

The Lowertown
Echo
de la Basse-Ville

LE JOURNAL
COMMUNAUTAIRE
DE LA BASSE-VILLE

THE LOWERTOWN
COMMUNITY
NEWSPAPER

Gratuit

www.lowertown-basseville.ca

Free

Upcoming Community Association Meetings

Regular LCA Meetings are held at the **Routhier Community Centre** located at 178 Guigues Ave at 7 PM on the second Monday of each month.

Next regular meeting dates:

February 11
March 11
April 8
May 13

LCA meetings are often attended by our elected councillor and by the Ottawa Police Community Constable.

For more information visit:
www.lowertown-basseville.ca

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RESIDENTS SWAY COMMITTEE, SAVE SUSSEX HOMES

Nicolas Moyer - Lowertown residents believe they achieved a significant victory on October 23rd, 2012. On this day their efforts convinced the City's Planning Committee to vote against a proposal by the National Capital Commission (NCC) to demolish the residences at 273 and 275-277-279 Sussex Drive in a bid to widen the street between the National Gallery and King Edward.

The NCC, which owns the buildings in question, plans to widen Sussex drive to ease the flow of traffic while making more room for pedestrians and cyclists. The proposal brought to the Planning Committee called for a wider streetscape and the demolition of two of only a handful of residential properties remaining on Sussex. Local residents opposed this proposal and mobilised in a significant show of community solidarity to propose alternative development options.

Local residents, including those

continued page 6



Local residents protest on Sussex ahead of Planning Committee demolition decision.

LOWERTOWN WINTERFEST FÊTE D'HIVER DE LA BASSE-VILLE

Family Day, Monday, February 18th

Parade: 1 PM • Games, Wagon Rides, Food, & Hot Chocolate: 1:30 - 4 PM

On Monday, February 18th from 1-4 PM, the residents of Lowertown will converge on Jules Morin Park for the Annual Lowertown Winterfest. Come test the neighbourhood's newest rink (donated by the Senator's Foundation), play in the snow, or just watch the games and enjoy hot dogs and BBQ. Our community parade starts at 1 PM and everyone is welcome to join the games, bouncing castle, free horse-drawn wagon rides by Cundell Stables, or just bring your skates and strut your stuff. The park is located behind Le Patro, at the east end of York Street. Celebrating Family Day's community spirit with skating and carriage rides mixed with some hot dogs and hot chocolate is a recipe for fun.

FREE! EVERYONE WELCOME!

GRATUIT! BIENVENUE À TOUS!

An initiative of the Lowertown East Residents Committee and the Lowertown Community Association.



For more information, contact Yolanda at 613-789-3930 x324

VIGNETTE DU VILLAGE: TOM BARBER AND HIS LOWERTOWN FAMILY

Nancy Miller Chenier - Every year, Canadians honour the legacy of black Canadians during February's Black History Month. Thomas (Tom) Barber is the current spokesperson for one such Lowertown family legacy. Although born at Uplands Air Force Base, Tom subsequently spent most of his formative years in Lowertown, living on the east side of King Edward Avenue and continuing the Barber tradition of business and sports in the area.

For him, the Lowertown story starts with his grandfather, Paul Barber, senior. When this former Kentucky slave traveled north to Ottawa in the 1880s, he already had a reputation as an excellent horse trainer. His marriage to Elizabeth Brown in 1892 stood out for several reasons. Elizabeth was a white woman of Scottish descent, almost twenty years younger, and Protestant where Paul was Catholic. They eventually settled at 19 St. Joseph Street with their four sons - Paul Jr., John (Jack), Joseph (Joe), Thomas (Tom) - and one daughter, Mary.



Tom Barber enjoying the sun with a friend and a bicycle.

Tom Barber's father — Tom senior — worked as a theatre usher, mechanic, store clerk, rubber tire vulcanizer, and maintenance engineer in the armed forces. His Uncle Jack, an internationally competitive speed skater, was inducted into the Greater Ottawa Sports Hall of Fame. Uncle Paul was a driver for the Army Service Corps during the First World War and had a lengthy career selling newspapers to Prime Ministers and other politicians near Parliament Hill. Uncle Joseph was the musician, playing at the Russell Theatre. As



Jack Barber, competitive speed skater, outside his bicycle shop at 135 Nelson.

for Aunt Mary, she eloped with her piano teacher and moved to Toronto.

