

MAINSTREETER

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

JUNE | JUIN 2015

SHORT-TERM PAIN? LONG-TERM GAIN?

The transformation of Old Ottawa East is beginning. Over the next two years, Main Street and the surrounding area will become a huge construction zone. Before a decade is up, the development of the Oblate lands surrounding Saint Paul University is expected to be complete.

Will construction of these mega-projects stay on schedule? How often will it test the patience of residents and business owners? How will the community emerge? Better? More modern? Or yearning for the good old days?

The comments on this page and the graphics here and inside the paper are drawn from the public open house May 11 that preceded construction's start. Care to add your thoughts or photos? You can reach us at: editor.mainstreeter@gmail.com, on our Facebook page or via Twitter (@MainstreeterOtt).

"I feel for the people with new traffic in front of their houses. We'll have to remember these people when we're... throwing parties, for example. Being neighbourly is important. The commute is definitely a concern."

Jamie, Letchworth Road

"I think (the city is) dreaming in technicolor. It seems like they're expecting people to change their mode of transportation, or the time at which they're travelling."

Sheila, Elliot Avenue

"Things are difficult right now. There's going to have to be a lot of compromise, but it's short-term pain for long-term gain. I think it's really good that there are going to be two lanes instead of four, and I'm enthusiastic about the turning lanes. The new gates, I think, will offer more visibility, which is a problem at the moment. I'm not very happy about Marlowe, but I understand why it's necessary. The buses have to go somewhere. Still, it's going to be really hard to sneak down Marlowe. There are children playing on these streets, and school buses going by, so I worry about their safety sometimes. The city can plan all they like, but at the end of the day it's up to the residents to report it if they see anything dangerous going on."

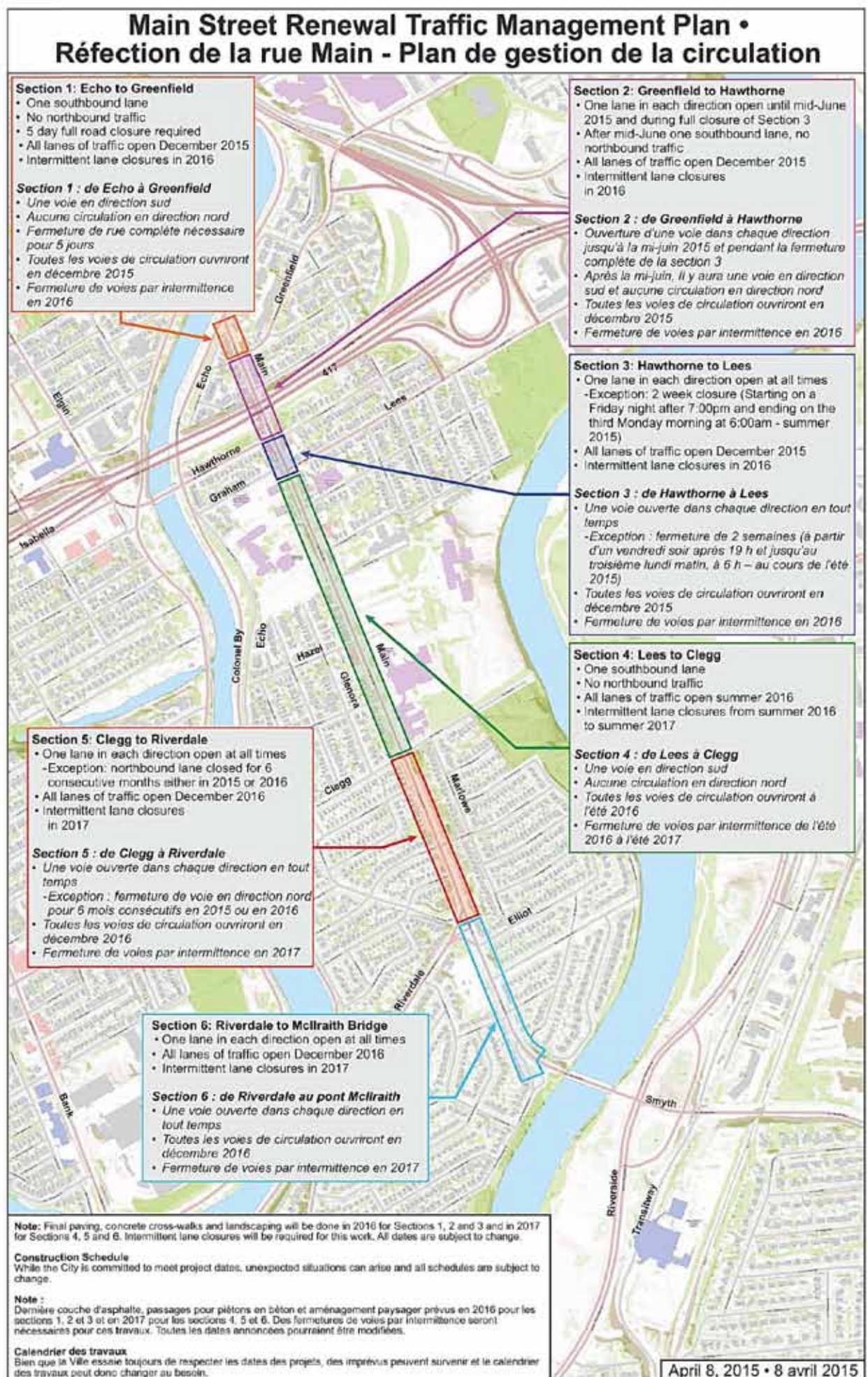
Rob, Marlowe Crescent

"I'm a cyclist, and whatever they can do to make it safer is warranted and appreciated. ... I've heard people complaining about the slow traffic, but in my opinion that's a good thing. I really hope they don't waste too much money on the art. It just isn't worth it. I'm also really hoping that it will attract more local business."

Carol, Lees Avenue

"I do question their traffic plan, and the re-routing of the buses. I really hope that they'll be able to fix any issues that crop up."

Deborah, Elliot Avenue



Continued on page 11

Desjardins to End Quarter Century on Main Street

BY T.L. DI GIACOMO

On June 5, the Main Street branch of the Desjardins Credit Union will close its doors, possibly forever.

Although the branch has existed in that location for approximately 25 years, officials recently noted the number of transactions taking place had decreased severely, while increasing at other branches.

“A lot of our members are mentioning that it’s out of their way, (because) we’re not in a shopping district,” said branch manager Jose Cardoso. “(But) we’ve noticed a lot of the transactions have increased at our Rideau Street (and) Montreal Road locations because of it.”

Members who generally visit the Main Street location have been informed about the impending changes and given the option to do business at one of the more centrally-located branches.

“We have four branches that will remain open that are open today,” said Cardoso. “We have the Rideau Street location, the Wellington Street location, Montreal Road and St. Laurent, and a brand new location on Hunt Club and Paul Anka. We have looked at (our members’) addresses and proposed certain branches for them, and that’s what we’re doing now. We have sent letters to our members, we have posted on the door and so forth indicating the other four locations we have available. All that was done accordingly, so all our members are aware.”

Cardoso added it was possible Desjardins might return. The credit union will study the viability of re-opening in buildings about to be constructed as part of the redevelopment of the Oblate lands or in new condo buildings at Main Street and Springhurst Avenue.

“Who knows?” Cardoso said. “In two years, three years after we have done (market research) they will come back to us and let us know if it is a good idea to go back. ... If there’s commercial spots available, there is a possibility, but that’s not a confirmation.”

Cardoso assured Old Ottawa East residents Desjardins would continue to be involved in community events. The company will participate in the Main Event, this year sponsoring the much-loved bouncy castle.



Hosers of the Year 2014-15

PHOTO BY JOHN DANCE

Who said newspapering was a precise science? The traditional Hosers of the Year photo slipped through the cracks during production of the April issue. For that, we apologize. In salute of some of our community’s n-iciest volunteers, we present the recipients of Brantwood Rink’s Hosers of the Year honour for this past season. They are: Jim Naida (left) and John Murray (right), pictured with Mike Lemon, the rink’s base ice master. Jim contributed hours of plowing the rink and John took over the captancy of one of the four flooding teams.

