

FEATURE STORY / HISTOIRE EN VEDETTE

Thoughts on a climate-resilient Lowertown

By Kate Laing

Call it solastalgia or eco-anxiety, the feelings are the same – worry, concern, and grief about the future of our planet. Like many others, I am thinking daily about the climate crisis and how to manage its impacts, both globally and right here in our own community of Lowertown.

We have dedicated the feature in this issue to ideas for mitigating the impacts of the climate crisis here in Lowertown. From protecting our tree canopy to sharing the bounty of our backyard vegetable gardens, our contributors have prepared interesting and useful articles that, we hope, will provide inspiration to those who want to get more involved in climate action.

In addition to the resources provided in the various articles, here are five more things you can do to help our planet:

1. Discover the impact each of us is having on the ecological systems that support life on Earth. Calculate your environmental footprint at www.footprintnetwork.org.



2. Learn how the climate of Ottawa is expected to change in the years to come by exploring the interactive Climate Atlas of Canada at www.climateatlas.ca.

3. Organize a Cool 'Hood program to develop a plan for a climate resilient neighbourhood. Learn more at Cool 'Hood Champs - Centre for Community Engaged Learning (ubc.ca).



4. Use the 10-second rule – if your car is running but you haven't moved for 10 seconds, turn it off! Idling generates an immense quantity of greenhouse gases. Doing it for more than three minutes when the temperature is between 5° and 27° C is in violation of City of Ottawa by-law 2007-266.

5. And lastly, remember our pollinator friends, many of whom are having trouble adapting to higher temperatures. Bees, considered by leading scientists to be the most important living thing on Earth, struggle to survive when temperatures exceed 36° C. Providing garden plants such as bee balm, echinacea, milkweed, asters, and sunflowers, along with an accessible source of water, will help their chances of survival.



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Beating summer heat in 1920s Lowertown

By Nancy Miller Chenier

On July 13, 1921, the temperature in Ottawa reached 38° C (100 Fahrenheit). The heat had been building for weeks and residents of Lowertown were sweltering. Men, women, and children were seeking every method possible to get relief from the weeks of hot weather. So, what were some of the options for getting cool?

In homes and businesses in Lowertown, many residents opened doors and windows hoping for a breeze. One business promoted the addition of awnings asserting that "Awnings shut out all the penetrating rays of the hot summer sun without closing out all the fresh air." For others, it meant keeping the building cool during the day by closing wooden shutters and windows or by installing window shades and blinds. At bedtime, residents with an enclosed sleep-

ing porch off one of the second storey bedrooms or just a screened porch downstairs might take a cot there for the night.

If residents could afford to have electricity, they might have an electric fan to help move the air. An advertisement by the Ottawa Hydro Electric Commission in 1917 stated that, for a trifling cost, a turn of a switch would allow residents to "cook, iron, wash, sew, curl the hair, make the home cool on the hottest day." For homes that still had insulated iceboxes for perishable food, fans could be positioned to blow over an extra ice block to cool the air.

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Desjardins family on Boteler Street, c. 1920
(Photo: Dostaler Collection via Marc Aubin)



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WHO ARE WE? / QUI SOMMES-NOUS?

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.

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.

QUAND PUBLIONS-NOUS? / WHEN DO WE PUBLISH?

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The *Echo* is published in February, April, June, September, and November each year. Copies are distributed free of charge to residents of Lowertown and can be picked up at various shops and community centres around Lowertown, as well as at the Rideau branch of the Ottawa Public Library.

CONTRIBUTE / CONTRIBUER

The *Echo* welcomes articles, letters, photographs, notices, and other material of interest to its readers in the Lowertown community. Name of the contributor must be included. Please send your contributions to editor.lower-town@gmail.com.

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. Merci d'envoyer vos contributions à editor.lower-town@gmail.com

CONTRIBUTORS

Managing Editor:

Kate Laing

Section Editors

Heritage - Nancy Miller Chenier

Arts + Culture - Ben Ladouceur

Copy Editor

Kate Laing

Graphic Design

Caitlin Perry

Advertising

Kate Laing, Sandra Milton

Website

Caitlin Perry

Financial Manager

Lloyd Morrison

Social media

Cyndi Mayhew

Contributors:

Nancy Miller Chenier

Sandra Milton

Lowertown Community Resource Centre

MP Mona Fortier

Allen Brown

Curtis Wolfe

EnviroCentre

Nadia Stuewer

Scott Lemoine

Robin Etherington

Bernie Forestell

W. Thomas Leroux

Victoria Williston

Warren Waters

MPP Lucille Collard

Brian Dagenais

Dominic Santos

Juliet O'Neill

Michel Rossignol

Lowertown Community Association

Maria Gomez Umana

Isabelle Leclerc-Morin

Ben Ladouceur

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A survey of forthcoming Ottawa Police Services strategies for the ByWard Market and Lowertown

By Sandra Milton

Over the past year, the Ottawa Police Services (OPS) have engaged extensively with our downtown communities. This has involved building stronger relationships with city partners, social service agencies, businesses, and local community associations.

The growing problems of crime and social disorder are profoundly affecting community safety and well-being in the downtown core. Residents, businesses, and street-involved populations report increased fear and insecurity stemming from crime and a decline in a shared sense of community. The situation is worsened by visible social disorder and public health issues, including open drug use, overdoses and deteriorating street sanitation.

What follows is an overview of strategies that the OPS intend to implement towards improving safety and well-being in our community.

NEIGHBOURHOOD OPERATIONS CENTRE (NOC)

The OPS will open a neighbourhood operations centre NOC, located in the Rideau Centre, in June 2024. What does this mean for the community?

It is NOT a police station. It is intended to provide a community-level location for regular and ad-hoc meetings for police and eventually other community partners (not yet announced) to have a shared presence in the community. The NOC is meant to support downtown revitalization and community safety by enhancing police presence, visibility, and accessibility in the ByWard Market and Rideau Street corridor.

The NOC is the hub in a multi-phase expansion, with the vision of creating centralized access to an array of community support services. There is potential for public access in

future phases of development. It is considered to be a crucial component in advancing to the next level of the CORE strategy.

COMMUNITY OUTREACH RESPONSE AND ENGAGEMENT STRATEGY – CORE

Along with the NOC, the OPS has funded a program called CORE. The strategic launch of CORE is scheduled for 30 June 2024, with a preliminary evaluation of the program to begin in September 2024. The strategy is for hot-spot policing in areas identified through evidence-based data and analysis via consultation and feedback. The goal is for safer communities, less crime, support for vulnerable community members, and community-led solutions.

The objectives of the CORE strategy are:

- Proactive engagement in high need “areas of focus”
- Police enforcement targeting serious offenders
- Neighbourhood Operations Centre (NOC)
- Community Advisory Board (CAB)
- The Integrated Community Situation Table (ICST)

CURRENTLY IDENTIFIED HOT SPOTS ARE

Community Advisory Council – CAB

The CAB was formed in September 2023 and meets quarterly. The downtown council is comprised of representatives from City Council, the ByWard Market District Authority, the Rideau BIA, and service providers. The purpose is a cross-sectional task force to collaboratively address systematic barriers to community safety and well-being in the downtown core and avoid duplication of efforts across initiatives.

Integrated Community Situation Table – ICST

The ICST is also known as Community Support and is represented by 30+ diverse partners. Representatives include community and social services, health, housing, Indigenous services, justice, and municipal government. It was created to better support at-risk individuals who frequently interact with the criminal justice system.



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NEWS - NOUVELLES

Rezoning Ottawa: What will it mean for Lowertown?

By Allen Brown and Warren Waters

City Council will be rezoning our entire city to implement its new 20-year Official Plan (to 2046). Check out how your home and our neighbourhood could be changing at the Engage Ottawa page: <https://engage.ottawa.ca/zoning>.

Stay up-to-date on engagement opportunities at: https://engage.ottawa.ca/zoning/news_feed/draft-1-engagement-opportunities-2

What will the new zoning mean for Lowertown? While we are still analyzing the implications of all the newly announced proposals, here are some of our initial thoughts:

MORE NEIGHBOURS:

Plenty of ideas are being advanced: no “parking minimums” for new buildings, no new surface parking lots or expansion of existing downtown lots, permitting four dwellings on every serviced lot, and allowing shelters and supportive housing in all residential neighbourhoods.

HIGHER BUILDINGS:

Along the minor corridors of Dalhousie and St. Patrick Streets, maximum nine-storey heights are permitted – but is unrealistic in Lowertown, due to shallow lot depths, plus the need to transition to low-rise neighbours. Unfortunately, that doesn't mean developers won't propose them.

MAXIMUM DENSITY:

In Lowertown, existing residential lots would allow low-rise and mid-rise apartments of 500 or more dwelling units per hectare. Assuming building lots amount to about half of the Lowertown area, and less than 1% of new units will be redeveloped each year, then the overall density would increase by less than one percent a year.

That is, unless developers build faster than expected.

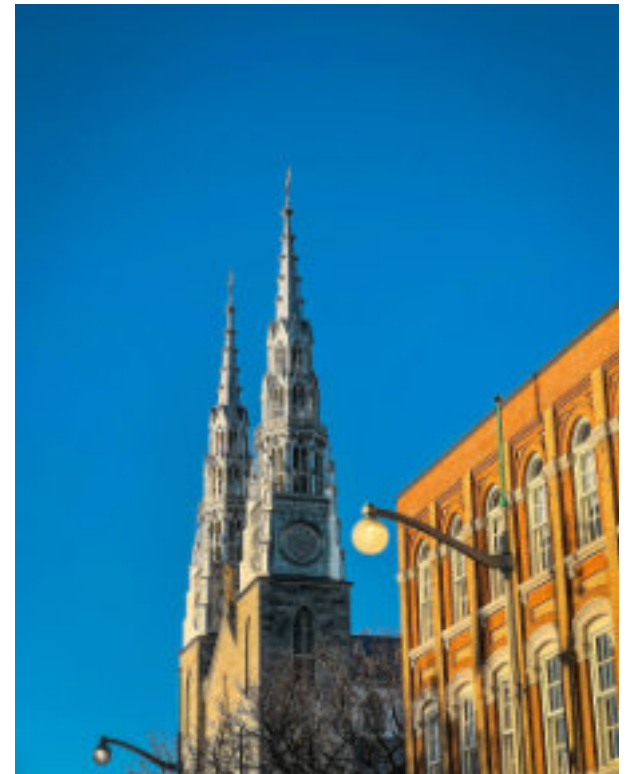
CARS OVER TREES:

The rezoning allows front-yard parking wherever a driveway would otherwise have been allowed, as long as it uses more space along the front façade. However, trees need space, and allowing front-yard parking would reduce that space and raises environmental concerns.

HERITAGE OVERLAY REMOVED:

Zoning changes would drop the existing Heritage Overlay requirement that limits height and massing of new construction in heritage areas. While the Ontario Heritage Act will still require owners to seek approval for alterations to designated properties and to properties within Heritage Conservation Districts, other areas and properties are now more vulnerable to inappropriate development.

We will continue our analysis over the summer. Stay tuned!



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

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- | Community Kitchen at 233 Murray St.
- | Hope Garden – if you have a green thumb!

A message from our Member of Provincial Parliament, Lucille Collard

Dear residents of Lowertown,

Great to see the *Lowertown Echo's* new rebranding, which symbolizes a fresh chapter in our community's story. With this revitalized identity, the *Lowertown Echo* stands to amplify voices and foster more connections. Congratulations to the entire team for their dedication and hard work!

As the warmth of the sun graces our days, I extend my heartfelt greetings to all. With longer days, we find more energy and opportunities to be active and pursue our personal and professional goals. However, it's important to recognize that not everyone in our community can appreciate this season's blessings. Many individuals and families are still struggling with basic needs and reaching out to my office for assistance, particularly regarding access to primary care and finding a family doctor.

Despite several policy changes by the provincial government, the issues of healthcare access and doctor shortages persist. Recently, I had the opportunity to meet with seven doctors in my office who are eager to contribute to our healthcare system. Unfortunately, their foreign credentials are not recognized here, and the complex, lengthy process to obtain a license is discouraging. This situation clearly highlights a gap between available solutions and actual needs. Our government must take the necessary steps to integrate these skilled professionals.

Healthcare is not the only field where recognition of foreign credentials is a barrier. My first Private Member's Bill sought to address this issue comprehensively, but the current government has shown little interest in pursuing this necessary change. Beyond healthcare, we face significant challenges in providing adequate mental health support, addressing food and housing insecurity, and promoting inclusivity and safety within our community.



MPP Collard met with doctors, underscoring the challenges of having their credentials recognized in Canada.

I remain committed to advocating for increased funding and support for initiatives like nurse-practitioner-led clinics, which can improve access to healthcare services and contribute to our community's well-being. Recently, funding was secured for such a clinic focusing on mental health and addictions in Ottawa-Vanier. While this is a positive step, more is needed to address the gaps in primary care.

I am dedicated to working with all levels of government, community organizations, and residents to find innovative solutions to these pressing issues. I believe that by fostering collaboration and leveraging the strengths of our diverse community, we can create meaningful and lasting change.

Thank you for your continued support, and I look forward to working together to make Lowertown and Ottawa-Vanier a healthier, more inclusive, and vibrant place for all.

Crossword puzzle

By Ben Ladouceur

Find the answer key on page 20

ACROSS

1 Coral locale

5 Pancake must

10 Guinness who played a colonel, a professor and a Jedi

14 Magazine content

15 Rent

16 Lion sound

17 Bed with a canopy

19 Soup that's sometimes the only hot dish in the takeout bag

20 Greek equivalent to Cupid

21 "Hold on!"

23 Not great

26 Most common Vietnamese surname

28 Brings together, as a dough

29 Commedia dell' _____

30 Little lie

33 Indigenous American nation for which our city is named

34 Painter Mondrian

35 Way (abbr.)

36 Sounds the engine

37 Website you might consult if your sock is missing and your dog is avoiding eye contact

39 Home of a crooked tower

40 Uno + due

41 Jeans maker Strauss

42 Target

43 One of a now-defunct Russian union (abbr.)

44 "____ sure you know..."

45 Long cold spell

46 Bitesize option for the vegetarian who wants to eat an animal, featuring chocolate and pecan

48 University of Arizona location

49 Medium, at Starbucks

51 Small marsh bird

52 4, on some sundials

53 2019 Best Supporting Actress winner for "If Beale Street Could Talk"

59 Sport with a ball covered in dimples

60 Poem of lamentation

61 Playable dolphin in Sega Genesis game

62 ____-bitsy

63 Summer of disco

64 One-named singer and Warhol muse

DOWN

1 WWII Fliers

2 Post-punk genre

3 Big Australian bird

4 A cat uses them to "make biscuits"

5 Storeys

6 Not as much

7 Granola grain

8 Take advantage of

9 Sent a different way

10 French Foreign Legion, par exemple

11 Along with

25-Down, one of two options for the peckish at the southeast corner of Byward Market Square - great choice during a heatwave

12 "At ____, soldier!"

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
			20					21	22			
23	24	25				26	27					
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49	50						51					
52				53	54	55				56	57	58
59				60						61		
62				63						64		

13 Reptilian attire, sold by the pair near Byward Market Square

18 "The Devil Wears ____"

22 Russian no

23 Hybrid women's garments

24 Counterpart to ovens, in betting

25 Along with

11-Down, one of two options for the peckish at the southeast corner of Byward Market Square - perfect for vegetarians with a taste for animal parts!

26 Most of the day, to a cat

27 Bleak

31 "We got the green light!"

