

glebe report

January 18, 2013

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Serving the Glebe community since 1973

Issue no. 444 FREE

Owl in a day in the Glebe



PHOTOS: GILLIAN WRIGHT

In early January a Great Grey Owl flew into town and alighted on a tree branch overlooking Brown's Inlet.



BY GILLIAN WRIGHT

January 2, 2013, was a great day for shinny on Brown's Inlet, and my brother, Jake, was out on the ice with some neighbourhood kids. Susan Bernard was walking her dogs and noticed something in a nearby tree. She pointed it out to my dad who gave me a call, and I raced down with my camera.

A Great Grey Owl was perched on a low branch overlooking the inlet. His feathers looked particularly fluffy on this cold, winter day, and the gentle breeze was rustling his tail feathers from time to time. He was not nearly as interested in the hockey game as he was in the crows flying overhead. Neither endless photos nor barking dogs seemed to break his focus. He stayed on his

perch for such a long time that eventually Susan thought he might be injured. Her gentle touch was all that was needed for him to casually fly away.

After adventures in photographing much more skittish birds over Christmas, from wild turkeys to redpolls to chickadees, it was wonderful to have such a cooperative subject posing for photos. He was calm and graceful and majestic, and we all enjoyed our time with him.

Young photographer and writer Gillian Wright is a Grade 8 student at Glashan Public School.

MARK YOUR CALENDARS

Ongoing	Roy Brash art exhibit Portraits The Community Centre Gallery, GCC
January 22	GCA meeting, GCC, 7:30 p.m.
January 23	Open House – Glebe Local Area Parking Study St. Giles Church, 6 p.m. – 9 p.m.
February 1 – 18	Winterlude
February 2	WinterFIT launch (Glebe BIA and Winterlude) Farm Team Cookhouse and Bar, 12 p.m. – 4 p.m.
February 6	Glebe Annex Community Association meeting GCC, 7 p.m.
February 7	Lecture: The Trojan War (Prof. Shane Hawkins, Carleton University) GCC, 7: 30 p.m. – 9 p.m.
February 9	WinterFIT Ski & Snowboard Competition & BBQ Corner of Bank and Glebe
February 9 – 10	Bhat Boy Open House 27 Wilton Crescent, 11 a.m. – 4 p.m.
February 24	Enchanted Ball, GCC, 1 p.m. – 3 p.m.

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FEBRUARY 15 ISSUE
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ADVERTISING DEADLINE: WEDNESDAY, JANUARY 30

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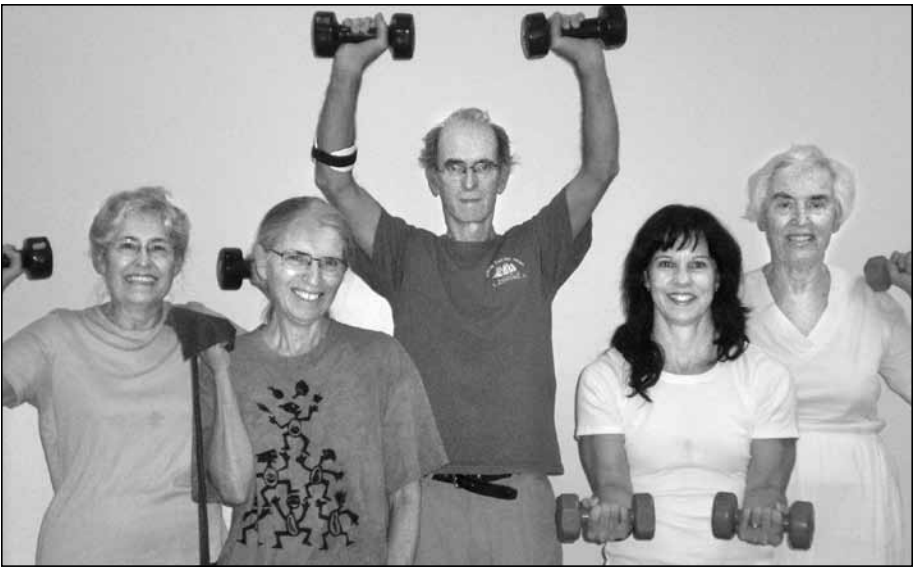


PHOTO: PAT GOYECHÉ

Left to right: Micheline Boyle, Anne LeDressay, David Sims, Kris Belanger (instructor) and Natasha Hollbach “keeping healthy”

BY PAT GOYECHÉ

Health, as defined by the World Health Organization (WHO), is a “state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”

Health is something we tend to take for granted until something goes wrong or our knees act up when we run, or our eyes refuse to read the fine print (somewhere around our 40th birthday). Before that, unless we have had a health crisis, we tend to be blissfully unaware of physical health, and only peripherally aware of our mental and social well-being, which is wrapped up in the general health report card.

Working with adults 55+ has been my vocation since I was 20-something. Now approaching 50-something, my interaction with the “older crowd” has taken on even more meaning. My understanding of the importance and full meaning of health has aged along with me and the people I work with.

Abbotsford is a “community leisure and resource centre,” and as such, is committed to the WHO definition of health. We look at the whole person and try to provide programming and services that keep the promotion of health at the forefront.

Physical health will decline with lack of mobility, and aging naturally challenges the body. We have to meet the challenge head on – muscle density, range of motion and balance are all in need of maintenance – which is why continued fitness classes at the appropriate levels are so important.

Mental health can be challenged by our disposition, genetic makeup and exposure to new challenges. Many of us boomers have a visceral fear of the mental challenges of aging, and wonder what we can do to keep ourselves mentally keen well into our 80s and 90s. Once again, participation in organized programming such as learning a new skill (bridge, Spanish, a musical instrument) or taking up a new creative activity (art, pottery, calligraphy) is key to stimulating, “growing” and maintaining our minds.

Social well-being is a bit more ephemeral. How do we define it? Isn’t it just natural? Why is it melded into the definition of health? We are social beings by nature (some more than others) but aging can inhibit our ability to interact with friends and family. We may not have family close by, we may not get along with the ones we have and “old” friends may be far-flung or no longer living. Creating new and different social bonds is essential and challenging as we age. We need to feel part of something, connected and cherished. Volunteerism, clubs and social groups all help to keep this up and give us our sense of purpose. This is important at any age but particularly after children have grown, and careers no longer define our day-to-day activity.

We all want good health and, like anything else good, we need to work towards getting and keeping it. Abbotsford at The Glebe Centre is one place where adults 55+ can find many types of activities, programs and resources to help facilitate healthy aging, which encompasses physical, mental and social well-being. We pride ourselves on being a place that encourages our members to enjoy life in a positive way that touches all the bases of “health.”

Please drop by and pick up our Winter Program Guide for 2013. Happy New Year and happy health to everyone from all of us at Abbotsford at The Glebe Centre, 950 Bank Street (the old stone house), 613-230-5730.

Pat Goyeche is Coordinator of Community Programs at Abbotsford at The Glebe Centre.



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Diabetes and the brain

BY GRAHAM BEATON
INCREASED RISK OF
COGNITIVE DYSFUNCTION AND
ALZHEIMER’S DISEASE

Diabetes is a prevalent chronic disease among Canadians. Currently in Canada there are approximately 1.8 million people diagnosed with diabetes. Moreover, it is expected that with demographic changes such as an aging population and increasing obesity rates, the number of those diagnosed with diabetes in Canada will increase to 2.4 million in 2016.¹

Diabetes can cause damage to many organs in the body. For example, it is the leading cause of blindness, kidney failure and non-trauma-related amputations in Canadian adults. As well, diabetes dramatically increases the risk of heart attack and stroke, increases the risk of osteoporosis, affects thyroid function and digestive health, damages nerves and may increase the risk of depression. Additionally, diabetes appears to have an impact on the brain, increasing the risks of cognitive dysfunction (characterized by changes in memory, attention, processing speed, executive function such as conceptualization, reasoning and memory tasks, and general intelligence scores), dementia and Alzheimer’s disease.

Graham Beaton



DIABETES

Diabetes mellitus is a group of disorders that are characterized by impaired glucose control, resulting in elevated blood glucose levels. This impairment is caused by insufficient production of insulin (a hormone that regulates blood sugar) by the pancreas, insulin resistance, or both.

DIABETES, COGNITIVE DYSFUNCTION AND DEMENTIA

Diabetes has been shown to be a risk factor for changes in cognitive function and for increased risk of dementia.² While the exact mechanisms that cause cognitive dysfunction are not fully understood, there are several mechanisms that are proposed to play a role. High glucose levels cause damage to the brain, as they have toxic effects on nerve cells, causing injury. Furthermore, high glucose levels stimulate an unregulated immune response in the brain, which damages nerve cells, affecting brain function.³

In addition to blood glucose levels causing damage to the brain, insulin resistance can affect cognitive function and memory. The transmission of information between nerve cells is impaired with elevated glucose levels, further affecting memory. Moreover, blood vessels in the body, including in the

brain, are affected by high glucose levels, which impairs the delivery of oxygen and nutrients to cells in the brain, causing damage.⁴ While diabetes has been shown to play a role in cognitive dysfunction and dementia, an important factor that mitigates the risk is achieving proper glucose control. In fact, for diabetic patients who are able to maintain glucose control, cognitive function is typically preserved.⁵

DIABETES AND
ALZHEIMER’S DISEASE

Diabetes has also been linked to increased risk of developing Alzheimer’s disease.⁶ While a full understanding of this relationship is not known, it has been shown that there are changes in glucose utilization in the brain during initial stages of Alzheimer’s disease. These changes are exacerbated in diabetics who do not have proper blood glucose control and who have insulin resistance. In these individuals, elevated glucose and insulin resistance leads to further degeneration in the brain, causing Alzheimer’s symptoms to be apparent earlier, and prompting a faster rate of cognitive decline compared to non-diabetics (or diabetics with adequate blood glucose control).

As with cognitive dysfunction, proper glucose control has been suggested to lower the risk of developing Alzheimer’s disease.⁷

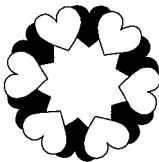
If you are diabetic, or if you are at risk of developing diabetes, it is important that you ensure that your blood glucose levels are properly controlled. Blood glucose control will not only decrease the risk of developing cognitive deficits associated with diabetes and Alzheimer’s disease, but will also help to reduce the risk of cardiovascular disease, kidney disease, blindness and other diabetes complications. As a naturopathic doctor, I work with individuals who are diabetic or at risk of developing diabetes, to establish individual treatment plans that are designed to improve glucose control using nutrition and physical activity.

¹ Canadian Journal of Diabetes 2008; Volume 32, Supplement 1; 1-215.
² Roriz-Filho, J.S. et al. *Biochim Biophys Acta*. 2009 May; 1792(5): 432-43.
³ Umegaki, H. *Adv Exp Med Biol*. 2012; 724: 258-65.
⁴ Umegaki, H. *Adv Exp Med Biol*. 2012; 724: 258-65.
⁵ Umegaki, H. *Adv Exp Med Biol*. 2012; 724: 258-65.
⁶ Biessels, G.J. *Biochem Soc Trans*. 2005 Nov; 33 (Pt. 5): 1041-4.
⁷ de la Monte, S. M. *Drugs* 2012 Jan 1; 72 (1):49-66.

Graham Beaton is a Doctor of Naturopathic Medicine in practice at Common Ground Collaborative Care, 151 Second Ave, Unit D, in Ottawa. If you have questions about diabetes, vascular dementia, Alzheimer’s disease, or how naturopathic medicine can help you, please call 613-290-6115 or visit www.ottawand.com.

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Established in 1973, the *Glebe Report*, a monthly not-for-profit community newspaper with a circulation of 7,000 copies, is delivered free to Glebe homes and businesses. Advertising from merchants in the Glebe and elsewhere pays all its costs, and the paper receives no government grants or direct subsidies. The *Glebe Report*, made available at select locations such as the Glebe Community Centre and the Old Ottawa South Community Centre and Brewer Pool, is printed by Winchester Print.

EDITOR	Julie Houle Cezer	editor@glebereport.ca
ACTING LAYOUT EDITOR	Tracey Adams	
GRAPEVINE EDITOR	Micheline Boyle	grapevine@glebereport.ca
COPY EDITOR	Liz McKeen	
ADVERTISING MANAGER	Judy Field	613-231-4938 advertising@glebereport.ca
BUSINESS MANAGER	Sheila Pocock	613-233-3047
CIRCULATION MANAGER	Zita Taylor	613-235-1214 circulation@glebereport.ca
STAFF THIS ISSUE:	Susan Bell, Martha Bowers, Valerie Bryce, Adele Farrelly, Danny Handelman, Teena Hendelman, Carol MacLeod, Josie Pazdzior, Dorothy Phillips, Jeanette Rive	

LEGAL ADVISER:	Pierre Crichton
AREA CAPTAINS:	Donna Edwards, Judy Field, McE and Bobby Galbreath, Gary Greenwood, Ginny Grimshaw, Martin Harris, Gill Hunter, Christian Hurlow, Ian McKercher, Sandra Webster, Zelda Yule

COVER ART: *Three layers of winter, : Bank Street Bridge – morning view, Mutchmor School – sonder view and Glebe street art and life, by Soo Hum.*
FRONT PAGE: *Great Grey Owl by Gillian Wright*

DEADLINES

For *Glebe Report* advertising deadlines and rates, call the advertising manager.
Advertising rates are for electronic material supplied in .pdf format with fonts embedded in the file.
Deadlines for submissions:
January 25 for articles
January 30 for advertising.
The next issue of the *Glebe Report*:
Friday, February 15, 2013

Please note that the paper is published monthly except for July in a hard copy version. An electronic version is subsequently uploaded with text, photos, drawings and advertisements as a .pdf to www.glebereport.ca. Selected articles will be highlighted on the website.
Views expressed in the articles and letters submitted to the *Glebe Report* are those of our contributors.

Welcome to 2013!

Happy New Year, and welcome back to the pages of the *Glebe Report*. In the year 2013 you can look forward to both the *Glebe Report* and the Glebe Neighbourhood Activities Group (GNAG) celebrating their 40th anniversaries. Staff and volunteers have been making these organizations work for the benefit of the Glebe and its residents for four decades. Whew! Time flies when you’re having fun and building a community. In the case of the *Glebe Report*, June 1973 was the launch of the paper by community-minded journalists. They were determined to provide an independent vehicle for expression in the form of a non-profit newspaper that would speak to issues of local significance and reflect the range of interests and perspectives of residents. Hopefully, we are still fulfilling that mandate.

We are aiming to spill copious amounts of print this year to celebrate Glebe organizations – including the somewhat older Glebe Community Association – that have shaped this community over the years. We also look forward to receiving your ideas for stories, profiles and events to mark this special anniversary. How would you like to celebrate all the efforts of concerned citizens and volunteers to make the Glebe a stronger community and a healthier place to live?

January 2013 also brings you the third annual issue of the *Glebe Report* that focuses on questions of health. While intervention by well-trained medical personnel in cases of accident, critical illness and chronic conditions is a crucial part of a responsive health system, it is equally important for members of the population to participate in prevention by educating themselves and taking active routine measures to eat a healthy diet, exercise regularly and contribute to the well-being of others in the community. We bring you a host of tips from safe shovelling to healthy food, stories on local initiatives happening in your own neighbourhood and personal accounts of living with acute and chronic illness. We hope that you draw inspiration from these writings and that you walk away with another tool for your prevention toolbox.

Finally, let me say farewell and thank you to McE Galbreath, our copy editor of many years (see page 5) and to our acting layout designer, the talented and energetic Tracey Adams who is heading to South America for several months of travel. At the same time, may we welcome on board Liz McKeen, who takes up the copy editor position, and layout designer Jock Smith, who will be joining the editorial team as of the February 2013 issue. Finally, you may notice that *Glebeous & Comicus* boasts a new feature, “In the language garden” by writer Adelle Farrelly, who translates Latin and hones her Greek in her spare time. Her column aims to unearth some of the etymological roots of English and shine a light on the living nature of word families – a delightful exercise for all who love language.

Julie Houle Cezer



Canine Editor Lady Herb is proficient in several movement languages. Above, Lady H. demonstrates advanced snow rolling techniques including paw folding and a proper snow shake.

The Glebe Report welcomes submissions, but cannot promise publication. The Glebe Report reserves the right to edit material, and final editing decisions reside with the editor.

Guidelines for Submissions

- Deadlines:** Listed monthly on p. 1 and p. 4. For 2013 editorial and advertising deadlines, see glebereport.ca. Articles assigned or approved by the editor are to be received in the office by 5 p.m. on the editorial deadline date.
- Word Count:** 725-750 words for articles and 100-300 words for letters
- Format: Electronic copy:** Send Word .doc or .rtf (rich text format) attachment to editor@glebereport.ca. Send other particulars in the body of the email.
- Hard copy:** Handwritten or typed, sent by regular mail or dropped off to 175 Third Ave., Ottawa, ON, K1S 2K2. For articles, please send one line of relevant biographical information on the author.
- Contact information:** Name, telephone number, home address, email address
- Photos:** Include with your article submission. Send colour, high resolution (200-300 ppi) uncropped photos as .jpg attachments or bring CD, DVD, or originals for scanning to the office. If possible, include both vertical and horizontal compositions of the subject. Please include captions and photo credits in the body of the email.
- Note:** Unless taken at a public event, obtain express permission to publish photos in the *Glebe Report* print and online versions at website glebereport.ca. If minors are identifiable, confirmation of written permission from parents must be obtained and sent to the editor before the publication date.
- Content:** Coverage includes reports on current and emerging issues important to the community, as well as articles reflecting the wide range of interests and perspectives of people residing and working in the Glebe. We seek articles that create context, and convey up-to-date information on common concerns. We highlight initiatives, projects, programs, events, services and businesses in the community. We invite you to submit profiles, opinion pieces, book reviews, creative writing and essays, photography and art work for consideration. All age groups are welcome. Copyright on individual texts, photos or representations of artworks belongs to the creators, who by voluntarily submitting their material, grant the *Glebe Report* one-time rights, in the print edition and online as part of glebereport.ca.

CIRCULATION NEWS

Welcome

Henry Hanson

Thanks and Farewell

Ellen Schowalter

Joseph and Patrick Kelly

Routes available

- Kippewa Ave.
- Wilton Cresc.
- LeBreton St. S. - Carling Ave. to Orangeville Ave.
- Madawaska Ave.
- Bell St. S. - Powell St. to Orangeville Ave.
- Plymouth St.- LeBreton St. to Bronson Ave.
- Strathcona Ave. - Metcalfe St. to Queen Elizabeth Driveway
- Bronson Ave. from Fifth Ave. to Bronson Bridge
- Queen Elizabeth Dr. from Pretoria Ave. to Linden Terrace

Area Captains Required

This volunteer position takes about an hour per month and involves delivering bundles of papers to approximately 15 families in the Glebe who in turn deliver the papers to their neighbours.

Our thanks to McE Galbreath



PHOTO: JULIE HOULE CEZER

McE activating the "That was easy" button

Since June of 2007, McE Galbreath, copy editor and formatting guru extraordinaire has been lending her talents to making the *Glebe Report* a newspaper that is not only more readable but also, respectful and reflective of the diversity of voices in the community. As a part of her position as copy editor, for example, she was always careful to emphasize the value of preserving the disparate voices, accents and tones that writers and contributors bring to the *Glebe Report*.

Above and beyond fulfilling the demands of her ongoing volunteer position, she has also brought to the production team and board discussions some notable managerial skills as a people-oriented problem-solver. Perhaps, because she both seeks and nurtures a balanced and decidedly productive path through organizational challenges, she almost always finds the appropriate tone for the occasion and the process. These capabilities have proven to be invaluable to the *Glebe Report* production team as it has been navigating the white waters of transition from solely print-based to a print-and-web environment. McE has brought more than two decades of experience in publishing (trade protection and public procurement), as well as first-hand knowledge of the Glebe community. As a result, she has been able to contribute both a depth of knowledge and a wider perspective to discussions and decisions about operations, policy and the pro-

cess of change.

Although born and raised primarily in the United States, McE had the opportunity to live and study in Canada (Queen's University) as well as to live and work abroad. Once she moved to the Glebe, married (Bobby Galbreath), and started her family (Alisa and Xander), she divided her non-family time between communications/ publishing and volunteering both in her church (in the choir and in conducting Children's Liturgy at Canadian Martyrs Church) and local schools.

Since 2009, her involvement with publishing has steadily increased, growing exponentially since 2010 when she began a long-term working relationship with Invenire Books to manage their publishing projects. Today, as she is busier than ever, she has found it necessary to devote more of her attention to her expanding publishing business; hence her decision to resign her position as copy editor. Of course, although we all know that her business represents a lot of work, she seems to be thriving and as always, she makes it look easy. In fact, one part of her legacy is the reminder that is activated when a big red button responds to being pressed and vocalizes "That was easy"! So, it is with a sense of ease that all of us at the *Glebe Report* wish McE every success, celebrate her next endeavours and thank her for all her very substantial contributions to our community paper.

From the boardroom

The *Glebe Report* is published by a non-profit corporation called the Glebe Report Association. Membership in the association is open to anyone living or working in the Glebe. The Association holds an annual general meeting in June each year at which a board of nine directors is elected.

