

Community policing

By Sandra Milton

Have you noticed the Neighbourhood Resource Teams (NRTs) coming through the Lowertown neighbourhood on their bikes? Ottawa Police Services was provided funding and, in May 2020, an NRT was launched to support the request to increase police presence in Lowertown and Sandy Hill and address these communities' concerns about crime and social disorder. NRTs were also deployed in other neighbourhoods.

Members of NRTs are experienced officers and dedicated exclusively to their assigned neighbourhoods. This will allow them to build long-term relationships and get to know the people and communities they serve.

NRT officers have been given specialized training, focusing on the areas where they will be deployed. It includes partnering with other services, orientation and familiarizing themselves with the unique issues in each area. You may have known them previously as the "Bikes and Beats".

The NRT programs are being monitored by Carleton University's Dr. Linda Duxbury. Her team will evaluate the efficacy of the NRTs and offer feedback as the program grows. This accountability measure will ensure that goals are set, and met, to improve overall community safety. The Lowertown Community Association (LCA), ByWard Market BIA, residents and social services are also working with Dr. Duxbury's team to provide feedback on the role the NRTs play in their area.

If you wish to contribute to the Police survey by the University of Carleton please go to: <http://cuhealth.eu.qualtrics.com>.



As LCA executive for Safety and Security I am an advocate for the Community Officer and NRTs. They are important to our community, providing consistency to the demands of the neighbourhood. The officers get to know the area hot spots, and work with the community and the individual issues in each area of Lowertown. The relationship between the police and the community is important to ensure residents feel safe. For me, there is a trust knowing that I can call and an officer will address the need at that time.

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Angela Rickman

The community lost a great champion with the passing of Angela Rickman who died on July 17th after a battle with ALS.

Angela left her mark on the national political scene working with national environmental groups and through varied roles within the NDP. Her last position was as Political Director of the Green Party of Canada where she helped to develop the party platform for the 2019 election



Angela Sharon Rickman
April 16, 1964 - July 17, 2020

Among the initiatives undertaken when she was president was the founding of our community newspaper — The Lowertown Echo de la Basse-ville. We have reprinted the message she wrote for Volume one, Issue one of the paper.

After she handed the leadership of the LCA on to others, she remained engaged. Community service ran in the family. Her husband Dave Bowen and sons Brendan and Julian have a long, strong attachment to the ice rink at Bingham Park which they have helped to maintain for many years. Up until last year, you could occasionally spot Angela pitching-in with the snow-clearing efforts when the amount of snow was too much for the men to handle.

Our community was made better because of her efforts over the years.

Volume one Lowertown Echo de la Basseville Issue one

Message from the Community Association President

It gives me great pleasure to welcome you to this newsletter by the Lowertown Community Association. With this newsletter, we hope to keep you informed of the major issues and events affecting historic Lowertown. We hope as well to inspire you to get involved in your community.

We look forward to meeting you, whether at one of our monthly meetings, at our Winter Festival in Bingham Park on January 30, or helping out at the rink.

Je vous offre mon meilleurs vœux de santé, de Bonheur, et de la prospérité pour la Nouvelle Année.

Angela Rickman is president of the Lowertown Community Association.

Angela Rickman est présidente de l'Association communautaire de la Basseville.

L'Association de la Basseville offre un forum d'échange pour les résidents d'un des importants quartiers historiques de la ville d'Ottawa. Nous encourageons tous les résidents ayant un intérêt dans des questions relatives à notre héritage, au développement urbain ou à l'environnement de se joindre à nous pour nos rencontres mensuelles.

The Lowertown Community Police Officer (CPO) Constable Lemay is the main point of contact for the neighbourhood, and works closely with the NRTs, community partners, the ByWard Market BIA, the LCA, social services, Crime Prevention Ottawa and other services.

The NRT and the Ottawa Police Services (OPS) cannot resolve the issues of Lowertown themselves. They are here to assist and provide input for a collaborative and engaged community. The LCA is engaged with Dr. Duxbury and her team at Carleton University, the OPS, Councillor Fleury and other Lowertown groups to create focus groups for a long-term vision and governance model.

Residents are encouraged to continue reporting crimes using normal practices, dialing 911 for life-threatening emergencies and crimes in progress, and 613-236-1222, extension 7502 for non-emergencies as well as OPS online. All services are available 24-7.

Questions to the Lowertown Community Officer:

Q: Constable Lemay, how many NRT officers are working in Lowertown?

A: There are four teams that cover 9 a.m. to 11p.m. daily from Monday to Wednesday. From Thursday to Sunday the team's extended hours are until 3 a.m. The teams also cover protests happening in Lowertown, Sandy Hill and the Parliamentary district. Each team is comprised of eight officers and one sergeant.

Q: Have the NRT police officers received specialized training for this role?

A: Special training include: police training, police specialty training, understanding the needs of the area, bicycle training, medical training, other training to deal with various requirements and awareness.

Q: Have you and the NRTs seen a difference in the area since May 2020 (e.g. less crime, ability to respond to services faster, understanding community needs)?

A: We have received overall positive feedback regarding visibility and accessibility to police on foot or on bike.

Q: What other services are you aligned with to assist your role?

A: We have a collaborative approach with other services, such as, the City departments, councillor, social services including Ottawa Inner City Health, housing and various other services.

Q: How many miles a day do you cover on your bikes?

A: This depends upon the day, as we stop and engage with people or deal with incidents. We may range up to approximately 40 km per day.

Q: Is there anything the residents/community of Lowertown can do to assist the NRT?

A: Make the right call. If you see something, say something. Get to know your NRTs., Unless they are on a particular call they are here to get to know you.

Sandra Milton is the LCA Board Member dealing with safety & security

LCA Meetings

September 28, 7 pm via ZOOM--Special Meeting on the Vision for Lowertown

October 19, 7 pm via ZOOM--The Annual General Meeting, Election of Executive

Thank you to the Ottawa - Gatineau Hotel Association, the ByWard Market BIA, Downtown Rideau BIA, Mathieu Fleury, Lowertown Community Resource Centre and the Marché Ottawa Markets for purchasing additional advertising space which allowed us to publish this edition.

Merci à l'Association des hôtels d'Ottawa-Gatineau, à la ZAC du marché By, à la ZAC du centre-ville de Rideau, à Mathieu Fleury, au Centre de ressources communautaires de Lowertown et aux Marché Ottawa Markets qui ont acheté de l'espace publicitaire supplémentaire nous a permis de publier ce journal.

Votre Centre de ressources communautaires de la Basse-ville contribue à bâtir un quartier plus vivant et plus sécuritaire! Nous offrons des programmes et des activités pour les résident.e.s de la Basse-ville de tout âge.

Notre BANQUE ALIMENTAIRE opère encore par rendez-vous, SVP appelez au (613) 562-2925 avant de venir.

Nos intervenantes en soutien social sont disponibles pour vous appuyer avec les défis de la vie. APPELEZ-NOUS!

INSCRIVEZ-VOUS à notre programme parascolaire! Appelez Stephen (613) 789-3930, poste 320.

Tous nos services sont GRATUITS, confidentiels et bilingues!



Your Lowertown Community Resource Centre helps build a safer and more vibrant community! We offer programs and activities for Lowertown residents of all ages.

Our FOOD DISTRIBUTION program is still running by appointment, call (613) 562-2925 before coming.

Our social support workers are available to support you with life's challenges – CALL US!

SIGN-UP for our After-school program! Call Stephen (613) 789-3930, extension 320.



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

Numéro d'organisme de bienfaisance/Charitable number: 896719796RR0001
40 Cobourg, Ottawa K1N 8Z6 – 613.789.3930



All our services are FREE, confidential and bilingual!



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 2020, 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 2020, 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.

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Deadline

Next issue November 14. Reserve your advertising space or submit your contribution to echo@lowertown-basseville.ca by November 2, 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

Prochaine édition le 14 novembre. Publicité, articles, photos et autres soumissions à echo@lowertownbasseville.ca avant le 2 novembre 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.

Heritage on display

A book by Marc Aubin, a former president of the Lowertown Community Association, highlighted the fight over the future of Lowertown. The photographs that were displayed at the launch of his book, *Blight*, revealed many layers of our community's diverse and vibrant history.

In Marc's book, published in 2018, our community had an intimate glimpse of the people and institutions affected by the destruction wrought by urban renewal in the 1960s and 1970s. The 20 photographs currently on display are accompanied by informative texts and provide a visual journey through the development of Lowertown. These rarely seen historic images cover almost two centuries of our story.

The exhibit can be viewed at the Bell Building, located at the northeast corner of Rideau and s. Working with Bell Canada, the unused glass display case facing Rideau Street was made available for this special display of photos. It's worth a stroll either during the day or when it is lit up at night!



Rideau and Friel before Bell Building or Friel Towers
January 1972 by Michel Lafleur

We have a winner!

Well, three winners actually. Three people had the correct answers to Quiz 11-3. ByWard merchants had donated so many prizes that we were able to give a prize to all three successful contestants. The winners were selected using a random number generator during a Zoom conference.

First place went to Shelley Armstrong. She had her choice of four gift certificates from the six donations. She chose a \$25 gift certificate donated *Shoppers Drug Mart* on Dalhousie; a \$20 certificate from *Saslove's Meats*, a \$20 certificate from the *Cupcake Lounge* and a \$20 certificate from *International Cheese*. Second place of a \$20 certificate from the *Teastore* went to Lauren Plamondon. Third prize of a \$20 certificate from the *House of Cheese* went to Louise Côté-Atwell.

The next quiz will be in our November issue when we hope to have plenty of prizes to lift your Christmas spirit. A reminder; you must be a resident of, or be employed in, Lowertown to be eligible to win.

A big thank you to all the merchants who donated!

Nous avons un gagnant!

Eh bien, trois gagnants en fait. Trois personnes avaient les bonnes réponses au Quiz 11-3. Les marchands ByWard avaient donné tellement de prix que nous avons pu remettre un prix aux trois candidats retenus. Les gagnants ont été sélectionnés à l'aide d'un générateur de nombres aléatoires lors d'une conférence Zoom.

La première place est revenue à Shelley Armstrong. Elle avait le choix entre quatre chèques-cadeaux parmi les six dons. Elle a choisi un certificat-cadeau de 25 \$ offert par *Shoppers Drug Mart* à Dalhousie; un certificat de 20 \$ de *Saslove's Meats*, un certificat de 20 \$ du *Cupcake Lounge* et un certificat de 20 \$ d'*International Cheese*. La deuxième place d'un certificat de 20 \$ du *Teastore* est revenue à Lauren Plamondon. Le troisième prix d'un certificat de 20 \$ de la *House of Cheese* est allé à Louise Côté-Atwell.

Le prochain quiz sera dans le journal de novembre où nous espérons avoir de nombreux prix pour élever votre esprit de Noël. Un rappel; vous devez être un résident de la Basse-ville ou y être employé pour être admissible à gagner.

Un grand merci à tous les commerçants qui ont fait un don!

The Brady Bunch on Quarantine Island

By Nancy Miller Chenier

Imagine the Porter's Island of the late 1890s when it was the site of the first municipal contagious diseases hospital. The atmosphere was damp and often foggy, and of the five hospital buildings, all were badly built, one was already condemned, and the administration building was flooded.

But it was the City's choice of place for isolating individuals with smallpox and other contagious diseases, and someone had to be there to watch over the property.

John Brady was a printer at the British American Bank Note Company and had relocated from Montreal when the company set up at the corner of Wellington and Kent. When the family moved to Porter's Island, John and Charlotte were in their early forties and their family of three boys and four girls ranged in age from 3 to 20.

The family seems to have been free to come and go from the island, with the eldest son, William, working as a machinist and the second, George, as a firefighter. Other family members worked as porters, perhaps delivering supplies to nurses, mov-

By 1900, the family was living at 275 Concession Street and the financial situation of the family was precarious. John Morton Brady was seriously ill. The oldest son William had been killed in the South African War and George had a family of his own to support. Shortly before John's death in 1903, Charlotte made a desperate plea for financial help to the military person helping organize Ottawa's South African Memorial. The house at 275 Concession was to be sold for unpaid taxes if she could not raise \$200.

