

# MAINSTREETER

OLD OTTAWA EAST'S COMMUNITY VOICE | LA VOIX COMMUNAUTAIRE DU VIEUX OTTAWA-EST FEBRUARY/FÉVRIER 2025



### The Mainstreeter Interview

Now entering his third year as Mayor of Ottawa, Mark Sutcliffe sums up what's gone on and what's to come on issues facing Old Ottawa East.

Pages 4 & 5

### Someone's watching you...

Newly placed traffic and speed cameras spark controversy in Old Ottawa East as residents react to increased surveillance.

Pages 19 & 33

### Go figure!

Our Art Beat editor Tanis Browning-Shelp tries her hand at life drawing class at Brantwood Park.

Pages 24 & 25



## A magical winter for the Canal Skateway

TIM HUNT

When I first came to Ottawa, crossing the frozen Canal from Centretown to Ottawa U was a welcome luxury that shortened my cold winter walk significantly. There is a definite magic to this fleeting arterial pathway that

opens up the heart of the city during the coldest, darkest time of the year. Whether commuting or sightseeing, this car-free highway offers a unique perspective and access to our extended community that shorter seasons have made all the more precious.

One late night several years ago I was shocked to see a dog without owner sitting far out on the frozen Dows Lake and thought it might be hurt or stuck on the ice. I then saw another not far away and then two more. It turned out that they were actually coyotes and I

realized that for animals too, the ice opened up pathways they could not traverse at other times of the year.

This sketch of the view from Clegg Street shows the Canal Ritz and Fifth Avenue gate...a mere hop, skip, and a jump away.

## ***Scene on the Canal***

On January 11th, the Rideau Canal was opened for skating, one of the earliest openings since 2018. The ice that day, and almost every day since, was perfect, the wind was light and the Beavertails kiosks were doing brisk business. There were miles of smiles as lots of happy skaters of all ages glided along the ice. The Canal Skateway is a true Ottawa gem.



PETER CROAL PHOTOS



Once again this winter skating season, the Flora Footbridge proved to be the jewel in our community's crown, as Peter Croal's nighttime photo clearly proves.

In January, the National Capital Commission began work in earnest to install new and additional lights along Old Ottawa East's section of Colonel By Drive. The new lighting system along both sides of the Canal will be completed next year.



JOHN DANCE PHOTO

## OOE's "medium-sized hospital"

# Greystone Village Transitional Care to continue until at least March 2028

***A new agreement between Bruyère Health and Greystone Village Retirement Residence will maintain the status quo at the 132-bed facility.***

### JOHN DANCE

The Greystone Village Retirement Residence (GVRR) was repurposed to be a transitional care unit during the first year of the pandemic, and this use will continue for at least three more years as a result of a recently negotiated agreement between Bruyère Health and the owners of the residence.

The seven-storey retirement residence, located to the northeast of the Deschâtelets Building and in the middle of Greystone Village, was designed to have 146 housing units and 23 care units for seniors, lots of common area, and views from each room of either the river or nearby parkland.

When the owners were getting ready to welcome first-time residents in 2020, the pandemic struck and the opening was delayed. Simultaneously, local hospitals were overwhelmed with COVID patients, lacking capacity to deal with them in part because many beds were in use for those waiting for a room in a long-term care facility or in need of specialized care before returning home.

### *A perfect fit for Bruyère*

As *The Mainstreeter* reported in 2020, "Bruyère, which has been working during the pandemic with healthcare partners and the province of Ontario to help ease the challenges regarding the availability of beds and the flow of patients, saw GVRR as a perfect fit, as did the local owners and operators of the new retirement home."

Consequently, "Transitional Care at Greystone Village Retirement" was established. The first "transitional care" patients at GVRR were admitted in November of 2020 and, as rooms were adapted for transitional care use, additional patients were admitted to what became a 132-bed facility.

"By creating a very strong relationship with a multitude of partners and the leadership of Bruyère, we will be able to say that we've opened a medium-sized hospital in three months," Guy

Chartrand, CEO of Bruyère, told CTV when the deal was struck to create the transitional care units in GVRR.

The new facility has had 1,500 patients with a median stay of three months. Although the pandemic is over, the need for the transitional units remains and there continues to be a waiting list. Under the new agreement, Bruyère Health's transitional care unit will continue to operate until at least March 2028.

Bruyère Health is Eastern Ontario's leading health organization specializing in aging, rehabilitation, and complex care. It provides care to those who "are managing a loss of their independence and function, often as a result of a significant medical event or illness."

### *One of four Ottawa sites*

"While acute-care hospitals save lives, our specialized hospitals restore independence and function, providing patients with a bridge back to home," Bruyère's website says. "When this is not possible, we work to accommodate the loss of independence through long-term care and specialized complex medical care."

Bruyère Health has a total of four sites in Ottawa: one in Orleans, one near the ByWard Market, one in Centretown, and Greystone Transitional Care in Old Ottawa East.

At the Greystone facility, there are typically 75 people on staff during weekdays, 40 on weekends, and 30 at night. This includes registered nurses, registered practical nurses, personal support workers, allied health staff such as physiotherapists, occupational therapists, and social workers, food service and administrative staff, as well as physicians.

For parking, there are 35 spots within the building itself, which covers those working at night.

**BRUYÈRE HEALTH: Continued on page 6**



BRUYÈRE HEALTH PHOTO

**The Greystone Village Retirement Residence became Bruyère Health's Greystone Village Transitional Care during the pandemic and will continue serving Ottawa's seniors who require transitional care until at least 2028.**

**BLOOMFIELDS**  
*Beautiful living, naturally.*

783 Bank Street  
 1280 Wellington St West  
[www.bloomfields.ca](http://www.bloomfields.ca) | 613.230.6434

## SHARING LUNCH WITH...OTTAWA'S MAYOR MARK SUTCLIFFE

### ***In an exclusive interview with *The Mainstreeter*, Ottawa Mayor Mark Sutcliffe discusses the successes of his first two years in office and the challenges that confront the city as it contends with the pressures of growth and change.***



**OTTAWA MAYOR MARK SUTCLIFFE**

**THE MAINSTREETER:** When you first took office, by all accounts, Ottawa City Council was a fractious and dysfunctional governing body, riddled with cliques and in-fighting. Today, as you enter year three as Mayor of Ottawa, how would you describe the functioning and efficacy of Council, and what have you done to change the culture at City Hall?

**MAYOR SUTCLIFFE:** That was one of my biggest priorities when I first got elected. I had heard from so many people during the election campaign that they were frustrated and disappointed with the tone around Council during the final years of the previous mandate. So I set out to build a much more collaborative environment, which is not to say that we don't still disagree about things, but I think the tone has been much more respectful this term than during the previous administration. I think there's been much more collaboration, consensus building, and cooperation.

I set out very early on to change how things work on Council. For example, every councillor will have a turn as Deputy Mayor this term. We have three deputy mayors, and that rotates every six months. I also set out to have people who were not perceived as necessarily being my political allies chairing our important committees. I worked hard to build working relationships with those individuals, people who had been at odds with the previous administration.

Those steps have, I think, created an environment where the temperature's a lot lower. You haven't seen big blow ups or conflicts. The tone is much more respectful. You're seeing that we find solutions together, and then we move forward together on a lot of issues, instead of fighting it out at a council meeting. And I think that's made a big difference, and I hear a lot of feedback in the community that they see that as a positive development.

**THE MAINSTREETER:** Under the previous administration, residents of core urban wards like Capital Ward sensed that rural and suburban wards controlled decision-making at City Council on virtually all issues, even issues that uniquely concerned the urban wards. Has that power imbalance changed under your administration?

**MAYOR SUTCLIFFE:** That's always going to be a challenge. Ottawa is a vast geographic city. You could fit Toronto, Montreal, Edmonton, Calgary and Vancouver inside Ottawa. So, I feel like the governing dynamics in Ottawa are similar to those of the province or even Canada when you're trying to balance different interests and different desires and objectives of different communities in the decisions that you make. In Ottawa, life downtown is different from life in a suburban community or a rural community. So, you're always trying to find a balance between meeting all of those objectives.

I think we've done a much better job of balancing interests this term. And I think the budget vote is a good example. When we passed the budget, the vote was 22 to three. There was only one urban councillor who voted against the budget, and all the other urban councillors voted in favour of the budget. It's always challenging, and we have to make sure that there is not a one-size-fits-all approach. We have to make decisions for the urban part of Ottawa that are based on their needs. We're making decisions for the suburban parts of Ottawa that are based on their lives and their objectives, and similarly, for the rural communities. I think, by and large, we've been doing alright.

**THE MAINSTREETER:** In our newspaper recently, we pointed out that the City's development and densification goals could discriminate against core urban wards like Capital Ward, in favour of rural and suburban wards. In urban areas, where we already have extensive densification, smaller lot sizes and limited greenspace, even one new development – Greystone Village for example – can radically alter the fabric of a community, disproportionately more than a new development in an outlying suburban or rural area. How is your goal of densification – as it translates to new growth and development – going to be managed and spread evenly and equitably across urban and rural wards?

**MAYOR SUTCLIFFE:** It's important to underline that there's no easy answers to how we manage growth. This is a very complex file. Ottawa is growing very rapidly, and there are no easy solutions, and there are risks and issues associated

with growth, no matter where it happens. For example, I happen to live in Kitchissippi Ward, which is one of the core areas of the city that's undergone the greatest change through densification in the last few years. That community grapples with these issues all the time. And other urban wards are experiencing similar growth.

You know, if all the growth and development occurred in the suburban and rural areas of Ottawa, the cost of services for everyone would be higher, and the cost of sprawl, the cost of transportation, and the environmental impact, would all increase. And if you put all the development in the centre of the city, then there's all kinds of issues that go with that as well.

I know we're all driven by a dynamic whereby when we move into a community, we want that community to stay the same for as long as possible. And we all want to protect existing communities and neighbourhoods. But we also need to acknowledge that growth is happening and that without growth, we're going to experience other social problems that will be very inequitable and very expensive. So, we have to grow, and we have to manage growth. We're going to see densification. That's just inevitable.

**THE MAINSTREETER:** One criticism of Ottawa's new Official Plan is that it fails to preserve, protect and enhance the vibrancy of our existing communities. Does the City have any

plans or initiatives to address concerns of citizens who feel helpless that their communities are changing before their eyes?

**MAYOR SUTCLIFFE:** I think we all have the same objectives, which is to manage growth. But we can't resist growth, right? That's the challenge. We're going to see taller buildings. We're going to see more densification, and that's inevitable as the city grows. But we want that growth to come in a managed fashion and in a way that respects the quality of life of residents.

But the other challenge we're facing is that we are under a lot of pressure from the federal and provincial governments to move forward faster on development approvals and to streamline processes.

And if we don't do that, then we're going to face significant financial consequences as a community. We will not have money for infrastructure, and we will not have other resources that the city needs, if we don't move faster on development. We can't have a scenario where everyone in the community agrees that we're growing and that we need more densification, and more development, but nobody wants it close to them. We can't have that scenario,

**Sutcliffe: Continued on page 5**



## SHARING LUNCH WITH...OTTAWA'S MAYOR MARK SUTCLIFFE

**"...when my parents first got married, they lived on Main Street. That house was my first, it's where I lived as a baby, and I still have family living in that area. So it's a very special part of our City for me, and I understand the importance of preserving and enhancing the quality of life in Old Ottawa East, even as we're growing the community."**

**Sutcliffe: Continued from page 4**

or we're going to lose out on potentially billions of dollars of financial support from other levels of government.

**THE MAINSTREETER:** A recent initiative of yours was to call on the province and the federal government to pay their fair share and provide added financial support for the City of Ottawa. So far, *The Mainstreeter* hasn't seen much evidence that these governments are prepared to ante up to your challenge. Are there any developments that suggest that the federal and provincial governments might be more forthcoming in future?

**MAYOR SUTCLIFFE:** This will be a long term initiative, because this is not just about Ottawa. You've heard the Federation of Canadian Municipalities, the Association of Municipalities of Ontario, and other cities like Toronto and Vancouver that have been raising concerns about this as well. So, there's a need for municipalities in general to get their fair share of funding. But over and above that, Ottawa's challenges are unique, they are more pronounced because we are the nation's capital, because we have issues that other cities don't. We've made some progress here. There have been commitments by the Premier and the Ontario finance minister to support us, if the federal government does as well, and there have been many meetings with the federal government leading towards a solution. I hope a solution will come soon, but there's been some progress.

**THE MAINSTREETER:** Some recent provincial laws seem to be overreaching

the normal scope of their jurisdiction and threatening to impact local affairs - for instance, the new legislation to regulate bike lanes on city streets. Does it worry you and the city that the province is reaching so deep into the nuts and bolts of normal municipal affairs?

**MAYOR SUTCLIFFE:** I understand the priorities of the provincial government. They're trying to drive economic growth, and the construction of housing. We may not agree on all of their methods to achieve those priorities, but we're prepared to work with both the provincial government and the federal government. They give us funding for various things, but there's all kinds of conditions associated with the funding that we have to meet. That's all part of the process of dealing with both levels of government. I think that having strong relationships with the provincial government and the federal government are essential to our success. And I am pleased that since I became mayor, we've made a lot of progress on both fronts.

**THE MAINSTREETER:** The Alta Vista Transportation Corridor (AVTC) is shaping up to be a big issue in our community in 2025. The threat of ploughing a major north-south arterial road right through Springhurst Park has been hanging over Old Ottawa East like a Damoclean sword. Arguably the best greenspace left to the residents of this community is under threat. This proposal makes very little sense to us in Old Ottawa East. Why doesn't the City drop the AVTC altogether or re-route it away from our precious greenspace?

**MAYOR SUTCLIFFE:** This is a nervous



issue for the community, and I totally understand that, and we will see how it evolves as the Transportation Master Plan gets introduced next year. That's the process we have to follow. And there'll be a huge opportunity for input in that process, and then we'll move forward together.

**THE MAINSTREETER:** I'll ask you next about the Lansdowne 2.0 plan. *The Mainstreeter* and the readers we've heard from see Lansdowne 2.0 as a costly and risky venture, and one lacking in vision. There is a strong sense that this is a plan doomed to fail and one that will cost taxpayers for years to come. Has the budget exercise changed your view about Lansdowne 2.0? You have a current snapshot of the city's finances. Isn't it time to re-look at the plan, and to re-think it?

**MAYOR SUTCLIFFE:** As you know, we're following a process with Lansdowne. The challenge that people have to remember is that Lansdowne is a publicly owned facility, just like the Nepean Sportsplex, just like every community centre or library in the city, just like all the rinks and sports infrastructure. There is not a single scenario that doesn't cost us money going forward, and the cost of doing nothing is enormous.

I think it's clear that the first improvements to Lansdowne have been successful. A lot more people are using the site. There's a lot more activity. I was at the Christmas market recently. It's beautiful. So, there's a lot going on at Lansdowne, and that's very positive.

We'll continue to work on the process. There's a lot that we still need to see coming back from City staff. There are those people perhaps thinking there's an option here to just pause everything, and that that will cost nothing to the city, but that's incorrect - it's going to cost us a lot of money if we do nothing. I've had

multiple conversations with organizations that have brought major events to our city in the past that are never coming back to Lansdowne or to Ottawa in the future unless we have more modern facilities. So, the economic cost to the city of not hosting the World Curling championships, the figure skating events that we've hosted in the past, and events like that, is significant. There's no inexpensive solution to Lansdowne.

**THE MAINSTREETER:** What are the key issues coming up in 2025 that will have the most significant impact on the urban core wards and, in particular, on Old Ottawa East?

**MAYOR SUTCLIFFE:** We are going to be talking a lot about housing and building more homes in the year ahead. We're going to be talking about public transit. We're going to be talking about the Fairness for Ottawa campaign. We're going to be talking about how our city grows. So, there's a lot of important matters coming up in the next 12 months.

**THE MAINSTREETER:** And, in closing Mayor Sutcliffe, do you have a message you would specifically like to direct to our readers in Old Ottawa East?

**MAYOR SUTCLIFFE:** Well, you may know that when my parents first got married, they lived on Main Street. That house was my first, it's where I lived as a baby, and I still have family living in that area. So, it's a very special part of our city for me, and I understand the importance of preserving and enhancing the quality of life in Old Ottawa East, even as we're growing the community, as we must continue to do. So, I can assure you and your readers that we'll be mindful of the quality of life in Old Ottawa East every step of the way.



## Provincial candidates off and running

# Ontario to the ballot box soon, federal election not far off

### JOHN DANCE

As *The Mainstreeter* went to print, provincial political parties were scrambling to launch campaigns for their respective candidates after a snap election call by Premier Doug Ford. There are only two weeks left before Ontarians go to the polls on Thursday, February 27th. The four main parties - the Liberals, New Democrats, Conservatives and Greens - have all managed to nominate their candidates.

With incumbent Joel Harden of the NDP moving to the federal arena, the NDP have selected Catherine McKenney as the party's provincial candidate. McKenney placed second in the last Ottawa mayoral election and previously had been a two-term City Councillor for Somerset Ward.

The Liberals have nominated Thomas Simpson to run provincially. He is a former public servant and currently a vice president at the Canadian National Institute for the Blind.

As their party's candidate, the Greens named Simon Beckett, a small business owner who operates a property management company in and around Ottawa.

Although the provincial Conservatives have a commanding province-wide lead in the polls, they were the last to nominate a candidate for Ottawa Centre, selecting Scott Healey, a career member of Canada's military who ran for the party in the 2022 election.

Since the creation of the Ottawa Centre provincial constituency, the NDP and Liberals have similar records - the NDP having won nine elections and the Liberals eight. No other party has won during the 58-year history of the riding.

Four Ottawa core community associations within the Ottawa Centre riding, including the Old Ottawa East Community Association, have organized a candidates

debate on Thursday, February 20th at 7:00 pm (doors open at 6:30 pm) at the Glebe Community Centre, 175 Third Avenue. The debate will be moderated by David Reevly, author and reporter with *The Logic*. Questions can be submitted in advance of the debate by email to [electiondebate@glebe.ca](mailto:electiondebate@glebe.ca). Those unable to attend the debate in person can view it online the following day at [Rogerstv.com/OttawaCentre2025](http://Rogerstv.com/OttawaCentre2025).

### *Federal Election This Spring?*

With the resignation of Justin Trudeau and the ongoing Liberal leadership campaign to replace him, it is virtually inevitable that a federal election will take place within three or four months.