Currently, several directors have had to step aside because of other commitments, and we are seeking replacements to complete the term at least until June (and, we hope, to stand for re-election to the board for the following year).

Issues facing the board for the next few months will include providing direction to the *Glebe Report* website, making sure the *Glebe Report* complies with new legislation on non-profit corporations, and ensuring that the *Glebe Report* is effectively responding to the needs of our community. As the Glebe changes, we need to be certain that we are providing an appropriate communications outlet for residents. This was the reason we ran a survey of readers last spring.

The fundamental requirement for a board member is an interest in serving this neighbourhood. Any volunteer with experience in publishing, in media law or in computer technology would bring talents our volunteer board would greatly appreciate. But the prime attribute is a community-orientation.

Readers interested in becoming members of the Association, and members interested in serving as a director are invited to contact the current board Chair, Bob Brocklebank, at rbrock0564@rogers.com or 613-236-9128.

Bob Brocklebank

glebe report

Join the *Glebe Report* as Web Editor

The Glebe Report has recently redesigned the newspaper's website, glebereport.ca incorporating the content management program Word Press. It now seeks a volunteer web editor to develop a more dynamic and interactive website over time as well as to ensure best practices in its operation. An honorarium is attached to this position.

Responsibilities will include:

- posting articles and photos on the home page
- creating and editing unique web content
- uploading a .pdf of the latest print issue
- archiving past *Glebe Report* issues
- developing and maintaining new digital products (social media tools such as blogs, Facebook, and Twitter)
- developing web-related editorial policies and practices

Under the direction of the Board of Directors, the web editor will work in close cooperation with the *Glebe Report* print team and volunteers. The position has flexible hours and a flexible work location. Since this is a new position, the time commitment is undetermined.


Please provide your resumé and a cover letter, explaining how your experience and skills make you suitable for this position. Please send your application by February 15, 2013, to Bob Brocklebank, Chair, Board of Directors, Glebe Report Association at rbrock0564@rogers.com.

For more information, please call 613-236-9128.

OUR VOLUNTEER CARRIERS


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Warm greetings from P&Q Pub

Editor, *Glebe Report*

My wife, Maryam, and I have been operating our new pub, P&Q (Pints & Quarts), formerly known as the Royal Oak Glebe, since November 7, and have been loving every day of it. It is a privilege to be in this truly wonderful community, renowned for its charm, character and, of course, its friendly residents, and we hope to remain your preferred neighbourhood pub or to become your favourite new hang-out. We very much look forward to extending our family and having you join us in what is, effectively, our living room.

We would also like to extend our sincere thanks to our regular customers, who have continued their support throughout the past month, and all of our neighbours who stopped in to check out the new menu and express their kind wishes. This also gives us the opportunity to invite all of you who have not yet had the chance to come in, to join us for a refreshing pint or to sample our homemade menu.

Food is a top priority for us, as we believe that fresh homemade dishes and delicious ingredients are what customers/friends deserve ... which is why we will always be ready to hear ideas or entertain requests, as far as we are able. We also look forward to working with our local businesses and suppliers to ensure the foods we supply are locally sourced, and that their freshness is guaranteed.

We had great fun meeting and greeting many of you at our first "Taste in the Glebe" on January 17. On behalf of the staff at P&Q, we hope you enjoyed a very happy holiday season, and we hope to see you in the very near future.

Kind regards,
Amir and Maryam

First trucker pulled over for excellent driving

Editor, *Glebe Report*

Steven Beach received the first \$50 award from the Glebe BIA for considerate driving around the Lansdowne Park construction area. These incentive 'tickets' are part of a program to minimize disruption in the neighbourhood during the project, and can be used to purchase items or services at participating shops in the Glebe.

It's a way of thanking them for driving carefully. At the BIA, we really appreciate the care they're taking while driving through our neighbourhood. Our plan is to award one incentive ticket a week while the construction goes on. Examples of good driving include not accelerating or braking too quickly, and generally driving as quietly and carefully as possible.

Incentive tickets for good driving are just one of a series of construction mitigation initiatives designed to reduce noise, control dust and dirt, and reduce truck traffic. Other measures include building sound-dampening screens around generators, scheduling dusty demolition work for rainy days, and locating the concrete plant on site to reduce the number of trucks entering and exiting the site.

While the Glebe BIA has led the way in this new, more considerate approach to construction, it has been fully supported by all involved parties, including the City of Ottawa, Ottawa Sports and Entertainment Group (OSEG), and Pomerleau Inc. "We aim to prove that a residential and business neighbourhood, and a construction zone, can all work together in a thoughtful, respectful way," says ward councillor David Chernushenko. "We've had a very positive reaction from our drivers to the idea of being rewarded for good driving," adds Philippe Goulet, project director for Pomerleau. "It's a novel way to remind everyone that our work site, and the area around it, is also someone's home. We're going to drive as if it were our own home neighbourhood, too."

Gilbert Russell
Vice-chair of the BIA



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Cracked Tooth Syndrome

BY DR. NASRIN SABA

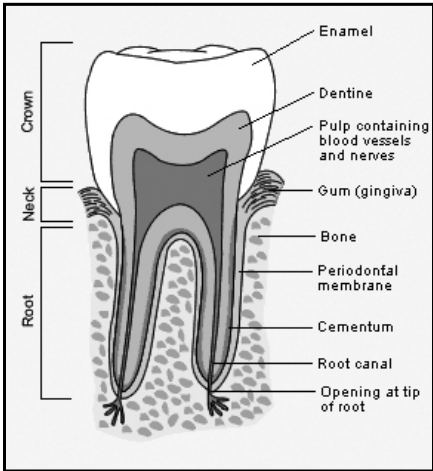
Cracked Tooth Syndrome is a common tooth problem that is often difficult to diagnose. There are three different types:

- Craze lines are very fine cracks in the outer layer of the tooth, i.e. the enamel. In general, vertical craze lines are nothing to worry about. Although teeth are slightly weaker in these areas, unless you experience some form of trauma or repeated movements such as teeth clenching, grinding or excessive nail biting, there should be little concern. Craze lines are often caused by the rapid and alternating exposure to hot and cold extremes such as ice cream or an icy smoothie, followed by a sip of hot chocolate, coffee or tea.
- A crack is an incomplete fracture of a vital posterior tooth that involves the dentin – the second layer of the tooth between the outer enamel and inner pulp – and occasionally extends into the pulp.
- Fractured or broken tooth is a true fracture of the root or crown of the tooth.

The difference between a broken and a cracked tooth is rather small. While damage to a broken tooth is obvious, cracked teeth have cracks that may not be visible and are rarely seen on an x-ray. If a crack is visible, it is usually seen as a vertical hairline. Many fractures are below the gum line, making them difficult to find.

Studies have shown that fractured teeth are the third leading cause of

tooth loss, and that the recent increase in tooth fractures is related to several factors, particularly longer life spans. The older the teeth, the more brittle they are, and the more likely to crack. Higher stress levels may also lead to increased teeth clenching or grinding, which makes them more prone to cracks and fractures. Cracked Tooth Syndrome is present mainly in patients between 30 and 50 years of age. Men and women are equally affected. Lower jaw second molars, followed by lower jaw first molars and upper premolars, are the most commonly affected teeth.



Normal tooth

WHAT CAUSES THE TOOTH TO BECOME CRACKED?

- Bad habits, such as chewing on ice, pens, pencils, rib bone
- Chronic tooth grinding or clenching
- Weakening of the teeth due to overly large fillings
- Brittleness of the teeth following root canal treatment

- Trauma to the mouth
- Misaligned teeth that receive excessive stress during chewing

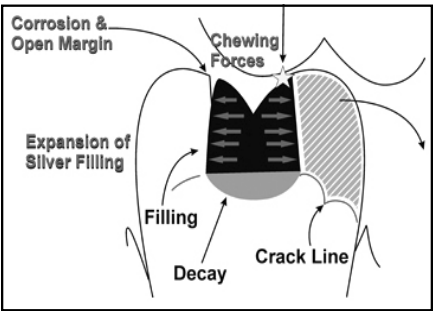


Illustration of cracked tooth syndrome

SIGNS AND SYMPTOMS

Cracked Tooth Syndrome is best described as a sharp pain that occurs while biting down and disappears quickly when chewing stops. Because the crack is opened while biting, the soft pulp tissue containing the tooth's nerve endings is irritated. The tooth may also have sweetness and temperature sensitivity when the crack is wide enough to allow sweets and temperatures to reach the pulp. Chewing, teeth grinding and extreme temperatures are just a few reasons why cracks expand and contract. Left untreated, a cracked tooth will eventually damage the pulp to the point that root canal treatment will be necessary to save the tooth.

DIAGNOSIS

You may think that diagnosing Cracked Tooth Syndrome would be relatively easy for a dentist. In fact, it can be surprisingly challenging. Successful diagnosis requires awareness of its existence and of the appropriate diagnostic tests. The patient dental history can give certain clues. Pain on biting that stops after the pressure has been withdrawn is a classic sign. The patient may, however, have difficulty in identifying the affected tooth.

Because it is hard to see a crack line on the x-ray, dentists use a combination of other methods and advanced technology to locate a cracked tooth. If a thorough visual examination of mouth and teeth does not reveal the crack, a dentist will use a special instrument called "an explorer" to feel for cracks. If unsuccessful, the dentist will perform a bite test in which the patient bites on various items such as a toothpick, cotton roll, wooden stick or the commercially available Tooth Sleuth. The patient must bite down on an instrument that fits over one part of a tooth at a time. The test is continued tooth-by-tooth and cusp-by-cusp until the patient feels pain and the cracked tooth is identified. Dentists will likely introduce more high-tech search methods if a crack remains elusive after a bite test, including shining a fibre-optic light on the tooth, or staining it with a crack-revealing dye.

TREATMENT OF A CRACKED TOOTH

The treatment of a cracked tooth depends on the location, direction, size and extent of the crack. The earlier a crack is detected, and the more superficial, the simpler the treatment. Minor cracks are often repaired by a filling or a crown that, by keeping the crack from opening, alleviates the pain.

Any crack deep enough to damage a tooth's nerve will need a root canal treatment and a crown to protect the tooth. In worst-case scenarios, a cracked tooth cannot be repaired. This typically occurs when the crack extends into the root of the tooth under the bone. In these instances, it is best to have the tooth extracted and replaced with a dental implant or a dental bridge.

"Cracked Tooth Syndrome is best described as a sharp pain that occurs while biting down and disappears quickly when chewing stops."

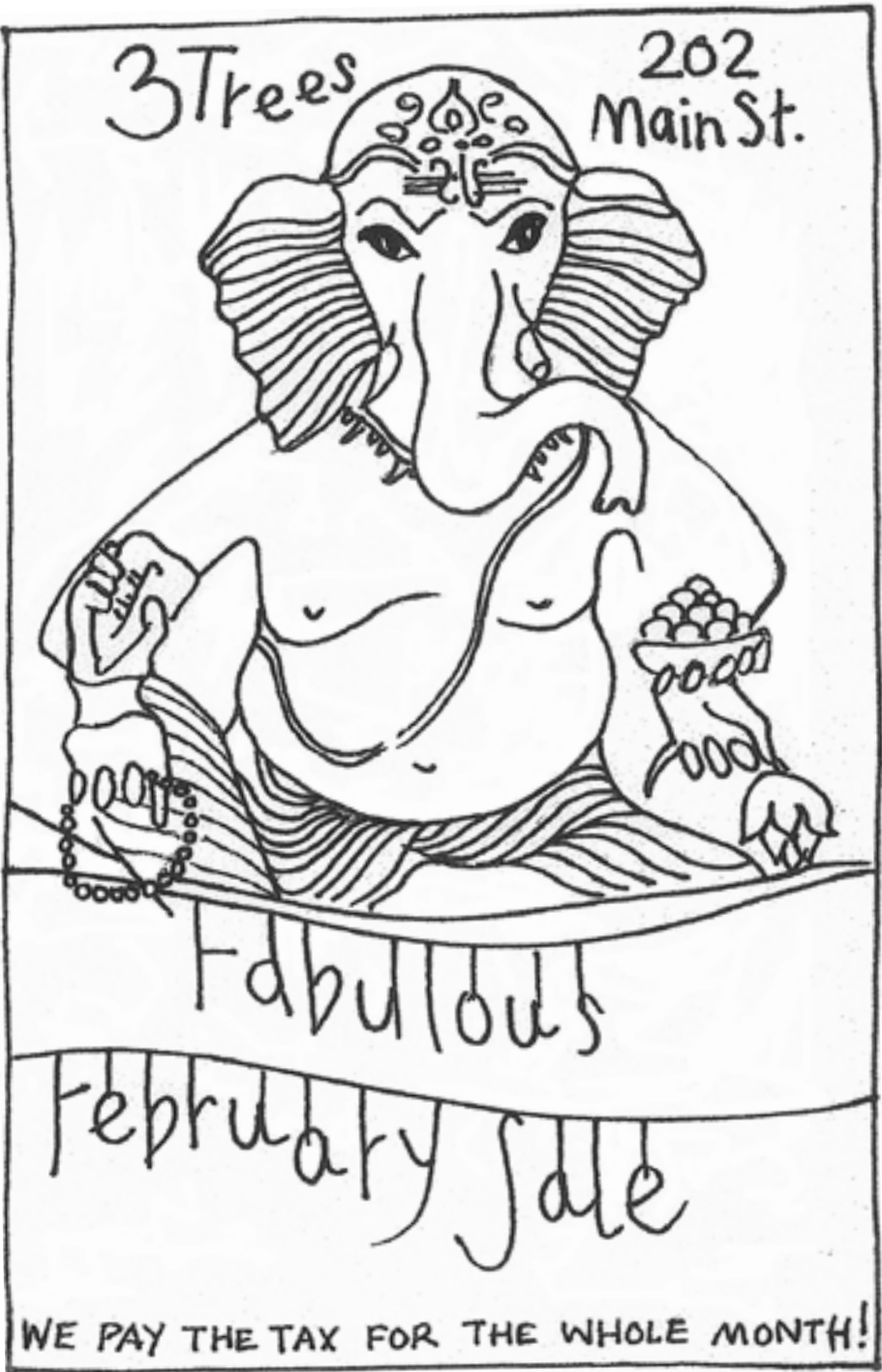
PREVENTION

Awareness of the existence and causes of a cracked tooth is essential to its prevention. Dentists usually give the following advice to their patients:

- Avoid extreme temperature changes in your mouth.
 - Be aware if you grind or clench your teeth. If you do, you will need to wear an occlusal guard or night guard to protect your teeth.
 - Do not bite on anything hard such as a pen, pencil or rib bone.
 - Protect your big fillings or root-canal-treated teeth with a crown.
- Remember, you cannot fix Cracked Tooth Syndrome without professional help. Only dentists have the tools and technology to repair cracked teeth. Most dental expenses are caused by putting off dental visits. Visit your dental professional regularly to catch problems early on and keep expenses down.

Information from *Journal of Canadian Dental Association*, September 2002, vol. 68, no. 8, Christopher D. Lynch, BDS, MFDRCSI, Robert J. McConnell, BDS, PhD, FFDRCSI.

Dr. Nasrin Saba is a dentist and owner of Bank Street Dentistry, located at 1189 Bank Street, and can be reached at 613-241-1010. For further information please visit her website at www.bankdentistry.com or email dr.saba@bankdentistry.com.



FLU SEASON REMINDERS

- Wash your hands frequently.
- Keep your hands away from your face.
- Cough and sneeze into your arm.
- Keep common surface areas clean and disinfected.
- **If you get sick, stay home.**

"You don't need to prove anything by going into work when you're sick. In fact, going to work with the flu only proves that you're willing to make others sick. Staying home to rest will prevent the spread of the flu to other employees and will help you on the road to recovery."

Dr. Doug Weir, President of the Ontario Medical Association

Winter health tips

BY DR. MELISSA BAIRD

It may be a little chilly outside but winter does not need to be an unhealthy time of year. With snow comes hibernation and a drastic decrease in exercise for some. Here are a few tips to keep you and your family healthy this winter.

Stick to water instead of sugar-filled or caffeinated beverages. If there is a cold circulating around your home or office, stay away from cookies and candies. Increasing your water intake or opting for herbal tea instead of sugary pop can help beat fatigue as well.

Don't skimp on a full night's sleep. Getting enough quality sleep is important to protecting your mental and physical health, quality of life and safety. Sleep deprivation suppresses immune system function. The less sleep you get, the more difficult it is for your body to respond appropriately to colds or bacterial infections.

Exercise is important all-year-round. Don't let those colder temperatures scare you. Just a 30-minute walk is enough to get your heart pumping. Exercise is just as important to overall health and a healthy immune system as maintaining a nutritious diet. It can also promote good circulation, allowing the cells of the immune system to move through the body freely.

Decrease your stress levels. Have you ever noticed you are more likely to "catch a cold" after a period of stress? This is no coincidence! Stress over a long period of time is

where people start to develop problems. Chronic stress suppresses the immune system leaving you more vulnerable to viruses and bacteria we naturally pick up daily. Simple deep breathing exercises are an easy start to helping you cope with a stressful day. Take some time for yourself and relax.

What you eat affects how your immune system functions. Avoiding processed foods and sugar will go a long way toward strengthening your immune system. Choose brightly coloured fruits and vegetables to improve your vitamin and antioxidant intake. To get adequate antioxidants in your diet choose berries, citrus fruits, apples, onions, spinach, kale, sweet potatoes and carrots as snacks and as part of your meal.

Add garlic into your diet. The immune-boosting properties of garlic come from its sulfur-containing compounds that help to improve your body's ability to fight off bacteria and viruses. Garlic naturally has antiviral and antibacterial properties. Garlic also has antioxidant properties that can reduce free radical buildup in your bloodstream. Eat garlic raw or cooked for an immune system boost.

Make a fresh start this New Year by making healthy lifestyle choices. Get out there and enjoy the snow!

Dr. Melissa Baird is a chiropractor at Glebe Chiropractic Clinic. She can be contacted at 613-237-9000.

Shovelling lightly

BY DR. STEPHEN KONKLE

Most of us would agree that we dodged winter last year, but it is certainly back this year. With winter, we get fresh snow – one of the most beautiful and peaceful things to witness – but with it comes the burden of shovelling. When you consider that the average shovelful of snow weighs five pounds, the average driveway may hold hundreds of pounds of snow.

Before you grab your shovel, consider these tips to keep you injury-free.

WARM UP

A tight, stiff body is a recipe for injury, so take a few minutes to warm up. Overall conditioning like walking and some warm-up exercises to get the blood flowing and the muscles loosened can save you a lot of pain later.

USE PROPER POSTURE

Try to push the snow to the side rather than lifting heavy snow. When you do shovel, let your knees, hips and arm muscles do the heavy lifting, and avoid twisting your back.

USE THE RIGHT TYPE OF SHOVEL

Your shovel should be about chest height, allowing you to keep your back straight when lifting. A short handle forces you to bend more to lift the snow, while a too-tall shovel makes the weight heavier. Using a lightweight pusher-style shovel will help to protect your back.

TIMING IS EVERYTHING

Frequent shovelling allows you to move smaller amounts of snow at a time, and fresh snow will be easier to move than packed snow. Try to shovel in the afternoon rather than the early morning, as many spinal disc injuries occur in the morning when there is increased pressure on the disc.

Take it slow: shovelling isn't a competitive sport, so take your time and listen to your body. Take frequent rest breaks, and stop shovelling immediately if you feel chest or back pain.

Chiropractor Dr. Stephen Konkle can be reached at RE:FORM Body Clinic in the Byward Market or www.reformbodyclinic.ca.



With a good warm up, the right equipment and good technique, shovelling snow for a healthy adult can be a welcome Canadian winter ritual.

PHOTO: JULIE HOULE CEZIER



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The time to invest in health care is now

Canadians have consistently listed accessible health care as one of their major concerns. Despite this, the Conservative government feels that addressing problems with our health care system should be left to the provinces and territories. The lack of federal leadership on health will further contribute to growing regional variation and inconsistency in the delivery of services and care.



MP
Paul
Dewar

The federal government has proposed cutting nearly \$36 billion during the next round of federal-provincial health accords. While the federal government funded half the cost of our health care system when Medicare was first established, today transfers to provinces cover only 20 per cent of costs. New Democrats have committed to upholding the current agreed-upon 6 per cent escalator in federal health transfers, and working with the provinces and territories towards a new set of health accords to ensure improved health outcomes for Canadians.

We recognize that there are growing disparities in health coverage across Canada. Over 5 million Canadians don’t have access to a family doctor, and access to home care often depends on where you live in Canada. This is unacceptable, and largely the result of a federal government that has disengaged from its responsibilities to address these growing inequalities. My colleagues and I believe that we can work within our current system to address these disparities. Most of the commitments made in the 2003-04 health accords have not been achieved, or lack proper reporting to know whether there has been progress. Some of these commitments include the failure to establish a national pharmaceutical strategy and incomplete integration of home-care services.

New Democrats have recently launched a campaign to improve health outcomes for Canadians. The focus is on four main areas.

