



is dedicated to disseminating quality news, current events, and feature writing with a goal to promote communication and understanding between people of different cultural traditions, languages, faiths and ideologies who reside in the communities of Overbrook, Castle Heights, **Cummings, Forbes and Vanier** South.

OPUS newsmagazine is currently a sole proprietorship organisation, working towards a non-profit. It is a community publication managed by PhoenixMedia.

It is available online, aimed at approximately 50,000 homes, businesses, and organizations in the Eastern Ottawa communities of Overbrook, Castle Heights, Forbes, Cummings amd Vanier South.

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OPUS newsmagazine will occasionally publish print editions that will be distributed at special events throughout the year, within its general distribution area.

In addition, the news and current events section of the publication is updated EVE-RY WEDNESDAY.

OPUS is administered and financed by



This issue contains photographs by **Hind Aliliche**

Fditor

David Ferguson

Contributors **Diane Schmolka Stevenson Steven Boyle Deborah Doherty**

Contact

www.OPUS-online.ca

Info@OPUS-online.ca

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THE EDITOR

David FERGUSON Editor@Opus-Online.ca



am an atheist. An atheist is a person who lacks belief in the existence of deities, or a god or gods. Atheism is not a religion, nor does it prescribe a specific belief system or set of practices.

There can be different interpretations and levels of atheism, such as implicit or explicit atheism. Implicit atheism is the absence of belief in deities without a conscious rejection of them, while explicit atheism is the conscious rejection of such belief.

Atheism is not a new idea, in fact, atheistic ideas and viewpoints have a long history, with evidence of them found in ancient Greece, India, and other cultures.

Atheism is the opposite of theism, which is the belief in the existence of at least one deity.

The world is made up of thousands of diverse religions and belief systems, and the thing I love most about our community is how it is a microcosm of our world.

Multiple times a day, while walking in my neighbourhood, I see people from many countries, speaking many languages and practicing about every religion, or not. People who look different than me, dress different than me and talk different than me. Living here makes me a better me.

Tn 1971, former Prime Minister Pierre El-Liott Trudeau stated that no singular culture could define Canada, and that the government accepted "the contention of other cultural communities that they, too, are essential elements in Canada."

Continued on page 3



OVERBROOK • FORBES • CUMMINGS • CASTLE HEIGHTS • **VANIER SOUTH**

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DEADLINE FOR THE JUNE / JULY 2025 ISSUE Copy: JUNE 20 • Advertising: JUNE 27

This month's cover is a beautiful rendering of the Kiosk 150 site. It the work of artist Ben Barocsi. (ben.barocsi@gmail.com)

The Editor, from page 2

Trudeau insured that anyone who chose to live in Canada could be a Canadian regardless of their religion, the colour of their skin or their language.

Well all know that a Canadian is much more than a look, it is a feeling.

Never has that been more evident than today, as we watch with sadness as our neighbour, the United States, once the great melting pot, and now fueled by misguided and ignorant politics, is not only turning away immigrants and refugees, they have instituted an active policy of rejecting anyone who arrives on their borders uninvited.

Never has that been more evident than today, as we watch with sadness as our neighbour, the United States, once the great melting pot, and now fueled by misguided and ignorant politics, is not only turning away immigrants and refugees, they have instituted an active policy of rejecting anyone who arrives on their borders uninvited.

When I started OPUS newsmagazine, I wanted to ensure that this was a journal that EVERYONE in our community could turn to for fair and balanced writing, so no matter what language they spoke, who they loved, which deity they worshipped, or not.

I fully recognize that it will take a while, but I want this to be a place where anyone can freely express their feelings or beliefs, without fear of backlash. To that end, I am reaching out to every community within out community to invite them to participate in creating a newsmagazine of trust and understanding.

To that end, I am working towards buying an extremely expensive software program that will translate OPUS into any language that you would like to read. Beyond the cost, the challenge for me will be to ensure that it works well enough for everyone. My first test run had it translate words that should not be translated, for example, the neighbourhood

of Castle Heights became "Hauteurs du château" when translated into French. Because I am fluently bilingual, I could catch something like that, but I am not sure I would be as successful in say, Arabic or Punjabi.

I genuinely believe in the importance of community publications. They can provide us with an accurate, honest, and curated introduction to

their neighbours, and to the issues about which their neighbours are enthusiastic.

They can frame the conversation in a community. Usually, that's as simple as shifting the conversation to be centred on others instead of on us.

We are constantly bombarded with national and international news, so where are we in terms of local journalism?

Unfortunately, the outlook is not good. Costs are rising and many are satisfied to get their news in soundbites. Community papers have a lot to offer the community. They give community members a voice, a place to air their grievances and/or tell their stories.

They provide a great training ground for rookies. Although I began my journalism career at The Montreal Star, at the time the largest newspaper in Montreal, it was only after moving to smaller community papers that I began to hone my craft. We had to learn *everything* on the job. Baptism by fire.

I am smart enough to know that my ideas may be lofty, and I cannot do this alone. I need people who can help guide and direct the future of this publication.

I need everyone to take ownership of this publication.

I need "idea people" who can develop ways to get the word out about OPUS newsmagazine and its goals.

I need good writers, editors and proofreaders who can communicate the hopes and needs of everyone in our community.

I need IT (information technology) people who know how to achieve the things OPUS needs as a digital publication.

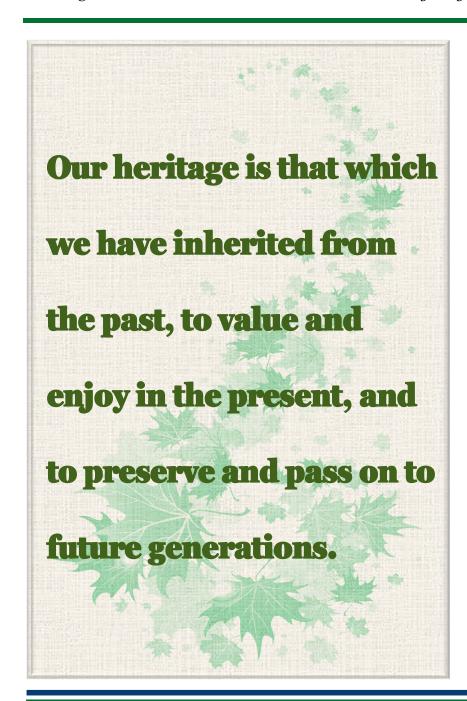
I need salespeople who can bring in advertising revenue to keep us strong and active.

I need financial people who can use our revenue to keep this publication healthy, but who can also direct it to the community organizations who need it to fulfill their mandates.

I need you.

We are looking forward to receiving your emails with your comments, thoughts, ideas, suggestions, critiques, or recommendations — positive or negative — we welcome them all.

We welcome new contributors who have a story to tell, particularly those who share in our mission to promote communication and understanding between people of different cultural traditions, languages, faiths and ideologies. Everyone is welcome! Please take a moment to email us at Editor@Opus-Online.ca.





