



From all of us at *The Mainstreeter*, we wish all of our readers a very Happy New Year and a wonderful year ahead in 2025! Speaking for ourselves, 2025 will be an extra-special year for *The Mainstreeter*!

Our January 2025 community newsletter begins a year-long celebration for *The Mainstreeter*. It's our 40th birthday year of publication of our community newspaper - our first issue ever was printed in October 1985. We'll have snippets of our first ever editorial from that issue in this e-newsletter, plus updates on current community developments of importance to the future of Old Ottawa East.

It's also the last month to purchase our 13-month Community Calendar, entitled *Artists of Old Ottawa East 2025/26*. Only a limited amount of calendars are still available through our new online Community Shop and this newsletter (see below). The Community Shop also features two additional OOE gifts - our Mainstreeter Mug (\$19.95 + tax) and our Tim Hunt greeting card boxed set (\$24.99 + tax)! All proceeds go to support The Mainstreeter and local artists of OOE. So please check them out at mainstreeter.myshopify.com.

It's shaping up to be quite a year for our community, and for *The Mainstreeter*!

Welcome to The Mainstreeter's Community Newsletter

January 2025 - Issue #3

[View this email in your browser](#)



Proudly serving our community for 40 years (1985 - 2025) | Mainstreeter.ca

In case you missed our December issue

We marked the holiday season with a jam-packed December issue of *The Mainstreeter*. Some of our stories and photos were fun features, like Peter Croal's account of our mini-rat infestation that made headlines this fall, and a photo collage on some of the Hallowe'en ghouls and goblins that adorned Old Ottawa East front lawns and spooked us all!

But our December issue also contained a number of reports on controversial developments in our community, among them the felling of nine mature trees by Hydro One on Centennial Boulevard, the "perpetual" construction zone of Greenfield, Main and Hawthorne (GMH) as the massive GMH project dragged into its 4th year, and the proposed development on beloved greenspace at 185 Hawthorne Avenue that brought OOE residents out to the City's planning committee in protest. We also featured a status update on the Le Marquis apartment building at Main Street and Lees Avenue.

In our Old Ottawa Eats section, Food & Drink Editor Jill Wherrett was hard at work once again researching and sampling some of Ottawa's many cooking schools, courses and programs available to the public. And Quinn Abugov and his partner filled readers in on meal kits that have revolutionized the way many of us are eating these days, rating some of the more popular options.

Read it all in the December issue, and so much more!

To read *The Mainstreeter's* December issue cover-to-cover, [click here](#).

THE MAINSTREETER
OLD OTTAWA EAST'S COMMUNITY VOICE | LA VOIX COMMUNAUTAIRE DU VIEUX OTTAWA-EST DECEMBER | DÉCEMBRE 2024

Do I smell a rat?
The Mainstreeter's Peter Croal reports on how the recent rodent infestation was driving him ratty!
Page 3



We rate the most popular meal kits
In the name of research, our ace food taster chows down on the Hello Fresh, GoodFood and Chef's Plate meal kits.
Page 27



Checking in on the Le Marquis apartment block
It's drab, it's grey, and it's starting to crumble – but the concrete monolith at Main and Lees is still occupied.
Page 13

Rest In Peace



PETER CROAL PHOTO

Hydro One fells the trees of Centennial Boulevard
Our coverage: Stories & letters @ pages 6, 8 & 10; Editorial @ page 9

News and features from our December Issue



The 'uglification' of Centennial Boulevard.

In what it called a “compromise”, Hydro One moved swiftly in November to chop down nine mature trees under the transmission lines of Centennial Boulevard. We don't agree...read our editorial about the November meeting on the boulevard between the utility and Centennial residents .

[Read More](#)

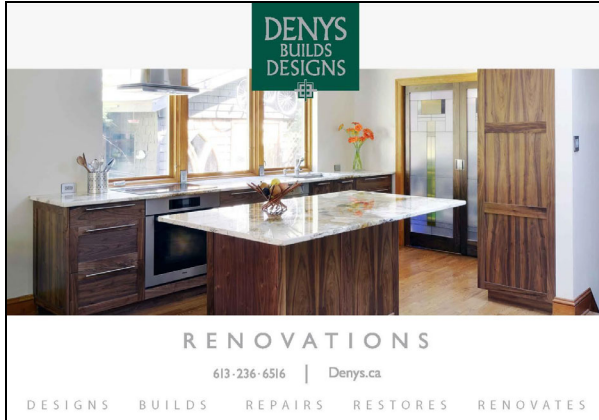


Do I smell a rat?

“I started my morning as usual. Get the paper, turn on a light, make sure the car's still in the driveway and then head to the kitchen to make a cup of my favourite coffee...But then I spot something at the base of the pole scurrying around chasing the squirrels to get at the bird seed. It was fat like a squirrel, and brown, but it didn't have the markings of a chipmunk. Yikes!

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From our Old Ottawa Eats pages



Ottawa's Cooking Schools Offer Classes and Programs for all Tastes and Budgets.

