

# MAINSTREETER

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

APRIL | AVRIL 2015

## Questions for Ziad Ghadban

In an effort to bring key figures in Main Street reconstruction closer to area residents, the Mainstreeter continues its conversations with city staff linked to the mega-project. This month, the newspaper spoke with Ziad Ghadban, Manager of Design and Construction.

### 1. What is your role in Main Street reconstruction?

As the Manager of Design and Construction (East) for the City of Ottawa I am the lead city engineer for all projects east of the Ottawa River. I work closely on the Main Street reconstruction project as part of the construction delivery team.

### 2. How does the tendering process happen for a project such as Main Street reconstruction?

The city has a rigorous tendering process for all municipal contracts as detailed in its Purchasing By-law. All construction contracts valued at \$100,000 and over are advertised through the Ottawa Construction Association.

### 3. How many contractors generally bid on a project of that size?

The number of bids varies by project, timing and how busy the construction industry is. On average, the city receives five to six bids per bid solicitation.

### 4. How do you choose the successful bid?

The lowest responsive bid is the successful chosen proponent.

### 5. Who makes that decision?

The final decision rests with the General Manager of Infrastructure Services for the city.

### 6. What happens after that?

Once the contract is awarded, the contractor has seven days to bring in proof of insurance, performance bonds, WSIB CAD 7 report (Employee Insurance) and sign the contract.

*Continued on page 9*

## Main Farmers' Market Moving to Museum of Nature for 2015 and 2016

BY CHRISTINE MACINTYRE



**Going to the Farmers' Market? Naturally.** Market manager Greer Knox (left) and assistant David Coyne will welcome shoppers to the market's temporary home in front of the Museum of Nature, beginning May 2.

PHOTO BY JOE PARASKEVAS

The impact of Main Street reconstruction is being felt throughout Old Ottawa East. The Main Farmers' Market is not exempt.

Saint Paul University, the Market's home from its outset in 2007, will not be able to play host during the coming two years.

After an extensive search including consultations with the city, the Market has found a temporary home for the 2015 and 2016 seasons at the Canadian Museum of Nature.

"We could not be more pleased with the new partnership with the

Canadian Museum of Nature," said Sue Cavanaugh, Chair of the Main Farmers' Market Board of Directors. "Our market has always been committed to making local products available in the downtown core and creating a gathering place for the community. We look forward to continuing this at the museum."

The Market will be located in front of the museum's main entrance at 240 McLeod St. It will operate Saturdays from 9 a.m. to 2 p.m., from the beginning of May until the end of October.

*Continued on page 9*

### MAY 2 IS OPENING DAY.

Come and celebrate the market's new home and explore the museum's amazing exhibits (regular admission applies).

There will be special events to highlight seasonal products throughout the year, as well as weekly face-painting and activities for children.

In addition, the market will feature demonstrations by guest chefs from local restaurants. Market patrons will see how the experts use the fresh products and will learn tips they can employ at home.

For more information on the Main Farmers' Market, its vendors and upcoming events, please visit our website at:

[www.mainfarmersmarket.org](http://www.mainfarmersmarket.org) and follow us on [Facebook.com/mainfarmmarket613](https://www.facebook.com/mainfarmmarket613) and on Twitter [@mainfarmmarkott](https://twitter.com/mainfarmmarkott).

Traffic will be tricky this month, as Main Street faces an additional round of construction, this time on the McIlraith Bridge over the Rideau River.

Work on the bridge is expected to start in April. It should be complete in its entirety by the summer of 2017.

During that period, the bridge will be repaired, paved, and painted. The lanes along Riverside will be reduced, seismic reinforcement installed and street lights improved.

This project, in the works since 2013, proposes to repair the bridge, improve roadway illumination, provide bicycle lanes on the bridge, and repair the path under the bridge on the Main Street side.

Possibly the most interesting part of this project is the netting ordered to be put around the underside of the bridge during the construction process.

## McIlraith Bridge Construction Not Hard to Swallow

BY T.L. DI GIACOMO

At first rumoured to be a solution for the pigeon droppings constantly plaguing the bike path, the netting is actually legally required by the Ministry of Natural Resources and will protect nesting swallows during the construction process.

"Because the barn swallow is a threatened species under the Endangered Species Act, you cannot harm or harass them during their nesting period," said biologist Nick Stow. "And so if they are nesting on a bridge, you cannot carry out any construction work on that bridge in the vicinity of the nest. So what the ministry requires you to do is put netting around the underside of the bridge to prevent the barn swallows

from returning to that bridge. In effect, you're deflecting them elsewhere so they'll go find somewhere else to nest, and then you can proceed with the work."

Residents living near the bridge can expect to feel vibrations and hear the rumbling of large construction vehicles from 7 a.m. to 10 p.m. while the construction is taking place.

Traffic might also become an issue. The city of Ottawa intends to keep one lane of the bridge open at all times during the construction process, but a significant decrease in the speed of traffic should be expected.

# Your Right to Know: How to Use the Law to Get Government Secrets

Old Ottawa East resident Jim Bronskill has co-authored **Your Right to Know: How to Use the Law to Get Government Secrets** – a practical guide aimed at helping people navigate the world of freedom of information. Some Questions and Answers about the project:

**Q: Who did you have in mind when you wrote the book?**

A: This is really a citizen's guide to freedom-of-information laws. It was written for people who might like to make an information request, but have no clue about where to start. The guide walks the reader through the process.

**Q: Why do we have freedom-of-information laws?**

A: Ideally, most information held by government agencies should be readily available to citizens. But, as many know, that's not the case. It can be a struggle to find out about public issues. We see demands for greater transparency from public institutions of all kinds. People want to know how their money is being spent and why certain decisions are taken.

**Q: How did the guide come about?**

A: My co-author, CBC producer David McKie, and I teach freedom of information in a journalism course at Carleton University. A former editor of mine who now works in book publishing asked if we would do the guide. So David and I drew heavily on what we've been preaching in class over the years.

**Q: Are journalists the main users of these laws?**

A: It may be a surprise that reporters account for only about 15 per cent of federal Access to Information requests each year. Statistics indicate average citizens and organizations are among the fastest-growing users of the federal law.

**Q: What records are available?**

A: Virtually all government bodies – municipal, provincial, territorial and federal – are now covered by information laws. People can ask for briefing notes, reports, hospitality expenses, correspondence – a wide array of material. Maybe someone is

curious about the water quality in a nearby stream or would like to see the audit of a neighbourhood construction project.

**Q: Is using the law expensive?**

A: No. The federal and Ontario laws have a \$5 application fee, but often that's all you will pay to obtain records – especially if you apply the tips in the guide.

**Q: How long does it take to get information?**

A: It can really vary. It depends on the agency and the kind of documents. While you're generally supposed to receive a response within 30 days, there might be an extension.

**Q: What's your advice for someone who has never made a formal information request?**

A: Do your homework and see what's publicly available first. Then write a focused request that spells out what you're really looking for. Above all, keep it simple to avoid big delays or extra fees. Information held by public institutions belongs to you and me, with limited exceptions for things like personal data and matters of national security. So don't be afraid to ask for it.

**Q: What's the strangest thing you've ever gotten under the laws?**

A: Probably some UFO reports collected by the RCMP. One person reported seeing a donut-like craft with lights. Another witness even drew a picture of the diamond-shaped object they spotted while driving down the Bedford Highway in Nova Scotia.

**Q: What sort of reaction is the book getting?**

A: We've had some kind feedback from readers. Even people with experience using freedom of information seem to find the guide helpful, which is gratifying.

**Your Right to Know: How to Use the Law to Get Government Secrets** (Self-Counsel Press) is available at Singing Pebble Books, 202a Main St. in Old Ottawa East / [www.singingpebblebooks.ca](http://www.singingpebblebooks.ca)



Family dental care  
in a relaxing, calm  
atmosphere.  
Located in the heart of  
your neighbourhood.  
Free parking!

We are pleased to offer  
Invisalign®,  
straight teeth, no braces!  
Ask for a FREE Invisalign  
consultation today.



KILBORN MEDICAL CENTRE  
1385 BANK ST. SUITE 203  
OTTAWA, ON K1H 8N4  
[www.girgisdentalcare.ca](http://www.girgisdentalcare.ca)  
613.738.1113



our office at 60 Main Street

**Old House Experts**

613 ♦ 594 ♦ 8888

[www.gordonconstruction.com](http://www.gordonconstruction.com)

*serving the community  
for over 25 years*



**FROM  
INSPIRATION  
TO BREATH  
TAKING  
RESULTS**

CELEBRATING **25** YEARS!



**ALLOW US TO IMPART OUR  
EXPERTISE AND KNOWLEDGE  
FOR YOUR PROJECT.**

209 Pretoria Ave., Ottawa, ON K1S 1X1

**T** 613.234.5571

**F** 613.236.6661

service@[revelstokedesignandbuild.com](mailto:service@revelstokedesignandbuild.com)

## **REVELSTOKE: TRUSTED TO BUILD YOUR CUSTOM HOME OR RENOVATION**

We are a full-service design-build company. Our design-build service integrates concepts into a successful project by encapsulating all your building requirements within your budget!

[www.revelstokedesignandbuild.com](http://www.revelstokedesignandbuild.com)





**Weekly from June 15 - August 28**

## Get Ready for Camp... Get Ready for Fun!

With weekly themes like Art Attack, the Great Outdoors and the Pan Am Games, girls from Kindergarten to Grade Six will experience fun new challenges, develop new friendships and enjoy a wide range of hands-on activities.

Our camps have just the right mix of active play, learning and creative exploration, and all within Elmwood's safe and caring girl-centric environment. Cost is \$295 per week and includes bistro lunch and snacks, excursion or special guest and a cool camp t-shirt.

Visit [camp.elmwood.ca](http://camp.elmwood.ca) for more information or call (613) 749-6761 for details and registration.

**Elmwood**  
School

# OPENING MAY 2ND!

**Join us at the Main Farmers' Market  
new temporary location  
at the Canadian Museum of Nature**

**Open 9:00 to 2:00 every Saturday from May to October**

Walk, bike, bus or drive — it's less than 1 km from the Pretoria Bridge (240 McLeod Street, in Centretown)



More than **30 vendors**  
Weekly activities for kids  
Special events and more!

**The Main Farmers' Market — Local by Nature!**

Check our website for this year's vendor list and details: [www.mainfarmersmarket.org](http://www.mainfarmersmarket.org)

# LETTER EXCHANGE

A few weeks ago, the Mainstreeter received a copy of a letter from Hazel Street resident Connie Copps. She was concerned about potential changes expected with development of the Oblates property next to Saint Paul University. Ms. Copps had contacted the site's developer, the Regional Group, as well as community and civic officials. Stephen Pope, head of planning at the Old Ottawa East Community Association, replied to her. An edited version of their exchange follows.

**Mr. Stephen Cunliffe, Manager, Land Development, The Regional Group,**  
1737 Woodward Drive, 2nd Floor,  
Ottawa ON K2C 0P9

**DEAR MR. CUNLIFFE,**

I am writing to you in response to the latest version of the Greystone Village proposed for the Oblate Lands. My knowledge of this neighbourhood dates back to the late '60's and early '70's, but more recently I am a resident on Hazel Street.

I am familiar with the community planning effort that has culminated in the current proposed configuration. However, I suggest that there is still room for improvement.

1. The proposed location of the towers will impact on the circulation of fresh air from the Rideau River to Main Street. The air quality in the Main and Hazel area is heavily impacted by major arterial traffic – the Queensway to the north, Colonel By and Queen Elizabeth Drives to the west, Riverside drive to the south, and Main Street itself. Getting a breath of fresh air while enjoying Main Street activities is important to the quality of life in the community. This sense of space and light differentiates this shopping area from the Glebe, Westborough or Beechwood Avenue.

2. The proposed location of the towers will impact on the skyline currently visible from Main Street near Hazel. Right now, the historic skyline as viewed from this part of Main Street is defined by the Deschatelets building, a cluster of mature trees, and the existing hedgerow behind Saint Paul University. The skyline is a visual invitation to locals and visitors to the open space and the Rideau River beyond.

3. The proposed location of the towers will impact on light to the existing hedgerow. The hedgerow is both an agricultural remnant and a link to historic land uses, and as such is particularly valuable in an urban setting. The lilacs are fragrant in the spring, and the trembling aspen chatter in the slightest breeze from the river – a very relaxing landscape element.

4. The proposed location of the towers will impact on the Old Ottawa East Community Garden. This long-established garden contributes local, organic produce to more than 50 families, as well as the Food Bank. This garden is a multi-generational activity, promoting healthy active living and community involvement. The open skyline, the sound of the wind in the trees, the fresh air from the river: all contribute to the environment experienced in this garden.

5. The proposed location of the towers will impact on integration between the new development and the existing community. Visual links from the development and Saint Paul, Main Street activities, local churches and schools will be lost. The towers will isolate the new development, making it more difficult to build a sense of community and belonging by dominating the landscape.

Thank you for your kindness in considering these opinions. I realize that market trends are the primary consideration in the development of the Oblate Lands.