BETTER ACCESS TO PRESCRIPTION DRUGS

We’d like to see improvements in access to prescription drugs. Over the past 20 years, prescription drugs have been one of the fastest rising costs in our health care system. To address this, the federal government should work with the provinces to expand and maintain public coverage, to ensure every Canadian can afford prescription drugs. They should use their common bargaining power in purchases and ensure that international trade agreements, such as the *Canada–Europe Trade Agreement*, don’t drive up drug costs. We should invest in improved analysis of new medications to ensure their quality, safety and cost-effectiveness, and there should be a review of how the Patented Medications Price Review Board establishes the price of new drugs.

INVEST IN HOME CARE

Nearly 25 to 30 per cent of hospital beds and emergency rooms are occupied by people who could receive care at home or at long-term care facilities. The federal government should work with the provinces to expand home care and long-term care facilities across Canada.

We also need to provide better support to the growing number of Canadians who act as caregivers for family members. This can be done by extending and improving access to Employment Insurance compassionate care benefits and providing a Caregiver Tax Benefit modelled on the Child Disability Benefit.

SUPPORT PRIMARY HEALTH CARE

One of the biggest challenges for Canada’s health care system is caring for people with chronic illnesses such as diabetes and mental health, to prevent health problems from getting worse and becoming more costly to treat. One way to improve treatment and access for those with chronic illnesses is to invest in health centres that offer a one-stop location where the advice of health and social service professionals is received in the same place. Many of our local community health centres already offer this innovative model, where patients can access dietitians, family doctors, nurses and social workers under one roof. Another step is to establish a pan-Canadian Health Human Resources Strategy to ensure that there are enough health professionals in urban and rural communities.

Regarding mental health, it’s absolutely critical that the federal government work with the provinces in a real way to improve access and delivery of mental health care. Enough studies have been done on the need for more services; it’s time to invest the resources.

PREVENTION IS KEY

We know that good health is linked to more than just access to hospitals and health care professionals. It also depends on many social indicators, such as access to affordable and nutritious food, a living wage, and secure and affordable housing. This is why it’s absolutely critical that the government develop a national food security strategy and affordable housing strategy. Canada is the only G8 country without a national housing strategy and recently was the only industrialized country to receive a visit from the United Nations Special Rapporteur on the Right to Food.

My colleagues and I know that there are significant challenges in the health care system as it stands. We believe, though, that these challenges can be addressed by making effective investments in our health system and by working constructively with provinces and territories, instead of shirking our responsibilities at the federal level. New Democrats will continue to work towards strengthening our Medicare system so that Canadians receive the care they need, regardless of their ability to pay.

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Imagining how LRT can benefit the Glebe

In December, when City Council approved the construction of Ottawa’s first Light Rail Transit (LRT) line, it was very clear that the overwhelming public sentiment was to get on with it. That Capital Ward residents felt this way too – despite most of us not being directly served by the line – illustrates just how big a step this will be towards a better city for everyone.

On the surface, the new Confederation Line just barely touches the ward – the only station within our boundaries is Lees, in the far northeast corner. I suppose one could have said the same of the O-Train line, with its sole Capital Ward station, Carleton, on the very western edge. Not much use to us, some have said – and perhaps still do.

Yet the impact of the O-Train has been remarkable, if subtle. Despite its limited capacity and frequency, it has been embraced by thousands of regular riders, especially, but not only, Carleton University students. It is a pleasant, bright and efficient way to travel, even if just part of a longer journey. An extended O-Train line and doubling service frequency, planned for 2014, will be noticeable and almost entirely positive (although some Heron Park residents may experience more noise and vibrations).

I think the New Year is an opportune time to consider how rail transit can and should benefit Glebe residents.

FEWER CARS ON BANK AND BRONSON

How does that work, when neither the Confederation Line nor O-Train serves Bronson or Bank – or Main, for that matter? Simply, many drivers currently using our north-south arteries will have a better option for the east-west segments of their trips, which may encourage them to start and finish their trips by bus or maybe bike. A lot of drivers are looking for a compelling reason not to be tied to the stress and cost of daily car trips. This is a good one.

TRANSIT-ORIENTED DEVELOPMENT

Many of the new stations are slated to become focal points for Transit-Oriented Development. TOD – you’ll be hearing that acronym a lot – means new “town centres” sprouting up around transit hubs. For us, that means a new community at Hurdman and significant redevelopment at Lees and on the eastern stretch of Carling (near the O-Train). This urban intensification will drive demand for improved services as the “within walking/cycling distance” customer base grows. But the higher population density will put pressure on existing parks, daycare, schools and recreation facilities. We need solutions.

BETTER BUS SERVICE

Success breeds success. As more people shift to train use, demand will grow to expand the overall network, fill in missing links with bus service, and provide better connections and higher frequency. It’s a virtuous circle: more riders leads to better service, leading to more riders.

INCREASED CYCLING APPEAL

Cities with highly developed transit and cycle networks have noted that bikes and trains can act as highly complementary modes, allowing cyclists to greatly extend their range. The idea is to cycle to and from stations, or even bring the bike on board so it can be used at both the start and finish of a trip, skipping the long middle portion. Excellent bike parking (ample, convenient and safe), bike sharing (i.e. Bixi), train cars equipped to carry bicycles, ramps on stairs, and bike-friendly elevators/escalators are all key pieces that must be built into Ottawa’s LRT.

LESS CONGESTION DOWNTOWN

The LRT tunnel should deliver less vehicle congestion downtown and more space for expanded sidewalks, cycling routes, plazas and public spaces. The end result will be a downtown geared more to people than to moving and storing vehicles.

A GOOD REASON FOR A CANAL FOOTBRIDGE

This may not be obvious, but the combination of Lees becoming a major transit hub and town centre, more transit ridership, better bus service, improved cycling facilities and new Bixi stations means greater demand for a complete network of walking and cycling routes. An Ottawa that is less car-dependent will want and use great new infrastructure like the proposed bridge, filling in gaps in the mobility network.

MORE WAYS TO GET TO AND FROM LANSDOWNE PARK

The real transportation challenge for Lansdowne Park and those living nearby is simple: Bank Street. You just can’t squeeze more cars onto Bank Street in the Glebe if it’s congested with cars, and you don’t want them cutting through residential streets. The Confederation Line and O-Train, combined with bus service enhancements, walking/cycling improvements and a shortage of parking spots, will entice many visitors to shop, cheer or play at Lansdowne without the hassle and costs of driving. New rail, increased service on routes 1, 4, 6 and 7, the footbridge and excellent cycling routes would help address the looming Lansdowne “carmageddon.”

That’s my wish list for 2013 and beyond! What’s yours?

Councillor David Chernushenko



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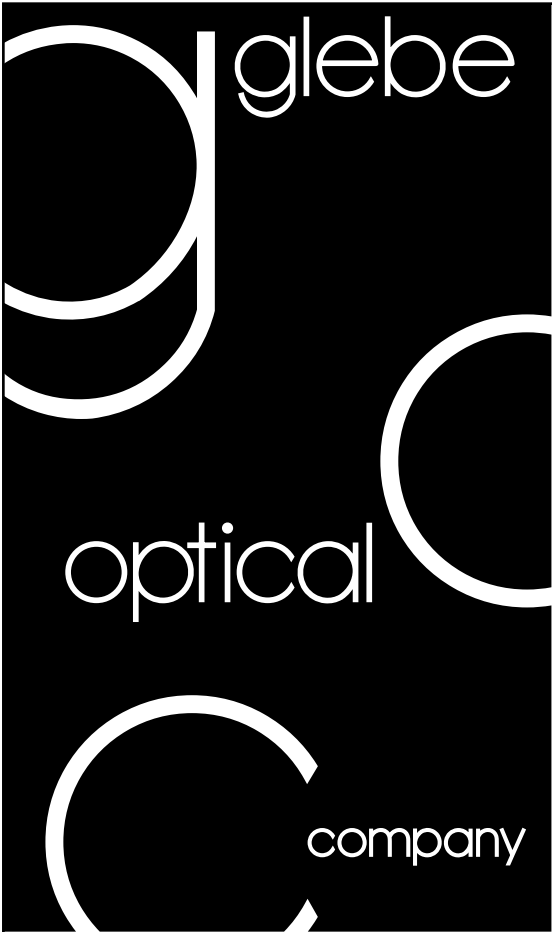
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Embracing the season

Hopefully everyone has had a restful holiday over Christmas and New Year's. Perhaps some of you went skiing or snowboarding. Some might have continued jogging along the canal or taken a lovely stroll along Bank Street. Whatever your mode of exercise was, I'm sure it's gearing you up for a new beginning for 2013.

NEIGHBOURS STAYING HEALTHY

With the crazy wintry weather we have, we encounter days when it is raining, others when it is sleeting and hopefully, many days when it is snowing. Many of us are out there shovelling and chopping away at ice. If you happen to notice where your sewer drain is on the road (usually there is a yellow painted crisscross in the centre of the road to indicate where it is) please take the time to make sure it is clear of debris. This will help tremendously in reducing icy, skating-rink roads. Besides, all this chopping and shovelling will keep us fit during the winter months. If all else fails, don't forget that you can always call 311 for a little help in finding the sewer drain on your street, and that City of Ottawa workers can come and remove the ice if need be.

Lynn Barlow

UNDERGROUND SOUND

In early January, the GCA and the BIA will be meeting with the Underground Sound group to discuss the \$40,000 that was collected years ago for the purpose of burying the hydro wires. Since that could not happen during Bank Street reconstruction, the money will be put towards the beautification of Bank Street. The BIA, GCA and several business merchants are a part of Underground Sound. Some ideas that are floating around are painting the hydro poles or designing murals. Please send me, at gca@glebeca.ca, some of your ideas on how to create a beautiful Bank Street.

TREES STAYING HEALTHY

In January, the Bank Street Reconstruction Chair and the Environment Committee Chair will be getting together to discuss what items or plants dating from before the reconstruction are missing. If you have noticed something missing, please do not hesitate to let us know. Our Environment Committee has noted in particular that planting a similar tree all along Bank Street, as is the case in the Glebe, could cause a problem in years to come. If one tree gets diseased, the others might follow suit. It's always best to use a variety of trees to avoid such an occurrence and to sustain a healthy ecosystem.

GLEBE ANNEX

On December 4, residents from the Glebe Annex met at the Glebe Community Centre. They passed a resolution to begin finding leaders and support for the creation of a new community association for the area bounded by Bronson Avenue, Carling Avenue, Lebreton Street and the Queensway. In 2006, this area became part of Capital Ward. The proposed residents' association can be very similar to the Dow's Lake Residents' Association, once it is formed. For the GCA, this would mean an amendment to our 1982 by-law that recognizes the existing area of the Glebe. This can be done at our Annual General Meeting in June. Share your thoughts with us by sending an email to gca@glebeca.ca.

TRAFFIC COMMITTEE

The GCA Traffic Committee organized a workshop on December 12 for the residents nearest to Lansdowne, to discuss concerns and solutions to parking, traffic flow, pedestrian crossing and bicycling around Holmwood Avenue, Fifth Avenue and O'Connor Street. Many residents showed up and shared their ideas. Thank you to city staff, our councillor David Chernushenko, the traffic committee volunteers and most of all, each and every resident, for their input on the issues of traffic.

The City of Ottawa is planning to hold a Glebe-wide public consultation to discuss their recent Bank Street parking study and the city's plans for a parking garage on Second Avenue behind Metro. The consultation will also be an opportunity for the community to raise concerns and propose solutions with respect to on-street parking issues arising from the Lansdowne redevelopment. Consult our website: www.glebeca.ca for exact date and location.

PLANNING & ZONING CITY-WIDE

On Monday, December 17, the Hintonburg Community Association held a news conference on measures to restore trust in the City's planning and development approvals. More than 30 community associations across Ottawa signed on. You can view the press release on our GCA website along with our own press release on the subject of planning.

Our next GCA meeting will be January 22 at 7 p.m. in the Glebe Community Centre. Please come join us and hear what we talk about.

Glebe Community Association
gca@glebeca.ca
To contact any of our committees:
www.glebeca.ca

Community groups seek planning reform

BY BOB BROCKLEBANK

A December joint announcement by over 30 local associations calls for reforms in Ottawa's land-use planning process and for clarification in the City of Ottawa's relationship with the development industry. Initiative for the joint announcement came from the Hintonburg Community Association and similar groups across Ottawa were invited to join in. Simultaneously with the joint release, the Glebe Community Association (GCA) issued its own statement supporting three of the four points raised in the joint statement.

The four points in the joint statement deal with use of private planning experts in the City's processing of development applications; content of initial consultations with developers; contributions by the development industry to candidates in municipal elections; and updating of zoning.

PRIVATE PLANNERS PROCESSING APPLICATIONS

Earlier in the year, the City revealed that the volume of land-use applications it had received for processing exceeded staff resources. Accordingly, the City had temporarily secured the services of personnel from the largest local private planning company to consider development applications.

It was unclear how the City's role as regulator was to be separated from the company's role as expert adviser to applicants. The temporary planners were to be excluded from any project in which they had earlier involvement, but it was unclear whether proposals in which their company had a role would be excluded. No specific incidence of conflict has been identified; community concerns may have been stimulated by the apparent lack of interest in such a possibility demonstrated by city staff.

PRE-CONSULTATION MEETINGS

Established practice is that a developer has a private "pre-consultation" meeting with the Planning Department about a possible development. These meetings are specifically excluded from the City's lobbyist registry, because the meeting could take place prior to the completion of the purchase of the property – prior to buying the land, a buyer would wish to understand the zoning or other constraints on land use applicable to the property.

For the community, the issue is the content of the discussion that takes place. If the proposed development will require any alteration from the current zoning, the community groups consider that discussion of change should take place in the es-

tablished public process. They request that the City adopt procedures that would prevent any indication by city officials of support (or of opposition) to changes to the regulatory regime applicable to the project.

CAMPAIGN CONTRIBUTIONS

On contributions to candidates at election time, the joint statement calls for the City to work toward banning contributions from the development industry and gifts to councillors. The GCA took a somewhat different position, calling for a ban on campaign contributions by all corporations and unions in municipal elections, a practice which, they noted, applies in Toronto. The GCA position goes beyond the development industry to apply to suppliers of goods and services to the City.

"...lack of alignment between zoning and the Official Plan has been repeatedly used to justify spot rezoning."

UPDATING ZONING

The fourth and most challenging reform sought is that the zoning bylaw of the City be brought into conformity with its Official Plan. Although the amalgamated City of Ottawa has been around since 2001 and is now engaged in the third revision of its Official Plan, the zoning of most of the city is simply what was inherited from the former municipalities.

Many of the community associations involved in the joint statement had been involved in consultations leading to the 2006 Comprehensive Zoning Bylaw. The 2006 process was deliberately constrained in its scope – the idea was not to change things but to bring all the existing provisions into a common form, in order to allow everyone in the amalgamated city to speak a common language when discussing zoning. But in Council debate and in hearings before the Ontario Municipal Board, the lack of alignment between zoning and the Official Plan has been repeatedly used to justify spot rezoning and other one-off changes.

Councillor Peter Hume, Chair of the Planning Committee, commented that, other than the campaign contribution issue, all these matters are well in hand. It remains to be seen whether community groups will accept his assurances or if they will continue to press for change.

Glebe resident Bob Brocklebank represents the Glebe Community Association at the Federation of Citizens' Associations.

First Glebe Annex Community Association meeting

BY SYLVIA MILNE

Mark Wednesday, February 6, 2013 on your calendar for the first meeting of the Glebe Annex Community Association. The interim executive committee of the newly formed Glebe Annex Community Association met on December 17 to map out the future. Plans are now in place to lead us to the next phase in development of a responsive community association. Beginning early in January, the committee and a few other residents will personally canvas the area bounded by the Queensway, LeBreton Street South, Carling and Bronson Avenues handing out, posting and sharing information on our objectives and goals.

Our initial action is to connect with interested residents who will form the base and assist in the promotion of a successful association. Resources needed include leaders and workers for various committees – safety, traffic, parks, planning and development, and street representatives, to name a few. The goal

is to have sufficient support in place to hold the first general meeting on Wednesday, February 6 at the Glebe Community Centre at 175 Third Avenue. All residents of the area are invited to attend, learn and participate in the formation of this committee initiative. Flyers and posters are being prepared and door-knocking will commence shortly.

The committee is once again indebted to Lynn Barlow and the Glebe Community Association for their continuing support of this fledgling effort. To reach one of the committee members or learn more about our initiatives, please contact us at snglebewest@gmail.com.

We look forward to meeting you soon.

Wednesday, February 6 at 7 p.m.
Glebe Community Centre
175 Third Ave. (at Lyon St. S.)

Sylvia Milne, a resident of the Glebe Annex, is helping to organize and launch the community association.



Christine L. Vieceli
BA, FMA
Financial Advisor

222 Somerset Street West, Suite 100
Ottawa, ON K2P 0A7
Bus: 613.594.3493 Ext. 223
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Ottawa City Hall, Andrew Haydon Hall

Preparing to cope with Lansdowne traffic, part III – traffic flow and pedestrians

BY BRIAN MITCHELL

This is the third article by the Glebe Community Association’s Traffic Committee examining changes to the 2004 Glebe Traffic Plan that could mitigate the traffic impact of the redeveloped Lansdowne Park, particularly for day-to-day activities.

On December 12, several dozen Glebe residents living in the immediate vicinity of Lansdowne Park attended a workshop to discuss concerns associated with the traffic that the new Lansdowne will generate. A key concern expressed by many residents is how to maintain and enhance a pedestrian-centred neighbourhood despite an influx of more traffic – up to 50 per cent more by some estimates.

CONCERNS: HOW TO KEEP LANSDOWNE TRAFFIC ON ARTERIAL ROADS

A major concern raised at the workshop was the likely use of Fifth and Holmwood Avenues (which are not arterial roads) as the main routes to Lansdowne for shoppers, movie-goers and sports fans travelling via Bronson from the city’s south- and west- ends. Speeding on Fifth and Holmwood were also cited as a problem, as was congestion, particularly on Holmwood in the winter, when this two-way street has room for only a single lane of cars. Holmwood east of Bank and the south bit of O’Connor are also of concern,

due to car drivers looking for parking (including possible drop-off activity for the cinema and shopping mall), but also due to traffic bypassing Bank to get to the Queensway for travel to the city’s east-end.

Another popular bypass route identified by residents is Monk, via Wilton and Fifth. Several residents on no-exit streets such as Clarey and Rupert noted that parking seekers, not realizing how little parking there is, or that the street is a dead end, create challenges for residents when they make U-turns to get out.

SOLUTIONS: BETTER SIGNAGE AND ENFORCEMENT, RESIDENT-ONLY PARKING, SPEED HUMPS AND STREET CHANGES?

A variety of measures were proposed during the workshop, including better enforcement of speed limits, clearer signage for dead-end streets, improved snow-clearing, and the restriction of parking on streets near Lansdowne to residents and their guests (using the city’s parking permit programs). One recommendation was to improve the intersections at Bronson and Chamberlain, and at Isabella and Elgin/Queen Elizabeth Driveway, to ensure that these arterial roads become the primary route used by west-end visitors to the redeveloped Lansdowne. Speed humps were suggested for Holmwood west of Bank, although fire routes, vibrations and costs need to be taken into account. A stop sign at Holmwood and Tor-



Map of area affected by increase in local traffic due to Lansdowne activity

rington was also proposed, and a signal light at Fifth and Craig/Percy emerged as an idea to improve safety at that tricky offset intersection. One interesting suggestion brought up by several residents was to make Holmwood west of Bank or Monk a one-way street.

To discourage cut-through traffic on Monk, a variety of measures was suggested, such as closing Monk at Fifth (similar to the closure at Lyon). For Holmwood east of Bank, a stop sign was recommended at Adelaide, but there was also a suggestion that a closure (similar to the one on Clemow) be inserted so that traffic exiting the Lansdowne parking lot (new condominium residents and retail visitors during ‘event days’) would travel west to Bank. Of course, any type of road closure or redesign would need a feasibility assessment by the city and consideration of the potential knock-on effect on other streets and residents.

A possible alternative to street closures that might achieve the same objective would be the insertion of “woonerfs”: a street design approach originating in the Nether-

lands where pedestrians and cyclists have legal priority over motorists (in North America a similar concept is referred to as “Complete Streets”). Perhaps that’s the solution for Holmwood and O’Connor by Lansdowne and the old community park, now renamed Sylvia Holden Park. According to the guiding principles established by the GCA for this Lansdowne-specific update, the priority order in which Glebe traffic plan changes should be made is as follows: pedestrians, cyclists, transit and then automobiles.

If readers have any comments on the ideas mentioned in this article, or suggestions for how the Glebe traffic plan should be adapted to mitigate the impact of Lansdowne traffic and keep our neighbourhood pedestrian-centred, please send them to traffic@glebeca.ca. In February, Glebe residents will also have an opportunity to provide feedback on proposed measures via an online survey.

Brian Mitchell is chair of the Traffic Committee of the Glebe Community Association.

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Happy New Year from GNAG

YOUTH HELPING YOUTH

Over the past few years, GNAG has been very active in initiating new programs focused on youth, some of which have been adopted in other community centres across the city. The Be in the Band program, developed in cooperation with the Bluesfest Blues in the Schools organization, is just one example of this.

