

Springhurst toxic soil study leaves...

MORE QUESTIONS THAN ANSWERS

JOHN DANCE

Finally, residents west of Springhurst Park have received the results of the soil contamination study conducted a year and a half ago, and the results, as outlined in a letter from the City of Ottawa to residents, mean "(a)ctivities that do not involve digging in the soil are unlikely to pose a health risk."

The city initiated the study to determine the extent and severity of soil contamination resulting from an old landfill site that was operational from the early 1900s to the mid-1930s. Known as Old Armoury because of a department of defence facility on the location, the landfill site stretched from the current location of the 170 Lees Avenue apartment building all the way to Chestnut Street and likely somewhat beyond. The study was conducted in the residential area to the west of Springhurst Park, south of Lees Avenue, east of Simcoe Street and north of the Rideau River.

The Alta Vista Transportation Corridor open space to the east of Springhurst Park was the primary area for the landfill. In the 1990s, the site was remediated with, according to city documentation, "a clean soil cap over the majority of the property to limit exposure to the ash, cinders and garbage present across the site."

Similarly, in 2016, a "clean soil cap on

top of a geotextile layer" was installed in Springhurst Park before the park upgrade was done. But related studies at that time raised the question of whether there was additional contamination in the neighbouring residential properties.

In the fall of 2017, residents in the targeted area were asked for permission to test their properties "to confirm that there are no risks from the former landfill site associated with normal day-to-day residential land use activities." The request letter went on to say, "This sampling will also allow us to evaluate the extent of historic landfilling activities and determine the presence and concentration of potential contaminants in shallow soil."

With the consent of residents, soil samples were collected from 16 residential properties located within the perceived extent of the former landfill site and from 15 residential properties in the adjacent area that was perceived to be unaffected by the landfill.

"We've been waiting since September 2017 for any results from this soil sampling," says Meredith Newberry, a Chestnut Street resident. "Some neighbours have been directing questions to the city and not getting any answers. It's worrisome not knowing what the outcome will be and waiting a year and a half to find out. We're not sure if this is a normal testing period or if it means



JOHN DANCE PHOTO

Chestnut Street resident Christine Honsl has a number of unanswered questions about the Springhurst Park area soil contamination study.

something else?"

But now that the letter has been sent, there is some relief, although a number of residents have lots of questions.

"There is so much new construction on these streets and that will continue," says Chestnut Street resident Christine Honsl. "I am wondering what will now be done with all the new building going on in terms of the soil that is disturbed. There is nothing said [in the city's letter to residents] about how developers will now be expected to handle the deep soil they are excavating and that is being blown around and tracked around the neighborhood on equipment. I know it said that soil should be disposed of at a proper landfill, but who is enforcing that and what about before the soil gets there?"

The letter to residents identifies the types of contaminants and the levels of contamination found on the various properties, but concludes, "Although contaminated soil has been identified in this area, there must be direct contact with or disturbance of the soil in order for any health risk to occur."

Included in the city's "recommended mitigation measures" is a list of activities that could elevate the risk of exposure to contaminants. These activities include eating large quantities of vegetables, especially root crops grown in this soil for many years; working in the soil and not washing hands before eating; and, for children, playing in the soil and repeatedly consuming small amounts

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A story about nine storeys

RON ROSE

More than 50 residents of Old Ottawa East (OOE) turned out to a meeting on May 7th to express their concerns about a proposed nine-storey building. The Regional Group, the developers of Greystone Village, propose to construct the nine-storey building between Main Street and the Deschâtelets building.

Residents were surprised because, ever since purchasing the property in 2015,

Regional had indicated they planned to construct a six-storey building in that location. The land is zoned for a maximum of only six storeys, and the promotional material prepared by Regional, including the 3-D display in their presentation centre, had shown a six-storey building in that location.

The proposed nine-storey building is one of two located on the north side of the Grand Allee and does not block the protected Heritage views. Regional

worked with city staff and the Urban Design Review Panel to create two smaller buildings rather than one massive building covering the entire block. This maintained most of the original floor area by redistributing it to the back of the property. This was purposefully done to allow a view of the Grand Allee and a pedestrian connection to the Allee from Oblats Avenue and the Corners on Main. Between the two buildings, there is outdoor parking for the retail

and restaurants on the ground floor, and space for delivery vehicles to park that keeps them off Oblats Avenue.

The two buildings benefited from consultation with a heritage expert, and the transition from the sixth floor to the ninth floor was accomplished by terracing the upper three floors away from the Grand Allee, according to Erin O'Connor, Manager, Land Development, Regional Group.

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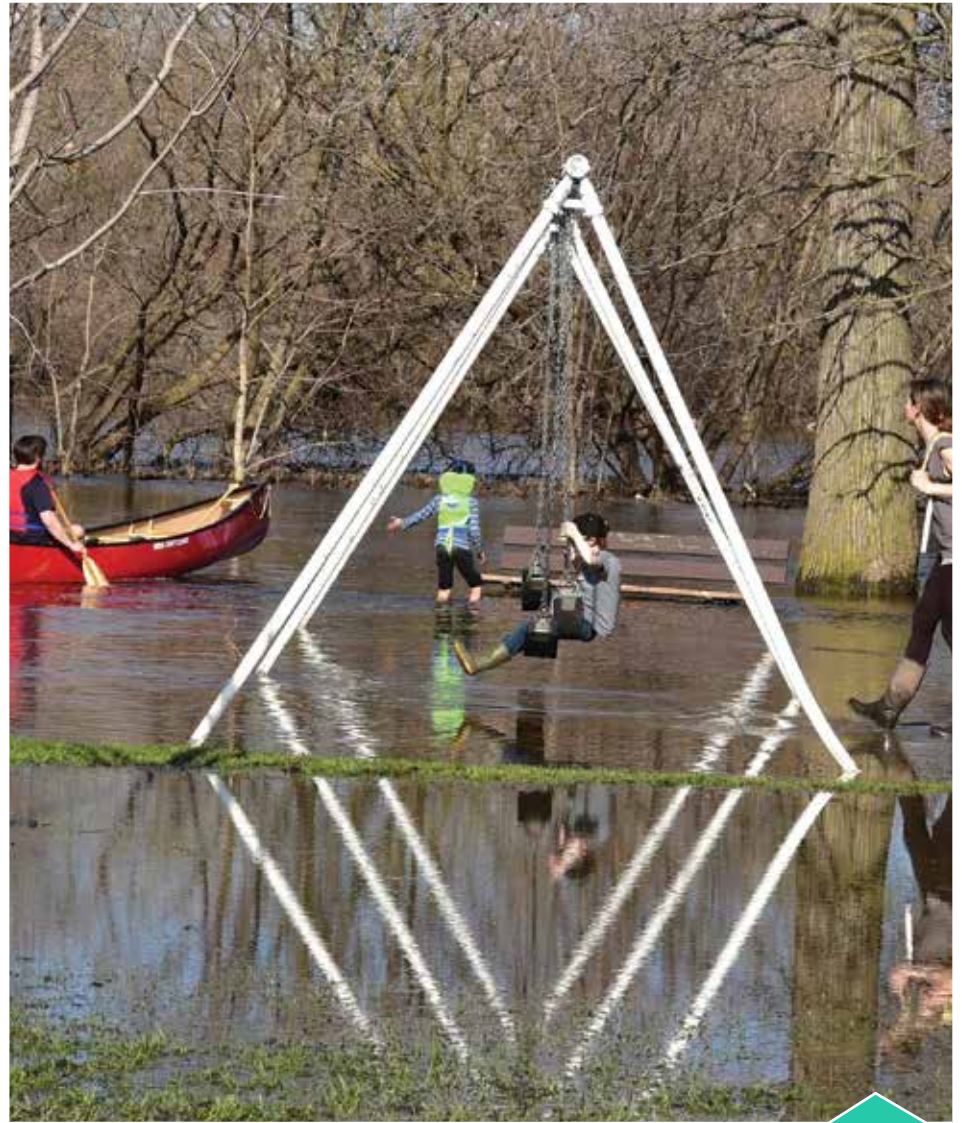
Hard hats dominate the horizon as city workers excavate Burnham Road lawns and sidewalks to upgrade the local water distribution system. The work may be linked to the onset of wet basements in area housing.

MARGARET MORIARTY PHOTO



Peter Croal's duck portrait in the April 2019 issue of *The Mainstreeter* (Peter Fowler's OOE Focus) inspired Old Ottawa East resident Jamey Burr to submit this photo of a family of baby geese. The photo was taken on the far side of the Rideau River across from Springhurst Park.

JAMEY BURR PHOTO



PETER CROAL PHOTO

Early Spring flooding at Brantwood Park couldn't deter this family's sense of fun and adventure.

Memories of a lifetime With All My Love

CASSIE GIBBONS

“When you become a parent, it changes everything. All of a sudden there’s this living being that needs you, it really puts everything into perspective,” says Myriam Farah-Cobb, a local Ottawa/Gatineau photographer. She glances and smiles at her young child playing with toy robots next to her at their breakfast table at The Green Door restaurant in Old Ottawa East.

Last year, along with fellow local photographer and young mother, Melanie Mathieu, Farah-Cobb launched ‘**With All My Love**’, a photography business offering free family photography sessions to local parents who have been diagnosed with cancer.

“We’re both mothers and photographers, so we wanted to give back using those experiences,” she says of her inspiration to start ‘With All My Love.’

Both having indirect experiences with the devastating effects of a cancer diagnosis, Farah-Cobb and Mathieu felt their perspectives shift after beginning their journey with motherhood. Having someone who is so completely dependent upon your presence, helped them to decide to begin the project, focusing primarily on the children and their relationship with the parent(s).

In part, ‘With All My Love’s mission

statement says that “our goal is to help in the healing process and provide a tangible way to preserve real moments together as a family.” Creating lasting memories is something that both women strive for within their sessions.

“Your photos of her and the children are extremely precious to us. I know that one day the kids will treasure these photos as much as I do now. I can’t thank you enough,” exclaims a former client.

Farah-Cobb and Mathieu pull from their combined years of photographic experience to connect with families. They both run their own successful family-oriented photography businesses and try to maintain the same photo shoot process when photographing a cancer session.

“We treat it like any other family session, we don’t focus on the illness,” explains Farah-Cobb.

“I am honoured that our family had a chance to be “normal” and live in the moment and appreciate the day without worrying about what kind of uncertainties that cancer has brought. Cancer may be powerful, but it cannot destroy love,” says a past client of ‘With All My Love.’

The photo shoots are making a fairly big impact so far, with several former clients speaking to the treasured memories created through the process.



CASSIE GIBBONS PHOTO

Myriam Farah-Cobb(L) and Melanie Mathieu, partners in **With All My Love**, are preserving treasured memories for families throughout Ottawa.

From hearing stories of former clients decorating their hospital rooms with the photos, to spending their final hours in palliative care with an ailing parent gazing at the images, the pair have enjoyed seeing the impact these photo sessions make, and hope to serve several more families in the upcoming months.

The photo shoot application process involves filling out a quick form through the ‘With All My Love’ website (www.withallmylove.ca), and answering a few questions about the individual, as well as an appropriate timeline, for whom the application is being made. There are very few requirements for eligibility, those who apply must be parents of a child under the age of 18, and must have been recently diagnosed with, in treatment for,

currently living with, or in early remission for cancer.

As their reach continues to grow, Farah-Cobb and Mathieu hope to continue connecting with families in need, to create tangible memories to help ease the uncertainty of a cancer diagnosis as a parent. Recently, the pair have worked to preserve memories of a family in Old Ottawa East, their first clients from this community.

A final thought from the ‘With All My Love’ website: “We know that this project can’t make everything all better, but our hope is that, if memories fail, the photos can bring them back to the little moments together, to a feeling and the beauty of their family.”

Brian Joseph Donahue: 1958 – 2019

Community, *Mainstreeter* lose a dear friend

JAN D’ARCY

Brian Donahue, a beloved neighbour and friend, died on May 10th. He was 61 years old. Brian, his wife Bev Shea, and their infant daughter, Julia moved to Evelyn Avenue in 1998.