COMMUNITY REWS & CURRENT EVENTS

NEW 67-UNIT BUILDING SLATED FOR CONSTRUCTION ON PRESLAND ROAD

Replacement for Building Destroyed by Fire

The Centretown Citizens Ottawa Corporation (CCOC) is proposing a new mixed-income housing development on its site at 240 Presland Road in Overbrook.

The proposal is for a new, 67-unit apartment building, bringing new affordable and attainable rental units into Ottawa's housing supply.

The new development is to be located on the site that destroyed by fire in 2023. The previous building was damaged beyond repair and its former tenants were re-housed.

The proposed structure will be a 6-storey, Ontario Building Code, Part 3 building, using wood- framed construction. The proposed project will provide a mix of unit types, ranging from studio to three-bedroom units, at a range of attainable rents. The project is also aiming to be 100 percent universally accessible. These targets will help to accommodate the needs of the diverse population CCOC houses, including families, seniors, youth, and newcomers.

The building will be designed to the Net Zero Ready standard to maximize energy efficiency, sustainability, and resiliency. The project team is prioritizing efficient construction and minimizing neighbourhood disruption throughout the design and construction process.

The site will provide ample motor vehicle and bicycle parking.

The building's design is being refined, and the drawings and plans will be submitted for planning applications to the City of Ottawa in March 2025, with the goal of starting construction in late 2025.

Formal planning applications for a rezoning







Renderings of 240 Presland Road (courtesy of Figurr Architects Collective)

and Official plan amendment (with a site plan COCC is a non-profit housing organization application to follow at the same time or shortly thereafter) are expected soon.

There would be more information in those applications to share and review than in this brief notice.

The community has expressed an interest in the rear yard setback, and assurance that the townhouses on Arcola Private continues to exceed the minimum 7.5m requirement of the by-law (it currently is proposed at about 10m).

whose mission is to create, maintain, and promote housing for low- and moderateincome people.

Through a mixed-income model, CCOC has been housing diverse communities with residents from a variety of backgrounds in a wide range of rental homes since 1974.

For more information, please refer to https:// ccochousing.org/.

FUNDING FOR CIVIC EVENTS

The City of Ottawa is offering funding to community organizations that are planning a civic event in 2025.

Applications will be accepted until April 2, for events that take place in 2025.

This funding program is offering support to family-friendly events in local Ottawa communities.

The funding is directed towards equity-denied populations and priority neighbourhoods.

A total of \$50,000 is available, with an eligible maximum amount of \$3,000 per event. Funding is provided once per year for each organization.

To learn more about the Civic Event fund, including eligibility, timelines and how to apply, visit the City of Ottawa website.



Overbrook • Castle Heights • Forbes • Cummings • Vanier South

IN BRIEF

From April 15 until May 15, Rogers Communications Canada will be installing fibre optics conduit.

The work will be conducted along Coventry Road between Lola Street and Belfast Road.

The construction will primarily involve boring, conduit placement and removing and restoring a concrete sidewalk bay.



Every year, Volunteer Ottawa seeks nominations for the top volunteers and volunteer programs to celebrate at the VOscars Volunteer Awards Gala!

Whether you're nominating yourself, a friend, family member or an organization, your nominations are key to helping celebrate volunteerism in the Ottawa area.

Nominations close May **30.** Visit <u>Volunteer Ottawa</u> for details.







On Monday, March 17, Para Transpo customers will be able to sign up to receive automated notifications of their upcoming trips.

Notifications can be received by email, SMS text message, or automated voice calls. Standard rates may apply. Customers can choose to receive notifications for the following:

- One day before a trip
- 15 minutes before the estimated arrival time of the vehicle
- Actual arrival of the vehicle
- Departure of the vehicle after waiting, if the customer does not show up

As of March 17, information about Para Transpo notifications, will be communicated to customers through various channels, including octranspo.com

May 24th is the Launch of Hurdman's Bridge 150th Anniversary Legacy Project

On May 24, the community is invited to the opening of **The Kiosk Project**, a celebration marking the 150th anniversary (1875) of the Hurdman's Bridge, the first bridge link to Overbrook.

In recognition of the event, *The Rideau River Kiosk Project* was conceived and includes the installation of an information kiosk and bicycle parking rack all set in a small landscaped area near the Adàwe Crossing on the east side of the river in Overbrook.

The six kiosk panels will present both English and



French information on the Rideau River and Overbrook, with a focus on Indigenous and Overbrook history and heritage, the natural environment of the river, and planning and protection of the waterway.

The kiosk is located along the National Capital Commission's (NCC) multi-use pathway just south of the Adàwe Crossing (west end of Donald Street) near the small falls.

This legacy project is funded, in part, by the Department of Canadian Heritage, the City of Ottawa, through both heritage and environment programs, as well as a donation of bicycle racks that are to be used at the site, and by individuals like Natalie Belovic of Urban Ottawa, and City Councillor Rawlson King.

Contributors also include the Rideau Valley Conservation Authority, who also provided invaluable advice, and the use of existing nature illustrations.





WE WANT TO BE YOUR VOICE

If you have a story to tell, we want to hear it.

Tell us about your **locally-based business**, your **favourite local restaurant**, **or comment** on something you have read here.

If you have an **event to promote**, an **idea to pitch**, or **you need to vent**, this is the place to do it.

Get in touch:

Editor@OPUS-online.ca



The Overbrook Community Association cordially invites you to

OC.A

L'Association communautaire d'Overbrook vous invite cordialement à

Celebrate Hurdman's Bridge 150th Anniversary

Célébrer le 150e anniversaire du pont Hurdman



Saturday, May 24th, 2025 from 1:00 pm to 3:30 pm

A few steps south of 1 Donald Street, next to the bike path

Samedi 24 mai, 2025 de 13 h 00 à 15 h 30

A deux pas au sud du 1 rue Donald, aux abords de la piste cyclable



Is This Your Year to Join a Sports League?

Whether on sand, a court or a diamond, City Wide Sports may have something for you.

Sports are a great and fun way to stay active with old friends or a chance to make new ones.

Individual and team registrations are now open on register.ottawa.ca for a variety of



mixed and women's leagues for anyone aged 18 and older.

The deadline for many is Friday, May 23. When registering, you can join an existing team, or set up your own team.

League schedules, standings and leaderboards are available <u>online</u> throughout the season for easy planning and tracking.

Options include mixed and women's beach volleyball leagues, women's pickleball leagues, and women's softball leagues. The mixed Spikeball® league runs from the beginning of July to mid-August at Mooney's Bay Park. **Registration opens in May**.



OTTAWA'S OLDER ADULT PLAN IS BEING UPDATED

According to the <u>2021 Census</u>, 37 percent of Ottawa's population is over the age of 50, and represents the fastest-growing age group, with those over 85 and older 100 showing significant increases.