Ottawa Centre Liberal incumbent Yasir Naqvi will be running again and will face the NDP's Joel Harden who is resigning as the Ottawa Centre member of the provincial legislature to run federally.

In the 2018 provincial election, Harden defeated Naqvi after Naqvi had served three terms as the Ottawa Centre MPP. Naqvi subsequently and successfully ran in Ottawa Centre for the Liberals in the 2021 federal election.

At this writing, three contestants have publicly declared for the Conservative nomination, but it's not currently known when the candidate will be chosen.

Like its provincial version, the federal Ottawa Centre riding has been a Liberal - NDP battle, although Conservative Robert de Cotret won a by-election in 1978 but then lost in the general election seven months later. Liberals in Ottawa Centre have done noticeably better federally than the NDP winning 12 of the 18 elections since 1967.

## The future of Greystone Village Transitional Care is uncertain

### *BRUYERE HEALTH: Continued from page 3*

Staff working during the day have an additional 35 spots in the underground parking of the Milieu apartment building on des Oblats Avenue. Many staff also use public and active transportation to get to work. Visitors are advised to use the nearby Saint Paul University parking lot.

The post-2028 future of GVRR for transitional care is not known at this point. "It's all up in the air - so much has changed with the pandemic," says Jennifer Martel, one of the co-owners of GVRR. She says the Bruyère's transitional care unit is helping seniors in the Ottawa area who do not need to be in an acute-care hospital. "I see how well it's been used with happy patients and happy staff."

Patients at Greystone Village Transitional Care generally should be 65 years or older, medically stable, have needs that can be met by available resources, and are referred by a healthcare provider. Patients requiring one-to-one care or who are violent are not eligible.

FOCUSED EXCELLENCE IN REAL ESTATE



**THE MARLAND TEAM**  
ROB MARLAND

THE MARLAND TEAM IS ONE OF OTTAWA'S AND CANADA'S TOP REAL ESTATE TEAMS.

Led by Rob Marland and Jane Forsyth, the Marland Team is recognized as one of the top performing teams for Royal LePage Performance Realty in Ottawa. Our boutique services coupled with our fresh perspective positions us to provide a premium level of service to our clients, offering unparalleled expertise, the highest level of customer service, and state of the art marketing. With a passion for excellence, our team has a laser focus on meeting the needs of our clients and helping them champion their outcomes.



Jane Forsyth  
Partner

Haidyn Picco  
Operations Manager & Realtor®

Myha Ewart  
Sales Partner & Realtor®

Karen Gibson  
Sales Partner & Realtor®

robmarland.com | 613-238-2801



MARLAND TEAM



ROYAL LEPAGE

TOP 1% FOR ROYAL LEPAGE IN CANADA\*

\*Based on closed and reflected earnings

Go online/  
Shop online

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

## Vandalism in the Children's Garden

# It takes a community of big hearts to build this beautiful space - but just a few small minds to destroy it



**The gated entrance to the Children's Garden on Main Street lies destroyed on the snowbank following a December attack by vandals.**

### LORI GANDY

If you've walked past the corner of Main and Clegg streets lately, you might have noticed something new, or rather something missing, at the Old Ottawa East Children's Garden - the front gates.

In a senseless act of vandalism one evening in early December, the gates were kicked in and damaged, to the extent that they had to be removed for safety concerns.

And that wasn't the full extent of the damage. Cynthia Dwyer, Children's Garden Committee member, received a text message from Colby Williams, a fellow Committee member, who was out walking when she was shocked to find one of the rain barrels from the Garden discarded on Main at Beckwith Road. "Someone had taken it out of the Garden, carried it down the street and then dumped it," said Dwyer.

Dwyer then hurried over to the Garden and discovered the damaged gates, and more. Two plum trees, planted five and three years ago as saplings, had several branches hacked at with a knife and broken off. These trees have been lovingly nurtured through the years and are now bearing fruit. With some luck, they will survive this attack and bounce back in the spring.

### *Not the first time*

The vandals also pulled up and tossed some of the small fencing that had been erected around the perennial beds three years ago to protect the plants from being damaged by visitors with off-leash dogs. One of the plastic chairs was

shoved up into the fence and more damage was visible near the shed.

"I was heartbroken when I saw the damage," said Dwyer.

The December incident followed an earlier act of vandalism in August 2024. That destruction included several tomato plants ripped from their supports. Anyone who gardens knows how much work is involved in planting and nurturing seedlings, staking and tending them throughout the growing season. Several other plants were ripped up or damaged.

As well, garden signs and markers were pulled up and tossed on the ground and some of the stone seats in the back of the garden were damaged. The seats are made of stones with wood slats on top and are positioned in a circle so children can sit and enjoy stories or games. A city crew came in to repair the damaged seats and they also did minor repairs to the other seats.

"The city is very responsive when any of the hardscape needs attention," says Marianne, the Garden's Manager. "I think they gave special attention to the damage because in a children's space, any safety issue such as exposed nails is a big concern. They were fantastic."

The Garden is a community space funded by donations and a much-appreciated grant from Sandy Hill Community Health Centre, but money is always tight, notes Dwyer. She says this kind of senseless destruction is particularly egregious as it puts a strain on the Garden's precarious financial situation.

It is impossible to know if the same culprit(s) are responsible for both incidents of vandalism. What Garden Committee members know is that the damage was random, senseless and heartbreaking for everyone who works hard to provide our community with such a lovely space to enjoy for free.

### *Looking for solutions*

Dwyer and the Garden Committee are working with the city on solutions to deter vandalism, including possibly installing motion-sensor lighting at the back near the shed, as it is a particularly dark part of the garden.

As for the beautiful pickets on the now-removed front gates - pickets painted by children from Lady Evelyn Alternative School many years ago - these will be removed from the gates and relocated in the Garden.

### *A silver lining*

Gardeners are good at looking ahead and being hopeful, and the removal of the gates is a case in point. One challenge over the years has been to ensure that people know the Garden is open to everyone. The closed gates have sometimes been interpreted to mean the Garden is a private space. Now that the entrance is open, the Garden will be more welcoming and inviting and more people will be encouraged to enter. It will also be more accessible as the gates were cumbersome to open at times.

The Children's Garden is a curated space, lovingly designed, planted and maintained by the Garden Manager, a volunteer committee, and a dedicated team of volunteer

community gardeners. It is a space where children learn respect for nature and for plants as living things, as well as respect for the work people do to create and maintain this special place. Much needed lessons in these times apparently.

### *How can you help?*

If you live near the Garden, or pass by frequently, keep your eyes open and report any suspicious activity to [ottawachildrengardeninfo@gmail.com](mailto:ottawachildrengardeninfo@gmail.com). You can also contact this email address to donate to help purchase seeds, plants, garden tools and implements or sign up to become a volunteer and help keep the Garden thriving.



LORI GANDY PHOTOS

**The entrance is shown here with the damaged gates removed for safety reasons. They will not be replaced going forward.**



Diem Nguyen

## Wake Robin Law

Real Estate  
Estate Planning & Administration  
Business Law

(613) 413-4323

[hello@wrlpc.ca](mailto:hello@wrlpc.ca)

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

571 Somerset St. West  
(near Bay St.)



**Subscribe to The  
Mainstreeter's new  
e-newsletter**



Stay current with all of the Old Ottawa East news, information & events – delivered to your email inbox six times per year.

Use the QR Code to the left to subscribe or click the Newsletter button on the homepage of our website at [www.mainstreeter.ca](http://www.mainstreeter.ca).

## YES OR NO?

In our December issue, we noted that the elimination of nine mature trees on Centennial Boulevard was the most recent example of the erosion of the existing tree cover in Old Ottawa East (OOE). Ottawa's Official Plan sets a tree canopy target of 40% averaged over the entire urban area of the City, up from 25% at present. But the tree cover average in OOE appears to be heading in the wrong direction – decreasing rather than increasing. Some of the residents of Centennial that *The Mainstreeter* spoke to in November wondered whether community-wide actions to preserve mature trees in the community might have been a viable option. In particular, one individual questioned whether a community-administered tree trust might help to preserve the tree cover in Old Ottawa East, and possibly forestall further erosion in future that could result from construction and development. So, to see if others in the community agreed with the idea of establishing a community tree trust, we asked the question: *Going forward, do you think community-wide stewardship and responsibility for our diminishing tree cover in OOE should be entrusted to our local organizations, OOECA and SLOE, through a community tree trust?*

In response, more than 50 respondents offered their views, and support for consideration of a community tree trust in Old Ottawa East was strong. Here are the results:

***YES - we support community-wide stewardship by one of our local organizations through a tree trust to protect our diminishing tree cover in Old Ottawa East.***

**80.1%**

***NO – we think there are other and better ways to enhance our tree cover than a tree trust administered by one of our local organizations.***

**19.9%**

***Now here's our next Y or N? survey question for your response:***

Many in our community have fond childhood memories of the Central Canada Exhibition, also known as the Ottawa SuperEx, which operated at Lansdowne Park every August for 122 years - between 1888 and 2010. The 11-day exhibition was a favourite of both residents and tourists until it was suspended in 2011 owing to a shortage of funds coupled with plans to re-develop Lansdowne. In recent days, some, including Councillor Shawn Menard, have suggested that it might be time to resurrect the SuperEx at Lansdowne, as part of an alternative vision to the controversial and costly Lansdowne 2.0 proposal. With the Flora Footbridge now a central feature of life in Old Ottawa East and the Glebe, it's never been easier for our residents to get to Lansdowne. So, we got to wondering what the denizens of Old Ottawa East thought about the idea of reviving the SuperEx and restoring it to Lansdowne. ***Would you be in favour of having the Central Canada Exhibition return to Lansdowne?*** Yes or No? Scan the QR Code to the right to cast your vote.



## River Dental

AT THE CORNERS ON MAIN

*Fall in love with your smile!*

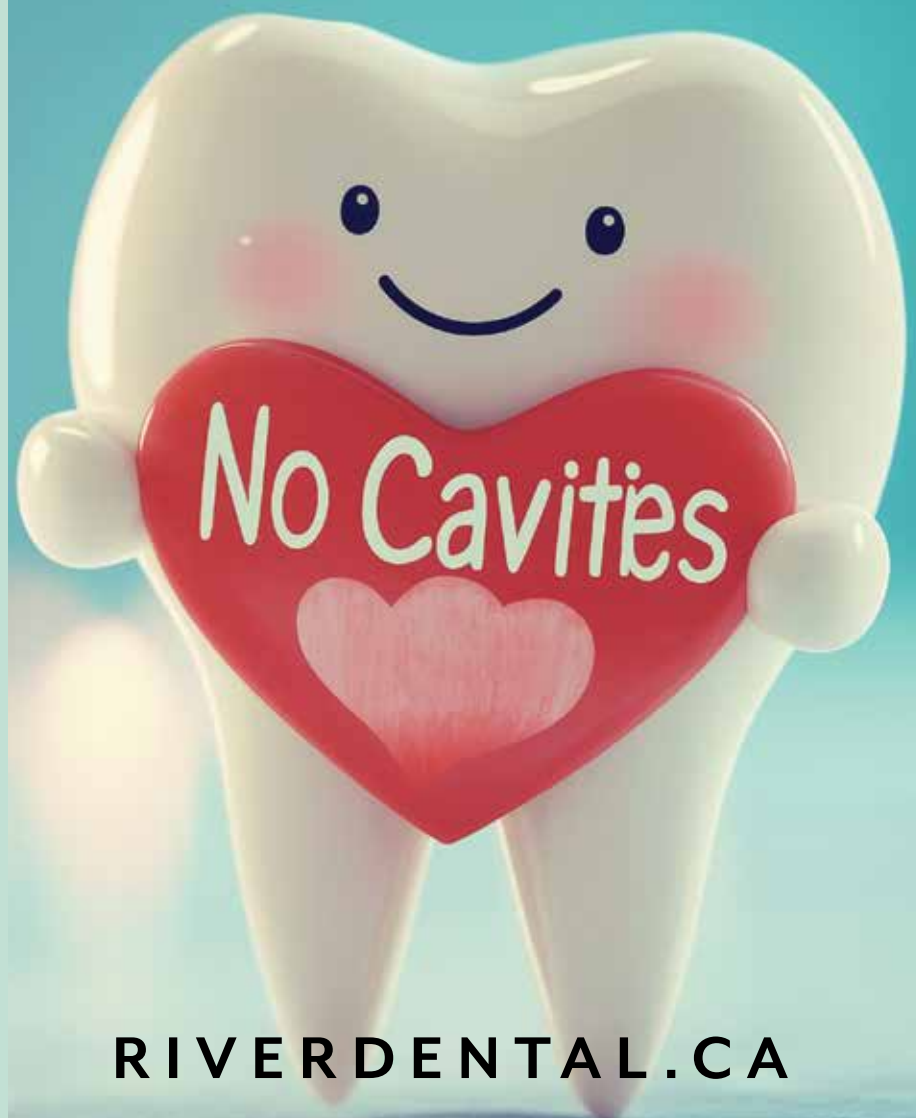
### ACCEPTING NEW PATIENTS

- Family & Cosmetic Dentistry
- SureSmile Invisible Aligners
- CEREC Same Day Crowns
- Botox for TMJ & Migraines
- Take Home Whitening Kits
- Ultra-Thin Veneers
- Bilingual Staff
- Implants & Wisdom Teeth Removal

Dr. Audet, Dr. Simon, Dr. Bitar, Dr. Azadi

☎ 613.422.6555 ✉ info@riverdental.ca

7 Oblats Avenue Ottawa, K1S 5V9



**RIVERDENTAL.CA**



## OPINION

# Learning to tackle climate change in Ottawa through the Citizen Climate Council (C3)

*Local climate change advocate Peter Croal explains what he and fellow Ottawans have achieved through C3*

### PETER CROAL

From ticks to tornadoes and from fires to floods, climate change has taken hold in the City of Ottawa. No aspect of our lives is immune from the effects of rising temperatures and their impact on our health, homes, jobs, community, and transportation systems.

In April 2019, Ottawa City Council declared climate change to be a municipal emergency. Since then, the focus of municipal officials has been on how to implement the declaration, leading to the development of a number of plans, policies and programs.

For residents, knowing what to do to mitigate climate change is challenging, complicated, and confusing. It can feel hopeless. Reason enough for the birth of the Citizen Climate Council, or C3.

C3 was formed in 2020 as a small working and discussion group to 1) study the problems and solutions associated with climate change and 2) share the knowledge gained to help the city and its residents with climate change issues. Three members of C3 reside in Old Ottawa East, four members are from the Glebe area and one member resides in Burritt's Rapids.

Getting involved with the City of Ottawa on climate change has been rewarding for C3. As Margaret Mead, an American anthropologist once said: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

While C3 may not change the world, we are working with talented people on City Council and staff and with concerned community groups to help effect change in our own modest way.

Here are some of the key things we have learned in these last five years of climate change advocacy:

1. Climate change effects everything about our city – and addressing these changes by putting bandages on how

the city runs will make little difference. But Ottawa can succeed if everyone (politicians, city staff and residents) works together to boldly tackle the problem by transforming how the city runs, by reducing our dependency on fossil fuels and by protecting us from worsening storms, heat, floods, fires and drought. Ottawa needs "Churchill-like" leadership (strong, bold, and fully committed) from its politicians and senior managers to guide us through these challenging times and secure a healthy, happy and prosperous future for our city and for our children.

2. Climate change is complicated. Putting the effort into understanding and demystifying climate problems and solutions is an essential first step.

3. Similarly, to understand the problems and potential solutions to climate change issues for Ottawa, citizens need to understand how the city operates, what community groups and various civil society groups do and how to build relationships with them.

4. Citizen engagement with Council and staff is extremely important and effective if it is done in a respectful and professional way. Positive change can happen through meaningful relationships with Council and staff. There are good and caring people on Council, and in city staff and community groups who are working tirelessly to make sure climate change issues are addressed.

5. Facts and fear do not motivate people about climate change. What does work is showing the city what progressive climate change actions can do for quality of life, reduced costs, health and more streamlined and sustainable planning.

6. Working on climate issues is an effective way to minimize climate change anxiety and stress. Lifelong friendships can be made through community-based climate change work.

Our C3 group has learned how to engage effectively with Council and staff. Key Council members and staff

working on climate change are just one click away, and are more than likely willing to exchange ideas, comments and solutions with you. Here are useful links related to climate change at the City of Ottawa:

- City Council has established the Environment and Climate Change Committee, (ECCC) which is now chaired by Councillor Shawn Menard. He can be reached by email at: Shawn.Menard@ottawa.ca.

- Citizens can make a 5 minute-long in person or Zoom presentation to the ECCC, which is called a delegation.

To request to appear before the ECCC with concerns and ideas, you

can email christopher.zwierzchowski@ottawa.ca.

- You can subscribe to receive ECCC climate change news and meeting notices at <https://forms.ottawa.ca/en/form/esubscriptions/signup-form> or by scanning the QR Code below.



## FREE In-Home Consultation



BLISS  
AUTOMATION  
by ALTA

somfy

- RANDALL'S KNOWLEDGEABLE SPECIALISTS can guide you on style, fabric and the manual or automated lift system to suit your needs
- Discover UNCOMPLICATED, motorized lift systems — BLISS™ or SOMFY® AUTOMATION — designed for the everyday user
- Set times to move your shades automatically throughout the day for COMFORT, PRIVACY and SECURITY whether AT HOME OR AWAY



**RANDALL'S**  
Decor since 1948

Serving Residential, Commercial and Builders

randalls.ca | 555 Bank St. | 613-233-8441 | bankst@randalls.ca  
& NEW 1891 Merivale Rd. | 613-695-2945 | merivale@randalls.ca  
Paints | Stains | Window Treatments | Designer Wallpapers, Fabrics and MORE!

## COMMUNITY UPDATES



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

### Riverdale reconstruction is coming

Public consultation on the rehabilitation of Riverdale Avenue begins this winter.

“The City of Ottawa has identified Riverdale Avenue for an integrated road, water, and sewer rehabilitation project to address aging underground infrastructure,” says Elizabeth Murphy, a program manager in the city’s transportation engineering services.

The project involves full road reconstruction along most of the corridor between Main Street and Bank Street. To prepare, the city launched a functional design exercise in 2024 to confirm the scope of the roadway and transportation elements.

Widened sidewalks, potential new cycling facilities, improved bus stops, and on-street parking are under consideration, along with intersection improvements and traffic calming measures.

The timing of construction will depend on approval of capital funding but will tentatively begin in 2027.