Open House All About Getting Around

BY JOE PARASKEVAS

They came in droves to the city’s May 11 open house on Main Street reconstruction.

Many people though, did not want to hear about planned improvements to Old Ottawa East’s major thoroughfare.

There were relatively few questions about the wider sidewalks the new street would have.

Amenities to help cyclists navigate rush hour traffic? That wasn’t the main topic of conversation either.

Most OOE residents came to the last public gathering before construction with one thing on their minds.

“Traffic,” said Josée Vallée, the city’s senior engineer in the Infrastructure Services department.

Vallée, project manager for Main Street Renewal, spent much of the three-hour open house at Saint Paul University surrounded by people wondering what would happen after the city closed a large chunk of Main Street to northbound traffic, May 25.

She said the question she was most asked was simple: how would people make any of the countless daily trips whose destinations required them to use Main Street.

“How do I get from my home to the piano lesson?” Vallée said, giving an example of the kind of mundane travel that promised to become a challenge

for residents over the next two years.

The city will shut Main Street to northbound vehicles between Lees Avenue and Clegg Street until August 2016. There will be no northbound traffic between Echo Drive and Greenfield Avenue either.

Northbound traffic will be interrupted between Greenfield and Hawthorne Avenue, June 19.

The stretch between Hawthorne and Lees will remain open to limited traffic in both directions to allow travel to the Transitway at Lees Station.

The southern portion of Main Street between Clegg and Riverdale Avenue will be closed to northbound traffic for about six months, beginning in late 2015 or early next year. Buses will use Marlowe Crescent at that time, a diversion that worries many people on that street.

Re-routing cars, buses, bicycles and anything else that moves hasn’t cause headaches for residents alone.

The city’s traffic and transit authorities have also struggled to solve the challenge of managing flow.

“I would say this is one of the most difficult projects we have had in years,” said Britney McGrath, operation studies officer with the city’s Traffic Services department.

Unlike Bank Street or Bronson Avenue, two arteries that have undergone reconstruction in recent years, Main Street does not have parallel routes nearby that could serve as detours, McGrath added.

“The problem is: we have two rivers,” she said with a smile. “I’d love to have a ferry.”

The city would encourage drivers to use Riverside Drive or Bank Street as alternate northbound routes, McGrath said.

“If you don’t have a destination in the community, we prefer you stay in the arterial system. We’d like you to take the bigger roadways,” she said.

Cyclists who would normally use Main Street to go north would be steered to Echo Drive.

Northbound OC Transpo buses will turn left at Clegg Street, proceed west to Colonel By Drive and use it to go to Pretoria Bridge (bus Number Five) or Lees Station (Bus Number 16).

A temporary bus stop will be set up near the intersection of Clegg and Colonel By and perhaps at Clegg and Main.

“Given the confines of the Old Ottawa East community, we have done our best,” said Daniel Richardson, transit planner for OC Transpo. “Ultimately, there will be trade-offs. We have to look at the big picture.”



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FROM THE EDITOR



PHOTO BY NANCY MCL IMAGES

Joe Paraskevas,
Mainstreeter Editor.

When my wife Marni suggested we take our children to the Immaculata High School craft fair in early May, I liked the idea. I remembered with fondness community fairs I had attended in the past: the gaiety, the variety, the thrill of watching good, skilled craftspeople ply their trade. And to those expectations, the school's event lived up.

We bought a clay mouse (quickly named William) and a glass ornament from Miranda at Punk in Pink. We picked up a six-pack of dessert squares from Totally Squared Baking that Marni, with surgical grace and iron discipline, cut into small enough pieces to last us three days. (How we fought over the kind called Chocolate 5X.)

What I failed to envision was the degree to which Immaculata's endearing fair had become part of the 21st century. Rather than fish in our pockets for crumpled paper money, we paid for

our purchases on the spot by credit card. One moment merchants humbly explained how they had laboured over their products, the next they whipped out tablets mounted with Square credit card processors. In an instant I had their receipts in my e-mail Inbox.

Such business exchanges aren't new. I don't want to sound completely naive. But what did surprise me was the juxtaposition. I had imagined an experience: to go to a community craft fair. I had lived it ... and more.

I want you to see the Mainstreeter in the same way. I want you to pick up a copy to lay across a table and read at your leisure, six times a year. (Let it be educational and entertaining. Those are my watchwords and they will never change.) But I also want you to begin considering the Streeter in its sleek, new forms.

As Old Ottawa East endures the reconstruction of Main Street, the development of the Oblate lands and the virtual transformation of its environment, we at the Mainstreeter will try chronicle the changes on a much more frequent basis. Thanks to our web team leader Meredith Newberry, we will use our web site (www.mainstreeter.ca), Facebook page and Twitter account (@MainstreeterOtt) to bring the news of the community to you with more agility than our dear paper version can muster.

To that end, we will call on you. Send us your photos of life in your corner. Tell us of the changes you see taking place. Let us not cease to be the observers we have always been. But let us marry those talents to the brisk and efficient demands of the times. We may be pleased with the outcome.

Quand mon épouse Marni a suggéré que nous amenions nos enfants à la vente d'artisanat de l'école secondaire Immaculata au mois de mai, j'ai tout de suite aimé l'idée. Je me souvenais avec affection des ventes artisanales que j'avais visitées auparavant: la gaieté, la diversité, le frisson ressenti en regardant des artisans talentueux et doués exercer leur métier. L'évènement à l'école a répondu à ces attentes.

Nous avons acheté une souris en glaise (que nous avons vite nommée William) et un ornement en verre chez Miranda de « Punk in Pink ». Nous avons ramené un paquet de six sortes de carrés de dessert de chez « Totally Squared Baking », que Marni, avec la précision d'une chirurgienne et une discipline de fer, a coupé en morceaux assez petits pour qu'ils durent trois jours chez nous. (Que nous nous sommes battus pour les carrés qu'elle nomme « Chocolate 5X »!)

Ce que je n'avais pas imaginé, c'était le point auquel la foire attachante d'Immaculata faisait bel et bien partie du 21^e siècle. Plutôt que de fouiller dans nos poches pour des billets chiffonnés, nous avons payé pour nos achats sur-le-champ avec nos cartes de crédit. Les artisans nous expliquaient humblement tout le travail qu'ils avaient mis dans la création de ces produits, puis, un instant plus tard, ils sortaient des tablettes munies de lecteurs de carte de crédit Square. Presque instantanément, leurs reçus apparaissaient dans ma boîte de réception de courriel.

Ces échanges commerciaux ne sont pas nouveaux. Je ne veux pas sembler entièrement naïf. Néanmoins, ce qui m'a surpris était la juxtaposition de ces éléments. Je m'étais imaginé aller à la foire artisanale; j'avais vécu cette expérience...et plus encore.

Je veux que le lectorat du Mainstreeter perçoive le journal de la même façon. Je veux que vous preniez une copie à laisser sur votre table pour la lire à loisir, six fois par année. (Que le journal soit éducatif et divertissant. Ce sont mes mots d'ordre et ils ne changeront jamais.) Toutefois, j'espère aussi que vous commenciez à tenir compte du Mainstreeter sous ses nouvelles formes élégantes.

Alors que le vieil Ottawa-Est subit la reconstruction de la rue Main, le développement de la propriété des Oblats et la transformation de son environnement, le Mainstreeter va tenter de témoigner de ces changements beaucoup plus régulièrement. Grâce à notre chef d'équipe web, Meredith Newberry, nous allons nous servir de notre page web (www.mainstreeter.ca), de notre page Facebook et de notre compte Twitter (@MainstreeterOtt) pour vous fournir les nouvelles de la communauté avec beaucoup plus de flexibilité que le permet notre chère version papier.

À ces fins, nous faisons appel à vos contributions. Envoyez-nous des photos du quotidien dans votre coin du quartier. Informez-nous des changements que vous voyez. Nous n'abandonnerons pas le rôle d'observateurs que nous avons toujours assumé. Néanmoins, tentons d'unir ces talents aux demandes vigoureuses et efficaces de notre époque. Le résultat saura peut-être nous plaire.

Lady Evelyn Winter Wrap-up

BY SUSAN REDDING

Students at Lady Evelyn are developing new tools to answer the question, what's on your mind? Working with a team from the Faculty of Education at the University of Ottawa, they are learning about mindfulness.