In Ottawa in 2021, there were 172,150 adults over the age of 65, making up 17 percent of the population. Today, there are more older adults than children under 15, and by 2030, it is estimated that one in five adults will be aged 65 and older. \square

As well, Ottawa's older population is more diverse and their needs vary greatly within subsectors of seniors.

While seniors face many challenges as they age, some contributing factors such as low income and living alone are most associated with increased vulnerability and, in turn, a heightened risk of poor health outcomes.

Some groups, including Indigenous peoples, people of colour, women, LGBT+, new Canadians, and people with disabilities, are more vulnerable to consequences because of inequities within the social and health systems, compared with the general population.

Like many large municipalities in Canada and around the world, the City of Ottawa is responding to these demographic changes and has implemented an Older Adult Plan (OAP) since 2012.

The City of Ottawa is currently renewing the *Older Adult Plan*, and the first phase of the renewal process, to understand the *current* needs of Ottawa's older adults, is completed.

From June until September 2024, city staff held consultations where they engaged with residents and community agencies, and collected information on the plight of older adults living in Ottawa.

The findings of these consultations, along with the results from the Evaluation Report, will inform the development of an updated Older Adult Plan.

Approximately 1,300 individuals participated in the consultations, resulting in more than 7,000 ideas, suggestions and comments from residents and the community agencies that serve them. Thank you to everyone who provided their input during the consultation period and to the community partners who helped us along the way.

The report entitled *What We Have Learned* summarizes the findings and the next steps required for the development of the *Older Adult Plan 2025 to 2030*.

The report is available on Engage Ottawa, and updates will be added to the site as they become available.



OVERDOSE PREVENTION

Ottawa Public Health and Ottawa's Overdose Prevention and Response Task Force are working to advance Ottawa's Overdose Response Strategy.

Anyone interested can register to receive email alerts from the *Stop Overdose Ottawa Alert System*, or sign up by visiting **StopOverdoseOttawa.ca**, click "Subscribe to Drug Alerts" and fill out the form. A confirmation email will be sent to ensure that any future alerts sent out through the new system are received.

Stop Overdose Ottawa alerts are issued when Ottawa's Overdose Prevention and Response Task Force becomes aware of issues related to toxic drugs circulating in the community, including increased risk of overdose; new drug toxicity risk and contaminates; new or noteworthy drug trends presenting in the local unregulated drug supply.



Registration for the *Cleaning the Capital* Spring Campaign opened on March 14.

Cleanup projects will take place across Ottawa between April 15 and May 31. Participants can register their cleanup projects by using the online form that is available at ottawa.ca/clean.

The registration form populates an interactive map with pins that display the location, date, and time of all registered cleanup projects.

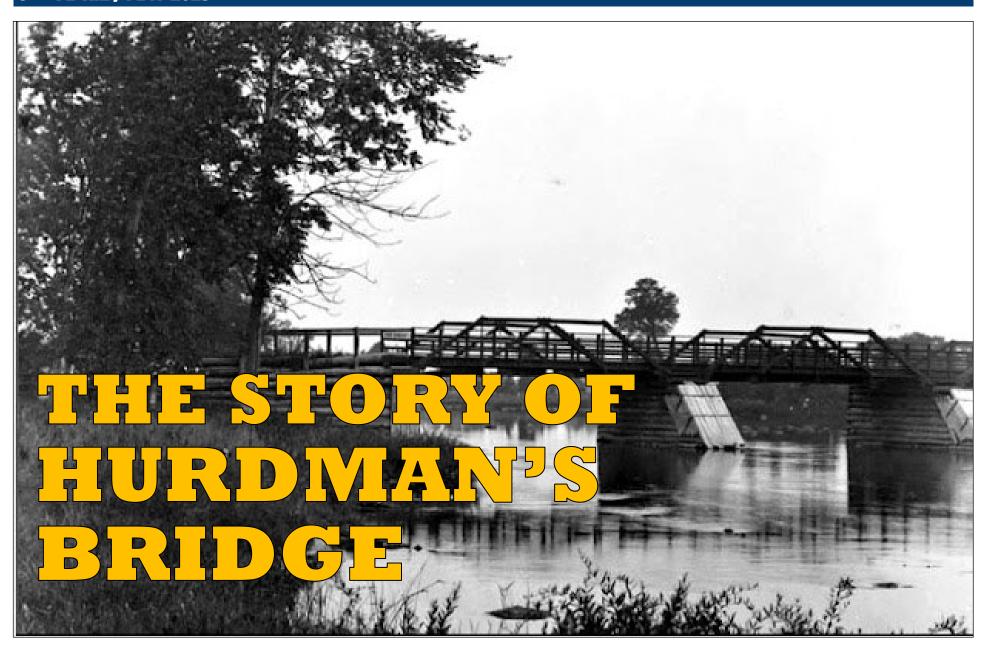
Participants can choose from a variety of public spaces to clean, including green spaces and community parks, roadsides, shorelines, or areas around bus stops.

Cleanup kits, which include nitrile gloves and black garbage bags, will be made available for pickup, by request, by registrants at one of fourteen City of Ottawa facilities across the city.

Registration closes May 2.



grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the hell she is.



efore the first Hurdman's Bridge was built in 1875, the Overbrook area was almost exclusively farmland, generally divided into large lots of 80 hectares (or 200 acres), most of which was owned by the Sparks Family and the Whillans family. At least 40 hectares (100 acres) was owned by the Sharp Family.

The bridge was built by brothers William and Robert Hurdman.

According to extensive research done by the *Gloucester Historical Society*, Hurdman's Bridge, was once a toll bridge, and was opened on January 29, 1875.

It was the first of many bridges at that location. There were also four railway bridges that connected Overbrook to the growing Ottawa city core.

The 1875 connection across the Rideau River led to the establishment of several small businesses near the bridge, including the **Rideau Hotel**, built in 1888; **Beauchamp's Blacksmith Shop** in 1891 which later became a carriage maker and then an auto body shop; **Bouchard's**

Butcher Shop (1892), and Bouchard's Tannery (1904); and Ladoucer's Grocery Store in 1905.

Hurdman's Bridge enabled the transportation of lumber and trade products, and opened the Overbrook farmlands to urban development.

The bridge's construction led to Overbrook's registration as a police village in 1922.

The arrival of a railway brought further growth to the area, and local businesses prospered.erity as industries moved into the area to take advantage of the cheap rapid transportation the new railway provided.

But the railway also had some negative effects on the community. There was the noise, the smoke and the dangers of having trains moving and shunting in the community.

The bridge was so significant to the community that it was rebuilt twice, from a wood structure to a metal version to a concrete structure.