When John Morton Brady died, the family was living elsewhere and



Porter's Island and house of Brady family until 1900

In 1894, John Morton Brady took on the job of caretaker overseeing the maintenance of the hospital cottages. With his wife Charlotte and their family of seven, he moved from Janeville across the newly constructed bridge to the island. In July of that year, the City's Board of Health allowed him some money for cleaning the building on the island where the family would live, an old farmhouse previously used by a family that had, according to the Ottawa Journal, grown cabbages there.

It is possible that this caretaker position and the house that came with it resulted through a connection with George Cox, who was mayor of Ottawa in 1894. Both John and George were involved in the printing trade, George as a skilled engraver and John as a plate printer. As well, both were members of the same organization, the Independent Order of Odd Fellows, which among other objectives promoted good will and charity.

ing equipment or even collecting waste.

Over the years on Porter's Island, John and Charlotte made several requests for funds or support. In the winter of 1898, free fuel was refused by the Board of Health and the bill for cleaning snow off the hospital roofs was referred to the Finance Committee after questions about who had authorized the action.

But it was the Rideau River floods in the spring that revealed the harsh unpredictable conditions of life on the island.

In March of that year, the river had the highest water in 40 years, putting Porter's Island under water and leaving four feet of water in the hospitals. When the flood was at its peak, John Brady had two of his carriages carried away, leaving him unable to reach his house.

When Charlotte asked for remuneration for goods damaged in the flood, she was instructed to send the bill to the city council.

over the years before Charlotte's death in 1929, lived at multiple addresses in Ottawa. The short interlude on Porter's Island faded into history, not worthy of mention in any family obituaries.

Perhaps the most lasting effect was on Amy Brady, a child who from age 7 to 13 years, would have watched the work of the nurses and who in adult life, became a nurse herself.

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Lowertown bells toll for you

By Nancy Miller Chenier

Have you heard our Lowertown bells this summer? Do you ever listen to the sound of the bells reverberating through the air above our com-



The big bell at St Anne’s is inscribed with the emblem of Pope Pius X

munity? Lowertown has ten bells that chime with different tones to communicate various events.

There are five bells in the spires of Notre Dame Cathedral, four in the Saint Anne steeples, and one at the By-Ward Market building. Together they ring out our history.

When you listen to the bells of Notre Dame, think of Archbishop Duhamel. One of the bells bears a likeness of him and may be continuing his call for strong French- Canadian institutions. The two bells in one spire and three in the other were installed in 1944.

They ring each day at noon and at 6 p.m. to announce the time of the Angelus prayer. They also ring during special celebrations such as baptisms, weddings and funerals. Some long-time residents remember that they



Duhamel-likeness on Notre Dame Bell

rang to celebrate the end of the Second World War.

The four bells at Saint Anne Church, now home to Saint Clement Parish, were purchased in 1910. Each bell is a different size and has a special inscription, with the largest carrying the emblem of Pope Pius X and the smallest a reference to Joseph Alfred Myrand, then the parish priest. Monsignor Myrand is credited with replacing the original church spire with an openwork bell tower and with arranging the purchase of the four-bell carillon from the Pac-card foundries in France.

One evening in May, the bells of Saint Anne Church on Old St Patrick Street rang out across Jules Morin Park to send a positive message. Staff and volunteers from Le Patro d’Ottawa requested the bells as part of a “make noise” effort to raise the spirits of nearby residents.

The oldest bell, cast in 1877, is in the ByWard Market building and was tradi-

tionally used to announce the opening and closing of the Market. After a fire at the Market building in 1926, the bell was moved to a New Edinburgh church, and was returned to the market in 1976.

Zachary Dayler, the current Executive Director of Marché d’Ottawa Markets says that he is currently exploring the idea of a program where residents can book a morning to ring the bell.

And there is the case of the missing bell called Bridget. In March 1891, St Brigid’s Church on St Patrick Street blessed its 804-pound bell. It seems that sometime in the 1960s, the bell was sold when the church was experiencing budgetary problems. No one appears to know who bought it or where it is.

Our Lowertown bells have varied stories and different tones, and can evoke multiple memories of happy and sad occasions for residents. The bells that still peal so triumphantly convey a sense of well-being and continuity in this uncertain time.



The oldest bell in Lowertown was cast in 1877.

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La bonne retraite d'un premier ministre

Par Michel Rossignol

Il y a cent ans, un des résidents les plus célèbres de la Basse-Ville a décidé de prendre sa retraite. Le 1er juillet 1920, le Premier ministre Sir Robert Borden a annoncé à ses collègues à la Chambre des Communes qu'il avait décidé de mettre fin à sa carrière de parlementaire. Borden était épuisé après avoir gouverné le pays pendant les quatre années tumultueuses de la participation du Canada à la Première Guerre mondiale et il a conclu qu'il était temps d'opter pour un style de vie plus paisible.

Sir Robert Borden (1913?). Photo : Laura Borden. BAC/LAC, C-021314.



Après avoir quitté le poste de premier ministre, Sir Robert a continué sa participation dans les affaires diplomatiques, universitaire et commerciales. Cependant, il pouvait maintenant passer plus de temps à sa maison, qui portait le nom Glensmere, au 201 de la rue Wurtemberg, au nord de la rue Rideau (on a donné l'adresse 211 Wurtemberg à l'édifice des appartements Watergate construit sur l'emplacement de la maison). Sir Robert et son épouse Laura aimaient beaucoup recevoir à souper à Glensmere des personnes de l'élite politique et diplomatique d'Ottawa.

Par exemple, le 24 février 1934, les Borden ont invité à leur table l'Ambassadeur de la Pologne et William Lyon Mackenzie King qui a pris soin de noter dans son journal (aujourd'hui dans la collection de Bibliothèque et Archives Canada) qu'il a bu du soda au gingembre au lieu du vin et que la salle à dîner était belle. Le 15 juin 1935, les Borden ont de nouveau invité à Glensmere Mackenzie King qui est devenu premier ministre quatre mois plus tard. Il a souligné dans son journal la beauté de la maison et des terrains, notamment à cause des fleurs et la pelouse verte.

Monsieur et Mme Borden aimaient beaucoup la nature et entouraient avec enthousiasme leur résidence de jardins de fleurs. Sir Robert aimait beaucoup aussi jouer au golf et il était très heureux d'avoir un très large jardin-avant, un des plus gros dans la Ville d'Ottawa, car il avait beaucoup d'espace pour pratiquer ses coups roulés et ses autres coups de golf. D'ailleurs, l'arrière-cour avait même un obstacle d'eau (la Rivière Rideau).

Le quartier où M. et Mme Borden ont passé une bonne retraite était très tranquille, à l'exception d'une journée au début des années 1930 où on a entendu un

coup de feu. Selon l'édition du 6 mai 1961 du magazine Maclean's, George Black, Président de la Chambre des Communes de 1930 à janvier 1935, était un voisin de Monsieur Borden. Monsieur Black aimait beaucoup les oiseaux, mais détestait le chat de Mme Borden qui faisait la chasse aux oiseaux dans son jardin. Le jour fatidique, Monsieur Black a pris son fusil



The home of Sir Robert and Lady Robert Borden at 201 (now 211) Wurtemberg Street

et a tiré sur le chat. Quelques minutes plus tard,

Mme Borden a cogné à la porte de Monsieur Black pour lui dire tout le mal qu'elle pensait de son geste envers son chat.

Plus tard dans la journée, Monsieur Borden s'est lui aussi présenté à la porte de Monsieur Black, mais pas pour se plaindre. En effet, Monsieur Borden a dit à Monsieur Black qu'il était heureux car son plus grand rival pour obtenir l'attention de Mme Borden n'était plus.

A prime minister's happy retirement

By Michel Rossignol

One hundred years ago, one of Lower-town's most famous residents announced his retirement. On July 1st, 1920, Prime Minister Sir Robert Borden told his House of Commons colleagues that he had decided to end his parliamentary career. Borden was exhausted after governing the country during the four tumultuous years Canada was involved in the First World War, and he reached the conclusion that it was time for a change of pace in his life.

After stepping down as Prime Minister, Borden remained active in diplomatic, business and university affairs. However, he could now spend more time at his home called Glensmere at 201 Wurtemberg Street, north of Rideau Street. (The Watergate Apartments building built on the site of the house was given the 211 address.) Sir Robert and his wife Laura loved to

invite members of Ottawa's political and diplomatic elite to Glensmere for dinner.

For example, on February 24, 1934, they invited the Ambassador of Poland and William Lyon Mackenzie King, who carefully noted in his diary (now in the Library and Archives Canada collection) that he drank ginger ale instead of sherry and that the dining room was beautiful. On June 15, 1935, Mackenzie King, who became Prime Minister four months later, was again invited to Glensmere. He wrote in his diary that the house and grounds were quite beautiful because of the flowers and green lawn.

Sir Robert and Lady Borden loved nature and enjoyed surrounding their home with beautiful flower gardens and trees. Sir Robert, who loved to play golf, was also happy to have one of the biggest front lawns in Ottawa because he had lots of room to practice his golf swing. The backyard even had a water hazard (the

Rideau River). The neighbourhood where Sir Robert and Lady Borden spent their happy retirement was quiet, except for a day in the early 1930s when a loud gunshot was heard.

As noted in the May 6, 1961, edition of Maclean's Magazine, one of Sir Robert's neighbours was George Black, the Speaker of the House of Commons from 1930 to January 1935. Mr. Black loved birds, but he hated Lady Borden's cat when it hunted the birds in his garden. One fateful day, Mr. Black fired his pistol at the cat. A few minutes later, Lady Borden knocked on Mr. Black's front door and angrily criticized what he had done to her cat. Later that day, Mr. Borden also showed up at Mr. Black's door, but he did not complain. He told Mr. Black that he was happy because he no longer had to compete with the cat to get Lady Borden's attention.



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Mask-or-aide

By Juliet O'Neill

Masks used to be for children’s play, for Halloween costumes or Mardi Gras parties, for doctors in surgery. In the last few months, masks have become a part of our everyday lives, facial armour against the spread of the COVID-19 virus.

In the heart of the ByWard Market, pedestrians are met by an official sign that they are entering a zone where they should wear a mask. Although the sign is on a street closed to traffic to allow expansion of cafes and shops and sidewalk space, pedestrian congestion often occurs.



Some of us have several reusable and washable masks in different colours and fabrics, purchased as you might a matching scarf or amusing t-shirt. They have quickly become a popular gift to give and to receive.

One of my behind favourites was a gift from a collection made in Egypt at [Nagada](#), and ordered by a friend who knew the company, tucked in a building behind a mango tree, when she lived in Cairo years ago. For Canada Day, I ordered flag masks from Ottawa artist [Megan Wilcox](#).

Masks are sold in many places in the Market. There are handmade ones at [Planet Coffee](#) for \$22, ones imported from China at [Milk](#) for \$12, and boxes of 50 disposable paper surgical masks at [Brisson Pharmacy](#) for about \$70.

In early March I snagged the paper ones for 39 cents each at Shoppers Drug Mart on Dalhousie Street. Customers were restricted to a maximum of ten each in those early days of COVID-19 precautions. That seems like a long time ago.

In the heritage 55 ByWard Market Square building, [Tickled Pink](#) sells safety masks for children and [D’Aku Designs](#) sells gorgeous masks for \$12, some in matching sets with head wraps sewn with Ghanaian textiles by owner Florence Aku Sevor.

Matching masks and hats by Sue Scott are sold at her accessories boutique [Eclection](#), which has been in the market for 35 years. The owners and staff are all artists and artisans.

The masks are not without controversy, even though science shows that they reduce the spread of the virus that has already infected more than 22 million worldwide and killed more than 787,900 people.

Masks have been [mandatory](#) indoors since July 7 by order of Ottawa Public Health. Luckily, many of us need wear one only for the short time we’re in a shop or other building or entering a restaurant.



Shahab Uddin doesn’t like the way it makes him look, but he wears his mask all day at his curry-in-a-hurry café, Shafali Bazaar, in the ByWard Market Square building. “It’s not easy but I have to do it,” he says. His wife Nahid Neagi prefers to wear a shield. She finds masks suffocating and gets headaches.

