



Ottawa West Column – May 19, 2016

Carlington Hill Mountain Bike Proposal

On **Wednesday May 25**, the Carlington Community Association will host their AGM at the Alexander Community Centre, commencing at 7pm which will include a community vote on a proposal from the Ottawa Mountain Bike Association (OMBA) to develop part of the Carlington Hill as part of a mountain bike trail and course. Please note, since the March 23 public presentation made by OMBA, the proposal has been reduced in size and scope. Details about the proposal may be found on the CCA's website at www.carlingtoncommunity.org or by contacting my office. This is a public meeting and all are welcome. Members of the CCA will be entitled to vote and membership may be applied for at the meeting. This is a non-binding vote and will simply assist myself and City officials in determining the next steps for this project. I will also be in attendance on May 25 to provide a report and encourage you to attend.

Carleton Heights Community Garage Sale

This **Saturday, May 21**, the Carleton Heights and Area Residents Association will host their annual community yard sale from 9am-Noon, at the Carleton Heights Community Centre, located at 1665 Apeldoorn Ave.

Bike to Work or Around Town

Did you know that May is Bike to Work Month. Take a break from your normal routine and try biking in to work at least one day a week. The City has an extensive network of multi-use pathways, cycling lanes, cycle tracks and paved shoulders that connect communities across the city and has made it easier than ever to commute to work by bike. If your commute is a little long for cycling, try riding to your nearest Transitway Station, O-Train Trillium Line Station, or Park and Ride lot and lock your bike up there. Cyclists can Rack & Roll with OC Transpo and load their bike onto the front of one of the 450 buses equipped with a bike rack, including all articulated and double-decker buses. Have a look at the advanced planner on octranspo.com to see which trips have bicycle racks. Bicycles can also be transported year-round on the O-Train Trillium Line. The City offers a number of cycling education courses through its Cycling Education Program. These are led by nationally-certified instructors to help residents become more comfortable and confident on the road. More information about courses is available at ottawa.ca/bikeschool.

Summer Camp Registration

Register for a City of Ottawa summer day camp by June 1, 2016 and you could be one of 25 lucky campers to win your week's cost back, up to a value of \$250. Throughout the summer, in a facility near you, find active, imaginative and challenging programs that will entertain and educate campers. Program options include swimming, out-trips and special guests. For a complete list of camps available and contest details, visit ottawa.ca/summer_camps.