Brian was a dear human being, friendly, thoughtful, always ready for good conversation. He could be wickedly funny. When I was editor of *The Mainstreeter*, Brian contributed a regular column covering Lady Evelyn School news. Brian and Julia were long-time distributors of *The Mainstreeter*; he flipped burgers at the annual Main Event barbeque; he knew everyone who lived in the neighbourhood.

In 2016, Brian retired from the Department of Fisheries and Oceans, where he had worked, first in Newfoundland, and then in Ottawa, for over 30 years. During his working life in Ottawa, Brian and his friend, Keltie would walk home from work, stopping on the way at the Royal Oak. The pair were

there often enough to be awarded their own dedicated chairs at the pub.

Retirement can mean different things to different people. When Brian and his dog, Buddy went for daily walks, four or five neighbours would often gather on the street to visit with them. He looked after Julia and Bev. He looked after their house. And, he looked after his cars, taking regular spins, especially in fair weather. Brian loved his cars – a 1962 red Volkswagen Beetle, a 30-year-old Porsche 911, a red and black Mini Cooper.

Three years after he retired, Brian was diagnosed with glioblastoma (Grade IV brain cancer). And yet, almost until the end, Brian and Buddy went for their walks, stopping to visit with whoever was passing by. We will miss him.

A funeral mass took place in Saint John’s, Newfoundland on May 18th. A celebration of Brian’s life will take place in Ottawa, date and place yet to be set.



SUPPLIED PHOTO

Brian Donahue, pictured here with his wife Bev Shea and daughter, Julia was a much-loved husband and father, and a friend to all who knew him.

SHARING LUNCH WITH: SHAWN MENARD

“I didn’t expect this to be fun..”

As The Mainstreeter sat down to interview Shawn Menard for the June issue, it became quickly evident that Capital Ward’s first term city councillor didn’t run for office to win any popularity contests. Along with his staff team, Menard has set to work to challenge the existing power structures at City Hall and to press forward on a vision for the city that shakes up the existing agendas and interests. Whatever unfolds over the next few years at City Council, with Menard pushing for new priorities, things will be anything but dull!

The Mainstreeter: Councillor Menard, you are four months into office now. Can you tell our readers how it’s going? Are you having fun? Is the role what you anticipated when you ran for municipal election?

Menard: Well, I didn’t get into it to have fun. And it’s not a fun job. It’s a job that requires a ton of work, community relations constantly, and working for the betterment of your city and your local community. It is exhausting, but I have enjoyed it because I relish this short-lived opportunity in life to make a huge difference. And that’s what we’re trying to accomplish. We have a vision for the city and for the ward that I think was supported by a lot of folks during the election. It’s being supported more and more by people now as they see the work we’re doing on the ground at City Council. So I didn’t expect this to be fun. But it is certainly exciting to be able to

“We knew coming in here that we weren’t going to have a ton of friends, because we challenged the status quo throughout the election. We challenged it because we don’t believe that developers should be controlling City Hall, which is the case right now.”

try to change things for the better, and to challenge the status quo at City Hall, which is what we’re doing on a regular basis.

The Mainstreeter: As a new city councillor, you’ve already had a few early run-ins with your council colleagues, including Mayor Jim Watson. What have you learned from these incidents about the rough and tumble of city politics?

Menard: We knew coming in here that we weren’t going to have a ton of friends, because we challenged the status quo throughout the election. We challenged it because we don’t believe that developers should be controlling City Hall, which is the case right now. And when you say those sorts of things, you’re not going to make many friends in the Mayor’s office or with people who have traditionally taken developers’ donations and who sit on the Planning Committee. So, it wasn’t like we were coming in to make friends with everybody and to be as collegial as possible.

City Hall is where we’re having to work collaboratively with certain individuals to try to get certain things through, like the climate change emergency motion. And at the same time, there’s other issues we raise, like somebody’s beliefs around transportation, and around women’s right to choose that may rub people the wrong way. What I’ve learned is there are certain times to raise things and that, in certain circumstances, it’s better to go through the motions of a typical council meeting, which I probably haven’t always done. But that’s who I am, I put things out there. I challenge the status quo. And I don’t make apologies for that. And I think that this City Hall needed to be shaken up.

The Mainstreeter: This month, you have been sparring with the Mayor once again, in this case about expanded free OC Transpo bus transit. Can you put this latest public disagreement into context for our readers?

Menard: We don’t make any of these issues personal in nature. All of them are about policy decisions. I challenged the position of the city right now because we currently do offer free transit. We offer it for seniors on Wednesdays, and now on Sundays. We offer it on New Year’s Day, and on Canada Day. People that go to Lansdowne currently get free transit if there’s under 5,000 people who attend an event, because we’ve said the capacity on



SHAWN MENARD

our buses can handle that. We use free bus transportation as a policy tool right now.

I don’t mind debates. And if we’re going to debate on Twitter, that’s okay. But I want to make sure that they’re informed debates. What we said during the election is that free transit down Bank Street would be a game changer. We don’t have transit being serviced properly in the north-south direction right now. We have an east west line coming in, and the O-train that exists, but in the future, Bank Street is still going to be clogged. So we said that would be a fantastic route to make free with hop on, hop off transit service.

I say to myself, am I just going to come in here to get along with the Mayor and other people? No, that’s not who I presented myself to be during the election. I’m going to stay true to our team and to the people who supported our team. And I’m not going to be somebody that’s a bobblehead. I just don’t do that.

The Mainstreeter: Many residents in Old Ottawa East would find your approach as their elected representative to be a courageous and refreshing one, but others may wonder whether the approach will prove to be advantageous to the community over time? What do you say to those residents?

Menard: I think the evidence is in my first four months in office, and what we’ve achieved. We’ve gotten new crossing guards, after years of advocacy by people when it didn’t happen. We’ve got new transit service that will go to the hospital eventually, with the number 55. We’ve had success on a climate change emergency motion, working collaboratively with other colleagues, where it makes sense, but also by saying look - this is the issue of our time - if

you’re not voting for this, you’re going to be called out for it. I think you can look at the record that we’ve had on snow clearing, where we’ve cajoled the city into doing an update on the maintenance quality standards, which haven’t been changed since amalgamation. We had a snow clearing forum, which we promised in the election, and we did it.

“I think that residents will be better served as a result of more activism at City Hall, of being more engaged and hopeful that we can change things, rather than going along to get along, which I don’t think will produce results at the end of the day.”

I believe in community pressure and in organizing to achieve things. At the same time, I’m not adverse to collaborating when it makes sense, like I did with Scott Moffatt on the Environment Committee for the climate change motion. But at the same time, I think we’ve been going in the wrong direction in our city for some time now. And for me to sit back and say that it’s okay for us to have been going in this direction, that to me is not acceptable. We need a wholesale change. And when I say that, I mean developer control at City Hall. I mean, the cost of transit fares, which are some of the highest in North America.

THE MAINSTREETER INTERVIEW

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“I’m a new urbanist, also a social democrat. That means that I want things done in a different way that helps people on the ground”

The Mainstreeter: Let's split Capital Ward for a moment and focus entirely on Old Ottawa East. As you know, our community is undergoing phenomenal change. Some people say that Main Street and the community won't be recognizable five years from today. Given the flux in Old Ottawa East, what are the two or three most important things that you think must be accomplished during your term on council?

Menard: I lived in Old Ottawa East for six years, and we had our first child in this neighbourhood. So I know I know it very well, and I love this community.

There are some concrete things that we're working on right now that need to get done. One is ensuring that the community centre gets an expansion. We're looking at the Deschâtelets building right now, and we've advanced that file heavily from where it has languished for more than a year. We've gathered together the developer, Regional, as well as city staff, the community association, our office as well as planners. This matter has been left up in the air without discussions. We need to reignite things, and we're in favour of looking at the Deschâtelets building or another spot for an expanded 21,000 square foot community centre. I think the community is doing a fantastic job of advocating for a new community centre, and I want to be a supporter of the community association. We think that's going to happen now as a result of us pushing those conversations forward. That's one of the big things that that we need to get done.

Another big item is around green space in Old Ottawa East. What happened with the Immaculata turf field should never have occurred. That was a huge mistake and needed to have been fought back by the city a year ago. And it wasn't appropriately done; there was a site plan approval that essentially gave carte blanche to the school board, except for the 10 o'clock curfew, which we haven't seen yet because it's under appeal. There's

a lack of green space in our community. Springhurst Park is currently slated for the AltaVista Transportation Corridor. We're working very hard to ensure that the AVTC never gets built through that park. It would be a huge mistake expanding roads. We know that doesn't work, it just creates more congestion, because more people choose to take their car, through the concept of induced demand. We don't want to spend another hundred million dollars to put a road through there. So, that's another huge priority. And, we can have an impact on that this year, in this term of council, because the transportation master plan is being updated.

The Mainstreeter: The Lees Avenue transit station will have a major impact on city planning for this community. Current plans call for massive housing development in that area with 40-storey towers built in close proximity to the transit station. Give me your thoughts on the next Official Plan and its impact on our community?.

Menard: The Official Plan is going to be updated this term. We are working extensively with the Federation of Citizens Associations, and with staff and other councillors here to try to make sure that, when it is updated, it best serves community residents. When I say that, I mean it should not just be focused on a car culture, and not just focused on the wild west of development, which has been the case in Ottawa for a long time. We need to make sure that there's affordable housing in the mix, that we've got active transportation modes as a better option for folks, and that we've got certainty in our planning. That means that secondary plans have to be respected within the Official Plan, and that climate change is front and centre in terms of the way we design our buildings and our building envelopes.

“I believe that climate change is the issue of our time, and that if we don't act now, we're going to have major consequences in the future.”

The Mainstreeter: We're early days to be talking about Shawn Menard's legacy. But it does appear that climate change and related matters of transportation are the two key areas of personal focus for you, the areas where you have the most exposure and perhaps traction within city



SUPPLIED PHOTO

Capital Ward Councillor Shawn Menard (in blue jacket) attending a community event outside Lansdowne Park. Menard is seeking community comments on a new vision for Lansdowne.

council. Would you agree?

Menard: Yes, I think so, and that was largely how we ran our campaign. I'm the vice-chair of the Environment Committee now and able to usher through certain motions there working with colleagues on the committee. I believe that climate change is the issue of our time, and that if we don't act now, we're going to have major consequences in the future.

I come from the Federation of Canadians, where I worked for a long time. We saw there that you can actually save money at the local level when you invest in climate change solutions. Things like retrofitting our buildings, reducing our heat, hydro or water costs, doing the switch over to LEDs. We're only halfway through that now, investing in different transportation solutions. Climate change is certainly something that I prioritize in our office, but it extends out to a number of other priorities that we have, like active transportation and transit-oriented development that aren't strictly related to climate change.

The Mainstreeter: Local politics has traditionally been a proving ground for civic-minded individuals, who oftentimes emerge from local community associations. However, some people have

claimed that the last municipal election was won or lost because of the direct involvement of federal and provincial political party machines. Assuming that was correct, what do you believe that means for the future of municipal politics in Ottawa?

Menard: At the end of the day, what people wanted in Capitol Ward was a more progressive voice, someone who was going to hold people to account at the city. And that's who they elected here. I'm a new urbanist, and I'm also a social democrat. That means that I want things done in a different way that helps people on the ground.

In terms of those types of policies, I think people were attracted to our campaign from various walks of life and political profiles. We had environmentalists from the Green Party that certainly helped us out. We had long-time Liberals on our campaign, and certainly a lot of people who would identify themselves as New Democrats, as well as a lot of community members who aren't officially part of any party. I think that there is change in the air, and at the end of the day, it's people who help other people get elected, not political parties.

Snow and ice clearing woes

The winter of living dangerously

JOHN DANCE

With the warmth of today it may seem like winter was a while ago, but this feeling can't erase the sense of many in Old Ottawa East that the past winter was the worst in a long time, and that the mere act of walking was treacherous for months.

Readers of *The Mainstreeter* have suggested many ways for the city to improve snow operations (see the story below), and one OOE resident, Dianne Breton, led a city-wide analysis - dubbed the "snow mole project" - to determine how residents were coping with winter walking.

The short answer is: "not well".

It turns out that the city's snow clearing standards haven't been changed since 2003, when "it was all about cars," according to Luc Gagné, the City of Ottawa's Director of Roads and Parking.

