

glebe report

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On the Glebe side the footbridge will go over the canal pathway and the reconfigured lily pond and end at the lights at Queen Elizabeth Drive and Fifth Avenue.

It's a go: Fifth – Clegg footbridge construction to start this fall

by John Dance

With Ottawa Centre MPP Yasir Naqvi's recent announcement of \$5 million of provincial funding for the canal footbridge at Fifth Avenue, all necessary funding and approvals are in place.

"The Glebe Community Association (GCA) is thrilled that the Fifth – Clegg footbridge will become a reality with construction starting this fall – three years ahead of schedule," says vice president Anthony Carricato.

After a decade of community advocacy, the specific location of the bridge has been chosen, the design is complete, the construction contract has been awarded and all sources for the required \$21 million have been found. Ottawa Centre MP Catherine McKenna committed \$10.5 million of federal funding for the project last summer. The bridge construction can proceed now that the new provincial commitment and the \$5.5 million of city funding that Councillor David Chernushenko secured are in place.

Long recognized as a key link for the city's active transportation network, the footbridge's progress was stalled because of a price tag about double that of other city footbridges such as the Adawé footbridge over the Rideau River at Somerset – Donald and the footbridge over the Queensway by the train station. The extra costs for the Fifth – Clegg footbridge result from needing the extra height and related ramps to allow unobstructed boat traffic, the restricted "real estate" available to land the ramps and the need to ensure the heritage elements of the Rideau Canal – particularly the lily pond along Queen Elizabeth Drive – were respected.

"The GCA worked tirelessly over the last decade with other community associations in the urban core to advocate for this footbridge and this collaboration is a great example of how we can all contribute to vital improvements in our neighbourhood. Thanks, MP Catherine McKenna, MPP Yasir Naqvi and Councillor Chernushenko for your efforts to secure the neces-

sary funding," Carricato commented.

Yasir Naqvi, in the company of Catherine McKenna, Jim Watson and David Chernushenko, made the funding announcement to the cheers of footbridge advocates who have long lobbied for what they affectionately call the "Midtown" bridge.

"Building a bridge to connect our communities will improve the quality of life for our neighbours by encouraging environmentally friendly transportation, improving the accessibility of our city, and ultimately connect people and build stronger communities," wrote Naqvi eight years ago. Bridge advocates at Naqvi's announcement noted the footbridge will promote healthy transportation and will be much safer than the existing Bank and Pretoria bridges.

A name and the selection of its public art are yet to be decided.

"In terms of the bridge's naming, I think it would be safe to say that there will be a large collaborative, consultative process with all partner organizations," says Ian Grabina, advisor to Council-

lor Chernushenko. The city has labelled the bridge bureaucratically as the Rideau Canal Crossing (Fifth – Clegg); however, others have used such names as Midtown, GOES (acronym of Glebe, Ottawa East and South) and Lansdowne. Another suggestion is that it be the Dewar Bridge in honour of former mayor Marion Dewar.

The city will initiate a public art competition this fall for the footbridge artwork. "The surrounding community will have an opportunity to give comments on the shortlisted proposals, which the peer assessment committee will take into consideration during their discussions," says Grabina.

Construction is expected to be complete in 2019, being somewhat constrained by the need to ensure the canal and skateway can maintain regular operations.

John Dance is an Old Ottawa East resident and a long-time advocate of a new Canal footbridge who has kept Glebe Report readers up-to-date on its progress.

MARK YOUR CALENDARS

- Canada 150 Embassy Events** Hort Bldg, Aug 18 Colombia, Aug 20 Trinidad and Tobago, Aug 24 Ukraine, Aug 25–27 Indonesia, Sep 10 Bulgaria
- Aug. 21–25** Choir day camp for children 6+, St. Matthew's Church
- Aug. 24–26** *Burn*, Gladstone Theatre
- Aug. 28** Lansdowne free movie: *Chitty Chitty Bang Bang*, 8:30 p.m.
- Sep. 9** Community circumnavigation of Rideau Island
- Sep. 9** Ottawa Bug Day, 9–4, Experimental Farm, 960 Carling Ave.
- Sep. 9** Wiggle Waggle Walk and Run, Humane Society, Lansdowne
- Sep. 9** GACA movie, Dalhousie South Pk, Bell St S., 8:30 p.m.
- Sep. 13–17** Cityfolk Festival, Lansdowne
- Sep. 16, 17** Glebe Fine Art Show, 10–4, GCC
- Sep. 17** Glebe House Tour and Tea, 1–4 p.m.
- Sep. 27** GNAG AGM, 7 p.m., GCC
- Sep. 30** GCA 50th Anniversary events

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a BIA perspective

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NEXT ISSUE: Friday, September 15, 2017
EDITORIAL DEADLINE: Friday, August 25, 2017
ADVERTISING ARTWORK DEADLINE*: Wednesday, August 30, 2017
*Book ads well in advance to ensure space availability.

