that is to be demolished as part of this project;
- We will incur \$18.6 million of debt for the City to build 140 parking spaces for the new residential towers (under the new proposed North side stands). Annual debt servicing after revenues (from selling or leasing the spots to the residential towers) is expected to cost the City \$600,000 annually. The developer would also build an additional 200 residential parking spots underneath the proposed towers;
- There is substantially more risk for the city in this plan as the debt repayment relies, in part, on waterfall returns from the partnership, which so far have produced \$0 after the City said we would recoup over \$100 million in Lansdowne 1.0;
- The retail podium land would be sold to a developer (\$39 million) and then repurchased at market rates by the city (estimated at over \$34 million) once that retail is built, with a renegotiated retail loan that OSEG is to secure. The scheme seems to be absent from the \$419 million total cost; and
- The City has identified a proposed risk that OSEG could leave the deal, but there has been zero risk mitigation or alternative planning for what would occur in that scenario (e.g., bringing in a not-for-profit to run the site, finding another private corporation to take over or keeping the teams in City ownership).

## POLITICAL PAGES

### JOEL HARDEN MPP, OTTAWA CENTRE

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### REFLECTIONS ON ONTARIO'S FIRST #SAFETYRIDE

From September 21-24, my team and I were on the road for our #SafetyRide to Toronto. It was a remarkable experience.

The goal was to get from Ottawa to Toronto by bicycle in four days, and I'm proud to say we made it with the support of colleagues and friends along the way.

Massive thanks to Erica Braunovan, Ethan Smith-Johnson, Sharon Lee, and John Purkis for their support on the road. Thanks go out as well to the friends who met us along the way, taking time to tell us about safety issues in their communities.

We stopped in Kingston, Brighton, Oshawa, Scarborough, and ended on the front lawn of the Ontario Legislature. We heard from vulnerable road users, and we discussed Bill 40, The Moving Ontarians Safely Act.

We heard stories I will never forget. I spoke to Anita Armstrong, mother of Serene Armstrong, who was critically injured when a driver hit her as she crossed Meadowlands Drive. The driver stopped, backed up, and then fled the scene. He later tried to sell his car to avoid responsibility.

Serene was in hospital for months and will live the rest of her life with a brain injury. For his reckless act, the driver was fined \$2000, and given a one-year license suspension, but only because he failed to remain at the scene. It is more typical for reckless drivers to get modest fines and retain the right to drive.

That's what happened to Jess Spieker, who joined us in Oshawa, Scarborough and Queen's Park to tell her story. She was hit in 2015 on her bicycle by a woman driving an SUV, who was later fined \$300. The crash threw Jess off her bike and left her with a broken spine, brain injury, and extensive soft tissue damage. The tissue damage in turn caused serious blood clot-related complications that nearly killed her. The woman who hit Jess appealed the fine and retained the right to drive.

In Scarborough I met Chris, a former paramedic, whose ambulance was hit by a reckless driver as he responded to a roadside accident. The impact caused significant damage to the ambulance, shifting the vehicle several feet as they attempted to load a patient. The driver fled the scene.

The reality is that the number of vulnerable road users being hurt or killed is not going down. Research suggests that at least twenty vulnerable road users will be brought into hospital emergency departments today after being struck by a reckless driver. Until we have the technology and the infrastructure to stop this, we need laws that deter reckless driving, and help make bad drivers good drivers. There are countries that have done so, and we should be following their example.

That's what Bill 40 is about, and I am pleased to work with a growing community to help it pass Second Reading at the Ontario Legislature in November. Stay tuned for details on that important work, and please send me email at joel@joelharden.ca to tell me about your own experiences with road safety.

### YASIR NAQVI MP, OTTAWA CENTRE

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



### MORE RENTAL HOUSING, RELIEF TO SMALL BUSINESS OWNERS, AND DRIVING DOWN THE COST OF GROCERIES

The rising cost of living has made it difficult for many young Canadians and families to make ends meet. That's why our federal government is continuing to deliver real results that make life more affordable and give people a real and fair chance of success. This fall, my colleagues and I are back in the House of Commons to build on the measures we have put in place, to make life more affordable for Ottawa Centre residents, and all Canadians.