Organized by the four councillors with wards in the city core, including Capital Ward's Shawn Menard, an evening forum was held in March for residents to learn why snow clearing was so difficult this year, and to allow them to suggest improvements.

Residents learned that snow clearing

budgets have actually declined in recent years, despite climate change making it more difficult to keep roads and sidewalks clear. Furthermore, the city's current standards for snow-clearing assign low priority to sidewalks.

Ottawa had its snowiest January on record this year and, as city staff explained, "Operations were further challenged by the rapid nature of the 48 freeze-thaw cycles that the city has experienced [this winter]."

A review of current standards for snow clearing will not be conducted until next year because no money was approved in the 2019 budget to do so, but a number of suggestions made at the forum are under consideration.

For instance, residents suggested that there should be better coordination of the operations of sidewalk and road snowplows, so that the road crews don't fill in the corners cleared by the sidewalk plows. Similarly, pedestrian volumes should be factored into the determination of which sidewalks get plowed first.

Other suggestions included: keeping street catch-basins free of snow and ice; ensuring sloping sidewalks get extra treatment, just as sloping roads now do; encouraging business owners to help



Sara Miller Llana/The Christian Science Monitor.

Old Ottawa East resident, Dianne Breton, a 'snow mole' volunteer, photographs ice covering the sidewalk leading into Main Street.

keep sidewalks clear; and increasing parking bans and allowing parking on only one side of the street to facilitate snow clearing and two-way traffic.

Breton, who is chair of the age-friendly pedestrian safety and walkability committee of the city's Council on Aging of Ottawa, launched the "snow mole" project that conducted 250 audits of snow clearing this winter.

Analysis of these audits produced 12 draft recommendations including: developing a 'pedestrian first' approach for snow clearance; removing snowbanks on residential streets before they become hazardous to pedestrians and before thawing and freezing into ice buildup

that is difficult to remove and dangerous to walk on; and developing realistic solutions to ice build-up problems, including blocked street drains due to plowing and freeze-thaw cycles. But simply put, Breton says, "Pedestrians need bare pavement."

The "snow mole" project attracted the attention of the esteemed *Christian Science Monitor*, which in February published a lengthy story on Breton and her colleagues' efforts. See: <https://www.csmonitor.com/World/Americas/2019/0226/Snow-moles-on-patrol-Volunteers-prowl-city-s-winter-walkways>.

Our readers offer snow-clearing suggestions

We asked readers of *The Mainstreeter* for their views on some of the current problems associated with snow- and ice-clearing operations by the city and by some private contractors. Here's what they had to say:

Enforce parking bylaws so visitor parking on snowbanks and at corners doesn't restrict access for residents, emergency vehicles and school buses.

- **Alison Collins**

During Winterlude, the parking situation is even worse, with Clegg and other streets being reduced to a one-lane street for two-way traffic, so increase on-street parking restrictions

- **Alison Collins**

Elliot Avenue was somewhat neglected and ice built up over the catch-basins, which was a cause of serious concern for flooding - **Svetla Entcheva**

Greystone Village had lengthy delays with its snow clearing so that there was no on-street parking, causing considerable inconvenience for residents, visitors, and the many trades people engaged in the ongoing

construction - **Myrna Grandbois**

The sidewalk plowing is done at speed and carelessly; they pass too often and disperse too much salt; the street plows seem to circulate when they are really not needed; much of the machinery is oversized and not suited to inner city; many signs and other street furniture items are damaged - **Ben Novak**

Many driveway private services are in use in the neighbourhood that could provide their services more effectively if they knew where the city operations were or weren't. Double-shovelling is certainly a local problem

- **Barry Davis**

Deploying snow clearing to residential streets only after 7 cm (the existing standard) is a key issue because the smaller drops of 3-5 cm accumulate and cause a lot of the issues with ruts in the streets, ice formation, and blocked drains -

- **Donna Wood**

One-side-only parking on residential streets during winter makes a lot of sense but will only help if the snowbanks are cleared more frequently. When selecting the side to be zoned "parkable", morning sun to maximize natural melt as well as drainage considerations should be taken into consideration - **Donna Wood**

Contamination

Continued from Page 1

of the soil (by putting their hands or objects in their mouths).

The City recommends that residents in the affected area minimize health risks associated with the soil contaminants by using raised beds or planter boxes for growing garden produce and using clean soil from a garden centre to ensure that the produce is not exposed to the contaminated soil.

Also, the City recommends such measures as building sandboxes with a wood or plastic bottom and filling them with clean sand; covering all bare patches of soil so that dust and dirt aren't tracked into homes and so small children don't come in contact with the bare soil; and, disposing of excavated soil at a licensed landfill facility.

Honsl, whose small house has been besieged by redevelopment of neighbouring properties, isn't satisfied with the City's advice. "There is nothing said about why these compounds are of concern to human health, what their possible effects are if one has been using the soil for food or gardening over many years, as some of my neighbors have been doing," she says.

"If you want people to abide by the

recommendations, they should be given some information about the risks if they do not. Not everyone will do Google research or understand what they find," Honsl adds.

Another concern is the impact on pets. "I am concerned about pets playing actively on the soil and ingesting it from their paws and fur. There is no mention of pets at all. Even with reference to human contact with pets' fur," says Honsl.

Other residents have raised questions about the impact of the study on property values and whether the City should pay for mitigation measures on residential properties, given that the City has taken such measures at Springhurst Park and also at the Children's Garden at Clegg and Main streets.

The specific contaminants in the affected area are various metals above provincial standards for residential use and polyaromatic hydrocarbons (PAHs) which, according to the City, are "a group of chemicals that are created during the incomplete combustion of fuels, waste or other organic substances."

The City has offered to hold a public meeting on the study but, as of press time, nothing had been scheduled.

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Opinion

New leadership, new issues for SLOE

ALEXANDRA GRUCA-MACAULAY

The April issue of *The Mainstreeter* featured a comprehensive overview of the many ways in which Sustainable Living Ottawa East (SLOE) has advocated for and engaged in a myriad of initiatives that contribute to sustainable and healthy life in our community.

As the new chair of SLOE (which, in my own shorthand, I regard as the environment committee of Old Ottawa East), I was humbled to read about the years of hard work and dedicated effort by SLOE committee members. And, to be honest, I was also filled with a significant amount of trepidation about how much work still lays ahead.

Our household is part of the “new migration” to Old Ottawa East, in our case, from the far west of Old Kanata. We were drawn to this area both for its ideal urban location between the “two Rideaus,” as well as the vibrant and deep-rooted community that lives here. Old Ottawa East is a very special place, as anyone living here attests, yet, at the same time, I have become aware that much of what we treasure cannot be taken for granted.

Most recently, one of the tasks facing SLOE was to propose a resolution at the community association in support of Councillor Shawn Menard’s motion to declare a climate emergency in Ottawa, and to call upon city leaders to support the motion. As a community bounded by water, and one experiencing significant loss of natural greenspace due to development or reconstruction, we understandably have a heightened sensitivity to protecting what we value in our environment. To that end, my hope is that SLOE will continue to play an integral role in preserving a healthy environment, maintaining upkeep of assets that are already in place, and creating new initiatives for optimizing sustainable, healthy, and flourishing community life in Old Ottawa East.

Community accessible greenspace has been, and will



JOHN DANCE PHOTO

Alexandra Gruca-Macaulay is the new chair of Sustainable Living Ottawa East (SLOE) and is pictured here beside the new “turtle fence” built by the Regional Group to ensure our neighbour hood snapping turtles don’t stray into the construction area and lay their eggs.

continue to be, a top-of-the-list priority for SLOE. Preserving our greenspace is an explicit design element of Old Ottawa East’s Community Design Plan (CDP), as well as our Secondary Plan. Projects of interest on the near horizon include continuing to work with Regional Group to ensure that the urban park at the Deschâtelets forecourt will be developed as represented, obtaining assurance that Ballantyne Park will be reconstituted as a community leisure use park once the Hawthorne reconstruction project is finished, and finding ways in which Springhurst Park can be sustained as a biodiverse, waste-free, passive and active recreation park.

Integral to preserving greenspace is the need to protect and develop biodiversity in the community. One of the CDP’s objectives is to integrate existing trees in infill and larger developments. Yet, regrettably, promises to maintain or install trees and/or greenspace are

not always kept. Members of SLOE will work with the city to find ways to strengthen requirements for all parties to take responsibility for these undertakings. Another initiative, albeit ambitious, will be to find ways to develop the Rideau River shoreline into a four-season linear park. The Flora Footbridge is testimony to how this community has been able to translate other ambitious dreams into reality. If you would like to get involved with SLOE, kindly contact us at <https://ottawaeast.ca/sloe>

Correction

In the April issue of *The Mainstreeter*, in a photograph at page 4, we incorrectly identified one of four representatives of Sustainable Living Ottawa East (SLOE) as Patricia Ballamingie. The individual in the photograph was in fact Magda Goemans. We regret the error on our part.

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JOHN DANCE PHOTO

Regional's proposed Official Plan Amendment allowing nine storeys in front of the Deschâtelets residence was strenuously opposed by those attending a May 7 standing-room-only meeting of the OOE community association.

Nine storeys

Continued from Page 1

Monica Helm, who recently purchased a property at the adjacent Corners on Main development, was caught entirely off guard by Regional's recent about-face. "Imagine our surprise when we discovered that there was a nine-storey building proposed directly across the street from our new home. We did our due diligence, consulted the existing zoning for that property, and checked out the display in the Greystone Presentation Centre. Everything pointed to a maximum of six storeys," recalls Helm.

Many residents at the meeting were concerned that zoning, which is supposed to promote certainty, can change so quickly.

The Old Ottawa East Community Association (OOECA), which opposes this proposed building, organized the meeting to inform residents about the proposed changes and to discuss strategies for stating their concerns to the

appropriate authorities. A large number of those present planned to write to the city to express their views, and to copy those letters to their City Councillor.

Many residents also volunteered to speak against the proposal when it comes up for debate at the city's Planning Committee. Social media accounts were created on the spot and will be used to inform the broader community about the changes and to ease communication flow among residents.

"This proposal to place a nine-storey building on that location came as quite a surprise, given the history of the community's Design Plan and Secondary Plan for the site" said Michael Dawson, a resident familiar with the recent history of the site.

Early in the 21st century, when OOE residents realized that many of the institutional lands at the heart of their community might eventually be sold, they began work on a Community Development Plan (CDP). They collaborated with the city and with the owners of the institutional lands at that time, the Missionary Oblates of Mary

Immaculate (the Oblates) and the Sisters of the Sacred Heart of Jesus (the Sisters). The CDP spelled out how the community should develop. One of the key objectives of the plan was to preserve the historic Deschâtelets building and the tree-lined Grande Allée joining it to Main Street.

The institutional lands were eventually purchased by developers in 2015, with Domicile Developments purchasing much of the land owned by the Sisters, and Regional purchasing the larger block of land belonging to the Oblates. As part of the CDP, the lands between the Deschâtelets Building and Main Street, were zoned to allow a maximum height of six-storeys. The zoning was designed to protect the views of the Deschâtelets Building, which has subsequently been designated as an historical building by the city, to protect the Grande Allée, and to provide a buffer between the Greystone buildings and the residents of Archville, which bordered the developments to the north.

"This is not just a question of three more storeys on a building," said Phyllis Odenbach Sutton, the chair of OOECA.

"The agreement to limit the height of buildings between Main Street and the Deschâtelets building was a main selling point of an agreement between the previous owners of the property, the community of Old Ottawa East and the city. Everyone wanted to protect the view of the historic Deschâtelets building, and not overwhelm the neighbours to the north of Springhurst Avenue.

"We would like the neighborhood to take comfort that the lovely view of the Deschâtelets building from Main Street down the Grand Allee is protected under the Heritage Act, and Regional has already dedicated those lands to the city as part of a larger public park. This vital preservation was deliberately done to maintain the view of Edifice Deschâtelets from Main Street," said Regional's O'Connor.

Now residents are anxiously waiting for their chance to state their views to the Planning Committee. Initially, discussion was scheduled for July 11th, but that meeting has now been cancelled, so the presentations may happen as early as June.