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Glebe House Tour offers a peek inside

by Suzanne McCarthy with house descriptions by Stephanie Small

Take a Sunday afternoon stroll through Ottawa's Glebe neighbourhood and peek inside five beautiful private homes.

The Glebe House Tour, the 17th annual, is Sunday, September 17, 2017 from 1 to 4 p.m. and includes a complimentary shuttle bus service. At the end of the tour, enjoy tea and superbly baked goods at the Glebe Community Centre from 2:30 to 5 p.m.

Come and see up close what homeowners have done to renew their older homes. Get inspired to create beautiful spaces with art, flowers, furniture, lighting, paint and textiles. Volunteers are stationed throughout the homes with details including sources of materials, names of paint colours and contact information for contractors and designers.

Tickets are \$30 per person and \$35 the day of the event, available at Bloomfields Flowers, 783 Bank Street; at the Glebe Community Centre, 175 Third Avenue; by phone at 613-564-1058 or 613-233-8713; or online at www.gnag.ca under Events.

Adults and children age 11 and up are welcome, as are babies in arms. Tickets are limited.

The Glebe House Tour is a volunteer-run fundraiser. Your entry fee supports the Glebe Neighbourhood Activities Group, in particular a fund to make child and youth programs accessible to all Ottawa families.

This event is not possible without the generosity of homeowners who welcome the public to tour their homes. We offer our grateful thanks to them.

Suzanne McCarthy is chair of the Glebe House Tour Committee, and Stephanie Small is a committee member.



69 THIRD AVENUE


This charming gem of a home blends traditional features like crown moulding with fabulous modern light fixtures and art, just as it mixes some antique and family pieces with lovely contemporary furniture. Built-ins and smart storage help maximize space in this semi-detached house. It's hard to resist the urge to curl up with a book in the cozy family room or the backyard oasis.

16 RUPERT STREET

By knocking down walls and creating soaring spaces, the homeowners transformed this house into an airy home that's as well-suited for parties as it is for fun with their small children. A skylight, abundant windows and light floors help make the house feel bright even on dark days. Be sure to check out the third-floor master retreat, with its luxurious bathroom, exercise room and amazing outdoor rooftop room.




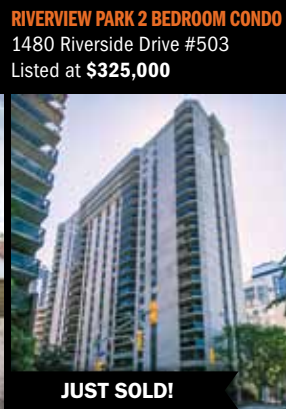
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Tickets: \$30 in advance; \$35 on the day
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8 WOODLAWN AVENUE

In renovating this beautiful house, the homeowners used a creative approach to design a family-friendly home with an elegant beach vibe. They salvaged and reused what they could from the original house; for instance, repurposing old doors in fresh new ways. Inspired by living in tiny yet functional apartments overseas, they also included lots of clever storage areas, such as window seats and outdoor benches that store toys. Take a look online at Airbnb for a peek inside the rental suite they ingeniously tucked in between their house and garage.



55 FOURTH AVENUE

This gracious Glebe home provides a luxurious backdrop for the homeowners' family heirlooms and antiques as well as their stunning art collection. In keeping with the elegance of the home, the owners added marble flooring in the front hall, crown mouldings to match the original ceiling rosettes and a gorgeous kitchen with herringbone wood floors. The third-floor master suite is another highlight. But above all, don't miss the deluxe man-cave in the renovated garage.



PHOTOS: SUZANNE MCCARTHY

48 FOURTH AVENUE

To brighten up this lovely Victorian home, the homeowners opened up doorways, installed light ash flooring, painted the walls and trim in soothing neutrals, and then added playful pops of colourful furniture, glass and art. Pay special attention to the gorgeous lighting and the custom furniture and fixtures, including the plum dining room cabinet, the kitchen cabinetry and the walnut-finished front closet that's a work of art in itself. The third floor features a home gym completely kitted out for one of the homeowners, a personal trainer.