32 Brought together, as a batter

37 Bothered

38 Diabolical

39 Dessert analog to turducken

41 Cooking fat

42 Honda luxury brand

45 2017 film about figure skating

47 Bring together

49 1958 Best Picture winner

50 Uprising

51 Omen

54 Mr. Blue Sky band (abbr.)

55 It can go before X, Y or Z

56 Here, to Henri

57 Ottawa's largest property owner (abbr.)

58 Gunk

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Collard

MPP | Députée provinciale
Ottawa-Vanier

613-744-4484

lcollard.mpp.co@liberal.ota.org

Constituency Office | Bureau de circonscription
237, chemin de Montréal Road
Ottawa (ON) K1L 6C7

DE LA PART DE NOS REPRÉSENTANTES ÉLUES

Un message de notre députée provinciale, Lucille Collard

Par MPP Lucille Collard

Chers résident(e)s de la Basse-Ville,

Bravo pour la nouvelle image de marque de l'Echo de la Basse-Ville. Grâce à cette nouvelle identité, l'Echo démarre un nouveau chapitre et continue de favoriser les liens. Félicitations à toute l'équipe pour son dévouement et son travail!

Alors que le soleil illumine nos journées, je vous adresse à tous mes salutations les plus sincères. Les jours plus longs nous donnent plus d'énergie pour poursuivre nos objectifs personnels et professionnels. Cependant, ce n'est pas tout le monde qui peut apprécier pleinement cette saison. De nombreuses personnes et familles rencontrent des difficultés et demandent de l'aide à mon bureau, notamment en ce qui concerne l'accès aux soins primaires et la recherche d'un médecin de famille.

Malgré plusieurs changements législatifs du gouvernement provincial, les problèmes d'accès aux soins de santé et la pénurie de médecins persistent. Récemment, j'ai eu l'occasion de rencontrer dans mon bureau sept médecins désireux de contribuer à notre système de santé. Malheureusement, leurs diplômes étrangers ne sont pas reconnus ici, et le processus pour obtenir un permis d'exercice est complexe et décourageant. Cette situation met clairement en évidence l'écart entre les solutions disponibles et les besoins. Notre gouvernement doit prendre des mesures pour intégrer ces professionnels.

La santé n'est pas le seul domaine où la reconnaissance des diplômes étrangers constitue un obstacle. Mon premier projet



La députée provinciale Collard a rencontré des médecins, soulignant les défis liés à la reconnaissance de leurs titres de compétences au Canada.

de loi visait à remédier à ce problème, mais le gouvernement actuel a montré peu d'intérêt envers ce changement nécessaire. Au-delà des soins de santé, nous sommes confrontés à des défis importants en matière de santé mentale, d'insécurité alimentaire et de logement au sein de notre communauté.

Je continue à plaider en faveur d'un financement et de soutiens pour des initiatives telles que les cliniques dirigées par des infirmières praticiennes, qui peuvent améliorer l'accès aux services de santé. Récemment, un financement a été obtenu pour une telle clinique axée sur la santé mentale et la toxicomanie à Ottawa-Vanier. Bien qu'il s'agisse d'une étape positive,

beaucoup reste à faire pour combler les lacunes en soins primaires.

Je reste déterminée à travailler avec tous les niveaux de gouvernement, les organisations communautaires et les résidents pour trouver des solutions à ces problèmes urgents. Je suis convaincue qu'en encourageant la collaboration et en tirant parti des atouts de notre communauté, nous pouvons créer des changements significatifs et durables.

Je vous remercie de votre soutien continu et je me réjouis à l'idée de travailler ensemble pour faire de la Basse-Ville et d'Ottawa-Vanier un endroit plus sain, plus inclusif et plus dynamique pour tous.

June 27th is International Small Business Day

Small businesses are the heartbeat of our neighborhoods. Support small, locally-owned businesses in Rideau-Vanier! Thank you to all the small business owners for your hard work and dedication. Rideau-Vanier would not be the same without **you**.

Le 27 juin est la Journée Internationale des petits entreprises !

Supportez les petites entreprises locales du quartier Rideau - Vanier! Merci à tous les entrepreneurs pour votre dédication et travail d'ardeur. Notre quartier ne serait pas le même sans **vous**.



Meeting with a resident at Ideal Café in Lowertown. Rencontre avec une résidente au Ideal Café dans la B-v.



Stéphanie Plante
Conseillère | Councillor
Quartier | Ward 12 Rideau-Vanier

stephanieplante.ca
613-580-2482
stephanie.plante@ottawa.ca

FROM OUR ELECTED REPRESENTATIVES - DE LA PART DE NOS REPRÉSENTANTES ÉLUES

A message from our Member of Parliament, the Honourable Mona Fortier

Dear residents,

It's been a busy period in the House of Commons as we approach summer. I'm pleased to share with you some of the projects we have been working hard on.

On Tuesday, April 16th, Deputy Prime Minister Chrystia Freeland presented Budget 2024, which includes many important investments that will make Canada a fairer place, with measures to address affordability, healthcare, and housing.

The Budget includes significant support for the well-being of our youth, with \$1 billion allocated toward the creation of a National School Food Program. This program will see 400,000 children across the country, including many in Ottawa-Vanier, receive a healthy meal every day, so they can better focus on school and don't have to go to class hungry. This will also allow their parents to save on their grocery budget.

Our government has recognized that the housing crisis is having a real impact on Canadians looking for a place to call home. That's why we've been making investments to build new homes in Ottawa-Vanier and around the country. This includes measures such as the Public Lands for Homes Plan which will unlock federally owned lands for the construction of 500 new housing units in Ottawa-Vanier's very own Wateridge Village, and over 250,000 new homes across Canada. Budget 2024 also includes billions of dollars of investments that will make it easier and cheaper to build new rental housing.

Un message de notre députée, l'honorable Mona Fortier

Chers résidents,

À l'approche de l'été, la Chambre des communes a été très active. J'ai le plaisir de partager avec vous certains des projets sur lesquels nous avons travaillé d'arrache-pied.

Le mardi 16 avril, la vice-première ministre Chrystia Freeland a présenté le budget 2024, qui comprend de nombreux investissements importants qui feront du Canada un endroit plus équitable, avec des mesures concernant l'abordabilité, les soins de santé et le logement.

Le budget prévoit un soutien important au bien-être de nos jeunes, avec 1 milliard de dollars alloués à la création d'un programme national d'alimentation scolaire. Ce programme permettra à 400 000 enfants à travers le pays, dont de nombreux enfants d'Ottawa-Vanier, de recevoir un repas sain chaque jour, afin qu'ils puissent mieux se concentrer sur l'école et qu'ils ne doivent pas aller en classe le ventre vide. Cela permettra également à leurs parents d'économiser sur leur budget d'épicerie.

Notre gouvernement a reconnu que la crise du logement a un impact réel sur les Canadiens qui cherchent un endroit où se sentir chez eux. C'est pourquoi nous avons investi dans la construction de nouveaux logements à Ottawa-Vanier et dans tout le pays. Ces investissements comprennent des mesures telles que le Plan pour l'usage de terrains publics à des fins résidentielles, qui libérera des terrains appartenant au gouvernement fédéral pour la construction de 500 nouveaux logements dans le village des Riverains d'Ottawa-Vanier et de plus de 250 000 nouveaux logements à travers le Canada. Le budget 2024 prévoit également des milliards de dollars d'investissements qui rendront plus facile et moins coûteuse la construction de nouveaux logements locatifs.

You shouldn't be able to tell someone's socio-economic status from the quality of their smile. That's why eligible seniors aged 65 and up can now begin receiving the dental care they need thanks to the Canadian Dental Care Plan (CDCP). Delivery of services began on May 1st, and since then, some 90,000 Canadians have received care they previously couldn't access. I was able to visit Kilrea Denture Clinic on Wednesday, May 8th where I heard from seniors firsthand about how much of a difference this program is making in their lives. By 2025, nine million Canadians will be eligible to receive dental care through the CDCP, it is truly a game changer in the lives of many. To verify eligibility, please visit Canada.ca/dental.

I have also been working hard with my colleagues from the Liberal Ottawa caucus for the revitalization of the downtown core, so I was thrilled to see that Budget 2024 takes important steps toward the revitalization of downtown, including the ByWard Market. The government is committed to reducing its office portfolio by 50% over the next decade. Selling these office buildings will free up space for a range of new uses, including new housing and other sectors, from small businesses to arts and culture.

As always, if you need any assistance with any federal programs or services, contact my team at 613-998-1860, or send us an email at mona.fortier@parl.gc.ca.



La qualité du sourire de quelqu'un ne devrait pas permettre de déterminer son statut socio-économique. C'est pourquoi les personnes âgées de 65 ans et plus qui remplissent les conditions requises peuvent maintenant commencer à recevoir les soins dentaires dont elles ont besoin grâce au Régime canadien de soins dentaires (RCSD). La prestation des services a commencé le 1er mai et, depuis cette date, environ 90 000 Canadiens ont reçu des soins auxquels ils n'avaient pas accès auparavant. J'ai pu visiter la clinique de prothèses dentaires Kilrea le mercredi 8 mai, où des personnes âgées m'ont expliqué à quel point ce programme fait une différence dans leur vie. D'ici 2025, 9 millions de Canadiens seront admissibles à des soins dentaires dans le cadre du RCSD, ce qui change véritablement la vie de nombreuses personnes. Pour en savoir plus sur le plan dentaire, visitez Canada.ca/dentaire.

Je travaille dur avec mes collègues du caucus libéral d'Ottawa pour la revitalisation du centre-ville, et j'ai donc été ravi de voir que le budget 2024 prend des mesures importantes pour la revitalisation du centre-ville, y compris le marché By. Le gouvernement s'est engagé à réduire son portefeuille de bureaux de 50 % au cours de la prochaine décennie. La vente de ces immeubles de bureaux libérera de l'espace pour une série de nouvelles utilisations, y compris de nouveaux logements et d'autres secteurs, des petites entreprises aux arts et à la culture.

Comme toujours, si vous avez besoin d'aide concernant les programmes ou les services fédéraux, communiquez avec mon équipe au 613-998-1860, ou envoyez-nous un courriel à mona.fortier@parl.gc.ca.



LOWERTOWN BASSEVILLE

COMMUNITY ASSOCIATION ASSOCIATION COMMUNAUTAIRE

Lowertown Community Association – working for you

By the Lowertown Community Association

The Lowertown Community Association (LCA) continues to work on key issues affecting our neighbourhood including heritage, safety, homelessness, and drug use. We meet on the second Monday evening of every month from September to June. At each meeting, we are joined by our municipal representative, Stéphanie Plante, who answers questions from the community. In addition, our committees provide reports on their work, and we often have invited speakers and topics of relevance to the community. Our Annual General Meeting will be held in September – check out our Facebook and X pages for more information.

HERE ARE SOME HIGHLIGHTS OF OUR COMMITTEE WORK IN RECENT WEEKS:

ARTS + CULTURE

The main focus of our work is the Lowertown Arts Festival, which we will be hosting from October 3rd to 5th. We are planning to include a wide range of fun and engaging activities that reflect the diverse forms of creative expression found in our community – art, movement, performance, literature. We are finalizing the festival schedule and extending invitations to artists and venues. A summer student will be joining us shortly to coordinate the details of the festival and to develop promotional materials for the various events. Want to get involved? Connect with us at lowertownartsfestival@gmail.com.



HERITAGE

We are encouraging the City of Ottawa to conserve three properties on St. Patrick Street threatened with demolition by neglect. We also advocated, unsuccessfully, with the city's Built Heritage Committee (BHC), for a greater separation distance between the new Andaz Hotel addition on York and Claridge's planned 20-story condo development on George, both just east of Dalhousie.

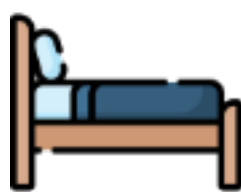


Members are also working hard to mitigate new provincial legislation effectively abolishing the city's Heritage Registry. We are developing a priority list for new Part IV designations under the Ontario Heritage Act to protect buildings outside the ByWard Market and Lowertown West Heritage Conservation Districts (HCDs). As well, our members have lobbied the city for a new HCD in Lowertown East just north of Macdonald Gardens Park. Unfortunately, the BHC has recommended instead a feasibility study for a future HCD study – further delaying the designation of an area which the LCA has sought to protect for over 20 years.

We created an innovative "Welcome Kit" for realtors and new heritage property owners, outlining the benefits and obligations of owning heritage properties. The city has endorsed this work and will translate and help distribute these documents shortly as a pilot project. And, we are trying to arrange a community consultation about two large developments proposed for Dalhousie Street . . . stay tuned!

HOUSING AND HOMELESSNESS

The Housing Committee is newly re-formed. We are discussing positive, proactive solutions to the housing crisis in our city that our neighbourhood disproportionately experiences. Our goals for this year are to recruit more members, advocate, raise awareness of effective solutions, and build co-operation with groups and commu-



nities working on the same issue in different parts of the city. We have set a particular focus on engaging with renters, co-op owners, and people with lived experiences of housing precariousness. If you are interested in joining us, please contact us at info@lowertown-basseville.ca.

PARKS

Friends of Lowertown Parks promote our community's parks, collaborate with residents to protect existing spaces, and assist in planning the future for parks and parkettes in the area. The "Cleaning the Capital" spring event provided an opportunity for community engagement and meeting neighbours in several parks – Raphael Brunet, Jules Morin, Bordeleau, King Edward, Rose, Linear, Macdonald Gardens, Cumberland, and Cathcart Square parks were cleaned. The Friends of Bingham Park are working tirelessly on the Bingham Park revitalization with the councillor and the city. The children's wading pool is expected to open this summer. The Friends of Macdonald Gardens Park continue to work with city staff and community volunteers to develop a heritage conservation plan for this Part IV heritage designated park. The Friends are looking to have some replacement trees planted for the approximately 10 large trees that will be cut this year.



TRANSPORTATION

The Transportation Committee's main priority continues to be the downtown truck route. We recently co-signed a submission to the Ontario Human Rights Commission created by environmental organizations to recognize that the air pollution caused by the downtown truck route is a violation of the human rights of protected groups.



We recognize the advantages of Lowertown as a 15-minute community and strive to build on our proximity to an abundance of amenities by advocating for a safe and comfortable pedestrian experience, a car-free ByWard Market, connecting missing links in our active mobility network, and prioritizing transit. We are in discussions with city planners regarding the addition of active mobility lanes along York Street and a safe crossing where it intersects King Edward Avenue to connect more Lowertowners to Ottawa's ever-growing active mobility network. Additionally, we are a signatory to a letter requesting that the city upgrade and extend the Rideau Street bus lanes to get residents moving faster with transit.

As one of the most historic and amenity-rich neighbourhoods in the nation's capital, we have an opportunity to demonstrate what it means to take real climate action and provide residents with efficient transportation options.



PLANNING

The Planning Committee expects to hold an in-person meeting in late June to refresh our vision and strategy, and we are always in need of more eyes, hearts, and minds to review upcoming proposals. Contact Warren Waters at waters@fca-fac.ca for details. Some properties are being considered for development, including:



- 112 & 134 Nelson (near Rideau)
- Eglise Evangelique, 284 King Edward (at Clarence)
- 231 St. Patrick (west of Dalhousie)
- 200 & 201 Friel (at Chapel & Beausoleil Dr)
- 253, 255 and 257 York Street and 78 and 80 Nelson (at York)
- 109-115 Dalhousie (near Bolton)
- 275 King Edward (at Murray)
- 641 Rideau (near Cummings Bridge)
- 211 Clarence (near Cumberland)
- 110 York, 137 and 141 George (east of Dalhousie)
- 132 Bruyère Street, 135 & 137 St. Andrew Street, and 175, 179 & 183 Dalhousie Street

The Federation of Citizens Associations held a special meeting after the city staff rezoning report was released (and this issue of the Echo includes our guess about the impact on Lowertown) but as the staff report only gives a high-level overview, we are encouraging everyone to check how your home and our community are being rezoned. It will affect everything the city is responsible for, from taxes to services. The detailed maps were released May 31. For more information, visit Engage Ottawa: <https://engage.ottawa.ca/zoning>

SAFETY

The Safety Committee monitors and researches key issues affecting public safety in Lowertown. It liaises as needed with the Ottawa Police Service, by-law services, social service agencies, businesses, and community members to provide information related to crime prevention and harm reduction. The following actions highlight some of the committee's efforts.



