

OVERBROOK NEWS & CURRENT EVENTS

CONNECTIONS

Vol. 1, No. 3

Dec. 2024 / Jan 2025



**The state of
community
engagement in
Overbrook**

OVERBROOK NEWS & CURRENT EVENTS

CONNEXIONS

CONNEXIONS is a non-profit community publication produced by the *Overbrook Community Association*. It is available online, aimed at approximately 10,000 homes, businesses, and organizations in Overbrook and the environs.

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PRESIDENT'S MESSAGE

Danika BRISSON

president@overbrook.ca



Taking Care of Each Other

The Overbrook Community Association is a group of neighbours who live in Overbrook and who have a common desire to make our neighbourhood better and to create connections between neighbours.

As a group of volunteers with no funding, our strength is our people and the care we have for each other.

Improving the neighbourhood

Through our planning committee we advocate for a more liveable Overbrook that works for all. As a Community Association we are also on the lookout for missing infrastructure or areas that are in need of repair. One of these places is Presland Park which is in dire need of renovations and upgrades. We've initiated community consultations and advocacy with our City Councillor. Another thing we've noticed is a general need for more benches around our neighbourhood. If we want to create an active community where neighbours can enjoy walks, disabled people have a comfortable place to rest, more people can be out and about getting to know each other, adding benches is the quickest and most affordable way to foster a supportive environment. Please reach out to us at info@overbrook.ca if you'd like to help us work towards these goals.

Overbrook Day

One of the biggest events we organize is Overbrook Day which this year was August 10th.

It is an annual event that we organize with our partners and community volunteers. We called out for volunteers to join the organizing committee in May and many new faces joined us in exploring what we could accomplish together.

One of the greatest parts of organizing Overbrook Day is getting to know these new community leaders and having them bring their experience and flavour to Overbrook Day.

We had a community planning team of about 10 neighbours who spent hours in planning meetings and reaching out to businesses, coordinating gifts, food, games, music, throat singers and so much more.

In the lead up to the event we had a whole squad of volunteers dropping off flyers for the event at people's homes and helping to get the word out for the event.

On the day of the event, we had a big crew of neighbours setting up and running all the activities with many many city and community services participating to share their work with the community.

We couldn't do this work without people donating their time and energy, thank you to everyone making Overbrook Day happen!

Ice rink volunteers

Last year, a board member and father, who wanted a community ice rink for his kids, got us started with a maintenance crew for the ice rink behind the community center. We learned a lot about how to manage a safe and smooth ice through thaws and heavy snow falls and a volunteer schedule.

We're excited to be taking on this project again this year as a community association.

We'll be looking for volunteers to help us flood the ice and shovel snow off of it and help with general maintenance starting in January. If you're curious about how you could help, reach out to us at info@overbrook.ca.



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CONNEXIONS

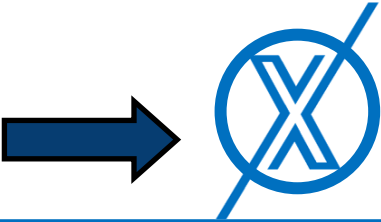
EXPRESS

Newsletter of the Overbrook Community Association

Sign up today to receive OCA's newsletter **every two weeks** by email.

x Get important news, information and special events updates, and get notification of the newest issue of Connexions.

Click here to sign up



COVER PHOTO: A near idyllic winter scene on North River Road in Overbrook, taken in December 2023 by Hind Aliliche, a Moroccan native, who was experiencing her first Canadian snowfall.

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THE EDITOR

David FERGUSON
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The Pollinator Garden and the State of Volunteer Engagement in Overbrook

You are probably asking yourself what those two seemingly disparate subjects have to do with one another, and you would not be at fault for being confused.

Admittedly, in the beginning, I was just as confused when I volunteered, along with the Overbrook Community Association's (OCA) Deborah Doherty and Isabelle Brunet, to be a part of Carleton University's *Foundations in Community Engagement*, described as "the exciting world of community engaged Sociology!"

How could I say no?

"I have become so old that 20-something students didn't get my Simpsons' reference."

If someone had told me that I would be sitting in an auditorium at Carleton University every Friday between 11:30 and 2:30, I would have told them: "Yup. That sounds about right".

I have always loved school and learning. I love it so much that I currently hold four diplomas in four completely disparate subjects. But I am

not working on a fifth. As an OCA representative, I was auditing a Sociology class.

OCA was invited by the *Community Associations for Environmental Sustainability* (CAFES) back in June to participate in a joint community engagement project about pollinator gardens.

According to Deborah Doherty, "We first heard about the Ecology Ottawa Pollinator project in the spring, but unfortunately the application was not

available at that time." The grant was generously funded by the Alva Foundation and the Ottawa Community Foundation.

She added, "I'm not certain of the details, but our timeline was tight." "We sent in the application on August 30, and we were advised that we were selected for funding on September 18th."

At that time, we advised Ecology Ottawa that the timing was going to be tight, given that school had started – the first class was September 6 – and the window for planting was closing quickly".

In our quest for volunteers, Deborah contacted the Ottawa Technical High School in September and had a teacher reply to me about engaging her student in her course for the winter semester. We have had some initial discussions with Ecology Ottawa about involving youth from either Ottawa Technical or the Overbrook Community Centre in the winter.

CAFES is a network of local environmental and climate leaders in Ottawa and this year, the 13-week course was to focus not only on community engagement and volunteerism, but all within the framework of pollinator gardens.

When the OCA was bestowed a grant from Ecology Ottawa to create pollinator gardens in plots around the Rideau Sports Centre at 1 Donald Street, one might have said "Kismet!", but for the fact that deadlines for the two projects were constantly at odds with each other, causing confusion for the students and me alike.

To me, the task seemed simple: Get a group of people together to prepare the soil, then plant the small pollinator plants. How hard could that be? In July, we managed to bring together more than 40 volunteers to help with our *Habitat Restoration Project*



and we only needed, maybe, five people for each of three days.

In no way do I want to seem like an expert on the subject. In fact, I am only now beginning to understand the wonders and the importance of pollinators.

The goal of this project is to engage young people to understand, appreciate and build these gardens. Their importance cannot be understated.

In the bigger picture, according to Roger Lang, Chairman of *Pollinator Partnership*, "Flowering plants across our urban landscapes actually feed the terrestrial world, and pollinators are the great connectors who enable this giant food system to work for all who eat ... including us."

But there will be plenty more on that subject throughout this month's issue.

There was something truly enlightening about my time spent at Carleton. I had forgotten what it was like to be among a group of young people with brilliant yet malleable minds.

What we once called "the Generation Gap" reared its aged head throughout my session at Carleton.

In one group email, I began with the salutation "Hi Everybody!" alongside an image of Dr. Nick Riviera. I fully expected at least an "lol" in response, but nothing. Nada. Nobody got it.

I have become so old that 20-something students don't even get Simpsons' references.

Despite their disturbing lack of Simpson's knowledge, from the start, these students were an impressive lot.

Unlike me, who was terrified that I would be useless due to my complete lack of awareness on the subject matter, the students fearlessly dove right in and organized everyone, me included, as best they could.



YOUR LETTERS TO THE EDITOR

MUDDY, MUDDIER, MUDDIEST

Re: Overbrook's Muddy Borders

Congratulations on your October/November edition; a fine job. Your map on page 19, however, prompted me to go back to the Overbrook Development Plan which the old City of Ottawa produced, with the cooperation of the then Overbrook Community Council, in 1978.

I am afraid you may have 'muddied the borders' again.

properties on the north side of Spartan, and follows the northern edge of St. Paul's Park as far as the lot line behind properties on the west side of Moorevale.

From that point it runs northward along the border of Vanier, which is the line between properties on Dieppe and Moorevale (properties on Dieppe are in Vanier; properties on Moorevale are in Overbrook) as far as McArthur, at which point the border of Overbrook runs along the centre line of McArthur toward and as far as St. Laurent Boulevard.

From the river, the northern border of the Overbrook community follows the border of Vanier (the old municipality) all the way to McArthur Avenue.

Specifically, it runs down Stevens Avenue, along the rear of Gil O'Julien Park and eastward; takes in all the households on Beaudry and Eve, continues along the rear lot line of

Many residents of the area labelled Castle Heights on your page 19 map, some of whom actively participated in the Overbrook Neighbourhood Study, would be dismayed to find that, according to your map, they are no longer Overbrookers, that the borders of Overbrook have apparently been changed since 1978, and that, more recently, OCA has mislead them in faithfully distributing to their households the print version of *Connexions* that preceded your electronic edition (as I'm sure then-editor Wendy Dennys would tell you) and, before that, the even older *Overbrook News*.

I hope that you will set the record straight with a map in your next issue that shows the true borders of our community (our troubled community!), as long established and verified by the old City of Ottawa in that 1978 Neighbourhood Study and Community Development Plan, final draft of which (although I participated, that's all I have!) I would be happy to show you.

Stephen McNamee, Queen Mary Street

CONTINUED ON NEXT PAGE

YOUR LETTERS
CONTINUED FROM PREVIOUS PAGE

Reply by OCA president emeritus
Heather Amys:

Castle Heights is not an official area or name, and it is indeed a vaguely defined area. The southern "boundary" moves at the whim of real estate agents. Councilor Rawlson King's first chief of staff had a house in that area, her real agent told her, but it was most definitely in Overbrook, which she realized much later.

"Castle Heights" is a "no man's land" between Vanier to the west, Overbrook in the south and Manor Park at its northern point.

It is my understanding that it was the city who asked Councilor King, then president of OCA, to represent that area. At the time, there was a specific issue that he took on for the city, a big dust up about some controversy.

With reference to it being a part of Forbes, Forbes is indeed also the area east of St. Laurent as Stephen wrote.

"Overbrook-Forbes" is a term still used by the City in some places. None of Forbes, including so called "Castle Heights," has any organized voice. No community association. No community Council. Nothing. To the best of my knowledge, it never has had, except when Councilor King, as OCA president took it on. It is an issue, especially for its political reps.

My last motion as president of OCA was to stop representing that area. It carried. We had no capacity.

The Overbrook riding border with Vanier changed during my time, by fiat, (mayor Watson) and Steven Boyle and I, on behalf of the OCA board challenged

the city decision which was blatantly illogical. We secured a pro bono lawyer and challenged it successfully. The 100-year-old border has changed just a little bit as a result. It is complicated but, for example, Riverain Park is now entirely in Vanier. Other than those tweaks, Vanier 1 km by 1 km borders remain unchanged since inception circa 1910.

With regards to the former Overbrook Community Council, which goes back to the Greber Report. The name changed to OCA in 2013 when IT WAS legally registered as a not-for-profit (NFP). There are several reasons why the organization was registered, but I am not certain why the name change occurred. At that time, Sheila Perry was President; Joanne Lockyer was active, and Wendy Dennys was secretary.