To support students across the country, we permanently eliminated interest on Canada Student and Apprentice Loans, we doubled Canada Student Grants and we have worked tirelessly to make it easier for young Canadians to access new training and work opportunities. This year alone, our Canada Summer Jobs program filled more than 70,000 positions across Canada – including 335 jobs in Ottawa Centre! These jobs with small businesses, non-profits, and local governments provide hands-on work experience for young people, helping them put money in their pockets and gain new skills that can lead to full-time jobs in the future.

Parents in nearly half of Canadian provinces and territories are already benefiting from \$10-a-day child care – three years ahead of schedule. In all other jurisdictions, child care fees have been cut by at least 50 per cent. And we are creating an additional 250,000 child care spaces across the country.

Most recently, on September 14, Prime Minister Justin Trudeau announced a suite of new measures to support the middle class and people working hard to join it. This includes action to build more rental housing, provide relief to small business owners, and drive down the cost of groceries.

To continue taking urgent action to drive down the cost of housing across the country, including for renters, the federal government:

- will incentivize the construction of much-needed rental homes by introducing legislation to remove the Goods and Services Tax (GST) on the construction of new apartment buildings for renters.
- is calling on provinces that currently apply provincial sales taxes or the provincial portion of the Harmonized Sales Tax (HST) to rental housing to join us by matching our rebate for new rental housing.
- will require local governments to end exclusionary zoning and encourage building apartments near public transit in order to have their Housing Accelerator Fund applications approved.

To support small business owners and their workers, the government:

- will make changes to the Canada Emergency Business Account program, a pandemic measure that helped small businesses stay afloat, including by extending the term loan repayment deadline by one year.

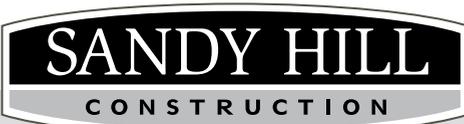
To address the escalating price of groceries for people, the government:

- is calling for major grocery store chains to stabilize grocery prices in the near term. In recent years, large grocers have been making more money, all while the cost of groceries has risen drastically and families are struggling to put food on their tables.
- To address this, the leaders of the largest grocery chains in Canada have been called to an immediate meeting in Ottawa to begin discussions toward this goal.

Last summer, during a period of the highest inflation in a generation, we acted fast to deliver relief to those who needed it most. As global inflation and the cost of housing continue to impact Canadians, we are continuing to take real action to make life more affordable and build an economy that works for everyone.

# BUSINESS DIRECTORY

## CONSTRUCTION



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# Meet the baby turtle protectors of the Rideau River

**SARAH ST-PIERRE**

At golden hour, on a Friday evening in late September, cyclists in Brantwood Park slowed down as they noticed people crowding the riverside. A little boy in a neon green helmet held onto his mother's leg as he squinted at the water, hoping to spot a just-hatched baby snapping turtle.

Greg Macdougall stood at the edge of the beach that evening, pointing out the hatchling to anyone interested. One of the onlookers recognized him: "It's the turtle whisperer!" he exclaimed.

Macdougall, a community organizer, is at the core of a small group monitoring turtle activity in Old Ottawa South and Old Ottawa East. Turtles of Old Ottawa East and South endeavours to protect the at-risk turtle population along the Rideau River by placing protector frames on top of turtle nests and monitoring their activity. Their efforts come to a head in September and October during hatching season.

"The reason why we protect [nests] is, mainly it's raccoons, but predators come and dig them up, mainly either when they first get laid, or when they're about to hatch," Macdougall explained.

In urban areas, higher populations

of raccoons and household pets pose a greater threat to turtle nests than in the wild.

In Ontario, all eight species of turtles native to Canada are at risk. While nest predation is not as threatening as habitat loss or road mortality, it remains significant.

