

# 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:

June 10

September 9

October 14

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

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



Did you get out to Major's Hill Park for the Tulip Festival? The tulip beds on the last Saturday of the festival were still spectacular.

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## BUILDING A LIVEABLE OTTAWA

**City planners seek input from residents for comprehensive review of strategic documents that guide the development of our city, including the Official Plan, Transportation Master Plan, Infrastructure Master Plan, Cycling Plan, and Pedestrian Plan. Online consultation May 7 to June 7, 2013.**

**Sarah Truswell** - On January 29, 2013, the City of Ottawa launched "Building a Liveable Ottawa 2031", a review of the planning documents that guide the development of the city. These documents include the Official Plan, Transportation Master Plan, Infrastructure Master Plan, Cycling Plan and Pedestrian Plan. When completed, the project will set the directions, policies and affordability priorities that will influence the future of the city for years to come.

The city sponsored an online questionnaire in its effort to gather public input for the Building a Liveable Ottawa project. The preliminary results report of that survey (January 29 to March 1, 2013) is available at <http://ottawa.ca/en/city-hall/public-consultations/planning-and-infrastructure/comprehensive-five-year-review-official>.

The city's most recent status update summarizing the results of

the city's consultations on the Official Plan can be found at [http://ottawa.ca/sites/ottawa.ca/files/status\\_update\\_en.pdf](http://ottawa.ca/sites/ottawa.ca/files/status_update_en.pdf). This June the Planning Committee will be drafting an amendment to the Official Plan based on the city's consultations. The majority of the review concerned revised density targets and proposed new limits on building heights. This amendment will then be taken to the City of Ottawa Planning Committee in the Fall for approval at City Council in December and adoption of the changes next summer.

This summer, however, the project begins community and technical consultation on the other plans: the Transportation Master Plan, Cycling Plan, and Pedestrian Plan. The draft amendments to these will be tabled in the fall and sent to City Council with the Official Plan in December.

The city is looking for your input

with an online tool for pedestrians and cyclists at <http://ottawa.ca/en/city-hall/public-consultations/building-liveable-ottawa-official-plan-and-master-plan-review>. Pedestrians are asked to propose changes to the "Ultimate", Bike-way, and Winter Networks. Finally, cyclists are asked what type of cyclist they are — comfortable sharing the road with cars, with cars only with designated bike lane, or bike way only — and how frequently they cycle.

Cyclists are asked to mark their various commuting, neighborhood and recreational trips including frequent stops, then propose changes to the "Ultimate", Bike-way, and Winter Networks. Finally, cyclists are asked what type of cyclist they are — comfortable sharing the road with cars, with cars only with designated bike lane, or bike way only — and how frequently they cycle.

The tools are thorough and well designed. Hopefully they will prove to be an informative tool in city's review of these strategic documents.

## LCA PRESIDENT'S MESSAGE



About a year ago, I attended a meeting of community partners at the Lowertown Community Resource Centre on Cobourg Street. There were so many groups – many of them are social agencies – working on issues affecting Lowertown. Drug addiction, poverty, integration of new immigrants, crime prevention, and about another two dozen issues are among their concerns. I was amazed, as a long-time resident, and the president of your community association, that I was not aware of the existence of most of these organizations.

More recently, I was reflecting on the unsung heroes in our communi-

ty as well. There are the paid unsung heroes – some underpaid and overworked – like the ones I mentioned above. The others are people like some I meet on a regular basis in Lowertown. There's people helping at soup kitchens, like Mathieu Dupont and the Sisters of Saint Mary of Namur did recently at the Shepherd's; others at food pantries, like the Milman family; and the more than two dozen people that work very hard on the Lowertown Community Association. There are many other volunteers out there in Lowertown.

There are also whole sections of the neighbourhood that are taking charge and making Lowertown a better place. The Wedge area of Lowertown (north of St. Patrick and east of King Edward) has an army of

people who cleaned up the park of drugs and garbage over the years. Chris and Lisa Grinham successfully got the city to start cleaning up dirty needles from off our streets. Will and Jodi Murray, along with many others, fought for and got better development in the area and improvements to the park.

There's a resident's committee in the area around Jules Morin Park (Anglesea Square), and there's even a community identity over in Macdonald Gardens where they will celebrate the -year anniversary of that park in 2014. The condo associations in the neighbourhood are a whole other layer of folks working very hard in this neighbourhood. And then there are groups like the Byward Market Safety and Security Committee, co-chaired by John Ed-

wards and Steve Monuk.