- Delegation to Ottawa Police Services Board, May 2024: Presentation to highlight community views regarding the Community Outreach Response and Engagement (CORE) Strategy. This includes an action plan focused on reducing crime in specific areas of Ottawa by dealing with the root issues.
- Monthly meeting with Dr Vera Etches, Medical Officer of Health for Ottawa Public Health: Recent discussions provided updates on the lack of health care options available to residents. LCA highlighted concerns about broken inhalation supplies discarded in public spaces and the lack of accessible public toilets in Lowertown. A new portable toilet is located in Raphael Brunet Park.
- Participation in the Sandy Hill Community Liaison Committee: Working meetings included multiple stakeholders to discuss the impact of the toxic drug supply and strategies to reduce conflict among all groups. The Committee is currently working towards a Good Neighbours policy, with guidelines that Lowertown hopes to adopt.
- ByWard Market Balanced Community Task Force : A newly created Block Leader program, where clients of the Shepherds of Good Hope and Salvation Army are receiving training in preparation for expansion of the program into areas of the ByWard Market.

ALEXANDRA BRIDGE SUB-COMMITTEE

The National Capital Commission (NCC) plans to select three bridge designs in spring 2024. These designs will serve as potential options for the Alexandra Bridge's replacement. During spring and summer 2024, the NCC will engage with community groups, including the Lowertown Community Association. They will discuss the proposed designs, seeking input and feedback from the community.



The final decision on the bridge's fate will consider both technical feasibility and community preferences. Transparency in this process is crucial to ensure the best outcome for all stakeholders. The NCC and Public Services and Procurement Canada continue to refuse to put forth a plan to restore the bridge rather than demolish it to their panel of experts. We will continue to pressure for this, along with other members of the Public Advisory Group (on the Alexandra Bridge Replacement Project) with the NCC.

LOWERTOWN
BASSEVILLE

COMMUNITY ASSOCIATION COMMUNAUTAIRE

The Lowertown Community Association meets the second Monday of every month September - June.
Until it is possible and safe to meet in person the meetings will be conducted via ZOOM.
Check the website
<https://lowertown-basseville.ca>
for the link. All are welcome

L'association communautaire de la Basseville se réunit le deuxième lundi de chaque mois de septembre à juin.
Jusqu'à ce qu'il soit possible et prudent de se rencontrer en personne, les réunions se dérouleront via ZOOM.
Consultez le site Web
<https://lowertown-basseville.ca>
pour le lien. Tous sont invités à assister



New Zoning By-law
Nouveau règlement de zonage



Get involved!
Help shape your neighbourhood!
Check out Ottawa's New Zoning By-law Review Project.

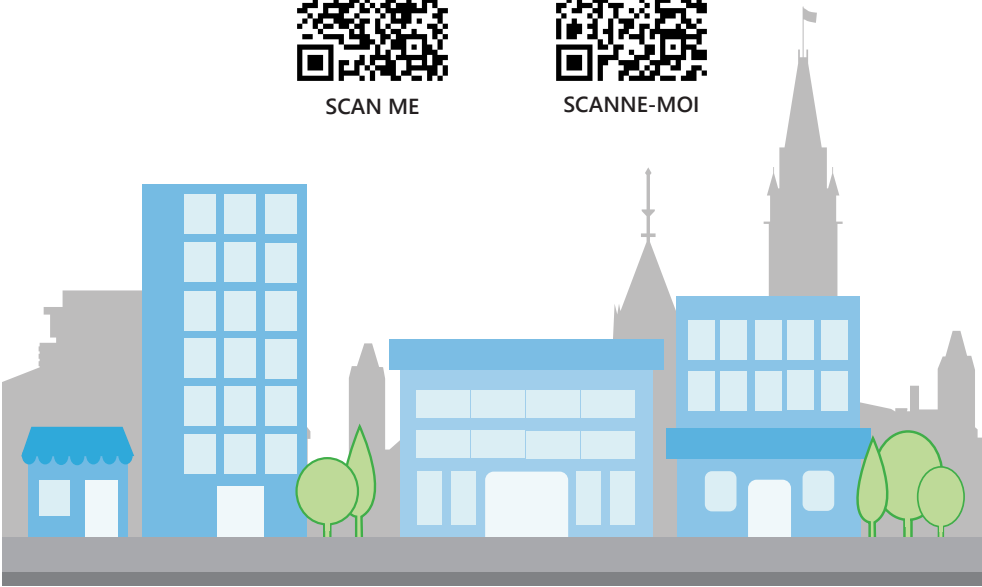
Impliquez-vous!
Aidez à façonner votre quartier.
Consultez le projet de révision du nouveau règlement de zonage d'Ottawa.



SCAN ME



SCANNE-MOI





Upcoming Events

Prochains événements

OUTDOOR MARKET SEASON OPEN MAY THROUGH OCTOBER
MARCHÉ EN PLEIN AIR OUVERT DE MAI À OCTOBRE

JUNE | JUIN

FATHER'S DAY MARKET | BYWARD NIGHT MARKET: SUMMER SOLSTICE | OOHFEST X FLY MARKET | BYWARD NIGHT MARKET BY MINERVA OTTAWA

MARCHÉ DE LA FÊTE DES PÈRES | MARCHÉ DE NUIT : SOLSTICE D'ÉTÉ | OOHFEST X FLY MARKET | MARCHÉ DE NUIT PAR MINERVA OTTAWA

JULY | JUILLET

CANADA DAY WEEKEND FT. OOHFEST X FLY MARKET X SOLÉ CARIVIBE | BYWARD NIGHT MARKET BY MINERVA OTTAWA
WEEK-END DE LA FÊTE DU CANADA AVEC OOHFEST X FLY MARKET X SOLÉ | CARIVIBE | MARCHÉ DE NUIT PAR MINERVA OTTAWA

AUGUST | AOÛT

OOHFEST X FLY MARKET | BYWARD NIGHT MARKET BY MINERVA OTTAWA
OOHFEST X FLY MARKET | MARCHÉ DE NUIT PAR MINERVA OTTAWA

SEPTEMBER | SEPTEMBRE

BYWARD BARKET: A PET FRIENDLY MARKET
MARCHIEN BY : UN MARCHÉ AMÉNAGÉ POUR LES CHIENS

OCTOBER | OCTOBRE

HARVEST MARKET
MARCHÉ AUTOMNAL

NOVEMBER | NOVEMBRE

DAY OF THE DEAD FESTIVAL
FESTIVAL DU JOUR DES MORTS

+ MORE TO COME + PLUS À VENIR

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FOR EVENT DATES



SCANNEZ ICI POUR LES
DATES DES
ÉVÉNEMENTS



RECURRING EVENTS

YORK STREET MARKET BY MINERVA OTTAWA:
Bi-weekly – Sundays –
May to October

CINQ À SEPT:
ByWard Concert Series
featuring artists from OMIC*!
Every Thursday – June to
October

ÉVÉNEMENTS RÉCURRENTS

MARCHÉ DE LA RUE YORK
PAR MINERVA OTTAWA:
Toutes les deux semaines - les
dimanches - de mai à octobre

CINQ À SEPT :
Une série de concerts au
Marché By avec des artistes
de CIMO.* Tous les jeudis - de
juin à octobre

* Ottawa Music Industry Coalition / La
Coalition de l'industrie de la musique
d'Ottawa



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From hoteliers to cabmen: The history of 231-233 St. Patrick Street

By Curtis Wolfe

This Québec-influenced vernacular building at 231-233 St. Patrick Street is one of three adjacent heritage properties in the Lowertown West Heritage Conservation District currently threatened by demolition by neglect (see the April 2024 edition of the Echo for the story of 227-229 St. Patrick). The structure is built on Lot 13, the easternmost lot in Colonel By's original plan for settlement, and has been leased and occupied since 1829.

The current building dates to at least 1872 when it was owned by Joseph and Nathalie Lévesque. Joseph was known as a hotel owner who provided rooms for visiting raftsmen during the spring and summer when these workers were in town from remote lumber camps. Joseph was a onetime Ottawa police constable and later worked as a clerk.

In 1875, the building was bought by two cousins, Alex and Léandre Chevrier. In 1870, Alex married Marie Eugénie Éléonore Paul, a member of the François Paul family who had previously owned Lot 13 around 1849.

The Chevrier family originally hailed from the Rigaud region of Québec and had moved to Ottawa to become hoteliers. Alex's father operated 224-226 St. Patrick across the street as the Hôtel de Rigaud from the early 1860s. The *Ottawa Citizen* described it as a popular spot for visiting bushmen. Léandre's father owned the Victoria Hotel on Murray Street around 1863, before moving it to St. Patrick.

Although they purchased the property together, only Alex's name appears in city directories as either a hotel owner or saloon keeper throughout the 1870s and 1880s. The

building itself was described as a boarding house.

Indeed, many of the Chevrier family appear to have been prosperous hoteliers. In 1876, various relatives of the two cousins owned hotels at 56 Murray, 75 Murray, 207 St. Patrick and 224 St. Patrick. In particular, Hôtel Castor on Sussex Drive was owned by a relative, Edmond Chevrier. This hotel, in operation until 1960, was famous for the boot prints which logger and strongman Joseph Montferrand reportedly left in its ceiling.

Many of the Chevrier children also went on to achieve considerable success. Alex and Eugénie's son, Eugène, rose through the public service to become Postmaster of the Department of the Interior. His obituary mentions how he loved to tell stories about the lumberjacks who stayed at his family's hotels.

In 1888, Wilfrid Tassé bought 231-233 St. Patrick from the Chevrier cousins. Described as having a sterling character, Wilfrid operated a horse-drawn cab business catering to many famous customers, including parliamentarians. His business was successful enough to allow him to hire a few employees and amass a collection of valuable and rare coins – some of which were stolen by his household staff in 1911.

In his obituary in 1931, Wilfrid was recognized as a link with the past and a "familiar figure of an era when history was being made for the Capital." Wilfrid's wife, Marie-Rose Délima Beauchamp, was remembered in her 1939 obituary for her fondness of sharing stories of the early life of Ottawa.



Cabman leaving the George Street cab driver shelter

(Photo: Thomas Fisher Rare Book Library)



231-233 St. Patrick in 1992

(Photo: City of Ottawa)

While there is no record of Délima's tales, a colourful account involving Wilfrid's employees was published in the *Citizen* in 1913. Two men attended a wedding reception in Pointe-Gatineau and had planned to return to Ottawa together. One left without the other and a scuffle erupted in the backyard of 231 St. Patrick when they returned separately.

The altercation ended with one man biting off part of the other's ear. When the assailant was sentenced to one month in jail, the *Citizen's* report featured the headline: "Cannibal Punished!"



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HERITAGE - PATRIMOINE

Response with respect to the April Echo article about 227-229 St. Patrick Street.

By Brian Dagenais
Owner of 227-229 and 231-233 St. Patrick Street

Firstly, I want to recognize that three buildings on St. Patrick near the corner of Dalhousie have created a lot of controversy over the past couple of years in the community and city-wide over much of this year, gaining more attention in recent weeks via a CBC documentary-style story. The story focused on the City of Ottawa's Housing Department and its absentee-style of management and undeniable disdain not only for their own clients but for the community at large.

Perhaps the following apology rings hollow but it is genuine . . . If I ever thought for even a second that allowing the city to house their clients at St. Patrick Street would result in this sort of chaos, I never would have considered it. I was naïve to expect that the city and its agencies would properly support the clients to whom I rented homes. I was naïve to expect the city to exercise authority over these agencies when problems began to grow and for that, I apologize to the community. If you can't rely on the city to make the right decision, I want you to be able to rely on me and clearly, I let you down.

Over the past four years or so, I have spent hundreds of thousands of dollars on mortgage payments, more than \$250,000 on repairs to maintain the structures, and more than \$100,000 on utilities. I've also spent more than \$200,000 on insurance and property

taxes combined. I have spent the better part of three years, talking, discussing, pleading, and arguing with the Heritage department over these buildings. I hired a heritage consultant more than a year ago and he produced a 75-page report on the properties and their history – a report, I might add, that was reviewed by a heritage engineer who described the report as excellent and very well done.

Add it all up and I'm well past \$1,000,000 spent maintaining things.

What we have offered to construct at St. Patrick is three new buildings each with eight units for a total of 24 new homes. We have proposed to construct in a style that blends in with the current character of the neighbourhood. We have asked Heritage at the city to provide suggestions and input with respect to the façades of the new buildings many times and as of this writing, they have provided none.

So, with that in mind, I would like to ask for your help. If you have ideas and suggestions as to the style and look of a rebuild on St. Patrick, please reach out. I'm happy to speak to you. The status quo cannot continue. I cannot promise I will incorporate your ideas, but I will do everything I can to consider them and show them the respect they deserve.

City approves Irish Famine monument for Macdonald Gardens Park

By Allen Brown

On May 14, the City of Ottawa's Built Heritage Committee approved a motion to erect a monument to commemorate the Irish Famine of 1847-52 at a former cemetery where Irish Famine victims were buried, in what is now Macdonald Gardens Park. The monument is one of several being erected in Canada this year as part of the Global Irish Famine Way project.

Representatives of the Friends of Macdonald Gardens Park and the Lowertown Community Association (LCA), while enthusiastic about the monument, had expressed concern about the lack of consultation with the Lowertown residents who use the park, and proposed other locations including: the Irish debarkation point at the Rideau Locks, Elizabeth Bruyère Hospital where Irish immigrants sick with typhus were treated, or St. Brigid's Centre for the Arts – a former church, built by the resilient descendants of the Irish Famine survivors.

In the end, Ottawa Council voted to support the motion to place the monument in Macdonald Gardens Park. The next step is for an application to be made under the Heritage Act for city heritage and park staff to review, the finalization of installation details, and issuing of a permit. The monument is expected to be erected in Macdonald Gardens Park this summer. The LCA looks forward to joining the Irish Community at the unveiling ceremony to commemorate this very important and moving episode from Ottawa's past.



(Photo: Bayward Bulletin, May 2024)



Beating summer heat in 1920s Lowertown

Continued from front page

When residents had leisure time, they set their chairs out on front porches or verandahs or on the sidewalk under a nearby tree. If they lived in an area with no nearby trees to provide shade, they went to a local park. For those with a bit of money to spend, more creative suggestions included taking their mind off the heat by going to a theatre or orchestral performance or even redecorating the house so that it looked fresher or buying a cool shady country lot and a tent.

