

# MAINSTREETER

OLD OTTAWA EAST'S COMMUNITY VOICE | LA VOIX COMMUNAUTAIRE DU VIEUX OTTAWA-EST DECEMBER | DÉCEMBRE 2023

## **Reinventing Senior's Health**

*We interview the founders of a new seniors organization seeking healthcare innovations in local communities*

*Pages 4, 5 & 9*



## **Meet The Mainstreeter**

*Get to know some of the committed volunteers who serve on the Board of your community newspaper.*

*Pages 22 & 23*

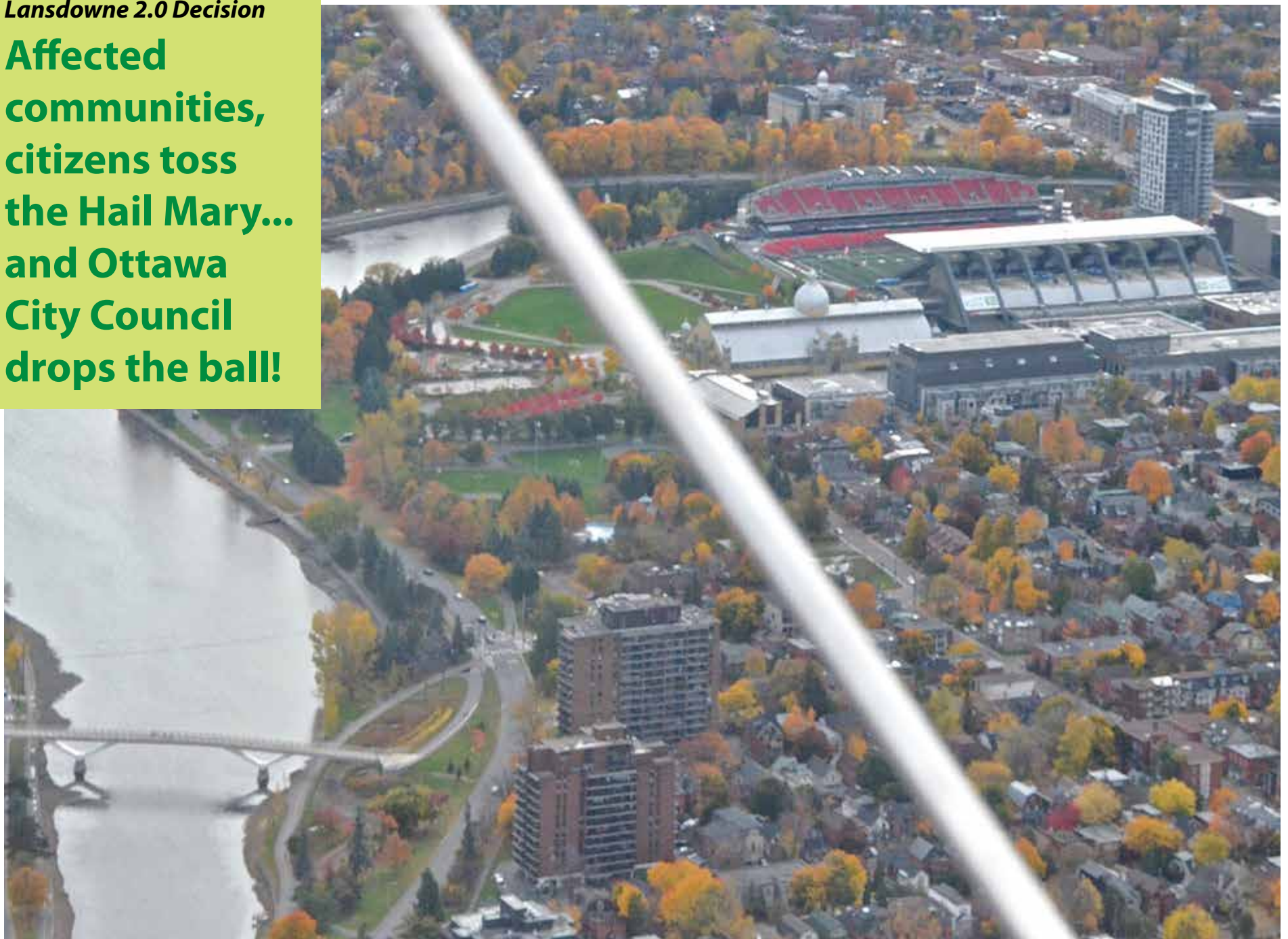
## **Team Mikinak**

*The Indigenous students' club at Immaculata - young people on the path to reconciliation*

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**Lansdowne 2.0 Decision  
Affected communities,  
citizens toss  
the Hail Mary...  
and Ottawa  
City Council  
drops the ball!**



PETER FOWLER AERIAL PHOTO

## **INSIDE OUR LANSDOWNE 2.0 COVERAGE**

**Peter Fowler boards a 1939 bi-plane to snap some exclusive new aerial photos - page 2**

**Alexandra Gruca-Macaulay takes a different perspective on the decision - page 7**

**Councillor Shawn Menard laments on winning some battles, losing the war - page 32**



For photo editor Peter Fowler

## A most uplifting assignment!

*Never one to turn down a great photo opportunity, The Mainstreeter's photo editor, Peter Fowler, braved the elements and the fear factor just before Halloween to head up, up and away in the open cockpit of a 1939 biplane. Despite winds gusting over 150 kilometres per hour, the helmeted and begoggled shutterbug managed to snap some amazing images of Ottawa's classic landmarks which we present here along with his account of the eye-popping adventure.*

### PETER FOWLER

I woke up with the sun in my eyes and I knew today we would fly. Our previous two attempts to go up in the 1939 Waco UPF-7 three seater biplane had been washed out due to rain. But today was perfect.

I met my thrill-seeking daughter-in-law, Odette, at the Aviation and Space Museum where we were fitted with flying helmet, goggles and hearing protectors. Out on the runway a beautiful sight - taxiing toward us was the vintage winged wonder! Two passengers upfront and the pilot behind them.

Our pilot explained our route and then we were off. It's hard to explain the thrill of

climbing into the sky in an open cockpit with the wind tearing at everything loose - like my camera!

We flew over the Gatineau Hills at a perfect time of year with the blaze of colours. Our pilot did a few dips and steep banks over Pinks Lake then headed for Ottawa. There below us was the Rideau Canal and the lovely Flora Footbridge; Lansdowne Park was so prominent as were the fabulous Parliament Buildings laid out underneath us.

The cruising speed of our Waco biplane was 153 kilometres per hour (95 miles per hour) - and that's exactly how fast the wind hit me each time I leaned out to take a photo of some of Ottawa's classic landmarks.





# Old Ottawa East is at the centre of the nest for the annual Christmas Bird Count

*The popular citizen's birdwatching project is now in its 123rd year!*

## STEPHEN AYRES

The Christmas Bird Count is North America's longest-running Citizen Science (volunteer) project. And, as the area's avid birdwatchers know, Old Ottawa East (OOE) happens to be in the heart of some of Christmas time's best birdwatching and bird counting!

The very first Christmas Bird Count occurred on Christmas Day in the year, 1900. At that time, scientists and birdwatchers were noticing a decline in bird populations. A concerned ornithologist with the Audubon Society proposed a census or count of all the local birds as a new holiday tradition and a unique way to capture critical information. That first year, twenty-five bird counts were held at various locations throughout Canada and the United States. Since then, the count has happened each year in December through early January, and the project has expanded geographically right across North America to include hundreds of locations known as Counting Circles.

OOE is located right in the centre of our region's Counting Circle, and as good fortune would have it, this community boasts a wide variety of birds for everyone to enjoy watching year-round, including over the upcoming Christmas season. Perched as we are between the Rideau Canal and the Rideau River, OOE is in an extra special location to view various species of waterfowl that might still

be in the area if the conditions on the river and the canal are free of ice. Our neighbourhood also consists of some beautiful, wooded areas along the Rideau River that attract many bird species. Moreover, our streets and gardens contain mature trees and shrubs that are home to year-round resident species and migratory birds.

In each Counting Circle, bird numbers and observations gathered by the volunteers are reported to a bird count Compiler, who is a fellow volunteer at the local level, often supported by a birding club or a naturalist organization. For us, Birds Canada is the national bird conservation organization that coordinates the Annual Christmas Bird Count. To learn more about the Annual Christmas Bird Count or if you would like to sign up as a volunteer for the Ottawa-Gatineau count on December 17th, information and instructions can be found at [birdscanada.org](http://birdscanada.org). There, you will also find the email address of the Ottawa-Gatineau bird count Compiler.

The information collected each year by the thousands of volunteer participants and bird count Compilers is used by conservation biologists, environmental planners, and naturalists to assess the population trends and distribution of birds. Each participant or group counts birds for any length of time they wish and enters the species of birds they could identify at each site visited, whether that be from home, at a local park, or in a



BIRD PHOTOS @p.downing.photo

**ABOVE:** The Black Capped Chickadee is one of many different bird species that can be viewed by Old Ottawa East residents this December; **BELOW:** The Hairy Woodpecker (left) and the Goldeneye may be among the birds you can spot during the annual Christmas Bird Count.

wilderness area.

Combined with other bird counts, the Christmas Bird Count results help to create a clearer picture of how birds are managing, whether individual species are in decline, increasing, or holding steady in the face of habitat loss, climate change, and other threats.



**This year, the Christmas Bird Count for the Ottawa-Gatineau Counting Circle takes place on December 17th. That's the perfect time of year to brave the cold and get outside to visit a local park, river, or woodland to observe and take note of the birds around us. People of all ages and skill levels are encouraged to join. Your participation in this valuable and fun event is always welcome.**





## SHARING LUNCH WITH... ORGANIZERS OF THE

*SHIH will push for change in core communities*

### New local group to combat crisis in seniors' healthcare

*There is a healthcare crisis in Canada, make no mistake about it. According to a recent survey, in Ottawa alone, there are estimated to be some 7,700 seniors living in urban core communities who do not have their own family doctor. In this issue, The Mainstreeter interviews three members of a new local volunteer organization, the Seniors Health Innovations Hub (SHIH), and discovers that the group is already off and running with a focus on enhancing seniors' healthcare in six Ottawa communities, including Old Ottawa East.*

**The Mainstreeter:** Your new organization, SHIH, has a focus on seniors healthcare and seems to have evolved recently from what began as Senior Watch Old Ottawa South (SWOOS). Can you take us through this evolution?

**Carolyn Inch:** The SWOOS organization was founded by Anna Cuyllits about six years ago, as a committee of the Old Ottawa South Community Association (OSCA), and it was primarily interested at that time in safety issues for seniors. You may have heard of the "snow moles". Today, we have six people engaged in SWOOS, with volunteer working groups, and we have expanded our interests to primary care, home care, technology for seniors, housing developments and community support options for seniors in Ottawa. We have looked at whether we could get seniors housing in our communities, and we did a survey and found that people do want next stage housing when they sell their homes.

Eventually, some SWOOS members became very interested in primary health care, especially when media headlines on the issue became prominent, and also when both Terry and I lost our family doctors. That was a good incentive for us, so we conducted a survey on primary care and found that there are an awful lot of seniors that don't have primary health care. And as we evolved, we realized we needed a larger population base than Old Ottawa South could offer us (6000 population, 17% of which are seniors). So that's how some of the SWOOS volunteers have decided to focus their activities on senior healthcare through a new organization called SHIH, which will serve all of the central area of Ottawa, encompassing six local core communities, including Old Ottawa East and Old Ottawa South.

**Terry Hunsley:** SHIH is an organization in the process of formation. It will be independent of OSCA and SWOOS and will have its own board of directors. We're forming a provisional board now of people who will work to incorporate the organization, get it established

with bylaws, objectives, all of those things. And we foresee this being not just an organization of volunteers but one that integrates the participation of various organizations through the community who already have a role and mandate in seniors healthcare. So we want to become an organization which is really broadly representative of the central communities of Ottawa and the institutional infrastructure already in place.

As we formalize SHIH, we hope to recruit liaison volunteers from all of the community associations in the central area of Ottawa. We'd love to have someone step forward from Old Ottawa East. We already have volunteers from the Heron Park and Alta Vista communities and have some involvement of volunteers from the Glebe.

**Carolyn Inch:** Our goal is to take the advice of experts and apply it locally to show that there can be efficiencies in the present system of seniors primary healthcare. The present system has a lot to handle, and we're going to try to innovate within it. So we will work with homecare caregivers, and with technology. We're already working with Bruyere Research Institute and with Carleton University and they have a



**ABOVE:** (l to r) Pat Eakins, a member of Senior Watch Old Ottawa South (SWOOS) and a volunteer with the Seniors Health Innovations Hub (SHIH); Terry Hunsley, co-lead of the SHIH Steering Committee; and Carolyn Inch, co-lead of the SHIH Steering Committee. **BELOW:** As their graphic depicts, SHIH seeks to promote healthy, active living for seniors in their communities.

lot of technological solutions, pretty interesting ones. We are anxious to recruit volunteers from the community who will work with us on the technology side of things because we already have experiments we're working on. And through our website and our new seniors healthcare guide (included with this issue of *The Mainstreeter*) we have a feedback questionnaire that will help us identify a roster of seniors in need of primary health care.

**The Mainstreeter:** Can you itemize the specific areas of interest and activity that you foresee for SHIH as it gains traction in central Ottawa?

**Terry Hunsley:** SHIH is interested first and foremost in healthy aging in the community and helping to keep seniors healthy and independent. Our particular focus includes both primary healthcare for seniors and in-home care, including support for family care providers. Our group also includes a very active committee working on technology, plus a focus on housing

options for seniors.

For instance, we have aligned with the Centretown Community Health Centre and with Perley Health, and we have jointly applied for funding for two nurse practitioners, a nurse and some support staff who would be dedicated to serving only unattached seniors in the community. We don't plan to have a lot of new management and instead are looking at building on to existing infrastructure. So we will be allied with Centretown and with Perley Health and seniors would be able to access team-based medical staff from both centres. Going forward, we would like to work with non-profit homecare groups like Carefor Health & Community Services (Carefor) to provide a more local, innovative approach to homecare because that's an increasing need for seniors. If we managed to collaborate locally, we feel we could provide primary healthcare more efficiently.

*Continued on Page 11*





# SENIORS HEALTH INNOVATIONS HUB (SHIH)

*Continued from Page 4*

**The Mainstreeter:** Can you give me your working definition of primary healthcare, since that seems to be the focus of your group's mandate?

**Terry Hunsley:** Primary healthcare is a combination of two things. First, it's health care for issues that can be responded to immediately. And secondly, our primary healthcare providers have historically been the doctors who serve as gatekeepers to the rest of the healthcare system. Now, of course, nurse practitioners have been given broadened powers and can fulfill added roles and duties. They too are within the scope of primary healthcare providers, so that anyone receiving care from either a doctor or a nurse practitioner falls within the definition of primary healthcare.

**The Mainstreeter:** Let's talk about the gatekeeper role played by doctors in providing referrals to next level health care services. Does your group regard that process as either inefficient or outmoded and in need of review or reform?

**Carolyn Inch:** We have internally discussed the fact that instead of doctors and nurse practitioners doing extensive administrative tasks, we should allow those people with the medical knowledge to focus on medical treatment. We plan to work within the existing healthcare system. Our hope is that we can demonstrate a more efficient team-based delivery system, perhaps by having a hub where those patients involved would get a multitude of services, including more efficient homecare.

**The Mainstreeter:** What are some examples of the inefficiencies that are legacy aspects to the existing overall healthcare system as it relates to seniors, where innovation can assist seniors in accessing primary healthcare?