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Talks heat up on the future of Deschâtelets

IMAGE BARRY J. HOBIN & ASSOCIATES

One of the proposals for the Deschâtelets building would provide pedestrian access through the main entrance to connect to the river path.

DON STEPHENSON

Capital Ward Councillor Shawn Menard convened an April 24th meeting to discuss options for the redevelopment of the heritage-designated Deschâtelets building, the former Oblate Fathers' residence on Main Street. The meeting was attended by representatives of the City of Ottawa recreation, heritage and land development divisions, the developers of Greystone Village, Ottawa Community Housing (OCH), the Old Ottawa East Community Association (OOECA) and the Community Activities Group (CAG).

The participants shared a vision of mixed community uses of the building, which could include a community centre and community housing, in addition to the preservation of a heritage landmark and community green space. The Regional Group, the current owners of the building, continued to welcome proposals for community use and pressed for early decisions by the possible partners in the project. City officials acknowledged both the need for indoor facilities in Old Ottawa East and the extraordinary opportunity represented by the Deschâtelets Building. While noting that authority to participate in the project rests with City Council, city officials reported on the concrete steps being taken to design and identify funding sources for the community centre portion of the development. These steps include a public notice to seek expressions of interest to supply land to the city for the

development of a community centre, a procedure required to enter into formal discussions with developers.

The importance of increasing access to affordable housing in Old Ottawa East was underlined by OOECA, a view strongly supported by all organizations present. Stéphane Giguère, CEO of Ottawa Community Housing, expressed an interest in exploring options for partnership in the development as a possible equity partner.

David Kardish, Vice-President of The Regional Group, also advised the meeting of expressions of interest in

the Deschâtelets building from two local school boards. OOECA and CAG met with representatives of one of the boards, the Conseil des écoles catholique du Centre-Est (CECCE), on May 2nd, to seek details of their intended use of the building. The representatives of the community were encouraged by those discussions, including the board's vision for the preservation of green space and shared use of complementary facilities. CECCE was encouraged to consult further with the community, at a future meeting of OOECA, and undertook to meet with OCH to explore the possibility

of integrating affordable housing into their project.

Councillor Menard undertook to reconvene the group in the next few weeks, with appropriate additions, with a view to reaching consensus on a partnership for community use of the building and an eventual recommendation to City Council. None of the participants in these discussions underestimated the challenges, but all were convinced of the rare opportunity represented by the Deschâtelets building to preserve our built heritage and create a vibrant community meeting place.

Improved safety at busy Main-Hawthorne intersection

JOHN DANCE

Following a request by Councillor Shawn Menard, an initial improvement for pedestrians' safety at the constrained and dangerous southwest corner of Main Street and Hawthorne Avenue will be implemented.

For the foreseeable future, a "flex-post" will be installed by the city at the busy corner to keep turning vehicles from climbing the sidewalk.

The dangerous corner has long been a concern of residents and, while city staff acknowledge that redesign is required, it won't happen until the re-construction

of Hawthorne Avenue over the next few years.

A flex-post is a chest-high reflective metal strip mounted on a strong hinge-like base bolted into the road surface. In Old Ottawa East, flex-posts are currently used to guard the bike lanes on the Smyth / McIlraith bridge.

The safety issue was identified in the Main Street safety audit report and remained a serious issue after the city's initial responses to the consultant's recommendation. "The community association did not support the city's responses but managed to get this safety concern now included in the terms of

reference for the Greenfield Avenue/Hawthorne Avenue project," notes Tom Scott, the community association's transportation director.

The plans currently available from the city showing redesign proposals for Hawthorne Avenue are not clear on what significant improvements will be made to the contentious corner safety. The pizza restaurant at the corner fronts directly against the sidewalk where heavy traffic makes the turn onto southbound Main Street. The rear wheels of buses and trucks often pass over the sidewalk as was evident in the snow tracks this past winter.

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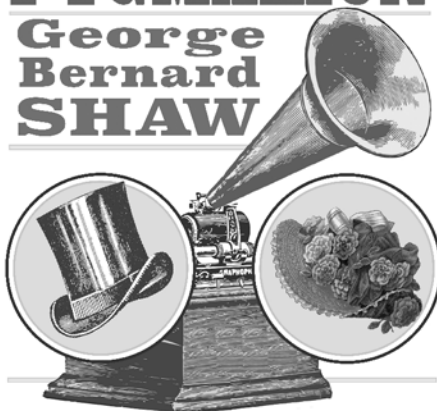
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Old Ottawa East's transit drought finally coming to an end

RON ROSE

Old Ottawa East residents will be pleased to hear that OC Transpo will finally restore regular bus service that connects the Ottawa General Hospital campus on Smyth Road, via Main Street to the Civic Hospital on Carling Avenue. Once the new Light Rail Transit (LRT) service commences, a new #55 bus line will provide that essential link.

The new route #55 will travel every 20 minutes, beginning at Elmvale Acres, continuing down Smyth Road, stopping at the Ottawa General and CHEO, then along Main Street and east on Lees Avenue to the Lees Transit Station.

It will then continue on Lees Avenue to Mann Avenue and Greenfield Avenue, briefly south on Main Street to turn west on Hawthorne Avenue, over Pretoria Bridge and west on Catherine Street. It will turn south on Bronson Avenue to Carling Avenue and on to Bayshore Shopping Centre via Highway 417, with a stop on Carling Avenue at the Civic Hospital.

Much more convenient

“The new #55 will replace much of the current #101 service which travels along Lees and Hawthorne avenues west-bound”, according to David Pepper, Manager, Customer Services at OC Transpo.

The added bus route will be good news to those residents of the community who work at the hospitals, have appointments, or wish to visit friends and loved ones. Many OOE residents were upset when the previous #16 route stopped service to the Ottawa General campus in 2011, in part because of the need

to take taxis or pay expensive parking charges at the hospitals just to attend appointments or visit patients.

“Residents of Old Ottawa East will find it much more convenient to reach downtown and areas west once the new LRT is up and running”, according to Pepper. “Residents can take a #55 to the Lees LRT station, seamlessly board a west-bound Confederation Line train, and within a very few minutes they will be downtown or as far west as Tunney’s Pasture, where they will find connector busses to their ultimate destination”.

Prior to 2011, OOE residents enjoyed a direct bus route to both of Ottawa’s major hospital areas on Smyth Road and Carling Avenue. However, in 2011, OC Transpo undertook a “network optimization” which included cuts and consolidations within its network. One decision was to eliminate that part of the #16 bus route that connected Old Ottawa East to the General Hospital campus on Smyth Road. According to OC Transpo, at the time, only 500 passengers a day used that portion of the route, and cutting it would save \$577,000.00 Ever since, the #16 route has terminated at Hazel Street.

Existing routes continue

OC Transpo did make some accommodations following the change to Route 16. In April of 2012, a limited 5X bus route between Mann Avenue/Chapel Street and the General Hospital was initiated. Two one-way services travelled toward the General at mid-morning and at noon, while two separate one-way trips travelled in the opposite direction in the afternoon. The routes proved not overly convenient to transit users and, in 2013, the 5X service was replaced by two extended round trips by the #16X between St Paul University and

the General campus.

The existing #5 route from Billings Bridge Shopping Centre to the Rideau Centre, and the #16, which leaves Saint Paul University at Main Street and Hazel Street and meanders between the 417 and the Ottawa River to Britannia Beach will continue to serve Old Ottawa East.

Lees on-ramp

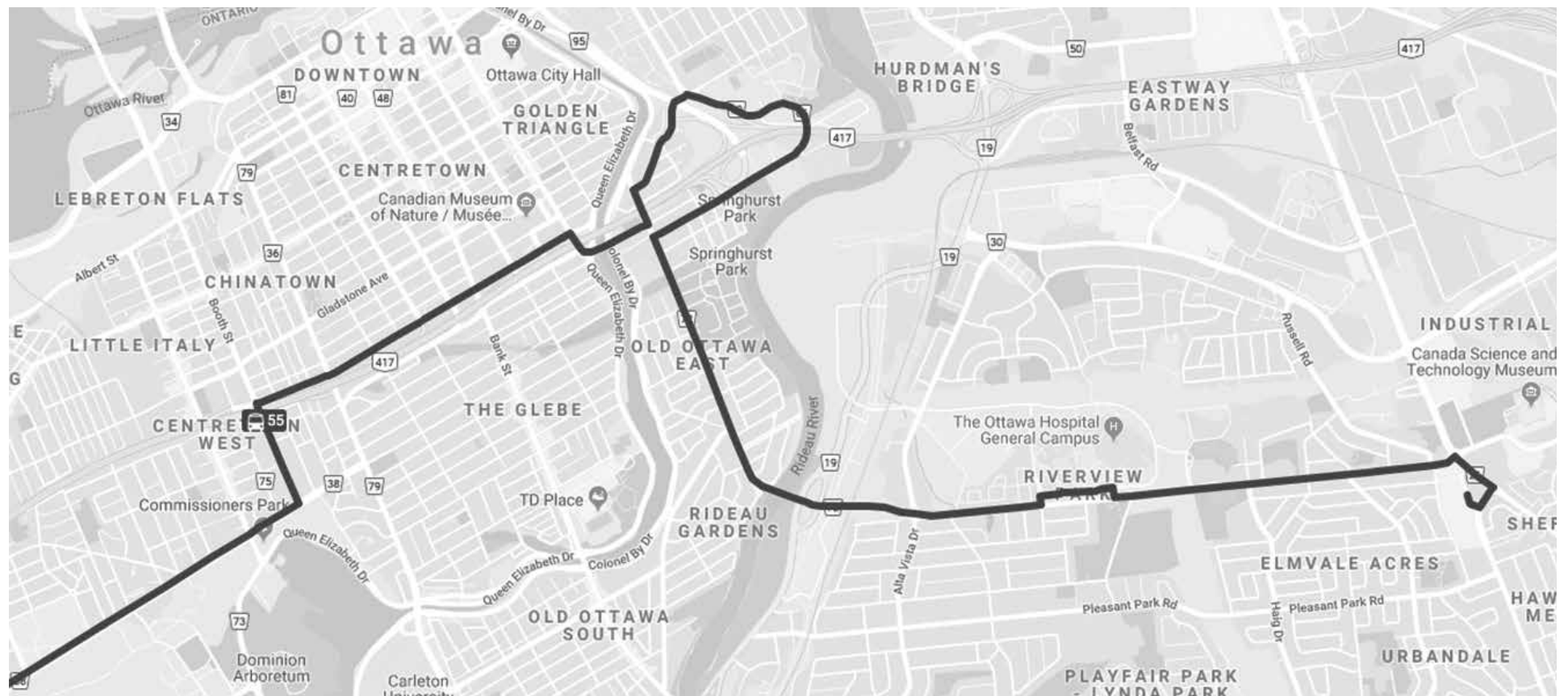
The beginning of the LRT will bring one additional benefit for local residents: the long-awaited opening of the east bound Highway 417 on-ramp from Lees Avenue. Residents have been assured that, within six months of the opening of the LRT, the Lees Avenue on-ramp will be reopened to traffic, eliminating the long detour over the Pretoria Bridge, behind Loblaws and up onto the east-bound Queensway.

Back in 2013, Old Ottawa East’s only eastbound access onto Highway 417 from Lees Avenue closed with planned reopening for 2017.

The closure was made to allow widening of Highway 417, but the new lanes were immediately required to get OC Transpo buses over the Rideau River during the LRT project while the transitway bridge immediately to the west of the Lees campus of the University of Ottawa was converted from bus to train use.

Once the LRT opens – something that has been delayed a number of times - Ontario’s Ministry of Transportation (MTO) will resurface Highway 417 from Nicholas Street to Ottawa Road 174 and will repurpose the new lanes from bus to general use; this will include re-opening of the Lees Avenue on-ramp.

“The start date of this work is governed by the implementation schedule for the Confederation Line Light Rail Transit project,” says MTO.



SUPPLIED IMAGE

The new #55 OC Transpo bus line, which will be introduced once Ottawa’s LRT service commences, will extend from Elmvale Acres to Bayshore shopping centres, with stops at both the Ottawa General and Ottawa Civic hospitals and at the Lees Avenue LRT station.