Ottawa has a cooking course for nearly every taste and budget. From single classes to full-time programs, there are options for beginners in the kitchen, those keen to expand their repertoire and budding chefs set to embark on a culinary career. Many schools offer gift certificates, a great option for holiday gift giving. Here's a round-up of just some of what can be found in our city.

[Read More](#)



Old Ottawa Eats: Here's the Skinny on the Most Popular Meal Kits.

Choosing the right meal kit service can be as tough as selecting between dessert options – several are tempting, but you can only have one. My partner and I recently tested three popular meal kits – Hello Fresh, Chef's Plate, and GoodFood – and rated them based on food variety, pricing, packaging, and overall experience. Here's how each stacked up.

[Read More](#)

From our Art Beat pages



From Tim Hunt's Old Ottawa East community sketchbook.

The Le Marquis apartment tower anchors the corner of Main Street and Lees Avenue like an upright cinder block. An oddball in the community, it dwarfs its closest neighbours: the Victorian home of Love Your Skin Lounge next door, Dixie Dairy, and the Latvian church across the street.

[Read More](#)



Ross and Dave Rheaume - Brothers in arms (and at odds) with brushes!

The opening of the Salon des Bananes, Ottawa's newest gallery at 2207 Carling Avenue, set the stage in November for meeting Métis artist brothers Ross and Dave Rheaume. The 'interview' was more like being introduced to a pair of stand-up comedians launching into a "bit"!

[Read More](#)

Last chance sale ! The 2025/26 OOE Community Calendar



Our 3rd annual Old Ottawa East Community Calendar, entitled ***Artists of Old Ottawa East 2025/26***, is just about sold out. We only printed a limited supply and sales of the colourful 13-month calendar have been brisk. Again this year, we have held the price steady at \$24.99 plus tax.

Artists of Old Ottawa East 2025/26 features well-known scenes from our community created by our best-known local artists, including *The Mainstreeter's* resident sketch artist Tim Hunt. This year's edition also showcases paintings and photographs by four other talented local artists, Louise Rachlis, Claude Latour, Louise Elliott and Bess Fraser.

A limited number of *The Artists of Old Ottawa East 2025/26* community calendars remain available at Singing Pebble Books, 206 Main Street or else online at *The Mainstreeter's* Community Shop powered by Shopify. Visit the Community Shop at mainstreeter.myshopify.com today. Place your order now because they're all gone in February.

Vandalism at the Children's Garden

Sadly, in mid-December, Old Ottawa East's Children's Garden was once again targeted by vandals. This is the second time that vandals have struck the garden on Main and Clegg streets, following an incident back in August 2024. Both cases have been reported to the Ottawa Police, and Children's Garden board members are working with the City of Ottawa on potential solutions.

In the latest incident, the front gates of the garden were badly damaged, and a decision has been taken to remove them altogether as they posed a safety hazard in their damaged state. The volunteer group that maintains the Children's Garden is not currently in a position to repair or replace them.

Besides the damaged gates, the vandals also attempted to steal a rain barrel that was found by a neighbour over a block away, abandoned. Other items were strewn around the garden and there was damage to other fencing as well as fruiting trees.

The Children's Garden is a curated space, lovingly designed, planted and maintained by the Garden Manager, a volunteer board, and a dedicated team of volunteer community gardeners. An asset to the community, the garden is an inviting space for young people to gather, play, connect with nature and get a taste of fresh, organically grown produce.

For more information on recent events or to get involved in the Garden, please contact ottawachildrengardeninfo@gmail.com.

Our 40th birthday: It's 1985 and The Mainstreeter is born!

The year was 1985, and the month was October, and a team of volunteers in Old Ottawa East were putting the finishing touches on a brand new community initiative - a newspaper! They could not have imagined that *The Mainstreeter*, their fledgling news journal, would survive and thrive to celebrate its 40th birthday this year and find a valued place in the lives of the residents of Old Ottawa East.

Here's how *The Mainstreeter's* first editor, Martin Adelaar, envisioned the brand new community newspaper in his first editorial from October 1985, 40 years ago!

“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. (...) 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.

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.”

The *Mainstreeter* has certainly grown over these past four decades, but much of Editor Adelaar’s vision for our community newspaper remains encoded in our DNA. As we celebrate this important year in our history, we plan to continue to produce a paper Old Ottawa East can be proud of and feel good about, and one that’s fun as well!

Choose from six Mainstreeter Mugs now on sale at the Community Shop

Six scenes of Old Ottawa East and surrounding neighbourhoods created by our resident sketch artist Tim Hunt adorn our Mainstreeter Mugs that are featured now on sale through *The Mainstreeter’s* Community Shop at mainstreeter.myshopify.com.

The Mainstreeter Mug is the perfect companion when you sit down with a coffee or tea to read your copy of *The Mainstreeter*. Whether to keep or to gift, you can enjoy the first of six different Tim Hunt sketches of familiar community landmarks, or collect them all.

Each mug comes boxed and delivered right to your door. Collect all six! Click [here](#) to access the Community Shop to purchase yours!