Thank you for all you do.

Heather Amys, Donald Street

Steven McNamee replies:

Please excuse me where I am going over old ground.

A change to ward boundaries may mean that, even if their current Councillor runs in the next election, some residents whom he or she has represented may not be able to vote for him/her: They will have to choose from a list of candidates that doesn't include him/her, because they will be in a different ward.

Ward boundaries change for electoral purposes (to ensure that Councillors each represent the same number of electors, and so, "my vote is (roughly) equal to yours" no matter where in the city you live and where I live. Ward boundary modifications, made to ensure a "fair voting system" and "equal representation" do not change community boundaries, the extent or identity of a community.

Ward boundaries do not necessarily follow community borders. Communities are social entities, not political entities — or at least they are not necessarily the same thing.

Communities are historical entities. They are composed of people, of people who associate and identify with and as a community.

In our case, the northern border of Overbrook (formerly a Police Village, part of the Township of Gloucester) is particularly clear as Vanier was a clearly demarcated independent municipality, and the 1978 Overbrook Neighbourhood Study/Development Plan clearly recognized and defined our northern border as following that of Vanier from the river to McArthur Avenue and along McArthur to St-Laurent Boulevard.

I moved in in 1972. Not long after, I attended many meetings, some of which crowded the Overbrook Community Centre. No-one ever disputed the border described above. North of McArthur, between Vanier and St-Laurent, to Montreal Road, that; was Forbes (part of).

Castle Heights was an amorphous area, a realty dream. You might or might not live there: depending on what a real estate agent said. But the borders of Overbrook? Those were clear. -- Stephen M

Re: "What is Overbrook, or
Perhaps More Importantly,
What Do We Want It To Be?"

I am proud of our community's identity and heritage. Overbrook's identity mainly derives from the common interests and shared experiences of its residents.

The investment of time, effort, and resources of many generations of residents have resulted in a highly



desirable neighbourhood in which to live, work and play. Community cohesion is driven by a spirit of improvement. We continue to be blessed with that spirit through the strong advocacy of our neighbours and community organizations to make Overbrook a better place.

Past advocacy resulted in the creation of amazing community amenities which includes our community centre, daycares, schools, and retail presence. Community advocacy and activism in the past ensured that our neighbourhood did not become the recipient of a garbage incinerator. Our greenspace along the Rideau River facilitates beautiful walking, hiking, and cycling trails. In the winter, an amazing group of volunteers from the Rideau Winter Trail comes together to create a prime destination for outdoor activities in the heart of Ottawa, serving not just Overbrook but surrounding communities with cross-country skiing, fat biking, walking, and snowshoeing.

The community has a wonderful number of parks including Gil-O-Julien Park and Presland Park both of which, respectively, the city is currently working with community organizations to refurbish and improve.

The community worked hard to ensure the establishment of Riverside Memorial Park, in honour of the many veterans who served our country during both World Wars. That pride translates into Remembrance Day ceremonies held at that park that are annually organized by area residents recognizing those from Overbrook who e willing to make the ultimate sacrifice for their country.

Overbrook's history dates to the turn of the 20th century, with our oldest example of built heritage dating to 1906*.

The community had worked hard to obtain the heritage designation of the former Overbrook Public School in the heart of our community.

The community is recognized for its warm welcome to newcomers, something that has forged an incredibly vibrant, multicultural community.

The community recognizes its original rural roots as a part of Gloucester Township, along with the major contributions of its Franco-Ontarian residents.

The community's commitment to advocacy truly makes us a better place.

Rawlson King, Councillor
Rideau-Rockcliffe Ward 13

*EDITOR'S NOTE: The former Ottawa Public School is not, in fact, the oldest building in Overbrook. It is the only building recognized as a heritage structure.

Re: Connexions Revival

Hi David! You just lit up my day! I am thrilled with the revival of **Connexions** after a two year hiatus.

Thank you for helping to bring it back. I love the digital format.We need our newspaper!

Diane Stevenson Schmolka, Vanier Parkway

OVERBROOK NEWS & CURRENT EVENTS

CONNEXIONS

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COMMUNITY NEWS & CURRENT EVENTS

Serving Overbrook and Neighbouring Communities

Proposed Provincial Legislation Threatens New and Existing Bike Lanes

On October 21, the Ontario government proposed [legislation](#) that would allow the Province to interfere with transportation projects involving bike lanes where car facilities are removed.

Bill 212 - Reducing Gridlock, Saving You Time Act, 2024 - Framework for bike lanes that require removal of a traffic lane is the ironically titled name of the bill, ironic because all indicators point to an opposite outcome.

Community groups are asking why the Provincial government has chosen this time when ecological concerns are at the forefront. Bicycle use is being encouraged because bicycling produces no emissions, and use minimal resources. Estimates vary, but current statistics suggest that biking moves people anywhere from [5 to 12 times more efficiently](#) than driving.

Induced Demand

Indicators suggest that removing bike lanes will not only fail to ease congestion but will *add* congestion.

The unfortunate consequence of removing bike lanes relates to the concept of induced demand, wherein, when roads are widened, vehicle traffic increases. Any legislation that suggests the removal of bike lanes will inevitably make bicycling more dangerous, but it will likely increase travel times for drivers.

As part of their justification for this move, Premier Ford's office has suggested that "everyone has access to a car", which is questionable.

As part of their Engage Ottawa project, the City published the [Origin-Destination Survey](#) which showed that 14 percent of Ottawa residents do not own a car, including 48 percent of households in the downtown core.

For low-income households, that number climbs to 53 percent.

All studies in recent years conclude that bike lanes save lives. Facilities with physical protection offer cyclists the greatest protection

The economic argument

In Toronto, the Bloor Street Business Improvement Association (BIA) strongly opposes the legislation, stating that "when parking was replaced by bike lanes, monthly customer spending and number of customers served by merchants both increased."

Traditionally, municipalities have made their own transportation decisions since they know their transportation patterns and needs best.

The City of Ottawa's [Official Plan](#) has committed to a major shift in transportation, stating that by 2046, more than half of all trips are by sustainable transportation modes (walking, biking, public transit, etc).

For his part, Councillor Rawlson King has joined several of his Council colleagues in opposing this proposed provincial legislation.

In a letter, councilors stated that it would severely restrict Ottawa's ability to build and maintain vital cycling infrastructure since the proposed legislation would require municipalities to seek provincial approval before implementing any new bike lanes that affect vehicle traffic lanes.

The letter goes on to say that the legislation puts nearly all projects in Ottawa's Active Transportation Master Plan at risk, including potentially removing existing



infrastructure like the successful O'Connor Street protected bike lanes which is used by more than 150,000 bicyclists annually.

Many of Ottawa's cycling infrastructure projects were implemented in direct response to tragic accidents and deaths.

Councillor King stated, "I believe our community deserves better. Residents should have the right to travel safely whether they choose to walk, cycle, take transit, or drive."

"As your City Councillor, I will continue to advocate for maintaining local control over our transportation planning and ensuring our streets remain safe and accessible for all users".

He continued, "My colleagues and I urge the provincial government to withdraw this misguided legislation and respect municipalities' ability to meet their communities' transportation needs".

IDLING CONTROL BYLAW STARTS JANUARY 1

With a goal to reduce unnecessary idling and promote clean air, the city of Ottawa will institute new regulations that take effect on January 1. Ottawa council passed the bylaw on October 16, 2024.



In effect, idling an occupied vehicle is permitted for a maximum of 10 minutes in temperatures above 27°C or temperatures lower than 0°C, and a maximum of 3

minutes for all other temperatures, as determined by Environment Canada.

Any longer and the bylaw applies. Anyone convicted of an offence under this by-law is liable to a minimum fine not exceeding \$500, and to a maximum fine not exceeding \$100,000.

There is a healthy list of exemptions, including vehicles that do not emit greenhouse gases or criteria air contaminants during the idling phase of operation.

Exemptions also include:

- mobile workshops while in use for their basic function.
- idling when required to repair a vehicle or prepare it for service.
- Armoured vehicles in service.
- Police, ambulance, fire, or provincial offence officer vehicles while engaged in operational or training

activities.

- Vehicles assisting in an emergency.
- Vehicles required to remain motionless because of any emergency, mechanical difficulty.
- Traffic operating in the travelled portion of a drive-through facility.
- Private transit vehicles while passengers are embarking or disembarking.
- Vehicles used for transporting a person who is certified (in writing, by a health professional) that the vehicle must maintain its temperature or humidity within a certain range.
- Public transit vehicles.
- Vehicles engaged in normal farm practices.

More information is available on the [City of Ottawa website](#).



The New Canadians Information Fair, hosted by MP Mona Fortier and MPP Lucille Collard, provided a space for newcomers in Ottawa-Vanier to connect and access vital resources. The event highlighted the importance of supporting integration and fostering inclusion.

Council Unanimously Approves Poverty Reduction Strategy

Ottawa's first comprehensive *Poverty Reduction Strategy* in a decade was unanimously approved by the city council on Wednesday, October 30.

Ottawa councillors have called this initiative “a significant step forward in our commitment to build a more equitable and inclusive city for all residents.”

In a statement, Councillor Rawlson King said, “What sets this strategy apart is its collaborative, comprehensive approach”.

“Through extensive consultations with more than 350 participants from more than 70 organizations, the City has developed a framework that will work to address the root causes of poverty through food security, employment, financial security, and economic development”.

Integrated service pathways

Community organizations from Ward 13 and Vanier contributed to this strategy.

All local community associations formed a "Community Collective" to advocate for the creation of this plan, and one of the fundamental principles of their recommendations is that the city must “move beyond treating symptoms to address the fundamental causes of poverty”.

Ultimately, the Strategy adopts a collective impact approach, uniting the city, community organizations, and residents in pursuit of shared goals.

It acknowledges that no single organization or program can alone solve poverty, but coordinated action across sectors is required, guided by those with lived experience.

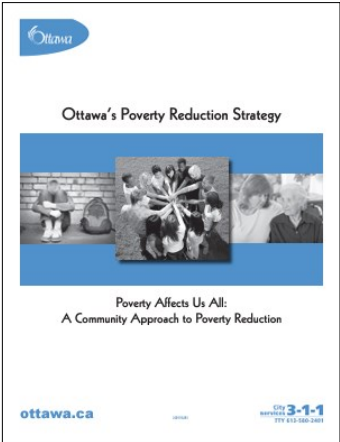
The Strategy includes several concrete actions that are designed to evoke quick change:

- Increased funding for mentorship programs targeting Indigenous, Black, and racialized youth.
- Improved coordination of food security initiatives.
- Enhanced coordination of tax clinics to help low-income residents access benefits.

A one-time \$150,000 grant to support tax clinic coordination is included in the initiative, with the hope that additional funding is found to help low-income residents access approximately \$72 million in currently unclaimed benefits. This can create immediate material improvements in the lives of low-income individuals, and at the same time improve the local economy.