Peter Fowler's OOE Focus

Our intrepid photo editor, Peter Fowler, recently stomped the neighbourhood to add some new photos to his extensive portfolio of Old Ottawa East imagery. Always one to respond to a photographic assignment, and to see the community in a different manner than others, Peter responded with a number of intriguing photos, including this new take on Main Street's wok-in dumpling house, Sula Wok.

Comments: This inside-out image of the alcove eating area outside of Sula Wok is interesting because of the curving lines of the shapes that are more often than not square or rectangular, but not in this case. The



lenswork produces exterior walls that bend gently inward and blend in with the gentle curve of the wooden table in the foreground housing several of Sula's own jewellery creations. Add to the composition the tall, curved storefront silk banner for the restaurant and one sees the full three-dimensional effect of rounded, arcing

width, length and height.

We have been delighted with the response to our open invitation to Mainstreeter readers to submit their favourite photo of the neighbourhood for publication in the pages of our newspaper. If you would like to see your favourite Old Ottawa East photo in our Peter Fowler's OOE Focus

feature, simply send a copy to editor@mainstreeter.ca along with a brief description of the photo, its location, how you came to take the shot and why you consider it your best work ever! We'd like all your neighbours to bask in your brilliance!

Linda Pollock: Lifelong volunteer wins Governor General's medal

THERESA WALLACE

This is the first in an occasional series spotlighting the many volunteer heroes of Old Ottawa East.

Congratulations to Linda Pollock, recent winner of the Governor General's Sovereign's Medal for Volunteers, which recognizes the commitment of volunteers across Canada.

When the long-time OOE resident retired 15 years ago, she took the project management skills she'd developed within the federal government and ramped up her volunteering, particularly with Centretown United Church on Bank Street, just north of the Queensway.

For many years Pollock was on the board of Centre 507, which operates out of this church. Offering free lunches six days a week and access to a supportive community, Centre 507 provides a safe haven and a steppingstone for those experiencing financial, social and health challenges.

In 2014, the board was discussing how they could afford to serve more nutritious lunches. This discussion coincided with the need to remove dead ash trees from

four large planters on church property. With start-up funding from Just Food, a local non-profit, Pollock and other volunteers dug out the planters, repaired them, put in new soil, and planted vegetables. There are now 11 planters producing fresh veggies for Centre lunches.

Studio 507 was started in 2011 because a Centre 507 staff person noticed that participants sometimes showed up with canvasses or small sculptures they had created and wanted to sell. Pollock applied for funding from the United Church of Canada. Then she found experienced artist mentors and other volunteers willing to work at the church every second Wednesday in a drop-in studio for artists who couldn't afford studio space and supplies. In 2016, the group *Bad Bad Not Good*, nominated for a Polaris Music Prize that year, did a benefit concert for the art program. "Almost 700 people attended, and we're still living off the proceeds," says Pollock.

Each fall, studio artists' work is showcased in conjunction with an event in the church. The first year, former NDP leader Ed Broadbent gave a talk. For the



THERESA WALLACE PHOTO

Linda Pollock beside a planter at Centretown United Church where she initiated an urban produce garden to help feed clients at Centre 507.

past couple of years, *Tone Cluster Choir* has performed, followed by a reception and an art exhibit and sale.

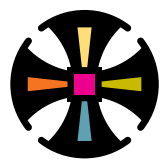
Pollock insists she's one tiny cog in a volunteer machine of many individuals and businesses. However, previous Sovereign's Medal winner Betty Gross, who helped found Centre 507 decades ago and who nominated Pollock for the award, says what sets her apart is that she always clearly sees the path ahead: she knows exactly what's needed and how to achieve it. "Linda has vision, and yet she's not afraid to get her hands dirty shovelling soil or doing whatever physical work is required."

Richard LeBlanc, executive director of Centre 507, says Pollock is one of the most accepting, non-judgemental people he's met. "And at her core," he says, "is a dedication to giving back to the community."



Do you know an Old Ottawa East volunteer whose work should be highlighted in The Mainstreeter? We'd love to hear from you at editor@mainstreeter.ca.

WARNING: We might also try to recruit you to write the article—no previous writing experience required!



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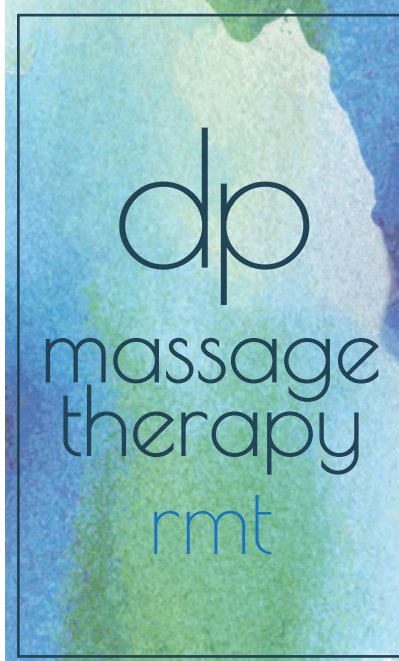
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They're off and running

JOHN DANCE

Last year voters in Old Ottawa East were called to the polls to cast ballots in the provincial and municipal races; this year the election cycle will be completed on October 21st when the federal election will be held. The candidates for the four major parties are now nominated and are already campaigning hard.

Incumbent Catherine McKenna, Liberal, is challenged by Emilie Taman of the New Democratic Party, Carol Clemenhagen of the Conservative Party and Angela Keller-Herzog of the Green Party. All candidates bring impressive resumés and energy to the race.

Brief snapshots of the candidates follow:

Carol Clemenhagen, Conservative Party candidate, lives in the Civic Hospital neighborhood with spouse, Jacques Labelle. She was the first female president and CEO of the Canadian Hospital Association and also served as executive director of the Medical Research Council of Canada and on various health boards. She holds a master's degree in health administration from the University of Ottawa and a bachelor of arts in political science and sociology from Carleton University.

She is seeking election because of “a

growing alarm” about what she calls “the Liberal Government’s lack of fiscal responsibility, the negative impact that will have on debt burdens for future generations, and our ability to fund complex public priorities like health care and climate action and to cope with the shocks of an economic downturn.”

Angela Keller-Herzog, Green Party candidate, is an economist and community activist who has lived in the Glebe for over 25 years. She has worked in the non-profit sector, the service economy and the private sector as an economic consultant, manager and business owner. She co-founded the Ottawa Centre Refugee Action, led the Gleshan Schoolyard Greening Project, and co-chaired the Community Associations for Environmental Sustainability (CAFES) network.

Keller-Herzog is “driven by a desire to create a more livable, prosperous and equitable world. She is running because “she thinks it is high time for bold and effective climate action. She believes that the time is now for a real shift towards a low-carbon economy, one that creates jobs and serves to make our society healthier and stronger.”

Catherine McKenna, Liberal Party candidate, was first elected to

Parliament in 2015 and is the Minister of Environment and Climate Change. A mother of three, McKenna is a long-time resident of the Glebe. She previously worked as a lawyer in Canada and Indonesia, was a negotiator with the UN mission in East Timor, taught at the Munk School of Global Affairs and co-founded Level Justice, a charitable organization. She holds degrees from the University of Toronto, the London School of Economics and McGill University.

She is seeking re-election because, she says, “There is more to do in Ottawa Centre, building on the results I have achieved for our riding, including funding for the Flora Footbridge, LRT Phase 2 and the central library, and the progress that has been made on the environmental front.”

Emilie Taman, NDP Party candidate, is a former federal crown prosecutor, law professor and community activist, who lives in Old Ottawa South with her spouse and three children. Last year Taman was named one of the top 25 most influential lawyers in Canada by Canadian Lawyer Magazine. Taman is the past president of the Old Ottawa South Community Association and sits on the Board of the Federation of Citizens’ Associations. She also co-hosts the award-winning podcast, *The Docket*.

Taman is seeking election “to build a fairer, more inclusive and sustainable world. She believes the issues of growing inequality, the climate crisis and the spread of racism, intolerance and hate require substantive action and the courage to challenge the status quo.”

In a forthcoming issue, *The Mainstreeter* will publish the candidates’ answers to a series of questions and will report on relevant all-candidates’ meetings, which the community associations within the riding, including OOECA, are now organizing. Details of the all-candidates’ meeting were not available as this issue of *The Mainstreeter* went to press.



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Springhurst Park, Lees Avenue.

The MAIN Event
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The MAIN Event
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Saturday June 15
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Bold vision for Springhurst Park, community support sought

RICK BURROWES

Springhurst Park is one of Ottawa's most intensively used and enjoyed green spaces. It is the park of choice for hundreds of families in the Lees Avenue high-rises to the east and of Archville and the greater Old Ottawa East community to the west.

Preschoolers enjoy the sand play area and kids of elementary school age swarm the jungle gym and various swings. The basketball court is full every evening and weekends and is especially popular with men 20-30+ years of age. Even the meagre installation of adult fitness equipment attracts some men and women wanting an open air workout.

Springhurst Park Action (SPA) game sharing badminton, table tennis and volleyball have proven very popular with teens and adults. Parents enjoy these

activities while their younger children play independently or with their teenaged children.

SPA has served its purpose, and it has proven the maxim "If you build it, they will come". The 2019 goal of Vision is to make SPA's initial success permanent and to build on the achievements thus far.

To achieve our goal, Vision Springhurst is now winding up an extensive Community Outreach Campaign to gauge and build community support for:

- the installation of permanent versions of two games that have already proven popular with the park's users - a table tennis table and a "beach" volleyball court; and
- the addition of several diverse assets to broaden Springhurst's appeal to more people, families and groups throughout our community, including:

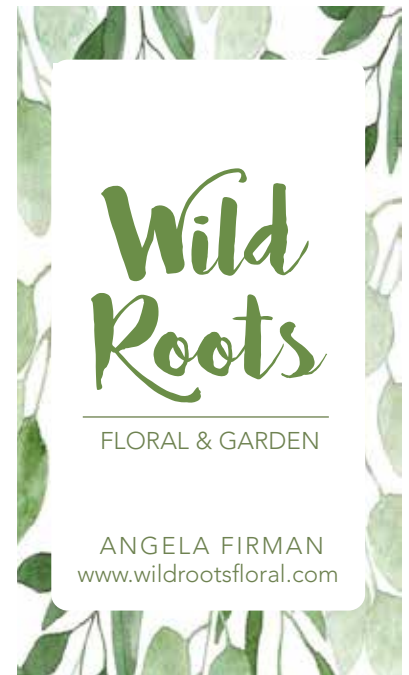
- a dock for Springhurst's access point on the Rideau River for paddlers and people just seeking a quiet place to sit and enjoy a pleasant view of this tranquil bend in the river;
- a seasonal and secure canoe/kayak/SUP rack near the dock along the fence line between Springhurst and the Greystone Village development to eliminate the drudgery of transporting one's watercraft to and from the river; and
- additional equipment to augment the existing adult fitness structures to permit a much more extensive workout regimen achievable.

Old Ottawa East has more than \$300,000 of municipal Cost in Lieu of Parkland (CILP) funds, and growing quickly, dedicated for spending on improvements to our parks (Springhurst, Brantwood and Children's Garden) and recreation centres.

The total cost for the Vision Springhurst installations and additions to our park would be less than \$60,000, or less than 1/5th of OOE's share of CILP funds. Funds may be forthcoming from SHCH, MEC (for the dock or rack) and OOECA's own funds.



If you would like to see any or all of the above additions proposed for Springhurst Park, please visit the park to see the planned locations, check out the Vision Springhurst Facebook page - Vision Springhurst 2019 - or email visionspringhurst@gmail.com and inform them which project(s) you support.



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5:00 – 6:00 p.m.: light refreshments

Get together with our Staff and Board of Directors, and meet our new Board candidates.

All former Board and Staff are welcome.

6:30 p.m.: Annual General Meeting

Business meeting includes the election of the Board of Directors, presentation and approval of the President's and Treasurer's reports. Prior to the business meeting, we will announce this year's winner of the SHCHC Award for Excellence in Health Promotion.

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Tous nos membres ainsi que la communauté sont conviés à notre
Assemblée générale annuelle
le mercredi 26 juin 2019
au Centre de santé communautaire Côte de Sable

221, rue Nelson

17h à 18h : rafraîchissements légères

Rencontrez les membres de notre personnel et de notre conseil d'administration ainsi que les nouveaux candidats au conseil. Les anciens membres du conseil et du personnel sont les bienvenus.