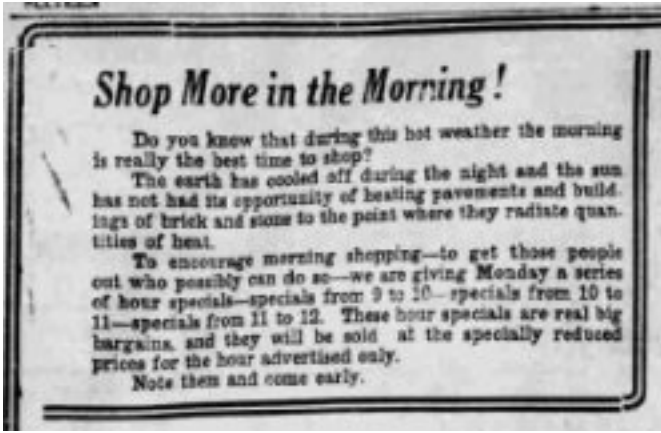
Water was crucial to defeating the heat. While everyone was urged to drink more water, gardeners were instructed on ways to reduce watering by planting and maintaining gardens in ways to retain moisture and prevent evaporation. With the Ottawa River on one side and the Rideau River on the other, Lowertown inhabitants of all ages took to the water. The Civic Playgrounds Commission looked for safe swimming spots in the Ottawa and Rideau Rivers. Boaters in a variety of watercraft appeared on both streams. Advertisements promoted women's bathing suits featuring full pleated bloomers or jersey tight styles with full skirts and belted waists.

Local newspapers offered multiple suggestions for food preparation, all directed at women, under titles like "Efficient Housekeeping." Many homes still had wood, coal, or gas ovens and the focus was food preparation that could be done in the early morning hours and served cold. There were also advertisements for prepared cereals like shredded wheat biscuits "good start for a hot day"; preserved foods like smoked ham and bacon "delicious morsels that gratify hot weather appetites"; precooked foods that needed little or no heating like Heinz Baked

Beans "the most convenient, most nourishing, and most appetizing food for hot weather."

Fashion played an important role. Men could get by with rolled-up shirt sleeves and straw hats seen as ideal headgear for hot weather. For women, advertisements focused on natural fibres such as cotton or silk and loose clothing styles. Freiman's promoted hot weather dresses for house and porch wear, cool and airy for \$1.69. Women could also buy a "bungalow apron" advertised as "the popular hot weather dress apron for town, camp or country." Even female undergarments were mentioned. "Women of large proportions who change their corsets frequently during the hot weather" were urged to buy a new Nemo Corset during sale time. If you did not wear a corset, muslin underskirts and chemises were available.

Early Lowertown residents had to be creative to get through steamy weather and many of their methods apply today. Seeking shade, ensuring hydration, wearing loose clothing, and pursuing social connections were key to surviving the hot times in those olden days.



Freiman's advice for shopping during hot weather, June 25, 1921. (Photo: Ottawa Citizen)



Rochon family at 150 St Patrick Street, c. 1900 (Photo: Rochon Family)

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What's happening at the Centre ?

We offer several **sports activities** (currently basketball, soccer, and track and field) for young people in Lowertown in all seasons. Register now!

Contact **Stephanie** sguingane@crcbv.ca extension 317

We also offer:

- counselling
- food bank
- after-school program
- and much more!

Notre **Lowertown Community Resource Centre** offers free social services, programs, and support to residents of the community, in all their diversity.



40, rue Cobourg Street - K1N 8Z6 - 613.789.3930 - www.crcbv.ca/fr

 Numéro d'organisme de bienfaisance / Charitable number : 896719796RR0001 

FEATURE STORY - HISTOIRE EN VEDETTE

Living car free in Lowertown

By W. Thomas Leroux

My wife and I got our first car in the fall of 1999, a little red used Volkswagen Golf that we absolutely loved. Initially, we used it for trips to visit our families or for our vacations up to Algonquin Park. Over time, we used it for more mundane things like picking up groceries or visiting friends in Ottawa. About a decade later, we replaced it with another used car that we eventually gave away when it reached the end of its life in late 2015.

We did contemplate replacing it, but when we actually looked at how we used the car, we realized that nearly all of our car trips could have been done on foot, by bike, transit, or the occasional taxi. Since then, we’ve lived car-free, and are not having the associated hassles or expenses. Apparently, car ownership now costs Canadians around \$1,300 per month¹.

For groceries (our most frequent errand), we walk to the store and back, which is a free weight-bearing exercise for us that helps keep our bones strong. Most of my work-related travel is well within cycling distance (20km) or a walk and transit. We maintain a “car day” list of to-dos for days when we get a car to run far-flung errands all in one day.



Grey hybrid car with Communauto logo on it.
(Photo: W. Thomas Leroux)

“When we actually looked at how we used the car, we realized that nearly all of our car trips could have been done on foot, by bike, transit, or the occasional taxi. Since then, we’ve lived car-free, and are not having the associated hassles or expenses.”

We would occasionally rent cars for our family trips or vacations, until Communauto arrived on the scene, so my wife signed up for it. We’ve been using it ever since, for car-days, trips out of town to visit family, and even for our trips up to Algonquin Park. On our last trip, we got to try a Toyota hybrid which was a novel experience.

The main differences that I can see between Communauto and renting cars is that the rentals are usually almost brand-new vehicles, and you have to pay for insurance and the fuel you use. In addition, you have to deal with the narrow window of the rental office’s business hours (this has, on many occasions, resulted in our paying for two days of rental for a vehicle we needed for four hours).

With Communauto, all costs are included in the package we chose, and the vehicles can be picked up usually within a few of blocks of our home (sometimes farther, based on availability). So far, in all our uses, this option has been less expensive and more convenient. Need a car for an hour? Easy.

Car-sharing isn’t perfect, of course. The last time we used it, the previous driver was a few minutes late getting the car back, but we called Communauto, who located the car, said that it was on its way back to the pick-up point, and should be there shortly. Another time, the back seat was covered in dog hair.

Not a big deal – take photos and report via the app.

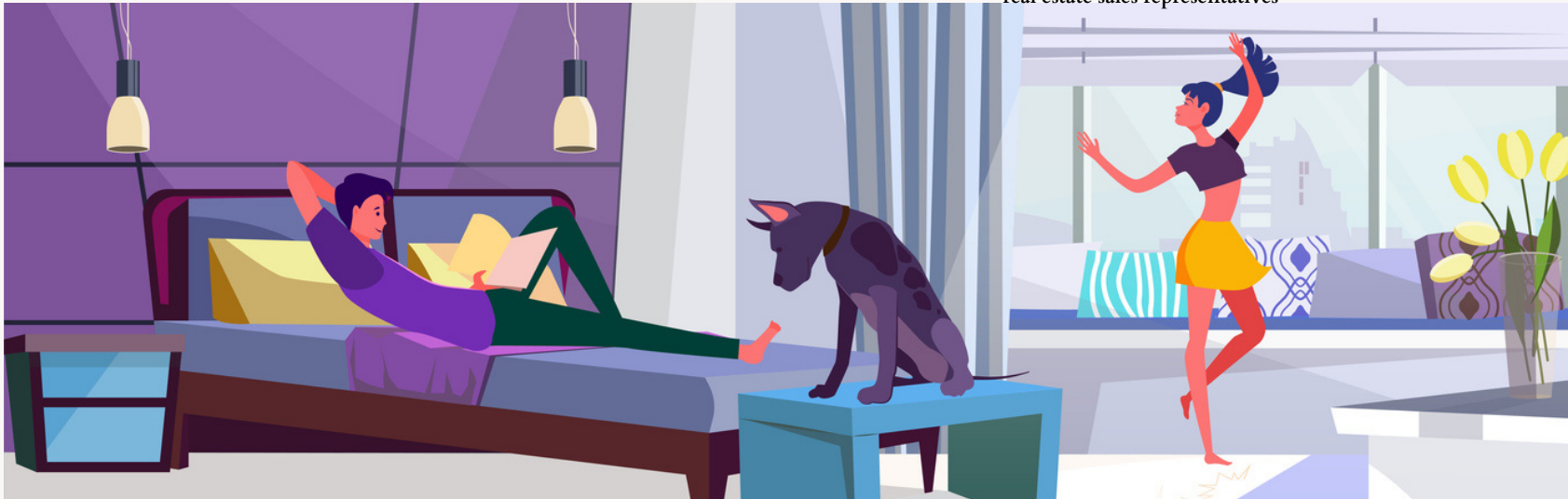
The introduction of electric bikes (they have a battery and an electric motor that can assist the rider) has made cycling an option for so many people, giving them the ability to go up hills more easily as well as being able to go farther with less effort.

Over the past decade, the city has made good progress in making it easier for people to get around with different modes of transportation. For example, for cycling the city has added protected bike lanes, and now maintains some of the recreational paths year round. Other options include the e-scooter pilot project, or even walking. The reality is that a vehicle is only one of the tools in the mobility toolset that we have.

Based on my observations lately, we do need to do some work on increasing the number of safe parking spaces for cyclists across the city. That said, it has never been easier to live life without a vehicle in Ottawa. Might be worth a try!

[1] <https://www.ratehub.ca/blog/what-is-the-total-cost-of-owning-a-car/>

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FEATURE STORY - HISTOIRE EN VEDETTE

Our urban trees: beneficial in so many ways!

By Isabelle Leclerc-Morin

Besides being incredibly important to animals and the ecosystem, trees provide a number of services to humans in ways we often take for granted. The joint City of Ottawa / National Capital Commission (2020) climate projections estimate that very hot days in the summer (> 30°C) four times more common by 2050. More extreme heat means more humidity in the air, which leads to more extreme rain events. Preserving and expanding our tree canopy is more important than ever!

IN OUR URBAN SETTING, TREES PROVIDE MANY IMPORTANT BENEFITS

Air quality and reducing greenhouse gases

Trees remove some air pollutants and sequester carbon dioxide from the air. This contributes to slowing down the effects of climate change.

Stormwater management

Trees reduce stormwater runoff by capturing some water on leaves, and augmenting the net capacity of soils to absorb rainwater by regularly drawing water from these soils and releasing it through its leaves (transpiration). Some trees, like willows, are so good at removing pollutants, that they are used to remediate contaminated soils.

Cooling and temperature regulation

The cooling effect from large trees is significant, both from the shade they provide, but also by reducing the temperature by one to five degrees Celsius through evapo-transpiration (described above). Strategically planted trees reduce cooling demands for buildings and cars by up to 25% by some estimates. People have long planted deciduous trees on the south and west sides of buildings for their shade/cooling effects in the summer, and conifers on the north sides to act as wind breaks in the winter.

Erosion control

Trees have deep and strong root systems that hold soil in place, which is extremely important along our shorelines. Did you know that willow branches that are stuck in soil or water will often root out to make a new tree? Despite not being a native species, willows have proven to bring so many benefits that they are often a species of choice for stream restoration. Willows are planted in our floodplain parks as they can tolerate wet conditions, like our beautiful weeping willows in Bordeleau.

However, our urban trees face so many pressures, on top of natural threats like bacteria, viruses, woodpeckers (who got the better of a 70+ year old maple recently in Cathcart Park) and insect damage. Urban

trees face additional pressures such as salt, pollution, urban heat effect, limited root space (especially for sidewalk trees), and mowing or walking over the surface roots. Nature is better at regenerating lost trees in a forest than in mowed, landscaped areas subject to soil compaction. Research shows that the life span of a newly planted urban tree is on average seven years, and it takes decades for a newly planted tree to have an equivalent canopy of a mature tree, so losing mature trees means we will gradually reduce our canopy cover unless we replant at a much higher rate.

WHAT YOU CAN DO TO SUPPORT OUR URBAN TREE CANOPY

Avoid injuring trees

Always be careful near exposed surface roots (when walking/mowing) and bark (when climbing or installing straps, like hammocks). Report any damage to city trees to 3-1-1.

Plant a tree!

If you'd like to plant a tree on your property, but do not have the budget to purchase one at a nursery, you can check out the city's Trees in Trust program at forestry@ottawa.ca. (Tree planting | City of Ottawa). Ecology Ottawa (ecologyottawa.ca) has occasional giveaway programs. You can also try your luck by asking on Buy Nothing Facebook group, as some folks might have seedlings growing in their yard.

Propose or participate in community tree planting events

Forêt Capitale Forest (foretcapitaleforest.ca) is a community organization whose mission is to facilitate the planting of trees. They run community planting events in Ottawa and can work with requests if you know if a place that could use some green-ing.

KEEP THE TREES ON YOUR PROPERTY HEALTHY BY

Watering the tree during dry spells, limiting construction near the roots of the tree, and avoiding use of herbicides.

Thinking twice before removing a tree. Some issues can be addressed with proper pruning or other options.

Reaching out to Hidden Harvest (hidden-harvest.ca) if you have a fruit tree that you find difficult to harvest or clean up. Their volunteers pick and share fruit that would otherwise go to waste and help clean up some of the fallen fruit as a side bonus!

Watching for and promptly removing any invasive and noxious species on your property. Invasive species are a serious threat to our ecosystems, because they reproduce so aggressively that they displace native species, often creating monocultures that drastically affect plant biodiversity. Common buckthorn and Japanese knotwood – both of which are common in Lowertown – are two problematic species.

MY FAVOURITE TREES

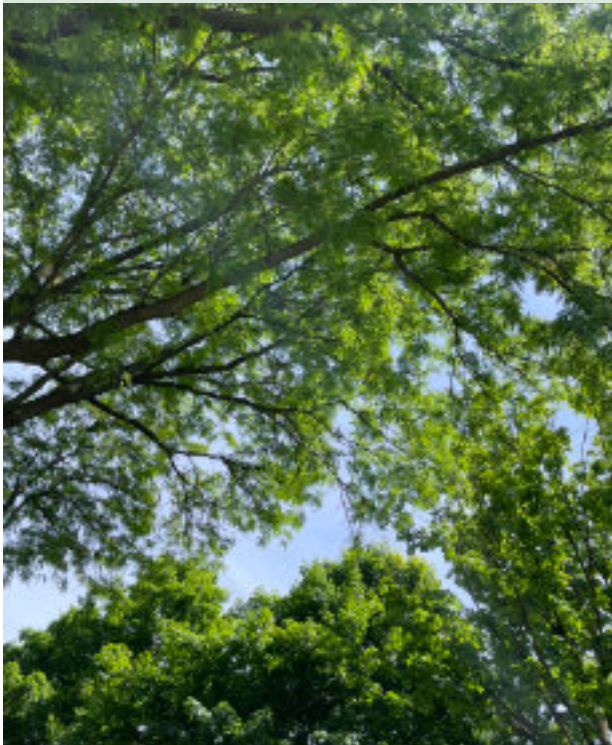
For small spaces, my favorite trees to plant are the Serviceberry (*Amelanchier*), an edible native tree that has an elegant foliage, and produces bountiful blueberry-tasting berries in early July. These are mess free, because if humans don't pick them, the birds will clean them right off the tree. Win-win!

For larger spaces, the majestic Silver Maple (*Acer saccharinum*), with its beautiful fine leaves, is fast-growing (even in poor soil) and reaches tall heights that cast excellent shade several properties down. If you have one, your neighbours thank you! My backyard would not be the same without the walls of green from two lovely neighboring silver maples, adding privacy, much needed shade, and a lush green view which I much prefer to the back of building facades.

To sum this all up, no one says it better than Dr. Diana Beresford Kroeger:



The forest is far more than a source of timber. It is our collective medicine cabinet. It is our lungs. It is the regulatory system for our climate and our oceans. It is the mantle of our planet. It is the health and well-being of our children and grandchildren. It is our sacred home.



Tree canopy, Cathcart Park (Photo: Kate Laing)



FEATURE STORY - HISTOIRE EN VEDETTE

Fixing public transit in Rideau-Vanier

By Dominic Santos

Many residents of Lowertown have felt the frustration of trying to get from one end of Rideau Street to the other. This is especially true for bus riders using one of OC Transpo's many bus routes that travel through Ward 12 and regularly get caught in traffic when many of them converge along Rideau Street. The 6, 7, and 14 are some of OC Transpo's busiest routes in the city.