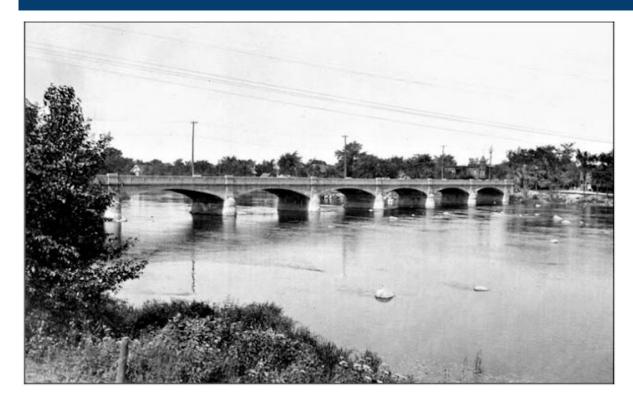
The second Hurdman's Bridge was opened 1906, and the final bridge in 1955.

Just two years later, Queen Elizabeth II proclaimed the construction of the adjacent Queensway Bridge (Highway 417), now known as the *Provincial Constable Robert J. Maki Bridge*.

Local traffic across the Hurdman's Bridge was eventually incorporated into that bridge. The Hurdman's Bridge was demolished in 1986, and its pier stubs are still visible in the riverbed at low water.







Overbrook Hurdman's Bridge - 1944 Hurdman's Bridge, third version, circa 1950's looking south upstream



The bridge's piers remain visible when the Rideau is low, and are its last remnants.



On December 2, 1941, the engineer, J.L. Barrows, was killed instantly, and more than 40 people (later reports said) were injured when the locomotive left the track on a sharp curve.





These two aeriel views of the Hurdman Bridge (upper taken in the late 1960s, and above from the 1970s), show Hurdman's Bridge becoming dwarfed by the new Queensway bridge.



The Hurdman Brothers: Farmers, Entrepreneurs and Politicians

The Hurdman Connection

illiam and Robert Hurdman, along with their youngest brother, Charles, the Hurdman broth-

ers, were pioneers in industrial and agricultural development along the Rideau River.

Their father, Charles Hurdman, was one of the first European arrivals in the Ottawa Valley. With his wife, Margaret Graham, they immigrated from Ireland, and joined Philemon Wright's settlement in Hull. After six years, they left Wright's employ to farm their own property on the Aylmer Road.

His first son, William H. Hurdman, was born in Hull Township, Quebec, on October 9, 1818, and was the first child born of old country parentage in Hull.

Under the name 'Hurdman Brothers,' William started the family lumber business in Le-Breton Flats in 1841 with his brothers, Robert and Charles. It became one of the largest timber operations in Quebec.

In 1861, William married Sarah Sophia Smyth and about four years later, he moved his family to the Junction Gore area of Gloucester Township c. 1865, and his brother Robert followed shortly thereafter where they branched out into large-scale farming.

Eventually, both brothers were farming 200 to 300 acres each, using the most progressive methods of the day. William became director of two district agricultural societies, and they won international awards for horse breeding at the Philadelphia Centennial Exhibition of 1876.

William and Robert established the earliest and largest piggery in Gloucester Township. The area around their farms became known as Hurdman's Bridge, a populous area of farmers and railway workers, including many German immigrants. It is now the site of the Ottawa railway terminal.

William also thrived as an entrepreneur and community leader. From 1877 until 1879, he served as Reeve of Gloucester Township.

The brothers continued to work in the lumber industry and built the first Hurdman's Bridge, across the Rideau River in 1875, 150 years ago. Its original purpose was to connect their lumber and storage yards, but they allowed travellers and the municipality to use it.

When the Great Fire of 1900 wiped out the family's lumber mills at the Chaudière,

In 1900, a great fire decimated Hull, Quebec, and when the fire crossed the river, it wiped out a huge swath of Ottawa and destroyed the Hurdman Brothers operations in the LeBreton Flats area. The brothers decided not to rebuild and

William Hurdman

stead concentrated their efforts on farming.

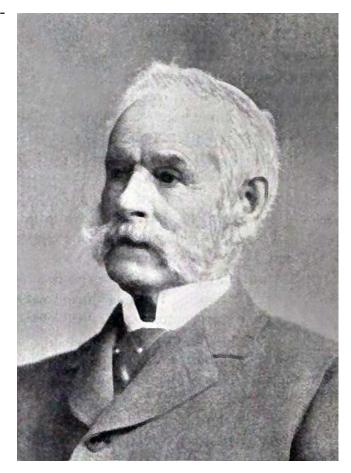
Ultimately, they established the earliest and largest piggery in Gloucester Township. The area around their farms became known as Hurdman's Bridge, a populous area of farmers and railway workers, including many German immigrants. It is now the site of the Ottawa railway terminal.

William Hurdman died on February 20, 1901, Robert Hurdman died on May 4,



1904 and Charles in 1906.

The present contracting firm of Hurdman Brothers (T. Fraser and Walter) was hired to remove the railway tracks from the downtown core of Ottawa in the late 1950s. Today, the firm specializes in moving heavy machinery and equipment.



Robert Hurdman

In the 1950's, the surrounding neighbourhoods evolved to establish homes for the post-war baby boom era, and Hurdman's Bridge would be eventually demolished to make way for rail land and the new Queensway freeway that cut a scar through the centre of Ottawa.

Today, the family name is preserved in the **Hurdman Bridge** and the **Hurdman Transitway Station.**

Hurdman's Bridge was demolished in two phases.

Its five spans were 157 metres by 38.6 metres wide, with a concrete girder and deck top spanning over the Rideau River. It consisted of abutments at each end, and four piers with columns.

Its demolition included working from water level on barges, as well as on land. A crane system, riding on rails, was used to lift off each girder and move them to land to be crushed and discarded.

After 100+ years of service, in just 55 hours, the once proud bridge was a shadow of its former self.

My Relationship with Church

By Diane Schmolka-Stevenson

I have been a Unitarian Universalist since 1968.

My family were United Church members, and I decided to leave the United Church because I found it had become stodgy.

I discovered in my twenties that I had become much more progressive about religion. I also realized that many friends and acquaintances had also left their church, synagogue, temple, meeting place, chapel, or mosque for much the same reason.

When I decided to leave my traditional church, I decided to visit the Unitarian Church in Montreal. I knew right away I had found the right place. I joined the choir and from then on, I have been a Unitarian Universalist. Gone were the boring exegesis, or critical explanations or interpretations of scripture. They repeated themselves, they were stodgy and nothing more than religiously biased hymns.

Here, we sing the songs of great composers who wrote about nature and about making our world better. No more sitting through repetitive prayers, but sometimes a short, often silent, meditation. In 1969, when we moved to Ottawa, we joined the First Unitarian Congregation. It was the only Unitarian Congregation in Ottawa at the time. I played hymns/songs for at least ten years for Sunday services.

In the mid 1990s, another Unitarian meeting place was created called the Unitarian Universalist Fellowship of Ottawa (UUFO) in the East end.

After marrying my second husband, we lived much closer to Overbrook, and to the UUFO.

In 2013, I was happy to know that the UUFO had found and renovated what was once a strip mall into a comfortable, open, restful event space in which I felt secure and safe. From my first step into the hall, I felt at home. UUFO has no "churchy" colours, paintings, books, statues, or religious icons anywhere. Not on its walls, ceilings, or floors.