**Terry Hunsley:** The most obvious one is relying on family practitioners to provide all of the seniors healthcare. We don't have enough doctors now, and many of our doctors are retiring, and many of those leaving the practice have many seniors on their caseload. So we're seeing an increasing number of seniors without any attachment to primary care, and they often end up in emergency rooms. One of the solutions to that growing problem is to make more use of nurse practitioners to provide primary care. Nurse practitioners in Ontario are already licensed to provide a full range of primary care. The only thing that they're not allowed to do is bill OHIP. As a consequence, the province has to agree to pay salaries for nurse practitioners and to integrate these nurse practitioners into team-based care. It seems to work very well where

it's implemented, but it's not spread all over the province. There are only a few nurse practitioner centres in the province, I think maybe 20 or so, and Ottawa, for example, does not have one. So, we are proposing a nurse practitioner centre for seniors.

**Carolyn Inch:** Another good example of a recent healthcare innovation is the use of pharmacists to provide certain kinds of prescriptions without needing a doctor. We are inviting one or two pharmacists to be involved with us in the hub because there may well be other areas where their role could be increased. We know that in Alberta, for example, pharmacists have a wider range of responsibilities than they have in Ontario. Also, there are other areas of innovation already underway which have potential to develop more, such as telehealth, which could perform a useful gatekeeper function to augment the family doctors.

**The Mainstreeter:** In your opinion, has Ontario's healthcare system failed seniors historically? Or are the concerns that motivate your group regarding seniors healthcare more recent developments owing to changes in our society that the healthcare system cannot easily accommodate?

**Carolyn Inch:** I believe that there has been a failure historically because the system has been and still continues to operate on a fee for service model. I can make an appointment with my doctor online, and it gives me a 10 minute slot. But as you know most people of a certain age have more than one health issue when they go to see their doctor and sometimes merely getting to a doctor's office is a mobility issue in and of itself. Historically, the basic system was designed at a time when young families were at the core of healthcare delivery. It's well recognized by now that the system is really outdated. But the real complications now are the demographic pressures. We've got some really startling numbers today. We know that 7,700 seniors in central Ottawa are not currently attached to primary care. And that's only going to increase exponentially as more doctors retire. And the reality is that young doctors now aren't taking the caseloads that their predecessors did, and so we're really looking at a difficult situation if we continue to rely exclusively on family physicians.

**Pat Eakin:** I think that the homecare system has not been developed adequately to handle the degree of demand that is unfolding. Homecare policy was designed primarily as a hospital discharge service, and not one that addresses long term care requirements. So our group is also looking at ways to increase the efficiency of homecare service.



SUPPLIED PHOTO

**The core areas of SHIH's focus on senior's health include primary care, homecare and the use of innovative technologies to enhance health care efficiency and delivery.**

**The Mainstreeter:** Can you offer any examples of how to enhance efficiency in homecare services for seniors?

**Carolyn Inch:** Right now Carefor has a few nurse clinics, where people who have been discharged from hospitals can go into the clinic if they're sufficiently mobile to do so. We'd love to have one in Old Ottawa East that would also have Personal Support Workers (PSWs) attached to them that could serve the local community. I think that as the Greystone community here continues to grow in population, a needs argument could easily be made that a clinic of this kind serving seniors that is geographically centric would be worthwhile.

**Pat Eakin:** Another concern that leads back to homecare is the barrier to access created by simple system navigation. Navigating the healthcare system for individuals is so complex, and especially for seniors. It's really challenging for most people unless you're coming out of hospital and the support you are going to receive is laid out for you by the medical staff. We need to be working with Carefor and groups like that to make healthcare navigation more seamless, and easier for seniors. The problem is made more

difficult in part because not enough primary care is available. And we continue to jam people into hospital emergency rooms who do not have acute medical situations to deal with. Better, more accessible primary care as part of an integrated system that funds and utilizes community healthcare centres more effectively and that frees up doctors to provide for acute care without putting pressure on emergency care facilities.

**The Mainstreeter:** Is the focus of your group on fixing Canada's universal healthcare system or are you more concerned about reforming the provision only of the primary healthcare component of the overall medical system?

**Terry Hunsley:** I think we're focusing on innovations to primary healthcare for seniors, to the provision of homecare, to the use of technology, and to personal and social support services. The whole range of these kinds of services to seniors is where we want to focus. We're not thinking of intervening at the level of legislation on the universal health care system. We believe in a universal public healthcare system, but we are fully aware that

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## LETTERS TO THE EDITOR

### Leaving us in the dark is no laughing matter

I am writing to thank you for shining some light on the darkened streets and pathways on Colonel By and Queen Elizabeth driveways. I first raised this matter in December 2019 with City of Ottawa staff, and *The Mainstreeter* has published at least two articles about the lighting situation. I note that CBC has recently also reported on this issue with the article “Why is the NCC letting these parkways go dark?” (see <https://www.cbc.ca/news/canada/ottawa/why-is-the-ncc-letting-these-parkways-go-dark-1.7001302>)

The one issue that I would highlight is the impact on walkers and bikers, particularly University students who use Colonel By Drive to access both UOttawa and Carleton. There does not seem to be any consideration by the National Capital Commission (NCC) nor the City for their safety. Having walked and ridden my bike along Colonel By and Queen Elizabeth after dark I can attest to the fact that it is very dark in spots, and in some areas along the Canal you can't be seen from the roadway, which adds to the safety concern.

I hope you follow-up with the NCC to see what they are doing to address the safety concerns of students and residents of the area. It seems that the system is broken if it will take the NCC until 2025 to fix the lights. It is indicative of the bureaucratic paralysis that has overtaken many organizations.

That the NCC told the CBC reporter that they don't know the cost to replace the lighting system is absolutely ridiculous. As a retired finance professional in the federal government, I know every project has a budget.

How many NCC employees does it take to change a light bulb? None, because they don't bother!

*John Orr,  
Havelock Street*



### Praise for Alexa's Lansdowne coverage

Reading through Alexandra Gruca-Macaulay's piece in the October edition of *The Mainstreeter* reminds me to thank her and several other citizens for all the work and time they have put into this attempt to push back against the obscene Lansdowne 2.0 process, that is, the lack of an integrity-based process, on the City of Ottawa's part.

Some people have this capability; to do all the homework required to mount a serious argument on our behalf. Alexa was one who really dug into as much of the detail as the City would give us.

The problem was that our City didn't play fair. They held information back and never did reply properly to the detailed questions put to them by several other citizen-experts such as Kevin Page and Michael Wernick. Instead of City staff acting as neutral expertise based intermediaries, the Mayor seems to have required staff to play the role of defence attorney, defending and promoting OSEG's one sided for-profit interests, rather than the public's.

The only people left to defend the public interest were citizen experts such as Alexa, about 50+ citizens themselves, and some nine progressive City Councillors.

Thank you Alexa et al.

*Brian Tansey,  
Willard Street*



### Glad you enjoyed it

Hello, and thank you to *The Mainstreeter* and to all those behind the scenes for making *A Walk of Art 2023* happen, and thanks for including me as an artist exhibitor on such short notice. You published a great picture of my art! The coverage given to art in this, our community paper, is phenomenal!

I wish I could have split myself in two that day to wander around and take part in the joy of seeing work by my fellow artists, young and otherwise!

We've always looked forward to each issue of *The Mainstreeter* as it has always been so informative and interesting, with such a wonderful community feel. Great work.

*Rose Marie Roy, Artist,  
Rideau Garden Drive*

### Reader chides writer and editor

My wife and I were rather taken aback by the derogatory comments by Richard Webb in his article regarding the closure of the Queen Elizabeth Driveway. He states, “carrying a month's worth of family groceries on a bicycle may be customary on the streets of delhi...”

These sorts of negative stereotype comments are both unnecessary to make Webb's point and take away from the focus of the discussion.

Old Ottawa South and *The Mainstreeter* claim to be about diversity and open mindedness, yet you as an editor have miserably failed in allowing this type of trope in your newsletter. Shame on you and please apologize to all of our Indian readers.

*Chris Busuttill,  
Springhurst Avenue*

### The editor responds

Our reader has taken strong exception to a phrase contained in an opinion/editorial that appeared in our October issue, the same article having previously been published in the Glebe Report.

It is customary, in the case of an article re-printed with the consent of the author, for the re-printing publication, in this case *The Mainstreeter*, to exercise a light-handed editing touch to the already once-published editorial. This courtesy practice was a factor in the offending phrase not having been pruned from the article prior to its re-printing in *The Mainstreeter*.

But be that as it may, Mr. Busuttill makes a valid and important point in his comment. The phrase in question does indeed constitute a negative stereotype that was not needed in the context of the article and it should not have been published in *The Mainstreeter*. The author did a commendable job in developing his argument. However, in this one case there were many other ways by which the author's point could have been made without recourse to the offending phrase. While there was no intention to foster disrespect, to the extent that the phrase offended any of our readers, we offer our sincere apology.

*Lorne Abugov  
Editor, The Mainstreeter*



# THE MAINSTREETER

www.mainstreeter.ca

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## OPINION

# Part 1: Lansdowne 2.0 vote passes unlocking taxpayers' wallets

**ALEXANDRA GRUCA-MACAULAY**

In 2012, the City of Ottawa and the Ottawa Sports and Entertainment Group (OSEG) formed a limited partnership that put into motion the redevelopment of Lansdowne Park as a home for a new CFL team. The Ottawa Redblacks played their first game in 2014, but, despite OSEG's optimistic projections, the public/private limited partnership (LLP) has suffered recurring year over year losses, totalling \$109.6 million as of 2023 fiscal year end.

In May 2023, OSEG's CEO, Mark Goudie and OSEG investor Roger Greenberg made a presentation to the City's Finance Committee where, with vivid imagery, Mr. Goudie expressed the crux of the problem, "I think last time we were here Roger [Greenberg] was going to lose his shirt, now it's shirt and shorts." To which Mr. Greenberg added, "This [the poor financial outlook] demonstrates why the current status quo cannot continue. It just won't - won't from our perspective. So, we need 2.[0]..."

Although the City/OSEG partnership involves dozens of legal agreements, the basics of the LLP structure are easy to understand: Four revenue generating "business lines" at Lansdowne, each its own partnership (Redblacks, 67s, Stadium/Arena, Retail), are contained within a master partnership "bubble." The LLP bubble ultimately is owned by OSEG's member investors. The City has no ownership shares in the bubble but does own the land and buildings upon which the businesses operate and rents these for \$1.00 (one dollar) a year to the Stadium/Arena and Retail components. OSEG is legally responsible for the maintenance, upkeep, and operations of the facilities.

Since business operations are OSEG's responsibility, OSEG members, as ultimate shareholders, are required to make up any operating shortfalls - these cash injections are then logged as "equity" for OSEG, to be paid back to OSEG (along with interest) from future profits, if any. The City's main benefit from the partnership was to have come from OSEG taking responsibility for the facilities' upkeep. Since the City's land and buildings were basically given over for OSEG's use, and since the City has spent hundreds of millions of

dollars on Lansdowne redevelopment to date, part of the agreement was to have seen the City share in the future profits of the business lines.

However, the LLP's business operations have not lived up to expectations. As starkly put by Ernst and Young (EY) in their due diligence report: "...the financial performance of Lansdowne over its first 10 years since redevelopment [has] significantly fallen short of initial projections." As a result of these poor results, OSEG investors have had to contribute to the LLP, and while the City originally was to have received about \$80 million in profit sharing, it is now projected to receive \$0.

Despite the fact that it was OSEG which had approached the City in 2010 with an unsolicited bid to redevelop Lansdowne, problems with OSEG's business plan surfaced almost from the start. OSEG incurred significant construction cost overruns that began the slide to financial unsustainability (under Lansdowne 2.0 responsibility for construction cost overruns would shift to the City).

By 2018, a mere four years after the start of operations, OSEG was commissioning an engineering report on the question, "Are the existing structure and foundations of Ottawa Civic Centre and North Stands structurally adequate to allow for a redevelopment into a mixed-use Residential, Retail and Sports Complex,....?" In other words, could the current facilities withstand the construction of a 2.0 type of development? The engineers' answer: the Civic Centre and North Side would need to be demolished. However, as City staff have confirmed, in their current use the sporting facilities are structurally sound and safe. Councillors Bradley, Devine, and Troster emphasized this point in the Ottawa Citizen: "To be blunt: Lansdowne is not an emergency. The north-side stands of the stadium are solid and engineering studies show that the arena has decades of life left in it."

The lack of transparency about these and other aspects of the project was called out by many of the 80 delegates who presented at the November City committee meetings. Leading up to the Lansdowne 2.0 vote at Council, Mayor Mark Sutcliffe put out a promotional video that started with the claim: "Almost 15 years ago, we invested in Lansdowne, and the results have been fantastic..." (The LLP agreements were only signed

in 2012, and of course, the financial results have been dismal) and then went on to claim that if Council does not approve OSEG's redevelopment plan, "the cost of doing nothing is enormous..." Indeed the staff report cautions that if OSEG makes a business decision to default and if nothing were to be done to improve the facilities for the next 40 years (an improbable assumption), the "costs could be as much as \$400 million or more over the next 40 years."

But separately, the City reported a cost range of OSEG default between \$118M and \$407M, "depending on the length of time the impacts of the pandemic are experienced;" the 2023 Lansdowne Annual Report advised that operations have returned to pre-pandemic levels meaning the upper end of this range was no longer relevant. More importantly, to have any value, a "cost of default" estimate would need to consider not only costs but anticipated revenues and potential gains, such as direct receipt by the City of retail rent revenues. It also would need to assume that needed repairs and maintenance do in fact get done (estimated in the report at \$1.0 million/year over 40 years), and most significantly, would need to add in the savings from \$696 million of avoided City debt repayments.

There is no guarantee that OSEG won't make a decision to leave the partnership at any point in the future, even if the City funds its 2.0 proposal. Recognizing that OSEG has only committed to keeping the Redblacks at Lansdowne until 2032 - approximately the time when 2.0 construction is expected to finish, Councillor Menard asked whether OSEG would have "no problem" in extending its commitment for the duration of the partnership agreement. Mr. Greenberg responded: "I wouldn't say we have no problem, I'd say if it's something that we're going to negotiate, and we're going to get something in return for it, it's something we can talk about." It is conceivable that the City will spend upwards of \$400 million on new sporting facilities and soon afterwards be left with a stadium but no team.

*In our next issue, Alexandra Gruca-Macaulay concludes her investigative analysis of the cost implications of Lansdowne 2.0 for the City and for taxpayers.*



*The former Convent site at 15 des Oblats*

# Approved Sisters development plan appealed by local resident with some success

## JOHN DANCE

In the face of City Council approval of the 15 des Oblats “Sisters” development, Corners on Main resident Adriana Beaman launched an appeal to the Ontario Land Tribunal (OLT) and achieved several successes that will benefit the entire community.

Her efforts - which she describes as “all consuming” and an “eye-opener” - led to one of her primary goals of meeting with the developer to discuss the concerns of the community. The developer was able to provide clarification and written commitment on some items in her appeal. She received confirmation that specified “transportation demand measures” will permanently mitigate the impact of the development which provides no parking spaces for the residents.

Even if the property is sold, a new owner will be bound by the Site Plan Agreement terms requiring such measures as ensuring that lease agreements advise that residential parking spaces will not be available for tenants and that on-street parking options may not be available. Another required measure is that a property manager will be available 24-hours a day offering service for residents, including managing visitor parking spaces.

Another achievement is the likely protection of the large sugar maple at the southwest corner of the repurposed Sisters convent on des Oblats Avenue. Although there remains the need for two car-share spaces along des Oblats, the developer will examine whether it is possible to retain the tree. During discussions on the appeal, senior City staff agreed that the tree should be saved.

A number of residents had concerns about the impact of a public pathway between the western face of the development and the adjacent condominium. At the meeting, the developer outlined and committed in writing that a number of provisions in the Site Plan Agreement will ensure the pathway is safe from speeding cyclists with the erection of bollards at both ends and signage to alert cyclists that they must dismount. Lighting and cameras will also be used to ensure the safe use of the pathway.

Although Beaman was not successful in persuading the developer to re-locate or reduce the size of the roof-top amenity space, the developer says there will be “no windows on

the westerly or northerly walls.” The developer also committed to “ensure that no one using the space can stand along its westerly or northerly edges, which significantly reduces privacy or overlook concerns with the Corners on Main building or landowners along Springhurst.”