I think we all sometimes forget how many residents are committed to the future of our community and working to achieve it. The next time you get a chance, stop and thank a person that you know who's contributing to your neighbourhood. It might seem easy on the surface, but many of us face significant pressure, and the occasionally irate resident, too. At the core of it, most people who volunteer or give to important causes are working very hard to try and accomplish something positive.

As a professor at teacher's college once told a class I was taking: "Don't kid yourselves! This is missionary work!" So, three cheers and a tiger for Lowertown's unsung heroes!

*Marc Aubin is President of the Lowertown Community Association*

## LOWERTOWN CONSTRUCTION UPDATES

### Bingham Park Revitalization

Final design plans are not yet public, and the Chance Foundation is still accepting surveys via their website: <http://chancefoundation.ca/projects/ottawa-project>. There are currently no plans to close Bingham Park this summer.

### Jules Morin Park Construction

Jules Morin Park is closed all summer for redevelopment. Sidewalks around the perimeter of the park will remain open and the city intends to reopen the redeveloped park for summer 2014.

### Claridge Development

The City of Ottawa Planning Committee has approved the project's request to construct a 22-story condo building on George Street and the addition of 4 stories to the Union du Canada building. The City's Heritage Committee has also approved the project's request to remove the heritage overlay in order to con-

struct the planned hotel where the Union du Canada building stands at Dalhousie and York Streets. The project will begin this summer with the construction of the hotel and its underground parking, followed by construction of the condo building on George Street.



Artist rendering of the Claridge hotel and condo buildings. Photo: Claridge

### Rideau Street Renewal

Construction on Rideau Street has resumed from King Edward Avenue to Chapel Street. Completion of the full project (to the Cummings Bridge)

is planned for the 2013 season. Businesses remain open, although westbound traffic is reduced to a single lane and eastbound traffic has been detoured via King Edward Avenue to St Patrick Street.

### Sussex Street

The City of Ottawa Planning Committee has not released any plans. The NCC is expected to propose moving two heritage homes which would require the review of the city's Heritage Committee. A community meeting with city officials is scheduled for Thursday, June 13, from 7–9 PM at the Routhier Centre at 172 Guise Street. Written comments are welcome and may be submitted in advance to the Co-ordinator of the city's Built Heritage Sub-Committee (Joel Monfils: 613-580-2424 ext. 26837, [joel.monfils@ottawa.ca](mailto:joel.monfils@ottawa.ca))

### Rideau Centre Expansion, Arts Court Redevelopment & LRT Construction

Two upcoming projects still in the

planning process are the expansion of the Rideau Centre to include both the surface parking lot and the former Oglivy building with a four level retail space and three level underground parking space, and the redevelopment of the Arts Court (Ottawa Art Gallery) as a 17-storey building for the OAG, UOttawa and private use. These two projects will impact traffic in the area especially as the MacKenzie King Bridge closes for construction of the Light Rail Transit line.

### Interprovincial Bridge

The NCC has proposed a plan for an interprovincial bridge to be built at Kettle Island by 2031 to address the heavy goods traffic in the downtown Ottawa core. It would connect Ottawa's Rockcliffe and Aviation Parkways with Montée Païement in Gatineau. Several groups are against the NCC's proposed plan, but most agree that the heavy goods traffic in the downtown core needs to be addressed.

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# HISTORY LOST AND FOUND ON CLARENCE STREET

Unexpected history in a little block on Clarence Street that was once home to the province's first francophone mayor, John Balzara Turgeon.



The former home of John Balzara Turgeon. Photo: Liz Mackenzie.



Clarence St from King Edward c. 1920. Photo: Marc Aubin collection.

Liz Mackenzie - I was irritated when officials dismissed my little stub block of Clarence Street as having no buildings of heritage value. With a little digging at the library, it became clear that those officials were very, very wrong.

I was stunned to find that 209/211 Clarence, now sadly a vacant eyesore, is one of the most storied buildings in Lowertown. It dates from 1847 and was the home of John Balzara Turgeon, city councilor for many years, Mayor of Bytown (1853-54) and the first francophone mayor in Ontario. In 1853, Turgeon petitioned the Province demanding city status

for Bytown. He was refused, but in 1854, Mayor Friel's petition was successful: the City of Ottawa was a reality.

Turgeon was a huge figure in the French-Canadian community. In 1852, after francophones were denied a place on the board of the Mechanic's Institute, he founded the Institut canadien-français, a powerful cultural force in the city. As a School Board Trustee in 1855, he was instrumental in the formation of separate schools and a vigorous advocate for equal treatment of French teachers.