Yours Sincerely,  
Connie Copps  
10 – 33 Hazel Street,  
Ottawa ON K1S 0G1

**HI CONNIE**

Thanks for taking the time to put your thoughts in writing. You are certainly correct that there is a significant change to the landscape coming over the next 10 years or so.

You have focused on the nine-storey blocks behind Saint Paul U, which will be the largest structures in the neighbourhood outside of the towers at the Lees Avenue Transitway area. There can be no dispute that these will change the views in the neighbourhood. But they are not the only changes to come, and when all is said and done may have less impact than you currently imagine.

I suggest it is necessary to look at the whole picture to understand the extent of the change. Rather than making a comparison to what is on the ground now, the yardstick by which the Greystone Village project is measured is the demonstration plan that was prepared for the Old Ottawa East Community Design Plan (CDP) and the associated Old Ottawa East Secondary Plan. It is also necessary to remember that the city has put intensification targets of 1,000 dwelling units on the combined Oblates and Sisters of the Sacred Heart properties. The demonstration plan had six storey blocks throughout the property and three nine-storey blocks along the linear park at the Rideau River.

It is estimated it will take 10 years for all of the work to be completed. The new population will require new services, and the community association is working with the Regional Group, USP, the Sandy Hill Community Health Centre, and the city to find ways of bringing recreational and other services into the community to serve all of us better.

The CDP was also developed with an eye to adding a significant amount

of commercial retail space on Main Street, allowing it to work like a neighbourhood core street rather than an arterial road that cuts one side of the neighbourhood off from the other. Main Street from Echo & Col. By down to Clegg is envisioned as having six-storey buildings similar in height to the Glassworks condominium at Main and Greenfield along its length in 20 or 25 years time. Saint Paul U is also considering development of buildings at a similar scale between the Hazel Street extension that currently leads to their parking lot and the Grand Allée. A six storey building on Main Street will have a much larger impact on Main than the nine-storey blocks behind USP.

The community association believes that the proposed Greystone Village concept is a big improvement on the demonstration plan. We recognize the magnitude of the coming change and look forward to more commercial services and a more lively, pedestrian and cyclist friendly Main Street.

The community association has a good working relationship with the Regional Group and we can discuss improvements with them openly. There is one tower proposed for the first phase of the development. The first phase will likely start next Fall with houses built along Clegg Street. The nine-storey block will be the last building in that phase, so construction on it will likely start two years from now. The other phases have been located, but very little has been done to work out the details.

Please don't hesitate to continue the conversation.

Best Regards,  
Stephen Pope  
OAA, FRAIC, Assoc Member  
ASHRAE, Chair, Planning Committee,  
OOECA



Mainstreeter Advertising  
**Get noticed.**

For cost-effective advertising, contact:

RON ROSE 613-680-9000 | [advertising@mainstreeter.ca](mailto:advertising@mainstreeter.ca)

# The Oblates Development: Close but No Cigar

BY ANDREW CADDELL

The population of Old Ottawa East is composed of a variety of people, many from far away and others from close by. Each of us brings to this community knowledge or experience. In my own case, I was previously a municipal councillor in Montreal West, a community of 5,500 similar to Old Ottawa East. I was responsible for public safety, which included authorizing all building plans. One of our projects was a low-rise residential development on underused land.

It was with this perspective that I volunteered for the committee looking at the development of Main Street, several years ago. As often happens, life got in the way, but I was confident in reading *The Mainstreeter* that the community had a clear idea of what would 'fit' in the Oblates property. It was thus a disappointment when I attended the recent meeting with the developers, hosted by Coun. David Chernushenko and the city planning department.

From the outset, it seemed to me that the developers were presenting a 'fait accompli' to the community. I believe this should not be the last word on the development, as there are still major flaws.

**Style:** While OOE is known for variations in architecture, there is a design that dates back to the early 20<sup>th</sup> century of pointed soffits, gables and mansard roofs. The proposed development offers box-style housing, which may be inexpensive to build and appear modern, but will not endure and does not match the neighbourhood. When this development was being considered, I was surprised no one saw fit to invoke the Garden City Movement, which has inspired neighbourhoods in Montreal, Calgary, Vancouver and Toronto. The movement sets out the integration of walking streets with green space and shops close by. OOE is already half-way to being a Garden City neighbourhood. This development could complete it.

**Safety:** When one puts 2,000 new residents in an area, the major concerns of most planners have to be access, egress and services. It does not seem as if the development would have full egress in case of an emergency (fire, earthquake, floods) not to mention the traffic volume it will cause. As for services, there are no plans to deal with the increase in demand for water and sewer, despite a 33 percent increase in

population for the neighbourhood.

**Congestion:** Development requires the movement of materials, but the question of how much truck traffic has not been answered. Currently there is road rage over the traffic problems during the daytime: the extra truck volume could make it worse. Could trucks move during the evenings and overnight when the traffic is lighter? No one knows.

**Trees:** One of the beauties of the Oblates property is the hundreds of mature trees lining it. In Montreal West, builders in the 20th century worked around the trees planted in the 19th century. In this development, hundreds of mature trees will be cut down, but we do not know how many, as the developers and the city are reluctant to provide an accurate figure. New planting is supposed to compensate for the loss, but how do you replace a grand tree?

**Language:** Astonishingly, there is not one word of French in the promotional material or signage in a neighbourhood that is significantly francophone, on land owned by a francophone order. As a bilingual anglophone, I found it astonishing that one of the developers, a francophone, told me "it's not important to have French in Ottawa." This, 50 years after the B&B Commission and thirty years after the Ontario French Services Act. The paltry attempts to acknowledge the francophone heritage of the Oblates (La Petite Allée South?) smack of tokenism of the worst kind.

The issues I have raised, of design, density, green space and language can be fixed. All it takes is for the population to say, "Wait a minute." There is enough time to make recommendations and have the planners come back with new criteria for developers. If this plan goes ahead, it will be another one of those failed projects journalist Andrew Cohen (and others) use to prove the lack of imagination and style in the National Capital.

There is so much potential in that space for something robust, beautiful, and still profitable. If it is ugly, dense and inappropriate the people of Old Ottawa East will have to live with the regret of what might have been for a long time to come.

Andrew Caddell is a federal public servant.

## Enhancing Our Community Identity and Brand

What does Old Ottawa East mean to you? What do you feel are the key themes and identity of our community?

The Community Activities Group and Old Ottawa East Community Association recently established a joint working group to answer these questions.

Over 2015, the group will focus on two high-level objectives for the branding initiative:

- to investigate, develop and propose options for a new logo of the OECA and CAG, to help make these volunteer organizations more recognizable; and
- to provide options to better establish and promote community identity, including consideration of alternative community names

Several approaches are under consideration to execute the initiative.

In order to successfully meet the objectives the working group is seeking volunteers. Community members who can support activities related to community engagement, research, communications and marketing are encouraged to join the working group.

If you are interested in helping out, please contact the team at [brandingottawaeast@outlook.com](mailto:brandingottawaeast@outlook.com)



**Sunday, May 17 at 12:00 p.m.**

# BLESSING of the Bikes

A blessing for yourself and your bike, a moment to honour cyclists lost in the past year, a chance to ring your bicycle bell in celebration of cycling.

Church of the Ascension  
253 Echo Drive  
[churchoftheascension.ca](http://churchoftheascension.ca)



Registration for

**2015/2016 school year on now!**

Ages 1.5 to 4, classes starting from 8:30a.m.  
Visit us at the Glebe Community Centre  
Come Play, Laugh and Learn with Us!

[www.ottawapreschool.com](http://www.ottawapreschool.com)



**Glebe Co-operative Nursery School**

# Get Ready and Get Involved at CAG Spring-Summer Events

BY CAROL WORKUN



PHOTO BY CAROL WORKUN

**BBQs are a big feature in OOE in the fine weather months. Both at the Main Event and on Thursday nights in Brantwood Park. If you can flip a fine hamburger we would love to have you volunteer to help out; email [volunteer@ottawaeastCAG.ca](mailto:volunteer@ottawaeastCAG.ca)**

Spring-Summer sees Old Ottawa East residents heading outside to our great community parks. CAG has a lot of fun events lined up to make the season even sweeter. These events are organized and run by community volunteers, under the direction of the Community Activities Group of Old Ottawa East (CAG). Mark your calendars so you do not miss out. Consider volunteering. There are many ways you can get involved and help make an event a success.

## THIS SEASON'S LINE-UP...

### Brantwood BBQ & Picnic

Thursdays from May 14 - July 30, 5:30 – 7p.m.  
Brantwood Park field house, 39 Onslow Cresc.  
Come and enjoy the best of the season in the park with friends and neighbours. Bring a picnic from home or purchase supper from the BBQ.  
The Main Event Outdoor Movie Night  
Friday, June 19, 9 p.m. or dusk, Springhurst Park, 160 Lees Ave.,  
Movie to be announced

### The Main Event Garage Sale

Saturday, June 20, 8 a.m. to noon throughout Old Ottawa East

### The Annual Main Event Community Party

Saturday, June 14, 10 a.m. - 2 p.m.,  
This year, temporarily relocated to Brantwood Park due to Main Street reconstruction. (We will be back on Main Street better than ever once that is complete.)  
Wagon rides, children's games, bouncy castle, music, BBQ, market sale, and more...

### The Company of Fools – 25th Anniversary - Torchlight Shakespeare

A Comedy of Errors  
Thursday, July 30, 7 p.m.,  
Brantwood Park, Onslow Crescent  
Pay-what-you-can, suggested donation \$15/person  
BBQ and Picnic 5:30 – 7 p.m.  
More details on all of these events are online at [www.ottawaeastCAG.ca](http://www.ottawaeastCAG.ca).  
Sign up for the CAG eUpdate at [www.ottawaeastCAG.ca/eupdate](http://www.ottawaeastCAG.ca/eupdate) to receive a weekly electronic newsletter regarding all happenings in Old Ottawa East.

Join CAG's FaceBook community at [www.facebook.com/OldOttawaEastCAG](http://www.facebook.com/OldOttawaEastCAG) to receive reminders of events and all event photos!

## HERE'S HOW YOU CAN GET INVOLVED...

### Volunteer!!

We look forward to warmer days, greener lawns and growing gardens. For many years the Main Event has marked the beginning of summer. It's a day where we can get out, meet our neighbours, enjoy the BBQ and watch with wonder at how long the kids can bounce in a castle. This year, why not make more than an appearance? CAG coordinates the event with the help of volunteers and we can't do it without you!

You can choose from an array of opportunities, from flipping burgers to setting up tents, from inflating balloons to collapsing tables. We have it all and we can find something for you.

So, don't just show up this year. Help us out and enjoy the day with the satisfaction of having been involved in an event that is enjoyed by many.

Volunteers will also be needed to help out with the weekly BBQ's. It's a great way to connect with your neighbours and get to know more people in the community. If you are great with a BBQ let us know. We will welcome you warmly.

We would love to hear from community youth to volunteer at any of these events. If you are going into Grades 9 – 12, we will be happy to sign off on your community service hours

.If you want to volunteer, contact us at [volunteer@ottawaeastcag.ca](mailto:volunteer@ottawaeastcag.ca) or call 613 230 0076.

### Main Event Garage Sale

Time to sort out that basement? This sale runs throughout Old Ottawa East, from Rideau Gardens Drive to Greenfield Avenue (including Kings Landing) and from Echo Drive to the Rideau River on June 20, from 10 a.m. – noon. Residents are welcome to participate on their own premises and businesses are invited to set up sidewalk sales.

### New this year – The Main Event Market Sale

A Market Sale will run alongside the Main Event Community Party on June 20, from 10 a.m. – 2 p.m., at Brantwood Park. Due to Main Street reconstruction, the Main Farmers Market will be relocated for a while. So let's bring the market vibe to The Main Event. We will welcome participation from artists, craftspeople and food vendors, - anything that would be part of a regular farmers market. Not sure? E-mail us to discuss. If you want to be part of this year's event, please register online at [www.ottawaeastcag.ca](http://www.ottawaeastcag.ca), or in person at the Old Town Hall, 61 Main St. (Monday – Thursday 1 p.m. – 9 p.m. and Friday 1 p.m. – 5 p.m., or during regular program hours).  
Registration is just \$25 per table. Vendors must provide their own table. For more information contact: [info@ottawaeastCAG.ca](mailto:info@ottawaeastCAG.ca).

## MAIN STREETER

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

The *Mainstreeter Newspaper Inc.* is a non-profit community newspaper supported by its advertisers. The views expressed herein are those of contributors and advertisers, and do not necessarily represent the views of the editorial staff, the sponsor or the advertisers. The *Mainstreeter Newspaper Inc.* is distributed free of charge to all Old Ottawa East residents.

Please send submissions to [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca) in MS Word format. The editor will contact you if substantial edits or changes to the text are required. Send letters to the editor to [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca). Keep letters under 200 words and include name, address, and daytime phone number. Letters may be edited for length and clarity. Advertisers may contact Ron Rose at [advertising@mainstreeter.ca](mailto:advertising@mainstreeter.ca). Photo submissions are welcome. Please see [www.mainstreeter.ca](http://www.mainstreeter.ca) for guidelines.