Another reason I enjoy attending the UUFO is I was never made to feel religious guilt during the so-called "sermon." Instead, the "message" is offered from a variety of interesting community speakers, in more natural, and non-judgemental manner.

I dislike talks cluttered with lessons from tra-

ditional holy texts, and for that, UUFO is one of the best places to attend. I am a socially progressive person looking for ways to live and express my own personal spirituality and have found a community here.

The Unitarian Fellowship focuses on supporting communities in need in the nearby neighbourhoods of Vanier and Overbrook.

Throughout the holidays, Carty House, Boys and Girls Club, Rideau Rockcliffe Community Resource Centre, and Odawa, were all given support from this small, but generous community of caring and committed Unitarians.

Although less than 60 members, their commitment to caring for each other and those around them, answers the need for community in a unique way.

Another unique partnership is their connection with Heartwood House, co-owners of the former Giant Tiger building at 400-412 McArthur Avenue.

This wonderful place has a goal to enable small non-profit organizations to share resources and support one another, including, affordable housing support, literacy, language classes for refugees and immigrants new to

> Canada, community organizations, meditation classes, and support for families affected by addiction, eating disorders, and cancer support.

On the outside, 400 - 412 McArthur looks like a strip mall, but inside, it is a quiet, inviting. A place of progress, sharing and enabling positive change in our community.



Ottawa's Cultural Plan Begins an Update Process

Ottawa is embarking on its first city-wide cultural planning process since 2012.

Ottawa's Next Culture Plan aims to develop a <u>new municipal</u> Culture Plan that enables local cultures to thrive.

The goal of the new plan is to reflect the diverse communities and acknowledging how culture is experienced in our city. The city hopes to reach 10,000 residents.

To be a part of this initiative, residents can join the public engagement launch. All residents, including artists, cultural groups, and community leaders will help shape a new city-wide Cultural Plan that reflects everyone. To ensure broad participation, the engagement process will include online surveys, focus groups, interviews, community-led sessions, and a culture roadshow, visiting each municipal ward.

French session: April 1, 2025 Richelieu-Vanier Community Centre 6 to 8 pm **English session:** April 2, 2025 Michele Heights Community Centre (Bayshore) 6 to 8 pm

Virtual bilingual session, with simultaneous interpretation): April 3, 2025 Online (link to be provided) 12 to 1:30 pm

Space is limited and registration may be made here: **Registration Form**



12 APRIL / MAY 2025

I celebrated the spring Equinox last week by greeting all my Bird friends back to my yard.

The Blue Jays and Cardinals who have brighten my winter days, had to compete with Grackles, Red-Winged Blackbirds, and Starlings. A wonderful cacophony of bird song greeted me each time I went outdoors.

This weekend's "Sheila's Brush", a Newfoundland storm that blows in after St. Patrick's Day, reminded me that it is way too early to "cleanup" the garden. In fact, I need to wait until May to give the overwintering insects a chance to hatch (including fireflies apparently).

These past few months, I've been busy working with student volunteers at the University of Ottawa and local environmental groups, to find ways the we can make our neighborhoods and city more "natureful".

We've been wintering some seeding native plants at the Ottawa Technical Secondary



The UOttawa Clan

School and Overbrook Community Centre (OCC), with plans to put these plants in the Donald Street boulevard gardens, the Rideau River Kiosk garden and the gardens at the OCC on Quill streets.

The university students have loved working alongside the children and young people, and are excited to help with this project after their term is over



Several students are helping spread the word about native plants and trees throughout the city by engaging with the community in the discussions about updating the Residential Boulevard By-law, Tree Equity (getting more trees into priority neighbourhoods like ours), and the Safe Wings Annual Display.

You can meet some of them at Earth Day on April 26th, at the Hunt Club-Riverside Park Community Centre, and at World Migratory Bird Day, which is held on May 10th at the Ron-Kolbus Lakeside Centre, 102 Greenview Avenue in Britannia Beach.

We will be working and and planting in our neighborhood on Donald Street during several weeks in May, so please reach out to me at Gar-



Nurturing our Noble Neighbourhoods with Nature



This is what a dedicated gardener looks like.

den@overbrook.ca, or come and see me in person at the upcoming Overbrook Community Association Annual General Meeting (AGM) on April 15th at 7 pm, at the OCC, 33 Quill Street.

I wanted to make everyone aware of some Citysponsored programs that are designed to help you protect nature and your home.

- ☑ Plant Your Place offers a variety of free trees to plant in your yard.
- Rain Ready Ottawa are online, or "eLearning" courses and Rainwater projects for your home.

As well, there are several nature/environmental -related events coming up in April and May.

- ☑ Centertown Community Association is hosting an Earth Day event on April 26th.
- ☑ Jane's Walk Ottawa is an annual, neighbourhood walking tour that is designed for walking conversations and creating space for civic dialogue, and neighbourhood pride. It encourages the participation of those who are not always invited to the table. Jane's Walk is on May 3rd and May 4th.
- ☑ Clean the Capital is a series of cleanup projects taking place across Ottawa between April 15 and May 31. There is an article here on page 7, or click the link for the Ottawa web site. I think it would be great to organize one or two. What do you think? Drop me a line.
- Nature Nocturn has become an annual event at the Canadian Museum of Nature. They host an exciting night of dancing until midnight, while the castle is filled with awesome sounds and music.

Throughout the galleries, you can meet the



artists who interpret our extraordinary worls, and discover four floors of worldclass museum exhibitions.

It is truly a thought-provoking, interactive, and social event that happens only once a year. The Spring 2025 date is May 30.

☑ The Provincial and Capital Bird Banners go up along the ceremonial route.

It is really great to be back, and I am looking forward to meeting some of you in person this Spring. Enjoy the season and get outdoors and enjoy all the wonder!

ECOLOGY OTTAWA GOES INTO ELECTION MODE. AGAIN.

According to Ecology Ottawa, elections are important for effecting change and on the heels of a provincial election, they are now mobilizing around the upcoming federal election.

The effects of climate change are becoming evident with continuing loss of biodiversity, and broad discouragement and anxiety over ecological crises.

Ecology Ottawa's response includes the development of *plank suggestions* to advance ecology in Ottawa and nation-wide with a plan to share them with candidates who can adopt them in their platforms, and they will encourage community members to ask candidates about the issues they raise.

They will also produce a petition so people can show their support.

Ecology Ottawa has also brought together a research group to monitor Ottawa's ridings for opportunities to advance ecological issues. To participate, please send an email to elections@ecologyottawa.ca.







The organisers of the Hurdman's Bridge 150 Project would like to thank the following generous donors, without whom this celebration would not be possible.



Government of Canada

Gouvernement du Canada

































OTTAWA COMMUNITY HOUSING'S INSPIRED BY LEARNING BURSARY PROGRAM

Ottawa Community Housing has announced the launch of its 2025 Inspired by Learning bursary program, designed to support 30 po secondary students living in Ottawa Commu ty Housing (OCH) households.

