

# MAINSTREETER

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

APRIL | AVRIL 2020

CORONAVIRUS PANDEMIC 2020

# GHOST TOWN



Main Street at rush hour

*Thanks to our caring community for staying indoors*

JOHN DANCE PHOTO

## TELL US YOUR CORONAVIRUS STORY

*How is the coronavirus affecting you and your family? Do you know a health care hero in the neighbourhood or an essential services provider in the community who is working flat out right now? Let us know about them too! Email us at [The Mainstreeter at editor@mainstreeter.ca](mailto:editor@mainstreeter.ca) to let us know and we'll publish some of your letters.*

## INSIDE

Cuban Embassy	3
Editorial	7
Zoning Appeal	13
Be The Change	19
Art Beat	22

## Scenes from the new normal

Hand-drawn signs like this one and drawings by youngsters off-school are sprouting up throughout Old Ottawa East neighbourhoods like April flowers, a cheery and positive reminder that, even in the middle of a gloomy period of isolation from family and friends, fun is what you make it and where you find it. Window walks have become a popular pastime to keep youngsters busy with arts and crafts and to show support and unity during the pandemic. Flowers, jokes, Easter eggs and, as in this photo, encouraging words have all been daily topics for artists young and old to create window art.

PETER FOWLER PHOTO



Lining up for groceries and other supplies is the new normal for consumers during the coronavirus outburst. Here shoppers at the Pretoria Bridge Loblaws queue up outside the store spaced two metres apart awaiting the signal to enter the premises. Inside, shoppers face a range of precautions including limits on in-store occupancy, one-way aisles, distancing in check-out lines, and staff behind plexi-glass shields.

LORNE ABUGOV PHOTO



One of the ironies of the COVID-19 epidemic is depicted in this image of a deserted gas station on Bank Street displaying the lowest gas prices that Ottawa has seen in many years. Normally, gas guzzlers are lined up bumper-to-bumper to fuel up at 70 cents/litre, but with coronavirus travel restrictions, self-isolation requirements and current oversupply of petroleum, drivers are housebound and demand for gas is at its lowest ebb in decades.

LORNE ABUGOV PHOTO



## Appearances can be deceptive

# Behind the foreboding Cuban Embassy walls, the vibrant people and culture radiate warmth

**SANDRA KOCH**

Mammoth dark grey concrete blocks and foreboding secured metal fencing – not exactly the mental images conjured up when one thinks of Cuba. For the many Canadians who frequent this Caribbean island, Cuba is instead a destination noted for aquamarine beaches, historical Latin architecture and brightly painted retro cars.

Indeed, the warmth of the Cuban people and their vibrant culture seem to stand in stark contrast to the austere architecture of the concrete block building at 388 Main Street which houses the Cuban Embassy.

Investigating the history of the Embassy sheds light on this seeming contradiction. Canada and Cuba trade goes back to the 18<sup>th</sup> century, in Atlantic Canada, where cod and potatoes were traded for sugar and rum. Diplomatic relations were formally established and have been uninterrupted since 1945.

But during the 1960s and 70s, there had been several bombings and threats to Cuban embassies in Ottawa, Montreal and around the world by anti-Castro groups based in the United States.

The Ottawa Embassy's location was moved several times - originally located on Island Park Drive, it was moved to its current location at Main Street and Riverdale Avenue on land purchased in 1974.

### Love it or hate it architecture

Cuban architect Sonia Dominguez designed this classic "brutalist" Embassy



JOHN DANCE PHOTO

**The concrete block architectural style of the Cuban Embassy, known as "Brutalism", gives the building a fortress-like appearance that sharply contrasts with the warmth of the staffers who live and work inside.**

building, which was completed in 1976. Brutalism is a modernist architectural movement from the mid-20th century characterized by simple block-like structures with raw building materials, oftentimes concrete. Brutalism was often associated with European socialist ideology from the 1960s to the 1980s. Numerous examples of Brutalist architecture can be found around the world, including in Ottawa, where much of the city's urban development occurred during the 1960s and 1970s. In addition to the Cuban Embassy, two other very prominent examples are the National Arts Centre and the Ottawa Central Library.

There are few who pass the Cuban Embassy without an opinion on the architecture. The popular style at the time of construction, coupled with the need for high security standards, explains the fortress-like design of the Embassy as it stands today – it is definitely a "love it or hate it" architectural style.

Walk inside, however, and one is transported back to the 1970s. With the original mid-century design in immaculate condition, there is an emphasis on light and the use of natural materials.

A breathtaking wall-size mural highlights the main reception room, and guests are immediately awestruck by the beauty of this piece of artwork. In 1976, Cuban artist, Servando Cabrera Moreno was brought to the Embassy to paint "Asi amanece en Cuba" ("That's how the sun rises in Cuba"), an illuminating depiction of everyday life in rural Cuba.

Architecture and design aside, the Embassy is a workplace for about 15 Cuban nationals, several of whom reside within the building in a private area separated from the working Embassy, with its offices and reception areas.

### Cuban families embraced winter

One of the Embassy staffers, Areadna Quintana Castaneda, Third Secretary and Press-Culture Attaché explained to The Mainstreeter that there are three families from the Embassy residing nearby in Old Ottawa East. According to Castaneda, the families enjoy the community and their

children attend schools in the area, have embraced winter and love playing in the snow and skating on the canal.

Castaneda is here with her husband, David Aldama Pando, also a Third secretary within the Embassy. They arrived almost two years ago and reside in Sandy Hill. The couple also enjoy the winter season and have taken up the challenge of learning to skate but find it "very difficult!"

The Embassy in Ottawa is one of the biggest of about 120 Cuban Embassies around the world and boasts many amenities that make it a very desirable destination for Cuban diplomats. The respectful and collaborative relationship between Canada and Cuba also contributes to the desirability of working here, according to Castaneda, who says the staff "feel accepted and welcome in Canada."

The Cuban ambassador to Canada, Josefina Vidal Ferreiro and her husband, Minister Counsellor Jose Anselmo Lopez Perera were posted to Ottawa in March 2017. Prior to her arrival in Canada, Ambassador Ferreiro was the Director General, U.S. Division of the Ministry of Foreign Affairs in Cuba. In that role, she was a prominent negotiator and facilitator in restoring diplomatic relations between Cuba and the United States during the Obama government.

Despite its foreboding appearance, the Cuban Embassy is open for business



SUPPLIED PHOTO

**Staff of the Cuban Embassy assemble in front of the wall-size mural depicting everyday life in Cuba that dominates the main reception area of the building which was completed in 1976.**

*Continued on Page 11*

# OPINION

## OOE overdevelopment A makeover isn't always pretty

TERESA WALLACE

*Author's note: This opinion article is about the R1 areas of Old Ottawa East — areas zoned for single-family homes, which are mostly south of Clegg Street — because that's where I live. The article is not meant to minimize the bigger problems of those in zones that allow higher density, where unchecked overdevelopment has led to, among other issues, bunkhouses on single lots and shootings at Airbnbs. Hopefully other readers of The Mainstreeter will share their own problems and what steps they and their neighbours have taken or want to take to deal with those challenges.*

When your neighbourhood is being remade, there are some things that are a nuisance. Tyvek HomeWrap snapping in the slightest breeze. The do-not-ask-for-whom-the-bell-tolls reverberations of pile-driving. Digging, drilling, hammering. Perpetually crooked pictures on the wall.

Other things are more than annoying because they're unnecessary and often illegal: blocked driveways and sidewalks, dirty worksites and roads strewn with nails, booming outdoor music all day long, construction workers who bring endlessly barking dogs to work with them, big machines that excavate new builds using floodlights and working long into the night.

It gets worse. A woman comes home from work to find that workers in hard hats building a row of townhouses two lots over are taking down her backyard fence. A mother looks out her front window and a man from a new build project down the street is using her driveway as a bathroom. Children get off the school bus crying after an abusive shouting match between their bus driver and construction workers whose vehicles line both sides of the street and, for the third afternoon in a row, leave no room for the bus to squeeze through.

These are not rumours, they're facts - and there are tomes-worth of them as houses disappear in Old Ottawa East (OOE) and brand-new, much larger structures are squeezed in to take their place. A few years ago, at a party, an architect told me our house is worthless. It's the land that's valuable, he said. He asked a rhetorical question: Had I seen what they'd done in Westboro? Old Ottawa East is next, he said matter-of-



TERESA WALLACE PHOTO

**Debris from the front yard of a new build blew down the street onto other properties during the high winds on Friday, March 13, but near the end of that day the site was still an eyesore for the neighbours.**

factly. And he was right.

Old Ottawa East is undergoing a transformation, and in some ways it's a good one. Big developments are boosting our population so we can support more stores and restaurants. New folks moving in at Greystone Village and Corners on Main are lending a hand with community initiatives and getting involved in other ways.

But as OOE becomes a trendier, more expensive place to live, and as more homes get replaced by much larger new builds that are also single-family dwellings but take up most of the lot, residents are experiencing construction fatigue — there's an increasing distrust of some contractors, resentment against onsite workers, and rising tension among neighbours.

What can we do to keep our community a great place? To kick off the discussion, after 40 years in the same house on the same street in OOE, I've noticed a few measures that lead to better outcomes for all, above and beyond calling 311 to complain to the city, which is also essential.

If you are doing a renovation or demolition, let your neighbours know in advance so they're not surprised when the work starts. Show them your plans and hear their perspectives. Don't presume: don't ask to plug into their hydro, or trespass on their property without permission. Remember that you're the boss of your contractor and are responsible for your contractor's actions. Stay on top of how the work on your house impacts your neighbours and try to make it easier for them.

The same goes if you have bought a lot from a contractor and commissioned a new build. Come by to see how the construction is impacting the people who will become your neighbours and try

hard to mitigate the unpleasantness for them.

There are some designers who feel they're too big for rules, so they consistently present clients with designs that are too high, too deep, too wide to conform to municipal bylaws. If you're one of those clients, feel free to specifically request a design that doesn't require applying for a minor variance, which is essentially an application for exemption from the rules. If a minor variance is required, the closest neighbours who will be most affected by the granting of the variance have a chance to object.

If you are a neighbour who gets a notice that someone near you has applied for a minor variance and you pitch it into your recycling bin, nobody will judge you. But if you want to object, you should know that you won't be alone: the planning committee of the volunteer community

association in Old Ottawa East can advise you on how to proceed. By making a small effort to curtail overbuilding you will also be preserving areas of porous natural drainage that OOE needs to help prevent flooding.

If you're in the housing market and are contemplating buying property in OOE to renovate or tear down for a new build, and you care about building a good-quality home and having neighbours who are still speaking to you by the time you move in, then do your homework. Find out which builders do a great job — work quickly and efficiently, hire skilled and certified subcontractors, keep the worksite safe and clean, adhere to the noise bylaws and generally behave in a professional, courteous way.

How to do this research? Ask any long-time resident of Old Ottawa East. They'll give you an earful.



TERESA WALLACE PHOTO

**Among the debris escaping beyond the perimeters of the new home construction site on McNaughton Avenue were these sharp nails and wiring clips.**

# PANDEMIC 2020

## Old Ottawa East COVID-19 business status update

CAROL WORKUN

The COVID 19 pandemic has had a sudden impact on all our lives. The longstanding businesses in Old Ottawa East had already weathered the impact of extensive construction on Main Street during the Main Street Revitalization project, and several new businesses had just opened their doors when the coronavirus struck. More than ever, these businesses need the support of our community.

To that end, the following is an alphabetical list of Old Ottawa East businesses that are currently operating in some capacity. The list is current as of April 5<sup>th</sup>, 2020, however changes to the information listed should be expected.

### **Cyco's Bikes and Blades - 5 Hawthorne Ave (613-567-8180)**

Open 12:00 noon - 6:00 p.m. weekdays and 10:00 a.m. - 5:00 p.m. on weekends. Only one person at a time in the store, customers are required to use hand sanitizer and door handles are cleaned between customers, staff are wearing gloves and bikes are sprayed down.

### **Denys Build Designs - (613-236-6516)**

Open for online home and renovation design and development consultation - see. [www.denys.ca](http://www.denys.ca) or email [paul@denys.ca](mailto:paul@denys.ca).

### **The Emporium - 47 Main Street (613-563-1046)**

The store is closed, online shopping available at [www.theemporium.com](http://www.theemporium.com).