Editor: [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca)  
Copy editors:

Joe Paraskevas  
Joe Paraskevas  
Michele Castonguay  
Isabelle Panier  
Ron Rose

Rédactrice (pour le français):  
Advertising Manager:  
[advertising@mainstreeter.ca](mailto:advertising@mainstreeter.ca)  
Accounts Manager:  
Layout Designer:  
Photographers:

Cynthia Dwyer  
Monika Lavallée - Unika Studio  
Peter Croal  
John Dance  
D.N. Milburn  
T.L. di Giacomo

Reporters:

Web Team:

Phil Legault, Michele Castonguay,  
Meredith Newberry

Social Media Editor:

Anthony Lenzo

Production:

Monika Lavallée - Unika Studio

CAG program guide layout:

Carol Workun

Distribution

Cleta Kowalik  
Daniel Racicot  
Carol Workun

Old Ottawa East eUpdate: [info@ottawaeastCAG.ca](mailto:info@ottawaeastCAG.ca)

Beat Editors

Environment Editor:

Education Editor:

Gayle Singer

Community Activities Group Editor:

Catherine Pacella

Faith Pages Editor:

Nancy MacDonald

The *Mainstreeter Newspaper Inc.* thanks for following people who distribute the paper to your door:

**Zone A:** Sandra Koch (Captain) – Joanne Lalonde & Stephanie Theoret – Catherine Bisson – Lorna Glennie – Sabod Anand – Anna Pazdzior – Blake Proudfoot

**Zone B:** Aileen Larkin (Captain) — Sheila White & Hugh Bennett-White – Dan & Chantal Boulet – Don & Carole-Anne Pease – Susan O'Reilly – Dorothy Shigeishi – John McCauley – Sue McDougall – Eric Boulton – Camden McKimm.

**Zone C:** Don Fugler (Captain) — Connie Avelvari – Vicki Davis – Paul Goodkey – Lori & Justin Gandy – Bruce, Kathleen, Kaithlyn & Meghan Lowe – Janice Neelands & Greg Danylchenko – Dan Racicot and Amanda Connell and their children Frederic, Mathieu and Amelia – Janet Barnes – Jenna Anderson – Anthony Lenzo

**Zone D:** Helen Lowe (Captain) — Best Family – Michelle Palidwor – Krystina & James Gibson – Fred Simpson – Miranda, Selina & Lorenzo – Len Kowalik – Joe Charlton

**Zone E:** Wendy McRae, Area Captain, Anna Doucet, Matthew & Ben MacDonald-Dale, Mary & Ruaidhri O'Donnell, Mark Wigmore, Julia & Brian Donahue, Kim Farrall, Emma & Alex Beattie, Kathy Way & Chris Carter

**Zone F:** John & Heather Jarett – Nanay MacDonald – Juan Renart – Ian & Barbara Kirk – Mike Taylor – Mark Audcent – Bob Ryan

**Zone G:** Barbara Hicks – Leslie Jones-Jim Strang – Ed Janes Phil Browne

High school volunteers should submit their papers for signature to Cleta Kowalik

421 Echo Drive | Tel. 613-230-9853 | [detak@gmail.com](mailto:detak@gmail.com)

## OTHER USEFUL CONTACTS

**City of Ottawa:** 24-hour number for all departments: 3-1-1

**Councillor David Chernushenko:** [David.Chernushenko@ottawa.ca](mailto:David.Chernushenko@ottawa.ca)

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

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

**Mayor Jim Watson:** [Jim.Watson@ottawa.ca](mailto:Jim.Watson@ottawa.ca)

**Old Town Hall:** 613-564-1078

**Ottawa Public Library, Sunnyside Branch:** 613-730-1082

**Sandy Hill Community Health Centre:** 613-565-3265

# Student Film Festival Calling for Entries

BY ELSA CATTELAN

Come June, the high school class of 2015 will be parting ways, possibly forever. The traditional yearbook signature 'have a nice summer' has become 'have a nice life.'

And yet, one graduate is trying to leave a different—much bigger—tradition in his wake. Glebe Collegiate senior Sanjay Dhawan is not only running the third annual Glebe Film Festival this May but taking it city-wide.

Dhawan has created STUFF; the Ottawa High School Student Film Festival.

Any Ottawa high school student can make a submission so long as they come in by the submission deadline of April 15. There are two ways to submit a film (both are listed on their website [www.ottawa-stuff.ca](http://www.ottawa-stuff.ca)).

Entries may either be handed in on a USB stick to the main office at Glebe Collegiate Institute, where movies will be played, or participants can upload their movies to YouTube or Vimeo and send the link and completed form to [sdhawan@ottawa-stuff.ca](mailto:sdhawan@ottawa-stuff.ca) or [trosenbloom@ottawa-stuff.ca](mailto:trosenbloom@ottawa-stuff.ca).

The criteria for film entry could not be simpler: films must be under 15 minutes and appropriate for school. Applicants MUST complete a submission form to be considered. All films will be shown during the evening show May 7, open to the public at Glebe Collegiate. However, only Glebe films will be played during the school's show.

But wait, there's more! Not only is the STUFF going to be recorded and shown

on Rogers TV, but all applicants' films will be judged for prizes. The criteria they will be judged on are fivefold: Production Value, Story, Creativity/Originality, Entertainment Value and Acting (further details available on the site).

As for judges, the original idea man Kevin Millington and the founder of the Ottawa International Film Festival (OIFF) Nina Bain are lending their film critique skills to decide the first, second and third-place winners who will receive various cash and donated prizes. Stella Luna Gelato Café has already generously given several gift cards to reward student movie makers.

Bain and Millington aren't the only recognizable figures who will appear at STUFF 2015. Mayor Jim Watson is planning to attend. This year's musical guest will be Karl Wolf.

"It's a fun night" said Dhawan, "even for people who wouldn't normally attend film festivals."

Organizers are hoping this inspires school pride.

"We pretty much want [STUFF] to spread to every school around the city," said Dhawan. "We want to pump up student bodies across the city for a friendly competition."

All are welcome to come view the event, tickets are available both at the door and online and, as always, all profits are donated to CHEO.

"We want to make the entire city aware of a great initiative for kids, started by kids" said Dhawan.

## Canterbury High School is proud to present: The Children's Theatre Festival

Want a free day of fun theatre made especially for children 4-10?

Then come on out to Canterbury High School on April 18th from 10 a.m. to 1 p.m. for 6 exciting plays!

**Amy and the Moonfrogs, ages 4-6**  
**Billy Bear's Birthday Cake, ages 4-6**

**Cindy and the Land of Sand, ages 6-8**

**William Wallaby the Water Waster, ages 6-8**

**James and the Giant Peach, ages 8-10**

**The Spleicher Shrinker, ages 8-10**

All plays are directed, produced and performed by Arts Canterbury Drama students, and games and entertainment will all be provided, as well as a bake sale. There is no admission fee, but donations are welcome!

All shows will be on Saturday, April 18th, with performances at 10 a.m., 11 a.m., 12 a.m., and 1 p.m. at Canterbury High School, 900 Canterbury Avenue. For more information or media passes please contact [childrenstheatre.chs@gmail.com](mailto:childrenstheatre.chs@gmail.com) or call 613-731-1191 ext. 525



meet  
**STEVE**  
&

Discover Urban Living



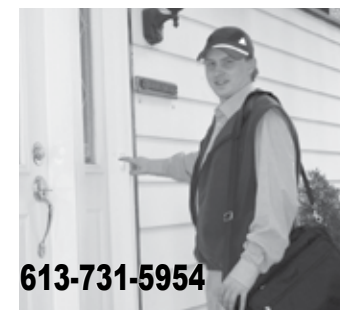
STEVE WALSH.ca

direct 613.294.6104 | office 613.422.7653  
[steve@stevewalsh.ca](mailto:steve@stevewalsh.ca) | [www.stevewalsh.ca](http://www.stevewalsh.ca)

## 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](mailto:info@compu-home.com)  
Malcolm and John Harding

Mainstreeter Advertising **Get noticed.**

For cost-effective advertising, contact: Ron Rose  
613-680-9000 | [advertising@mainstreeter.ca](mailto:advertising@mainstreeter.ca)



## QUESTIONS FOR ZIAD GHADBAN *cont. from page 1*

7. When construction begins, where will you detour traffic?

The reconstruction of Main Street will require detours for vehicles, transit and cyclists. Detours are required as a safety measure primarily around construction excavations replacing underground infrastructure.

• One lane of southbound traffic will be maintained on Main Street, except for the section between Hawthorne Avenue and Lees Avenue. The southbound direction will remain open to traffic on Main Street to maintain direct access to the hospital.

• When northbound travel is unavailable, vehicle traffic will be detoured to Riverside Drive and Bank Street.

• When northbound traffic is unavailable north of Clegg, transit traffic will be detoured via Clegg/Colonel By Drive.

• When northbound traffic is unavailable north of Riverdale Avenue, transit traffic will be detoured via Elliot

Avenue/Marlowe Crescent/Clegg Street/Colonel By Drive.

• Local traffic will be permitted to continue using local streets. Cyclists will be detoured via Mutchmor Road/Echo Drive.

• There will also be a full closure of Main Street between Hawthorne Avenue and Lees Avenue for a maximum of two weeks. This closure will occur sometime between July 3 and Aug. 24.

Please note that the above detour information is preliminary and subject to change. General construction information and additional detour information will be provided at a Public Open House to be held before construction start. The city will also communicate more accurate traffic impacts and schedules closer to the actual construction activity.

8. There are already traffic jams on Main Street at rush hour. What do you anticipate will happen when construction begins in earnest?

Delays should be anticipated during the construction period. While southbound traffic will remain open, there will be lane reductions and ongoing construction activity. Northbound traffic will be detoured off of Main Street, and all detours will be signed. It is recommended that motorists avoid using Main Street during the construction period, and can alternatively use a different route or use a different mode of transportation, such as public transit or cycling.

It should also be noted that once the Main Street Renewal project is completed, the roadway will be transformed into a Traditional Mainstreet: an important transportation link for cyclists, pedestrians, transit users and vehicles.

Benefits of the new street design include:

• Supporting a healthy business environment with high quality sidewalks, cycling facilities, and 24 hour parking in protected bays;

• Providing the most inclusive cycling facility (cycle track);

• Enabling space for improvements to community character and landscaping;

• Promoting pedestrian safety due to separation of sidewalk from vehicle lanes;

• Reducing motor vehicle speed due to narrowing of roadway and road geometry; and,

• Increasing the separation between motor vehicles and residences.

The City of Ottawa's 2031 Transportation Master Plan sets an objective to increase the (network) share for pedestrians, cyclists, and transit users. Due to the significant infrastructure investments occurring across the city, there are (other) new investments that will reduce vehicular traffic on Main Street. These include the O-Train Confederation Line LRT, Alta Vista Transportation Corridor, and further investments in pedestrian and cycling infrastructure such as a new bridge across the Rideau Canal at Fifth Avenue and Clegg Street.

**kirk.**  
KIRK LAW OFFICE  
PROFESSIONAL CORPORATION

REAL ESTATE WILLS  
& ESTATES

T 613.238.8006 KIRKLAWOFFICE.CA

**SANDY HILL**  
CONSTRUCTION

Your neighbourhood  
**QUALITY HOME RENOVATION  
and restoration specialists**

John Wenuk (Owner), Sandy Hill Construction

**RENOVATOR OF THE YEAR 2013**

For a comprehensive overview, please visit our web site:  
**www.sandyhill.ca** or contact John at **(613)832-1717**

**SERVING OTTAWA EAST FOR OVER 20 YEARS**

## MAIN FARMERS' MARKET MOVING TO MUSEUM OF NATURE FOR 2015 AND 2016 *cont. from page 1*

Parking will be available for free on neighbouring streets and for a fee in the museum's lots.

The market will return to its permanent location in Old Ottawa East once the street renewal project is completed in 2017.

"We look forward to hosting the farmers' market over the next two years," said Meg Beckel, President and CEO of the Canadian Museum of Nature. "Along with being a great place to learn about natural history, the museum is an important civic destination as well. We're pleased to see our beautiful museum grounds being enjoyed by the community."

Only one kilometre from the Market's permanent home in Old Ottawa East, the temporary location will make it easy for both customers and vendors to access. The move also offers residents and businesses of Centretown a new opportunity to enjoy fresh, seasonal ingredients at their doorstep.

Ivan Gedz, owner of local restaurant Union 613, is looking forward to establishing connections with Market vendors.

"Supporting local farmers, community groups and food security have been important to this restaurant from its inception and we are very

excited to be able to forge new relationships with farmers from our region, specifically the chance to meet them face-to-face and talk about the produce. I think this will be a great boon to the Elgin to Bank corridor."