As the Community Collective has noted, poverty carries significant costs for our city in healthcare, social services, and lost economic potential. Coordinated action now will improve lives and reduce long-term costs.

The Strategy aligns with other City priorities, including the Strategic Plan, Anti-Racism Strategy, and Women and Gender Equity Strategy.



Ottawa Public Library's new Community Development Initiative

The Ottawa Public Library has recently the launch of a new community development initiative, centred at the St-Laurent branch at 515 Coté Street.

The goal is to create new library services for priority neighbourhoods, of which Overbrook is one.

Funding of \$68,500 has been allotted to community development services, which include consulting and working collaboratively with residents and community organizations to understand and address neighborhood needs, thereby informing the direction of local library services.

Some areas to be studied include defining barriers to service, solutions to break down those barriers, measures of success, and partnership opportunities. Until now, the library staff had the role of being the sole identifier of the area's needs and services.

The St-Laurent branch was identified for the initiative based on the Neighborhood Equity Index (NEI), which is used to evaluate socioeconomic conditions in the city. The Index has designated Overbrook-McArthur as a priority neighbourhood in our city as it requires enhanced social service investment.

The library will look to its more than 40 community partners for guidance. New programming might be coordinated with other initiatives within the community, subject to budgetary limitations.

For example, the Overbrook Book Network is an initiative of the Overbrook Community Centre, Twice Upon a Time and Ottawa Community Housing, working to inspire increased literacy opportunities to children and youth.



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 contaminants; new or noteworthy drug trends presenting in the local unregulated drug supply.



Highlights from Ottawa's Draft Budget for 2025

The environment gets a boost from the draft budget.

From November 10 to 24, city staff is tabling its draft budget for 2025 and has identified \$54.2 million in savings through service reviews and "continuous improvement initiatives". Since 2023, \$207.7 million in savings have been made.

The draft budget suggests increases in key areas such as housing, security, and transit.

On November 19, Ottawa's *Environment and Climate Change Committee* approved its portion of Draft Budget 2025 that includes funding of \$347 million for programs that reduce greenhouse gas (GHG) emissions and more than \$22 million for programs that build climate resiliency. The city's *Climate Change Master Plan* will receive \$6 million annually.

This budget supports core services like water services and waste collection, committing \$37.1 million for sustainable waste management programs and \$361 million in capital spending.

A *Private Land Tree-Planting Program* will increase tree planting, public education, and urban forest stewardship. In addition, a *Tree Replacement in the Right of Way* program will receive \$500,000 for tree planting across Ottawa.

Energy-management initiatives will get \$2.8 million, and \$2 million for natural area acquisitions.

\$122.6 M ALLOTTED FOR SUPPORTIVE AND AFFORDABLE HOUSING

On November 20, the Planning and Housing Committee released its 2025 budget, including \$88.2 million towards operating funding and \$34.4 million in capital funding.

Approximately \$18.9 million of the capital spending, with enhancements to the *Vacant Unit Tax Program*, will be used to develop affordable and supportive housing in Ottawa.

The draft budget suggests an increase Ottawa's housing supply of 500 units, specifically with affordable options offered below market rates.

\$3 million is approved to fund a 2025 *Official Plan* update, \$7.5 million for new *Land Management Solution* software, and \$900,000 for Ottawa's zoning bylaw.

ALMOST \$300 M FOR PUBLIC SAFETY

On November 20, Ottawa's *Emergency*

Preparedness and Protective Services Committee approved its operating budget of \$272.5 million and \$17.9 million in capital spending, including \$2.4 million to hire paramedics, and \$600,000 for vehicle procurement to address rising response calls. Paramedic support staff will be hired at a cost of \$400,000. Replacing emergency medical equipment is budgeted at \$3.4 million, and \$2.6 million for 7,000 upgraded radios.

- Ottawa Fire Services will receive \$2.3 million to hire new firefighters, specifically to address population growth in Stittsville/Richmond, and to convert Station 81 to a composite station.
- \$180,000 will be used for a permanent position as a coordinator of mental health services for Ottawa Fire Services staff.
- \$750,000 will be allocated to replace tools and equipment.
- By-law and Regulatory Service will get \$1.3 million for staff and by-law vehicles. The budget includes \$528,000 to replace equipment, along with \$115,000 in operating costs and \$475,000 in capital costs.

PREPARE FOR TRANSIT PASS COST INCREASES

During the week of November 25, the Transit Commission will consider possible increases to monthly transit passes for university students and seniors and the elimination of discounted youth transit fares.

The draft budget states that transit revenue is down due to declining ridership, infrastructure costs, and insufficient funding. The draft budget proposes a 2.9 per cent tax increase to address this shortfall.

Other highlights include:

- \$120 million from Ontario's new *Provincial Homelessness Prevention Program* and \$48.8 million through the *Homelessness Prevention Program*, which will aid shelters that support the homelessness sector.
- \$34.2 million through Immigration Refugee and Citizenship Canada's *Interim Housing Assistance Program* to support asylum seekers.
- \$18.9 million for the *Housing Long-Range Financial Plan*.
- \$15.9 million through Housing, Infrastructure, and Communities Canada's *Reach Home Program* to fund supportive housing providers and the City's *Housing First Program*.

The draft budget attempts to strengthen emergency services by hiring 23 paramedics, 22 firefighters, 10

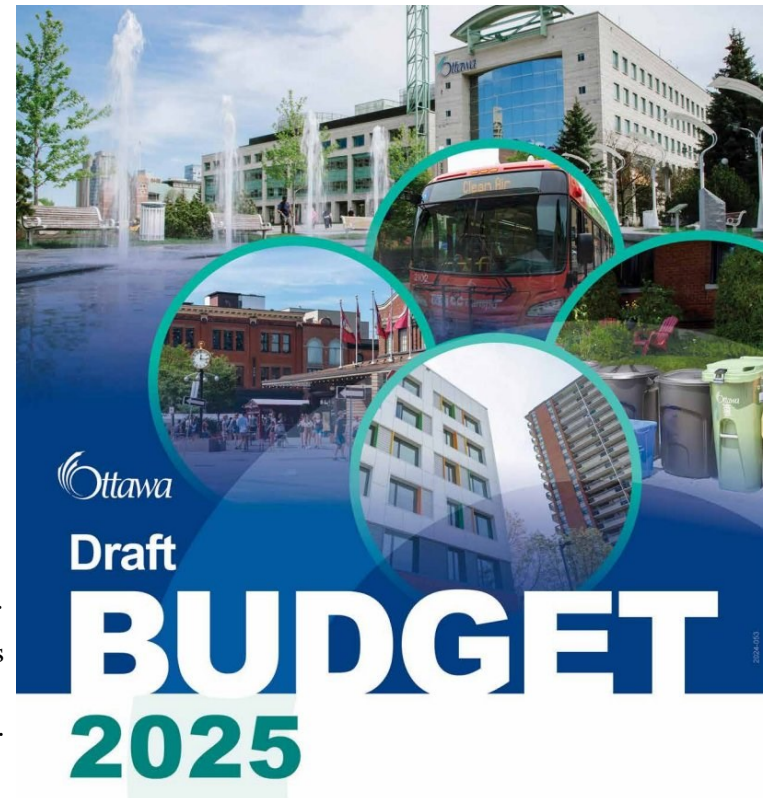
by-law staff, and improved vehicles and technology, including \$16 million through the Ontario-Ottawa Agreement to address downtown safety, alternative mental health supports, and Transit security.

For more information about 2025's draft budget, the city has prepared two documents.

[Draft Budget 2025 Magazine](#) offers insight on the budget's creation, key financials, service reviews, and highlights from services that advance strategic priorities.

[Draft Budget 2025 Explorer](#) will offer interactive charts, graphs, and tables to enhance financial literacy and transparency.

Public input is highly encouraged in the budget process. Contact Rawlson King, the councillor for



Ward 13, which includes Overbrook, by emailing his office at RideauRockcliffeWard@ottawa.ca or by calling 613-580-2483. Ask budget questions on the [Engage Ottawa webpage](#) before December 9.

Finally, you may join a standing committee meeting open to the public, and provide written and/or oral submissions. Register as a public delegate to present at a budget review meeting of any standing committee, board, or commission. Meeting dates are available at ottawa.ca/budget. **Get your questions in before Dec. 9.**

Subscribe to *Connexions/Express* for regular updates and alterations to the city budget.

<https://overbrook.ca/connexions>

NEW ELECTRICITY RATES AND WINTER SCHEDULE NOW IN EFFECT

The Ontario Energy Board (OEB) has announced that electricity prices under the Regulated Price Plan for households, small business and farms have changed **as of November 1, 2024**.

Winter "Time-of-Use" hours and the change in threshold for residential customers on tiered pricing will also take effect.

Click the OEB kogo for more information.



These are your publications. If you have a story to tell, we want to hear it.

Tell us about your Overbrook-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@Overbrook.ca

THE LOCAL

Heather AMYS

Heather@Overbrook.ca



The Tyranny of Old Photographs and Slides

(or Straddling the Film/ Digital Divide)

I learned to develop black and white photographs in a dark room I managed in another lifetime. It was a lovely refuge. We created a fantastic Acadia yearbook – my roommate Desmar and I. She was Editor and I was Photographic Editor, with a fleet of photographers. We couldn’t afford colour photos.

When he heard that, my father sent me his old “Photo Tinting Outfit No. 3” in an enameled tin box that included “Transparent Photo Oil Colours” to colour, tint and tone photographs. It was so old school back in 1980 so I never used it. That said, the photos he tinted are so well done that; few realize they are not colour to begin with.

Since then, I have accumulated a solid collection family photo albums of all shapes as sizes. Some date back to 1910 when Grandfather bought the first Model -T Ford in the village. These treasures have made their way into my possession as my ancestors’ and siblings’ homes were emptied and sold. I have piles of “Kodachrome transparencies” arranged in “SelectTrays“ for an vintage slot projector, and others carefully arranged in ‘carousels’. One package contains my artist Uncle’s circa 1948 trip to what is now Nunavut. Another shoebox contains my husbands 4+ year horseback trip. Plus, there are many more recent albums and shoe boxes of printed photos – often two copies of each photo along with the negatives in case you want to print more (horrors!). The most overwhelming of all is my smart phone generated digital photos which grows exponentially. straddles the film and digital divide.

I have tried to ignore all this. But the challenge gets worse with each new death in the family – the joys of being the youngest. Clearly, I need to digitize the important old stuff for my kids, nieces and nephews. This requires a serious cull of the old albums and slides, some new equipment.



From the Magasonic website, an all in one film and slide scanner



Example of an old photo I need to digitize. "January 1931 Canoe building, Montagnais Indians in Montana, Quebec"



Winsor and Newton #3 Photo Tinting Outfit circa 1944

Why Digitize Photos and Slides?