### New funding benefits OOE

Despite the financial challenges faced by the City of Ottawa, several projects benefitting Old Ottawa East residents received approvals in the city’s new budget. Ottawa's new budget increases taxes by 3.9 percent which is notably lower than the increases in Toronto and Hamilton (9.5 and 6.3 percent respectively).

A total of \$6.8 million was approved in the 2025 capital budget for construction of the new community centre in the Deschâtelets Building. The expenditures for the project will begin when the provincial government provides funding to complete the Au Coeur d’Ottawa school, the primary occupant of Deschâtelets.

Almost \$2 million has been approved for the Forecourt Park in front of the Deschâtelets Building. “The design work will begin in 2025 with construction to follow, subject to coordination with timelines associated with building of the required fire lane, the community centre and the Au Coeur school,” says Dan Chenier, the city’s general manager of Recreation, Cultural and Facility Services.

The expanded Carleton University Aquatics Facility also received an increase of \$1.5 million for a total of \$54.6 million project budget. This funding is for a 50-metre pool with final location yet to be confirmed. Discussions with Carleton University are ongoing to determine if a partnership arrangement can be negotiated.

“Any future impact on Brewer Pool will depend on where the new 50-metre pool is built,” says the city.

“There are currently no plans to replace Brewer Arena. The arena will continue to be maintained through ongoing lifecycle renewal work. Works identified for the next five years include roof replacement, repaving of the parking lot, and upgrades to the refrigeration, lighting, electrical and plumbing.”

### Centennial trees - Take 2

A February consultation meeting to gather the views of Centennial Boulevard residents is expected to hasten the early release by Hydro One of a detailed landscaping plan for the Centennial Boulevard hydro line corridor.

Last November, to the dismay of many residents, Hydro One chopped down all of the large trees under the electric cables. However, now Hydro says its goal is “to restore the natural beauty of the boulevard while keeping the corridor safe for public use and for our crews to access the power lines for maintenance and repairs.”

Hydro One justified the removal of the trees to limit the cost of maintenance and on the basis of an easement agreement with the City of Ottawa which Hydro One originally claimed limited trees to just 10 feet. Upon questioning by *The Mainstreeter*, Hydro now says the limit is actually 12 feet, although in its invitation to the February meeting Hydro still spoke of a 10-foot limit.

Over the Christmas holidays, a number of Centennial residents “replanted” part of the boulevard with used Christmas trees, something that was an improvement over Hydro’s barren clearcutting. The Christmas trees sparked an idea for one local resident who mused whether planting Christmas trees might be a sound use of all or some of the boulevard whereby each year some trees would be harvested and new trees planted in the gaps.

Hydro One intends to implement its new landscaping plan this spring.



MARGO BISSON PHOTO

**Centennial Boulevard residents improved the boulevard by “planting” used Christmas trees where the large trees had been removed by Hydro One.**

### Greenfield/Main/Hawthorne: Stop!

A month after the completion of last year’s construction on the Greenfield/Main/Hawthorne (GMH) project ended, the city reinstalled a missing stop sign at the corner of Montcalm Street and Greenfield Avenue. Montcalm resident Greg MacEachern notified Councillor Shawn Menard of the deficiency and a sign was installed the next day.

Last fall, MacEachern and neighbours raised a number of issues concerning the conduct of the lengthy project and the result was an on-site meeting of residents, city staff, Menard and the contractor.

“What typifies the lack of regard for the community is that when the construction company, running well behind schedule, had to hurry and return

**Update: Continued on page 11**

## COMMUNITY UPDATES

### Update: Continued from Page 10

our streets to normal so plows could clear snow, but neither they nor the city ensured the stop sign at Montcalm and Greenfield was re-installed," MacEachern wrote in an email to Menard. "Did no one think to do a neighbourhood inspection following the removal of the construction equipment?"

MacEachern proposes that another community meeting be held "to review how the remaining months (years?) of construction will work, and that commitments about proper notice be met."

## Colonel By stone walls

Although the National Capital Commission (NCC) is not planning any rehabilitation work on the retaining walls in Old Ottawa East between Colonel By Drive and Echo Drive this coming year, considerable work is planned for the Old Ottawa South portion of the walls.

"The construction of a 140-metre-long new armour stone retaining wall along Colonel By Drive between the Bank Street overpass and Rosedale Avenue is expected to begin in 2025," says the NCC. "The second part of the project between Echo Drive and Rosedale Avenue will take place in 2026."

Armour stone is a natural quarry rock that is extremely large in size and usually comes in a uniform rectangular shape. The large blocks were also what was used four years ago in the rehabilitation of the retaining wall near the Avenue Road stairs.

### New trees along Colonel By

Addressing a long-standing concern of the Old Ottawa East (OOE) Community Association, the NCC planted 13 trees last fall on the barren stretch of land between Colonel By Drive and the Canal opposite Kings Landing.

Although there had been several trees there before, some had died and others had been destroyed by the 2022 derecho. The plantings are a part of the incremental tree planting efforts supported by the federal government's "2 Billion Tree" program. The new trees include elm, oak, spruce and hickory.

The community association has also requested that the NCC plant additional trees along the southern section of OOE's Colonel By Drive frontage. When previously asked about this, the NCC responded that more trees would be planted when the installation of the new lights is completed, something scheduled for "winter 2025-26."

In related news, the city has replaced four dead trees along Main Street, between Clegg Street and Beckwith Road.

## Main and Hawthorne - corner safety concerns



JOHN DANCE PHOTO

**Shortly after its installation, one of the new hard bollards at the southwest corner of Main and Hawthorne was decapitated. The city says additional improvements will be made.**

One benefit of the Greenfield/Main/Hawthorne project is better safety for pedestrians and cyclists at the southwest corner of Main and Hawthorne. But one of the related improvements – hard bollards – has already been damaged by turning vehicles. While this is evidence of the bollards' value in protecting pedestrians at the substandard corner, it may also demonstrate that not enough has been done.

"The damaged bollard was impacted during a period when construction traffic control measures were in place and does not represent the final conditions at this intersection," Bruce Kenny, the city's manager of Design and Construction responded to *The Mainstreeter*.

"Once construction is complete, the corner will remain slightly constrained due to the proximity of nearby buildings," he said. "However, the design improves the right-turn movement as much as possible, minimizing the risk of vehicles encroaching onto sidewalks."

Next year, the city will install a concrete rumble strip along the curb line near the bollards to promote better vehicle alignment during right turns. Also, a flex stake will be installed at this corner between the crosswalks for enhanced safety. Previously, the flex stake at this location was repeatedly battered and then just disappeared. *The Mainstreeter* will continue to monitor what happens.

Residents have noted that the reconstructed southwest corner of Pretoria Bridge and Colonel By Drive does provide enhanced pedestrian safety and they question why the same design wasn't used at the southwest corner of Main and Hawthorne.

## THE MAINSTREETER

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

*The Mainstreeter* is a non-profit community newspaper supported by its advertisers and published by Old Ottawa East Community Newspaper Inc. The views expressed in *The Mainstreeter* are those of contributors, and do not necessarily represent the views of *The Mainstreeter's* editorial staff or Board of Directors.

*The Mainstreeter* is distributed free of charge to all Old Ottawa East residents and commercial establishments. If you do not receive a copy of *The Mainstreeter* at your residence, kindly contact [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca).

Please send article submissions, under 600 words, to [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca) in MS Word format. The editor will contact you if substantial edits or changes are required to the text. Send letters to the editor to [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca). Keep letters under 200 words and include name, street name of your residence, and daytime phone number. Letters may be edited for length and clarity. Advertisers may contact *The Mainstreeter* at [advertising@mainstreeter.ca](mailto:advertising@mainstreeter.ca). Photo submissions are welcome to [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca).

Please see [www.mainstreeter.ca](http://www.mainstreeter.ca) for online versions of *The Mainstreeter* plus full-length interviews, archives, and other content about Old Ottawa East.

**Editor:** [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca) Lorne Abugov

**Content Contributors:** John Dance, Lorne Abugov, Tanis Browning-Shelp, Jill Wherrett, Quinn Abugov, Dianne Wing, Peter Croal, Tim Hunt, Yasir Naqvi, Shawn Menard, Lori Gandy, Martin Adelaar, Ben Crooks, Vicki Davis, Marcelle Thibeault

**Copy Editors:** Lorne Abugov, Lori Gandy, Jocelyne Caloz

**Photo Editor:** Peter Fowler

**Rédactrice (pour le français):** Jocelyne Caloz

**Advertising Manager:** [advertising@mainstreeter.ca](mailto:advertising@mainstreeter.ca) Ben Crooks

**Accounts Manager:** Lyne Lamothe

**Layout Designer:** Bess Fraser

**Photographers/Artists/Sketch artist:** John Dance, Lorne Abugov, Tim Hunt, Jill Wherrett, Peter Croal, Bruyere Health, Lori Gandy, Margo Bisson, Ottawa Police Services, Shawn Menard, Agnes and Anna Scott

**Web and Social Media Editor:** Anthony Lenzo

**Board of Directors:** Dianne Wing (Chairperson), Whitney Bond, Lori Gandy, Phil Legault, Melissa Eberly, Ian Sadinsky, Emily Koch, Peter Croal, Lorne Abugov (ex-officio)

**Distribution Manager:** Daniel Racicot

Copyright © 2024 Old Ottawa East Community Newspaper Inc. All rights reserved. This newspaper, or any portion thereof, may not be reproduced or used in any manner whatsoever without express written permission of the editor.

Old Ottawa East Community Newspaper Inc. thanks the following volunteers from our community who distribute the newspaper to your door in rain or shine:

Zone A: Sandra Koch (Captain) - Johanne Lalonde - Jacob and Rivers Arvai - Sabod Anand - Danica Nielsen - Justin and Sophie Brown - the Miller family - the Scott family - James Richards

Zone B: Aileen Larkin (Captain) - Don & Carole-Anne Pease - Elysia and Kailena Allen - Susan O'Reilly - Sue McDougall - Graeme and Carolyn Barbe - John McCauley - Isaac Dawson - Nina Jacobsen - the Earl Family

Zone C: Don Fugler (Captain) - Alex Peach - Janet Barnes - Bruce, Kathleen, Kaithlyn and Meghan Lowe - Sean, Lisette, Clare and Fiona Sutherland - Lori Gandy - Janice Neelands - Lorne Abugov - John Ferguson - Ava Perkins - Mary and Don

Zone D: Doris Smith (Captain) - Marilyn Duncan and Colin Best - Michelle Cain and Gareth, Amelia and Enid Palid - Evie Cho-Chu - the Varshney/Colin Family - Thoma and Ariana Simpson and Suzanne Gagnon - Kate Fiander

Zone E: Jocelyne Caloz, (Captain) - Victoria and William Bailey - Simon Ceballo - Lyra Doyle and Kathryn Haddon - Suzanne Johnston - Dave and Ben Macki - Mary O'Donnell - Joseph Sleiman - Mary Wigmore.

Zone F: Jim Parkin (Captain) - Dan Roach - Therese Smith - Juan Renart - Bob Ryan - Phil Castiglione - Jeanette Drisdelle - Louise Rachlis

Zone G: Tim Jordan (Captain) - Ed Janes, Owen Janes, Isabella Hogeterp - Stanica Karadzic - Natalia and Anna Mudric - Aynsley Morris

Zone H: Heather Jarrett (Captain) - Jorge Solanilla - Peggy and Terry West - Camrose Burdon - Cory Hill - Della Dupuis - Evelyn Tan - Peter Tobin - Ron Rose

Other distributors: Chuck Bain, Nancy McDonald, Melinda Newman, William and Charlotte Duchesne, Whitney Bond, Phil Legault, Lesley Barranger, Alexis McKenzie

High school volunteers should submit papers for signature to Daniel Racicot at [distribution@mainstreeter.ca](mailto:distribution@mainstreeter.ca)

### OTHER USEFUL CONTACTS

**Councillor Shawn Menard:** [Shawn.Menard@ottawa.ca](mailto:Shawn.Menard@ottawa.ca)

**Community Activities Group:** Call Old Town Hall at 613-564-1078 and leave a message for Lee Jacobs or email [LeeJ@ottawaeastcag.ca](mailto:LeeJ@ottawaeastcag.ca)

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

**Old Town Hall:** 613.627.0062



**VETS ON MAIN**

**Open and welcoming new patients!**



We are proud to be Old Ottawa East's local choice for independently owned veterinary care. Find us in the neighborhood at 175 Main Street or call us at (613) 509-1030

## Canal pathways may remain open during 417 bridge replacement



JOHN DANCE PHOTOS

### JOHN DANCE

The National Capital Commission's "requirement for a continuous pathway connection for projects affecting NCC lands," may result in the pathways under the 417 Canal bridge remaining open when the Ministry of Transportation of Ontario (MTO) replaces the Canal bridge.

Previously, the MTO had said that both sides of the Canal's pathways and parkways under the bridge would be closed for about two years as the bridge is replaced.

However, as seen in the current project for the rehabilitation of the Mackenzie King Bridge, which is the continuation of Albert and Slater streets, the NCC negotiated with the city to ensure continuous passage on the Canal pathways and parkways below the bridge.

*CANAL BRIDGE: Continued on page 13*

REAL ESTATE

ESTATE  
ADMINISTRATION

WILLS & POWERS  
OF ATTORNEY

Leslie J. Kirk & Iuliia Shulakewych

*kirk.*

KIRK LAW OFFICE  
PROFESSIONAL CORPORATION



KIRKLAWOFFICE.CA

613.238.8006

34 Hawthorne Avenue

# 90-week disruptions for motorists and affected communities

**CANAL BRIDGE:** Continued from page 12

The contractor for the \$24 million project has erected temporary structures under the bridge so that motorists, pedestrians and cyclists are protected and unimpeded.

“The NCC worked closely with both the City of Ottawa and Public Services and Procurement Canada’s (PSPC) contractor for their Energy Services Acquisition Program project works, to secure this detour,” an NCC spokesperson told *The Mainstreeter*. “All costs were borne by the city and [the] contractor.”

“The exact accommodation is usually established only once the project gets into detailed design where we work with the proponents to develop the options,” says the NCC. For its part, MTO says “detail design” will begin later this year and it will “further examine the details associated with this closure [of pathways] and review the mitigation strategies for the pathways, including potential detours.”

But as distinct from pedestrians, MTO seems unwilling to make any changes to avoid detours for motorists using Colonel By Drive and Queen Elizabeth Driveway. In response to Councillor Shawn Menard’s 11-page critique of MTO’s current plan for the replacement of the Canal and other downtown Highway 417 bridges, MTO responded four months later with a three-paragraph letter saying, “The preliminary design study for this project identified that a 90-week closure of the Colonel By Drive and Queen Elizabeth Driveway would be necessary to align the slide paths for the bridges with the existing bridge abutments and piers. This alignment is critical for constructability and requires temporary supports that conflict with the two parkways. We understand the inconvenience and disruption associated with the closure of the parkways.”

But although MTO says they “understand the inconvenience and disruption,” MTO has not been



**The NCC ensured that there would be a continuous pathway connection during the rehabilitation of the Mackenzie King Bridge and this may also be required when MTO replaces the 417 Canal bridge.**

willing to modify its plans to eliminate or at least reduce “inconvenience and disruption” for motorists and affected communities.

To this, Councillor Menard responded: “We will continue to work with MTO during the 2025 detailed design phase to emphasize how important these transportation areas are for local residents and the need to adjust their plans.” Similarly, MPP Joel Harden has continued to work with MTO to come up with a less disruptive approach.

Meanwhile, on January 20, MTO finally began its temporary repairs of the east side of the Canal bridge. Back in July, MTO told *The Mainstreeter* that the temporary repairs would begin late fall and be completed by the end of 2024. Although the Councillor’s office and the NCC were advised in December of the work, no notice was provided to affected community associations. MTO provided no explanation for why the project was delayed.

The NCC has posted that the MTO work will be completed February 18. The installation of a temporary support system for the two exterior girders requires the under-the-bridges pathway detour to the parallel pathway along the Colonel By roadway. Colonel By drivers can expect some short-duration lane closures and some shoulder and lane reductions on 417 during off-peak hours.

“We knew our listing would **look great**, because theirs always do, but it was also their **insight into the market**, our property, and our location, that gave us **full confidence** in them when it came to selling our home.”

Happy Local Sellers!

**JUST LISTED**

**Contact Us About Your Spring Move**  
We'll Get it Done Together

**diane & jen** Team

**Unique and Stylish Condo!**  
501-150 Greenfield Avenue  
Old Ottawa East | **\$449,000**

home@dianeandjen.com 613-795-9793  
dianeandjen.com

**ENGEL & VÖLKERS**  
Engel & Völkers Ottawa Central, Brokerage. Independently owned and operated.



# CAG

**Community Activities Group of Old Ottawa East**

Making Old Ottawa East an even better place to live, work, and play!

# February 2025 Update

All programming and events are subject to change.

[www.ottawaeastcag.ca](http://www.ottawaeastcag.ca) | [info@ottawaeastcag.ca](mailto:info@ottawaeastcag.ca)



**Camp Brantwood**  
10 Weeks of Camp  
Ages 4 to 12



**Camp Old Town Hall**  
3 Weeks of Camp  
Ages 10 to 13

**Registration Open Now!**

## Winter Party in the Park

Brantwood Park  
Saturday Feb 15, 2025  
1:00pm - 3:00pm

## Fitness/Wellness

*Better Body Bootcamp* Early Spring Session Starts: March 17

*CAG Adult Fitness/Wellness* Spring Session Starts: March 31

## More 2025 Youth Camps

March Break Camp 2025  
(March 10 - 14)

PA Day Camps  
(Feb 14, March 28, April 25)

**Register Now!**



*Scan to visit our website!*

Stay up-to-date on CAG events/programs and Old Ottawa East happenings by signing up for our bi-weekly **CAG Old Ottawa East Community Newsletter.**

In Partnership with:



OldOttawaEastCAG



OldOttawaEastCAG

# THE MAINSTREETER TURNS 40!

[Editor's Note: Here's how *The Mainstreeter's* first editor, Martin Adelaar, envisioned the brand-new community newspaper in his first editorial, 40 years ago! The notice included identified the volunteer staff and informed readers of the fledgling newspaper that copies of future issues would be available at Art's Market on Herridge Street.]

## EDITORIAL

### Welcome to *The Mainstreeter* – circa October 1985

#### MARTIN ADELAAR

*The Mainstreeter* hopes to be an effective community voice that makes you feel good. We hope it will make the community feel good about its people, the scenery and the potential for new and exciting things to happen here.