With roots in meditation, mindfulness trains practitioners to pay attention to the present moment and become more self-aware. Developing mindfulness may improve concentration, reduce stress and increase impulse control, potential benefits that are making it increasingly popular in North American schools.

Professor Jessica Whitley leads the program at Lady Evelyn, where

students are guided through simple activities to develop heightened awareness of the present moment.

"The program we have created helps students become really aware of experiences, both in and outside themselves," Whitley says. "We concentrate on breathing deeply and purposefully. Our activities focus on helping students to develop self-awareness while they're sitting, eating, walking, listening or observing. We are hopeful that students will continue to practice these skills outside of the classroom."

Katherine Young, a primary teacher at the school, says her students enjoy the mindfulness sessions.

"A quote one of the students made was, 'it's a smile on my mind,'" Young says. "During our breathing, one student said it made him remember the 'old times' and think of his grandparents. He was almost daydreaming during the breathing exercises, remembering his family."

WINTER FUN DAY

On March 3, students in the kindergarten and primary classes joined their teachers, ECEs and 48 parent volunteers at Springhurst Park for a morning of outdoor activities. The children created snow art, built forts, navigated through an obstacle course, did a slippery tug-o-war and much more before heading back to the school for hot chocolate.

VOLLEYBALL AND CHESS

It was a busy season for Lady Evelyn teams. The Junior Girls and Boys teams participated in the OCDSB winter volleyball tournament and showed great sportsmanship. The school sent Primary and Junior teams to the annual OCDSB Chess Tournament, where they matched wits with players from around the region through seven grueling rounds of games. Congratulations to all students who represented the school and demonstrated the Lady Evelyn spirit in the community.

2015 MAY-JUNE PROGRAMS

Sunnyside Branch Library, 1049 Bank, Ottawa, ON K1S 3W9

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CHILDREN'S SPECIAL PROGRAMS

PD DAY: BLOCK PARTY / ÇA DÉ "BLOC"

Building Boom: show off your architectural creativity with Lego®. / Archiboum! Architectes en herbe, à vos Lego®!

Friday, June 5, 2:00 pm (180 min.)

CHILDREN'S BOOK CLUBS

CLUB DE LECTURE EN FRANÇAIS POUR LES ENFANTS! / FRENCH BOOK CLUB FOR KIDS

Do you like reading in French? Join our new French book club for kids and a significant adult. Ages 7 – 10. Registration.

Aimez-vous lire en français? Venir à notre nouveau club de lecture en français pour les enfants et une adulte important. Âgés 7 – 10. Inscription requise.

**Mondays, 6:30 p.m. (60 min.): May 25
Lundi, 18h30 (60 min.): 25 mai**

TEEN PROGRAMS

TAG (TEEN ADVISORY GROUP)

(Ongoing Event)

Sunnyside Teens--join our new Teen Advisory Group and have a say in which programs, activities and services will be offered to youth and also help plan and implement them. Ages 14-18. To join, stop by the branch.

Look for Teen Programs presented by Teens: such as Peer Tutoring plus Drop in Board Game & Card Game nights. Meet once a month on Fridays.

EXAM CRAM / ÉTUDES INTENSIVES

Need a spot to cram for exams? Come to the library and get your studying done. We provide a quiet study space in our Meeting Room (downstairs, past the Children's Area), complete with WiFi access.

Study hard and good luck on your exams!

June 10-25

ADULT PROGRAMS

THE WRITING WORKSHOP

An opportunity for writers of fiction, non-fiction, poetry, and experimental

forms to gather. Our emphasis will be on developing works-in-progress for publication. The workshop will provide writers with encouragement and constructive criticism from their peers. Author/Facilitator: Michael F. Stewart: <http://michaelfstewart.com>

Registration.
Mondays, 6:00 p.m. (120 min.): June 8

UKRAINIAN CONVERSATION

Join our group led by a fluent Ukrainian speaker. Start off with a review of the Ukrainian alphabet. All are welcome. Registration.

**Mondays, 7:00 pm (60 min.): May 25,
June 1, 15**

CONVERSATIONS AMONG CANADIANS

We will, as usual in this program, share our experience, knowledge, reflections and ideas on a wide range of topics relevant to life in Canada, past, present and future. Topics may include the environment, the economy, science and technology, social well-being, even new findings about the human brain. Exploring our own attitudes, we will be alert for a growing sense of community and goodwill among Canadians at home and with others in the world, including living in community with the land. Making an informal appreciation of the Canadian situation, we will continue to challenge our imaginations and find our voices, hoping to offer helpful contributions around the celebrations of the 150th anniversary of Confederation in 2017. Registration.

Wednesdays, 2:00 - 4:00 pm (120 min.): Until June 24

INGENIOUS TALKS (FACULTY OF ENGINEERING & DESIGN, CARLETON UNIVERSITY)

FED Talks is a new speaker series from Carleton University's Faculty of Engineering and Design that engages the community in discussions of timely and innovative ideas in engineering, design and technology. This series is open to the public and everyone is encouraged to come out and learn! Coffee and snacks will be available. Drop in.

**Wednesdays, 6:30 pm (60 min.):
June 3**

KNIT & KNATTER: LEARN TO KNIT

Have you always wanted to learn to knit or improve your skills? Now is the

time to come to Sunnyside and bring your knitting needles and yarn to begin knitting that first scarf for winter, or share your project if you are an experienced knitter and enjoy conversation and a cup of tea! Drop-in.

**Wednesdays, 1:00 pm (60 min.): May
27, June 10, 24**

ADULT SPECIAL PROGRAMS

ART TALKS – THE DELLA ROBBIAS: BLUE AND WHITE CERAMIC SCULPTURE FROM 15TH CENTURY TUSCANY

Sculptor Luca della Robbia (1400-1481) founded an artistic family dynasty whose blue and white ceramics remain almost as fresh as the day they were made. Their originality, ornamental beauty, and economy of manufacture made them wildly successful in the fifteenth century. This talk will outline the della Robbia production and illustrate its integration into Italian architecture of the time. Registration.

Wednesday, May 27, 2:30 pm (60 min.)

MAKING A HARD COPY PHOTO ALBUM FROM DIGITAL PHOTOS

We all take lots of digital photos. But most just sit on a computer and, at best, are seen on-screen. Why not do more with your photos? Chris Taylor, President of the Ottawa PC Users' Group will show you how easy it is to use an on-line service to create beautiful hard-copy books of your photos, completely customized, with embellishments, backgrounds, frames, text and more. Registration.

Thursday, May 28, 6:30 pm (120 min.)

DISCOVERING CANADIAN ANTIQUES AND FOLK ART WITH SHAUN MARKEY

This presentation by Shaun Markey will delve into his 30 years as an antique and folk art collector and dealer. Shaun will draw upon his book, *Folk Art in the Attic*, for visuals, background information and anecdotes on the subject. From definitions of folk art, to various forms and media used by artists, to examples of iconic Canadian folk art, this session should appeal to anyone who has an interest or wants to learn more about Canadian folk art and antiques, and will be relevant to the beginning, intermediate and advanced collector.

Registration.

Thursday, June 4, 6:30 pm (90 min.)

HOW MANAGE STRESS AND TRIGGER RELAXATION RESPONSE

This program starts by teaching you how to identify your sources of stress. Strategies to help manage your stress will be discussed such as nutrition, relaxation techniques, botanical medicine and Reiki. Incorporating these practical strategies into your life will trigger the body's relaxation response so you can successfully protect yourself from the negative effects of stress on your mental, emotional and physical health. Registration.

Saturday, June 6, 2:00 pm (120 min.)

TRAVELOGUE TO NEPAL— KATHMANDU AND RURAL AREAS

Come and enjoy a presentation that highlights some of the "must sees" of Kathmandu and then ventures outside to the villages that make up this country that is 75% mountainous. Presented by Anna Van Adrichem - Rochon from the Friendship Force. The Friendship Force International provides opportunities to explore new countries and cultures from the inside by bringing people together at the personal level. Through the signature program of home hospitality, local hosts welcome international visitors into their culture, sharing with them meals, conversation, and the best sights and experiences of their region. Registration.