Their business has plunged, like many other in the Market, mostly due to the lack of tourists. They’ve been in the market building for 22 years and are working awfully hard to keep going.

At the only outdoor garden food stall in the ByWard market that is open daily, owner and manager Serge Cleroux doesn’t wear a mask. “You don’t have to if you’re outside.” His brother Fred Sinden wears one when interacting with customers, though he says he’s not convinced of the need.

The colourful stalls brimming with vibrant vegetables and berries, give little hint of the spiral down. Although he has little competition, Cleroux said business is down by about 60 per cent due to several factors related to the pandemic: little tourism, no public servants shopping on their way to and from work and income decline.

However, he is staying open to maintain his place in the Market for the future. He has been in the market for 30 years and his grandfather sold produce there before him. “If there’s no market for a year, most people don’t come back,” he says.



Rowing alone

By Sandra Milton

In July of this year the Ottawa Rowing Club (ORC) turned 153 years old, but throughout its lengthy history the club has seldom been as hard hit as it was during the COVID pandemic.

After devastating floods on the Ottawa River washed away two spring rowing seasons in the last three years, the ORC and its head coach Zak Lewis were optimistic coming into spring 2020 that they'd finally be able to get on the water at a normal time of year and start generating some revenue.

Instead, by mid-August their numbers were down nearly 85%. "The financial impact is obviously significant," said Lewis, "when the country went into lockdown our entire program came to a grinding halt."

Coach Lewis, who is still in his first year as the club's head coach highlights the mountain of challenges that the club faced this season and how they've been working to overcome them.

The ORC has worked with its members and its community supporters to pivot its programming model and found other ways to keep rowers of all capacities on the river this summer. "Our club has demonstrated tremendous resiliency this year. For a sport so deeply rooted in tradition, this season has taught the rowing community how to adapt and overcome in order to remain active and continue to pursue those perfect strokes."

The most important thing Lewis states, is that "we are doing everything we can to support our membership and the community during these challenging times. The club and its leadership team have worked tirelessly to provide a safe, supporting club atmosphere despite all obstacles that have been thrown our way."

Lewis, a documented advocate and supporter of mental health awareness went on to describe how many people have been negatively affected by the implications of the "socially distant" environment. He went on to say, "our top priority is the well-being of our members, mental and physical."

For many of these rowers, the current preventative climate that surrounds their everyday life can be a struggle. We can help by providing an outlet for them that allows them to be physically active outdoors, and socialize in a safe environment."

The ORC has been running recreational programming since receiving clearance from Ottawa Public Health to open its doors. The club was one of the first recreational facilities to open in Ottawa and its COVID mitigation policies and safety procedures have been used by multiple organizations to safely open their doors for business.



A flock of sculls on the Ottawa River. Photo by Zak Lewis

Aidan Hembruff (Junior Men's Program):

COVID definitely put a damper on our rowing season for this year, but the fact that we can still train is amazing. We were all looking forward to racing, and although we were ultimately unable to, I am extremely grateful for the organization of the ORC and the safety measures that allowed us to get back on the water so quickly. This strange season will not be remembered by medals, but by the resilience of every individual, and the commitment to training.

Laura Guy (Senior Women):

It has definitely impacted our training intensity. Going from at least six on-water sessions a week to only three is a big change. It forces us to find alternative ways to train independently outside of rowing. It has been a big shift to go from such a crew mentality to training solo, but I also believe this time in singles has been really benefi-

cial for developing our technical skills on the water.

Mel Coulson (Masters Women):

The most beautiful rows I've had, morning or evening, are when a crew is working in synchronization to make a boat move. I row in a crew: pairs, fours, eights. Rowing Canada has cancelled all races. There is no rowing 'the big boats' this season. My sculling is mediocre, and I'm far better at flipping the singles that we're allowed to go out in, than actually rowing them.

Many of us at ORC are preparing for 2021. And when we are able to finally jump back into a big boat and race again... our competitors won't be able to catch us.

With files from Zak Lewis, Kerin Hudson, Aidan Hembruff, Laura Guy and Mel Coulson

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Let’s talk COVID real estate

By Lynda Cox



Since my last article the Ottawa market has continued to boom. According to the Ottawa Real Estate Board (OREB) numbers, as of August 7th there has been a 19% increase in sales, with an increase of 16% in the average sale price of residential properties and an average of 18% for condominium properties.

Multiple offers are a common occurrence with over 57% of properties selling over the listing prices compared with 2019 at 33%. The market is HOT. When will this all end?

According to the president of OREB, Deborah Burgoyne: As long as we have demand outpacing supply this will continue. Now that the market is on an upward trend, timing is critical.

For those contemplating a move without the pressure of a purchase tied to it, it is an opportune time to realize a solid return on your investment. This market is challenging for all involved, and more balance would be a welcomed relief for everyone.

Usually the summer market slows down with many on vacation but this year, after the pandemic halted the spring market we have rebounded beyond expectations. COVID protocols are still in place with mandatory COVID disclosures, mask wearing and hand sanitization. Buyers are encouraged not to touch any surface.

Open houses have not made a comeback yet. Most properties have an offer date causing Days on Market (DOM) to be at an all-time low. Yes, this is a very good time to sell.

Each day sees more listings coming on board so I would need a crystal ball to determine if this seller’s market will continue and for how long.

Lynda and her son Jim Cox form the COX HOME TEAM and are Sales representatives with Royal LePage Performance Realty.
lynda@coxhometeam.ca

Lowertown Update June 11 to August 26	
Residential	
Active Listings	7
Conditionally Sold	0
SOLD	11
Sold at or over List Price	11
(selling from \$5K - \$120K over list)	
Condominium	
Active	30
SOLD	37
Sold at or over List Price	23
(selling from \$1K - \$60K over list)	

A (virtual) world for condominium meetings

By David Lu



With the summer ending, condominiums have had additional time to adjust to the new COVID-19 reality. One aspect of this new reality is virtual owners’ meetings, such as Annual General Meetings (AGMs). At our firm, we have arranged and conducted many virtual AGMs. I predict that virtual meetings are here to stay, even after the COVID-19 crisis passes.

Regulations and limitations for condominium owners’ meetings have changed over the past few months. First of all, with Stage 3, gathering limits have increased, and indoor meetings with 50 persons are now permitted. However, proper physical distancing and mask wearing are still required. This makes traditional in-person meetings impractical for some condominiums.

Second, the province had previously suspended the need for condominiums to hold AGMs within a certain time each year. However, this suspension has now ended. Condominiums must now arrange to hold their AGMs within a certain period, depending on their circumstances. For example, if the AGM was previously required to be held be-

tween March 17 and July 24, 2020, it must now occur by no later than October 22, 2020.

Finally, electronic meetings are currently possible, even without a condominium by-law to authorize such. However, meetings scheduled after November 21, 2020 cannot be held electronically unless a by-law is passed for this type of meeting, or if the government extends the November 21st deadline.

These developments mean that:

- Condominiums should be scheduling their AGMs (if they haven’t yet done so) ASAP.
- If a virtual AGM is required, it must occur on or before November 21, 2020 (unless the condominium has passed a by-law allowing this type of meeting).

Holding a virtual AGM may seem daunting. In our experience, however, these meetings have gone very smoothly. We have hosted/chaired many virtual meetings by video conference, but also allowing attendance by phone, and can make arrangements allowing owners without smart phones or computers to participate.

There are now several companies that provide virtual meeting services for condominiums. If your condominium is considering holding a virtual meeting, here are some elements to consider when choosing a vendor:

Does the vendor or host provide a method for owners to participate if who may not be able to attend via a video conference because they don’t have a smart phone or computer? Does the vendor or host have a system to check and verify owners’ registration and (if applicable) any proxies a participant

may have? What type of system does the vendor or host have for counting votes? Some vendors allow condominium owners to vote on matters prior to the meeting. Our view is that there is an argument that the Condominium Act only permits voting during the meeting (with owners or their proxies attending the meeting in person or electronically). Therefore, we generally prefer to allow voting only by owners or their proxies who actually attend the meeting.

Does the vendor or host have an appropriate system in place to ensure the proper allocation of votes? For example, the vendor or host will need a system to ensure that there is only one vote per unit, even if two or more of the owners of a unit attend. Also, owners having more than one unit (or their proxies) need to be able to exercise all votes for their units. I understand that due to high demand it is becoming increasingly difficult to obtain availability for these services. If your condominium needs a virtual meeting but has not arranged one, it would be best to move quickly.

David Lu is an Associate at Davidson Houle Allen LLP.

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Stone walled – working to find a cannabis retail fix



*Mathieu Fleury
Councillor, Rideau-Vanier*

Since the legalization of Cannabis in Canada, we watched as all government levels navigated this new terrain – from determining quantities, access and distribution – there were several unknowns at the beginning that now seem to be mostly sorted out.

The decision to allow private retail shops to distribute the product made an exciting landscape for obtaining cannabis legally. The second step of municipalities being able to opt-in, also helped define how we as a City would manage.

The initial introduction of a lottery and the slow integration into Ottawa – saw several shops – three to date in our Ward. I have found daunting and continually frustrating that the simple steps that as a Councillor and a community we are taking to share concerns and feedback are not considered seriously.

I am concerned about the concentration of cannabis shops in one specific area of the City and am in favour of an LCBO-like model. Additionally, I want City oversight as it relates to separation distances for cannabis retail applications.

These concerns are echoed in every one of my comments regarding a pending application for a Ward's retail cannabis shop. To date, I have found these comments go wholly under-considered. To address this, I raised an inquiry at Council in June about a municipality's purview to accept or reject an application, a request that accessibility standards are reviewed and considered.

My questions were:

1. What is the City's responsibility to make sure a concentration of cannabis licenses in one commercial area is not created?
2. What is the level of City engagement and consultation with the AGCO as it relates to cannabis licenses?
3. Can the City describe its current efforts to encourage healthy retail mix in the City, and specifically in the ByWard Market?
4. Can the City please inform us with the best approach to prevent and resolve concentration risks of Cannabis Licenses to an area?

Unfortunately, the answers point to the fact that a municipality has very little pull when it comes to affecting change or ensuring these retail shops consider all areas of concern before being approved.

According to the Cannabis License Act, 2018 and Ontario Regulation 468/18 when making decisions on cannabis retail authorizations, the Alcohol and Gam-

ing Commission of Ontario Registrar must only take into consideration factors related to the public interest. Matters of the public interest have been narrowly defined in the Regulation as those relating to:

- Protecting public health and safety;
 - Protecting youth and restricting their access to cannabis; and
 - Preventing illicit activities in relation to cannabis.
- This does not restrict an application from being opened in proximity to a park or another cannabis store.

Furthermore, throughout this process, AGCO staff have been clear that municipalities' role is a commenting one only – and those comments must be directly related to "public interest."

In a district like the ByWard Market, an important factor is its local and tourism attraction. This is captured with a diverse range of businesses, attracting a wide range of demographics including seniors, families and young adults.

Additionally, my concerns about accessibility requirements also become something of a second thought to the AGCO when approving an application – I have also raised this with staff.

Currently, any new building must meet accessibility standards, but many older buildings do not. These are two issues unlike the LCBO model. LCBO's are present in every community and all stores are fully accessible. This is unacceptable to me - it is a new industry, and it is 2020.

I introduced a motion at council to address these concerns. It carried unanimously. The Mayor will communicate these concerns to Doug Downey, the Attorney General of Ontario.

Depuis que le cannabis a été légalisé au Canada, nous suivons attentivement l'évolution de tous les ordres de gouvernement dans ce nouvel environnement, qu'il s'agisse de déterminer les quantités, l'accès et la distribution. Au début, il y avait plusieurs inconnues, et ces problèmes paraissent essentiellement réglés.

La décision d'autoriser les établissements de vente au détail privés à distribuer ce produit a donné lieu à un environnement passionnant quand il s'agit de se procurer légalement du cannabis. La deuxième étape permettant aux municipalités d'adopter cet environnement a aussi permis de définir notre évolution en tant que ville.

