

The Rideau Street corridor

By Peter Ferguson and John Chenier

Rideau Street, like most older commercial thoroughfares in the city, is gradually taking on a new persona. Like Bank, Queen or Sparks streets, it is no longer a place where you find all the major movie theatres, big department stores and the fine restaurants of their day.

True, the stretch of Rideau from Sussex to William Street carries on the tradition with the Hudson's Bay and the Rideau Centre, but as you continue to travel east the commercial sector might be charitably described as "mixed", with an uncertain future. But if you look up you can see that Rideau Street is entering a new phase.

The Rideau Street corridor, the area bounded by George Street to the north and Besserer to the south has become a home for thousands of residents. And there are plans to house many more in the months and years to come. By 2015, another 1500 to 2000 residential units will be added to this corridor. A number of these units will be occupied by people who are not setting down roots but, comparatively speaking, just passing through the neighbourhood.

The most transient of these are students. Rideau Street now has three (soon to be four) large student residences that accommodate more than 2000 students. All of these residences were converted from other uses and fit well with what will be, in the new city plan, a new emphasis on the adaptive reuse of heritage and other buildings that have been part of the local urban fabric. Theo was formerly an office building originally designed in the unique, "Brutalist" style of architecture. Rideau Residence was originally a hotel and the Friel Residence was originally designed to accommodate seniors. A fourth residence is under construction to the west of the Rideau Residence.

The influx of students into the community has contributed to the life and vitality of the street. It also helps explain why the liquor store at the corner of

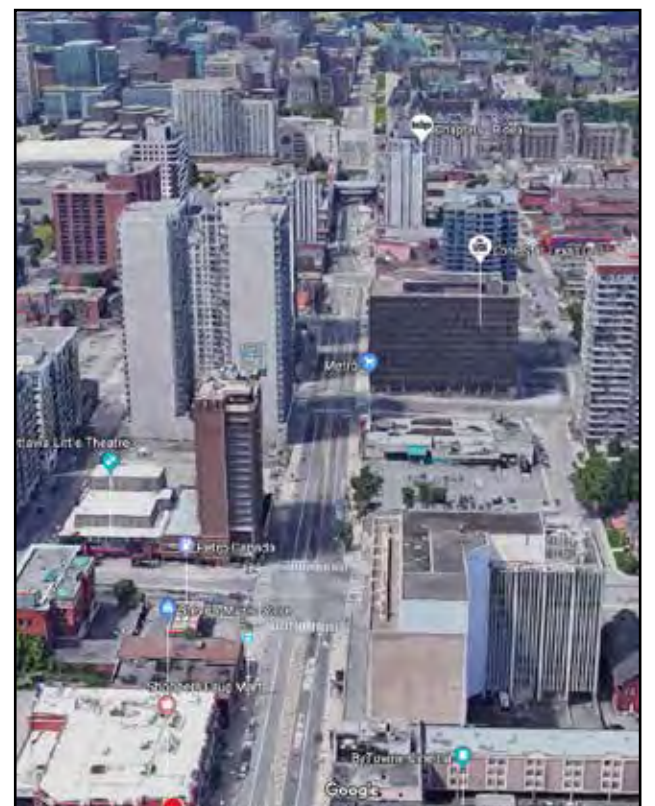
King Edward and Rideau is the biggest and busiest in the city.

Another major source of transients is the large apartment and condominium complexes recently built, under construction or in the planning stages. For example, Prince Developments is seeking approval of a 24-storey combination hotel/residence between Dalhousie and Cumberland, the site of the former beer store beside the Waller Mall. East of Cumberland, Claridge has approval to erect three towers on the site that now houses the Metro grocery store. If you include the long-standing St. George condominium on George Street, there will be nine buildings of 24-storeys contained in four square blocks.

Further east on Rideau Street at the corner of Chapel, Trinity Developments has started construction of what will be twin 25storey towers with 9-storey connecting residential podiums. There will be ground-floor commercial space in the podium facing Rideau Street. Further east at the Cobourg intersection a new nine-storey apartment building is under construction by the Chenier Group and is slated to open in 2021. Across Rideau, in January, Richcraft will be starting the construction of a condominium project which will open in 2022. In all of this area east of King Edward, the vacant lots and dilapidated structures will disappear, and replaced by new residential structures, new small retail and new neighbourhood vitality.

Many of the units in the new buildings are small studios designed for students or as a pied-a-terre for commuters or travellers. Others are designed to appeal to first-time buyers looking to get a stake in the real-estate market before moving on to larger accommodation in the community or elsewhere. Another major markets for these smaller units are empty-nesters looking to downsize or snowbirds wanting a place they can lock and leave when they head south.

On the positive side, it has not been necessary to demolish residences for these buildings although it is worth noting that some structures that are now gone did have heritage significance. And although Lowertown is losing some accommodation suitable for fam-



ilies in the process, the influx of this type of accommodation is changing the makeup and the dynamics of the community. Lowertown is changing and could continue to change given the city's determination to re-purpose land in the vicinity of LRT stations.

All of this underscores the limits to community planning as we know it. Many would argue that as part of the planning for where the community is headed--determining appropriate land use and standing by this determination--has been jettisoned in favour of requests for spot re-zoning. But this is what happens when zoning is badly out-dated and inadequate when it comes to defining or preserving community, a North-America-wide problem.

Peter Ferguson is vice-president of the Lowertown Community Association and former chair of the LCA Planning Committee, and John Chenier is editor of the Echo.

LCA
2

Politics
5

Heritage
8

Business
12

Profiles
13

Real Estate
15

Community
16

Youth
21

Events
22

Your source for Digital & Offset Printing.

Booklets
Event Backdrops
Window Displays
Illuminated Signs
Posters

Wedding Invites
Sidewalk Signs
Stickers
Business Cards
Flyers & Menus

NCR Forms
Mugs
Canvas Printing
Embroidery
Screen Printing

Custom T-Shirts
Banners
Shredding Services
and much more!

**CARLOS
GRAPHICS**
PRINTING

www.carlosgraphicsprinting.com

613.742.0238 | sales@carlosgraphicsprinting.com

70 George ST. Ottawa, ON. K1N 5V9



City Building

- The Confederation Line of our O-Train Light Rail Transit (LRT) system opened to the public on September 14. It was the busiest LRT system on day one in North America
- Construction for Stage 2 of LRT is now underway, bringing rail farther east, west and south
- The Flora Footbridge, which connects the communities of Old Ottawa East and the Glebe, as well as Lansdowne, was completed ahead of schedule, under budget and officially opened to the public in June
- An additional \$9.8 million being invested into roads, bike lanes, sidewalks and City facilities in 2019 to bring the total road and infrastructure budget to \$128.5 million



Community

- No-charge OC Transpo service for seniors has been extended to include Sundays in addition to Wednesdays
- Started to pilot new school bus stop-arm cameras with the Ottawa Police Service to catch dangerous drivers and keep children safe in school and residential areas
- Over 400 new affordable housing units have been approved to be built since the beginning of the new 2018-2022 mandate
- 6 new Red Light Cameras will be installed by the end of 2019, for a total of 60
- Started a comprehensive review of the City's Tree By-Laws with an objective to reduce urban tree loss



Affordability and Economic Development

- Amazon fulfilment centre now employing over 600 residents in the east end
- Ottawa's first soundstage campus and creative hub being built in Nepean, creating up to 500 new jobs and generating \$40 million in economic activity in the first few years
- Reduced patio permit fees by 50% to help local businesses deal with rising costs
- Maintained a Moody's Aaa credit rating
- Keeping life in Ottawa affordable while investing in essential services with a cap on taxes

Wanted: More affordable housing solutions

By Warren H. Waters

Finding affordable accommodation has seldom been as tough as it is today, with new rental units being added at only two-thirds the rate of our population growth. This vital topic of affordable housing will be featured at the Lowertown Community Association's next meeting, at 7 pm on November 18 at the Routhier Community Centre. The city's Director of Housing, Shelley Van Buskirk is presenting recommendations for refreshing the City's 10-year Plan to End Homelessness.

We all know about many housing problems in our neighbourhood, but to inspire those attending I asked a dozen people in the sector, "Who does the most for affordable housing in Lowertown?" Shepherds of Good Hope got the most votes, and for one simple reason: they actually build affordable housing with 24/7 support for residents.

In addition to their emergency shelter, Shepherds of Good Hope provides rent-gear-to-income supportive housing for adults of all genders who are homeless or at risk of homelessness, specializing in those who struggle with trauma, mental health challenges and addictions.

Shepherds currently houses 183 individuals in three programs across the city, including 35 units in Lowertown. According to Stephen Bartolo, Vice President, Shepherds of Good Hope:

By this time next year, we plan to bring that total up to 225 individuals, with our new building on Montreal Road at Lang's Road. From the moment of crisis to a permanent home, Shepherds of Good Hope plans to be a part of the solution to providing innovative housing for our city's most vulnerable.

You can find more on their supportive housing programs at: <https://www.sghottawa.com/supportive-housing/>

To be fair, every shelter has case managers working hard with all their clients to house them as soon as possible. The Ottawa Mission also has a mixed-income apartment with 13 residents from their Mission programs. And Ottawa Community Housing (OCH) provides over 1,363 low income units, the vast majority of Lowertown's affordable housing. But OCH, like all housing providers, has only seen their waitlist grow longer and longer.

The Community Association hopes you come out November 18 to learn how our city plans to tackle the root causes of homelessness, and to contribute your solutions.

Warren Waters is on the Board of Directors of the Lowertown Community Association. His responsibilities include homelessness.

Letter to the Editor

Changes to OC Transpo

I live at King Edward & Boteler. I am an active volunteer within the community (Shepherds, Lowertown Community House and ACORN Canada). The Echo needs to do some reporting on how the new O-train and changes to the OC Transpo Service Map are affecting this neighbourhood. Did you know that the #9, #6 and STO can no longer bring you to the Rideau Centre? Other than Para Transpo and Uber, the only manner residents of the area can reach Rideau Street and connect with buses or the O-train is to walk .

Not bad in the summer but in the dead of winter it is a miserable, grueling and potentially harmful trek. Sidewalks north of Guigues (I believe) are not maintained so if you're walking with a mobility device, pushing a baby stroller or pulling a grocery buggy it is a horrendous trek. I dread this coming winter more than the last two (I moved here from Toronto in autumn 2017).

Please inform the City how abusive to certain areas of Ottawa the new OC Transpo System Map truly is!!

Geri Stevens, Lowertown resident

LOWERTOWN BASSEVILLE

COMMUNITY ASSOCIATION ASSOCIATION COMMUNAUTAIRE

October 31, 2019
Mayor Jim Watson
City of Ottawa

Dear Mayor Watson,

Two weeks ago, Councillor Fleury shared with the community associations in his ward a PowerPoint presentation on the proposed priorities for the term of Council. He invited us to provide comments. On behalf of the executive of the Lowertown Community Association (LCA) I would like to share our reactions with you. The LCA strongly endorses the vision for Ottawa contained in the Draft Term of Council presentation.

“Our city is made up of vibrant, distinctive, connected and safe neighbourhoods, is economically diverse, strong, and affordable, has accessible and sustainable transportation, embraces our diversity, social and cultural activities, and is a leader in environmental stewardship.”

Lowertown currently matches several of these traits but in others it falls woefully short. Lowertown is a distinctive, vibrant diverse community which still has a significant amount of affordable housing, and with good access to roads, highways and public transportation. Lowertown is blessed by its heritage structures and major national institutions. It is a community where residents can walk to almost any service in a few minutes. Lowertown is growing, and ongoing densification, if it is well planned, can add many more residences and businesses in the downtown area.

However, Lowertown remains divided by a major truck route. It is starting to be perceived as dangerous for visitors and residents alike. The failure to invest in its public infrastructure and to enforce the bylaws designed to protect the community are leading to a deterioration of Lowertown. Whether by design or neglect, the ByWard Market is becoming saturated with licensed drinking establishments at the expense of its distinctive character and a place where pedestrians seemingly come second to patios.

The following specific comments by the Lowertown Community Association are offered in the hope that the City can revise its priorities to match the very compelling vision contained in the City’s presentation.

Economic Growth and Diversification:

Lowertown is a mixed-use community offering many jobs in the commercial and tourism sectors. It has been an incubator for high tech firms like Shopify and a place where new restaurants could get their start up. It already has several important hotels with the potential for more. Tourists flock to Lowertown to relax, to see the views of Parliament Hill, and to visit the major national institutions in or near Lowertown. But the public domain in Lowertown is in serious decay, the City’s own bylaws on bars are ignored, crime rates are starting to inhibit tourism. The LCA has the following comments on the specific actions noted in the presentation:

1. The emphasis on investment in major sports is exaggerated. The city should focus on one or two major sports and get out of those professional sports that do not attract enough spectators to be self-sustaining. Local arenas and parks must also be renewed and maintained.
2. The ByWard farmers market should be revitalised in a strategic partnership with the agricultural producers in the City of Ottawa and surrounding areas.
3. The ByWard and Rideau BIA’s should be supported to ensure that the LRT provides enhanced commercial traffic in off-peak hours.
4. Tourism should be enhanced through a major upgrading of the public domain in the ByWard Market and by targeting both the family-oriented tourism that is attracted to the national capital, and the major conference drawn to the political centre of Canada.
5. Make key investments in the ByWard Market public domain consistent with the recommendations of the Market’s Public Realm Plan.

6. Special bylaws and regulations should be made for communities in the urban core to support mixed residential and commercial uses. Bylaw enforcement should be financed to permit the effective and efficient enforcement of these bylaws.

Integrated Transport:

The LCA proposes three specific priorities:

1. Enhance and expand the network of safe bicycle lanes in Lowertown.
2. Install effective, long-term traffic calming measures on King Edward Avenue.
3. Promote off-peak use of transit to enhance commercial activity in Lowertown.

Thriving Communities:

1. Lowertown has by far the highest crime rates per capita in all of Ottawa. The Community Association has tracked the crime statistics provided by OPS since 2011. In that time crimes against persons and against property have consistently risen. As a priority, this Council should work with the local residents, the BIA’s, and the OPS to determine the causes and realistic solutions to this high-level crime rate. We urge Council to apply the best available research and develop plans to reduce crime in Lowertown to levels no greater than in any other community in the urban core.
2. Reducing patio fees should only apply where there is a lack of current supply. In Lowertown last year patios fees were reduced for bar-owners who would be able and ready to pay commercial rents for such space, and at the same time, community centre rentals have gone up for group activities so many have had to move or cease.
3. More services for the homeless population in Lowertown are essential. People who are homeless and grappling with substance use disorder have little access to services and spaces that really suit their needs. Housing first has been proven to save government costs and improve lives. Specifically, we support the following actions recommended by the Ottawa Alliance to End Homelessness:

- Development of a comprehensive affordable housing strategy for Ottawa, with clear targets, outcomes and benchmarks, along with reduction goals in chronic shelter use, to be reported on annually.
- Setting a target for the amount of affordable housing to be developed every year.
- Strong citywide Inclusionary Zoning by-law that ensures 25% of new development is dedicated to affordable housing, and places a special emphasis on deeply affordable housing within 1km of rapid transit stations.

