

then returned to the developer. This 7-year timeframe has not started for any of the above-mentioned sites.

With the inclusion of a high school in the plans, the district park has been moved to border the school site as this follows the City's [Building Better and Smarter Suburbs](#) initiative to have shared spaces with the schools and parks as much of the peak use times for these facilities are at different times. If the school is not built, then there will be a requirement for more land to be provided for the district park.

It was noted at the meeting that the density of the development has been reduced from the original proposal and the low-rise apartment building was removed. Some residents expressed concern with the current parking situation in Fairwinds and it was noted that this development is proposing longer lot sizes, which will provide longer driveways that can accommodate more vehicles. In addition, as noted in the City's Building Better and Smarter Suburbs, there is also direction that townhouse rows be mixed with single homes which provides more opportunity for on-street parking spaces and less congestion on the streets.

For additional information, I encourage residents to review the following information:

[195 Huntmar Public Meeting Power Point Presentation](#)

[195 Huntmar Revised Concept Plan](#)

[Past Councillor's update with summary plan changes](#)

[Pathway and Park Area Connections Kanata West District Park & High School Concept Plan](#)-

Please note this is a high level conceptual plan of the shared District Park and School Site and is subject to change.

The City will be reviewing and considering all comments from the meeting and those that have been submitted.

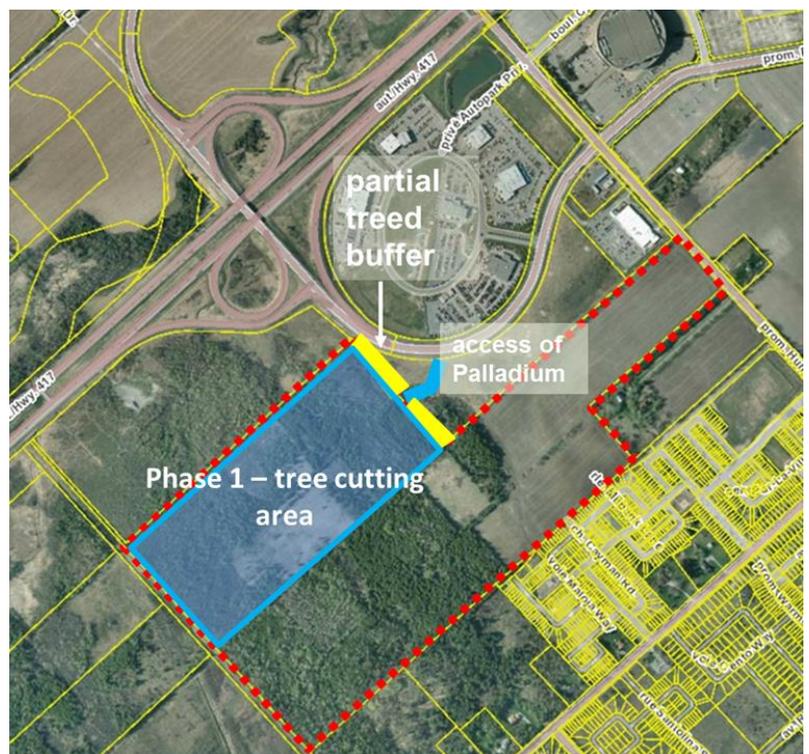
Residents are requested to provide their comments by January 31, 2018 to Louise Sweet at Louise.Sweet@ottawa.ca. You may also copy me at Shad.Qadri@ottawa.ca.

Future updates will continue to be provided through my eNewsletter. If you wish to be included on the notification list for this development please contact Louise Sweet at Louise.Sweet@ottawa.ca.

195 Huntmar Lands Tree Clearing

I have been advised by City staff that the applicant has adequately rationalized the need for tree removal at 195 Huntmar and a tree permit is expected to be approved within the next two business days for the area highlighted in blue on the Property Location Map (see below). A partial tree buffer along the eastern boundary will be retained. The permit will allow for the removal of all the trees within the block. An Environmental Impact Statement and Tree Conservation Report was supplied along with supporting geotechnical reports.