Le lancement d'une loterie, malgré la lenteur de l'intégration à Ottawa, a donné naissance à plusieurs magasins de vente au détail, qui sont au nombre de trois jusqu'à maintenant dans notre quartier. J'ai trouvé décourageant et continuellement frustrant qu'on ne prenne pas au sérieux les mesures élémentaires que le conseiller municipal et la collectivité doivent adopter pour exprimer leurs motifs d'inquiétude et leurs commentaires.

Je suis inquiet de la concentration de magasins de vente au détail du cannabis dans un secteur précis de la ville et je suis favorable à un modèle comparable à celui de la Régie des alcools de l'Ontario. De plus, je souhaite que la Ville exerce une surveillance en ce qui a trait aux distances de séparation des magasins de vente au détail du cannabis dans l'étude des demandes.

Ces motifs d'inquiétude sont repris dans chacun de mes commentaires à propos d'une demande en instance pour un magasin de vente au détail de cannabis dans le quartier.

Jusqu'à maintenant, je constate que ces commentaires sont loin d'être considérés. Pour corriger le problème, j'ai demandé en juin, au Conseil municipal, des renseignements à propos de la compétence de la municipalité quand il s'agit d'accepter ou de rejeter une demande. J'ai aussi demandé à ce que les normes d'accessibilité soient revues et étudiées.

Voici les questions que j'ai adressées au Conseil :

1. Quelle est la responsabilité de la Ville quand il s'agit de veiller à ne pas créer de concentration de magasins de vente au détail de cannabis dans un secteur commercial?
2. Quel est le niveau de mobilisation et de consultation de la Ville avec la CAJO en ce qui a trait aux permis de vente de cannabis?
3. La Ville peut-elle décrire les efforts qu'elle mène actuellement pour encourager un ensemble sain de commerces de détail sur le territoire de la Ville, en particulier dans le marché By?
4. La Ville peut-elle nous faire connaître la meilleure approche à adopter pour prévenir et corriger les risques de concentration des permis de vente de cannabis dans un secteur?

Malheureusement, les réponses permettent de constater que les municipalités sont très démunies quand il s'agit d'orienter le changement ou de s'assurer que ces magasins de vente au détail répondent à tous les motifs d'inquiétude avant d'être approuvés.

Selon la Loi de 2018 sur les licences liées au cannabis et le Règlement de l'Ontario 468/18, quand il prend des décisions pour autoriser des magasins de vente au détail de cannabis, le registrateur de la Commission des alcools et des jeux de l'Ontario ne doit tenir compte que des facteurs liés à l'intérêt public. Les questions d'intérêt public ont été définies rigoureusement dans le règlement; il s'agit de :

- protéger la santé et la sécurité du public;
 - protéger les jeunes et de restreindre leurs moyens d'accès au cannabis;
 - prévenir les activités illicites liées au cannabis.
- Cette définition n'empêche pas d'ouvrir un magasin à proximité d'un parc ou d'un autre magasin de cannabis.

En outre, dans tout ce processus, le personnel de la CAJO a fait clairement savoir que le rôle des municipalités se réduit à des commentaires — qui doivent se rapporter directement à l'« intérêt public ». Dans un quartier comme le marché By, l'attrait local et touristique sont des éléments à préserver. Le caractère unique du marché demeure grâce à la diversité d'entreprises qui s'y trouvent et qui permettent d'attirer un large éventail de personnes, notamment des personnes âgées, des familles et des jeunes adultes.

De surcroît, mes motifs d'inquiétude à propos des impératifs d'accessibilité ne sont pas non plus une priorité pour la CAJO quand il s'agit d'approuver une demande. J'ai aussi soulevé ce point auprès du personnel de la Ville. Actuellement, tout nouveau bâtiment doit répondre aux normes d'accessibilité, mais pas les bâtiments les plus anciens. Il s'agit là de deux enjeux qui diffèrent du modèle de la LCBO. Les LCBO sont présentes dans toutes les communautés et tous les magasins sont entièrement accessibles.

Selon moi, c'est inacceptable - c'est une nouvelle industrie, et nous sommes en 2020. J'ai présenté une motion au conseil pour répondre à ces préoccupations. Elle a été adoptée à l'unanimité. Le maire communiquera ces préoccupations à Doug Downey, le procureur général de l'Ontario.



Lucille Collard
MPP, Rideau-Vanier

As a mother, a former School Trustee, and your provincial representative, I am disappointed by the Conservative plan for reopening schools. Ontarians waited and hoped for a safe return to school with a clear plan, developed in consultation with school authorities and health experts. Instead, Ford's government unveiled a back-to-school plan with inconsistencies and insufficient resources.

This shortage of resource leaves school boards with the burden to do their best to implement a plan to ensure that students can practice social distancing, wash their hands frequently, and learn in an environment that is cleaned effectively.

My biggest concern and criticism of the government's plan is the lack of meaningful consultations with school boards, education partners and local medical authorities. Involving those institutions that need to support parents, students and school personnel for a safe return to school is instrumental in finding solutions that take into consideration their knowledge, expertise and capacity.

Investing in our education system is the best way to ensure the successful recovery of a vibrant and inclusive economy. Now, more than ever, we need to

speak up and work to protect students, education workers, and the families they return to at the end of the day.

With public health guidelines changing frequently, don't forget to stay up to date and follow best practices. As always, thank you for doing your part in fighting COVID-19. My team remains available to help.

Please feel free to give us a call at 613-744-4484 or send us an email at lcollard.mpp.co@liberal.ola.org.

En tant que mère, ancienne conseillère scolaire et représentante provinciale, je suis déçue par le plan conservateur de réouverture des écoles. Les Ontariennes et Ontariens attendaient et espéraient un retour à l'école en toute sécurité avec un plan clair, développé en consultation avec les autorités scolaires et des experts en santé. Au lieu de cela, le gouvernement de Ford a dévoilé un plan de retour à l'école avec des écarts et un manque de ressources.

Cette pénurie de ressources laisse aux conseils scolaires le fardeau de faire de leur mieux pour mettre en œuvre un plan permettant aux élèves de pratiquer la distanciation sociale, de se laver les mains fréquemment et d'apprendre dans un environnement bien nettoyé.

Ma plus grande préoccupation et critique à l'encontre du plan du gouvernement est l'absence de consultations significatives avec les conseils scolaires, les partenaires de l'éducation et les autorités médicales locales. La participation des institutions qui doivent soutenir les parents, les élèves et le personnel scolaire pour un retour à l'école en toute sécurité est essentielle pour trouver des solutions qui tiennent compte de leurs connaissances, de leur expertise et de leurs capacités.

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Bon début d'automne chers résidents et résidentes,



Hon. Mona Fortier
MP, Rideau-Vanier

Je sais que ces derniers mois ont été très difficiles pour vous et vos familles et que la pandémie de Covid-19 a posé de nombreux défis à chacun d'entre vous. Malgré cela, j'ai la ferme assurance que tout

ira bien si nous continuons à travailler ensemble comme communauté.

Depuis le début de cette pandémie, notre gouvernement a tenu fermement son engagement à soutenir les Canadiennes et les Canadiens, par le biais de mesures économiques et financières d'intervention d'urgence, qui aide chacun à surmonter la crise de notre génération.

Alors que les parents de partout au pays participent à une rentrée scolaire sécuritaire de leurs enfants, notre gouvernement s'engage aussi à financer jusqu'à 2 milliards de dollars pour soutenir les provinces et les territoires afin d'assurer la sécurité des élèves et des membres du personnel tout au long de l'année scolaire.

Je me réjouis de voir les gens s'entraider à distance pour garder notre

communauté dynamique et sociale, malgré la distanciation physique.

Si vous avez des questions, vous pouvez communiquer avec mon bureau à :
Mona.fortier@parl.gc.ca
613.998.1860.

Good beginning of fall dear residents,

I know these past few months have been very difficult for you and your families and the Covid-19 pandemic has posed many challenges for each of you. Despite that, I have the firm assurance that everything will be fine if we continue to work together as a community.

Since the beginning of this pandemic, our government has stood firm in its

Les directives de santé publique changent fréquemment, n'oubliez pas de rester à jour et de suivre les meilleures pratiques. Comme toujours, merci d'avoir fait votre part dans la lutte contre COVID-19. Mon équipe reste disponible pour vous aider. N'hésitez pas à nous appeler au 613-744-4484 ou à nous envoyer un courriel à lcollard.mpp.co@liberal.ola.org.

commitment to supporting Canadians through emergency response financial and economic measures, that is helping everyone overcome the crisis of our generation.

As parents across the country participate for a safe return to school for their children, our government is also committing up to \$2 billion to support provinces and territories to ensure the safety of students and staff throughout the school year.

I am excited to see people working together from a distance to keep our social and dynamic community together despite physical distancing.

If you have any questions, my office can be reached at:

Mona.fortier@parl.gc.ca
613.998.1860.

Bordeleau and King Edward Parks in the age of Covid-19

By Joel Weiner

Ordered by Bruyère and Rose Streets on the south and west, and the Rideau River along its hypotenuse, the wedge-shaped expanse of grass and trees known as Bordeleau Park long seemed like one of Lowertown's lesser known and under-utilized public spaces. Tennis courts, a children's play area, a boat dock, plenty of open space and lots of shady nooks all combine to make the park an attractive venue but it was rarely over busy – except for hordes of foraging Canada geese, lots of dog walkers and their pets, and regular visits by Ottawa firefighters training with equipment.



The same was largely true of King Edward Park, which literally conjoins Bordeleau. Also, triangular but narrower, it tapers from Cathcart Street to the Minto Bridge, hemmed in on the east and west by the river and King Edward Avenue, respectively. Lush greenery and a basketball court are its prominent features, but neither drew as many people as might have been expected.

This summer, though, things are different. In fact, both parks now function like magnets, attracting not only far more Lowertown residents than usual but also people from other parts of the city.

Take King Edward Park, for example. The basketball court, situated at the north end, is almost always busy. Anglers with fishing rods or readers engrossed in their books are often spotted along the shoreline. Other parts of the park now host innumerable picnics by "social bubbles" of couples, friends or families.

There's also been a variety of novel activities including, most recently, a rehearsal by a church choir based in Orleans and a baby shower for Chrystelle Thibault Boyer, a Lowertown mother-to-be. Standing in a circle, the choristers kept their physical distance as they sang. Guests at the baby shower, on the other hand, sat on chairs or blankets in small, separate groups of close friends or relations.

Action has picked up even more substantially at Bordeleau Park. Not to be outdone by the Boyer baby shower, it recently hosted a wedding on the dock. François Moreau and his fiancée, Jade Bayer, strolled with a handful of guests across the park from their condo on Bruyère Street to meet up with the officiant who presided over the nuptials. It's the same stroll to the same dock that François takes when he's ready to blow-up his five-man dinghy, attach an electric motor and set out for a lazy cruise on the river.



Built by a few Lowertown residents several years ago and turned over to the city as a community asset, the Bordeleau Park dock attracts boaters from far and wide. In fact, it often looks like a small marina these days, especially when a great many enthusiasts show up at the same time with their canoes, kayaks, dinghies and even paddleboards. Some arrive with craft mounted on a car roof while others open their trucks to remove a collapsible boat-in-a-bag that then has to be inflated with a mechanical or electric device.

And they come from everywhere. Mika Friesen and Beatriz Lainez, for example, only have to walk a few blocks from nearby St. Andrew Street with their pump-up dinghy. Kayakers Julie and Marc Schuman, on the other hand, drive all the way from Orleans because, they say, the river at Bordeleau Park is broad and deep, unlike other sections of the Rideau inside the urban core, and our dock makes launching easy.

On occasion, the dock becomes a fishing pier. Seven-year old Marisol Mongeon, from Masson, Quebec recently caught a small-mouth bass there, her first fish ever. She was visiting grandfather Jeff Stevenson in Vanier, and he brought her to Bordeleau Park for a fishing lesson.



Photos by Elaine Sigler except for
"boy jumping off dock" (Joel Weiner) and
"Marisol's first fish" (Jeff Stevenson).



Sometimes, too, the dock is a diving board - like on hot days when 16-year old Issam Melali bikes over to it from his Lowertown home and takes a cooling dip in the river.