Beaman filed the OLT appeal after conducting many weeks of research. While generally speaking, an OLT appeal requires costly efforts of municipal lawyers and professional planners with development expertise, Beaman, a lawyer who does not practice municipal law and filed her appeal as a private citizen, did the work herself. With the success noted above, she has now withdrawn the appeal.

Initially, Beaman found that the City of Ottawa was unwilling to discuss the appeal. Beaman believes that generally the City and a developer can be under a false impression that if no one comes forth with an appeal, it equates to a community having accepted any approved development. This is certainly a false assumption. In fact, in this case, numerous parties, including the Old Ottawa East Community Association (OOECA), strenuously opposed a number of the proposal’s provisions. OOECA subsequently filed its request to be a “Participant” of the appeal to lend support to Beaman, as did other individuals. Due to restrictions imposed, Participants were not able to accompany Beaman to the meeting. However, Beaman was appreciative of the developer’s efforts to meet in person, and Beaman could directly convey the continuing concerns of the community to the developer.

Staff with the OLT told Beaman that had the appeal not been filed, there would never have been the opportunity to discuss the objections. Beaman also believes that the meeting provided the opportunity for the developer to explain a more detailed vision of the development, and to demonstrate good faith and willingness to be a good neighbour.

*In the next issue of The Mainstreeter, Adriana Beaman will provide her perspectives on the planning process of the City of Ottawa, and on her four month effort to mitigate impacts of the development on neighbours and the community.*



ADRIANA BEAMAN PHOTO

Thanks to the efforts of Adriana Beaman, this lovely tree on des Oblats avenue may be saved.



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## SHARING LUNCH WITH... SHIH

*Continued from Page 5*

within that system there are already doctors and hospitals engaged in private business or private nonprofits. We understand there's a huge mix within there, but it's guided by a universal system that we continue to support.

**Carolyn Inch:** Interestingly, we've got a group of family doctors in Ottawa who are very caring, and we've worked with them, and we have their endorsements. Family practitioners are well aware of the shortages in their ranks, and they have solidly endorsed us with a letter saying yes, do this kind of work. But at the provincial level, the Ontario Medical Association, under the current provincial government, has recently become more supportive of the privately funded model and they're more focused than in the past on some of those initiatives. We're working with our MPP to try and get an endorsement at the OMA level for seniors healthcare innovation, and it would be very valuable to us to get that kind of support.

**The Mainstreeter:** In your opinion, based upon your experiences, is the increasing privatization of our healthcare system detrimental to seniors health?

**Terry Hunsley:** I think it can be detrimental to seniors health, especially if it leads to a system where people who are more affluent bid up the cost of access to healthcare and pay increasing amounts to get privileged access to healthcare. And very often, in these cases, people who might need it more are not able to get treatment because they're left in the back of the line. And when you introduce that kind of competition into the system, the people who have the money will get the care and the people who don't have the funds, don't get the care.

**The Mainstreeter:** It sounds like SHIH is getting good support from local health care organizations with which you're aligned like Centretown Community Health Care and Perley Health. But have you encountered points of resistance and barriers from certain stakeholders in the delivery of health care to seniors?

**Terry Hunsley:** We have worked closely and cooperatively with hospitals and doctors in our technology group. For example, we have people from the University of Ottawa medical school and people from Bruyere Health Centre that believe in what we are doing. I think that local hospitals would love to see us do anything that would help to divert people from showing up in emergency rooms or being brought into institutional care before they really need to be. So, for people working in the system, we've had a lot of encouragement and support.

There is a level of obstacle, obviously, when you come to the provincial government and to the need for institutional funding support for areas of innovation. We know that it's a provincial health system that has to implement a broad overall service system, so we understand our role is to demonstrate that specific healthcare innovations for seniors can work. And we are excited to try to do exactly that going forward.



**SHIH is looking for two categories of volunteers – 1) provisional board members who can put in the time and efforts to help make the organization successful. 2) healthcare experts who aren't looking to sit on a board and who can serve as advisors to SHIH and to act as liaison with existing organizations on various projects.**

**Beyond volunteers, SHIH encourages all seniors residing in central Ottawa who do not have their own doctor to respond to the group's feedback questionnaire in the Guide to Aging. The questionnaire is designed to give community feedback to inform the work of SHIH on diverse facets of healthy aging in the community.**

Tell us what you read, what you really, really read...

## The Mainstreeter's 2024 Newspaper Readership Survey

It's been almost 15 years since we last polled our readers on how they really (really!) feel about *The Mainstreeter*. If we are going to continue to improve our community newspaper, we need to know what things we do well, what things not so well, and what we need to do to get better. So, this is your chance - as faithful readers of *The Mainstreeter* - to give us your opinions, tell us about your readership interests and habits, and spell out what you specifically like or dislike about your community newspaper. It will take you less than 10 minutes of your time.

Maybe you can hardly wait in-between issues to read about new businesses in Old Ottawa East. Perhaps, there are too many advertisements in the paper, or not enough, for your taste. Possibly, you find our newsprint a bit too thin to securely wrap your fish bones. Whatever it is that you feel about *The Mainstreeter*, we'd like to know!

You can complete *The Mainstreeter's* Newspaper Readership Survey by accessing our website at [www.mainstreeter.ca](http://www.mainstreeter.ca), or by using the link at: <https://sprw.io/stt-1P3sGRj9TU1B6CCYqXcuGr>, or by scanning the QR Code to the right.

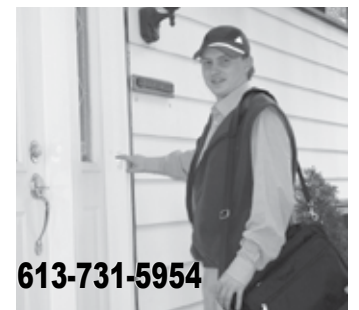


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# OLD OTTAWA EAST COMMUNITY UPDATES



JOHN DANCE

*John Dance is The Mainstreeter's chief reporter and the former Chair of the Old Ottawa East Community Association's Planning Committee. Relying upon his extensive experience, he keeps our readers informed of a wide range of community developments.*

## FLORA'S STAIRS TO BE CLEARED

Finally, the City of Ottawa has agreed to clear the snow from the eastern stairs of the Flora Footbridge. Even before the bridge was completed in 2019, residents requested that the stairs be cleared in the winter. Up until now, the request was dismissed with the explanation "there is an alternative path for pedestrians in close proximity," a reference to the nearby ramp which has always been cleared.

Councillor Shawn Menard pushed for the snow removal and in a recent review of the winter maintenance quality standards, City staff proposed a pilot project to maintain the Corktown and Flora Footbridge stairways this winter.

In previous years, the stairs were blocked off before the first snowfall and barriers were removed weeks after the last snowfall so that, even though the stairs were clear, pedestrians were denied access.

Late in November, footbridge pedestrian users overwhelmingly chose the stairs rather than the ramp to cross the bridge. The stairs save pedestrians about two minutes per trip and also reduce pedestrian-cyclist conflict.

Last winter, *The Mainstreeter* pointed out that the City assiduously cleared and salted the sidewalk for the rarely-used entrance to the storage/electrical room under the Flora Footbridge's eastern abutment and questioned why the City couldn't also clear the stairs at the same time.

In response to the question of how much the snow clearing will cost, the City responded, "As there isn't a specific budget pressure for this pilot project, we will be using existing contracted services to maintain the additional few stairways."



JOHN DANCE PHOTO

Glebe resident Beverly Shapiro appreciates the City's decision to remove snow from the Flora Footbridge's eastern stairs.

## SPEED CAMERA FOR MAIN STREET

City staff are recommending a new speed camera on Main Street between Evelyn and Springhurst avenues. Speed camera locations are determined by traffic data and are focused on parks and school zones. Since this location is near three schools—Immaculata, Lady Evelyn and École élémentaire catholique Au Coeur d'Ottawa—it qualified, due to the traffic on Main Street, Councillor Menard's office reports.

The proposal still has to be reviewed by Hydro to ensure that there is a proper power source. Then it has to be approved by the City's transportation committee and City Council, but this is all expected in the coming months.

## CARLETON U. / VINCENT MASSEY PARK FOOTBRIDGE

Considerable progress has been made on the new footbridge across the Rideau River at Carleton University but a date has not been set for its opening.

"The Rideau River Pedestrian Bridge is one of many active transportation improvements being delivered as part of the Stage 2 [LRT] project," says Michael Morgan, the City's director of the rail construction program. "It is expected to be open after the remaining construction activities are completed, which includes the installation of handrails, final electrical work, and lighting."

This fall the connecting pathways were constructed and paved so it appears to be near completion.

"The City and TransitNext are focused on bringing the project to substantial completion and will continue to share updates as work progresses," says Morgan. "We appreciate the community's patience and share their excitement for this new connectivity feature."

## 417 BRIDGE REPLACEMENT: STILL NO NEWS

It's now been more than a year since the Ministry of Transportation of Ontario tabled its poorly received proposal for replacing the 417 Bridge over the Canal with a construction method that would require 90-week detours of the roadways and pathways under the bridge.

The final transportation environmental study report was supposed to be completed by the spring, then that was revised to the summer and now MTO says "Work to finalize the TESR for public review continues." There has been no real explanation of why there have been delays nor has there been any indication that the ministry will reduce the very lengthy detours.

## GRANDE ALLÉE PARK

The Grande Allée Park in the heart of Greystone Village is tentatively scheduled to open to the public in spring, pending the completion of planned work, favourable weather and site conditions, says the City.

Remaining tasks include the heritage entrance feature installation, site furnishings, and landscaping work. In late fall, lighting and an official sign were installed.

## OOECA AGM: VOLUNTEERS THANKED AND SOUGHT

The variety and extent of volunteer effort was on full display at the recent annual general meeting of the Old Ottawa East Community Association (OOECA), embracing everything from filling 119 garbage bags with invasive weeds to providing critical financial analysis of the Lansdowne 2.0 proposal.

Meeting in hybrid form, with the in-person portion at Old Town Hall and Zoom everywhere else, about 90 people participated in the discussion led by president Bob Gordon, the first three-term president ever. MPP Joel Harden attended virtually and expressed his appreciation for all of the work that the association had done during the year. Ariela Summit attended on behalf of Councillor Shawn Menard.

OOECA's accomplishments included providing two Adirondack chairs for the Brantwood Park beach, supporting the Rideau Winter Trail and a variety of public meetings including the only true consultation meeting on the Lansdowne 2.0

*Continued on Page 11*



*Tim Hunt's***Old Ottawa East****ON SALE NOW!****Tim Hunt's 2024-25 13-Month Community Calendar**

It was the hit of the holiday season last year, and quickly sold out. This year, *The Mainstreeter's* resident sketch artist, Tim Hunt, returns with new urban sketches of familiar places that are sure to please. **Supplies are limited. Order your copy today, and don't be disappointed!**

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**OLD OTTAWA EAST COMMUNITY UPDATES**

*Continued from Page 10*

**OOECA SEEKS VOLUNTEERS**

proposal, making the annual Remembrance ceremony at the Brantwood Gates an ongoing responsibility, and pushing back against the Ministry of Transportation of Ontario's proposal to detour both Queen Elizabeth Driveway and Colonel By Drive for 90 weeks when the Canal bridge is replaced.

The OOECA Board is composed of a president, vice-president, treasurer, secretary and directors with specific files, most of whom are supported by a committee and, in some cases, sub-committees. For instance, Sustainable Living Ottawa East (SLOE) is the environment committee and has three sub-committees for trees, climate action, and the Rideau River and shoreline and, in addition, specific groups for invasives weeding, turtle protection, and community gardens.

During the open forum part of the meeting, Jennifer Drew suggested that additional efforts be made to solicit the opinions of those who are unable to attend the regular meetings.

Several key positions on the Board remain unfilled and volunteers are sought. Specifically, the chair of the planning committee and the secretary position are vacant. And there is always room for additional members on the committees.

The primary funding source for OOECA's efforts is the annual membership drive. The \$5 per family fee is critical for the volunteer efforts. Canvassers go door to door to sign up members but if residents don't get canvassed they may purchase a membership at Singing Pebble Books on Main Street or sign up on-line at the OOECA website.

**WHY IS THE RIDEAU CANAL SPECIAL?**

JOHN DANCE PHOTO

So what makes the Rideau Canal so special to you? Ottawa residents recently had the opportunity to express their preferences and concerns as part of the Rideau Canal Cultural Landscape study, which was launched jointly by Parks Canada, the National Capital Commission and the City of Ottawa. Conclusions from the residents' survey will form part of a written report scheduled to be completed and published by March. The Rideau Canal is a key defining feature of Old Ottawa East and plays a critical role in the daily lives of most residents, whether they travel beside it or use it for recreation or simply enjoy its scenic pleasures.

The scope of the study is limited to the 8.5 kilometre stretch from the Ottawa River to Hog's Back. Old Ottawa East borders about a third of this distance and is one five central communities that has a vital stake in the Canal's future.

"The study will create a guiding document that outlines the heritage values and character-defining elements within the study area and how these can best be enhanced and protected for Canadians now and into the future," according to the study's website.

The related survey sought "your input on what makes the Rideau Canal an important place." Specifically, respondents were asked how often they used the Canal and its lands, favourite places, what heritage values need protection and what could be added.

The Rideau Canal was completed in 1832 and, while its use has evolved over the years, it is one of the defining features of the National Capital area. It's designated as a world heritage site, a national historic site of Canada and a Canadian heritage river.

One issue raised during the stakeholder discussions held in November, was the appropriateness of Lansdowne stadium's very large TD sign that dominates the Canal viewscape. The City of Ottawa approved this sign and neither the National Capital Commission nor the City of Ottawa objected. It will be interesting to see how the study deals with such conspicuous commercialization. The survey questions can be accessed at: [https://ncc-ccn.questionpro.ca/a/](https://ncc-ccn.questionpro.ca/a/TakeSurvey?tt=e5E%2BwXAx1idINY%2BFcZ8IvQ%3D%3D&lcfpn=false)

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**DRUMMOND AND ECHO ACCESSIBLE CURB CUT**

Capital Ward Councillor Shawn Menard reports that there is some good news for pedestrians and, in particular, for those pushing strollers along a stretch of the Echo Drive sidewalk where the pathway connects to Drummond Street right beside the Immaculata High School field.

After repeated requests, City of Ottawa staff have agreed to put in an accessible curb cut that will create a new connection on the pathway (see photo).

As a result, people with strollers, and those walking or riding on Echo Drive, will now be able to access the neighbourhood safely and more easily.



SUPPLIED PHOTO



# VOLUNTEERING WITH THE MAINSTREETER IN 2024

*Is 2024 the year that you decide to join The Mainstreeter family? We need some terrific new volunteers to help us fill some key positions at your community newspaper. We need you! To volunteer for The Mainstreeter's Treasurer, Advertising Manager or Accounts Manager positions, contact our Board Chairperson Ron Rose at ron.rose@gmail.com. To volunteer as a Distribution Zone Captain or as a Volunteer Distributor with The Mainstreeter, contact our Distribution Manager Dan Racicot at danielracicot@yahoo.ca.*

## TREASURER (BOARD MEMBER)

### What are my duties?

As the Treasurer of *The Mainstreeter*, you will be a member of the Board of Directors, and you will: working with the Editor and Advertising Manager, prepare and manage *The Mainstreeter's* annual budgets; prepare financial updates to the Board prior to *The Mainstreeter's* Annual General Meeting; attend meetings of *The Mainstreeter's* Board and present financials; work with the Accounts Manager, as needed; submit *The Mainstreeter's* annual tax forms; assume signing authority for *The Mainstreeter*. (10 hours per month)

## ACCOUNTS MANAGER

### What are my duties?

As *The Mainstreeter's* Accounts Manager, you will manage *The Mainstreeter's* accounts payable and receivable; follow up on all overdue accounts; process e-transfer payments to and from *The Mainstreeter*; provide necessary financial support to the Treasurer for creation of *The Mainstreeter's* annual budget; pick up mail at Old Town Hall; and have proficiency with QuickBooks. (10 hours per month)

## ADVERTISING MANAGER

### What are my duties?

As *The Mainstreeter's* Advertising Manager, you will: manage good relations with our existing advertisers; seek out and acquire new advertisers (for commission), particularly new businesses establishing within or nearby the community; ensure that advertisers meet deadlines for submission of ads and that payments for ads are made in a timely manner; proof the layout of each issue of *The Mainstreeter* prior to publication to ensure all ads are included; and work with the Editor and Board of Directors on ad pricing and publishing dates. (10 to 15 hours per month)

## DISTRIBUTION ZONE CAPTAIN

### What are my duties?

As one of *The Mainstreeter's* Distribution Zone Captains, you will supervise the distribution of each issue of *The Mainstreeter* within your zone; work closely with *The Mainstreeter's* Distribution Manager to receive newspapers for distribution to residences within your zone; manage the team of volunteer distributors within your zone and maintain contact list of team members; deliver/distribute allocations of *The Mainstreeter* to each member of your zone distribution team; and help recruit replacement distributors as needed (1.5 hours per issue of *The Mainstreeter*)

## VOLUNTEER DISTRIBUTORS NEEDED

We have current openings for volunteer distributors along the following routes. (30 to 60 minutes for each issue of *The Mainstreeter*)

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- Main Street east side from Clegg Street to the George McIlraith Bridge (Smyth Road) • Belgrave Road

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At 200 Lees Avenue...