In today's digital age, preserving and organizing old photos and slides has become more accessible and crucial than ever. As time passes, physical photographs and slides deteriorate, with fading colors, cracking, and wear and tear from years of handling.

Old photographs and slides are susceptible to damage including from humidity hand heat. Once digitized, they can be shared online with family and friends, used in presentations, or incorporated into digital scrapbooks and photo books.

How to Digitize Your Collection

The most common method for digitizing printed photos is scanning. Google advises “A specialized photo scanner provides high-resolution digital copies of your photos. When scanning, it’s important to use the highest resolution setting to ensure the images retain their detail. Many scanners also offer software that helps adjust brightness, contrast, and sharpness for optimal results.” Frankly, I don’t have time for all that. I scan some particularly important pieces but for most photos, and memorabilia, I simply photograph them. There are several apps allow you to digitize photos directly with your smartphone. They can automatically crop and adjust the image, though the quality might not be as high as scanning. I think the motto “Perfection is the enemy of progress,” applies when you have a lot to preserve.

To convert slides and negatives to digital, we purchased a dedicated “Film Scanner”. It easily converts film into digital files. A worthwhile investment if you have a lot to do, as professional services for digitization are very expensive.

Next challenge: Find the time to Organize and create digital albums.



1945 black white photo hand tinted with colour



Santa

Is coming to Overbrook!

DECEMBER 7TH, 11AM-2PM

Free photo with Santa!

Also featuring FREE Pizza & Drinks, Face Painting, Popcorn, Music and more!

Free Toys Ages 4-12

33 Quill St.,
613-742-5147

RespectRX PHARMACY

Rawlson King
Councillor / Conseiller
Rideau-Rockcliffe

Ottawa

CANADIAN TIRE

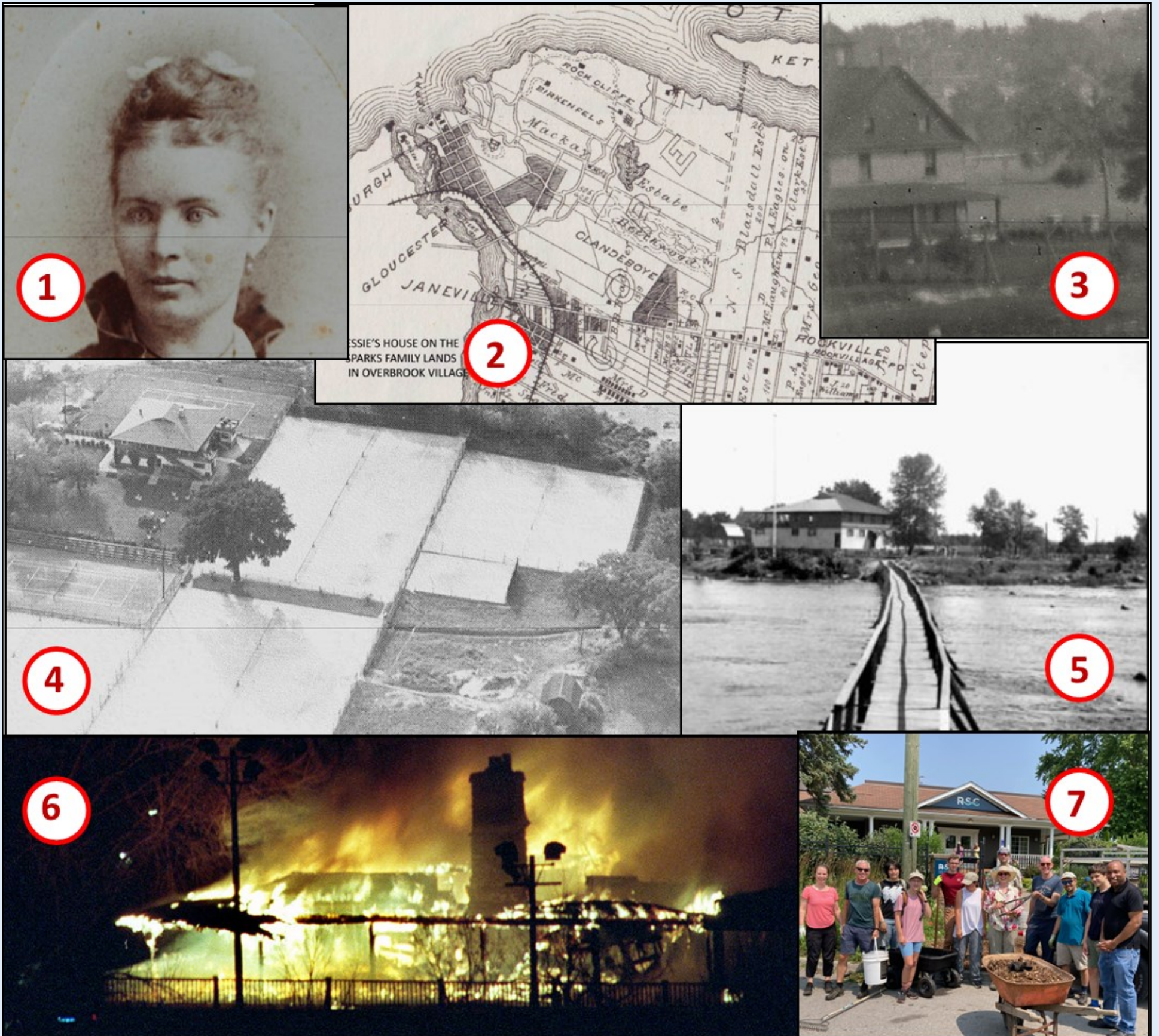
Centre de ressources communautaires
RIDEAU-ROCKCLIFFE
Community Resource Centre

Overbrook • Forliss • Carson Grove • Manoir Park
Lindenlea • Rockcliffe • New Edinburgh

OTTAWA COMMUNITY HOUSING

LOGEMENT COMMUNAUTAIRE D'OTTAWA

CONNECTIONS WWW.OVERBROOK.CA



The Sites of Overbrook

THE RIDEAU SPORTS CENTRE

by **David FERGUSON**
DavidF@Overbrook.ca

The Rideau Sports Centre was founded in 1912 as the Rideau Lawn Tennis Club.

In that same year, Esther ("Essie") Sparks Wolff (1) agreed to lease her three-acre (1.2 hectare) property in Overbrook (2) to the club. The three-storey home overlooking the Rideau River became the first Rideau Lawn Tennis Clubhouse (3).

In 1919, a fire destroyed the original building, but with a reputation as one of the country's top tennis clubs, a temporary clubhouse was quickly built on the same foundation.

It was not long before the club directors engaged the tennis community and within a year, a new clubhouse was built (4). The architect was none other than Colborne Powell Meredith (September 15, 1874 – January 29, 1967), a club member and one of the leading architects of the day.

Meredith was Commissioner of the *Ottawa Improvement Commission* in 1908, President of the Ontario Architects Association from 1912, and Councillor of the Royal Architectural Institute of Canada. He designed many of the grandest buildings and residences in Ottawa, including the Château Laurier Hotel.

In the day, the Club property was linked to Strathcona Park in the more affluent Sandy Hill neighbourhood rather than the poorer Overbrook Village. A

footbridge was built to emphasize the connection, and the streetcar stop was located at Laurier Avenue and Range Road.

In 1945, the original footbridge (5) was washed away in a particularly bad rainstorm, but was quickly rebuilt. In 1953, it was permanently lost in a spring flood. The footbridge was not rebuilt until December 2015.

In 1977, a new squash court was added, and the name of the club was changed to Rideau Tennis and Squash Club.

Several additions and renovations were made over the years until December 12, 2001, when the building was razed by a devastating fire (6). The historic 1920 wood frame structure, designed by CP Meredith Architects, was destroyed, leaving only the 1977 steel and concrete block squash court, which withstood the blaze, but suffered substantial damage.

In 2004, the *Recreation Association of the Public Service of Canada* (the "RA") signed a 30-year lease with the NCC and re-established the Rideau Tennis Club.

In August 2017, the "RA" closed the Rideau Tennis Club. Its assets and the remainder of the lease were purchased by the *Rideau Sports Centre* that built the current clubhouse (7), a place now enjoyed by all Ottawans, but proudly situated in Overbrook.

What place comes to mind when you think of Overbrook? We would love to hear your memories. Please send your thoughts to Editor@overbrook.ca.

NATURE IN THE CITY

Deborah DOHERTY
Gardening@Overbrook.ca



With cooler days upon us, I'm reflecting on our amazing summer and fall. The Donald Street Boulevard project made tremendous progress thanks to our partners and the dedication of our incredible volunteers.

The generous support of Ecology Ottawa, McArthur Loblaw's, the Overbrook Community Association, the Ottawa Tool Library, the Ottawa Wildflower Seed Library and the Rideau Sport Centre, enabled us to hold three garden events, remove numerous invasive species and plant over 1,000 plants and shrubs.

Thanks to Stephen Bolye and Guy Herman Zanguim for being there almost every week! It was such a joy to see our new native plants and the hybrid lilies blooming together in August. A special thanks goes out to the City Ottawa, Roads Department for assisting us with one of the first community boulevard projects in the city.

In September, our partnership with Ecology Ottawa enabled us to purchase plants from a local native plant nursery, [A Cultivated Art](#) in nearby Vanier and focus on youth volunteerism. A big shout out to David Ferguson, for being the point person for our involvement with the CAFES – Carleton Community Engagement course. To learn more about this pollinator garden project and how you can help, check out the special feature on pages 10 to 14.

Now, let's chat about how we can enjoy nature this winter. I love how the first snowfall transforms our world into a glistening landscape, and I am getting ready to explore this winter wonderland on cross country ski on the Rideau Winter Trail (check out page 17).

I also delight in watching birds in my backyard feeders this time of year. So let me share some tips on how you can enjoy nature in Winter.