Bordeleau Park's two courts are also very busy these days, either for tennis or pickleball, the relatively new net game that is growing rapidly in popularity. Nearby, shrieks of delight ring out from children on the splash pad or swinging and sliding on the playground equipment.

Now that gyms have reopened, trainers are no longer holding sessions for their clients in the park as they did during the early stages of the pandemic. But Claude Desilets continues to make Bordeleau Park his spot for cardio and strength training, just as he's done for several years. From early spring to late fall, he walks over from his Sandy Hill home four times each week in the late afternoon to work out.

Once a week, Imad Khaddaj, who lives in the Market area, appears with two friends who are helping him develop a training program in martial arts and other disciplines. Bordeleau Park is their testing lab, where they practice and refine routines that will ultimately be offered by Khaddaj's new venture, Grounded Movement, a company to motivate healthy living.

Of course, Bordeleau also has its share of picnics. And many Lowertowners follow Shawne Clarke's example of entertaining guests in the park rather than his condo: all it takes are folding chairs, a small table and a hammock strung between two trees.

Games of all kinds are played every day on the grass. Tossing footballs, baseballs and Frisbees seems to be the most popular, but soccer and badminton are also played, and there's even volleyball from time to time.

On the more exotic side, Alex Raransky plays bocce, Italian lawn bowling, with his father or friends. And a young couple were seen playing the Swedish game Kubb, an interesting combination of bowling and bocce which some claim was invented by the Vikings.

Yoshi Chladny is often seen juggling an impressive number of clubs in the evening: a former professional who's toured with Cirque du Soleil, he finds juggling an excellent way to unwind from his day-time job as a software engineer.

What accounts for this increased activity? According to most park users interviewed by The Echo, it is a reaction to having been cooped up at home for so long because of the coronavirus. A lust for the outdoors, they say, took hold as public health restrictions steadily eased, the weather improved, we all adapted to social distancing and masks, and potential COVID-19 risks of indoor pursuits continue to concern many people.

But another factor is the group of local residents who call themselves Friends of Bordeleau Park. Chaired by Sandra Milton, a Cathcart Street dynamo, FBP has already organized several events this season, including a Canada Day canoe and kayak flotilla and a children's dress-up scavenger hunt last month that also featured hopscotch, face painting, rock colouring and bubble machines.

Many years ago, Marty Rubin, the late Canadian-born U.S. author and activist, wrote that "Parks and playgrounds are the soul of a city." That may have seemed like hyperbole to some, but those words certainly ring true today.



Business Profile: KAZ Kitchen + Grocery

By John Chenier

Many new small businesses are started by people looking to do something different, to finally act on a dream they have had for years — open their own bar, hair salon or restaurant, or maybe launch their own IT venture. The possibilities — and the pitfalls — of starting a business are endless.

Amin Kazemihari — known as Kaz to his customers and Amin to his friends — has worked in the food industry for years. He developed a yearning to open a small restaurant of his own, but the right place in the right location had not come along.

When the opportunity of taking over the Lauzon store at the corner of Cumberland and Guigues came up, while it was not a restaurant, Kaz could see some interesting possibilities.

Lauzon's has never been your typical corner store. Much of its business in the past came from the sale of fresh meat and, most importantly, "homemade" baked goods. Lauzon's salmon pies, tourtière and shepherd's pie were neighbourhood favourites. On any day, the pleasant aroma of what was cooking in the kitchen wafted through nearby streets. Even people who had moved away from Lowertown came back from time to time to buy them.

The existence of a kitchen was the main selling point for Kaz. He saw the trend of the millennials and busy working couples towards ready-to-eat meals and other prepared foods. He also recognized that the demographics of Lowertown was shifting to a younger, more mobile, more ethnically mixed community with different eating tastes and shopping habits.



Amin "Kaz" Kazemihari showing off the new look inside. But not everything is different. Photo John McQuarrie

Lauzon's, as it was, was stuck in time and could either adapt to the new conditions or risk the fate of becoming one more victim of change.

The plan when Kaz took over the store on February 1st of this year was to move away from the normal concept of a corner store and more towards a delicatessen model with an emphasis on prepared meals. He modified the kitchen and brought in new coolers to accommodate a new mix of inventory. He created his new take-away meal program with a modified menu which also included the old favourites such as shepherd's pie.

And then came the Ides of March and the pandemic. The students left early and there is no indication when they will be coming back. Walk-in traffic and people browsing at the prepared food in the coolers faded away as anti-COVID measures were introduced. According to Kaz, most customers who came in were looking for the basics.

"I saw the need to carry more products to serve the community," he says, "So I have modified my plans." However, he is still nudging the store in the new direction

The new sign proclaiming the name change to Kaz Kitchen went up above the door on June 10th. He says he has received mixed feedback from the community about the change, but what's done is done and Kaz knows the change is for the



Same familiar building, but a new sign. Photo John McQuarrie

best. The sign with the new name serves as a warning of sorts that you should expect to see changes inside the store, as well.

And change it has. Kaz has brought in a wide selection of gluten-free products, options for dairy-free or low-carb diets and is slowly adding to the variety of ethnic foods he carries. He has increased the range of fresh produce and is better able to maintain its freshness by keeping it in his new coolers.

Meanwhile, he has continued to participate in The Sprout, a program from Ottawa U whose purpose is to provide dry meal kits for students to eat better. Kaz carries the onions, peppers and so forth that are intended to go with kits.

As for what's up in the kitchen, when the pandemic struck, Kaz decided to begin with plainer food for take-out like burgers and fries which he sells mainly through Uber Eats. But if you go into the store, you have much more interesting choices.

He uses Facebook and Instagram to post his menus and share his recipes to a growing list of followers.

This is what was on offer on August 28th.

Hot food special

Spiced barley, kale and mushrooms with roasted chicken.

Get it hot today!

Grab it from takeaway fridge tomorrow!



The picture of this dish above is from his Facebook page.

For those not looking for complete meals ready to pop into the oven, Kaz has skewers of marinated pork or chicken pieces ready for the BBQ, fresh meat, poultry and merguez sausage. He is also developing a repertoire of charcuterie boards with specialty cured meats and cheeses and is open to suggestions from customers on the things they would like to see offered.

As was the case when it was Lauzon's, KAZ Kitchen is not your typical corner store. When looking for a comparison, one that comes to mind is that it resembles a smaller version of the Mid-east store, but it also has hints of the famous Boushey's Fruit Market that thrived on Elgin Street for over 70 years.

When asked whether he feels his changes are working out, Kaz replies, "The numbers (sales) are very different from before, but here comes September and who knows?"

As for the future, "I had a different vision of where I wanted to be six months ago. My menus and prepared food (burgers, fries) are a bit plainer than I had planned, but I have made some changes in terms of food offerings. But it was a heck of a time to take over a business."

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Tourism is everyone’s business

By Steve Ball

In 2019, tourism in Ontario generated receipts of over \$36 billion. Tourism contributes more than \$5 billion annually in tax revenues for the provincial government, meaning that the total economic contribution of tourism is larger than agriculture, forestry and mining combined. And the Minister of Tourism lives right here in Nepean. How great is that!

It used to be that you promoted tourism through advertising with targeted marketing campaigns in newspapers and on radio and television. And to some degree, those are still important channels to drive your messaging to consumers. These are messages that you can control. But in today’s world, social media is now the primary tool used to tell stories in real time. In a matter of minutes, you live or die based on how the story unfolds. We see this firsthand in the U.S. when police brutality is on display for the world to see ... and for the world to judge. These are messages you can’t control.

Ottawa is not insulated from bad-news story-telling. This is especially true in the ByWard Market, where we are particularly vulnerable to social messaging that doesn’t reflect the positive image we want to showcase, which is one of a safe and vibrant Capital City.

As a normal course of business, hotels have always been sensitive to the guest experience, as competition is fierce among properties and brand loyalty is critical to building a dedicated customer base.



There is no such thing as a free ride. Everyone pays a cost when we fail in the fight against homelessness and addiction.

But hotels can’t control what happens outside of their property lines. Trip Advisor is a common platform utilized by travellers to express their dissatisfaction level after a bad experience. Hotels regularly monitor this information in an attempt to constantly improve their customer offering. That’s why this recent guest comment at a ByWard Market hotel was quite disappointing but unfortunately reflective of our reality;

“Nice hotel, bad area.”
Posted Aug 22, 2020. High amount of pan handlers and homeless people around the hotel and By Ward Market. Some of

these people are aggressive giving us concerns for our safety during our stay. Another person we spoke with in the market even admitted to being attacked while walking home. The hotel is great however it’s in a sad area. The city needs to clean up this problem or people are going to lose their jobs.”

For every guest that expresses safety concerns to management, there are many more that just don’t bother to

come back. General managers tell me they are concerned about the liability and the repercussions of recommending to guests that they visit a place where guest safety may be an issue. “Perhaps it’s just best to avoid the area.” is the easy answer.


2020 will be remembered as a summer with next to no tourism, and the ByWard Market will feel the pain of that loss. Counting on local traffic to replace this lost business will be a tough go as many of the people I speak with that live in the suburbs have no interest in coming downtown to the Market.

Findings from a recent Sprott School of Business Research study on Market safety recommended that all levels of government have a responsibility to work together to recalibrate the ByWard Market and balance the most pressing issues to ensure its long-term sustainability. Leadership behind this critical task needs to come from a dedicated source and include key stakeholders throughout the community to come together and agree on a vision that satisfies all the competing interests. With an important 200th birthday coming in 2026, it would be the perfect time to unveil a new-look ByWard Market.

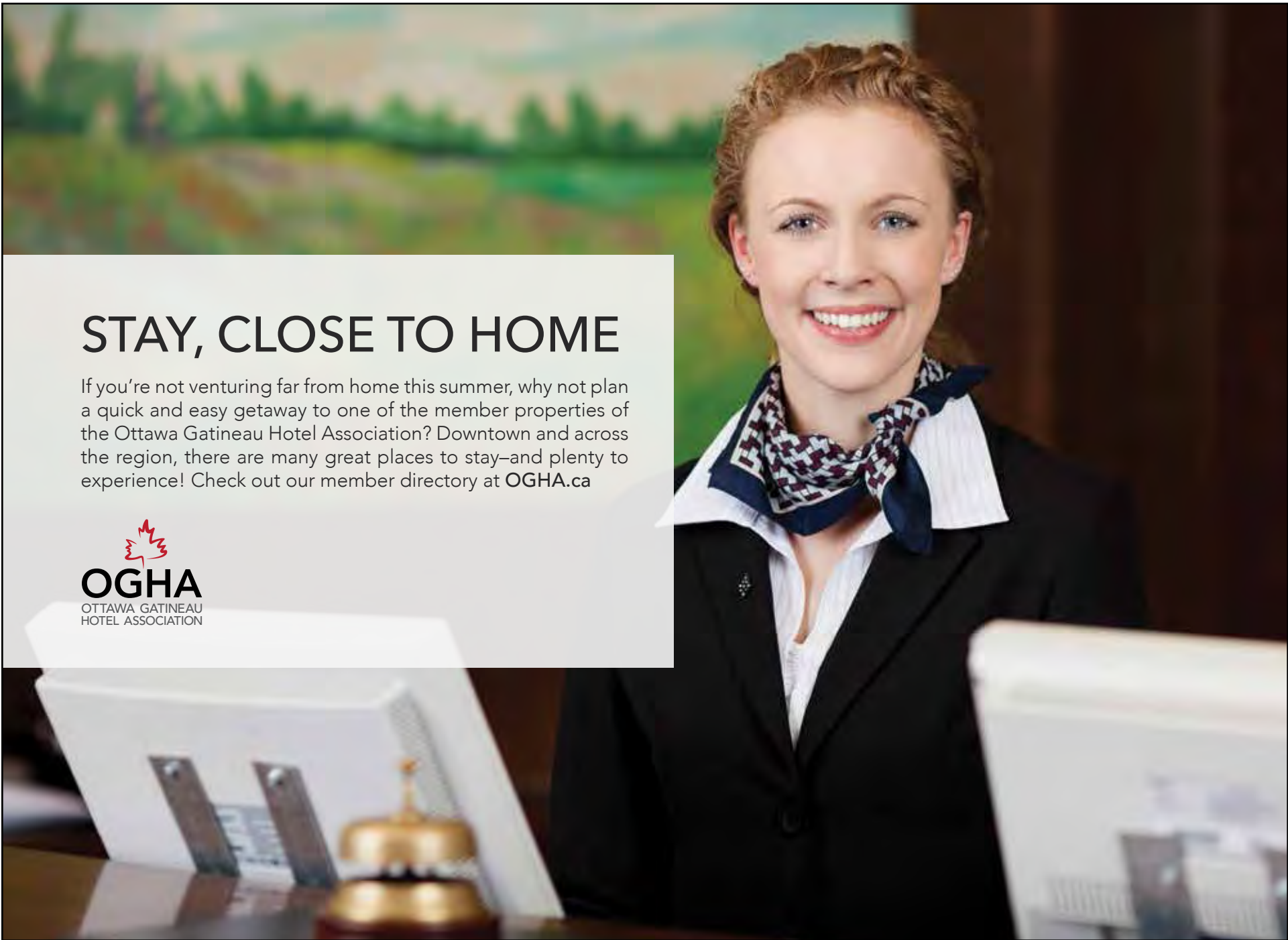
Steve Ball is the President of the Ottawa Gatineau Hotel Association and a resident of George Street.