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Images of the Glebe



PHOTO: LIZ MCKEEN

Martha Bowers, an organizer of the Glebe Art in our Gardens and Studio Tour held July 8 and 9, with Tracy Armstrong, a participating artist

Glebe homes are out of reach

Can the kids who grew up in the Glebe and are now looking to buy their first house afford to live here? Clearly, the answer is no.

Is this OK? Some might say that's the way things should be – or at least it's understandable. After all, the Glebe is a well-established neighbourhood, one that real estate agents routinely describe as “trendy” (questionable, surely?). These younger people (say, in their early 30s or so) are just starting out, probably buying their first home. Why should they not have the same constraints starting out as everyone else? Why should they not downscale their expectations and go

for a little bungalow in Vanier, or a townhouse in Barrhaven or Orleans, or a condo somewhere?

On the other hand, some might argue that offspring anywhere (including the Glebe) should be able to stay in the community of their birth and upbringing, and that there is something not right about children striking out on their own being forced to slash their roots in the neighbourhood and move away. If anyone watches the long-running British series *Heartbeat*, set in the swinging sixties, plot lines often have young people facing roadblocks when looking to set up a household, but not financial roadblocks; more

likely because few village vacancies occur. Their task is to find room for themselves in the well-established village of their youth, with people they know. Often it involves reclaiming derelict housing through work bees organized by friends and family in the village.

Is there anything in this somewhat idyllic 60s scenario that can apply to the here and now? Perhaps through some kind of collective “building and loan” fund, à la *It's a Wonderful Life*?

I think not. Sadly or not, those days are behind us.

Liz McKeen

glebe report

www.glebereport.ca

Established in 1973, the *Glebe Report*, published by the Glebe Report Association is a monthly not-for-profit community newspaper with a circulation of 7,500 copies. It 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.

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Views expressed in the articles and letters submitted to the *Glebe Report* are those of our contributors. We reserve the right to edit all submissions. Articles selected for publication will be published in both a printed version and an online version on the *Glebe Report's* website: www.glebereport.ca.

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Glebe comings and goings

NEW TO THE GLEBE

Whole Health Pharmacy Glebe, 857A Bank Street (beside Pizza Hut). “We’re bringing together like-minded pharmacists who are committed to their patients and the communities they serve.” (Facebook) Opened June 22.

Mad Radish opened its doors at 859 Bank Street on July 25th. See article on page 18.

Phi Beauty Bar, 1018 Bank Street (where Kaleidoscope Kids Books was). Opened July 10. Two beauty professionals who share an intense love and passion for the beauty industry founded *Phi Beauty Bar* in 2017. “Phi (pronounced “phee”), also known as the Golden Ratio or the Divine Proportion, is ... a constant representing harmony and beauty in human faces, bodies and throughout nature.” www.phibeautybar.com.

Layers Hair Design, 99 Fifth Avenue (Fifth Avenue Court) “We are a brand new hair salon in the Glebe ... We provide an excellent experience and offer a wide variety of hair services, all at extremely competitive prices.” (Kijiji) 613-858-4422

MELLI! Organic Cosmetics 100 Marché Way, Lansdowne www.themelli.com 613-695-2300 “Melli Corporation is a Canadian multinational cosmetics company headquartered in Ottawa, Ontario that designs, develops, and sells cosmetics. The company’s cosmetics products include the makeup line, the skincare line, the fragrance line, the nail line, the hair line, the body line, and the bath line.”

CHANGES AFOOT

Dailey Cycle, 99 Fifth Avenue, part of The Dailey Method. “We have grown our business and now offer a cycle/spinning studio that opened in February.”

GONE BUT NOT FORGOTTEN

Go Joy, briefly with us at 755 Bank Street, has now gone.

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Trees and allergies

Editor, *Glebe Report*

After reading the articles about native trees from Angela Keller-Herzog, I send you this information. My name is Peter Prakte and I am a horticulturist, researcher and writer who initiated the "Allergy Friendly Schoolyard©" for Canada, USA and EU countries. After my retirement, I read about allergy and asthma, and was interested in this part of horticulture. I contacted Thomas Ogren, who initiated the Ogren Plant Allergy Scale (OPALS), which is now known worldwide.