"If you don't have a future population, you don't have a species either," said David Seburn, freshwater turtle specialist at the Canadian Wildlife Federation. According to him, 70 to 80 per cent of nests get predated, on average.

Macdougall knew people in the area helped baby turtles get to the water, but he said he didn't think there was much nest protection happening before his group formed over the last three years. The most active members typically gather materials to build the protection frames they put down over nests in June, when the turtles lay their eggs. "These people are doing amazing, amazing work," said Seburn, who is in touch with them.

A spokesperson for the Ministry of Natural Resources and Forestry confirmed that people are allowed to place nest protectors on public land, provided they have received a Consent



SUPPLIED PHOTO

**Turtle protectors build the protection frames that they place over the nests in June, when the turtles lay their eggs.**

to Deposit letter from the government after contacting their local ministry office.

Maintaining turtle populations at healthy levels can have real benefits for their ecosystems.

Some species of turtles, like snapping turtles, are important scavengers. "They're basically the garbage collectors of a lot of wetlands; they feed on dead fish and dead birds," said Grégory Bulté, who teaches biology at Carleton University.

Turtles can live for decades and mobilize nutrients that affect the cycle of nitrogen, phosphorus and carbon in the ecosystem, he added.

For nest protection to have a tangible effect on turtle populations, Bulté stressed a high proportion of nests would likely have to be protected. He added he was skeptical about the efficacy of the practice, citing a lack of studies on the matter.

"But I would say that probably one of the big impacts it has is raising awareness," he said.

Seburn said he has seen the benefits of this heightened awareness in neighbourhoods along the Rideau River.

"People get reconnected to the river in their backyards, and they discover the incredible life that's going on there," he said.

## For the birds and the turtles



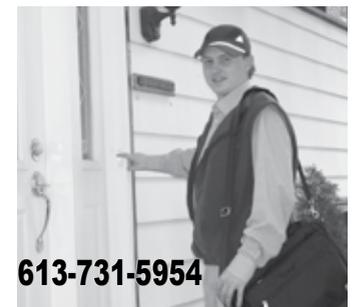
BESS FRASER PEN AND INK

Bess Fraser combines her love of illustration and nature by sketching both baby birds and baby turtles in a fictional forest setting where the animals connect with each other. She is inspired by Jane Goodall's passion for her love of animals, reading and the environment.

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# Rideau Chorale has big news

## JANICE MANCHEE

Choirs are the shared creation of their members and their music directors. Each community of singers and each professional choral leader brings unique qualities to the music and to the sound. So, it's big news when change occurs. And Rideau Chorale has big news.

Kevin Reeves is Rideau Chorale's new Music Director.

"Kevin is a special artist in the Ottawa community," says Rideau Chorale's Secretary Hilary Esmonde-White. "He's not only highly experienced and respected as a choral leader and musician, but he's a cartoonist, filmmaker and general all-round creative mind."

Reeves was always surrounded by music – his mother a piano teacher and his father a singer, although not formally trained. He studied piano and organ and began singing with St. Matthew's Church Choir in the Glebe.

By the 1980s, Reeves, a tenor, was singing professionally, including in a production of Stratford's *Beggar's Opera*, one of 32 young singers chosen

from across Canada.

In 1982, Reeves decided to try something new - conducting - and he spent a season as St. Matthew's interim Music Director. When the position ended, he didn't know what was next. Kathryn Palmer, an Ottawa soprano, approached him and advised he was too good at conducting to give it up. Reeves took her advice to heart. He formed and has since shepherded Ottawa's Seventeen Voyces and worked with a wide variety of Ottawa-based groups, including the Ottawa Regional Youth Choir and the Ottawa Choral Society.

As well as conducting, Reeves has composed. From his *Vision of the Gitche Manitou* for countertenor Daniel Taylor, to the whimsical *The Humpty-Dumpty Blues*, to the comic opera *Nosferatu*, Reeves has combined his musical knowledge, creativity and wit to the delight of singers and audiences.