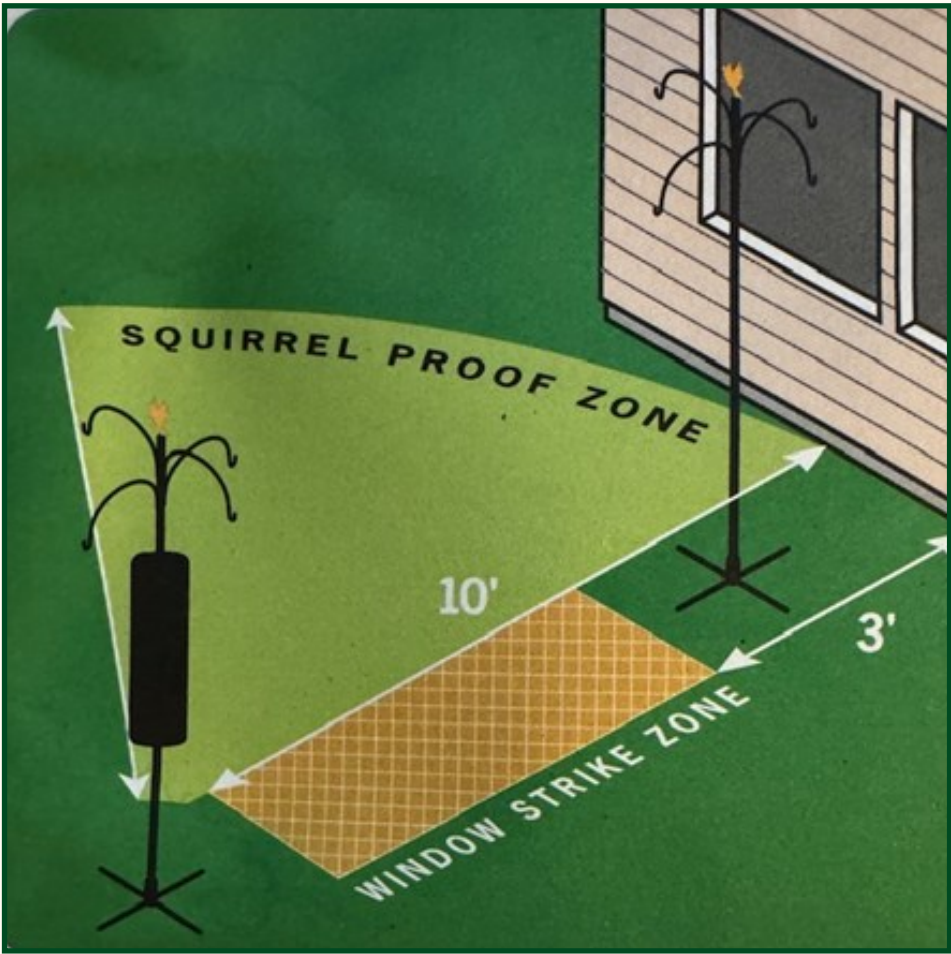
If you are new to Ottawa or outdoor winter activities, one of the key things to remember is to dress for the wind, wet and cold. The Canadian Red Cross has a great blog that will help you choosing appropriate clothing, so you can enjoy yourself on a sunny January day. <https://www.redcross.ca/blog/2021/12/welcome-to-canadian-winter-dressing-for-winter-conditions>. With our warming winters, sometimes we need to deal with icy trails, so I highly recommend you get some grippers to slip on to your boots to avoid a nasty fall.

Want to learn how to cross country ski or snowshoe this winter? We have a great opportunity for you at the Ottawa Outdoor Gear Library. They provide free

rentals of cross-county skis and snowshoes at 33 Quill. Check out their website for dates and times.

<https://ottawaoutdoorgearlibrary.com/>

Would you rather stay inside and enjoy nature? Bird feeding is a great way to have beautiful birds to en-



tain you from the comfort of your home. Here are some tips that will keep the birds safe.

- Place your feeders close or directly on your windows and ensure that you treat your windows with a dense pattern of stickers to avoid window collisions.
- Use a feeding location that discourages squirrels (see image above).
- Clean your bird feeders regularly. Wild Birds Unlimited, Hobby Guide www.wbu.com.

You can place your Christmas tree in your yard or with treats such as natural peanut butter stuffed pinecones and suet balls. Check out Birds Canada [Feeder Watch](#) and the Christmas Bird Count for more information about feeding and watching birds.

Traditionally, in our indigenous communities, winter is a time of storytelling. Here's some ways you can share stories and experiences.

- Ask your librarian for books about nature, winter or indigenous stories.
- Join a Storytime or a conversation group at our local library.
- Visit the Museum of Nature. It's free on Thursday night and museum passes (the Nature Card) are available at the library.
- Join the [Ottawa Field Naturalists' Club](#) Field Naturalist Club experience activities indoors and outside.

All the best of the season to you and yours.

Deborah

by David FERGUSON

OVERBROOK
COMMUNITY
ASSOCIATION

OCA

L'ASSOCIATION
COMMUNAUTAIRE
D'OVERBROOK

Pollinator Garden Work Party

1 DONALD STREET, OVERBROOK

THURSDAY, OCTOBER 10
FROM 4 PM TO 6 PM
FRIDAY, OCTOBER 11
FROM 4 PM TO 6 PM
SATURDAY, OCTOBER 12
FROM 9 AM TO 12:30 PM

Tools and work gloves will be provided
(but please bring work gloves and trowels if you have them).

SUPPORT OUR COMMUNITY!
Great opportunity for volunteer hours.

PLEASE REGISTER FOR THIS EVENT
GARDENING@OVERBROOK.CA



Gathering at the Fletcher Wildlife Gardens on



THE POLLINATOR GARDEN AND THE STATE OF VOLUNTEER ENGAGEMENT IN OVERBROOK



Although it doesn't look like much now, these garden beds will be full of pollinator plants next spring.

How do you solve a problem like Engagement?

by **Cooper ROGERS**
4th Year, Sociology

Volunteering in a community is necessary for any community programs, projects, and events to run smoothly and efficiently.

Being a part of *The Pollinator Project* where I was fortunate enough to engage with Overbrook residents, it quickly became apparent that people care about their community and want to see the Overbrook community improve.

Throughout my experience of engaging with volunteers, I met many amazing people that made the experiences a great one. Battling through adversity and tight deadlines was a major challenge, but with perseverance we were able to accomplish our goal.

Overall, my experience with volunteer engagement was great.

Deborah Doherty and David Ferguson supported us along the way, creating and performing tasks that help this community flourish.

Insurmountable challenges arose that hindered our ability to perform essential tasks.

A major challenge was discovering the community's desire but unwillingness to engage.

Overbrook residents are fortunate to have a great organization like the *Overbrook Community Association (OCA)* that is always looking out for its youth yet reaching out them in area schools and municipal programs proved unproductive.

I wondered if the OCA could strengthen their volunteer outreach, by improving relationships with local schools and programs, it may garner enthusiastic volunteers that would support the great causes in your community.

A solution might be for the OCA to hire a **volunteer coordinator**, an individual who would create and explore ways to better engage volunteers for the many events, programs and projects held throughout the year.

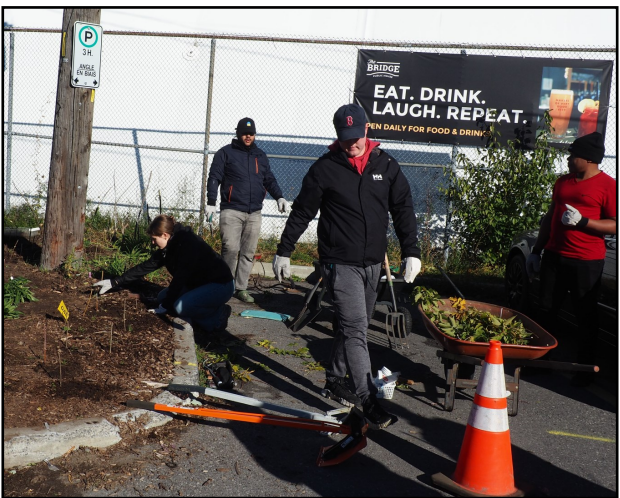
As I understand it, many of the annual or regularly scheduled volunteer-run events, programs, and projects, such as Overbrook Day, Capital Clean-Up or Connexions, have less problem attracting volunteers, but projects like *The Pollinator Project*, which ostensibly is a one-time thing, community

engagement and attracting volunteers is much more difficult.

A volunteer coordinator position would reach out to those who do not typically volunteer – new Canadians, young people between the ages of 12 and 20, seniors, even people who believe they do not have the time, but feel the desire to volunteer, even for an hour or two.



Left to right: David Ferguson, Cooper Rogers and Liz Harding.



A volunteer coordinator would ensure an adequate number of volunteers who would support the one-time and short-term events in the community throughout the year.

In sum, community engagement is an essential element to improve a community, and the members of that community must always try to find a way to support its community organization.

Support can go a long way towards helping others.

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Working with the OCA and its partners on The Pollinator Project

by **Sehajvir DHALIWAL**
4th year Sociology

This term, I and six others from Carleton University had the exciting opportunity to work closely with the Overbrook community on a project that highlights the importance of pollinator gardens for the neighborhood.

Through this project, I learned firsthand about how these gardens support biodiversity, improve local green spaces, and foster community involvement. The project was introduced as part of our coursework, designed to teach us the foundations of community engagement by encouraging us to actively participate and connect with local communities.

In my role as the community outreach coordinator, I had the rewarding task of collaborating with the Overbrook Community Association (OCA) and the Overbrook Community Center to promote the pollinator garden event which took place on October 12, 13, and 14.

I was genuinely excited about the chance to connect with community members and get to know the unique spirit and pride that defines Overbrook.

David Ferguson warmly welcomed me to an OCA meeting, where I had the opportunity to present our project to community leaders.

Their enthusiasm for the pollinator garden event was inspiring, and I left the meeting feeling highly motivated. Seeing how much excitement this project brought to the community leaders reinforced just how impactful this initiative could have been for Overbrook.

Following the meeting, we took additional steps to spread the word, sharing information through the OCA’s social



Carleton’s Sehajvir Dhaliwal and Liz Harding, gardening enthusiast, fellow student and Sehajvir’s girlfriend, at the Pollinator Garden on the Saturday “Work Party”.

media platforms and posting flyers at the Overbrook Community Center.

However, the community's initial enthusiasm didn’t fully translate into attendance at the event.

Deborah Doherty, our pollinator garden expert and the lead planter for this project, had just one or two community members come out to participate.

Despite our efforts to encourage engagement, my experience taught me that—like in any community—some organizational adjustments are needed to increase local participation.

It became clear that the OCA could benefit from further strategies to motivate residents and bring in more volunteers, fostering a sense of shared commitment toward creating sustainable community gardens.

I’m incredibly grateful for all that I’ve learned from community leaders like David throughout this journey.

The connections I’ve made in Overbrook, along the way, have left a lasting impression on me and have really shaped my understanding of what community engagement can accomplish.



ABOVE: Deborah Doherty attempts to indoctrinate the gardeners of tomorrow.

RIGHT: Her always happy demeanour, even under the stress of the project deadlines.



Cameroon-born Guy Zanguim easily tolerates a cool Canadian Fall day.

Asking Overbrook Residents about Volunteering

by **Spencer GIGNAC**
3rd Year Social Work

On a crisp Friday morning, I travelled to Overbrook to ask local residents about their histories of volunteering. I found it particularly interesting that while many people took an interest in why I was there, all were reluctant to give their name.

After only a few minutes of walking around North River Road, I was able to gain some information from a woman walking to work.

“Hi!”, I exclaimed. “My name is Spencer, and I am a Carleton University student doing a project for an Anthropology course.”