Environmental Stewardship:

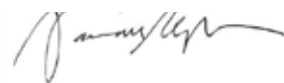
LCA supports the action noted in the presentation but would like a more specific set of recommendations to respond to the Climate Emergency, both to prevent further deterioration and to mitigate the expected harmful effects such as greater flooding.

Service Excellence:

The LCA is increasingly concerned about the lack of capacity in the City to enforce existing or new bylaws and we note that the basic standards of city maintenance often mean that streets and sidewalks are dirty or even dangerous. The priorities of the city should include increased spending of operations and enforcement.

Thank you for providing our Association this opportunity to comment. We hope that our suggestions will help to improve the final term of council priorities.

Sincerely,
Norman Moyer



President,
Lowertown Community Association



Lynn's Tailoring

Wedding Dress and Gown Specialist

288 Dalhousie St. Unit 100
Ottawa, ON, K1N 7E6

Alterations & Repairs
Fast & Personal Service
For Men & Women

LIEN (LYNN) TRUONG

Lynns.tailoring@gmail.com
www.LynnsTailoring.com

(613) 695 - 6366



Chez Lucien

BAR

137 Murray
@Dalhousie
Byward Market
241.3533

Lowertown's meeting place
in the Market!

La Basse-ville se retrouve
Chez Lucien!

Rent-A-Wife

Household Organizer

"Every working person needs a wife!"

- Regular & Occasional cleaning
- Pre & Post-move cleaning and packing
- Pre & Post-renovation cleaning
- Blitz and Spring cleaning
- Organizing cupboards, basements...
- Perhaps a waitress?

Laurel 749-2249

Development Projects:	Description	Status
385 Sussex – Notre Dame Cathedral Parking Lot	Site of two heritage structures at Parent and Guigues demolished in 2005 and now used for parking. Approval for demolition was granted based on a plan by the Church to relocate its administrative and other offices to the site and to replace the surface parking with an underground facility. The latest 3-year extension for this “temporary” parking lot expired in Spring 2018. LCA has met several times with the Church over the past five years to propose looking at ways of developing the entire site.	Apparently, the City is discussing with the Church a new underground parking facility for the site. This would replace the parking lost by the removal of on-street parking and the demolition of the City’s garage at 70 Clarence, as proposed in the new Public Realm Plan for the Market.
111 Parent Street	Conversion of former Pier one Restaurant/Bar at Parent and Murray Streets into a Brazilian Steakhouse/Bar. LCA did not oppose this application, but provided comments. Site Plan approval was given in 2017.	Demolition started in 2018, but stopped. Activity may have resumed on the site. The Liquor Licence was renewed this spring, despite the fact property has been derelict for years.
110 York St/135 George St	Claridge Developments’ 19 storey addition to the Andaz Hotel. LCA provided comments opposing the application in July 2018 based on its impact on the Heritage Conservation District (HCD) and its proximity to Claridge’s’ previously-approved 22 storey condo tower project which shares part of the site.	Application sumitted in May 2018, but a report has not gone to Planning Committee.
116 York Street	Bayview Hospitality Group’s 17-storey hotel adjacent to the proposed addition to the Andaz Hotel. Site is located within the HCD. LCA provided a letter opposing the project in September, 2018 based mainly on its adverse impact on the HCD.	Application submitted in July 2018, but a report has not gone to Planning Committee. LCA declined an offer to meet with developer in June until substantial changes are made to the proposal.
287 Cumberland (Former site of Our Lady’s School)	Proposals to redevelop the site at Murray and Cumberland Streets have fallen through. The site is on the City’s Heritage “Watch” List. The demolition permit for a building on the site expired in January 2019.	The property was sold in May 2019. The new owner and plans for the site are unknown.
339 Cumberland	Planning by People/City Villages’ 3- storey residential/commercial building on a vacant lot at Cumberland and York. LCA was consulted and supports. The City provided support in principle in Nov 2018, but has problems with the design.	A revised site plan was discussed with LCA in June 2019 and submitted to the City. LCA provided letter of support.
201-213 Rideau	Prince Development’s 24-storey Marriot hotel/condo building between Dalhousie and Cumberland (former Beer Store site), including the redevelopment of the Waller Mall. LCA opposes it because of proximity to adjacent condo tower at 160 George; impact of loading facilities on the Waller St Mall; traffic impacts on Rideau and George; and adverse impact on heritage buildings in the same block.	LCA has asked the Councillor to lift delegated authority from staff to ensure it is considered by Planning Committee because of its impact on the Waller Street Mall. A revised site plan was circulated in October, but the impact on the Mall remains unclear.
151- 153 Chapel St	Trinity’s proposal for two 25-storey residential towers above a retail podium between Rideau and Beausoleil at Chapel. A revised site plan with reduced retail space and more residential units was filed in April 2019. There now will be a single driveway entrance to the site off Chapel St, allowing Chapel to remain closed to traffic at Beausoleil and eliminating a proposed truck entrance off Beausoleil across from Ste Anne’s school.	LCA supports the new proposal since it is an improvement on the initial plans approved by the OMB in 2016. Final approval was received in fall 2019. The project will be completed in two phases. Work on the first tower on Rideau St began in October.
541 Rideau Street	Chenier Group’s 9-storey apartment building, including demolition and relocation of the façade of the heritage building on the site at Rideau and Cobourg. LCA has been consulted throughout the development of the project and provided a letter of support in July 2018.	Completion in early 2021. Demolition has revealed the original 1860’s house and LCA has asked that the history of the site be commemorated in an appropriate way.
Other Activities		
Revitalization of the Byward Market	LCA participated in studies and other work that resulted in transfer of the operation of the Market to the new arms-length Markets Corporation in 2018. LCA also is participating in the City’s public realm study for the market. The impact on pedestrians of the many outdoor patios encroaching on narrow sidewalks in the Market has long been a concern. LCA has emphasized the importance of the year-round produce market, heritage conservation and a balance between the needs of businesses and residents.	LCA has expressed support for the new public realm plan, but still has concerns that an over- emphasis on creating new pedestrian spaces and attracting large public events may encourage more, larger bars and drive out the local food market. The final draft plan was issued in fall 2019 will be presented at an LCA meeting in Nov/Dec.
Reduction in the density of licensed establishments in the Byward Market	LCA is concerned with the negative impact of the over-concentration of bars in the Market and failure to enforce a 2008 by-law that was supposed to strictly limit the opening of new bars. The City claims it is unable to take action against any of the many restaurants now operating as bars. The AGCO organized a meeting in June with bar owners and residents to discuss ways of mitigating the nuisance caused by the bars, but claims its mandate does not allow it to restrict the number licensed establishments.	LCA will continue to explore with the Markets Corporation and the BIA how best to continue to pressure the City on this issue.
Residential 4 th Density (R4) Zoning Review Phase II	The R4 Zone, which applies in many parts of Lowertown, is the city’s most intensive low-rise residential zone, permitting low-rise apartment buildings with more than four units. Phase I of the Review, completed in May 2018, mainly focused on the problem of stopping the conversion of single family or detached dwellings into “bunkhouses” housing dozens of students or other unrelated individuals.	LCA met informally with city planners to discuss Phase II of the review and generally supports its objectives. The City expects to launch formal consultations with a discussion paper in November 2019, with recommendations to Council towards the end of the first quarter of 2020.
and Official Plan Review	Phase II will look at longer term solutions to encouraging appropriate intensification in the downtown R4 neighbourhoods: e.g., how to encourage the development of low-rise buildings with 8-12 smaller units on sites where only 3 or 4 are now permitted, while at the same time safeguarding the character of existing neighbourhoods.	Intensification and the need for new forms affordable housing also will be a priority for the three-year Official Plan review launched by the City in March 2019.
Airbnb and other short-term rental operations	Airbnb and other short- term rental operations are reducing the availability of affordable housing and are causing nuisance and illegal activity in many Lowertown neighbourhoods. The City is considering new regulations, including a mandatory registration scheme, that would allow such rentals only where the property is a host’s bona fide principal residence and prohibit any commercial short-term rental operations in residential zones.	The final consultant’s report was issued in September. A Staff report with recommendations was issued November 4, and will be considered by the Community and Protective Services Committee and Council before the end of November.
Lowertown 2035 Community Vision	The LCA Board plans to undertake a community visioning exercise, looking at issues such as affordable housing, heritage and culture, community transportation and sustainability. A workshop/community discussion will be organized in late winter 2020.	The Planning Committee will help lead the exercise.
Nepean Point Redevelopment	The NCC is undertaking a multi-year re-design of Nepean Point, including a new park called “The Big River Landscape” and a continuous promenade along the river from the Rideau Canal to Rideau Falls Park. The NCC wants to discuss with the LCA the demolition of the Astrolabe theater and the longer-term closure of the site.	Work will begin in 2019-20.

Message from Mona Fortier



La force d'Ottawa-Vanier est sa diversité, représentative du tissu social canadien. Ce sont ces multiples voix qui m'inspirent dans mon travail et que je représente sur la colline du Parlement. Nous avons aidé plus de 15 000 enfants de notre circonscription chaque mois grâce à la Prestation canadienne pour enfants et réduit la fréquence des débordements d'égouts dans la rivière des Outaouais. En effet, je suis fière du changement réel que nous avons mis en œuvre au cours des deux dernières années.

Je tiens à remercier les résidents d'Ottawa-Vanier de m'avoir accordé leur confiance et leur soutien pour un deuxième mandat. Bien que je sois fière de ce que nous avons accompli jusqu'à présent, je suis impatiente de poursuivre ensemble ces progrès et de travailler à améliorer la qualité de vie des résidents à Ottawa-Vanier. Je vais continuer à rendre la vie plus abordable pour toutes les Canadiennes et les Canadiens, à protéger l'environnement et lutter contre les changements climatiques, à promouvoir nos langues officielles et à aider les entreprises locales à prospérer.

À l'approche du temps des fêtes, je veux encourager tout le monde à soutenir nos banques alimentaires locales. Dans notre communauté, nombreux sont celles et ceux qui doivent compter sur les banques alimentaires afin de recevoir de l'aide pendant cette période des Fêtes. Grâce à l'excellent travail des organisations comme la Banque alimentaire d'Ottawa, Partage Vanier et le Centre de secours alimentaire de Gloucester, beaucoup de gens dans notre communauté pourront passer une meilleure période des Fêtes.

Comme toujours, mon bureau de circonscription est là pour vous appuyer dans vos échanges avec les services fédéraux. Il est ouvert du lundi au jeudi de 9 h 30 à 16 h 30 et le vendredi de 9 h 30 à 16 h. Communiquez avec nous au 613-998-1860 ou envoyez un courriel à mona.fortier@parl.gc.ca.

Ottawa-Vanier's strength is its diversity, which is representative of the Canadian social fabric. It is these multiple voices that inspire me in my work and that I represent on Parliament Hill. From helping over 15,000 children in our riding every month with the Canada Child Benefit to reducing the frequency of sewage overflows into the Ottawa River, I am proud of the real change we have implemented over the past two years.

I want to thank the residents of Ottawa-Vanier for giving me their trust and support for a second mandate. While I am proud of what we have achieved so far, I look forward to building on that progress together and working to improve the quality of life in Ottawa-Vanier even more.

I look forward to continuing to work on making life more affordable for all Canadians, protect the environment while fighting climate change, promote our official languages, and help local businesses thrive.

As we approach the holiday season, I want to encourage everyone to support our local food banks. There are many in our community who must rely on food banks for help getting through this holiday season. Thanks to the great work of organizations like the Ottawa Food Bank, Partage Vanier, and the Gloucester Food Cupboard, many in our community will enjoy a better holiday season.

As always, my constituency office is there to help you with any interactions with federal services. It is open Monday to Thursday from 9:30 to 4:30, and Friday from 9:30 to 4:00. Give us a call at 613-998-1860, or send an email at mona.fortier@parl.gc.ca.

An interview with our newly re-elected MP

By John Chenier

The Echo spoke with Mona Fortier following her electoral victory in the recent federal election. We were interested in what she had heard from constituents during the campaign and what her priorities would be as our MP in the days ahead. In particular, we sought her views on three issues important to residents of Lowertown:

1. What were her plans with regards to the problems of homelessness?
2. Where did she stand on the matter of solving the problems of trucks and traffic on King Edward Avenue?
3. How would she carry our concerns on the increasing violence in our community to the government?

First off, we covered the issues she heard during the campaign, most of which were national in scope but obviously had resonance in Lowertown:

- concern for the environment;
- the increasing cost of living, especially for housing;
- turbulence and insecurity in the job market in a constantly-changing world; and
- promotion and protection of diversity as immigration policy struggles to cope with international upheavals.

Much as we might like her to be, Ms. Fortier is not a parochial MP. In some ways, she cannot afford to be in a riding that, as she says, is a reflection of Canada in every way. (Ottawa-Vanier runs from east to west from Lowertown to Beacon Hill and north to south from Rockcliffe to Sandy Hill.) When it comes to diversity, it covers all the bases.

Take the problem of King Edward Avenue, for example. She is very aware that almost any of the proposed solutions involving a bridge to the east could merely shift the traffic from one part of her riding to another. From her perspective, that doesn't solve the problem, it only moves it. But that doesn't mean she is insensitive to the issue. In her view, traffic is a regional, not a local problem, and it requires a regional approach.

The Liberals won all but one of the 13 ridings in the National Capital Region (NCR). The 12 members from the area form the NCR caucus, and traffic is a major concern. Whether moving north, south, east or west, in Gatineau or Ottawa, traffic congestion is a major problem, especially at peak hours. If I have understood Ms. Fortier correctly, her view is that there are multiple, complex problems to address. Building more roads and bridges now may alleviate the problem, but it won't solve it.

How necessary or desirable are the environmental effects from more cars on the roads and the impact on communities bisected by new roads needed to reroute traffic? Ms. Fortier says we need more information on problems and remedies. More important, we need improved cooperation and coordination to bring about an effective, integrated inter-regional mass transportation system.

Not that the option of a new bridge is off the table, but the case has to be made that it is the best use of resources. She added that the Alexandra Bridge will reach the end of its lifespan in a few years. This will have an impact on

traffic flow on both sides of the river. Meanwhile, she and her colleagues in the NCR caucus will continue to work together and with other levels of government on a transportation plan for the NCR.

At the community level, she will be active on the housing-for-the-homeless issue. She and her staff will be collaborating with groups such as the Ottawa Mission, the John Howard Society, Shepherds of Good Hope and the Salvation Army to make maximum use of federal funding for Housing-First initiatives. She will also be supporting programs that encourage the small businesses needed to revitalize commercial areas on our traditional main

streets such as Montreal Road and Rideau Street.

On the issue of violence, she will press her colleagues in government to bring forward legislation that will empower cities to ban handguns. However, she noted that people are at the root of violence, and that it is critical for the federal government to support programs that channel youth away from "the dark side."

On that score, she has her work cut out for her in Lowertown, where vital funding to support afterschool activities and programming for our young residents has been either reduced or eliminated completely.



MARCHÉS D'OTTAWA
MARKETS

@OTTAWAMARKETS | MARKETS.COM | 613 244-4410

55 BYWARD MARKET SQUARE, OTTAWA, ONTARIO, K1N 9C3

INFO@OTTAWAMARKETS.COM

Getting to know how the office works

By Mathieu Fleury

In the spirit of the Echo's theme this month, about people who serve the community, I am happy to share a bit of insight into how my office works.