### **Furry Friends Spa and Daycare - 56 Hawthorne Ave (613-236-4005)**

Open Tuesday - Sunday from 9:00 a.m. - 5:00 p.m., closed on Monday. Careful monitoring of staff and are sanitizing after every client leaves the premises. Anyone displaying symptoms is asked to call in and cancel their appointment. No cash, e-transfer only.

### **Gordon and McGovern - 60 Main Street (613-594-8888)**

Open, no further information available at this time.

### **Greek on Wheels - 3 Hawthorne Ave (613-235-0056)**

Order and pay online for contactless delivery at [www.greekonwheels.ca](http://www.greekonwheels.ca) and the delivery driver will leave your order at your door.

### **The Green Door - 198 Main Street (613-234-9597)**

Open Tuesday to Friday 11:00 a.m. - 5:00 p.m. for pick-up of online orders only.

Order from a selection of frozen items at [www.thegreendoor.ca](http://www.thegreendoor.ca). Payment is online, pick up is from a table outside the restaurant.

### **Greens & Beans - 137 Main Street (613-234-4040)**

Open from 11:00 a.m. to 6:00 p.m. daily for take-out only.

A modified menu is being offered that includes falafel, tabbouleh, fattoush and a daily plate. Orders are in person or over the phone for swift pick up. Call ahead to check the daily menu.

### **Habibi Pizza & Pies - 62 Main Street (613-695-7437)**

Open from 9:00 a.m. - 8:00 p.m. weekdays and 11:00 a.m. - 8:00 p.m. on Saturdays.

Pick-up and delivery only. Delivery is through UberEats, SkipTheDishes and DoorDash. Call ahead for in store pick-up.

### **Happy Goat Coffee - 145 Main Street (613-680-4628)**

Open for online orders only at [www.happygoatcoffee.com](http://www.happygoatcoffee.com)

### **Kirk Law Office - 34 Hawthorne Avenue (613-238-8006)**

Open as usual

### **Little Italy Fine Foods - 178 Main Street (613-233-2124)**

Open 11:00 a.m. - 6:00 p.m., Monday to Saturday and 11:00 - 4:00 p.m. Sundays. Offering their full menu for take-out including pizza, meat and vegetarian lasagna, homemade pasta and sauce, meatballs, croissants, panini, cheese, ham, coffee etc. They are not permitting more than three people in the store at any time and the big front doors are open so no need even to touch door handles! They will deliver in the community for anyone confined to home.

### **Main Chiropractic Clinic and Personal Training Centre - 186 Main Street (613-565-9995)**

Open for select appointments only, please call or text for more information.

### **Main Hair Cutters - 64 Main Street (613-565-2772)**

Closed at present.

### **Miche Hair - 29 Main Street, Suite 26 (613-882-6667)**

Closed at present. [Miche@MicheHair.co](mailto:Miche@MicheHair.co)

### **Mike Galazka Service Centre - 123 Main Street (613-232-6659)**

Open as usual

### **NU Grocery - 143 Main Street (613-233-0678)**

Open Tuesday - Friday 8:00 a.m. - 8:00 p.m., Saturday 9:00 a.m. - 7:00 p.m. and Sunday 10:00 - 5:00 p.m., closed Mondays. Recommend before 10:00 a.m. for seniors and those with compromised immunities.

Only permitting five in the store at any one time and practicing increased hygiene and physical distancing in-store. Cards only, no cash. Express in-store pick up (i.e. prepacked for you) and home delivery is available - see [www.nugrocery.com](http://www.nugrocery.com) for details.

### **Phat Moose Cycles - 98 Hawthorne Ave (613-231-2427)**

Closed but online orders may be placed at [www.phatmoosecycles.com](http://www.phatmoosecycles.com) for pick up at the store.

### **Physiotherapy on Main - 50 Springhurst Ave (343-984-4760)**

Open for emergency patients and telehealth-video treatments, details at [physiotherapyonkent.janeapp.com](http://physiotherapyonkent.janeapp.com)

### **Pretoria Bridge Dental - 223 Echo Drive (613-236-5202)**

Closed, but in case of dental emergencies, patients should contact their dentists directly. Phone numbers are available on recorded message at 613-236-5202.

### **River Dental - 7 Oblats Avenue (613-422-6555)**

Closed, but open for dental emergencies only. Emergency patients must leave a voicemail message or email at [info@riverdental.ca](mailto:info@riverdental.ca).

### **Scotiabank - 65 Main Street (613-564-5355)**

Open but shorter hours, closing at

3:00pm.

### **Singing Pebbles Books/Café Qui Pense - 206 Main Street (613-230-9165)**

Closed but Singing Pebbles is offering free delivery in Old Ottawa East. Online orders for books can be placed at [bookmanager.com/1171879/](http://bookmanager.com/1171879/) or telephone for books, vegan chocolate, crystals, socks, puzzles, cards or coffee from Café Qui Pense.

### **SJC Financial - 242 Main Street (613-724-8677)**

Open weekdays 9:30 a.m. - 5:00 p.m. Financial documents can be picked up or dropped off in the front mailbox or transmitted via secure email. Registration and application forms are available online at <https://www.sjcfinancial.com/>.

### **Subway - 164 Main Street (613-680-2252)**

Open weekdays 11:00 a.m. - 6:00 p.m.

### **Sula Wok - 184 Main Street (613-890-7852)**

Open for pick up from 11:00 am - 8:00 pm Monday to Saturday, Sunday 4:00 - 8:00 p.m.

Customers are encouraged to phone ahead with orders, for peak times pick-up call earlier in the day if possible. All transactions are outside, can pay by card or e-transfer by phone if you wish. Only Sula and Andrew are working at the restaurant, thus limiting the number of people in contact with the food.

### **3 Trees - 202 Main Street (613-230-0304)**

Closed, call or email to arrange local delivery to [3treesshop@gmail.com](mailto:3treesshop@gmail.com). They hope to have an online store open soon.

### **Watson's Pharmacy & Compounding Centre - 192 Main Street (613-238-1881)**

Open Monday - Friday 9:00 a.m. - 6:00 p.m., Saturday 9:00 a.m. - 5:00 p.m., Sunday closed.

If you have symptoms or are in isolation you are asked to arrange for someone from outside of your household to pick up your medications or they would be happy to arrange delivery.



**Sign up to the Old Ottawa East Community Noticeboard at [www.facebook.com/groups/oldottawaeast](http://www.facebook.com/groups/oldottawaeast) for updates as available. We regret any errors or omissions in the published list.**

# LETTERS TO THE EDITOR

## Walking in Old Ottawa East

We are very fortunate to live near parks, the canal and the river in Old Ottawa East. Be it a short or a long walk, you meet people you know or greet new residents, chat with neighbours, and observe the changing seasons.

I have been walking often in the company of a dog in the Old Ottawa East area for a number of years. We love our walk: the fresh smell of cold winter air, the white fluff of recently fallen snow, the quiet peace broken up by the occasional chirping birds, the swishing leaves of trees.

But enjoying all of this is not always simple. We are grateful that the city clears the sidewalks, however, sometimes we almost fall across a newly created little hill built by someone's cleared driveway: I guess we need some jumping exercise.

We quickly pass some idling vehicles to avoid the choking fumes, the metal kings and queens parked half-way on the sidewalk, and we then hurry by a snowblower, a lawn mower, a leaf blower, according to the season. They fill our ears with their deafening noise and lungs with their thick fumes reminding us of modern city life. (I guess brooms, rakes and push lawn mowers are out of fashion, but maybe they will come back with a new generation of environmental defenders).

Our City bylaws provide: Section 8 - Power equipment: "No person shall operate or cause to be operated any power equipment before 0900 hours on any Saturday, Sunday, statutory or public holiday" - and that includes your leaf blower and lawn mower.

We continue onward in the hope of a calmer walk along the river or the canal until a dog or two runs towards us off-leash. We don't always know these doggies - friendly or not so much - and not all of them seem to trust us. Some try to assert their dominance by growling and running towards my dog while someone afar tells us how friendly they are, or they may whistle, I assume for the dog.

We also worry about dogs we see occasionally running, as if they were lost, across busy streets without anyone in sight. We hear dogs left out barking in the backyard in minus 20 degrees or in the summer heat.

Dogs should be on leash unless it is a designated off-leash City park. A kind

reminder of the by-law: Section 10: "No owner of a dog shall permit the dog to run at large in the City."

We finally relax for a peaceful evening when loud beeps and slamming car doors announce the arrival of neighbours to wake us up from our slumber. I think there must be a way to disconnect or at least make the beeping sound softer.

Cars should not idle for more than 5 minutes: please turn off your motor while chatting. No disturbing noise before 9 am or after 9 pm: please avoid loud talk in front of your neighbour's window.

Our City tries its best to improve our quality of environmental life. We also can help by clearing sewer grates if they are in front of our property. The more we help ourselves, the less the cost to our City budget and our overall health.

*M.B.,  
Mount Pleasant Avenue*

## Raptor pen facing extinction?

We got a kick out of the photo of our "Raptor Pen" in your February edition. It's not meant to be a permanent feature. We had painted our old playhouse and moved it to the front yard as part of our Jurassic Park Halloween decorations, and didn't manage to return it to the back yard before it got snowed in.

The Raptor Pen started life as a "science lab," hand-built by our sons' grandfather when they were small. It served us well as a play structure and garden shed for over a decade and has plenty of life left in it. Our kids have outgrown it, and we would love to give it to a neighbourhood family. We offered it to the Children's Garden and Old Town Hall, but city rules prevent them from taking it.

Could you let your readers know it's available for free, and we will help move it to its new home? Anyone who's interested can contact [tom.allen67@gmail.com](mailto:tom.allen67@gmail.com) for details.

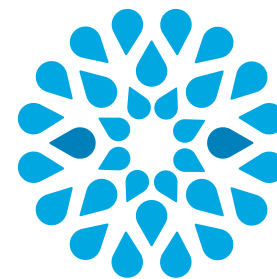
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Glenora Avenue*



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# THE MAINSTREETER

www.Mainstreeter.ca

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## OTHER USEFUL CONTACTS

**Councillor Shawn Menard:** Shawn.Menard@ottawa.ca

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

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

**Old Town Hall:** 613.627.0062

## Editorial

# Coronavirus, Old Ottawa East and the road to community

LORNE ABUGOV

Confined to these four walls, my family members have become explorers in our own home, attacking clutter, cleaning out drawers and cupboards, tidying up and finding things we had forgotten existed. Our best find so far has been an old magazine with a startlingly relevant message.

Back in October 2005, a virulent avian-based flu, which scientists classified as a strain of the H5N1 virus, was ravaging its way through much of Southeast Asia, decimating bird populations as well as some humans who came in contact with infected birds at live-poultry markets.

That same month, 15 years ago, *National Geographic* magazine devoted an unprecedented 30 pages of coverage to an in-depth report on the H5N1 epidemic, including a front cover headline that posed a question of apocalyptic proportions: *The Next Killer Flu: Can We Stop It?*

Today, sadly, we have a real-life answer to that question: Perhaps.

Perhaps we can stop it, but with inordinate difficulty, and at an incalculable cost of human life and social and economic disruption.

As this issue of *The Mainstreeter* was printed, the world we all share, and our country, and our community here in Old Ottawa East, continued to grapple with the scourge of the coronavirus. By now, we are all aware of its wrenching and unprecedented impact on our daily lives and around the globe. Each day, Canadians are buffeted by new medical developments and social and economic disruption beyond anything we have ever experienced.

In that 2005 *National Geographic* report, journalist Tim Appenzeller described the relatively low human death toll of the H5N1 bird flu virus. "So far this virus... isn't good at passing from birds to people, let alone from one person to the next."

Appenzeller quoted Jeremy Farrar, a British doctor who fought on the front lines of H5N1 in Vietnam, and who issued a chilling warning for the future. "It's going to happen, at some point, that a virus like H5N1 changes to be more able to transmit from one person to another. It's bound to happen. And when it does, the world is going to face a truly horrible pandemic."

Enter the coronavirus of 2020...



JOHN DANCE PHOTO

**The City's first COVID-19 Assessment Centre situated at the Brewer Arena in Old Ottawa South has now been supplemented as confirmed cases of coronavirus multiplied.**

Today, there seems to be almost nothing to say about the perils of the coronavirus that hasn't already been said. Indeed, many people have already begun thinking beyond the pandemic, pondering what kind of world will be left in its wake.

The question increasingly asked is not how the virus is transmitted, or whether humanity will survive the outbreak, but rather, what kind of world will emerge when we do survive it? How will post-pandemic society differ from the world we knew pre-pandemic?

