

MAIN STREETER

OLD OTTAWA EAST'S COMMUNITY VOICE



LA VOIX COMMUNAUTAIRE DU VIEUX OTTAWA-EST

OCTOBER | OCTOBRE 2013

Reconstructing Rabbi Ottawa's First Female Jewish Leader Calls OOE Home

BY JOE PARASKEVAS

When members of Or Haneshamah, Ottawa's reconstructionist Jewish community, set out last fall to find a rabbi, they heard from plenty of skeptics.

"Most people were: fine and good," said Jackie Lyons, chair of the 150-member congregation. "Good luck getting a rabbi to move to this little community."

They were looking for a leader, Lyons added, someone to connect this group of liberal-minded Jews not only

to other Ottawa congregations but also to North America and the world.

What they found, she said, was "a natural fit:" the first female rabbi in this city, and an openly gay one at that.

Her name was Elizabeth Bolton and this summer, she moved in to the Terra Firma co-housing buildings on Drummond Street in Old Ottawa East.

"I love this neighbourhood!" the 56-year-old, Montreal-born Bolton said recently. "It manages to be urban,

Continued on page 22



Elizabeth Bolton

PHOTO BY PETER CROAL

Coping with the Loss of Loblaws; The store we never knew we'd miss so much

BY ALLISON ANDERSON



The construction site on a quiet day.

PHOTO BY BONNIE WEPPLER

An entire community has come to realize how much it depends on its local grocery store.

At the beginning of August, the Loblaws on Isabella Street closed its doors. Old Ottawa East lost a grocery store many residents had bemoaned for poor selection and service.

And yet, the outdated store was the place everyone in the community apparently loved to hate.

"It's so inconvenient to go to Bank Street," said OOE resident Jamie Moodie. Hard-to-find parking in the Glebe on weekends was the main drawback to grocery shopping there, she added.

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WHERE DO I GO NOW?

BY KATE JAIMET

Losing the Loblaws at Pretoria is like breaking up with Mr. Wrong. It annoyed you in so many ways, yet now that it's gone, you don't know where to turn. If only there were something out there to fill the void.

Fortunately, a number of nearby grocery stores are just waiting for a nice shopper like you to come along. It's time to get out and play the field.

Check our on-line edition for more information on where to go.

www.mainstreeter.ca

The temporary loss of the local Loblaws isn't the only food-store-related news in Old Ottawa East this fall.

Residents continue to feel the departure of Alpha Food, the convenience store that lit the corner of Main and Hazel streets for almost two decades.

Many people had come to rely on Alpha, not only for late-night food and small items but as a kind of neighbourhood meeting place.

Hadi Tinafar, one of the store's owners, said recently he was continuing to look for a new location and hadn't ruled out the possibility of returning to OOE.

In the meantime, the expansion of The Green Door restaurant, which brought about Alpha's closing at the end of August, continued.

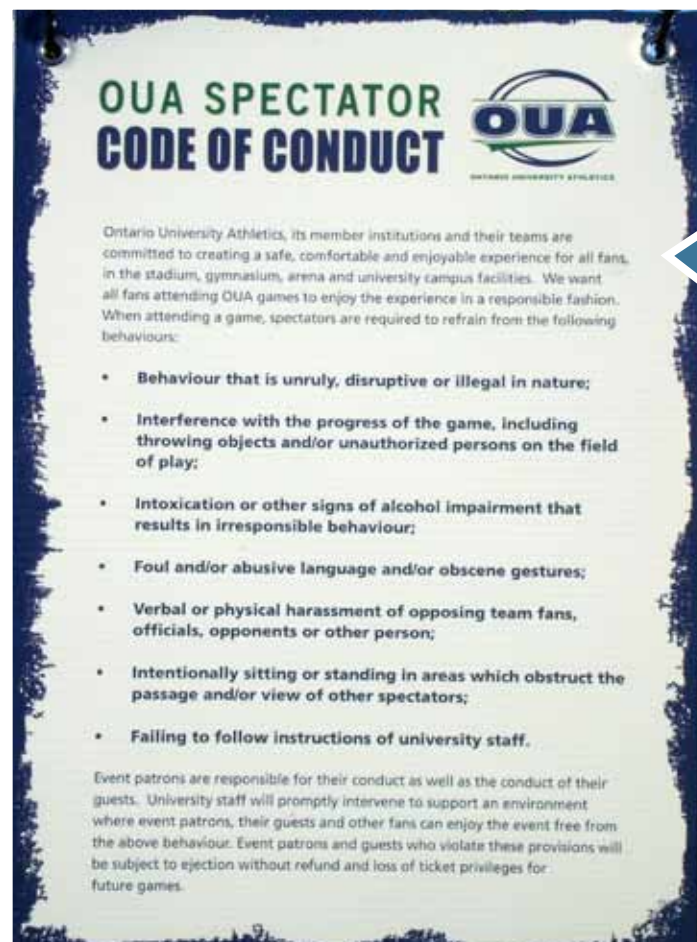
Green Door owner Ron Farmer said he expected the renovation and expansion of the restaurant to be completed by the new year.

The Green Door kitchen is receiving a makeover, Farmer said. There will also be a larger service area and dining room when work is finished, he added.

Meanwhile, business is growing for the Green Door Grocer, which opened this summer adjacent to the restaurant, Farmer said.



The north end of Old Ottawa East seems to be on track for extensive development. Between the boundaries of Harvey, Concord, Greenfield and Main, there are three areas which have been sold for development: a duplex on Harvey, a triangular section including two houses on Concord between Montcalm and Greenfield, and the former Legion at 99 Greenfield. So far, work has only been done on the Concord/Montcalm/Greenfield property. Then, in mid-summer, a sign went up on the triangular property at the Havelock/Greenfield split.



The City diligently attended the new gardens as well as the replacement sod on the lawns that had been dug up, with water trucks passing regularly.

The GeeGees' September 7 home opener was, according to all reports, without problem. The Code of Conduct is clearly posted beside the entrance gates.



The new University of Ottawa stadium opened with the first home game of the GeeGees' football team on Saturday, September 7.

Work on the expansion of the Queensway now includes stones under the two end sections of the bridge spanning the Rideau River at Lees. According to a construction worker, these are the only sections which will be "stoned in" to gain access to the bridge; the other sections will be accessed by a barge. The stones will be removed from the River once the bridge has been replaced.



Due to construction concerns, TD Canada Trust has now blocked access to its Isabella Street entrance; all traffic into the bank must now enter and exit via Pretoria Street.

Our neighbours

BY BONNIE WEPPLER

A small-town girl and her dog move to Ottawa. A small-town boy also moves to Ottawa. They go to different schools, she to Carleton, he to Algonquin. Eventually, they meet at work and fall in love.

“You have to love my dog, not only me,” she says.

“I do,” he replies.

They buy a house, get married and dream big. Baby Jimmy arrives and makes four.

Meet the Newberry family of Chestnut Street: Meredith and Nick, baby Jimmy and weimaraner Jack.

Every morning, the family forms its own parade as they wander through Old Ottawa East to Elgin Street: Jimmy in the stroller, Meredith pushing him and Jack beside them, as they walk with Nick to work. Some days, Nick, an avid mountain biker, has already been up hours before the parade starts. He drives out to Kanata Lakes to cycle, returning home in time to get the rest of the family up to have breakfast together.

Meredith can be thanked for leading the family to Old Ottawa East. She lived in an apartment on Main Street for four years and loved the neighbourhood. It is

dog-friendly, with lots of green spaces and river access, and she and Jack met many people during their walks.