*The Mainstreeter* is published by the Ottawa East Community Activities Group (CAG), a volunteer group that has been active in social and recreational activities in the community for almost ten years. Given this relationship, *The Mainstreeter's* editorial policy will, to some extent, reflect and share CAG's direction and goals.

In its capacity as the community management group at the Main Street Community Centre, CAG has a vision that sees the Centre and the newspaper as stimulants to help meet our community's development needs. These needs include daycare, education, recreation and economic development.

What our community's needs are exactly,

how they should be met and who should be involved are all topics of discussion that we hope to share with you. This shopping list is, however, incomplete. It's up to you to tell us what else needs to be discussed. We'll strive to do this in an unbiased, objective and open way.

If you think we're going to be totally serious, forget it. *The Mainstreeter* is going to have fun as well. In upcoming issues, we intend to have regular features on music, games, cooking and anything else you can think of.

*The Mainstreeter* is produced by an all-volunteer staff and my thanks go to them for helping to get this started. We think there's lots of room for the newspaper to grow and we look forward to your innovation and participation to make it happen.

[Editor's note: *The Mainstreeter* is no longer published by the Old Ottawa East Community Activity Group (CAG) – it is now an independent community newspaper published by *Mainstreeter Newspaper Inc.*]

#### NOTICE

This is the first issue of Ottawa East's new community newspaper - *The Mainstreeter*. It should have been delivered to all residents of Ottawa East, but if we missed your home, we apologize. You may pick up a copy of the current issue at *The Mainstreeter* office in the new Main Street Community Centre, 88 Main Street, or at Art's Market, 35 Herridge Street. In order to ensure that future issues of *The Mainstreeter* are delivered to you, please contact the CAG office at 563 - 3395.

#### LETTERS TO THE EDITOR:

We look forward to your letters. Send to or drop off c/o *The Mainstreeter*.

#### CREDITS:

Publisher: Ottawa East Community Activities Group

Editor: Martin Adelaar

Advertising: Herman de Souza/Barbara Pickthorne

Photography: Michael Abraham

Reporters: Dorothy Hefferty, Elizabeth Traynor, Nicole Zuger, Linda Vanderlee, Ken Lederer, Tina Allison

Layout: Barbara Pickthorne

Typing: Mary Guzzo Printer: Runge Press, Renfrew, Ontario.

## We love Old Ottawa East! Do you?

### Tell us how you relate to your community?

Over the past 40 years, *The Mainstreeter* has told our readers the stories that have shaped the Old Ottawa East community in which we live today. We've brought you local news you rely upon, we've covered your events and we've introduced you to new businesses and to many of your neighbours.

If it's not already apparent, we love this community - the way it is, the way it was and the way it is shaping up to be.

And, as our community undergoes major changes, we're more curious than ever to know if you, our readers, share with *The Mainstreeter* our delight in calling Old Ottawa East our home.

To help us celebrate our 40th

birthday, we are inviting all of our readers to tell us in your own words what you really love - or not so much - about Old Ottawa East. And, we'll share your thoughts with the community through a special story we'll publish later in the year.

In not more than 250 words, tell us about your relationship with Old Ottawa East, how you came to reside here, how long it's been, what attracted you to the community, what makes it different or special, what's already great or not so great, and how it can be even better.

Everyone has a unique perspective that we want to hear about and share with others. Email us at [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca).



## THE MAINSTREETER'S 40TH ANNIVERSARY GIVEAWAY CONTEST

To celebrate *The Mainstreeter's* 40th birthday, we're staging a giveaway contest to thank our readers throughout 2025. We'll have free prizes to offer in each issue - and this issue's prize just screams Old Ottawa East!

Through the generosity of The Green Door, we have 10 gift cards valued at \$40 each to dine in or take out from our community's best-known and much-loved dining establishment. We want you to enjoy fine vegetarian and vegan cuisine at the Green Door or at home as guests of *The Mainstreeter*. The first 10 readers who email [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca) with their names, home addresses and email addresses will win the gift cards. Use the subject line: GREEN DOOR. Only contest winners will be notified.

# CRIME IN OLD OTTAWA EAST

Constable James Kennedy briefs the community

## Ottawa Police Services provide a crime prevention primer

JOHN DANCE

So how do we prevent crime in our community? Greater use of technology and tried and true methods of “crime prevention through environmental design” (CPTED) were explained by Ottawa Police Services (OPS) Constable James Kennedy during a well-received presentation at a recent community association meeting.

Although he noted that Old Ottawa East is a “low crime” area, Kennedy advised use of a wide variety of techniques to reduce bike and parcel theft and deter break-ins. In addition, he set out what to do if there has been a crime or threat.

“I highly suggest people get a security camera – you can get a decent camera for \$50,” he said. With the introduction of affordable security cameras, OPS places less emphasis on the “neighbourhood watch” type of surveillance that used to dominate community crime prevention efforts.

In addition to “mechanical” surveillance using cameras and “organized” surveillance like neighbourhood watch, Kennedy spoke of the importance of “natural” surveillance through landscaping and lighting. This involves efforts such as ensuring hedges and trees are well trimmed to provide good sightlines.

Kennedy also recommended improving “access control” and “territorial reinforcement” through such things as fences. “Properly located entrances, exits, fencing, landscaping and lighting can direct both foot and automobile traffic in ways that discourage crime,” he said.

“People protect territory that they feel is their own and have a certain respect for the territory of others,” he commented. “Fences, pavement treatments, art, signs, good maintenance and landscaping are some physical ways to express ownership.”

OPS provides residents with CPTED audits and these can be arranged by emailing Constable Matt Hunt at HuntM2@ottawapolice.ca.

### Porch Pirates

With the great increase in the use of on-line shopping and resulting home deliveries, “porch pirating” of the delivered goods has become a serious problem. Kennedy says that over the Christmas holidays home deliveries averaged over \$250 per

**Ottawa Police Service**  
**MAKE THE RIGHT CALL**  
ONLINE + BY PHONE

**ONLINE REPORTING**  
Don't wait on the phone, save time and use our online reporting service for non-emergency reports such as:

- Theft (excluding theft of passports)
- Theft from Vehicle
- Traffic Complaints
- Mischief/Damage to Property
- Drug Complaints
- Fraud Complaints

**REACH US BY PHONE**  
Some incidents require an officer in person, while other reports can be taken over the phone by a Call Centre agent.

**9-1-1** for emergency

**613-236-1222** for non-emergency reports  
TTY 613-760-8100 service for the Deaf, Deafened and Hard of Hearing

For anonymous tips, contact Crime Stoppers **1-800-222-8477 (TIPS)** [crimestoppers.ca](http://crimestoppers.ca)

OTTAWA POLICE SERVICES IMAGES

**Ottawa Police Services (OPS) triages crime and complaint reports. To expedite this, OPS requests that residents report crimes in a variety of ways that reflect the severity and urgency of what is being reported.**

household, meaning there are increased opportunities for theft.

While there has been a decrease in violent crimes over the last year, there has been an increase in property crimes such as porch thefts.

To mitigate parcel theft, Kennedy recommended the use of parcel tracking to ensure delivered parcels are promptly retrieved; use of a conspicuous video doorbell to record activity at entrances; picking up parcels at designated locations like Canada Post offices; and having a mailbox sensor or parcel box. He noted that video doorbells are both a deterrent and a means of recording activity.

### Preventing Bike Theft

Although bike thefts are down, they remain a recurring problem for residents. Kennedy recommends storing bikes inside a house or a garage

and not on a porch or at the side of a house. If you live in high-rise apartments and condominiums, his suggestion was to store your bike in a designated secured enclosure.

“Invest in a proper bike lock, such as a U-Lock that requires more time to defeat than a cable lock,” he said. “Use easy-to-see bike racks, properly anchored and not concealed by landscaping or structures [and] take your helmet and any bike accessories with you (if possible) to minimize being targeted.” He also suggested that cyclists should register bikes with 529 Garage, a free service available at [project529.com/garage](http://project529.com/garage). According to the website, “This service has resulted in fewer stolen bikes and more stolen bikes returned to their owners.”

### Reporting and Data

Kennedy urged residents to report



**While the number of “break and enter” and “motor vehicle thefts” have declined over the past year, there has been an increase in “thefts \$5,000 and under” due in large part because of parcel thefts.**

crimes to OPS, regardless of their impact, noting that police responses are driven by an “intelligence-led policing model” and that “reports assist in dictating where resources should be deployed.”

While life-threatening crimes and those in progress should be reported with a 9-1-1 call, non-emergency crimes can be reported either by calling 613-236-1222 or through the OPS site at [ottawapolice.ca](http://ottawapolice.ca). By-law enforcement complaints such as parking violations should be registered with the city’s 3-1-1 telephone line or by email at [311@ottawa.ca](mailto:311@ottawa.ca).

Reports best taken on-line are those pertaining to theft, lost property, mischief and damage to property, theft from vehicle, drug complaints (using, selling), fraud, hate, and traffic.

In the case of 9-1-1 calls, key information is whether it’s a police, fire or ambulance requirement, the specific location, your identification, what is happening, who is involved (gender, age, full description), whether weapons are at play, and other relevant information such as safety concerns, priority, and nature of threat.

OPS triages the calls whereby life-threatening calls are “priority 1,” crimes in progress are “priority 2,” and all other incidents are “priority 3 or 4.” In short, OPS officers arrive promptly for high-priority calls but cannot do so for others.

The OPS on-line “community safety data portal” ([data.ottawapolice.ca](http://data.ottawapolice.ca)) shows only three crime incidents in Old Ottawa East over the last year: a “theft \$5,000 and under,” a “break and enter,” and an “assault,” all near the Lees LRT station. Evidently, the portal doesn’t show car break-ins, something that a number of residents experienced over the last year.

### Police Challenges

Constable Kennedy is the community policing officer for a populous area embracing Old Ottawa East, Old Ottawa South, the Glebe, Lowertown, Vanier and part of Centretown. This workload is indicative of the challenges that OPS faces.

In the course of his remarks, Kennedy said that the traffic services unit of OPS is “30 percent of what it should be,” and duties pertaining to Ottawa being a national capital draw the traffic police

CRIME: Continued on page 17



# CRIME IN OLD OTTAWA EAST

## Workload, crime priorities and policing the national capital are all challenges to the level of OPS community service

*CRIME: Continued from page 16*

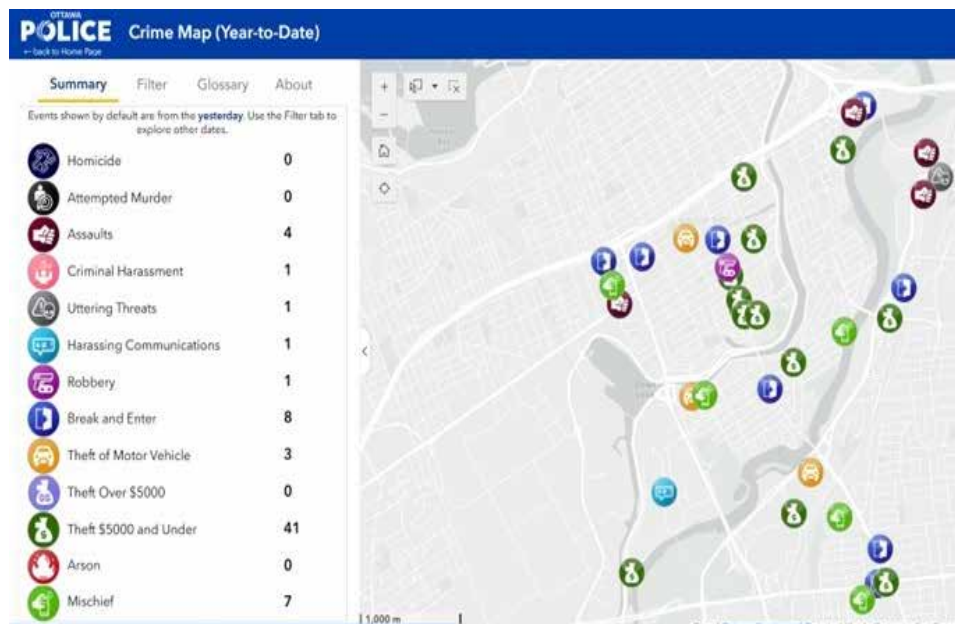
away from traffic enforcement. Indeed, Old Ottawa East usually has OPS providing assistance during the annual Brantwood Remembrance ceremony, but this past year police officers were required elsewhere.

He described the speed and red-light cameras as “a good way of getting people to obey traffic laws,” and said someday cameras may be used to catch people making illegal turns. This comment was made in light of one resident at the meeting noting that police officers driving behind him did not pursue a driver who had turned illegally onto Colonel By Drive from westbound Hawthorne.

Kennedy also noted the challenges posed by the judicial system, notably the *Jordan* framework whereby the Supreme Court of Canada has required trials to be conducted within a reasonable time. The consequence of this requirement is that sometimes those who have been charged but not tried “within a reasonable time,” have their charges dropped.

All of the related work that OPS has performed on such cases is then for naught. Further, those who had been charged and would have been convicted are then free to commit additional crimes. There are several reasons for the court system’s inability to conduct some trials within reasonable timeframes, including an

*With the great increase in the use of on-line shopping and resulting home deliveries, “porch pirating” of the delivered goods has become a serious problem.*




**The Ottawa Police Services “crime map” shows Old Ottawa East had, relative to the Glebe and Old Ottawa South, relatively few crimes over the last year. And the entire Capital Ward has notably fewer crimes than other central wards.**

inadequate number of judges.

Georgia Blondin, OOECA’s director of health and safety, had invited Constable Kennedy to speak and she noted that “Constable Kennedy is a dedicated community liaison officer

and his presentation was professional and well researched.”

Blondin can be reached by email at [health@ottawaeast.ca](mailto:health@ottawaeast.ca) for community health and safety concerns or questions.



# A SHORT WALK TO YOUR SECOND HOME

**CENTRETOWN'S NEIGHBOURHOOD BREWERY & KITCHEN**

**37 FLORA AT BANK**

**FLORAHALLBREWING.CA**

## Signy Fridriksson MA, RP



Counselling and Psychotherapy  
Individuals & Couples

613-864-5222  
[signy@signy.live](mailto:signy@signy.live)

[signyfridrikssoncounselling.ca](http://signyfridrikssoncounselling.ca)



**DENYS BUILDS DESIGNS**

**RENOVATIONS**

613-236-6516 | [Denys.ca](http://Denys.ca)

DESIGNS BUILDS REPAIRS RESTORES RENOVATES



## NOW IS THE PERFECT TIME TO LIST YOUR PROPERTY

Sellers can capitalize on low inventory and eager buyers returning to the market as interest rates decline.

Contact Judy for Your Complimentary Consultation



### JUDY FAULKNER

BROKER OF RECORD / OWNER

613.231.4663

Judy@HomesInOttawa.com

## Lansdowne 2.0

# No response on appeal refund

### MAINSTREETER STAFF

Five months after Ottawa Centre MPP Joel Harden and City Councillor Shawn Menard wrote to Paul Calandra, Minister of Municipal Affairs, requesting that the Ontario government compensate community groups for their costs incurred in filing an Ontario Land Tribunal (OLT) appeal of the city's Lansdowne 2.0 rezoning, Calandra still has still not responded.

The Glebe Community Association, with the support of the Old Ottawa East and Old Ottawa South community associations, spent more than \$10,000 and considerable volunteer effort in making the appeal. However, subsequent provincial legislation retroactively eliminated third parties' right to appeal such zoning decisions even though the OLT had agreed to hear the Lansdowne appeal.

In related matters, the planning for Lansdowne 2.0 will cost \$12 million this fiscal year and will require another \$10 million in the upcoming fiscal year. The total planning cost of \$22 million is part of the total forecast cost of almost \$500

million for a new event centre and new north stands.

In January, the city held an information session on the proposed design for the new stands. The new stands would have 20 percent fewer seats than the current stands and no roof, unlike what is now there.

Carolyn Mackenzie, chair of the Glebe Community Association's planning committee, didn't hold back her feelings when the *Ottawa Lookout* asked her what she thought of the latest renderings.

"It's boring. It looks like a Texas high school stand," Mackenzie told the *Lookout*. "Part of the experience for sports fans is going to a venue that's attractive, but this is not it," she said.

Other concerns raised by Mackenzie included the plan's poor fit with the Aberdeen Pavilion and the Rideau Canal and the proposed car and truck routes within the park. "We want to make it more of a people place and an urban park, not simply to serve the retail and events centre," she told the *Lookout*.

Edward Jones

## Looking for direction in today's market?

When you work with Edward Jones, you have an entire team behind you who cares as much about why you're investing as what you invest in.



**Marty St Denis**  
Financial Advisor



**Andrew German**  
Financial Advisor

175 Main Street, Unit 8, Ottawa, ON K1S 1C4

613-224-4242



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



## Heart Valve Disease Awareness Day

Join us and learn about heart valve disease, care and treatment options. Hear from Ottawa Heart Institute experts, as well as patient partners about their experience with heart valve disease.

**February 20, 2025**  
3:00 p.m. to 7:00 p.m. (EST)

FREE EVENT

**Learn more and register**  
613 696 7403 ext. 1  
cvhd@ottawaheart.ca  
[ottawaheart.ca/hvd](http://ottawaheart.ca/hvd)

In person at 40 Ruskin St, Ottawa, or online via Microsoft Teams.

JURISTES  
**POWER**  
LAW

Ottawa — Vancouver — Montréal

# Main Street traffic camera invades residents' privacy

**JOHN DANCE**

In December, a new traffic camera at the Main-Greenfield intersection became operational and, from the standpoint of residents, resulted in an invasion of privacy.

The automated camera with its “pan, tilt and zoom capacities” and its images being refreshed every five seconds on a city website provided a view of and into nearby residential units, much to residents’ dismay.

As a result of protests to Councillor Shawn Menard’s office, city staff made adjustments to the image so that the windows and doors of nearby residences are blurred.

As one resident put it, this was seen as a “helpful first step,” but concerns remain that the camera was installed without notification or consultation. In an email to the councillor’s office, city staff noted that the Main-Greenfield camera was installed “to assist with traffic monitoring and signal timing adjustments throughout the corridor as required.”

City staff say, “Residents are not notified of the camera installation. The traffic camera system is not intended to be used to collect personal information and is operated in accordance with the access to information and privacy provisions of the Municipal Freedom of Information and Protection of Privacy Act.”



After complaints from residents, the image of residences appearing in the foreground on the Main - Greenfield traffic camera’s video feed were blurred in an attempt to address residents’ privacy concerns.