The literature indicates that in

1881, André Gravelle converted Turgeon's 1 ½ story house into the two-story double that now stands. In 1897, Gravelle sold it to his next-door neighbour Joseph H. Laperriere. It was the Laperriere home until 1922. Laperriere was a banker, an insurance agent and a broker. Like Turgeon, he was an important figure in the francophone community working with Turgeon on the affairs of the Institute Français. Laperriere was the Treasurer of Union St Joseph, later the Union du Canada, although Byward Market's Union du Canada building on the corner of Dalhousie and York was built long

after his time. He was also a founding member of the French theatre troupe that still performs at the University of Ottawa.

Across from 209-211 are two interesting buildings: the two-story brick row at #202-208 and the three-story brick apartment building at #230. The entrances of the little row are curiously asymmetrical but the insurance map of 1873 clears up the mystery: #200-202 was a brick grocery store and #204 and #206 are shown on the 1878 Insurance Plan as a wooden row.

The handsome and well-maintained 3-story brick building at #208 is also an early building. A sensitive infill at #209 could create a charming enclave across this part of the block.

The remaining four charming little buildings on the south side require further research, but one is dated as early as 1877. Anchoring the corner at King Edward Avenue is the 1901 French Baptist Church.

The search for lost and found history is not over on my little stub block. It is great fun and I highly recommend researching any curious bit of our rich Lowertown history.

## GROWING UP IN LOWERTOWN

Remembering a time when many Italian families called Lowertown home.

Nancy Colton - With Preston Street currently viewed as the primary site of Ottawa's Italian community, many forget that Lowertown was also home to many Italian families. In the early 1900s, an estimated 700 Italians had settled here and more followed in subsequent decades.

Bob Moroni has lived in the area all his life, growing up with his parents

and brother at 192 Bolton St. These days, he can often be found helping out in the depanneur on Dalhousie at Cathcart St.

When Bob's father arrived from Italy in 1929, he found work for 44 years as a baker at the Chateau Laurier. He topped up his wages by assisting a catering company in Hull. Bob's mother was a French Canadian and,

like many mothers in those days, looked after her family at home.

Bob attended Guigues School on Murray Street and later Brebeuf School at Anglesea Square. His brother, David, trained as a ballet dancer in town and garnered rave reviews in the local newspapers. By 1966, David was a principal dancer with the Royal Winnipeg Ballet and eventually head of its professional training program. Bob proudly talks about his brother's Order of Canada honour.

As for his childhood, Bob remembers it very fondly — no doors locked, plenty of children and all making their own fun. The children had a healthy respect for the "beat cops" who roamed the neighbourhood on foot patrol. On Saturdays, the boys' mother would give them each 25 cents, and they would spend the entire day at the theatre "Francais," seeing two or three cowboy movies and having popcorn and a soft drink.

*This is just a snippet from one Lowertown family story. The full story will be coming soon on the LCA oral history website.*



On Saturdays, Bob and his brother would spend the entire day at the theatre "Francais" on Dalhousie Street. Photo: Courtesy of Toronto Public Library

## WHAT'S IN A NAME



Routhier Community Centre

Nancy Miller Chenier - Joseph Onésime Routhier came to Ottawa in 1875 from Quebec to serve as parish priest at St. Anne's. Within a few years, he moved to the Basilica as Vicar-General, the principal administrative deputy of the bishop in the diocese. Always a vigorous supporter of separate schools for Catholics, the Ecole Routhier built in 1932 as a school for girls commemorated his contributions. While the images of the cross, nun, and girls with books above the Guigues Street entrance proclaim its initial use, the Routhier Community Centre today serves as a recreation centre and community meeting space.

# SIGNIFICANT CHANGES NEEDED TO SAVE MARKET

**A recent report by the non-profit organization Project for Public Spaces identifies Byward Market's struggle to keep farmers and fresh food retailers, and concludes that despite its rich history, Ottawa's historic public market is at risk if significant changes are not made.**

Sylvie Grenier - In April, the city released the study on strengthening the future of the Byward Market. It originated in a letter to the mayor jointly signed by the Lowertown Community Association (LCA), the ByWard Market BIA, and the ByWard Market Safety & Security Committee. It called for a visioning exercise to explore various "issues and potential solutions to ensure that the ByWard Market has a healthy mix of permanent residents and businesses including food retail stores.

The LCA hosted an information session on 29 April where residents had the chance to ask questions and give their opinions. Most support the report and are pleased that it recognizes the importance to preserve

and enhance the farmer's market function of the ByWard Market. The Market is part of the history as well as the identity of Ottawa. It is very important to preserve and enhance this unique heritage district and its traditional function as a fresh local food market.