The Market features more than 30 vendors offering a range of produce, meats, baked goods and crafts all from within 100 miles of Old Ottawa East. These Market services will continue in its temporary location at the museum.

To help ensure the successful transition, long-time market manager Greer Knox will be joined in managing the operations by David Coyne, who has become increasingly involved with the Market in recent years. Knox and

Coyne will work together to ensure the community atmosphere and the first-hand vendor expertise are transplanted to the market at the museum.

For the vendors who sell their products at the Market, the new location offers an opportunity to reach new customers as well as to maintain important ties to Old Ottawa East. Vendors have expressed support for the new location.

The full list of vendors for the 2015 season is available on the Market's website as well as information about their schedule of offerings for the year.

# Paddling the Rideau River This Coming Summer

BY CAROL WORKUN

At the Main Event in June 2013, the Community Activities Group of Old Ottawa East launched a survey to ask the community what they wanted to see in the way of recreation. People said paddling on the Rideau River was an area to explore.

CAG struck a partnership with Rideau Canoe Club and saw the first paddling camps on the Rideau River last July.

The 'Regatta Ready' camps were a great success. Three two-week camps fully sold out to youth aged 11 – 14. Camps used the renovated Brantwood Park field house as a base. Everyone involved enjoyed them greatly.

The new partnership with RCC was firmly cemented.

Building on that success CAG is offering, again in partnership with RCC, six weeks of camp this summer – the return of last year's successful Regatta Ready, and a new one-week camp: Canoe Kids for 7 – 12 year olds. Early signs are that these camps are going to be as successful as last year's.

CAG officials are proud to have expanded the camp offering to a wider age range – there are now camps for children and youth aged 7 – 15 years. There is also a series of learn to canoe and kayak courses being offered to potential paddlers 16 and up.

Full details of all the camps and adult courses are outlined below.

## SO, WHAT'S NEXT?

CAG will continue to work closely with RCC for future programming, expanding the array as demand and number of boats permit.

It will continue to leverage its existing facilities to support such programming. Brantwood Park field house is an excellent indoor space for camps and paddling programs, the surrounding park an additional asset. The existing dock at the end of Clegg is perfect for water access.

CAG is working closely with the city on the matter of boat storage. This season will see a temporary storage container in the parking lot adjacent to the dock.

The city has indicated a more permanent storage facility can be discussed, if CAG can demonstrate a number of years of continued demand for paddling in the community.

Beyond programming? There is the possibility in coming years of boats for community use, so that people have access to the river for paddling without the need to own or to transport their craft to Brantwood.

## REGISTER NOW FOR SUMMER 2015

### CANOE KIDS (7- 12 YEARS)

A fun filled week long camp for children aged 7 - 12 years that will provide an introduction to safe paddle sports  
Brantwood Park field house, 39 Onslow Crescent  
July 13 – August 21  
Monday – Friday, (one week camps), 8:30 – 5:00 p.m., \$250

### REGATTA READY (9 – 15 YEARS)

In this two week camp certified coaches from Rideau Canoe Club will guide campers aged 9 - 15 years through the skills required to sprint kayak  
Brantwood Park field house, 39 Onslow Crescent  
July 13 – August 21  
Monday – Friday, (two week camps), 8:30 – 5:00 p.m., \$440

Some half day options available in all the above camps.

### RECREATIONAL PADDLING (16+)

Learn the skills you need to confidently and safely canoe or kayak on the Rideau River  
Brantwood Park field house, 39 Onslow Crescent  
July 9 - Intro to kayak  
July 16 – Intro to canoe  
July 23 – Intermediate kayak  
July 30 – Intermediate canoe  
Thursday 6:00 - 8:30 p.m., \$45

More information, including pre-requisites and registration, online at [www.ottawaeastCAG.ca](http://www.ottawaeastCAG.ca).



CAG continues to build on the great location and available facilities for more paddling program this coming summer.

PHOTO BY CAROL WORKUN

## Exploring the Other Side of the Rideau

BY JAMIE BROUGHAM

For the few who know the other side of the Rideau River from Old Ottawa East, it is actually an interesting wilderness area.

I have seen owls, turkeys, foxes, even a coyote. The forested area is on top of what used to be a dump. Bits of old industrial waste still show through. The year of the great ice storm really destroyed the trees there. Recovery has taken many years.

It is much better when there is enough rain in summer because generally the vegetation is not the healthiest. With rain, there is more rotting of dead plants. The more that happens, the faster the land rehabilitates.

For the forest on the other side, there are some nice summer walking trails, although if I was a woman I would not walk them alone. They could use a little stewardship. With some cutting down of dead brush and widening of some trails there would be a backdrop for a nice stroll in the woods.

Despite the small area, I can honestly say I have become lost in it. Suffice to say though if you can walk a straight line you will find the edge of the forest soon enough.

I think the coolest thing about the Other Side is that someone (I assume it was teenagers) has made a mountain bike course with twists and turns, even some narrow bridges. It is actually quite fun, although while I have tried parts, I would not venture to some of the higher-level obstacles.

One of the most redeeming features of the Other Side is the hill visible from the transit way. It has a nice grassy

plane at the top where you can see for miles around. It has a particularly nice view of downtown. It is such an intriguing open space. For the sake of a power hook up and a mowing of the grass, it would make an awesome concert venue.

The hill is right beside rapid transit, which makes it easy to get to. I think it is a great place to take a young family for a walk. The spring is a great time to go. The hike up the hill makes for great photo spots, it is adventurous for young ones and, despite it feeling remote, if you park at the Ottawa U campus it is just across the bridge. Of course if the kids have the stamina, the walk around from Old Ottawa East is good too.

The area on the other side of the river is actually in our ward, but because no one lives there, no one speaks out for it. The city has plans to run a road down the middle of it (the Alta Vista Transit Corridor) which will cut the area in two. The hill that runs parallel with Riverside Drive would be an island between two four-lane roads.

On a summer night, it is often Riverside that creates noise for those of us who live between Brantwood Park and Main Street. With a major new road on the other side of the hill that now helps insulate us, the noise will be amplified. Quiet summer nights at Brantwood and along the river might become a thing of the past. Those of us who cross-country ski in that area in winter would see that pastime end.

There is no door to the natural and social resource that is on the Other Side. We get there any way we can. But it is worth checking out, at least while it's still there.

# Community Activities Group of Old Ottawa East (CAG)

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

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

### Late Spring and Summer Programs

#### Adult

##### Better Body Boot Camp in the Park

Brantwood Park, 39 Onslow  
May 11 – June 22, no program  
May 18  
Monday or Wednesday  
7:30 – 8:30 p.m., \$72



##### Playreading for Adults

Brantwood Park field house, 39 Onslow  
May 7 – June 11  
Thursday 1:00– 2:30 p.m., \$70

##### Journey Dance

Old Town Hall, 61 Main  
**Free demo classes:**  
Saturday May 9 and June 13  
11:00 – 11:45 a.m.

##### Vinyasa Flow Yoga

Old Town Hall, 61 Main  
July 8 – August 26  
Wednesday 5:45 – 7:15 p.m.  
\$64

##### Hatha Yoga

Old Town Hall, 61 Main  
July 11 – August 22,  
no program August 1  
Saturday 9:15 – 10:45 a.m.,  
\$48

##### Strength and Tone

Old Town Hall, 61 Main  
July 8 – August 26  
Wednesday 7:30 – 8:30 a.m.  
\$47  
July 10 – August 28  
Friday 7:30 – 8:30 a.m.,  
\$47

##### Recreational Paddling (16+)

Brantwood Park field house,  
39 Onslow  
July 9 - Intro to kayak  
July 16 – Intro to canoe  
July 23 – Intermediate kayak  
July 30 – Intermediate canoe  
Thursday 6:00 - 8:30 p.m.,  
\$45

#### Child

##### Children's Garden Playgroup (0 – 5 years)

Children's Garden, Main and Clegg  
May 5 – June 25 OR;  
July 7 - August 27  
Tuesday OR Thursday  
10:00 – 11:30 am  
\$30 first child, siblings \$15

##### Garden Ranger (8 – 12 years)

Brantwood Park field house, 39 Onslow, walking to Children's Garden at Main and Clegg  
July 8 – August 19  
Wednesday 6:30 – 8:00 p.m.  
\$40

##### Hush-a-Bye Babies® (1 – 12 months)

Old Town Hall, 61 Main  
May 21 – June 25  
Thursday 1:00 – 2:30 p.m.  
\$72

### Summer Camp 2015

Registration for summer camp is ongoing. A limited number of half day spots will open 9:00 p.m. on Monday, March 2.

##### Sportball Multisport Camp (3 – 6 years)

Brantwood Park field house, 39 Onslow  
June 29 – July 3, no program July 1  
9:00 a.m. – noon, \$140

##### Camp Brantwood (4 – 8 years)

Brantwood Park field house, 39 Onslow  
July 6 –10, 8:30 a.m. – 1:00 p.m., \$120  
8:30 a.m. – 5:00 p.m., \$165

##### Children's Garden Camp (5 – 10 years)

Brantwood Park field house, 39 Onslow  
August 24 - 28, 8:30 a.m. – 1:00 p.m., \$120  
8:30 a.m. – 5:00 p.m., \$165

##### Canoe Kids (7- 12 years)

Brantwood Park field house, 39 Onslow  
July 13 – 17, 8:30 – noon, \$173  
8:30 – 5:00 p.m., \$250  
July 20 – 24, 8:30 – noon, \$173,  
8:30 – 5:00 p.m., \$250  
July 27 – 31, 8:30 – noon, \$173  
8:30 – 5:00 p.m., \$250  
Aug 4 – 7, 8:30 – noon, \$138  
August 10 – 14, 8:30 – noon, \$173  
8:30 – 5:00 p.m., \$250  
August 17 – 21, 8:30 – noon, \$173  
8:30 – 5:00 p.m., \$250

##### Regatta Ready (9 – 15 years)

Brantwood Park field house, 39 Onslow  
July 13 – 24, 1:00 – 4:00p.m., \$295  
8:30 – 5:00 p.m., \$440  
July 27 – August 7, no program August 3  
1:00 – 4:00p.m., \$265  
August 10 – 21, 1:00 – 4:00p.m., \$295  
8:30 – 5:00 p.m., \$440

### SPORTY kids



##### Sportball Tennis (4 – 9 years)

Brantwood Park, 39 Onslow  
May 3 – June 7, no program May 17  
Sunday 9:30 – 10:30 a.m. (4 – 6 years)  
Sunday 10:30 – 11:30 a.m., (7 – 9 years), \$78

##### Soccer in the Park (3 – 9 years)

Brantwood Park, 39 Onslow  
May 2 – June 13, no program May 16  
Saturday 9:00 – 10:00 a.m. (3 – 4 years)  
Saturday 10:00 – 11:00 a.m. (4 – 6 years)  
Saturday 11:00 a.m. – noon (6 – 9 years), \$45  
June 25 – July 23  
Thursday 6:00 – 7:00 p.m. (3 – 6 years), \$38

# Calvary Baptist Church to Celebrate 100 Years of Ministry

BY ROBERT MCROBERTS

On April 25-26, Calvary Baptist Church at 107 Main St. will celebrate its 100th anniversary.

Its supporters refer to the centennial as 40,800 days of vision and mission. How can 100 years result in more than 40,000 days? They say it's not a matter of math, but of vision, sacrifice and enduring commitment.

Vision: a tent with intent, 1900-1903.

Not 1915, but rather 1903 is actually the date to consider as the birth of Calvary Baptist.



SOURCE OF PICTURES: <http://history.ottawaeast.ca/imagelibrary/index.php?/categories>

## Ottawa East Baptist Mission pre-1915

In 1878, the congregation of First Baptist Church began worshipping in their new building at the corner of Laurier and Elgin streets. They soon became strong and vibrant.

By the 1890s the missions committee of First Baptist was deeply involved in adding several new churches in Ottawa suburbs, resulting in the establishment of McPhail Memorial Baptist, Fourth Avenue Baptist, French Baptist on King Edward, and a bit later, Eastview Baptist.

By the turn of the century five individuals from First Baptist (W.E. Beaton, F.C. Blair, John Meldrum, Haldane Millar and Alfred Ardley) also had the Police Village of Ottawa East (the new name given to Archville in 1888) on their radar.

In the spring of 1903, they approached James Ballantyne concerning the possibility of holding summer meetings on his property at the corner of Main and Hawthorne streets. They set up a large tent that summer at the spot where a pedestal now stands with an inscribed plaque commemorating the Ballantyne family's donation of the land for a park.

They had far more in mind than a tent. These men had intent.

When September of 1903 came, they rented space in the newly constructed town hall just across the street. From that point, the name Ottawa East Baptist Mission was used to describe the new venture.

Sacrificial giving. 1907-1910

A plethora of short announcements about the Ottawa East Baptist Mission appeared in the Ottawa Citizen over the next few years.