Rideau-Vanier is a very busy ward. Thankfully my staff – Stéphane, Erin, Michelle and Emily (who will be leaving on maternity leave mid-November) - each do their part, so nothing gets missed.

Office usually receives over 1000 e-mails per week.

Main reasons/issues

- OC Transpo
- Housing
- Planning
- Public Works
- Parks and Recreation
- Infrastructure

We are a small but hardworking team, and each individual plays an important role. Depending on the issue, planning file or city concern the team tackles it -but here are some specific files and areas of work they cover:

Stéphane Galipeau:

Stéphane, who began working in the office in 2012, wears many different hats for us – from office management, communications, parks, sports and recreation, as well as handling business relations in the ward.

“I never tire of working with the councillor to help residents of Rideau-Vanier. There is never a dull moment in this office.”

Emily Jordan:

Emily has been with me since 2016. Of all the files Emily handles – Infrastructure, legislation, construction and

environment – cycling infrastructure is a passion and one which makes her proud. An avid cyclist herself (even at eight months pregnant!) Emily has worked tirelessly to ensure cycling infrastructure, safety and advocacy is top of mind.

“Since my time here, I am happy cycling has improved, working with residents and the city to advocate for safer cycling.”

Erin Woods:

Erin started in the office in January 2019 and has been an integral part of keeping community connections alive and heard. There is rarely a moment where Erin isn't helping a resident, reaching out to Ottawa Community Housing, bylaw services or OC Transpo to follow up on a concern or complaint.

“Since the start, I have enjoyed learning more every day about each of our three vibrant communities. It's a busy office, but I love the challenges it offers me daily.”

Michelle Nash Baker:

Michelle started this past September and will be replacing Emily while she is on maternity leave. Many may remember Michelle as our local community reporter, and she is excited to follow along on files she wrote about over the years.

“I have covered the Rideau-Vanier ward since I started at Ottawa East News in 2010. It has been exciting learning how things work on this side of the story, and I am looking forward to once again helping the community.”

Les gens qui servent leur communauté

Connaître les rouages du bureau

Dans l'esprit du thème d'Écho ce mois-ci, qui traite des gens qui servent leur communauté, je suis heureux de vous donner un aperçu de la façon dont mon bureau fonctionne.

Le quartier Rideau-Vanier est un quartier bourdonnant d'activités. Heureusement, les membres de mon personnel – Stéphane, Erin, Michelle et Emily (qui partira en congé de maternité à la mi-novembre) – font chacun leur part pour que rien ne soit oublié.

Nous sommes une petite équipe qui travaille fort, et chaque membre joue un rôle important. L'équipe traite les problèmes, les dossiers de planification et les préoccupations de ressort municipal. Cependant, voici certains dossiers et champs d'activité précis que les membres de l'équipe couvrent :

Stéphane Galipeau :

Stéphane, qui a commencé à travailler au bureau en 2012, exécute des tâches variées au sein de l'équipe touchant la gestion de bureau, les communications, les parcs, les sports et les loisirs ainsi que la gestion des relations d'affaires dans le quartier.

«Je ne me lasse pas de travailler avec le conseiller pour aider les résidents du quartier Rideau-Vanier. On ne s'ennuie jamais dans ce bureau.»

sorte que les infrastructures cyclables, la sécurité des cyclistes et la défense de leurs droits soient des enjeux principaux.



Mathieu, Emily Jordan, Erin Woods, Michelle Nash Baker and Stéphane Galipeau

Emily Jordan :

Emily travaille avec moi depuis 2016. De tous les dossiers qu'Emily traite (infrastructures, législation, construction et environnement), le dossier des infrastructures cyclables est une passion pour elle et elle est fière de ce dossier. Pratiquant assidûment le cyclisme (même enceinte de huit mois!), Emily a travaillé sans relâche pour faire en

«Depuis que je travaille ici, je suis heureuse de constater que le dossier du cyclisme s'est amélioré; j'aime travailler en collaboration avec les résidents et la Ville afin de promouvoir un cyclisme plus sécuritaire.»

Erin Woods :

Erin a commencé à travailler au bureau en janvier 2019 et a travaillé fort

pour consolider les liens avec la collectivité et s'assurer que la voix des résidents se fait entendre. Il y a rarement un moment où Erin n'est pas en train d'aider un résident, en communiquant avec la Société de logement communautaire d'Ottawa, les Services des règlements municipaux ou OC Transpo afin de donner suite à une plainte ou une préoccupation.

«Depuis le début, j'aime en apprendre chaque jour davantage sur chacune de nos trois collectivités dynamiques. C'est un bureau fort occupé, mais j'aime les défis qu'il m'offre au quotidien.»

Michelle Nash Baker :

Michelle a commencé en septembre dernier et remplacera Emily pendant son congé de maternité. Beaucoup d'entre vous se souviennent peut-être de Michelle à titre de reportrice communautaire locale, et elle est heureuse de faire le suivi de dossiers sur lesquels elle a écrit au fil des ans.

«Je couvre le quartier Rideau-Vanier depuis que j'ai commencé à l'Ottawa East News en 2010. C'est vraiment intéressant de voir comment fonctionnent les choses de l'autre côté, et j'ai hâte d'aider une fois encore la communauté.»

Enter the Quiz on page 22 and win valuable prizes
Participez au jeu-questionnaire à la page 22
et gagnez de précieux prix

Winner of Quiz 10-4 was
Caitlyn Cavanagh-Dollard
a remporté le quiz 10-4



Thank you to all our advertisers
and volunteers.

Without their support

this community newspaper
would not be possible.

BOOK YOUR
HOLIDAY PARTY
WITH US

LOWERTOWN BREWERY HAS
YOUR PARTY NEEDS COVERED

CALL 613-882-8869 OR BOOK ONLINE WWW.LOWERTOWNBREWERY.CA

LOWERTOWNBREWERY.CA / LOWERTOWNBREWERYOTTAWA @/ @LOWERTOWNOTTAWA

CRAFT
BREWING

LOWERTOWN
BREWERY OTTAWA

SCRATCH
COOKING

73 YORK STREET IN THE BYWARD MARKET (613) 722-1454



The Echo, a non-profit community newspaper, is supported financially by its advertisers and the Lowertown Community Association. Opinions expressed are those of contributors and advertisers and do not necessarily represent those of the volunteer editorial staff.

In 2019, the Echo will be published in February, April, June, September and November. 8,000 copies are printed and distributed free of charge to residents of Lowertown. Additional copies can also be picked up at the Routhier Centre, the Lowertown Community Resource Centre, the public library, and various public and commercial locations in Lowertown.

The Echo welcomes articles, letters, photographs, notices and other material of interest to its readers in the Lowertown community. Name and telephone number of contributor must be included.

If you'd like to write articles, draw cartoons or other illustrations for stories, or take photographs on assignment, please email and leave your name and telephone number at echo@lowertown-basseville.ca. No age restrictions. The Echo reserves the right to edit in part or in whole all contributions.

L'Echo est un journal communautaire à but non lucratif dont les seuls revenus viennent des annonceurs et l'Association communautaire de la Basse-Ville. Les textes n'engagent que leurs auteurs et annonceurs respectifs et ne reflètent pas nécessairement l'opinion de l'équipe de rédaction, qui est composée de bénévoles.

En 2019, l'Echo sera publié en février, avril, juin, septembre et novembre. Son tirage est de 8000 exemplaires. Il est distribué gratuitement partout dans la Basse-Ville. On peut également l'obtenir au Centre Routhier, au Centre de Ressources Communautaires de la Basse-Ville, à la bibliothèque et dans plusieurs commerces du quartier.

Tous les articles, lettres, illustrations, photos et autre matériel qui peuvent intéresser les lecteurs de la Basse-Ville sont les bienvenus. Leurs auteurs doivent indiquer leur nom et leur numéro de téléphone.

Les personnes qui aimeraient collaborer avec l'Echo sont invitées à envoyer un courriel au echo@lowertown-basseville.ca en indiquant leur nom et leur numéro de téléphone. Nous apprécions la contribution de tous, quel que soit leur âge. L'Echo se réserve le droit de modifier en tout ou en partie les documents.

Contributors to this edition
Editor: John Chenier

Contributing editors:
Bryan Brulotte, John Chenier, Lynda Cox, Christina Devine, Nathalie Falardeau, Peter Ferguson, Mathieu Fleury, Deidre Freiheit, Margo Geduld, Thierry Harris, Christine Harrison, Sally Kearsley, Caroline Lavoie, David Lu, LCRC-CRCBV, Catherine Mageau-Walker, Nancy Miller Chenier, Norman Moyer, Juliet O'Neill, Jean Yves Pelletier, Sandra Pilote, Joanne Pinard-Lacroix, Michel Rossignol, Robert Tritt, Warren Waters, Joel Weiner

Copy editors: Patricia Balcom., Philippe Doyon
Photography: John Chenier, Google Maps and others
Layout: John Chenier

Deadline

Reserve your advertising space or submit your contribution to echo@lowertown-basseville.ca by January 16, 2020

Questions regarding delivery? If you live in Lowertown, the Echo is delivered free to your door. Please email if you are aware of anyone or any business in our neighbourhood who is not receiving their community newspaper.

Date de tombée

Publicité, articles, photos et autres soumissions à echo@lowertownbasseville.ca avant le 16 janvier 2020

Questions au sujet de la distribution? L'Echo est distribué gratuitement dans la Basse-Ville. Veuillez envoyer un courriel si vous connaissez quelqu'un qui ne le reçoit pas.

Rates - Les Tarifs 2020					
Description	Ad	Dimension in inches: width x height	Price: one issue +HST	Advance purchase three issues: each +HST	Advance purchase five issues: each+HST
Business Card	B&W	3.25x2"	\$32.50	\$31.00	\$29.50
'Business Card	Colour	3.25x2"	\$37.50	\$35.50	\$33.75
Two Column 3"	B&W	5x3"	\$75.00	\$71.25	\$67.50
Two Column 3"	Colour	5x3"	\$86.25	\$81.94	\$77.63
Two Column 4.5"	B&W	5x4.5"	\$112.50	\$106.88	\$101.25
Two Column 4.5"	Colour	5x4.5"	\$129.38	\$122.91	\$116.44
Two Column 6"	B&W	5x6"	\$150.00	\$142.50	\$135.00
Two Column 6"	Colour	5x6"	\$172.50	\$163.88	\$155.25
Small Banner	B&W	10x3"	\$150.00	\$142.50	\$135.00
Small Banner	Colour	10x3"	\$172.50	\$163.88	\$155.25
Quarter Page	B&W	5x7.5	\$187.50	\$178.13	\$168.75
Quarter Page	Colour	5x7.5	\$215.63	\$204.84	\$194.06
1/3 Page Banner	B&W	10x4.5"	\$225.00	\$213.75	\$202.50
1/3 Page Banner	Colour	10x4.5"	\$258.75	\$245.81	\$232.88
Half Page Horizontal	B&W	10x7.5"	\$375.00	\$356.25	\$337.50
Half Page Horizontal	Colour	10x7.5"	\$410.00	\$389.50	\$369.00
Half Page Vertical	B&W	5x15"	\$375.00	\$356.25	\$337.50
Half Page Vertical	Colour	5x15"	\$410.00	\$389.50	\$369.00
Full page	B&W	10x15"	\$575.00	\$546.25	\$517.50
Full page	Colour	10x15"	\$650.00	\$617.50	\$585.00

Publication dates for 2020 are:
February 3, April 6, June15, September 14 and November 17
Deadline for reserving placement
14 days before publication.
Ad copy due 7 days prior to publication

Contact ads.in.echo@gmail.com
or call 613-878-4846
for ordering or more information.

A pioneering family business in Lowertown

By Joanne Pinard-Lacroix

As I write this article, I am reflecting on bygone days and my grandfather, the late Alfred J.B. Pinard, who would be 143 years young this year. He was a Lowertown pioneer, who during his 104 years residing in Ottawa, remained an active community member and business owner of a fine-foods import store in the very heart of Ottawa, Pinard's Wine and Grocers.

As my grandfather aged, I only wish that I had had the foresight and curiosity to ask him about the courageous business endeavors that he undertook to create a thriving business in Lowertown, despite the many challenges and


his formative years. When the family business outgrew this location, a new home for the enterprise was found at 96-98 Rideau Street.

While the business at the new site on Rideau Street continued to thrive, my enterprising grandfather embarked on his very first business venture in 1898 at the age of 22 years, and launched his own store at 172-174 Rideau Street, known as Pinard's Groceries and Wine.

This store maintained the same quality of service as his father's original business, but the product line shifted from nails and noodles to fine-quality food items. My grandfather kept the business growing for 49 years and fi-

Established 1869

Phones { 570
1002



Specialties:
CLARETS,
OLIVE OIL,
IMPORTED CHEESE.

A. L. PINARD,

Dealer in Fine Groceries, Wines, Liquors, etc.

175 King St., 248-252 St. Andrew St.,
Branch, 118 Rideau St.,

OTTAWA

A.L. Pinard business card

economic pressures of the time.

His father, Alfred L. Pinard, (born in St. David, Quebec in 1847) served as alderman and was the founder of the A.L. Pinard and Sons Grocers store at 175 King Street (now King Edward Avenue) in Lowertown. His enterprise, established in 1869, was located in a beautiful stone building at the corner of St. Andrew Street.

The first floor was used as the family business, while the upper portion served as the family residence and hence the home of my grandfather in

nally retired at the age of 71 in 1947. He took much pride in providing exceptional service and quality products to his patrons, including imported cheeses, caviar, wines and olive oil.

Throughout his tenure as business owner and helper in his father's store, my grandfather experienced many business transformations to accommodate the emerging demands of the era, including prohibition, two wars and the Great Depression as well as the many challenges of importing goods and specialty products directly from Europe.



Then: Staff members of the A.L. Pinard and Sons Grocers, 175 King Edward Avenue (circa 1870) Photo: Pinard family records

Members of the Pinard family are very proud of the contributions that our forefathers made to Bytown and later Ottawa, from a business, community and political perspective. My brother, A. James (Jim) and my sister, Lynne, are now the proud keepers of the brass plaques that were displayed on the delivery trucks (1906 Franklins) of the Pinard family business.

These and other preserved items, which might seem trivial to many people, are important symbols of our heritage and it is nice to know that, beyond these precious mementos, there still remains a physical structure that bears the family name on the King Edward Avenue building where the original Pinard family business was launched.

The structure, a beautiful three-storey, stone building with a mansard roof with numerous gabled dormers built in 1866, was restored and converted into apartments that have become known as The Stoney Inn. In 1990, this historical structure was designated a heritage building by the City of Ottawa and now bears the name: The Pinard House/ La Maison Pinard.

The Pinard family is very grateful for the acknowledgement of the contribution of our forefathers and hopes that the legacy of the pioneering spirit of the Pinard family will carry on. We also hope that this building will be enjoyed by many Lowertown residents for years to come.



Now: The Pinard House (2018) Photo: Pinard family records

VOYAGES
ClubAventure
TRAVEL

306 Cumberland Street
613-789-8000
www.clubaventure.ca

Réalisez vos rêves!

2020

Live your dreams!