This is just an excerpt from one Lowertown story featured on the soon-to-be launched LCA oral history website.

SNOW MEN

Nicolas Moyer - It's the second year that Shay Purdy and Jordan Sinclair have taken charge of managing the Bingham Park rink. And judging by the quality of the ice, they know what they're doing. Their link to Bingham started as hockey players who joined friends on weekends for a few hours of fun. But last year, they joined their passion for hockey with a commitment to manage the rink. It's no small commitment.

Shay and Jordan are joined by a number of others who help when it's needed. Not least of whom is Peter Gaby, who lives across the street and has been helping for years. Among other things, he often contributes the all important snow blower when the powder piles up.

The wardens of this fabulous community resource know the meaning of hard work and have found many ways to improve the rink. They have replaced the netting in the hockey nets and are bringing in new mats for the change room.

Lowertown is privileged to have neighbours like these, committed to making a difference, and having fun doing it.



The ice wardens that keep that keep our community rink open are all volunteers. From left to right: Peter Gaby, Ben Wightman, Jordan Sinclair, Shay Purdy, Skye Purdy, Pat De Sousa La Hey, and Steve Beketa



When conditions permit, the Bingham Park hockey rink sings with the sounds of skates and puck all day long. This group of friends plays every Saturday from 10 AM to noon. From left to right, they are (back row) Ian, Kent, Fred, Patrick, Craig, Reg, DJ, Madeleine, (front row) Ben, Shay, Marc-André and Skye.



Mauril Bélanger

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YORK STREET PUBLIC SCHOOL CELEBRATES 90 YEARS IN LOWERTOWN

Nancy Miller Chenier - When York Street Public School opened its doors 90 years ago, it replaced four smaller schools serving children from the English-speaking community. Two schools on the nearby Anglesea Square, Brebeuf for boys and Sainte Anne for girls, already served the French-speaking Roman Catholic population.

This new public school, then spanning the block between Chapel and Friel Streets, was built to accommodate 800 students using the latest ideas in school design. W. C. Beattie, the Board of Education architect, planned a building of reinforced concrete faced with rustic brick and cut stone. It had special rooms for cooking, woodworking, art, and pottery, as well as 17 regular classrooms, a kindergarten, a health room, and a teachers' room. Ventilated lockers, showers and a play space were in the basement.

As soon as York Street Public School opened its doors in September 1922, it reflected the cultural diversity of the community. One aspect of the diversity and one reason for the construction of the new public school was the growth of Lowertown's Jewish population. Norman Levine, who often wrote about his early life in Canada, remembered that when he was five, his mother took him from the house on Saint



The York Public School still has its original segregated entrances for girls and boys at opposite ends of the building. The entrances are ornamented with the symbols of English Canada: the English rose, Irish shamrock, Scottish thistle, and Canadian maple leaf.

Joseph Street, across Saint Patrick Street to the school on York Street. On this first day, he could not speak a word of English, having spoken only Yiddish at home.

In the 1940s, Brian Doyle's novel, *Angel Square*, portrays the area around the school and Anglesea Square as a rough multi-ethnic neighborhood where groups of Irish, Jewish and French-Canadian boys

regularly fought each other. This well known author who grew up on Cobourg Street also recalled passing out of Grade 8 at York Street Public School "on condition." This terminology meant he had to smarten up in Grade 9 or be terminated.

The school sustained its place as a multicultural haven for newcomers over the decades. Liz Mackenzie (aka Mary Elizabeth McGrogan)

recounted memories of the 1950s when her fellow students included many from refugee camps in Europe. Some were older students facing a sudden immersion in speaking and reading English with only minimal access to anything resembling current English as a Second Language classes.

By 2000, the neighbourhood around York Street School was still home to many newcomers, now from places like Iran, Somalia, Bangladesh and Guyana. In 2012, the current principal, Laurel D. Tye, acknowledges that the regular English program continues to be delivered to an extremely diverse population, now through a range of innovative methods.