Thursday, June 11, 6:30 pm (105 min.)

CITOYENNETÉ CANADIENNE

Étapes à suivre pour demander la citoyenneté canadienne: déterminer l'admissibilité, remplir la demande, savoir calculer la période de résidence, payer les frais et le Guide D'Étude. Programme offert en collaboration avec ALASS /LASSA. Inscription recommandée.

Thursday, June 18, 1:00 pm (210 min.)

VIENNA – AMSTERDAM RIVER CRUISE

Al Sangster hosts this exciting adventure! Beginning in Vienna and traveling up the Danube River to Kelheim, Germany, this cruise crosses the 170 Km Rhine Danube Canal to Bamberg, down the Main River to Rudesheim, and on to Amsterdam on

IS GLUTEN FREE HEALTHY?

BY MICHELE SCHUBER



Going gluten-free? It's quite a trend and certainly worth understanding before you spend your money on the wide variety of products now available.

If you are making conscious health choices, it is because you want to improve your health and feel better. But there are many mistakes being made when choosing to go gluten free.

To begin, if you substitute your regular processed foods with processed gluten-free foods, you have not begun a path to wellness.

For example, eating gluten-free breakfast cereal is not more nourishing than regular cereals.

Most gluten-free foods are made with rice, corn, potatoes, tapioca or sorghum. These are all higher in carbohydrates and lower in protein and other nutrients than wheat flour. A processed food such as cereal, crackers or chips has no nutritional value worth mentioning. However, replacing a breakfast cereal with a gluten-free 'nutrient dense' food is a wise move.

What is a nutrient dense food? Vegetables. Dairy. Meat. Some fruits.

Another common mistake in choosing gluten-free is quantity. When gluten-free foods are given the thumbs up in the diet, it is easy to eat too many processed foods or grains. When we are told something is ok to eat, we tend to eat more of it. Sadly, if our digestive system is tired (from gluten) and we overeat starchy substitutes (gluten-free), we end up taxing our system even more.

Lastly, the worst side effect of going gluten-free might be related to the substituting mentioned above. When we substitute with gluten-free foods, what are we eating? So much of the packaged food we deem healthy gluten-free is loaded with sugar and prepared with toxic fats. Not only are the foods less nutritious than the wheat versions, but they are loaded with starch, sugar and trans fats which age and deplete our bodies.

Why worry about the nutrient density of your food? To nourish and heal your body. Isn't that why you eat? If you are celiac or have a gluten sensitivity, then removing gluten from the diet is necessary to keep you from getting really sick.

Cutting out gluten is also a wonderful choice to relieve the digestive system of difficult to digest proteins. Even those who can tolerate gluten will feel the difference, and often choose to stay away from gluten in order for their health to improve in many ways.

Healthy eating is consuming nutrient dense foods throughout the day. Nourish yourself with real food and leave the processed gluten-free goodies out.

Michele Schubert helps people get organized and inspired in the kitchen, so they can make the transition to a gluten-free lifestyle easily, efficiently and deprivation free. For more information visit www.beyondglutenfree.ca.

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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 | cdetax@gmail.com

OTHER USEFUL CONTACTS

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

Councillor David Chernushenko: 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

Mayor Jim Watson: 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



ottawa.ca
3-1-1
TTY 613-580-2401

Proposed Park Development on the Oblates Lands - 175 Main Street

Open House

Tuesday, June 2
Lady Evelyn Alternative School, gymnasium
63 Evelyn Avenue
7 to 9 p.m.

The City of Ottawa invites residents to an open house to provide feedback on conceptual design options for the future public park at 175 Main Street.

Drop by and join fellow residents in discussions and work groups. Your comments and suggestions will form an integral part of the future design.

Accessibility is an important consideration for the City of Ottawa. If you require special accommodation, please call or e-mail the project lead before the event.

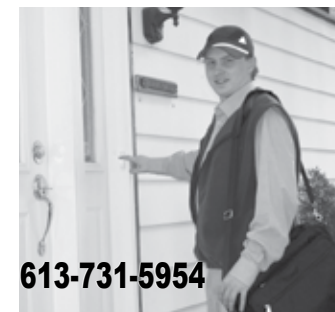
Selma Hassan
Planner II
Policy Development and Urban Design
Planning and Growth Management Department
City of Ottawa
110 Laurier Avenue West, 4th floor
Ottawa, ON K1P 1J1
Tel : 613-580-2424, ext. 25192
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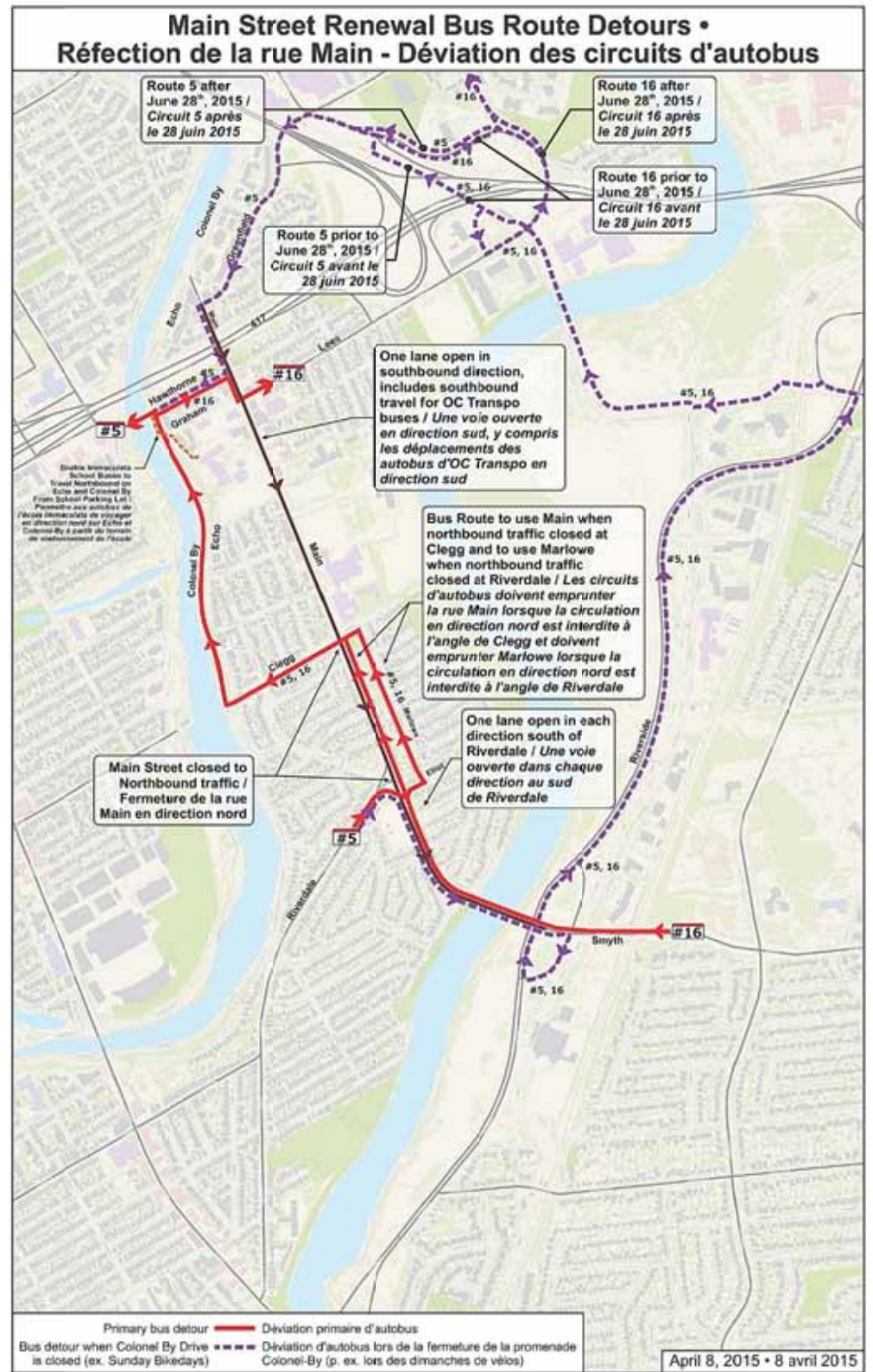
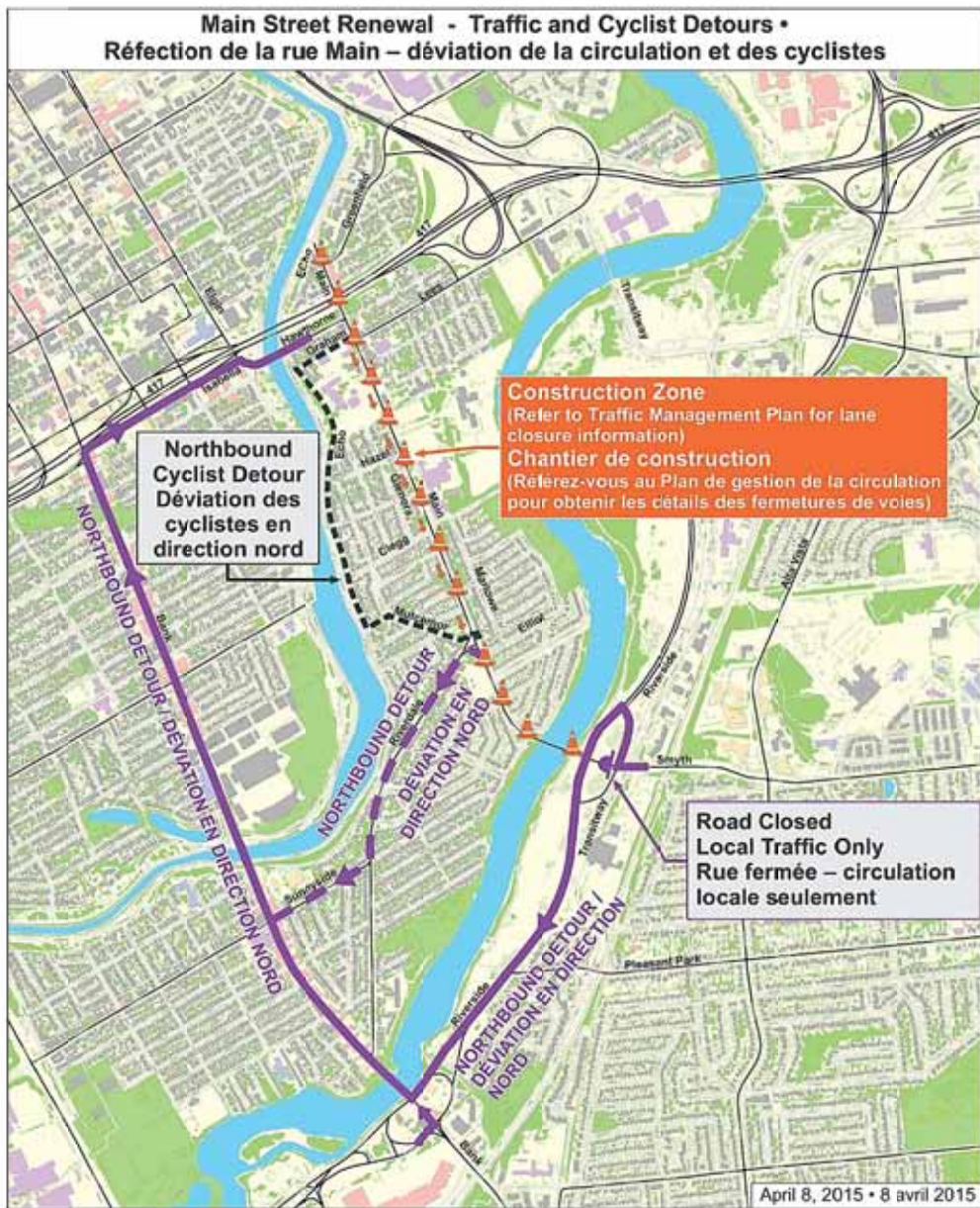
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City graphics show proposed detours for cyclists, drivers and bus riders during Main Street reconstruction. Have you got a story to tell about your detour-driven experience?