STAY, CLOSE TO HOME

If you’re not venturing far from home this summer, why not plan a quick and easy getaway to one of the member properties of the Ottawa Gatineau Hotel Association? Downtown and across the region, there are many great places to stay—and plenty to experience! Check out our member directory at OGHA.ca



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ByWard Market: business community maintains resilience

Christina Devine,

Throughout the summer, the ByWard Market welcomed a steady flow of visitors as the majority of shops, services, restaurants and grocers reopened following COVID safety guidelines and procedures. Offering reduced hours, shopping by appointment only and booking reservations at restaurants in advance, our visitors have been half locals and half local tourism from neighbouring cities including Montreal and Toronto.

There has been a trend of less people visiting the ByWard Market during the week due to closed government offices and universities only reopening now. Weekends remain the busiest time. At the OTTAWA sign/ByWard Market BIA info kiosk, visitor numbers are down by 60% taking into account our reduced hours of operations on site. Fewer people are engaging in ByWard patios and indoor restaurant seating especially during the daytime as locals adapt to the new normal.

Despite reduced traffic, businesses have continued to prove their resilience in leveraging online platforms including online food orders and delivery, online shopping/shipping, virtual events and music performances, leveraged with



collaboration between businesses for efficiency and customer convenience.

ByWard Market BIA has been working with businesses since initial closures to help improve our community's digital presence and support business owners to 'pivot' by including and adding online sales via the effective provincial program Digital Main Street. With recent approval of additional funding to continue this vital program, we will continue supporting ByWard Market businesses to improve their online visibility, engaging community residents

and local tourists to shop local and continue supporting our local economy.

Overall, ByWard Market business owners have been optimistic as we all settle into the new normal following COVID safety regulations. A few staple restaurants in the ByWard Market announced permanent closures over the summer and we anticipate more businesses to change models and pivot their business models later this year due to COVID impact.

The City of Ottawa has been very supportive in facilitating innovative

and timely solutions for businesses. Road closures in the ByWard Market are effective until October 31, 2020 for extended patio space to ensure safe social distancing. Local BIAs are working closely with the City to extend patio season with heating in place, addressing fire regulations for tight spaces and snow removal.

We are continually supporting businesses following public health guidelines to ensure the safety of staff and customers within the ByWard Market. Alongside the ByWard Market farmers' market open 7 days a week for customer convenience, we encourage Ottawa residents to engage in our fall activations including our 5th annual ByWard Barket with 45 participating dog-friendly businesses, ByWard Market interactive art walk highlighting urban art and public art installations and Octoberfest: Oct. 16-18, 2020. For information on ByWard Market fall activations, visit our website: byward-market.com and follow ByWard Market BIA on social media.

Christina Devine is the communications advisor for the ByWard Market BIA
Photo by Roland Bast

Market talk

By Zachary Dayler

The crisp fall breeze is in the air, the harvest is in full swing, and Ottawa is working hard to re-open and re-establish new routines. COVID-19 has made it a very challenging and unexpected 2020 for everyone.

In particular, many of the small businesses and vendors we have grown to love have taken a huge financial hit with the decline of tourism, reduced in-person shopping options, and increased operating costs.

We at Ottawa Markets want to thank all the small-business owners, farmers and vendors, artisans and shoppers who are all making an effort. Whether it's a cup of coffee or all your groceries, getting out and shopping local is more important than ever! So if you want to say thank you to a small business, shop and support local.

Speaking of "local", Ottawa Markets is in the process of evaluating and re-drafting the rules that govern our outdoor public markets. In October we hope to submit our new procedures to the City of Ottawa for approval. We have been speaking with farmers, vendors, customers, artisans and other stakeholders

to understand what we need to re-ignite our market programs.

The recurring theme is LOCAL. Almost everyone we talk to has made it very clear they want unique, small-scale local farmers back! You want engaging artists, creative morsels and dynamic programming to delight the senses.

We hear you.

Some of the measures you can expect from our new procedures will be a Farmers First policy. If you are a local, regional or backyard farmer your product will be given priority and Ottawa Markets will work with you to make sure participating in either the ByWard or Parkdale public markets is a valuable experience.

We will also be creating space for "Community Markets" where we will welcome the residents of Lowertown and Wellington West to come out for community sales. We are looking to have artisans making their products in front of you, artists painting outdoors, and of course high-quality performers.

This change will not happen overnight, but this is what we are working to deliver to Ottawa. We want to be home to farmers, and promoters of the best-of-the-best in local. We want to be

a place where people can come and feel welcome in our communities and have access to great products and rewarding experiences.

Help us by supporting Ottawa Markets, and by sharing your opinion by filling out the community-consultation questionnaire. And stay tuned; together as a community we are going to build something we will all be proud of!

Zachary Dayler is the Executive Director of Ottawa Markets.



Community Consultation Questionnaire:

Go to the Lowertown Community Association website at the Echo tab.

Lowertown-basseville.ca/echo and follow the links for English or French versions of the survey.

(English): <https://ca.surveygizmo.com/s3/50082872/dac3ef6fd7c9>

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Meet your neighbour: Bob Rochon

By Helen Hayward

If you get a chance to talk to Bob Rochon, you know immediately that he has deep roots in Lowertown. Bob grew up on St. Andrew Street and has a great collection of stories to tell – about past life in the community, childhood experiences, and local landmarks.

Schools were a major part of life for young people, and Bob, being a French Catholic child, attended Guigues School on Murray Street for Grades 1 to 8. This building, which played such a pivotal role in the Franco-Ontarian resistance to Regulation 17, is beautifully restored and now houses condominiums and a community centre for Francophone seniors.

For high school, Bob joined other boys at the La Salle Academy on Sussex Drive between St. Andrew and Guigues, another building which has been renovated for a new purpose by the federal government.



The La Salle Academy hockey team. Bob is the one with the necktie under his jersey

The years from 1956 to 1960 at La Salle Academy provided Bob with two choices for extra-curricular activities: play in the band or take military training. Initially, he chose the band, where he played bugle, drums and clarion. That ended when he was viewed as a “shit disturber” and ordered off to military training that included shooting practice in the attic of the school.

But it was hockey on a rink in the yard behind the school where he excelled. At the time, a hockey stick cost \$1.00, which was a considerable amount of money back then. The Christian Brothers overseeing the sport came up with a cheap method of repairing a broken stick. They would hammer an empty tomato can until it was flat. Then, the flat piece of tin was cut into the shape of the blade of the hockey stick and nailed into place on the broken one. According to Bob, “When you got hit with one, you really knew it!”

Notre Dame Basilica was the family church and one with a very special personal connection. Bob is a direct descendant of Flavien and Alphonse Rochon, two expert wood carvers who decorated the sanctuary with many of the beautiful carvings still seen there today. The experience of being in the Guigues School choir influenced Bob to become an altar boy at the Basilica, even when it meant getting up at 5:30 in the morning in order to get there on time for the 6:00 a.m. mass.

Life on St Andrew Street was filled with activities. One winter game was street hockey using frozen horse dung for a puck. And fights with the “maudits Anglais” going to and from school meant that, in self defence of course, Bob had to lead a band of roughnecks.

The distinctive row of eight two-storey units on St. Andrew provided a back laneway around sheds and garages that was perfect for wagon races. With



The Rochon house at 173 St Andrew

one boy in the wagon and the other pulling it, there could be as many as 25 kids out there having a great time! Once a week, all those same backyards came to life in a different way, as the mothers performed the Monday laundry chores. That day every yard had a line full of drying clothes, blowing in the wind.

As was the case for many young males, encounters with girls could be problematic. Back in the day, the skating rink in Bingham Park was situated closer to Dalhousie Street, where the wading pool is now located. Bob remembers that this was a great place for teenagers to meet. There was music to accompany the skating, but it could be a challenge to get a girl to skate with you. He also recounts how, as a smart-alecky 12 year old, a suggestive comment to some girls led to a policeman visiting his home to report on the bad boy, a visit followed by some stern punishment from his father.

Like many residents who have lived in Lowertown a long time, the memory of buildings is significant. Bob remembers the Cities Service Gas Station and Car Repair at the north-east corner of Dalhousie and St. Andrew where Marcel and Ti’Counc (Scoon) were the mechanics. In the absence of a lift, the mechanics parked cars over a large hole in the dirt floor and then climbed down into it to get at the underside of the car.



Bob’s great-grandparents and family posing in front of 173 St. Andrew

Today the site is a parking lot. A block to the east, at the corner of Cumberland and St. Andrew, a big stone building held the Rheaume butcher shop, where everyone went to buy their meat. And along Dalhousie at the corner of Guigues is the building that Bob’s Great Grandmother Charbonneau owned. At various times, that building was a prison, then a hotel and then apartments. Today it houses a hair salon.

Even this small sample of Bob’s stories reminds us how Lowertown has always been a vibrant part of the city. It is neighbours like him that enrich our history and build our sense of living in an enduring community in Ottawa. And Bob still lives on St Andrew Street and continues to collect memories.

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LCRC + Zak's = Delicious Support!

As we described in the past two issues of the Echo, many vulnerable residents have seen their situation become even more precarious since the onset of the pandemic. Non-profits, like us at the Lowertown Community Resource Centre, have been forced to scramble while remaining at our post to help.

And as you've also read in this newspaper, Lowertown businesses have been hit hard too. But boy are we all resourceful! Businesses and non-profit organizations share a roll-up-your-sleeves and "git 'er done" attitude.



John Borsten making a delivery./ John Borsten, avec une livraison.

Back in April, our city councillor, Mathieu Fleury, told us of local business people who were looking for a way to lend a hand. So, a Zoom meeting was set up between our Centre and John and Sofia Borsten, owners of Zak's Diner and the Grand Pizzeria as well partners in the Metropolitan Brasserie.

A relatively short conversation and a couple of weeks later, their Pay It Forward initiative was born! Zak's clients are asked if they would like to make a contribution towards providing meals for vulnerable Lowertown residents. In turn, Zak's tops up the donations and provides food at cost (not to mention the labour).

Coordinating with many of our local partners such as Options Bytown and Ottawa Community Housing, we have so far been able to help the restaurants provide over 550 hot and healthy meals to residents in need. And Zak's, the Met and the Grand have been more than flexible in adapting to dietary restrictions and providing friendly delivery. The children from our summer camp and their families loved getting a special burrito bowl supper! Homeless families staying in a motel-shelter flipped for their lasagna. Chicken parm was a favourite of many of Options Bytown's residents!

Says John, "After living and working in the market for 40 years, I've seen the local need. Even though sales have been down, the thought of what many are going through means we're happy to give back. And our customers have been so generous!"

It is one of our goals at the Lowertown Community Resource Centre to develop meaningful relationships with all Lowertowners including Lowertown



LCRC staff member Chanelle/ Chanelle, de l'équipe du CRCBV.

business owners. A hearty thank you to John & Sofia and the gang at Zak's as well as to Kate Rutledge and Sarah Chown at Metropolitan Brasserie, and Ryan Quennell at the Grand. We are so pleased to help a Lowertown business help Lowertown residents.