The report recognizes that restaurants and bars have changed the identity of the Market and that they have displaced the small retailers because they can command higher rents. The report identifies the proliferation of

bars and restaurants as the most important risk factor for the Market. Unfortunately, the report does not provide specific recommendations

to address this important issue other than to revisit previous studies and beef up security.

A recent survey indicates that the Market hosts over 20,000 licensed seats, an increase of 17% over the last five years. During that time, the Market lost many small retailers including food retailers. The increased seating capacity of establishments serving alcohol increases the noise, vandalism, and disruptive behaviour that revolve around those businesses. This in turn, has a negative impact on the attractiveness of the area as a place to live and to visit.

The LCA believes that ignoring the issue will lead to the long and slow decline of the Market area. This is why the LCA, the BIA and the Safety and Security Committee asked that the city adopt a moratorium on additional licensed seats in Lowertown West. This will provide time to find

a long-term solution to help restore the market to a healthy mix of retail, amenities, and services.

Participants to LCA public consultations indicated that they want a safe and walkable environment. Patios are a privatization of public space leaving little space for pedestrians who often have to resort to walking on the street to circumvent patio fences and the sandwich boards in front of them. However, the report fails to make significant recommendations on how to give more space to pedestrians. The LCA recommends that the city take immediate action to ensure well-marked crossings giving priority to pedestrians as well as to ensure that there is a 2-metre clear travel zone on the sidewalk to allow for the simultaneous passage of a wheelchair and a pedestrian. These undertakings would be quick, easy, and inexpensive to implement.

**The [PPS] report identifies the proliferation of bars and restaurants as the most important risk factor for the Market.**

## RESIDENTS' SURVEY ABOUT THE BYWARD MARKET

**In order to ensure the input of local residents was factored into the ByWard Market visioning exercise initiated by the City of Ottawa last summer, residents were polled on their views about the Market.**

Nicolas Moyer - While a few key public consultations have further developed a 'resident's view' of priorities for the Market, we felt it would be helpful to present some interesting statistics gathered through a survey of Lowertown residents.

This online poll collected responses from 192 residents between August and October 2012. It contained questions relating to heritage, safety and security, public uses, and retail mix.

Residents clearly showed they use the Market extensively, with 89.1% saying they shop in the Market once or more each week.

The top three reasons given by residents for going to the Market were in order: (1) food retail, (2) outdoor farmers' market and (3) restaurants. Only 37% felt the Market provided sufficient variety of stores and services. 81.9% responded that locally grown food was important to them and 72% felt there are not

enough all season food retail stores in the Market. 97% of respondents said there are enough or too many bars in the Market (3% said their weren't enough). 72.7% felt there are enough or too many outdoor patios.

On safety and other issues, 63% felt there is too much vehicle traffic in the Market and only 32% said the Market area was clean and well cared for. Interestingly for one of the most pedestrian areas in the city,

only 36.6% of residents replied that the Market is safe and convenient for pedestrians. Only 16.5% felt it is safe for cyclists. Opinions were evenly divided on whether or not there is enough parking in the Market. 59.6% felt there should be more residential units.

If you are interested in the future of the Byward Market, please get in touch with the Lowertown Community Association at [info@lowertown-basseville.ca](mailto:info@lowertown-basseville.ca).



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 for holidays, so check our website for the most up-to-date information at [www.byward-market.com](http://www.byward-market.com)

Find us on Twitter @ByWardMarketBIA

Celebrating  wonderful years with you!



# BYWARD MARKET THROUGH THE AGES

## 1910



## 1938



## 1979



## WHAT MAKES A SUCCESSFUL PUBLIC MARKET?

**Public markets are places of commerce, but they also connect urban consumers to rural producers, encourage innovation, increase real-estate values and allow revenues to stay in the community. Public markets are low-risk business places for vendors and producers to try new things and support nearby rural economies.**

*Nicolas Moyer* - Markets produce a range of positive benefits. They increase access to fresh food and support local production. But beyond this, markets positively impact local businesses and residents by drawing consumers and increasing available products and promoting competition. Even governments benefit

of bars and restaurants and local shoppers have slowly been outnumbered by tourists and restaurant patrons.