They were thrilled to find the small house on Chestnut. With all the development currently going on in that area of Old Ottawa East, it seems hard to believe that at the time, the home they bought was the first house to sell on Chestnut in about 10 years.

Nick and Meredith wed in February 2011. Their wedding photographs place them in familiar settings: the green space—then icy—behind the Oblates’ residence, on the edge of the Rideau River, in front of the snowbanks on Chestnut. Jack literally led the couple to their wedding photographer. They met him when they were out on a walk one day.

Nick still works as a software architect at the office where he and Meredith met. Prior to that, he honed his cooking skills in a number of restaurants around the city; Meredith jokes that a big part of why she married him is that he knows the secret to Pancho Villa’s fajita nachos.

When Jimmy was born, Meredith decided to be a full-time, stay-at-home mom. However, she fulfills her fascination with houses and homes by



Meredith, Jimmy and Nick Newberry

PHOTO BY AMY MCGEE

writing a blog about where people live and the design and interior decoration of their homes. Her business card (she shares this fascination and blog with a partner) notes that: “We love window shopping & sharing where our nose prints can be found. We can’t keep design secrets. That’s boring. We love it when our friends invite us over for design advice. And wine. That’s nice.”

You can find their tips and trends, and possibly even a picture of a glass of wine, at www.newberrysykes.com

Meredith is a member of the

Mainstreeter’s inaugural Board of Directors and she wrote Pulling Tires to the Arctic, the front page story of Hugh Dale-Harris’ trip to Ellesmere Island, in the Mainstreeter’s last issue. Both the blog and her involvement with the Mainstreeter signal a return to Meredith’s roots in journalism.

In their spare time, Nick implements the vision that Meredith has for their home. (Since buying it, they have added a basement and a second storey.) Jimmy dreams of playing in the new and improved Springhurst Park. And Jack? Jack is in charge of the couch!



Coun. David Chernushenko with the help of community children officially reopened the improved Springhurst Park on a beautiful October afternoon.

PHOTO BY JOHN DANCE

Springhurst’s Sprung!

BY JOHN DANCE

Children gave a resounding endorsement of new facilities at Springhurst Park during the park’s official reopening this month. About 60 children and many parents celebrated the reopening on a sparkling fall afternoon.

The existing portions of the park were rehabilitated and new equipment added along with landscaping.

Coun. David Chernushenko cut the opening ribbon with the help of swarms of eager children. The rejuvenation

of the park was led by the Sandy Hill Community Health Centre, with the support of the Community Activities Group of Old Ottawa East, Telus, the Crabtree Foundation, and the Community Foundation of Ottawa.

The city provided substantial funding through its cost-sharing program and the cash-in-lieu-of-parkland program.

FROM THE EDITOR UN MOT DU RÉDACTEUR EN CHEF



PHOTO BY NANCY MCL IMAGES

Joe Paraskevas, *Mainstreeter* Editor.

Let's face it: as much as we may brag that we can handle change, the new can be a rattling experience.

Even small changes to our daily lives sometimes surprise with their ability to shake us out of our indifference.

And larger changes - to our ways of looking at things, for example - may come with an initial shock but then make us see there is little to fear and much to celebrate in a different perspective.

This issue of the *Mainstreeter* tries to explore how we deal with the arrival of the new ... and the departure of the old. As it came together, this edition, with its stories about an old grocery store and a new rabbi, produced unexpected emotions.

From the moment the idea to look at Old Ottawa East's dearth of big-chain groceries came up at our September story meeting, it provoked animated discussion.

We had temporarily lost our neighbourhood Loblaws near the Pretoria Bridge.

"The Russian Loblaws," one *Mainstreeter* volunteer shouted. He called it that not because he remembered shelves of goods with incomprehensible labels but rather because it was a place with such a dreary atmosphere it belonged to Cold War times.

And yet, the store attracted as much nostalgia as it did negativity.

It was what it was and Old Ottawa East had found ways to love it.

By the time our meeting ended, we were convinced of one thing: the loss of that homely little store was something we all felt deeply. Instead of just praising the arrival of its gleaming, larger-than-life replacement, we realized we had actually loved the store we said we had despised.

So much for letting go.

Then there is the experience of taking on.

Our story about Elizabeth Bolton, a newly arrived resident of Drummond Street and Ottawa's first female and openly gay rabbi, was an exercise in looking beyond the limits of tradition.

The story of the city's reconstructionist Jewish community and their new leader proves change can be about opening doors.

Will the rest of the Jewish community in Ottawa - and in fact all local religious leaders - accept Bolton? That remains to be seen.

She is wonderfully inspiring. Drummond Street residents are lucky to have her.

So is the reconstructionist community, which now has her as their guide.

To go from old ways of thinking to new ideals can be as refreshing and positive as finding a new home in a welcoming neighbourhood.

Nous pouvons toujours nous vanter de notre capacité d'adaptation, nous devons toutefois admettre que le changement peut être effrayant.

Même les petits changements du quotidien nous surprennent parfois par leur capacité à secouer notre indifférence.

Quant aux grands changements - dans le regard que nous portons sur les choses, par exemple - ils peuvent déclencher un choc initial, mais nous finissons par nous rendre compte qu'il n'y a rien à craindre et, qu'au contraire, en changeant de point de vue, nous avons tout à y gagner.

Dans ce numéro du *Mainstreeter*, nous avons tenté de découvrir comment nous réagissons face à l'arrivée du neuf... et au départ du vieux. Cette édition réunit un certain nombre d'histoires, dont celle d'une vieille épicerie et celle d'un nouveau rabbin, qui soulèvent des émotions inattendues.

En septembre, le comité de rédaction s'est rencontré et, dès que nous avons lancé l'idée d'aborder la pénurie de grandes chaînes d'épicerie dans le vieux Ottawa-Est, la discussion s'est animée. Nous venions de perdre temporairement notre Loblaws près du pont Pretoria. « Le Loblaws russe », s'est écrié l'un des bénévoles du *Mainstreeter*. Il surnommait ainsi l'épicerie non pas à cause de son souvenir d'étagères remplies de biens aux étiquettes incompréhensibles, mais en raison de sa sinistre ambiance, rappelant la période de la guerre froide.

Et pourtant, le magasin évoquait autant de nostalgie que de négativité.

Dans le quartier, on s'était fait une raison de l'aimer comme il était, voilà tout!

À la fin de la réunion, une chose était sûre : la perte de ce modeste magasin nous affectait tous profondément. Au lieu de nous contenter de saluer l'arrivée de son remplaçant, flambant neuf et plus grand que nature, nous avons réalisé l'attachement qui nous liait au supermarché, malgré nos propos méprisants d'avant.

Mais assez parlé du lâcher-prise.

Passons maintenant à l'idée d'acceptation.

L'histoire d'Elizabeth Bolton, nouvelle résidente du quartier (sur la rue Drummond) et première lesbienne déclarée à occuper un poste de rabbin à Ottawa, est un exercice qui vise à se projeter au-delà des limites de la tradition. L'histoire de cette communauté juive issue du reconstructionnisme et de sa nouvelle chef prouve qu'il suffit parfois d'ouvrir certaines portes pour faire place au changement.

Le reste de la communauté juive d'Ottawa - et, en fait, tous les leaders religieux de la région - acceptera-t-il Mme Bolton? Cela reste à voir.