According to the "Pollination Tour" from Thomas Ogren, who travelled from coast to coast and assessed shrubs and trees from Canada's major cities, Ottawa has 80 per cent (male clonal) allergenic trees and 20 per cent female trees.

My question to your readers: What trees, native and non-native, are in your schoolyards?

Peter Prakte
Ancaster, Ontario
www.healthyschoolyards.org

Help!

Glebe Report seeks writer on the quirks and mysteries of language

We are looking for a writer and language-lover to write a regular column on words and language for the *Glebe Report*, beginning in October. (Previous columns include *In the Language Garden* by Adelle Farrelly and *Lost for Words* by Ash Abraham Couto.)

If you love language and don't mind writing about 300 words a month to deadline, please get in touch by email to editor@glebereport.ca.

Doing our bit for the Glebe

Editor, *Glebe Report*

I love the Glebe for its sense of community and for the string of shops courageously holding on to a tradition of excellence. It breaks my heart to see any close and to walk by empty locales. So I decided to do my bit.

I bought a cart (in the Glebe) and now do all my shopping while walking around the Glebe. Anything I need, I first look for it in the Glebe. For food, we have both the full range of basics and exquisite delicacies. Clothes and shoes can be found for ages 0 to 120 (I am an optimist); jewellery is magnificent for any purse; anything for the kitchen can be found at high quality, as is the case for sports and travel. For special occasions, look no further for flowers, stationery or gift-wrapping and gifts for children and adults. Then there are the unique stores that rent movies, offer the best music as well as the video and audio equipment with which to enjoy them, famous across Ottawa.

We also think about the Glebe first for restaurants and coffee shops. We stroll there, have a delicious meal and walk back; no need for a designated ... walker?

I could go on with this list of great goods and services in the Glebe but you get my point. I took Gandhi's wisdom to heart: be the change you want to see. Let's put the Glebe first for anything we need and do our bit to keep it flourishing.

Chantal Bernier

Scouts Canada 2017 registration

For more than 100 years, Scouts Canada has brought a world of adventure, outdoor experience and friendship to 17 million Canadian youth.

The 36th Ottawa Scouts will hold an information night on Thursday, September 7 from 7 to 9 p.m. in Fraser Hall, Glebe—St. James United Church, 650 Lyon Street. This is an opportunity for parents and youth to ask about the Scouts Canada program, which the 36th Ottawa runs for girls and boys in the downtown core, and register (\$215) for the year's activities. Parents can also register any time at www.myscouts.ca. You will have the opportunity to ask leaders about the different sections and their major activities. Note: Beavers (ages 5 – 7) meet Tuesday evenings; Cubs (8 – 10 years) meet Thursday evenings; Scouts (11 – 14



years) meet Tuesday evenings; and Ventures (14 – 17 years) meet Thursday evenings.

The 36th Ottawa are always looking for new and experienced leaders who would like to help us deliver this highly rewarding program. The Scouts Canada mission is to contribute to the education of young people through a value system based on the Scout Promise and Law: to help build a better world where people are self-fulfilled as individuals and play a constructive role in society. You can also check out www.myscouts.ca for more information.

PHOTOTTAWA 150 – Capital Time Capture

While it seems this year could be over in a flash, the Council of Heritage Organizations in Ottawa (CHOO) wants to ensure that picture-perfect moments of Canada's sesquicentennial year are not forgotten. To commemorate this milestone year, we have launched **PHOTOTTAWA150 – Capital Time Capture**.

We invite Ottawa residents and visitors to capture Ottawa throughout Canada's 150th anniversary year and share your images and background "stories" at www.facebook.com/PHOTOTTAWA150. We will select some images for inclusion in a permanent City of Ottawa

Archive and CHOO exhibit.

From city events and cultural festivals to neighbourhood gatherings and landscape snaps, we want to see Ottawa through the lens of your community. Our hope is to encourage people throughout the region to explore, capture and be captured by your own local heritage. Let's leave a legacy of the capital for future generations to discover!

Council of Heritage Organizations in Ottawa (CHOO), with support from ONTARIO 150, City of Ottawa, City of Ottawa Archives and Ottawa Public Library



GLEBE REPORT IS SEEKING A VOLUNTEER BUSINESS WRITER:

A good writer, able to write a 750-word article every month; Interested in business and the Glebe neighbourhood. Contact: editor@glebereport.ca with writing sample. Please put "Business writer" in the subject line.