Tree removal is necessary to accommodate the substantial earthworks (filling/grading/soil loading) required within the on-property portion of the Feedmill Creek flood plain. Mississippi Valley Conservation Authority has approved the earthworks which are expected to start as soon as tree clearing is finished. Access to the site will be off Palladium Drive. Approvals from the Province (species at risk) have been granted. Future permits requests are expected for this development.



I would like to remind residents to please exercise caution and avoid this area. I know some residents enjoy walking in these areas but please remember all the lands in this area are private property and there is now some pre-development activities being done on this land.

Committee of Adjustment Applications for Stittsville

The City's [Committee of Adjustment](#) will be considering some planning applications in Stittsville. A meeting open to the public will be held on Wednesday, January 17, 2018, starting at 9:00 a.m. at Ben Franklin Place, The Chamber, Main Floor, 101 Centrepointe Drive.

Below is a brief description of the applications in our community and for more information please visit [here](#) and scroll down to the meeting.

240 (196) LIVERY

To consider an Application for Consent to subdivide the property into two separate parcels of land. One parcel will contain a three building condominium development and the other will contain the adjacent stacked townhouse condominium, all of which is currently under construction. This block will continue to be considered one lot for zoning purposes.

5731 AND 5745 HOLDINGS INC. HAZELDEAN

Further to the Committee's previous 2017 approval to consider an Application to provide a joint stormwater drainage easement, an access easement and a servicing easement over a portion of their property in favour of the owners of the proposed property to be severed to be known municipally as 5731 Hazeldean Road.

20 CEDAROW

To consider an Application to establish an easement over a portion of the property in favour of the owners of the abutting properties known municipally as 5731 and 5745 Hazeldean Road to provide a stormwater drainage easement.

Q4 By-law Regulatory Services Statistics

I would like to take a moment to supply residents with a breakdown of the quarterly by-law regulatory service request report.

Every three months, by-law services releases a ward-by-ward summary of general request types. These requests range from a multitude of services offered by calling or emailing 3-1-1 (311@ottawa.ca).

Service  Ottawa

3-1-1
(613-580-2400)

Submit a service request online at:
ottawa.ca

By-law & Regulatory Services experienced an overall increase of 11% in total call volume compared to Q4 of 2016.

The full report for the year can be found by clicking [here](#) and Stittsville's individual report can be found [here](#). You can also review Q4's individual ward-by-ward report [here](#).

As you can observe, parking was the most-requested by-law item within our ward this year (637 requests from 489 last year) however it only comprised 1.7% of the total city's parking requests. Alternatively, Stittsville's greatest reflection against the city as a whole were requests regarding parks (73 requests down from 81 requests in 2016). It is also interesting to note the sharp increase in noise complaints up 0.6% in Stittsville from last year and the sharp decrease in sign requests down 0.9% from last year.

Overall, By-law & Regulatory Services experienced an overall increase of +8% in total call volume in 2017 compared to 2016.

Learning from these trends means that as a City, we will be better equipped for knowing where to invest resources in the future.

I encourage residents to take a moment and see what trends they can spot. Of course, as your City Councillor, I am always keen to hear your well thought-out ideas regarding how to improve our community. You can do so by emailing me at Shad.Qadri@ottawa.ca.

Update on the Snow Clearing Vehicle Back-up Alarms Pilot



On October 11, 2017, City Council approved the Broadband Back-up Alarms pilot for a sampling of winter snow clearing vehicles during the 2017 - 2018 snow-clearing season. Broadband alarms use multi-frequency sound, which is different from the tonal beeping back-up alarms.