One possible outcome of the world's struggle with coronavirus may lie closer at hand than we suspect - within our own communities. It may be that the greatest societal changes wrought by COVID-19 emanate from within ourselves, amplified by our closest family members and our friends and neighbours, radiating outward into our neighbourhoods and beyond.

Born out of mandated self-isolation and fueled by shared fears for ourselves and our loved ones, we may see evolving a new sense of what is truly important in our lives, and a re-evaluation of where our priorities ought to lie. If, figuratively speaking, society as we knew it had a head to shake, that head must be shaking long and hard right about now.

Here in Old Ottawa East, as elsewhere in Ottawa, across Canada and around the world, we are witnessing many extraordinary examples of thoughtfulness, of good neighbourliness and of reaching out to those around us who are more

vulnerable or in need. Neighbours are shopping for each other, sharing their own food and supplies. There seems to be afoot a wonderful rekindling of compassion and a growing belief that concern for others has a valued and a rightful place in our world.

One could easily downplay or dismiss this "blip of societal kindness." Some may see this spate of good-deed-doing as nothing more than a natural and ephemeral human response to a world temporarily gone mad. Perhaps these random acts of kindness will be replaced by the pre-pandemic status quo once the global "All Clear" is signalled.

But perhaps not.

Given everything that coronavirus has thrown at us, it seems inevitable that our values and our ethics must undergo a radical change. Just as humanity was forever altered in the aftermath of the global wars of the 20th century, people - young and old alike - can be expected to seriously question the pre-pandemic status quo and quite possibly embark on a different path.

The shape that a post-pandemic world might take is beyond speculation for the moment. But there are hopeful signs that we may indeed experience an inter-generational awakening, an informed refocusing on ethics and decency, a taking of small steps down a different road, a road back to each other - the road to community.

# Community support pledged for second footbridge

## MAINSTREETER STAFF

The Riverview Park Community Association (RPCA) has expressed its support for the idea of a new footbridge over the Rideau River from the foot of Clegg Street in Old Ottawa East to the greenspace of Riverview Park on the other side, says Kris Nanda, chair of RPCA's planning and development committee.

The bridge proposal was first endorsed by the Old Ottawa East Community Association (OOECA) at its January meeting, and the local community association has included the proposal in its submission for the update of the City of Ottawa's Transportation Master Plan. OOECA will be presenting the proposal to other community and cycling associations this spring in order to get feedback and, ideally, support.

The proposed footbridge would be a modest structure, potentially one-quarter the cost of the Flora Footbridge, and would provide a missing link in the City's east-west active transportation system and easy access to and from the Smyth Road health campus.

Capital Ward Councillor Shawn Menard and Alta Vista Councillor Jean Cloutier have expressed interest in

investigating the proposed bridge.

The community has also received comments from the Rideau Valley Conservation Authority regarding environmental and engineering factors that would have to be considered for a watercourse crossing at the eastern end of Clegg Street.

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# Future of Lansdowne: OSEG takeover dead but consultation lives on

**JOHN DANCE**

Consistent with the wishes of local community associations, the Ottawa Sports and Entertainment Group (OSEG) has withdrawn its offer to take over the City of Ottawa's management of the public and open space portion of Lansdowne Park. As community associations also proposed, consultation on the future of Lansdowne - rather than just on the merits of an OSEG takeover - will be pursued.

"I look forward to the consultation and the world-class park we can aim for," says Richard Cundall, Old Ottawa East Community Association's lead on the future of Lansdowne. "This is a great step in the right direction."

"At the end of the day we just want a better Lansdowne," Mark Goudie, OSEG's chief executive officer, told *The Mainstreeter*. "We need to look at all of Lansdowne for the next 10 to 15 years."

In terms of the proposal to take over



JOHN DANCE PHOTO

**Once the public urban park facilities at Lansdowne reopen after the coronavirus pandemic ends, the park will remain under City of Ottawa management now that OSEG has withdrawn its proposal to take over control.**

park programming from the City, Goudie said OSEG had thought this would be "non-controversial." It turned out to be anything but. Last October, about 500 people showed up at a community association-sponsored meeting to address the proposal, and the vast majority spoke of the need for real consultation not merely about who should run the public parts of Lansdowne but also on its long-term future.

Subsequently, when the OSEG takeover proposal was before the relevant City committee, 40 of 42 public presentations opposed OSEG taking over the City's programming role. The committee ended up deferring a decision on the takeover until consultation was completed but now, with the withdrawal of OSEG's

proposal, there will be much broader consultation.

"OSEG has pledged to work in collaboration with the community, city and our office to see if there's a better approach for improving Lansdowne," said Councillor Shawn Menard. "I commend them for taking this approach."

A year ago, Menard released a vision document entitled "Lansdowne Park, A Place for People." However, since then and without any community consultation, the City administration supported the OSEG's now-withdrawn takeover proposal and also concluded a deal to rename Aberdeen Square as Casino Lac-Leamy Plaza.

The timeline and process for Lansdowne consultation have not yet

been established nor has background information been provided to the public. A key goal of OSEG is to increase the number of annual park visitors from about four to five million.

As Goudie puts it, "We need a conversation about what we are trying to solve." He notes that transportation is one of the biggest deterrents to people coming to the park, so he feels that solving the transportation issue should be a large part of the consultation.

Ottawa Mayor Jim Watson originally dismissed opponents of OSEG's takeover proposal as "the same people that are probably fighting the metric system," but it seems they were fighting for better consultation, something all parties now seem to agree on.

## New home for Main Farmers' Market

# Advisory group formed to refine Grande Allée urban park design

**JOHN DANCE**

More community greenspace and a permanent home for the Main Farmers' Market will be two key benefits of the new "Grand Allée" park leading from Main Street to the Deschâtelets Residence in Greystone Village.

Over the next few months, community representatives will work with the Regional Group and the City of Ottawa to refine the park concept originally developed in 2015 and to work through the details of all of the park's elements.

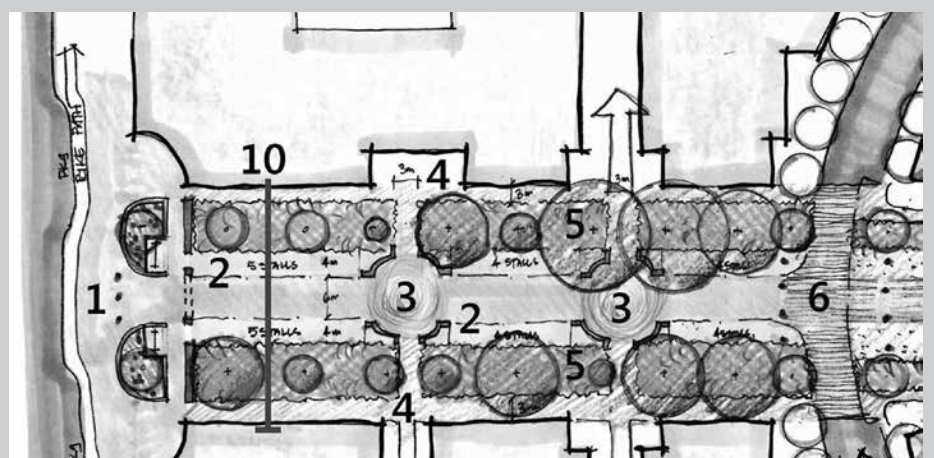
"The establishment of the group is to help ensure that we're sticking to the original intent of the park as we work through these details," says Taylor Marquis, Regional Group's coordinator of land development.

"The 'urban park' will be designed to

accommodate the Farmers' Market and will be focused around preservation of the Grand Allée trees with replacement of the missing ones, incorporating heritage elements, and passive uses, meaning no playground or play structure equipment," says Marquis.

"After years of the Farmers' Market moving about from the Saint Paul University parking lot to the Museum of Nature and then to the Green Door Restaurant parking lot, it will have a permanent home with facilities that will make it easier and better for the vendors to sell their produce," explains Cynthia Dwyer, co-manager of the Farmers' Market.

"The market is on track to move to its final location across the street on the Grand Allée in the 2022 season," says Brett Weddle, the other co-manager.



REGIONAL GROUP IMAGE

**The original schematic of the Grand Allée Park included 1. primary gateway, 2. market stalls and benches, 3. pedestrian nodes, 4. commercial walkways, 5. existing tree protection zones, 6. pedestrian priority crossing, and 10. Grand Allée walkway.**

"The Main Farmers' Market board has been meeting with the developers and a landscape architect to ensure that the new location will have everything in place to support the market. In the meantime, we are increasing our budget this year for new signage, communications and marketing to ensure that all of the new residents are aware of the Farmers' Market, its location and hours."

In addition to the Farmers' Market, Sustainable Living Ottawa East, the Community Activities Group of Old Ottawa East, and the Parks and Greenspace Committee of the Old Ottawa East Community Association will participate in the advisory group.

The Farmers' Market is scheduled to open this year on Saturday, May 30.



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# Cuban Embassy: celebrating 75 years of diplomatic relations and trade with Canada

*Continued from Page 3*

each weekday morning and everyone is welcome. The Ottawa staff fulfills commercial and economic roles and provides full consular services to the public. Some tourist information is available, but the Tourism Boards are in the Cuban Consulates in Montreal and Toronto.

The Embassy enthusiastically celebrates Cuban holidays and culture throughout the year, engaging the Ottawa community at its many events. For example, they contribute a Cuban film each year to the popular Latin American Film Festival. Staff also arranged for the Cuban National Baseball team to visit in 2019 to play in the CANAM League and hosted a party for the Cuban and Ottawa teams to round out the series.

The highlight event of the year is the National Day of Cuba, which falls officially on January 1st, but is celebrated at the Ottawa Embassy at the end of the month. According to Castaneda, it is a lively, cultural celebration attended by

politicians, diplomats, commercial and trade partners and community members.

This year's National Day event included a special celebration of the 75th Anniversary of the establishment of diplomatic relations between Canada and Cuba. An Embassy press release notes that Cuba has "great pride and appreciation in the relationship between our countries as diplomatic and commercial ties have grown stronger, but most importantly, the friendship between both peoples has been nurtured and strengthened." With over a million Canadians visiting Cuba annually for the last nine years, and many Cubans choosing to make Canada their home, this relationship is bound to flourish.

While political controversy surrounding Cuban politics cannot be overlooked, nonetheless, our neighbours at the Embassy on Main Street exemplify the warmth and hospitality of the Cuban people and their desire to share their vibrant culture with our community.



SUPPLIED PHOTOS

**Areadna Quintana Castaneda, Third Secretary and Press-Culture Attaché at the Cuban Embassy resides in Sandy Hill and has felt accepted and welcomed in Canada since arriving almost two years ago.**

## Progress on new school & OOE community centre

### MAINSTREETER STAFF

Progress continues towards a new school in the Deschâtelets Residence of Greystone Village and a new community centre for Old Ottawa East (OOE).

"The due diligence process regarding the project is still underway and progressing well," says Linda Setlakwe, spokesperson for Conseil des écoles catholiques du Centre-Est (CECCE), the French Catholic school board, which is proposing a 351-student school within the Deschâtelets heritage building.

In addition to the proposed school,

the Deschâtelets Residence would also house part of a new OOE community centre. Both the community centre and the school will tentatively share a new gymnasium/multi-purpose structure to be built just to the north of Deschâtelets and west of the new Greystone Village Retirement building.

CECCE recently met with the City's recreation and parks division to start the planning and design process of the new community centre and gymnasium. The two parties are working on a memorandum of understanding to guide the arrangement.

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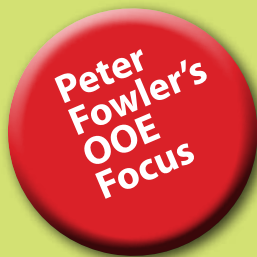
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For this installment of our popular local photo feature, we bring you an image of a quintessential Main Street scene before the onset of the coronavirus turned everyone's world topsy-turvy. In this image, photographer John Dance captures Corners on Main resident Brian Morris enjoying a coffee and his newspaper at the *Cafe Qui Pense* bench along with his dog Pippa on an unusually warm winter morning early in March.



We boast many fine amateur and professional photographers in our community, and The Mainstreeter wants to meet as many of you as possible! Some of you have

already told us how much you welcome seeing fine photography from local enthusiasts displayed in our pages each issue. Please continue to send us

your favourite photo of Old Ottawa East to [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca), along with up to 200 words describing the image, why it is special for you and the

circumstances around how it came to be taken. If we like it, we will publish it in this space in a future issue of The Mainstreeter.