Tell us about it by e-mail at editor.mainstreeter@gmail.com or @MainstreeterOtt on Twitter.

SUNNYSIDE BRANCH LIBRARY- 2015 MAY-JUNE PROGRAMS cont. from page 6

the Rhine. Daily stops are made, and include a vinyard and wine tasting in the Wachau Valley, the Melk Abby, and tours of Passau, Bamberg Cathedral, Nuremburg Castle, the castles of the Rhine, Cologne Cathedral and many others. Highlights include Sigfreid's Mechanical Music Museum in Rudesheim. Registration.
Thursday, June 18, 6:30 pm (60 min.)

ADULT BOOK CLUBS

EUROPEAN BOOK CLUB

The European Book Club is a cooperation of the European Union National Institutes for Culture (EUNIC) in Ottawa: the Austrian Cultural Forum, the Goethe Institute, the Romanian Cultural Institute, the Instituto Camoes

of Portugal and the Embassy of the Republic of Poland. The EBC aims to promote European authors and their works. A book title from an EU country is selected for discussion each month. Registration.
May title (Ireland): *Molly Fox's Birthday* by Deirdre Madden (2009)
June title (France): *Réparer les Vivants* by Mailys de Kerangal (2014)
Wednesdays, 6:00 pm (120 min.): June 17

NON-FICTION ADULT BOOK CLUB

Join in stimulating discussions on selected titles of non-fiction in a friendly and relaxed atmosphere. A variety of topics will be discussed depending on the interests of the group. Bring your suggestions. Registration.
June title: *Blue Future: Protecting Water for People and the Planet Forever* by

Maude Barlow (2013)
Fridays, 2:00 pm (60 min.): June 5
SECOND FRIDAY ADULT BOOK CLUB
Meet new people and join in stimulating discussions on selected titles in a friendly and relaxed atmosphere every second Friday of the month. Newcomers are welcome. Registration.
May title: *The Rosie Project* by Graeme C. Simsion
June: Book selection for 2015-2016
Fridays, 2:00 pm (60 min.): June 12

MYSTERY BOOK CLUB

Do you enjoy reading mysteries? Share the enjoyment of good mysteries in a relaxed atmosphere. Join us for discussion every third Friday of the month. Registration.
May title: *Her Fearful Symmetry* by Audrey Niffenegger

June: Book selection for 2015-2016
Fridays, 2:00 pm (60 min.): June 19
SUNNYSIDE ADULT BOOK CLUB
Join in stimulating discussions on selected titles in a friendly and relaxed atmosphere on the last Friday of the month. Registration.
May title: *The Dinner* by Herman Koch
June: Book selection for 2015-2016
Fridays, 2:00 pm (60 min.): May 29, June 19

CONTACT:

succursale Sunnyside Branch, Ottawa Public Library / Bibliothèque publique d'Ottawa, 1049 Bank, Ottawa, ON K1S 3W9 | 613-730-1082 - Children's Services, ext. 29 / Adult Services, ext. 22

Community Activities Group of Old Ottawa East (CAG)

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

Summer Programs

Adult

Journey Dance

Old Town Hall, 61 Main
Free demo classes:
 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

Come join the Rideau Canoe Club to learn the skills you need to confidently and safely paddle your canoe or kayak on the river.

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



Soccer in the Park (3 – 6 years)

Brantwood Park, 39 Onslow
 June 25 – July 23
 Thursday 6:00 – 7:00 p.m.,
 \$38



More info and registration:

www.OttawaEastCAG.ca

Summer Camp

All camps at Brantwood Park field house, 39 Onslow

Sportball Multisport Camp (3 – 6 years)

Sports, arts and crafts, snack time, stories, music, co-operative games and theme days.
 June 29 – July 3, no program July 1
 9:00 a.m. – noon, \$140

Camp Brantwood (4 – 8 years)

Traditional camp activities in your local park.
 July 6 – 10, 8:30 a.m. – 5:00 p.m., \$165

Children's Garden Camp (5 – 10 years)

Fun activities in the garden, rounded out with traditional camp activities in the park.
 August 24 - 28, 8:30 a.m. – 5:00 p.m., \$165



Canoe Kids (7- 12 years)

A fun-filled week-long day camp that will provide an introduction to all aspects of safe paddle sports.