# We take an insider's tour of the University of Ottawa's new Health Sciences building

PHYLLIS ODENBACH SUTTON

Just when our curiosity of what lay behind the walls of the new UOttawa's Health Sciences complex at 200 Lees Avenue was peaking, this reporter was privileged to be offered an in-depth tour of the beautiful new state-of-the-art facility.

*The Mainstreeter's* photographer, John Dance and I were hosted recently at the Health Sciences Complex by an enthusiastic group of university faculty and staff including the Dean, Lucie Thibault, the Vice-Dean of Research, Dawn Stacey and Associate Professor in the School of Nursing, Chantal Backman. Indeed, we were thrilled to discover that three of our guides live in Old Ottawa East (OOE).

The complex is the new home of the schools of Nursing, Nutrition Sciences and Rehabilitation Sciences, where the disciplines of audiology, speech language pathology, physiotherapy and occupational therapy will be taught. The classroom and study spaces are not exclusively used by students in these faculties, however, with classrooms regularly booked for other courses from the main campus as well. The lovely new study areas and open spaces are also often used by students who live in the nearby apartment towers, even if they are not health sciences students. The complex also has a small café (open from 8:00 to 3:00) and an electronic reserve library.

The new campus is home to most of the health sciences labs. While the construction of some labs is not yet complete, we were still able to be wowed by an incredibly diverse range of facilities. A neuro-trauma (or traumatic brain injury) lab has been specially designed with a separate floor and double bricking so that testing of equipment (e.g., for head protection) can be conducted without noise impacting nearby labs. The human kinetics/rehab lab includes a special platform for assessing and testing balance, bio mechanics and motor control. Other labs will include tread mills, and studies of the impact of noise on motor control and body reactions to vision distortion are planned.

A music and health lab will be used for rehab and occupational therapy training; the university is looking at building a choir, which might be open to the community, in conjunction with the Faculty of Arts and the Faculty of Music.

The new metabolic chamber is an airtight room in which trial participants can be isolated and monitored for up to a 24-hour period. These chambers are used to analyze how energy use is affected by different variables such as diet, body composition and physical activity (analysis which can be used to better understand obesity).

The new hypoxia chamber will allow participants to be assessed under a broad range of conditions, including high-altitude, cold temperatures (up to -30 degrees) and different levels of humidity.

Audiology has two quiet rooms for hearing tests. One current study is an examination of the hearing loss of simultaneous translators at the Parliament of Canada. Of note to Old Ottawa East residents are the free hearing tests typically offered in April so that audiology students can get

*Continued on Page 14*



JOHN DANCE PHOTOS

**ABOVE:** Lucie Thibault, Dean with George (a mannequin) in a simulation room in the new Health Sciences building; **RIGHT TOP:** The building at 200 Lees Avenue is a new jewel in UOttawa's facility crown; **RIGHT MIDDLE:** Dawn Stacey (Vice-Dean, Lucie Thibault (Dean), and Chantal Backman, Associate Professor, School of Nursing; **RIGHT BOTTOM:** The dramatic central lobby and staircase of the new building afford both space and brightness.





## Technology, teaching on display at Health Sciences complex

Continued from Page 13

some practical experience.

The School of Nutrition Science has an updated food analysis lab as well as two new labs – a food transformation lab and a food sensory lab.

The occupational therapy (OT) lab has realistic household rooms to demonstrate how specialized OT equipment can meet multiple physical needs; each of these rooms is isolated with a glass wall to facilitate teaching. The physiotherapy lab is equipped with a range of equipment typically used in private physio therapy facilities.

One area of the complex that fascinated this reporter was the School of Nursing's simulation rooms - with lap-top controlled mannequins. We met George, a \$120,000 mannequin, who has a heart beat and a pulse, whose chest rises with each breath and whose symptoms can be changed wirelessly as he is assessed by nursing students. We also met mannequins who can give birth and some who can vomit or cough or moan.

While some of the facilities were present on the old campus, the new complex has been designed to allow for increased capacity for research and an extended capacity to train.

The building itself is one of the few LEED platinum certified structures in Ottawa. LEED certification is dependent on a project achieving high performance in six areas of human and environmental health: location and transportation, sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality. Platinum is the highest level of LEED certification.

The gardens at this new site include local flora with a goal of increasing biodiversity. And all of the windows are bird safe (i.e., dot patterns are spaced 2" apart).



JOHN DANCE PHOTO

**New classrooms at the Health Sciences building accommodate students from a variety of health disciplines.**

The university is hoping to be a part of Doors Open Ottawa in its early June 2024 event.

*The Mainstreeter* highly recommends that residents have a look themselves at this very impressive building and meet some of the dedicated research and teaching staff.

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**LEFT:** The annual community Remembrance ceremony was attended by many residents, government representatives, Royal Canadian Legion members and cadets from the Canadian Armed Forces; **RIGHT:** Royal Canadian Army cadets Munir Farah, left, and Gabriel Diaz led the colour party at the Remembrance Ceremony.

## Local residents rally to remember those who served in defence of Canada, peace and democracy

*Community association pledges future support for Remembrance Day ceremonies in Old Ottawa East*

### JOCELYNE CALOZ AND JOHN DANCE

The community once again rallied to organize an informal but solemn Remembrance ceremony at the Brantwood Gates on the Sunday before the November 11 National Remembrance Day ceremony, held annually at the National War Memorial. Residents of all ages surrounded the Gates and paid tribute to those who have served in defence of Canadians' freedom and democracy.

"The end of First World War hostilities occurred one hundred and five years ago at 11 a.m., on November 11, 1918," noted Avra Gibbs Lamey in her opening remarks. "This date, originally known as Armistice Day, now serves as an opportunity to recall all those men and women who have died in the defence of our nation and our freedoms. This year also marks the 80th anniversary of the start of the Italian campaign during the Second World War, 75 years of UN Peacekeeping, the 70th anniversary of the Korean War Armistice, and the 30th anniversary of the Battle of the Medak Pocket."

"By remembering their service and their sacrifice, we recognize the tradition of freedom these women and men fought to preserve," she said. "They believed their actions would make a difference for the future, and it is up to us, starting in our communities, to ensure that this dream of peace is realized. Today and on Remembrance Day, we

acknowledge the courage and sacrifice of those who served our country and acknowledge our responsibility to work for the peace they fought hard to achieve."

Up until 2022, the annual local tradition had been superbly run by the Strathcona Branch of the Royal Canadian Legion. After its dissolution, though, no other branch was able to carry on. So local residents, led by Old Ottawa East resident Jessica Brandon-Jepp, stepped into the breach and recruited a diverse group of neighbours who wanted to ensure the many Canadians who have served the country were honoured.

Brandon-Jepp repeated the effort this year and the Old Ottawa East Community Association (OOECA) has committed to support the event in the future. Key to the success of the event were the efforts of Katherine Winters, Wanda Riddell and Robin Brown, three Legion members with longstanding links to Old Ottawa East. They prepared the Gates for the wreaths and laid one during the ceremony.

Other wreaths were laid by Councillor Shawn Menard, Ottawa Centre MPP Joel Harden, Ottawa South MPP John Fraser, OOECA president Bob Gordon, and Commander Leah Friesen and her sons Adrian, Dylan and Neil Dufferin. The wreaths remained on the four pillars of the Brantwood Gates until after November 11.

"We would also like to acknowledge the tireless dedication of Reverend Georges Winters, his wife Katherine and

their Legion comrades who organized this ceremony for many years before Georges' death this past March," Gibbs Lamey noted in her concluding remarks. "We continue this tradition on their behalf. The act of remembrance does not end with today's ceremony, but rather lives on in our hearts and minds."

Participants included Lieutenant Colonel Neil Marshall who recited the Act of Remembrance; military child Neil Dufferin who recited the Poppy Poem; Renée Lavoie, the superb trumpet player who performed the Post and Rouse/Reveille; a flag party from the 2332 E. J. G. Holland VC Royal Canadian Army Cadet Corps; the 2317 30th field Artillery Regiment Royal Canadian Army Cadet Corps; and representatives of the Canadian Armed Forces and ex-Service associations, including the Legion and Women's section. Nick Masciantonio again contributed the AV and podium and Immaculata student Lennon Cehajic volunteered his technical support. Joseph Zebrowski helped to engage the local cadet corps. It was truly a community effort!



***Should you have an interest in assisting with the organization or participating in next year's ceremony, please reach out to the Old Ottawa East Community Association.***



JOHN DANCE PHOTOS

**LEFT:** Legion members Wanda Riddell (left), Katherine Winters and Robin Brown laid one of the wreaths at the Brantwood Gates; **RIGHT:** Commander Leah Friesen and her three sons Neil (left), Adrian, and Dylan placed a wreath for the military families of Old Ottawa East.



# Les habitants de la région se rassemblent pour se souvenir de ceux qui ont servi pour défendre le Canada, la paix et la démocratie.

*L'association communautaire s'engage à soutenir à l'avenir les cérémonies du jour du Souvenir dans le Vieil Ottawa-Est*

## JOCELYNE CALOZ AND JOHN DANCE

La communauté s'est une fois de plus mobilisée pour organiser une cérémonie du souvenir informelle mais solennelle aux portes de Brantwood, le dimanche précédant la cérémonie nationale du jour du souvenir du 11 novembre, qui a lieu chaque année au Monument commémoratif de guerre du Canada. Des habitants de tous âges ont entouré les grilles et ont rendu hommage à ceux qui ont servi pour défendre la liberté et la démocratie au Canada.

« La fin des hostilités de la Première Guerre mondiale a eu lieu il y a cent cinq ans, à 11 heures, le 11 novembre 1918 (traduction) », a déclaré Avra Gibbs Lamey dans son allocution d'ouverture. « Cette date, connue à l'origine sous le nom de jour de l'armistice, est aujourd'hui l'occasion de se souvenir de tous les hommes et femmes qui sont morts pour défendre notre nation et nos libertés. Cette année marque également le 80e anniversaire du début de la campagne d'Italie pendant la Seconde Guerre mondiale, le 75e anniversaire des opérations de maintien de la paix des Nations unies, le 70e anniversaire de l'armistice de la guerre de Corée et le 30e anniversaire de la bataille de la poche de Medak. (traduction) »

« En nous souvenant de leur service et de leur sacrifice, nous reconnaissons la tradition de liberté pour laquelle ces femmes et ces hommes se sont battus » a-t-elle déclaré. « Ils croyaient que leurs actions feraient la différence pour l'avenir, et c'est à nous, en commençant par nos communautés, de veiller à ce que ce rêve de paix se réalise. Aujourd'hui et à l'occasion de la journée du souvenir, nous saluons le

courage et le sacrifice de ceux et celles qui ont servi notre pays et nous reconnaissons notre responsabilité d'œuvrer en faveur de la paix pour laquelle ils se sont battus avec acharnement. (traduction) »

Jusqu'en 2022, la tradition locale annuelle avait été superbement gérée par la section Strathcona de la Légion royale canadienne, mais après sa dissolution, aucune autre section n'a été en mesure de poursuivre l'événement. Des résidents locaux, emmenés par Jessica Brandon-Jepp, une habitante du Vieil Ottawa-Est, ont donc pris le relais et recruté un groupe diversifié de voisins désireux de rendre hommage aux nombreux Canadiens qui ont servi leur pays.

Brandon-Jepp a répété l'effort cette année et l'Association communautaire du Vieil Ottawa-Est (ACVOE) s'est engagée à soutenir l'événement à l'avenir. Les efforts de Katherine Winters, Wanda Riddell et Robin Brown, trois membres de la Légion ayant des liens de longue date avec le Vieil Ottawa-Est, ont été déterminants pour le succès de l'événement. Ils ont préparé les portes pour les couronnes et en ont déposé une pendant la cérémonie.

D'autres couronnes ont été déposées par le conseiller Shawn Menard, le député provincial d'Ottawa-Centre Joel Harden, le député provincial d'Ottawa-Sud John Fraser, le président de l'ACVOE Bob Gordon, et le commandant Leah Friesen et ses fils Adrian, Dylan et Neil Dufferin. Les couronnes sont restées sur les quatre piliers des portes de Brantwood jusqu'après le 11 novembre.

« Nous tenons également à souligner le dévouement inlassable du révérend Georges Winters, de son épouse Katherine et de leurs camarades de la Légion, qui ont organisé cette cérémonie pendant de nombreuses



JOHN DANCE PHOTO

## Des cadets locaux et des membres de la Légion royale canadienne ont fièrement participé à la récente cérémonie du jour du Souvenir aux portes de Brantwood.

années avant le décès de Georges en mars dernier. (traduction) », Gibbs Lamey a noté dans ses remarques finales. « Nous perpétuons cette tradition en leur nom. L'acte de mémoire ne s'arrête pas avec la cérémonie d'aujourd'hui, mais se perpétue dans nos cœurs et nos esprits. (traduction) »

Les participants comprenaient le lieutenant-colonel Neil Marshall qui a récité l'Acte du Souvenir ; l'enfant militaire Neil Dufferin qui a récité le Poème du Coquelicot ; Renée Lavoie, la superbe trompettiste qui a interprété le Post et le Rouse/Reveille ; un groupe de drapeaux du 2332 E. J. G. Holland VC Royal Canadian Army Cadet Corps ; le 2317 30th Field Artillery Regiment Royal Canadian Army Cadet Corps ; et des représentants des Forces armées canadiennes et des associations d'anciens

militaires, y compris la Légion et la section féminine. Nick Masciantonio a de nouveau fourni le matériel audiovisuel et le podium, et Lennon Cehajic, étudiant d'Immaculata, a offert son soutien technique. Joseph Zebrowski a contribué à faire participer le corps de cadets local. C'était vraiment un effort communautaire !



**Si vous souhaitez contribuer à l'organisation ou participer à la cérémonie de l'an**

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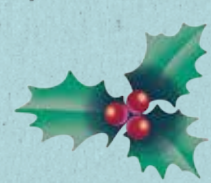


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## OUR SCHOOLS, OUR STUDENTS



LORNE ABUGOV PHOTOS

Patrick Taillefer (left) of *The Mainstreeter* is joined by Immaculata High School teacher Dana Leahey at a recent Team Mikinak meeting, attended by an enthusiastic group of student members of the team (right)

# For Team Mikinak students, learning and living Indigenous culture offers a life-changing experience

### PATRICK TAILLEFER

At Immaculata High School, the young students of Team Mikinak have built a safe space for everyone who wishes to join their inclusive family. While attending a meeting of Team Mikinak, participating students can expect to learn various facts and historical knowledge about Canada's Indigenous roots, while simultaneously engaging with other young, like-minded individuals who hope for a united tomorrow.