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# OOECA, Regional Group, City of Ottawa settle Greystone height restrictions appeal

## PHYLLIS ODENBACH SUTTON

The Old Ottawa East Community Association (OOECA) reached a proposed settlement agreement on February 18<sup>th</sup> with The Regional Group and the City of Ottawa to discontinue the two appeals launched by OOECA on August 8<sup>th</sup>, 2019 in relation to the Greystone Village Development. The tentative settlement is subject to ratification by the Local Planning Appeal Tribunal (LPAT) at a hearing that was scheduled to have taken place on April 9<sup>th</sup>.

While the proposed settlement does not address all of OOECA's concerns, it represents a reasonable compromise in the view of the Board of the community association. Of particular note:

- Building 2B, at 10 Oblats Avenue (across from the Sisters' building), will be limited to eight storeys, rather than the nine storeys approved by the City in July 2019;
- Permission to build up to nine storeys in the area surrounding the Deschâtelets building has been eliminated and replaced with specific height restrictions. Buildings immediately in front of the Deschâtelets building will be limited to four storeys; and
- Buildings behind Deschâtelets cannot be visible from the sidewalk on Main Street, looking down the Grande Allée, thus preserving the viewscape of the Deschâtelets building.

As explained to *The Mainstreeter*, the OOECA Board decided to settle both appeals for a variety of reasons.

First, the Board concluded that the settlement provides OOECA and the community with certainty. While the association believes it had good arguments to make to the LPAT and believes further that there was never a clear case brought forward by the developers to explain why nine storeys were sought, nonetheless, litigation is inherently risky with uncertain outcomes (for both sides).

Second, a settlement reduces the costs that the association would have otherwise incurred, including additional legal fees and fees for a heritage expert and planner.

Third, in a settlement, everyone needs to compromise: the association did not get everything it wanted but it did gain on certain important fronts while Regional similarly made compromises over its initial position.

Finally, the Board did not want to perpetuate an adversarial relationship with Regional, with whom OOECA has worked well in the past and wishes to



THERESA WALLACE PHOTO

**The Old Ottawa East Community Association (OOECA) appeals group celebrated reaching a settlement with The Regional Group and the City of Ottawa whereby most of the permissible building heights in Greystone Village will be confined to what was originally negotiated. Members of the group were, from left, Jeff O'Neill, Nolan O'Neill, Heather Jarrett, Jeff Brown, Phyllis Odenbach Sutton, Kristi Ross, Ron Rose, Alexandra Gruca-Macaulay, Don Fugler, John Dance.**

continue to do so in the future.

According to OOECA representatives, the community association learned many lessons from this experience, including the following key lessons and conclusions:

- the critical importance of clarity in secondary plans: the original intent of the community and the developers must be translated into clear language in City plans and bylaws;
- the negative impact on the community resulting from the lack of councillor representation from the inner core on the City's planning committee;
- the surprising discovery of how many members of the powerful planning committee receive significant campaign funding from developers;
- the clear demonstration that community associations require vigilance to deal effectively with urban development matters, since processes in the City's planning department and planning committee often favour developers over communities;
- the significant disadvantage faced by community associations, which rely on volunteers and donations
- to protect community interests, in relation to the much greater resources and expertise available to the City and to developers (with City resources often used for the benefit of developers rather than communities);
- the realization that a strong community like Old Ottawa East is capable of working together and speaking forcefully about the issues its residents care deeply about, and of raising funds for a just cause; and
- the conclusion that working with developers and sticking to the original, agreed-upon plan is vastly better than becoming embroiled in an adversarial, protracted and costly appeals process.

At its Board meeting, members expressed their satisfaction that the community association, with the support of the community, did not hesitate to act to protect fundamental community interests. They noted that, while OOECA's first desire is to have a positive relationship with developers, this case signals the community association and community's resolve to defend the interests of the community.

According to OOECA, the appeals would not have been possible or successful without broad moral and financial support of many in the community, including those who donated funds to the fundraising efforts. Upon the announcement of the settlement, OOECA expressed its thanks to those OOE residents who were directly involved in the appeals process, who volunteered substantial time and effort, including: Jeff Brown, John Dance, Don Fugler, Monica Helm, Heather Jarrett (who led the community fundraising drive), Alexandra Gruca-Macaulay, Jeff O'Neill, Phyllis Odenbach Sutton, and Ron Rose, who chaired the appeal group.

Special thanks for their efforts were extended to Faith Blacquiere and Paul Goodkey, who jointly spearheaded the preparation of OOECA's original appeals during July and over the August long weekend. Also, Kristi Ross was applauded for her legal guidance and representation on the appeal, which proved to be essential to the generally positive outcome for all parties. Similarly, Councillor Shawn Menard was recognized for his support of the community throughout the process.

## Celebrity sightings in OOE!

The corner of Mason Terrace and Brown Street is quickly gaining notoriety as the place to spot big name holiday celebrities. For example, this shamrock-bedecked lucky charmer (l) was spotted catching a breather just before St. Patrick's Day. More recently, a famous cottontail (r), seen here guarding a basket of Easter eggs, was soaking up some Spring sunshine. If this keeps up, neighbours may have to put up with an influx of post-pandemic paparazzi!



LORNE ABUGOV PHOTOS

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## When, Where, Why? Queensway bridge replacement questions abound

JOHN DANCE

Will the replacement of the Queensway bridges over the Rideau Canal and Main Street require the demolition of the Royal Oak Pub, Gordon and McGowan Construction, and their immediate neighbouring buildings? This question along with many others related to the massive provincial project for the bridge replacements remain unanswered.

And it's not clear when there will be answers.

"We're looking at options to potentially not impact these properties," Brandy Duhaime, regional communications coordinator for the Ministry of Transportation of Ontario (MTO), told *The Mainstreeter*. "The public will see the options," she said.

Back in October, MTO briefed the City of Ottawa's Transportation Committee and outlined preliminary planning for the mega-project. An ensuing headline in the *Ottawa Citizen* read: "Restaurants, cycling shop could be acquired for Highway 417 bridge project", but there has been push-back on this option by Councillor Shawn Menard.

The Queensway bridges are now about 60 years old and are nearing the end of their "service life," as MTO describes it. Examples of serious deterioration include the concrete barrier of the bridge over Elgin Street separating from the main structure four years ago and the rehabilitation work on the Queensway Canal bridge now underway.

However, rehabilitation is seen by MTO



JOHN DANCE PHOTO

**The Queensway bridge over the Rideau Canal will be replaced over the next decade.**

as only a short-term solution whereas full replacement is viewed as the best approach. The question MTO must resolve then is how to replace the bridges with the least impact on the environment, communities and Queensway users.

Last May residents were invited to a meeting at Saint Paul University for an update on the preliminary design and environmental assessment of the "Queensway downtown bridges," over Metcalfe, Elgin and Main streets and over the Rideau Canal. The many display boards at the meeting outlined the construction and bridge assembly area alternatives for the different bridges.

The MTO's preferred alternative for the Canal bridge, which is the largest and most difficult of the four downtown Queensway bridges, required the acquisition of the Royal Oak and the adjacent Greek on Wheels/Cyco's building and, on the northwest corner of Main Street and Hawthorne Avenue, Gordon and McGowan Construction and The Organic Salon. At the transportation committee meeting, MTO told councillors that the owners of these properties were "willing sellers."

The areas where the sections of the "rapid replacement" bridges would be pre-fabricated would be Ballantyne Park on the north side of Hawthorne, the overgrown area to the north of the Old

Town Hall and homes to the east, and the area just south of the short section of Catherine Street between Elgin Street and Queen Elizabeth Driveway.

The prefabricated sections for the Canal bridge would be installed by using a number of cranes including one located on the current site of the Royal Oak. Like the Queensway bridge rapid replacement at Lees Avenue, the idea is to remove the old bridges and build the new ones as quickly as possible to minimize disruption to Queensway motorists. In fact, the Lees overpass was replaced in three days.

The project's impact on Ballantyne Park is not clear. "We will try to protect larger trees in the park where reasonable to avoid and they can be worked around [but it's] not a guarantee that we can," Duhaime told *The Mainstreeter*. There is no information on how long the park will

was to be completed in the "fall/winter 2019/2020." Once completed, the public will be given 30 days to comment. No additional public meetings have been scheduled.

Both Councillor Menard and MPP Joel Harden have been active in the review of MTO plans. Harden says, "I have emphasized the need for a robust consultation process that engages affected residents and business owners so that concerns including neighbourhood character, safety, and disruption for small businesses are effectively addressed."

Residents and businesses on Hawthorne Avenue and the north part of Main Street may have just recovered from the city's rebuilding of Hawthorne-Main-Greenfield by the time the bridge replacement project begins. The street rebuilding is scheduled to start next Spring 2021 and finish by Fall 2023.



MTO IMAGE

**The proposed plan for replacing the Canal Queensway bridge requires installation of a temporary crane on the site of the Royal Oak Pub.**

be removed from public use.

In terms of timing, the projects can't begin until funding is available, and MTO doesn't know when this will be. At the transportation committee meeting, 2024-2025 was the suggested start date with a duration of about four years. In terms of cost, MTO told *The Mainstreeter* that this won't be known until the contracts are awarded. MTO provided no information on what already completed Queensway bridges had cost.

Key to the approval of the project is the completion of a "transportation environmental study report" which

One potential benefit of the MTO's possible acquisition of the northwest corner of Main and Hawthorne is that, as noted by Councillor Menard, this could allow for some widening of Hawthorne so that the hazardous southwest corner could be improved for pedestrians and cyclists.

The rehabilitation work currently underway on the Canal bridge is expected to be done by the Fall at a cost of about \$1.1 million. It's being done "in order to extend the bridge's piers and abutments' lifespan until full replacement," says Duhaime.



JOHN DANCE PHOTO

**After about 60 years the Queensway bridges' concrete is breaking away from massive reinforcing rods. After about 60 years of usage, the Queensway bridges' concrete is breaking away from massive reinforcing rods.**

# Federal election postscript: OOE voters gave a big boost to Catherine McKenna's victory

## JOHN DANCE

Voters of Old Ottawa East (OOE) were a key part of incumbent Liberal Catherine McKenna's dominant victory in the October 2019 federal election, according to recently released poll-by-poll data obtained by *The Mainstreeter*. Runner-up Emilie Taman of the NDP won a number of polls throughout the Ottawa Centre constituency, but none in OOE.

Across all polls in the riding, McKenna won 48 percent of the vote, and in the Old Ottawa East polls she took 51 percent. Correspondingly, Taman had 29 percent of the total votes cast, but 25 percent of the OOE share.

Green party candidate Angela Keller-Herzog fared better in OOE than her overall result with eight percent of the vote in our community versus seven percent overall. Conservative candidate Carol Clemenhagen had about 12 percent of the vote both overall and in OOE. Seven other candidates and rejected ballots accounted for the balance of the vote.

Residents of the Lees Avenue apartment buildings did not support McKenna as strongly as elsewhere in OOE, but even in the apartment polls



JOHN DANCE PHOTO

**Liberal Catherine McKenna polled more than 50% of all votes cast in Old Ottawa East polls, more than double her closest opponent, in sweeping to victory in last October's federal election.**

McKenna received at least 40 percent of the votes cast.

Elsewhere in Ottawa Centre, Taman handily won a number of polls, notably at Carleton University, one of the polls at Old Ottawa South's Hopewell School and another at the Montgomery Legion on Kent Street.

McKenna, Taman and Keller-Herzog all did better than their parties. McKenna's results were 15 percent better than the Liberals nationally; Taman was 13 percent better than the national NDP results and Keller-Herzog was about two percent better. However, as has almost always been the case for the Conservatives in Ottawa Centre,

Clemenhagen polled far behind her party's overall national result, which in 2019 was 34 percent of the popular vote, the most of any party.

After her victory, McKenna was reappointed to the federal cabinet, becoming the new Minister of Infrastructure and Communities.



## OPENING DAY IS MAY 30!

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## Architecture students and Saint Paul University Conservation and sustainability guide students' creative imagination

**JOHN DANCE**

Carleton University architecture students have bold but compatible designs for a notional new addition to Saint Paul University (SPU) that would host a multi-purpose space for 1,000 people.