18h30: Assemblée générale annuelle

Au programme: élection de membres au conseil d'administration, lecture et approbation du rapport du président et du rapport du trésorier. Avant la séance de travail, nous allons annoncer le gagnant de cette année du Prix CSCCS d'excellence en promotion de la santé.

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KYOTO, JAPAN

We first featured the creative photography of OOE resident Stephan C. Telka in our December 2018 issue of *The Mainstreeter*. His first submission focused on a neo-industrial setting in Lisbon, Portugal. In this his latest submission, Telka shares with our readers an interesting photo and commentary from his recent travels to Japan.

STEPHAN C. TELKA: In April 2019, I was fortunate to travel with my partner and my parents to Japan for their famed cherry blossom festival. This photo was taken at the Fushimi Inari shrine, one of the most popular tourist attractions in Kyoto, the ancient capital of Japan. The Shinto shrine is surrounded by hiking trails covered by over 1,000 vermilion red *torii*



(archways), offered up by companies and individuals across the country hoping that Inari, the patron spirit of business, will grant them success. Despite trying to get there early in the day, we were still greeted by throngs of tourists trying to take their perfect “Instafamous” picture at the trailhead.

However, the higher we hiked, the more peaceful it became, and we were rewarded with panoramic views over “The City of One Thousand Shrines.”



In each issue of The Mainstreeter we feature the photographic talents of readers just like you

who live in our community but travel the globe to capture captivating images of the world around us. We invite all of our readers to submit a travel favourite of their own to editor@mainstreeter.ca, and if it's as wonderful as we know it will be, it will be published in a future edition of Peter Fowler's Travel Focus.



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WHAT'S ON YOUR PLATE?

The importance of knowing where our food comes from

GENEVIÈVE GAZAILLE

The concept of “good food” is one that is gaining traction in our city as more and more people understand that an accessible, nutritious and culturally-appropriate diet is essential to everyone’s well-being.

One individual who has been advocating for good food is Old Ottawa South resident Chris Evans, whose experience growing up on a farm and working as a policy analyst with the federal government brought him to chair the Ottawa Food Policy Council (OFPC), a volunteer-led initiative. OFPC promotes a food system that emphasizes social and economic viability and environmental sustainability through the entire food cycle.

“Some people have a hard time affording food, as cheap as it can be. And how do farmers fit within that food system to remain accessible while contributing to people’s health? These are the kinds of things I’ve been thinking about since joining the OFPC,” he says.

Evans is also a fourth-generation farmer, who not only helps his parents attend to the Pontiac-based cattle farm of his childhood, but also grows small quantities of hops for local brewers.

The plan to grow hops emerged in 2013 when Evans chatted with his home-brewer friend and realized the idea was feasible. He liked the idea that beer can bring everyone together when consumed in moderation. His business, Black River Hops, now sells most of its hops to celebrated local brewery, Dominion City, which even created a special beer made specifically with Evans’ hops – the Pontiac Single Farm Pale Ale.

Food Traceability

It’s important to note that local hops aren’t that easy to come by. While the Pontiac (located across the Ottawa River in Quebec) is a more prolific growing region for hops, with its own producer cooperative, most local brewers need to look elsewhere to buy this essential ingredient to beer-making.

To Evans, food traceability is a major issue that he hopes will improve in the coming years. “I think it’s great that there are farms out there that are very active, although I know some are not able to grow hops for a variety of reasons,” notes Evans. “There’s a lot of people who want to know where their food comes from and who are willing to build those relationships with the farmers that are producing their food.”

With this in mind, Evans Family Farms will soon start selling beef directly to consumers rather than at auctions as it has traditionally done when it started raising cattle in the seventies.

“I think there’s room for cows and other animals to be part of people’s diets. When I do eat meat, I try to source it knowing where it comes from. It’s not always easy, but it’s up to us to choose where we put our money,” says Evans.



SUPPLIED PHOTO

Chris Evans, owner of Black River Hops, believes that food traceability is a critically important issue for all consumers which can more closely link them to farmers who produce their food.



Follow Chris on Twitter and Instagram @ [evansfarmssonny](#) or find out more at [www.blackriverhops.ca](#).



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BUSINESS BEAT

OOE hair stylist brings community into the salon

JESSICA JEPP

When Michele Parent, or Miche as she is more commonly known, was looking for a new home for her hair salon, Old Ottawa East felt like the perfect fit.

“This is a great neighbourhood, with a real community feel,” she says. “Everyone should be able to look and feel great, close to home!”

Her salon, Miche Hair, is located in a bright and intimate space in the Glassworks Loft Building at 29 Main Street. The space is filled with large, whimsical paintings by one of her clients, artist Denise Laundreau, who also displays her work at the Orange Gallery. People often stop by to chat, have coffee or just look at the paintings. “I want my business to be a place where people feel at home, not just somewhere you come every few weeks to have your hair done.”

Parent has been styling hair for over 30 years. Sassoon trained, she comes from a family of hair stylists. Making women feel good is her passion and she specializes in cut and colour, the foundations of any look.

“Hair is very personal,” she says. “It has to match not only your features but also your personality. Nothing is worse than walking out of a salon, not feeling confident and like yourself.”

She loves learning about the latest trends and only uses the safest, highest-quality products to ensure a fantastic result. The salon currently carries two quality lines, Lanza and Living Proof, which includes a selection of organic products.

Originally from the Maritimes, Parent moved to Ottawa as a teenager and has called it home ever since. She relocated to Europe for a few years but found she missed Ottawa, so she returned to start her business.

Although Parent has worked in some of Ottawa’s biggest salons, she found she didn’t like the hustle and bustle of big salons. “I got into hair styling because I love people. I found I was always rushed and couldn’t take the time to get to know my clients, so I decided to start my own business,” she recalls.

Miche Hair offers services by appointment only, in a calm, private

atmosphere, where Parent can focus on one or two clients at a time. “The great thing about the space here, is that it’s quiet and relaxed. I can really get to know my clients and give them personalized service. I want you to leave feeling pampered. I’m not rushing off to serve someone else while your colour is setting or yelling over multiple hair dryers” she says. The space offers privacy, too, which her clients appreciate, particularly when having their hair coloured.

Parent looks forward to meeting more of her neighbours in Old Ottawa East. “If you’re walking by, feel free to pop in. I’ve got a great espresso machine and always enjoy a quick chat or hello.”



You can check out Miche Hair on Facebook, on the web at <https://www.michehair.co/> or by phone at (613) 882-6667.



Michele Parent *Owner and master stylist*

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The joys of pain-free gardening

NISHANTH KUMAR

As physiotherapists, we would usually be seeing a lot of gardening-related injuries this time of year. Here are some helpful tips to protect your body and make your season more enjoyable.

The first thing you should consider is that gardening contributes to a healthy, active lifestyle. It is a great way to get outdoors, move around and be physically active.

Before you get your hands dirty, there are a few things you can do to warm up and protect your body. It's best to start with some gentle dynamic stretching (stretching with movement). Swing your arms, lightly bend and twist to help get some blood flowing and loosen any tight muscles. Once you feel limbered up, perform a few squats to engage the strong muscles in your legs and bottom, keeping your back straight and protected. This helps teach your body how to properly perform heavy lifting as well as warming up your heart and muscles.

Now that you're ready to tackle some outdoor projects, start by making a plan. A common mistake is to overdo it and try accomplishing too much. With heavy items like large bags of soil or patio planters, it's always best to ask a friend for some help. Plan out smaller lifts with the help of a wheelbarrow or try dragging items with the help of a spade. Always remember to make several smaller

trips instead of trying to tackle one big move.

Breaks are important, as well as changing positions while working. Instead of digging or planting for two hours straight, plan to alternate between activities every 20 minutes or so. This reduces the stress on any given muscle group, helping to prevent repetitive strain injuries.

Once you do start working, the right tool for the job can make all the difference. These days, there are a wide variety of lightweight, ergonomic tools to choose from. Always wear a good pair of gardening gloves and use long-handled tools to prevent bending and reaching when possible.

When it comes to lifting, this is where caution and common sense should always be exercised. As mentioned above, if something seems a bit heavy for you, never be too proud to ask for help! It's always fun to garden with a buddy anyways. When you are lifting, the old adage 'lift with your legs, not with your back' still rings true. To protect your back, lower yourself into a deep squat, bend your knees and draw in your lower abdomen. Pull the object in as close to you as possible and without forcing, smoothly push up using the strong muscles of your legs and bottom. Always avoid bending at the waist and trying to straighten up. The force on your lower back can be 5 to 10 times as much as the weight of the object. In a match between you and a 50 pound bag of soil, your back isn't going to win

with 500 pounds levering against it! Remember, sometimes the smartest way to lift something is not lifting it at all. Drag heavy objects, or once again, partner up!

When it comes to weeding and planting, use your legs not your back. If you have to choose between bending, sitting or kneeling, kneel whenever possible. Sitting can be a good option, but you still spend most of your time hinged at the waist. Whether or not you suffer from knee problems, a foam kneeler can be one of the best tools in your gardening tool kit.

Instead of reaching, try to move around and re-adjust often. This gives your body (especially your knees) a break and also protects your back. Tricks like using mulch to avoid weeds and planting in raised beds or planters is another great way to reduce the strain on your body.

Finally, one of the most dangerous activities of the spring is trying to pull-start that old mower. If you have a history of back problems, your best option is to trade in your pull start mower for a model with an electric push-button start. Not only will your back thank you, but so will the planet, as newer more efficient equipment is more eco-friendly. Sounds like a win-win situation!

Even with careful, deliberate action, we can all get ahead of ourselves sometimes. If you feel that something isn't quite right, or you

have a nagging ache or pain keeping you from enjoying some time outside, it's always best to check things out with your neighbourhood, registered physiotherapist.



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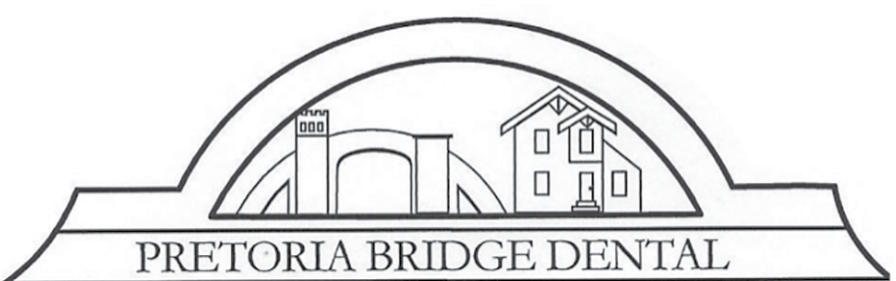
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PRETORIA BRIDGE DENTAL

Cycling's missing link: Pretoria Bridge to the O'Connor Street bike lanes

JOHN DANCE

The city has reversed a plan to remove the eastbound bike lane leading from Elgin Street and Isabella Avenue onto Pretoria Bridge.

Plans revealed during an Elgin Street reconstruction open house this past winter proposed removing the bike lane and routing eastbound cyclists into the "island" just to the east of the TD Bank in the Isabella plaza.

But objections to this proposal have led to the retention of the bike lane.

What remains outstanding is the question of linkage of cyclist traffic between Pretoria Bridge and the O'Connor bike lanes.

The rebuilt Elgin Street will not have bike lanes, although its new speed limit will be reduced to 30 km/hr. As a result, cyclists seeking to travel more safely downtown and back will need to make their way two blocks west to the protected bike lanes on O'Connor Street.

However, there is no currently designated means to make this awkward and busy link. The city's Media Relations spokesperson told *The Mainstreeter*, "Because this is still being reviewed and planning is taking place, unfortunately we don't have anything else to share at this time." There has been no consultation with community associations to date.

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ART BEAT

A finger on the pulse of the arts in OOE



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OOE ARTIST FEATURE: KATE JAIMET, AUTHOR AND PLAYWRIGHT

Kate Jaimet is dead serious about being funny. Since closing her notebook as an Ottawa Citizen reporter nine years ago, she has sold more than 10,000 Young Adult fiction books in her *Dunces Anonymous* trilogy; enticed reluctant young readers with three sports-themed

reached middle age, I began thinking more about adult issues,” Jaimet says.