Bernard Bacle
bernard@clubaventure.ca

Monique Perras
monique@clubaventure.ca

Daniel Migneault
daniel@clubaventure.ca

Wallis House: Echoing the history of Lowertown

By Caroline Lavoie
and Sally Kearsley

Even though we may not think of Wallis House as a part of Lowertown, since it is located at its very edge (at the corner of Rideau and Charlotte), the building has overlooked our neighbourhood for close to 150 years. It has been in turn a hospital, a seminary, an army barracks, an emergency-housing centre for returning veterans and an armoury.

er, during a severe typhus epidemic in 1847 following the arrival of Irish immigrants fleeing the Potato Famine, there were rumours of bedside conversions by the nuns. The Ottawa Archives have an interesting exchange of letters between “gentlemen of the Protestant persuasion” and Sister Bruyère, who strongly denied these allegations.

The hospital was designed by Robert Surtees in the Queen Anne revival style. Surtees, who later became Chief

for Trained Nurses to provide staff for the hospital, on the land now occupied by the Lady Stanley Place. Medical buildings around the area included a children’s hospital on Wurtemberg (now the Turkish Embassy), a maternity hospital and isolation wards for contagious diseases on Porter’s Island.

In 1924, the Protestant hospital merged with St. Luke’s Hospital (on Elgin Street) and the Maternity Hospital to form the Ottawa Civic Hospital, now located on Carling Avenue.



Nurses training in the operating room 1924

Sold to the Catholic Diocese, 589 Rideau became a “minor” seminary (a non-residential school for boys) and a “major” seminary (a residential school for future priests). Hospital wards were transformed into a chapel, classrooms and dormitories. What irony that a hospital built to counter the influence of the Catholic Church ended up in its hands half a century later!

Guards during their first years in Ottawa, and from 1965 onward, an armoury and cadet corps facility for various units, who in 1990 moved to the Major E.J.G Holland VC Armoury on Walkley Road.

In 1943, the building was sold to the Department of National Defence, who turned it into barracks for the members of the Women Royal Navy unit (WRENs). The heavy Canadian casualties at Dieppe in August 1942 led many women to want to contribute to the war effort, and the Army, Air Force and Navy set up women’s units.

City By-Law 221-90 was passed in September 1990, designating Wallis House a heritage building, one of only two designated buildings on Rideau past King Edward (the other being the OPL Rideau Branch). Public Works caved in to pressure from various developers with very little appreciation of our heritage and ordered the building demolished in 1994.

The WRENs served as truck drivers, photographers, clerks and a wide range of other jobs “to free men for active service”.

Wallis House was named after Provo Wallis, an 1812 hero from Nova Scotia, who lived to be 100 years old. After the war, the building was briefly squatted in by returning veterans who could not find affordable housing.

Thankfully, heritage status, mobilization of the community and advocacy work of Heritage Ottawa and others, along with a purchase offer from Sandy Smallwood of Andrex Holdings, helped save the Wallis House. Today, with 46 condo units, the Wallis House, with its beautiful 1873 crest featuring the English rose, the Scottish thistle and the Irish shamrock alongside the Canadian maple leaf, continues to echo the history of Lowertown.

It was subsequently requisitioned as a transitional residence for military families, then as a Korean War recruitment centre, barracks for the Canadian

Carleton County General Protestant Hospital (1873-1924), corner of Rideau & Charlotte, c. 1900



Originally built in 1873, the building served as Carleton County’s first fully equipped Protestant hospital, replacing an adjacent building dating from 1851 (now demolished), which had only ten beds and two employees, a steward and a matron. But what need was there for a Protestant hospital in the first place?

Since 1845, the Grey Nuns under the leadership of Elisabeth Bruyère had been running a hospital (now Élisabeth Bruyère Hospital) in Bytown. Howev-

Engineer for the City of Ottawa, also built the Carleton County Courthouse on Daly (now the Arts Court) and the Byward market building. The new hospital had 75 beds and a morgue in the basement. In 1897-98, a new wing in the Tudor revival style, with half-turrets and cupolas, was added to the east side by Alexander Hutchison of Montreal.

In 1899, Lady Stanley, wife of the Governor General, opened an Institute

Don't leave the great celebration of your life until the last minute.

Our FREE eBook is your guide to one of the most important decisions in your life.

Download our FREE eBook today at <https://landing.beechwoodottawa.ca/funeral-planning-ebook-offer>



Fading away: Lowertown’s service stations

By Michel Rossignol

A few decades ago, almost every street in Lowertown had a service station or an auto-repair shop. Today, many service stations and garages have disappeared without a trace, while others have left their mark on the urban landscape.

Many commuters rushing through Lowertown today would be surprised to learn that many years ago two service stations were located on Sussex Drive. In the 1930s, there was one near King Edward where the Lester B. Pearson Building stands today, and in the 1950s and 1960s there was a Shell station on the northeast corner of Sussex and St Andrew.

In the 1950s, on Parent Street between St Patrick and Murray, there was an auto-repair shop as well as a service station. A block to the east, on Dalhousie Street, between the 1930s and 1950s, there was a BA (British American) station on the northeast corner of Guigues. A block away, at the northeast corner of St Andrew, now a vacant lot, a garage sold Goodrich tires as well as gasoline in the 1930s and 1940s.

On Cumberland Street, recently built buildings now stand where many service stations were located. There is no trace left of Roger’s Esso on the northwest corner of Cumberland and George, and hardly anyone remembers the station on the northwest corner of Cumberland and Rideau which sold Wonder gasoline in the 1930s.



St. Andrew at Dalhousie Street LAC4101951

Around 1970, there was also a garage on the southeast corner of Cumberland and Murray which sold brand new Peugeots (the French cars, not the bicycles). Today, the only garage on Cumberland is Rolland Levesque and Sons at the corner of St Andrew, in business since 1965.

As for King Edward Avenue, on the west side there were service stations on both the north and south corners of St Patrick. They have been replaced by other businesses, but the corners still

look somewhat like service stations. The southeast corner of King Edward at Rideau still has a busy Petro-Canada service station, but the Texaco station on the southwest corner is now just a memory.

There were only a few service stations and garages in Lowertown East. In the 1950s, at the corner of Nelson and Rideau streets there was an Esso station where the Loblaws is located. There was also a Shell station on the northwest corner next to the Nelson Theatre, now the

Towne Cinema, and with a parking lot in front of the stores, the corner still looks a bit like a service station today. Augusta Street had a small auto-repair shop, Lower Town Service, while at Cobourg Street near Heney until the late 1960s there was a big garage, the Car Barn, that despite its name serviced streetcars and buses.

In short, while thousands of vehicles pass through Lowertown every day, many service stations and garages are now just a memory.

Lowertown Legend: Élisabeth Bruyère (1818-1876)

By Nancy Miller Chenier

When Élisabeth Bruyère arrived in Bytown, it was in serious need of schools, hospitals and social-welfare organizations for the needy. Along with her small band of Grey Nuns, she reached out to everyone, regardless of language, religion or race. Now, almost 175 years later, her legacy continues to grow on the same site

where she established a hospital. Today, it is an academic health-care organization offering inpatient and outpatient stroke and geriatric rehabilitation, inpatient palliative care, primary health care and long-term care.

The provincial plaque near the Bruyère site provides some of the story of this remarkable woman:

In the 1840s, Bytown (Ottawa) was a growing timber-trade village with a substantial French-Canadian population but no Catholic schools and few social services. In February of 1845 the Sisters of Charity of Montreal (Grey Nuns) sent four nuns here. Led by Élisabeth Bruyère, a devout well-educated young woman, the sisters quickly established a bilingual school for girls, a hospital and an orphanage. They helped the poor, the elderly and the sick including hundreds of immigrants stricken during the typhus epidemic of 1847-48. By the time of Élisabeth Bruyère’s death the Sisters of Charity of Ottawa had founded key local institutions and extended their services to sixteen other communities in Canada and the U.S.

Pendant les années 1840, Bytown (Ottawa) est un village de commerce

de bois d »œuvre en plein essor qui a une importante population canadienne-française, mais pas d’école catholique et peu de services sociaux. En février 1845, les Sœurs de la Charité de Montréal (Sœurs Grises) y envoient quatre sœurs. Sous la direction d’Élisabeth Bruyère, jeune femme instruite et pieuse, les sœurs établissent rapidement une école bilingue pour filles, un

hôpital et un orphelinat. Elles aident les pauvres, les personnes âgées et les malades, dont des certaines d’immigrant frappés par les épidémies de typhus de 1847-48. A la mort d’Élisabeth Bruyère, les Sœurs de la Charité d’Ottawa avaient fondé d’importantes institutions locales et étendu leurs services dans seize autres collectivités au Canada et aux États-U



Elizabeth Bruyere 1871
Topley LAC

SHOPPERS

DRUG MART

Looking for a new pharmacy?
Transferring your prescription is easy ...
Ask one of our pharmacy team how.

Could you be at risk for shingles?
Get vaccinated at the pharmacy.

Thank you for your continued support in 2019.
We wish all of our neighbours
a joyous holiday season.

Time for your
annual flu shot,
no appointment
necessary



Senior's save 20%
on regular priced
merchandise every
Thursday!

Monday to Friday 8:30 to 6pm
Saturday 9 to 5pm
298 Dalhousie 613-241-1871

Our Lady's School and Regulation 17

By Nancy Miller Chenier

The crumbling ruins of the former Our Lady's School stand forlornly at the corner of Murray and Cumberland streets. Described as a poster child for "heritage demolition by neglect", the school building sat empty after being sold by the Ottawa Catholic School Board in the mid-1970s. In sharp contrast, a little further along Murray, the former Guigues School, built in the same year, stands proudly, adapted in 1997 for use as a community centre for Francophone seniors. Outside is a plaque that reminds us of the school's role in the important battle for Francophone language rights in Ontario's educational system.

Our Lady's, a school for English-speaking girls, could not avoid being absorbed into the lengthy conflict over language in Ottawa's Roman Catholic separate schools, albeit from a different perspective than the Guigues School. Our Lady's students and the English Grey Nuns of the Cross who taught here no doubt experienced the turmoil that was evident both in the educational and the religious spheres even before the two schools were built in 1904.

Disputes between the English and French trustees on the Ottawa Separate School Board (OSSB) had a long history of competition for school funds and for qualified teachers. The rift between the French and Irish branches of Ontario's Roman Catholic Church was growing when the provincial Regulation 17 brought the conflict between Anglo-



phone and Francophone Catholics into the public realm in 1912.

By 1915, when the Ontario government replaced the OSSB with a government-appointed commission, the bitterness and acrimony among separate-school board members and within

the local priesthood boiled over. Samuel Genest, chair of the OSSB at the time, ordered all the schools closed, French as well as English. The Ottawa Citizen reported that 210 girls arrived at Our Lady's one day to see a typewritten notice stating that it would not be re-



Our Lady's School - Cumberland and Murray - July 1972 - NCC

opened until a date decided by the Board.

By the mid-1920s, some of the English Grey Nuns who had taught at Our Lady's left Ottawa to form a new order called Grey Nuns of the Immaculate Conception. In 1926, Genest, still chair of the OSSB, convinced his French trustees to deny these nuns access to their former teaching jobs in Our Lady's School. Once again, the Ottawa Citizen reported that 200 students, along with their parents, gathered outside and refused to enter until their old teachers were re-hired.

Although the English-minority members of the OSSB appealed to the French majority and to the Catholic religious authorities, Genest stood firm and insisted that only Grey Nuns of the Cross located in Ottawa could be employed by the OSSB. When Our Lady's opened in the fall, there were several newly employed lay teachers.

The story of Our Lady's School is not yet fully documented, but even these glimpses of its place during the Regulation 17 period suggest that the remaining walls deserve respect. Two Roman Catholic separate schools along Murray Street were affected by Regulation 17, but two different battles were waged. One school, Guigues, associated with the long and significant public fight to ensure French-language instruction in elementary schools, stands proudly. The other, Our Lady's, with a record of admirable secular and religious education of young English girls is slowly disintegrating. Something more than a plaque is needed here.

Maurice Lapointe: un enfant de la Basse-Ville et un « grand »

Par Michel Rossignol

Quatre ans après son décès, on parle encore de Maurice Lapointe. Comme l'a souligné un article dans le journal Le Droit le 4 juillet 2015, quelques jours après son décès, plusieurs personnes lui ont rendu hommage car il était « un grand » de l'Ontario français. Il était surtout « un grand » dans le monde de l'éducation, un visionnaire qui a laissé sa marque sur la Basse-Ville d'Ottawa et l'Ontario en général.

Pour souligner l'importance de la carrière de Maurice Lapointe comme enseignant et le rôle important qu'il a joué dans la création d'écoles secondaires publiques de langue française en Ontario, l'Institut Canadien-français a officiellement publié un livre qu'il avait rédigé quelques années avant son décès. En effet, le 22 septembre 2019, l'Institut situé sur la rue Dalhousie a lancé le livre *50 ans en francophonie ontarienne. Mémoires d'un éducateur*.

Dans le livre, Maurice Lapointe parle un peu de sa carrière dans les années 1960 comme enseignant et directeur à l'Académie De La Salle sur la promenade Sussex. Cependant, il raconte

surtout sa participation dans les discussions avec le gouvernement de l'Ontario qui ont mené à la mise sur pied des écoles secondaires publiques de langue française, y compris la construction de l'École secondaire publique De La Salle pour remplacer l'Académie et d'autres écoles de la région. D'ailleurs, il a lui-même assuré la transition en devenant le premier directeur de l'École secondaire publique De La Salle, de 1971 à 1979.

Il a continué à travailler dans le domaine de l'éducation comme professeur à l'Université d'Ottawa et a joué un rôle important dans l'établissement de La Cité collégiale qui a ouvert ses portes en 1990. Il a même participé dans les années 1980 aux premières discussions sur la création d'une université francophone en Ontario, un rêve qui devient petit à petit une réalité.

Maurice Lapointe était aussi un témoin de l'histoire de la Basse-Ville (voir aussi le livre de 2010 de Michel Gratton, Maurice Lapointe. *Un enfant de la Basse-Ville d'Ottawa au cœur de l'éducation franco-ontarienne*).

Né en 1930, lui et sa famille ont connu, comme bien d'autres résidents de

la Basse-Ville, des années difficiles pendant la Grande Dépression des années 1930. Élève doué, il a passé de la première à la huitième année à l'École Guigues en seulement six ans et a continué ses études à l'Académie De La Salle avant de devenir membre de la communauté des Frères des Écoles

les années 1960. Il n'avait pas oublié les obstacles auxquels faisaient face dans les années 1930 et 1940 les jeunes francophones qui voulaient poursuivre leur éducation.

Il a multiplié ses efforts pour aider les nouvelles générations à atteindre leurs



Maurice Lapointe devant l'Académie La Salle

chrétiennes.

Après des études universitaires, il est revenu à la Basse-Ville comme enseignant, tout d'abord à l'École Brébeuf et ensuite à l'Académie De La Salle dans

but. Pendant toute sa carrière d'enseignant et d'administrateur, même lorsqu'il travaillait loin d'Ottawa, il n'a jamais oublié qu'il était un enfant de la Basse-Ville. La Basse-Ville ne doit pas oublier qu'il était « un grand ».