The Glebe Leadership program for youth (Grades 7 to 9) is a year-round counsellor-in-training program. This past fall, we expanded the leadership program to older age groups (teens, Grades 9 to 12) in a new initiative called the Community Action Team (CAT) Squad, focused on developing leaders in the community at large. Its primary goal is to help the teens become active community volunteers. As a group or individually, they take up a cause and run with it over the term. A portion of the program develops in response to the interests of the participants; however an underlying theme of "youth helping youth" is what this program has in mind. In this spirit, GNAG initiated a joint partnership with the Youth Services Bureau (YSB).

The YSB is a multi-service agency that provides services in employment, health and housing, mental health, youth engagement and youth justice. Our goal is to work together to develop, deliver and advocate for better conditions, services and opportunities for youth and families in our community. Teens in the CAT Squad assist in fundraising and participate in YSB events, while YSB helps educate our youth about the many issues young people face, helping to develop mutual understanding that youth in all communities can face similar obstacles and difficulties.



PHOTO: COURTESY OF GNAG

Members of the CAT Squad prepare to load the car with donations to take to the Youth Services Bureau emergency shelters.

This past holiday season, CAT leaders canvassed friends and neighbours for canned food and clothing. The youth from our program then delivered over 20 bags and boxes of food and clothing to YSB young men's and young women's emergency shelters for youth from 12 to 20 years of age. Upon arrival, the director of the young women's community housing facilities welcomed our group with a tour of their facility. The tour was an eye-opening experience for our participants, making the contributions more meaningful. In addition, a YSB professional spoke to our teens about homelessness and some of the difficulties these young people face.

A second project relates to the program's goal of 'giving back' and community outreach – the CAT Squad cooked a holiday meal for the residents of the House of Hope. The House of Hope is a non-profit community residential facility that provides services to federally incarcerated male offenders on conditional release. The main goal of the House of Hope is to assist clients in reintegrating into the larger community in a responsible manner. It offers the client-centred support that is necessary for the promotion and maintenance of a lifestyle free from criminal activity. The residents of the House of Hope receive a daily living allowance as part of their program. This allowance covers only the most basic of food costs and is a tiny fraction of what most Canadians spend on food daily. As such, the residents were extremely grateful to receive the CAT Squad's kind gesture.

For the New Year, the CAT Squad has initiated some other give-back projects. On Sunday, January 27, CAT Squad members will be facilitating arts programming for children at the Glebe Community Centre during the free-art festival known as Art Child. Art Child is a non-profit group that seeks to empower children through art.

On Toque Tuesday, February 7, volunteers from the CAT Squad and from the YSB will be out selling warm and cheery toques for a \$10 donation. Eighty per cent of the net proceeds will go to support the work of YSB, while the remainder will help fund Raising the Roof's national projects aimed at long-term solutions to homelessness and raising awareness.

We are so proud of the participants in this program. They have embraced these significant issues with maturity and dedication, diving right into the concept of "youth helping youth." For more information about CAT Squad, visit our website at gnag.ca.

ENCHANTED BALL

Hear Ye! Here Ye! Calling all Princesses, Princes, Queens, Kings and Knights! Children ages two to 12 years are cordially invited to the Enchanted Ball. Wear your royal regalia and join us on Sunday, February 24 from 1 to 3 p.m. Admission is \$7 per child. Please note that if you are under the age of nine, you must be accompanied by an adult. Parents are invited to dress up as well.

Mary Tsai-Davies

www.gnag.ca

613-233-8713

tsaidavies@gnag.ca

info@gnag.ca

Mary
Tsai-
Davies



Fellini Festival

A free series of monthly films by Fellini will be shown on Tuesday evenings at the Glebe Community Centre, 175 Third Avenue, at 7:15 pm. The films will be shown in Italian with Italian subtitles and are presented by the Glebe Neighbourhood Activities Group and the Dante Alighieri Society of Ottawa.



Dante Alighieri Society

February 12 La strada

(The road)

1954, drama, b&w, 105 min, with
Giuletta Masina and Anthony Quinn

A road film that marks the beast and
exalts the innocent.

March 12 Il bidone

(The swindlers)

1955 drama, b&w, 100 min, with Bro-
derick Crawford, Richard Baseheart,
Franco Fabrizi and Giuletta Masina

An aging con-man changes his attitude
when he runs into his own daughter.

April 9 La dolce vita

1960 drama, b&w, 124 min, with
Marcello Matroiani, Anita Ekberg,
Anouk Aimée, Yvonne Fourneaux,
Alain Chury, Valeria Ciangottini,
Jacques Sernas and Laura Betti

A week in Rome with a laid-back
journalist searching for love and
happiness... one of the greatest films
of all times.

May 7 8½

1963, comedy-drama, b&w, 132 min,
with Marcello Matroiani, Anouk
Aimée, Sandra Milo, Claudia Car-
dinale, Rossella Falk, Mario Pisu,
Barbara Steel and Guido Alberti

8½ turns one man's artistic crisis into
a grand epic of cinema.

May 28 I clowns

(The clowns)

1952, comedy, colour, 89 min, with
Federico Fellini, Riccardo Billi, Tino
Scotti, Fanfulla and Dante Maggio

Fellini reveals his great attraction for
clowns and the world of the circus.

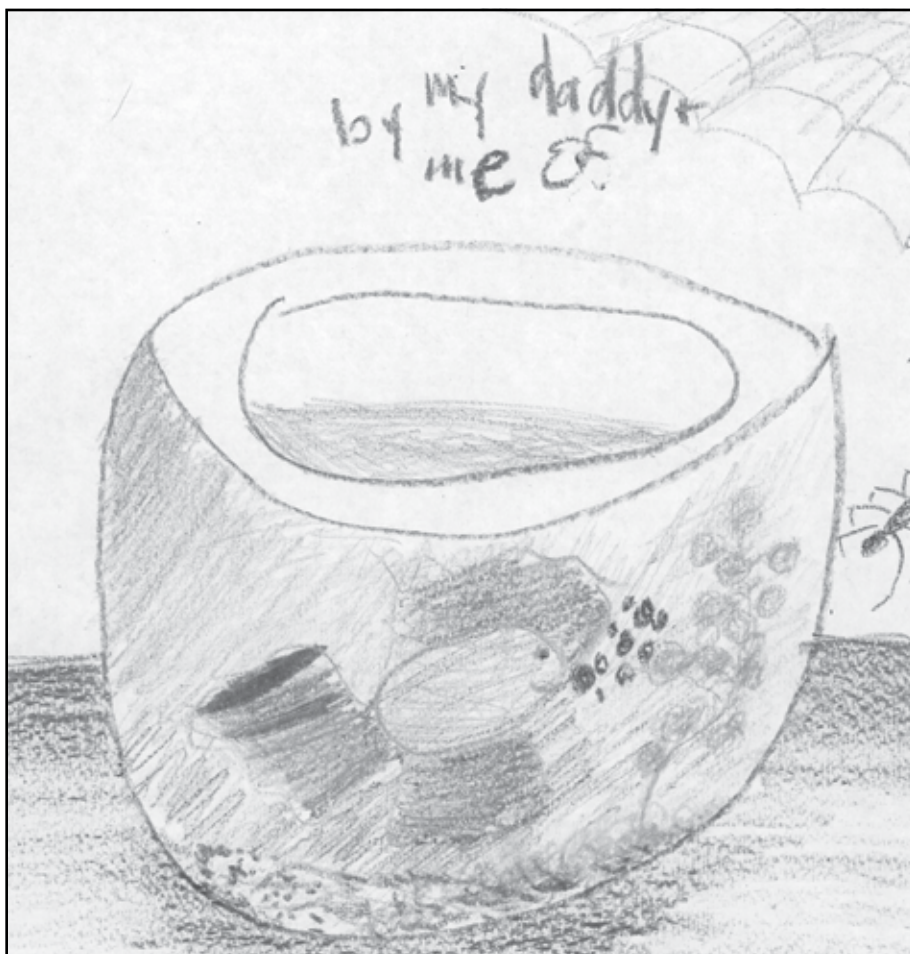
June 11 E la nave va

(And the Ship Sails On)

1983 drama, colour, 132 min, with
Freddie Jones, Barbara Jefford, Peter
Cellier, Norma West and Pina Bausch

An evocative look at a 1914 ocean
voyage... charming, funny and
bizarre.

For film details, see www.danteottawa.ca



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Taking steps to sustain your health

BY IAN MILLER

The Unrefined Olive

Indulgence in our December diet, a.k.a. gluttony, has come to an end. Fortunately, your commitment to eating healthier in 2013 does not mean your meals have to be as bland as the January deep-freeze. “Balsamic vinegar and olive oil is a really good way to introduce flavours into your life but in a heart-smart way,” says Elizabeth Kilvert, owner of The Unrefined Olive. “They’re low glycemic, low choleric and probiotic ... but it tastes like you’re getting a really good full treat.”

Fresh premium olive oil is a staple of the Mediterranean diet. It’s allergen-free and rich in nutrients to benefit your hair, skin and digestive system. Its high polyphenol counts and anti-inflammatory qualities have made it a hot topic for pharmaceutical research. “For diseases like type 2 diabetes and coronary heart disease, fresh premium olive oil is full of the things you want to be ingesting,” says Kilvert. “It makes a huge difference nutrition-wise.”

Kilvert is an avid cook and foodie with a solid background in environmental science. She opened her store in November and offers a unique sampling experience, with 50 stainless steel urns filled with traditional aged Italian balsamic vinegars and flavour-fused and infused olive oils.

You might be surprised not to find any bread for dipping. That’s because The Unrefined Olive is all about providing a pure experience that can be



PHOTO: IAN MILLER

Owner Elizabeth Kilvert holds one of the glass bottles that you can fill with olive oils or balsamic vinegars of your choice.

savoured in an unencumbered space and a quiet atmosphere, enhanced by the blue walls and locally crafted furnishings. While the dark glass bottles are all neatly lined up waiting to be filled either with nutrient-rich extra virgin olive oils from around

the world, or balsamic vinegars that awaken, surprise and delight the palate, this is no ordinary bottling operation. Whether you’re a newbie or in search of an olive oil from a particular region with specific tasting notes, you’ll be welcomed to sip an array

of flavours including mushrooms and sage, fig, blood orange and Tuscan herb. Much as you may be used to taking part in the oil and vinegar ritual with the aid of a good French baguette, be assured that bread is not needed in order to totally embrace this tasting.

You can take home a freshly poured bottle to use in salad dressings, pasta sauces or chicken marinades. Drizzle the olive oil on a tasty dessert or even mix it into a drink. For sautéing, stir-frying or baking, the oil’s stable fats make it a versatile way to add a bit of unrefined goodness to your newly refined diet. “It’s very easy to adapt to cooking with olive oil. It lends itself as a substitution really well for anything—cakes, baked goods, breads—so you can use those heart-smart healthy fats instead of some of the fats that are not as good for us.” This is one more step to a healthy diet.

During 2013 Winterlude, February 1-18, The Unrefined Olive will be hosting three workshops: Olive Oil 101, the Basics of Balsamic, and Winter Skin and Body Nutrition. Details and registration information can be found on the Glebe BIA website under events, <http://winterfit.eventbrite.ca>. Log onto the store’s website for additional classes and private event booking details.

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PHOTO: JULIE HOULE CEZER

Staff members Emily Nicholson and Indira Dudley are quick to offer customers a warm welcome and a tasting tour of The Unrefined Olive.



PHOTO: JULIE HOULE CEZER

The Unrefined Olive on Second Avenue is conveniently located just a few steps west of Bank Street.

Glebe Optical Company

You spend so much time looking out of your eyes that you might not realize a look into your eyes can actually shed some light on your overall health.

“When you have an eye exam it can be a screening process for different diseases, such as diabetes,” explains optician Tracey Georgiou. “We check the health of the eye with pressure tests and sometimes what we see internally in the eye ... is a trigger or identifier of other things that are happening in the body.”

After over 20 years in the industry, Georgiou has gone into business for herself by opening Glebe Optical Company – a full-service eye care centre. From hosting an optometrist who can examine the health of your eyes to selecting, custom fitting and finishing lenses and trendy frames on site, Glebe Optical Company offers a one-stop service that will undoubtedly be in great demand in the neighbourhood.

A basic eye exam involves looking through a series of lenses and reading an eye chart to determine if you need a prescription for corrective lenses or a referral to a specialist. Beyond the 20/20 test, the optometrist will do a colour test, check for muscular imbalances and see if your tears are properly lubricating your eye.

Eye pain and blurred vision are the most common symptoms that prompt a trip to the optometrist. A child needing to be moved closer to the chalkboard to read, or an adult noticing a change in night vision or driving abilities, are also indicators that it is time for a visit.



The premises of the Glebe Optical Company are filled with natural light.



Owner optician Tracey Georgiou invites customers to browse the display of sunglasses.

People with underlying medical conditions should have their eyes checked every year. Currently full eye exams are covered by OHIP for those aged 19 and under, and 65 years and over, as well as for individuals with conditions such as diabetes, glaucoma, retinal disease, amblyopia, visual field defects, corneal disease and strabismus. A regular check-up is recommended for everyone every 24 months, and will be covered by OHIP for those 20 to 64 years of age. For the moment, the independent optometrist will be holding office hours (by appointment) only on Saturdays from 10 a.m. to 4 p.m., but as demand increases, openings on other days will become available.

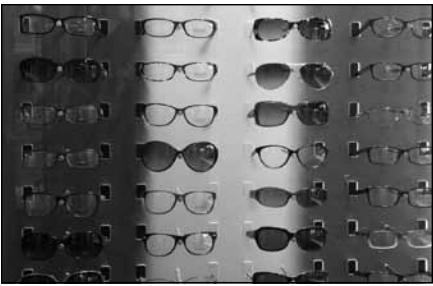
Glebe Optical Company opened its doors in mid-December, and Georgiou is looking ahead with great optimism. Her husband grew up in the Glebe and like herself, is thrilled at the opportunity to establish the business in the neighbourhood. She noted that it was the local shopping experience that initially inspired her to set up here. “We’ve been introducing ourselves as we’ve been moving in. The different businesses around have been very supportive and it’s a great feeling.” No doubt the number of residents dropping in to welcome her to the Glebe will also soon be on the rise.

Glebe Optical Company
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PHOTOS: JULIE HOULE CEZER

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Here’s to January resolutions: three tips for the New Year

BY LUCETTE V. OUELLETTE

Holiday traditions are rife with seasonal culinary treasures that we dare not decline. Our senses are excited by delicacies made to consume and cherish, but by the time New Year’s arrives we are ready for a halt. Why not embrace another tradition to balance the festive consumption, setting resolutions to shed a little light inwardly? Most of us feel that there’s room for improvement in our lifestyle, be it in our stress management, our exercise regime, or our nutrition. Starting simply, I propose that you peek into your cupboards while I share three simple recommendations and remind you how easy it can be to clean up for 2013.

AVOID REFINED CARBOHYDRATES

As shown by much research, not all carbs are created equal. Choose vegetables, whole grains, beans and fruit with a low-glycemic load versus refined carbohydrates. According to a Harvard study, choosing good carbs is more helpful in maintaining weight loss than merely following a reduced-fat diet. Stabilizing metabolism and blood sugar is the way to go, as it is also helpful in warding off hunger. Doing this alone will help you avoid refined sugars, trans-fats and much gluten. In the formula for a healthier lifestyle, food choices play a very large part.

DRINK MORE WATER

I believe this refrain is what we need to hear a number of times before we try to adopt it as a suggestion. We are in fact made 60 to 70 per cent of water; the cells in body and brain will thank you. We tend to consume a lot of things that dehydrate us and forget that we need to rehydrate to keep that balance. It may surprise you to hear that food cravings are often a disguise for thirst! To meet the need to excite your taste buds, add a twist of lemon, slice of cucumber, or a few sprigs of cilantro to your glass of water.

GET PHYSICAL

Humans were made to move, walk and run, and if we don’t do so daily, we are missing out on an opportunity to feel good. Guaranteed, if you were to journal your life before activity and compare it with life once you’ve started to walk every day, for example after dinner (or to combine your walk with a short sprint in the middle), you would detect that you sometimes still feel crummy, but that it usually doesn’t last. The bonus of daily activity is that it not only burns calories during the activity, but also in your resting state. There is a payoff when you commit to it regularly. It’s just a matter of starting, persisting and staying with it long enough for it to become a part of your routine, so that your day is not complete without a good endorphin rush from exercise. The New Year is a wonderful time to re-evaluate our close relationships with our habits, our food and ourselves. We can opt for forgiveness, compromise and acceptance of what we hold near and dear; doing so helps in our

willingness to change. Since eating is how we fuel our bodies and minds, it merits our becoming conscious of how we eat and recognizing our triggers: our senses, our habits and our emotions. Here are a few simple recipe ideas you could incorporate into your 2013 menu plan, designed to build on and use as inspiration to recreate with your personal touch. Mixing it up differently in your kitchen will feel good.

Glebe resident Lucette V. Ouellette is a Registered Holistic Nutritionist and can be reached at contact@viatanutrition.ca.



GREEN SMOOTHIE

- Ingredients:
- Filtered water or coconut water
 - Soaked chia or flax seeds (good source of fibre and omega-3 fatty acids)
 - Handful of mild greens (what you have: cilantro, spinach, green kale, romaine. Slightly wilted greens are perfect for smoothies)
 - 2” piece of cucumber, ½ stalk of celery or zucchini add a cool fresh taste, or a beet for additional anti-oxidant
 - For more zing, add a 1” piece of fresh ginger (anti-inflammatory and decreases nausea)
 - Fruit (fresh or frozen, might add ice cubes if not frozen): mango, or any others such as banana, pineapple, strawberries, blueberries, apple and pomegranate. (Garnish with a piece of fresh fruit, especially when green, a little touch that can get the digestive juices flowing in full force)
 - For more sweetness, first try ½ banana or 1 or 2 soaked dates, and *if needed*, add 2 to 4 drops of stevia or 1 tsp of honey or maple syrup (eventually wean yourself and enjoy the fruit without the extra sweetness!)
 - Healthy fat such as ¼ of an avocado per person (thickens), coconut meat or oil (gives more substance)
 - Hemp hearts or nut butter for extra protein



Place in blender, in order described and bring to a smoothie texture. Enjoy!. *Delicious and nutritious green smoothies*

KALE CHIPS

- Ingredients:
- Leaves of a bunch of kale (stalks reserved)
 - 1 tbsp extra virgin olive oil
 - Approx. ¼ tsp of sea salt (or to taste)

Set oven to lowest temperature (depending on the oven, 110 to 150 degrees Fahrenheit). Wash and tear kale leaves to bite-size pieces (note: they will shrink considerably). Spin dry and place in a bowl. Drizzle half the olive oil and sprinkle half the salt, give them a gentle toss and fold, then add remaining oil and salt. Mix gently with your hands until well distributed. Spread them on a few baking sheets in one layer each covered with parchment paper. Bake in oven until crispy like chips, for anywhere from two to five hours. They will not burn at that temperature.

NUTRITION WORKSHOP

Join Lucette V. Ouellette for an upcoming workshop and try something new in the kitchen. Together we will learn, share and discuss. As mentioned by Michael Pollan in his book *Food Rules*: “Eat with other people whenever you can.” We will take an equal amount of time to enjoy a dish as we do to prepare it. Come share this culinary experience on Saturday, January 26 from 2 p.m. to 4:30 p.m. Visit viatanutrition.ca online for details.

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PHOTOS: LUCETTE V. OUELLETTE

BY CAROLYN BEST

Deep winter now and the tender, leafy greens that our farmers' markets so amply provide in other seasons are either missing or less wonderful. What to do? A focus on root vegetables, raw and grated, can fill that yen for crispness and crunch.

Carolyn Best is the owner and creative chef of The Pantry.



CELERIAC SALAD

For dressing, mix together:

- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp mayonnaise
- a sprinkle of salt



A top-down view of a plate of Sambal, a traditional Indonesian spicy salad. The dish is served on a decorative plate with a red and gold floral border. The main ingredients are shredded chicken, sliced onions, and diced tomatoes, all coated in a yellowish-orange sambal sauce. The salad is garnished with fresh green lettuce leaves. The plate is set on a blue and white floral patterned tablecloth.

ENDIVE AND APPLE SALAD

- 1 lb. Belgian endive
- 1 or 2 tart apples, chopped
- 1 tbsp lemon juice

For walnut dressing, mix together:

- ¾ cup walnut oil
- ½ cup chopped walnuts
- ¼ cup balsamic vinegar
- 1 clove garlic, minced
- pinch nutmeg
- pinch curry
- ½ tsp salt
- dash Tabasco sauce



SALAD FROM THE ORIENT

- 2 cup beansprouts (steamed very, very briefly and cooled)
- 1 cup carrots, grated
- ½ cup parsley, finely chopped

Dress with equal parts:

- tamari
- brown rice vinegar
- maple syrup.

Toss together and serve.

POTATO CHICORY SALAD

Boil 6 red potatoes. Cut in large chunks. Dress with:

- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- ½ tsp sea salt

Wash and spin ½ head of chicory.
Chop and mix in.



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PHOTOS: SOO HUM

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Intrigued? Take the challenge.