Now, I am happy to share that 62 vehicles have been updated on the fleet with the new back-up sound, including sidewalk machines and large commercial snow trucks and will working primarily in the downtown core as of mid-January. Of the 62 vehicles equipped with the new broadband back-up alarms, 35 are City-owned vehicles from the Catherine and Hurdman yards and 27 are leased units.

The new sound is a concentrated noise behind the vehicle whose volume increases or decreases, depending on other nearby environmental sounds. The goal of this test is to demonstrate that the City can continue to safely clear streets and sidewalks of snow and ice, all the while providing a more pleasant experience for our residents by doing so in a quieter manner (in particular in the middle of the night).

In order to ensure this transition is completed safely, a multi-layered communications strategy has been implemented to advise residents and staff of the change, including an informative video which can be watched/listened to below:

<https://www.youtube.com/watch?v=SR7m6MyA8G4>

I highly encourage all residents to take 30 seconds to listen to the new sound and familiarize yourself with it. One of these trucks may be coming to your street soon!

Seasonal Affective Disorder (SAD) and Mental Health Services Available to You

Have you found yourself falling victim to the Winter Blues? Are you feeling less energetic than usual? Are you depressed, anxious, or agitated and don't know why?

Seasonal Affective Disorder (SAD) is a very real depression that affects many every year. It is closely linked to the change of seasons as an example of the impact of our environment on our day-to-day situations.

- Weather conditions may prompt us to stay indoors,
- The early fall of nighttime might be making us tired and less energetic,
- The excitement and joy around Christmas time has worn off with financial repercussions becoming a sometimes bitter reality, and
- We may already be disappointing ourselves with failed new years' resolutions.

Effects of seasonal depression may include:

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy





January 15th is known to many as Blue Monday and is considered by some as the most depressing day of the year where these stresses can add up.

Remember that it's normal to feel sad sometimes but if you have begun to notice an ongoing change in your demeanour and lack of motivation to do activities you usually enjoy, consider turning to a doctor or someone you trust to reach out for help.

There are a variety of resources readily available to help you understand and even cope with mental health problems:

<https://www.youtube.com/watch?v=sBtNVw7sQuo>

- Ottawa Public Health has a series of videos to assist you or a loved one to [#haveTHATtalk](#) about serious mental health challenges. There are a collection of videos grouped into categories for parents, for the workplace, and for everyone.
- [#BellLetsTalk Day](#) takes place on January 31st and is a great opportunity for people to share stories regarding their own mental health challenges and to reach out to let others know that they are there to listen should someone they know be in need. Additionally, for every applicable text, call, tweet, and social media video view sent on January 31st, Bell will donate 5 cents toward mental health initiatives in Canada.

- If you are in crisis, you can also always reach out to 613-238-3311 for the [Ottawa Distress Centre](#) or 1-833-456-4566 for [Crisis Services Canada](#) where someone will be happy to speak with you.

Mental health is important. Remember to care for your mental health regularly. While it is sometimes hard to remember, you're never alone; the world is a better place with you in it; and there are always people around you who are happy to listen and help you through challenging times. Consider reaching out to those you love to let them know you are there for them should they ever need even if they may not be showing signs of struggle. Thank you for all you do to keep our community strong, Stittsville.

IN THE COMMUNITY

Wanted: Outdoor Rink Supervisor for Bryanston Gate Skating Rink

The outdoor skating rink at Bryanston Gate is in need a new rink supervisor this winter season and residents are invited to apply! This is a great opportunity for an individual 14 years of age or older to take initiative and tend to a service that benefits the whole community.

The requirements are as follows:

- The person(s) would have to be 14 years of age or older, but would require someone 18+ to sign the contract on their behalf
- A valid Police Records Check for the Vulnerable Sector (can be done online for free with a letter I can provide (18+))
- Supervise the site/change hut for a minimum of 20 hours/maximum of 30 hours per week.
- Record attendance and statistics during the scheduled hours

There is a Grant for this supervision contract so residents are encouraged to email Shawna at Shawna.Gryzkiewicz@ottawa.ca with CC to me at Shad.Qadri@ottawa.ca.