“We’re discussing volunteerism and the reasons why people do, or do not volunteer.” “Would I be able to ask you some questions?”

“Yes, of course!” she replied with great enthusiasm.

“Awesome, thank you,” I began. “Have you volunteered in Overbrook?”

“Yes, I started volunteering with Overbrook’s annual street party picnic, Overbrook Day, last year.” “I have always believed that small businesses need to play a role in their communities, so I try to give back whenever I can.”

“It’s a lot of work but also really rewarding—I get to meet so many neighbors and it’s great for my business’ exposure.” “But I do it mostly to connect with people, though.”

When I asked if she would continue to volunteer in the future, she replied: “Absolutely.”

“Every time I do, it reminds me of why I love this

neighborhood.” “I will be there again next year, for sure.

Continuing my walk, this time near the Overbrook Community Centre, I saw a young man who identified as “a student”. To the same question, he replied:

“I volunteered last year for a Capital Clean-Up Day, organized by the Overbrook Community Association.”

“Truthfully, I’m usually pretty busy with classes, but I wanted to get to know the community better.”

“Plus, the environmental focus really appealed to me — I’m studying environmental science — so it aligned with my interests.”

Asked if he would continue to volunteer, he was somewhat reluctant, replying: “I’d like to, but it is difficult with my schedule, but I think I could squeeze in a couple of days a year.”

“Maybe something with the same environmental focus.”

Finally, in Lola Park, I came across a man watching over two children who were playing on the apparatus. Did he volunteer in any way in Overbrook, I wondered?

“To be honest, I haven’t volunteered here, no.”

“I commute to the city for work and have two kids, so time is pretty tight.” “I see people volunteering and think it’s great, but right now, my priority is balancing work and family time.”

I asked if he had more time for himself, would he then consider volunteering?

“Possibly, yes.” “I think I’d be interested in helping with youth sports or something along those lines ... if

the time ever opened up”

“But right now, it’s not in the cards.”

Ultimately, Overbrook residents seemed to view volunteering in a positive light, and while there can be barriers, that does not mean volunteering is impossible.

Volunteering need not be looked upon as an “all-day thing” or second job.

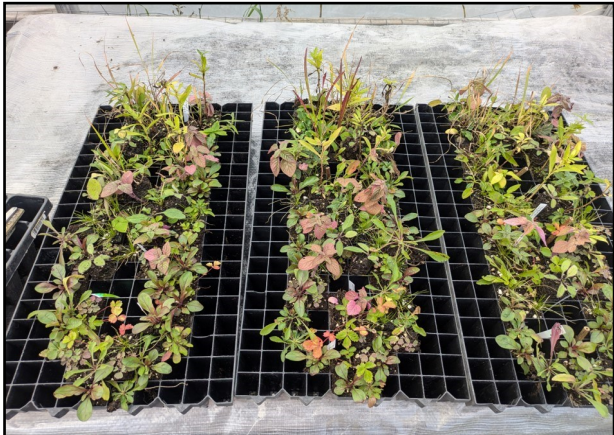
It can be as simple as spending half an hour or so working in a garden to ensure our pollinators continue to do their jobs.



Laura Ospina from Amano Gardens was on hand Thursday to help prepare the soil.



Volunteer Valancy Goodridge does not appear to be convinced that she’s a gardener.



Create your own Pollinator Garden

When done correctly, a pollinator garden is sustainable, easy to maintain, and cheap to create!

by Julianna BOUCHER
2nd year Psychology

Creating a pollinator garden seemed to me to be a daunting task, but I figured it was easy to try and take some shortcuts. However, what I have learned is that it is extremely important to follow guidelines if you want a garden that is both low maintenance and beneficial to the environment.

One important element of a pollinator garden is native plants. These plants are accustomed to the local climate and rainfall and once planted, your garden will little more effort to maintain.

By their nature, native plants will get adequate water and nutrients to ensure their survival in erratic Ottawa seasons*¹.

Logically, native creatures — the pollinators — are attracted to native plant species and, the circle of life begins.

While plants like day lilies look attractive in a garden, they provide little for the environment while local plants offer pollinators a nest, with all the benefit of food sources and shelter!

Another happy advantage to maintaining a pollinator garden is not having to rake up dead leaves and stems.

Those leaves “littering” your garden actually provide food and shelter for insects, with the added bonus of providing them with a safe camouflage from predators. This is especially important during the winter months when they most need shelter and food is difficult to find*².

In addition, leaving those leaves to decompose turns them into a great fertilizer for your soil! It is amazing to learn that when left in its natural state, nature takes care of itself, meaning less maintenance for you!

The Ottawa Wildflower Seed Library *³ not only provides excellent guidelines for creating your own pollinator garden, they will also give you **free** native seeds!

CITATIONS

1. City of Ottawa. (2023, December 15). Plants. Ottawa.ca. <https://ottawa.ca/en/living-ottawa/environment-conservation-and-climate/wildlife-and-plants/plants#section-855d4741-e991-4b98-83e2-5bb3fef7b67f>
2. Seahra, S. (2021, April 15). Don’t clean up your garden just yet! Insects need some old brush to thrive in spring. CBC. <https://www.cbc.ca/life/hellospring/don-t-clean-up-your-garden-just-yet-insects-need-some-old-brush-to-thrive-in-spring-1.598935>
3. Plan your garden – Ottawa Wildflower Seed Library. (2018). Wildflowerseedlibrary.ca. <https://wildflowerseedlibrary.ca/plan-your-garden/>

THE 7 PRINCIPLES OF EFFECTIVE COMMUNITY ENGAGEMENT

By Nigil Thomas
4th Year Social Work

Our group’s work on the Overbrook Pollinator Garden project embodies several key principles of effective community engagement.

Clarity of Purpose was our starting point; we defined our mission to educate and inspire local youth on the importance of pollinator gardens and volunteering, aligning our goals with community interests.

To ensure we were **Knowing Our Community**, we participated in regional meetings, collaborated with ecological partners, and engaged Overbrook’s youth, building a strong understanding of local demographics, networks, and communication preferences.

We prioritized **Inclusivity** by actively involving diverse groups, particularly young people, and took proactive steps to reach historically excluded voices, ensuring everyone felt welcome and heard throughout the initiative.

Our group also focused on **Effective Communication**, using articles, infographics, and flyers to inform and engage community members, with regular updates to ensure no one felt out of the loop.

In line with the principle of **Accountability**, we tracked engagement using a volunteer spreadsheet and planned community feedback evaluations to maintain transparency and build trust.

We emphasized **Knowledge Growth and Capacity Building** by creating educational infographics, publishing posters, and providing volunteers opportunities to develop leadership and communication skills.

We applied **Evidence-Based Planning and Monitoring** by utilizing survey data to craft our outreach materials and measuring our success through community feedback and volunteer turnout.

The educational component in our project, particularly through articles and infographics, highlights the goal of capacity building and knowledge sharing. Our experience showcases how our project integrates both environmental education and community activism.



Aimed at educating the general public, our proudly signs read, “These are pollinator gardens”, followed by a short description of what they are.



CAFES Ottawa
Community Associations for
Environmental Sustainability

The Community Associations for Environmental Sustainability (CAFES) was founded in 2010 and incorporated as a non-profit organization in 2021.

Its organizational members are urban, suburban and rural community associations, environmental organizations and citizens organizations.



**ECOLOGIE
OTTAWA**

Ecology Ottawa is a not-for-profit, volunteer-driven organization that provides residents with the information and tools needed to understand local environmental issues and promote environmental leadership at all levels impacting the City of Ottawa.

Ecology Ottawa believes that Ottawa residents are concerned about issues such as climate change, pollution and waste, and that they want sustainable communities where clean energy, air, and water, public transit, active transportation and greenspace protection take priority.

CONTINUED ON NEXT PAGE

10 FACTS ABOUT POLLINATOR GARDENS

- 1

A pollinator garden helps attract and support pollinators like bees, butterflies, and birds. These animals are important because they help plants reproduce by moving pollen from one flower to another.
- 2

Without pollinator gardens, many plants could not produce fruit, vegetables, or nuts.
- 3

Pollinator gardens are specifically designed to provide pollinators with food, shelter, and a place safe from predators. They are made up of native plants that are local to an area meaning they are best suited to the local climate. Generally, native plants need less care and are good food sources for pollinators.
- 4

Habitat loss, pollution, and climate change is making the environment less suitable for insects and birds, leading to fewer pollinators. The loss of pollinators is weakening our food supply.
- 5

Pollinator gardens help buffer pollinators from climate change. Climate change has made it more difficult for pollinators to find food when they need it because it has changed when flowers bloom and pollinators are active. Pollinator gardens add more food sources that can offset the changes from climate change.
- 6

By creating more gardens and planting more plants, more carbon dioxide in the air will be taken up. Carbon dioxide is a gas that causes climate change.
- 7

These plants also help prevent soil erosion by holding the soil together and keeping it in place. They help keep water in the soil, which makes it more resistant to droughts and heavy rain caused by climate change.
- 8

Pollinator gardens are designed to have a variety of plants that bloom at different times of the growing season, ensuring that pollinators have more food options.
- 9

In Canada, pollinator gardens are particularly important for supporting pollinators during the warmer months. By helping pollinators survive, they are also helping local farmers.
- 10

Creating more pollinator gardens means an improved food supply and production, and a healthier environment for everyone.

Grainothèque de fleurs sauvages d'Ottawa

Wildflower Seed Library

BEST PRACTICES FOR NATIVE PLANT GARDENING



Plant a minimum of three to five plants of the same species together



Ensure continuous blooms (spring to fall) and a diversity of colour and shape.



Leave bare soil, twigs and logs for cavity-nesting bees.



Do not cut plants, "clean-up" or use pesticides.



Select plants suited to your condition so you don't have to fertilize, alter the soil or water (seedlings need to be watered for the first few years only).

Grainothèque de fleurs sauvages d'Ottawa

Wildflower Seed Library

The **Ottawa Wildflower Seed Library (OWSL)** is a 100% grassroots organization, run by a volunteer Board, established in November 2022.

OWSL is a Federal Corporation under the Canada Not-for-profit Corporations Act. All funding comes from donations from community groups and individuals. OWSL does not receive grants nor do they have standing committees other than their Board.

Find out more at their website <https://wildflowerseedlibrary.ca/>

The info-graphics to the right and above right were designed by the students .

CREATE A BUZZ FOR NATURE



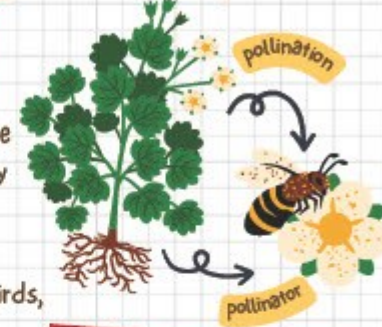
Why are Pollinator Gardens Important?

What Is A Pollinator?