*The Mainstreeter* attended a Team Mikinak meeting on November 13th. At the meeting, team co-leaders Brayden and Maria, both 17 years of age, provided their fellow students with an Indigenous dish culturally known as "Three Sister Soup", composed of three plants - corn, squash and beans - which are traditionally grown together in Indigenous communities.

Maria took charge of explaining the historical significance of the dish to her peers. "It represents that mutual symbiotic relationship between the three plants and coincides with the Indigenous way of seeing," she explained. "Learning together, growing together, and seeing the world as one. So it's really important that as we eat the dish, to appreciate the history behind it."

Maria also went on to recount the origin of the term "Mikinak", which translates to "turtle" in Indigenous language, and its history associated with Indigenous culture. "The significance behind the word 'Mikinak' or 'turtle' refers to Indigenous spirituality where their homeland of North America is depicted on the back of a turtle's shell," she explained.

Team Mikinak was formed at Immaculata in 2015 by former Indigenous students to promote awareness and reconnection for other students sharing Indigenous heritage. The layout of the meeting room itself was



A student painting adorns the team's meeting room.

organized with various Indigenous banners linked to Indigenous spirituality and a circular assembly of wooden benches where the students assemble to participate in each session.

"I decided to join Team Mikinak to help bring awareness to those who are not educated about Indigenous history," a 10th grade student explained. "I also joined due to personal reasons as I have a strong passion for the culture."

In an interview, co-leader Brayden described his reasons for joining Team Mikinak and assuming a leadership position. Citing reconciliation as the Team's primary objective, he explained some of the harsh realities of life as an Indigenous person still

living on reserves in 2023. "In today's society, there are a lot of issues regarding Indigenous peoples, their access to clean drinking water and clean environments in their reserves," he noted. "By being a part of Team Mikinak, it gives me the chance to give back to my community and learn about different cultures and history. It's a great space to connect with people and learn about what we can do to find solutions to enhance the quality of life of Indigenous peoples in Canada."

Indigenous people make up 5% of all Canadians according to the 2021 census, with approximately 1,807,250 Canadians claiming Indigenous heritage. Of the population counted, 58% claimed to be of First Nations descent, while 34.5% identified as Métis and 3.9% as Inuit. Ontario had the largest Indigenous population of all Canadian provinces and territories in 2021 with 406,590 people, which accounted for 2.9% of all people in the province. British Columbia ranked in second place at 290,210,

making up 5.9% of people in the province, followed by Alberta at 284,470 people and Manitoba at 237,190 people.

Two teachers at Immaculata provide supervision and assistance to the members of Team Mikinak. Dayna Leahey and Vanessa Faubert, who is herself Indigenous, work with the students to help them raise awareness of Indigenous cultures and issues within Immaculata, and to help them fundraise for Indigenous causes.

With more young people getting involved and informed, Immaculata's Team Mikinak has taken positive action to highlight the importance of educating the youth of tomorrow about Indigenous culture and history. Immaculata has provided Team Mikinak students with all the tools needed for success. One can only wonder what these dedicated young people can achieve on the path to reconciliation.



Team Mikinak meeting benches surround traditional Indigenous medicine wheel carpet.



# Permanent WW2 honour roll created at Lady Evelyn School



JENNIFER PORTER PHOTO

After the annual Remembrance assembly at Lady Evelyn School, a celebration was held to mark the permanent home for the Second World War honour roll of students who had volunteered for active service. The honour roll (at right) and a painting honoring the late Nathan Cirillo, guard at the National War Memorial, are now located on the front entrance wall of the school. Attending the celebration (l to r) were: MPP Joel Harden, school council chair Bob Gordon, Legion member Robin Brown, student Celeste Cruz Jiminez, Legion member Wanda Riddell, and principal Kimberly Esdaile.

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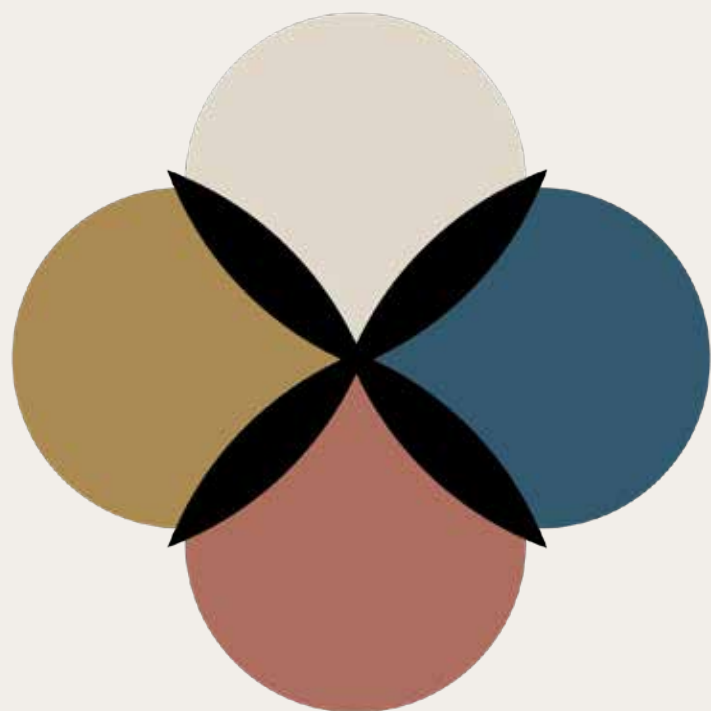
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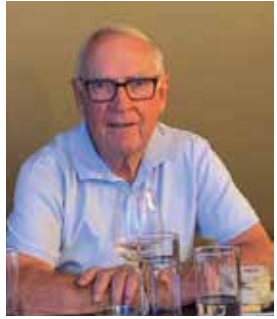
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## Meet *The Mainstreeter's* Board

### Ron Rose; Community advocate presided over *The Mainstreeter* during critical period of growth and engagement



**RON ROSE**  
Outgoing Chairperson

*The Mainstreeter:* What brought you to Old Ottawa East?

**Rose:** My wife and I had previously lived in The Riverview Park area of Alta Vista, and in the Glebe. When I initially retired, and being a Bluenoser, we took up residence in Halifax. However, my three children considered Ottawa their home, and I soon found that long drives from Halifax to visit children and grandchildren in Ottawa, especially in winter, were becoming more and more difficult. So, we decided to move back to Ottawa to be closer to family, and we were fortunate to settle into, and fall in love with, Old Ottawa East.

*The Mainstreeter:* How has your background informed your active commitment to our community?

**Rose:** My background was in the trade side of Canada's Foreign Service, so I had worked a lot with businesses, both big and small. When I moved to Old Ottawa East in 2008, I saw what a great newspaper *The Mainstreeter* was, and that it had occasional "Business Beat" articles. I decided to volunteer to write articles about businesses in the community, focusing on new enterprises. I've been involved with the paper ever since. I wrote the Business Beat for a couple of years and then assumed the role of Advertising Manager. I was also impressed with the activities of the Old Ottawa East Community Association and became involved in their activities as well.

*The Mainstreeter:* How long have you been on the Board of *The Mainstreeter* and what prompted you to get involved at this level?

**Rose:** *The Mainstreeter* in the early 2000's was run by an editor and a team of volunteers. When the paper incorporated in 2014, we realized we were required to have a Board. I was one of the original members of *The Mainstreeter* Board. I was off the Board for a couple of

years but came back a few years ago. I was elected Chair in 2020.

*The Mainstreeter:* Describe your role as Board Chair.

**Rose:** The role of Board Chair is to ensure the smooth functioning of the paper's operations, and to provide some strategic guidance. *The Mainstreeter* is blessed with an excellent editor and a dedicated staff of volunteers, reporters and distributors, so the operations generally run very smoothly.

*The Mainstreeter:* What has chairing *The Mainstreeter* Board meant to you? What have been some highlights of your time as Board Chair and what is your vision for the future of *The Mainstreeter*?

**Rose:** The three major achievements that have occurred during my tenure have been the acquiring and decorating of six newspaper boxes, the annual A Walk of Art community art tour, and the production of a calendar featuring wonderful sketches of Old Ottawa East. I have to say that these accomplishments have been conceived and executed by Board members and our dedicated volunteers, and I was simply fortunate to be chairing the Board as the projects developed. The newspaper boxes have allowed us to reach people who may not be residents but who are passing through or frequenting our shops and restaurants. A Walk of Art, in addition to providing a gallery for artists to display and sell their creations, has contributed greatly to our sense of community, while the OOE community calendar has proven to be a very popular holiday gift. Two important issues currently facing *The Mainstreeter* are how to develop an on-line presence and how to increase our outreach to the francophone community. There are some members of the community who we can't reach with a physical paper or have indicated a preference for an on-line digital version. The Deschâtelets Building will soon become the site of the enlarged Au Coeur d'Ottawa French language school. French is spoken more and more in our community and *The Mainstreeter* must find ways of connecting to and serving that community.



**LORNE ABUGOV**

I have served as volunteer Editor-in-Chief of *The Mainstreeter* for the past five years - or as I prefer to calculate things, for 29 issues of the newspaper. I signed aboard in February 2019 in response to an urgent appeal for an Editor from Board Members. I don't think I had any idea then what a challenge and what a total joy the role would turn out to be. There are so many amazing residents in Old Ottawa East with so many terrific stories to tell. And we have such a great Board and so many talented writers, reporters, photographers and editors helping me out on every issue of *The Mainstreeter*, that it makes my job easy.

I began my career as a newspaper reporter in the 1970's with both the Montreal Star and the Ottawa Citizen, following my graduation from Carleton University's School of Journalism. But I put journalism on the shelf after a few years to pursue a career in Communications Law in Ottawa. For me, taking on the role of Editor of our community newspaper

## Your neighbours on *The Mainstreeter's* Board

*"It's great to meet everyone who is involved and to have a chance to contribute to this vibrant community." - Whitney Bond, Board member*

after practicing law for almost 40 years has brought my career full circle back to journalism. And I just love being a part of this team of volunteers that works so hard on every issue of *The Mainstreeter* to keep our community informed and entertained.



**WHITNEY BOND**

After moving into Old Ottawa East in 2004 I became a big fan of *The Mainstreeter* and always appreciated updates and information about our neighbourhood and the city as a whole. It helped me feel connected to and informed about this new (to me) community. So when the opportunity came up to join the Board

in the middle of the pandemic, I did not hesitate and joined as Secretary in the fall of 2020. Since then I have learned so much about the passion and commitment of so many people that results in a wonderful issue every other month! It is great to meet everyone who is involved and to have a chance to contribute to this vibrant community. As Secretary I document our meetings and handle some administrative tasks for the Board. This past summer I was excited to lend a hand with the Walk of Art - such a fantastic community event that allowed me to meet more of our talented community members!

Since moving to Old Ottawa East, my husband and I have welcomed three children and one excitable pug into our family. When we were bursting at the seams in our original home, we were compelled to stay in the area we had grown to love and opted to tear down and rebuild on the same lot. When I am not helping with *The Mainstreeter* or working at my job as a social worker at The Ottawa Hospital, I enjoy running, walking, kayaking and biking through our beautiful corner of Ottawa or visiting neighbours.



**CYNTHIA DWYER**

Coming from a military family, I moved around quite a bit, ultimately moving to Ottawa in 1985.

During a lengthy career in Ottawa's high tech sector I was able to volunteer my time to various non-profit organizations around the city, including Harmony House Women's Shelter. In 2004, I moved to Old Ottawa East and searched out for volunteering opportunities in my new community. I joined both the Community Activities Group (CAG) and Sustainable Living Ottawa East (SLOE). I moved on to *The Mainstreeter* and the Main Farmers' Market and in 2008 became actively involved in the Children's Garden. After retiring in 2016 I was able to devote more time to these fantastic community groups and continue to do so. I believe that volunteering strengthens a community and gives back much more than you give. I'll be retiring from my various roles with *The Mainstreeter* in 2024.

*Continued on Page 23*



*The Mainstreeter Board*

# Vibrant people, engaging issues

*Continued from Page 22*



**LORI GANDY**

As an Old Ottawa East resident since 1991, I have enjoyed *The Mainstreeter* since it first hit my doorstep. Early on I decided to become a distributor and my son, and I spent many a happy time trolling along Mutchmor Road delivering this gem to our neighbours. I still deliver the paper, even though my trusty partner has flown the coop.

Some years ago, I joined the editorial team as copyeditor, a role I am proud to play to ensure *The Mainstreeter* puts its best foot forward. I also write articles and I have enjoyed the experience immensely, as I have met many wonderful people in our community through this work.

Writing is one of my deep passions. My education has circled around my love of words: I have three Bachelor of Arts degrees (Lettres Françaises, Translation and English Literature). My 30-year career with a federal Crown Corporation involved writing speeches, articles and assorted communications materials, as well as project management and implementation.

Now retired, I devote my time to writing fiction and poetry, along with articles for this paper and for the Ottawa Horticultural Society newsletter; all a far cry from the corporate-speak of my workdays, and a great pleasure for me. I also teach English as a second language to a woman from Ethiopia. When I was invited to join *The Mainstreeter's* Board last winter, I jumped at the chance to get even more involved in this remarkable newspaper. I am proud of my longtime association with this excellent community resource, and I am keen to help it continue to thrive and grow.



**PHIL LEGAULT**

Old Ottawa East has been home to my family since October 1998. We have all seen so much in these past 25 years - some bad, some good and some very good. *The Mainstreeter* has always been a nice constant for me for much of this time. I have relied on it to be a very good source of information and entertainment. A job interruption in the spring of 2011 provided me with the opportunity for my first direct contribution to *The Mainstreeter*. Over the course of several years, I wrote a few stories

and helped with the website as best I could. Contributing again to *The Mainstreeter* caught my interest this past year when approached by a board member to join the team. With my return as a volunteer I hope to engage more fully with my community.

In more than 37 years of media relations - 27 in sports and the last 10 with a crown corporation, I've seen and been a part of the fifth estate's evolution, including sad losses in newspapers and broadcast media. In the 1980's, I drove around the city delivering new releases for the Rough Riders, a practice that has evolved over time to today's email and newswire services.

Having *The Mainstreeter* read by you right now keeps interest in the news alive and maybe a few jobs for reporters and media relations as well.

Thank you for reading *The Mainstreeter*.



**DIANNE WING**

All my career decisions have stemmed from a love of reading and writing with a touch of entrepreneurship. I started with a degree in English Literature, added a Bachelor of Education and became a teacher. A joint program between the Ontario Ministry of Education and Energy, Mines and Resources brought me to Ottawa- to teach about energy conservation and renewable energy. But an opportunity to work for Macleans Magazine in Montreal tempted me away from education, for what I thought would be an interesting sojourn into the publishing world. My future husband drew me back to Ottawa and while not a hub of publishing, I soon found a way to stay with magazines in this city. 35 years of magazines - including launching Ottawa Magazine and publishing for the National Arts Centre and Ottawa Tourism.

I have lived in this beautiful community since 1983. And I learned a lot about Old Ottawa East by reading *The Mainstreeter*. Over the years I became intrigued. Who

were the people behind this professional community newspaper? I know how much work it takes to make a good publication; good writing, design and layout, photography and illustration as well as diligent distribution. Ink was still in my veins, so I was delighted to join the Board of *The Mainstreeter*. While I hope that my publishing experience is helpful, I also enjoy writing the Our Neighbours column. That is what I loved most about being a publisher - the combination of words, art, business and community. It doesn't get better than that.



**DWAYNE BEATTIE**

As a longtime resident of Old Ottawa East (29 years and counting) with no background in journalism, I feel I provide input to the board as a regular user and reader rather than a content contributor.

I am a field geophysicist/project manager involved in airborne remote sensing related to geological mapping. My duties involve processing data, doing logistics, client relations and physical labour, depending on the situation.

I have spent a lot of time in locations far removed from Old Ottawa East, mainly Botswana, South Africa, Colombia and Nunavut plus another 15 or so countries. My time away from Ottawa living in faraway places taught me the value of area/city/neighbourhood media, which led me to get involved with the Board of *The Mainstreeter*.