A recent visioning report commissioned by the City of Ottawa and the Byward Market BIA on the future of the Market and completed by Project for Public Spaces (PPS)

community that weaves together producers, vendors and consumers. For both Atwater and Jean-Talon a few common characteristics seem to be inseparable from their success. They offer fresh food all year round in permanent structures, are near public transit and easily accessible, are surrounded by dense urban neighbourhoods and they are managed by an association of producers and vendors. In fact since 1993, the producers and vendors in these markets have joined with those of 13 other markets in Montreal to combine their interests through the Corporation de Gestion des Marchés Publics de Montréal (CGMPM).

Simply put, the success of Montreal's markets is derived from dedicated space and management of the producers/vendors themselves. And believe it or not, the CGMPM makes money for the City of Montreal, turning in regular surpluses from its operations.

### The recommendations of the PPS report for the Byward Market

In their March report entitled *Strengthening the Future of the*

Byward Market, Project for Public Spaces (PPS) made one major recommendation intended to "save Byward public market for future generations" and provided guidance on how to make this possible. PPS recommended that the City of Ottawa "re-structure how the public market is now run and [...] establish a new management model, (with) an authority or other organization having management and operational control (of the market) with a clear mandate to build back local fresh food uses."

A quick overview of how the most vibrant and successful markets of North America operate indicates that this proposal certainly could offer the promise reviving our own Byward Market. Based only on the how dynamic and vibrant Montreal's markets appear under producer and vendor management, it is hard to disagree with PPS' recommendation.

To read the 36-page PPS report, visit <http://ottawa.ca/en/city-hall/public-consultations/planning-and-infrastructure/byward-market-visioning>.



**Montreal's Marche Jean-Talon has a removable cover and heating in order to offer fresh fruit and vegetables year-round, as well as regular, store front retail space open year-round.**

from a greater density of activities and services. Yet perhaps most important of all, markets are public gathering places for people of all backgrounds. They are one of the few places where people comfortably gather and meet. History shows us that markets are the original centers of community everywhere on the planet.

The Byward Market is no different. Its history, dating back to the 1830s is one of community, trade, and solidarity. Its operations and facilities have also been the flash points of many debates over the years. And while much of the original history is still present in the Market, the fact is that the number of vendors has dwindled in recent years. This shift has coincided with a multiplication

has concluded that the Market is in peril. With this in mind, the Echo has decided to look at Montreal's public markets to see what has driven their success.

### Montreal's Markets

The two largest and best known markets in Montreal are the Atwater and Jean-Talon Markets, though there are also many smaller ones sprinkled throughout the city. These two markets are vibrant demonstrations of what a thriving market can look like. Numerous butchers, fresh food vendors, bakeries and much more are all housed in permanent installations that expand with outdoor stalls in the summer months. It doesn't take a moment in either market to feel the strong sense of



**The market stalls multiply and expand outdoors at Jean-Talon in the summer.**

## LOCAL BUSINESS HIGHLIGHT: NEON SKATES

*Giulia Nastase* - The window of Neon Skates is an instant pick-me-up on my daily walk home. The St. Patrick block between Dalhousie and Cumberland is otherwise quiet, and since the store opened in late 2012, I look at the cheeky Boston Terrier logo in the window and wonder "Who roller skates?", "Where?" and sometimes, "Should I try it?"

There is a fast revival of the sport that Leo Seltzer sketched out on a diner tablecloth in 1935, as the legend goes. With the Great Depression sinking in, Seltzer was looking to capitalize on the popularity of roller skating, bicycle races and cash prize-awarding dance marathons. Seltzer was challenged to come up with a sport utilizing roller skating

participants, and thus Roller Derby was born. The decision to make it a coed sport was consequential: it guaranteed a massive female audience, but the presence of women athletes relegated it to the role of sideshow in the view of the mainstream press.

Neon Skates opened its first location in Montreal in 2010. The owner, Alyssa Kwasny also founded Montreal Roller Derby in 2006. Alyssa started off as a youngster at the roller rink and hockey arenas. She opened a roller skate shop to help out the derby community and get Montrealers roller skating.

The Ottawa location opened in October 2012. The store manager, Lauren, is a roller derby competitor on

the Rideau Valley Rollergirls team.

In 2006, Lauren took a roller derby poster on a telephone pole as an opportunity to get back on roller skates. When asked why she loves them, her eyes light up as she counts on her fingers and demonstrates the features: "Stability. Agility. Balance. Roller blades are all about going straight really fast. With roller skates, I can move side-to-side. Anything I can do on my feet, I can do on skates. It's a feeling of invincibility."

Lauren knows her gear and spends a lot of time advising customers. The store has a clean, modern industrial design, with white walls and painted wood floors. The simplicity of raw materials pairs well with the color-

ful, polished gear, which is displayed on shelving made of repurposed pallets and lighted by a mason jar chandelier. Accessories and apparel are arranged on ingenious, handmade peg racks and showcases. The store ship around the world.

