



**Transcript of Plain Language Podcast:
Community Connectivity:
Cultivating Sustainability, Influence and Place in Old Ottawa East**

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Old Ottawa East is a vibrant community in Ottawa's eastside with distinct borders along the highway. The municipality is thriving with green space and waterways making it an attractive destination for development. But how will this affect the existing community of Old Ottawa East?

Larissa Barry-Thibodeau explores the strengths of facilities, amenities and services currently existing in the community in her paper *Community Connectivity: Cultivating Sustainability, Influence and Place in Old Ottawa East*.

She provides an assessment and recommendation of how these strengths can be used to improve community connectivity and sustainability. Her collaboration with Sustainable Living Ottawa East was made possible by the Community Environmental Sustainability Ottawa Hub of Community First: Impacts of Community Engagement.

Barry-Thibodeau recognizes community groups are significant stakeholders for connecting and sustaining communities.

Barry-Thibodeau found community groups in the area, like Sustainable Living Ottawa East, are advocating for renewable energies in the community to reduce greenhouse gas emissions, increase local food production and consumption, increase alternative modes of transportation, and increase health of the green space in the area.

Community members and groups have been successful in working with the city to incorporate pedestrian and cycling routes. In addition, there's a regulation that limits buildings to 6 storeys or less. All of this is to ensure the community remains as sustainable as possible.

However, accessibility is an issue. The report says recreational facilities should be located no more than 800 metres from residents' homes, and currently some residents have to walk more than that to access all the amenities of the area. But if there's development in Old Ottawa East, this could make it worse.

Barry-Thibodeau says shaping public spaces into community engaged places will be essential going forward. This is to ensure community space and activities are accessible, comfortable and social for residents.

For more information on her findings, or to read the report, click the link below.



This plain language podcast is brought to you by the Community First: Impacts of Community Engagement project, a 7 year action-research project that investigates how to improve community-campus partnerships. For more information, please visit our website at carleton.ca/communityfirst

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