And for his first concert as Music Director, Reeves will conduct several works by Marc-Antoine Charpentier, a composer who dominated the Baroque music scene in 17th century France. The concert takes place on Sunday, December 10th at 7:30pm at Southminster Church.

Charpentier was the son of a master scribe and, thus, was well connected to influential families in Paris. He was well educated by the Jesuits, but quickly dropped out of law school and left for Italy. He headed to Rome where he studied with Giacomo Carissimi, a master of baroque.

Upon his return to France, he began working for the aristocratic Guise family where he remained for 17 years. The Guise family and their influence with King Louis XIV helped Charpentier break Jean-Baptiste Lully's monopoly on the composition and performance of opera in France. And when Molière finally had his fill of Lully, he turned to Charpentier for the incidental music in his plays.

Charpentier was prolific, writing between 500 and 800 works, many now seemingly lost. But his music lives on today, with his *Te Deum* providing the fanfare for the Eurovision Network. Reeves has chosen three pieces for performance by Rideau Chorale, the larger *Messe de Minuit de Noël* is based on ten traditional French carols and, instead of the solemn sound of many masses, has a lyric and dance-like



KEVIN REEVES PHOTO

The recent selection of Kevin Reeves as the new Music Director of Rideau Chorale has members of the organization excited. "Kevin is a special artist in the Ottawa Community," says the group's Secretary, Hilary Esmonde-White.

quality. *Magnificat H. 79* and *Salve puerule* are shorter pieces revealing more of Charpentier's style.

"So, put our concert in your calendar," says Reeves, "and come experience the joyous atmosphere of a Baroque Noel."

Information about the choir and its Virtual and upcoming performances can be found at [rideauchorale.com](http://rideauchorale.com). Tickets are available on [Eventbrite.ca](http://Eventbrite.ca). Janice Manchee is Chair of Rideau Chorale and sings tenor.



Kevin Reeves, Conductor

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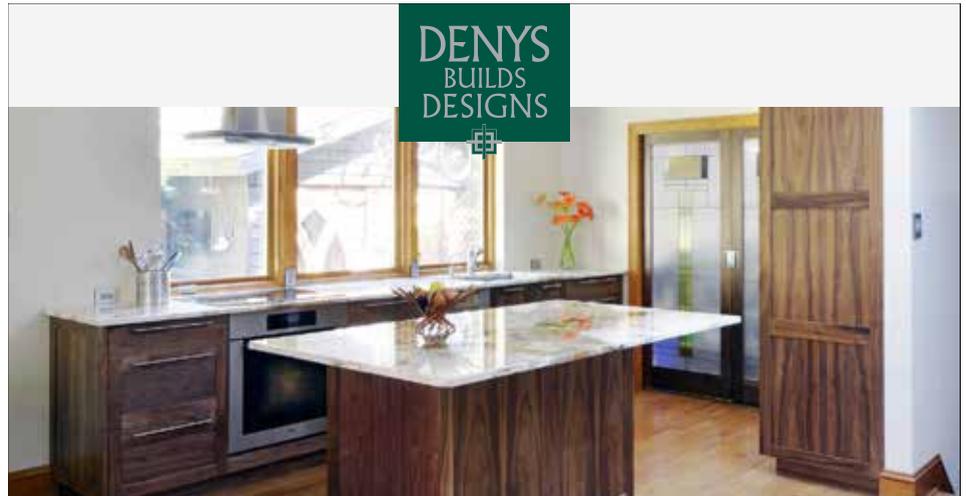
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## ECLECTIC EVENTS



**October 29th between 1:00pm & 3:30pm**

### HOWL-O-WEEN,

Ottawa Humane Society, 245 West Hunt Club Road.

Trick or Treat?! Looking for something spook-tacular to do with the whole family this year? Come in costume and help the Ottawa Humane Society (OHS) make and deliver treats to animals at the shelter.