**For more details on the challenge,
contact editor@glebereport.ca**

At the flicks with Lois and Paul

BY LOIS SIEGEL

The English Surgeon (2007) U.K.
Directed by Geoffrey Smith

Henry Marsh loves using tools – he has a woodworking shop in his home. Henry is also a doctor – he uses other tools on people’s brains. He’s a skilled brain surgeon from the U.K., who is also a humanitarian. Henry makes periodic visits to the Ukraine to mentor another doctor, Igor, and to offer secondhand medical equipment and supplies that he has collected back home. Marsh and his protégé have become good friends.

Igor practices medicine in a small town west of Kiev. The landscape we see is barren and the hospital includes a scary-looking, wooden elevator that takes ages to ascend a few floors. It looks like it might not get there. The hospital hallways are narrow and packed with people anxiously waiting to see the brain surgeons, with patients manifesting different levels of distress. Some have gigantic, visible tumours rarely seen in other countries. Some ailments are less apparent, but even the individuals who seem perfectly fine are often doomed to go blind and die. The problem confronting the doctors is knowing when to operate. Henry compares it to Russian roulette with two revolvers. There’s treatment or no treatment and the difficulty is in deciding. While some operations are successful, others leave the patients paralyzed and facing certain death. The most difficult decisions they confront are when the patients are children. Patients have to be told the risks – after surgery, their personalities can change, they can lose their intellect or their ability to think. “We are our brain,” Henry says.

So, why is Dr. Henry Marsh travelling all this way to help people in a remote area? “What are we if we don’t try to help others – we’re nothing. We’re nothing at all,” he insists.

2010 Winner, Emmy Award – Science and Technology Programming. Winner, Hot Docs – Best International Feature Documentary Winner, Zagreb Docs – Audience Award. Available: *Ottawa Public Library (97 minutes)*

Fists in the Pocket / I Pugni in Tasca (1965) Italy
Directed by Marco Bellocchio

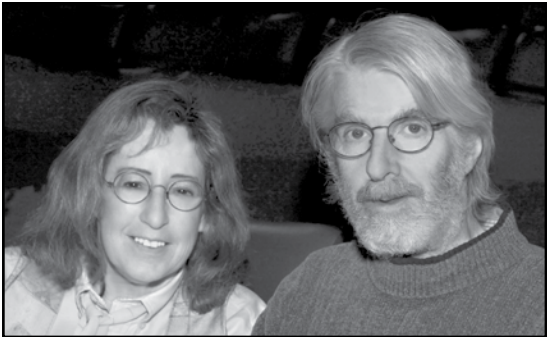
Lou Castel gives an outstanding performance as Alessandro, an epileptic sociopath who lives with his dysfunctional family in a decaying villa. He is the second-oldest of four children. Augusto is the eldest. Other siblings are Leone, who is developmentally disabled, and Giulia, who is psychologically unstable. Because the mother is blind, she doesn’t see the cat eating from her plate.

This family is isolated and relationships are strained, incestuous and sadistic. It’s the ultimate dysfunctional bourgeois family living in a decadent villa. *Fists in the Pocket* was selected by New York’s Museum of Modern Art for its Second Act retrospective of post-war Italian cinema and was awarded the Silver Ribbon for Best Original Story by the Italian National Syndicate of Film Journalists. DVD: *Amazon.com*

The Experiment / Das Experiment (2001) Germany
Directed by Oliver Hirschbiegel

A stunning film in the sense of the horror it unveils, this film is based on a famous experiment conducted at Stanford University, Palo Alto, California in 1971. Twenty-four male students participated in a psychological study of the effects of prison life, guards versus prisoners and the resulting power struggle. The study was shut down after six days to avoid impending disaster.

DVD: *Amazon.com*



BY PAUL GREEN

Rebelle (2012) Canada
Directed by Kim Nguyen

When we meet Komona, the protagonist of this remarkable tale, she is 12 years old and living peacefully with her family in a tumbledown village somewhere in the former French Equatorial Africa. An inspired narrative device, a voice-over from Komona three years in the future, recounts to a yet unborn child how he/she came to be inside her mother’s belly and what is to be expected upon the inevitable emergence into the

light of day. This peaceful idyll is shattered when a band of ‘rebels’ – child soldiers led by grown-ups – descends upon the unnamed village. Against a backdrop of summary executions, the first of a number of horrific choices is forced on Komona, who must shoot her parents if she doesn’t wish to see them dispatched with a machete.

While a film about a child soldier is of necessity a horror story, Montreal director Nguyen has done justice to her subject by eschewing choreographed mayhem in favour of a more telegraphic style that leaves viewers with no uncertainty about what is taking place. With their route being divined by a sorcerer, Komona and ‘comrades’ head into the jungle, where they serve as porters, marching for two days without food. As the narrator says, Komona learns to “keep her tears inside her eyes” if she is to survive. Following some rudimentary training with branches, the ‘recruits’ have AK-47s thrust into their unwilling hands. Thus armed, Komona does battle as the rebels ambush or evade ambush by government forces. In a burst of poetic realism, and perhaps because of the noxious-looking tree sap they ingest, Komona sees ghosts (“*fantômes*”), haunting, bleached-white figures representing the spirits of murdered villagers. As a result of these apparitions, she acquires a reputation for sensing the presence of the ‘enemy’ and is deemed to be a “*sorcière*”, or ‘war witch.’ This new status affords her a measure of protection at the hands of the commander, a capricious fellow at best. Komona understands as much and when she is befriended by the 15-year old “Magicien,” they do the only sensible thing: they fall in love and desert, knowing they will be consumed, if not by the commander, then by “Le Grand Tigre,” the shadowy figure on whose behalf they are fighting.

Following some pratfalls, the child soldiers marry and seek refuge with Magicien’s uncle, a gentle soul who is called “Le Boucher.” Throughout these scenes—and as voice-over Komona reminds us—we cannot forget that these are children trying to salvage something of a benighted childhood. Komona is a wide-eyed Candide moving through Conrad’s *Heart of Darkness*, the worst of all possible worlds. (Significantly, *Rebelle* briefly references the mining of coltan, much prized in the West for its use in cellphones and computers. Coltan mining is allegedly linked to so-called rebel armies and the use of child soldiers in places like the eastern Congo.) Coltan aside, this movie belongs to 15-year old Kinshasa native Rachel Mwanza, whose portrayal of Komona hits all the right notes and never misses a beat. Resilience and hope, albeit muted, mark the dénouement of Nguyen’s riveting script. There never was a coming-of-age story like this.

In French and Lingala with English subtitles. Running time: 89 minutes. Available on DVD at Glebe Video.



Yasir Naqvi, MPP
Ottawa Centre

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Art Child brings art to kids

BY JULIE HOULE CEZER

January 27, 2013 marks the second staging of Art Child. Launched last year at Carleton University, it was a great success and has now moved further out into the community. This year, it will be held at the Glebe Community Centre from 12 p.m. to 7 p.m. This initiative bears witness to the power of the arts to nourish personal expression, engagement and development. As Jewne Johnson of In Da Industry and founder of Art Child explains, “When I moved to Canada from Jamaica the culture shock was almost unbearable; it was through the arts that I found my place, found a way to express myself. Without art programs I could not have survived school.”

Unfortunately, over the last 20 years in Canada, arts programming at every level of government has been an easy target for budget cuts. This has been true despite recognition that arts education “builds students’ capacity for creative expression, critical thinking, collaboration, self-expression and empathy.”¹ Although many non-profit arts organizations such as Multicultural Arts in the Schools and Communities (MASC), OrKidstra in the Ottawa region, and ArtsSmarts across Canada have tried to fill some of the gaps, their efforts have not been adequate to stem the receding tide of arts in children’s education. Meanwhile, in other jurisdictions such as Finland and Singapore, education mandates have actually increased hours of arts education, now identified as crucial to citizenship and integral to full development of the child.² “A recent study by ArtsSmarts showed that arts-infused learning [across the curriculum] nurtures

abstract thinking skills, resiliency, reasoning and engagement.”³ Conversely, where the arts have come to be considered an extra-curricular luxury to be paid for directly by parents, access to arts enrichment has come to depend on the capacity of families to find the funds to subsidize such activities. Not surprisingly, across and within school boards, unequal access to opportunities to pursue the arts is directly related to income differences, and if left unchecked, this pattern engenders deeper disparities among communities.

Art Child is one response to this situation. It fosters development of the arts by providing free high-quality workshops for children in a wide range of art forms and activities no longer readily available within the school system, such as dance, creative writing, painting and acting. Instead of simply complaining, the Art Child team acts to provide children with access to these artistic expressions outside the classroom. In addition to Art Child’s annual free workshops, the Art Child team is also going forward with its first after-school program in partnership with Immaculata High School.

While it is not clear how the current impasse between the teachers’ unions and the provincial government may be resolved, it is abundantly clear that the need for Art Child has never been greater and is acutely felt by parents who cannot afford to pay for art lessons. Consequently, the Art Child team is committed to keeping the next staging of Art Child free, as was the first one held in January 2012 at Carleton University, which was attended by over 150 children. The team

plans to improve on the first year’s effort by serving more children and providing more workshops. The upcoming Art Child will include workshops in drama, painting, dance, culinary arts and creative writing. Participants will also be treated to a fashion show, live bands, poets, a painting exhibit, guest speakers and an appearance by singer Baiyuh from New York City. Since Art Child is a free event, it will

require support from the community through additional sponsorship and volunteers, to improve on last year’s showing. For further information, contact Art Child’s communication director at artchild@artchildcanada.ca or by phone at 613-406-2286.

^{1,2,3} People for Education. *Annual Report on Ontario’s Publicly Funded Schools, 2012*, pp. 20-23.

Roy Brash – Portraits January 6 – February 3, 2013

Roy Brash, a Canadian figurative and contemporary acrylic painter originally from the Ottawa Valley, now resides in Ottawa. Roy grew up by the Ottawa River. His love of nature had a major impact on his art and later depictions of animals, landscapes and water scenes. He particularly admires the power and beauty of water.

Roy developed his affinity for art as early as primary school, when he won a regional art contest. Since then, his passion for drawing and painting has never left him. He furthered his artistic interests by studying oils, watercolours and clay sculptures. His passion for figurative art has led him to further extend his knowledge by taking portrait classes.

His sense of design and colour has grown out of his enduring interest in viewing art exhibits in Canada and abroad. It gives him great satisfaction to use his art history knowledge and to relate his understanding of the past to current contemporary trends. He believes that a painting should tell a story and be interesting to the viewer. Vivid colours and designs are important to him and he tries to use them to express mood and motion. Artistic influences include Lawren Harris, Eric Fischl, Edward Hopper and many pop artists such as Roy Lichtenstein and sculptor Duane Hanson.

Not only has Roy exhibited at several shows and galleries and won awards, but his works now hang in private and corporate collections across Quebec and Ontario. His current exhibition at the Glebe Community Centre Gallery is entitled *Portraits* and includes some of his latest paintings in figurative art. In the last few months, Roy exhibited at the Old Ottawa South Art and Music Festival, the Glebe Fine Arts Show and the Ottawa Art Gallery. For more



“The Socialite”

information, please go to the artist’s website at: www.roybrash.com.

**The Community Centre Gallery
Glebe Community Centre
175 Third Avenue**



PHOTO: COURTESY OF ART CHILD

Art Child fundraiser helps the organization sponsor free workshops for children.

Art Child Workshops

January 27, 2013

Glebe Community Centre, 175 Third Avenue

12:00 noon – 7:00 p.m.

Arts and crafts workshops 1:00 p.m. – 4:00 p.m., conducted by The Glebe Neighbourhood Activities Group (GNAG)

Colouring and decorating tribal facemasks

Van Gogh’s ‘A Starry Night’ landscapes

Graffiti name tags

Mosaic art

Community art project: Jackson Pollock-style splatter on canvas.

Film workshop conducted by the Independent Film Cooperative of Ottawa

Hair styling workshop by Algonquin College graduate and hair salon owner Paula Whitelock

Dance workshop (salsa, jazz, hip hop) by Roudi Benyoucef of Impact Dance

Singing workshop TBA

Fashion show 4:00 p.m., featuring teen models and local designers

Free lunch for the children at 2:00 p.m., courtesy of Domino Pizza



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Sad music?

BY MEGAN WATSON

“Today’s music is not like it used to be.” Older generations have been using this claim about modern music for decades and recently studies are proving them right. Over the years, pop music has succumbed to melancholia and it’s not just a hunch.

Researchers at the University of Toronto conducted a study of 1,000 songs recorded between the years 1965 and 2009 and concluded that recorded music is indeed becoming sadder. A large part of this lies in the fact that more songs are being written in minor keys, tempos are being lowered and the lengths of songs are increasing. A study published in the journal *Psychology of Aesthetics, Creativity and the Arts* calls this phenomenon

Megan Watson



“mixed emotional cues.”

Minor chords have been proven to evoke a sense of gloom, despair and sadness – even in child audiences. The theory behind why minor chords stimulate melancholia is based on musicologist Leonard Meyer’s idea of ‘harmonic tension’ and ‘sound symbolism.’ His theory states that

“decreasing pitch is used to indicate strength and dominance...whereas increasing pitch signals defeat and weakness.” Thus the effect of minor chords is inherently ‘negative’ because they imply weakness (for example, sadness).

Tempo is the rate of speed of music, and undeniably affects the mood of a song. Most people associate slower songs with mellow, sad, or depressed moods; however, this is not always true. One of the best examples of this exception is The Turtles’ song “Happy Together”; while the verses are in minor chords, the chorus utilizes major chords and a faster tempo providing a ‘happy’ and ‘upbeat’ sound, even though the majority of the song is written in minor (‘sad’) chord.

Researchers analyzed the Top 40 pop hits (provided by *Billboard Magazine*) for the years 1965 to 2009 and found that the proportion of minor songs doubled in popularity over the five decades. “The present findings have striking parallels to the evolution of classical music from 1600 to 1900,” researchers Schellenberg and von Scheve write.* “Throughout the 17th and 18th centuries... pieces tended to sound unambiguously happy or sad. By the 1800s, and the middle of

the Romantic era, tempo and mode cues were more likely to conflict,” which allowed composers to express a wide range of emotions within a single piece.

“Popular music from 1965 to 2009 shows the same developmental trend over a much shorter time scale,” they add. “Popular music with mixed emotional cues has always existed, but today artistic integrity and commercial success are no longer contradictory, and art-rock bands such as Radiohead have legions of fans.”

Statistically, music is getting sadder; however there will always be artists like Lady Gaga who break the mould with her up-tempo, major-chord hits. With all of these findings, is society to believe that we are losing our lust for life and seeking solace in sad music? Or might we acknowledge that there are only so many variations of major chords and applaud musical evolution in the marriages of major and minor chords?

*E. Glenn Schellenberg and Christian von Scheve (2012). “Emotional Cues in American Popular Music: Five Decades of the Top 40.” *Psychology of Aesthetics, Creativity and the Arts* DOI: 10.1037/a0028024.

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If you are interested, please contact
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Please include samples of your writing
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Asbestos for the uninitiated

BY JEANETTE RIVE

A homeowner in the Glebe recently undertook what he thought would be a routine bathroom upgrade. During the renovation to change the original 1920s waste pipe and galvanized water pipes, a small ‘clump’ of asbestos was found in the ceiling space on a support board for the waste pipe. Luckily, this homeowner had enough experience to recognize asbestos when he saw it.

In another 100-year-old home in the Glebe, a water leak from an upstairs bathroom required that the light fixtures in the basement be replaced. In that case, the electrician found that the recess boxes, installed in the 1970s, had three sheets of hard asbestos around the light, commonly installed as a heat shield. He would not continue the work until the asbestos had been removed. But how many of us would recognize the potential problem? A house inspector consulted said that some people are aware, but most are not.

ABOUT ASBESTOS

According to the Canadian Mortgage and Housing Corporation website, “Asbestos is a natural mineral with unusual qualities. It is strong enough to resist high temperatures, chemical attack and wear. A poor conductor, it insulates well against heat and electricity. Asbestos has been used in hundreds of applications and products over the past 4,500 years, including being spun into yarn and woven into cloth. The ancient Greeks wove it into oil lamp wicks, funeral shrouds and ceremonial tablecloths. During the 1800s, it insulated the hot engines, boilers and piping that pow-

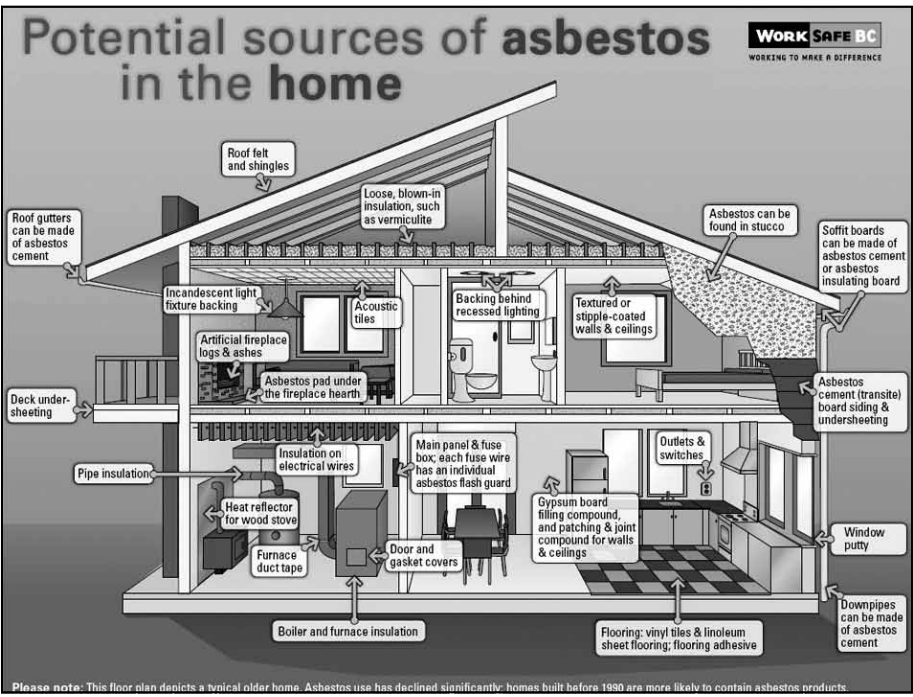
ered the Industrial Revolution.

“Asbestos has also been found in many products around the house. It has been used in clapboard, shingles and felt for roofing, exterior siding, pipe and boiler covering, compounds and cement, roof patching, furnace cement and driveway coating, wall-board, textured and latex paints, acoustical ceiling tiles and plaster, vinyl floor tiles, appliance wiring, hair dryers, irons and ironing board pads, flame-resistant aprons and electric blankets and clay pottery” (www.cmhc-schl.gc.ca).

A dramatic decline in asbestos use from the early 1980s resulted from a growing awareness that regular exposure to asbestos on the job or in the home led to serious health risks. Alternative products are being developed to replace asbestos and products sold today containing asbestos are regulated under the Hazardous Products Act. Asbestos is now better encapsulated and sealed to reduce the escape of fibres.

WHERE CAN ASBESTOS BE FOUND?

In old houses in the Glebe and Old Ottawa South, there will most likely be asbestos somewhere, typically as furnace duct wrap, in dry wall, in floor tile backing, around plumbing and lighting or behind furnaces as a heat shield. Most of the time, it is *not* a problem as long as it is not disturbed or is not crumbling. It is when there is a risk of fibres being released into the air that action must be taken. The fibres are so small and light that, if released, they can float around for up to 72 hours.



WHAT SHOULD ONE DO?

Do not try to do anything yourself! One contractor, who works on a lot of old houses, commented that some people might try to dispose of it themselves, knowing that bringing in experts would add cost to a project. This is not a good idea. Not only is there a health risk involved, and the material must be disposed of responsibly, but a contractor might refuse to continue the work due to potential risk of exposure to the fibres. Asbestos abatement may involve removal in just a few hours, as in the case of the lighting fixtures, or a much longer period when there is a risk that the fibres may spread throughout the house.

In the case of the bathroom renovation, testing showed that the asbestos in question was a free form of asbestos, which is to say, more airborne than the type found in a material; the free form is considered more dangerous. Since work was being done throughout the house, there was no way of knowing how much the fibres had spread. The family decided in the end to do a full clean-up, including removal of asbestos wrap from the heating ducts.

ABOUT TO RENOVATE?

For the homeowner contemplating

renovations, your contractor should be able to inform you if asbestos is suspected. If you do not know if products in your home contain asbestos, have an experienced contractor or environmental consultant inspect them. A contractor may stipulate in a contract that the homeowner is responsible for the removal and disposal of any hazardous materials. If you are going to sell your home, it is recommended that you undergo a ‘pre-listing’ inspection. If the house inspector suspects asbestos, he will consult an environmental consultant. It is a good idea to do this as your own due diligence, to protect yourself prior to sale.

For more information, the following sources and contacts are useful:

- www.cmhc-schl.gc.ca;
- www.pinchin.com (environmental consultants);
- www.asbex.net (environmental contractors, asbestos removal and abatement);
- www.oreillybrothers.com (asbestos removal); www.abinspections.ca (building inspections); and
- A Five Star Asbestos Removal in Embrun, Ontario at 613-443-5554.

Jeanette Rive is a long-time resident and homeowner in the Glebe.