Next time you're on the block, stop by to say hi to Lauren and check out the roller derby event calendar. The shop is located in Ottawa's Byward Market area in between Dalhousie and Cumberland at 285 St Patrick St. There is parking available in front of the store.

Phone: 613-688-1269

Facebook: <https://www.facebook.com/NeonSkatesOttawa>

Get your roller derby on!

## REBOOTING OUR CLIMATE CHANGE PLAN

**Mayor recommit city to climate change management planning after residents' concerns over climate change at the Greenhouse Gas Roundtable, but big changes are needed.**

*Liz Bernstein* - Councillor Fleury and LCA members joined more than 200 Ottawans in the unprecedented Greenhouse Gas Roundtable at City Hall March 23. The LCA had joined other groups in pushing for this for more than a year. The good news is that Mayor Watson responded to an unexpectedly high level of popular concern over climate change issues by recommitting the city to a climate change management planning process which had become inactive in recent years. A renewed Air Quality and Climate Change Management Plan has now been promised for the summer of 2014. Now it is time for action.

The bad news is that the plan's renewal comes late in a bigger planning process concerning revisions to the city's Official Plan and Transportation Master Plan; both due to be completed by the last quarter of 2013 and both of which will have points of integration with a renewed climate change plan. If they are out of synch, we risk drafting an ineffective Climate Change plan before the ink dries. The momentum must not be lost, and City Council and staff should take into account energy and emissions initiatives that may

arise through the climate change plan now, during the Official Plan and Transportation Master Plan revision process.

Alex Wood, the keynote speaker at the Greenhouse Gas Roundtable pointed out that between now and the next municipal election the Intergovernmental Panel on Climate Change will be releasing in stages its Fifth Assessment Report and that public concern along with public pressure for political leadership can be expected to increase with respect to climate change, as has been the case when past assessment reports appeared. A year of super storms, fires and droughts has already heightened awareness in North America and the need for cities such as ours to commit to climate change plans.

The Roundtable also brought forth numerous specific ideas and techniques for tackling climate change within the City of Ottawa. Several speakers were supporters of an approach known as PAPER or Property Assessed Payments for Energy Retrofits under which home improvements to save energy can be financed by the energy savings themselves. Alex Wood recom-

mended a "shadow price" on carbon which could be used by the City to give a measurable aspect to the climate change impacts of municipal decisions and actions.

Roundtable attendees gave the event mixed reviews. We at LCA were pleased with the first important step towards a more prosperous, healthy and environmentally responsible city, but are now anxious for our leaders to put words into action by ensuring the Climate Change Plan is in synch with the Official Plan and Transportation Master Plan revision process. Since the roundtable we've met with Councillor Fleury, who has expressed a willingness to champion action on this issue at City Hall. Let him know that it's important to you that the Climate Change Plan be kept on track and developed in synch with the Official Plan Review.

The City itself has not made public any outcome documents from the Roundtable but a group of citizen reporters has produced a report on what went on that day; available here <http://bit.ly/12loQGi>.

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

## PARLIAMENT HILL SHORE-LINE CLEANUP

**Ottawa Rowing Club and Ecology Ottawa host shoreline cleanup.**

Following the clean-up, the Ottawa Rowing Club has kindly invited all participants to a BBQ at the Ottawa Rowing Club (10 Lady Grey Dr). Bring your collected litter for prizes!

**Sunday, June 9th, 2013**

We will meet at 10 AM at the Bytown Museum

## ACTIVE TRANSIT AUDIT

**LCA, Ecology Ottawa, Walk Ottawa, and Citizens for Safe Cycling collaborate to assess pedestrian and cycling accessibility in Lowertown.**

Active transit includes any form of human-powered transportation. The outcome of the audit will assist Councillor Fleury and city staff to improve Lowertown streets.

**Wednesday, June 19, 2013**

We will meet at 5 PM at Centre Routhier, 172 Guigues St

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## GETTING BACK IN THE GARDEN

**April showers bring May flowers, but take care that May flowers in the garden don't bring aching muscles and stiff joints.**

**Dr. Stephen Konkle** - With summer upon us, our thoughts have turned towards the garden. Gardening can offer plenty of good exercise, but done incorrectly it can result in muscle pain or stiff and sore joints.