The faces of the students and the teachers have evolved over the 90 years but the exterior remains largely unaltered. Separate entrances and exits for boys and girls are still clearly marked above the secondary entrances at the opposite ends of the building. The multiple decorative details around the doors, including shamrocks, roses, thistles and maple leaves, continue to cause on-lookers to stop and ponder. After 90 years, the York Street Public School not only deserves to be called a heritage building, it deserves an official designation.

DU FUN AVEC NOS PETITS!

Sophie Cathelineau - Et pourquoi pas un article sur l'expérience d'une maman francophone dans le quartier! C'est exactement ce que je compte faire en vous parlant d'une formidable ressource pour les personnes avec enfants en recherche d'activités.

Que vous soyez parent à la maison ou bien gardienne, je vous encourage fortement à venir découvrir cet îlot des tout-petits qu'est le « Parenting & Family Literacy centre » (en français sous le nom ni simple ni engageant de Centre de formation au rôle parental et de littératie pour les familles) au sous-sol de l'école York dans la rue du même nom. Ouvert depuis septembre 2011, cet espace est un programme financé par le Conseil scolaire d'Ottawa-Carleton, fondé par le Ministère de l'éducation. Mais pourquoi est-ce si bien?

D'abord et avant tout pour l'accueil

chaleureux que vous réserve l'animatrice du Centre Becky Cronin qui rend ce grand espace un lieu de jeux et d'échange chaleureux pour les petits comme les grands! Il y a tout pour occuper les enfants : des tonnes de jeux, un bac à sable intérieur, une mini-cuisine, un petit théâtre, des espaces lecture, et encore. À cela s'ajoute chaque jour un horaire d'activités organisées par Becky. Et parce qu'il fait froid, on est bien content de

sortir un peu de la maison.

Mais il faut aussi dire que l'autre grand avantage de cet endroit est qu'il met les gens en contact : vous y trouverez tous les conseils dont vous avez besoin en échangeant avec les personnes présentes ou dans la petite bibliothèque pour parents (et parfois vous trouverez même le bon plan qui vous sauvera! Avis aux mamans en recherche de plan de gardiennage!). Comme le

**« les gens se sentent
bienvenus et encadrés »**

Becky Cronin



Becky Cronin anime un groupe d'enfants au groupe de jeux à l'école York.

souligne Becky : « les gens se sentent bienvenus et encadrés ».

Cependant oui, l'anglais domine me direz-vous, mais le français n'est jamais loin et Becky travaille avec enthousiasme son bilinguisme avec les parents et gardiennes francophones! Pour finir, j'ajouterai que

c'est un excellent moyen pour préparer nos enfants à l'entrée à l'école, au contact avec des autres adultes. Mais attention c'est du lundi au jeudi seulement de 8h30 à 13h30! Je vais peut-être écrire une lettre au ministre pour demander plus...

PRESIDENT'S MESSAGE: THINK GLOBAL, ACT LOCAL IN LOWERTOWN



It's a famous quote: Think global, act local. It was originally attributed to Scottish town planner, Patrick Geddes, who believed that a community could not be planned merely by using standard engineering and city planning. He believed that it also took sympathy – a deep understanding and respect – for the local character of a place to really plan a city properly. I think this is where our community

association, along with many other local organizations, is essential. It represents the neighbourhood based on a definable territory. It's a group for all residents and run by residents. It helps to shape a sense of community and give residents an opportunity to participate and contribute in the evolving story of Lowertown.

At our recent community visioning workshop at St. Brigid's Centre for the Arts, I was really impressed with the consistency in values shared by the more than 70 residents in attendance. Giving priority to pedes-

trians, protecting heritage, traffic safety, the challenge of homelessness, and others, were among the many shared values. These values were already there, but through recent work our community association has helped bring the residents together to better communicate these common interests to others. Better that than to leave our future to chance! We need that voice for residents because there are many at city hall and in the private sector that have their own visions for our neighbourhood and only together can we defend the future we want.