Old Ottawa East now has seven traffic cameras: five along Main Street (Colonel By Drive, Greenfield, Hawthorne, Clegg and Riverdale), one on Greenfield near the 417 ramps, and another at Clegg and Colonel By. The Main-Colonel By camera also broadcasts images of nearby residential windows.

Residents have requested that the city re-evaluate all traffic cameras to ensure that residences are blurred from view at all times. At this point the city has not responded to that request.

At the end of January, *The Mainstreeter* checked to see what image was then appearing on the Main-Greenfield camera and there was no image, just the

wording “camera video unavailable.” Maybe additional improvements are being made to eliminate invasions of privacy.

To check out OOE’s traffic cameras scan the QR code below.



# PHARMASAVE



## Pharmasave Main Pharmacy



- 15% Daily Seniors Discount\*
- Prescription Transfers – Quick & Easy
- Compliance Packaging
- Immunizations & Vaccines\*\*
- Health & Beauty Supplies
- Vitamins & Natural Health Products
- Common Ailment Prescribing\*\*\*
- Flu Shots & COVID-19 Vaccines Available\*

\*See store for details.  
 \*\*See store for details on which immunizations and vaccines are available.  
 \*\*\*Speak with our pharmacist for more information and to book a consultation.

141 Main Street, Ottawa  
 Phone: 613-233-3335 | Fax: 833-888-1617  
[www.pharmasave.com](http://www.pharmasave.com)

**Limited Time Offer\***

**25% OFF\***

Any One Regular Priced Pharmasave Brand Product

\*See in-store for more details. Excludes codeine products, diabetic supplies, smoking cessation and adult nutrition. Subject to applicable taxes after discount. Limit to 1 per customer. Not valid in conjunction with any other offer. Valid in-store only at Pharmasave Main Pharmacy until February 28, 2025.



## Want a second opinion that puts you first?



**Stephen Roster**  
Wealth Advisor

As your ScotiaMcLeod advisor, I can help you see your portfolio in another light. Based on my 16 years of experience and our proven advisory process, I can analyze your current financial situation, and engage experts across a range of financial disciplines to maximize opportunities and minimize risk. Putting your needs first to meet your personal financial goals is my commitment to you. Call me for a complimentary portfolio review.

**We take a more complete look at your life for a more complete financial strategy.**

**Investments • Financial Advice • Protection • Estate Planning**



ScotiaMcLeod Ottawa  
613-782-6786  
stephen\_roster@scotiamcleod.com

® Registered trademark of The Bank of Nova Scotia, used by ScotiaMcLeod under license. ScotiaMcLeod is a division of Scotia Capital Inc. Scotia Capital Inc. is a member of the Canadian Investor Protection Fund.

# NIGHT OAT

AN EVENING CAFE

WINE  
COCKTAILS  
BEER  
CONSERVAS  
BREADS  
DIPS  
MEATS  
CHEESES



NIGHT OAT, AN EVENING CAFE

OLD OTTAWA  
SOUTH  
1154 BANK STREET  
5-11 SUN - THURS  
5-12 FRI - SAT

**New Menu!**



## We're all in, so she can stand out.

Elmwood is more than just a school, because she's more than just a student.

To them, we're a support system, a studio, a playground, a blank canvas. Here, they can explore beyond the curriculum, developing passions and skills that help them achieve whatever they can imagine.

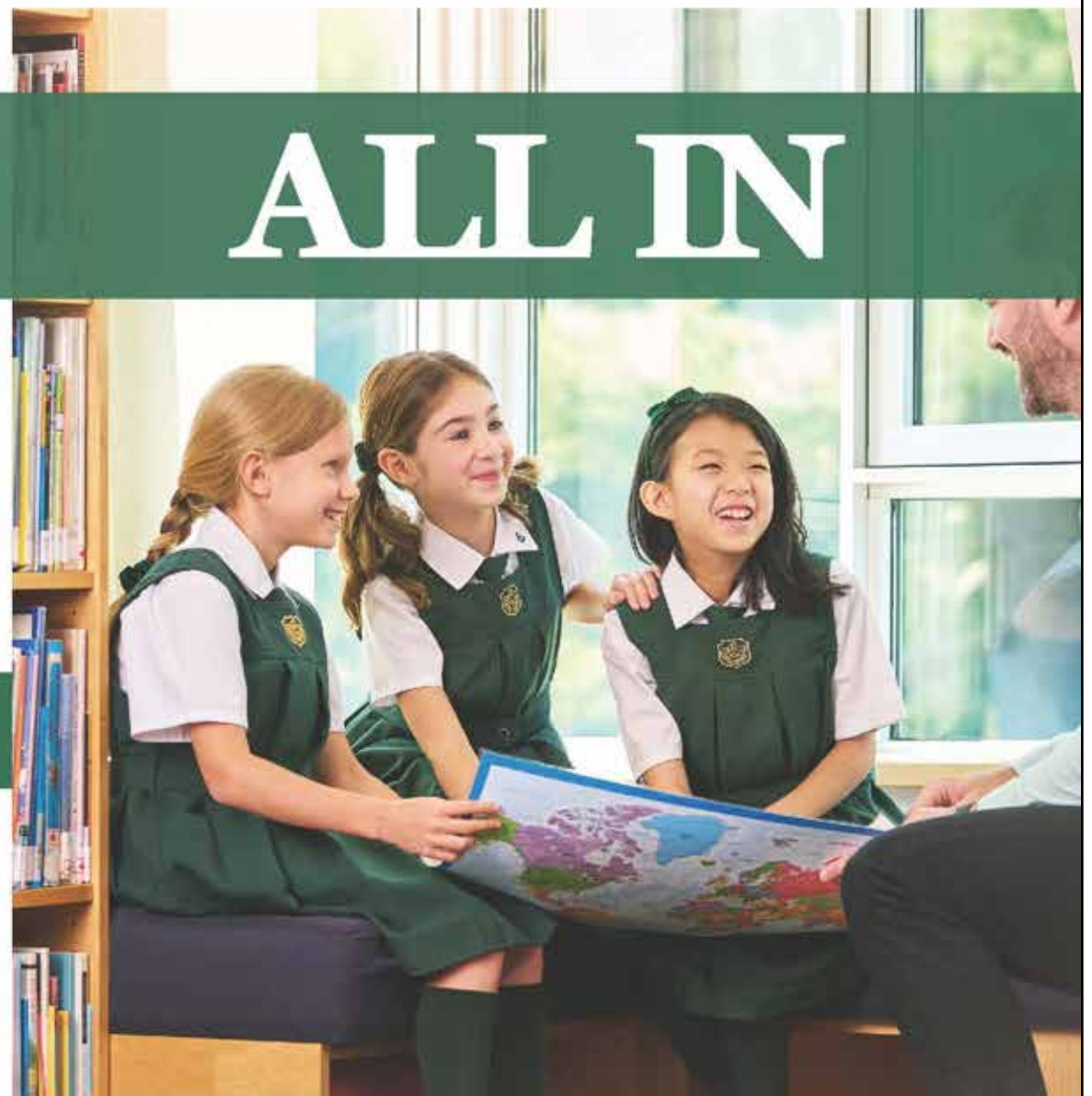
- Extensive co-curricular + sports program
- International Baccalaureate World School, Pre-K to Grade 12
- Robust financial aid program
- Healthy meals prepared onsite
- Transportation and before + after care available

Visit us online to learn more about what's possible.

An independent day school for girls from Pre-Kindergarten to Grade 12  
elmwood.ca



# ALL IN





SUPPLIED PHOTOS

Ornge helicopter and team crew are pictured here after a late night CCTT patient transfer.

### ***Critical care by air***

# Look skyward to the life-saving medical missions of the helicopter ambulances overflying Old Ottawa East

**BEN CROOKS**

Main Street has long served as a route for ambulances moving patients to the Children's Hospital of Eastern Ontario (CHEO) and The Ottawa Hospital – General Campus. Lesser known is the role played by air ambulances that routinely fly overhead to transport patients to both facilities.

Though the routes they fly are so near to us here in Old Ottawa East, few of us know of the highly trained and skilled professionals from Ornge and CHEO's Critical Care Transport Team who provide us with the life-saving air ambulance service.

*The Mainstreeter* set out to learn more about CHEO's CCTT unit, and the team's Clinical Manager, Melissa Brett was a willing and knowledgeable source of fascinating details about her team and their exploits on our behalf.

### ***Specialists in Care***

CHEO is home to one of Ontario's four neonatal transportation teams, referred to as the Critical Care Transport Team ((CCTT)). The CCTT is tasked with providing state-of-the-art medical services to infants, children, and youth over a 440,000 square kilometre area. Up to 60 transportation calls are handled per month, ranging from regional calls to hospitals such as Perth and Winchester, to extended missions to communities such as Attawapiskat and Moose Factory.

The responsibility for safely transporting neonatal and pediatric patients rests with a team of Registered Nurses and Registered Respiratory Therapists, each of whom have extensive experience in critical care and have undergone a 12-to-18-month specialised training program. These medical professionals are cross-trained to perform higher level of care duties such as intubation and patient stabilization and serve as the eyes and ears of their remote supervising physicians.

### ***Patients on the Move***

A cornerstone of the CCTT's role is moving patients to CHEO and other receiving hospitals when neonatal and pediatric care is required that can't be provided locally. Working alongside partners such as the Ottawa Paramedic Service and Ornge, Ontario's air ambulance provider, the CCTT travels by land ambulances, airplanes, and helicopters to reach the patient in need.

Advanced care begins before patients leave their community as they are prepared for travel on state-of-the-art transportation decks. Each unit costs upwards of half a million dollars and functions as a mobile Intensive Care Unit, with monitors, pumps, and all the equipment needed to ensure patient stability.

Ornge bases one helicopter at Ottawa International Airport – the use of this unique resource is carefully evaluated according to factors such as the patient's medical needs and flying conditions. When residents look up and see Ornge overhead with the CCTT onboard, Melissa notes that "...what they are seeing... is one of the sickest little patients in the province." CHEO's heliport enables CCTT missions moving by helicopter to arrive



**The CHEO heliport is where CCTT missions moving by helicopter arrive multiple times per month with some of "the sickest little patients in the province."**

directly at the facility multiple times per month, and for the patient to be seamlessly transferred to further care by receiving medical professionals.

In addition to Ornge's CCTT flights, the organization's helicopter routinely touches down at the shared helipad while moving pediatric and adult patients to CHEO and the General Campus, including individuals undergoing cancer treatment who require transportation for acute care.

### ***Growing Needs and Unwavering Commitment***

For the CCTT, the future represents anything but the status quo. Taskings have steadily increased and work is continually underway to expand the team's capabilities, including the addition of new equipment such as portable ultrasound units, expanding from two to three daily shifts, and increasing the ability to accept older patients. Support from the CHEO Foundation and contributions from the community have been key to enabling these initiatives.

The success of every mission is inseparable from the commitment and passion of the members of the CCTT and their partners, including pilots, paramedics, and physicians. CCTT members can be tasked to provide care for missions extending up to 20 hours in duration. Routinely, they respond with unwavering dedication, skill and care to ensure that patient needs are met, whether it's day or night, weekends or holidays.

According to the CCTT's clinical manager, the common trait across all team members is their penchant for hard work. "It takes a special kind of person to want to work as hard as they do... Every single person on the team [is] here for the patient," notes Melissa Brett.


**Move better, live better.**  
**Love starts with self-care.**

 **physiotherapy**  
 on kent & on main

**Two convenient Ottawa locations!**

345 Slater Street, Suite 150 & 50 Springhurst Avenue

**Book Today!**

 **Kent** 613-565-7273  
**Main** 343-984-4760

 [physiodowntown.com](http://physiodowntown.com)

 [info@physiodowntown.com](mailto:info@physiodowntown.com)



## A HIDDEN GEM ON MAIN STREET

92% Student Satisfaction Rate

Bilingual and Diverse

Competitive Tuition Fees

10 to 15 Students per Professor

Human sciences | Philosophy | Canon Law | Theology

**DISCOVER OUR PROGRAMS**

[ustpaul.ca](http://ustpaul.ca)



UNIVERSITÉ  
 SAINT-PAUL  
 UNIVERSITY

## OUR NEIGHBOURS

# Meet our community's distinguished Renaissance woman, Dr. Roseann O'Reilly Runte

### DIANNE WING

Dr. Roseann O'Reilly Runte sends hand-written cards. It's something she has always done in both her professional and personal life. So, when the editor of *The Mainstreeter* recently delivered to her Old Ottawa East condo a boxed set of *The Mainstreeter's* new greeting cards, it was not surprising that he should find her an interesting subject for the *Our Neighbours* feature.

Runte is a dual American/Canadian citizen. Her early education took place in French schools run by nuns. Her grandfather, who was fluent in many languages, told her that only when she understood and could write poetry in French, could she truly speak the language. She took him at his word. Years later, she completed her Masters and PhD in comparative French literature at the University of Kansas.

### *Canada was the perfect place*

She has the honour of being one of a very few non-French people to receive the Poetry Prize from the French Academy of Paris. She appreciates the power of language. "It's always a good thing to speak other languages, to understand the value of words and to be able to understand that people think differently because they say things differently. It's important for negotiation and for leadership to be able to say the words that will mean something to the people who are listening. Half my life was in English and half in French. I really wanted to be here. Canada was the perfect place for me."

Runte is the former President and Vice-Chancellor of Carleton University. She has the distinction of having served as president of more universities and colleges



**Dr. Roseann O'Reilly Runte: "All my life I have tried to make myself better..."**

than anyone in Canada: in addition to Carleton, Université Sainte Anne, Victoria University, Old Dominion University in Norfolk, Virginia, and as Principal of Glendon College.

When asked how one becomes the head of a university, Runte mused, "all my life I have tried to make myself better, to be able to move to higher positions. When I started teaching at the university I thought I should take graduate courses in the Faculty of Education and learn about the history of higher education in Canada and the governance of higher education, And then I thought, now I should go to the Business Faculty and learn about finances and how finances run. And then, year after year, I just kept learning things and set assignments for myself." She also went to Harvard for classes and did volunteer work in areas where she wanted to learn more. Her path was driven by continually asking: "What should I learn now that would make me a better person."

### *Developing data as a resource*

Runte served as President and CEO of the Canada Foundation for Innovation (CFI) from 2017 until October 2024. During that time, she wrote a strategic plan for the country, *Considerations for a Roadmap for Research in Canada*, about how we could foster research and how research would help grow the economy and make a healthy, better society. Her roadmap starts with people - our most valuable resource - and moves to our place in the world as a northern nation and our wealth of natural resources.

Moreover, her strategic plan proposes the development of data as a resource, not as a problem. According to Runte, data is interesting because it's a resource that is coming to us. It's not taking anything away from us. The more we have, the more interesting we become to the rest of the world. Canada has the land, the temperature, the people and the energy. But data banks are like the new gold of the world, she notes.

Runte likes to work. It makes her happy. It is now just a few months since leaving the CFI and she is already on to a new endeavour with the creation of Runte and Associates Inc. Her thinking is that at a time when there may be budget cuts for institutions, there are going to be a lot of people thinking about what they have to change. Runte & Associates Inc. can provide strategic planning, innovative solutions, good governance and support for executives. Her associates are made up of a roster of former heads of hospitals, universities and colleges, deputy ministers in government and business leaders. She has invited other companies who are also doing similar work to join her.

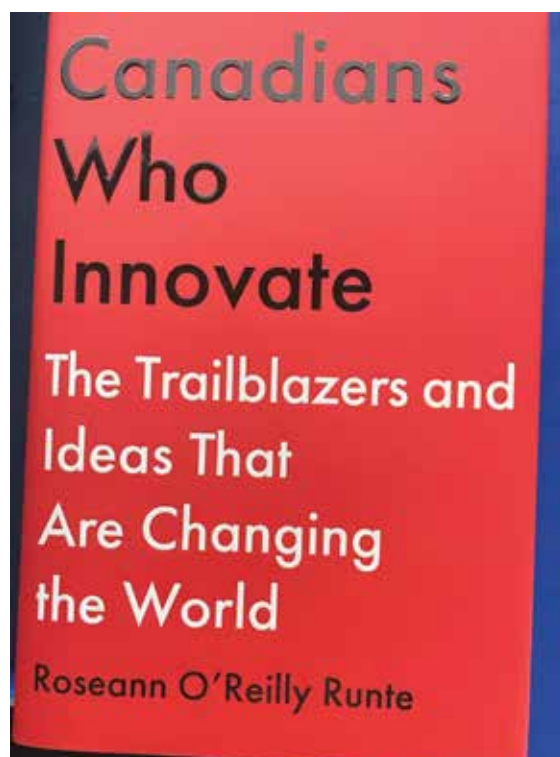
### *Innovation is in society*

The head of Simon and Schuster asked her to write a book about innovation in Canada. She agreed but wanted to do it a little bit differently. "Most people think of innovation as the space arm or a new kind of can opener, but innovation is in society. It's how we do our laws, it's how we organize our communities, in art, in music, in business, in philanthropy."

In her book, she wanted to be able to cover many fields, not just the economy and things to be built. She included people from all across the country; engineers, business people, artificial intelligence, computing, arts, social issues, environment. Because she knew most of the people from her job at CFI she would ask those people who else they would recommend? She was looking for people who had a story. She wanted the book to be hopeful and inspiring. *Canadians Who Innovate: The Trailblazers and Ideas That Are Changing The World* is just that. Runte believes that in hard times there are still winners. There are people who have good ideas and work really hard and actually get ahead really well.

So what does Runte do in her spare time, if she has any time to spare? Not surprisingly, she is a writer of more than academic and research publications. At the moment, she is writing a book about the North, a kind of reflection on what the North means to us. She has written a mystery novel about the Avro Arrow which she describes as "fiction liberally sprinkled with facts," as well as a literary, academic book about women and travel. The travelers in the latter book range from contemporary women travelling to Rio de Janeiro and the Sahara Desert to Catherine Parr Traill and Susanah Moodie. Runte believes that travel writing is autobiographical and the traveler is actually describing herself.

Why did Runte stay in Canada, and Old Ottawa East in particular? Her reasons are not unfamiliar. She likes walking to the Old Town Hall for exercises, to the NAC and the Rideau Centre. She thinks people here are very nice - kind and helpful and not pretentious. "And where else can you be skating in the middle of downtown?" - just like the Tim Hunt sketch on *The Mainstreeter* greeting cards that introduced us.