Thank you for looking out for your community!



Stittsville Girl Guide Events



Want to learn some real-life survival skills? The 4th Stittsville Guides and the 1st Stittsville Pathfinders are hosting the following Red Cross courses for girls in our community. All girls are welcome so you do not need to be a Girl Guide member to sign up.

RED CROSS HOME ALONE COURSE

The Red Cross Home Alone Program is designed to provide girls 10 to 14 years with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. This course will help girls learn how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

Topics include:

Establishing a routine, making important telephone calls, handling emergency situations, internet safety, and basic first aid skills

Things to bring:

NUT FREE lunch/snacks and a water bottle

When: February 3rd, 2018

Where: Stittsville United Church, 6255 Fernbank Road, Stittsville, ON, K2S 1X5

Time: 9 a.m. – 4 p.m.

Cost: Girl Guide Members – \$45.00 plus HST, Non Members – \$55.00 plus HST

RED CROSS BABYSITTING COURSE

This Babysitter training course is designed for youth aged 11 – 14. Participants will learn how to create and manage a babysitting business including how to supervise younger siblings in a safe and responsible manner. Aspiring babysitters will also gain basic first aid skills.

Topics include:

How to find clients and make money babysitting, caring for children of all ages, creating a safe environment and preventing accidents, fire safety and prevention, what to do in an emergency, good decision-making, leadership skills, and basic First Aid skills

Things to bring:

NUT FREE lunch and snacks, Water bottle, Doll

When: January 27th, 2018

Where: Stittsville United Church, 6255 Fernbank Road, Stittsville, ON, K2S 1X5

Time: 9 a.m. – 4 p.m.

Cost: Girl Guide Members – \$45.00 plus HST, Non Members – \$55.00 plus HST



For more information on either of these great courses, please contact Guider Patty at guiderpatty@gmail.com

West Ottawa Business Excellence Awards

The West Ottawa Board of Trade Business Excellence Awards are once again right around the corner and nominations are now open!

The Business Excellence Awards Gala is a celebration of businesses and individuals who have demonstrated excellence in achievements and contributions in our community. This sell-out gala event attracts over 300 business leaders and community members each year!

Residents can nominate local businesses and community leaders in the following categories:

- Small Business of the Year (1–10 employees)
- Medium Business of the Year (11–50)

- Large Business of the Year (51+)
- New Business of the Year
- Community Impact Award
- Professional Services Award
- Tourism Award
- Tech Award
- Manufacturing Award
- Company to Watch
- Young Entrepreneur of the Year
- Business Leader of the Year



I highly encourage residents to take a moment to submit a nomination to show appreciation to some of the great businesses who make our community a great place to live!

For more information, please visit <http://westottawabot.com/nomination-form>

Fireside Café – Wellings of Stittsville



A VIBRANT NEW COMMUNITY FOR ADULTS 55+

On Tuesday, January 30th, I am happy to be stopping by one of Stittsville's newest retirement residence, the Wellings of Stittsville, for their Fireside Café!

Throughout January, February, and March, a series of guest speakers will be stopping by the residence to sit by the fire (TV) and chat about various topics.

I will be sharing some information on news around the Stittsville area and giving a brief overview of how Stittsville is developing. I will also be providing some background on the Queensway Carleton Hospital's Hopes Rising campaign for mental health and will graciously be accepting any donations attendees may be willing to contribute.

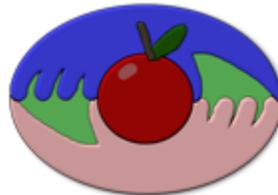
Coffee and treats will be provided.

The event will run from 11:00–12:00 January 30th at the Leasing Centre on 5709 Hazeldean Road (attached to the Shoppers Drug Mart at Huntmar). I hope to see many residents join to learn more about what's going on in Stittsville!