Elle est merveilleusement inspirante. Les résidents de la rue Drummond ont la chance de l'avoir comme voisine... tout comme la communauté juive, comme guide spirituelle.

Le chemin à parcourir pour perdre nos vieilles habitudes et adopter de nouveaux idéaux peut être aussi rafraîchissant et positif que de trouver une demeure dans un quartier accueillant.

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Faites-nous part de votre intérêt dès
maintenant à editor@mainstreeter.ca.



Henrik Stephenson

PHOTO BY CYNTHIA RALICKAS (HIS MOM).

Children's Garden: Discovering a Gem

BY JOCELYNE BELAND-STEPHENSON

A chance meeting allowed me to discover one of the real gems of Old Ottawa East. Two years ago, I wandered into the Children's Garden during an early spring morning walk with my then one-year-old grandson, Henrik. There we met one of this community's real pillars: Aamina Badran.

Aamina told us about the programs that take place in the Garden, and we started attending the playgroup there. The Garden has become one of my grandson's favourite place. This year his little sister began attending.

They think they are just playing and having fun, but they are also learning to interact with other children and to participate in group activities. They are discovering, first-hand, the little mysteries of nature: how a small seed can become a large plant

that feeds many and how that plant's waste becomes the compost that enriches the earth.

They have tasted food straight from the soil. Henrik loved pulling out a snack from the earth.

When asked today what he liked about the garden, Henrik said: "At the Children's Garden, you can play, and you can pick things, and you can walk all around with a wheelbarrow."

I could go on and on about the benefits of the Garden, but I prefer to invite you to discover them for yourself. Email childrensgarden@sustainablelivingottawaeast.ca to get on their mailing list and find out about all the fun.



Crews began drilling in the Rideau Canal at the beginning of October, preparing for construction of the Mid-town footbridge.

PHOTO BY PETER CROAL

MAIN STREETER

www.Mainstreeter.ca

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Community Activities Group: Call Old Town Hall at 613-564-1078 and leave a message for Catherine Pacella

Community Police (for non-emergency concerns):
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GREEN DOOR EXHIBITIONS

SEPTEMBER 29

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Tibetan Buddhist paintings

Helen and Kevin from 3 Trees will be hanging an exhibition of Tibetan Buddhist thangka paintings imported directly from Kathmandu.

Thangkas are painted canvases of linen or silk depicting Buddhist deities, scenes or mandalas. The painted panel is sewn into a brocade frame with a light silk cover.

Thangka composition is highly geometric and follows strict guidelines laid out in Buddhist scripture regarding proportion, colour, hand position, symbols and ritual instruments. The artist must be properly trained and have sufficient religious understanding and knowledge to create an accurate and appropriate thangka.

The Buddhist practitioner uses a thangka of their chosen meditation deity to visualize the qualities of that Buddha and to invite into themselves these same qualities and energies of compassion, wisdom or action.

**FOR FURTHER
INFORMATION:**

Helen Weaver: 613-230-0304
helen3trees@gmail.com



PBLA President Martins Sausins (left) speaks with Latvian President Andris Bērziņš (right), with Press Secretary Līga Krāpāne and Head of Protocol, Zane Ventere looking on. PBLA is the World Federation of Free Latvians.

PHOTO BY UGIS LAMA

Latvian President Andris Bērziņš at Peace Latvian Lutheran Church

BY ILSE ZANDSTRA

Latvian President Andris Bērziņš, on a working visit to Canada, took time out to socialize with the Ottawa Latvian community. After a full day of meetings with Prime Minister Stephen Harper, as well as other politicians and business people, the president and his delegation enjoyed an evening reception hosted by the Embassy of Latvia at Peace Latvian Lutheran Church. President Bērziņš was warmly welcomed by the heads of local social organizations, including Pastor Gundars Bērziņš (no relation) of Peace Latvian Lutheran Church.

In a brief address, President Bērziņš spoke of the present situation in Latvia

and how the small Baltic country was coming out of the recent economic crisis. He stressed the importance of forging friendly and working relationships with Canadian business partners. He also underlined the enduring value and contribution that Latvians abroad have made and continue to make to their homeland, both politically and socially.

Brief welcoming speeches were followed by a musical presentation, with Mikelis Svilans on the kokle, a plucked string musical instrument, and songs by Anda Sprudze. One surprising and beautiful number was Gerin-Lajoie's song about the pain of exile, Un

Canadien errant, sung in Latvian.

As a sweet end to the evening, Laima chocolates were passed around and enjoyed by all. The chocolates were imported from Latvia and donated by former Ottawa Senator (and now Boston Bruin) Kaspars Daugavins, who hails from Latvia.

After his stay in Ottawa, President Bērziņš left for Niagara Falls and Toronto. He also visited Hamilton, Vancouver and Montreal, forging stronger ties with Canadian enterprises and respective Latvian communities.

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Canadian Martyrs welcomes new pastor

BY EVELYN KELLY

On Aug. 4, parishioners of Canadian Martyrs welcomed their new pastor, Father Nicanor Sarmiento, an Oblate of Mary Immaculate.

Sarmiento is the first native Peruvian to become a member of the Lacombe Oblate community.

He was ordained to the priesthood in 1999 and carried out his first pastoral ministry in the parishes of Sheshatshui and Natvashich in Labrador, where he served the Innu people.

He met many challenges enthusiastically, among them learning a new language and how to snow-shoe. He also learned how to drive a ski-doo as well as a car.

After leaving Labrador, Sarmiento pursued doctoral studies in Missiology and Cultural Anthropology in Berkeley, Calif. He also spent time as a visiting faculty member at the Catholic University in Bolivia.

Sarmiento received his Canadian citizenship in 2007 aboard the HMCS Halifax.

The Rite of Installation at Canadian Martyrs was presided over by Father Geoffrey Kerslake, Episcopal Vicar. The letter of appointment from Archbishop Prendergast was read by Bob Richer and Evelyn Kelly, members of the pastoral council of Canadian Martyrs.

Members of the local Oblate community joined parishioners to witness the installation ceremony. After mass, a reception was held in the parish centre.

Sarmiento hopes to strengthen relationships with Immaculata High School and Saint Paul University. He also looks forward to meeting the pastors and congregations of neighbourhood churches. During September, Sarmiento planned to meet with Pastoral Council and members of parish committees to map out future direction for the parish.



PHOTO BY NANCY MACDONALD

Father Nicanor Sarmiento at the reception following his installation as priest of Canadian Martyrs Parish.

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A letter to the editor

Dear Sir,

My name is Jasper. I'm 13 and I live off Main Street near the canal.

I was walking with my dad and brother last night and noticed a loonie in my pocket. We were near the old Alpha Food location and I wondered if there was anywhere else that I could buy something for a dollar. I used to go into Alpha and buy, say, a cookie, for a dollar.

So I went into the Green Door and asked the woman at the cash register if there was something I could buy for a dollar.

She said, "You can get a small blob of rice pudding, or some whipped cream."

I thanked her and just left.