July 13 – 17, 8:30 – 5:00 p.m., \$250

July 20 – 24, 8:30 – 5:00 p.m., \$250

July 27 – 31, 8:30 – 5:00 p.m., \$250

Aug 4 – 7, 8:30 – noon, \$138

August 10 – 14, 8:30 – 5:00 p.m., \$250

August 17 – 21, 8:30 – 5:00 p.m., \$250

Regatta Ready (9 – 15 years)

Learn the skills required to sprint kayak. On the last day of camp, paddlers may take part in a sprint kayak regatta at Rideau Canoe Club

July 13 – 24, 8:30 – 5:00 p.m., \$440

July 27 – August 7, no program August 3

1:00 – 4:00p.m., \$265

August 10 – 21, 8:30 – 5:00 p.m., \$440



The Annual Main Event

Saturday, June 20 – rain or shine!

10:00 a.m. to 2:00 p.m.

Brantwood Park, Onslow Crescent

The Main Event is moving temporarily to Brantwood Park due to Main Street reconstruction. It will move back to Main Street as soon as that is complete.

BBQ



Free Kids' Zone featuring Let's Talk Science from 10:00 a.m. until noon, crafts and face painting from noon until 2:00 p.m.

Free Bouncy Castle and Obstacle Course



Market Sale

Balloon Twister with unique balloon creations from 11:00 a.m. to 1:00 p.m.

Community Stage

Live music throughout, including Stan Clark's Capital Swing Band.



Free Wagon Rides

The horses will do one pickup at Springhurst Park at 11:00 a.m. to make the trip to the event. From 11:15 a.m. to 1:45 p.m. the wagon will take passengers out from Brantwood Park. Return ride to Springhurst Park is at 1:30 p.m.



Event presented by
**Community Activities Group of
Old Ottawa East (CAG)**
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For the latest and most up-to-date information on this event, visit the CAG at www.ottawaeastCAG.ca
All information correct at the time of going to press. Some components may be cancelled in the event of rain.

The Main Event Main Garage Sale

**Saturday, June 20
8:00 a.m. to noon,
rain or shine!**

From Rideau Gardens Drive to Greenfield Avenue and from Echo Drive to the Rideau River.



Calvary Baptist Church is offering the use of a table on its property at 107 Main St. (corner of Main and Evelyn). To reserve a table at Calvary, please call Bob McRoberts at 613-733-5912 at any time and leave a message with your name, phone number, and the size of table you require (6- or 12-foot). You will receive a call to confirm your booking. Tables are offered on a first-booking basis.

NEW THIS YEAR— The Main Event Market Sale

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! The Market Sale will run alongside the Main Event Community Party on June 20, from 10:00 a.m. – 2:00 p.m., at Brantwood Park. We welcome participation from artists, crafters and food vendors, - anything that would be part of a regular farmers market. Not sure, email us to discuss. If you want to be part of this year's event, please register online at www.OttawaEastCAG.ca, or in person at the Old Town Hall, 61 Main St. Registration is \$25 per table. Vendors must provide their own table. More info: info@ottawaeastCAG.ca or call 613 230 0076



The Main Event Outdoor Movie : Paddington

**Friday, June 19
8:45 p.m. (or dusk)**
Springhurst Park, 160 Lees Ave.
(95 minutes)



A young Peruvian Bear travels to London in search of a home. Finding himself lost and alone in Paddington Station, he meets the kindly Brown family, who offer him a temporary haven.

Volunteers needed!!

CAG events are volunteer run...
Please consider helping out for an hour or two.
More info: www.OttawaEastCAG.ca/volunteer
Contact us: volunteer@OttawaEastCAG.ca or

More CAG Summer events...

Brantwood BBQ and Picnic

Come and enjoy the best of the season in the park with friends and neighbours.
Brantwood Park, 39 Onslow Crescent
May 14 - July 30, Thursdays BBQ 5:30 - 7:00 p.m.

Company of Fools, Torchlight Shakespeare

A Comedy of Errors
Brantwood Park, 39 Onslow Crescent
Thursday, July 30
7:00 p.m., pay-what-you-can, suggested donation \$15/person, BBQ and Picnic 5:30 – 7:00 p.m.

Movies under the Stars!

Penguins of Madagascar
Friday, July 17
Springhurst Park, 160 Lees, 8:30 p.m. or dusk

Princess Bride
Friday, September 11
Brantwood Park, Onslow
8:00 p.m., or dusk
FREE, donations welcomed

Community news and events

Be sure you are receiving all the latest community news and event information.
Sign up for the CAG Ottawa East eUpdate, a weekly electronic newsletter at www.OttawaEastCAG.ca/eupdate



Who says harvests are only for fall? Spring produce can be just as fresh.

PHOTO BY AMY LONGARD

Celebrate Spring with Fresh Local Produce

BY AMY LONGARD

May in Ottawa is an exceptional month. Finally, green grass and foliage, the Tulip Festival is in full bloom, and the Main Street Farmers Market has reopened. Although May is early in the farming season, that doesn't mean stalls at the Market will be bare. The farmers have been ramping up over the winter in preparation for a spring harvest.

This month, you can expect produce aplenty! Jamie Creskey, who runs Hoople Creek Farm along with his family, says he will be offering radishes and a variety of greens, including swiss chard, lettuce, mustard greens, arugula and kale. He says you may notice that some of these greens, which are typically bitter in taste, will be sweeter as a result of exposure to cooler spring temperatures and morning frost. John

Weatherhead, of Waratah Downs Organic Farm, expects to have potted herbs and tomatoes in tow.

Shopping at the Market is a great way to support regional farmers and contribute to the local economy, not to mention it's also a healthy option, too. The produce you will find at the Market has generally been harvested the day of, or the day before, to ensure freshness and quality. From a nutrition perspective, obtaining freshly harvested produce is ideal. Vegetables and fruits are major dietary sources of macronutrients, such as fibre, and micronutrients, which includes vitamins and minerals, and it's best to eat your produce as close to harvest as possible to avoid degradation of nutrients, water loss and spoilage.

A wonderful way to enjoy your fresh Market vegetables, and capitalize on their health promoting properties, is to have a fresh spring salad with a homemade apple cider vinaigrette. To prepare your salad, wash and thoroughly dry approximately four cups of chopped greens and a handful of fresh herbs. Once clean and dry, transfer your greens and herbs to a salad bowl and include any other vegetables or topping of your choice. You might try adding nuts, seeds, chickpeas, beans, lentils, fresh or dried fruits, or sauerkraut to the mix.

To make the vinaigrette combine four tablespoons of apple cider vinegar, two teaspoons of dijon mustard, and two teaspoons of maple syrup in a bowl or medium sized measuring cup. Slowly pour in five tablespoons of extra

virgin olive oil and whisk, or stir, until thoroughly emulsified, then mix in sea salt and cracked black pepper to taste. Pour the dressing over your salad and toss until the greens are evenly coated. Serve and enjoy immediately.

Rain or shine, the farmers will be at the Market, every weekend from the beginning of May until the end of October, at its new temporary location near the Museum of Nature.

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



PHOTO: SPRINGHURST CLEAN-UP

Springhurst Park Spring Clean-up, April 26, 2015

BY IAN MCRAE

Old Ottawa East residents came out 26-strong for the annual spring clean-up of the parkland from the Transitway bridge to the Oblate lands. We have never seen so many helpers. They collected 13 large bags of trash. Along with the regulars, Vicki and Barry Davis, we had 12 from the neighbourhood, including two young ladies, Jada and Lotus, who tried their hands at the pincer pickers. In the photo, Erin Groulx, Lotus' mother, takes part in the semi-annual event.

The day before, 20 people with the University of Ottawa Outdoors Club collected at least 10 bags of trash. We wish to extend a huge thanks to all the volunteers. It was a pleasure to look across the park and see only green and grey. We look forward to doing this again in the fall!