The 17 third-year students of the unique Conservation and Sustainability program at Carleton's Azrieli School of Architecture and Urbanism spent their "studio" time last fall designing an addition that, were it to be built, would satisfy diverse challenges, including ensuring the new addition would add value to existing structures rather than destroying their character and identity.

The students worked in teams and produced professional-looking renderings and models that were subject to the critiques of a panel of architects in December.

As their architecture professor Mariana Esponda puts it, the key to the students' work was the need to "understand and respect heritage values and character-defining elements in order to protect these values with the contemporary addition." Also, students were required to take a consultative approach with clients, community and stakeholders to identify main needs; and to apply sustainable design strategies.

The design concept of students Jessica Babe and Mary Hanna, as they describe it, "unravels through both interior and exterior spaces until it reaches a peak above the central core of the addition, a celebrated, multi-functional space within

the university." An inviting feature of the design is a skating rink in an adjoining courtyard, readily visible from the new multi-purpose space.

Their classmates, Federico Lacasia and Ryan Yang Zhang's proposal "modified the connection between Saint Paul's Laframboise Hall and Guigues Hall by elevating it. Thus, the modification establishes a celebrated entrance to the campus and reveals its interior green space... The multi-purpose convocation hall was placed on an existing underappreciated parking lot in the university and designed smaller than the existing buildings so it would not outshine the existing university buildings."

Melina Grandmont, Karli Bijawoski and Clarisse Miranda's proposal located the addition at the north end of campus, "attaching to Guigues Hall and creating a linear massing along both Main Street and Hazel Street. The location of our addition was meant to complete the balance in the existing building's shape by adding the "missing wing" on the North side of Guigues and creating a supplementary courtyard between our addition and the central transept."

While, for now, the designs were simply fascinating creative exercises for the Carleton architecture students, some day Saint Paul University could have a new multi-purpose hall and these students might inspire some professional architects to design creatively and respectfully on the SPU campus.



LACASIA/YANG ZHANG IMAGE

**Federico Lacasia and Ryan Yang Zhang's proposal would provide an inside market space in the winter.**



GRANDMONT/BIJAWOSKE/MIRANDA IMAGE

**Melina Grandmont, Karli Bijawoski and Clarisse Miranda's proposal adds the "missing wing" to the SPU campus.**



BABE/HANNA IMAGE

**Starry Night: An inviting feature of Jessica Babe and Mary Hanna's design is a skating rink readily visible from the new multi-purpose space.**

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Ontario adopted the white trillium as its floral emblem in 1937. Did you know the trillium's other name is *wake-robin*? Trilliums bloom in early spring – when robins wake up ... so goes the folklore. Bye, winter!



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# BE THE CHANGE!

## Old Ottawa East's bird population faces increased risk from climate change

REBECCA AIRD

The disruptive effects of changing climate on the birds that nest in or migrate through our community may not be a top priority for residents of Old Ottawa East facing other climate realities. And yet, a vital realization is re-emerging from the climate crisis -- the fate of humanity and the planet really are inseparable, and birds can provide an early warning of the challenges that may affect people.

According to the Audubon Society, two-thirds of North America's bird species are at increased risk of extinction due to climate change. In combination with other human-caused threats, there has been a loss of about three billion birds since 1970. Some of the hardest hit are species of birds that are commonly found in Old Ottawa East (OOE).

Birds are memory-markers for many places I frequent in OOE, so I've chosen a few to profile.

In early May last year, I stopped to listen to a **White-Throated Sparrow** singing its sweet, iconic "Oh sweet Canada Canada Canada" refrain along the Rideau River Nature Trail behind the Lees Avenue apartment buildings. Although an abundant species, the population of white-throats has already declined by about one-third since 1970. Audubon's climate modelling projects that, by 2080, the White-Throated Sparrow could lose over 70 percent of its current summer range in the boreal forest. Predicted temperature rises and rainfall decreases in the boreal region will result in drier conditions that will affect the plants it depends on for nesting and the seeds and fruit that are its food.

As I've cycled to work past the junction of Echo Drive and Colonel By Drive, a **Gray Catbird** has loosed its rambling complex tunes from deep inside a sapling thicket. Because it breeds in shrubby places, human landscape disturbance can create favourable habitat, and this species seems to have increased in abundance in recent decades. Climate change may enable it to expand its range, at least in the eastern part of North America. However, its dependence on insect food makes it vulnerable to declines in insect



PETER FOWLER PHOTO

**Climate variability affects the insect population which, in turn, places many local bird species that rely on insects for their food supply at risk.**

populations (more on this below).

About 10 years ago, coming and going from my garden plot behind Saint Paul University, I would frequently see **Chimney Swifts** circling above the connecting corridor between the Laframboise building and Guigues Hall. Sadly, this species is experiencing significant population decline throughout Canada and I seldom see them now. Loss of chimneys for nesting (which this species seems to like at least as well as the tree cavities where they traditionally nest) has been a major factor.

But as an aerial insectivore – birds whose diet consists of insects caught in flight -- climate change is also a significant threat. Insectivores in general are vulnerable when insect populations are negatively affected by climate variability. For example, during an early spring, long-distance travellers may arrive too late for the insect bonanza they need for successful nesting.

Among other pressures on birds that are exacerbated by climate change, higher temperatures challenge their ability to stay cool, and this can in turn disrupt feeding activity, reproduction and even survival. Most of the birds we see in Old Ottawa East migrate elsewhere for the winter and will have a greater likelihood of encountering severe weather during migration. Birds are demonstrating that climate change will affect the conditions where we live and the food we need to eat.

Let's work on behalf of birds and people! Bird and climate-friendly actions include planting native trees and flowers in your garden, working with Sustainable Living Ottawa East (SLOE) to protect and restore our urban forest, and reduce your food waste so less land is needed to grow food. The delight we derive from birds – even at an unconscious level – is worth adding to the many other reasons to engage in climate action.

**Did you know that Old Ottawa East has a Bird-Friendly group? For more information contact [birds@ottawaeast.ca](mailto:birds@ottawaeast.ca). To get involved in SLOE's climate change projects contact [sloe@ottawaeast.ca](mailto:sloe@ottawaeast.ca)**

October 1985, Volume 1, Issue 1

OUR 35<sup>TH</sup> ANNIVERSARY 1985-2020

# The Mainstreeter's very first editorial

With the publication of our October 2020 issue of *The Mainstreeter* only months from now, we will proudly celebrate the 35th anniversary of our community newspaper. To help us recognize the stellar work of the legions of volunteers who have made *The Mainstreeter* such a success over our 35-year history, we will sprinkle throughout our 2020 issues some of the stories that were making news in Old Ottawa East back in October 1985.

We begin by reprinting the very first editorial in our history, penned by

then-editor Martin Adelaar. Much has changed since this initial viewpoint was written, but one thing remains the same – the participation of tremendous volunteers who make our paper a vital source of news, information and entertainment for this community.

We hope you enjoy this editorial and the other throwback articles we will publish this year. Our goal is that *The Mainstreeter* will continue to be, in the words of Martin Adelaar, "...an effective community voice that makes you feel good".

## MARTIN ADELAAR

What is *THE MAINSTREETER*? Answering the question takes me back to the September opening of the Main Street Community Centre at De Mazenod School. I saw children running around that day wearing buttons saying, "I'm a Mainstreeter." Not only that, I heard them shout it out and I'm sure it made them feel good.

The Mainstreeter hopes to be an effective community voice that makes

you feel good. We hope it will make the community feel good about its people, the scenery and the potential for new and exciting things to happen here.

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

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

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

## A PLACE TO HAVE FUN:

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

## ELECTION TIME:


A major feature of our first issue

is the upcoming municipal election, both at the community and city levels. For the past several weeks many of you have been thinking about or have openly voiced issues that you feel need to be addressed. Are recent housing developments detrimental or beneficial to the community? What can be done to stimulate job creation on a local basis? *The Mainstreeter* had a chat with the candidates for alderman to see how they would meet these challenges. I think you'll find the results interesting.

## VOLUNTEERS:

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

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



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# BUSINESS BEAT

Thanks owed to Mac orientation

## Chance scenario paves the way for new physiotherapy clinic in Corners on Main

**QUINN ABUGOV**

After a winter of weather whiplash, the spring season beckons with the opening of a new full-service physiotherapy clinic in Old Ottawa East. **Physiotherapy on Main**, the new sister location to Physiotherapy on Kent, recently opened its doors at 60 Springhurst Avenue in the Corners on Main development.

And it was a “chance scenario” in Old Ottawa East that eventually led owner Joseph Federico, a Glebe resident, to open Physiotherapy on Main. Coincidentally, it was an orientation night for new parents hosted by Immaculata High School that led Federico to discover the space his clinic now occupies.

“My wife and I were at an information night for my daughter at Immaculata

and I happened to look across Main Street and see the space for lease,” recalls Federico. “A light-bulb went off, and a few dominoes fell, and the next thing you know you’ve got a pen in your hand and your signing the lease.”

Similar to the first location on Kent Street, the Old Ottawa East clinic is a full-service physiotherapy destination. A career physiotherapist, Federico offers a variety of services that meet an abundance of needs. “We’re primarily a Musculoskeletal (MSK) clinic, which includes orthopedic and sports injuries, for instance. We also treat neuro patients - those suffering from Parkinson’s and MS,” says Federico.

The clinic also treats patients dealing with cardio and respiratory issues, as well as individuals suffering from vestibular ailments such as dizziness and vertigo. The clinic is designed to accommodate one-on-one treatment sessions, which is an aspect Federico believes makes his clinics stand out. “The environment is a one-on-one clinic which means when you book time with a physiotherapist, you get that therapist from start to finish. We have fantastic people both here and



SUPPLIED PHOTO

**Joseph Federico’s new physiotherapy clinic in Corners on Main is expected to be a perfect fit for a community full of physically active residents.**

downtown.”

Timing-wise, the opening of the clinic coincides perfectly with the end of the winter melt. As the cycling paths and walking trails of Old Ottawa East start to emerge, and subject to the virus, residents will hopefully soon begin flocking to the great outdoors. Federico believes his new clinic will “be a perfect fit” for an “active, walkable, livable community” full of physically active residents. “As a physiotherapist, my goal is keeping people active, moving and enjoying life.”

An admitted urban planning enthusiast, Federico was drawn to the neighbourhood’s quality recreation infrastructure. “I look out onto Main Street and I see a complete street, a wide sidewalk, a dedicated bike lane. I thought that, with the way Main Street is

evolving, physiotherapy is very much in keeping with the values and DNA of the community.”

With the Old Ottawa East clinic in its early days, Federico sees the importance of creating relationships within the community. Last fall, the clinic’s Kent Street location partnered with a University of Ottawa student organization, Active Smiles Club of Ottawa, which helps provide dentistry and physiotherapy services to underprivileged families. Federico hopes to partner with local youth organizations in the OOE community to foster an appreciation for healthy, active living, and to tout the benefits of the practice of physiotherapy.



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# ART BEAT

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



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### OOE ARTIST FEATURE: KAREN GOETZINGER, ABSTRACT PAINTER INSPIRING HUMAN CONNECTION

While out for a walk in the early days of the COVID19 pandemic, professional mixed media artist Karen Goetzinger noticed that people were being friendlier than usual. “This was when we were getting the very first messages about social distancing,” Goetzinger explains. “Almost everybody who passed me on the street greeted me with an enthusiastic ‘good morning,’ and I thought it was awesome. Clearly, people wanted contact!”



*Tempest*

40" x 50" (102 x 127 cm) - acrylic, ink, graphite, oil pastel

More recently, however, she has noticed a big change. “People now regard me with a kind of wariness...like they’re wondering if I’m a walking germ bag,” she says.

Goetzinger understands. These are difficult times. But the desire for contact or connection lies at the core of her art. “I believe that most humans desire connection, but that they are often too busy in their day-to-day lives, or too inundated with a barrage of negativity, to make that kind of meaningful human contact.”

She recognizes that abstract art can be misunderstood. “When I first began doing abstract painting, I knew that I was limiting my audience,” she says. “Most people relate more to art that pictures something. But I love the idea of a person standing in front of a piece of my art and discovering it for *themselves*—seeing what it brings up for them—without giving them literal references.”

When people say: “But it doesn’t look like anything!” Goetzinger responds: “You’re absolutely right!” Her work is completely emotion based. When she approaches a blank canvas, she thinks of an object, moment, or event and then lets herself feel the emotions associated with the memory. “My choices in the areas of colour, mark making, and composition are designed to express the emotions that I am feeling. The smallest, simplest event can inspire my work.”