Follow up to previous article: As noted in the June issue of the Echo, we were awaiting news about funding from Service Canada for student positions. We did finally receive the funding but too late to deploy in time for summer. Not to worry as we will be able to use the funding to hire additional staff this fall as we roll out adapted after-school programming—stay tuned to our website and Twitter for details and registration!

Le CRCBV + Zak's = un soutien délectable !

Vous avez peut-être lu dans les deux dernières parutions de l'Écho comment bien trop de résidents vulnérables se sont retrouvés en situation encore plus précaire depuis le début de la pandémie. Des organismes à but non lucratif comme le nôtre (le Centre de ressources communautaires de la Basse-Ville) ont été contraints de s'adapter rapidement tout en demeurant en poste.

Le sort des entreprises locales a aussi été bien décrit dans ce journal. Mais, que nous sommes débrouillards face à une crise ! Les organismes, et les commerces partagent une volonté de se dérouler les manches et de mettre la main à la pâte...parfois littéralement !

Ce fût en avril dernier que notre conseiller municipal nous a branchés avec des commerçants de la Basse-Ville cherchant à donner un coup de main. Nous avons rencontrés par Zoom John et Sofia Borsten, les propriétaires de Zak's Diner et Grand Pizzeria ainsi que les copropriétaires de la Brasserie Métropolitaine. Une courte conversation et deux courtes semaines ont suffi pour que l'initiative Pay It Forward voie le jour !

On demande une contribution volontaire aux clients pour offrir des repas aux résidents vulnérables de la Basse-Ville. De leur côté, Zak's et les autres restaurants rajoutent un montant complémentaire et fournissent la nourriture au prix coûtant (pour ne pas parler du travail de cuisine).

En travaillant de concert avec d'autres partenaires tels Options Bytown et Logement communautaire d'Ottawa, nous avons jusqu'à date aidé ces restaurants à offrir plus de 550 repas chauds et santé à des résidents. Les restaurants Zak's, la Métropolitaine et

Grand Pizzeria ont montré leur souplesse en s'adaptant aux restrictions alimentaires et en assurant la livraison, sourire inclus.

Les enfants de notre camp d'été et leurs familles ont adoré leur souper bol-burrito ! Des familles sans abri logées en motel-refuge ont été ravies de leur lasagne. Et le poulet parmesiana a fait coup de cœur chez plusieurs résidents d'Options Bytown !

« Après 40 ans vivant et travaillant dans la Basse-Ville, dit John, j'ai été témoin du besoin local. Même si notre chiffre d'affaire en a pris un coup dernièrement, penser à ce que plusieurs vivent en ce moment fait de sorte qu'il nous est un plaisir de faire une petite contribution. Et nos clients ont été si généreux ! »

Au Centre de ressources communautaires de la Basse-Ville, nous visons à développer davantage des relations significatives avec tous les Basse-villois incluant les commerçants de la Basse-Ville. Nous remercions vivement John et Sofia et l'équipe à Zak's ainsi que Kate Rutledge et Sarah Chown de la Brasserie Métropolitaine et Ryan Quennell du Grand Pizzeria. Il nous est important d'aider une entreprise du quartier à aider les résidents de la Basse-Ville.

Suivi de notre article du dernier numéro: Dans le journal Écho du mois de juin, nous avons décrit comment nous attendions des nouvelles à propos de notre demande à Service Canada pour du financement pour des postes étudiants. Nous avons, en fin de compte, reçu le financement bien que trop tard pour l'utiliser lors de notre camp de jour d'été. Toutefois, nous allons le mettre à bien cet automne dans le cadre de notre programmation parascolaire adaptée aux contraintes COVID.

Demeurez à l'affût des détails concernant le déroulement du programme et les inscriptions en visitant notre site web dans les prochains jours et en nous suivant sur Twitter.

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Neighbours helping neighbours

*A Friend in need
is a friend indeed*

By Kelly Butler

Sometimes a friendly face is all we need to help us cope with the loneliness that many of us experience, more so during these last few months. Some of our friends and neighbours in the community have been supported by the Capital City Mission Drop-In, located on Rideau Street between Augusta Street and Cobourg Street.

The Capital City Mission Drop-In (<http://capitalcitymission.com/about/>) is a small non-profit organization that receives no government funding. Since March 2000, they have been committed to meeting the needs of those in our neighbourhood. I reached out to Keltie Davidson, Executive Director, to ask how they are managing during these difficult times.

There have been many challenges over the past few months to find new “normals”. What makes this challenge even stronger for this community is that many people live alone and with very limited access to technology. With so many public spaces closed, it becomes difficult for people to have meaningful interactions with others or to even meet many of their daily basic needs. The



Kitchen window of the Capital City Drop-In on Rideau Street

isolation in this context is more severe, which is why the Drop-In knew that they needed to stay open, in some capacity, to maintain mental health and give people opportunities to connect with others.

The Capital City Mission Drop-In closed their indoor space last March and has been serving coffee and a light lunch “canteen style” from its kitchen window on Rideau Street. This change allowed the Drop-In to stay open through the pandemic. As many other services closed down, it began to see an increase in those visiting the Drop-In, with over 100 people coming by their window many days of the month. The Drop-In is providing support and encouragement to persons who are struggling with mental health issues, unstable housing, food insecurity, disabilities or addiction by

engaging in conversation and friendship.

As the Drop-In move to opening up its indoor space to limited numbers of people, physically distanced and wearing masks, they will continue to keep the canteen window open to meet the demand of the surge in visits. This will mean an increase in the core operating team, while limiting the number of volunteers onsite to reduce the risk of exposure to COVID for volunteers and the community.

The pandemic has helped renew the Drop-In’s vision that, out of all the things it provides to meet physical needs, the most critical service they currently provide for people is a place of connection, friendship and belonging. Long-term staff and volunteers have

made this outreach a welcome home for many, creating a family-like environment for friends and neighbours. The Capital City Mission Drop-In will continue to meet the physical, emotional, mental and spiritual needs of the community safely by using as many creative ways as necessary in the coming year as they respond to changing public-health recommendations.

Capital City Mission is fundraising through the Ride for Refuge (<https://secure.e2rm.com/registant/TeamFund-raisingPage.aspx?teamID=918697>), a non-competitive annual event to be held on October 3, 2020, to raise awareness of people who have little or no voice and who often get left behind or ignored. By fundraising, they are supporting a charity that is bringing hope and refuge to those same people.

Anyone interested in donating food or grocery gift cards to the Drop-In can deliver them to 521 Rideau Street from Monday to Friday between 9:30a.m. and 12:00p.m. If you have any questions about delivery or what they are able to use, please reach out to keltie@capitalcitymission.com or phone 613-241-2407, or visit their website <https://capitalcitymission.com/donation-items/>

During these difficult times, let’s remember that happiness is often found in helping others!

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COVID-19 and the next generation of giving back

By David Gourlay

The middle of a global pandemic may seem like a strange time to start a new job, but that is exactly what I did this spring, joining Shepherds of Good Hope’s Foundation team as Director of Philanthropy. I have long admired Shepherds of Good Hope and the work they do to support some of our community’s most vulnerable, so I leapt at the chance to join their dynamic team.

COVID-19 has strained our sense of normalcy, our mental health, our finances and our relationships. But our community continues to give us the hope we need to get through this pandemic. I have been particularly inspired by our younger generation, who are giving their time and talent like never before.

Since the beginning of the pandemic, we have asked our supportive-housing volunteers to remain at home, and our community garden is not growing any veggies this year.

In our soup kitchen, meal service has been moved outside, and our evening drop in has been closed. Our soup kitchen volunteer numbers have been cut in half to allow for safe physical distancing.

Many of our regular volunteers are elderly and at increased risk of contracting the virus, so they have made the difficult choice to pause their volunteering. The youth in our community have stepped up to fill this gap. Prior to the pandemic, 21% of our active volunteers

were under the age of 29, and a very small proportion of them were our regular daytime volunteers.

We saw many students and young professionals increase their volunteer commitment or apply to volunteer for the first time during the pandemic. Currently, 42% of our regular weekly volunteers are in that age bracket.

We are humbled to be the recipients of such kindness and empathy from so many socially conscious young people. at a time when they have so much uncertainty in their own lives.

We have also had some amazing local youth raise much needed donations for us. In August, two 18-year-olds, Alexander Abdelnour and Bashar Qawas, approached Shepherds of Good Hope to ask if they could raise money for people who don’t have a home.

Alex and Bashar decided they would run 100km on August 14th to help people experiencing homelessness during this pandemic.

They successfully raised just over \$5,100 through a Facebook fundraiser and local media outreach. Working closely with them on this fundraiser, I was really impressed at their knowledge, commitment and compassion around the issue of homelessness.

Research shows that Generation Z (generally considered to be those under the age of 23) is the most empathetic, informed and socially conscious generation today.



Alexander Abdelnour and Bashar Qawas with a giant-sized cheque showing how much money they raised with their 100 km run.

As the first generation which has grown up entirely in a digital world, they are already experts in bringing people together virtually, and these skills are invaluable at a time when we need this connection the most.

Their potential for innovation is limitless, and this excites me as someone in the not-for-profit sector, as a citizen of Ottawa, and most importantly, as a dad.

In these uncertain times, as so many parts of our lives have been completely flipped upside down, young people are

the beacon of hope we all need to get through this pandemic.

David Gourlay is the new Director of Philanthropy with Shepherds of Good Hope, following a long career in federal and municipal government, the private and charitable sectors. David is passionate about community, baseball, his wife Danielle and daughter Sophia (not in that order).

An alternative to street drugs

By Catherine Hacksel

A new service for people who use drugs has opened in Lowertown, with the hope it will ease the pressure on the three nearby injection sites currently operating. The service, operated in partnership with these existing sites, is delivered by Respect RX, a pharmacy with its flagship location just across the river in Vanier.

The model is called “safer supply” or more technically, “pharmaceutical alternatives to street drugs”. A physician is onsite five days a week, and prescribed opioids are dispensed according to individualized care plans.

This program applies the same premise as other harm-reduction services: that accessible support--meeting individuals where they are at without judgment or penalty--will ultimately lead to improved health care and quality of life.

This strategy has proven to work internationally, and similar models are now taking shape across the province and country, a prominent example being MySafe” on both Canadian coasts. This

approach focuses on stability, predictability and security for the drug user as the immediate goal, since the daily hustle of illegal opioid dependence is wearying, expensive and dangerous.

While safe injection sites assure temporary legal sanctuary and response in the event of an overdose, street fentanyl in particular is a difficult drug to depend on. Several years ago street fentanyl (prescribed diverted patches meant for long-term wear) was strong; now powdered fentanyl is increasingly potent. Meanwhile due to the unregulated supply, its quality varies and peaks are sharp, making tolerance and agonizing withdrawals persistent challenges.

As overdoses have increased substantially during the COVID pandemic across Canada, this local step in Ottawa is urgently needed. Currently 25 individuals benefit from Respect RX’s pilot safer-supply program, and they plan to expand clientele to 200 individuals with new Health Canada funding and local harm-reduction partners.

Meanwhile local injection sites shoulder the weight of the illicit drug use along with those who can currently access these sites. As demonstrated

in Europe and the Crosstown Clinic in Vancouver, accessible legal supports for those grappling with addiction (including a safer supply of drugs), benefit the individual and are proven to reduce drug-related crime.

I hope other prescribers and pharmacies will replicate this approach, to address the devastating dangers of our current drug supply, and assure health care for those struggling in the short and long term.

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“Ain’t nothing like the real thing”: Public art galleries in the time of COVID

By Patricia Balcom

Like most art lovers, I was delighted to hear that the National Gallery of Canada and the Ottawa Art Gallery would be re-opening during Phase 3 in Ontario. I had done some virtual tours of galleries during the lockdown, but as with most things, viewing art in the real world is much better than viewing it virtually. What is the art-viewing experience like at these galleries in the time of COVID? First of all, both have taken measures so that visitors will be safe.