*The Mainstreeter* provides insight into how bigger picture issues impact our day-to-day lives. Moreover, it delivers human interest stories about people in our community whom we would not otherwise get a glimpse of.

My spouse, Sue, and I have brought up two children in the neighbourhood. And even as our kids have moved away they still feel a strong connection to Old Ottawa East and they are looking forward to receiving their OOE Community Calendar as a Christmas gift.

**B.J. SIEKERSKI**

At press time, a profile was unavailable for one of our long-serving Board members, B.J. Siekerski.

## *The Mainstreeter* 2024 Production Schedule

<u>Advertisement Bookng Date</u>	<u>Articles / Advertisement Submission Date</u>	<u>Publishing Date</u>
<b>Issue #1</b> January 12, 2024	January 25, 2024	February 7, 2024
<b>Issue #2</b> March 8, 2024	March 21, 2024	April 10, 2024
<b>Issue #3</b> May 10, 2024	May 23, 2024	June 12, 2024
<b>Issue #4</b> July 15, 2024	July 31, 2024	August 21, 2024
<b>Issue #5</b> September 15, 2024	October 1, 2024	October 16, 2024
<b>Issue #6</b> November 14, 2024	November 29, 2024	December 11, 2024

\*Ads or articles received after the submission date will not be accepted

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*Next issue of The Mainstreeter...*  
**Content and advertising and submissions are due on:**

**JANUARY 25, 2024**



## ART BEAT



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### OOE ARTIST FEATURE: SARAH POOLER - CREATING ART FROM THE HEART OF HER HOME

Sarah Pooler is an acrylic painter who finds joy in depicting the simple beauty around us. As well as being an artist, Pooler is a pharmacist, partner, and mother of two busy school-aged children. The first question that pops to mind is: HOW?

"I find the time and space to paint at our kitchen table in what often turn out to be family paint sessions," Pooler says. As idyllic as this arrangement sounds, Pooler admits that the space can be pretty tight and a bit chaotic with kids - daughter Grace, eleven; and son Evan, six - both alongside. "My husband used to join us, but now it is mostly just the three of us painting together," she says.

"I often ask the kids for feedback. They are very opinionated. I adopt their suggestions and even ask for ideas on subject matter. Evan would like me to paint only Rubik's cubes; and Grace loves Brantwood Park, especially the light shining through the grass. I painted that

scene for her tenth birthday. She designed my logo for my Instagram page as well."

Originally from the prairies, Pooler pursued her artistic journey across borders, studying at the Cambridge School of Art in the UK and at the Toronto School of Art. "Saskatchewan was a good place to grow up," she says. "The province inspired me as an artist with its big skies, wheat fields, and incredible clouds, something that I am still working on mastering in my paintings. Clouds are challenging to capture!" Pooler lived in Saskatoon, finishing her degree in Pharmacy at the University of Saskatchewan, and then moving to Calgary.

Pooler's husband Bud Sambasivan's job in politics brought the family to Ottawa six years ago. "Bud and I were high school sweethearts," she says. "We met in Grade 11 Biology." When Sambasivan was in the UK for post-graduate studies, Sarah jumped at the opportunity to take art classes there.

Pooler admits that being a pharmacist and being an artist are two completely different sides of herself. "Very left brain right brain," she chuckles. As a pharmacist, Pooler works at the hospital. "Pharmacists can have a creative side, you know!" She likes to create with her hands, and she likes to see a finished product. "I create art for fun. If others enjoy my work, then great.

"The act of creation puts you in a very vulnerable space. I find that there is a lot of pressure for artists to be these crazy

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



ABOVE: *Cafe*. Acrylic on gallery canvas. 20"x16";  
BELOW RIGHT: *Gatineau Park Winter*. Acrylic on canvas. 20"x20".

eclectic people. But I consider myself to be an ordinary person."

Pooler admits that she has not always been consistent about doing her art. "The creative process depends very much on phases of inspiration," she says. "Sometimes, your artistic mojo is going, but at other times, you're just not into it. It may be that your cup is full and that you have no energy. I took a long break when



Grace was born, then again after Evan came along."

Over the last two to three years Pooler has been trying to pick it up again. "My eye is rooted in appreciating nature's beauty. I gravitate towards landscapes and still life. My acrylic paintings aim to capture the tranquil moments that often go unnoticed, I hope, evoking a sense of positive energy." Pooler cherishes the process of bringing everyday scenes to life on canvas and attempts to infuse her work with a quiet sense of wonder.

"I am drawn to light. When I am out skiing, I will sometimes snap photos for inspiration. I also draw inspiration from other artists. I think I gravitate towards bright colours because they are cheerful.

"For me, the kitchen table space is about function and intention combined. The location creates a sense of groundedness in me. There is decent lighting and the room, of course, is the centre of our home. I think it is good for the kids to see me create, make mistakes,



GRACE SAMBASIVAM PHOTO

ABOVE: The artist at her kitchen table studio, a space that "creates a sense of groundedness in me";  
RIGHT: *Storm*. Acrylic on canvas 10"x20".



*Continued on Page 25*





## 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:** I love the walk to the Sunnyside Branch of the Ottawa Public Library. The route along Echo Drive affords a splendid view of historic homes, majestic pines, and the city's best vantage across the canal to Lansdowne Park and the Aberdeen Pavilion.

A quaint library by city standards,

the stonework pairs with neighbouring Southminster United Church across the street creating a welcoming gateway to Old Ottawa South from the Bank Street Bridge.

There is a charming little garden along the building's south side, and I chose to sketch this scene when the sunflowers were in bloom. I couldn't

resist adding the dome of the College of Physicians and Surgeons peeking over the rooftop while at street level a mom and her kids wait for the bus with a fresh clutch of books.

When my kids were younger, we used to go library hopping among the 30-plus branches in the Ottawa Public Library system, never leaving without

a few treasures. Writing this column during the hype of Black Friday, I am so grateful for the free loans provided by the library to citizens young and old: free books, music, movies, museum passes, ski passes, musical instruments, and more! Best deals in town!



## Sarah Pooler captures tranquil moments that often go unnoticed

*Continued from Page 24*

and try again. They see me liking one thing and not another.

My dad passed away years ago and was a big supporter of my art. I wear one of his old dress shirts as a smock when I paint.

"I enjoy painting still life works as well, capturing the sense of light in different ways, perhaps using the old masters' palettes and painting with oils. But acrylics are brighter and there is less blending involved, so the work is more free flowing. We sold our family cabin in Saskatchewan recently, so right now I

am painting it as a Christmas gift. I am also working on commissions."

Pooler enjoyed displaying her works at A Walk of Art, the neighbourhood's 2023 outdoor art tour back in September. Her kids helped her set up her display and she met many neighbours who had no idea she was an artist. She encourages Old Ottawa East residents to stay connected with her as she continues her artistic journey. For inquiries and updates, you can reach her at sarahpooler@gmail.com. Her work can be viewed on Instagram at @kitchentable\_artist.

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



*Prairie Clouds. Acrylic on canvas. 30"x24"*



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### NOTICE OF THE MAINSTREETER ANNUAL GENERAL MEETING TUESDAY, FEBRUARY 20TH, 2024

The *Mainstreeter's* Annual General Meeting will start at 7:00 pm and is open to all Members in good standing as of January 20th, 2024.

The meeting will be held at the Mauril-Bélanger Social Innovation Workshop (L'Atelier) at 62 Clegg Avenue. Members can register to attend by contacting the Secretary at [admin@mainstreeter.ca](mailto:admin@mainstreeter.ca).

#### BECOME A MEMBER OF THE MAINSTREETER

Do you support *The Mainstreeter* and want to have a say in the decisions of the paper? Any person 18 years of age or older residing in Old Ottawa East, or who carries on a business or owns property in Old Ottawa East, is eligible for membership in the newspaper. And it costs nothing to join.

To become a Member, email the Secretary at [admin@mainstreeter.ca](mailto:admin@mainstreeter.ca). Any existing Member or any person who joins the membership by January 20, 2024 is eligible to vote at the Annual General Meeting on February 20, 2024.

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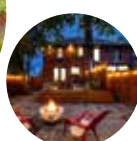
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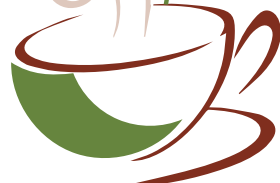
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*Fourth season may see further expansion*

# Rideau Winter Trail volunteers are gearing up for another successful season of outdoor activity and fun

## MARTHA JEACLE

With the winter season comes the re-opening of the Rideau Winter Trail (RWT), a free urban trail groomed for cross country skiing (both skate and classic), walking, snowshoeing and fat biking. Located in the heart of Ottawa and easily accessible to residents of Old Ottawa East, the RWT currently extends from Donald Street (by the Rideau Sports Centre) to Bank Street in Old Ottawa South - but keep an eye out this winter for news of a pilot or two of extended grooming to Vincent Massey Park (should circumstances and finances allow).

This is the fourth season of this popular winter trail, and while it is definitely becoming a fixture across Ottawa communities, there may be a few things about the RWT that people aren't aware of.

### *It Takes Time*

Grooming the trail from Donald Street to Bank Street can take six hours or more, and there are usually at least two volunteers out preparing the trail. If you are wondering when the trail is groomed, well, there is actually some science involved in this. RWT groomers look at various elements including accumulation of snow, temperature and wind, and pick the best time to hit the trail to ensure great conditions. Often, the best time to groom is very late at night or very early in the morning, so the tracks have time to set before being heavily used. While many of us are sound asleep, the RWT team is outdoors making the magic happen.

### *Off Season Activity*

When the snow melts in the spring, the

equipment gets put away, but that doesn't mean that the work stops until the snow arrives again in the winter. There is lots to be done (although RWT organizers do take a break in the summer to recharge batteries and enjoy the warm weather). Fundraising and grant writing takes place year round - as the organization is always looking at ways to get funding for new equipment and to maintain current equipment, and there are also a number of ongoing expenses such as gas to power the machines, insurance, storage containers and more.

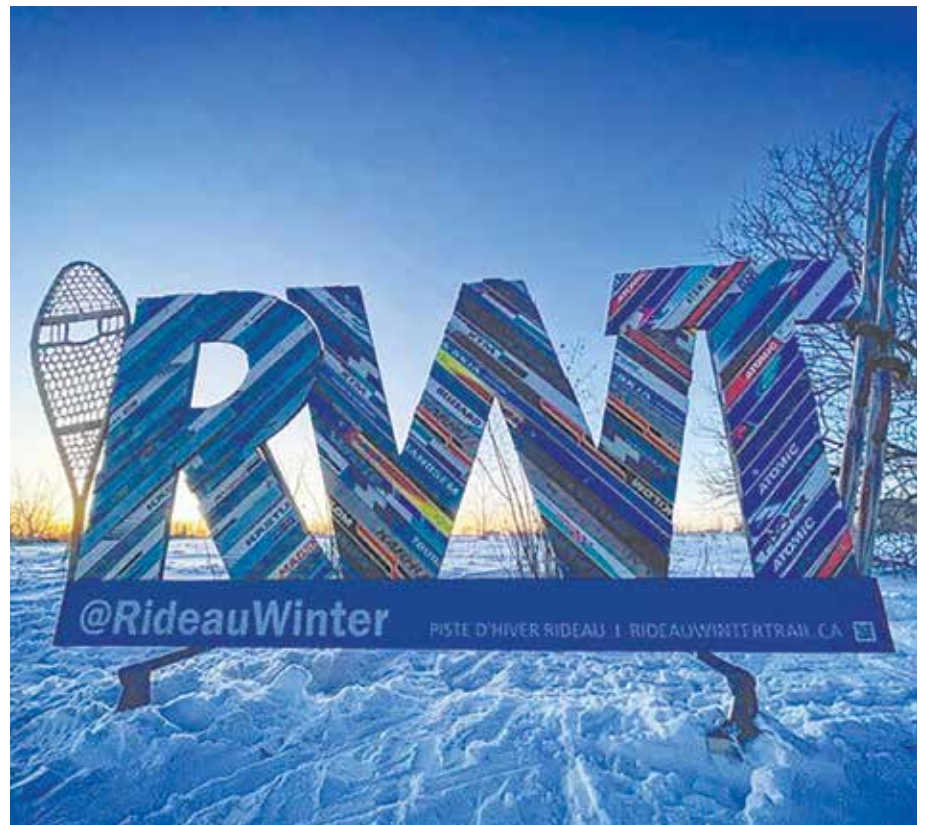
In the fall, there are various days of trail preparation, where volunteers get together to spread wood chips (a smoother trail requires less snow), trim brush, update trail layouts and mark grooming hazards that are hard to see in deep snow. It takes lots of work to have everything nicely in place so that when the snow does fall, the trail is in the best possible shape to be groomed.

### *Run by Volunteers*

Were you aware that the Rideau Winter Trail is run entirely by local volunteers? There are no paid staff, and organizers rely on the generous donation of time to bring the trail to life each season. The City of Ottawa and the National Capital Commission allow the RWT to use their land, and are very supportive of the initiative, but it is volunteers who plan the trail, groom it, raise the funds to make it happen, market and promote it. RWT volunteers are always looking for people to join in the fun. The RWT volunteers look forward to seeing Ottawans and tourists enjoying the trail this season - it is a great way to enjoy winter!



*Wondering what you might be able to do to help? There are lots of options, including shovelling snow, equipment maintenance, grooming the trail, updating the website, fundraising and sponsorship, marketing, community relations and governance (the RWT is an incorporated not for profit). If you'd like to get involved or need more information, email the RWT at [rideauwintertrail@gmail.com](mailto:rideauwintertrail@gmail.com). To support the trail financially, contributions to the RWT's GoFundMe are gratefully received.*



SUPPLIED PHOTOS


**ABOVE:** The Rideau Winter Trail sign, comprised of old skis and crafted by board member Stuart Inglis, can be found along the cross-country ski trail; **BELOW:** Lots of happy trail users out on the Rideau Winter Trail on a sunny winter day.



Old Ottawa East resident and RWT volunteer Stuart Inglis out keeping the trail in great shape for users.









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## BE THE CHANGE

# Doomed trees in the community: “X” marks the spot!

*Like others residing within urban core neighbourhoods, Darlene Pearson wondered about the proliferation of mature trees marked with a red “X” and destined for the woodchipper. She contacted the City of Ottawa to ask some pertinent questions, and she gained some insights on how the City administers the chopping block.*

### DARLENE PEARSON

I always feel a sense of loss when I see the large red “X” dooming yet another mature neighbourhood tree. With each severe weather event, fatal red Xs lead to the removal of ever more of the gentle giants that silently provide us beauty and much-needed summertime shade. Seeing the profusion of Xs prompted me to ask the City about its criteria for removing trees, and what its plans were for their replacement.

Tracey Schwets, the program manager for the City’s Forestry Management Branch, explained that, in addition to the red X, the City posts a “Public Notice of Tree Removal” consistent with the City’s Tree Protection bylaw. This notice gives a general reason for the tree’s removal.

The decision to remove a tree is taken after a full tree assessment, considering aspects such as crown defoliation, decay, trunk damage, presence of pests, and risk to property. Schwets explained that the City’s goal is to maintain trees as long as possible through structural pruning to reduce the tree’s weight load and other measures such as cabling to support large branches. The City’s tree maintenance program has a seven year pruning cycle, she said, in addition to responding 24/7 to service calls and emergency situations. There is also some annual inspection by the forester assigned to each ward.

Currently tree planting is primarily reactive based on requests, including those through the Trees in Trust program. This program offers free trees to property owners whose front yards abut the City right-of-way along streets. Trees in Trust supplies a variety of large and medium growing trees as well as small trees suited to limited spaces. The species available rotate with each season to diversify the species planted. Replacement of dead trees, including those lost to severe weather events, requires seasonal planning and scheduling as well as proper siting to avoid underground and above ground utilities. Stump removal must take place before replanting, with large weather events delaying removal because of high volume and competing priorities.