So, we continue to work very hard to fill in that gap and create a sense of community, for you, our neighbours. It's a constant effort. We need your help – we need you to "act local." The first step is joining our email distribution list at info@lowertown-basseville.ca to get our monthly updates. We include our volunteer needs in those emails each month. Send us an email and let us know if there's an area of interest that you want to work on. Let's continue to build a stronger community.

Marc Aubin is President of the Lowertown Community Association

KEEPING THE VULNERABLE SAFE IN LOWERTOWN

The Shepherds of Good Hope have been providing support to Ottawans and Lowertown families for 30 years.

Lynn Gagnon - When it opened 30 years ago, the Shepherds of Good Hope was a small soup kitchen and emergency shelter. Today, the not for profit organization operates emergency shelters for men and for women, a drop in program, a supported living program, an independent living program and is currently running several harm reduction programs.

Stephen Bartolo runs the Shepherds of Good Hope men's emergency shelter. When asked about the main priorities for the shelter during the winter, he was quick to say that it's all about keeping people safe. One of his first priorities of the season is to make sure that everyone has the winter clothing they need. This

includes donated jackets, hats, boots, gloves etc. Indoors, Bartolo explained that "Ottawa shelters are near full capacity all year round, not just the winter months." But the shelter feels the pressure most during the winter months. They accommodate by opening up extra rooms and ensuring that everyone can find a safe place to spend the night or get out of the cold on those frigid days.

When asked about how members of the community could get involved at the shelter, Bartolo explains that

the shelter always gets an influx of volunteers during the holidays, which is always greatly appreciated.

"Ottawa shelters are near full capacity all year round not just the winter months."

**Stephen Bartolo,
Shepherds of Good Hope**

However, he points out that his is a 24/7 organization and one way people can really help is by volunteering year round. There are many things that need to get done, everything from making sandwiches in the kitchen to hemming sheets. He encourages anyone who is interested in volunteering to call or go online to get in touch.

Despite funding by the municipal government, it is hard to find enough money to maintain all of the programs they offer. For those who may not have the time to spare, donations are always appreciated and can go a long way to helping those in need.

When asked what message he has for the residents of Lowertown, Bartolo says, "I hope that we're perceived as good neighbours!" The Shepherds of Good Hope has developed good ties in the community and he explained that they try their best to get involved by going to association meetings, BIA meetings and contributing directly through their grocery and food program; which is open to residents in need.

If you are interested in volunteering or a tour of the facilities visit www.shepherdsofgoodhope.com or call 613.789.8210.

THE LCA NEEDS YOU

You hear it constantly – we need you! What does that really mean? If you've got some time, then we have lots of options for you to help us. Do you like gardening? We want to start a "guerrilla" gardening group. We also want a community vegetable garden. We need help to choose and set-up a family movie in Bingham Park this summer. Fun! We need people interested in transportation issues to fight for better pedestrian and cycling, and safety.

We need people who want to help us tackle the homelessness, drug addiction, mental health, and abandoned buildings in Lowertown. We now have a homelessness group that's working on that problem, but we need help in setting up meetings, drafting letters – it might only take a few hours a year. Simple as that!

We need photographers and artists for lots of fun heritage projects! The list goes on. We need a book keeper – easy peasy, if you do that kind of thing! We need help with fundraising by reaching out to local businesses and applying for government grants. We need help with maintaining the Bingham Park rink.

We have simpler tasks that need more people, like delivering the Echo! There are many options and we are happy to welcome ideas you would like to bring to us and to lead! Think about it. At the very least, join our email distribution list and come to a monthly meeting or a local event from time to time. It's that simple!

Contact us at info@lowertown-basseville.ca



Some of the staff at the Shepherds of Good Hope. Left to right: Sandra, Shandi, Stephen and Linda.



The George Street workshop of Laurin Monuments in 1915.



Laurin Monuments in 1960.

LOCAL BUSINESS HIGHLIGHT: LAURIN MONUMENTS AND CAPITAL GRANITE

Peter Gould - One of the more unusual sights along King Edward Avenue are the massive but colourful sheets of granite leaning up against the offices of Capital Granite, surrounded by the headstones of Laurin Monuments. The two firms at this location cater to two very different needs but are in fact owned and operated by the same owner, Mr. Yves Parisien. Founded in 1900, Laurin Monuments is one of the oldest businesses in Lowertown and belongs to a disappearing legacy of light industries that were once part of the community's streetscape.