Although OC Transpo is promoting their "New Ways to Bus" adjustments, it will result in an over 3% cut to transit service. This is discouraging to hear but the Lowertown Community Association (LCA) understands the importance of reliable public transit to the quality of life for many residents. One of the LCA's Transportation Committee's priorities is to advocate for better transit service within and through Lowertown. With that in mind, the LCA is a signatory to the "Community Statement: Fixing Public Transit in Rideau-Vanier" prepared by Free Transit Ottawa. The statement outlines four main areas that need improve-

ment – frequency, reliability, accessibility, and safety.

According to the cities of Ottawa and Gatineau, and the National Capital Commission, the National Capital Region will experience an increase of approximately 700,000 residents before 2050. Until we prioritize public transit as the most efficient mode of transportation to move over a million people a day, many of those people will choose to complete their daily trips by car causing traffic to become exponentially worse.

The cost of car ownership has drastically increased to approximately \$16,000 a year and many people feel forced to carry that burden to ensure that they are not late to work, class, or appointments. Vehicle exhaust is a major contributor to the climate crisis. In 2021, Health Canada estimated that air pollution causes over 6,500 premature deaths every year in Ontario alone.

One of the easiest and cheapest solutions to keep transit users moving are bus lanes – thankfully Rideau Street

already has bus lanes along a section of the street during peak rush hour times. While the use of these bus lanes significantly reduces trip times for working commuters, the city claims that it also wants to ensure our transit system works for people outside of the traditional business hours. Extending the bus lanes to run the length of Rideau Street and continue into Vanier, as well as upgrading them to be well-marked 24/7 bus lanes would accommodate Ottawa's changing work force demands and the many events that happen in venues along these bus routes at all times of the day and night.

Among many other needed improvements, the frequency of buses servicing some of Ottawa's busiest routes remains an issue. OC Transpo wait times of 15 minutes are frequent, but travel to many other metropolitan areas in Canada and you won't have to wait for more than five minutes for the next bus on their busiest routes.

Lack of reliability and frequency are some of the

biggest hurdles to encouraging more Ottawans to use OC Transpo, and has led to a never ending transit death spiral of diminishing transit ridership and funding. There are proven solutions to our transit woes and we don't even need to leave our city to see what better service could look like. The OC Transpo of yesteryear was well regarded and even set a positive example for other cities on how to improve their transit systems.

Editor's note: This article derives from a more detailed analysis of traffic issues affecting our ward – Free Transit Ottawa's community statement, "Fixing public transit in Rideau-Vanier" 28 May 2024. Free Transit Ottawa is a grassroots group of volunteer members working towards affordable, reliable, and accessible transit for Ottawa. They believe as a public good, the transit system should be funded robustly so it works for everyone, not just commuters.

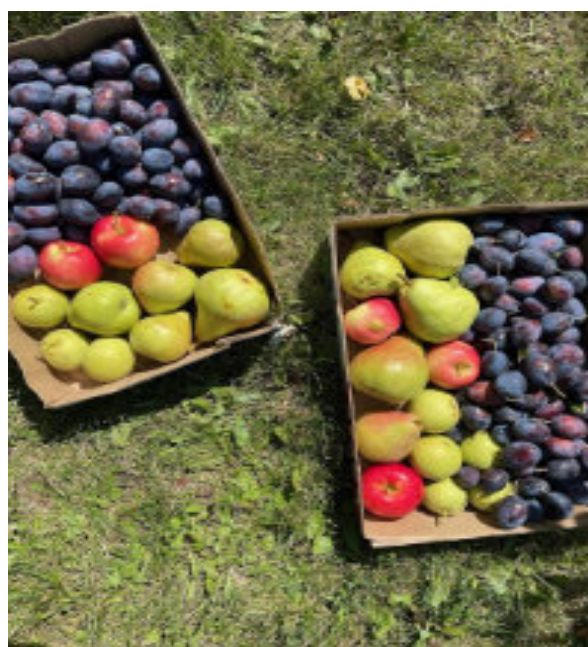
From tree to table: The impact of Hidden Harvest on local communities

By EnviroCentre

Have you ever seen apples on the ground beneath a tree and thought "That's a waste, what a shame!"? Not only is it a waste of the natural resources that go into producing that apple, but it is also the loss of good food for someone who needs it. If all that fruit is just raked up and sent off to landfill, it produces harmful methane, a type of greenhouse gas that is approximately 28 to 36 times more impactful than CO₂!

EnviroCentre is trying to help. We recently brought Hidden Harvest on board – a local food rescue program that picks and shares fruits and nuts that would otherwise go to waste. This is done through volunteer-led harvest events at properties where folks have registered their fruit trees. The bounty is shared with volunteer pickers, the nearest food agency, and the tree owner. With EnviroCentre's goals of greenhouse gas reductions and providing folks with practical solutions to lighten their environmental impact, it is a natural fit.

Hidden Harvest has over 500 trees on private properties registered for harvesting, with dozens of those in Lowertown alone. Cherries, pears, apples, and grapes are all growing in the neighbourhood. Since its start in 2012, Hidden Harvest has rescued over 100,000 pounds of fresh, local produce,



Hidden Harvest fruits (Photo: EnviroCentre)

which has diverted about 4,823 tonnes of CO₂. With a network of volunteers, Hidden Harvest donates a portion of each harvest to more than 25 local food agencies, sharing fresh, local produce with the community.

Sound interesting? EnviroCentre could use your help!

Folks in Lowertown can get involved by training to become a Neighbourhood Leader. You can complete the free training at hiddenharvest.ca/offer-or-pick on your own schedule and connect with and learn from other leaders in the community along the way. Neighbourhood Leaders organize harvest events, teach volunteers how to harvest the fruit, and help organize harvest donations to local food agency partners so that everyone in our community can enjoy fresh, local food. Plus, Neighbourhood Leaders get to enjoy a portion of the local fruits harvested at each event!

Want to get involved but can't commit to being a leader? You can register as a volunteer picker to help with harvests too at hiddenharvest.ca/volunteer-sign-up.

Help us feed your community! If you're aware of any local food agencies or programs in need of support, reach out to us at hiddenharvest@envirocentre.ca.

To learn more about the program visit <https://www.envirocentre.ca/hidden-harvest-ottawa/>

FEATURE STORY - HISTOIRE EN VEDETTE

Sustainable steps: The ByWard Market embraces pedestrianization and enhanced green space

By Victoria Williston, ByWard Market District Authority

The bustling ByWard Market area is set to undergo a significant transformation aimed at enhancing the visitor experience, while reducing its carbon footprint. The ByWard Market Public Realm Plan, approved by City Council in 2021, once completed, will bring extensive changes through pedestrianization and increased green spaces. In the meantime, the ByWard Market District Authority (BMDA) and the City are actively working towards a more sustainable and healthier urban environment by pedestrianizing William Street and ByWard Market Square, as well as the implementation of enhanced beautification measures throughout the district.

One of the most immediate benefits of pedestrianizing the ByWard Market district is the reduction in vehicle emissions. Limiting car access in favour of active transportation like walking and cycling directly decreases the number of vehicles on the road. This change would result in a significant drop in the emissions of greenhouse gases such as carbon dioxide, as well as other pollutants like nitrogen oxides and particulate matter. By encouraging residents and visitors to opt for more sustainable modes of transportation, the ByWard Market is leading the way in reducing the environmental impact of urban traffic.

In addition to environmental benefits, pedestrianization and the addition of green spaces also encourage a thriving local economy. By shopping locally, residents support small businesses that are more likely to source products from nearby, reducing the carbon footprint associated with transportation. This local economic activity not only sustains the community but also enhances its resilience to climate impacts. Local businesses are also more adaptable and invested in their neighborhoods, fostering a sense of community and shared responsibility for environmental stewardship. By fostering a strong local economy, the ByWard Market is building resilience against economic and environmental shocks.

The introduction of more greenery in the ByWard Market has another vital benefit: improved air quality. Trees and plants filter pollutants and produce oxygen, contributing to healthier living conditions for the area's residents. As reported by the World Health Organization (WHO) and numerous other scientific sources, cleaner air can lead to a



ByWard Market Public Realm Plan (Photo: ByWard Market District Authority)

reduction in healthcare costs associated with respiratory and cardiovascular diseases caused by air pollution. As the community breathes easier, the long-term health benefits become apparent, highlighting the importance of urban greenery.

Expanded green spaces is not simply an aesthetic improvement – it is a strategic investment in the community's future. Increasing the tree canopy not only offers shade and cooler temperatures, which are crucial as global temperatures rise, this greening effort also provides vital habitats for urban wildlife, promoting biodiversity in the heart of the city.

The transformation of the ByWard Market into a more pedestrian-friendly and green area is a testament to Ottawa's commitment to sustainability. The combination of reduced vehicle emissions, enhanced carbon sequestration, improved air quality, mitigation of the urban heat island effect, and support for local shopping showcases a comprehensive approach to creating a sustainable and vibrant downtown core.

The recently released Downtown Action Agenda, created by the Canadian Urban Institute (CUI) for the Ottawa Board of Trade (OBOT), envisions a dynamic, safe, and economically vibrant downtown core for Ottawa.

The plan aims to build equity and climate resilience through a strategic framework that prioritizes mobility and street-level actions, such as investing in the public realm.

These proactive measures would not only preserve the historic charm of the ByWard Market but also pave the way for a greener, more resilient future. Through these initiatives, the BMDA and the City are demonstrating that sustainable urban living is not only possible, but also beneficial for the environment, economy, and overall quality of life.

The effort to pedestrianize the ByWard Market District has been lengthy and challenging. An article from the 2000s in the *Ottawa Citizen* proposed permanently pedestrianizing part of William Street at York Street to enhance walkability. Despite the passage of over a decade since that proposal, the broader vision of a fully pedestrian-friendly market remains unrealized, requiring substantial funding and support from all government levels. Temporary street closures during spring and summer highlight the area's potential, emphasizing the need for ongoing investment and collaboration.

As these plans take shape, residents and visitors can look forward to a revitalized ByWard Market that balances the vibrancy of urban life with the tranquility of green spaces. With investment and commitment, the ByWard Market is set to become a model for urban sustainability, showcasing how thoughtful planning and collaboration can create a healthier and more enjoyable environment for everyone.

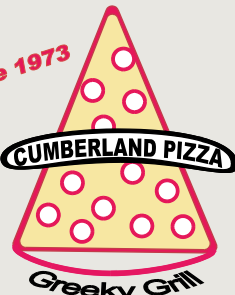
For more on the ByWard Market Public Realm Plan visit: www.byward-market.com, while the CUI Action Agenda can be found here: www.canurb.org



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FEATURE STORY - HISTOIRE EN VEDETTE

Lowertown's air monitoring station helps protect our climate

By Nancy Miller Chenier

More than fifty years ago, Lowertown became the site of a key data collection centre for air pollution. In 1969, a Canada-wide National Air Pollution Surveillance Program was established, and Macdonald Gardens was chosen as the Ottawa site. At that time, the Ontario Ministry of the Environment chose the location because it was central, close to a dense population, and well situated with respect to the direction of prevailing winds.



Ottawa Downtown Ambient Air Monitoring Site.
(Photo: Ontario Ministry of the Environment, Conservation and Parks, 2024)

The Ottawa Downtown Air Quality Index (AQI) Monitoring Station, located in a small brown building near Wurtemburg Street, holds the sophisticated technology needed to regularly measure pollution and generate air quality indexes. It contributes to a network of similar structures in Ontario that provide real-time air pollution data. Its work involves measuring ambient levels of substances such as ozone (O₃), particulate matter (PM), and nitrogen dioxide (NO₂).

Ongoing climate research points out a link between air quality and accelerated climate change. For example, the particulates dispersed by wildfires land on white glaciers, turning them grey or black. The glaciers then absorb rather than reflect the sun's heat, causing melting and increased ambient temperatures.

The historic and current data collected at Lowertown's air monitoring station can identify trends related to the rise and fall in levels of certain substances. This can support the development of strategies to reduce air emis-

sions and manage the cumulative effects on the wider environment. And, some of the mitigation strategies can come from us. For example, if ozone levels are high with a risk to respiratory systems, this could be related to pollution from industrial facilities, but it could also be related to our personal motor vehicle use (exhaust and gasoline vapours) or chemical solvents used in our homes.

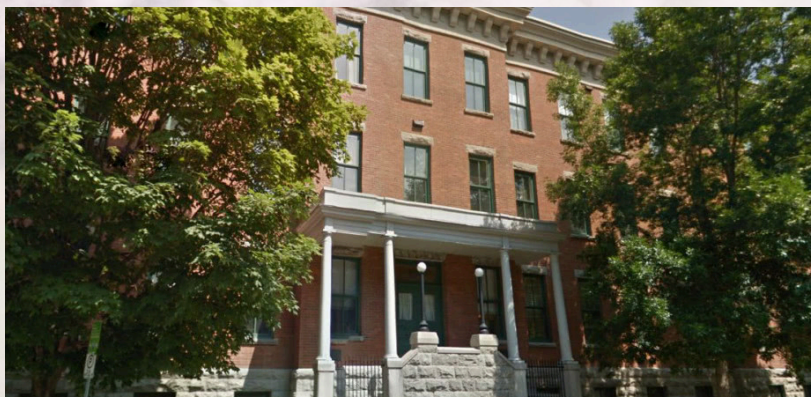
Lowertown's air quality monitoring station is one part of a larger national effort to protect our climate. From our local perspective, it is hoped that tackling airborne pollution can improve our health, make our community more liveable, and fight climate change all at the same time. And just maybe, if we can reduce air pollution in Ottawa and elsewhere, we can help prevent further thawing of glaciers in western Canada and the Arctic.

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My St. Patrick Street shortcut

By Michel Rossignol

Every day, thousands of vehicles travel on the four lanes of new St. Patrick Street between King Edward Avenue and the St. Patrick Street Bridge that extends over the Rideau River. I remember when new St. Patrick was just a hole in the ground.

In the spring of 1973, I lived on Guigues Street near Cumberland and I walked many times to the Towne Cinema on Beechwood, close to the Vanier Parkway. The Towne, which replaced the old Linden Cinema, had changed the way it presented its films and now offered a variety of new international films and classic films from many eras instead of showing one or two films for seven days in a row. In other words, it became a repertory cinema.

This was also the time that construction began for today's new St. Patrick Street. The entire route of the four-lane street between the St. Patrick Street Bridge and Nelson Street was a hole about two or three metres deep. When I wanted to go to the 7:00 p.m. screening at the Towne, the quickest route was to go into the hole and walk around the concrete sewer pipes. The sidewalks around new St. Patrick were not yet in place. There were no big barriers around the construction site and the workers had gone home, so it was easy to go down

into the hole. However, it was sometimes difficult to climb out of the hole near the bridge to Porter Island. I always managed to climb out, but I felt a bit strange walking on the original site of the Patro building, now demolished, north of Old St. Patrick, where just a few years earlier I had participated in some of my high school's sports activities. After crossing the St. Patrick Street Bridge, I arrived with plenty of time to spare at the Towne.

I was happy when construction began on the sidewalks along new St. Patrick because I no longer had to walk in the hole. However, for the people living in Lowertown East, the work on the new St. Patrick was yet another construction project in a long list of such projects that significantly changed the area. Many homes were demolished as part of the urban renewal project of the late 1960s and early 1970s. I noticed all the changes in the area during my walks to the Towne.

I had seen all the barricaded homes on the north side of Old St. Patrick in the late 1960s before they were demolished. The École secondaire publique De La Salle was built on this site. Many new homes were built in various parts of the area. Construction of new St. Patrick finally

came to an end with the paving of the four lanes and the street became one of the busiest streets in Ottawa.