The City is currently working on a tree planting strategy, a component of its Urban Forest Management Plan. This strategy will review Ottawa’s current planting programs, including Trees in Trust.

“The goal of the review is to increase tree canopy in neighbourhoods with low tree cover, which will require solutions for proactive planting in the right-of-way adjacent to non-owner occupied properties,” Schwets said. This is good news for urban core neighbourhoods where many properties are owned by non-resident landlords.

The other good news is that there will be an opportunity in 2024 for the public to provide input on existing programs to help inform changes and identify gaps. The City is reassessing its urban forest canopy and will use public input to inform the prioritization of tree planting locations. Schwets mentioned that the results of this reassessment should be finalized early in 2024, with information being publicly available shortly thereafter.

There are also plans to undertake a “plantable spaces” study to identify locations to prioritize planting efforts.

I think we all realize how difficult growing conditions are for trees in the dense urban core: lack of adequate soil volume to support mature trees; hard surfaces that prevent rainwater reaching tree roots; impacts from road salt and snow removal operations; vandalism; and pruning for utilities.

In addition to these inner city planting limitations, the City must also deal with climate change impacts. So what is it doing? The City plants salt-tolerant species such as Hackberry, Ginkgo, Serviceberry, Honey Locust, and others. It is testing new species that may tolerate a warmer climate such as the Kentucky Coffee Tree and Eastern Red Bud. It has also taken advantage of large infrastructure projects to plant street trees, as was the case with the redevelopment of Elgin Street. All of this offers hope for our community’s trees.

*This article by Darlene Pearson has been edited from the original published in The Centretown BUZZ, v. 28, no. 9, p. 16 (13 October 2023). It is reprinted here with the permission of the author and The Centretown BUZZ.*

## The Greening of the Church of the Ascension

### DAVE LONGWORTH

Taking advantage of free advice and grants, the Church of the Ascension (Anglican) at 253 Echo Drive has taken some important small steps in greening their building this year.

Like many faith communities, the parishioners at Ascension see creation as something to be protected. Indeed, the baptismal covenant recited at the church includes the phrase “strive to safeguard the integrity of God’s creation, and respect, sustain and renew the life of the Earth.”

In 2022, parishioners at Ascension took stock of the progress they had already made in implementing suggestions from a green audit that had been carried out in 2012, and the result was a list of projects that could be readily implemented in the short run.

In late 2022, Ascension received advice and a grant approval from the Ottawa Faith Community Capacity Building Program, sponsored by Greening Sacred Spaces and Watersheds Canada, which allowed the church to complete two more projects

from that list this year.

The first project involved replacement of an existing large electric hot water heater with a smaller 20-gallon electric tank, which was installed closer to the points of use in the kitchen, washrooms, and sacristy. The new electric tank lowers Ascension’s water and electricity use. The second completed project was an upgrade of 30 fluorescent tube fixtures on the lower level of the building to LED tube fixtures, thanks to an additional \$2,000 grant from the Save On Energy Small Business Program. This upgrade cuts the cost of lighting the area by 50% and is projected to save the church \$390 annually on their annual electricity bill.

Ascension recently enrolled in the Energy Benchmarking Program of Greening Sacred Spaces, which is integrated with the City of Ottawa’s Better Buildings Ottawa Benchmarking and Auditing Program. In doing so, the church provided the benchmarking program with its data on natural gas and electricity usage for 2022.

“You can’t manage what you don’t

measure,” said Adrian Camfield, Ascension’s treasurer. “Energy benchmarking will show us our energy usage, energy cost, and carbon footprint, as well as the change in our energy usage. It will also show how these data stack up against similar buildings in the faith sector in Ottawa.”

The results of the benchmarking exercise should help Ascension to identify how it can improve the building’s energy efficiency, provide church leaders and parishioners with educational materials, and allow for future micro-grant applications to implement energy-saving projects that will allow for further greening initiatives.



**More information on the programs above can be found at these sites:**

- **Ottawa Faith Community Capacity Building Program:** <https://greeningsacredspaces.ca/ofccb/>
- **Save on Energy Small Business Program:** <https://saveonenergy.ca/en/For-Your-Small-Business/Programs-and-Incentives/Small-Business-Program>
- **Energy Benchmarking Program of Greening Sacred Spaces:** <https://greeningsacredspaces.ca/energy-benchmarking-program/>
- **City of Ottawa’s Better Buildings Ottawa Benchmarking and Auditing Program:** <https://ottawa.ca/en/living-ottawa/environment-conservation-and-climate/climate-change-and-energy/better-buildings-ottawa/energy-benchmarking-and-auditing-program>



MONICA SEIDEL

**Pictured above are parishioners Hans Posthuma and Charlie Scromeda in front of Church of the Ascension’s new small hot water heater.**



## POLITICAL PAGES

### SHAWN MENARD COUNCILLOR, CAPITAL WARD

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### CITY COUNCIL PASSES LANSDOWNE 2.0

Last month, City Council took another step towards approving the Lansdowne 2.0 proposal, with decisions to come on the procurement model and an Auditor General's report. This is a complex deal, but here are the basics. The project cost is estimated at \$419 million—not including various associated costs. With interest, taxpayers will pay \$656 million over the 40 years, \$16.4 million per year...but this is only an estimate. Prices could still go up.

The project will see the demolition of the north side stands, arena and the adjacent retail building, which currently houses multiple businesses, including GoodLife Fitness.

A new arena, with a capacity of 5,500 - 6,500, will be built by the eastern end of the stadium where the berm currently sits. The berm will be demolished, and we will lose some public space adjacent to the hill. Despite some talk of eliminating the berm and sledding hill, we passed a motion directing staff to re-create the hill and ensure the artwork currently on the berm, Moving Surfaces, remains at Lansdowne.

A smaller grandstand will replace the north side stands, with about 3,000 fewer seats, adding 900 standing-room-only spots. Behind it, two 40-storey towers will be erected, with a retail podium underneath. The air-rights for the towers will be sold to a developer.

We passed a motion directing staff to explore adding a covering to the new north side stands to improve the fan experience.

Thankfully, Council rejected the City's plan to avoid affordable housing obligations, instead devoting 25% of the sale of the air rights (approximately \$9.75 million) to affordable housing, and directing additional revenue to affordable housing, should the air rights sell for more than expected. I'm disappointed Council did not ensure dedicated affordable housing units be provided at Lansdowne, as we have done with other developments in the ward.

Disappointingly, the plan offered no transportation strategy, nor any concrete plan to improve the public realm of the site, despite promises to the contrary throughout this whole process.

At the meeting, we were able to begin rectifying these oversights: adding specific transportation upgrades to the City's Active Transportation Project List, making them eligible for funding; instructing staff to review day-to-day transit service along Bank Street, including potential promotional fares and increased service; directing staff and OSEG to collaborate on a strategy for providing appropriate transportation for medium- and large-sized events; directing staff to investigate closing off Aberdeen Square to cut-through traffic; and including transportation demand management criteria when the city sells air rights for the towers.

We passed motions prioritizing popular public realm improvements that can be included in future budgets during the construction phase, and that directed staff to collaborate with the NCC and Parks Canada about improving connections to the Canal, including boat-up access and a new Pedestrian Crossover on Queen Elizabeth Drive.

Despite these important victories, the overall project is disappointing, saddling residents with hundreds of millions of dollars in debt just to replace a stadium and arena that still have decades left in their lifespan.

This decision will haunt this Council and our City. We carry more financial and legal risks with the new deal. Residents and local businesses will suffer through ten years of construction. It is dispiriting that this is what the City prioritizes.

### JOEL HARDEN MPP, OTTAWA CENTRE

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### ORGANIZING FOR JUSTICE IN TROUBLED TIMES

Some think real change is impossible in politics, but I've never believed that. With hard work and good timing, breakthroughs can happen.

On September 8th, I asked for residents' help to save the Greenbelt. I noted the disturbing revelations that came from two independent reports which shone a light on disturbing choices benefiting wealthy insiders.

A firestorm of controversy made the Ford government shift. After months of refusal to change course, we got a better answer: the government said it would reverse its choice to remove 15 parcels of Greenbelt land. It was a big win.

In late October we notched another victory. The Ford Government has once again walked back a decision that was poised to benefit insiders. This time, it was about unilateral changes to Ottawa's urban boundary.

On November 4th, 2022, the Ford Government overruled a 2020 City Council decision, expanding Ottawa's municipal boundaries by an additional 654 hectares. Critics alleged this meant urban sprawl at the expense of prime agricultural land.

Thanks to Kate Porter from CBC Ottawa we also learned that part of Ottawa's boundary expansion included 1277 Watters Road, prime farmland near Orleans that had recently been purchased by the Verdi Alliance group of concrete companies. The five directors of this company, Porter explained, "donated a combined \$12,315 to the Progressive Conservatives in 2021 and 2022."

People spoke out. Ottawa City Councillors (led by Capital Ward's Shawn Menard) wrote to the Auditor General, and I joined MPP Chandra Pasma in doing the same. In the aftermath of the Greenbelt controversy, we insisted a review be taken to scrutinize deals benefiting land speculators with close ties to the government.

And that's how we got another win in a month that's been marked with controversy. Under the heat of public pressure, the Ford government reversed course once again. That's why we can never give up in organizing for justice.

Having said all of that, I am also reminded of our troubled times, often informed by global events. In Israel and Palestine, several weeks of intensive IDF bombings (claiming the lives of over 10,000 Palestinians) in response to the Hamas terror attack on October 7th (that claimed the lives of 1400 Israelis).

I am horrified to think of more innocent civilians who will suffer in the days and weeks to come. As I said in the Legislature late last month, I am in contact with residents who are deeply traumatized; some have lost loved ones. I've talked to Muslim and Jewish neighbours who don't feel safe.

So I end by joining those demanding a ceasefire, for the release of all hostages, for a humanitarian aid corridor into Gaza, and for the immediate start of negotiations between Israelis and Palestinians. I made a direct appeal to the Prime Minister a few weeks ago, and I urge you to do the same.

Join us as we continue to organize for justice in troubled times.



## BUSINESS BEAT

*The Mini Branch*

# Children's shopping with a purpose

### MAINSTREETER STAFF

Things are starting to trend in the right direction for Danielle and Scott Keirstead, co-owners of The Mini Branch, Old Ottawa East's new home for quality, durable children's clothing, educational toys and sustainable furniture.

"I'm still catching my breath from our Black Friday sale," Danielle told *The Mainstreeter* recently. "We were kind of caught off guard. It was pretty amazing, and it couldn't have come at a better time."

The Keirsteads, who have lived in Old Ottawa East for 10 years, opened the doors to their new retail store at 5 Hawthorne Avenue in July of this year after an arduous eight month commercial real estate search and in the midst of major roadway work right outside their front door.

And while business was a little slow and bumpy during those first few months, with the heavy construction now complete and the street coming back to life, more and more shoppers in the community are discovering The Mini Branch, visiting the

little gem of a kids store, and coming to understand the Keirstead's purposeful and customer-friendly approach to in-store and online business.

"I've done a lot of research on what products we should be carrying and why we want to carry them, and we're really aligning ourselves with companies that have values that match ours and that are really able to stand by their products," Danielle explains. "All of our suppliers create durable and sustainable products, and they pay their employees fair wages. And we've been trying to find products that are made in Canada, because it's near and dear to our hearts to try to keep our business with the Canadian market."

The Keirstead's business plan also places a premium on enhancing the shopping experience for their customers, who can visit the store or browse on-line. "Many moms shop on-line these days, because they're so busy. So we offer them free same day delivery," says Danielle.

And it doesn't stop there. The mission of The Mini Branch is to make parenting easier

by offering innovative customer service, including a guaranteed buy-back of all of their children's clothing and no time limits on returns. And according to their website - [www.theminibranch.com](http://www.theminibranch.com) - they offer all of their customers complimentary coffee!

The Hawthorne Avenue storefront is the former home of Cyco's bike shop which has moved a few doors east. According to Danielle, her and husband Scott are pretty good at washing walls. "For starters we were looking at 33 years of grease. It was definitely a renovation and we were expecting to do a lot of hard work. But I just fell in love with



the character of this space. We've been very happy here, and our customers seem to love to shop here."

The Mini Branch is a well-thought-out and well-conceived addition to the OOE business community - it's well worth a visit!



SUPPLIED PHOTOS

**Co-founder and operator Danielle Keirstead welcomes shoppers to her new children's retail clothing, toy and furniture store – The Mini Branch at 5 Hawthorne Avenue. The store features quality, durable and sustainably made products and offers customers no time limit returns and guaranteed buy-back on all clothing purchases.**

## POLITICAL PAGES

### YASIR NAQVI MP, OTTAWA CENTRE

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### WISHING YOU A WONDERFUL HOLIDAY SEASON

We have reached the end of a busy year, and the holidays are fast approaching. I am grateful for the many organizations in Ottawa Centre who support our most vulnerable throughout the year and especially during the holidays. I applaud the many volunteers and non profit organizations in our community giving back, such as Khalsa Aid which ran a winter coat drive, giving 400 new winter coats to international students, and the University of Ottawa Heart Institute which ran a holiday food drive in partnership with the Ottawa Food Bank, providing essential items to residents in need. If you are able to donate or volunteer your time, I encourage you to connect with our local partners and see how you can join our community in making an impact this holiday season.

Last month, the Honourable Chrystia

Freeland, Deputy Prime Minister and Minister of Finance, delivered the 2023 Fall Economic Statement, with a focus on supporting the middle class and building more homes, faster. Our economic plan is about building a strong economy that works for everyone—with good jobs that people can count on. This Fall Economic Statement is the next phase of our plan.

In the face of a rapid global increase in interest rates, many Canadians are feeling the squeeze. To support Canadians, the 2023 Fall Economic Statement is focused on two key challenges:

- The first key challenge is supporting Canadians at a time when some prices are still too high and mortgage renewals are looming. With new, targeted measures to help stabilize prices, support Canadians with mortgages,

and make life more affordable, our government is taking concrete action to support Canadians.

- The second is building more homes, faster, and making housing more affordable. Building on the action our government has already taken, the 2023 Fall Economic Statement introduces billions of dollars in new financing to build more homes and takes steps to crack down on short-term rentals and help to make housing more affordable across Canada.

New measures in the 2023 Fall Economic Statement are built upon our responsible economic plan, which sees Canada maintain both the lowest deficit and net debt-to-GDP ratios in the G7. With new refocusing of spending, we are also taking further action to ensure Canada's finances remain sustainable - and that we can continue to responsibly invest in Canadians for years to come.

We are also thinking about how we can ensure that the fight against climate change fits within our affordability measures. In addition to continuing to put money back into the pockets of Ottawa Centre residents through the Climate Action Incentive Payment, we have announced a new Energy Affordability Package. The package includes three pillars, all working together to make life more affordable for Canadians while we keep fighting climate change.

We are:

1. Doubling the pollution price rebate rural top-up from 10% to 20%,

everywhere that federal pollution price rebates apply.

2. Working with provinces to install a free heat pump for people who are making at or below the median household income and providing a \$250 incentive to encourage people to sign up. We're also strengthening the Greener Homes Initiative to help people across the country, no matter how they currently heat their home, to get a heat pump.
3. Temporarily pausing the pollution price on heating oil everywhere the federal system applies.

Through these measures, we are taking real action that puts more money in your pocket and means less pollution in our air.

As we wrap up 2023, I hope you all get a chance to spend time with loved ones and friends this holiday season. There are several holiday events happening in Ottawa Centre, such as the annual Lansdowne Ottawa Christmas Market, and musical performances such as Holidays at the Symphony — with the Ottawa Pops Orchestra and Music and Beyond's annual Christmas concert, both taking place at the Carleton Dominion Chalmers Centre.

To everyone celebrating in Ottawa Centre, Happy Hanukkah, Merry Christmas, Happy Kwanzaa, and have a very happy New Year!



## Bright future for Kenzie Girgis

**OOE teen debuts in style for the Canadian women's national field hockey team at the 2023 Pan Am Games**

OOE resident Kenzie Girgis is back in Canada now, fresh off a breakout performance at the 2023 Pan American Games that saw her earn two international caps as a member of Canada's women's national field hockey team.