Laurin Monuments has sculpted and installed over 50,000 memorials for cemeteries in Ottawa, Montreal, Toronto, Vancouver and New York. It has also made monuments for the National War Memorial and headstones for former Prime Ministers Laurier, King and Pearson. Until

the 1930s, these monuments were often delivered by horse and buggy to the cemetery. Sometimes four men were required to work for up to three days to install some of the larger monuments.

Mr. Parisien notes that the technology of the funeral monument business has changed from the earliest days when the hammer and chisel were the only tools of the trade. Contemporary methods involve the use of a computer-assisted design program that directs the cutting machine as it cuts through a rubber template or laser beams which can cut complex designs into the stone. The walls of Mr. Parisien's showroom on King Edward Avenue are adorned with stunning designs on granite made using computers and lasers, including a very large and highly detailed engraved reproduction on granite of a medieval map of

the world.

Capital Granite, the "sister" business, has benefited from the explosion of interest in granite countertops in the residential building sector over the past twenty years. It imports most of its granite from countries such as Brazil and Italy, but some is sourced in Quebec.

Laurin Monuments originally had its shop on George Street near Sussex Drive, sharing the block with Caplan's department store. A mural next to the Giant Tiger store on George Street commemorating the Francophone community of Lowertown features a reproduction of a Laurin Monuments ad that appeared on the front page of *Le Droit* in 1907. This ad provided a three-digit telephone number for the shop. Another era indeed!

Little is known about founder J. P.

Laurin, but Mr. Parisien pointed out that Laurin was a surprising entrepreneur who also authored a French-language cookbook published in 1915. Following the death of the last Laurin owner, Mr. Parisien's father, Aurele Parisien, who served as legal counsel for the firm, bought the business in 1950 and moved it to its current location. Aurele was the son Albert Parisien who was elected Alderman in 1932 and operated a menswear store on Dalhousie Street called Parisien-Boyer.

Following his father's death, Mr. Parisien took over Laurin Monuments. While waiting to interview Mr. Parisien, the Lowertown *Echo* correspondent had the opportunity to observe his enthusiasm while working with clients. Mr. Parisien clearly gets joy from the life of the entrepreneur and so the dynasty on the corner of York and King Edward continues.



Shop | Taste | Live
Experience the ByWard Market

The ByWard Market has something for everyone!
Keep your eyes out for all these great activities and more:

Winterlude, Valentine's Day, Family Day, Saint Patty's Day, March Break, Easter, Market Season Open, Mother's Day, and the ByWard Market Auto Classic!

ByWard Market businesses and outdoor market stalls are open as usual on holidays, so check our website for the most up-to-date information at www.byward-market.com

Find us on Twitter @ByWardMarketBIA

Celebrating  wonderful years with you!

SUSSEX

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living in the homes on Sussex, undertook efforts to work with city staff and consultants leading this project, highlight the history of the properties, defend the integrity of the Lowertown West Heritage Conservation District designation and propose constructive alternatives to the NCC's plans.

Their efforts paid off when the Planning Committee voted unanimously to protect the homes on Sussex from demolition. Marc Aubin, president of the Lowertown Community Association, which lobbied to preserve the buildings, said the planning commission's decision was welcome but also unexpected.

"It's been a long slog," Aubin said. "Community residents did a lot of work to get here. We thought it was a 50/50 toss up but the fact it was unanimous really surprised us."

The list of people engaged to protect the homes is long and all are pleased with the decision reached by the committee. Among others, these include Adrienne Clarkson, a former resident of one of the homes and Governor General from 1999 to 2005, who wrote a letter thanking city councilors for the decision which saved her childhood home.

While they opposed the demolitions, local residents are quick to point out that they supported elements of the NCC's proposal, notably the creation of more space for cyclists and pedestrians. Their work has resulted in a number of realistic alternatives that could achieve the goals stated by the NCC and preserve the Sussex homes.