A report on Tuesday, April 8, 1907, under the heading Want Money First: Baptist Ministerial Association Discuss Suburban Churches states: "The work of the city missions were (sic) reported to be progressing favorably in Janeville (i.e., Eastview) and Ottawa East. For several months the association has had under consideration the plan of erecting two small mission houses, one in each of the above named villages. The canvass for funds has been going on for some time... Until the required amount is raised, however, nothing in the line of building will be attempted..."

According to land transactions records kept at the Ottawa courthouse, in April 1908, Haldane Millar and Alfred Ardley each purchased one lot adjacent to each other at the corner of Main and Evelyn streets. Millar paid \$1050 for his lot; no price is mentioned for the other.

Then one month later, the "Church Edifice Board of the Baptist Convention" in Toronto bought these two lots from Millar and Ardley for a dollar each. The lots were then given to the Ottawa East Baptist Mission.

There was a simple clapboard structure

on one of these lots. Maud Abolit, who was born in 1898 and immigrated to Canada in 1910, settling on Hawthorne Street, recalled this building. She described it as "an old wooden building, more like a shack than a church, with tar paper on the outside."

Warmth was not a luxury churchgoers enjoyed, she added.

"We didn't! We froze to death," she said.

She remembered a wood stove with a pipe rising to near the ceiling, taking a bend and running the length of the room before turning up into a chimney.

No More Freezing to Death. 1911-1915

In 1911, Rev. A.N. Frith was appointed as the first mission pastor, sharing responsibilities for the mission work in Eastview as well. Many Ottawa Citizen notations through 1913-1914 convey that both Eastview and Ottawa East were growing mission works.

A report appears on Wed., July 16, 1913, under the Ottawa Citizen's "Ottawa East" news: "Rev. Mr. Frith conducted both services in the Ottawa East Baptist Mission on Sunday. In spite of the inclement weather large congregations attended. Miss Bell and Mr. Mulligan conducted the Young People's meeting... (on) Monday night. The Women's Circle of the Baptist Mission propose (sic) to hold an informal picnic to Britannia tomorrow..."

Under the Eastview news of the same date is this report: "A most enjoyable picnic was held by the Eastview Baptist Mission. Ideal weather and an attendance of upward of 200, all bent on having a good time, resulted in an outing which will go down on the records of the mission. Rev. Mr. Frith, the pastor, and Mrs. Frith were present..."

By 1914 sufficient funds were in hand to erect a new building. A solid limestone building was considered, but Leda clay permitted only a limestone foundation. Thus red brick was used. By early 1915, the building was completed – debt free.

On Thursday evening, April 22, 1915, the Ottawa East Baptist Mission adopted a new constitution and organized itself as a duly recognized church with 63 charter members. Rev. G.H. Harber was installed as the first official pastor. Upon the passionate desire of Mr. Meldrum, the name Calvary Baptist Church was adopted.



James Ballantyne, 1835-1925, on whose property the Ottawa East Baptist Mission had tent meeting in the summer of 1903

## WORLD RENOWNED AUTHOR AND SCHOLAR D.A. CARSON SPEAKING AT CALVARY'S 100TH ANNIVERSARY

When Don Carson returns to Calvary Baptist for the 100th anniversary celebration, he will bring scholarship and living history with him.

Carson's father Tom emigrated from Ireland in 1913, settled in Old Ottawa East and began attending the Ottawa East Baptist Mission, soon to be renamed "Calvary Baptist Church."

Through the encouragement of 'old Mr. Blair,' Tom Carson became a missionary and church planter in Quebec. He was substantially supported by Calvary Baptist. He married in 1938, and the and his wife Marg had a son, Don, in 1946.

Don Carson had an illustrious career. He taught and lectured around the world, became an author or editor of approximately 60 books, and contributed many articles to scholarly journals.

Carson will be speaking at Calvary on Sat., April 25 at 2 p.m., on the subject, How Christians Should Think about Suffering and Evil. He will also speak at the 100th Anniversary worship service the next day at 10:30 a.m. The anniversary banquet Saturday evening is sold out.

# Spring Cleansing: Easy Every Day Detoxes

BY AMY LONGARD



This winter was one for the books! Here in Ottawa, we saw record-setting cold spells and 59 consecutive days of skating on the Rideau Canal. Finally, the days are growing longer and sub-zero temperatures will soon be a thing of the distant past. Spring is here!

This time of year, the words ‘cleanse’ or ‘detox’ appear all too often in magazines, nutrition websites and on the news. These industry buzz words tend to carry a lot of negative connotation due to the plethora of pricy powders, herbs, supplements and programs available on the market today. That said, supporting the body’s ability to detoxify and cleanse is actually a good thing. It doesn’t need to be expensive, gimmicky or restrictive.

Eating vegetables, particularly cruciferous vegetables, supports the liver, the central organ for detoxification. Cruciferous vegetables include bok choy, broccoli, brussels sprouts, collard greens, cabbage, kale, kohlrabi, and cauliflower. There are so many ways to incorporate these vegetable into your diet. Try lightly steamed brussels sprouts as a side dish. Kale can be blended into a smoothie or incorporated into soups and stews. Thinly sliced kohlrabi and cabbage, tossed in a light vinaigrette, can be made into a delicious slaw. Be creative. The possibilities are endless.

Fibre is also an essential component in the body’s ability to cleanse. When consumed, fibre sweeps through your intestinal tract and enables your body to eliminate waste and toxins. That’s not to say that you should go buy Fibre 1 bars or All Bran cereal. In fact, don’t waste your money.

Focus on eating whole grains, legumes, beans, vegetables and fruit as a means to increase your intake of

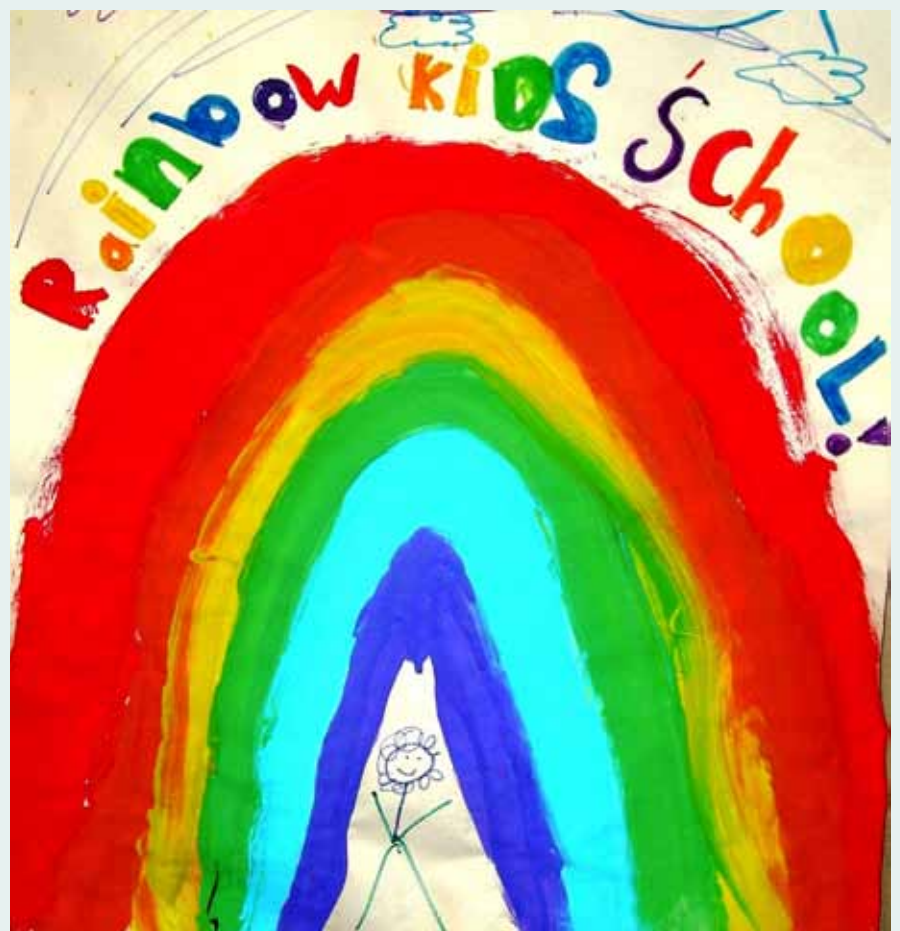
dietary fibre. The Green Door Grocer offers a wide range of organic produce and other excellent sources of fibre like steel cut oats, buckwheat groats, chickpeas, beans, lentils, wild rice or whatever suits your fancy.

Water is vital to our health, and also plays a huge role in cleansing and detoxifying. The kidneys, which act as the body’s filtration system, are dependent on water. They remove waste products from the blood, eliminate toxic substances in the urine, and process toxins from the liver. To keep your kidneys healthy and happy, it is recommended that men consume roughly 13 cups (3 litres) of water per day, and that women consume approximately 9 cups (2.2 litres) per day. You should increase that amount on days that you exercise.

Speaking of exercise, physical activity is another way you can help your body cleanse and detox. People often think of exercise as a way to ‘sweat out the toxins’ and that holds some truth, but exercising also decreases the time it takes for food to move through the large intestine and encourages bowel function. That means that waste products don’t have much time to stick around in the colon. Toxins are ushered out in a timely manner.

Here in OOE, there is no shortage of ways to be active. Spring and summer registration for the Community Activity Group is now open. The CAG offers yoga, bootcamp, pilates, and many other programs to keep you active this spring and all year round.

Amy Longard is an OOE resident, Registered Holistic Nutritionist and Natural Food Chef. For recipes, nutrition tips, and general health information, visit her blog at: [www.amylongard.com](http://www.amylongard.com)



Rainbow Room Art

PHOTO CREDIT FOR RAINBOW SCHOOL ART: NANCY MARSHALL

## Rainbow Kidschool Now on Facebook

BY NANCY MARSHALL

What’s new at Rainbow Kidschool you ask?

Well, we have several news items to share. In keeping with the times, Rainbow Kidschool has started up its own Facebook page. This is a wonderful opportunity for our centre to share photos of activities, events and everyday involvement.

From parents to grandparents, friends and neighbours, many can enjoy scanning Rainbow Kidschool’s site. It’s also a great location for our centre to post upcoming news, such as registration for September. Please check out our Facebook page at [www.facebook.com/pages/Rainbow-Kidschool](http://www.facebook.com/pages/Rainbow-Kidschool). LIKE us and SHARE us!

We hope that if you attended Rainbow Kidschool or still attend the centre, you will head to the new facebook page and LIKE us and SHARE us. If you know someone you would like to recommend our centre to, please SHARE our facebook page with them. If we are new to you, please check our website and Facebook page.

Rainbow Kidschool is proud to display the exceptional ‘rainbow’

art designed by several school-age children, Gabby, Jana and Mara. The artwork beautifully depicts the essence of what Rainbow Kidschool provides: a welcoming, inclusive environment for all children; a place for children to feel comfortable and safe, to enable each child to explore and develop their skills, assisting each child on their path to reaching their full potential.

A walk or drive through the neighbourhood, past the Lady Evelyn Alternative School, will provide you the opportunity to view the artwork displayed along the front windows, near the entrance to Rainbow Kidschool.

Rainbow Kidschool provides a morning and lunch program from 8 a.m. to 1 p.m. for children 2.5 to 4 years of age. A catered lunch is provided. Children can attend two, three or five mornings per week. We also operate an after-school program for kindergarten and school-age children, ages four to 10 years of age. For more program information, please check out our website at [www.rainbowkidschool.ca](http://www.rainbowkidschool.ca) or call the centre at 613-235-2255.

## Help Hopewell School win an Outdoor Classroom



The Hopewell yard after removal of all trees due to emerald ash borer, summer 2014.

PHOTO BY KATIE BREEN

Hopewell Avenue Public School has been selected as one of 10 Canadian finalists in the annual MAJESTA Trees of Knowledge Competition for the chance to win a \$20,000 outdoor classroom. This grant is one of many that the school applied for to help rejuvenate the primary yard after the loss of all of its trees to the emerald ash borer and the impending loss of all of its play structures due to age and deterioration.

From April 7 to May 4, 2015, adults of voting age can help Hopewell by casting a daily vote for the school in this nationwide competition. The school with the most votes at the end of the competition period wins \$20,000 to construct an outdoor classroom. Please vote for Hopewell once a day during the voting period to turn mouse clicks into a beautiful new outdoor learning space for students, staff and the wider community. Voting will take place at [www.majestatreesofknowledge.ca](http://www.majestatreesofknowledge.ca)

If you would like to learn more about the school's Every Leaf Counts campaign please connect with us through the following channels:

- [bit.ly/hopewellyard](http://bit.ly/hopewellyard) (our online donation page)
- [facebook.com/hopewellyard](https://www.facebook.com/hopewellyard). (You don't need to be a member of Facebook to view this page.)
- [twitter@hopewellyard](https://twitter.com/hopewellyard)
- [HopewellFundraising2015@gmail.com](mailto:HopewellFundraising2015@gmail.com).

**DENYS  
BUILDS  
DESIGNS**

**RENOVATIONS**

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

DESIGNS BUILDS REPAIRS RESTORES RENOVATES

## Balancing Your Life With Gratitude

BY KAELI VAN REGAN

Balance is something you might have pondered, talked about and strived to achieve. Often it is something that you work on or that will come in the future when you have more time and energy.