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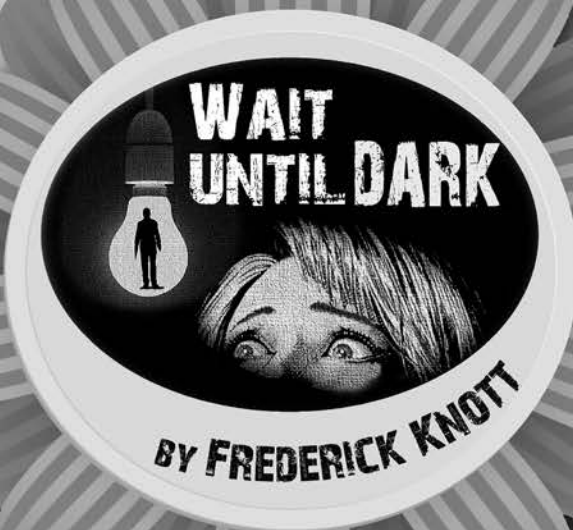


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OLD OTTAWA EAST COMMUNITY ASSOCIATION

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



Construction activity in Old Ottawa East continues to ramp up, along with traffic disruptions, noise, dust, more trucks, and, alas, fewer trees – at least in the short term. It's both disruptive and promising, as a number of long-sought improvements get made and the community grows.

With hundreds of new residents, OOE will have an adequately large population base that justifies public and commercial amenities, such as a large grocery store and a community centre, that have long been lacking.

The glorious location of Old Ottawa East became strikingly obvious to a number of CAG and community association members last month. Josh Kardish of the Regional Group, which will develop the Oblates property, invited us to tour the Deschatelets Residence.

As part of the tour we went to the roof of the five-storey residence and below was all of Ottawa with the Gatineau hills in the distance. I had never before been so seized by the uniqueness of OOE with the Rideau River as our eastern and southern boundary, the canal on the west, and Sandy Hill and Centretown to the north.

Specific issues that have arisen over the last two months include:

Main Street Construction Traffic:

Old Ottawa East's limited street network – with no readily accessible street parallel to the full length of Main – means traffic can't simply be detoured through the community. While a lane for southbound traffic will be maintained throughout two years of construction there isn't enough room to also maintain a northbound lane. Consequently, northbound buses will be detoured along Colonel By between Clegg and Hawthorne. But buses can't travel on Colonel By south of Clegg because this would deny hundreds of residents, Main Street businesses and others use of the #5 and #16 buses.

The city has also proposed northbound buses (about 50 per day) be detoured onto Marlowe during the second phase of Main Street reconstruction. Local residents have challenged this proposal. After considerable discussion, the city demonstrated it had no sound alternative. However, it committed to working with residents to mitigate any adverse impacts.

In terms of cut-through traffic, residents in the neighbourhood west of Main and south of Clegg are concerned that more vehicles will take Mason, Bower and McNaughton as they go between Main and Colonel By Drive at Clegg. Additional turning restrictions from Main have been suggested as well as new stop signs along Mutchmor and McGillivray. The problem with additional turning restrictions is that local residents' access to their homes would become more difficult. Meanwhile the community association led by Don Fugler is compiling base-line traffic counts so that we can see what changes actually occur during and after construction.

Col By Safe Crossing at Clegg: By the end of June, the fully signalized crossing at the Col By – Clegg intersection should be complete and pedestrians and cyclists will be able to safely cross the busy Colonel By Drive.

Ideas for Greystone Village Parks: Please let Eddie Gillis (info@ottawaeast.ca) know your ideas for Greystone Village's three new public parks, i.e., the Grande Allée, the Deschatelets Forecourt and the Rideau River Nature Trail park along the river.

Celebrating the Sesquicentennial: What might OOE residents and organizations do to celebrate Canada's 150th anniversary in 2017? Ideas submitted so far include: a prime ministers' book club where all of our prime ministers would be discussed and celebrated; and a multi-community paddling circumnavigation of Rideau Island.

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

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FIFA TOURNAMENT AN OPPORTUNITY TO LOOK BEYOND GENDER IN SPORTS

The 2015 FIFA Women's World Cup is coming to Canada and to Capital Ward this June. I am excited. I'll be attending as many as the Ottawa games as possible (and maybe checking a few scores during the slow moments of meetings) because I love soccer. I love women's soccer.

In my final year at Queen's University, I even co-coached the women's team, which went on to win the Ontario championship in 1984. That was as far as we could go. Back in the 1980s, there was no national tournament for women's soccer, no national team and no World Cup for women — that would not come until 1991.

Our women, like all female soccer players at that time, were playing the beautiful game just for the love of it — for the fun, the endorphin rush, the physical fitness, the camaraderie and the break from studying.

But let's not kid ourselves. Like women who played hockey or any other rough-and-tumble sport, these were not typical athletes. They were among the very small percentage of university-aged women still engaged in organized sports. They had to endure their share of cheap shots and comments about whether it was appropriate to get sweaty, muddy, bruised and even bloodied.

Fast forward to 2015: I am glad so much has changed, but I am saddened it has not changed enough. The percentage of females engaging in sports or any other form of regular physical activity still plummets when girls reach their teens. There are many reasons: body awareness, peer pressure, cultural norms, time pressures, etc. At the heart of it, strenuous team sports are still seen as more of a guy thing. That's especially true of sports played with high intensity and frequency. It's hard to believe, with such great

Canadian role models as Christine Sinclair, Haley Wickenheiser, Clara Hughes, Eugenie Bouchard, the Dufour-Lapointe sisters and others. But it's a fact.

So here is what I am hoping Canada/Ottawa/Capital Ward will get from hosting this summer's marquee soccer event:

1. A chance to marvel at the speed, dexterity, power and focus of the players.
2. A chance for girls and older women to be inspired by what they see, and translate that into a summer of getting fit or staying fit.
3. A chance for all of us to wonder why we only pay good money to watch men's professional sports and for corporate sponsors to ask themselves why they aren't putting more money into women's sports.
4. A chance for sports commentators and writers to get through the whole tournament without making gratuitous comments about any player's or female coach's looks, hair, body type or wardrobe. If you wouldn't say it about Ronaldo, don't say it about Marta.
5. And finally, a chance for us all to look beyond gender entirely and to be the great hosts and fans I know we can be.

Safer crossing at Clegg

Completion of the new, safer crossing at Clegg and Colonel By is expected by June. Many of us are looking forward to a new traffic light that can be activated by pedestrians and cyclists as needed, new sidewalks, and dedicated cycling links.

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NEW PLANNING RULES PUT OTTAWA COMMUNITIES FIRST

In cities across Ontario, the issue of sustainable development and intensification is widely discussed. This is particularly true in our community. Recent development projects have created debate on sustainable, balanced, and smart planning and development policy. Much of this debate centres around municipal planning and the need for 'community-inspired' development.

On March 5, I was proud our government listened to our community and introduced Bill 73, the Smart Growth for Our Communities Act. If passed, this legislation will make important changes to how our communities grow, develop and thrive by amending both the Planning Act and the Development Charges Act.

Residents, community groups, and neighborhood associations in Ottawa Centre have been leaders in promoting community-inspired development. This legislation reflects your hard work, thoughts and feedback expressed at public consultations and meetings. Our community is helping to build healthy and sustainable communities here in Ottawa and across Ontario.

This legislation would improve the land-use development process by making it more inclusive and transparent, while also creating opportunities to more easily resolve disputes at the local level. Most importantly, it would ensure community consultation is a must throughout the planning process. If passed, Bill 73 will:

Give residents a greater, more meaningful say in how our communities grow

First and foremost, this legislation ensures residents are consulted at the beginning of the planning process, providing them with a meaningful say in the future of their communities. Bill 73 formalizes, by law, that feedback received by the developer and the municipality will be considered in all planning decisions prior to the approval of the development application.

Municipalities and local community groups will also now have an enhanced tool, called the Community Planning Permit System - an idea that builds on the success of Community Design Plans here in Ottawa. This is an innovative way to plan and address local needs by making sure residents are involved at every stage of the planning process and have a say in the future planning of their communities.

Make the municipal planning and appeals process more predictable

This legislation would also provide municipalities with more control and stability over their planning documents. It would require reviews of new, comprehensive municipal official plans every 10 years, instead of the current five-year cycle. Once a municipality establishes a new official plan, it would be protected from new appeals for two years unless changes are initiated by the municipality.