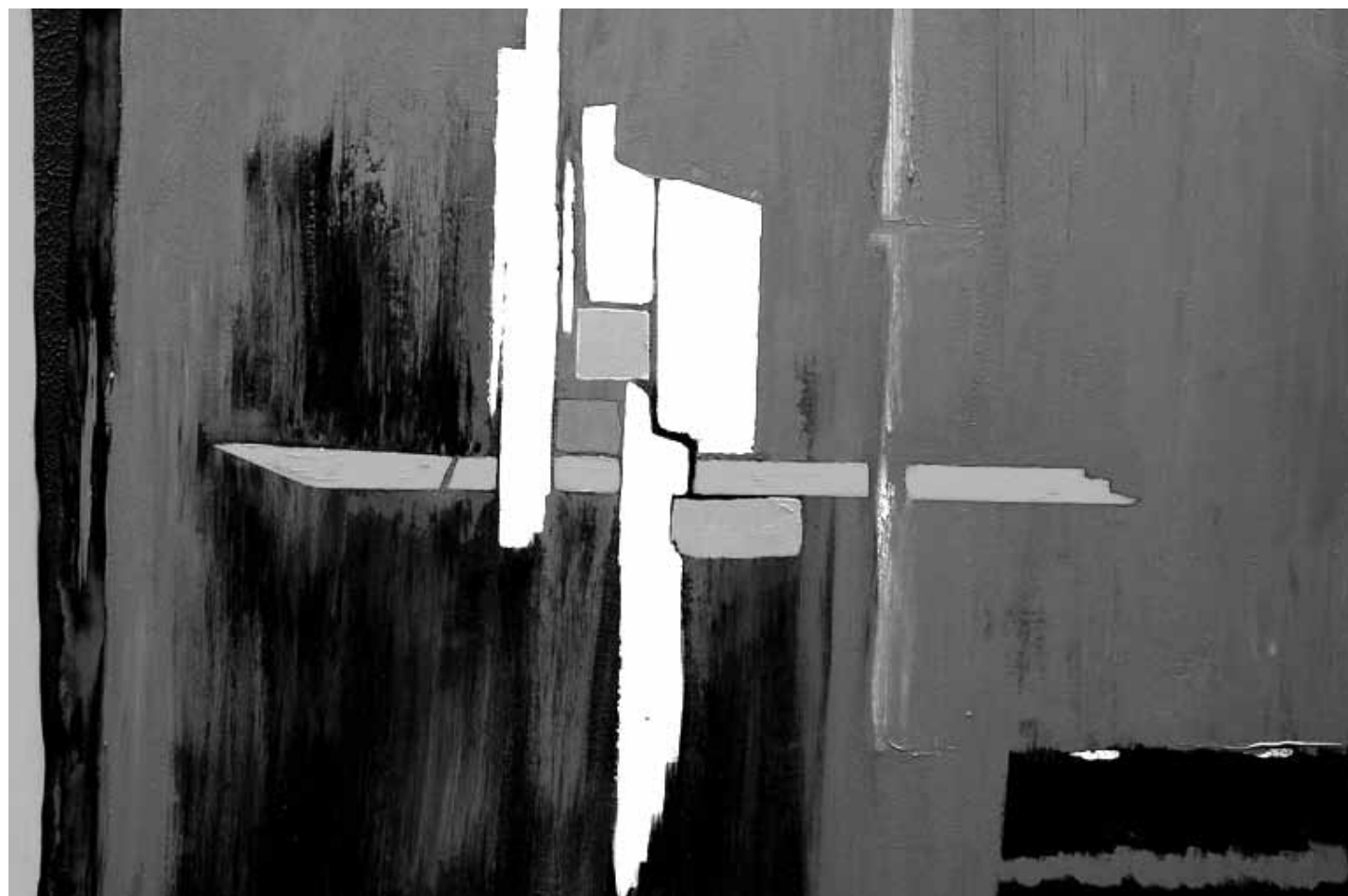
It seems to me that it would be great if you could still buy something to eat for a dollar in our neighbourhood. Not everyone has \$5-10 to spend on "gluten free cake." I love living here, but I think that people who have less should be able to be here too.

Thank you.

Jasper Hickox

Carpeting the world with her art

BY JOHN DANCE



An acrylic painting by abstract artist Margery Leach entitled "Emma."

PHOTO BY MARGERY LEACH

Abstract artist Margery Leach has found an unusual way of getting her vision out to the world: her paintings are being interpreted into carpets.

"I was showing a few of my pieces at the Old Town Hall art show when a woman named Lori Mockson showed an interest in my paintings," Leach said. "Lori is the leader of a company called LMB Home, and she had an idea about translating original art into rugs. When she saw my work, she felt that it fit with the project, probably because of the interwoven abstract blocks of shapes and colours.

"I thought it was a cool idea," Leach added. "The manufacturer is a GoodWeave-certified artisan, confirming that no child labour is used in their production. And I like having my art being interpreted in this way—with the rug maker bringing to it their own artistic sensibility."

Leach, her husband and her son have lived in Old Ottawa East for more than seven years. They moved to the neighbourhood from Centretown when her son was three-and-a-half.

Leach's post-secondary studies in urban geography led to a career

in management consulting and international cooperation.

"But I have always had sort of a dual personality of having a logical/analytical side and a strong artistic passion for painting and writing," she said.

"I have always painted and done creative writing, taking many art courses throughout my life," Leach said. "But growing up, my family was very practical and I was not encouraged to pursue working as an artist. Once I was more established in my career, however, I decided to reduce my hours and work on my art.


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Gloria Fox, BMus, member ORMTA, SAO

613 236-8081

References available



“Once our son was three or four, I started finding more time for my art. I would ‘hive out’ the time to pursue it,” she added. “First I did this by taking creative painting courses at the Ottawa School of Art, to make sure that I set aside the time and space. Then I started devoting more time, and rented studio space that I share with a friend.

“I had worked on portraits, landscapes and still life paintings using oils, acrylics, watercolours and mixed media, and also enjoyed sculpture,” Leach said. “I am grateful for visual artist Blair Sharpe who is a teacher at the Ottawa School of Art. His subtle ways helped me discover that my genre is abstract painting. Blair helped me to bring out my passion for colour, form and texture.

“In my art, I play with colour, light and form to create images that I hope will inspire, challenge and intrigue,” she added. “I have a vision of interconnectedness, balance and unpredictability. I love discovering new forms and figuring out how they can work together. I’m always thinking

“It made me happy that someone had taken the care, had the passion and was given the artistic license to interpret my paintings in a way that was so beautiful.”

about balance and ask myself: are the shapes and colours working together or throwing the viewer off? I think about how the forms work for the eye: are they working in a cohesive, harmonious way or do they hurt the viewer’s eyes until they get used to them?

“It’s how life works,” she said. “In our lives we have to balance things—make trade-offs, like the balance between work and play. In art, just like in life, sometimes it’s not balanced. In our environment, there is a need for things to work together. There are connections in life, for example, between people. People are connected to the environment—everything is connected. I feel like my art, although

not overtly making a statement about that, is about that.”

Over the past few years, Leach has shared studio space at The Loft cooperative art studios, located on the third floor of a former bread factory on Gladstone Avenue. “It is inspiring working out of The Loft,” she said. “There are 18 other artists and I’m really happy to be there. I’ve shown my work at The Loft open houses, which we usually coordinate with the Enriched Bread Artists (a collective of diverse Ottawa artists located in the same building). In June, I was a featured artist in the foyer of the Ottawa Rhythm Initiative’s Collected Soles tap performance. I also co-coordinated an art show in May. After a summer hiatus, I’m thinking about what’s next.”

As for the carpet project, Leach’s modern abstract paintings inspired the initial series of carpets, woven in Bhadohi, India by an expert carpet maker.