This is important as plans for the reconstruction of Sussex continue. While the demolitions are out of the cards for now, the NCC will pursue other road design options. Nancy Miller Chenier, co-chair of the LCA Heritage Committee, points out that the proposal is still likely to go before the City Transportation Committee, where new challenges may arise. In her words "we've won a stay on the demolitions, but who knows what comes next!"

With numerous examples of local residents losing debates with the city over road widening plans elsewhere (look to King Edward for a glaring case study), there is good reason to be proud of this latest victory. A piece of local history has been saved, but residents have also developed a stronger vision for their community and reliable means to engage with the city on important issues that affect them.

BYWARD MARKET STUDY WITHHELD

Sylvie Grenier - One year ago, the Lowertown Community Association (LCA), the ByWard Market Business Improvement Area (BIA) and the Market Safety and Security Committee sent a letter to Mayor Jim Watson expressing their concern about the persistent reduction of small retail stores in the ByWard Market, particularly the loss of food retail stores, and the proliferation of restaurants and bars. The letter asked for a study to explore these issues and potential solutions to ensure

the ByWard Market has a healthy mix of businesses.

In March, the city's planning committee directed staff to undertake a study with the community, the cost of which would be shared with the ByWard Market BIA, and the aim of which would be to better understand the mixed use character of the ByWard Market and the interests of the people who make use of it everyday. The three organizations that asked for the study established a steering committee to help plan the

study for the ByWard Market with city staff. The City of Ottawa hired the firm Project for Public Spaces (PPS) to help develop a vision for the future of the ByWard Market. LCA solicited the views of Lowertown residents through an online survey and a public consultation meeting. LCA provided the results of the public consultation meeting and the online survey to PPS and to city staff.

In early December, PPS submitted the long awaited report to the city. City staff circulated this draft to various city departments for comments. However, they have so far refused to share the report with members of the steering committee, including the BIA. This despite the fact that the BIA is paying for half the cost. While exact reasons for this secrecy are unknown, it would appear that city staff are selecting the recommendations they prefer before sharing the report. Needless to say, steering committee members are anxious to see the study results and are growing very concerned about the lack of transparency of the city's process to date.

Once known, the outcomes of the ByWard Market study will of course be shared with local residents through the LCA monthly meeting, the Echo and the LCA website. With direct implications for all residents, this file is one to watch closely.



Residents' Consultation Meeting on Future of ByWard Market 15 October at Saint Brigid's.

SHOPPING, TASTING, LIVING: YOU ARE EXPERIENCING THE BYWARD MARKET

Katherine Solomon - The winter winds are in full force, but that doesn't stop me from dreaming of warmer months when I can finally do away with my coat. Those days will be here faster than you know, and so many things will be happening in the ByWard Market between now and then. This year marks the ByWard Market Business Improvement Area's 20th anniversary, and we are boosting our 2013 events to celebrate all year long!

The ByWard Market has just what you need to combat the February blahs. With Valentine's Day right in the middle of the month and Family Day shortly thereafter, you can plan a whole week's worth of great things to see and do.

Many businesses will have specials just for both these dates, so check our website regularly for details.

After you've thawed out, March brings you to Saint Patrick's Day and Easter and most businesses will be open for your celebratory purposes – dinners, brunches, parties, flowers, hostess gifts and more. Have

the kids at home for March break? Check out a day camp at the Ottawa School of Art or plan to bring the family down for a leisurely walk about. The Outdoor Market officially opens in the spring too, so keep your eyes out for new artisan offerings,

fresh flowers, and seasonal fruits and vegetables to compliment the goods from the food retailers in the

core of the Market.

Check us out Sunday June 2nd for the Auto Classic, where the ByWard Market turns into a backdrop for the coolest car show in town! Admission is completely free, as is the entertainment.

With so many businesses right outside your doorstep, shopping and living locally has never been easier. This is why you are here, and this is why you are the first to Shop, Taste, and Live the ByWard Market.

Visit www.byward-market.com for photos, maps, and a full business directory, or follow us on Twitter @ByWardMarketBIA and Facebook at "ByWard Market Business Improvement Area" for the most up-to-date events and specials!