Heart & Crown Christmas - a seat for everyone

Christina Devine

In the late 1970s, co-owners Larry Bradley and Pat Kelly landed as two Irish immigrants in Canada. In 1992, the two businessmen decided to open their first pub in an unfrequented area of the ByWard Market. At the time, Clarence Street offered primarily retail locations to locals and tourists and since has welcomed a variety of restaurants and bars to patrons.

restaurants. With five pubs under one roof with six patios that make up what is locally-known as Ottawa's Irish Village, the Heart & Crown featuring Irish-inspired dishes, live music daily and domestic and international sporting events has something for everyone.

While establishing himself in the ByWard neighbourhood, Bradley noticed there were many people in need around him and he wanted to give back to the

have no family around, or they simply can't provide a meal for their family or themselves," says Melanie Veenbaas, Social Media Director at Heart & Crown Irish Pubs.

"It could be one or all of those things at once. Our Christmas dinner is for anyone in the community who needs it."

Serving between 500 to 800 meals each year on Christmas Day, the Heart & Crown's family-run annual Christmas Dinner is organized by owner Larry's daughter Kristen with administrative support from Tanya at the Heart and Crown Irish Pub's Head Office. The event is entirely volunteer-run, with

many returning volunteers who come back each year to continue giving back including Heart & Crown regulars, staff and community members.

"More restaurant businesses in the area are now offering holiday meals for the less fortunate, so our community can receive the support it needs," says Veenbaas. "At Heart & Crown, our patrons come for the community that comes with their warm meal. It's a place to feel at home for your holiday meal."

Christina Devine is communications advisor at the ByWard Market BIA



Almost immediately after opening, the Irish community flocked to the Heart & Crown for cold pints, live music and a wee bit of craic. By the mid 1990s, the Heart & Crown became one of Ottawa's favourite pubs and in 1997, it doubled in size with the addition of the Snug Pub, reminiscent of ale houses back in Ireland. By 2001, the pub doubled its size once again with the addition of Mother McGintey's Pub and the Black Rose creating what would become known as Ottawa's "Irish Village."

Today, The Heart & Crown in Ottawa's historic ByWard Market is one of Ottawa's favourite Irish pubs and

community. Now approaching its 27th year, every Christmas Day, the Heart & Crown hosts a free all-day Christmas dinner for the less fortunate, gathering people from all over Ottawa providing a hot Christmas meal for everyone.

Serving people in need, all are welcome to enjoy a free meal on Christmas Day. In previous years, patrons have enjoyed small gifts like hats, socks, toques, mitts and scarves for staying warm.

"People from all walks of life who have come because of varied reasons: they are lonely, homeless, they are cold,

AU SERVICE DE NOTRE COMMUNAUTÉ

PHARMACIE BRISSON
DEPUIS 1921

WE CARE FOR OUR COMMUNITY

- YOGA AND MASSAGE PRODUCTS
- PRESCRIPTION REFILLS BY SMART PHONE
- PERSONAL MEDICATION COMPLIANCE PACKAGING
- PERSONAL PATIENT PROFILE ACCESS BY INTERNET
- MOBILITY AIDS AND HOME HEALTH CARE PRODUCTS
- MULTILINGUAL SERVICE: FRENCH, ENGLISH, FARSI, ARABIC

270 DALHOUSIE

MON-FRI: 0900-1800 - SAT: 0900-1700

PH. 613-241-6273 - F. 613-241-2099

WWW.PHARMACIEBRISSON.CA



Le Service à l'enfance Aladin offre des services éducatifs à l'enfance à l'école Sainte-Anne, au 235 prom. Beausoleil. Nous offrons nos services en français aux familles de la ville d'Ottawa. Nous avons des programmes éducatifs de qualité pour les enfants âgés de 18 mois à 12 ans, du lundi au vendredi, à l'année longue. Un nouveau programme pour poupons (bébés) sera offert en 2019.

Pour de plus amples informations, SVP contactez-nous à steanne@aladin.services ou visitez notre site internet à

www.aladin.services

Your **Lowertown Community Resource Centre** helps build a safer and more vibrant community!

We offer programs and activities for Lowertown residents of all ages.

PLEASE GIVE!

HELP our Centre support vulnerable residents from our neighbourhood! Your contribution to our Emergency Fund will **directly assist** people in meeting their basic needs: food, diapers, school supplies, transportation to medical appointments and other emergency situations.

Visit www.crcbv.ca to make a donation and learn more.

All our services are **FREE, confidential and bilingual**



Tous nos services sont **GRATUITS, confidentiels et bilingues**



Centre de ressources communautaires de la Basse-Ville
Lowertown Community Resource Centre

40 Cobourg, Ottawa K1N 8Z6 - 613.789.3930



Votre **Centre de ressources communautaires de la Basse-ville** contribue à bâtir un quartier plus vivant et plus sécuritaire!

Nous offrons des programmes et activités pour les résidents de la Basse-Ville de tout âge.

FAITES UN DON!

AIDEZ-NOUS à soutenir les résidents vulnérables de notre quartier! Votre contribution à notre fonds d'urgence aidera des résidents à combler leurs **besoins essentiels**: Nourriture, couches, fournitures scolaires, transport à des rendez-vous médicaux et autres situations d'urgence.

Veuillez visiter www.crcbv.ca/fr pour faire un don et en apprendre davantage.

Business profile: Gigi is gone now, but Chuck offers history with every cut

By Juliet O'Neill

There is no Gigi at Gigi's now. There's Chuck, Chuck Barhoum.

The Gigi in Gigi Hair Design was the nickname of Gilberte Fortier, the woman who opened the salon on Dalhousie Street in 1950.

Chuck has a soft spot for the history and the several hair stylists who came before him at what is likely the oldest salon in the ByWard Market.

He speaks affectionately of the first two -- Gigi and her successor Yvette Jolicoeur, now age 97, who owns the building that houses the salon. In Yvette's day, before hair blowers, customers would come, take a number and get an estimate of when to return.

There were only so many hair dryers to sit under. Chuck kept two of them for sentimental reasons after he renovated in 2006 and has had them reupholstered twice, once in burgundy and now in black.

The retro dryers made by Paramount still work fine for customers who use curlers (along with his latest and greatest modern dryers and his hair blowers of course), which is good because nobody makes or repairs them anymore. His only renovation regret is not keeping the black-and-white tiled floors.

Originally the salon was nestled against a candy shop and the competition was a block down Dalhousie at Antoinette de Paris, where Bridgehead now stands. Antoinette really was from Paris, Chuck said in an interview.

There are more than two dozen hair salons in Lowertown now, many of them along Dalhousie. Chuck, always cheerful and chatty, is a colour specialist.

His customers range in age from 1 to 100, literally, and about 20 per cent of them are boys and men. He

wanted to add "unisex" to the sign over the shop, but it was too long.

finished university and he was settled. She works with him in the salon.

Every Friday he does "the golden girls," four friends aged 70 through 85 who've been coming to get their hair done at Gigi's together for about three decades.

Chuck jokes that he gets all his news from customers like them. They discuss politics and City Hall among other things. He has the TV on a news channel all day, so keeps up on international affairs -- happily for his many customers from the nearby federal government Global Affairs building. He's had appointment requests from some of them as far away as China and Brazil.

It's uncanny how much detail he remembers about his clients, such as names, family members, birthdays and holiday destinations. He said one client returned after 16 years in Western Canada and he bowled her over by recognizing her voice on the phone before she said who she was.

Chuck said the cliché is true: some customers confide marital woes and other secrets. "I hear a lot of stories; I could write books," he said. But he doesn't; he's discreet.

What's changed the most during his time as a stylist so far? In the last decade, he said there's been a surge of people who try colours or cuts on themselves based on advice from You Tube "and they come to their hairdresser to correct it."


He teaches a lot of clients how to properly style and blow dry their hair because everybody who comes to his salon is a walking advertisement for him afterward.

Chuck is thoughtful about his prices, which are lower than many of his competitors though he keeps up with the latest styles, products, technology and salon decor. He jokes that he's not a plastic surgeon. Fair pricing is a matter of pride, as is his business philosophy: "simple and efficient."



Gigi at 167 Dalhousie: Juliet O'Neill discovers that some of the most interesting stories lie behind old shop fronts.

Chuck took over the salon in 1995, just a few years after immigrating to Ottawa from the Beqaa Valley in Lebanon. He was age 25, working as a hairdresser and wanting to get away from war. He brought over his fiancée Nadia, (now his wife) later, when she had





Market In Style

Winter Edition

The ByWard Market is where fashion shines this holiday season!


Follow us for tips, features and style inspiration.



@bywardmarketinstyle

#bywardmarketinstyle

#lamodedumarcheby





Business news

Chili & Olive

The only Gluten-free bakery in the ByWard Market, Chile and Olive, is no more. Chili and Olive was a spin-off from its sister bakery/restaurant across the street, le Moulin de Provence. The city's enthusiasm for fresh gluten-free food inspired the Moulin's owner, Claude Bonnet, to start Olive & Chili. But after five years, the gluten-free outlet just wasn't generating enough business.

Before Chili and Olive, the corner shop had long been occupied by fruit vendors. When the last of these, Ontario Fruit, closed its doors, local residents put considerable pressure on the city not to allow yet another restaurant to rent the space. Chili and Olive, part bakery, part restaurant, more or less met the criteria. This time, however, there was no gap in the tenancy and lo and behold the Casa Dimoni, a restaurant specializing in Mediterranean cuisine, has taken its place.

Hobo

A site which has long been a restaurant is about to be converted to a shop selling leafy greens. Hobo is a dealer in herbs, Marijuana to be exact. According to their website, they are on track to open 19 new stores in the provinces of BC, Alberta and Ontario this year. One of these will be on the corner of Dalhousie and Clarence. The space has had difficulty over the years making it as a food establishment. With the legalization of marijuana in edible products, perhaps it will replace the gluten-free bakery.

C'est Bon

As of November 1st, C'est Bon, the gourmet cooking and food tour company has moved from 206 Dalhousie into the space vacated by the Daya Spa. The new space at 200 Dalhousie has two kitchens, each with 14 cooking stations which is more than double the size of their previous location.

In addition to larger kitchen facilities, the new space has a boardroom/dining area to accommodate meeting/team-building functions. Groups can hold a meeting, and then do joint meal prep and finally sit and enjoy a meal. This is something that will appeal to the many small high-tech firms located in the Market.

According to Stefani Siska, the larger space will allow C'est Bon to have a retail store where it will sell locally-produced gourmet products. Strangely, while meals can be cooked and eaten at C'est Bon, the kitchens are not licensed to package and sell their own meals for take-out.

Meet your neighbour: Kanika Gupta

By Joel Weiner

She's a painter, sculptor and ceramicist. A teacher and author. One of Canada's Top 100 Most Powerful Women, according to the Women's Executive Network. And now, Kanika Gupta is a new neighbour in Lowertown, having chosen to live in our community when she and husband Amit Kehar moved from Toronto to the nation's capital just six months ago.

It was a job opportunity for Amit that brought Kanika here. A cinematographer and director, he was recently hired by the National Gallery of Canada to develop its video content strategy. For Kanika, though, relocation to Ottawa was a homecoming of sorts since she was born and raised in this city. She left about a dozen years ago, first for higher education and then to work, mainly in the field of international development and social entrepreneurship. Eventually, those travels took her to Toronto where, in 2013, she had a severe concussion that left her struggling to read, watch TV, or use a computer, and living with debilitating fatigue, chronic pain and hypersensitivity to noise and light.

Largely bedridden and isolated from the world at the time, Kanika's escape key came one day in the form of a paintbrush, a piece of canvas, some acrylic paints and urging from her mother to give art a try. "It was an immediate, magical connection," she recalls today. "I had to struggle to read then but it was easy to paint, even though I had absolutely no training."

Recognizing how art not only helped her cope but was also a tool for working through her changing reality, Kanika began to write about her experience. Since then, she's published numerous articles as well

as given interviews and lectures, all aimed at helping others deal with life's challenges, including the ongoing effects of a concussion. That condition, known as post-concussion syndrome, is not only persistent but also widespread in the population at large.



In addition, Kanika continued to make art, using not only paint but also ink, clay and film. Today, she is a full-time artist whose work has been exhibited in museums, galleries and hospitals across North America and presented in curated public art installations at train stations, parks and art festivals. And she's also Artist in Residence at the Ottawa School of Art on George Street. Just as she is not defined by her injury,

neither is her artwork, which reaches out on the topics of hope and human connection.

This month, she will be breaking new ground once again when Volume 1 of BRAVE, a 100 page mini-book, hits the bookstands. Drawing parallels of post-concussion life with the comic depictions of a superhero, BRAVE celebrates the daily acts of courage taken to carry on following a traumatic brain injury.

"This format simplifies a complex, often misunderstood medical condition by presenting otherwise clinical and heavy information in a light and encouraging manner," Kanika explains. "Volume 1 will be followed by many others, each a chapter in a story that addresses common myths about post-conclusion syndrome, and the bold but simple graphics will help readers who live with reading and visual processing challenges."

Lowertown neighbours can meet Kanika when BRAVE is released in a public book launch at Books on Beechwood (35 Beechwood Avenue) from 3-5 pm on November 24. She'll be able to walk to the event from her home, one of her joys about living in "The Wedge," the pie-shaped slice of Lowertown bounded by St. Patrick Street, King Edward Avenue and the Rideau River.

"In Toronto, we lived in the downtown core and everything we required was close at hand," Kanika explains. "We walked everywhere and had easy access to public transit when we needed it. We also loved the diversity. We were looking to duplicate that situation in Ottawa and we found it in Lowertown."

Real Estate: In praise of the MLS



By Lynda Cox

As a real-estate agent abroad awaiting the birth of a grand-child, I have recently become aware of the fact that buyers and sellers in Ottawa, and for that matter in all of Canada, have a real-estate system that works in their best interests.

Whenever I travel I always visit the local real estate offices to introduce my-

self to see how these offices work and how they are different from what I am used to in Ottawa. I am currently in a European city the size of Kingston where there is a real-estate office every few city blocks. I took the time to visit one in particular where the agent spoke some English.

I asked him if all the real-estate offices worked together to sell their listings? Did they have a computerized Multiple Listing Service (MLS) ? The answer was “No.”

Each office has exclusive listings and there is no central computerized service. What does that mean?

It means that every interested buyer must trek to all these individual offices to learn what they are offering for sale. There is no co-operation between brokerages. That means that every agency is double-ending every deal. The agency represents the sellers interests only, so buyers must beware.

I was shocked.

The workload for every serious buyer is horrendous. Buyers can’t have an agent working for them, scouring all the listings to come up with a short list, and showing them all the homes they are interested in. They must deal with different agents if the properties are listed with different companies. No one agent can show them all the homes they are interested in. No one agent can get to know them and help them narrow down their search. They are alone trying to sift through the listings on offer and then trying to set up appointments.

What a nightmare!

We are so lucky in Ottawa to have a co-operative system where one agent may show listings offered by any real-estate company. In Ottawa, buyers can work exclusively with one agent to find the home they desire, put in the offer, negotiate and come to agreeable terms until the deal is done no matter whose sign is on the lawn.

Both buyers and sellers in Ottawa benefit from the cooperative approach

to buying and selling homes aided by the MLS system.