“The carpets were unveiled in late spring and they are fantastic,” Leach said. “Although I have never met him in person, I really admire the artisan who made them. He brought his traditional methods, beautiful materials, and a modern artistic sensibility to the work, adding a little splash of something here and there. It made me happy that someone had taken the care, had the passion and was given the artistic license to interpret my paintings in a way that was so beautiful.

“The pilot stage is now over and there’s proof that the manufacturing model works,” she added.

LMB Home is now marketing the carpets. They will be sold directly and through specialty rug boutiques, design houses and furniture. More carpets and other designs are planned for production.



Artist Margery Leach poses with one of her abstract paintings while seated on a hand-woven carpet interpreted using her art.

PHOTO BY TANIS BROWNING-SHELP



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Community Activities Group of Old Ottawa East (CAG)

Le groupe d'activités communautaires du vieux quartier d'Ottawa-Est

Community Playgroup (0 – 5 years)

Old Town Hall, 61 Main Street

November 20 – February 14

Wednesday OR Friday 9:30 – 11:30 a.m.
\$37 first child, siblings \$22, siblings under 12 months are free.

Cooperative Playgroup (0 – 3 years) - NEW!!

Brantwood Park field house, 39 Onslow Crescent.

November 18 – February 3

Mondays 9:30 – noon.
\$23/child.

Little Lotus™ Mom and Baby Yoga

For Moms with babies not yet actively crawling.

Old Town Hall, 61 Main Street

November 5 – December 17

Tuesdays, 1:15 – 2:15 p.m., \$84

Hush-a-Bye Babies® (1 - 12 months)

Old Town Hall, 61 Main Street

November 7 – December 19

Thursdays
1:00 – 2:30 p.m., \$80

Indoor Soccer Skills (6 – 9 years)

Immaculata High School, small gym, 140 Main St.

November 6 – December 11

Wednesdays
6:00 – 7:00 p.m., \$53

Meal Planning Made Easy: the Key to Stress-Free Family Meals

Brantwood Park field house, 39 Onslow Crescent.

Monday, November 4

7:00 – 9:00 p.m., \$45

Filling your Toddler's Tummy: 1 to 3 years

Brantwood Park field house, 39 Onslow Crescent.

Monday, November 25

7:00 – 9:00 p.m., \$45

Better Body Bootcamp

Lady Evelyn Alternative School, 63 Evelyn Avenue

December 2 – February 3

Mondays 8:00 – 9:00 p.m.

Immaculata High School, 140 Main Street

December 4 – February 5

Wednesdays 7:30 – 8:30 p.m.

\$120 once/week

\$192 twice/week

Strength and Tone

Old Town Hall, 61 Main Street

December 4 – February 21

Wednesday OR Friday

7:30 – 8:30 a.m., \$59

Fit for Life

Old Town Hall, 61 Main Street

November 19 – February 4

Tuesday

8:30 – 9:30 a.m., \$59

Late Fall Programs 2013

CHILDREN'S EVENTS



Halloween Party (5 - 10 years)

Brantwood Park field house, 39 Onslow Crescent.

Friday, October 25

6:30 – 8:00 p.m., \$20

Little Lotus™ Yoga PJ Party (5 – 10 years)

Yoga, snacks, crafts, and guided relaxation.

Old Town Hall, 61 Main Street

Saturday, November 9

6:00 – 8:00 p.m., \$20



Family Gingerbread House Party

Brantwood Park field house, 39 Onslow Crescent.

Saturday, December 14

1:00 – 3:00 p.m., \$30/house

AFTER SCHOOL 2013/14

Kindergarten to Grade 6

A small group setting in your community park... Brantwood Park field house, 39 Onslow Crescent

4:00 – 5:45 p.m., \$180/child/month

PD Day Program

Kindergarten to Grade 6

Brantwood Park field house, 39 Onslow Crescent.

Friday, November 15

8:30 a.m. – 4:00 p.m., after

care 4:00 – 5:45 p.m.

\$35/day, after care \$10



CAG SURVEY – We want to hear from you!

For the upcoming year CAG has set goals to develop programming on the Rideau River, and in Springhurst Park and to promote the Rideau River Nature Trail as a route between activities in Brantwood and Springhurst Parks.

We are conducting a survey to assess how CAG is meeting the needs of the community and how we might best meet these goals. Please help us by taking a few minutes to complete the survey at www.ottawaeastCAG.ca

Thank you!



More detail: www.ottawaeastCAG.ca

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YOUR PHOTOS OF THE MAIN FARMERS MARKET



Photo credit: Ruth Browning



Photo credit: Persephone McPherson



Photo credit: John Dance

MAIN FARMERS MARKET PHOTOGRAPHIC CHALLENGE

**We want your photographs of the Market's season
(Saturdays from 9:00 a.m. to 2:00 p.m. until the end of October).**

The contest judges are looking for photos capturing the complex texture of the market: the aesthetic beauty of the produce and other wares; the people who grow and transport the produce; the activities and special events; the people working behind the scenes; the market bustling in all kinds of weather.

The best photos will be exhibited at The Green Door Restaurant throughout the month of May to coincide with the opening of the Market

Prizes will be awarded and proceeds from the photographs sold will go towards a local community project to be announced.

TO ENTER THE PHOTOGRAPHIC CHALLENGE:

Submit your **high-resolution digital** photographs to Tanis Browning-Shelp at: shelp@magma.ca from now **until November 15**.

If your photograph is selected for inclusion in the exhibition, you will need to have it printed, framed, matted and ready to hang by February 15.

Photographers of all ages welcome.

For more details about the contest e-mail Tanis Browning-Shelp at: shelp@magma.ca.

Local artist, beautiful holiday cards

BY CAROL WORKUN



This beautiful piece entitled "January" is just one of the three beautiful artworks available as holiday cards this season through CAG PHOTO BY CYNTHIA TREMILLS

Cynthia Tremills is a talented artist who has called Old Ottawa East home for the last five years. She has participated in art shows at the Old Town Hall and donated a beautiful, original artwork to the Brantwood Park field house when it re-opened almost three years ago. She often had her work displayed in Babbo's restaurant when it was located on Main Street.

When she is not painting, Cynthia might be found at the Main Farmers Market where she volunteers with Celebration!Church at Celebration!Station. Last year she volunteered at the Pumpkin Sale in Brantwood Park – her speciality as you might imagine is facepainting.

No stranger to community involvement, Cynthia has donated artwork and designed holiday cards for a number of years for the Community Activities Group of Old Ottawa East

(CAG) and their annual holiday card. These cards have been treasured by CAG volunteers and supporters who have received them. They really are a work of art! A few recipients asked if we might consider making them available to the community. So this year, CAG is making three of the cards available for purchase.

CAG thanks Cynthia for her generosity to this fundraiser. Proceeds from the sale will support CAG programs, events and initiatives.

For details on the cards and how you might view samples please go to www.ottawaeastCAG.ca. Cards can be ordered anytime between now and November 17 through the CAG online registration system (www.ottawaeastCAG.ca/registration, under events).

Hopewell Students Run for Cancer Research

BY KATE JAIMET



PHOTO BY KATE JAIMET
Abbie Paraskevas (left) and Charlotte Bickerton (right) participate in Hopewell School's Terry Fox Run Oct. 15

It's a good thing Hopewell Principal Lynn Watson has a sweet tooth.

At a school assembly this month, she promised to retrieve a gummy bear from a plate of whipped cream with her bare teeth, if Hopewell students raised more than \$1000 for the Terry Fox Foundation.