Pollinators are amazing! They're the creatures that help plants grow by moving pollen around!

Who are they?

Think bees, butterflies, hummingbirds, and even bats!



Why You Should Love Pollinator Gardens

Nature's Helpers

They are vital to grow tasty fruits and vegetables that we all enjoy; like strawberries and peppers!

Healthy Planet = Happy Us

They maintain the balance in our ecosystem and help keep it clean!

Function > Beauty

They teach us that things don't have to be considered beautiful to be important! While they can be pretty in their own way, they are important in their own right!

How To Build Your Own Pollinator Garden

Choose Local Plants

Go with the flowers that would naturally grow in your area; they are best for the local pollinators!

Mix Different Flowers

Plant a mix of flowers that bloom at different times in order to keep things interesting throughout the growing season!

Create Cozy Spaces

Add shallow water bowls and brush piles that give a place for the pollinators to rest and nest!

Skip The Chemicals

Use organic pest control methods to ensure the garden does not harm local pollinators!



Get Involved

Create a Garden

Design and care for a pollinator garden! Even the smallest ones help.

Share The Buzz

Share with friends and family why pollinators matter!



WE NEED YOUR HELP



OCA
OVERBROOK COMMUNITY ASSOCIATION
L'ASSOCIATION COMMUNAUTAIRE D'OVERBROOK



CARLOS GRAPHICS
PRINTING

Volunteering is easy.



Go to <https://overbrook.ca/volunteer> and enter your email address, and you're done. You can expect to be contacted by the OCA with a few questions.

Volunteering feels good.



- It teaches you about your community.
- It builds pride.
- Can strengthen friendships.
- It can make you a happier person.

Volunteerism makes a good community better.



While you participate in something that you love and build connections with others.

Volunteers are needed everywhere, and opportunities abound.



The Overbrook Community Association (OCA) can help guide you towards volunteer opportunities in Overbrook. The OCA also partners with City of Ottawa and other local organizations to find you the right fit!

CONNECTIONS WWW.OVERBROOK.CA

RAWLSON KING

Ninth Anniversary of the Opening of the Adàwe Crossing



by Steven BOYLE
Planning Committee

Nine years ago, on December 4, 2015, the Adàwe Crossing was officially opened, providing a new pedestrian and cyclist crossing of the Rideau River, linking Overbrook with Sandy Hill and points west.

In 1911, the Rideau Lawn Tennis Club, a forerunner of the current Rideau Sports Centre, built a seasonal

The name Adàwe Crossing uses the Algonquin word for “trade”, since the Rideau River served as a travel corridor for Indigenous peoples.

The Algonquin name for the Rideau River has two variations: Pasāpikahigani Zībī meaning “the river of rocky formations”, and Pasapkedjiwanong meaning “the river that runs between the rocks”.

The Adàwe Crossing was built between 2014-2015.



wooden bridge that crossed the river at this location, only about ten metres downstream from the current bridge’s location (note the two aerial photos, above).

The original crossing was regularly swept away by high water, or flipped by a storm in 1916, 1949 and again in 1952, after which it was not rebuilt.

The bridge abutments and the two river piers were built in the fall of 2104, and the metal box decking was installed over the winter of 2015. The concrete decking was poured the following May and June.

Overall, the bridge is 125 metres long, and four metres wide, but widens to seven metres at the pier bulb outs.

Throughout 2015, the project was completed after installing bridge railings, reconstructing the west end of Donald Street and the Strathcona Park parking lot, and adding new pathway connections in those segments.

Between North River Road in Overbrook and Range Road in Sandy Hill, new lighting systems were installed along the link, including the new bridge.

The Adàwe Crossing features art installations in the form of two large, reflective stainless-steel spheres, is called “A View from Two Sides”.

Each sphere presents the observer with an ever-changing panoramic view that includes the sky, river, shores, bridge, pedestrians and cyclists.

The pedestrian crossing also features an automatic counter that was installed at its installation.

In 2023, during the warmer five months of May to September, there were an average of 112,592 crossings per month, consisting of a pedestrian (63 percent) and cyclists (37 percent), an average of 71,124 pedestrian crossings to 41,468 cyclist



September 2014

Fall 2021

POETRY FOR YOUR SOUL

Metamorphosed Melody

By Diane Stevenson Schmolka

'I let a song go out of my heart'
as if a song locked up within you
keeps it safe
you release it
it’s just a delusion

you think you'd know by now that all
melodies eventually get out of hand
your mind rules your heart
and your heart can't stop them

life improvises you
you believe you can make endless
permutations on a theme
the notes
you can osmose into any rhythm

but the continual non-sequitors which
swing you, like a bird
on sudden updrafts

until you've changed
and your original theme is now
a new tune

there is nothing to be let out
you're not rent
even thought you're flat- out
empty

you're not mortgaged either

all the rest is just jazz.

crossings.

The yearly crossing numbers from January 2022 until December show pedestrian and cyclist traffic at 980,147.

With almost one million crossings in 2023, this is indeed a popular bridge, well used by residents of Overbrook, Sandy Hill and people from across Greater Ottawa!

FOUR THINGS TO KNOW ABOUT THE *RIDEAU WINTER TRAIL*

By **Martha JEACLE**

Bring on the snow! At least that is what volunteers behind the Rideau Winter Trail (RWT) start thinking by early December each year.

This free-to-use urban winter trail is groomed along the Rideau River from Donald Street to Bank Street throughout the snowy season for residents to use for cross country skiing (classic and skate), walking, winter biking and snowshoeing. Here are 4 things to know about this community initiative:

1. The RWT has come a long way since its beginning

After a couple of seasons with a few pilot grooms from Donald Street to the Queensway, our first full season of grooming was 2020/21. We didn't own any equipment at the time and relied on a contract company to groom the trail. As they were often busy, we sometimes had to wait until they were available, which could be between hours and a few days after a fresh snowfall.

From generous community support we were able to purchase an older ATV during the season. We used the ATV to complement the work of our contractor and were able to set corduroy using repurposed plastic mats being thrown out at a local ice rink (thanks to the ingenuity of Groomer Pete!).

From successful GoFundMe campaigns, government grants and sponsorships from local businesses for past few seasons, we have been able to purchase ATVs, grooming equipment and storage containers - which means that we have been able to groom "on demand".

When the snow falls, our volunteer grooming team will be out, getting the trail ready for use (often late at night, so the tracks can set and be in pristine shape for the morning).

2. We are ready to expand

Expansion has been on our agenda since the inception of the trail, and we have been working hard to get the necessary resources to make this happen.

We are optimistic that we will be able to do a pilot or two of an expanded trail this season, grooming all the way from Donald Street to Vincent Massey Park.

We are considering a permanent expansion, but we would need to continue fundraising to make this sustainable).

With the new pedestrian bridge linking the Carleton University campus to Vincent Massey Park, Old Ottawa

South residents will have easy access to the trail extension. Check our social media for updates on these pilot projects.

3. Loppet #2 is coming in February 2025

Last season was our first ever *loppet* and it was a huge success, selling out and raising funds for the trail.

A *loppet* is Scandinavian term for a fun, sociable cross country ski event for all ages and abilities and includes refreshments afterwards.



Photo: Martha Jeacle

We are excited to be doing another loppet on February 23 at 10 am.

Stay tuned to our social media channels or check our website for details.

4. RWT and the community

We love to welcome groups on the trail, and with advanced notice, we may be able to adapt our grooming schedule, depending on our volunteers' availability, to ensure that we have the best conditions possible during your visit.

Please feel free to reach out to us by e Like last year, we plan to celebrate World Snow Day on Sunday, January 19, and the Ottawa Outdoor Gear Library will be on the trail near the Rideau Sports



Photo: Linda Grussani

Centre) with snowshoes that may be borrowed at no cost.

We will announce details on social media and our website closer to the time.

If you be part of a group that would like to learn more



"I am so enthusiastic about a trail that enables so many winter activities, including cross-country skiing, snowshoeing, walking and snow biking, and all in the heart of our neighbourhood," said Rawlson King, Ottawa City Councillor for Rideau-Rockcliffe Ward (pictured left).

"The RWT links us with many other communities in the city, and I must commend the volunteers who made this trail a reality, and who each year continue to ensure the viability of this incredible recreational amenity."



Photos above: Peter Nor



about the trail, we have volunteers who would be happy to speak with your group at the trail, either virtually or in person.

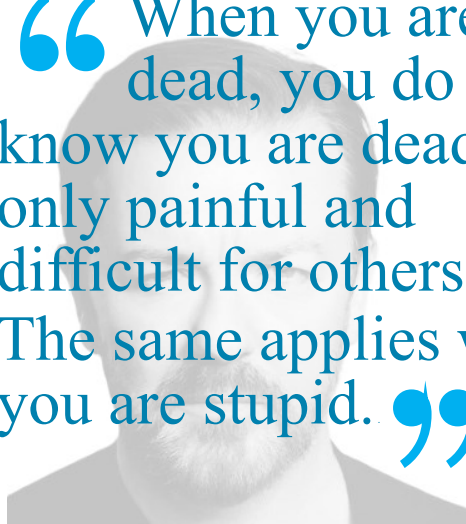
To learn more about the RWT, please follow us:

- | | |
|--------------------|----------------------------|
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| X (twitter) | @RideauWinter |
| Instagram | @rideauwintertrail |

Visit our website at www.rideauwintertrail.ca or email us at info@rideauwintertrail.ca.



“ When you are dead, you do not know you are dead. It’s only painful and difficult for others. The same applies when you are stupid. ”



Ricky Gervais





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Happy Holidays from your Friends and Neighbours at



Overbrook Community Association





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POLITICALLY SPEAKING



Dear residents,

As we step into 2025, we celebrate the strength, resilience, and unity that define Ottawa-Vanier. Each year brings its own set of challenges, and 2024 was no exception—but together, we’ve faced them with optimism, dedication, and a shared vision of a brighter future for all. From the kindness extended to neighbours to the tireless efforts of local organizations and the passion to create lasting opportunities, Ottawa-Vanier continues to embody the very best of Canadian values.

Since the pandemic, our community has tackled rising inflation, cost-of-living pressures, and mortgage rate hikes. Despite calls to reduce support programs and adopt austerity measures, we stayed committed to investing in Canadians. Thanks to that resilience, inflation is now within the Bank of Canada’s target range, and high COVID-driven inflation is behind us.

The high inflation brought on by COVID is now behind us, and 2024 ended on a positive note. With consumer confidence at a 30-month peak—the highest since spring 2022—we’re well positioned for economic growth in 2025 and beyond.

The International Monetary Fund projects Canada will lead the G7 in growth next year.