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Eva Vukovik, age 10, plays the prima at the Croatia embassy event in the Horticulture Building on June 9 at Lansdowne, one of many "Ottawa welcomes the world" embassy events this summer.



Ella Lake (left) and Cora Seymour-Newman rehearse for GNAG's musical *Into the Woods*, performed in June for an appreciative audience.



Noam Kaplan-Myrth gets a high-five from a Mountie on Canada Day 2017



The Summer Solstice Pow Wow at Vincent Massey Park on June 21

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This is not intended to solicit properties already listed for sale

Welcome to Abbotsford

by Pat Goyeche

We have a fresh slate of programs on offer at The Glebe Centre at Abbotsford this September. Come see for yourself at our Open House on Friday, September 8 between 9 a.m. and 4 p.m. Get a tour, pick up a brochure, ask about the classes and meet the folks who make Abbotsford vibrant. Councillor David Chernushenko's seniors lunch will take place at Abbotsford this September 8 for Capital Ward seniors. Reserve your seat by contacting his office at 613-580-2487 or by email at lunch@capitalward.ca.

Take this opportunity to find out what you have been missing by visiting Abbotsford in person or having a look at our new website that lists all of the community programs and services that are offered to those 55+ in our community. Look under the Community Programs/Services tab at www.glebecentre.ca and ask us for more information about the programs of interest to you.

Fall is the time of year when we can start with a "clean slate," fulfill resolutions to improve our health and make an effort to connect with longstanding or new friends, or take up a pastime that we always thought we would pursue some day. Well, today is the day! Don't put it off because it seems challenging; those new challenges may lead to fulfillment.

We had a suggestion for a new club so we formed a new breakfast club on Thursday mornings. This club will evolve with the needs and wishes of the participants, but its main goal is simply for people to connect with each other. Connection to community is never more important than in our elder years. This group is specifically designed with the "on my own again" individual in mind. Whether you find yourself a long-time single, widowed, divorced, new to Ottawa, away from home or simply looking to meet new



A great gang of folks welcoming new and returning Abbotsford members!

PHOTO: PAT GOYECHÉ

people, this is the club for you.

We also have the Wine 101 class for the wine steward in you who could do with a crash course on wines. You'll find out where to start when choosing a wine for a friend, where to look in the LCBO (we might even go on a field trip!), and how to get good value for your money, to name but a few topics.

Music and dance still play an important role at Abbotsford with Propeller Dance workshops as well as Family Dance, Belly Dancing, Dancing to World Music and Zumba! On the music front we hope to gather enough interested musicians to form a band on Wednesday afternoons and the Sing n' Jam group is going strong on Monday afternoons. We also have a course on the life and music of Leonard Cohen and a study of eight great Canadian artists in our Classical Music Appreciation class.

We have conversational Spanish for beginners this fall along with our conversational Spanish plus. Memoir writing, pottery, calligraphy, art, stained glass, card making and bridge will keep you engaged. Clubs such as mahjong, tai chi, lok hup, Scrabble® and opera will keep you coming in weekly if not daily for a dose of enjoy-

able and stimulating activities.

Our ping-pong club is flourishing due to the avid players who all pitched in to purchase a second table. Book ahead and revel in a game that challenges the body and brain simultaneously.

You might ask how all of these activities are in one building and how we could possibly still be reaching out to ask more community folks to come join in. The answer is simple: the more the merrier! There is always room for one more person and if there isn't, we simply add another class. Fitness is a fine example. Some of our classes do fill up on the first day of registration (Thursday, August 24 at 9 a.m.). But when one fitness class fills up we can offer another. New instructors, new times and new days, as well as our well-known fitness instruction, are all

on offer this fall.

Put Abbotsford at the top of your slate of places to visit, courses to take, lectures to attend and people to meet this fall. You won't be disappointed.

Abbotsford is *your* community support centre for Adults 55+. We are the community programs of The Glebe Centre Inc., a charitable, not-for-profit, organization that includes a 254-bed long term care home. Find out more about our services by dropping by 950 Bank Street (the old stone house) Mon-Fri, 9-4 p.m., telephoning 613-230-5730 or checking out all of The Glebe Centre facilities and community programs on our website www.glebecentre.ca.

Pat Goyeche is coordinator of community programs at Abbotsford House.