Real Estate Update from September 25th to November 5th

Residential:
Active: 4
Conditionally sold: 0
SOLD 28 (11 over list price with an average of \$24K over asking)

Condo:
Active: 27
Conditionally sold 3
SOLD 124 (19 over list price with an average of \$14K over asking)

We are still in a seller’s market! It’s a great time to sell.

Lynda Cox is a member of the Cox Home Team, and a sales representative with Royal LePage Performnce Realty. She is currently an agent abroad (in expectation)

Condo Corner: Condominium Directors: Who they are and what they do



By David Lu

If you live in a condominium, you may only meet your board of directors once a year, at the Annual General Meeting, so it can be hard to learn what role your board members actually play in your condominium community. Your board members play a crucial role in ensuring the health of your condominium community year-round.

Condominium corporations, like any other corporations, have a board of directors that oversees all affairs at the condominium. The decisions board members make can affect your everyday condominium experience. Some of

the responsibilities the board of directors have include: (1) tracking the condominium’s financial performance; (2) ensuring that all required maintenance and repairs are carried out; (3) enacting rules to promote the safety and welfare of all owners and residents; and (4) communicating (as needed) to the owners on condominium matters.

Over the past few years, condominium boards have been facing increasingly complex issues which can result in larger annual budgets. It is now common to see condominium annual budgets well over \$1 million. Given the increasing complexity of new condominium developments (i.e. condominiums with non-residential elements such as stores etc.), we see this trend continuing.

As a result, the Condominium Act requires board members to complete a training course provided by the Condominium Authority Tribunal within six months of being elected. The course is designed to provide board members with the basic knowledge they need in their role on the Board. The training is free and completely online, and takes no more than a day or so to complete.

Candidates for Board positions must also provide disclosure, at the time of their candidacy, if any of the following items apply to them: (1) if they are involved in legal action that also involves the condominium corporation; (2) if they have been convicted of an offence under the Condominium Act in the previous 10 years; (3) if they have an interest in certain contracts or transactions involving the condominium; (3) if they are in arrears on condo fees; (4) if they are not an owner; or (4) if they don’t live at the condominium.

The disclosure and training requirements are designed to ensure that the condominium community elects the most suitable candidates to be board members, and for these board members to have the requisite knowledge on condominium matters to make informed decisions.

Board members play a crucial role in ensuring effective management of the condominium . If you live in a condominium and have some time and energy, please get involved, particularly if you live in a new condominium. (Boards at new condominiums often face a set of critical issues right at the beginning, which I will talk about in a future article.) By ensuring that the decisions made benefit the whole community, you would not only be helping your fellow neighbours, but you would also be doing the single most important thing to help preserve, and even enhance, the value of your home.

David Lu is an Associate at Davidson Houle Allen LLP, a boutique Condominium Law firm serving Eastern Ontario.

Bureau de circonscription | Ottawa-Vanier | Constituency Office



Ontario

Our office is open! If you have any questions or concerns relating to the provincial government or services, don't hesitate to contact us.

Notre bureau est ouvert! N'hésitez pas à nous contacter si vous avez des questions ou des enjeux reliés au gouvernement et aux services provinciaux.

237, ch. Montreal Rd. Ottawa, ON K1L 6C7

613-744-4484 | ottawavanier@ola.org

Community Newspaper

Lowertown *echo* de la Basse-ville

Journal Communautaire

Thank you to all our advertisers and volunteers.

Without their support this community newspaper would not be possible.

The facets of Bruyère

By Dr. Christine Harrison,

Have you ever wondered what exactly happens in that large building on Bruyère Street between Parent and Dalhousie?

From 1866 to 1980 the building housed Ottawa’s first General Hospital. Today it is a leader in the delivery of sub-acute care and operates as a multi-site,



academic health-care organization that maximizes quality of life and helps people stay in their home or return home after hospitalization. The hospital delivers a wide variety of services in aging and rehabilitation, medically complex, palliative, residential and primary care.

Bruyère delivers several streams of inpatient care including palliative care, geriatric rehabilitation, stroke rehabilitation and complex continuing care, where patients are provided a variety of services in a hos-

pital setting with the goal of helping them return to the community

Bruyère is the largest provider of inpatient palliative care in the region and is a leading innovator in care and research in this field. The bilingual palliative-care unit provides care to patients and families requiring in-hospital care. Beyond the walls of the hospital, the Regional Palliative Consultation Team is a partnership between Bruyère and the Champlain Local Health Integration Network which supports health-care professionals caring for palliative patients in the community.

Bruyère currently has 50 beds dedicated to geriatric rehabilitation and a 33-bed inpatient stroke rehabilitation unit. The success of the programs can be witnessed by increases in the percentage of discharge rates to the community for stroke and geriatric patients from year to year. The stroke rehab unit is constantly finding new ways to help people after a stroke and in 2018-19, 88% of stroke rehab patients were discharged to the community.

Bruyère is also home to a two-site academic family-health team which employs almost 100 staff, including physicians, nurse practitioners, social workers, pharmacists and clerks. In 2018-2019, the units trained over 50 family-medicine residents in partnership with the University of Ottawa, and provided comprehensive health care to over 17,000 patients in the Ottawa region, with almost 48,000 patient visits in 2018–19.

The Bruyère Research Institute (BRI) is pushing boundaries to transform health and care for and with the community. One major innovation arising out of work by researchers at the BRI is the Champlain BASE™ eConsult, which allows family physicians the opportunity to seek and receive advice from a specialist

FREE 2019 REPORT

HOUSE PRICES IN SANDY HILL

Curious to know what your house may be worth?

Here’s an easy way to find out what **Sandy Hill** houses are selling for in today’s hot market.

Get a free report with up-to-the-minute statistics, based on all the houses for sale and sold on MLS® in the last six months.

To get your free 2019 Report on Sandy Hill prices, sign up online at www.SandyHillMarketReport.com.

ROYAL LEPAGE
Performance Realty
Brokerage, Independently Owned and Operated

COX HOME TEAM

Jim and Lynda Cox

Sales Representatives

(613) 231-4663

Jim@CoxHomeTeam.ca · Lynda@CoxHomeTeam.ca

www.CoxHomeTeam.ca

regarding health challenges facing a patient in as little as two days by use of a secure online platform that connects primary-care providers to consultants.

Not only does this platform reduce wait times dramatically, it also reduces the number of appointments a patient has. With eConsult, the primary-care physician takes the question directly to the specialist and relays the result to the patient, improving the patient experience. The innovation has been so successful it has now spread to several other provinces.

Inside the grey stone building on Bruyère Street are people who work diligently and with commitment to better the health and lives of not just the patients inside their walls but people everywhere in Canada.

Aesthetic Services with Certified Medical Aesthetician

Diego dalla Palma
FACIALS

-Anti Age

-Lifting

-Acne

-Pigmentation

-Microdermabrasion

PHOTO FACIAL

LASER HAIR REMOVAL

MICROBLADING

LASH LIFT & TINT

WAXING

Promotions

•Microblading including free touch up \$275

•Hydra Facial \$125 - Buy 3 get 1 FREE!

•IPL Laser - Buy 2 get 1 FREE!

Book your appointment today

613-789-7875

Ottawa@ginacollege.com

215 Dalhousie St, Ottawa, ON K1N 7C9

Follow us on : [ginacollege](https://www.instagram.com/ginacollege)

De l'appui pour les femmes marginalisées

Par Thierry Harris

De plus en plus, les femmes marginalisées ont besoin d'appui sous forme d'écoute et de services compréhensifs afin de faire face à d'importants défis. Que ce soit la santé mentale, les effets de l'itinérance, l'isolement ou des femmes victimes de violence conjugale, les besoins ne font qu'augmenter au cours des dernières années.

« Ça a évolué. On trouve beaucoup plus de femmes qui vivent de grands problèmes de santé mentale. C'est da-

provenir de Vanier ou de plus près, tels que des résidents des Bergers de l'espoir. Aussi, de plus en plus de femmes immigrantes vont accéder aux services du Centre. L'âge moyen varie entre 40 et 50 ans, mais plusieurs femmes dans la vingtaine et même jusqu'à l'âge de 80 ans utilisent les services.

« Notre mission est d'accepter ces femmes là où elles se trouvent, comme elle se trouvent, dans leur rythme. Ce qui est un peu notre chapeau féministe ici, » dit Valiquette-Tessier.

Le Centre offre des services qui

très gens, obtenir un service d'aiguillage et d'accompagnement. Des gens qui peuvent prêter une écoute, un soutien émotif, une aide à remplir la documentation, à régler des problèmes avec la régie du logement et aussi, les accompagner aux tribunaux, » raconte Valiquette-Tessier.

Le Centre Espoir Sophie, fondé en 1997 et incorporé en 2000, travaille en étroite collaboration avec d'autres organismes et entreprises du quartier. En plus du financement en provenance de la Ville d'Ottawa, le Centre reçoit des dons d'organismes et d'individus de la communauté.

L'organisme travaille avec cinq à quinze bénévoles par année, souvent issus du Service d'Apprentissage Expé- rimentiel de l'Université d'Ottawa.

Leur local, offert par la Société Saint-Vincent de Paul, accepte aussi des dons de biens dont des vêtements, des objets hygiéniques ainsi que des denrées alimentaires. Deux fois par semaine, la Mission d'Ottawa leur livre des repas préparés. Leur événement de levée de fonds annuel se tient chez leurs voisins au Centre Montfort Renaissance.

Les défis restent nombreux. L'organisme dépend de l'appui de champions communautaires, tels que l'ancienne députée et ministre provinciale Madeleine Meilleur et la femme d'affaires Claire Lauzon.

« C'est très important de tisser des liens et de travailler en partenariat avec d'autres organismes. On est chanceux d'avoir des gens qui croient dans

la cause. On est une petite communauté, mais solide ensemble, » dit Valiquette-Tessier.



un site avec un accueil chaleureux

« La pauvreté ça n'a pas d'âge, pas d'ethnie. Les femmes sont plus à risque de vivre la précarité, que ce soit la précarité d'emploi et au niveau de leurs relations. Notre objectif c'est d'être en mesure d'enlever le voile sur ces femmes-là, le voile où on les met dans un coin dans notre société. La voix des femmes est au cœur de nos actions, » résume Valiquette-Tessier.

Informations additionnelles :

Site web : <https://centreespoirsophie.org/>

Événement à venir : Salon de Thé, Centre Montfort Renaissance, 24 Novembre.

Info. : <https://www.eventbrite.ca/e/3e-edition-du-salon-de-the-du-cercle-des-sophie-tickets-73821816039>



L'équipe de L'Espoir

vantage que juste de l'anxiété et de la dépression. C'est à un autre niveau, » rapporte Sophie-Claire Valiquette-Tessier, directrice générale du Centre Espoir Sophie.

Le Centre Espoir Sophie, situé sur la rue Murray, est l'unique halte d'accueil francophone pour les femmes marginalisées dans la région de la capitale nationale. Leur clientèle va souvent

répondent aux besoins primaires, ainsi qu'au développement personnel d'autonomisation de la clientèle. Les services comprennent une banque alimentaire, des articles vestimentaires, ainsi qu'un repas communautaire partagé entre au moins 30 et jusqu'à 75 femmes.

« Elles peuvent venir sur place pour briser leur isolement, rencontrer d'au-

Thank you again for your confidence. As always, our office is here to help you.

Merci encore pour votre confiance. Comme toujours, notre bureau est ici pour vous aider.



MATHIEU
FLEURY
WARD/QUARTIER
RIDEAU-VANIER

Reflections on the strength of community

By Catherine Mageau-Walker

I have been drawn to community since forever: when I was five, I felt the need to interrupt family meals and declare it hug time. That meant it was time for everyone around the table to get up and hug each other. So for me, being in a workplace that feels like a big family, working in and for a community in a city that is big, but not huge, feels just right.

I am aware that may be an overly touchy-feely for some, but the sentiment of connection is the point I am trying to make. I truly feel that in our heart of hearts we humans desire genuine connections with each other, whether through intellectual exchanges or friendly greetings or helping hands or knowing smiles.

What is “community”? Before getting technical and pulling out the etymology of the word, I am curious as to what it means to you. Just sit with the image of “community” for a moment. How does it feel? Where do you feel it? What does it look like? Are there different levels, tiers or sub-communities that you can belong to, identify with, are drawn to? Where and how do you fit in?

I see my community in:

- Five older men passionately discussing a topic around a picnic table in Macdonald Gardens Park.
- An ocean of animated De La Salle teens spending their lunch break on the grass behind the Jules Morin Fieldhouse.
- Caregivers discussing discipline while participating in playgroups under the tall trees in the park.
- Summertime community potlucks in Bingham and Bordeleau parks.
- Hockey games on volunteer-maintained community rinks,

There are so many beautiful examples of community taking place all around us, all the time. It makes my heart so happy to witness humans at their best, communicating, connecting and collaborating.

In my mind, that is the beauty of community spaces, whether they are parks, libraries, community centres, community associations and the like. These open, accessible, inviting public spaces are the intersections where anybody and everybody can meet.

The root of the word “community” comes from Old French *comunete* and its source, Latin *communitas* from *communis*, meaning ‘public spirit, shared in common/by all or many’ (Oxford Dictionary Of English, 2014).

If we enter more deeply into the definition, “community” is a social unit with commonalities. Communities tend to share a sense of place in a given geographical area, which for the purpose of this article is Lowertown.

Relations are extended beyond immediate genealogical ties to define a sense of community. Therefore, I turn to you, my community, my Lowertown kindred. What do we share in common? What do we collectively view as important and wish to put some of our life energy into? I invite you to be actively present and engaged in our community. This compact, densely populated rectangle is surrounded by green spaces: Bordeleau Park to the north, Major’s Hill Park to the west and the Rideau River Eastern Pathway to the east.

The LCRC has been serving this neighbourhood for decades. Our main location is at 40 Cobourg Street, but we also have space at 145 Beausoleil, in the basement of York Street Public School and at 201 Friel Street (the Youth Centre). Some employees have been at the LCRC for 20 years and have witnessed the community change over that time. Programs have come and gone, and some still remain. Different waves of new Canadians have moved through the neighbourhood. A formerly dominantly Francophone community is now increasingly diverse. The desire and mandate to serve and promote community engagement are still central pillars of the work that we do.



Unfortunately, this year we lost funding for all of our physical recreational activities for seniors and youth. Important programs such as: stretchy yoga and upbeat Zumba for seniors to Aquafit for women (many of whom were new to swimming); basketball and multi-sport afterschool programs for youth 12 to 21 (which used to offer snacks and drinks and a space to develop skills); the Swordfish Swim Club, which taught many kids how to swim and progress through different levels, some eventually becoming lifeguards and definitely learning valuable life-saving skills will be affected.

At the LCRC, your community centre, we pride ourselves on making all of our services free to anyone in the neighbourhood. I am reaching out to you, as a member of this community, and asking if you have a desire to get involved and work with us to improve the quality of life of the residents of Lowertown. Do you have any ideas, suggestions or inspirations you’d like to share? If so, please stop by at 40 Cobourg Street, where we can chat and brainstorm and work together.