This initiative aims to remove any financial barriers and push students to pursue their ed cation with more confidence.

The bursary applications will officially launc on March 31 and the deadline to apply is Jul 2. For details, please visit their website.



\$1.000 Bursary

INSPIRED BY LEARNING **EDUCATIONAL BURSARY**

\$1,000 Bursary

For tenants living in Ottawa Community Housing attending post-secondary education or training program

Applications Open - 31st March, 2025 Deadline - June 2nd. 2025

Visit ochfoundation.ca to learn more & to apply.





APRIL / MAY 2025

hank you to the people of Overbrook, Castle Heights, Forbes, Cummings and Vanier South for the strong majority support I received in the recent provincial election. My engagement over the last five years has been strengthened by the experience I have gained and the deepened understanding I have acquired of the issues that are important to people in Ottawa-Vanier. I am more motivated than ever to build on our progress.

Too many people in this area are without a family doctor and experiencing unacceptable wait times for emergency rooms and specialist treatment. I am advocating for common sense solutions that are within reach such as licensing and educating more doctors and nurses and better supporting the professionals who do the essential work of keeping us healthy. Even though I have successfully secured funding for a new Nurse Practitioner Clinic in Ottawa-Vanier, our community needs many more services for primary care.

I know that all residents of Ottawa-Vanier, like other communities, are facing serious is-

sues regarding the cost of living. I am committed to continuing to work for solutions to contribute to alleviating poverty wherever it exists, through building a strong economy with robust social welfare programs. Now more than ever it is important for all three levels of government to coordinate our efforts to strengthen the Canadian economy in this time of crisis, so that we protect our sovereignty and our jobs while reducing the cost of rent, groceries and heating.

A priority for my new mandate as an MPP will be improving the integration of immigrants into the Ontario economy. So much work can be done to improve the recognition of credentials obtained in other countries to allow skilled immigrants to work in fields such as healthcare, engineering, and education. Giving more people these career opportunities will allow for more social integration and improve the quality of life for everyone in our community.

Because I visit the Overbrook neighborhood regularly for community events, I hope to have the opportunity to speak with you there in the next few months. If you see me around, don't hesitate to come up and talk to me! Strong local representation is my priority, and a key part of that is being present in the community and having conversations about the improvements we would like to see.

As your MPP I am here to represent you and listen to you. If you have any questions about my positions, or opinions on the provincial government that you would like to share, don't hesitate to reach out to my office le gouvernement provincial que vous aimeriez partager, n'hésitez pas à at lcollard.mpp.co@liberal.ola.org.



Member of Provincial Parliament for Ottawa -Vanier

LUCILLE COLLARD

Députée provinciale d'Ottawa-Vanier

e remercie les habitants d'Overbrook Castle Heights, Forbes, Cummings and Vanier-Sud pour leur appui majoritaire lors de la récente élection provinciale. Mon engagement des cinq dernières est renforcé par l'expérience que j'ai acquise et par ma compréhension approfondie des enjeux qui sont importants pour les résidentes et résidents d'Ottawa-Vanier. Je suis motivée plus que jamais à continuer à bâtir sur nos pro-

Trop de gens à Overbrook n'ont pas de médecin de famille et doivent attendre dans les salles d'urgence et pour des traitements spécialisés. Pourtant, il y a des solutions de bon sens qui sont à portée de main, telles que former plus de médecins et d'infirmières, et mieux soutenir les professionnels qui effectuent le travail essentiel pour nous garder en bonne santé. Bien que j'aie réussi à obtenir du financement pour une nouvelle clinique d'infirmières praticiennes à Ottawa-Vanier, notre communauté a besoin de beaucoup plus de services en soin de santé primaire.

Je sais que les gens d'Overbrook, comme d'autres communautés, sont confrontés à des choix difficiles à cause du coût de la vie. Je m'engage à continuer de travailler pour des solutions qui contribueront à réduire la pauvreté partout où elle existe, en construisant une économie forte avec des programmes d'aide sociale solides.

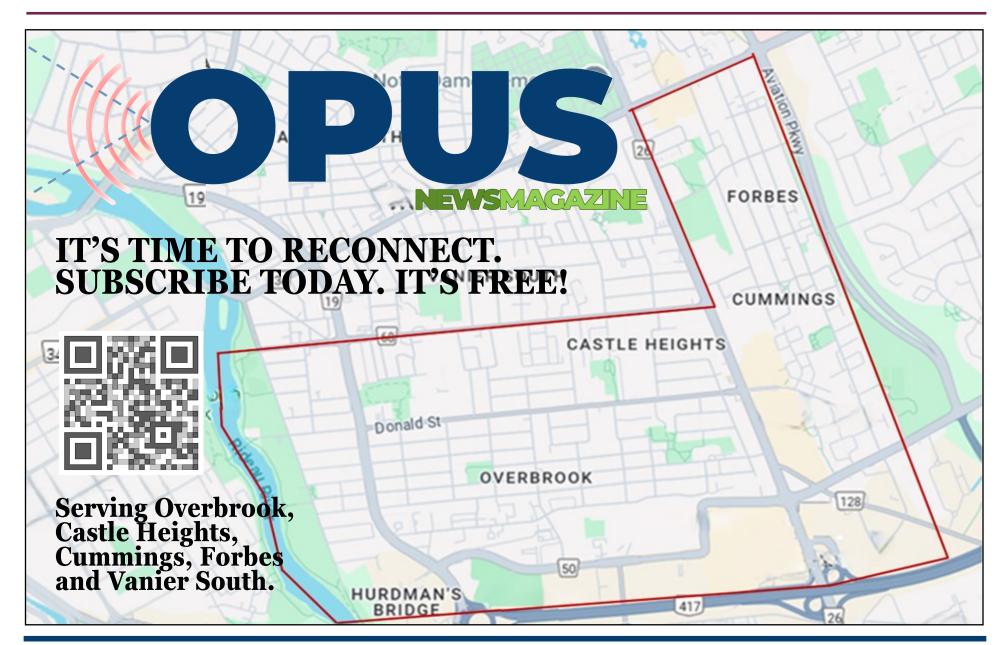
Maintenant, plus que jamais, il est important que tous les paliers de gouvernement unissent leurs efforts pour renforcer l'économie canadienne en cette période de crise, afin de protéger notre souveraineté et nos emplois, tout en réduisant le coût des loyers, de l'épicerie et du chauffage.

L'une des priorités de mon nouveau mandat de députée provinciale sera d'améliorer l'intégration des immigrants dans l'économie ontarienne. Il y a beaucoup à faire pour améliorer la reconnaissance des diplômes obtenus dans d'autres pays afin de permettre aux immigrants qualifiés de travailler dans des domaines tels que la santé, l'ingénierie et l'éducation. En offrant à un plus grand nombre de personnes ces possibilités de carrière, on favorisera l'intégration sociale et on améliorera la qualité de vie au sein de toute notre communauté.