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HAPPY 150TH TO CANADA FROM THE GLEBE

by Karen Anne Blakely

There was an extraordinary buzz on Monk Street on Saturday, June 10 during The Glebe Centre's Canada 150th birthday celebration in the form of a block party from Oakland to Holmwood Ave. The Glebe Centre, a not-for-profit and charitable long-term care home and seniors' community centre, partnered with Chartwell's Lord Lansdowne Retirement Residence to host the special event for Glebe community residents who live on the roads intersecting Monk Street.

The street was decorated in Canadian flags and red and white balloons, and the aromas of burgers and hotdogs filled the air. All were welcomed with free food, drinks and entertainment for all ages. A grand stage showcased folk, jazz and country musicians that performed to the seated crowd in the parking lot. A covered petting zoo allowed young and old to pat bunnies and chicks and even feed the goats. A



The June 10 block party on Monk Street, hosted by The Glebe Centre and the Lord Lansdowne, had something for all ages.


bouncy castle entertained the young energetic ones. Face painting and balloon characters provided amusement for young and old alike.

We extend a heart-felt thanks to all the volunteers and staff at the Glebe Centre and Lord Lansdowne and the Community Foundation of Ottawa who helped make the day delightful for the hundreds of people who make the Glebe community their home.

Karen Anne Blakely is Glebe Centre's director of community programs at Abbotsford House.




PHOTOS: KAREN ANNE BLAKELY





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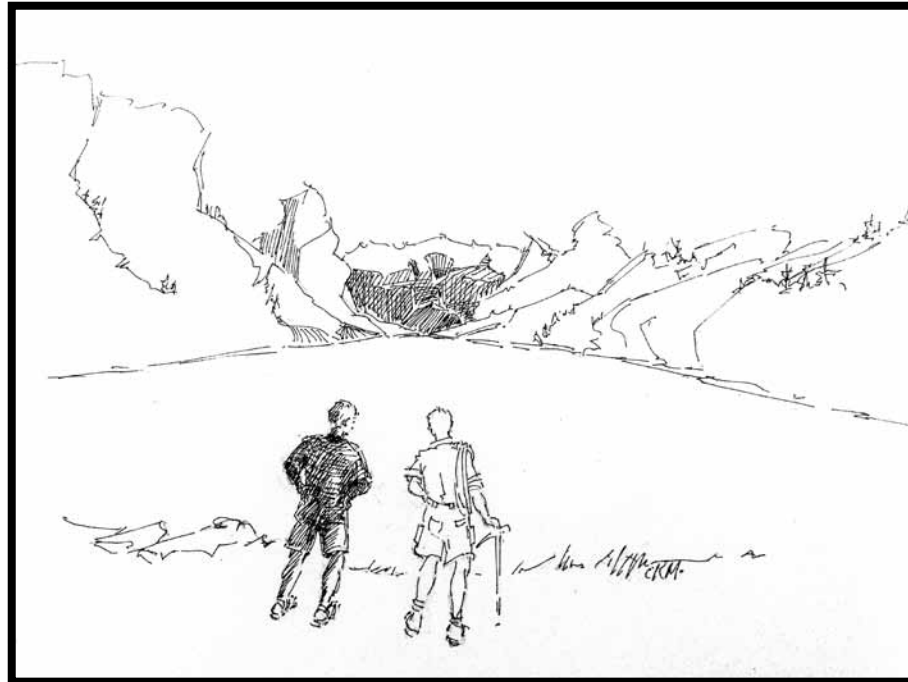
by Chris McNaught

I don't believe in UFOs, ETs, ESP (or GST for that matter), but in the late summer of 1968, a *doppelganger* passed in and out of my life, and now, in the great scheme of things, I feel an urge to revisit that unnerving experience. Was there a message obscured by youth?

The mere resilience of his image speaks for itself. It persists in my boomer memory, managing to survive the banality of career and a cluttered march towards the sod-bound here-after. But the years have blurred the original facts to a degree that I sometimes wonder whether it ever really happened: have I simply embellished or mythologized a distant chance encounter?

In May, I emerged from Classics at the University of Toronto, headed that autumn for grad school in Philadelphia. June found me in Greece, thrilled to be a diver on an American underwater dig in the Gulf of Argos. I left a romance behind, her summer to be spent waitressing at Chateau Lake Louise in the Rockies. Late in August, I determined upon an ill-starred (typically male) exploit: I would fly to see her, in one day from Athens, via Vienna, Amsterdam and Montreal, to Calgary – which I did. Fatigued, and beginning to doubt how my surprise would play, I rented a car and drove up to Lake Louise in the early evening.