The Mainstreeter Mug

\$19.99 + tax

Also at the Community Shop, you can find this delightful boxed set of Tim Hunt signed greeting cards featuring a variety of the artist's original sketches of Old Ottawa East and neighbouring locations and landmarks. Each set contains six (6) colourful greeting card sketches signed by the artist, accompanying envelopes and a display box.

Ideal to send to friends and family, whether they live across the street in Old Ottawa East or across the country. And like all of our community products, they are delivered right to your door.

Click [here](#) to purchase yours!



Tim Hunt's Old Ottawa East greeting cards

Boxed set of 6 signed cards

\$24.99 + tax per box

The Mainstreeter's Yes or No Survey Poll

In every issue of The Mainstreeter we ask our readers to voice their views on a question of importance to our community. Most recently, 82% of Old Ottawa East respondents to our Yes or No poll said they thought the City of Ottawa needed speed and weight limits for heavy construction vehicles and other trucks travelling on our residential streets.

In our December issue, we observed that it's been a rough couple of years for our mature trees in Old Ottawa East. We seem to be losing more tree coverage than gaining it. So we wondered whether you think our Old Ottawa East Community Association should take responsibility for our community's trees by initiating and administering a special Tree Trust Fund. Yes or No? To cast your vote, scan the QR Code below.



Our Caring Community: PROJECT TEMBO CANADA



Northern Tanzania is home to some of the country's poorest people. The World Bank ranks Tanzania as "128th out of 157 countries in the 2018 World Bank Human Capital Project with a low Human Capital Index (HCI) score of 0.4" with poverty "most pervasive in Longido in the Arusha Region to the north".

Living under such extreme poverty, families cannot afford to send their children to school and girls are married early, often at age 13, and have no chance of pursuing secondary education. Women have limited opportunities to provide for their families. The area of Longido District experiences serious drought that causes undue hardship for the Maasai as they work to sustain their cattle, the predominant source of income in a pastoralist society.

TEMBO (Tanzania and Education Micro-Business Opportunity) Canada is a registered Canadian charity that empowers our community-based partners to deliver programmes that provide fair and equitable access to education and economic opportunity in Longido District, Tanzania. TEMBO works to address these issues through a sponsorship program for girls, a women's microfinance loan program and a goat project, and informal education initiatives coordinated by staff at the Longido District Learning Centre.

In Tanzania, one third of all girls are married by the age of 18, but girls from poor families are twice as likely to be married early than girls from wealthier families. Almost 70% of children aged 14-17 are not enrolled in secondary education while a mere 3.2% are enrolled for the final two years of schooling. (UNICEF, 2017) As of 2024, TEMBO has sponsored more than 560 girls to attend secondary school. In 2024 alone, TEMBO donors are sponsoring 172 girls to achieve their dream of acquiring a secondary school education.

Your generosity can help provide a uniform, a set of school syllabus books or a year of education in secondary school or a vocational training program.

Coming up in our February issue

We are hard at work gathering news and features for our upcoming February issue of *The Mainstreeter*. Here are some of the stories you can look forward to reading in our next issue:

- *The Mainstreeter Interview with Mayor Mark Sutcliffe.*
- *What's up at the Bruyere Transitional Care Facility in Greystone Village?*
- *Covering the key consultations - the AVTC and Lansdowne's north stands.*
- *Our fabulous 40th Birthday giveaway contest - the Green Door & you?*
- *Food & Drink: We visit EXPRESSO - Ottawa's 1st real estate café.*
- *Food & Drink: Top chefs of the Outaouais compete for bragging rights.*

Up & Coming Events & Dates

Here are some Ottawa and local events and dates you may want to remember:

- ***Jan. 15&16: Lansdowne 2.0 North Side Stands Public Consultations***
- ***Jan. 18: Lord Of The Rings: The Fellowship Of The Ring in Concert***
- ***Jan. 28: Submission deadline for The Mainstreeter's February issue.***
- ***Jan. 29: Alta Vista Transportation Public Consultation***
- ***Jan. 31: Winterlude begins to February 17th***
- ***Feb. 13: The Mainstreeter's February Issue is Published***
- ***Feb. 25: The Mainstreeter's Annual General Meeting***

Key submission deadlines

NEXT ISSUE

February 13, 2025

EDITORIAL DEADLINE

January 28, 2025

ADVERTISING ARTWORK DEADLINE

January 28, 2025*

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editor@mainstreeter.ca

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If you would like to deliver *The Mainstreeter*, e-mail Daniel Racicot at
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Content deadlines and production schedule - 2025

	Articles/advertisement Booking Date	Articles/advertisement Submission Date *	Publishing date
#1	January 14, 2025	January 28, 2025	February 13, 2025
#2	March 11, 2025	March 25, 2025	April 10, 2025
#3	May 13, 2025	May 27, 2025	June 12, 2025
#4	July 22, 2025	August 5, 2025	August 21, 2025
#5	September 10, 2025	September 24, 2025	October 9, 2025
#6	November 12, 2025	November 26, 2025	December 10, 2025

Ads or columns received after the submission deadline will not be accepted.

CONTACT INFORMATION:

ARTICLES & LETTERS
TO THE EDITOR
Lorne Abugov
Editor
editor@mainstreeter.ca

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Ben Crooks
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