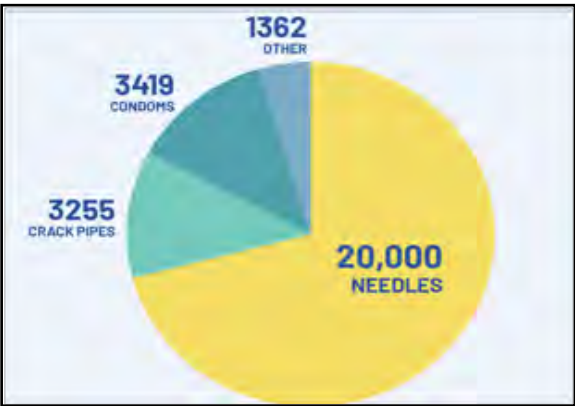
Our strength is community. Our programs connect people and make our community better and stronger. I am grateful to be a part of such a vibrant, diverse and caring community!

Catherine Mageau-Walker is Special Projects Coordinator at the LCRC

Grateful to the needle hunters: keeping Lowertown safe and clean every day!

By Margot Geduld

Living in Lowertown has many advantages--being within walking distance of great restaurants, bars, nightclubs and shops--but it also has its share of potentially unsavoury and unhealthy elements which come from debris associated with drug use or the sex trade. Fortunately, Needle Hunters are dedicated to tracking down and collecting this paraphernalia on a daily basis to help ensure our streets and parks are healthy and safe.



What the needle hunters gathered throughout the year. (City of Ottawa 2018)

The Needle Hunters program, funded by the City of Ottawa and run by Causeway Work Centre, aims to

find and retrieve improperly discarded needles, drug paraphernalia and items of the sex trade. You have probably noticed these orange- and yellow-vested superheroes of the needle-hunting trade in our streets and parks, searching out this debris and carefully gathering it with their special equipment for safe disposal. In Lowertown, they work 7 days a week, 363 days a year to keep our streets and parks safe; their only days off are Christmas Day and New Year’s Day.

When you notice these men and women, keep in mind that not only are they helping us keep our neighbourhood safe, but they are also being helped themselves. This is because Causeway Work Centre, a beacon of community support in Ottawa, welcomes men and women who may be struggling with finding or keeping employment due to any number of issues such as mental-health concerns or previous substance abuse issues. Causeway, on behalf of the City of Ottawa, carefully trains them to take on this heroic charge and in turn gives them meaningful employment.

The Needle Hunters themselves confirm that this program helps them feel empowered as part of a valued team and gives them a sense of accomplishment by being steadily employed. Stephen Roberts has been a Needle Hunter for five years, and while he says the regular income helps supplement his disability payments, one of the main reasons he continues to go out hunting every day is that he find it very rewarding.



Needle Hunters, helping to keep our streets and parks healthy and safe

“I see first-hand the impact it makes and I get thanked by perfect strangers ... I’m making a difference and that makes the job worthwhile.”

Margot Geduld recently moved to Lowertown and is grateful every day to see the heroic Needle Hunters doing their job, so she knows she can walk her dog through the park safely or watch children play in the grass without fear. Margot also sits on the Board of Directors of Causeway Work Centre.

Social Infrastructure Campaign

By LCRC staff

This year has been steeped in learning about municipal politics and how City Council operates. One conversation at a time, peppered with many questions, I feel I am building a composite image in my mind. The gist of it is that social services need to be put on the City’s Term of Council priority list if we want to get increased funding to respond to the augmented needs of the population of one million +.

Therefore, making sure that social infrastructure becomes a priority takes things like youth programs, crime prevention, food security, crisis intervention and mental health counselling into account as necessary supports for the wellbeing of Ottawa citizens.

As a community resource centre, we offer free services and programs to the Lowertown community. As part of the Coalition of Community Health and Resources Centres, we are actively supporting this Social Infrastructure Campaign...and this is why.

Social services offer a good return on investment, save money and prevent crime. When children, youth and families have opportunities to socialize, to learn new skills, to get help when they need it or when they are in crisis social services can meet their basic needs and promote a safer city for everyone. We need to make social services a priority in our city. It’s for the greater good.

An extensive body of research supports community-based crime prevention initiatives as an effective and

cost-effective strategy to reduce crime. Ottawa’s social services play a critical role in crime prevention and support to victims. They work in priority neighbourhoods and with people at risk of or affected by crime, providing a broad range of important services:

- Running programs that keep youth out of trouble
- Providing counselling and other supports for victims of domestic violence, child abuse, hate crimes and other trauma
- Training residents on personal safety or community supports, e.g. mental health, First Aid and harm reduction
- Coordinating supports following a post-intervention for critical incidents such as a shooting or a major flood
- Using community development such as SafeGrowth and Safer and Vital

Communities initiatives

- Developing local action plans with police and residents to address concerns
- Preventing through environmental design (safety audits, park improvements, improved lighting, etc.)
- Building community cohesion

If this speaks to you and you want to get involved, there is an online petition (<http://www.coalitionottawa.ca/en/social-services-matter.aspx> - with paper versions at the reception at 40 Cobourg Street) . You are also welcome, and encouraged, to write to your councillor, to the Mayor, speak to your family and neighbours and play a civically active role in democracy!

Campagne sur l’infrastructure sociale

par le personnel du CRCBV

Une conversation à la fois, semée de nombreuses questions, je sens l’essentiel. Si ce n’est pas sur la liste des priorités, il n’y aura pas d’augmentation du budget allouée, bien que la population de notre ville soit en croissance. Il est donc essentiel de convaincre le conseil municipal d’intégrer à son mandat une priorité pour les services sociaux, avec des objectifs clairs pour le renforcement de ces services ainsi que de verser de l’argent supplémentaire pour financer les services sociaux à Ottawa.

Cette année a été remplie d’apprentissages sur la politique municipale et le fonctionnement du conseil municipal. Une conversation à la fois, semée de nombreuses questions, je sens avoir construit une idée relativement claire dans mon esprit. L’essentiel est que les services sociaux doivent figurer sur la liste des priorités du mandat de 2019-2022 du conseil municipal si nous voulons obtenir un financement accru pour répondre aux besoins accrus d’un million d’habitants. Par conséquent,

pour que l’infrastructure sociale devienne une priorité, il faut reconnaître que les programmes pour les jeunes, la prévention du crime, la sécurité alimentaire, les interventions en cas de crise et le counseling en santé mentale contribuent au bien-être de tous les citoyens de notre ville.

En tant que centre de ressources communautaires, nous offrons des services et des programmes gratuits à la communauté de la Basse-Ville. En tant que membre de la Coalition des centres communautaires et de santé, nous soutenons activement cette campagne pour l’infrastructure sociale... et voici pourquoi...

Les services sociaux préviennent la criminalité et permettent d’économiser de l’argent. Lorsque les enfants, les jeunes et les familles ont la possibilité d’acquérir de nouvelles compétences, d’obtenir de l’aide lorsqu’ils en ont besoin et de subvenir à leurs besoins fondamentaux, nous nous retrouvons dans une ville plus sûre pour tous. Nous devons faire des services sociaux une priorité dans notre ville. C’est pour le

plus grand bien de toute la population ottavienne.

De nombreuses recherches soutiennent la prévention de la criminalité au niveau communautaire en tant que stratégie efficace et rentable pour réduire la criminalité. Les services sociaux d’Ottawa jouent un rôle essentiel dans la prévention du crime et le soutien aux victimes. Ils travaillent dans les quartiers prioritaires et auprès des personnes à risque ou touchées par la criminalité, en fournissant un large éventail de services importants :

- Organiser des programmes qui évitent que les jeunes aient des démêlés avec la justice;
- Fournir des conseils et d’autres formes de soutien aux victimes de violence domestique, de maltraitance d’enfants, de crimes haineux et d’autres traumatismes;
- Former les résidents sur la sécurité personnelle ou le soutien communautaire, par exemple : la santé mentale, les premiers soins et la réduction des méfaits;
- Coordonner le soutien à la suite d’un incident critique tel qu’une fusillade

ou une inondation majeure;

- Utiliser le développement communautaire pour élaborer des plans d’action locaux avec la police et les résidents afin de répondre aux préoccupations exprimées telles que les initiatives comme SafeGrowth et la Sécurité et le bien-être dans les collectivités;
- Prévenir le crime au moyen de la conception environnementale (audits de sécurité, améliorations des parcs, amélioration de l’éclairage, etc.)
- Favoriser la cohésion de la communauté.

Si cela vous interpelle et que vous souhaitez vous impliquer, il y a une pétition en ligne (<http://www.coalitionottawa.ca/fr/investir-dans-les-services-sociaux.aspx> - ainsi que sur papier à la réception au CRCBV). Vous êtes également les bienvenus, et fortement encouragés, d’écrire à votre conseiller, au maire, d’en parler avec vos familles et voisins et ainsi jouer un rôle actif dans la démocratie!



Mona Fortier

Députée d’Ottawa — Vanier, Member of Parliament

À VOTRE SERVICE ! WORKING FOR YOU!

Connect with me. Communiquez avec moi.

613 998 1860 • mona.fortier@parl.gc.ca • www.mfortier.liberal.ca



@MonaFortier



@EquipeTeamMona



@MonaFortier



Helping Homeless Veterans

By Bryan Brulotte and Deirdre Freiheit

World Homeless Day was last month. Remembrance Day was November 11th. Both remind us that homelessness, including veterans’ homelessness, remains an important issue in our society that requires our attention, empathy, dedication, compassion and fierce resolve to end it. Individuals who have served our country and protected our freedom should never be relegated to the streets when they return home.

The City of Ottawa recently conducted a Point-in-Time (PiT) count, which surveyed 1400 people experiencing homelessness, of which 65 (or approximately 5%) identified as being veterans. This proportion is consistent with the findings of a national PiT count. One thing we know for sure, however, is that the is-

challenges and addictions. The team at Maxsys Staffing and Consulting Group has a passionate and personal interest in the particular needs of those who have served our country. Working together has been a natural fit for our organizations. Maxsys has donated financially to Shepherds of Good Hope for the past 24 years and, more recently, contributed by donating their time to serve meals to the homeless.

Last June, the federal government adopted a non-binding motion to end veterans’ homelessness by 2025. This is an issue that has widespread public support and is one of the rare issues that politicians agree on across party lines.

There are a number of organizations across the country doing fantastic work on this issue. The Homes



Diedre and Bryan

erans who might benefit from programs like these, Shepherds of Good Hope has collaborative working relationships with both VETS Canada and Soldiers Helping Soldiers, with both groups coming in to serve in our soup kitchen and evening drop-in, while our case managers actively refer clients to VETS Canada’s drop in on Besserer Street.

Ending homelessness for the thousands that are without homes in communities across our country can seem daunting, but with political will and community support we can do it. We can show our homeless veterans, who have given so much to our country, that it’s our turn to give to them. On this Remembrance Day, thank a soldier. Thank all of those who have served or are serving our country. Let’s commit to prioritizing them every day and celebrate our partnerships with those who share our goals to end veterans’ homelessness.

Shepherds of Good Hope and Maxsys Staffing and Consulting are in this together. We hope you’ll join us.

For more information on how you can help, please contact us at www.sghottawa.com.

Bryan Brulotte is the CEO of Maxsys Staffing and Consulting and an Honorary Colonel with the Canadian Armed Forces, with over 30 years of service both in and out of uniform. Deirdre Freiheit is the President and CEO of Shepherds of Good Hope and the Shepherds of Good Hope Foundation. She has been a leader in the not-for-profit sector for over two decades.



sue of veterans’ homelessness is vastly under-reported. Some veterans will hide the fact that they have served, due to the stigma that is associated with being homeless and its contributing factors like mental-health challenges and addictions.

At Shepherds of Good Hope, we work every day to support people who are homeless by providing specialized services that address trauma, mental-health

for Heroes Foundation recently opened a tiny-house village for homeless veterans in Calgary, with plans to expand this to other sites across the country. Right here in Ottawa, the Multifaith Housing Initiative along with other partners has started construction on Veterans’ House, a supportive-housing building on the former Rockliffe Air Base designed specifically for homeless veterans. To help find and support the vet-



Christmas

in the

ByWard Market

Complimentary wagon rides

and Christmas Choirs

First three weekends of December

William Street Performance Area

Noon to 4pm



byward-market.com



Des jeunes engagés dans leur communauté

Description des projets (année scolaire 2018-2019)

Automne 2018

Triage de dons et mise sur pied d'une friperie fonctionnelle au Collège catholique Samuel-Genest afin de desservir la communauté scolaire et les familles des jeunes.



Embellissement de la salle du club de devoir pour les jeunes de 4 à 12 ans au Patro d'Ottawa en la repeignant avec des couleurs vives.



Une participante au projet de Mentorat et engagement des jeunes rapporte son expérience Voici son témoignage :

Elle explique qu'au départ, la possibilité de compléter le nombre d'heures de bénévolat nécessaires à l'obtention de son diplôme était le plus grand facteur de motivation. Sa participation à un projet d'embellissement de locaux au Patro d'Ottawa ainsi que la création d'une friperie fonctionnelle dans son école lui a fait réaliser que des petits accomplissements qui font une grande différence sont possibles. Maintenant, quand les gens viennent acheter des vêtements ou des chaussures, ils peuvent bien localiser ce qu'ils sont venus chercher.

Aussi, les élèves participants au projet d'embellissement ont redonné de la vie à une salle du club de devoir pour les jeunes de 4 à 12 ans en la repeignant avec des couleurs vives. Elle a appris que c'est possible de changer certaines choses dans la vie des gens. Le projet lui a permis « d'améliorer des aspects comme le sens de leadership et la communication ». Elle a pu faire la connaissance de nouvelles personnes et acquérir un sentiment de grande fierté.

Par Nathalie Falardeau

Le Patro d'Ottawa, en collaboration avec le Centre Michaëlle-Jean pour l'engagement mondial et communautaire de l'Université d'Ottawa a créé, en 2018, le projet pilote « Mentorat et engagement communautaire ». Le projet vise à sensibiliser les jeunes à l'importance du rôle qu'ils peuvent jouer dans leur communauté pour en améliorer les conditions de vie ou y réaliser des changements positifs. Ce projet facilite l'engagement communautaire d'adolescents francophones du secondaire (11e ou 12e année) des quartiers de la Basse-Ville, Vanier ou Overbrook à Ottawa.

Le projet permet aussi à des étudiants de l'Université d'Ottawa d'agir comme mentors auprès des jeunes participants. Tout au long du projet les ados et les mentors sont accompagnés par une employée du Patro, qui leur donne un appui supplémentaire afin d'assurer la réussite de leur projet d'engagement.

L'approche « par les jeunes, pour la communauté » adoptée par les partenaires du projet, fait en sorte que les adolescents sont responsables de leur engagement communautaire. Ils ont travaillé très fort et les résultats ont porté fruit.

Voici ce qui a été accompli :

- mise sur pied d'une friperie fonctionnelle dans une école afin de desservir la communauté et les familles dans le besoin;
- embellissement d'une salle de jeunes dans un centre communautaire, en la repeignant avec des couleurs vives;
- organisation d'une journée d'activités pour inciter les jeunes à bouger et à socialiser en dehors de la salle de classe;
- aménagement d'un magasin pour la vente d'uniformes usagés dans une école secondaire; et
- création d'un court reportage afin de sensibiliser les jeunes à propos des défis auxquels font face les nouveaux arrivants francophones.