Directly, I plodded up the path behind the Chateau in the glorious mountain air, towards the female staff quarters. Half way up, lo, my "romance" exited the residence hand



Chris McNaught and his doppelganger

in hand with a male and started down the path. The *only* path, so that my instant chagrin, my grandiose gesture derided, could not be swallowed privately.

But then, I stared at the male – stared, stock-still – as he did at me, for a frozen minute. We each "looked upon ourselves" as it were. There was our Roman nose, blond hair, blue eyes, same height, athletic (ah, then!) frame and obvious common taste in the opposite sex. We were both tanned, but I swear, in retrospect, we both paled. We were awkwardly introduced and they moved on after a promise to find me a spot under somebody's bunk for the night.

After that, I only recall sharing an unhealthy quantity of Kelowna Big Red with some waiters before drift-

ing off. In the morning, having worked there a previous summer, I knew where the staff cafeteria was and how to scam breakfast – no one would notice me. Wrong.

All down the hill, staff gawked, or parted in shockwaves until I passed. Inside the cafeteria, a tangible pall hung over the largely student community. I found my lady-friend in one corner, silent and eyes red-rimmed. She looked quizzically at me. Then it all came out in stages.

My "double," an immensely popular waiter, had been found in his bed that morning, dead. When I met him the evening before, he'd just returned from scaling Mount Temple – the Chateau traditionally welcomed expert alpinists on staff to facilitate rescues of tourist climbers. Months later, it was

determined he had the arterial system of an 80-year-old and he might as well have been dancing or playing board games, let alone scrambling to nearly 12,000 feet.

Amazingly, and to the CPR's credit, the entire hotel was shut down for the morning to allow staff a memorial gathering in the ballroom. Needless to say, I didn't attend; those bumping into me were recoiling as if seeing a ghost. I sat up the hill for the morning, then slunk into the Princess Louise Lounge, uncertain of how to end my journey. Carl Dowd, the charismatic maître d', was there and immediately lunged at me. Shaken, I was offered a dining room job on the spot; "you are magic comfort!" he said. He'd lost his favourite waiter and, apparently, fellow rogue.

I took it – three weeks' found money for grad school. Everything crystallized at the end of a lunch shift in the second week. Three bellhops, all expert mountaineers, strode into the huge dining room and tracked me down; they felt I should see the brass plaque they were about to take up and bolt into the summit of Temple in honour of their friend. I looked at it.

His name inscribed was "Art McNab" – mine, "McNaught." We had stunned each other and all around us with our identical presence. We were drawn to the same woman. He was bound for med school, and as it turned out, I ditched grad school for law. We were both varsity athletes.

Etched at the bottom were Art McNab's relevant dates. He was born December 20, 1945. My birthday.

Chris McNaught is a former criminal lawyer and educator, and the author of three novels.





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Vacancies on Bank Street in the Glebe: the BIA perspective

by Andrew Peck

Recently I had the opportunity to speak about the commercial health and well-being of the Glebe to members of the Glebe Community Association at its annual general meeting. Much of this article is based on that presentation.

Business vacancies are a legitimate concern. No other issue is raised as often by members of the community. Vacancies represent loss and missed opportunity; they are holes in our landscape. The visibility and concentration of empty spaces in the area and the turnover since the reconstruction of Bank Street have caused some alarm bells to go off. It is something we all take seriously and for this reason, much of our work has been focused on improving conditions that will support our businesses and attract new ones. The good news is that many of the challenges our businesses face are not unique to the Glebe; the bad news is that there are many challenges that face businesses in general and



The vacancy rate on Bank Street is 5 to 7 per cent, which, according to Glebe BIA executive director Andrew Peck, is "both normal and less than that experienced by nearby commercial areas deemed to be similar or competitive in nature."

they ultimately affect the commercial well-being of our neighbourhood. There's no two ways about it.

When a business closes its doors, the relationships we have built with its owners and staff over time ends. With this comes a feeling of loss. Notwithstanding the reasons behind the closure – personal choice, a move to a more suitable location, a consolidation of the business, the bankruptcy of a larger company, changing market conditions, poor management or even tragedy (the fire in April 2016) – ultimately it is a loss and the vacancy itself takes away from the on-street experience and the area's full potential.