“For fun, my husband and I took a course at The Acting Company on writing sketch comedy. One of my sketches, *Workplace Wellness*, was about what would happen if a police force was going into a drug bust but hired a psychologist to coach its officers on anti-bullying.”

Jaimet sent her two, 10-minute plays to the Short and Sweet website in Australia where they went into a pool for theatre festivals all over the world. “My plays got put on in the Philippines, Australia, Hollywood, and Dubai,” she says. “I liked that people in a completely different country could relate to them.”

Next, Jaimet set a challenge for herself to write a full-length comedy. “I already had an instinct for a good story, so when I overheard a conversation about two cousins who had inherited a cabin, and

all of the conflict involved with that, I stole the idea. I wanted to write a play with twists and turns and things not being what they seem. I liked the idea of exploring family relationships. And it was a great setting—a cabin in the woods in the winter, snowed in, with no phone, no internet, and no access to the outside world!”

Jaimet wrote the play, *The Royal Flush*, in six months but had no budget for putting it on. “I chose the Ottawa Tennis & Lawn Bowling Club as the venue because it had entrances and exits that were great for physical comedy,” she says.

“The Club said I could use the space once the restaurant had closed for the season. I got the cast together and directed it myself. I also roped in my whole family to help. We sold 170 tickets, staged it in October, and raised \$2,000 for the Club!”

Jaimet’s next goal was to have other theatre companies put it on. “It’s a fun play, it’s very Canadian, and I believe it would be great for summer theatre festivals,” she says. “Unfortunately, the play was too short for an independent theatre to put it on. So, I added the back story to the ‘B Story’ about the old boyfriend of one of the cousins showing up at the cabin.”

The Royal Flush will be a part of the Fringe Festival lineup this summer.

In another entry into the world of theatre, Jaimet has been working for nearly four years on adapting *Dunces Rock* (the second book in her trilogy) into a musical. She wrote the script and lyrics, while Connor McGuire from the Ottawa Folklore Centre wrote the music for three songs.

When McGuire moved away, Jaimet passed the work on to Kurt Walther at the Sunnyside Music School who wrote the music for 10 more songs, and an entire score for piano, guitar, voice, and drums.”

Jaimet then approached the Bluesfest School of Music and Art about putting it on. “In affiliation with the Dovercourt Recreation Centre, they do camps every summer where kids put on a piece of musical theatre,” she explains. The



VÉRONIQUE LEDUC PHOTO

Author and playwright Kate Jaimet.

Bluesfest School agreed to stage the play for their Musical Theatre Intensive, a two-week program in late summer that will culminate in the world premiere of *Rock the School*.

Jaimet is currently completing an adult tennis-themed play—*For Love or Money*—set in a tennis club. She describes it as another comedy with two couples (millennials and boomers), some cross-dressing, and the clash of generations and genders.

“When you write a book, you may have readers, but you don’t know who they are (except for the odd fan letter),” Jaimet says.

“You are so cut off, so solitary. But local theatre is amazing because people come forward saying they want to be a part of this thing that you’ve written. They’re so enthusiastic and they bring it to life. And when you have even 100 people in a room laughing, reacting, or being in suspense...you can feel the energy. You don’t get that when you write books.”



KATE JAIMET PHOTO

The cast of the Ottawa Fringe Festival production of *The Royal Flush*. In the photograph, from left to right: Judith Haney (Melanie), Michael MacLean (Pete), Jennifer Graham (Snowflake), Marla Israel (Tassie), and Mark Vidalin (Dean).

mysteries; inspired a new generation of journalists/environmentalists with her murder mystery *Endangered*; and penned two short comedic plays for adults.

Her latest projects include writing, producing and directing a full-length play, *The Royal Flush*, then developing it for the Ottawa Fringe Festival; and adapting one of her *Dunces* books as a musical.

“When I worked as a reporter on Parliament Hill, children’s writing was a creative escape from serious journalistic writing. But once I’d left the paper and

ATTENTION KIDS:

To be a part of the world premiere of *Rock the School*, a musical by Kate Jaimet, sign up for the Bluesfest School of Music and Art summer camp program Musical Theatre Intensive, a two-week program in the last week of July and the first week in August. Spaces are still available for kids from 11-16. Go to www.dovercourt.org and select Musical Theatre Intensive.



The Royal Flush, by Kate Jaimet (katejaimet.com and [Instagram@kjaimet](https://www.instagram.com/kjaimet)), will be performed at the Ottawa Fringe Festival

at Knox Presbyterian Church on the corner of Elgin Street and Lisgar Street, June 13-16 and June 20-22. For tickets: [@ottawafringe](https://www.instagram.com/ottawafringe), [#ottfringe](https://www.instagram.com/ottfringe) and the show’s hashtag is [#royalflush](https://www.instagram.com/royalflush). Author Tanis Browning-Shelp (<http://www.browning-shelp.com>) pens her Maryn O’Brien Young Adult Fiction series, published by Dog-Eared Books, from her home in Old Ottawa East. Contact tanis@browning-shelp.com if you have information about artists or art events that you believe would enrich our community members’ lives.

Theatre under the stars at Strathcona Park

Canadian premiere of Spanish masterpiece highlights Odyssey Theatre's 34th season

BRUCE BURWELL

Each year, Odyssey Theatre welcomes theatregoers across Ottawa to their outdoor stage in beautiful Strathcona Park on the Rideau River, just a 10-minute bike ride from Main Street or kayak paddle from Brantwood Park.

Renowned for its signature performances featuring Commedia dell'Arte, mask, physical theatre, clown and puppetry, Odyssey's *Theatre Under the Stars* series has received over 25 awards and nominations and was most recently included in the Ottawa Citizen's Top 10 Live Performances of 2018.

This summer, Odyssey Theatre returns to the park with a new translation and

adaptation of *The Bonds of Interest* by Spanish Nobel Prize laureate, Jacinto Benavente. Odyssey's award-winning Artistic Director Laurie Steven returns to direct a talented cast of Odyssey veterans and newcomers from Ottawa, Toronto and the UK.

The Bonds of Interest is a brilliant comic intrigue about two con artists who swindle an entire town of crooked merchants, powerful elites and grasping pretenders, all of whom will stop at nothing to get rich quick. This clever satire takes aim at the corruption and insatiable greed flourishing in a modern money-driven world.

While it is considered Benavente's most celebrated work, *The Bonds of Interest*

is rarely produced in North America. Distinguished scholar Catherine Boyle of King's College London collaborated with Artistic Director Laurie Steven to create a dynamic new translation that will introduce Benavente's modern Commedia dell'Arte masterpiece to the contemporary English-speaking world. This exciting collaboration was developed through Odyssey's New Play Creation Program with workshops in both Ottawa and the UK.

Inspired by graphic novels and hip-hop jazz funk music, the production's talented local design team is creating a world of decadent glamour and decaying wealth inhabited by comic masked crooks and charlatans.

With a vibrant new translation of a Spanish gem, a talented cast and company and the return of Odyssey's trademark style, this stunning production promises to be the hit of the summer. Enjoy a magical night of *Theatre Under the Stars* along the banks of the Rideau River with friends and family.



***The Bonds of Interest* runs from July 25th - August 25th, 2019, Tuesdays through Sundays at 8 pm, with matinees on Sunday afternoons at 2 pm. Tickets available as of June 10th. More information about Odyssey Theatre is available at www.odysseytheatre.ca.**



SUPPLIED PHOTO

Odyssey Theatre (pictured above in a 2015 production) will present *The Bonds of Interest* in Strathcona Park from July 25 to August 25 as the highlight of its Theatre Under the Stars series.

The Green Door Restaurant Exhibitions

Alive and laughing: paintings by Luminita Serbanescu

Be sure to check out the exhibition of vibrant acrylic paintings by artist Luminita Serbanescu on display from June 3rd through to September 2nd at The Green Door Restaurant.

The theme of the exhibition is life. "We are surrounded by so much beauty, all we have to do is pay attention," says Serbanescu. "Observe and enjoy nature; look at the sky; breath in the fresh air; talk to people; find the good that surrounds you; laugh; and live!"

Serbanescu, who was born in Transylvania, Romania, describes her artistic style as "luminism." In Romanian, luminita means "little light"; Serbanescu makes light a key feature of her artwork. "My paintings are stories where the main character is the light," she says.

In her painting "Murder Sleeps," the artist shows a tree full of sleeping crows. "The name for a group of crows is a murder," she says. "Here the crows symbolize wisdom. The light symbolizes hope for the future." Serbanescu says that she admires nature for its incredible patience for humans.

Her painting "Big Happy Family" depicts a daily scene from the busy Green Door Restaurant. "At the Green Door, you feel like you are surrounded by friends and family," she says.



BIG HAPPY FAMILY

Serbanescu has shown her work at Atrium Gallery at Centerpointe, Foyer Gallery, Ottawa School of Art Boutique, Applecrate Gallery, Rothwell Gallery, and others. This is the third time she has shown her art at The Green Door.

Luminita Serbanescu's paintings on display at The Green Door Restaurant are for sale. For more information contact the artist either by phone (613) 726-8535 or by email at dreamcatcherd@rogers.com.



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POLITICAL PAGES

PHYLLIS ODENBACH SUTTON PRESIDENT, OLD OTTAWA EAST COMMUNITY ASSOCIATION

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OLD OTTAWA EAST COMMUNITY UPDATE

In this month's column, I provide an update on many of the files and issues that your community association (OOECA) is following.

On the planning front, we have been reviewing applications for the multi-use buildings in Greystone Village – Block 2A (a six-storey building fronting on Main Street) and 2B (a proposed nine-storey building to the east of 2A). Block 2A's rezoning and site plan was approved by city council on April 24th. The process for Block 2B has recently changed, and an application for an Official Plan Amendment has been recently filed. The public consultation period is ongoing, and comments have now been filed. OOECA opposes this application because it destroys the planning certainty we thought had been established in our Secondary Plan.

At 129 Main Street (former site of the Petro-Canada station), a minor variance request was reviewed by Committee of Adjustment on May 1st. The city process on this file highlights some of the difficulties community associations face as developments proceed. The site plan approved in April 2014 was for a four-storey structure, with one level of underground parking. The amended site plan of October 2018 is for a five-storey structure, with no underground parking, but with an automated parking structure. We understand that a six-storey building is contemplated. The city advises that the changes made to the 2014 approved plan are not subject to public consultation; therefore, none of these plans are available online on the city's website. Submission materials for a development application are public information, however, one can only access material through a request to the city planner responsible for the file - not very conducive to ensuring an open and transparent process!

Recently, we have been involved

in an information sharing session on the Deschâtelets building, organized by our councillor and attended by staff of Regional, city officials, Ottawa Community Housing, our Community Activities Group (CAG) and several members of OOECA. We met to discuss the status of the building from the perspective of the current owner; review the needs and desires of CAG and OOECA; update on relevant issues from city parks and recreation, heritage and planning staff; and consider affordable housing options.

On the transportation front, a public information session on the reconstruction of Greenfield Avenue, Main Street North and Hawthorne is scheduled for June 18th. Watch for details in the CAG e-update. Also, the Ministry of Transportation hosted an information session on the downtown Queensway bridges reconstruction on April 24th; this work is unlikely to commence until approximately 2023.

The future of Lansdowne Park is another issue under consideration. Representatives of Old Ottawa South, Glebe and OOE recently met with our councillor to provide feedback on his April 2nd visioning document.

On the environmental front, OOECA was one of 22 community groups to support Councillor Menard's motion to declare a climate emergency in Ottawa. On April 24th, this motion received full council approval.

Want to learn more or volunteer to make improvements in the community? Please attend the monthly OOECA Board meetings (second Tuesday of the month, 7:00 p.m. at Old Town Hall). For more details check out the OOECA website at <http://www.ottawaeast.ca/> or contact me at info@ottawaeast.ca.