CITY SERVICES

Consider “Paying it Forward” to Those in Need with a \$25 Gift Card Being Offered

As many residents have heard, Loblaws is offering Canadians a \$25 gift card as a result of overcharging for the cost of bread products in their stores and other grocery stores across Canada.



Stittsville Food Bank

For many residents, this will be a pleasant surprise to provide a small discount on their next large grocery purchase. However, many kind-hearted individuals have come up with the beautiful idea to donate these gift cards to local food banks to help support those in need.

As a result, the Ottawa Food Bank has created a page with more information on how to go about obtaining and donating the gift card. For more information, please click [here](#).

To donate your card to the Stittsville Food Bank, please arrange a pick-up by emailing stittsvillefoodbank@gmail.com or calling 613-831-0451. Alternatively, residents can also use the card to buy non-perishable food items and leave them at one of the many local drop-off bins at:

- **Goulbourn Recreation Complex**, 1500 Shea Road, outside my constituency office;
- **Walmart**, 5357 Fernbank Road;
- **Food Basics**, 5703 Hazeldean Road;

- **Brown's Independent Grocers**, 1251 Stittsville Main Street;
- **Sobey's Grocery Store**, 6315 Hazeldean Road, off Carp Road;
- **Giant Tiger**, 6081 Hazeldean Road, Jackson Trails Mall; and
- **Holy Spirit Catholic Church**, 1489 Shea Road.

I, as well as the Food Bank, would like to thank everyone who chooses to take part in this thoughtful gesture and share this good fortune with those who need it most.

Depending on the number of cards received, there are many ways these gift cards can be used by the Food Bank: either used directly for food purchases, provided to a member food program for their food purchases, or provided directly to clients.

To register to receive your gift card, and to read all the details about eligibility and terms and conditions, please visit LoblawCard.ca.

Register now for winter recreation fun



The City of Ottawa is helping residents fulfill their New Year's resolutions and start 2018 in a fun and active way. Thousands of classes are starting soon at City recreation and culture facilities, and the time to register is now.

The online [Recreation eGuide](#) and [Mon guide francophone des loisirs](#) offer a

variety of instructional and recreational opportunities for all ages and abilities. Here are just some of the fun ways you can make the most of the winter months while keeping warm:

- Stretch your muscles and strengthen your core in the fitness studio, weight room or warm pool.
- Dance away your winter blues by moving to world rhythms and jazzy beats.

- Get messy creating masterpieces for your home.
- Take up the piano, guitar or a martial art.
- Boost your team spirit by curling or playing volleyball or basketball.

Please note that a client barcode and family PIN numbers are required to register for recreation programs. Visit ottawa.ca for more information.

Open Consultations Regarding Accessible Transportation in Ottawa



The City of Ottawa is inviting all members of the public to provide their feedback on how City Council can use accessibility funds collected from Private Transportation Companies, including Uber, to promote and foster accessible transportation services in Ottawa.

The City will be hosting public meetings in January and February, and launching an online survey that will remain open from Wednesday, January 24, 2018 until midnight on Friday February 16, 2018. A link to the survey will be posted on Ottawa.ca once it is available.

As a member of the Accessibility Advisory Committee, I highly encourage all residents to get involved in this important discussion. Accessibility is a valuable resource that affects all of us; by ensuring that transportation within Ottawa remains accessible to all, we can help to bring our communities closer together and build a stronger society with fewer obstacles.