Goetzinger shares the inspiration for one of her paintings. “Every Sunday morning at eight o’clock on our way to church, we would see an elderly woman walking with a three-pronged cane. We would see her no matter the weather; I always wondered where she was going.



*Despite Appearances There Was a Lightness in Her Step*  
41.5" x 52.5" (157 x 112 cm) - acrylic, ink, graphite, oil pastel

My painting ‘Despite Appearances There Was a Lightness in Her Step’ was inspired by her. I used pinky coral and lavender tones to invoke her softer more feminine aspects. I used black, royal blue, and teal to express her strength bending over that cane. And I used yellow to express the joy and conviction of ‘getting out and going’ despite appearing to be old and frail.”

Goetzinger points out that a person could view that same painting, read its title and tell her (as some people did at the opening of her exhibition “Beauty in the Inconsequential” at the Shenkman Arts Centre in January): “I know what the title says, but this is what it does for *me*...”

“That’s my biggest hope,” she says. “That *that’s* what will happen when a person views one of my paintings. They will stop, take a second look, and think of their *own* memories/stories or contemplate a simple pleasure...maybe find value in what may have at first seemed inconsequential but is essential to the human experience. Imagine what simple beauty is waiting to be discovered each day if we stop and look.”

She also hopes that people will find their way back to those early moments of the pandemic when they found themselves reaching out to make genuine contact with others. She believes that people crave art, even in troubling times. “Look at the boxes of books people ordered from Black Squirrel when our bookstores and coffee shops were closed.”

Goetzinger has a small studio at home. Now that she paints on such large canvases, she can only work on one

painting at a time in her small space. “I’ve often thought that I’d like a bigger studio, but I could never afford one. But in this climate, I am loving my studio and am thankful for it!”

[Karen Goetzinger (<http://www.karengoetzinger.com>) holds a Bachelor of Arts degree in Fashion Design with an emphasis in Fine Arts from Mount Mary University in Milwaukee Wisconsin. Her work is exhibited by public and commercial galleries throughout North America, and has been shown in exhibition spaces in China and Australia. It hangs in both private and corporate collections internationally. In the greater Ottawa area, her works can be found at General Fine Craft in Almonte, the Ottawa Art Gallery Galerie Annexe, and Santini Gallery.]



**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](mailto:tanis@browning-shelp.com) if you have information about artists or art events that you believe would enrich our community members’ lives.**

*The Green Door Restaurant Exhibitions***SCOTLANDIA: the renaissance-era photographs of Richard Robesco**

When The Green Door restaurant reopens, check out feature artist Richard Robesco and his exhibition entitled "SCOTLANDIA." The exhibition has been extended through to the end of August 2020.

Reminiscent of renaissance-era paintings, these images were taken from Robesco's SCOTLANDIA series of photographs and celebrate the romantic landscape. Their titles have been inspired by Scottish folklore and mythology.

Richard Robesco continues to explore metaphors found in the commonplace.

Robesco's bio, selected works, and complete SCOTLANDIA series of more than one hundred images can be seen by visiting his website at: [WWW.RICHARDROBESCO.COM](http://WWW.RICHARDROBESCO.COM).

The next artist to be featured at the restaurant will be Irene Tobis and her exhibition entitled "Nourishing the Soul." For more information visit her website at: [www.vegfd.ca](http://www.vegfd.ca).

*The Green Door restaurant has engaged photographer/publisher Jake Morrison for a year, starting in September 2019, to curate photography for the walls in the restaurant's north room. A new show will go up every three months.*

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# Community Activities Group of Old Ottawa East (CAG) Spring – Summer 2020 Programs



## CAG Closure

**In-person program suspension continues until further notice. Stay safe and well.**

For more information on the closure: [www.ottawaeastcag.ca](http://www.ottawaeastcag.ca)

Email is being monitored daily: [admin@ottawaeastcag.ca](mailto:admin@ottawaeastcag.ca)

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# Meet the team behind Capital Ward Councillor Shawn Menard

## JOHN DANCE

It's only been a year and a half, but Capital Ward Councillor Shawn Menard has been vocal and prolific in forcefully advancing the interests of the ward, its communities and the direction of the City. A key reason for this is the support of his team of four staff advisors, three of whom have been with him since the beginning of his term.

Whether it's the future of Lansdowne, the climate change emergency, pushing back against excessive development proposals, affordable housing, LRT transparency or whatever, his staff have passionately done the necessary research, consultation and development of policy positions, all the while simultaneously handling the daily requests and questions of residents.

Ariela Kay Summit, Miles Krauter, Melanie Boyer and Jonathan McLeod each brought varied and rich experience to the office when they were hired. And each has two basic roles: to cover the specific issues within one of the ward's four major communities (or five if Glebe and Dow's Lake are counted as two) and to be the lead for specific large files.

For instance, Summit is the Old Ottawa East representative and she handles "all the 'green' files in the office," as she puts it. So, she was the office lead for the City Council initiative to declare a "climate emergency," and such things as improving Ottawa's solid waste management. She is also responsible for "the more granular issues involving parks, recreation infrastructure, wildlife management, and water."

All four advisors relish the mix of the broad policy issues and the nitty-gritty. "There's a variety of things, it's never boring and often difficult," says Krauter, noting how the range of issues and working with residents makes the job very "grounding."

"The appeal of the job comes from actually being able to accomplish something that has a direct impact on others," says McLeod. He cites such initiatives as the restoration of the Glebe's Mutchmor rink as an example of "fostering communities that are better for everybody's physical and mental well-being" and goes on to note, "We're not just pushing paper – we are all working together to advance a city-wide vision."



JOHN DANCE PHOTO

Staff of the Capital Ward Councillor's office are, from left, Miles Krauter (Old Ottawa South), Mélanie Boyer (Heron Park), Ariela Kay Summit (Old Ottawa East), Jonathan McLeod (Glebe), Rosalind Curran (student intern), and Councillor Shawn Menard.

The four advisors and a student intern all work in the small open space in front of Menard's office at Ottawa City Hall. The phone rings continually and a white board listing both long-term priorities and immediate projects and tasks is readily visible to all.

In terms of residents' calls and emails, during the winter 40 percent of them are about snow and ice clearing, 16 percent are vehicle complaints, 11 percent are about infrastructure issues, 10 percent relate to neighbours, development and business, eight percent are for water and hydro matters, another eight percent are transit-related and the other seven percent are for parks, environment and miscellaneous.

Boyer says, "We truly all work together in this office, but my main responsibility is organizing Shawn's day - scheduling meetings, making sure he has time to eat lunch - as well as triaging emails we receive from constituents to the right person's inbox. I answer the phone with the help of our placement student and take care of service requests from our residents."

And she notes that the best way to contact the office with an issue is to email [capitalward@ottawa.ca](mailto:capitalward@ottawa.ca) "with as much detail as possible," because the Councillor's office may not be aware of the background. She then assigns the issue to one of her colleagues (unless it's a Heron Park issue in which case she will follow up) and tracks its progress.

What then are the challenges of the job? McLeod says it "can be difficult trying to harness the power of the City because it is so dispersed. The goals and desires of some wards have severe detrimental impacts on our ward." He notes that "The rules and protocols of the bureaucracy restrict us." He also notes other fundamental problems: for some issues such as the implementation

of photo radar, "The City is hamstrung by the Province"; and the Province and the federal government have many more revenue sources.

Summit, the OOE "go-to" person, describes herself as "an urban enthusiast, seeker of wonder, with a passion for nature, movement, and social justice. I'm originally from the Boston area (no, I don't have an accent). I love Ottawa and can be found traversing its many pathways by bike, x-country ski, and foot. I studied urban planning and

environmental management in Los Angeles and worked for years at the Federation of Canadian Municipalities' Green Municipal Fund."

"I'm often humbled by the compassion and dedication - and patience - of my colleagues," she adds. "The office works well and manages to accomplish so much because Shawn trusts us to work independently, but there's a high degree of collaboration in the office that keeps us aligned."

# POLITICAL PAGES

## ROB GORDON A/PRESIDENT OLD OTTAWA EAST COMMUNITY ASSOCIATION



### COMMUNITY APPEAL EFFORTS WORTHWHILE

The new year has ushered in a spate of news for the community, including: a pending settlement of the appeals brought by the Old Ottawa East Community Association (OOECA) against two City Council decisions to increase building heights in Greystone Village; City approval of enhancements to Springhurst Park; the launch of a number of new environmental initiatives; and, the prospect of full consultation on the future of Lansdowne Park.

First, as OOECA past President Phyllis Odenbach Sutton reports in this issue of *The Mainstreeter*, the community association, The Regional Group and the City have agreed to a settlement that will reduce building heights in Greystone Village that were? approved by City Council last year. While the proposed settlement still requires the blessing of the province's Local Planning Appeal Tribunal, the pending deal aims to ensure building heights are more in line with what the community and others agreed to during the lengthy community design plan process. Thanks to the many who led, worked on and contributed to the community association's appeals. It wasn't easy.

Next, this summer will see some exciting new projects begin to take shape at Springhurst Park. The youth playground will be reconstructed within a "nature" design theme, as chosen by last fall's community vote. The City will also be installing a public beach volleyball court, outdoor ping-pong table, additional outdoor exercise equipment in the fitness zone, as well as a bench alongside the popular basketball court; all funded through strategic initiative funds. These projects are the brainchild of Vision Springhurst, and especially its founder, Rick Burrowes, and they will continue to develop Springhurst into an even more vibrant, active, community outdoor recreation area.

Earlier this month, Sustainable Living in Ottawa East (SLOE), hosted a meeting for Community Associations for Environmental Sustainability, a lively group of folks from across Ottawa who are challenging local, provincial and federal governments to do more to support the environment and address climate change. These are exciting times, with many new directives for our city being developed, including Ottawa's Official Plan, Waste Management Plan and Climate Change Master Plan, all of which crucially need input from citizens. Several new SLOE initiatives will soon be underway.

On the transportation front, OOECA is again asking that the City's new Transportation Master Plan eliminate once and for all the proposal to build the Alta Vista Transportation Corridor, an antiquated proposition that would eliminate the large green space between the Lees Avenue apartment village and Springhurst Park, dump huge amounts of car traffic onto OOE streets and compete with the struggling LRT system.

The association continues to be engaged with the City on the Greenfield/Main/Hawthorne reconstruction project (rescheduled to start in 2021) and with the province on the Downtown Queensway Bridges Replacement Project. As part of the latter, OOECA seeks the early installation of sound barriers to protect residential neighbourhoods north and south of the Nicholas interchange.

In development news, considerable progress has been made in the Greystone Village/Corners on Main developments. Corners continues to expand its businesses with the addition of the Greens and Beans restaurant and Physiotherapy on Main, which is profiled in the Business Beat pages of this issue of *The Mainstreeter*. And in Greystone Village, the retirement residence is now opening and the sold-out first nine-storey condo is now being occupied. The neighbouring condo now under construction is 75 percent sold out and will be completed in 2021.

Although elected as OOECA Vice President last November, I will be acting President until the fall when Jaime Girard will return to the role of OOECA President.

## SHAWN MENARD COUNCILLOR-ELECT, CAPITAL WARD



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### IMPROVING OUR PARKS & DISCUSSING THE FUTURE OF LANSDOWNE PARK SHAWN MENARD

#### Cash-in-Lieu of Parkland Projects

Since it's spring, it's a great time to talk about our parks and what we're doing to improve them. Park space is an issue in Old Ottawa East and many other central communities. The neighbourhood is quite built up, there's little extra space to make new parks, and so it is quite important that we take care of our existing parks and expand our park capacity as much as possible.

All wards have a Cash-In-Lieu of Parkland fund. This is money that comes from new developments in the ward. When building new housing, developers must either provide space for a new park or give the city money that can be used to improve existing parks. Considering the lack of empty space in Capital Ward, developers tend to give money rather than land. As we get more people living in the area, we will need more space and more amenities to be able to serve everyone.

We are pleased to be funding two significant projects in Old Ottawa East as part of the Cash-in-Lieu program and requests made by the community association. First, we will be working on rejuvenating and adding amenities to Springhurst Park.

For this project, we will be introducing several new amenities to Springhurst, including a new bench, exercise equipment, a ping pong table and beach volleyball courts. Springhurst is a vibrant and well-used park, and this project will enhance it, providing more opportunities for more neighbours to enjoy it.