**Dr. Runte wanted her book to be hopeful and inspiring, and filled with people who had a story to tell.**

## ART BEAT



**TANIS  
BROWNING-  
SHELP**

TANIS@BROWNING-SHELP.COM

**OOE ARTIST FEATURE:  
GO FIGURE!  
LIFE DRAWING/  
PAINTING/SCULPTING  
THRIVES IN OUR  
NEIGHBOURHOOD  
WITH THE SUPPORT  
OF AN ENDURING  
PROGRAM**

I don't usually inject myself into my Art Beat stories. They feature artists, their work, and art events. But here I am! This is because our Editor pitched the idea of me participating in our community's longest-running art program to share my experience with readers of *The Mainstreeter*. I accepted the assignment - running to the Brantwood Park Fieldhouse on January 22 for my first-ever figure drawing workshop in minus 20-degree weather - where I arrived on time and breathless, mostly with anticipation.

The Community Activities Group (CAG)'s Figure Drawing program offers a workshop on Wednesdays from 10:00 am to 1:00 pm for artists to practise their figure-drawing skills. Program participant Dianne Breton organizes the model each week while CAG program manager Ashley Boyle works on site to provide support. Models pose in the natural form, sometimes clothed. Participants work in the medium of their choice and provide their own materials. There is no instructor. The blurb on CAG's website states: "Learning is in the doing and the sharing among participants." Beginners, as well as experienced artists, are welcome.

"What is unique about this program is that we usually have only one pose for the entire three-hour session," Breton explains. Breton also keeps track of the models' stretch breaks and comfort. The artists can do different drawings or paintings during that time period, or they can spend the whole time working on one piece."

Several of the participants have been involved in the program (which is also known as Life Drawing) for decades and reminisce about some of its past venues including the Mainworks Artists Collective on the corner of Main and Graham streets, The School of Dance on Crichton Street, the United Church Manse on MacKay Street, Old Town Hall, and, currently, the Brantwood

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

Park Fieldhouse. I spoke with each of the participants during the three-hour workshop.

Catherine Green paints with acrylics during the session. This is her second year doing the workshop. "Using acrylics is an experiment inspired by some of the other participants," she says. "I usually work with pastels or charcoal." Green shows me a huge sketchbook filled with drawings. "Art has been a life-long pursuit of mine. I am simply following an urge."

Ingela Stromberg brings oil paints to the sessions. "I see the workshops as practice. I set up the paintings at home afterwards and look at them, thinking about their proportions. I may paint over them the very next week. I enjoy the comradery and supportiveness of the group; it means a lot to all of us."

Paul Schibli also paints in oils and says that he's been coming to the workshops "forever." He worked in animated films - both drawing and directing - most notably for the Canadian series, *The Raccoons*. "I have worked in conte, pastels, and water colour," he says. "This workshop trains the eye. It is a real challenge for me since I usually paint landscapes and florals. But life drawing is foundational. When I hired animators, I would always ask to see their life drawings."

Dan Edward is new to the program. "I am also new to drawing," he says. "I am studying and practising rigorously to learn to speak well through art. I believe that if you have a message, and if you want it to be taken in by people, it has to be beautiful. You have to respect the principles of art that unite all good pieces. You need the tools to communicate."

Larissa Satta calls herself a "newbie." This is her third session. "Just having the chance to practise drawing is awesome,"



**Bob Neufeld completes his portrait of model 'D'.**



**Ingela Stromberg (left) and Catherine Green concentrate as they work on their paintings at CAG's popular and long-running Figure Drawing program. *The Mainstreeter* assigned Art Beat editor Tanis Browning-Shelp to try her hand in January, and she recommends it!**

she says. "I have put it off since being at Canterbury high school. I now have school-aged kids and miss using this part of my brain. I always knew I'd come back to art. I love it. This is the best part of my week!"

Greg Rokosh has practised art since he was 16 when he met a man doing portraits at The Bay in Calgary. "I'd been copying cartoons as a kid but had no discipline," he says. "I asked the man if he would teach me. He agreed to let me watch. His name was Richard (Dick) van den Hoogen and he drew for Disney. I worked for an oil company for many years and engaged in sports. Now that I've gotten that out of my system, I am finally here doing portraits!"

John Jarrett, the long-time leader of the group, makes coffee for everyone and points out that socializing during the mid-point break is an important part of the program too. "I've always done life drawing," he says. "It is the foundation of art."

Bob Neufeld has been coming for two years. "I was doing acrylic landscapes, but my neighbour Steve Fick suggested I further challenge myself," he says. "There is a lot of skill involved in doing figure drawing. I am an ex-primary school teacher, so I did lots of murals in bright colours over the years. I was self-taught and loved to express myself that way. I couldn't imagine doing this years ago."

Dianne Breton says that she loses herself in the work. She points out that a few other regulars are absent from the workshop—sculptor Michael Fitzpatrick, art instructor Sally Bender, and Ruby Isaacs. Breton also mentions the session's model 'D' who "...always comes with a different persona!"

D has been modelling on and off for

theatre, and film. Since it was the week of Donald Trump's inauguration, she dressed on a patriotic/political theme. "I chose dark colours to represent death and red to represent resistance," she says.

From my vantage point, I could not see the Canadian flag perched behind D's right ear or the huge red feather at the back of her hat. D does yoga regularly to support her modelling stances and she has ballet training which she says teaches you how to pose.

Portrait artist Sarah Lacy hires models for her own life drawing classes. "The models need to know their own bodies and what poses they can hold," she stresses. "Even five minutes can be too long if you have a pinch in your neck. They have tricks for transferring weight imperceptibly while holding a standing pose."

Another professional life model who works for the program, Jessica Ruano, talks about the "performative aspect" of modelling. Ruano has an M.A. in Theatre from the University of Ottawa and has worked extensively in the performing arts, including as a theatre director and writer. She began life modelling 10 years ago and says that some of the most interesting life models have a complex inner life. "When I am sitting with a pose for an hour or longer, I am usually silent, but I am still thinking. The experience is emotional."

Lacy underlines that models are very interested in the creative process. "They are telling their own stories with their bodies," she explains. "A person is not just a collection of shapes. A person has an internal world, and they are engaging

*Life Drawing: Continued on page 25*



# ART BEAT

***"I don't usually inject myself into my Art Beat stories. They feature artists, their work, and art events. But here I am!"***

*Life Drawing: Continued from page 24*

every single part of their body. They are listening and energetically present. Their character inspires what the artist is making. They care about the process of making art and consider themselves a vital and integral part of that process."

Program manager Boyle says that the Figure Drawing group "makes" her Wednesday mornings. "They are such a great group," she says. "And the models are all so unique. I've watched a cowboy walk out of that change room. You never really know what you're going to get!"

Besides the warm welcome of the participants and the attractive venue filled with natural light, the aspects I appreciated most during my time with the group were the peace and quiet, the absolute focus of every artist, and the creative energy in the room.

Much like participant Larissa Satta, I haven't done much drawing since high school. As a writer, I have great respect for people who intentionally carve out time



to practise their art. Through the gift of attending this workshop, I also learned about the models who make the workshops engaging and inspiring. I wholeheartedly recommend the program.

CAG's Figure Drawing program held at Brantwood Park on Wednesday mornings is the longest-running art program in OOE. To register for Figure Drawing, go to: <https://www.ottawaeastcag.org>.



TANIS BROWNING-SHELP PHOTOS/SKETCH  
**ABOVE LEFT: The life drawing model known as 'D' posed for the recent life drawing session at Brantwood Park attended by Art Beat editor Tanis Browning-Shelp. ABOVE RIGHT: The charcoal sketch of model 'D' that Tanis produced during her first-ever figure drawing workshop.**



## 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's sketch and related story, normally found on this page, are instead on page 1 of this issue of *The Mainstreeter*.**

**Wonderful 3 unit income building**

## TESKEY - CARTWRIGHT - KEELEY REAL ESTATE

Your Home Sales Representatives

ENGELVÖLKERS



Single Home: Mixing Function with the Art of Design

### TALK TO US:

613.859.6599 / 613.296.6708

[julie@teskey.com](mailto:julie@teskey.com) / [scart1@sympatico.ca](mailto:scart1@sympatico.ca)

[WWW.TESKEY.COM](http://WWW.TESKEY.COM)

FROM FIRST HOME TO DOWNSIZING

## OLD OTTAWA EATS

At the Chef's Paradise...

### Kinda crazy kitchen kitsch

#### JILL WHERRETT

Anyone who's been in the Chef's Paradise store on Bank Street near Riverdale Avenue knows that it's a treasure trove of thousands of kitchen items: massive commercial ovens, giant stock pots, baking tools, pizza ovens, glassware, coffee makers, mixers, a multitude of small utensils, and much more. With so many gadgets to explore, I often walk out of the shop with something I never knew I needed.

Recently, I took a stroll through the store with an eye out for unusual or entertaining products. Here are just a few of the items I found on the shelves or online.

**Gurgling jug:** It's hard to resist the popular Gluggle Jug (\$99.99-\$129.99 for the largest size), a fish-shaped water pitcher made by the Original Gluggle Jug Factory in Stoke-on-Trent, England. While the colourful display drew my attention, the real entertainment comes from the gurgling sound the jug emits when



pouring a glass of water. There's a Canada model complete with a maple leaf and a collection with a lustre finish reminiscent of fish scales.

**Shapely salt:** The curvy "Madame Cheffe" salt grinder (\$155) to the right, manufactured in Quebec by Moulines Tremblay, is a conversation piece with

its hourglass torso and chef's toque. This model is also available in a pepper grinder and Tremblay makes a matching "Monsieur Chef."



**Curly cheese:** This gadget pictured below, the Swissmar Girouette Cheese and Chocolate Curler (\$70), shaves the top layer off a cheese or chocolate wheel to create cheese rosettes or fancy chocolate curls. A little internet research reveals that it is traditionally used with Tête de Moine, a semi-hard, unpasteurised Swiss cheese with a very fine consistency. Scraping the cheese into delicate layers releases aroma compounds and allows its fruity, nutty, sweet flavours to fully develop.



**Wonky wine:** The curious-looking wine glass (\$115) pictured to the right is made by Zalto and lacks a foot at the base of the stem, resting instead on its side on a flat spot in the bowl. A small ball at the end of the stem allows the glass to be rolled on a flat surface to aerate red wines. According to the manufacturer, "the recumbent shape keeps the aromas more intensely focussed in the glass."



**Delicious dogs:** Who doesn't need an electric hot dog steamer for their home? For hot dog aficionados, the apparatus above (\$69.99, available to order) from Ricardo can steam up to twelve hot dogs and buns at a time. Fortunately – as I'm not sure most people serve hot dogs often enough to need a dedicated steamer – it can also be used for cooking vegetables, fish and other items.



**Easy eggs:** The little device pictured above is an egg topper (\$15.69) that removes the top of a boiled egg. After puzzling over how it works, I turned to online videos to uncover the method: place the topper on an egg, pull the ball and let it 'clack' down on the shell to leave a clean cut around the top. Judging by the number of these gadgets I found online, it may not be such an unusual item for frequent egg-eaters, but it was a first for me.



No-one likes to miss Fabulous February  
at 3 Trees  
Gallop on down to Main Street  
Bargain Basement open  
We pay the tax on ALL purchases  
202 Main St. (613) 230-0304

## OLD OTTAWA EATS



### QUINN ABUGOV

In December 2024, the Little Italy neighbourhood of Ottawa welcomed eXpresso Café, the city's first-ever real estate café. The brainchild of local realtors Rolando Di Labio and Steve Gabellini, this unique café blends the world of real estate with the cozy ambiance of a modern coffee shop. The concept, which has a similar counterpart in Toronto, offers a space that's ideal for coffee lovers and real estate professionals alike.

As the trend toward online realty continues to grow, Di Labio and Gabellini, who now work with the cloud-based EXP Realty, have found the perfect way to blend their love for the neighborhood with their real estate practice.

"There's nothing like this in Ottawa," says Di Labio. "When this property came up for sale, we bought it. At first, we thought about renting, but then we saw it as an opportunity to stay in the community, have a café, and build our real estate practice here."

eXpresso Café serves a variety of espresso drinks, using the Nespresso line and a top-of-the-line machine to create espressos, cappuccinos, and other coffee-based beverages. Pastries like donuts and muffins, as well as sandwiches from local favorite Farinella, are also on the menu. The café is more than just a place to grab a coffee - it's designed to be a gathering space for both realtors and the wider community.

The design of eXpresso Café is striking. Upon entering, visitors are greeted by a modern barista bar that blends seamlessly with the space, which doubles as a real estate office. The main café area offers various seating options, including armchairs, sofas, and window-side stools, perfect for those who want to get some work done while

### eXpresso café

## A marriage made in heaven: Preston Street welcomes Ottawa's first real estate café

enjoying the hustle and bustle of the neighbourhood outside. The basement features a full-scale office space for anyone needing a more traditional workspace.

"Real estate is a face-to-face business, and I'd say 80% of my deals are conducted at a coffee shop," says Gabellini. The café, with its dual purpose of being both a coffee shop and a real estate office, takes this idea to the next level, offering a space for agents to meet clients, collaborate, and work in a comfortable, inviting environment.

While the café is aimed primarily at realtors, it's open to everyone, with Di Labio and Gabellini eager to become an integral part of the Little Italy community. In addition to serving coffee, they plan to use the space as an event venue for parties, celebrations, and real estate-focused gatherings.

As part of their vision, the partners aim to foster a global connection within the real estate world. "We'll have an event board, listing different events that will highlight various aspects of real estate investment," says Gabellini. "We're a global company, so we wanted that global feel." The café space will serve as a hub for real estate professionals to come together, collaborate, and share ideas.

At the time of *The Mainstreeter's* visit, the food service was still being finalized, but the cappuccino was excellent, and the space exuded a warm, welcoming vibe. The partners, both natives of Little Italy, are passionate about the neighbourhood, and they see the café as a way to stay connected to the community while building their business.

With its combination of coffee, real estate, and community, eXpresso Café is sure to become a popular spot for both locals and real estate professionals alike.



LORNE ABUGOV PHOTOS

**TOP LEFT:** Nestled in at the corner of Pamila and Preston streets, eXpresso Café is well-located in a high-growth area of Little Italy; **TOP RIGHT:** The braintrust behind eXpresso Café are pictured in front of the barista bar, (r to l) co-owners Rolando Di Labio and Steve Gabellini, Josseline Pellerin and Jeff Matheson; **BOTTOM RIGHT:** The ceiling to floor glass windows of eXpresso Café provide a picture perfect view of busy Preston Street.

# The good old hockey game



LORNE ABUGOV PHOTO

Pond hockey reminds us of the popular ad campaign of the 1990s from the makers of Alexander Keith's beer - "those who like it, like it a lot." This pair of high flyers chased a puck and one another across the mirrored ice surface of Brantwood Park rink on a sunny January day, enjoying the simple pleasure of Canada's game.

learn more using the QR or visit [www.Simon4OC.ca](http://www.Simon4OC.ca)

# SIMON BECKETT

PROVINCIAL CANDIDATE FOR OTTAWA CENTRE



*"Ontario Greens are for more than the environment, we're for People Powered Change"*



AUTHORIZED BY THE OFFICIAL AGENT OF SIMON BECKETT



## Holy Eucharist

Sundays 10:00 am

Check our website for midweek worship and events at [www.churchoftheascension.ca](http://www.churchoftheascension.ca)



Incumbent: The Reverend Victoria Scott



Serving a vegetarian buffet with local & organic ingredients, since 1988.

**OPEN TUESDAY TO SUNDAY**  
11:30 AM - 8:30 PM

Dine in, Take out & Delivery!

613-234-9597

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

## Interior House Painting Ottawa

FREE QUOTE



Quality finish everytime!

613-915-0296

1 day drywall patch & paint!

[Rodberg613@yahoo.com](mailto:Rodberg613@yahoo.com)

**Alta Vista Transportation Corridor consultation**

# 'People's Park must be saved'

**JOHN DANCE**

Virtually all 146 attendees at the late January consultation on the future of the Alta Vista Transportation Corridor (AVTC) opposed the 60-year-old proposal to build a new roadway through People's Park.

As they finalize the draft transportation masterplan (TMP), City of Ottawa staff are still evaluating whether or not to recommend the construction of the AVTC roadway that would run from Conroy Road at Walkley to Nicholas Street and westbound Highway 417, passing through People's Park at the northern end.

The consultation, organized by Councillor Shawn Menard, served as an opportunity for residents to comment on the large dark cloud that for decades has hung over Old Ottawa East, particularly the area near Lees Avenue.

Local residents and those elsewhere in the city respectfully weighed in to make many strong criticisms of the AVTC that was conceived back in the days when the car was king, the city hadn't spent billions on LRT, a climate change crisis didn't exist, and the great importance of parkland and greenspace was not so evident.

The existing TMP includes the AVTC, a fully built four-lane roadway, however, it is included in the "ultimate" network and, up until now, has not been seen as "affordable." The rationale for building the roadway has always been to provide additional "north-south" capacity to allow those in the growing southern portions of Ottawa better access to downtown.

The focus of the consultation was assessing the impact of a built AVTC on People's Park, the large unofficial park between Springhurst Park and the Lees Avenue towers. As noted by Councillor Menard and his assistant Jonathan McLeod, this area is a "much-needed greenspace for immediate neighbours, the local community and beyond." These parties were all in attendance and very supportive of this point.

"AVTC is so beyond the pale in terms of progressive urban design and development," noted Ottawa architect Rhys Phillips. "It should not even be a consideration. The city has removed minimum parking requirements in new developments in order to move people into public transit. They have already built the O-Train into this area even though there are virtually no current developments around the station."

Almost 40 years ago, St. George (now Capital) Ward councillor Nancy Smith

commented that AVTC would "just bring traffic faster to the corner of Nicholas and Laurier where it will come to a crashing halt." Obviously, it wasn't built then but city staff and developers have continued to push for its completion despite the fact that Smith's observation is even more valid today than it was four decades ago.

Over the years, many people in Old Ottawa East, Riverview Park, Sandy Hill, Alta Vista and elsewhere have worked to have the AVTC removed from the TMP but it's like a transportation zombie, always lurking and threatening.

In 2005, an environmental assessment recommended building the roadway and in 2019 the so-called Hospital Link, a two-lane section of the AVTC, was opened at a cost of \$63 million to provide access between Riverside Drive and the Smyth Road health campus. Then, Mayor Jim Watson declared that just this section would be built but current Mayor Mark Sutcliffe has made no such declaration.