Meanwhile, the Towne continued to have success with its new format of film screenings, and this had some impact on Lowertown East. In 1988, the owners of the Towne bought the Nelson Theatre on Rideau Street and, in October of the same year, they opened the ByTowne Cinema. A few months later, the Towne was closed. This completed the process that began in the early 1970s when the Towne became a repertory cinema. As a result, I no longer needed a St. Patrick shortcut to go to the cinema.



Children play on Rose St. (not King Edward Ave. as indicated by Library and Archives Canada) about two blocks north of Old St. Patrick St. before the urban renewal. (Photo: LAC 4211421.)

Les enfants jouent sur la rue Rose (et non sur l'avenue King Edward comme l'indique Bibliothèque et Archives Canada) à environ deux pâtés de maisons au nord de la rue Old St. Patrick avant la rénovation urbaine. (Photo: BAC 4211421)

Mon raccoursi St. Patrick

Par Michel Rossignol

Chaque jour, des milliers de véhicules circulent sur la nouvelle rue St. Patrick entre l'avenue King Edward et le pont de la rue St. Patrick qui franchit la rivière Rideau. Je me souviens de l'époque où la nouvelle rue St. Patrick n'était qu'un trou dans la terre.

Au printemps de 1973, je demeurais sur la rue Guigues près de Cumberland et j'allais de plus en plus souvent au Cinéma Towne sur la rue Beechwood tout près de la Promenade Vanier. Le Towne, qui avait pris la place du vieux Cinéma Linden, avait changé la façon qu'il présentait des films, offrant un mélange de nouveaux films internationaux et des classiques au lieu de montrer le même film pendant toute une semaine. C'est donc à cette époque que le Towne est devenu un cinéma de répertoire.

À la même époque, on avait entamé la construction de la nouvelle rue St. Patrick. On avait creusé le tracé de la nouvelle rue à quatre voies du pont de la rue St. Patrick jusqu'à la rue Nelson et le trou avait deux à trois mètres de profondeur. Lorsque je parlais de ma demeure pour aller à la projection de 19 heures, la façon

la plus rapide pour me rendre au Towne était de descendre dans le trou et marcher entre les gros tuyaux d'égouts en béton. Les trottoirs le long de la nouvelle rue St. Patrick n'étaient pas encore là. Il n'y avait pas de barricades et les ouvriers avaient quitté les lieux, donc je pouvais descendre dans le trou sans problème. Cependant, sortir du trou près du pont de l'île Porter n'était pas toujours chose facile. Je l'ai fait à quelques reprises, mais c'était un peu étrange de marcher sur le terrain vide où était auparavant l'ancien édifice du Patro au nord de Old St. Patrick où j'avais participé à des activités sportives de mon école secondaire. Il ne restait alors qu'une étape, traverser le pont St. Patrick. J'arrivais au Towne avec beaucoup de temps pour choisir une bonne place.

La construction des trottoirs le long de la nouvelle rue St. Patrick a enfin mis fin à mes randonnées dans le trou. Cependant, pour les gens du voisinage, la construction de la nouvelle rue St Patrick était un des nombreux projets du genre entamés dans le cadre du renouvellement urbain qui a bouleversé la Basse-Ville à la fin des années 1960 et le début des années 1970. Plusieurs maisons

de ces quartiers ont été démolies. J'avais vu les maisons barricadées sur le côté nord de Old St Patrick à la fin des années 1960. Aujourd'hui, on y trouve l'École secondaire publique De La Salle. Ici et là dans la Basse-Ville on a construit de nouvelles maisons pour remplacer la plupart des logements qu'on a démolis. Lorsqu'on a enfin terminé sa construction, la nouvelle rue St. Patrick est devenue une des rues les plus achalandées d'Ottawa tout en modifiant le paysage urbain du quartier.

Pendant ce temps, le Towne a connu un vif succès avec sa nouvelle programmation et ceci a eu un impact sur la Basse-Ville est. En 1988, les propriétaires du Towne ont acheté le Cinéma Nelson sur la rue Rideau près de la rue Nelson, et en octobre de la même année, ont ouvert le Cinéma ByTowne. Quelques mois plus tard, ils ont fermé le Towne et le ByTowne est devenu un fleuron culturel de la région. C'est ainsi qu'on a bouclé la boucle entamée en 1973 lorsqu'on a changé la programmation du Towne. Heureusement pour moi, je n'avais plus besoin d'un raccoursi St. Patrick pour aller au cinéma.

EASTSIDE STORIES - HISTOIRES DU CÔTÉ EST

Studying creative arts at De La Salle

By Nadia Stuewer

Did you know that the Centre d'excellence artistique de l'Ontario (CEAO) is a centre of excellence for the arts housed within the École secondaire publique De La Salle, a public French high school on Old St. Patrick Street? The CEOA celebrated its fortieth anniversary last year, after De La Salle school celebrated its fiftieth anniversary in 2021-2022.

De La Salle's inauguration in 1971 as a francophone public high school is an integral part of Lowertown's history. It was built in a formerly thriving neighbourhood whose homes had been expropriated in Ottawa's rush to modernize. In 1983, the creation of a strong arts program, the Concentration ARTS turned De La Salle into an arts school.

In 2003, grades seven and eight were added to the existing grades nine to 12, and the school was opened as a community school. This meant that anyone living in the catchment area could go to the school and follow a regular curriculum. The Concentration ARTS became a school within a school.

In 2013, the school officially became a province-wide institution after successfully fighting for sufficient funding, and received its current name, the Centre d'excellence artistique de l'Ontario. In 2022, with funding from all three levels of government, the school opened a new pavilion, with specialized arts classrooms and a state-of-the-art gym, which may become open to the public in the future. The dance and theatre studios are of professional quality. There are sound-proof booths for music students to practice in and a large room for a complete orchestra including a harp.

The founders of the Concentration ARTS back in 1983 were inspired by New York's LaGuardia High School of Music & Art and Performing Arts, which was the inspiration for the hit movie Fame. The CEOA focuses on the classical arts, offering eight concentrations: visual arts, contemporary dance, theatre, creative writing, music (choir, strings, winds, and percussion) and most recently, cinema and television.

When the Concentration ARTS opened in 1983, there were 89 students, only two of whom were in the choir concentration. By 2023, the CEOA cohort had grown to 680, of whom 63 were singers.

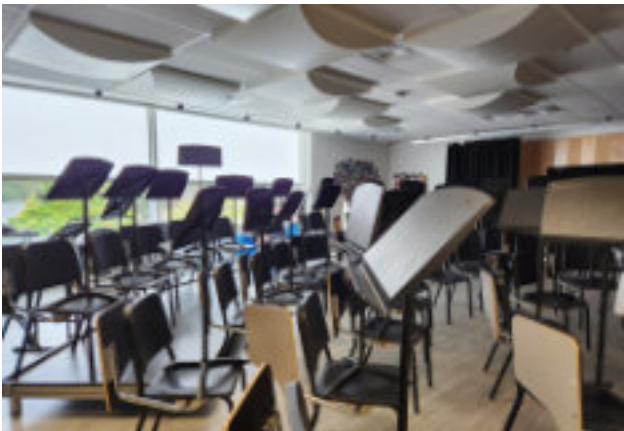
To be admitted, students must audition for a specific arts concentration (except the students from the community). They take an arts class in their area each semester that allows them to practice their art every day of the school year. CEOA teachers are professional artists as well as qualified teachers. Not only do the arts students practice their art intensively, but they also perform or exhibit regularly, both inside and outside the school. The CEOA's calendar is full of concerts, plays, and exhibitions. In May 2024 alone, there were 20 events at the school!

Although many students follow their arts through post-secondary studies and go on to successful careers, others pursue all

kinds of careers including science and engineering. The head of artificial intelligence (AI) at Facebook is a CEOA graduate, having specialized in strings (music). An arts education provides a lot of life and transferable skills, including handling stress and performance anxiety, self-discipline, and creating harmony together. Most of the art forms taught in the CEOA are not individual – except of course creative writing and visual arts – so there is a strong emphasis on all the skills related to teamwork.

Teachers at De La Salle school find a place for each student, including those who want to contribute to the arts without being performers. Some students find their place in support roles in theatre, for instance in stage lighting. The non-performance options are growing: next year De La Salle will expand its areas of concentration to include hair and makeup, prosthetics and stage design. De La Salle and the CEOA pride themselves in helping every student find their niches, something the students can feel passionate about which makes them want to show up, feel invested, and surpass themselves.

De La Salle is much more than a high school, as it is a key cultural learning centre for the Franco-Ontarian community.



Music classroom at De La Salle
(Photo: H  l  ne Beauchamp)

Crossword puzzle answer key

ACROSS	1 Coral locale	46 Bitesize option for the vegetarian who wants to eat an animal, featuring chocolate and pecan
	5 Pancake must	48 University of Arizona location
10 Guinness who played a colonel, a professor and a Jedi	14 Magazine content	49 Medium, at Starbucks
15 Rent	16 Lion sound	51 Small marsh bird
17 Bed with a canopy	19 Soup that's sometimes the only hot dish in the takeout bag	52 4, on some sundials
20 Greek equivalent to Cupid	21 "Hold on!"	53 2019 Best Supporting Actress winner for "If Beale Street Could Talk"
23 Not great	26 Most common Vietnamese surname	59 Sport with a ball covered in dimples
28 Brings together, as a dough	29 Commedia dell' ____	60 Poem of lamentation
30 Little lie	33 Indigenous American nation for which our city is named	61 Playable dolphin in Sega Genesis game
34 Painter Mondrian	35 Way (abbr.)	62 ____-bitsy
36 Sounds the engine	37 Website you might consult if your sock is missing and your dog is avoiding eye contact	63 Summer of disco
39 Home of a crooked tower	40 Uno + due	64 One-named singer and Warhol muse
41 Jeans maker	42 Target	DOWN
43 One of a now-defunct Russian union (abbr.)	44 "____ sure you know..."	1 WWII Fliers
45 Long cold spell		2 Post-punk genre
		3 Big Australian bird
		4 A cat uses them to "make biscuits"
		5 Storeys
		6 Not as much
		7 Granola grain
		8 Take advantage of
		9 Sent a different way
		10 French Foreign Legion, par exemple
		11 Along with 25-Down, one of two options for the peckish at the southeast corner of Byward Market Square - great choice during a heatwave
		12 "At ____, soldier!"
		13 Reptilian attire, sold by the pair near Byward Market Square
		18 "The Devil Wears ____"
		22 Russian no
		23 Hybrid women's garments
		24 Counterpart to overs, in betting
		25 Along with 11-Down, one of two options for the peckish at the southeast corner of Byward Market Square - perfect for vegetarians with a taste for animal parts!
		26 Most of the day, to a cat
		27 Bleak
		31 "We got the green light!"
		32 Brought together, as a batter
		37 Bothered
		38 Diabolical
		39 Dessert analog to turducken
		41 Cooking fat
		42 Honda luxury brand
		45 2017 film about figure skating
		47 Bring together
		49 1958 Best Picture winner
		50 Uprising
		51 Omen
		54 Mr. Blue Sky band (abbr.)
		55 It can go before X, Y or Z
		56 Here, to Henri
		57 Ottawa's largest property owner (abbr.)
		58 Gunk

EASTSIDE STORIES - HISTOIRES DU CÔTÉ EST

Le Centre de ressources communautaires de la Basse-Ville - quelque chose pour tout le monde!

The Lowertown Community Resource Centre – something for everyone

Quelques-unes des activités que nous réalisons au Centre de ressources communautaires de la Basse-Ville (au 40, rue Cobourg, au 145, promenade Beausoleil, au 201, rue Friel, au 310, rue York et, parfois, dans les gymnases locaux et au parc Jules Morin). Toutes les photos ont été prises par des membres du personnel du CRCBV.

A few of the things we do at the Lowertown Community Resource Centre (at 40 Cobourg Street, 145 Beausoleil Drive, 201 Friel Street, 310 York Street and also sometimes in local gyms and in Jules Morin Park). All photos by LCRC staff.



Jeunes de notre programme parascolaire performant au spectacle Arts en folie de MASC! / Youth from our after-school program performing at MASC's Awesome Arts show!



Équipe de notre banque alimentaire : préparations! / Our food bank team: getting ready!



Projet des jeunes et apprentissage de techniques audiovisuels: entrevues avec des aîné.e.s/ Youth project and audiovisual skills training: Interviews with seniors



Rencontre du groupe Jeunes branchés dans le Centre des jeunes à Friel / Meeting of Lowertown's Youth Connected group in Youth Centre on Friel



Installation de notre nouveau système de collecte de fonds « TipTap » au kiosque d'info au Marché By / Installation of our new “TipTap” fundraising system at the ByWard Market Information Kiosk



Programmation sportive : soccer dans le parc Jules Morin / Sports programming : Soccer in Jules Morin Park

Arts + culture corner

Cultural happenings for you to enjoy

Des événements culturels pour votre plaisir

By Robin Etherington

Summer is an amazing season to walk around our neighbourhood gardens, parks, and cultural places.
L'été est une saison incroyable pour se promener dans les jardins, les parcs et les lieux culturels de notre quartier.

GALLERIES – GALERIES

Galerie Jean-Claude Bergeron
150 St. Patrick Street
An ongoing program of exhibitions featuring Canadian and international contemporary artists.

Galerie St-Laurent + Hill
293 Dalhousie Street
Contemporary art gallery featuring leading Canadian and local artists.

L.A. Pai Gallery
13 Murray Street
21st annual National Jewelry Student Competition
Late summer 2024

City Hall Art Gallery
110 Laurier Avenue West
#hopeandhealingcanada by Tracey-Mae Chambers
May 30 to August 18, 2024
Signs of the Times by Egils Rozenbergs
August 29 to November 24, 2024

National Gallery of Canada
380 Sussex Drive
Shelley Niro: 500 Year Itch – retrospective of work by Mohawk artist Shelley Niro
June 21 to August 25, 2024
Radical Stitch
Until September 30, 2024

Ottawa Art Gallery
50 Mackenzie King Bridge
A Glimpse, A Fragment, A Memory Brought to Life (group exhibition)
Until June 30, 2024
Art School Confidential
Until September 22, 2024
Visions and Views: Landscape and Abstraction in the Firestone Collection of Canadian Art
Until January 5, 2025

Karsh-Masson Gallery
110 Laurier Avenue West
Requiem by Christine Fitzgerald (2023 Karsh Award Laureate)
Until July 21, 2024
Origin Story (group exhibition)
August 1 to October 27, 2024

Barbara Ann Scott Gallery
110 Laurier Avenue West
Ottawa Rocks! Reunion Tour
Until September 3, 2025

Ottawa School of Art
35 George Street
145th anniversary events and programs



La nouvelle scene
(Photo: Robin Etherington)

MUSEUMS - MUSÉES

Canadian War Museum
1 Vimy Place
Outside the Lines – Women Artists and War
Until January 5, 2025

Canadian Museum of History
100 Laurier Street, Gatineau
Canada's Got Game – acquisitions from the Order of Sport Collection
Until October 6, 2024
First Royals of Europe
Until January 19, 2025

Musée Bytown Museum
1 Canal Lane
90 Years of Impact: Celebrating the Jewish Federation of Ottawa
Opens May 17, 2024
Capital Healers: Ottawa's Health Care Story
Until April 2025

Vanier Museoparc
300 avenue des Pères-Blancs
Un musée communautaire dédié à la francophonie de Vanier et entièrement rénové avec un parcours numérique vous attend.