Katherine Solomon is Communications & Special Events Coordinator, ByWard Market Business Improvement Area



2013 BRINGS LOCAL CLIMATE CHANGE OPPORTUNITIES

Liz Bernstein - It's now official: 2012 was the hottest year on record in the US, and in Canada, every region in the country had warmer weather than normal. Here in Ottawa we had record setting high temperatures in March and through the summer, drought, and the Rideau Canal skateway had its shortest season in 10 years. As I write this it's 9 degrees in January, so who knows what this year's season will be like!

And we have moved into uncharted territory with respect to the City's plans on climate change. The good news is that a Greenhouse Gas Roundtable has been promised before April 2013. The Lowertown

Community Association has been involved in making the roundtable happen.

In 2005 the City of Ottawa adopted a climate change management plan that has just expired in December, along with its greenhouse gas reduction targets. The City has not updated its climate change strategy. In December Mayor Watson's leadership brought the issue out of the shadows when he announced the Roundtable would take place in the first quarter of 2013.

The Federation of Canadian Municipalities says cities like Ottawa have jurisdiction over 45% of greenhouse gas emissions. The greenhouse gas

roundtable is a perfect opportunity to begin a new climate change strategy process. Hopefully, Councillor Fleury will continue to be supportive of action on climate change and advocate for a renewed climate change strategy.

In the last year, Superstorm Sandy cost cities in New Jersey and New York more than \$50 billion and 10 other weather events in the US cost more than \$1 billion each. We can no longer afford not to have a climate change plan.

Liz Bernstein sits on the Ecology Ottawa Steering Committee and is a member of the LCA Board of Directors.



SHOVELLING DONE RIGHT!



Dr. Stephen Konkle - Most of us would agree that we dodged winter last year, but it is certainly back this year. With winter, we get fresh snow – one of the most

beautiful and peaceful things to witness, but with it comes the burden of shoveling.

Before you grab your shovel, consider these tips to help keep you injury free:

Warm up: A tight, stiff body is a recipe for injury, so take a few minutes to warm-up. Overall conditioning like walking and some warm-up exercises

to get the blood flowing and the muscles loosened up can save you a lot of pain later.

Use proper posture: Try to push the snow to the side rather than lifting it. When you do shovel, let your knees, hips and arm muscles do the heavy lifting, and avoid twisting your back.

Use the right type of shovel: Your shovel should be about chest height - a short handle forces you to bend more to lift the snow, while a too-tall shovel makes the weight heavier. Using a light-weight pusher-style shovel will help to protect your back.

Timing is everything: Frequent shoveling allows you to move smaller amounts of snow at a time, and fresh snow will be easier to move

than packed snow. Try to shovel in the afternoon rather than the early morning, as many spinal disc injuries occur in the morning when there is increased pressure on the disc.

Take it slow: Shoveling isn't a competitive sport, so take your time and listen to your body. Take frequent rest breaks and stop shoveling immediately if you feel chest or back pain.

If you do overdo it, your chiropractor can help you relieve the pain and prevent further injuries.

Dr. Stephen Konkle is part of the chiropractic team at RE:FORM Body Clinic in the ByWard Market (www.reformbodyclinic.ca).

OUR CHANGING COMMUNITY

Rideau Street Renewal

Sylvie Grenier - This fall, the city completed Phase 1 of the Rideau Street Renewal, which included the portion of Rideau Street between Dalhousie Street and King Edward Avenue. In the spring, the city will undertake the reconstruction of Phase 2, which includes Chapel Street to the Cummings Bridge. These two sections of Rideau Street require a complete reconstruction due to the age of the underground infrastructure. The larger pipes will permit higher densities along the street.

There are already proposals being made. For example, Richcraft is planning three ultra-modern buildings on the southeast corner of Cobourg and Rideau Streets. It is a promising project, unlike other monolith buildings we have seen built on Rideau Street in recent years. This one will have very large windows at the base and be open to the street with coffee shops, restaurants, and other stores available to the neighbourhood.