Some areas where you might feel like creating more balance are time with family and friends, self-care, hobbies, relaxation, healthy eating habits, exercise, and increased purpose. Having a checklist can bring you a feeling of being more overwhelmed or guilt when you are not able to accomplish it all.

It is wonderful to recognize what types of practices and activities bring you happiness. Naturally, you want to eliminate what is causing stress and add what brings you pleasure. It is not the items on the checklist that bring the balance but the feeling of balance that fills your life with enrichment.

Going about balancing your life this way really is a balancing act. Both sides of the scale might be carrying the same weight but how long will it be before something or everything starts falling off?

The question is: how do I get the feeling of a balanced life if it's not by following a list? What do I need to do?

One simple way to start is with gratitude. Being grateful for your life and the world you live in brings you the same feeling that balance brings you. This is a feeling of inner calm and freedom that allows you to live your priorities.

Let's get on to how you can easily introduce the benefits of gratitude in your life:

### WINDOW OF GRATITUDE

When you open up those curtains in the morning speak out loud how thankful you are for everything you see.

### ADD THE ATTITUDE

Every time you finish an activity or transition in the day be thankful for your abilities and experiences.

*Hint\* You may be thankful for booking an appointment or that you arrived home safely.*



### FAMILY HEART SONG

Give each member of the family a chance to say thank you for what made their heart sing or what brought them pleasure that day. Mealtime is a great opportunity to be thankful for the meal and what the earth provides. *Hint\* It could be feeling snowflakes land on your face, the excitement of playing a fun game in gym class, or satisfaction of having a good conversation at work.*

### GRATITUDE JOURNAL

Before you tuck yourself into bed you can write out what you were thankful for that day. When you write them in a journal it gives you the chance to look back and see how many things there are to be grateful for.

*Hint\* Work your way up to 15 gratitudes and challenge yourself to list new ones each day. You can also list three things that you did well that day just to cap it off.*

Have fun trying out one or more of the Gratitude Practices and let me know how it goes for you. Stick with it for a couple weeks and you will start to notice how the benefits increase for you and your family.

Kaeli VanRegan is a certified life coach with the Quantum Success Coaching Academy. She guides individuals, groups and families towards ideal lives through the creation of skills and goals. She lives with her family in Old Ottawa East. She welcomes questions or ideas at [kaeli@ohthatsite.com](mailto:kaeli@ohthatsite.com) ~ 613-292-0652

**DAMIAN  
KONSTANTINAKOS**  
Conservative Candidate for Ottawa Centre

"I will work hard for you and will be an active voice within the community and on Parliament Hill to ensure your concerns are heard."

Ottawa Centre  
Conservative Association

I look forward to hearing from you.

For any information on upcoming events, volunteer opportunities, or to make a donation please contact us.

[www.ottawaconservative.ca](http://www.ottawaconservative.ca)
 Damian Konstantinacos

(613) 237-0020
 @protedamianpc

ot.conservatives@gmail.com

# Our Neighbours: Jamie Hurst took the long way to Old Ottawa East.

BY BONNIE WEPPLER

Jamie Hurst took the long way to Old Ottawa East.

Raised on acreage outside Calgary, surrounded by sheep and rabbits and a pony, Jamie left for a short stint at the University of Victoria. There, she discovered she didn't love economics but instead wanted to study nutrition.

She moved to Nova Scotia to complete her undergraduate studies at St. Francis Xavier University. Jamie then came to Ontario and the University of Guelph, where she graduated with a master's degree in Applied Nutrition.

With a job lined up in Ottawa, Jamie moved first into Old Ottawa South and then to Old Ottawa East, to a house on Drummond Street with friends and then to Hawthorne Street.

"I love the walkability of this neighbourhood and that I know my neighbours", Jamie says. "It's also great to be able to walk to local

restaurants."

Jamie is a public health dietician for Ottawa Public Health. She is responsible for developing programs and policies in the area of nutrition. Her current portfolio focuses on food insecurity in the city.

"This means that I look at ways to increase access to healthy food for people in our city who, for a variety of reasons, don't have that access," she says.

Jamie works on the annual Nutritious Food Basket Survey in order to calculate how much it costs to maintain a nutritious diet in Ottawa. She also co-chairs the Poverty and Hunger Working Group, an initiative of the Coalition of Community Health and Resource Centres.

The pop-up Good Food Markets (one of which is located in the Strathcona Heights section of Sandy Hill) and



Jamie Hurst, transplanted Albertan, now Old Ottawa East resident PHOTO BY BONNIE WEPPLER

the MarketMobile (a mobile grocery bus targeting four food insecure neighbourhoods) are success stories of the Working Group.

"I have the opportunity to work with the community and the people with whom I work are passionate about making Ottawa a better place," Jamie says. "What more could I want?"

In her spare time, Jamie runs with the Bank Street Running Room club. She has taken part in marathons and last year completed her first half iron-man triathlon. Jamie also enjoys cycling, swimming and cross-country skiing.

While Jamie has traveled across Canada, she hasn't seen much of the rest of the world.

"I have no reason not to travel and I aspire to see more of the world over the course of coming years," she says.

Her wish list includes hiking in Nepal, visiting India and touring through South America. In the meantime, she will travel to Costa Rica with her dad this spring where she is looking forward to learning a bit more Spanish and eating a lot more Costa Rican food.

Bon voyage!

## Community Gardeners Growing Their Influence



BY LINDA RANKIN

Following the first Ottawa Garden Symposium in November 2014, a small group of volunteers, including a representative from the Old Ottawa East Community Garden, have been meeting, led by Michel Gauthier, to plan for three events: Garden Days (June 19-21); Flora Canada (2017, in association with Canada's sesquicentennial) and the creation of an Ottawa Garden Council.

The council would be an umbrella organization to provide support to groups and projects that promote the creation, care and enjoyment of gardens and green spaces within Ottawa. It would be the voice for the garden

and landscape community with such entities as the municipal government, other groups and organizations, the private sector and Ottawa residents in general.

The Ottawa Garden Council has created a website. A questionnaire will be available for garden groups to provide input as to interests and capabilities. Ottawa Garden Council members will be hosting a table at Seedy Saturday, March 7 with information on its current projects.

Please visit <http://gardensottawa.org/>

## 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

# Valentine Skate and Chili Cook-Off Warms Hearts

BY MARNIE DROVER

Snow-kissed rosy cheeks and roasted-marshmallow smiles were everywhere at the Annual Valentine Skate on Feb. 13. Brantwood Park provided an inviting backdrop with a lush blanket of snow, stunning outdoor rink and billowing trees.

Children slipped into their skates to share giggles by torch light. Brass-band songs soared and lifted spirits. Families and friends shared winter stories and laughter over ginger cookies and hot chocolate. Old Ottawa Easterners from newborn to great grandparents enjoyed a memorable evening.

Four contestants presented their chili sensations in the cook-off. Old Ottawa East residents Chris Knight (GUSTO TV), Melanie Gilbert (CAG Chair) and Marie-Eve Noel (CAG Events Team) were the judges. Their winning choice was the beef chili with two kinds of beans by Chris Butler. The Kids & Community Choice went to Todd Dunnett with a pulled pork and chickpea chili. A prize also went to Venus Nikseresht.

Lauren won the Guess the Number of Candies in the Jar competition.

Thanks go to the amazing volunteers, cooks, chili chefs, bakers, fire minders, and musicians who made it a great evening: Lisa and Todd Dunnett, Marnie Drover, Suzanne Gagnon and Fred Simpson, Marie-Eve Noel, Marina and Jim Lamont, Christine and Nathan Scales with John, Julian and Roselyn, Catherine Hooker, Ramine Shaw, Dave Macki, Ana Genio, Sharon Pickle, Katsue Anchi, Jim Fraser, John Bennett, Kevin Hassel, Malcolm Wade, Carol Workun, Chris Butler and Venus Nikseresht.

Thanks are also in order for Cindy Courtemanche and her dedicated rink volunteers.

GUSTO TV and Singing Pebble Books supplied the prizes.

To see a great selection of photos from the event and winning chili recipes please check out the CAG Facebook page at [www.facebook.com/OldOttawaEastCAG](http://www.facebook.com/OldOttawaEastCAG)

dianeandjen.com



**45 MARLOWE CR**  
Old Ottawa East single



Sunny 3 bdrm. Dream location!  
Listed at **\$675,000**

**60 ELLIOT AVE**  
Old Ottawa East single



Spacious, one of a kind home!  
Listed at **\$649,900**

**472 SUNNYSIDE AVE**  
Old Ottawa South single



Architecturally distinct home!  
Listed at **\$895,000**

**85 GLEN AVE**  
Old Ottawa South single



**NEW LISTING!**

3 bdrm. Family rm addition!  
**CALL FOR DETAILS**

**122 PRETORIA AVE**  
Glebe end unit



**NEW LISTING!**

Classic, sunny & spacious!  
Listed at **\$639,900**

**MORE GREAT LISTINGS!**

**120 GOULBURN AVE**

Sandy Hill semi  
Reno'd 3 bdrm + in-law suite!  
Listed at **\$514,900**

**119 PERCY ST**

Centretown semi  
Urban living at its best!  
Listed at **\$499,900**

**141 SOMERSET W, #1004**

Golden Triangle condo  
Bright 2 bdrm, 2 bath!  
Listed at **\$274,900**

See more listings online at [dianeandjen.com](http://dianeandjen.com)

[home@dianeandjen.com](mailto:home@dianeandjen.com)

#200 -1335 Carling Avenue, Ottawa, Ontario K1Z 8N8

613-725-1171



Proud Sponsors of CAG

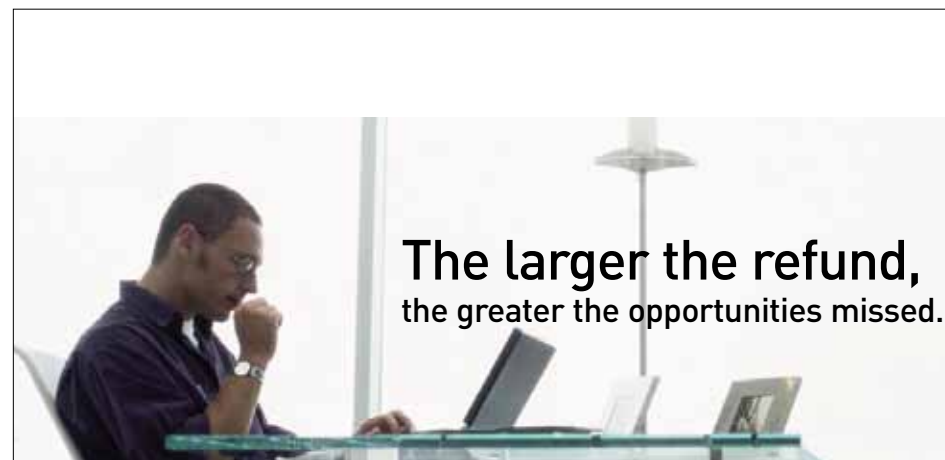


TOP 1%



diane & jen  
make your way home

Brokers Diane Allingham & Jennifer Stewart



The larger the refund,  
the greater the opportunities missed.

A large refund means you've been overpaying your taxes throughout the year. That's like providing an interest-free loan to the government; money that could have been working for you instead.

I can show you steps to minimize income taxes and keep more of what you earn. Contact me and we'll put together a tax plan as part of your overall financial plan.



KEVIN SAMPSON CFP

Financial Consultant  
[kevin.sampson@investorsgroup.com](mailto:kevin.sampson@investorsgroup.com)

(613) 798-7700 ext. 230

The Plan  
by **IG** Investors  
Group

Investors Group Financial Services Inc.

™ Trademarks owned by IGM Financial Inc. and licensed to its subsidiary corporations.  
MP1132 (03/2012)

**NEW!**

Conveniently located  
on Main St. at Lee's



Train with a professional Personal Trainer and achieve your goals!  
Contact us today for your **FREE** consultation.

**OUR SERVICES:**

- Kettlebell Training
- Sports Conditioning
- Bootcamp
- Metabolic Typing Nutrition
- Boxing Lessons
- Core and Flexibility Programs
- Postural Assessment and Correction
- Bodybuilding and Fitness Competition Preparation

**PS-PERSONAL-TRAINING.COM**

**INFO@PS-PERSONAL-TRAINING.COM**

**613-680-8841**

To learn more call or visit us online.

QR CODE  
Scan this code with  
your smart phone.





# POLITICAL PAGES

## OLD OTTAWA EAST COMMUNITY ASSOCIATION

JOHN DANCE  
(second from left in photo)  
INFO@OTTAWAEAST.CA



### DEVELOPMENT PROPOSALS, CONSTRUCTION AND FLOODING

Old Ottawa East is on the cusp of major changes and lots of construction work, as discussed at recent meetings between the community association, the city and developers. A brief summary of pending projects and initiatives follows.