Chiropractors see many patients with injuries from gardening, ranging from back strains due to lifting heavy loads improperly to repetitive strain injuries in the arms from planting. To help prevent these injuries, follow these tips:

**Warm up.** Get the blood flowing to the muscles with a brisk walk around the neighbourhood.

**Pace yourself.** Many people try to get all the work done at once, but it is important to take a few rest breaks every hour. Take a few moments to move around, stretch your muscles, have a drink, or simply sit and relax. Spread the work over several days – you will still achieve the same great results.

**Alternate tasks.** Take turns between strenuous activities such as digging and easier tasks such as planting.

**Lift properly.** Squat down and keep the load close to your body. Keeping a straight back, lift using your legs, not your back. Have a partner help with heavy loads.

**Kneel to plant and weed.** Constant bending puts unnecessary strains on your muscles and joints. Use kneepads or a kneeling mat to make kneeling more comfortable.

Some soreness after gardening is expected – you will be using muscles that you may not have used in a few months. However, if the pain is severe or lasts more than 24 hours, consult with a health care practitioner.



*Dr. Konkle is part of the chiropractic team at RE:FORM Body Clinic in the ByWard Market ([www.reformbodyclinic.ca](http://www.reformbodyclinic.ca)).*

## OUR NEIGHBOR, JACQUES

**Remembering a longtime Lowertown resident and his lifelong passion for Jazz in Ottawa.**

Sarah Truswell - I'm out in the garden most days and most days someone will offer a compliment on their way past, but it was only Jacques who would stop and say hello every time he caught me out there. That was how I learned that he lived only a few doors down with his wife, Cecile, and we connected as both neighbors and musicians. Somehow I just knew that when the radio mentioned the passing of Jacques Emond, longtime face of the Ottawa Jazz Festival, it was my friend.

Jacques, who was born and grew up in Hull, was hooked by jazz as a teenager watching Oscar Peterson, Duke Ellington and other greats at long-vanished Hull venues such as the Standish Hall Hotel and the Chaudière Club. Later, as a federal public servant in the 1970s, he graduated from a jazz devotee to an advocate when he helped found Jazz Ottawa, a group of Ottawa jazz enthusiasts to promote jazz in the area. "No such thing existed at that time. In fact, there was just one traditional jazz band that played every Sunday in the Market, and that was

the entire jazz activity in Ottawa," CKCU host Ron Sweetman said.

Jazz Ottawa did not start the jazz festival but it set the stage for an increasing level of jazz in the area. "I always like to make the point that had there not been a Jazz Ottawa, there wouldn't have been a jazz festival," Sweetman added.

Unceasing in his support of jazz, Jacques also hosted the weekly CKCU-FM radio program *Swing Is In The Air* for more than three decades.

More recently, Jacques joined the ranks of composers Philip Glass and Brian Ferneyhough as a Chevalier in the French Ordre des Arts et des Lettres, and was named one of many "local jazz heroes" across North America by the Jazz Journalists Association.



**Jacques Emond, founder and artistic director for many years of the Ottawa Jazz Festival, was probably the city's biggest jazz champion. Photo: CBC Ottawa.**

But, it was his generosity of spirit that caught my attention. At his memorial, Cecile found that he had made friends in most of the shops up and down Dalhousie on his daily route to sit and read in a coffee shop on Rideau Street.

He will be missed by many, but my thoughts are with Cecile who will miss him more than anyone. He passed in January after a massive stroke, and is survived by his wife, step-daughters and -grandchildren.

## FREE GEE-GEES SUMMER CAMP

The University of Ottawa will waive registration fees for 12 youths to participate in one of the many week-long Gee-Gees camps this summer! During the months of July and August, the University offers youth camps that focus on culture and sports. The Gee-Gees field becomes a place of bilingual learning and exploration that is aimed at keeping children and youths (6 to 18 years old) active by participating in a mul-

titude of sporting activities, both recreational and cultural.

The specialized sport camps allow the youths to fulfill their potential in small groups formed according to their age and skill level.

The Gee-Gees Camps are offered from 9 AM to 4 PM, Monday to Friday. Registration includes:

- Morning snack and lunch,
- A Gee-Gees camp shirt, and

- A coupon redeemable for four tickets to a Gee-Gees game.

Send your child's application (name, phone # and a short paragraph explaining why your child should choose to participate in the Gee-Gees camp) by email at [mathieu.fleury@ottawa.ca](mailto:mathieu.fleury@ottawa.ca) for a chance to win a free pass to a Gee-Gees camp this summer.