SHAWN MENARD COUNCILLOR-ELECT, CAPITAL WARD

SHAWN.MENARD@OTTAWA.CA
SHAWNMENARD.CA



ENVIRONMENT COMMITTEE, OBLATS DEVELOPMENT AND A NEW VISION FOR LANSDOWNE

I have taken some time over the past month to be with my new daughter, Hazel, but I've been back for a few weeks now and want to share some city happenings with you.

Climate Emergency Declaration

I've been speaking and writing a lot about climate change recently. It's hard not to think about it, with the Ottawa river currently flooding only two years after the last 100-year flood. Driving to Constance Bay to fill sandbags recently, I saw houses still missing their siding from the tornados in Dunrobin last summer. The risk we face in Ottawa is evident from the severity of these events, particularly flooding.

Over the past few months, I've been working with city staff, councillors, environmental groups and residents to draft and pass a motion to declare a climate emergency in Ottawa. It was gratifying to see this motion pass at city council by a vote of 20-3. The motion came with concrete actions and next steps that you can read about at shawnmenard.ca.

10 Oblats Avenue

Another issue that I am closely monitoring is the official plan amendment being sought for 10 Oblats, building 2B. In this case, the developer is trying to circumvent the Secondary Plan in order to build three storeys higher than allowed. The Secondary Plan was created through a lot of hard work and compromise to reflect the character of Main Street and respect the heritage of the Deschâtelets building. Residents rightfully expect the city to adhere to it.

We've seen this sort of thing before in Ottawa. Residents are led to believe one thing about zoning and city plans, but developers drop in, ask city council

for exceptions and, far too often, get what they want. Worse, one exemption sets a precedent for other exemptions, and soon there's no way to enforce the existing zoning at all. Residents deserve better. They deserve thoughtful, predictable zoning.

The city is accepting comments on this application until mid-May, and I would encourage you to write in. You can email me, the mayor and members of the Planning Committee to let them know how you feel about respecting the Secondary Plan and Community Design Plan—and by extension—the residents who worked so hard to ensure development is congruent with the community. You can also speak at Planning Committee, which we are anticipating will hear this issue in late June or early July.

Lansdowne Park

With recent revelations that the city won't be receiving any profits from the Lansdowne Park deal, residents of Capital Ward are presented with an opportunity to re-visit the plans and vision for Lansdowne Park—to find a way back to that “Urban Village” we were promised.

This is a time to take an honest look at what's gone wrong and how we can re-calibrate. I will be working with the community associations of Old Ottawa East, Old Ottawa South and the Glebe, and other stakeholders, to begin charting a course for a better, more vibrant Lansdowne Park—something that represents us that we can all enjoy. We've put out a preliminary vision that we've begun consulting on. You can also read that at shawnmenard.ca

Shawn Menard is city councillor for Capital Ward. He can be reached at CapitalWard@ottawa.ca

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HIGH SCHOOL WALKOUTS SHOW THE POWER OF YOUTH

April 4th was a special day, as about 100,000 high school students throughout Ontario walked out of class to protest Doug Ford's cuts to their education. The potential impact of these cuts are so severe that school boards are warning they could lead to high school class sizes of 46 kids.

I was proud to attend local walkouts at Glebe Collegiate Institute and Immaculata High School, where the energy and passion was infectious. Local students joined thousands of their peers who emptied schools, big and small, that day across this province in what is thought to be the largest student protest in Canadian history.

Ford thinks the students who walked out are "pawns", but nothing could be further from the truth; young people are organizing, and they're leading us. It's incredibly inspiring to see youth standing up, fighting back, and taking their futures into their hands.

Budget 2019 – Callous and Cruel

Ford's Budget 2019 makes devastating cuts to services that families, and some of our most vulnerable citizens rely on. Over \$1 billion is being cut from Children, Community & Social Services, placing supports for people with disabilities and others who rely on the social safety net at risk. Post-secondary education is being cut by \$700 million. Indigenous Affairs is being cut in half, moving us backwards on reconciliation. And after abandoning carbon pricing, Ford is taking more than \$300 million out of the Ministry of the Environment.

After years of neglect, our healthcare system is hanging by a thread, with overcrowding in hospitals leading to patients being treated in hallways. Many of our schools, meanwhile, are literally crumbling, with an infrastructure

deficit in the billions. Budget 2019 will exacerbate both of these problems. Spending on healthcare and education is below the rate of inflation, a reduction in real terms.

While making deep cuts to services that families rely on and programs that help the most vulnerable, this government is fixated on alcohol and rebranding license plates.

It doesn't have to be this way. Instead of giving tax breaks to the rich, as this government has done, we can invest in services like healthcare, education and childcare that build strong and caring communities. Rest assured that we will keep fighting for the things that matter.

Accessibility Town Hall at Queen's Park

As the Official Opposition Critic for Accessibility & People with Disabilities, I'm committed to involving people with disabilities directly in our work. That's why we recently hosted an open forum on accessibility at Queen's Park. The event enabled the disability community to come together, share experiences and insight on what needs to be done for Ontario to achieve full accessibility by 2025, a goal set by the Accessibility for Ontarians with Disabilities Act.

We welcomed about 130 people with disabilities, of whom around 70 made deputations. It was a sobering reminder that urgent action is required to eliminate the barriers that prevent 1.9 million Ontarians with disabilities from living their fullest lives.

As a follow-up to the event, we will publish a "what we heard" document that summarizes the deputations and pushes this government to make accessibility a genuine priority.

CANADA SUMMER JOBS - YOUNG CANADIANS CAN APPLY TODAY FOR A SUMMER JOB

Summer is fast approaching, and many young Canadians are now turning their minds to summer jobs.

The Government of Canada's Canada Summer Jobs (CSJ) program provides young Canadians with meaningful work experience. Canada's job market is rapidly changing and it's essential that young Canadians have access to meaningful work from the start of their careers.

For many, a Canada Summer Job is their first experience in the workforce and a great opportunity to begin building a resume. It is also an occasion for employers to hire young people ahead of the busy season.

This program is important for the youth in the community and helps to create job opportunities for young people this summer that will be valuable for their future.

The hiring season for CSJ 2019 has now begun and is open until July 12th. Young Canadians in Ottawa can now apply for over 300 opportunities that have been made available in Ottawa Centre.

By doubling the number of Canada Summer Job opportunities in Ottawa

Centre, the Government is helping more young people get hands-on work experience and save money.

We've heard from youth that it can sometimes be hard to find available positions, and employers have told us that they have trouble recruiting young people. By having all the jobs posted to Job Bank, free of charge, we are offering a one-stop-shop for youth, allowing them to find all the funded jobs in one place. For employers, it allows them to reach out to a greater potential audience and find the right candidate that they might not have found before.

This year, all youth between the ages of 15 and 30 who are legally entitled to work in Canada are eligible to apply for positions, not just students. For the first time, all available positions can be searched on JobBank.gc.ca/youth, and on the JobBank App.

For more information on CSJ, visit the Canada.ca/Canada-summer-jobs, a Service Canada Office or call 1-800-935-5555.

Have a great summer!

Next issue of *The Mainstreeter* content and advertising submissions due July 19, 2019

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ECCLECTIC EVENTS...

Relay For Life Ottawa, Friday, June 14th, Terry Fox Athletic Facility, Riverside Drive

With nearly 1 in 2 Canadians expected to be diagnosed with cancer in their lifetime, cancer affects us all — but it's something we can face together. Relay For Life Ottawa is an inspirational, non-competitive, 6-hour fundraising event that brings our community together to celebrate life and to show those affected by cancer in our communities that they're not alone. Relay's festival-like atmosphere

can be enjoyed regardless of age or fitness level. Teams will complete laps, participate in fun activities, refuel with delicious food, and support those who have been impacted by cancer.

Cancer survivors, volunteers and participants are all welcome to be part of this inspirational, cancer-changing event. By getting involved with Relay for Life, you can connect with your community, share a common passion for making a difference, and support people on their cancer journey. Join in for an amazing night and sign up for Relay today.

Community is bigger than cancer. For more information, please visit: <http://convio.cancer.ca>.

Brandenburg Concertos presented by Upbeat Productions, Friday June 28th, Southminster United Church.

All six Brandenburg Concertos are not often performed together. The Southminster United Church concert of the celebrated works of Johann Sebastian Bach is a special opportunity for music lovers to experience the full range of these distinctive Concertos. As a set, the six concertos showcase all the major instrument families of the day: strings, winds, reeds, brass and keyboard. Together, the Concertos are widely acknowledged as among the best orchestral pieces of the Baroque

era, indeed of all eras.

Roland Graham and Sean Van Gulik will be featured artists during the performance of the Concertos. Graham has made a career of music and has developed a music hub at Southminster Church featuring local, national and international talent. But, although he studied the concertos in university, he hasn't had an opportunity to perform any of them until this year.

Van Gulik began playing cornet at age six with the Salvation Army. He graduated from Canterbury High School and recently from the Master of Music program at University of Ottawa. We were listening to the Brandenburg Concertos in my grade 10 history class," says van Gulik. "I heard the trumpet and knew I wanted to play that music."

Tickets are available on Eventbrite and will be available at the door.

Summer Fun in the Sun Children's Playgroup, Children's Garden, Tuesdays & Thursdays - July 9 and August 29, 10:00 - 11:30am

Calling all garden-loving children and families! This playgroup, hosted by CAG at the Ottawa Children's Garden, is the perfect outdoor fun activity for children ages 0 to 5. Activities focus on

the outdoors and getting to know the garden, and include crafts, educational activities, games, garden sampling, bug hunts and more. Help your children get to know the world around them and develop a love of nature while playing outdoors in the sun! What better way to spend the summer!

Program dates are Tuesdays, July 9th to August 27th (7 weeks), and Thursdays, July 11 to August 29th – register for one or both! All playgroups take place between 10:00 and 11:30 a.m.; first child registration is \$30; siblings are \$15 and siblings under 12 months of age are free. Register online at ottawaeastcag.ca/register.

Who Needs Church? - a documentary film screening, Sunday, June 2, 12:15pm - 2:15pm, Southminster United Church

"Is the church a necessary part of our modern lives and community?" This is the question explored in the documentary film, *Who Needs Church?*, co-produced by local filmmaker Ed Kucerak and screened as part of Southminster United Church's participation in this year's Doors Open Ottawa.

Despite being a mainstay in Old Ottawa South for over 80 years, Southminster United Church, situated at the corner of Bank Street and Aylmer Avenue, faces an uncertain future and has struggled to keep its doors open. The church's situation is not unique, as many mainline churches

in Ottawa and across the country face dwindling congregations amidst rising operational and maintenance costs.

For Southminster, an agreement with a local developer to build a condo and townhouses behind its main building offers the congregation the hope of remaining a place for spiritual and community gatherings. Over a period of one-year, the 30 minute long film follows the church's redevelopment application process and the on-going controversy with neighbours about the redevelopment. Interviews with community and church members explore the bigger question of whether there is still a need for churches in contemporary society.

The church's sanctuary will be open for the Doors Open Ottawa event on June 1 and June 2. However the film will screen only on Sunday June 2 at 12:15pm and 2:15pm. Admission to the screening is free but donations to the church's community programs and initiatives are welcome. Visit www.whoneedschurch.ca to learn more about the film and to view the trailer.

CAG presents Brantwood Park BBQ and Picnics, Thursdays, May to August 1, 6:00 – 7:30 pm

Come out and enjoy the best of the season in Brantwood Park with friends and neighbors.

The Community Activities Group of Old Ottawa East invites everyone

to join in for a weekly BBQ in the park – or to bring a picnic dinner and enjoy the great outdoors! Hot dogs, hamburgers, veggie dogs and drinks will all be available for purchase, and all sales support community programs and events.

CAG is looking for volunteers for all BBQ dates – if you are interested please contact admin@ottawaeastcag.ca or sign up online. For cancellations due to weather please check ottawaeastcag.ca by 4:00 p.m. on the day of the event.

Tim Hortons Ottawa Dragon Boat Festival, Mooney's Bay Park and Beach, June 20th-23rd

Are you looking to volunteer and have boatloads of fun? One such opportunity to get involved, while kicking off the summer right, is at the Tim Hortons Ottawa Dragon Boat

Festival. This non-profit festival, the largest of its kind in North America, sees upwards of 75 thousand visitors over just four days, and features huge concerts, beach bars, family entertainment, and competitive international races—free for all spectators.

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