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Dr. Mike's road leads back to the Glebe

BY ROSEMARY KNES

Mike Mossop remembers that when he was a boy, winters in the Glebe meant “endless opportunities for outdoor activity.” He could open his back door to a snowy Brown’s Inlet, a place ready for sledding, throwing snowballs and skating on the frozen canal. Today, while Dr. Mossop is back in the Glebe, it is as a veterinarian at the Pretoria Pet Hospital, where he recently joined the medical team.

“I have to admit that I wasn’t the typical kid who always knew they wanted to be a vet,” says 32-year-old Mossop. Growing up, Mike spent a lot of time at the family cottage, on canoe trips and at summer camp. “All of those experiences with nature gave me a keen interest in biology and evolution, so when it came time to go to university, I majored in zoology.”

“After years away, Mike is happy to be back in the Glebe where, as a boy, he once delivered the Glebe Report along Broadway Avenue.”

In 2003, Mossop graduated with a Bachelor of Science degree in zoology from the University of Guelph. Initially, Mike considered becoming a researcher or biologist, “but I quickly came to realize that becoming a vet allowed me to interact with animals on a daily basis, while also

building relationships with people and working with my hands. Over my first few years on the job, it has definitely proven to be a satisfying and rewarding career.”

While spending his working hours in the Glebe, Mike retires at the end of the day to his home in Little Italy that he shares with life partner, Christina, a scientist with Health Canada, who also enjoys active outdoor activities such as cycling, canoeing, cross-country skiing and walking their dog, Bruce. A black Lab puppy adopted from the Ottawa Humane Society, Bruce is the most recent addition to a household that already includes cats Roxanne and Melvin, animal shelter adoptees from Guelph.

Mike believes the connections we make with our pets improve our health. “After a long day at work, you come home and play with the dog or sit down with the cat,” and that can help reduce our stress levels, leading to longer, happier human lives. As a veterinarian, he works to ensure that the animals are healthy, well-behaved and well-adjusted through annual health exams, animal dentistry and medical attention. A stressed animal can lead to a stressed household, Mike says and early socialization of puppies and kittens, along with early intervention, can help develop a healthy relationship between human and animal right from the start. “People in the Glebe are very conscientious pet owners,” he says. “They are willing to look after their pets and look into problems that arise.”

After years away, Mike is happy to



PHOTO: SHIRLEY BITTNER

Veterinarian Dr. Mike Mossop

be back in the Glebe where, as a boy, he once delivered the *Glebe Report* along Broadway Avenue. “There’s nowhere I’d rather be,” Mike says. “People are friendly and I love walking up and down Bank Street to do shopping.” He enjoys frequenting the same establishments he visited with his family when he was a kid, places like Jericho’s, the Lebanese food restaurant. He is a fan of Kettleman’s Bagels, takes workday lunch breaks at the Second Avenue Bridgehead, dines at the Urban Pear on special occasions and loves “poking around the Glebe Emporium.”

Mike attended a satchelful of Glebe schools: Mutchmor, First Avenue and Hopewell, but confesses that he opted for Lisgar for his secondary school studies. “I hope that won’t be held against me,” he laughs. After leaving the familiarity of the Glebe and Ottawa, Mike pursued education and global travels in Africa and Australia. In 2007, travelling throughout southeast Asia, he worked on various projects with Global Vets, a program at the Ontario Veterinary College that gives student veterinarians the opportunity to investigate animal health care in developing countries. While in Australia, he volunteered with the Cairns Tropical Zoo and worked with Labourer Conservation Australia on


‘voluntourism’ projects. Closer to home, he acquired clinical experience through volunteer veterinary work in small Ontario towns and volunteer organizations such as Habitat for Humanity in South Carolina, the Pet Rescue Network, the Wild Bird Care Centre and the Ottawa Humane Society.

In 2006, still a student, Mike was hired by the Pretoria Pet Hospital as a veterinary assistant and front-desk receptionist. After obtaining his Doctor of Veterinary Medicine from the Ontario Veterinary College in 2009, he worked as an associate veterinarian at the Ottawa Veterinary Hospital, where he practised in a 24-hour large-scale small-animal emergency clinic. Mike then returned to the Pretoria Pet Hospital, a familiar face in a new role. While the emergency veterinary experience was valuable, Mike says he is happy to be able to make long-term connections with his patients and their human caregivers. Dr. Mike can be reached at pretoriapethospital@bellnet.ca, by calling 613-565-0588, or checking www.pretoriapethospital.com.

When Glebe resident Rosemary Knes is not editing or writing, she is challenging herself creatively by designing window displays.



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STRESS



Guest cartoonist Andreas Fobes is a student at Immaculata High School.

The Glebe according to Zeus



A guinea pig’s perspective on the Glebe

ZEUS OVERDOSES ON PARSELYNOG, CHECKS INTO THIRD AVENUE SPA!

“It is absolutely false that Zeus is a parsleyholic!” barked Zeus’ long-time publicist of two days, Buster the Bulldog. “Quite the contrary! Quite the contrary!” continued Buster, “Zeus checked into *Third Avenue Spa* on January 2 to partake in his pre-scheduled annual visit for some R&R after a successful but highly stressful year!” Buster adamantly denied rumours that Zeus had overdosed on parsleynog over the holidays or was suffering from gout. According to Buster, Zeus only experienced mild weight gain and a bit of bloat due to holiday inactivity. “Every corporate pig spends at least one full week at a spa in the New Year to get his nails clipped, pass excess wind and ready himself for the corporate battles to follow. Zeus is just following tradition!”

Indeed, Zeus may in fact be priming himself for even greater star status than he already enjoys. Rumours are swirling in the Avenues, and even as far as Hintonburg, that Zeus landed the lucrative and much-coveted lead role in the upcoming blockbuster, *Star Poop: The Best Generation*. If true, Zeus will be the new face of the Star Poop campaign, skyrocketing GiddyPigs.com to its highest position ever on the Mechanicsville Stock Exchange (MSE). “I have read in several of our entertainment magazines,” confirmed Ted, owner of *Britton’s Smoke Shop* and close personal friend of Zeus, “that Zeus is being considered for the popular series.”

Puck, Zeus’ personal assistant, refused to confirm or deny any details. “Our focus now is on designing our secret Winterlude ice sculpture, a large bust of Zeus in a Star Poop uniform,” said Puck, adding that thousands of fridge magnets advertising the handsome pig in his custom-made Star Poop uniform have been secretly shipped to *Arbour* and will go on sale tomorrow. “We expect them to sell like hotcakes given the number of Poopies in the neighbourhood,” predicted *Arbour’s* owner Sean, who added that the blue in the uniform really sets off the red highlights in Zeus’ fur.

Just before press time, Zeus himself was finally reached as he exited Third Avenue Spa. “Due to stress and overwork, my manicurists have advised me to relax for several more weeks by staying at home and ordering in from *Greek on Wheels*. I’m not to be pressured to make any decisions before



February, except for meal choices and massage times,” said Zeus, whose nails and ginger fur boasted an enviable sheen.

Until he re-emerges in February to recommence his hectic schedule of public appearances and Star Poop negotiations, Zeus recommends fans reduce their own stress levels in January by relaxing to his new cd, *Songs for Children and Other Small Animals* or enjoying the peaceful feeling that arises from admiring his likeness on the popular fridge magnets, which depict him in a variety of flattering poses.

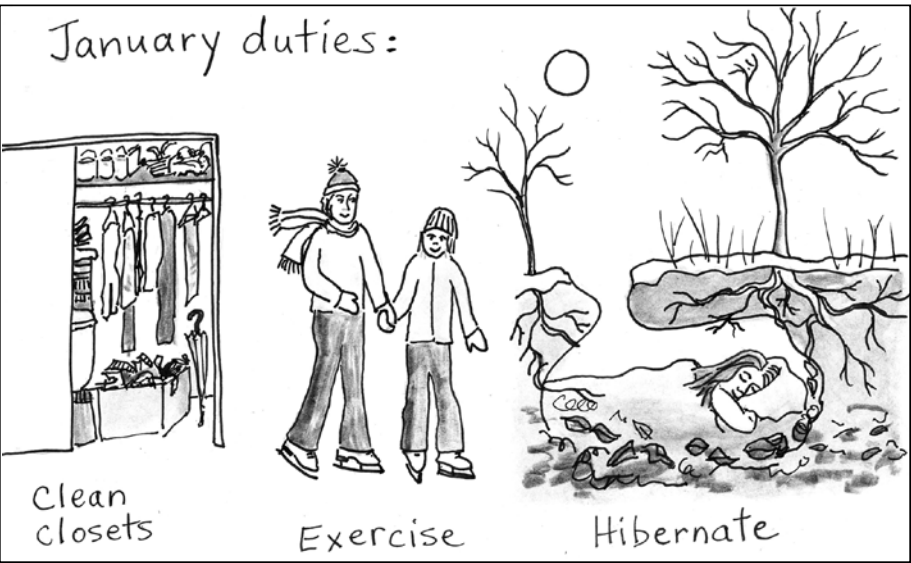
Votes for Zeus’ Star Poop sculpture to win the Winterlude Grand Prize should be sent by email (editor@glebereport.ca) or snail mail (175 Third Avenue, K1S 2K2).

Dear Mr. Zeus: Is it true that for your very first appearance in February, you intend to travel to Wiarton to interview Wee Willie 2 on Groundhog Day?

IN THE LAND OF GLEBE



Glebe Musings



January Duties By Laurie MacLean

IN THE LANGUAGE GARDEN

UNEARTHING THE ROOTS OF INFLAMMATORY DESCRIPTIONS

BY ADELLE FARRELLY

Appendicitis. Laryngitis. Tonsillitis. Arthritis. If you were to look up the etymology of these ailments, you would find that they are all made of up Latin or Greek words for various body parts (appendix, larynx, tonsils and joints) and the suffix ‘itis,’ which a dictionary will tell you means ‘inflammation.’ The English word ‘inflammation’ comes from the Latin *inflammatione*, a form of the noun *inflammatio* meaning, roughly, ‘with set-on-fire-ness’ – which should seem an accurate description to anyone who has ever suffered from an ‘itis’ condition. In Greek, inflammation is *phlegma*, a word in which we can see both flame and phlegm. As you can see, the problem with our ‘itis’ etymologies is that ‘itis’ does not mean ‘inflammation’ in Greek or Latin! So how have we come to use it to describe inflamed body parts?

We can find the answer in arthritis, that painful inflammation of the joints that afflicts so many people. The original Greek term for arthritis was *nosos arthritis*, made up of three parts: *nosos*, a noun meaning disease; *arthron*, a noun meaning joint or limb; and the suffix *itis*, which means pertaining to or concerning. All together, the term *nosos arthritis* means ‘disease pertaining to a joint,’ but over time the disease word, *nosos*, was dropped, leaving *arthritis* as a kind of shorthand. When doctors needed to create terms for inflamed body parts other than joints, they borrowed the same structure – thus we have appendicitis, an inflammation of the appendix, and tonsillitis, an inflammation of the tonsils, all without a trace of an inflammatory root.

Adelle Farrelly is a writer and freelance editor who translates Latin in her free time.

Challenging yourself and caring for others in the Scouts

BY STAN GRABSTAS

The 36th Ottawa Scout Group has a very busy year planned for 2013 with each section initiating age-appropriate activities for the intellectual and physical development of the their youth, in accordance with Scouts Canada guidelines.

The *Beavers*, aged 5 to 7 years, are learning about ‘sharing’ through various games and themed activities, which teach them about the importance of the environment we all live in and share. Through outdoor activities like nature walks, stargazing and sledding, as well as visits to museums, the Beavers learn co-operation and teamwork and develop self-confidence. The Beavers learn, through the commitment ‘I promise to love God and help take care of the world,’ that they are part of a larger community that works hard and helps others.

“They could be building models, leading games, developing first-aid skills, tying knots, paddling or leading small-group activities at a camp.”

The *Cub* girls and boys, aged 8 to 10 years, are energetic youth who enjoy learning, not only through Scout games but outdoor activities as well. The Cub program focuses on six activity areas: the natural world, outdoors, creative expression, healthy

living, home and community and Canada and the world. The motto that is associated with Scouts, ‘Do your best’ encourages Cubs to try new and more challenging activities. They could be building models, leading games, developing first-aid skills, tying knots, paddling or leading small-group activities at a camp. As part of the Cub promise (‘I promise to do my best, to love and serve God, to do my duty to the Queen; to keep the law of the Wolf Cub pack, and to do a good turn for somebody every day’), our youth learn to respect themselves and have fun as they become even better citizens.

The *Scouts*, aged 11 to 14 years, build on those skills learned as Cubs. The new ones quickly develop the leadership skills and self-confidence to motivate their peers. The Scouts program focuses on outdoor and environmental activities, citizenship, leadership and personal development. In order to achieve the badges in these domains, the Scouts participate, whatever the season, in numerous camps and hikes, go on outings to museums and engage in educational discussions with local officials such as Mayor Jim Watson. Each year our winter camp in Otter Lake, Quebec during the third weekend of January teaches the Scouts winter survival skills: the construction of Quinzhees, cold-weather cooking, planning, team-building and having fun in all seasons. The next challenge will be in February with the Klondike sled race, which takes the Scouts through a dozen skills stations where they will be tested on their outdoors knowledge. We have been for-



Scouts revel in the challenges of winter camp.

PHOTO: COURTESY OF THE 36TH OTTAWA SCOUT GROUP

tunate in winning various Klondike trophies in recent years. All these skills will ensure that the Scouts are well prepared as they look forward to participating in the Canadian Scout Jamboree in Alberta this summer. You may see them around the neighbourhood fundraising for this event, so please support them!

Our *Venturers*, aged 14 to 17 years, continue to challenge themselves as they plan and participate in numerous outdoor activities of varying difficulties. This allows youth with a variety of skill levels the opportunity to meet or exceed their goals and develop team-building plus leadership skills. The Adirondack Mountain climb in February is one of those activities

where the Venturers thoroughly plan the activity and develop the training schedule to ensure that they are prepared for this physical and mental challenge. The Leaders are simply there to advise and encourage the youth to succeed.

So you can see that participation in Scouts in all sections at the 36th Ottawa group is all about being physically active and mentally prepared for outdoor activities, in addition to learning about team-building and developing the leadership skills necessary to be good citizens.

Stan Grabstas has long been a leader of and advocate for scouting in the Glebe community.

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Glebe schools step up to the ‘plate’

BY ROSEMARY KNES

Schools in the Glebe donated more than 12,000 food items to the Centretown Emergency Food Centre, making it a record holiday season for the downtown-area food centre. Allison Dingle, chair of the emergency food centre, said they were overwhelmed by the generosity of the Glebe’s school community. She said the large reserve of non-perishable items means the Centretown Emergency Food Centre can use more of its cash donations to purchase perishable items for its clients, such as fresh fruits and vegetables, frozen meat, bread and margarine in the coming winter months when donations tend to drop.

“It was Glebe Collegiate ... that sailed in with the largest school donation the food centre has ever received.”

Glebe Montessori School kicked off the food-drive season for the school community in late November with a food drive in each of their classes. First Avenue Public School collected food donations as admission to its holiday concert. Food drives at Lisgar Collegiate, Hopewell, Elgin and Glashan public schools all contributed to push donations over the top.

But it was Glebe Collegiate with the Glebe Leadership Organization (GLO) at the helm that sailed in with the largest school donation the food centre has ever received. After a mid-December week-long food drive and a Thursday-night appeal to Isabella Street Loblaws shoppers, two stuffed mini-van deliveries of food and toiletry items arrived at the Centretown Emergency Food Centre. The GLO participates in a number of charity drives over the year, such as the Terry Fox Run that raised more than \$9,000 in September and a May CHEO drive that last year raised \$35,000. Malachi Bender Bennett, who heads this year’s GLO, said the Christmas food drive is “a great cause” and the

group’s members got behind the initiative with enthusiasm.

Another big boost in supplies came from Mutchmor Public School in November. After a two-week drive, students crammed the mini-van to overflowing with more than 1,900 food items, three times the amount raised last year and even surpassing their set goal. Mutchmor’s ‘Can-Can Food Drive’ rewarded students with a day of dance that included teacher-led lessons on how to ‘can-can.’ “We were very pleased with the success,” said Heather Mace, principal at Mutchmor Public School. It just so happens that taking care of others is one of Mutchmor’s ‘Big Five’ – five ways to build a warm and caring school community.

In November, the Centretown Emergency Food Centre served a record 900 people at its centretown location at 507 Bank Street. Dingle said they were worried about whether they would be able to meet the extra demand for services at Christmas, a difficult time for those in need, “and for people who are alone, too.” While many families received a Christmas hamper at Centretown United Church from a project run by several local churches, the Centretown Emergency Food Centre was able to offer its single clients ham or turkey, according to their need and ability to cook. “We keep hats, mitts and warm socks for clients and often help provide families who aren’t getting a hamper with gifts for their children,” Dingle added. “At Christmastime, we try to ensure all our clients get a little extra.”

But the need for food is year-round, Dingle noted, with temporary drops in daily requests when welfare and disability cheques have been sent out. “There are so many people in Ottawa living on welfare or, if working, are below the poverty line,” she said. “All across the city, food banks such as ours are reporting increased numbers.”

Dingle said she hears about schools in Ottawa where some students “come without breakfast and are hungry all day, and don’t have enough warm clothes.” She knows one school has



PHOTO: MALACHI BENDER BENNETT

A van filled to the brim with items collected by members of the Glebe Leadership Organization in support of the Centretown Emergency Food Centre.



PHOTO: COURTESY OF MUTCHMOR P.S.

At Mutchmor Public School, the students’ ‘can-can’ campaign yielded 1,900 items for the Centretown Emergency Food Centre.

benefitted from a project that raised money for a breakfast program and collects warm clothing so children can access cupboards of extra clothes as needed.

When the Centretown Emergency Food Centre calls on the schools each fall with requests for food drives, they are always met with enthusiasm and generous responses. “We are very grateful,” Dingle said. More so, she added, because charitable outreach efforts over Christmas are wide and extensive. Schools participate in many initiatives during the season – First Avenue Public School collected presents for the Children’s Aid Society and Hopewell Public School sponsored two families – as well as

throughout the year. “We would like to express our appreciation to all the families, students and teachers at our neighbourhood schools who shared so generously to help us to meet the needs – year-round – of our growing clientele,” she said.

The Centretown Emergency Food Centre is one of 87 social agencies in Ottawa assisted by the Ottawa Food Bank. It serves people in need in an area that includes parts of downtown, the centretown and Glebe, by providing them with a three-day supply of food appropriate to family size and needs.

Rosemary Knes writes, edits and proofreads for the Glebe Report.



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Student well-being at the OCDSB

The province amended the *Education Act* two years ago, in part to make school boards explicitly responsible for student well-being as well as achievement. This was rightly hailed as official recognition that we expect more from our schools than just graduating academically achieving students. Of course, no new funding came with this explicit assignment of responsibility and the meaning of ‘well-being’ was left up to each board to define as it saw fit. This does, however, provide increased legitimacy to discussions about student well-being, not as a means to higher achievement, but as a valuable end in its own right.

Whereas achievement is usually understood in terms of EQAO scores, grades, graduation and certification rates, or improvements or equity concerns with respect to these measures, there are no such commonly understood ways (never mind metrics) to interpret ‘well-being.’ It clearly includes general physical and mental health. It may or may not be influenced by social climate, citizenship, bullying, engagement or alienation. Once one tries to define well-being, in order to be accountable and to inform board training, resource allocation and planning, it becomes harder to nail down. As a result, one of the objectives of our multi-year strategic plan is to establish both meaningful clarity and improvement in this area. Wellness is one of the four pillars of the plan.

Our widely-reported student survey of all OCDSB students last year is being analyzed and we anxiously await actionable results. Many survey questions were designed to probe for bullying and attachment to school. Analysis should give us a better picture of students at risk and pockets of concern.

Though there is no ministry requirement to do so, our staff last year produced a mental health framework that has been eagerly received at the provincial level. We will seek to support students in recognizing and managing emotions; identifying and achieving positive goals; demonstrating care and concern for others; establishing and maintaining positive relationships; making responsible decisions and choices; and handling interpersonal situations and conflicts effectively.

This year we will achieve this by instituting the following concrete measures:

- providing an inventory of training to ensure each school has trained staff;
- exploring options for students to deal with Facebook and spamming;
- providing a path so that principals can vet resources;
- developing a school survey (ongoing) on mental-health attitudes;
- expanding short-term staff to address school-based mental-health issues.

In addition to meeting basic ministry expectations regarding students’ physical health education, the OCDSB is one of nine school boards working in partnership with the Champlain Cardiovascular Disease Prevention Network (CCPN). This initiative aims to create healthy school environments and teach students about the importance of physical activity and healthy food choices every day.

Healthy Schools 2020 workshops last year, co-hosted by the CCPN, public health units and school boards, focused on three priority areas: healthy lunch programs, healthy fundraising and healthy classroom rewards. Parents, guardians and educators can find information and resources on Healthy Schools 2020 at www.healthyschools2020.ca. As well, the OCDSB has put online a healthy foods policy for its schools that applies to cafeteria food, food-based fundraisers and vending machines. A made-in-OCDSB program is being piloted at a few schools that expressed interest in proactively encouraging, recognizing and supporting regular after-school physical activity for students. We expect a report on the pilot this spring.