**Greystone Village “Plan of Subdivision” Meeting:** The presentation made at the March 3 public meeting on the Regional Group’s plan of submission for the Oblates property was consistent with information previously provided to the community (see <http://oblatesredevelopment.com/>). The key new information included detailed graphics showing proposed building types.

**Greystone Construction Update:** As part of the soil remediation part of the project, this spring Regional will stockpile clean fill from the LRT excavations. The stockpile will be near the Oblate tennis court and the material will be used to replace the contaminated fill that Regional will be removing this fall from the site.

**Rideau River Flooding:** Thanks to the efforts of Pauline Lynch Stewart and Peter Croal, a public meeting to discuss readiness for flooding of the Rideau River in the Brantwood Park area was held in March at Old Town Hall. The three-part discussion dealt with how residents can individually prepare for emergencies such as flooding; what are the specific issues pertaining to flooding in the Brantwood Park area; and how can the community better communicate key information pertaining to flooding of the Rideau. For details please see Pauline’s presentation on the website.

**Main Street Update:** Project manager Josée Vallée reports the Main Street Renewal is on track for a late spring construction start with the following schedule:

- Preparatory work including new hydro poles south of Clegg: March and April
- Meeting with business owners: March 26
- Working Group Meeting: end of April
- Public Open House: tentatively May 11th
- Construction Start: end of May or beginning of June.

**NCC Approves CBD Bus Detour and Safe Clegg-CBD Crossing:** The NCC recently approved the temporary detouring of northbound OC Transpo service from Main Street onto Colonel By between Clegg Street and Hawthorne Avenue. This detour is necessary to maintain northbound bus service within the community during the Main Street reconstruction. The NCC has also approved the safe pedestrian and cyclist crossing at the Colonel By Drive / Clegg Street intersection. The NCC hopes to complete the work by early June.

**Domicile – 141 Main Update:** The plan for the Sisters’ property remains essentially the same as what we’ve seen but with better detailing, especially the vertical elements. Domicile is now proposing pedestrian/cyclist access between the six-storey condo on the west half of the property and the four-storey condo on the east half.

**Parks Creation/Expansion:** Drummond Street resident Eddie Gillis has volunteered to lead a new parks creation and expansion committee for the association. The committee will provide a focal point for community ideas for the three new public parks of the Greystone Village development, i.e., the Grande Allée, the forecourt in front of the Deschatelets residence and the 30 meter linear park along the river. Sustainable Living Ottawa East, CAG and the Sandy Hill Community Health Centre will have representatives on the committee.

**Volunteers Sought:** The Board would also like to find a lawyer within the community who could do pro bono work pertaining to the association’s incorporation and other matters. Similarly, a volunteer with park planning expertise is sought for the new Parks committee.

**99 Greenfield OMB Decision:** Dedicated King’s Landing residents had partial success with their Ontario Municipal Board appeal pertaining to a proposed four-storey condo on the site of the former Legion building. It was a serious and admirable effort, one that may have relevance if other community members or the association itself launches an appeal of another development.

For more details check out the OOECA website at: <http://www.ottawaeast.ca/>.

## DAVID CHERNUSHENKO COUNCILLOR’S COLUMN

613-580-2487  
DAVID.CHERNUSHENKO@OTTAWA.CA  
WWW.CAPITALWARD.CA



### GETTING GREENSPACE RIGHT

With all the attention paid to road maintenance, waste management and other municipal priorities, it’s easy to overlook the importance of urban trees, parks and greenspace. And yet they are crucial to maintaining our mental and physical well-being and to strengthening the social fabric of a thriving city.

Studies have shown that encounters with the natural world are beneficial, whether you’re relaxing under a big tree or taking your children to watch ducks on the river. Parks and public spaces provide opportunities to rest, play, exercise and socialize, all of which are good for you, regardless of your age or economic or social status.

So it’s unfortunate that parks and natural areas are thought of by many as good but not essential; nice, but perhaps less important than filling potholes — especially if that pothole is on your street.

Concerns about the viability of street trees, the loss of greenspace and park maintenance budgets are all part of the discussion around two major projects: the renewal of Main Street and the development of Greystone Village.

Ensuring that new trees are not just planted but thrive on Main will be a challenge in a dense, compacted area exposed to road salt. Landscape architects using the latest techniques are aiming for a better success rate than we’ve seen on Bank.

Greystone Village offers an opportunity to establish attractive and well-conceived parks, plazas and tree-lined boulevards, a riverfront park and trail worthy of this special location. I am working with parks planners and city managers to ensure we have expertise and funding available at an early stage, so we can invest in creating world-class public spaces and preserving the natural shoreline.

Along similar lines, I have been bringing together city staff, the developer and community groups to ensure two other essential elements at Greystone: community centre space and affordable housing — including for seniors and residents with special needs. We have had productive discussions and I will continue to move these issues along. I am working closely on this with MPP Yasir Naqvi, as there is significant overlap of our mandates.

#### Main update

The importance of communication emerged as a key lesson from the 2011-13 reconstruction of Bank Street in the Glebe. Inconveniences for local residents and businesses become more manageable when you know what’s coming, when you have ways to ask questions and share concerns and when you know efforts are being made to reduce the impact.

The reconstruction starting in late May-early June will be noisy, dusty and disruptive. It will last two years. Some traffic will detour onto residential streets (there are no other options), and more cars will inevitably cut through using other routes.

But, these challenges will be balanced by increased police surveillance, more crossing guards at strategic locations and noise and dust abatement. Your input will help determine when and how to apply these measures.

The city will appoint a designated person on the ground, accessible by phone, email and Twitter. The coming months will bring more public meetings, and working groups of citizen representatives and local businesses will meet regularly throughout the project.

Subscribe to my newsletter at [capitalward.ca/](http://capitalward.ca/) subscribe to ensure that you receive updates.

And about the potholes: Please do report them to [ottawa.ca/serviceottawa](http://ottawa.ca/serviceottawa).

Mainstreeter Advertising

# Get noticed.

For cost-effective advertising, contact:  
RON ROSE 613-680-9000 | [advertising@mainstreeter.ca](mailto:advertising@mainstreeter.ca)

# POLITICAL PAGES

## YASIR NAQVI MPP, OTTAWA CENTRE

109 CATHERINE STREET,  
OTTAWA, K2P 0P4  
YNAQVI.MPP.CO@LIBERAL.OLA.ORG  
613-722-6414



## PAUL DEWAR MP, OTTAWA CENTRE

CONSTITUENCY OFFICE  
1306 WELLINGTON STREET WEST, SUITE 304  
OTTAWA ON K1Y 3B2  
DEWARP@PARL.GC.CA  
613-946-8682

PARLIAMENT HILL  
519 CONFEDERATION, HOUSE OF COMMONS  
OTTAWA ON K1A 0A6 | 613-996-5322



## FALL SITTING OF ONTARIO LEGISLATURE CREATES MORE OPPORTUNITY AND SECURITY FOR OUR COMMUNITY

The Fall session of the Ontario Legislature wrapped on Dec. 11. It was a very productive session that saw many important pieces of legislation passed into law.

Since being re-elected last June, our government has passed the budget and nine other pieces of legislation that will make a difference in our community and in others across Ontario. We have raised the minimum wage and tied it to inflation so that economic factors determine it, not politics. We improved accountability and transparency within government and passed legislation to combat auto insurance fraud in order to lower your rates. Most importantly, we are helping kids get the best start in life by improving the safety of our day care system and investing in education.

These are all elements of our four-part plan to build Ontario up by investing in people's talents and skills, developing new public infrastructure such as the Ottawa LRT Confederation Line, maintaining a dynamic, supportive environment where business thrives, and building a secure retirement savings plan.

With the start of another year, there are positive signs that our plan is working. Ontario now has 517,400 more jobs since the recessionary low in June 2009. Premier Kathleen Wynne's first trade mission to China in October resulted in nearly \$1 billion of new investments by Chinese companies, including \$210 million in investments and 325 new jobs here in Ottawa. Our Youth Jobs Strategy is creating employment opportunities that are giving thousands of youth a foothold in the job market. Time and time again, companies are making Ontario – and Ottawa – their

first choice for investment, creating more opportunities for the people of our province.

As a result, we are also seeing positive results in Ottawa Centre. In January, I was pleased to announce increased funding for supports that will allow seniors in our community more opportunities to stay engaged, active and healthy. For example, the Jewish Youth Library received funding to hold a workshop series that will focus entirely on matters that are important to seniors, like making the best use of the health care system. Also this month, we invested in our children's future by providing a wage increase (\$2/hour over two years) to early childhood educators. This will help give parents in Ottawa peace of mind that their children have a nurturing home-away-from-home and help us also to recruit and retain valued caregivers.

While I am encouraged by this progress, we are also working to address the real challenges facing our community and those across Ontario, such as retirement security. Fewer than 35 per cent of workers in Ontario enjoy the security of a workplace pension plan and a significant portion of today's workers are not able to save enough to live comfortably in retirement. Before the holiday break, our government put forward the first piece of legislation required to bring in the Ontario Retirement Pension Plan (ORPP), beginning in 2017. We are consulting on various features of ORPP. To learn more and to provide your views, please visit [ontario.ca/orpp](http://ontario.ca/orpp).

Should you have any questions or feedback, please do not hesitate to contact me at my Community Office [atynaqvi.mpp.co@liberal.ola.org](mailto:atynaqvi.mpp.co@liberal.ola.org) or 613-722-6414. I look forward to hearing from you.

## CONSERVATIVES UNDERMINE SECURITY AND LIBERTY WITH BILL C-51

The Conservative government's Bill C-51 is a flawed piece of legislation – one that overreaches and erodes civil liberties, while failing to protect public safety. As a New Democrat, I am proud to be a member of the only official party opposing this dangerous bill.

Canada faces real threats from terrorism at home and abroad. As Canadians, we must address these threats with responsible and effective measures that prevent violent acts and promote peaceful communities, while protecting and preserving the rights and freedoms that make us so proud to be Canadian.

In its current form, Bill C-51 restricts and reduces civil liberties, while giving increased powers to national security and intelligence agencies without proper and effective civilian oversight or additional resources. Such a dramatic overhaul of our security legislation deserves serious study and scrutiny. Unfortunately, Conservatives seem intent on ramming C-51 through Parliament as quickly as possible, without proper consultation or full debate – and without answering straightforward questions about the scope and effects of the bill.

Unlike some others in Parliament, the NDP refused to be intimidated into supporting the government's bill. Instead, we carefully examined Bill C-51 and consulted extensively with stakeholders and our constituents – including many of you here in Ottawa Centre. After the government cut off debate on the bill at second reading, the NDP kept pushing for real study and debate at committee. Our pressure forced the government to more than double the number of committee hearings on this bill from three to eight.

New Democrats will continue to do our jobs and demand that this bill gets the study and scrutiny it needs. We're calling on the government to allow a full range of experts and stakeholders to testify at committee, and to accept practical amendments to strengthen oversight and protect Canadians' freedoms. In particular, we are urging the government to include stronger, independent civilian oversight of security and intelligence agencies, as well as restoring resources for those agencies that were cut by Conservatives.

In addition to traditional security operations, public safety agencies should also be working with at-risk communities on counter-radicalization programs. Unfortunately, the RCMP's planned program to counter violent extremism has sat on the drawing board since 2013. And while the United States has a comprehensive national strategy to prevent violent extremism domestically, Canada does not. Bill C-51 does absolutely nothing to support anti-radicalization efforts in Canadian communities.

New Democrats have always firmly believed that we cannot sacrifice the fundamental freedoms that are central to Canadian society in the name of bolstering public safety. We believe we can and must protect both, and that Canadians should never be forced to choose between their security and their rights.

In the days after the Ottawa shooting, Parliament was at its best. We all recommitted to working together, as Canadians.

Unfortunately, Stephen Harper seems to have lost that moment. His new law is sweeping, dangerously vague and ineffective. It puts politics ahead of protecting Canadians. Canadians deserve better.

Mainstreeter Advertising **Get noticed.**  
For cost-effective advertising, contact: RON ROSE 613-680-9000 | [advertising@mainstreeter.ca](mailto:advertising@mainstreeter.ca)



## PRETORIA BRIDGE DENTAL

### Your Family's Ottawa Dentist

At Pretoria Bridge Dental, our focus is on comprehensive dental care and exceptional results.

Dr. Hoeschen, Dr. Watkins, Dr. Wong, and the entire team at Pretoria Bridge Dental believe in establishing strong, trusting relationships with our patients. Our highly-trained staff is dedicated to restoring, enhancing, and maintaining your oral health.

We look forward to seeing you soon

#### Our Services

- Emergency Dentist
- Dental Restorations
- Cosmetic Dentistry
- Teeth Whitening
- Dental Implants
- Cerec
- Invisalign
- Family Dentistry
- Periodontics
- Endodontics
- Sedation Dentistry
- Oral Hygiene/Cleaning
- Guards, Bite Appliances
- Dentures
- TMJ

#### Contact Us

(613) 236-5202

223 Echo Dr  
Ottawa, ON  
K1S 1N2

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

WE'RE PROUD TO HAVE BEEN A FAMILY-FOCUSED PRACTICE HERE IN OTTAWA SINCE THE 1950's.