There are some very positive signs coming out of Rideau Street Renewal. Going westbound, the right turn lane on Rideau Street, onto Cumberland Street, has been replaced with a wider sidewalk. Power lines, in some sections, are being buried. The street is going to have a very clean, modern, and refreshing look. All this work will encourage development of vacant lots.

The construction for the second phase will be completed during the 2013 construction season and this will bring to an end the long reconstruction of Rideau Street.

If you are interested in the ongoing planning and redevelopment along Rideau Street, join our community association's Planning Committee. It will be reviewing and commenting on many development proposals in the coming years. Working together with the city, developers, and others, the hope is to build a traditional and inviting street – one that reflects our community at its very best.

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UPCOMING COMMUNITY EVENTS

National Gallery of Canada

<http://www.gallery.ca>

Current & Coming Exhibitions:
Builders: Canadian Biennial 2012
Through February 18

Leviathans of the Sky: Photographs
of Dirigibles from the National Gal-
lery of Canada
Through May 20

Don McCullin: A Retrospective
February 1-April 14

Clash: Conflict and Its Consequences
February 1-April 21

Pierre Huyghe. A Journey That Wasn't
February 1-April 1

The Clock: Christian Marclay
February 10-March 25

Free Admission
Thursdays 5-8 PM

Meet the Artists: Don McCullin
February 1: 12:15 PM

Winterlude Celebration
February 1-18

Adult Art Tour: Don McCullin (French)
February 15: 1:30 PM

Ontario Family Day
February 18

Adult Art Tour: Don McCullin (English)
February 19: 1:30 PM

Music for a Sunday Afternoon
February 24: 2 PM

Adult Art Tour: Don McCullin
March 15: 1:30 PM

Bytown Museum

<http://www.bytownmuseum.com>

Ongoing Exhibit:
Rebranding Bytown: Critique of the
necessary and sometimes incongru-
ous role played by marketing and
commerce in the operation of a local
history museum.

Free Admission
First Sunday of Every Month

Reception: Six Moments in the His-
tory of an Urban Forest
January 29: 1 PM

Create your own Timberstamp Logo
February 2-3, 9-10, 15-18

Ontario Family Day
February 18

Youth Led Tours
February 2-3, 9-10, 15-18
English: 11:30 AM & 1:30 PM
French: 12:30 PM & 2:30 PM

March Break
Week of March 9

Easter Egg Scavenger Hunt
March 30, 31, & April 1

ByWard Market

<http://www.byward-market.com>

Annual Winterlude Stew Cookoff
February 1: 11:30 AM-2 PM

St. Patrick's Day
March 17

Historical Society of Ottawa

<http://hsottawa.ncf.ca>
Routhier Community Center
172 Guiges Ave

Some 1812 Richmond Soldier/Set-
tlers: As part of the War of 1812
bicentennial commemoration, Kurt
Johnson, the former Letters Editor
of *The Ottawa Citizen*, will speak on
some Richmond-area residents who
were active in the war and then re-
turned home.

February 22: 1 PM

Lowertown Community Assoc

<http://www.lowertown-basseville.ca/>
Routhier Community Center
172 Guiges Ave

Regular Meetings
February 11: 7 PM
March 11: 7 PM
April 8: 7 PM

Annual Winterfest Celebration
Jules Morin Park
February 18: 1-4 PM

Bingham Park Skating Rink
Open Daily

Jules Morin Park Skating Rink
Open Daily

Important Contacts

Our Lowertown Police Officer:

Ryan Pierce: piercer@ottawapolice.ca

Life Threatening Emergency or

Crime in Progress **911**

Other Emergencies or

General Police Inquiries **613-230-6211**

Crime Reports Call Centre

613-230-6211 ext 7300

Crime Stoppers

613-233-TIPS (8477)

By-Law Enforcement

(for syringe or crack pipe pick up) **311**

Ottawa Public Health

(for reporting found needles)

Jean-Guy Albert **613-580-2424 ext 23653**



The Black Bridge was the first bridge over the Rideau River. Its foundations are still visible today from Bordeleau Park.



Long-time Lowertown resident and amateur photographer, Mr. Pigeon, passed away in early January. This 1931 photo is one of many saved from his collection.

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I know Lowertown, this is my neighbourhood

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