Activities that will take place at Howl-O-Ween include: A decorative photo booth; Halloween-themed crafts for animal enrichment; Reverse trick-or-treating to animal stations in the adoption centre; Adoption centre viewing (cat gallery, rabbit pen, pods); and a craft sale by the OHS auxiliary.

**November 2nd to 4th**

### FILM - 7TH ANNUAL OTTAWA CANADIAN FILM FESTIVAL,

Bytowne Cinema, 325 Rideau Street

For three days in November, the cinematic spotlight shines on Ottawa as organizers of the Ottawa Canadian Film Festival celebrate the creative work of local filmmakers, as well as other emerging Canadian filmmakers.

This year's film festival builds upon the successes of prior year events that have raised awareness and exposure of Canadian films and filmmakers.

Festival-goers this year can anticipate a program of 18 Canadian-made films ranging in styles and genres from comedy, to drama, to animation.

Festival organizer, Jith Paul, is pleased to return to the Bytowne Cinema this year, the site of previous in-person screenings. "I am particularly proud of the fact that five of the films selected by our jury are from teams with ties to Ottawa and the surrounding area," Paul noted.

The Ottawa Canadian Film Festival is a cultural, not-for-profit organization



that celebrates Canadian film. The organization believes that Canadian film and filmmakers are distinctive and vital to Canada's culture and the development of the local economy. This artist-run organization is composed of a volunteer board of directors and jury members.

Individual day passes for the festival are on sale on-line at <https://ocanfilmfest.ca/> for \$20, and a 3-day full-festival pass is available for \$50. The Festival program line-up can also be viewed at <https://ocanfilmfest.ca/>.

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### FAMILY VISITS TO MĀDAHÒKÌ FARM, Indigenous Experiences, 4420 West Hunt Club Road.

Located 15 minutes southwest of downtown Ottawa, Mādahòki Farm is Canada's only Indigenous Agri-tourism destination and working farm.

Members of the public are invited to visit the farm and discover Indigenous culture while enjoying an energetic and enlightening experience connecting with Mother Earth during the change of seasons.

At the farm, families can: visit

the small farm animals, watch the endangered Ojibwe Spirit Horses playing and grazing in the fields, walk the legacy trail and leave a message of reconciliation, shop at the marketplace store filled with arts/crafts/foods from over 40 Indigenous artists/makers, and frolic at the children's play area with bales of hay to climb on, a teeter-totter and lots of space for kids to run around.

A talented team of Indigenous cultural and culinary ambassadors offer land-based cultural and culinary programming and workshops with a mission to share the land, stories and food from an Indigenous perspective.

The farm was recently featured in Canadian Geographic (see: <https://canadiangeographic.ca/articles/farming-the-greenbelt-five-farms-to-visit-in-ottawa/>).

Visitors can also celebrate the changing of the seasons the Anishinaabe way, with seasonal events that offer farm-to-table food and cultural experiences such as crafting, music, throat-signing, fashion, dance and storytelling.



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## Pharmacists can now prescribe for 19 minor ailments

On **January 1, 2023**, Ontario pharmacists were authorized to prescribe medications for 13 minor ailments that include:

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- Conjunctivitis (bacterial, allergic and viral)
- Dermatitis (atopic, eczema, allergic and contact)
- Dysmenorrhea
- Gastroesophageal reflux disease (GERD)
- Hemorrhoids
- Herpes labialis (cold sores)
- Impetigo
- Insect bites and urticaria (hives)
- Tick bites, post-exposure prophylaxis to prevent Lyme disease
- Musculoskeletal sprains and strains
- Urinary tract infections (uncomplicated)

On **October 1, 2023**, Ontario pharmacists were authorized to prescribe certain drugs for 6 additional minor ailments that include:

- Acne (mild)
- Aphthous Ulcers (canker sores)
- Diaper dermatitis
- Vulvovaginal candidiasis (yeast infection)
- Pinworms and threadworms
- Nausea and vomiting of pregnancy

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