Many schools, encouraged by the student transportation consortium, the OCDSB, individual school communities and the city, have adopted the Walking School Bus initiative for young students and it is spreading. The aim is to encourage students to walk to school more often, rather than being dropped off. Some of this is about encouraging parents. Hazard surveys are done, training and organized support provided. This initiative has received provincial applause as well.

Finally, another column and more would need to be devoted to anti-bullying and character education initiatives (see Mutchmor article on p. 30). The labour situation has delayed or disrupted many central initiatives this year, as most central managers have been helping out in schools instead. However, many school administrations, in concert with their school councils, continue to invite external experts and presenters to speak on bullying. We have a whole central team devoted to Safe Schools.

Suffice it to say that the OCDSB treats student well-being very seriously. We are on the move, though much remains to be learned and done.

If you have a suggestion or a concern, please contact me at rob@ocdsbzone9.ca. Meeting and document information are available at the website listed below.



Trustee
Rob
Campbell
OCDSB

*“The OCDSB treats
student well-being
very seriously.”*

Trustee Rob Campbell
613-323-7803
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www.ocdsb.ca

Nutritious snacks at Glebe Co-op Nursery School

BY JENNIFER BATLEY

Nutritious snacks are an important part of keeping preschoolers ‘fuelled’ for their busy days. At the Glebe Co-operative Nursery School, we’ve built ‘snack time’ into our daily programming and we take it pretty seriously. It happens at the same time each day, when the children gather around small tables to sit and enjoy a snack and drink together while they also learn about manners. Each day, one child and one parent or caregiver is ‘on’—this means that they have some big responsibilities. To signal that snack time is coming soon, the child flashes the lights and announces ‘tidy up time,’ triggering a flurry of activity as toys are returned to their rightful places, play dough is put away and the art table is cleared and cleaned. Next, the children are read a story, while the duty parent wipes down the tables and sets out cups and napkins for each child, followed by a serving of the day’s snack.

Here’s where the nutritious part comes in. While, of course, we are a peanut-free school, we also encourage snacks that are going to be both tasty and healthy, as it is so important for children to learn good habits when it comes to nutritious eating. Treats are welcomed, but along with those treats come some other items that pack a bigger punch nutritionally and which children are encouraged to eat.

We give our duty parents some guidance on what to bring, helping them avoid showing up with a snack that nobody will eat! Some recommendations for snacks that are healthy and welcomed with cheers by the kids include:

Fruit: Fresh when in season, or canned and rinsed, apples, grapes and pineapple are usually a hit! Dried fruits, like raisins or apricots, are also gobbled up.

Vegetables: Mostly raw and cut into kid-friendly bites, carrots, peppers, cucumbers are popular. Add a little dip to make it more fun.

Milk Products: In a word: cheese! Kids love it – cubed, sliced, even in the form of Cheese Strings. Yogurt, in cups or tubes, is also popular.

“To signal that snack time is coming soon, the child flashes the lights and announces ‘tidy up time,’ triggering a flurry of activity.”

Cereal Products: Have you ever met a kid who didn’t love crackers? Healthy versions are always welcomed, along with cereals (think Cheerios), bread, bagels or baked breads such as zucchini or banana loaves. Mini-muffins are favourites, as are cookies containing nutritionally redeeming ingredients such as



PHOTO: JULIE HOULE CEZER

Healthy snacks are a visual delight.

oatmeal, bran and fruit.

Beverages: No surprise here, kids love apple juice! But they will also try other fruit or vegetable juices and enjoy milk and water. We encourage parents to water down strong juices to limit the sugar intake.

What are the all-time, number one favourites among nutritious snacks? Hands-down winners at GCNS are mini-muffins, cheese and crackers, grapes and yes, apple juice.

GCNS THANKS YOU!

In November, our preschool held our first fundraising shopping night at Mrs. Tiggy Winkle’s on Bank Street. Thank you to everybody who sold and bought tickets, shopped, bid on silent auction items and supported our school!! Special thanks to

the following businesses which donated prizes: 4 Cats Art Studio, Anna Belanger & Associates, Blueprint Homes, Domus, Election, Fab Baby Gear, Gatineau Golf Club, GNAG, Home Hardware, Kunstadt Sports, Magic Mountain, Maple Valley Tea World, Momentum Gym, Mrs. Tiggy Winkle’s, Philip Van Leeuwen, Semi Precious Jewellery, Skin Holistic Therapy, The Flour Shoppe, The Glebe Apothecary, The Unrefined Olive, Third Avenue Spa.

Jennifer Batley is the Communications Chair of the GCNS Board. On her first duty parent day, she brought cream cheese, carrot and raisin wraps. The kids didn’t eat them. Never again!

Glebe Parents Day Care launches full-day program

BY SARAH DINGLE

The Glebe Parents Day Care has a new and appealing daycare program to offer kindergarten-aged children. Currently in its inaugural year, ‘Full Day 4s’ offers children a full day of care and learning in a daycare setting. The program is led by a dynamic duo: dedicated staff Pam Wolfe and Janice Cameron, qualified teachers and early childhood educators, have decades of experience with this age group. Add a delicious school-cooked lunch and a custom-built daycare facility where the children are with the same friends and teachers all day and you have a winning combination.

Asked about health-related aspects of the program, Pam Wolfe replies, “As educators, we feel strongly that regular outdoor play contributes to the children’s physical and social development and enriches their lives. On a daily basis, the children play in our grassy yard, which has a large climber, trikes, hockey sticks, a basketball net, a large sand box and many digging toys. In inclement weather, we play in the daycare base-



PHOTO: SARAH DINGLE

Jamie and Madeleine full of energy in ‘Full Day 4s’ daycare program.

ment, which is also equipped with a climber, trikes and wagons.

“Janice and I encourage the kids to explore their natural environment throughout all the seasons. In the winter we often go tobogganing on the hill beside the daycare. In the area of social-emotional health,

we help the children develop their problem solving and conflict resolution skills by teaching them how to express their feelings to one another and encouraging them in listening to their peers. Through such daily practices, we believe the children’s physical, social and emotional well-

being grows and develops along a healthy path.”

My own son attends this program. Although we initially chose it primarily for logistical reasons, since his younger brother attends the daycare, I see the benefits of this choice every day when I pick him up and find him full of energy. In one breath he will tell me about the hockey game he and his friends had during outdoor play. In the next, he will point out the new words around the classroom that he has learned to read. He feels very at home in the beautiful daycare space and I too always feel uplifted when I walk in there.

Plans are afoot to expand the program from the current eight students to 16 next year. If you are interested in finding out more about this program for your child, please contact the Glebe Parents Day Care at 613-233-9268 ext. 130. An information session will be held in January for those interested.

Sarah Dingle is a Glebe resident and the parent of two young boys.



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Building a warm and caring school

BY AMANDA AND NORA

Students at Mutchmor Public School work hard to build our school towards our Big Five—the five ways we build our warm and caring school:

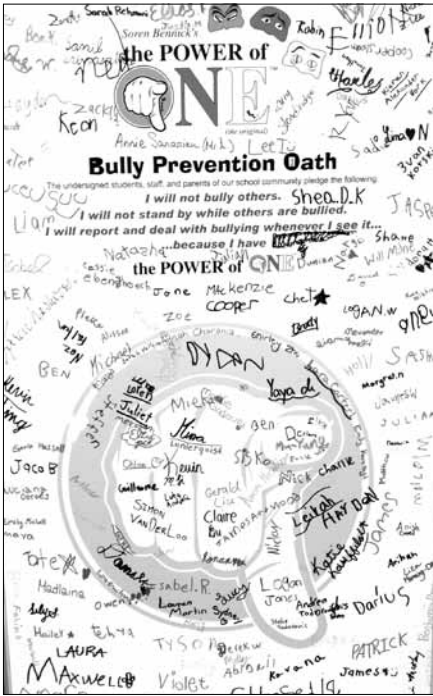
1. Do your best every day, with whatever you're learning.
2. Be creative.
3. Stay active and eat healthy.
4. Be yourself.
5. Take care of others.

SHARING TIPS ON BULLYING

As part of our work to make our school safe and happy for everyone who comes here, we talk about bullying. Bullying for us is a hurtful, purposeful, repetitive act (it is not an accident and it happens more than once). We know that there are different types of people when bullying happens: the bully (the person who does the bullying), the target (the person who is harmed by the bullying) and the bystander (a person who watches, ignores, or encourages bullying).

We have found there are four types of bullying.

- physical bullying, which is stealing, damaging someone's property, hurting the target's body by pushing or shoving them, or getting in their way.
- verbal bullying: saying something mean or mocking someone else.
- social bullying: gossiping about someone or excluding someone from a group.
- cyber-bullying, which is bullying online by posting comments or



Mutchmor students take an oath to stop bullying at school.

pictures on Facebook, email, cell phones, games.

We wanted to know what we should look for to help our friends. You should look for these things in your friends (or kids):

- Your friend is sad or depressed.
- Your friend has an injury and she doesn't have a reason.
- Your friend has lost belongings.
- Your friend's behaviour changes, like they are really tired or they don't want to come to school.
- Your friend is acting cranky and



David, a grade 3 student, acts out being a super hero to fight bullying.

they don't want to talk about it.

If this is happening to your friend, you should report it to an adult with whom you feel comfortable.

When bullying happens, we are all learning about what we can do to help stop it. There are other things that you can do when you see it happening in the schoolyard. You can:

- Tell the bully to stop.
- Tell the target to walk away.
- Tell the target to ignore the bully.
- Ask the target to talk to you about it.

- Tell a teacher or an adult.
- Follow up with the adult to see what has been done.
- If you or your friend is getting bullied online, print it out right away and show an adult.

Most of our days at Mutchmor are lots of fun, but with so many people here, it's not always perfect and we shouldn't pretend it is. It's important for all of us to know what to do when things don't go well. Together, we've taken an oath to stop bullying. The more we talk about it and the more we understand that bullying is not a normal part of growing up, the more we can change our ways.

Amanda and Nora are in Ms. Ward's Grade 5 class at Mutchmor Public School.

Note from Principal Heather Mace: This article is written as part of our school's ongoing work on building positive character in our students and giving them the tools to deal with situations when they arise. One of the programs our school is exploring is the WITS program. Parents can learn more about how to use this program with their kids at <http://www.witsprogram.ca/families/>.

For more information about bullying programs, you can visit the OCDSB's Anti-Bullying webpage at <http://www.ocdsb.ca/com/SupportingourYouth/Pages/Anti-Bullying.aspx>.

More than a tweet at Immaculata High School

BY STEPHANIE BYRNE

Students are back into the swing of things after a well-deserved holiday break. The high school panel is busy finishing off summative assignments and preparing for final exams at the end of the month. Grade 12 students are starting to receive acceptance letters from universities and colleges for September 2013. Grade 8 students are going to be learning about their various pathway options for high school course selection. Homework Club is in full swing to support students during this busy time of year.

Students involved in our enrichment program have had a busy month. Several signed up to attend the *Pride and Prejudice* performance at the N.A.C. As well, on December 6, female enrichment students were invited to a

'Women in Science and Engineering (W.I.S.E.)' event at Carleton University. This W.I.S.E. day is designed to encourage and empower young women to pursue post-secondary studies in the sciences.

A group of Grade 9 students attended a full-day session at the Royal Ottawa Hospital designed to educate students on mental health. The Peer Mentor program is also up and running. A dozen students in the 7/8 panel have been paired with high school students who will be their mentors for the duration of the year. This initiative promotes friendship, extra support and positive role modelling for younger students.

The Book Club popcorn sale fundraiser has been a huge success this year. The proceeds have been donat-



The trumpet section of the Intermediate Band members in profile on Arts Night.

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ed to Canadian author Eric Walter's charity 'The Creation of Hope' <http://creationhope.com>. A cheque was presented to Mr. Walter for \$200 when he visited Immaculata on November 29.

Arts Night took place on December 19. The evening started with a vernissage featuring our art students' work. This was followed by amazing performances by our drama students, and the evening closed with performances by musicians from the music department.

Ski Club is in full swing now that winter has arrived. The high school boys' hockey team is on a winning streak. The downhill skiers are gearing up for their meet in February. The Junior Boys basketball team's season has started. The Senior Boys basket-

ball team won the Colonel By Classic Tournament and remains undefeated in league play. This talented team is aiming for the city's Championship Trophy.

In the spirit of giving, the students, staff, parents, local businesses and community members put together over 50 Christmas hampers under the direction of the school chaplain Leah Daly. These hampers are given to families in need from our school community. Many thanks to all of those in our school community who assisted with this fantastic project.

Stephanie Byrne, who works in the Guidance Department, regularly submits reports on Immaculata High School activities.

Adventures of a ‘picky eater’
A Few Bites

by Cybèle Young, Groundwood Books, 2012

REVIEWED BY
SUSAN TOWNLEY

What parent hasn’t tried the line “Just try it . . . just take a few bites” when trying to convince a child to try a new food? A charming new picture book from Cybèle Young, the author of *A Few Blocks*, explores the world of the picky eater. It’s time for Ferdie to eat lunch, but he has other plans! He’s much too busy playing to eat. His older sister, Viola, uses creative persuasion to convince Ferdie that his vegetables are not just vegetables. She spins a tale of adventure with Ferdie as the ‘top boss of all the dinosaurs’ convincing him to take “just a few bites” of broccoli to keep his strength up as he ventures through jungles. When he is not impressed by the carrots on his plate, Viola suggests they are actually orange power sticks, the food of aliens. When yet again Ferdie balks at eating his ravioli, Viola spins a tale of undersea adventure. All these flights of imagination leave Viola in a state of exhaustion, but Ferdie comes to the rescue with his own invention, “a strawberry, chocolate swirl, caramel explosion surprise cake with extra whipped cream and a cherry on top” as a reward for Viola’s stories. The artwork is simple but striking, with black-and-white drawings contrasted with bright, colourful, detailed illustrations. The imaginative illustrations fit the text perfectly and lead the reader on a visual adventure. This is a charming tale that adds humour to the often-exasperating experience of those with a picky eater in their lives.

A Few Bites is reminiscent of the topsy-turvy picture book by Amy Krouse Rosenthal, *Little Pea*, in both humour and illustration. Little Pea lives an ordinary life with his parents and friends, but unfortunately he is a picky eater, unhappily forced to eat candy before he can enjoy his spinach dinner. Young children will giggle their way through Little Pea’s troubles with his food choices and while it may not convince fussy eaters to mend their ways, it will hold up a humorous mirror to their feelings and behaviour. The charming illustrations by Jen Corace are simple line drawings with plenty of white space filled with dashes of bright green for Little Pea and all his family and friends.

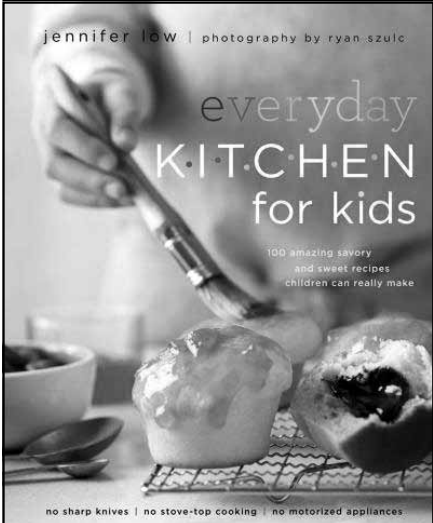
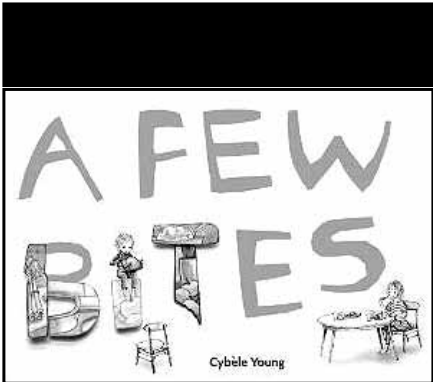
Just in case humour isn’t your only plan to combat the picky eater in your house, here are some books from the cooking section. A new title from Jennifer Low, *Everyday Kitchen For Kids: 100 Amazing Savory And Sweet Recipes Your Children Can Really Make* is filled with no-knife, no-flame, from-scratch recipes that kids can easily pull off with some help from an adult. Jennifer Low makes cooking with kids simple and fun with great suggestions on how to organize a safe kitchen for kids.

Twist It Up: More Than 60 Delicious Recipes From An Inspiring Young Chef is truly an inspirational cookbook from 11-year-old chef Jack Witherspoon. Jack had leukemia as a very young child and while undergoing treatment, entertained himself by watching the Food Net-

work. His passion for cooking has led him to decide he would like to be a chef when he grows up. He launched his culinary career with a highly successful fundraising dinner for his local children’s cancer centre. His cookbook is filled with appetizing photographs and personal stories that are sure to appeal.

All of these books and many more are available at the Sunnyside Branch of the Ottawa Public Library, just across the Bank Street Canal Bridge.

Susan Townley is the Children’s Programmer and Public Service Assistant at the Sunnyside Branch of the Ottawa Public Library.



WHAT YOUR NEIGHBOURS ARE READING

Here is a list of some titles read and discussed in various local book clubs:

WHAT YOUR NEIGHBOURS ARE READING

TITLE (for adults)

Requiem ¹
Swamp Angel ²
La Meute ³
Hallucinations ⁴
The Solitary House ⁵
The First Lady of Fleet Street ⁶
A Child’s Christmas in Wales ⁷
What We Talk about When We Talk about Frank ⁸
Favorite Children’s Books ⁹
The Quilts of Gee’s Bend ¹⁰
Home ¹⁰

TITLE (for teens)

Little Women and Me ¹¹
Among the Hidden ¹²

AUTHOR

Frances Itani
Ethel Wilson
Esther Beauchemin
Oliver Sacks
Lynn Shepherd
Eilat Negev
Dylan Thomas
Nathan Englander
Various authors
William Arnett et al
Toni Morrison

AUTHOR

Lauren Baratz-Logsted
Margaret Haddix

- ¹ Abbotsford Book Club
- ² Can’ Litterers
- ³ Cercle de lecture de l’Amicale francophone d’Ottawa
- ⁴ OnLine Audio Book Club: www.DearReader.com
- ⁵ OnLine Fiction Book Club: www.DearReader.com
- ⁶ OnLine Nonfiction Book Club: www.DearReader.com
- ⁷ Seriously No-Name Book Club
- ⁸ The Book Club
- ⁹ Anonymous 1
- ¹⁰ Anonymous 2
- ¹¹ OnLine Teen Book Club: www.DearReader.com
- ¹² OPL Sunnyside Branch Guysread

If your book club would like to share its reading list, please e-mail Micheline Boyle at grapevine@glebereport.ca

Health-related programs at
Sunnyside Branch Library
January 18 – February 15, 2013

REDUCING HIGH BLOOD PRESSURE

Did you know that heart disease is the leading cause of death in Canada today? An important risk factor that contributes to the development of heart disease is high blood pressure. As the majority of Canadians will develop high blood pressure at some point in their lives, it is important to take steps to promote and maintain healthy blood pressure. Graham Beaton, Doctor of Naturopathic Medicine from Common Ground Collaborative Care, will show you how to reduce your risk of developing heart disease. Topics covered will include a description of high blood pressure, hypertension methods of evaluation and diagnosis, risk factors for developing high blood pressure and description of management.

Registration required.

Wednesday, January 23, 2:00 p.m. (60 min.)

INTRODUCTION TO ARTHRITIS

In this informative program, you will learn facts about arthritis, what you can do about it, and how the Arthritis Society can help. Presented by Dr. Brar in association with the Arthritis Society. Registration required.

Wednesday, January 30, 3:00 p.m. (60 min.)

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Living the breast cancer experience

But Hope Is Longer: Navigating the Country of Breast Cancer

by Tamara Levine, Second Story Press, 2012

REVIEWED BY
LAURIE KINGSTON

“I felt like a snake having to shed its old skin... I mourned each layer of myself as I imagined it loosening and separating from me before I sloughed it off and watched it fall to the ground: my resilient good health, my identity, my hopes for a vibrant future. The shedding of each successive layer left me even more naked, raw and vulnerable. At that point, I had no sense that there was any regeneration underway or that there would be anything to replace the parts of myself I was losing.”

Tamara Levine, *But Hope is Longer: Navigating the Country of Breast Cancer*.

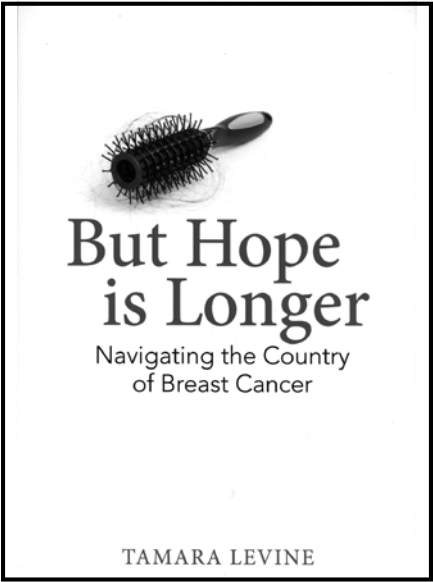
Being diagnosed with breast cancer changes you, irrevocably. In *But Hope is Longer*, Tamara Levine writes beautifully of her own transformative process. She also, in sections called ‘Reflections,’ looks back on her experience with the benefit of time and a clear-eyed analysis. Finally, she interviews all of her caregivers, from those at the cancer centre, to her naturopathic doctor, to her life coach, bringing together their insights on treatment and patient care. The result is a book like no other.