The environmental assessment's "preferred alternative" design for the northern part of AVTC would require a very costly bridge over the Rideau River and four lanes plus one ramp

to Lees Avenue and another from Lees, with all six lanes obliterating People's Park. The roadway would be elevated so it would pass over Lees Avenue and then go over Highway 417, with a signalized ramp down to Highway 417 West but with no access to or from 417 East. To get onto AVTC southbound from 417 East, drivers would have to take the Lees ramp then travel along Lees before turning right onto a ramp leading up to AVTC.

Some attendees suggested that the use of AVTC strictly as a transit route ending at Hurdman LRT station might have some merit. But even building AVTC to Hurdman Station would eliminate a lot of greenspace now used for active transportation, allotment gardens and general recreation. There were also questions raised about the use of the corridor if the AVTC concept is killed.

City staff will table their TMP recommendations, including for AVTC, in March and public consultations will follow. Then the city's TMP project team will finalize the recommendations and present them for committee and City Council approval in July 2025.



SHAWN MENARD IMAGE

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

**PRETORIA BRIDGE DENTAL**

**Tel: (613) 236-5202**  
**Fax: (613) 236-5206**  
**223 Echo Drive. Ottawa, ON K1S 1N2**

*Come join our Family and experience our commitment to taking care of both YOU and your oral health.*

**Google**  
Reviews ★ ★ ★ ★ ★  
[www.pbdental.ca](http://www.pbdental.ca)

**Why Choose Us?**

- Impeccable Reputation • Incredible Patient Care • Invisalign/Itero Scanning
- One Appointment Crowns • Parking Available

**Your Neighbourhood Dentist**

Dr. Tim Hoeschen      Dr. Serena Wong  
Dr. Jessica Gubernat      Dr. Keith Josephson



**OTTAWA  
PHYSIOTHERAPY &  
SPORT CLINICS™  
(MAIN STREET)**



**EMPOWERING MOVEMENT,  
ENHANCING LIFE**

**PHYSIOTHERAPY, MASSAGE THERAPY, YOGA, DIETITIANS,  
PELVIC FLOOR REHABILITATION PROGRAMS AND MORE!**

**205 - 194 MAIN STREET, OTTAWA, ON  
613-567-4808 [WWW.OPTSC.COM](http://WWW.OPTSC.COM)**

## POLITICAL PAGES

### SHAWN MENARD COUNCILLOR, CAPITAL WARD

SHAWN.MENARD@OTTAWA.CA  
SHAWNMENARD.CA



### LANSDOWNE 2.0 WILL PRESENT MAJOR CONSTRUCTION CHALLENGES

In January, the city held public information sessions for the proposed redesign of the north side stands at Lansdowne Park.

Over the past few years, we've raised a number of issues with the Lansdowne 2.0 proposal - the lack of any affordable housing proposed on site, the significant amount of public green space to be lost ( 58,000 square feet), the tearing down of a stadium and arena that have decades left in their lifespan, the smaller arena that

won't hold a full crowd for women's professional hockey and other professional games, the lack of a roof over the north side stands, the higher ticket prices, no promise that the Redblacks will remain here beyond 2032, the removal of the enjoyable green hill, where families often look at soccer games from afar and visit Lansdowne park space and businesses afterwards, the notable lack of transportation improvements to get more people to and from the

park, the half a billion dollar price tag to be paid with public funds, the demolition of some of the only small businesses at Lansdowne, including the popular GoodLife, just built in 2014 - but I know most of the people in the community have heard some of this before.

But today, I want to discuss another significant aspect of the project that hasn't received enough attention: construction impacts.

Now, obviously the re-re-development of Lansdowne Park would require construction. We are all aware of that. But I'm not sure everyone is aware of the duration of the construction and the disruption it would have, not only on the park, but on neighboring communities, small businesses and residents.

The construction is planned to occur in stages. First, they will have to prepare the Great Lawn for construction, fencing off the park space from the berm to the water feature. The contaminated soil previously buried under the large hill from Lansdowne 1.0 would be trucked off-site at a cost of \$8 million. Once that is done, then the new arena would be built over at

least two years.

Upon completing the arena, then the north side stands, historic Civic Centre and the attached brand new retail strip would be demolished. That is going to turn useful, valuable and viable buildings into a lot of construction waste. Then, the north side stands can be built, taking another two years at least.

This would be followed by development of the public land the city is selling off to a developer for new retail space and the skyscrapers taking years to construct at some point after 2030. These are not small projects. In all, small businesses and residents are probably looking at seven to 10 years of construction after having just completed the previous rejuvenation project 10 years ago - including a north side roof loan of \$23 million the city will still be paying off even after the buildings are demolished.

But the real impact will be on the neighbouring communities. Every stage of this project will be loud and disruptive, from demolition to pile driving.

*MENARD: Continued on page 32*

### YASIR NAQVI MP, OTTAWA CENTRE

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



### STRONG LEADERSHIP FOR A STRONG CANADA

2025 has definitely started with a bang! Looking at what has transpired up to now, I believe the defining element for this year will be "leadership."

Let's start with the leadership of Prime Minister Justin Trudeau who recently announced his intention to resign. It has truly been an honour to serve alongside him. As your Member of Parliament, I have always had the opportunity to speak directly with the Prime Minister about issues that are important to our community - more homes, better healthcare, affordable childcare, and good jobs.

As I look back at Prime Minister Trudeau's time in office, three things stand out to me: his successful negotiations with the first Donald Trump administration in reaching a trade deal that was in the best economic interests of Canadians;

his handling of the COVID-19 pandemic, providing steady leadership to protect the lives of Canadians; and, the extension of the social safety net for Canadians through the Canada Child Benefit, \$10-a-day childcare, and a national dental care plan. In addition, he has been steadfast in putting policies in place to address the fight against climate change. Most importantly, I am appreciative of his resolve to meaningfully engage with Indigenous communities in reconciliation, building true nation-to-nation relationships.

No leader or government is ever perfect. But, I have seen first-hand Justin Trudeau's unflinching hope for Canada and hard work to meet it. I am grateful to the Prime Minister for his relentless commitment to Canadians, leadership and public service.

This leads me to the kind of leadership needed to help Canada navigate through a challenging economic period. President Donald Trump poses a real threat to Canada's economic sovereignty. It is hard to know what he is trying to accomplish by musing about Canada becoming the 51st state - is he joking or posturing to strike a deal? Regardless, it is atypical of the relationship we have had with American Presidents up to now.

It is puzzling to me why Mr. Trump looks to sabotage the most successful political and economic relationship in the world. Our trading relationship with the United States is the envy of the world with our integrated economies boasting strong people-to-people relationships. I am reminded of what President John F. Kennedy said at a speech to the Canadian Parliament in 1961: "Geography has made us neighbours. History has made us friends. Economics has made us partners. And necessity has made us allies. Those whom nature hath so joined together, let no man put asunder."

Let me be clear: there is absolutely no chance of Canada becoming the 51st state. Canada is a proud country, with its own history and culture, welcoming people from all parts of the world. While we share many similarities with the US, there are also many differences that we can quickly point out. Former Prime

Minister Jean Chrétien recently captured our essence well saying: "Canada is a land of freedom. Canada is a land of opportunity. Canada is a land of generosity. Canada is the land of stability. Canada is a land of tolerance. Canada is a land of the rule of law." Canada is not the United States.

President Trump's tariffs will not only have a significant impact on the Canadian economy but will also be hugely detrimental to the American economy. We have integrated supply chains, robust movement of goods across the border, and people employed to service both economies. In order to end these tariffs fast, Canada must and should retaliate with corresponding tariffs. It is not an ideal scenario, but a strong tool to protect the economic interests of all Canadians.

Canada needs leadership - federal, provincial and territorial - that places the interests of all Canadians first and foremost. This is not the time for our leaders to be narrow and parochial in their focus.

This is a moment to look beyond partisanship, seizing the opportunity to make Canada an even a stronger country.

You have my commitment that I will continue to stand up for Canada. I will do everything in my capacity to bring people together, their best idea and energies, so that we effectively thwart this threat, and keep Canada strong and free.

# BUSINESS DIRECTORY

## COMPUTERS

### COMPUTER HELP IN YOUR HOME

**WE COME TO YOU TO FIX COMPUTER PROBLEMS.**

**Compu-Home** is a highly regarded family business located right near you. Service is honest, reliable, affordable and prompt.



613-731-5954

#### HOW CAN WE HELP YOU?

- Computer slowdowns
- Problems with Internet connections
- Spam, spyware and security programs
- Setting up and maintaining home and office networks
- Printer problems
- Helping plan, purchase and use new computer equipment
- Transferring and backing up data
- Using new digital cameras
- Coaching

**Compu-Home**

613-731-5954

info@compu-home.com  
Malcolm and John Harding

## BOOKS



**SINGING  
PEBBLE  
BOOKS**

Our specialties include: health, psychology, philosophy, parenting, also music, tarot and more.

206 MAIN STREET OTTAWA, ONTARIO, CANADA K1S 1G6  
(613) 230-9165 INFO@SINGINGPEBBLEBOOKS.CA  
WWW.SINGINGPEBBLEBOOKS.CA

## AUTO REPAIR

### MIKE GALAZKA SERVICE CENTRE

Complete vehicle maintenance and repairs.

Oil changes, tires, air conditioning, etc.

Certified Master Technicians Onsite

123 Main Street, Ottawa, ON (613) 232-6659

## HAIR

### Main Hair Cutters

64 Main Street Ottawa

613-565-2772

Kathleen Flinter

PERM ~ COLOUR ~ STYLES ~ CUTS

### Old Ottawa East Hosers win the Capital Ward Cup again!



JOHN DANCE PHOTO

On February 8th at Mutchmor rink in the Glebe, the Old Ottawa East Hosers prevailed in the finals against the Old Ottawa South Moose 7-3 to snag their 9th Capital Ward Cup since the annual event was started in 2008 by then Councillor Clive Doucet. Organized this year by Councillor Shawn Menard and his staff, the Cup also featured teams from the Glebe and Heron Park.

### Lansdowne 2.0 construction challenges

*MENARD: Continued from page 31*

Currently, the plan is to have construction access the site by heading down Bank Street from the Queensway. Some of the traffic leaving the site will be directed to Queen Elizabeth Drive, to Wilton Crescent and around to Bank Street. It will then go through Old Ottawa South and across the bridge to Riverside Drive. At other times, traffic leaving the site will be directed north along Bank Street to the Queensway.

This will result in excess large truck traffic, making it more and more difficult to get up and down our streets. It will create significant noise disruptions, as these are not small, quiet vehicles. And this will create a lot of dirt and dust being sent across the sidewalks and buildings along Bank Street.

The city has plans to clean up after construction in anticipation for major events, but right now, no plan has been articulated to keep the street clean for the people who live, work and shop here on a daily basis.

It is a frustrating proposition when in 2014 the engineering assessment of the north side and Civic Centre was that they would last to 2070 and were valued at \$132 million. The buildings, in my view, should be maintained with renovation for accessibility improvements, transportation to and from the site should be the focus, bring back the Exhibition and better connect the Canal with a safe crossing at Queen Elizabeth Drive, all at a much lower cost than half a billion. This project is wasteful, and given the other financial difficulties in the city, such as transit and affordable housing, makes very little sense to pursue.



**With 587 speeding tickets issued in November...**

## New speed camera on Main Street off to a very fast start

**JOHN DANCE**

The new “automated speed enforcement” (ASE) camera near Immaculata High School on Main Street has made its presence felt for a lot of people since it began operation in November. After just 18 days of operation, the speed camera issued 587 tickets, the third most of the 10 new speed cameras that the city installed this past fall.

Reaction to the new device varies as can be seen in recent discussions on local Facebook pages. Many laud the new camera as a sound way of improving safety while others call it a “cash grab,” “super sneaky,” or “government surveillance.”

The city says, “speed cameras, much like red-light cameras, exist to reduce the risk of collisions. In Ottawa, these speed cameras are currently located in certain community safety zones, near schools or parks, where speeding is a risk to our most vulnerable road users, our children.” Because the speed cameras catch speeding drivers in a community safety zone, the fines are double what they are elsewhere.

Fines begin at \$5 per kilometre/hour (km/h) for 1 – 19 km/h over the limit. A \$20 processing fee is also added. All revenue generated from tickets issued via the ASE program, net of the installation and operating costs, is reinvested into the City’s road safety action plan program which uses education, engineering and enforcement to promote road safety for all road users.

On Facebook, one resident suggested that some of the ASE revenues should be used to fund a crossing guard on Main Street, something sought for a number of years by local school councils. But the request for a crossing guard was rejected by the city because “(t)he study [of the crossing] found that the criteria to consider a crossing guard were significantly below the requirements.” In light of the number of speeders caught by the speed camera, some Facebook posters suggested the city is mistaken.

### **City-wide standards in force**

A number of drivers have asked if the ASE equipment allows some “wiggle room,” “grace, or “margin of error” when a driver is slightly above the speed limit, but the city simply responded to the question noting, “Adherence to the



JOHN DANCE PHOTO



**Those who thought Main Street traffic was generally slow-moving and congested are rethinking their views now that the new speed camera has been installed at Main and Evelyn. In just the first 18 days of operation, 587 speeding tickets were issued against speeding motorists.**

posted speed limit is required by law. Driving at or below the speed limit will ensure a ticket is not issued.”

Another question is why tickets are issued over the Christmas holiday period, as they were, when schools were closed. “The reduced speed limits and applicable time periods for established school zones are standardized city-wide,” states the city’s website. “On roadways where school zones have been designated, the reduced speed limit is in effect from 7:00 a.m. to 6:00 p.m., Monday to Friday, September to June.”

“This consistent application of school zones promotes a city-wide understanding amongst motorists as to the days and times reduced speed limits are in effect, enhancing the safety of those travelling to and from school using alternative modes of transportation.”

“ASE cameras are one measure to help adjust driver behaviours, regardless of the time of day or day of the week,” Cathy Kourouma, the city’s program manager of road safety, told *The Mainstreeter*. “This helps promote consistent and safe driver behaviours, especially during times when there are higher volumes of vulnerable road users. Schools are often hubs for activities outside of school hours, through after-school programs, outdoor facilities, and bookings to external clients by the school boards.”

According to the city, the ASE program continues to expand as a result of sound results from the initial cameras. The city’s website notes that “(d)ata from a yearlong City of Ottawa pilot study showed that speed cameras had a positive impact on driver speed and safety in school zones [with] a 200

percent increase in compliance with the speed limit; 11 percent decrease in 85th percentile speed (the top speed or slower speeds at which 85 percent of traffic is travelling); and 72 percent decrease in drivers traveling at 15 km/h over the speed limit.”

Meanwhile *The Globe and Mail* recently published a lengthy editorial on speed cameras entitled “*Speeding is the problem, not speed cameras*,” and concluded, “No one is above the law – not even drivers with a lead foot.”

But in Alberta, the government is removing speed cameras. Just 650 of the existing 2,200 speed cameras will still be in operation by April. According to the *Calgary Herald*, “Alberta transportation minister Devin

Dreeshen has long referred to the use of photo radar to nab speeders along provincially controlled highways as a ‘cash cow,’ [but] members of Calgary’s policing community claim the decision will hinder traffic enforcement and potentially make it more dangerous for officers to patrol the roads.” Similar sentiments were expressed by Constable James Kennedy of Ottawa Police Services when he spoke at a recent community association meeting.

When a speed camera was first proposed for Main Street, a general reaction was that Main Street traffic is congested and moves too slowly to allow for speeding. The speed camera appears to prove otherwise.

## **Still no Ministry of Education funding for Au Coeur d’Ottawa**

### **MAINSTREETER STAFF**

The provincial Ministry of Education still has not responded to the request of the Conseil des écoles catholiques du Centre-Est (French Catholic School Board) for funding to complete the new Au Coeur d’Ottawa elementary school in the Deschâtelets Building.

The request was made two and a half years ago and, according to the school board, the Ministry has not shared any details or explanation for the delay. The school board previously had funding that was used for critical work to bring the old building up to modern standards, and while this work was completed more than a year ago, much work remains to be done.

Meanwhile, the school continues to operate with students in the old De Mazenod school at the corner of Graham Avenue and Main Street and also in the Old Town Hall.

*The Mainstreeter* was told that the school board trustees and administrators are regularly following up with the Ministry to seek updates and ensure the project moves forward. Work on the new Old Ottawa East community centre in the Deschâtelets Building cannot proceed until the school board is funded for the school.

**A visit from David Baden-Powell...**

# Upcoming events to celebrate legacy, future of Scouts and Guides

The public is invited to join the 17th Southminster Scouts for a weekend of celebration in honour of Lord Robert Baden-Powell, founder of the global Scouting and Guiding movement. The Scouts are delighted to welcome The Right Honourable David Baden-Powell, 5th Baron Baden-Powell and great-grandson of Scouting's founder. Two special events are planned at Southminster United Church (15 Aylmer Avenue).

**Legacy and Leadership: A Dinner with David Baden-Powell** on Friday, February 21 from 6:30 p.m. Tickets are \$100 and includes access to Saturday's talk.

Enjoy an exclusive evening with David Baden-Powell, a unique opportunity to hear personal stories about the origins of Scouting and Guiding, and connect with the legacy of this global movement.

**The Future of Scouting Talk** on Saturday, February 22 from 3:00 p.m. - 4:30 p.m. Tickets: Scouts/Guides in uniform: \$10, General Admission: \$30. Join David Baden-Powell for an engaging and family-friendly talk and discover how the movement's core values of service, adventure, and community are shaping the next generation.

For tickets go to: 17th-ottawa-southminster-scouts.square.site and click on "West Coast Trail 2025" or email: 17thSouthminsterScouts@gmail.com. You can also scan the QR Code below.



SUPPLIED PHOTO

**The Right Honourable David Baden-Powell**

**Have you got yours?**

## OOE GREETING CARDS

The familiar places you know and love in Old Ottawa East are brought to life in the boxed greeting card set of six Tim Hunt OOE sketches (\$24.99 + tax). Whether you send them or receive them, you're sure to love them. Available now at *The Mainstreeter's* Community Shop at <https://mainstreeter.myshopify.com> or by scanning the QR Code to the right.