Amid global change, Canada is poised to embrace the forces reshaping the world—such as the green transition, artificial intelligence, shifting geopolitics, and evolving demographics. With the lowest deficit-to-GDP and net debt-to-GDP ratios in the G7, Canada’s robust fiscal foundation positions us to capitalize on these transformations. The Parliamentary Budget Officer has confirmed the long-term sustainability of federal fiscal policy, while agencies like Fitch Ratings have highlighted Canada’s strong governance, steady growth, and relatively low inflation.

As the Christmas and the holidays approach, let’s reflect on the challenges some in our community still face. Ottawa-Vanier is home to vital food banks—Partage Vanier, the Gloucester Emergency Food Cupboard, the Rideau-Rockcliffe Emergency Food Bank, and the Lowertown Food Bank—as well as shelters like the Ottawa Mission and Shepherds of Good Hope. These organizations are always in need of support from the community.

Whether it’s through food donations, volunteering, or financial contributions, every act of generosity makes a difference. This holiday season let’s come together to ensure a brighter and more hopeful future for everyone in Ottawa-Vanier.

Wishing you success, happiness, and above all, good health in the year ahead.

Mona Fortier,
MP | Ottawa-Vanier



Dear residents of Overbrook,

The holiday season is always such a perfect time to reflect on the year behind and the year ahead.

In Overbrook, one of the highlights of this past year was the tremendous success of Overbrook Day. I want to thank the volunteers and organizers who worked tirelessly. Your dedication is what keeps these events going and while it is not easy to muster all the resources needed to accomplish these little miracles, your hard work is noticed and so much appreciated. These gatherings help the community connect and develop that feeling of belonging that is so important to everyone.

Looking ahead to 2025, I am focused on the issues I hear most about in our community.

There are currently 2.5M people without a family doctor in Ontario, and by 2026 that number will rise to 4.4M. We need a team-based, geography-based primary care system that automatically

attaches all patients to a comprehensive primary team. We also need investments in our overburdened education system, and to build more homes that you can afford.

I wish everyone a joyful and peaceful holiday season with family and friends. I look forward to working with the Overbrook community in 2025. Best wishes for a prosperous new year!

MPP Lucille Collard



Mme Collard with MP Mona Fortier at their joint *New Canadians Information Fair*.



I want to extend my heartfelt gratitude to the Overbrook Community Association for its invaluable contributions and advocacy towards Ottawa's new comprehensive Poverty Reduction Strategy. As part of the Ward 13 "Community Collective," the Association's advocacy was instrumental in shaping this groundbreaking initiative, which Council unanimously approved in November. The Collective's insight that the City must address the root causes of poverty, not just its symptoms, has become a cornerstone of the Strategy.

The Strategy focuses on five essential pillars: food security, employment, financial security, economic development, and integrated service pathways. Through extensive consultations with over 350 participants from more than 70 organizations, we've developed a framework that will create meaningful change in our community. Among its immediate actions, the Strategy includes increased funding for mentorship programs targeting Indigenous, Black, and racialized youth, improved coordination of food security initiatives, and enhanced tax clinic coordination to help residents access approximately \$72 million in unclaimed benefits.

In addition to that citywide strategy, I'm excited to announce a new \$68,500 investment in community development services at the St-Laurent branch of the Ottawa Public Library. As a Library Board Trustee, I'm particularly proud that this initiative will serve our priority neighbourhoods, including Overbrook, which has been identified through the Neighborhood Equity Index as requiring enhanced social service investment.

This library initiative represents a transformative approach to community service delivery. Rather than traditional top-down programming, library staff will work directly with residents and community organizations to identify barriers, develop solutions, and create services that truly meet our neighbourhood's needs. The initiative builds upon the incredible work already happening in Overbrook, including the Overbrook Book Network's literacy programs, which bring together Ottawa Community Housing and Twice Upon a Time to provide free books to local children.

The synergy between these two initiatives – the Poverty Reduction Strategy and the library's community development project – presents an unprecedented opportunity to create positive change in Overbrook. By combining the Strategy's focus on addressing root causes of poverty with the library's commitment to community-led service development, we're building a stronger foundation for our neighbourhood's future.

These investments reflect our commitment to creating a more equitable and inclusive city, starting right here in Overbrook. They would not have been possible without the dedication and advocacy of our community members, who consistently demonstrate the power of collective action and shared purpose.

I look forward to working with the Overbrook Community Association and all our local partners as we implement these exciting initiatives. Together, we can create lasting positive change that will benefit all residents of our community.

As we near the end of the year, I want to extend my warmest wishes to everyone in Overbrook for a joyful holiday season. May the New Year bring you abundant happiness, good health, and endless opportunities.

For more information about these initiatives or to get involved, please don't hesitate to contact my office by email at rideaurockcliffeward@ottawa.ca or by phone at 613-580-2483. Please subscribe to my newsletter at www.rideau-rockcliffe.ca.

Rawlson King, City Councillor, Rideau Rockcliffe



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FOCUS ON LOCAL BUSINESS

ENTREPREISING
OVERBROOK

By David Ferguson
DavidF@Overbrook.ca

Photography by Hind Aliliche
www.hindaphoto.com

In their final year of high school, most 18-year-olds reluctantly start thinking about their future, yet there are few young people who would describe their career path as “a passion”.

Now 22-years-old, Avery Bent had a passion that catapulted him from football to fashion.

As he was completing his education at Collège Catholique Mer Bleue in Orleans, he made the decision to follow what he describes as “my true calling” in fashion, and his brand, Belvue District, was born.

Belvue District in St. Elizabeth Parish, Jamaica, is the ancestral home of Bent’s family and has a deep and personal significance to him.

The inspiration behind the brand name is adapted from the area’s name, but slightly modified to create something that felt unique to him.

Many Overbrookers would recognize Bent as the former booking clerk at the Overbrook Community Centre, but few people know about the creative pursuits of this young entrepreneur.

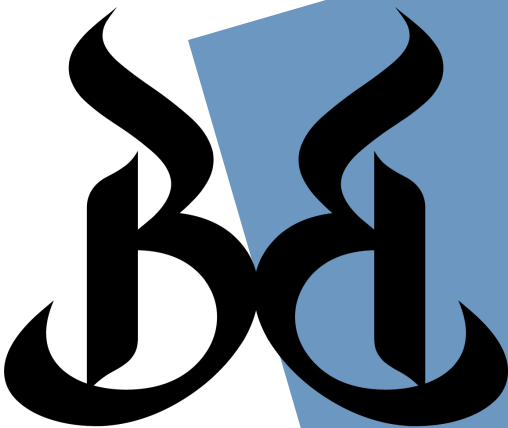
“From the beginning, I envisioned Belvue District as a blend of streetwear and high fashion,” Bent explains, “and I drew inspiration from one of my biggest idols, Virgil Abloh.”

Abloh, who died in 2021, was an American fashion designer and entrepreneur who founded his own line of luxury streetwear clothing in 2012 under the name Pyrex Vision. Abloh worked with Italian fashion house Fendi in 2009, and later, alongside Kanye West, he assumed the role of creative director at Donda, West’s creative agency.

He was later to become artistic director for Louis Vuitton’s menswear collection.

Abloh’s mainstream success began in 2013 with his first fashion house and second business overall, the high-end streetwear brand Off-White.

According to Bent, “Abloh’s ability to merge high fashion with street culture sparked my desire to create pieces that not



BELVUE DISTRICT Designer Avery Bent

ment of his family home.

But Bent always keeps his eye on his goal. “I want a physical store where customers can engage with the brand firsthand, and I can build a strong and core community.”

“I envision a space where people can not only buy my clothes but also interact with me directly, and even bring in their own pieces for custom tailoring.”

In the meantime, you can shop online at <https://belvuedistrict.com>, or connect via Instagram at [@belvuedistrict](https://www.instagram.com/belvuedistrict) where you can see and purchase custom orders, or just “follow his journey”.



only looked amazing but also has a story behind them.”

“My brand is mostly known for reworking blank clothing, transforming them into one-of-a-kind pieces with my personal touch,” he added.

“I also have designs where much of the same clothes are created for people to purchase, if they can’t necessarily get a custom piece.”

Belvue District is in its infancy and Bent currently runs the whole operation - from creation to shipping - out of the base-

Varsity Jacket (sold out) \$275
Half flannel/hoodie \$135

Double collar flannel \$75
Golf shirt \$55



The Ottawa Public Library 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.

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Bookmobile@BiblioOttawaLibrary.ca

Invite the library (and the Bookmobile!) to an event:

[Special event attendance request form](#)

<https://bibliooottawalibrary.ca/en/library/bookmobile>

Hurdman Bridge 150th Anniversary Legacy Project

Nearly half of the cost of the Rideau River Kiosk project has been raised.

This Overbrook Community Association legacy project involves the funding and installation of an information kiosk and bicycle parking rack all set in a small landscaped area near the Adawe Crossing on the east side of the river in Overbrook.

The six kiosk panels will present bilingual information on the Rideau River and Overbrook with a focus on Indigenous and Overbrook history and heritage, the natural environment of the river, and

To date, funding and assistance has been provided by the NCC who, aside from their sage advice, has waived the substantial application fee, NAK Design Strategies, who provided the landscape plan preparation for free, Ben Barcosi, MLA whose beautiful renderings captures the natural beauty of the area.

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

Natalie Belovic of Urban Ottawa made a cash donation of \$500, and City Councillor Rawlson King donated \$1,000.

The City of Ottawa, through both heritage and en-



The above rendering illustrates the project site, looking east. The rendering was created by Ben Barocsi (ben.barocsi@gmail.com)

planning and protection of the waterway.

In 2025 Ottawa will celebrate the 150th anniversary (1875) of the construction of Hurdman's Bridge, the first bridge link to Overbrook.

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

vironment programs, have granted \$6,000 and \$5,800, respectively. As well, The City has made a donation of bicycle racks that are to be used at the site.

The 150th Anniversary Legacy Project has received several private donations, as well.

The project's total costs are estimated to be about \$47,000, of which approximately one half has been raised.

To make a donation to the project fund, you can scan the QR code below that will link you to our GoFundMe page at Fundraiser by Overbrook Community Association : Support the Rideau River Kiosk Project (go fund me.com) .

To learn more about the Hurdman's Bridge 150th Anniversary Legacy Project, please click on the logo below, or go to:

<https://www.overbrook.ca/centennial-kiosk>.



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12 THINGS EVERY LEADER NEEDS TO HEAR

1

If your team is failing, you are the problem.

2

If you cannot handle criticism, you are not fit to lead.

3

Your title makes you a manager; your team makes you a leader.



4

Do not teach teamwork, then play favourites.

5

Stop micromanaging. If you don't trust your team, why should they trust you?



6

If you are not developing your team, you are diminishing them.

7

If your team is afraid to speak up, you have already failed as a leader.

8

If you are not accountable, you are not credible.

9

Don't just set the pace, set the standard.

10

Your team does not serve you; you serve them.



11

If your actions don't inspire, your words won't either.

12

A leader takes the blame and shares the fame.