On Oct. 15, the day of the school's Terry Fox Run, Watson said that while donations had not yet been tallied, she was confident that Hopewell would meet and exceed its goal.

"The thousand dollars was never really in doubt," she said.

During October, each student was asked to bring in a \$2 donation -- dubbed a "Toonie for Terry" -- to benefit cancer research. To rally the kids around the cause, the school held an assembly where a video was shown describing Terry Fox's historic 143-day, 5,373-kilometer Marathon of Hope. Teacher Marion Shynal told the students about her chance encounter with Terry Fox on the north shore of Lake Superior on August 28, 1980 -- two days before his cancer forced him to stop running.

"It's stunning scenery there: Lake Superior, the trees, the pink rock of the Canadian Shield," she said. "All

of a sudden, we see Terry coming toward us. He's all alone. And he's running in that way he had -- a kind of step and a hop. We pulled over. Truckers in their big rigs pulled over. We clapped as he went by. Huge lumps in our throats.

"I talked to the students about his generous spirit," she added. "He wasn't like a millionaire hockey star. He was raising money for cancer research. Not for himself."


Students from Grades One to Eight spent 42 minutes running or walking around Brewer Park, to symbolize the 42 kilometers Terry Fox ran every day. Kindergarten students ran around the school's grass yard.

Thousands of similar runs are held every fall at schools across the country and around the world, said grade six teacher Jim Borrens, who organized the Hopewell event along with Grade One to Two teacher Lesley Kathnelson.

"It's a great community school-spirit builder and it's raising money for a really good cause," he said.

Seeing the principal's face covered in whipped cream: \$1000.

Finding a cure for cancer: priceless.



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SLOE and U of O to Restore Rideau River Shoreline

BY IAN MCRAE

Sustainable Living Ottawa East and the University of Ottawa's Center for Global and Community Engagement have entered into a \$5,000 agreement as part of the TD Environmental Leaders Program.

Under the terms of the agreement, SLOE will assist student volunteers in planning and conducting a project to restore natural vegetation and protect shoreline near the Rideau River.

Up to 10 students will self-select for this project. The work will begin in February or March with planning sessions and continue into May with three weekends of hands-on work. Students will gain understanding of the environmental challenges of the Rideau River shoreline, learn about native and exotic invasive trees and plants, and build teamwork, planning, project management

and leadership skills. SLOE will guide and supervise the students and introduce them to authorities, regulators and material suppliers. It will also help assess the project outcomes.

This work is consistent with SLOE's approach to the Rideau River Nature Trail but the site of the restoration activities has yet to be finalized. SLOE is looking for suitable locations for the work and would like to discuss the possibility of working near the new University of Ottawa stadium. The budget for the project will cover the cost of plants, materials and supplies.

SLOE's volunteer members are enthusiastic about the new partnership and look forward to years of constructive engagement.

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OLD OTTAWA EAST COMMUNITY CALENDAR

WEDNESDAY, OCTOBER 23

Restoring Mealtime Peace: Tips for Parents of Picky Eaters aged 2 to 6 years
7:00 – 9:00 p.m., Brantwood Park field house, 39 Onslow Crescent
More info and registration: www.ottawaeastcag.ca

FRIDAY, OCTOBER 25

Halloween Party (5 – 10 years)
6:30 – 8:00 p.m., Brantwood Park field house, 39 Onslow Crescent
More info and registration: www.ottawaeastcag.ca

MONDAY, NOVEMBER 4

Meal Planning Made Easy: the Key to Stress-Free Family Meals
7:00 – 9:00 p.m., Brantwood Park field house, 39 Onslow Crescent
More info and registration: www.ottawaeastcag.ca

SATURDAY, NOVEMBER 9

Little Lotus Yoga PJ Party (5 – 10 years)
6:00 – 8:00 p.m., Old Town Hall, 61 Main Street
More info and registration: www.ottawaeastcag.ca

SUNDAY, NOVEMBER 10

Annual Remembrance Ceremony on Main Street
10:30 a.m., Brantwood Gates (Main Street at Beckwith/Bower)

TUESDAY, NOVEMBER 12

Old Ottawa East Community Association (OOECA) and Community Activities Group of Ottawa East (CAG) Joint Annual General Meeting
7:00 p.m., Amphitheatre 1124, Guigues Building, Saint Paul University, 223 Main Street
Everyone welcome!

FRIDAY, NOVEMBER 15

PD Day (Kindergarten – Grade 6)
8:30 a.m. – 5:30 p.m., Brantwood Park field house, 39 Onslow Crescent
More info and registration: www.ottawaeastcag.ca

MONDAY, NOVEMBER 25

Filling your Toddler's Tummy aged 1 to 3 years
7:00 – 9:00 p.m., Brantwood Park field house, 39 Onslow Crescent
More info and registration: www.ottawaeastcag.ca

If you have a meeting or event that you would like included in the community calendar, please forward details to info@ottawaeastcag.ca

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POLITICAL PAGES

MAIN STREET'S FUTURE IS NOW MAY 2013

JOHN DANCE

(second from left in photo)

INFO@OTTAWAEAST.CA



MAIN STREET: LESS VIBRATING, MORE VIBRANT

City council's strong endorsement of a 'complete street' design for Main Street should provide Old Ottawa East a safer, quieter core with fewer road vibrations.

People will actually enjoy being near the street. The community has sought the new attributes for decades.

The complete street design will provide wider sidewalks and cycling lanes and include other features such as rebuilt Brantwood Gates. These are expected to transform the community.

For decades, Old Ottawa East residents have coped with Main Street's sub-standard sidewalks, speeding traffic and annoying vibrations.

In the winter, helpless pedestrians navigated narrow sidewalks, fighting through slushy snowbanks. Four lanes of traffic splattered them with grime. People tried not to slip where the icy sidewalk sloped precariously to the curb.

In all seasons, Main Street had become a barrier during rush hour, bridged by relatively few crosswalks over its two-kilometre length.

As for cycling on Main Street, few tried to do it during rush hour. Often, cyclists dangerously used the sidewalks, making pedestrians' lives that much worse.

During city council's debate on the proposed complete street design, councillors were told rebuilding Main Street was required so that the deteriorated century-old water mains could be replaced and underground electrical service installed for the new LRT system.

The improvements for pedestrians and cyclists will not incur incremental costs for taxpayers.

The contentious part of the new design is the lane reduction for the 800 metre portion south of Immaculata High School. During both morning and afternoon rush hours vehicles will have to slow down.

The lane reductions will lower the street's capacity by an estimated 300 vehicles per hour but, according to city staff. This will only have an impact at rush hour.

The city's new \$2.1 billion light rail transit system will have a capacity of 48,000 people per hour. This should help people adversely affected by the redesigned Main Street.

Capital ward Coun. David Chernushenko took an active role in promoting the complete street option. He convinced a large majority of his colleagues that the option was best for our community and the city at large.

City staff were thorough in their development and analysis of options. Mayor Jim Watson and Transportation committee chair Keith Egli spoke forcefully for a complete street. The Ottawa South and Glebe community associations expressed their support as did a variety of other organizations including Ecology Ottawa, Walk Ottawa and Citizens for Safe Cycling.

Over an eight-month period about 10 community members, including four from the OOECA board, participated in many meetings of the city's working group for Main Street renewal. Local businesses, community churches and Saint Paul University also took part.

Detailed design work is now underway. Community input is expected to refine the designs, ensure pedestrian and cyclist safety, and resolve site-specific concerns identified during the planning process to-date.