Comme je me rends régulièrement dans le coin d'Overbrook pour des événements communautaires, j'espère avoir l'opportunité de m'entretenir avec vous dans les prochains mois. Si vous me voyez dans les parages, n'hésitez pas à venir me parler!

Une représentation locale forte est ma priorité, et un élément clé de cette représentation est d'être présente dans la communauté et d'avoir des conversations sur les améliorations que nous aimerions voir.

En tant que députée provinciale, je suis là pour vous représenter et vous écouter. Si vous avez des questions sur mes positions ou des opinions sur contacter mon bureau à lcollard.mpp.co@liberal.ola.org.



OTTAWA IS UPDATING ITS HOUSING STRATEGY FOR **NEWCOMERS IN RESPONSE TO "CHANGING NEEDS"**

The City of Ottawa is changing its plan of support for asylum claimants arriving in our community.

For the past several weeks, factors pertaining to the newcomer reception system have changed, including, a downward trend in the number of asylum claimants arriving in Ottawa, new opportunities for spaces to support newcomers, and changes in the timelines to complete the construction.

With those factors in mind, the city has de-

cided not to pursue the construction of newcomer reception centres at 1645 Woodroffe Avenue and 40 Hearst Way.

The work to expand the newcomer reception system will continue, however it will transition to focus on newly available, new, and existing locations. There are more details available at engage.ottawa.ca.



After a Difficult Year, the **Overbrook Community Association Seeks to Reinvent Itself**

The Overbrook Community Association will hold its Annual General Meeting (AGM) on Tuesday, April 15, 2025, at 7 pm. Again this year, the location is the Overbrook Community Centre, 33 Quill Street in Overbrook.

The guest speaker will be City Councillor Rawlson King.

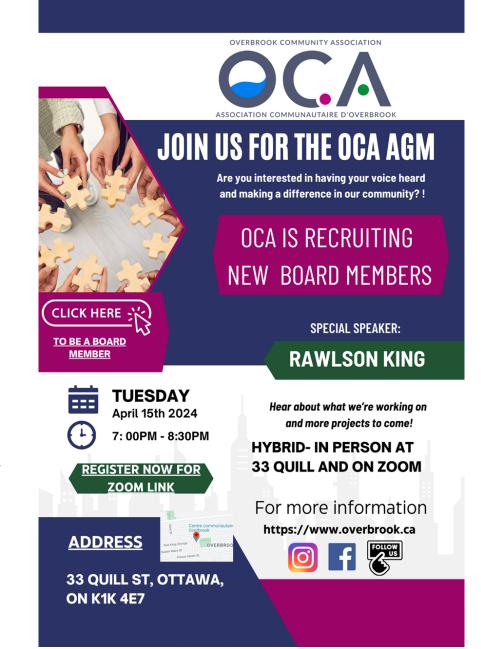
Meeting online by Zoom is available, and to register for the link, join: https://us02web.zoom.us/meeting/register/jzr9Bdv-**RGOJQXODlwzOHA**

The group, which has had a challenging time during the passed few months due to management issues, is looking for new, enthusiastic individuals to join the board.

Some essential new board position to fill include a recording secretary who is an organized record-keeper; a social media specialist, and a treas-

Anyone interested in serving on the board are invited to apply here.







343.558.9548



Hind.aliliche@gmail.com



Hindaphoto.com (##)



@HindAliliche (6)





FREE BOOKS FOR KIDS

Beginning in March, we will be at the Overbrook Community Centre EVERY WEEK.

Look for our updated schedule."

EVERY SATURDAY 1:15 PM TO 3:15 PM

EVERY SECOND & FOURTH WEDNESDAY OF THE MONTH 4:30 PM TO 6:00 PM

OVERBROOK COMMUNITY CENTRE, 33 QUILL STREET



FREE HOT MEALS REPAS CHAUDS GRATUITS





194 rue Prince Albert St.

Seventh Day Adventist Church | Église adventiste du 7e jour Tuesday 11 AM - 11:45 AM | Mardi 11H00 - 11H45

251 rue Donald St.

Tuesday 12 PM - 2 PM | Jeudi 12H00 - 13H00

710 chemin Carson's Road

Maison communautaire Carson Community House Wednesday 9:45 AM - 10:15 AM | Mercredi 9H45 - 10H15

815 boul. St. Laurent Blvd

Wednesday 2 PM - 3:15 PM | Mercredi 14H00 - 15H15

1300 ave Père Charlebois Ave

1st & 3rd Fridays 12:45 PM - 1:15 PM 1er et 3e vendredis 12H45 - 13H15

725 rue Bernard St

2nd & 4th Fridays 12:45 PM - 1:15 PM 2e et 4e vendredis 12H45 - 13H15

Holidays and Observances in April and May

Haitian Heritage Month is a time to recognize and celebrate the rich culture, history, and contributions of Haiti and its people, including Haitian-Canadians.

April Fools' Day or All Fools' Day is an annual custom on April 1, consisting of practical jokes and hoaxes.

International Children's Book Day (ICBD) is a yearly event sponsored by the International Board on Books for Young People (IBBY), an international non-profit organization. The day is observed on or around Hans Christian Andersen's birthday and activities include writing competitions, announcements of book awards and events with authors of children's literature.

International Tartan Day on April 6 was officially declared in Canada in 2006, and celebrates the Scottish declaration of independence in 1320.

Vimy Ridge Day remembers Canadians who fought in the battle of Vimy Ridge during World War I. Vimy Ridge was part of the larger battle of Arras in northern France, and began on Easter Monday, which was April 9, in 1917. About 30,000 Canadians fought at Vimy Ridge and claimed victory, but at a high cost. The Canadians suffered about 11,000 casualties, included 3,600 Canadians that were killed.

Victoria Day has been celebrated in Canada since before the beginning of Queen Victoria's reign. After her death, in 1901, May 25 became known as Empire Day and in 1952, the day was renamed and moved to the Monday before May 25.

Fête de Saint-Jean (Saint John the Baptist Day)

dates to the early 19th century when patriotic associations formed to promote Québécois culture and identity. St. John the Baptist is considered the patron saint of French Canadians.

Passover celebrates Jewish people's deliverance from slavery in Egypt. It is one of the three pilgrim festivals. Passover is related to the Christian observances of Good Friday and Easter Sunday, and the Islamic Day of Ashura.

Good Friday is the day when Christians commemorate the crucifixion and death of Jesus Christ and represents the sacrifices and suffering in Jesus' life. The Easter date depends on the ecclesiastical approximation of the March equinox.

Easter Sunday In ancient times, the Pagan gods were celebrated with spring festivals celebrating nature's rebirth, the return the land to fertility, and the birth of many young animals. The idea of the resurrection became joined with these Pagan beliefs. The Easter date depends on the ecclesiastical approximation of the March equinox.

Mother's Day originated in the U.S. Carnations are a popular Mother's Day symbol, and some may choose to wear a carnation on Mother's Day, but other flowers are also given to mothers or mother figures.