Visit: <http://www.geegees.ca/>

## WINTERFEST

The Annual Lowertown WinterFest jointly hosted by the Lowertown Community Resource Centre, the Lowertown East Residents' Committee, and the Lowertown Community Association last February in Jules Morin Park was another huge success this year. Over 250 people had a bite to eat and the bouncy castle was a big hit! Cundell Stables also offered horse-drawn wagon rides and the new skating rink donated by the Senator's Foundation was finally broken in.

Big thanks to all the volunteers who made WinterFest such a success, and special thanks to York Entertainment for the generous donation for food.



**Lowertown residents enjoying the new Jules Morin skating rink at WinterFest 2013. Photo: Leah Fleetwood.**

## MOVIES IN THE PARK

**LCRC and LCA bring children's movies to Lowertown parks**

The Lowertown Community Resource Centre and the Lowertown Community Association are proud to announce three movie showings in Lowertown this summer. We can't announce the titles, but they are children's movies and will be showing in the parking lot of Le Patro at 40 Cobourg Street on July 5<sup>th</sup> at 8:30 PM and August 16<sup>th</sup> at 8 PM, and in Bingham Park on July 19<sup>th</sup> (time TBA). Be sure to check the LCRC and LCA websites for updates on movie titles and show times.

# UPCOMING COMMUNITY EVENTS

## National Gallery of Canada

<http://www.gallery.ca>

Free Admission  
Thursdays 5–8 PM

## Bytown Museum

<http://www.bytownmuseum.com>

Free Admission  
First Sunday of Every Month

Fathers' Day  
Free admission for Dads  
June 16

## Canada Day

Admission by donation  
July 1

18th Annual Colonel By Day  
August 5: 11 AM–4 PM

Grandparents' Day  
Free admission to grandparents  
September 8

## ByWard Market

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

17th Annual Auto Classic: Scavenger hunts, prizes, great food, entertainment, and a fabulous car show  
June 2: 10 AM

## Lowertown Community Resource Centre

613-789-3930

Movies in the Park  
Le Patro Parking Lot (40 Cobourg St)  
Free — Bring your chairs

July 5: 8:30 PM  
August 16: 8 PM

## Neighborhood Walkabouts

June 3: 6:30 PM  
June 17: 6:30 PM  
July 10: 6:30 PM  
July 24: 6:30 PM  
August 7: 6:30 PM  
August 21: 6:30 PM

## Playgroups:

0–18 mos Playgroup:  
Wednesdays 1:30–3:30 PM

French Playgroup:  
Tuesdays 9:30–10:30 AM  
English Playgroup:  
Fridays 9:30–10:30 PM

## Lowertown Community Assoc

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

Regular Meetings  
June 10: 7 PM  
September 9: 7 PM  
October 14: 7 PM

Sussex Ave Community Consultation  
June 13: 7–9 PM

Active Transit Audit  
June 19: 5–7 PM

Movies in the Park  
Bingham Park  
Free — Bring your chairs  
July 19: 8 PM

## Ottawa ChamberFest

<http://www.ottawachamberfest.com>

## Ottawa Fringe Festival

<http://www.ottawafringe.com>

## Ecology Ottawa

<http://ecologyottawa.ca>  
613-860-5353

Parliament Hill Shoreline Cleanup and BBQ  
<http://ecologyottawa.ca/event/parliament-hill-shoreline-clean-up>  
June 9: 10 AM–12:30 PM

## Ste-Anne Catholic Church

528 Old St. Patrick Street  
613-565-9656

## Ste-Anne Talks

Fetes et réseaux sociaux: Une paroisse très active — Processions and Rituals: A parish very much alive  
June 30: 12:15 PM

Célébrations 1923: 50<sup>ème</sup> anniversaire de l'église — 1923 Celebrations: 50<sup>th</sup> Anniversary of the Church  
July 14: 12:15 PM

## Important Contacts

### Our Lowertown Police Officer:

Ryan Pierce: [piercer@ottawapolice.ca](mailto: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**

## CALLING ALL VOLUNTEERS

You hear it constantly – we need you! What does that really mean? The LCA is made up of volunteers and we want you to join us. Do you like gardening? We want to start a “guerrilla” gardening group or at least establish a community vegetable garden. Do you have kids who'd like to watch movies in Bingham Park this summer? Fun! We need people interested in transportation issues to fight for better pedestrian and cycling, and safety. Not to mention, our community parks could use maintenance volunteers to keep the LCA informed on the safety of our neighborhood parks. Do you pick up trash when you visit your local park? Could you use some tools?

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 help with fundraising by reaching out to local businesses and applying for government grants.

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 simple!

Contact us at [info@lowertown-basseville.ca](mailto:info@lowertown-basseville.ca)

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