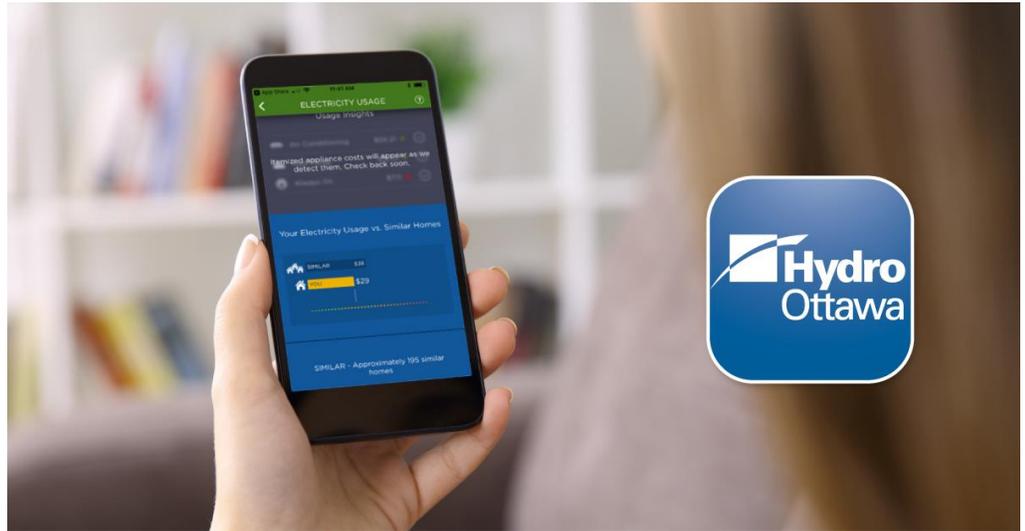
Advanced registration is required to participate in the consultations sessions to ensure appropriate space and allow time to arrange for accommodation requests. The registration process is now open and will close on Monday, January 15, 2018 at 4:30 pm. **Please note that space is limited.** Visit Ottawa.ca for more information.

General inquiries may be forwarded to Leanne Watson (Leanne.Watson@ottawa.ca).

Hydro Ottawa App

I would like to take a moment to provide an update and remind residents of the Hydro Ottawa web application.

Since its launch in May 2017, 12,000 customers have downloaded the mobile app, to benefit from the app's many features to save money, electricity and time.



The app delivers timely notifications and relevant insights about your electricity usage including estimated costs, outages in the City, and billing information. It also provides a tool to compare your electricity usage with that of your neighbours to measure your consumption rates.

Among its features, the app can also help customers pinpoint what appliances are consuming the most power in their homes and track the progress of major power outages in their area or across the city.

Hydro Ottawa is one of the only utilities in North America offering its customers this level of detailed access to their account data in an easy-to-use secure app.

The app is available through the online Google Play and Apple App Stores and I highly encourage all residents and Hydro Ottawa customers to download this useful tool.

For more information, please visit <https://hydroottawa.com/app>

Be Leery of Suspicious Phonecall/Email Scams

I would like to remind residents to be cautious of potential scammers this winter season emailing or phoning residents claiming to be with the Canada Revenue Agency (CRA), Canada Post, or other personal/financial related matters. Suspected scams involving identity theft are no laughing matter and should be taken seriously. The Ottawa Police has a web page dedicated to how to respond to common scams including an item focused on people pretending to be from the Canada Revenue Agency as well as where to report incidences. Here is what they say:



“Over the years, the Canada Revenue Agency (CRA) has noted an increase in tax related scams. Recent victims have said they have received calls or text messages from someone claiming to be from the Ottawa Police or calling on behalf of the CRA and recent calls have involved threatening or aggressive and forceful language to scare them into paying a fictitious debt. Sometimes callers have even been reported saying there is a warrant for your arrest by police. Beware—these calls are fraudulent and could result in identity and financial theft. More information on common CRA scams. If you’ve been a victim of this type of Fraud, report it to the Canadian Anti-Fraud Centre at 1-888-495-8501. If you want to confirm the authenticity of a CRA telephone number, call the CRA directly at 1-800-959-8281.”

Please remember that any persons from the CRA who wish to contact you will do so in an identifiable and notable manner. For the full web page with other potential scams, please click [here](#).