Residents with specific questions should contact Josée Vallée, the city's senior engineer for the project, at josee.vallee@ottawa.ca <mailto:josee.vallee@ottawa.ca> .

For more information please contact info@ottawaeast.ca.

DAVID CHERNUSHENKO COUNCILLOR'S COLUMN MAY 2013

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OFFICIAL PLANS MAY NOT SEEM EXCITING, BUT THEY'RE EXTREMELY IMPORTANT

It's an especially busy autumn at city hall as we prepare to adopt an updated Official Plan, Infrastructure Master Plan, Transportation Master Plan, Cycling Plan and Pedestrian Plan.

Talk of official plans may make your eyes glaze over, but these documents are very important, and that's why we revise them every five years. They contain policy directions and lists of priorities that will determine where and how your tax dollars are spent, whether a road is widened or a rail line or bike lane is built, and when critical infrastructure gets repaired or replaced.

Following the release of most official drafts in the final week of September, council members will formally review the plans and welcome public delegations at committee meetings in October.

Here are a few major issues directly affecting Old Ottawa East residents:

- Will there be changes to the OP policy direction that currently promotes intensification? Will it provide specifics on acceptable height and density, and just how much such intensification is going to be promoted around new transit stations (Transit Oriented Development)?
- Will the TMP go further to promote public transit and active transit as the most efficient and cost-effective ways of moving people and goods? If so, will any major road projects be removed from the TMP or placed on the backburner?
- Will the proposed footbridge spanning the canal between Fifth and Clegg (currently in the detailed design phase) be listed as a priority project?
- Will the Cycling Plan and Pedestrian Plan propose new routes or infrastructure for our neighbourhood, to address subpar linkages for walkers and cyclists along our main roads and bridges?

I welcome your questions and feedback as we prepare to adopt the revised plans.

Conversions update

Prompted by some undesirable home conversion projects in Capital Ward, I joined my council colleagues in passing an Interim Control Bylaw in April. This brought a temporary halt to single-family homes being converted into apartments, and directed the planning department to study the most problematic aspects of this type of infill, consult with the public, and propose modified rules.

The city held a public consultation on Sept. 16 at city hall, well attended by residents of those communities already being affected and some who anticipate such projects coming their way.

I expect the report to be brought to Planning committee in March 2014 in conjunction with the Second Infill Zoning Study. To follow this issue and provide input, visit ottawa.ca/conversions.

Party time

University students are back, and so are complaints about partying. Student parties are nothing new, but there's a difference between a gathering that's a little loud and boisterous, and a big, noisy bash that goes all night.

Students and other partiers: your neighbours will probably tolerate an occasional party if you give them advance notice, keep the noise bearable and wrap it up at a reasonable hour. But if things get out of control, fines start at \$300, and party hosts can be charged for the actions of guests.

For everyone else: if you witness illegal or dangerous activities, call to 911. If it's simply an annoying situation, call 311 or email 311@ottawa.ca (feel free to copy me). And don't assume that someone else will call in your stead.

POLITICAL PAGES

PAUL DEWAR MP, OTTAWA CENTRE

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THE OPEN GOVERNMENT SMOKESCREEN

Open government is about accountability and access to government programs and services. It is a concept that goes hand-in-hand with a functioning democratic society.

While the Conservatives are sending out a flood of raw data through Treasury Board Secretary Tony Clement's so-called open government policy, they are restricting the kinds of information and research needed by Canadians to effectively scrutinize government programs and institutions and to access government services.

It is clear the open government initiative is a smokescreen to distract us from all the ways that Stephen Harper's Conservative majority is actually restricting the flow of information.

Government services

In the wake of significant cuts to front-line staff across government departments such as Service Canada, Canada Revenue Agency and Citizenship and Immigration, constituents are having increasing difficulties accessing information and assistance relating to vital government services.

At Ottawa's Service Canada offices, people in urgent need have been told the only way they can get the information they need to proceed with an EI or pension claim, or to have their case addressed in a timely manner, was by contacting my office. To make matters worse, we then contact Service Canada to resolve the issue or to obtain information. This duplicates the work that should be completed at the initial point of contact.

Canadians trying to get information about filing their taxes run into similar difficulties. The CRA's phone line is routinely busy. The service counter on Laurier Street, which was a valuable resource for constituents and local businesses, is now closed.

Those in the immigration system face similar problems. There are long backlogs (despite the government's self-congratulatory claims), the phone lines are busy and the menus are difficult to navigate. The doors to the immigration office at Catherine Street are also closed to the public.

Muzzling scientific research

When it comes to scientific research, the Conservatives have pursued an aggressive policy of undermining scientific integrity—closing labs, firing hundreds of researchers, muzzling those who remain and gutting training programs across the country. This is far from a policy of openness.

Lack of access to unbiased, taxpayer-funded scientific analysis means that Canadians don't get the full story about whether policymakers are making evidence-based decisions. Staff cuts at Parks Canada and Library and Archives have also eroded Canadians' access to quality information.

Silencing parliament

Prime Minister Stephen Harper unilaterally decided to shut down Parliament until October, after showing up in the House of Commons only five times in the last five weeks of the spring session.

After all the scandals, ethical lapses and mismanagement we've seen in the past few years as well as the most recent Senate spending scandal, Prime Minister Harper isn't fooling anyone. His decision to prorogue Parliament confirms what the NDP has been saying for months: Stephen Harper's Conservative government will do whatever it can to evade accountability and delay answering legitimate questions from the public about its involvement.

True open government

Canadians need truly open government—not just a stream of raw data. Canadians need responsive, thoughtful access to information so that we can make informed decisions about how well our government is working. And government needs to ensure adequate staffing so that Canadians can access accurate, helpful information in a timely fashion from the programs and services that we all pay for.

Putting a padlock on Parliament and cutting off access to information will not silence us. This fall, New Democrats continue to ask tough questions about the government's actions, and we continue to call for greater openness and accountability from our government. Canadians deserve better.

ONTARIO GOVERNMENT RENEWING ITS COMMITMENT TO REDUCE POVERTY

In 2008, the Ontario Government launched Breaking the Cycle: Ontario's Poverty Reduction Strategy, signalling new vision for a fairer society. It was based on the belief we can break the cycle of poverty in Ontario.

Every child should have the opportunity to succeed in life. People facing challenges should be given the tools they need to get ahead.

Our Poverty Reduction Strategy marked a bold new direction, setting an aggressive goal to reduce the number of children living in poverty by 25 per cent over 5 years. The ambitious target gave us something to strive toward, raised the bar for success, and set the foundation for future work.

Despite a difficult economic climate, more than 47,000 children and their families were lifted out of poverty between 2008 and 2011. Some key achievements under Breaking the Cycle include:

- Providing the Ontario Child Benefit to over 950,000 children in 510,000 families;
- Supporting child care modernization by investing more than \$1 billion in child care in 2013-14 in the child-care sector;
- Launching Open Minds, Healthy Minds: Ontario's Comprehensive Mental Health and Addictions Strategy to help as many as 50,000 kids and their families;
- Supporting an additional 13,000 young people through the Youth Action Plan;
- Providing over 690,000 students with healthy food through the Student Nutrition Program;
- Completing a review of social assistance programs;
- Continuing to implement full-day kindergarten in the 2013-14 school year to support 184,000 students; and
- Making postsecondary education more accessible, through major investments in student financial aid.