PERFORMANCE

National Arts Centre
1 Elgin Street

Ottawa Little Theatre
400 King Edward Ave
Hilda's Yard by Norm Foster
July 17 to August 3, 2024
The Curious Incident of the Dog in the Night-time by Mark Haddon, adapted by Simon Stephens
August 21 to September 7, 2024

The Saw Gallery
67 Nicholas Street
Zasaan by Barry Ace
Until April 6, 2026
+ an ongoing schedule of fabulous events at Club Saw!

La Nouvelle Scène Gilles Desjardins
333 King Edward Avenue
Ce centre de production et de diffusion des arts présente une programmation théâtrale variée de ses quatre compagnies résidentes d'Ottawa

FESTIVALS

Ottawa Jazz Festival
June 21 to 30, 2024
Venues: Confederation Park, City Hall, National Arts Centre, Lord Elgin Hotel

Ottawa Blues Festival
July 4 to 14, 2024
Venue: Le Breton Flats

CityFolk
September 11 to 15, 2024
Venue: Lansdowne Park



Galerie Jean-Claude Bergeron
(Photo: Robin Etherington)



ARTS + CULTURE

An interview with Andrew Fay, Executive Director of the Ottawa School of Art

By Robin Etherington

Andrew Fay is the Executive Director of the Ottawa School of Art (OSA). He first taught at the OSA twenty-four years ago, and he thinks of the school as a positive force in the ByWard Market's substantial arts hub, which also includes the National Gallery, the Ottawa Art Gallery, and many private galleries. Local artists use the OSA to learn, teach, and exhibit their artworks in the Jeff Stellick Gallery.

Andrew was raised in Ottawa and received his training at the Nova Scotia College of Art and Design. Robin Etherington sat down with Andrew to learn more about the history, current work, and potential future of this amazing school. She also asked a thing or two about his own fascinating artistic practice!

What has been the greatest challenge for the Ottawa School of Art?

During the COVID pandemic, the school stayed open and offered in-person classes, except during lockdowns. But our enrollment halved. For many of our students, art classes were their only social encounter during that time. Happily, our enrollment has returned to pre-pandemic levels, and the school now offers online courses.

What is it like to operate two distinct campuses, George Street in the ByWard Market and the Shenkman Arts Centre in Orleans?

It's really interesting! The downtown campus has its own vibe with an eclectic set of courses and students. Our Orleans campus has a much more suburban feel. It's a really great community – the students have their favourite courses (painting is extremely popular out there) but the sense of community is palpable. A colleague and I recently held a three-hour critique of the works of our Orleans students and the work was amazing. In May, we had a joint exhibition of works on paper from the instructors, staff, and students from our downtown, Orleans, and our online campuses. It's the first time we have all shown together and that was very exciting. Local artists take courses, teach, and exhibit their artworks at both campuses. We see the same amount of curiosity, fun, and creativity from the students at both campuses. OSA is celebrating its 145th anniversary in 2024!

What are the funding resources/streams for the Ottawa School of Art?

Seventy-five percent of our revenue comes from course tuition. We receive a yearly operations grant from the City of Ottawa under the Arts Service Agreement. We also receive Canada Summer Jobs grants from the federal government for children's technicians for summer camps. The provincial government gave us a technology grant last year, so we were able to make upgrades to our computer lab. We have also accessed generous grants from the Trillium Foundation and the Ottawa Community Foundation.

We receive some corporate grants and, of course, private donations.

The OSA is a non-profit organization. As such, fundraising is always an ongoing concern. Both our Outreach Program and Bursary Program rely solely on donations and are such crucial programs for the community. Inflation has really increased the cost of art supplies, as well as equipment in the ceramic and printmaking studios. Donations are important for the maintenance and operations of the art school.

How do you see the Ottawa School of Art in five years?

The five-year plan entails expanding partnerships with all arts and cultural heritage organizations, such as the Ottawa Art Gallery and the Sprott Business School at Carleton University. Such unique partnerships enhance the arts-cultural vibrancy of Lowertown and Ottawa as a whole. OSA also wants to work with artists to teach them "how to teach art" and how to run their own businesses.

What are the challenges and opportunities for Ottawa's culture-heritage-arts sector and that of Canada at large?

While a greater appreciation for the arts occurred during the pandemic, there is definitely less government and corporate funding around for arts groups. Another issue is people not showing up for cultural events post-COVID. Inflation has wreaked havoc on arts groups and has reduced discretionary spending by the public. The Ottawa School of Art is now exceeding pre-pandemic enrollment, which is encouraging. Times are tough for everyone, and often people will say, "How can there be funding for the arts when there are so many people on the streets?" This is a valid question but what often is forgotten is the money generated by cultural enterprises. OSA is responsible for bringing 800 people to the ByWard Market every week – that is of enormous help to the local economy. And the greatest argument for supporting the arts is that they nourish society's soul and intellect, especially during troubled times.

What do you know about the proposed cultural centre on Clarence Street?

City representatives have let us know about the development and that they may have space for us there. It's very early in the dialogue, but we are always open to new opportunities. To move the school would be a major undertaking, but if the facilities were better and more accessible, we would definitely consider it. The students and staff, however, have a great fondness for the 35 George Street location.

What courses do you teach at Ottawa School of Art?

Since I became Executive Director, I now just teach one painting course. I feel it's important for me to maintain a classroom presence, and I think it's important to



Andrew Fay, Executive Director of the Ottawa School of Art.

connect with students and instructors and not to be removed from the school's main mandate of art instruction. Also, it's something I enjoy.

Please talk about your art practice!

I paint and draw surreal, representational scenes. Although I was first trained in oil paint, I found acrylic to be more appropriate for my working style (it dries quickly and there are no noticeable fumes so I can work anywhere). The quality of acrylic paint and its colour and patina have also improved greatly over the years. For drawing, I like graphite pencils, conté, and pen and ink. I hadn't drawn with pen and ink since I was a teenager, but when the pandemic was happening (and I was so busy) I found it the perfect medium to work with, as I could start work and stop without having to set up my paints and easel, clean brushes, etc. I could work from anywhere from half an hour to four hours, methodically building my images with lines. After the pandemic, I had no more patience to do pen and ink, although I did become a little more detailed in subsequent paintings. I think my biggest accomplishment is that I'm still making art after forty years and making art that interests me.

Readers can register for fantastic art classes in person or at artottawa.ca

Consider donating to the OSA to keep our community's art school serving Lowertown and Ottawa for the next 145 years!

“

And the greatest argument for supporting the arts is that they nourish society's soul and intellect, especially during troubled times.

”

ARTS + CULTURE

Self-guided Lowertown public art walk

By Scott Lemoine

A towering, leggy spider, named *Maman*, surveils the western border of Lowertown from the forecourt of the National Gallery. She is both portal and defender — beyond her, in climate-controlled solitude, many beautiful things hang on pristine walls.

But if *Maman* took a stroll through our neighbourhood, she would find art woven into the fabric of our community: often untitled, unprotected from the elements, and bound to corrode or even disappear as Lowertown changes. Our streets are more dynamic for its presence — and all we have to do to enjoy it is go out and explore.

This self-guided walking tour of the public art in Lowertown extends about 5.5 km and takes 1.5 to 2 hours to complete. It's a loop, so you can start anywhere on the map, continuing clockwise. Find the corresponding number in the text below for information about what to look for at each stop.

- (1) Outside the Dollarama, two boulders, sliced and polished, are adorned with silver half-spheres. They represent giant seed pods, part of a work that calls for the renewal of King Edward Avenue (see the sign by the garbage). Walk a few blocks north, spotting the giant metal lilies and fiddle-heads sprouting along the street. Imagine it restored to its former grandeur: a tree-lined, pedestrian-friendly boulevard.
- (2) Watch out for the jackalopes, mythical antler-sporting jackrabbits, painted on the plywood box in the grassy median.
- (3) Overlooking the Courtyard Marriott parking lot, an immense mural depicts a 100-ton bowhead whale found in 2007 with a 100-year-old harpoon lodged in its side. On the right, see the hunter carry off the catch. Entitled *Tunnganarniq*, an Inuktitut word that means “to foster good spirits by being open, welcoming, and inclusive,” it was

painted in 2017 by Parr Josephee and a team of Inuit youth from Cape Dorset.

- (4) Peer into the fenced alley left of Giant Tiger for a tribute to Franco-Ontariens. Find the steps, where a cat and guitarist play. Above them, protesters hold signs against *Règlement 17*, a provincial regulation that limited French-language instruction in Ontario schools from 1912 until its repeal in 1927.
- (5) On the side of the parking garage, a Jimmy Baptiste mural includes corn, squash, and beans, plants long cultivated together by Indigenous communities in this region.
- (6) Look up, above the Irving Rivers shop, where a woman plays a lute. The piece was created last year by Ola Volo, a Canadian artist from Kazakhstan whose work is inspired by folklore and identity. It suggests the live music you might hear on a summer's evening in The Laff below.
- (7) If it's open, enter the Byward Market building and ascend the stairs behind Le Moulin de Provence. You'll pass a painting by Mique Michelle, a Franco-Ontarienne graffiti artist originally from West Nippising (whose work is also at stops 15, 20, and 25), on your way to the mezzanine. The sculpture suspended from the ceiling recalls the building's history. Originally a hub for local farmers supplying the lumber camps nearby, a market has stood on this site since 1827. Don't miss peeking below the cloud, where a lumberjack hangs from an angel's arms. Down the stairs at the other end, note the mandala mural.
- (8) Pass the totem pole outside the Ottawa School of Art and enter Clarendon Lanes, the first of four courtyards that wend through Lowertown. Continue straight for a temporary photography exhibit, or turn left in the courtyard to find *Steel Screen* from Expo '67.

(9) Exit onto York. A temporary mural celebrating spring is painted on the pavement at the Ottawa sign. Look up the street: a rainbow-coloured mural on the second story of The Lookout Bar celebrates queer identity. It was painted on 32 panels in Spain by Venezuelan-born, Canada-raised artist Juan Carlos Noria and shipped to Ottawa.

(10) In the Jeanne d'Arc Courtyard, have a rest while being entertained by *Dancing Bear* and the bronze hoop artist.

(11) You're off to find surfer shark. Cross Clarence and take a dozen steps to the right. Look back across the street to the cinder block tower behind Alora.

(12) The Tin House Courtyard has three sculptures to admire (see the signage).

(13) On Murray, make your way to the far side of the street so as not to pass over the brightly wrapped concrete planters by DRPN Soul between Parent and Dalhousie. Don't miss the raccoon outside Khao Thai.

(14) Take a small detour left on St. Patrick. Look up the driveway of Parlour Salon at the gorgeously rendered bonsai tree and flowering wisteria vines.

(15) Three colourful murals from 2017 dominate a parking lot: a fantastical rooster, a raven, and a conductor announcing your arrival in Lowertown, as the words “North Dal” billow from the train's smokestack. After the bustle of the market, enjoy the walk up a few quiet blocks, following St. Andrew all the way to the other side of King Edward.

(16) A mural on the side of De La Salle High School tackles the history of colonialism.

YOUR MAP FOR THE SELF-GUIDED PUBLIC ART WALK



Self-guided Lowertown public art walk (continued)

(17) Look right up Old St. Patrick, where a mural invites us to “Be Kind” in English, French, and Arabic. Notice the red little free library in the bottom corner. A few of them (the real things!) can be found in the surrounding streets.

(18) The sun is rising in a field of flowers on the side of the Lowertown Community Resource Centre, and an alphabetical unicorn prances on the sidewalk.

(19) In Jules Morin Park, check out the large utility box next to the rink, with a loon on one side and a goddess on the other.

(20) On the back of the Lowertown Community Centre building by the parking lot, don't miss another Mique Michelle mural. The bubble-like forms recall the pool inside. Also check out the mosaic figures in red, blue, and green further on. If you make your way along the north side of Macdonald Gardens Park, keep your eyes peeled for a siege of herons in a front yard rock garden.

(21) Step across Rideau to look back at the nine-storey tall mural titled *Transformation*. Designed by Claudia Salguero, more than 60 volunteers from 32 countries were involved in painting the mural's 68 panels dedicated to the contributions of newcomers to Ottawa. Walk around the glass box sculpture on the corner, seeing how the light plays off the three-dimen-

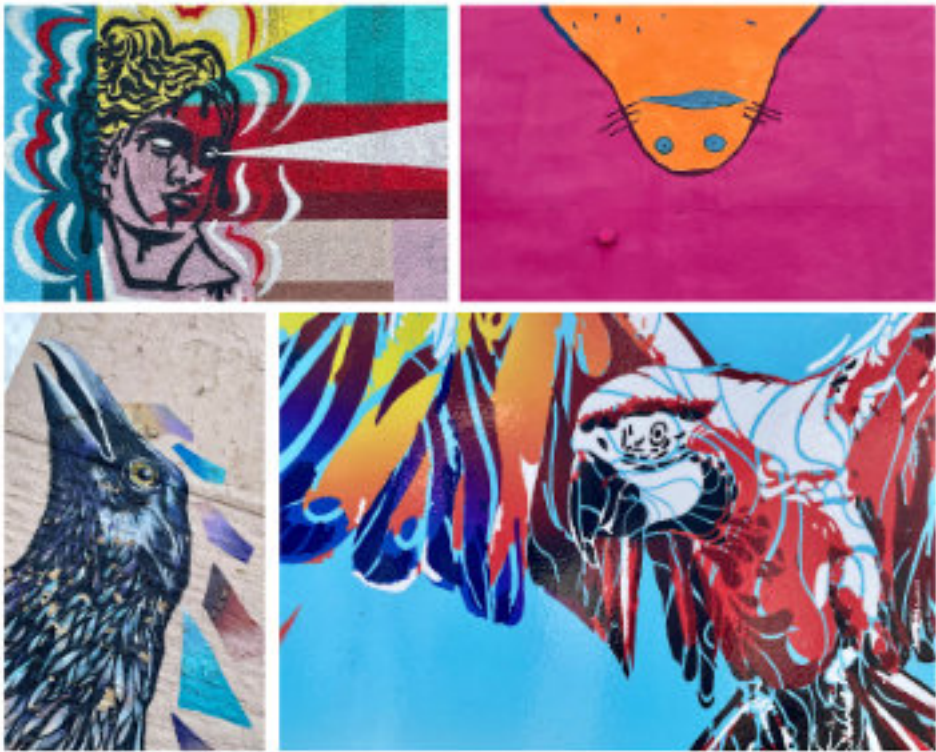
sional grid of blue squiggles inside.

(22) Cross back to the north side of Rideau (where the mural is). At each intersection, look out for the utility boxes wrapped in bold graphic designs. Can you spot Audrey Hepburn at Charlotte, parrots at Cobourg, pink elephants at Chapel, and rhinos and tigers at Friel?

(23) By the Ottawa Public Library branch, check out another glass box grid sculpture, a companion to stop 21. On the back of Loblaws, see the mural designed by DRPN Soul, painted in the height of pandemic lockdowns and installed in summer 2022.

(24) Look to the other side of the street at Purple Meadow Cannabis Store, where a big purple bunny lounges listening to music.

(25) Pop in at All Books to find the perfect summer read or check what's playing at the Bytowne, but before you do, take a look at the Mique Michelle and DRPN Soul collaboration on the side of the theatre. The words “L'avenir est à ceux qui luttent” to the bottom left bear a secret and special connection to stop 4. It was the motto of *Le Droit* newspaper, founded in 1913 to mobilize against Regulation 17. Here, the woman holding a feather and the man at the microphone evoke other struggles for recognition, respect, and self-determination.