Cette dernière initiative avait pour but de déconstruire certains mythes et de mieux outiller les jeunes, afin qu'ils puissent être plus accueillants et empathiques.

Nous avons bien hâte de voir ce qu'ils entreprendront lors de la session 2019-2020.

Communiquez avec nous si vous désirez en savoir plus au sujet du projet de mentorat et de leadership.

Mariette : 613-789-7733, poste 241

Hiver 2019



Journée d'activités pour inciter les jeunes à bouger et à socialiser (briser l'isolement) en dehors de la salle de classe. Organisation d'une salle au Collège catholique Samuel-Genest pour la vente des uniformes usagés. Création d'un court reportage (en cours d'achèvement) afin de sensibiliser les jeunes à propos de défis rencontrés par les nouveaux arrivants.

Cette initiative a pour but de déconstruire certains mythes et de mieux outiller les jeunes, afin qu'ils puissent être plus accueillants et empathiques envers leurs camarades de classe. Création (en cours d'achèvement) d'un site web qui consistera à publier : des activités scolaires, sociales et culturelles qui ont lieu dans la Ville d'Ottawa et de Gatineau qui pourraient intéresser les jeunes, des opportunités d'emploi et d'engagement communautaire ainsi que de l'information de sensibilisation.

Les jeunes disent ne pas toujours connaître les ressources disponibles.

Visit our store or cestboncooking.ca
to learn more about our bilingual:

Cooking Classes • Gourmet Walking tours
Team Building Classes • Teen Chef Classes
Holiday and Private Events

**c'est bon
cooking**

200 Dalhousie, Ottawa, ON K1N 7C8 613.722.8687

Historic plaque unveiling at 489 Sussex Drive

By Jean Yves Pelletier

On November 1, 2019, the Soeurs de l'Institut Jeanne d'Arc (Sisters of the Joan of Arc Institute), in the presence of representatives of the National Capital Commission and several citizens, unveiled a bronze historic marker now permanently affixed to the façade of 489 Sussex Drive. The plaque memorialised what came to be the Institut Jeanne d'Arc (Joan of Arc Institute), which operated at that address for 72 years, from 1917 to 1989. The plaque was erected this year (2019) to commemorate the 100th anniversary of the Sisters of the Joan of Arc Institute.

The Sisters of the Joan of Arc Institute were founded in Ottawa one hundred years ago in 1919 by Mother Marie Thomas d'Aquin (née Jeanne Louise Branda, 1877-1963). The congregation's mission was focused on being an active presence in the community and helping others, and it was known for opening its doors to all, regardless of social, cultural, religious or linguistic barriers. Its inclusive outlook led to lasting bonds with the community as a whole.

A congregation of diocesan right of the Catholic Archdiocese of Ottawa, it endeavoured to raise the level of education of hundreds of young women in boarding houses and schools in Ottawa

(Lowertown, Sandy Hill and Westboro) and in Gatineau (Hull, Aylmer).

The building at 489 Sussex Drive was originally composed of five commercial structures, built between 1846 and 1876 when Sussex Street was at the centre of Ottawa's commercial activity. The Sisters progressively acquired the properties between 1917 and 1926, and converted them into a single building. Institut Jeanne d'Arc provided hospitality to young women who left rural areas and their families to move to the city.

It provided these women with a safe and welcoming residence at a very affordable price. Over the years, it wasn't uncommon to find students from different countries, religions and socio-economic classes in the same classroom.

The Institut served as a convent and as a bilingual secretarial school and boarding house for young female students and working women. Beginning in 1936 a kindergarten program was offered in English and French and ran for 30 years. In addition, the Institut provided private French and English lessons for men and women (the private French classes given by Mother Marie Thomas d'Aquin were highly sought-after), and offered sewing courses for nearly 20 years. Diverse social and cultural activities filled its halls.



Sister Yvette Papillon (3rd from left), superior of the Sisters of the Joan of Arc Institute, accompanied by two sisters, unveiled the plaque along with Anne Ménard (2nd from left), vice president, Capital Stewardship, National Capital Commission, on November 1, 2019

For example, the Institut took in the poor from St. Vincent de Paul at Christmas, provided assistance to soldiers during World War II, and hosted Ontario's Assembly of Bishops, the Young Catholic Workers (YCW), Governors General, as well as members of the Union Nationale Française.

Owned by the National Capital Commission since 1980, this recognized federal heritage building (1986) was restored in the 1990s along with the courtyard which also bears the name "Joan of Arc". It was listed on the City of Ottawa's Heritage Register in 2017.

A pumpkin giveaway

By Sandra Pilote

If you saw a small wagon filled with red bags being towed along Murray Street on October 23rd, you were witnessing an annual event organized by the Lowertown East Residents Committee (LERC). Pumpkins donated by Rochon Gardens, who have a stall in the ByWard Market at the corner of Byward and York streets, were distributed to families with children by a small group of volunteers ranging in age from about five years to much much older.



The small pumpkins were inside red bags identifying LERC and providing information about this group, which has organized activities in the Lowertown community east of King Edward Avenue since 2007. LERC is part of the Lowertown, Our Home initiative, whose goal is to promote a safe and secure neighbourhood.

The pumpkin giveaway was one of several walks that took place in the neighbourhood in recent months. These walks are aimed at helping neighbours get to know neighbours, as well as being a positive presence on the streets. This pumpkin giveaway walk was fortunate to have Sebastian Lemay, our community police officer, in attendance and well as several staff members from the Lowertown Community Resource Centre.

Jeu-questionnaire de la Basse-ville #10-5 Lowertown Quiz #10-5

1. Name two programs that lost their funding at the LCRC./ Nommez deux programmes qui ont perdu leur financement au CRBVC.
2. In what year was Our Lady's School built?/ En quelle année l'école "Our Lady's" at-elle été construite?
3. What member of Councillor Fleury's staff has a passion for cycling?/ Quel membre du personnel de la conseillère Fleury a une passion pour le cyclisme?
4. Does the LCA support the plans for development at the Trinity site at Rideau and Chapel? / L' ACB, approuve-t-ell les plans de développement du site Trinity situé au coin de Rideau et de Chapel?

A winner will be drawn on December 15th from the names of all those who will have submitted correct entries. The prize will be a \$25 gift certificates from Shoppers Drug Mart on Dalhousie St and a piece of art from the ByWard Market BIA.

Le nom d'un gagnant sera tiré au sort le 15 decembre parmi les noms de tous ceux qui auront soumis les bonnes réponses. Le prix sera un certificat-cadeau de 25 \$ de Shoppers Drug Mart sur la rue Dalhousie ainsi qu'une œuvre d'art offerte par la ZAC du marché By.

Winner of Quiz 10-4 was Caitlyn Cavanagh-Dollard

Submit your answers to ads.in.echo@gmail.com /Envoyez vos réponses à ads.in.echo@gmail.com

Lowertown Park Pieces

Lowertown is blessed with a variety of green spaces, large and small. Our parks are a major community asset valued for their positive impact on our physical health and the wider environment. They improve our lives by connecting us across diverse ages and backgrounds. And we are fortunate to have some dedicated residents who have adopted their neighbourhood parks and who keep watch over these green spaces, cleaning up garbage, organizing gatherings and communicating with city officials. The Echo reached out to the keepers of several of our larger parks and is happy to report on the following activities. A shout out to our park adopters: Sarah Bonesteel and Donna Kearns, Bingham Park; Sandra Milton and Nancy Miller Chenier, Bordeleau Park; Ilona Horvath who has recently replaced Susan Kelen, Macdonald Gardens; and the young Rotaract Club, Jules Morin Park.

Bingham Park

The Friends of Bingham Park reported a busy summer at this historic space named after one of Lowertown's colourful mayors and operated as a playground since the late 1890s. In addition to a fabulous art fence along Dalhousie Street, the park has tennis courts, a wading pool and play structure as well as a baseball diamond that converts to an outdoor rink in winter. Residents enjoyed all of these features throughout the summer, and took the initiative to organize a weekly evening potluck that proved to be very popular with families with small children.



Bingham Park potluck dinners

As well employees and residents of the nearby Bruyère site used the park for picnics. Going forward, the Friends of Bingham Park, Bruyère representatives and Councillor Fleury have had some initial discussions about the revitalization of Bingham Park. Residents are encouraged to send any ideas for the park to friendsofbinghampark@gmail.com.

Bordeleau Park

The Friends of Bordeleau Park also had an active summer overseeing the city park as well as the connected NCC portion called King Edward Park. This green space along the Rideau River was enjoyed by nearby residents, dog walkers, shelter occupants, students from De La Salle and families with picnics. Groups were frequently seen engaged in rugby, soccer, Tai Chi, Frisbee and other activities in the Bruyère Street area also used by dog owners with off-lease privileges. The tennis courts, now with pickle-ball lines, were busy while the dock provided beautiful views of the river.

The splash pad and play structures were hectic places, often the site of birthday parties and spillover from the annual block party organized by nearby Wedge residents. And as a bonus, a night of Romeo and Juliet by Company of Fools Theatre! The Friends of Bordeleau



View of sunrise from the dock in Bordeleau Park, October 19, 2019

leau Park will continue to keep watch over this valued green space, including protecting the new trees planted by the NCC from potential winter damage if the park is again used for ice clearing equipment.

Jules Morin Park/Anglesea Square

This park, affectionately named Angel Square by former resident Brian Doyle, is located in our city's oldest public square. It is also the only Lowertown park with a fieldhouse that has room for meetings and small events. And the fieldhouse got a lot of use during the Lowertown Celebration/Basse-ville en fête this summer and will again during Winterfest in February. The NHL size rink, active with skaters in winter, was used by skateboarders and others this summer.



Residents and children from nearby schools appreciated the play structure and the angel-wing-shaped pool. The large soccer field was the site of many skirmishes over the summer months. The park is currently adopted by the Rotaract Club of Ottawa. For their fall clean up, nine young Rotaractors scoured the park, enjoying a warm sunny day along with a



The J-M park clean-up crew from the Rotaract Club of Ottawa

host of park regulars. They plan to be back again in the spring.

Macdonald Gardens Park

The Friends of Macdonald Gardens was formed in 1998 to protect and preserve this heritage-designated green space. In 2017, the park received heritage protection against development, demolition or inappropriate use. Hopefully the heritage plaque will be officially welcomed with an event in the spring. This year, the Friends group supported two walkabouts by a neighbour who volunteered to talk about the trees, several being among the heritage features in the park. The park also received new young trees during the spring, and luckily most survived the hot and dry summer. Dog owners continued to enjoy the off-lease privileges in the west side of the park.

With support from Councillor Fleury, the Friends had two meetings with city staff and did an annual walkabout in August. One of the topics at this meeting was the necessity for a long-term park-conservation plan as the cornerstone of any future work and investment. Please stay tuned and in the meanwhile continue enjoying what this unique park has to offer throughout the year – including sledding this winter!





WORKING
TITLE
KITCHEN-CAFÉ

CAFÉ + TAKE AWAY
8am - 4pm everyday

DRINKS + SHARING PLATES
4pm - 10pm weekdays

BRUNCH
10am - 3pm Sundays

Exclusive in-house caterer
for *allsaints* event space

Selection of locally-roasted coffees,
ethically-sourced teas, from-scratch cooking,
house-baked pastries, take-home meals,
sharing plates, specialty coffees and cocktails



allsaintsottawa.ca
613.230.3050

330 Laurier Avenue East, Ottawa

now open for

DINNER

Monday - Friday 4 - 10 PM

BOOK YOUR
HOLIDAY PARTY

ANY SIZE | ANY TIME | ANY PARTY
CALL US TODAY TO BOOK 613-882-8869



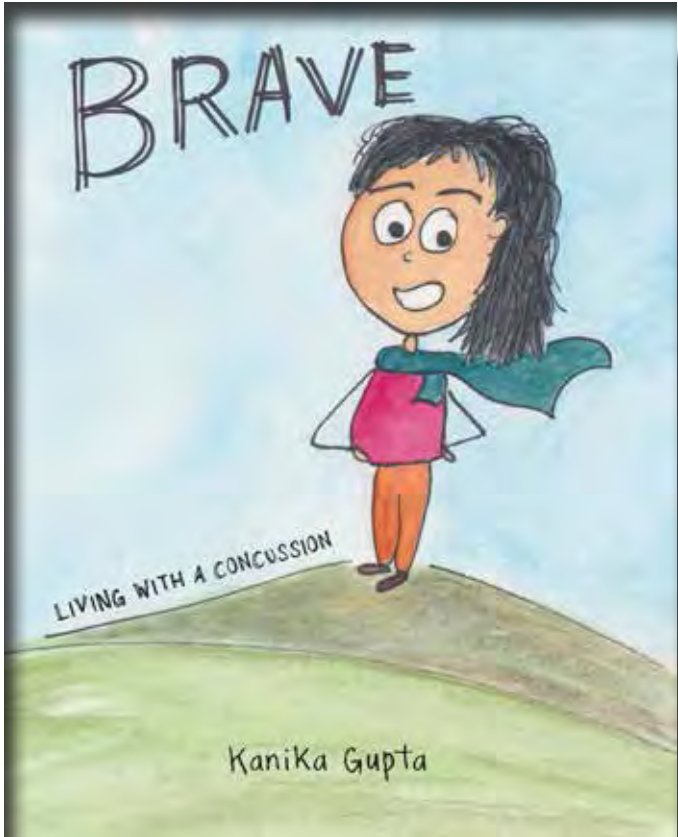
SENS HOUSE
OUR HOUSE. YOUR HOME.

Books by or about Lowertowners

Illustrated Book on Concussions

By *Kanika Gupta*,
Lowertown resident, social entrepreneur and artist

BRAVE is a hand-illustrated single panel comic series celebrating the unseen acts of courage taken to carry on following a brain injury.



Created with the financial support of artistic grants from the Canada Council for the Arts and the Ontario Arts Councils, *BRAVE* is a full-length illustrated book on the topic of brain injury.

Art first entered Kanika’s life following a concussion in 2013. At a time when she struggled to cope with all of the unexpected changes in her life, Kanika began using visuals as her medium to communicate what words alone could not. Her 2018 exhibit, *ReThink Recovery*, became Toronto Rehabilitation Institute’s first ever contemporary solo art exhibition.

Drawn from first hand experiences, the story is a reminder to everyone that courage comes not from the grandiose heroic acts that are glorified in popular discourse, rather in the micro choices we make to carry on day after day.

Through BRAVE, I don’t represent my concussion as a blessing to inspire nor as a medical condition to be cured. I aim to show readers what it is like to live with the effects of my injury and invite them to experience my world. I am hopeful that I can use my comics to captivate the imagination of a broad audience (beyond those directly impacted by brain injury) and make others reconsider their misconceptions and judgements in an approachable and engaging way.

Quick facts about *BRAVE*:

- Accessible resource, featuring a visual narrative and large text making it a non-clinical, easy-to-read book, inclusive of readers who struggle to read (a common symptom among the concussed).
- Kanika’s own journey with drawing comics is parallel to *BRAVE*: learning day-by-day to try something new and having the courage to put your imperfect self out there.

A public book launch event will take place at Books on Beechwood on the 24th November.