In addition to these steps under the Poverty Reduction Strategy, our government has also undertaken a variety of measures over the last 10 years to help build a prosperous and fair Ontario. We have raised social assistance rates by nearly 15 per cent since 2003, and committed nearly \$3 billion in the largest affordable housing program in Ontario's history during this same period. The government has also raised the minimum wage seven times since 2003. We recently created an advisory panel to provide guidance on how we

can develop a formal mechanism to determine the minimum wage in the future.

The level of success we have obtained is an indication that our strategy is working. We know the impact of our investments is making a positive difference in the lives of Ontarians. While our government is proud of our accomplishments, there is more to do. That is why Premier Kathleen Wynne, in one of her first acts after being sworn in, created a permanent Cabinet Committee on Poverty Reduction and Social Inclusion.

Breaking the cycle of poverty, by its very nature, is a long-term goal. That is why the Poverty Reduction Act outlines a long-term commitment to addressing poverty in Ontario by requiring us to renew the strategy every five years. This ensures we continue to make progress and our solutions continue to make a difference for Ontarians living in poverty.

This summer we announced the launch of province-wide consultations to hear how government and communities can continue to work together to break the cycle of poverty. We want to hear from all Ontarians, including people who have experienced, or are experiencing poverty, experts in the field, the business community and other levels of government.

Consultations have taken place in communities across the province. In Ottawa, I was pleased to host a consultation on August 26 that brought together a wide variety of organizations and individuals to share their suggestions and ideas. I was proud of the contribution our community made to the development of this strategy. Suggestions and feedback are also being accepted online. For more information, or to share your thoughts, please visit www.ontario.ca/breakingthecycle.

Poverty reduction continues to be a priority for our government. When too many people live in poverty, we all suffer because our province is leaving untapped potential on the sidelines. We continue to push ourselves and our partners to be creative and resourceful in finding new solutions to this complex and difficult problem.

Please do not hesitate to contact me at my Community Office at yanaqvi.mpp.co@liberal.ola.org or 613-722-6414 if you have any questions about this initiative. I look forward to hearing from you.



**Notice of 2013 Joint Annual General Meetings
Avis d'assemblée générale annuelle conjointe 2013**

**Old Ottawa East Community Association
(OOECA)
and
Community Activities Group of Ottawa
East (CAG)**

Tuesday, November 12, 2013

**Amphitheatre 1124, Guigues Building,
Saint Paul University, 223 Main Street
Everyone welcome!**

7:00 p.m., registration

7:15 p.m., annual meeting call to order, followed by a
social hour

**l'Association communautaire du vieux
Ottawa-Est
et du
Groupe d'activités communautaires du
vieux quartier d'Ottawa-Est**

Le mardi 12 novembre 2013

**Amphithéâtre 1124, édifice Guigues,
Université Saint-Paul, 223 rue Main
Bienvenue à tous !**

19 h, inscription

19 h 15, assemblée générale annuelle suivie d'une
rencontre sociale

**For up-to-date information and agenda go to www.OttawaEast.ca
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Reconstructing Rabbi - continued from Page 1

in the middle of the city, without being hectic and commercial. Just great for the wide range of ages that live right on my block.”

The newest and most liberal of Judaism’s four branches, reconstructionism dates to the middle of the last century. It is less tied to theological beliefs and traditional thinking than the other streams.

“Our present world is marked by declining participation in faith-based communities,” said longtime member Mark Dermer, part of the committee that hired Bolton. “At the same time, research suggests that people are no less spiritual and no less concerned about values than they were in previous decades. I think that means that the challenge for any congregation is to engage people in meaningful, contemporary ways that also maintain connections with traditions that are culturally familiar, comfortable and comforting.”

For the last decade, Or Haneshamah relied on visiting student-rabbis to come to Ottawa, usually from the rabbinical college in Philadelphia, headquarters for the reconstructionist movement.

Once a month, between September and June, the itinerant rabbis swooped

into the city to perform services.

The arrangement worked, Lyons said, but it was tiring. Members were in charge of housing visiting students, feeding them, collecting them at the airport.

“The other thing,” Lyons added, “we felt we didn’t have much of a voice in the greater Jewish community.”

Enter Elizabeth Bolton, or as she calls herself in her e-mails: Rabbi Liz.

“Here in Ottawa,” Bolton said, describing her role as local leader of reconstructionist Judaism, “folks can be Jewish but not live Jewish-ly and still yearn for connection.”

In some ways, the scenario Bolton found here mirrored what she had known for the last 14 years as a rabbi in Baltimore. There too, she said, a small reconstructionist community wanted to be more visible.

“It’s a time of big paradigm change in the Jewish community,” Bolton said.

As open as reconstructionism is to the modern world, the Ottawa chapter wanted someone to help it connect.

“Having someone local allows us to establish a more regular rhythm of congregational activity and also to become better connected with the broader Jewish community and other liberal-minded faith communities,” Dermer said.

Of course, how open those groups will be to Bolton remains to be seen.

“As for my sexual orientation,” she said, “it’s important for it to be stated because that’s the nature of being ‘out.’ It’s also a factor in my training. The Reconstructionist Rabbinical College was the only seminary at the time that had an open admission policy for lesbian or gay applicants and is also a leader in supporting transgender students currently.”

Now settled in Old Ottawa East, she is ready to take on the challenges of her new job.

“My goal?” Bolton said. “Listen. Learn. Spend the first year with the synagogue community celebrating in the ways it does best, while nurturing new learning and seeding growth.”



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Coping with the Loss of Loblaws - continued from page 1

Another OOE resident said he and his wife would walk or bike to the Isabella store in nice weather. Now, they had to take their car to find food.

“It has certainly changed our plans,” said the man, who declined to give his name.

Although a Loblaw spokeswoman insisted construction efforts were “on track,” consumers will have to wait at least two more months to resume shopping on Isabella.

A freshly renovated store is set to open “in early winter,” according to Karen Gumbs, senior public relations manager for the Loblaw Co.

Until then, Old Ottawa East residents will have no choice but to continue using alternate options, many of which are comparatively unappealing.

Good things come to those who wait, however.

The new Loblaws promises an “improved shopping experience,” the company said.

That meant more produce (organic produce, in particular), more baked goods, more take-home meals and more cheese.

The free parking customers had come to rely on would remain, Gumbs said, adding the company planned to increase the number of bicycle racks.

“We recognize a large number of the store’s customers bike to the store,” she said.

Parents and caregivers will find a public washroom in the store outfitted with a baby changing table.

New shopping carts are expected to include seating for infants.

In order to expand its overall square footage, Loblaws has taken over the space formerly occupied by the Liquor Control Board of Ontario.

One OOE family commented on how much they missed their “one-stop shopping for food, wine and beer.”

In fact, the loss - however temporary - of the LCBO and the adjacent Beer Store hit some people harder than having no grocery-chain outlet.

“I wasn’t a big fan of the Isabella Loblaws,” said Lise Boissoneault. “So, I’m glad they’re renovating it. They would always run out of stuff and the layout was weird. To me, it’s not a big loss, but rather a gain, as I am excited to have a new and bigger grocery store

close by. And let’s be honest, it’s harder to cope with the loss of the LCBO and Beer Store.”

A new LCBO will open on the site of the old Beer Store some time next summer.

That new store will be more than double the size of its predecessor, according to an LCBO spokesperson. It will include a cold beer room.

Overall product selection will be better than before, with a large VQA Ontario wine section and an enhanced Vintages corner.

For many OOE residents, the changes can’t come soon enough.

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