A few of the characters you will encounter on your walk. Can you find them all? (Photo: Scott Lemoine)



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ORIGINAL
D'OTTAWA

DowntownRideau.com

The real deal in the market: selling authenticity

By Juliet O'Neill

On a high shelf overlooking the Adaawewigamig store in the ByWard Market building is a walking, laughing Baby Yoda dressed in a bandana, jean jacket, ribbon skirt, and a colourful bead necklace.

It adds a touch of humour that perfectly suits Brittainy Jones, the 28-year-old woman who was running the store when the *Echo* visited. She reaches up, pulls Baby Yoda down and gives the store mascot a squeeze, laughing lightly along with the doll.

Adaawewigamig means the place of selling or trading. The store is an Indigenous owned and operated social enterprise that supports the Assembly of Seven Generations. A7G is a decade-old grassroots, youth-led non-profit organization for urban Indigenous youth in Ottawa.

The pleasant space is stocked with crafts, clothing, and artisanal food products from Indigenous creators across Canada. They include Inuit, Métis, and First Nations.

They sell mukluks hand made by Mena Redeagle, Moccasin Joe coffee, and Warrior Blends spices. There are ribbon skirts, wool blankets, and orange t-shirts emblazoned “Every Child Matters.” Plus, beaded earrings, soy candles, elderberry syrup, and Kokom Scrunchies – a top-selling hair tie from a company founded by a

nine-year-old girl from Kitigan Zibi Anishinabeg First Nation.

Jones emphasizes that each product is authentic. Artists and small businesses are vetted to ensure they and their products are Indigenous.

Half the shop is a community space for youth gatherings where workshops have been hosted on painting and making jewelry, ribbon skirts, and medicine pouches. Store co-manager, Gabrielle Fayant, founded A7G with friends to create a welcoming community for Indigenous youth who move to the Canadian capital away from family.

“We’ve had to learn on the go and adjust,” Fayant said in an email interview from Winnipeg where she was attending a powwow. Asked what had changed in the two years since the store opened, she revealed some difficulties.

“I think the original intentions of the store have always been the same, but we’ve had to adjust to things like theft, operating in an area with higher crime and houseless population as well as daily microaggressions from the general public,” she said.

On a brighter note, Fayant suggested Adaawewigamig benefits from the fact “we are now in an era of Indigenous renaissance as well as

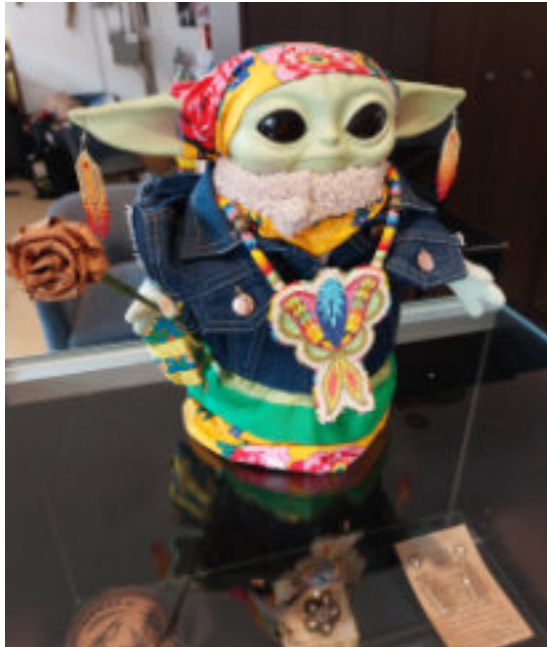
greater public understanding of ethical consumption.”

When they first opened, everything was from friends and family. Many items still are but their circle has grown, and they constantly have individuals and companies asking to sell to them, plus they visit different territories to find new artists with unique items. She expressed pride in their pricing policy.

“For far too long Indigenous artists have had to undersell their artwork,” she said. “Many items like birch bark baskets, quill work, furs, and leathers are all harvested from the land in an ethical way and then made into beautiful art that has been passed down for generations. It’s impossible to put a price on many of these items but we work with the artists, so it is fair for them.”

Fayant invites customers to ask questions about the issue of cultural appropriation, which she defines as the theft of patterns and items from a cultural group for profit or recognition.

“One of the most infamous items that has been highly appropriated is the dream catcher to the point of being mass produced in China,” she said. “We encourage non-Indigenous folks to buy from Indigenous artists, designers, and brands.”



(Photos: Juliet O'Neill)

“

For far too long Indigenous artists have had to undersell their artwork.

Many items like birch bark baskets, quill work, furs, and leathers are all harvested from the land in an ethical way and then made into beautiful art that has been passed down for generations. It’s impossible to put a price on many of these items but we work with the artists, so it is fair for them.

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AROUND THE NEIGHBOURHOOD - AUTOUR DU QUARTIER

A mother's dream of hope

By Bernie Forestell

If Caroline's son couldn't contact her on Mother's Day, she knew she'd be fine. Maybe she would enjoy some chocolate or go to Andrew Haydon Park for a stroll along the Ottawa River.

Caroline is already a little lighter in her step and her heart, knowing her only son is safe in his new home at Shepherds of Good Hope.

It was a cold February morning when Caroline went downtown to pick up her son. It was moving day. He was moving into his new home, a place where he can sleep, shower, eat, feel safe, and get the support he had been missing since he first began experiencing homelessness years earlier.

As she walked toward the homeless centre where Ben (not his real name) was meeting her, she noticed someone in a tiny alcove, just steps from the sidewalk. It was her son. He had overdosed.

She rushed toward the centre looking for help and, as they always do, a team of front-line heroes ran to assist, administering Naloxone and eventually reversing the effect of the drug her son had just taken.

Through the tears welling up in her eyes, she turned to the person who had just saved her son's life. "You are amazing," she said, thanking her, not just for saving her son, but for the way she always treated him with kindness and respect.

"The fact you smile, or you're kind to someone," said Caroline. "When you go find a pair of socks, a coat or warm clothes for someone who's freezing, or just your caring that may stop someone from hurting themselves."

After he recovered, Ben stood up, and walked to Caroline's car. Together they drove to his new, supportive home. It was surreal. One minute Ben is getting emergency care on the sidewalk, the next minute, he's being welcomed by a team of nurses, staff, and support workers at Shepherds of Good Hope.

Things were about to change for Ben and his mum. A door was opening toward the hope for her son that had been eluding her since he was a teen. When he was young, Caroline and her son would go to movies together. As a single mum raising two children, she had her hands full, but

she thinks fondly of those innocent times.

Moving to Ottawa from overseas, with an eight-year-old boy and eleven-year-old daughter to look after as well as her aging parents, Caroline knew she might face challenges, even as she dreamed of a bright future for her and her two young children.

Her dreams began to fade when her son got introduced to drugs in high school. "It was marijuana at first," she says. "Then it was psychedelics, magic mushrooms."

At seventeen, he was admitted to the Royal Ottawa Mental Health Centre, where he stayed for six months, eventually being diagnosed with schizophrenia. While the drugs he was using helped settle his mind for short periods of time, they were also slowly devouring his life; and the dreams of his mum.

Attending a graduation, standing up at a wedding, being a grandmother, for Caroline, those dreams are on hold while she focuses on her two adult children and her own mental health and wellness. "Since moving him into Shepherds, I can sleep at night," she says "I don't worry every minute. I can do things for myself, knowing he's in the care of some incredibly special people."

Her son experienced homelessness for almost three years. Unbearably cold winters, stifling hot summers, crime, assault, and the judgement of others. His youth betraying the lifetime of challenges he had already overcome. Arriving at his new

supportive housing residence, within hours of recovering from an overdose, Caroline's son was about to be immersed into a world neither of them knew existed. "He was getting health-care," she recalls. "Blood tests, a haircut, showers, his own bed. For the first time in years."

"We went up to his room; I've had the basic stuff I brought for him in my car," Caroline remembers. "There's not much in the room, his bed, a dresser, so we're unloading everything and he's standing there a little overwhelmed. It's a lot."

Almost four months later, on the eve of her 31st Mother's Day, Caroline is beginning to breathe easier. She's getting to know herself. Recently retired, she looks forward to doing things for Caroline, because she knows her son is safe. "Hope is a good name for where he lives," she says. "The staff are saving the people in their care by showing them, patience, dignity, respect, and kindness."

Slowly, and at her son's pace, trust began to develop between him and the people providing the around the clock care he so desperately needed. "It's been an adjustment for him and for me," she says. "I'm used to having to look after him and manage everything. But he's getting healthier. His skin and general health are much improved, he seems happier and smiles often. I'm slowly beginning to let go, but it was quite a shock, to stop the constant worry."

It's not all perfect. Setbacks may happen. However, for Caro-



Caroline K. sleeps better at night knowing her son is living in Shepherds supportive housing.

(Photo: Bernie Forestell)

line, right here, right now, knowing he's off the streets, in the hands of people who genuinely care and receiving the one-on-one support he needs is what gives Caroline the chance to enjoy being Caroline.

And, while she is not overly religious, she thinks of the scripture, "For where two or three gather in My name, I am there in the midst of them".

Caroline will always be there for her son and daughter. That's what mum's do, on Mother's Day and every day. She also knows the team at Shepherds will also be there, using their smiles, their kindness, and their professionalism to provide Ben with the dignity, respect, and help he needs.

When she visits him now, she leaves with a simple, new dream – HOPE.

(To learn more about supportive housing, to donate, or to volunteer, please visit:

www.sghottawa.com

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AROUND THE NEIGHBOURHOOD - AUTOUR DU QUARTIER

ByWard buzzes with happy hour options

By Juliet O'Neill

It's Tuesday, it must be Starling Restaurant. Wednesday? Clarendon Tavern, Fairouz Cafe, Saigon, or Social.

Happy hour in the ByWard Market is good way for friends to dodge rising restaurant dinner bills.

There are so many options and we've done the research for you. A group of us tried nearly a dozen happy hours, some ending at 5:00 pm and others at 6:00 pm on various weekdays. Tip: order last call at ten to the hour and stay a while. Read on for more.

The least expensive happy hour we found was at the lively **Grand Pizzeria and Bar**. \$5 for a pint of beer or a glass of wine, plus half-price wood-fired pizza (\$11.50-\$14). When we asked our theatrically grumpy server to recommend other happy hours, he replied "No idea. I never go out."

Monday to Friday, 3:00 – 6:00 pm.

The stylish **Starling Restaurant** is a stand-out. \$6 wines, beer, or sangria and delicious \$15

sharing dishes – octopus, arancini, focaccia, fries with champagne gravy. The classic bar, fitted with brass parrot lamps, is overseen with TLC by general manager, Brett Creighton. Five-star service.

Daily 3:00 – 6:00 pm.

Fairouz Café serves \$10 drinks and a delectable Middle Eastern menu of \$10 dishes like muhammara, labneh, grape leaves or truffle fries, and \$20 dishes like confit duck pide. Bonus: patio in the Tighthouse Courtyard.

Tuesday to Friday, 4:00 – 5:30 pm.

The menu at **Saigon Ottawa**, a small Vietnamese restaurant with a patio on Clarence Street includes \$6 beer and wine, \$5 tacos, \$7 wings, \$9 braised pork belly. All delicious, with the young man running the bar and attending our table insisting on initials only – "Everyone calls me CN as in CN Tower."

Weekdays 4:00 – 6:00 pm.

The **Clarendon Tavern** offers \$7 wine and beer, \$10 cocktails, half-priced (about \$10) artisanal pizza, chicken wings and cauliflower. Classy retro vibe in one of the oldest buildings in Ottawa. Lively patio on the cobblestones of the Clarendon Courtyard.

Daily 4:00 – 6:00 pm

At **Social**, happy hour is called social hour. Of course it is! \$6 for draft beer and wine, six oysters for \$12, and more, with a generous shareable chef's charcuterie board for \$19. Swish, comfy lounge inside and outside on the patio.

Daily 3:00 – 5:00 pm excluding holidays.

Joey Rideau buzzes with after-work drinks gatherings. We bumped into a former colleague stopping for one at the bar before heading home from the office. \$5 lager, wine starting at \$6 plus an extensive menu starting at \$5 yam fries up to \$25 steak frites.

Sunday to Thursday, 2:00 – 5:00 pm.

Happy Hour at the posh **Shoreline Club** at the Westin Hotel is so mysteriously dark that we barely found our friends who had arrived early. Half-price oysters and \$2 prawns, \$3.50 Sliders, \$8 Sapporo draft and \$12 wine. Bring a flashlight.

Daily 3:00 – 5:00 pm.

Milestones Grill and Bar has a "happier hour" with \$6 wine and beer, and menu items ranging from \$12 crispy tempura cauliflower to \$18 burgers.

Daily 3:00 – 5:00 pm.

Luxe Bistro, \$6 beer, \$8 wine, \$8 for two sliders, \$20 oysters and more.

Daily 2:00 – 6:00 with Thursdays 2:00 pm to closing.

When you're leaving and the server asks, "What you are going to do for the rest of the evening?" you could always say you'll be back for late-night happy hour. They usually start at 9:00 pm.

Cheers!



CN poses at the Saigon Ottawa bar (Photo: Juliet O'Neill)



Server Karolyn Yee at JOEY Rideau (Photo: Juliet O'Neill)



Bartender Sean Goetz (left) and general manager Brett Creighton prep drinks at the Starling Restaurant bar (Photo: Juliet O'Neill)

Fantastic views for Lowertown

By Maria Gomez Umana

This summer, there will be some exciting views for ByWard Market neighbours. Major construction and renovations undertaken by National Capital Commission (NCC) surrounding the National Gallery of Canada (NGC) are nearing completion, promising fantastic results for both neighbours and visitors.

Kiwekì Point

Formerly known as Nepean Point, Kiwekì Point means "returning to one's homeland" in Anishinaabemowin and it has been an ongoing project since 2014 with a cost of \$45 million. The construction is almost complete, offering one of the most spectacular unobstructed views of the Ottawa River, Parliament Hill, and the Quebec shoreline including the Museum of History. Visitors will also have access to the architectural shelter named Whispering Point with deep sitting nooks to experience the vitality of the river.

Pidàban Bridge

The NCC is finishing the construction of Pidàban Bridge, which means "dawn," also in Anishinaabemowin. This new pedestrian bridge will connect Major's Hill Park, Kiwekì Point and the NGC, offering stunning views

of the Ottawa River and the Quebec shoreline.

Outdoor sculptures and park access

Kiwekì Point will reopen with outdoor sculptures, maintaining its informal character. Artworks include *Black Nest* and *Water Planet* by Bill Vazan, *One Hundred Foot Line* by Roxy Paine, *Nature Will Reclaim You* by Nicholas Galanin, *Majestic* by Michael De Broin, and the *Op Art Path* by Cornelia Hahn Oberlander. No bathrooms were added to the project because there is a public bathroom on Major's Hill Park.

Visitors can enter Kiwekì Point in three ways:

- Walking from Sussex Drive through the path along the Sunken Garden which hosts the Tavern in the Gallery, then zigzagging up the *Op Art path*.
- Walking on the sidewalk on Sussex Drive that leads to Alexandra Bridge and entering the park behind the NGC.
- Walking along the new Pidàban pedestrian bridge from Major's Hill Park.

Mature oak and maple trees are being planted along the park, and it will feature ha-ha borders — a trench with cultivated

gardens in the style of formal 18th-century European gardens.

Return of the *Running Horses* sculpture

Joe Fafard's beloved metal sculpture *Running Horses* will be back on display in front of the NGC along Sussex Drive. Initially installed in 2008 and removed in 2019 for conservation work, *Running Horses* celebrates prairie life in Canada.

These updates will enhance the experience for everyone visiting the area surrounding the National Gallery of Canada.



Joe Fafard sitting in front of his *Running Horses* in 2008 (Photo: National Gallery of Canada)