ESTD. 2006  
**Ottawa Farmers' MARKET**  
**WINTER MARKET**  
 LANSDOWNE PARK  
 SUNDAYS  
 JANUARY 12 - APRIL 27  
 10 AM - 3 PM  
 OTTAWAFARMERSMARKET.CA

**YASIR NAQVI**  
 MP | DÉPUTÉ  
 OTTAWA CENTRE

**Here to help.**  
**Ici pour aider.**

**YasirNaqviMP.ca**  
 613 946 8682 | Yasir.Naqvi@parl.gc.ca  
 404-1066 rue Somerset Street West/Ouest  
 Ottawa, ON K1Y 4T3

f @YasirNaqviCDN X @Yasir\_Naqvi

## FROM THE ARCHIVES OF THE MAINSTREETER

# Brantwood Beach - A Summer Memory

*During 2025, to commemorate 40 years of *The Mainstreeter*, we will be digging into our archives and dusting off stories that we published in years gone by. In this first instalment, which was published in our August 1990 issue - almost 35 years ago, our reporter Vicki Davis recounted the history of Brantwood Beach and the six other Rideau River beaches that contributed to the summertime memories of generations of area residents.*

**VICKI DAVIS**  
**THE MAINSTREETER**  
**AUGUST 1990**

Old Ottawa East once had its own beach. Brantwood Beach was a welcome retreat from scorching summer days - a place where children learned to swim and canoe and where war canoe races provided fun for all. The park today, while welcome, ends at the water's edge, where swans visit, and turtles lay their eggs in the sand.

### *Brantwood Beach Aquatic Club*

Brantwood Beach existed long before the area was officially a City of Ottawa park. Art Humphries grew up on Clegg Street. "I remember learning to swim and to handle a canoe in the Rideau at Brantwood," he says. Art's father, Harry, was on the executive of the Brantwood Beach Aquatic Club in the 1920s and early 1930s. Harry Millar, Madge Blakely, Chick Haddleton, Wib Landymore, Red Graham and Vern and Jim Williams are some of the people who were also involved. The club held summer-long aquatic events that included swimming, life saving tests and instruction, diving and canoeing.

"Competitive events were held annually with other clubs such as Strathcona, New Edinburgh, Britannia and Brighton," says Art Humphries. "The War Canoe races were usually the highlight of any competition. I have a silver spoon engraved 'B.B.A.C. 1926' in my memorabilia of Ottawa East," he says.

Lifeguards and change house attendants were paid nominal salaries by the City of Ottawa Playgrounds Department. Brighton Beach, at the foot of Fentiman Avenue, was another popular beach on the Rideau (see photo to the right). It was maintained by area residents and there was a membership fee and a nominal admission charge.

### *Closure of the Rideau River beaches*

Use of the Rideau River beaches continued well into the 1960s. In the early 1960s, seven beaches hired 84 summer employees - as lifeguards, check-room staff and first-aid attendants.

In the late 1960's, low water levels and the resultant stagnation led to the closure of Dutchy's Hole (Strathcona Park), Brighton Beach and Brantwood Beach, and Brewer Pond. There was a pollution scare in 1969 - and the Regional Municipality of Ottawa-Carleton's Public Health Department and Pollution Probe began analyzing water samples. The fecal coliform count was often higher than acceptable - the maximum contamination should be no more than 100 fecal coliform parts per 100 ml. of water for human safety.

The surface water has continued to be monitored every year. In 1989, the fecal coliform count at Brantwood Beach area averaged 106 parts per 100 ml. of water.

New housing developments in Nepean were blamed. At first, newspaper reports charged that sanitary waste was being connected to storm sewers instead of the sewage system. Pet waste was also considered a pollution factor. Problems developed particularly after heavy rainfalls.

Beaches on the Rideau opened and closed sporadically during the 1970's, as determined by the water quality. By 1980, Mooney's Bay was the only beach remaining open - and today even that beach closes after heavy rains. Normally, the average fecal coliform count at Mooney's Bay is 20 parts in 100 ml. of water. "Presently the Region is engaged in the Rideau River Storm Management Study to determine the causes and make recommendations for improving the pollution level precipitated by rainfall in the Rideau above Hog's Back," says Al Perras, Manager of the Region's Water pollution Investigation Branch. "The focus is on stabilizing Mooney's Bay for recreational use at first. The problems below Hog's Back are very complex. Perhaps they will never be resolved," he says.

### *A pleasant memory*

Swimming at Brantwood Beach is now a pleasant memory for the fortunate long-time residents of Ottawa East. "Looking at the beach today, one has a hard time envisioning the clean sands, the wharves and the diving tower of the "heyday," says Art Humphries.

Brantwood Park is still a wonderful place to go at any time. But when those hot, sticky days descend upon us, wouldn't it be nice to have a beach there again!



PHOTO BOOK OF AGNES AND ANNA SCOTT, FENTIMAN AVENUE  
**Pictured above is a 1920s diving competition hosted by the Brighton Beach Aquatic Club in Old Ottawa South. The diving tower was erected in 1921. Similar aquatic competitions were staged at Brantwood Beach and several other Rideau River beaches.**

# LAURIER OPTICAL

Applicable only at our Main Street location

## \$100 OFF

Applicable on purchase of frame and lenses

Contact lenses excluded - See store for details. Coupon must be presented at time of sale.



**PRADA**  
EYEWEAR

**TOM FORD**  
EYEWEAR



*Ray-Ban*



**RALPH**  
RALPH LAUREN EYEWEAR

**MONT  
BLANC**

**135 Main Street**  
**613-455-2222**

Call to book your eye exam today or  
book online at  
[www.Laurier-Optical.com](http://www.Laurier-Optical.com)



## NOTICE OF THE MAINSTREETER'S ANNUAL GENERAL MEETING TUESDAY, FEBRUARY 25TH, 2025

The Mainstreeter's Annual General Meeting will start at 7:00 p.m. and is open to all Members in good standing as of December 17, 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).

# Get noticed.

Contact Ben Crooks / [advertising@mainstreeter.ca](mailto:advertising@mainstreeter.ca)

Canadian Martyrs  
CATHOLIC CHURCH

A welcoming Oblate parish

Ash Wednesday,  
March 5,  
11:30am and 7pm

Lenten Reconciliation  
Service,  
March 11, 7pm

Saturday Mass, 5pm  
Sunday Mass, 10am  
Weekday Mass  
(Tues. - Fri.), 11:30am

## Join us!

100 Main Street, Ottawa  
613.232.5347  
[www.canadianmartyrs.org](http://www.canadianmartyrs.org)

Find us on Facebook & Instagram!

## HEALTHY LIVING



# Staying mentally active can help to prevent or delay the onset of Alzheimer's or Dementia

## MARCELLE THIBEAULT

As with other Canadians, adults living in Ottawa have grown increasingly concerned about the impact that Alzheimer's disease and dementia can have on one's life. As we age, the brain's ability to function at its peak can start to decline, but the good news is that staying mentally active can help prevent or delay the onset of Alzheimer's disease and other forms of dementia.

Here are some tips on ways that seniors can remain mentally active.

### 1. Learn Something New

Taking up a new skill, learning a language, or exploring a new subject keeps your brain engaged. These activities create new neural pathways and enhance your cognitive reserve. For example, you might take a cooking class or start learning a musical instrument.

### 2. Play Mind-Challenging Games

Puzzles like Sudoku or crossword puzzles, games such as chess, and even card games like bridge or poker all promote cognitive health. These activities improve memory, increase focus, and enhance cognitive flexibility. Many digital brain-training apps are also available that specifically target various cognitive functions, providing an interactive way to sharpen the mind.

### 3. Stay Physically Active

Physical activity increases blood flow to the brain, which helps support the growth of new brain cells. Aerobic exercises like walking, swimming, or cycling are especially beneficial for mental and emotional health.

### 4. Read Regularly

Reading requires focus, comprehension, and memory - all of which are essential skills for brain health. You could set a goal to read a

book each month or join a book club, which also provide a social aspect, further boosting cognitive engagement. Even reading newspapers or articles online can offer a mental workout for the brain.

### 5. Maintain Social Connections

Participating in conversations, attending social gatherings, or joining clubs or groups helps stimulate the brain. The social aspect of interacting with others requires memory recall, problem-solving, and attention, all of which keep the brain active and reduces isolation.

### 6. Live With Purpose

After retirement, people can lose a sense of purpose or relevance. Maintaining a sense of purpose not only helps prevent such things as depression, it can also help seniors stay socially and mentally active. Finding something that means something to you - whether

volunteering, getting better at a sport or activity like gardening or pickleball - is a great way to prevent cognitive decline.

### Resources are Available

While no one wants dementia to enter their lives, life can continue to offer joy with support if it does. There are resources in Ottawa to help families experiencing dementia.

The Dementia Society of Ottawa and Renfrew County has numerous resources. There is also a full list of groups and services available on the Champlain Healthline. Carefor offers day programs for people living with dementia which help give clients' loved ones a few hours of respite. Carefor also owns and operates a 16-unit retirement home for women living with dementia in Richmond.

**Marcelle Thibeault is the Vice-President, Client Care at Carefor**

Have you got yours?

## The Mainstreeter Mug

Nothing says Old Ottawa East more than our new collection of *Mainstreeter Mugs* featuring six different Tim Hunt community sketches. Choose one, choose them all - they're only \$19.99 + tax. Available now at our Community Shop at <https://mainstreeter.myshopify.com/> or by scanning the QR Code to the right.



## Old Ottawa East champion John Dance awarded the King Charles III Coronation Medal

***Ceremony on February 22nd to  
honour a mainstay of the community  
association & The Mainstreeter***



### MAINSTREETER STAFF

John Dance, one of Old Ottawa East's foremost citizen advocates and the senior reporter at *The Mainstreeter*, is among the first group of Canadians to receive the prestigious King Charles III Coronation medal for significant contributions to the community.

Dance has been a tireless contributor to *The Mainstreeter* for years, reporting on local news and political affairs, and has served a number of terms with the Old Ottawa East Community Association, heading up important committees, including the Planning Committee. He has championed a number of community projects that have shaped present-day Old Ottawa East, including the Greystone Village development, converting Main Street to a complete street and, most notably, the conception and construction of the Flora Footbridge.

Dance was notified of the honour in an email from Ottawa Centre MP Yasir Naqvi who noted "the incredible contributions you have made to our community."

*The Mainstreeter's* editor, Lorne Abugov, who will also be recognized at the awards ceremony for his work on the community newspaper, spoke for many in the community in applauding Dance's medal selection. "John is a tenacious, fact-finding reporter for our community newspaper, and every one of our issues contains many of his bylines," Abugov said. "A recent readership survey we conducted showed that his recurring Community Updates column was regularly read and trusted by almost 95% of poll respondents. Indeed, without John's many written contributions to *The Mainstreeter*, I am not sure how our newspaper would survive, let alone flourish."

The Coronation Medal was created to mark the Coronation of His Majesty King Charles III, which took place on May 6, 2023. The Office of the Secretary to the Governor General is responsible for administering the King Charles III Coronation Medal Program in Canada.

To be eligible for the award, a person must have made a significant contribution to Canada or to a particular province, territory, region of, or community in, Canada, or attained an outstanding achievement abroad that brings credit to Canada, and must also have been alive on May 6, 2023, the date of The King's Coronation.

The medal was designed by the Canadian Heraldic Authority and approved by King Charles, and was created at the Royal Canadian Mint. The medal includes the Canadian Royal Crown, which appears for the first time on a Canadian honour.

## *The Mainstreeter* 2025 Production Schedule

| Advertisement Booking Date     | Articles / Advertisement Submission Date | Publishing Date   |
|--------------------------------|--|-------------------|
| Issue #2<br>March 11, 2025     | March 25, 2025                           | April 10, 2025    |
| Issue #3<br>May 13, 2025       | May 27, 2025                             | June 12, 2025     |
| Issue #4<br>July 22, 2025      | August 5, 2025                           | August 21, 2025   |
| Issue #5<br>September 10, 2025 | September 24, 2025                       | October 9, 2025   |
| Issue #6<br>November 12, 2025  | November 26, 2025                        | December 10, 2025 |

***Advertisers are required to book their ad space by the Booking Date and provide their ad file by the Submission Date. Your ad may be removed if it is not received by the Submission Date. Issues are typically delivered within one week of the Publishing Date.***

### Contact Information

| Role:        | Advertising Manager                                 | Accounts Manager         | Editor-in-Chief        |
|--------------|---|--------------------------|------------------------|
| Contact:     | Ben Crooks  | Lyne Lamothe             | Lorne Abugov           |
| Email:       | advertising@mainstreeter.ca                         | accounts@mainstreeter.ca | editor@mainstreeter.ca |
| Contact For: | Advertising inquiries, booking & account management | Invoicing & payment      | All other inquiries    |

**Next issue of  
*The Mainstreeter*...**

***Content and advertising  
deadline is***

**MARCH 25, 2025**

## ECLECTIC EVENTS



**March 1 from 10:00 am to 3:00 pm**

### SEEDY SATURDAY, Kilborn Gardeners Group, Emmanuel United Church, 691 Smyth Road.

Together with Just Food and Seeds of Diversity, the Kilborn Gardeners Group is happy to once again host Seedy Saturday on Saturday, March 1, 2025. At Seedy Saturday, you'll be able to:

- Bring and exchange seeds for free
- Explore seed vendor offerings
- Seek out master gardener advice
- Attend presentations on water management, bird friendly backyards, starting seedlings in spring and winter and Hillcrest High's gardening club
- Support local artisans
- Meet community gardeners interested in Ottawa's food security
- Sample local cuisine

Just Food is a non-profit, community-based organization working on both rural and urban food and farming issues in Ottawa and the region. It is an information and resource-sharing network supporting the sustainable development of its Community

Gardening Network. Consult justfood.ca for more information.

Seeds of Diversity is a Canadian organization dedicated to preserving, studying and encouraging the cultivation of heirloom and endangered food crop varieties. With over 1,000 members across Canada, this backbone of seed savers protects Canada's seed biodiversity by growing it themselves and sharing it with others. Go to seeds.ca for more information.

Admission to Seedy Saturday and parking are free. Local bus route #55 services Emmanuel United Church and the site is accessible.

Please bring your own reusable bags and, if you can, your reusable beverage containers. If you plan on donating seeds, please package, label and date them.

**February 26 @ 5:30 pm**

### L'OUTAOUAIS EN CUISINE, École hôtelière de l'Outaouais, 584 MacLaren Street East, Gatineau, QC.

If you're a culinary arts and gastronomy enthusiast, this is an event you won't want to miss! Outaouais Tourism proudly presents the first edition of the *L'Outaouais en cuisine!* culinary competition. This new initiative will showcase the talent of local chefs facing-off in a friendly competition, open to the public, on February 26, 2025 at 5:30 p.m. at the École hôtelière de l'Outaouais.

The event is a continuation of *L'Outaouais au menu*, a Outaouais Tourism event that has enjoyed great success in promoting local chefs and produce since its first edition in the fall of 2023.

"Our team is delighted with the positive impact of *L'Outaouais au menu*, whose second edition ended last November. Participating restaurants and customers were pleased with the initiative, prompting us to launch a second gourmet event," says Geneviève Latulippe, CEO of Outaouais Tourism.

The *L'Outaouais en cuisine* competition is not only a great opportunity to showcase the talent of the local chefs, but also to support the next generation of chefs and reinforce the outstanding status of the Outaouais as a gastronomic destination."

For the competition, 13 participating local chefs have been busy developing recipes for sweet or savoury bite-sized dishes specifically designed for *L'Outaouais en cuisine*. Each contestant will be paired with a team of four students from the École hôtelière de l'Outaouais, who will be challenged to prepare and present the chefs' delicious creations at a cocktail reception on February 26.

At the end of the evening, two prizes will be awarded: the Jury's Choice Award and the Public's Favourite Award. Participating chefs and event details will be announced shortly!

Tickets for this event will be available later this month.

**February 18, noon to 2 pm**

### HERITAGE DAY 2025 CELEBRATIONS, Ottawa City Hall, 110 Laurier Avenue

Ottawans are invited to celebrate Heritage Day at City Hall with free in-person events for all. This year's celebration theme is: "*Heritage Champions: Crafting a Legacy of Preservation and Innovation.*" It's a time to come together and honour the incredible work being done to preserve Ottawa's rich and diverse history!

Ottawa's heritage is told through its historic buildings, cultural landscapes, and traditions. From archives to museums, and from traditional rituals to storytelling, our shared heritage connects us to the past, while shaping our future.

In-person events this year include:

**The Heritage Showcase:** Explore the vibrant heritage community of Ottawa! Local historical societies, museums, and heritage organizations will be featured in Jean Pigott Hall before and after the official ceremony at noon. Meet heritage professionals and volunteers, ask questions, and plan your next cultural

adventure.

**Theme: Heritage Champions:** The essential work of heritage professionals are recognized - planners, architects, craft and trade specialists, educators, and volunteers - all of whom are dedicated to preserving Ottawa's rich history. Also showcased are the innovative approaches that these champions use to sustain our cultural legacy for future generations.

Heritage Day is a chance to recognize the people and efforts that preserve our collective history. They ensure that future generations can enjoy the same sense of belonging and connection to history that we do today.

Whether you're deeply rooted in Ottawa or new to the city, we encourage everyone to explore heritage destinations, engage with cultural landscapes, and connect with heritage professionals, educators, and traditional knowledge keepers.



**Thursdays, February 13th to March 27th from 5:00 pm to 8:00 pm**

### FREE THURSDAY NIGHTS AT THE NATIONAL GALLERY, Presented by BMO, National Gallery of Canada, 380 Sussex Drive.

Visitors to the National Gallery of Canada can enjoy seasonal snacks to the sound of music by a local DJ. Attendees will also have an opportunity to participate in free art-making activities and themed tours. Bring your loved ones, purchase refreshments in the Scotiabank Great Hall, and enjoy the sounds of a local DJ. Participate in art-making activities, and don't miss the popular 3 to See tours. The 3 to See tours last 30 minutes, and focus on one theme, and three artworks: discover new-to-you spaces and artists with three artworks connected by one

theme. Tickets are free and can be obtained by scanning the QR Code below.



# WATSON'S PHARMACY

## & COMPOUNDING CENTRE



Award-winning, local, family-owned.

In-store professional compounding labs making customized medicines to meet your specific needs.

Pharmacists who are able to provide **counselling and prescriptions** for 19 minor ailments in our dedicated, private consultation space.



### TWO GREAT LOCATIONS

OLD OTTAWA EAST  
192 MAIN STREET  
613- 238-1881

WELLINGTON VILLAGE  
1308 WELLINGTON ST.  
613-238-1882



As an independent, local, family-owned business, Watson's is proud to carry many Canadian brands, including:



**goodprotein<sup>®</sup>**

**webber naturals.**



CARINA  
ORGANICS

More Canadian products arriving daily!