We are also contributing funding towards the creation of the park space within Greystone Village. This is the park in front of the Deschâtelets Building that connects to Main Street. This park space has been in the planning stages for several years. In 2015, there were preliminary plans made. We will now be re-visiting those designs to make sure they still fit the needs of the community.

The purpose of this project is to build a passive park space with room for a Farmers Market. It will serve both the current residents as well as those who will be moving into the new Greystone development. It will provide a respite from the hustle and bustle of Main Street and add to the character of the neighbourhood.

#### Major Lansdowne Update

Many of you are probably wondering what is going on with Lansdowne Park. To recap, last fall we worked with City Council to bring a motion to ensure full public consultations before any changes were made to the operating structure at the park. These consultations were to be conducted over February or March before a report went back to Council prior to the summer.

I'm very happy to report that upon further productive discussions, OSEG has made the decision to withdraw their proposal to program and operate the entire park. I commend them for doing so and am looking forward to improving Lansdowne Park collaboratively, without the proposal on the table to replace valued city operations of the Park.

My office will be working with the community, the City and with OSEG on the future of all of Lansdowne Park and will be driving public discussion and consultations on what we can do collectively to enhance neighbourhood and city-wide utilization. There is an opportunity to help move towards the urban village originally envisioned for the space. Thank you to all residents who voiced their opinion on this matter and acted.

With these two projects, we should be seeing significant improvements to parks and quality of life in Old Ottawa East.

# POLITICAL PAGES

## JOEL HARDEN MPP, OTTAWA CENTRE

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### EMPATHY IN ACTION: OTTAWA UNDER COVID-19

It's been a wild and dystopian couple of weeks. A global pandemic some believed was confined overseas arrived in Canada quickly.

Life normally flashes from pillar to post. Now the minutes of the day stick together as we stay home, and scour for news of the latest updates.

Canada's public health care system has been our first line of defense. Its front-line staff are our guardian angels, and we are thankful for their efforts every day, never more so than now.

Thank you to Dr. Vera Etches, Ottawa public health officials, and front-line workers helping those directly impacted by COVID-19. Brewer Arena is a place of hope for those in distress.

Thank you to staff working our city's distress line, who listen when people call to share concerns and fears. You are offering a critical service, notably for those who already live with heightened anxieties.

Thank you, nurses, personal support workers, hospital cleaners and support staff, doctors, orderlies, administrators, and other health care professionals. Thank you, first responders, - paramedics, firefighters, and police. We see you pulling long hours, and we understand the great sacrifice from you and for your families.

Thank you, grandmothers and grandfathers who fought for the public health care system that, protects us today. A brief glance at the United States reminds us of what could have been without your wise decisions.

Thank you neighbours for looking after each other. Thanks for dropping off food and support to those unable to provide for themselves.

Thank you, donors and small businesses who have enabled this work. We are seeing incredible generosity being mobilized across the city. It gives hope for what we can accomplish on so many other fronts.

Thank you shelters working with our homeless neighbours, people who are uniquely vulnerable to the spread of COVID-19. We see you at Operation Come Home, The Mission, The Shepherds of Good Hope, The Salvation Army, and the Youth Services Bureau.

Thank you, parents and caregivers, working hard to balance employment and family. It's not easy to create a fun day inside, even with brief trips outdoors. This is even harder for kids with disabilities or special needs. But children are vectors for illnesses, and staying home is making a difference. Keep at it.

Ottawa is such a compassionate city. I am thankful for all that has happened here to date in response to COVID-19, and mindful of what must be done in government policy to enable even more.

Moves have been made at the provincial and federal level which offer a good first step. As Ontario's Critic for People with Disabilities, Seniors, and Accessibility, I know we can do even better, notably for those without much employment income.

Canada is a rich country with vast resources. More of those resources must be shared to ensure no one gets left behind as we urge social distancing.

This is a test of solidarity. Let's pass it together.

## CATHERINE MCKENNA MP, OTTAWA CENTRE

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TWITTER: @CATHMCKENNA  
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### COVID-19: WE'RE ALL IN THIS TOGETHER

As we are now in our second month of self-isolating and physical distancing, I hope you are safe and feeling well.

Remember these important steps and information to prevent the spread of COVID-19:

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose and mouth
- Cough and sneeze into your sleeve and not your hands
- Practice physical distancing by keeping a distance of at least two arms lengths (approximately two metres) from others
- In Ontario, the maximum number of people allowed to gather is five
- Stay home as much as possible

For up to date information on COVID-19, visit the Ottawa Public Health, the Public Health Agency of Canada and [Canada.ca/coronavirus](https://www.canada.ca/coronavirus) websites. On social media, follow @ottawahealth, @CPHO\_Canada and, @govcanhealth.

#### New Canada Emergency Response Benefit (CERB)

The Government is providing support for workers who lose their income as a result of the pandemic, whether they qualify for Employment Insurance (EI) or not. Highlights include:

- up to \$2,000 a month for up to four months for workers previously announced Emergency Care Benefit and Emergency Support Benefit
- This new benefit applies to wage earners, contract workers, and the self-employed who would not otherwise be eligible for EI.

#### Help for Small Business

Recently, I had many conversations with small businesses in Ottawa Centre about the need for additional support, which I shared with my cabinet colleagues.

It was gratifying to see that many of the ideas Ottawa Centre small business owners shared with me were subsequently reflected in a recent announcement by the Government of Canada, that includes:

- a significant increase in the wage subsidy for qualifying businesses for up to 3 months, retroactive to March 15, 2020 - from 10% to 75%; and
- interest-free loans through a new Canada Emergency Business Account. To make sure small businesses have access to the capital they need, financial institutions will be offering government-backed, interest-free loans of up to \$40,000 for qualifying businesses. Significantly, up to \$10,000 is eligible for debt forgiveness.

This announcement allows businesses and self-employed individuals to defer all GST and HST payments until June, including duties owed for imports.

Visit <https://pm.gc.ca/en/news/news-releases/2020/03/27/prime-minister-announces-support-small-businesses-facing-impacts> for more details on help for small businesses.

#### Here For You

The COVID-19 pandemic is an unprecedented situation that continues to evolve. I know how challenging it is for residents and businesses in Ottawa Centre.

Please continue passing on your concerns and suggestions. They are extremely helpful and valued. As the Prime Minister has said, we're all in this together and our government will continue to work around the clock to ensure all Canadians and small businesses get the support they need.

My constituency office is still digitally open and ready to support you. You can contact us by calling 613-946-8682 or by email at [Catherine.McKenna@parl.gc.ca](mailto:Catherine.McKenna@parl.gc.ca)

P.S. I recently washed my hands to *The Hockey Song* by Stompin' Tom Connors. To help your children with this key safety measure, go to "Wash Your Lyrics" at <https://washyourlyrics.com/>. Your kids can generate their personal info graphic poster, based on their favorite song.

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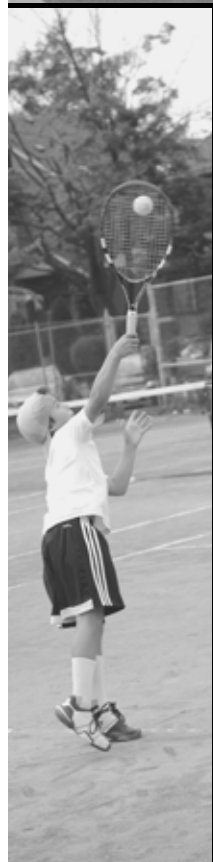
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# The 2020 Snow Mole Campaign aims for safe winter walking

## DIANNE BRETON

Can winter walking be safe? The Council on Aging of Ottawa (COA) believes that pedestrians who become volunteer Snow Moles and report on winter walking conditions in their neighbourhoods can help to make walking safety a city-wide priority.

By reporting on the real experiences of walking to bus stops, crossing busy intersections, going to the bank, grocery store or pharmacy, volunteer Snow Moles help to identify the need for better snow clearing on sidewalks, pathways, bridges and streets without sidewalks.

The 2018-2019 winter months were harsh with more than 50 freeze-thaw cycles recorded, causing heavy ice build-up, especially on residential sidewalks. The findings of the COA's 2018-2019 Snow Mole Campaign, taken together with the aging of our population, suggest there is an urgent need to address the challenges and impacts of winter weather and climate change, especially for the most vulnerable citizens.

Winter weather in Ottawa has been kinder this year and the 2019-2020 Snow Mole Campaign has had warmer temperatures, less ice build up, and easier walking conditions overall. Thanks to Snow Moles and increased resident demands, City Council approved an increase to the sidewalk snow clearing budget this year, resulting in better use of sidewalk clearing plows. Major residential streets have been plowed to bare pavement, and new ice-breaking equipment has been used when needed.

According to the COA, anyone can be a Snow Mole, but most are seniors and people who use mobility devices (canes, walkers and wheelchairs).

The age-friendly 2019-2020 Snow Mole Campaign was active from January to the end of March, primarily receiving

responses to a bilingual questionnaire/survey available on a smart phone or paper copy ([www.coaottawa.ca/snowmoles](http://www.coaottawa.ca/snowmoles)). The COA's Pedestrian Safety & Walkability Committee is linked to representatives from the City so that safety concerns are heard by local government throughout the Campaign.

On a related note, the City's Public Works-Environmental Services Department is currently reviewing the City's 2003 Winter Maintenance Quality Standards (WMQS), with Council budget approval expected in 2021.

Capital Ward Councillor Shawn Menard included "Getting Around in Winter: Winter Operations & Snow Clearing Report", in the February edition of his Capital Ward Bulletin. In his report, Menard describes the important changes needed to the WMQS, and lists the most important snow clearing priorities as: accessibility, equity, sustainability, and climate change resiliency to have a "healthy and liveable city".

The Menard report proposes that the City give "serious consideration to resident proposals," and gives the urban Councillors a pat on the back for hosting an information session on urban snow clearance in March 2019 "that gave residents the chance to be heard."

This year, volunteer "Snow Mole Team Leaders" from 18 neighbourhoods across the City joined the Campaign to encourage their friends and neighbours to winter walk, complete a Snow Mole survey and relate their experiences. Mapping of 2020 Snow Mole survey locations show that reports have been received from Carp and Kanata in the west, Gloucester and Orleans in the east, and most central urban areas as well.

Snow Moles are recommending:

- Prioritizing safety and putting



DIANNE BRETON PHOTO

**Treacherous winter walking conditions resulting from an increasing number of freeze-thaw cycles and snow and ice build-up place many pedestrians in peril on our city streets.**

- pedestrians first in City snow clearance from Class B (snow packed) to Class A (bare pavement) on high density residential sidewalks;
- Removal of snowbanks on residential streets before they become hazardous to pedestrians, and before thawing and freezing into ice build up that is difficult to remove and dangerous to walk on;
- Implementing realistic solutions to ice build-up due to plowing and freeze-thaw cycles;
- Adequate plowing to connect sidewalks to transit stops, corners and curbs to pedestrian crossings and residential streets to pathways;
- Improving access to City parks through the winter months; and
- Officially designating Ottawa as an "age-friendly city".

[Dianne Breton is a long-time resident and Snow Mole in Old Ottawa East & Co-Chair of the Pedestrian Safety & Walkability Committee of the Council on Aging of Ottawa.]



**The 2019 Snow Mole Report – Winter Walking in Ottawa ([www.coa.coaottawa.ca](http://www.coa.coaottawa.ca)) provides**

**a summary of the Snow Mole Campaign and a list of 12 recommendations for improved winter walkability, as well as Tips for Winter Walking. A 2020 Campaign Summary Report will be published online soon. If you have something to say about winter walking in Old Ottawa East, visit the Snow Mole website at [www.coaottawa.ca/snowmoles](http://www.coaottawa.ca/snowmoles).**

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## GUARDALAVACA REGION, CUBA

*In this issue, we are pleased to feature Sandra Koch's article about her visit inside the Cuban Embassy to meet with our neighbours working and residing within the austere building on Main Street. Quite by coincidence, we received this striking image from Barb Grisdale that was taken on a family holiday to Cuba before the coronavirus shut down the world's international and other travel.*



**BARB GRISDALE:** This picture was taken on an early morning walk on the second last day of our Cuba stay. We had spent a week in the Guardalavaca region of Cuba, near the city of Holguín. The week had been perfect for those seeking sun and surf with blue

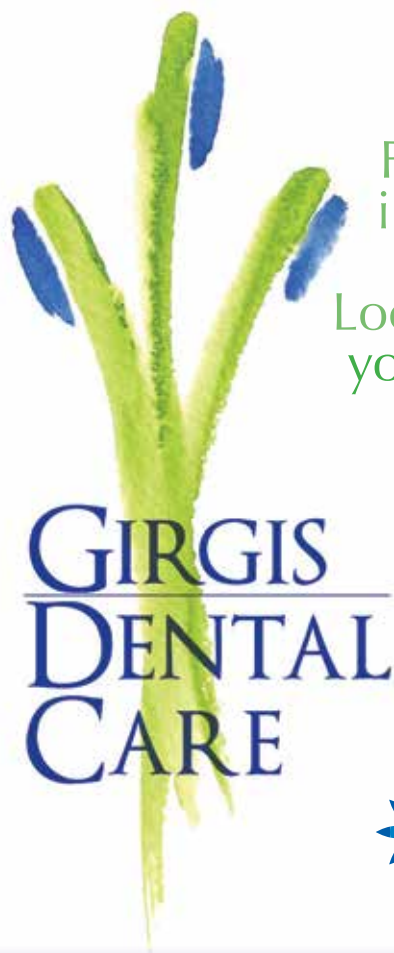
sky, sparkling waters, and sun worshippers booking their lounge chairs well in advance.