# COMMUNITY BUSINESS DIRECTORY

## REAL ESTATE



**JOHN MCCAULEY**  
Sales Representative

(613) 728-2664 BUSINESS  
(613) 728-0548 FAX  
john-mccauley@coldwellbanker.ca

**COLDWELL BANKER**  

**FIRST OTTAWA REALTY**  
1419 CARLING AVENUE, SUITE 219  
OTTAWA, ON K1Z 7L6

Each Office is Independently Owned And Operated. [www.coldwellbanker.ca](http://www.coldwellbanker.ca)



**sutton group – premier realty (2008) ltd.**  
INDEPENDENTLY OWNED AND OPERATED BROKERAGE

**Robert Horwitz**  
Sales Representative  
Residential and Commercial Real Estate  
“Over 20 years Experience!”

1530 Merivale Rd.  
Ottawa, Ontario  
K2G 3J7

OFFICE/PAGER: 613-254-6580  
OFFICE FAX: 613-254-6581  
rhorwitz@sutton.com

## HEALTH

### Main Chiropractic & Personal Training Clinic

Pain & Injury Rehabilitation  
Covered by Insurance

Dr. Dimitri Bichet, Dr. Sylvia Craston

**613-565-9995**  
186 Main St., Ottawa

## AUTO

**MIKE GALAZKA SERVICE CENTER LTD.**

**MIKE GALAZKA**  
(613) 232-6659

Complete Vehicle Repair, Air Conditioning  
Custom Exhaust Bending, 4 Wheel Alignments

123 Main St. Ottawa, Ontario K1S 1B9

## LESSONS

**Music Classes Available**  
just off Main Street  
**Guitar / Bass / Piano / Theory**



**Oliver Smith's Music School**  
**613/ 233-3458**

**SUE RAVEN**  
**PHYSIOTHERAPY CLINIC**

OPEN MONDAY TO SATURDAY

Continuing to help you recover from  
Pain, Weakness, Reduced Mobility  
Balance and Vestibular Problems  
Sports and Work Injuries  
Motor Vehicle Injuries

Full Physiotherapy Services with  
Six (6) Physiotherapists

- Massage Therapy (RMT)
- Acupuncture
- Ergonomics
- Home Visits

205-194 Main St., Ottawa K1S 1C2  
T: 613-567-4808 / F: 613-567-5261  
[www.sueravenphysio.com](http://www.sueravenphysio.com)


## COMMUNITY

Sandy Hill CHC offers free healthy living workshops  
*Le CS Côte-de-Sable vous offre des ateliers gratuits ciblant les saines habitudes de vie*

For more information  
*Pour de plus amples renseignements*  
<http://sandyhillchc.on.ca/health.html>  
or / ou 613-789-1500 x 2516

 Sandy Hill Community Health Centre  Centre de santé communautaire Côte-de-Sable

## BOOKS




**SINGING PEBBLE BOOKS**

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

202A MAIN STREET OTTAWA, ONTARIO, CANADA K1S 1C6  
(613) 230-9165 [INFO@SINGINGPEBBLEBOOKS.CA](mailto:INFO@SINGINGPEBBLEBOOKS.CA)  
[WWW.SINGINGPEBBLEBOOKS.CA](http://WWW.SINGINGPEBBLEBOOKS.CA)

## VIDEOS



**30 Years Building a Treasure for both Cinephiles and the everyday Moviegoer**

**Larger and More Diverse Collections than online and cable services**

**OVER 15,000 TITLES**

**Film-knowledgeable, Friendly, and Helpful Staff**

Rare Films  
Documentaries

**Strong International and Classics Collections**

American  
Canadian  
TV Series

**New Releases**

**OPEN 7 DAYS A WEEK (Including Most Holidays)**

613-237-6252  
RESERVATIONS ACCEPTED

(Centrally located, just a 5 minute walk from both Pretoria Bridge and Lansdowne Park)

779 Bank Street - 2nd Floor  
Between 2nd & 3rd Avenues

## VETERINARIAN



**PREVENTIVE HEALTH CARE FOR YOUR PET**

- ♥ Vaccinations
- ♥ Dental Care
- ♥ Medical & Surgical Care
- ♥ Nutritional Counseling

16 Pretoria Avenue  
(613) 565-0588

Mondays, Tuesdays, Wednesdays & Thursdays 8:00am - 7:00pm  
Fridays 8:00am - 6:00pm & Saturdays 9:00am - 12:00pm

## ART



**ART EXHIBITION & SALE**  
THE CHURCH OF ST JOHN THE EVANGELIST  
Elgin & Somerset Streets  
**Sat 18 April - Sun 3 May**  
Daily: Noon - 6 pm, Thu & Fri to 8 pm  
Tel: 613-232-4500 [www.stjohnsottawa.ca](http://www.stjohnsottawa.ca)

Mainstreeter Advertising **Get noticed.**  
For cost-effective advertising, contact: RON ROSE 613-680-9000 | [advertising@mainstreeter.ca](mailto:advertising@mainstreeter.ca)



Buy with Confidence *~* Sell with Pride™

**Kerri MaGee**  
 Broker of Record  
 Kerri@HomesInOttawa.com  
 613.231.4663



# Mother's Day

Santa Julia Organic Brut Sparkling  
 SPECIAL \$24.00 (750ml)  
 celebrate with real food and great bubbly



## The Green Door Restaurant

613-234-9597  
[www.thegreendoor.ca](http://www.thegreendoor.ca)

## CATHERINE McKENNA

Official Liberal candidate in  
 Ottawa Centre



"I believe in working with the community to build a sustainable and inclusive Ottawa that boasts vibrant neighbourhoods and businesses. We have the opportunity to replace this cynical Conservative government with a positive and progressive Liberal government, with a strong voice for Ottawa Centre in it. Join me in making it happen"

### COMMITTED TO INSPIRING YOUTH

Catherine is the former executive director of the Banff Forum, which brings together young leaders to tackle key challenges facing Canada, she teaches at the Munk School of Global Affairs, is a board member of the Trudeau Centre for Peace and Conflict Studies and frequently speaks to youth about leadership.

### WORKS FOR POSITIVE CHANGE

Catherine is an international lawyer who co-founded Canadian Lawyers Abroad, a charity based at the University of Ottawa, which works in developing countries and with Aboriginal organizations, and has acted as a legal advisor to the UN peacekeeping mission in East Timor.

### AN ACTIVE RESIDENT OF THE COMMUNITY

Catherine has lived with her husband and three children in Ottawa Centre for over a decade. During that time, she was the vice-president of the Glebe Community Association and a board member of the Elizabeth Fry Society of Ottawa and Good Morning Creative Arts and Preschool. She also enjoys coaching children's soccer.

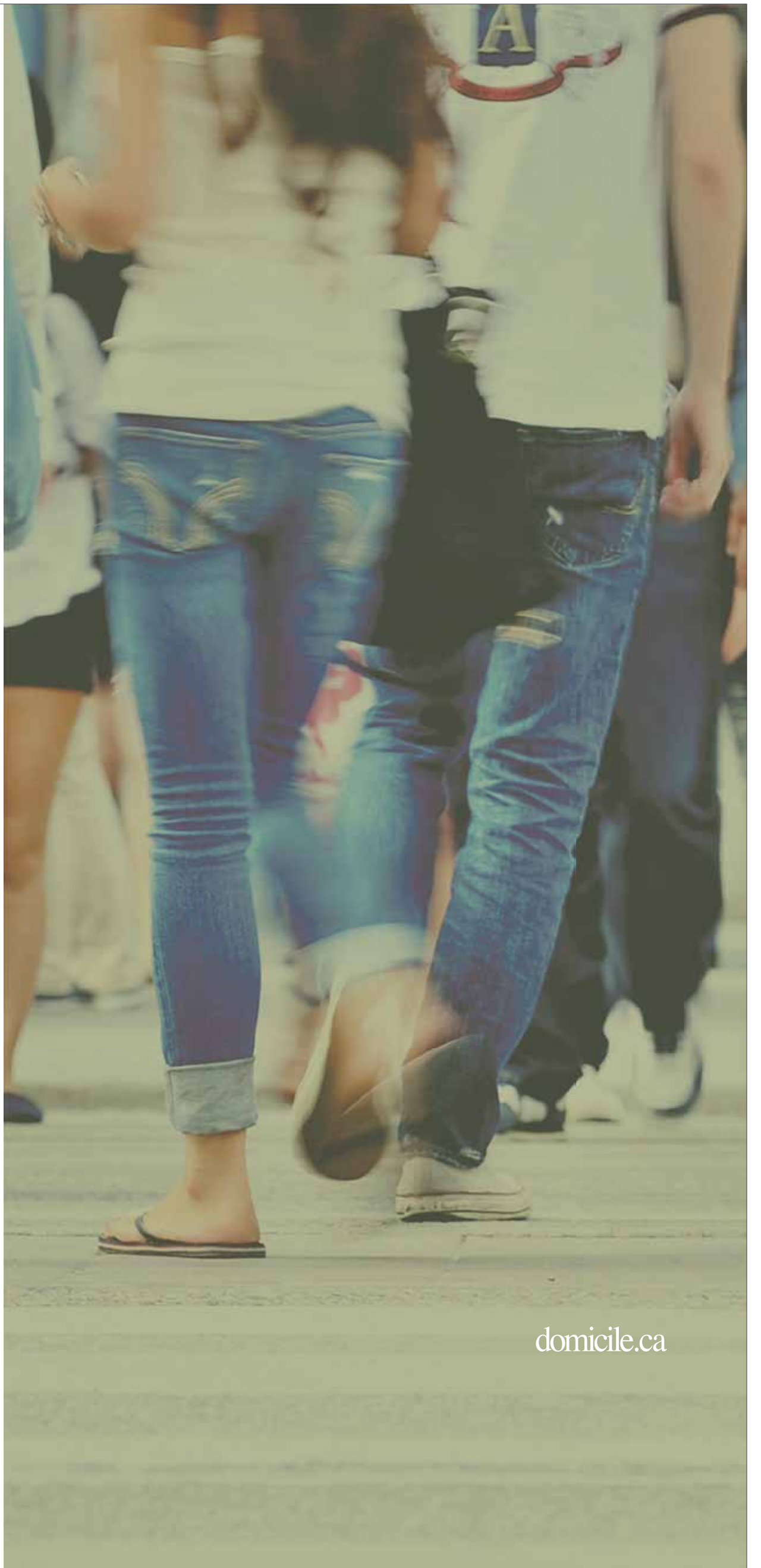


# domicile

ALL ROADS LEAD TO  
THE  
**CORNERS**  
ON MAIN

We might come from different walks of life, but we all share the same desire to call someplace home. And there is no place more worthy to hang your hat than The Corners on Main. To learn more about this greatly anticipated new development from Domicile, call 603-806-6246 today.

**Find potential and build on it.**



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

This is the face of change.

Changez la face du monde.



UNIVERSITÉ  
SAINT·PAUL  
UNIVERSITY

APPLY NOW FOR  
SUMMER OR FALL 2015!

Discover our Programs:

- Canon Law
- Conflict Studies
- Counselling
- Group Intervention and Leadership
- Human Relations
- Philosophy
- Public Ethics
- Social Communication
- Theology

FAITES VOTRE DEMANDE D'ADMISSION POUR  
L'ÉTÉ OU L'AUTOMNE 2015 MAINTENANT!

Découvrez nos programmes:

- Communications sociales
- Counselling
- Droit canonique
- Éthique publique
- Études de conflits
- Interventions de groupe et leadership
- Philosophie
- Relations humaines
- Théologie

New  
Programs  
Distance Learning  
Evening Conferences  
Nouveaux programmes  
Soirées conférences  
Enseignement  
à distance

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



223 Main, Ottawa ON 613 236-1393 | 1 800 637-6859

*Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.*

*L'Université Saint-Paul est le collège fondateur de l'Université d'Ottawa (1848), avec qui elle a conservé un lien de fédération depuis 1965.*

# WATSON'S PHARMACY

## & COMPOUNDING CENTRE



Scott  
Watson



Family-owned Watson's offers an integrative, holistic approach to your health, combining the best of traditional medicines and complementary therapies.

We can even formulate **customized medicines** to meet your specific needs in our in-store compounding lab.

For quality dispensary services, organic products, nutritional supplements, and health advice, visit us today.



**TOP INTEGRATED  
PHARMACY**

## TWO GREAT LOCATIONS

**OLD OTTAWA EAST  
192 MAIN STREET  
613- 238-1881**

**WELLINGTON VILLAGE  
1308 WELLINGTON ST.  
613-238-1882**

## Spring is just around the corner!

After a long winter, let Watson's help you get ready for Spring with:

- Natural and organic sunscreens
- Allergy medications and advice
- Travel products and medications
- Great new gift and gourmet treats

## Visit us today!