- Masks are obligatory.
- There are strategically placed hand-sanitizer stations.
- Physical-distancing protocols are in place.
- The number of visitors is controlled.
- Protective Plexiglas has been installed at counters where employees and visitors meet.
- Cleaning of high-touch areas and washrooms has increased.

National Gallery of Canada (NGC)

Opening hours are currently from Thursday to Sunday, from 10 a.m. to 5 p.m. and until 8 p.m. on Thursdays. Admission is free from 5 to 8 p.m. on Thursdays. The Cafeteria and 7 Tapas Bar have not yet re-opened, but beverages and snacks are available for take-out at Second Cup, and the Boutique is open.

Ābadakone|Continuous Fire|Feu continuel has been extended until October 4, 2020. This exhibition features works by over 60 Indigenous artists from Turtle Island and around the world. The works include weavings, paintings, photographs, sculptures, videos and multi-media works, from tiny reindeer-antler carvings to a weaving of turquoise nautical rope that extends for three storeys. One particularly timely set of works in this exhibition is Ruth Cuthhard’s beadwork from her Trading series depicting smallpox, pneumonia and Spanish flu viruses.

The exhibition Beautiful Monsters in Early European Prints and Drawings (1450–1700), includes engravings, etchings, woodcuts and drawings from the 15th through the 17th centuries from the NGC collection. It has been extended until November 15, 2020.

I noticed several changes in the permanent collection: in B207 there are four American abstract works dating from the 1960s and 1970s; and in B202 there is a new display, The Constructed Photograph, which “explore[s] the relationship between photography and real-world events of global consequences”.

Ottawa Art Gallery (OAG)

The OAG re-opened to the public on Thursday, July 9. Its hours have also been reduced, and are now from Wednesday to Sunday, 10:00 a.m. to 6:00 p.m. At the OAG admission has always been free—though there are two strategically placed donation boxes inside—but now visitors have to book online to reserve a ticket for a particular date and time. Visitors are asked to register at the Visitor Experience desk once they enter. A maximum of 40 people is allowed in the Gallery at one time. The Jackson Café is closed, but snacks and beverages are available for take-out, and there are tables and chairs on the terrace at the Daly Street entrance. The gift shop is open.

At the OAG the entire second floor is taken up by a new exhibition from the Firestone Collection, (Re)Collecting the Group of Seven: Celebrating 100 Years (until November 2021).

There are some magnificent works. Of particular note is a collection of painting by A.J. Casson, at least one for each decade of his career, from 1917 to 1980. Another aspect of the exhibition I particularly enjoyed was plein air sketches studies and later versions of the same work done in the studio, sometimes years later.

On the third floor visitors will encounter RhythmScape, a bold, challenging multi-media exhibition (until January 3, 2021). This is the North American debut of an international exhibition featuring mostly Korean artists, with three Canadians added for the OAG’s version, and several others. According to the wall notes: “Together their work brings forth a better understanding of human interaction through life and labour.”

The two exhibitions on the fourth floor are an effective antidote to stress people may be experiencing during COVID. Jennifer Dickson’s The Credo Project (until February 11, 2021) consists of photographs taken during her travels in Cyprus, Great Britain, Morocco, Portugal, Spain and Turkey of “architectural spaces” of Christianity, Judaism and Islam. There is a contemplative, spiritual mood, enhanced by the cobalt-blue walls and music, Syncretism, which was composed for the exhibition by Canadian composer Sarah Basciano.

The other exhibition on the fourth floor is The Inside of Elephants and All Kinds of Things, featuring Russell Yuristy. His works on display include ceramics, drawings, paintings and photographs of his larger works, as well as a large wooden elephant sculpture. This playful, quirky, whimsical exhibition is a lot of fun. I laughed out loud several times, especially when I viewed the ceramic piece of a man riding in his Ayn Rand wagon. This exhibition will raise your spirits, so try to see it before it ends on February 7, 2021.

Experiencing the art world in the time of COVID

Interviews by Patricia Balcom

Toronto International Art Fair

In the course of our conversation M. Bergeron of Galerie Jean-Claude Bergeron described how the Toronto International Art Fair has changed for 2020.

This year it won’t be a physical affair. There are over 100 galleries from all over the world participating. We will send images and they will create a virtual booth for each gallery. Clients will go from one “stand” to another. I’ll make a selection of the 40 works I would have taken to the Fair. And if they like a particular work they can ask the gallery any questions they want; they can shop from their homes. But it’s too bad for people who like the social aspect, like drinking champagne at the opening. You get a lot of people at the Fair, well dressed people chatting with one another. Sometimes they don’t even look at the works. They come back the next day and then they start looking at the art.

(Edited for clarity)

The joys of a vernissage

During our chat, Mr. Sokolowski of the Alpha Art Gallery described the joys of a vernissage. Sometimes when you go to a nice vernissage you are going to buy a piece just because of the energy. When you meet the artist you feel how passionate he is, and how much energy he has spent to learn about life or about nature and then he creates beautiful painting. Then you have more desire to possess one of the paintings. But without that rendezvous, without that spontaneous moment, it’s just piece of art. I don’t buy an art piece just because it’s beautiful. I want more than that. I want to know who the artist is, what the artist’s vision is, and what the goal behind every painting is. But for that you need to be there, you need to be with the artist, and without the vernissage it’s basically a nightmare.

(Edited for clarity)

The Ottawa Art Gallery during and after the lockdown

I wrote to Ms. Veronique Couillard, Officer, Media, Public and Francophone Relations at the Ottawa Art Gallery asking about the number of visitors they have had since re-opening. Here is her response.

A majority of our current in-gallery visitors are new to the Gallery and we have had a steady flow every day since the OAG’s re-opening in early July. We have also had success with attendance for virtual events. Hundreds of people have attended our online panels and talks, including local, national and international attendees. One panel attracted 400 attendees for the live broadcast, and over 430 people watched the recording on YouTube. Our online summer camps, where artists teach kids virtually from their studio, have had fully registered weeks.

We also offer, in partnership with the Seniors’ Centre Without Walls, Art Talks telephone conferences for isolated seniors, which has had growing numbers. Some of these initiatives were launched during the closure due to COVID-19, and now that the Ottawa Art Gallery has re-opened, it will continue to offer these types of outreach activities to allow many to access Ottawa’s municipal art gallery. It seems like the current situation has given Ottawans new reasons to explore and discover destinations in their own city, and given OAG the opportunity to find more ways to connect to different publics, including overseas!

(Edited for clarity)

The Canvas Triangle and the pandemic

By Patricia Balcom

Even in a pandemic people need art. To meet this need, private art galleries, like other small businesses, have had to adjust how they do business during lockdown and subsequent re-opening. To find out how they have fared, I conducted interviews at three galleries, one at each vertex of what I will call “the Canvas Triangle”.

Galerie St-Laurent + Hill



293 Dalhousie Street, Suite 103

This gallery was founded in 1977, and specializes in contemporary Canadian paintings, photographs and sculpture. I spoke mostly with Jody Surette, with owner Pierre Luc St-Laurent commenting from time to time.

Like all other non-essential businesses, during the lockdown the gallery was physically closed. However, it maintained an online presence with its website and social media. As Mr. Surette stated: “We did continue to see interest throughout that period of time and so I spent a fair bit of time organizing home trials, bringing work to clients’ homes.” He dropped works off on people’s porches or left them in their garages, and took advantage of the lockdown to catch up on paperwork in the office.

According to Mr. Surette, “No records were smashed throughout the lockdown.” At this point Mr. St-Laurent commented: “Thank God the government was there to help.” The gallery has received assistance with both salaries and rent.

Business remained steady after the June re-opening, although at first people were reticent to visit the gallery in person. Since some people are still uncomfortable visiting a public venue they are still shopping from home. “It’s not a wild change but I do see a higher than previous amount of traffic coming from social media and from our online presence in general.” Mr. Surette concluded. The next exhibition, “LEAP”, featuring the paintings of Valerie Capewell, will open on September 3, and run until September 22.

Alpha Art Gallery



531 Sussex Drive

This gallery is co-owned by Edith Betkowsky and her husband the artist Dominik Sokolowski. I met with Mr. Sokolowski, who came down from his second-floor studio to greet me.

According to Mr. Sokolowski, the gallery lost sales after the pandemic struck because for corporations or individuals it was not “a good time to purchase art”. He noted that Alpha is a “very young gallery” (it opened five years ago), which represents mostly artists at the beginning of their careers, and added that sales are down because when there is an economic crisis people are more likely to purchase works by established artists.

Alpha benefited from government support during the lockdown. They rent their space from the NCC, which gave them 75% reduction in their rent. Mr. Sokolowski noted: “This helps a lot because without that probably the gallery would be closed.”

Since re-opening things have been “strange”. There are no American tourists this year, and even the number of Canadian tourists is down because “what do you do in Ottawa when there’s no festivals?”

I asked about Alpha’s first post-pandemic vernissage on August 6. He replied: “I was happy because we had like maybe 40, 50 during the night, [though] normally we have around 150.” He explained how the socializing surrounding vernissages has changed. People may not want to have a glass of wine because they’d have to take off their masks, and now Alpha doesn’t take artists out to restaurants afterwards. “We are breaking the spontaneous fun, [the] pleasant moments” that a vernissage should have. The next show at the Alpha Gallery is a solo exhibition by Eric Robitaille, “Sky & Earth”, from September 10 to 27.

Galerie Jean-Claude Bergeron (GCBC)



150 St. Patrick Street

Housed in a beautiful Victorian home called La Maison Rochon, GJCB was founded in 1992, and features Canadian artists ranging from Riopelle and Pellán and international artists like Miró and Moore to lesser known but talented artists. According to owner Jean-Claude Bergeron, during the lockdown sales remained the same. He noted that now there aren’t as many drop-in visitors as in the past, since there are no international tourists, but there are still Canadian clients, especially from Quebec.

Like the Galerie St-Laurent + Hill, GJCB has maintained its sales thanks to its internet presence. In fact, Mr. Bergeron noticed that about 40% of his clients during the lockdown were not “regulars”, but rather new clients he hadn’t been in contact with before. He believes his business will change post-pandemic, because “civil servants are working from home so now people are buying from home.”

Some clients tell him they go to his website once the children are in bed and they have time to view the works displayed. He noted: “That’s a way also of forgetting that big pandemic you know.” Because GJCB doesn’t have any employees and Mr. Bergeron owns the building they didn’t need any support from the government.

The next exhibition at the GJCB, “ON THE ROCK”, features the work of Ed Bartram, a Canadian artist known for his works featuring Georgian Bay. It will run from September 3 to October 4. There won’t be an official opening, “because we can’t serve bouchées and wine and all that” post-pandemic, as M. Bergeron explained.

In October there will be an exhibition of works by Michel Cheff, a former curator at the National Gallery whose works are inspired by nature in the Gatineau Valley.

The owners and staff I met with are charming, knowledgeable people who love art, and I encourage you to visit their galleries in the Canvas Triangle.

Get engaged, get involved

Our community is what we make it. It doesn’t have to be all of Lowertown. It can be just your neighbours, or those living on your street, your co-op or the people you see all the time in the park. Some communities are ready-made, just waiting for you to join. Others, you may have to build yourself.

There are many organizations in Lowertown that help to connect us,

that hope to provide a milieu where our neighbourhoods and communities thrive. Two of them are asking you to take the time to share your views on what they are doing. **The Centre des ressources communautaire de la Basse-ville** wants to hear from the francophone community about the services they might need or see lacking. **Marché Ottawa Markets** wants to hear from you what kind of Market you would like to see. It’s pretty easy; put your thinking cap on, and follow the

links noted elsewhere in the paper or at lowertown-basseville.ca and share your thoughts and concerns.

If you are wanting to play a more active role in addressing issues in our community, now is the time to become involved in the **Lowertown Community Association**. Some of the current members on the board have done their part and are ready to step aside. The community association needs people who have things they would like to see

changed or cause other things to happen. You can start by participating in the LCA visioning exercise (see notice on page 2) on September 28.

Then there is the Echo. There is no shortage of interesting and challenging things to do at the paper. One place to start is <mailto:info@lowertown-basseville.ca>. Paraphrasing what John Kennedy said long ago, *Ask not what your community can do for you; ask what you can do for your community.*



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