Kenzie was featured in *The Mainstreeter* this past February, along with her sister Abrie, 25, as the Bower Street residents were both named to Canadian national teams and each prepared for international field hockey competitions, both of which are now concluded. Abrie, 25, was on the Canadian Women's indoor national team that competed at the 2023 FIH Indoor World Cup in South Africa. Younger sister, Kenzie, 18, was selected to the Women's national outdoor team for the 2023 Pan American Games tournament just concluded in Santiago, Chile.

The Pan Am Games tournament began brightly for Kenzie and the Canadian Women's National Team, as they finished second in their preliminary round pool with wins over Cuba (7-0) and Mexico (5-0) and a single loss to the host and eventual bronze medal winner, Chile (0-2). The team slotted into the tournament playoffs in



FIELD HOCKEY CANADA WEBSITE

Canada's women's field hockey team are pictured at the Pan Am Games in Santiago, Chile, where they placed fourth overall. Next up is an Olympic qualification tournament in Spain next month. OOE's Kenzie Girgis, sixth from the right, is joined by her Old Ottawa South teammate, goalkeeper Rowan Harris, second from the left.

the semi-final dropping a 0-3 decision against Argentina, which finished first in its pool and ultimately took the gold medal. The semi-final loss dropped Canada into the bronze medal game, a return engagement with Chile. In that contest, the Chileans prevailed once again with the same 0-2 score that they recorded over Canada in the preliminary round.

Despite the disappointment of missing out on the bronze medal, Canada's fourth-place finish was enough to send the team to the next stage of Olympic

qualification, an eight team tournament scheduled for January 13th – 21st in Valencia, Spain, thereby keeping their dreams of competing at the Paris 2024 Olympics alive. The last time the Canadian women reached the Olympics was more than 30 years ago. Only the top three teams at the Olympic qualifier will advance to the Paris games. The roster for the Canadian women's team at the qualifier is scheduled to be announced on December 15th, and Kenzie Girgis and the family fan club are fingers crossed, hoping that she gets named to the squad.

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*Staying safe and independent:*

# Tips to adopt year-round to prevent falls for seniors

*"Falls are the second leading cause of accidental injury and death worldwide among those aged 65 and older" – WHO*

## KAELAN BRAY

November was Fall Prevention Month across Canada. While it's celebrated as a way to bring awareness to the risk and impact of falling, practices to avoid falls need to be adopted throughout the year. Falls are a significant concern for seniors with potentially life-changing consequences. According to the World Health Organization, falls are the second leading cause of accidental injury and death worldwide among those aged 65 and older. The good news is that many falls can be prevented through a combination of awareness, lifestyle changes, and home modifications.

### *Stay active*

Physical activity is essential for seniors to maintain strength, balance, and flexibility. Regular exercise can significantly reduce the risk of falling. Activities like walking, tai chi, and chair yoga can help seniors improve their balance and coordination. Consult with a healthcare provider before starting any new exercise program, especially if you have underlying health conditions.

### *Medication management*

Seniors often take multiple medications to manage chronic conditions. Some medications can cause dizziness or affect balance, increasing the risk of falls. It's crucial to review your medications with your healthcare provider and discuss potential side effects. They can help adjust your medication regimen or offer alternatives that may be less likely to impact your balance.

### *Vision and hearing checks*

Regular vision and hearing exams are essential for seniors. Impaired vision or hearing can make it challenging to navigate your surroundings safely. Corrective lenses or hearing aids can significantly improve your awareness of potential hazards and reduce the risk of falls.

### *Balance and strength training*

Balance and strength training exercises can improve muscle tone and stability. Consider joining a local senior fitness class or working with a physical therapist to develop a personalized exercise program. Strengthening your core and leg muscles can help you maintain balance and stability, reducing the likelihood of falls.

### *Home safety modifications*

Making a few modifications to your home can significantly reduce fall risks:

- a. **Remove clutter:** Clear pathways and living areas of clutter, loose rugs, and extension cords that could trip you.
- b. **Install handrails:** Install handrails on staircases and in the bathroom to provide extra support when needed.
- c. **Adequate lighting:** Ensure that all rooms are well lit. Nightlights can be helpful in hallways and bathrooms, so you can see clearly at night.
- d. **Non-slip surfaces:** Use non-slip mats in the shower or bathtub and place non-slip rugs on smooth floors.



SUPPLIED PHOTO

**Many falls can be prevented through a combination of lifestyle changes, awareness and home modifications.**

e. **Grab bars:** Install grab bars in the shower and near the toilet to provide support when needed.

### *Footwear matters*

Wearing appropriate footwear is crucial in fall prevention. Choose shoes with non-slip soles and good arch support. Avoid walking in socks, slippers, or open-toed shoes, as they increase the risk of slipping and falling.

### *Take extra care in winter*

Winter is coming, and with it comes a greater risk of falling. Some ways you can prevent falls in winter are wearing proper outdoor footwear. Even if you're just

going outside for a moment make sure you have the right shoes on. Also, removable ice cleats can help you get much better traction. Finally, take your time when outside in the winter and avoid uneven surfaces.

### *Assistive devices*

For seniors who need additional support, consider using assistive devices such as canes, walkers, or wheelchairs. These devices can provide stability and help maintain mobility.

### *Regular check-ups*

Scheduling regular check-ups with your healthcare provider is essential. They can identify and address any medical conditions that might increase your risk of falling. It's also a chance to discuss any concerns or changes in your health that may affect your ability to stay mobile.

### *Stay hydrated and eat well*

Proper nutrition is crucial for maintaining overall health. Staying hydrated and consuming a well-balanced diet can help you maintain muscle strength and overall vitality. Certain nutrients like vitamin D and calcium are particularly important for bone health.

### *If you do fall*

According to Health Canada, if you do fall, try to land on your buttocks to prevent more serious injuries. Also, don't rush to get up. Make sure you are not injured before trying to get up or letting others help you get up. Despite the risk, don't let the fear of falling prevent you from being active. Inactivity creates an even greater risk of falling. Following these tips will help you stay safe for years to come.

Kaelen Bray, Director, Nursing and Allied Health, at Carefor Health & Community Services in Ottawa advises that...





SUPPLIED PHOTO

**Kaelen Bray, Director, Nursing and Allied Health, at Carefor Health & Community Services in Ottawa advises that physical activity to improve strength, balance and flexibility is key to prevent falls.**






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## Winter 2024 Programs and Events

All programming and events are subject to change.

Winter 2024 Adult Fitness programs at [www.ottawaeastcag.ca](http://www.ottawaeastcag.ca)

# Thank you Old Ottawa East!



From all of us at CAG...**thank you** for participating in our events, barbecues, fitness programs, summer camps, art classes, playgroups, and our after-school programs in 2023!

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## DINING OUT

### At the Ottawa Bagelshop and Deli

## Revamped Hintonburg eatery adds Michelin chef

### QUINN ABUGOV

Back in late October, *The Mainstreeter* was given the opportunity to step out of the “hood” and sample the exciting culinary transition taking place at a local Ottawa staple – the Ottawa Bagelshop and Deli in Wellington West.

The Bagelshop, a beloved locale serving up Montreal-style bagels to Ottawans since 1984, has recently brought on board Peter Saunders, a classically trained chef and restaurateur, to oversee their food operation. Saunders, hailing from North Dublin, Ireland, excelled in his studies at the Dublin Institute of Technology, earning a certificate in Professional Cookery. His accomplishment opened doors, including a work placement at the renowned L'Écrivain - Dublin's top Michelin Star restaurant, where he eventually secured a position as junior pastry chef.

With his extensive experience in the kitchen and in management, Saunders is committed to providing Ottawa with top-notch, mouth-watering, homemade food at affordable prices. “I feel really blessed to have found the Bagelshop and its owner Liliana Piazza because it makes the most sense for me to be here,” remarked Saunders during a recent interview. “The quality of the food is really important to her. She knows good food and grew up eating good food; but not in a snobby way. In a ‘this tastes so good way’. Liliana doesn't compromise on quality.”

In addition to a culinary renaissance taking place,

aesthetically, the building underwent a facelift back in 2019 that effectively cut the existing 7,000-square-foot space in half. The new setup certainly has a more intimate, cozy and modern vibe than its predecessor which mirrors the progressive changes taking place in the kitchen and in the shop's variety of product offerings.

And Sundays at the Bagelshop offered customers a special treat this past fall – live music while they shopped and munched. It was dubbed the Ottawa Bagelshop Musicfest Select, and it ran for nine successive Sunday afternoons between September 24th and November 19th and featured 17 solo artists from Ottawa, Peterborough and Montreal.

“We started the Musicfest back in June with the simple hope of supporting local Ottawa music artists with returning to public performance after the pandemic,” recalls Piazza. “What we found is there is a real desire in Ottawa to support live music in a relaxed family friendly atmosphere, that is also during the day. So many patrons – kids to seniors – have expressed gratitude for the free-to-attend, volume-friendly concerts. We couldn't be more happy with how it turned out.”

While I missed out on the live music, I did have the opportunity to sample a few items from the revamped menu which I gladly accepted. I opted for the Italian Job sandwich served on an Everything bagel, which was loaded with mortadella, spicy capocollo, Genoa salami, pickled eggplant, Swiss cheese, lettuce and Italian vinaigrette. The sandwich itself was fantastic



QUINN ABUGOV PHOTO

**The classic Everything Bagel sandwich is a real crowd-pleaser.**

and the vinaigrette did a great job pulling the savoury flavours together. The bagel itself was of high quality with the classic Montreal style sweetness and a good chew factor. Next up was the chocolate brownie which was also a winner. Soft, light and airy yet packed with real chocolate, its composition was skillfully prepared. To drink, I sampled their coffee which was refreshingly high quality. Maybe it's my luck, but I haven't enjoyed too many good coffees served at bagel shops, so this was a welcome surprise.

At the end of my meal, I was visited by Chef Saunders who inquired about my food and overall experience. This was a bonus for me and demonstrated the care and passion he has for this operation.

If one thing was clear from my visit, the revamped Ottawa Bagelshop and Deli is certainly a destination worth venturing outside the neighbourhood for!

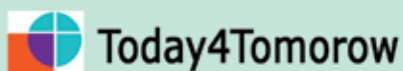


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**THE REFUGEE MINISTRY OFFICE**, working closely with community groups and family sponsors, operates as a Sponsorship Agreement Holder with Immigration, Refugees, Citizenship Canada participating in Canada's private refugee sponsorship program.



**THE OTTAWA PASTORAL COUNSELLING CENTRE (The OPC)** offers counselling support to people experiencing loss, grief, family and marital crisis, depression, anxiety, trauma, and other life challenges. **The Counselling Support Fund** allows people to donate financial resources to help pay counselling fees for those who could not otherwise access counselling.

**BELONG OTTAWA** Belong Ottawa provides low-barrier, accessible social services for people living on low income - with a particular focus on those experiencing homelessness. We help meet the basic needs of our community (e.g. food, laundry, showers) while also providing a point of social connection and referrals to other community supports. Our services operate across three sites: **Centre 454, St Luke's Table, and The Well** which provides services to women and children.



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## ECLECTIC EVENTS

**Saturday, January 13th  
from 1:00 until 3:30 PM**  
**YOGA OPEN HOUSE,**  
*Pathway Yoga, located in  
Church of the Ascension,  
253 Echo Drive*

Start the New Year off with yoga! Pathway Yoga, located at 253 Echo Drive in the Church of the Ascension, is hosting an Open House on Saturday, January 13th from 1:00 until 3:30. There will be a free all-levels class from 1:00 to 2:00 followed by a tea social. At 2:30, the Pathway Yoga teachers will provide a half-hour demonstration using the new rope wall. A tea social will follow.

Pathway Yoga, a not-for-profit organization whose mission is to promote the study and practice of Iyengar yoga for health and

wellbeing, offers a wide range of hybrid and studio classes for students of all levels and backgrounds.

Iyengar yoga can lead toward steadiness and equanimity. Our experienced teachers will guide and challenge you in a supportive, inclusive environment.

For more details on the Open House, visit Pathway's website: [pathwayyoga.ca](http://pathwayyoga.ca)



**Ongoing through to December  
21st, Tuesdays–Saturdays  
at 7:30 PM; Saturdays and  
Sundays at 1:30 PM**

**A CHILD'S CHRISTMAS IN  
WALES & CAROLSING,**  
*Bear & Co., The Great  
Canadian Theatre Company,  
1233 Wellington Street W.*

Holiday time: so many traditions! Gather with to celebrate the joys of midwinter festivals.

Dylan Thomas transports us to the snow-blanketed seaside Welsh town where he was born. Nicholas D. Amott

and Rachel Eugster bring his rough-and-tumble characters to life, share their own memories, and send your spirits soaring with midwinter harmonies. Join us for candle-lighting and stories, and a sweet carol sing-along.

Whether your December is never complete without hearing this story, or whether this will be your first experience of Thomas's lyrical classic, this is for you. Come share a warm hug of a show. And build your Christmas memories all over again.

Tickets with a range of prices (including \$10 for children and PWYC Tuesdays) can be purchased at the GCTC: <https://www.gctc.ca/events/childs-christmas-in-wales>.

**Ongoing through to  
January 7th,**  
**HOLIDAY JOY OF ART  
EXHIBITION IN  
SUPPORT OF THE  
OTTAWA FOOD BANK,**  
*The Foyer Gallery, Nepean  
Sportsplex (Entrance #1),  
1701 Woodroffe Avenue*

Every year, the holiday *Joy of Art* exhibition is a crowd pleaser. The gallery is jam-packed full of original art items, both large and small, and priced for gift giving. Plus, this year, your purchase also benefits the Ottawa Food Bank!

The Gallery artists recognize the financial challenges many people face, especially over the holidays. To help a

little and give back to the community, 10% of all sales from the exhibition will be donated directly to the Ottawa Food Bank. Additionally, there will be a food donation box at the gallery to drop off non-perishable items.

"The Ottawa Food Bank has been seeing record high numbers of people turning to us for help. We are very grateful for this donation of funding from the Foyer Gallery," says Jessica Robson, Manager of Community Engagement and Partnership at the Ottawa Food Bank. "Because we purchase food in large quantities and have amazing industry partners, we can make your cash donation go even further. And we encourage the drop off of non-perishables in the donation box at the Foyer Gallery or to any other food drop off location in your area."



**Ongoing through to  
December 27th**  
**FREE NATIVE PLANT  
SEED GIVEAWAYS,**  
*Ottawa Wildflower Seed  
Library, Various Ottawa  
Locations*

Late fall and early winter are the perfect times to sow native seeds, and the Ottawa Wildflower Seed Library (OWSL) has you covered with a series of free seed giveaways across the city during the month of December.

The seed giveaway closest to Old Ottawa East is on December 11, 2023, from 1 to 3 pm at the Manor Park Community Centre, 100 Thornwood Road.

The OWSL is a grassroots organization founded in 2020 that promotes gardening with native plants to provide food and habitat for bees, butterflies, insects, birds and other wildlife. Last year, the OWSL provided seeds to more than 1,300 people and community projects, resulting in at least 156,000 new plants across Ottawa from 177 different species.

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*Sandra and Don Godbold*



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Today Lenna is happy and healthy thanks to CHEO. True to her name, which means warrior or lion strong, that beautiful lion's heart of hers continues to roar as she brightens the lives of everyone who loves her.

**Be part of CHEO's life-saving work today, tomorrow and forever.**



**Megan Doyle Ray:**

Manager of Legacy and Memorial Giving Programs  
[mdoyle ray@cheofoundation.com](mailto:mdoyle ray@cheofoundation.com)  
613 297-2633  
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In 2006, we opened our first pharmacy on Main Street in beautiful Old Ottawa East. Thank you to our clients, friends, and community for welcoming us with open arms and trusting us with your health choices. It is truly our privilege to serve you. On behalf of the entire Watson's team and family, we wish you **a joyful holiday season and a happy and healthy 2024!**