This morning was in total contrast. The sea showed its fiercer side; high winds

foaming up whitecaps and sending waves crashing. The tree stood stalwart against the wind as it must have done for years. The sunny days were beautiful; this morning was breathtaking.



*With travel ruled out of the question for our readers, this may be an excellent opportunity to review and revisit wonderful travel moments. A fun indoor pastime is to flip through old photo albums or organize digital images of family adventures at home and abroad. Please continue to send us your favourite travel photos to [editor@mainstreeter.ca](mailto:editor@mainstreeter.ca), along with up to 200 words describing the image, why it is special for you and the circumstances around how it came to be taken. If we like it, you'll find it in this very spot in The Mainstreeter.*



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# OUR NEIGHBOURS

*OOE: A little village in the city*

## Havelock Street resident enjoys the sense of community

### BONNIE WEPPLER

Some time ago, Jenna de Jong started following people who mush on social media. “Mushing” involves dogs pulling some kind of sled, cart, skis or other transportation vehicle. Mushing is both a type of transportation and a sport.

de Jong spent some time in the north, including Iqaluit, and is fascinated with mushing, especially with the dogs who mush.

“Their resilience, stamina and enthusiasm: it is really amazing that the dogs have that kind of energy. And it was very special to see how these dogs are really a part of the culture up north.”

It’s no surprise that when de Jong decided to foster dogs, her first dog was Marley, a husky.

“I got Marley, a retired sled dog, from Rocky Road Rescue on Easter weekend 2019. It was to be a short-term foster. The rescue organization thought that Marley didn’t get along with other male dogs. But he does; he’s got such a good nature, he’s patient and always in a good mood. And I fell in love with him,” she recalls.

Since Easter weekend 2019, Marley has been a permanent part of de Jong’s family. She has now fostered three dogs

of different breeds, and is currently fostering another male husky, Mr. Fox, but he will be going to his new family at some point in the future.

“I love to see the dogs progress and get more confident. That’s fun.”

de Jong grew up in the Brockville area, then moved to Kingston to study at Queens’ University where she completed both her undergraduate degree and her law degree. She did her articling placement at an Ontario law firm and once she graduated, she joined that firm where she does a mix of civil litigation and regulatory advice.

Law wasn’t de Jong’s original choice of profession. “I wanted to be a writer. I wanted to write science fiction. Science fiction written by women is different than when it is written by men.”

In August, de Jong will have lived in a townhouse on Havelock Street for four years. Before arriving on Havelock, she lived on Bank Street in a condo above the former Metropolitan Bible Church. She was drawn to Old Ottawa East because it seems like a little village within the city and it has a great sense of community.

“I liked the trees and the green spaces. And walking the dogs is an excellent way to meet people especially



BONNIE WEPPLER PHOTO

**Jenna de Jong at home with her dog, Marley, and Mr. Fox, the dog that she is currently fostering.**

when you have a husky and a rotating cast of foster dogs!”

de Jong talks about the day that she saw a team of Belgian draft horses pulling a buggy down Havelock Street one summer day! She also tells a story from when she lived on the hobby farm with her family outside of Brockville.

“We had two goats, a pony and a horse. The mare was in heat and decided she had to go see the neighbouring stallion. Off they go, the mare, the pony and the goats, marching down Highway 29. Yes, traffic got very backed up, but everyone made it home again!”



JOHN DANCE PHOTO

***Prior to COVID-19, the Church of the Ascension held another successful pancake supper on Shrove Tuesday in February. About 100 people enjoyed piles of delicious pancakes, sausages and ham. The church raised \$400 for Centretown Churches Social Action Committee’s food bank. Three of the kitchen volunteers were, from left, Zoë Wind, Brigit Maultsaid, and Debbie Grisdale.***

# INTERN with *The Mainstreeter*

We are looking for students who like to write and who want to get their first experience in journalism.

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# Joel Harden

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Elmwood's Skills Academy offers an outstanding range of academic and special interest programs. Taught either by Elmwood's talented faculty or by other experts in their field, our Skills Academy combines superb instruction with dynamic activities, sure to appeal to girls of all ages and skill levels.

Camps are half or full day and costs vary. Please visit [elmwood.ca/summercamp](http://elmwood.ca/summercamp) for full details.

**“I couldn't have asked for a more wonderful camp experience for my 5 and 1/2-year-old daughter. She truly thrived in the girls-only camp dynamic!”**

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# ECLECTIC EVENTS

As we went to press in mid-April, the list of Ottawa local events being cancelled or postponed as a result of the coronavirus pandemic had grown too numerous to track. The events we list below in our Eclectic Events column all have three things in common: 1) each was originally slated to be held in early May to raise funds and/or awareness for their charitable or community-based organizations; 2) each has now been cancelled or postponed because of the coronavirus; and, 3) each organization involved nonetheless warrants coverage in *The Mainstreeter*. We are therefore pleased in this way to help them with the publicity and the profile enhancement that they deserve and, in some cases, to access charitable donations from our readers that they need to continue their good work.

## Jane's Walk Festival Ottawa-Gatineau, Saturday & Sunday, May 2 & 3, Walking Tours Throughout Ottawa & Gatineau

Ring in the spring together by getting out and walking in free neighbourhood tours ALL over the city - urban, rural, Ottawa, Gatineau, you name it. *Jane's Walk* is a festival of free neighbourhood walking tours given by locals who care passionately about where they live, work, and play. There are many ways you can participate in Jane's Walk!

**Stay informed.** Keep your eye on the website at [www.janeswalkottawa.ca](http://www.janeswalkottawa.ca) and social media (Facebook, Twitter, and Instagram) for updates on walk dates, times, and topics, plus information about our incredible kick-off and wrap-up events.

**Lead a walk.** What are you passionate about? Where is your favourite neighbourhood or walking route in your community? What are your favourite stories about the city you live in? Organizers will provide you with promotion, insurance, megaphones, and volunteer marshals — and you get to share your expertise with your community. Submit your walk idea at <https://www.janeswalkottawa.ca/en/walks/new>.

**Volunteer.** As a marshal for Jane's Walk, you'll get to participate in walks around the city, and provide support to the walk leader. This is a great way to get involved, even if you're not ready to lead a walk yourself. Sign up as a volunteer.

Last year, more than 3,000 people participated in dozens of walks all around Ottawa and Gatineau. There's no better way to celebrate spring than to get outside and explore your community in a whole new way.

## 24th Annual Walk for Dementia, Saturday, May 9, 10am, Tunney's Pasture

Old Ottawa East resident and Chair of the Board of Directors of the Dementia Society of Ottawa and Renfrew County (DSORC), Lynda Colley, has extended to all residents of Old Ottawa East an invitation to participate in the 24th Annual Walk for Dementia, the Society's signature fundraising event to help support the 24,000 people in Ottawa and Renfrew County living with dementia and their caregivers.

Dementia is an umbrella term used to describe a group of symptoms that occur when brain cells stop functioning properly (including Alzheimer's disease, vascular dementia and Parkinson's disease). The symptoms of dementia vary from person to person, but usually involve changes significant enough to affect a person's ability to engage in day-to-day activities.

Former Mayor Larry O'Brien will be this year's Walk Ambassador. He knows first-hand how devastating this disease can be to a family. "As a hardened businessman and politician, I find few things have affected my life more than the reality of dementia," says O'Brien, whose life has been touched by dementia on three different occasions. Sadly, he has already lost his mother and oldest sister to Alzheimer's disease and dementia, and his youngest sister is currently living with Alzheimer's disease.

According to Colley, DSORC exists to help, providing information, education, support, and system navigation tailored to meet the individual needs of a person living with dementia, their caregivers and their family, at any stage of dementia.

The public can register for the Walk at [www.WalkforDementia.ca](http://www.WalkforDementia.ca). For those unable to participate in the Walk, consider donating to the Dementia Society of Ottawa Renfrew County and send a message of hope to the people in our community living with dementia and those who care for them.

## Power Shift: The Longest Revolution, CBC Massey Lecturer Speech, Wednesday, May 6, Carleton University

Sometimes called the "correspondent for the world's women," acclaimed author and journalist, Sally Armstrong will speak about her latest book "Power Shift: The Longest Revolution." In the book, Armstrong looks at women's struggle for equality throughout history and she asserts that now "there has never been a better time in human history to be a woman."

Sally Armstrong will be speaking in support of TEMBO (Tanzanian Education and MicroBusiness Opportunity), a volunteer-run Canadian charity that has supported girls and women in northern Tanzania for more than 15 years.

Armstrong, who is a bearer of the Order of Canada and a recipient of many Amnesty International awards, has travelled to some of the most war-torn countries in the world where she has recorded and related harrowing stories of the victimization of women and girls. But she has also discovered stories of hope: women who used exceptional resilience and "personal will" to fight back. For example, she talks of schoolgirls in Kenya who dared to file a collective lawsuit against educators who had sexually abused them.

As the 2019 guest lecturer of The CBC Massey Lecture Series, she presented 5 essays that explored the status of women throughout history and how there have been seismic shifts in the power of women in modern times. She feels that now is the time for women "to disrupt old mores" and for men "to speak up and walk with the women."

TEMBO asked Armstrong to be the guest of this fundraising event because she has seen firsthand that "(w)hen women get even a bit of education, the whole society improves." TEMBO's work focuses on the Longido region in Tanzania and has supported hundreds of girls to attend secondary school. These girls would normally be married as young as 13 or 14. Many of these girls have gone on to college and vocational training and many have become teachers. Women in Longido benefit from TEMBO-sponsored microbusiness loans, goat programs, and literacy and health classes. The entire community benefits from the TEMBO-built Learning Centre and Library.

To learn more about TEMBO and to help the organization with a donation, visit their website at [www.projecttembo.org](http://www.projecttembo.org) or email: [info@projecttembo.org](mailto:info@projecttembo.org).

## Join an OOE "Bird Friendly Group," Sustainable Living Ottawa East (SLOE), Various Local Events, Dates & Times to be Determined

Would you like to support birds in Old Ottawa East? SLOE's "Bird-Friendly Group" is organizing a number of activities in our community.

SLOE is forming a bird patrol to monitor areas in Old Ottawa East where buildings have a lot of glass and might be a danger to birds. The goal is to look for dead birds, rescue injured ones, and collect data on collisions.

The organization hopes to organize a free training session with Safe Wings Ottawa, a location and date still to be determined. The mission of Safe Wings Ottawa is to reduce bird mortality from window collisions through research, prevention and rescue. For more information on Safe Wings Ottawa, please see [safewings.ca](http://safewings.ca).

Also planned are some early morning birding walks this spring, and a bird habitat assessment walk with a wildlife biologist.

In Ottawa, collisions with glass kill an estimated 250,000 birds every year. Are there many bird collisions in Old Ottawa East? Nobody knows for sure because no one has been looking on a regular basis, and scavengers quickly find dead birds. But there are reasons to think it may be becoming a significant issue:

- The Rideau River is a migration corridor in spring and fall (although less significant than the Ottawa River)
- Old Ottawa East has significant green space and tree cover
- More mid- and high-rise buildings with lots of glass are coming to Greystone Village
- Low-rise development in the Greystone Village and infills on existing streets commonly have large windows, corner windows and glass railings

For more information or to receive updates on these bird-friendly events, RSVP to [birds@ottawaeast.ca](mailto:birds@ottawaeast.ca).



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