For Tamara, the writing process began with a series of ‘Healing Journey’ letters she wrote to family and friends. In these letters, she brings loved ones up to speed on what is happening with her, but also shares

her feelings, observations and things learned along the way. These letters help Tamara to rediscover her love of writing and with these stories she shares her experiences of medical mishaps and mismanagement, getting on the right track, her celebration of friends, feelings about physical changes and the loss of her beloved father to leukemia. These are the pieces that very frequently left me with a lump in my throat.

In the sections she calls ‘Reflections’, Tamara fills us in on what was happening at the times she wrote the letters. She also thinks back, sometimes critically, on the decisions she made. Tamara doesn’t mince words as she relays interactions with those closest to her and the experiences that were part of the treatment process. Most important, she concludes that the most serious flaw in breast cancer treatment in Canada is a lack of coordination across treatment areas (the caregivers themselves speak of working in “silos”) and makes the recommendation that this be addressed in the form of a “nurse navigator.”

“If we were to imagine a better process... what would it look like?... There is a centre where women go for ‘one stop shopping’ for all the diagnostic and planning steps leading up to treating their breast cancer... We are warmly greeted by a nurse who has been specially trained for her role as ‘navigator,’ who has



taken the time to become thoroughly familiar with our file . . . She advises us as to what lies ahead, at least in the short term . . . She is available to us throughout the journey.”

This vision would transform the experience of cancer patients. I’m convinced it would also improve outcomes. I hope someone who is in a position to create change at my cancer centre reads this advice and takes it to heart.

The last thing Tamara does is interview her caregivers. Their comments are interspersed throughout and are included in ‘Voices of the Healers.’ Each one clearly cares about the outcome of every patient and all bemoan the lack of co-operation between treatment teams. In

particular, I was struck by the willingness of the ‘mainstream’ oncologists and surgeon to engage with Tamara’s naturopathic doctor, as well as the humility and wisdom of each person who was interviewed. I’ve never seen the words of healers collected in this way and the result is powerful.

The very best of books stay with the reader and may even influence how they live their lives. As an on-going cancer patient, I was very moved by *But Hope Is Longer*. I also initiated my own relationship with a naturopathic doctor after reading Tamara’s book. My new doctor specializes in oncology and I’m very excited and grateful for this new relationship.

But Hope Is Longer is compulsively readable, full of clear, useful advice and includes the perspectives of those who spend their days thinking about how to better care for cancer patients. More than a breast cancer memoir, this is a book that everyone will want to read. Available at Chapters, Octopus Books, Singing Pebble Books and Britton’s.

Laurie Kingston, a resident of the Glebe for 14 years, published her book *Not Done Yet: Living Through Breast Cancer in 2009* (Women’s Press) and as an e-book on kobobooks.com. Laurie can be found online at notjustaboutcancer.blogspot.com and getfrivolous.com.

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When truth is no stranger to fiction: three novels by Lisa Genova

Still Alice (2009), Left Neglected (2011), Love Anthony (2012)

REVIEWED BY
JC SULZENKO

Each of U.S. neuroscientist Lisa Genova's works of fiction takes on a different, brain-related condition: Alzheimer's disease in *Still Alice*; an acquired brain injury in *Left Neglected*; and autism spectrum disorder in *Love Anthony*. My recent experience with these health issues makes me feel somewhat 'qualified' to comment on the novels, not from the standpoint of the accuracy of the information Genova clothes in the wardrobe of fiction, but on the basis of what 'truths' readers can take from her stories and apply in their own lives.

Writing *What My Grandma Means to Say*, my play (2009) and book (2011) for children and families about Alzheimer's disease, allowed me to learn about dementia and how it affects not only people living with it, but those who care for and about them. Many schools and Alzheimer's organizations use it to encourage frank discussion among family members about the disease, which is essential to understanding what can and cannot be done to support one another.

I had resisted reading *Still Alice* until now because of the overload of dementia-related activities during the past years. Now, having read the book, I find it has much in common with what I wrote for children. Genova documents how early-onset Alzheimer's causes Dr. Alice Howland to decline from acclaimed linguistics academic to monosyllabic shadow grandmother. The narrative captures poignantly and honestly the 'universal' aspects of this journey. The book makes clear how important it is to see, value and accept the person for who he or she is, which is echoed in the theme of this month's Alzheimer Society of Canada's campaign: "See me, not my disease."

Genova's strength as a writer in both *Still Alice* and *Left Neglected* is that she takes the readers inside the mind of the person living with the condition and allows them to experi-

ence the situation from that person's perspective and within the context of the character interacting with the people of his or her milieu as reality changes.

In *Left Neglected*, super-mom, high-profile executive Sarah Nickerson literally skids from her totally mad-cap existence into a world where her brain cannot perceive anything to her left. Sarah finds ways to live differently, yet fully addressing expectations she has of herself and those that others have of her. The portrait is both realistic and hopeful, if a bit sunny. I first chose to read *Left Neglected* to understand better what a friend recovering from an acquired brain injury might be thinking and feeling. Here again, the 'truth' in Genova's less-than-subliminal message is to look at people not from the onlooker's point of view, but to seek them within their own reality's framework – to respect and accept them there.

So often in fact and in fiction, it's hard to look at people obviously affected by a health issue. In each of Genova's books, whether out of fear, ignorance or a sense of impotence, people both close to and distant from the main character avoid eye contact and connection. Genova's art is to make a compelling case for connection, for the true rewards it brings to relationships that can still be rich and satisfying.

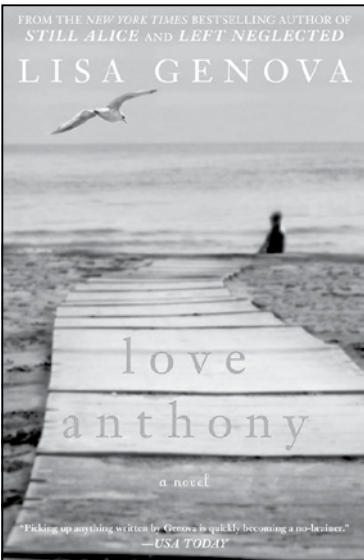
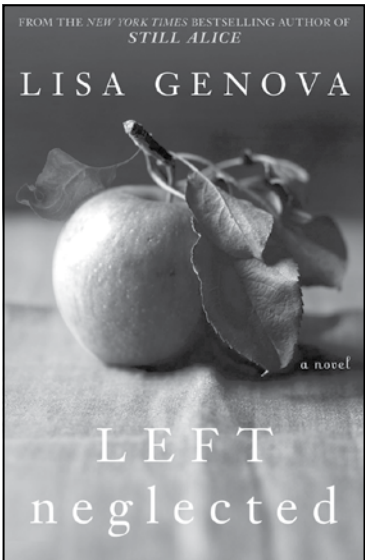
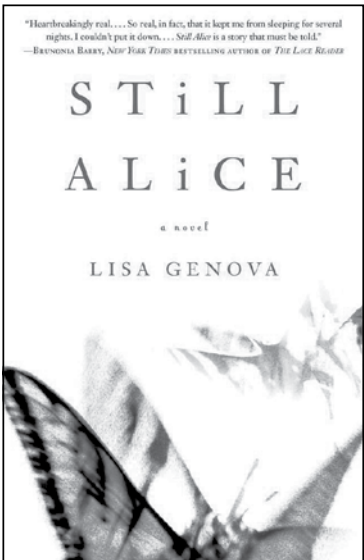
Love Anthony focuses on a mother's relationship with her young son who has autism. Her isolation on Nantucket Island off the coast of Massachusetts, her disintegration

and her healing are at the core of this book. Genova lets Anthony 'speak' only in the epilogue, through words written by his mother's new girlfriend. Still, underlying this tale, too, is the 'lesson' the purpose of Anthony's short life was to live it and that was enough.

When I chose in November to work with an elementary school student with autism, I took a leap of faith that she and I would find a way

ing acceptance, love and respect her weapons of choice, Lisa Genova's fiction is no stranger to truth. I wonder what she will tackle next.

Glebe resident JC Sulzenko is the author of *What My Grandma Means to Say*, available from Kaleidoscope Kids Books and at the Ottawa Public Library. The play and its discussion guide are available from www.jcsulzenko.com.



for her to write a poem. I made every effort to shelve my preconceptions, expectations and trepidation. I showed her an image and asked a few questions. Her answers, taken together, made for a beautiful poem. She rocked with joy when I read it aloud to her. Her words were more than enough. They left me elated.

While Genova's plots can feel hurried and a little too neat at times, each of these three novels offers a good read. In making

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GRAPEVINE

This space acts as a free community bulletin board for Glebe residents. Drop off your GRAPEVINE message or COMMUNITY NOTICE at the *Glebe Report* office, 175 Third Avenue, including your name, address and phone number or email grapevine@glebereport.ca. FOR SALE items must be less than \$1,000.

COMMUNITY CONNECTIONS

ALZHEIMER SOCIETY – Join us for Ottawa's premier indoor fundraising walk - The Walk for Memories. Sun., Jan. 27, 2013 at Carleton University Fieldhouse, 9 a.m. – 1 p.m. Register online at www.walkformemories.ca early in November when the site opens. The fundraising minimum is \$100. Every dollar you raise will help to support families in Ottawa and Renfrew County. Info: Susan Paul at spaul@asorc.org / 613-523-4004 x126 or Natalie deRuiter (St Amour) at nderuiter@asorc.org / 613-523-4004 x145.

FIRST LINK LEARNING SERIES FOR FAMILY CAREGIVERS – WINTER 2013. If you are a family member caring for a person with dementia, the Alzheimer Society of Ottawa (<http://www.alzheimer.ca/ottawa>) invites you to these free education sessions. Each session builds upon the learning from the one before, and discusses different topics to help you live better as a caregiver. Pre-registration is required. To register or ask for more information about these learning opportunities, call 613-523-4004.

FRIENDS OF THE FARM (<http://www.friendsofthefarm.ca/>) are holding a USED BOOK DROP-OFF on March 23, 10 a.m. to 3 p.m. for their Used Book Sale to be held in June. No magazines, encyclopaedias, or textbooks. Bldg. 72, C.E.F., Arboretum, east off Prince of Wales roundabout. Info: info@friendsofthefarm.ca or 613-230-3276.

GREATER OTTAWA WATER GARDEN HORTICULTURAL SOCIETY'S ANNUAL POND TOUR. (GOWGHS: <http://ottawawatergardens.com/>) - The water garden tour committee is looking for people with ponds/water gardens to be part of the Pond Tour to be held Sat., June 15, 2013. Any Old Ottawa South Garden Club members or friends who have a pond/water garden, please contact Suzanne Carr at szmccarr@aol.com or Cathi Fournier at cathi.fournier@sympatico.ca if you are interested in participating in the 2013 Tour.

KINDERGARTEN AND MIDDLE - FRENCH IMMERSION INFORMATION NIGHT - Mutchmor

Public School - Jan. 31, 6:30 – 8 p.m. Find out more about what our programs have to offer. Visit www.mutchmorps.ocdsb.ca for more information.

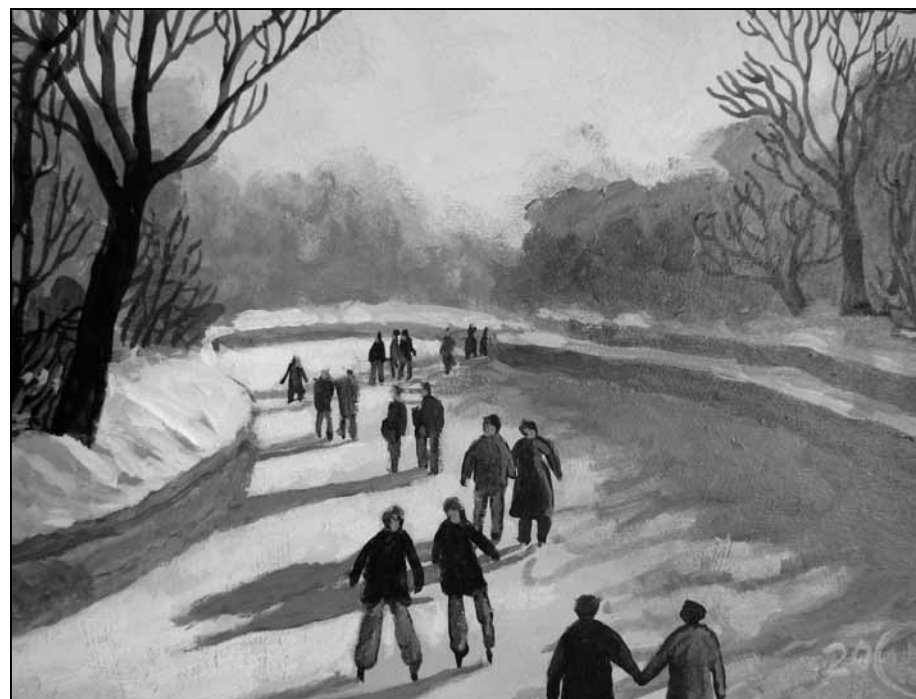
OLD OTTAWA SOUTH GARDEN CLUB – Meetings are held at the Ottawa South Community Centre (The Firehall), 260 Sunnyside Ave., every second Tuesday of the month from 7 to 9 p.m. Membership is \$25 per year for individuals; \$40 for a family; drop-in fee is \$7 per meeting. Information: Ottawa South Community Centre at 613-247-4946 or Marilyn at 613-730-0597.

PARENTS HELPING PARENTS: DEMYSTIFYING THE GIFTED PROGRAM. Confused about gifted education options in Ottawa's public schools? Join the Association for Bright Children of Ontario (Ottawa Chapter) and parents from various OCDSB gifted centres for an information evening. Wed., Jan. 23, 7-9 p.m., McNabb Recreation Centre (Main Hall), 180 Percy St., Ottawa. ABCOttawa@abcontario.ca, 613-860-1398.

RELATIONSHIPS MATTER - PSYCHOLOGY FOR EVERYDAY LIVING invites you to learn about the key developments in the science of adult bonding and how these changes affect the ways we view relationships. Join psychologist Dr. Sue Johnson for The New Science of Romantic Love on Jan. 25 from 7 to 9 p.m. at Saint Paul University Auditorium, 223 Main St. \$20 at the door (counselling receipt available). Info: www.relationshipsmatter.ca or call 613-425-4257.

VANISHING POINT - NFB FILM CLUB. Join us for a screening of *Vanishing Point*. This feature documentary tells the story of two Inuit communities of the circumpolar north – one on Canada's Baffin Island, the other in northwest Greenland – that are linked by a migration led by an intrepid shaman. Navarana, a Greenland Inughuit elder and descendant of the shaman, draws inspiration and hope from the ties that still bind the two communities to face the consequences of rapid social and environmental change. Ottawa Public Library, Sunnyside Branch, Thurs., Feb. 7, 6:30 - 8 p.m.

WINTERLUDE (www.canadascapital.gc.ca/celebrate/winterlude) The 35th edition of Winterlude runs from Feb. 1 to 18. Celebrate the joys of winter at Winterlude, with three fun-filled weeks in February. Canada's favourite winter activities are featured across Ottawa and Gatineau at this annual event. Skate on the world's largest skating rink, check out the ice sculpture competitions or play at North America's largest snow playground. There's fun for the entire family and all sites are open on Family Day.



Sunday Procession by Bhat Boy

FOR SALE

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FOUND

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ART

BHAT BOY'S OPEN HOUSE PAINTING EXHIBITION, Feb. 9-10, 11 a.m. to 4 p.m., 27 Wilton Crescent by Brown's Inlet. All are welcome, tea and cakes served.

GREAT LAKES PROJECT, OBSERVATIONS AND APPROPRIATIONS, photographs by Stephan Gaydos. The exhibition will be on view until Jan. 30 at the School of the Photographic Arts, Ottawa. Located at 168 Dalhousie Street.

PAINTINGS OF OTTAWA AND THE STARS BY JONATHAN PLOUFFE at Roast 'n Brew coffee shop, Bank and Fifth, until Feb. 5. Great prices!

MUSIC

CHAMBER PLAYERS OF CANADA (www.chamberplayers.ca) will present *Chamber Music Miniatures* on Mon., Feb. 11, 8 p.m. and *Rush Hour Concert: Chamber Music Miniatures* on Tues., Feb. 12, 6 p.m. at St. Andrew's Church, 82 Kent St., Ottawa.

CHORUS ECCLESIAE OPEN HOUSE - CHORAL SINGING CLASSES with Lawrence Harris. Sun., Jan. 27, Dominican College, 96 Empress Ave, Room 210, 1:30 p.m. Join us for a lively hour of music making and find out all about our winter and springtime classes! Learn to read music and develop your voice through choral singing and Gregorian chant. Info: 613-567-7729.

Where to find us

In addition to free home delivery, you can find copies of the *Glebe Report* at Abba's Grocery, Adishesha Yoga, Arbour, The Arrow & the Loon, Bloomfields Flowers, Brewer Arena, Brewer Pool, Bridgehead, Brittons, Candy Bouquet, Cats R Us, Chopstick Tale, Corner Bar and Grill, Douvris Martial Arts, elevenfiftyfour, Ernesto's Barber Shop, Escape, Feleena's, The Flag Shop, Forno Antico, Francesco's Coffee Company, The Flour Shoppe, Glebe Apothecary, Glebe Community Centre, Glebe Fashion Cleaners, Glebe Smoke Shop, Glebe Tailoring, Glebe Trotters, Glebe Video, Hillary Cleaners, Hogan's Food Store, Il Negozio Nicastro, Irene's Pub, Isabella Pizza, Jericho Café, Kardish Foods, Kettleman's Bagel Co., Kumon Centre, Kunstadt Sports, Magic Mountain, Marble Slab, Mayfair Theatre, McKeen Metro Glebe, Mister Muffler, Morala's, Naji's Lebanese Restaurant, 107 Fourth Avenue Wine Bar, The Palisades, The Pantry, Pet Valu, Queen Mother Maternity, ReadSetGo, RBC/Royal Bank, Reflections, Roast 'n Brew, 7-Eleven, Scotiabank, Second Avenue Sweets, Shafali Bazaar, Silver Scissors, Slaysh, Spa Royale, Starbucks, Subway, SushiGo, Third Avenue Spa, UPS Canada (Fifth Avenue Court), Von's, Watson's Pharmacy and Wellness Centre, The Wild Oat and Yarn Forward & Sew-On, ZaZaZa.



For rates on boxed ads appearing on this page, please contact Judy Field at 613-231-4938 or by e-mail at advertising@glebereport.ca.

MARKETPLACE

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Ottawa Children's Choir 2013 ANNUAL BERRY SALE

It's time for the Ottawa Children's Choir's 23rd Annual Berry Sale Fundraiser. There are wild blueberries from Nova Scotia, cranberries from Canada/U.S. and raspberries from Chile for sale. The berries are tasty, individually quick-frozen, nutritious and packaged in plastic bags. Please support the Ottawa Children's Choir through this annual fundraiser. Prices below include HST.

Blueberries	Cranberries	Raspberries
2 kg bag - \$20	2 kg bag - \$15	2.5 kg bag - \$30

Berries will be delivered to you on **Saturday, February 23** between 10:30 am to 1:00 pm in the Glebe.

To place your berry order:
Call Judy Field at 613 231-4938 or email judyfield@rogers.com by January 30.
Payment is required by February 3.





PHOTOS: SOO HUM

Three layers of winter: Bank Street Bridge – morning view, Mutchmor School – sonder view and Glebe street art and life.
Tech note – Each image combines built-in camera panorama capacity and merging overlapping images (“stitching”) into one larger digital file.



www.gnag.ca

Glebe Neighbourhood Activities Group

Glebe Community Centre
175 Third Avenue, Ottawa, ON K1S 2K2
(613) 233-8713 or (613) 564-1058



www.ottawa.ca

Taste in the Glebe

15th Annual



Thank you to our participants, contributors and volunteers for an incredibly successful event.
Check out our website to see a full list of participants. www.gnag.ca

The Enchanted Ball



Date: Sunday, February 24
Time: 1 - 3 pm
Where: Glebe Community Centre
Tickets: \$7 per child available at the Glebe C.C.
under 9 years must be accompanied by an adult



Did you indulge a bit over the holidays?

Don't worry, we've got a class for you at GNAG fitness. Check out our website for the full schedule.

Hockey Night in the Glebe

Shinny Hockey for 8 - 10 Years
Wednesdays 7:00 - 8:00 pm
Jan 23 - Feb 27

Register at gnag.ca



PA Days & March Break Camps

Don't let the school breaks catch you unprepared, sign up with us today!

PA Days

- Public & Catholic Boards - Jan 18
- Public Board - Feb 18
- Catholic Board - April 26
- Public & Catholic Boards - June 7

March Break Camps

- Visual Art & Pottery Camp
- Galloping Gourmet
- Kinder Break Half Day Camp



- Dance Camp
- Musical Theatre Camp
- Montessori March Break Camp