Give municipalities more independence and make it easier to resolve disputes

This legislation would also give municipalities, such as Ottawa, more independence and make it easier to resolve disputes. We want to allow new opportunities to easily and efficiently resolve disputes locally without going before the Ontario Municipal Board (OMB). The changes will provide an option for an additional 90 days to resolve issues involving official plans and amendments.

Make the Development Charges system more predictable, transparent and accountable

The proposed legislation would also result in an increase in the amount of capital costs that municipalities can recover for transit services. This will provide municipalities with opportunities to fund growth-related infrastructure, but not at the expense of housing affordability. I am confident this change will help improve our quality of life by reducing congestion, making it easier for residents to get around, and creating safer streets for cyclists and pedestrians.

We want to ensure growth and development occur in a way that supports economic prosperity and protects the environment. We have incredibly vibrant communities across Ottawa Centre that are defined by the people who call them home and want to make sure development happens in a responsible and community-focused way.

I want to again thank our community for advocating in support of these changes and for making it the best place to work, live and raise a family.

I will be sure to keep you updated on the progress of this legislation and will notify you of the upcoming legislative hearings. To learn more please visit www.ontario.ca/housing. Should you have any questions or feedback, please do not hesitate to contact me at my Community Office at ynaqvi.mpp.co@liberal.ola.org or 613-722-6414. I look forward to hearing from you.

INTERNS OR JUST FREE LABOUR?

I am privileged to have a fantastic group of young volunteers that help me in my job as Member of Parliament for Ottawa Centre. My staff and I are always grateful for their assistance. We do our best to give them a useful and interesting experience working in the office of an MP. But like many young Canadians, the volunteers in my office are contending with mounting student debt - \$30,000 on average - and a youth unemployment rate (13.3%) that is double the national average.

Facing these challenges and others, young people across the country are seeking opportunities to gain work experience in a difficult job market. Today, many of these opportunities take the form of unpaid internships. As many as 300,000 Canadians currently work as unpaid interns. Unfortunately, some firms take advantage of legal loopholes to abuse the goodwill and labour of these young people. Stories about the exploitation of unpaid interns by companies and organizations are all too common.

My NDP colleagues and I are strongly committed to improving the working conditions of young workers. The NDP has pressured the Ontario provincial government into shutting down illegal unpaid internship programs at two Toronto magazines.

While the Harper government has not offered any concrete plans to address this issue at the federal level, I am pleased my fellow NDP MP Laurin Liu (Rivière-des-Mille-Îles) has tabled Bill C-636 - the Intern Protection Act.

Disturbingly, under current federal labour laws, interns are not protected from sexual harassment, do not have the right to refuse dangerous work, and have no limit on their working hours.

The Intern Protection Act seeks to address these glaring oversights. I am proud the NDP is championing this cause. The Intern Protection Act has two main components: extending legal protections and rights to interns, and implementing limits on the use of unpaid internships.

Under the Intern Protection Act, interns would not work more than eight hours a day or 40 hours a week. They would have a legal right to refuse dangerous work. They would be protected from sexual assault. And they would be entitled to days of rest and holidays.

The act also sets clear rules and conditions on the use of unpaid internships. The internships would have to be educational and provide valuable experience that primarily benefits the intern. Furthermore, intern positions would not be allowed to replace paid employees. Finally, the bill mandates employers explicitly notify interns as to their working conditions and the unpaid nature of the work, and keep records of the hours worked.

The NDP has a clear plan to protect the rights of interns, bring greater fairness for young people in Canada, and help train the next generation of Canadian workers. We hope the government will adopt this plan.

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PUBLIC SERVICE ANNOUNCEMENT FROM THE OLD OTTAWA EAST COMMUNITY GARDEN
May 14 2015

The Old Ottawa East Community Garden invites everyone to a Garden Day event on Sat. June 20 from 10 a.m. to noon. Garden Days www.gardendays.ca is a national celebration coordinated locally by the Ottawa Garden Council www.gardensottawa.org. These events promote our cultural garden landscape and environmental stewardship. The OOECG is located behind Saint Paul University on the Hazel Street extension. The garden is home to more than 40 plots, designed and maintained by local individuals and families. Everyone is welcome to attend and enjoy a tour of the garden, accompanied by one of the gardeners. For further details, contact Connie Copps at ccopps@yahoo.com.

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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.

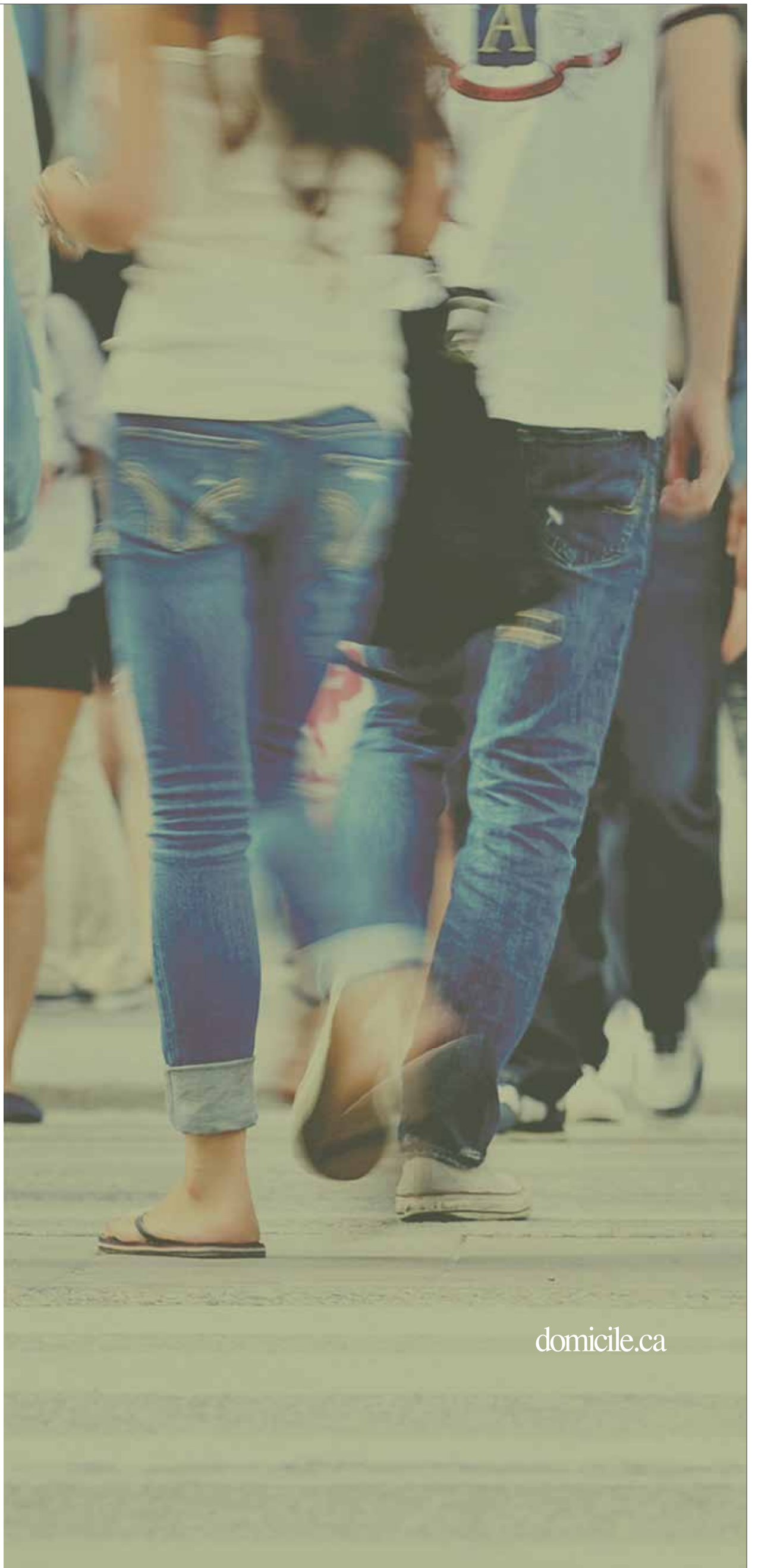


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