Last Day of Passover is the last of up to eight (or seven days among Reform Jewish groups) days of Passover. Families may eat a ceremonial meal (Seder), which involves telling the story of the exodus from Egypt, and eating various symbolic foods. Unleavened bread replaces ordinary bread during Passover meals, and families may end the meal with after-dinner blessings and by singing traditional songs.

Yom Hashoah is a time when many Jewish communities hold commemorative ceremonies or events to remember Holocaust victims who died during World War II. Synagogue services are held during Yom Hashoah, and rituals may vary, include lighting memorial candles and reciting the *Kaddish*, which is a prayer for the departed.

Ha'Atzmaut is a Jewish celebration of Israel's independence, when Israel's first prime minister, David Ben-Gurion, publicly read the Israel's Declaration of Independence on May 14, 1948.

May Day has a close connection to Labour Day and International Worker's Day.

Cinco De Mayo is celebrated annually to commemorate the victory of Mexicans over the French in the Battle of Puebla during the Franco-Mexican War in 1862.

International Day of Families is an annual observance organized by the United Nations and aims to raise awareness about the economic, social, and demographic issues that affect families all around the world.

APRIL 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		April Fool's Day	International Children's Book Day	3	4	5
International Tartan Day	7	8 Vimy Ridge Day	9	10	11	12
Passover	14	15	16	17	Good Friday	19
Easter Sunday	21	22	23	24	25	26
27	28	29	30			





Sun	Mon	Tue	Wed	Thu	Fri	Sat
				MAY DAY	2	3
4	CINCO de MAYO	6	7	8	9	10
11 Mother's Day	12	Yom Ha'atzmaut	14	International Day of Families	16	17
18	19	20	21	22	23	24 Fête de Saint-Jean Victoria Day
25	26	27	28	29	150 V	31



The Bookmobile visits the Overbrook Community Centre from 2 pm to 3 pm on Thursdays.

No appointment is needed to return items or pick up holds at the Bookmobile.

The Bookmobile will offer browsing of a small collection at all stops. For a list of our current schedule and stops, please read below.

The Bookmobile service includes two vehicles, each with its own unique collection.

Bookmobile items are not-holdable in order to ensure that all our bookmobile communities have equitable access to new and exciting materials.

To see whether an item you want is available to be picked up at a particular stop, please call 613-580-2424 x32629 or email

Bookmobile@BiblioOttawaLibrary.ca

Invite the library (and the Bookmobile!) to an event by submitting a Special Event Attendance request form here:

FREE INCOME TAX CLINIC CLINIQUE D'IMPÔTS GRATUITE

MARCH 3 MARS - APRIL 30 AVRIL, 2025

Rideau-Rockcliffe residents only
Résidents de Rideau-Rockcliffe seulement



K1K, K1M and some K1G | K1K, K1M et certains K1G

In-person (drop-off available) | En personne (dépôt possible)

Appointment required | Rendez-vous obligatoire

Booking starts February 10 | Réservations débutent le 10 février

For those with barriers to booking online, call 613-745-0073 ext. 150 for support.

Pour les personnes ayant des difficultés à faire des réservations en ligne, appelez le 613-745-0073, poste 150, pour obtenir de l'aide.





815 Boul. St. Laurent Blvd Salle Cummings Room



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Until May 31



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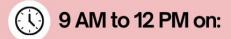


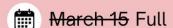


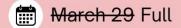


Free Tax Clinic

Need help filing your taxes? Your MP and MPP are here to help!







April 12

April 26

233 Montreal Road, Ottawa



(613) 998-1860

monafortier.parl.gc.ca



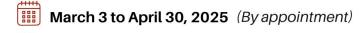
Burundi We Want Free Tax Clinic offers low-income assistance to individuals in filing their tax returns. Thanks to qualified volunteers, we provide free support to ensure you receive all the credits and tax benefits you are entitled to.



Book your appointment today.

HOURS OF OPERATION

Monday to Friday, from 4:30 PM to 7:00 PM



227-815 St. Laurent Blvd ottawa ON K1K 3A7

Easy Access: Location accessible to people with reduced mobility (please use the elevator)













SHOWCASES HATS AND HEADGEAR

Ottawa Residents Offered a **Chance to Participate**

Ottawa's Museums and Historic Sites is curating a new exhibition called *Beyond the Brim*: Tales Told Through the Hats We Wore.

Beyond the Brim showcases headwear, alongside stories about the individuals who wore them and their impact on Ottawa.

This unique exhibition will include hats, helmets and head coverings from the City of Ottawa Museums and Historic

Sites collection as well as pieces submitted by local heritage groups, cultural organizations and residents.

Beyond the Brim: Tales Told Through the Hats We Wore will open at the Trinity Gallery in Orleans' Shenkman Arts Centre in the winter of 2026.

The group welcomes individual participants who can submit a proposal for headwear at the exhibition's Engage Ottawa page.

Staff are looking for examples of headwear that are unique in their design and have a story to tell about an individual or community who helped shape the Ottawa we know today.

Participants must lend their hat(s) to the City of Ottawa Museums and Historic Sites for the duration of the exhibition, and the submission deadline is June 1.



ONLINE

Don't wait on the phone, save time and use our online reporting service for non-emergency reports such as:

- Theft (excluding theft of passports)
- Theft from Vehicle
- Traffic
 Complaints
- Mischief/ Damage to Property
- Drug
 Complaints
- Fraud
 Complaints



REACH US BY PHONE

Some incidents require an officer in person, while other reports can be taken over the phone by a Police Reporting Unit Agent.

9-1-1 for emergency

For non-emergency reports:

613-236-1222 ext. 7300

TTY 613-760-8100 @

service for the Deaf, Deafened and Hard of Hearing

For anonymous tips, contact Crime Stoppers



1-800-222-8477 (TIPS) crimestoppers.ca

COLOUR PSYCHOLOGY is the study of how colours affect people's perceptions and behaviors. It explores how colours can influence and evoke emotions, moods, and even physical responses.

It is used in marketing, design and even therapy. Certain factors, such as age, cultural background and context may affect how individuals react to colours.



Luxury, wealth ambition, royalty, spirituality, energy



Loyalty, trust, peacefulness, tranquility, power, integrity.



Environmental, freshness, organized, positive, finance, crispness.





Confidence, playfulness, hunger energizing



Love, passion, desire, hunger, energy, heat, strength, bravery, drama.



Healing, spiritual, protective, relaxating, wise, peaceful .



Compassionate, happy, playful, healthful youthful, feminine.



Earthy, conservative, friendly, outdoorsy comfortable stable and reliable



Conservative, historic, experienced, crisp.



Solid, reliable, secure, intelligent, neutral, formal.



Wealth, prosperity, value, wisdom, tradition, luxury, prestige.



Glamourous, sleek, graceful, romantic, artistic, modern, hightech



Elegance, timelessness, bold, formality, drama, power



Freshness, purity, cleanliness, goodness, ease, serenity, calm