That said, ongoing turnover is something that all commercial areas deal with and a short drive around town will confirm this reality. While we do have a dozen or so empty storefronts in the Glebe, our vacancy rate of 5 to 7 per cent is both normal and less than that experienced in nearby commercial areas deemed to be similar or competitive in nature. We have also seen many new businesses open in the Glebe. The openings outnumber

closures over the same period and are many more than elsewhere in Ottawa.



Ultimately, we want to see every available location occupied, but recognize that "fit" is of the utmost importance. For a business to be feasible and viable, it must be the right business concept in the right space, and this takes time. For property owners, they may need to be considerate of surrounding tenants, the needs of the community and the track record of the potential new operator. These are long-term relationships that need to work for everyone to be successful.

RENTS

A common refrain is that leasing rates are ultimately to blame for business closures and vacancies. However, the problem is far more complex. Major urban centres including Ottawa are becoming more expensive across the board for residents and businesses alike. Everything is going up. Consultations in recent months with brokers and agents who work in areas throughout the city, as well as business owners who run multiple operations in differ-

ent neighbourhoods, have all indicated that leasing rates are relatively consistent in comparable areas. Here in the Glebe, these rates have remained rather stable and in some cases have even started coming down. A survey we conducted in 2016 asking our local businesses what they pay for retail space verified the net per square foot cost we've been quoted by various sources. There are always exceptions, but for those businesses that aren't fortunate enough to own their property, the real issue at hand is the operating costs over and above the net rate being charged for a location. Add to this a countless number of other costs that affect the bottom line and profitability becomes increasingly elusive. Now throw in changing trends or ongoing challenges that reduce demand or market share: large discount retailers, online shopping, economic uncertainty, a change in the cost of labour and even weather can change the day. Things quickly go from a nickel and dime affair to a penny-counting exercise.

Many of the major challenges

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facing businesses are not specific to the Glebe. Outfits throughout Ottawa, the province and across Canada are confronted with similar threats. And while we believe that there are real concerns that need to be addressed and managed, there are tremendous opportunities and unrealized potential here at home. Relatively speaking, the Glebe is a strong area with tremendous assets.

WHAT'S GREAT ABOUT THE GLEBE

The Glebe is as retail-ready as any neighbourhood. We have a great location and setting as well as a loyal and captive customer base. It's safe, attractive and interesting. There exists a healthy mix of businesses that cater to a variety of important audiences. Events throughout the year are a constant draw for all kinds of people and our proximity to the heart of the city brings added convenience. Challenges aside, the research shows that we're well positioned in the marketplace and that patrons enjoy being here; the Glebe offers an experience. And where there are customers, there are businesses.

THE BIA'S ROLE

What can we do as a business improvement area to address things? In simple terms, put feet on the street and strengthen reputation. More pedestrian traffic means more customers and these patrons support our local merchants, attract new businesses and draw even more people. Extensive research done by Environics in 2016 indicated that approximately half our business comes from our primary trade area, a two-km radius around the Glebe. Roughly 40 per cent of our commercial activity can be attributed

to the wider city with the remaining 10 per cent coming from visitors to Ottawa. To this end, last year the Glebe BIA launched its largest marketing campaign, which resulted in more than 13 million online impressions. Promoting our Glebe businesses is essential to building a renewed awareness of the area. Showcasing what's here builds brand awareness, attracts people, encourages more visits and longer stays and promotes increased spending.

What the Environics research also highlighted was our position in the city as a leisure destination. A survey to more than 500 households throughout Ottawa indicated that we are the top-of-mind destination for shopping, dining and entertainment, tied with downtown. Other areas we might normally think of as our closest competitors ranked lower. This fact alone distinguishes us as a desirable location in which to locate and operate a business.

In recent years, The Glebe BIA has created and strengthened a suite of signature programs to enhance the Glebe experience. This includes Mar-vest, a celebration of local musical talent that turns our local businesses (including vacant spaces) into unconventional venues. After its first year, the event received an Ottawa Tourism award nomination. Snowmania was developed as a tie-in to Winterlude, with the aim of encouraging people to use the Glebe as a launching point for the winter festival. In May, we launched the first edition of Canadian Eats, a food celebration to help build new profile for the eateries and food purveyors in the area. It provided audiences with the opportunity to explore national cuisine and discover Canada

on a plate through the eyes and taste buds of our talented local food lovers. Our best-known promotion, the Glebe Spree, continues to grow; 2016 was our most successful ever with more than 19,000 entries.

A new state-of-the-art online presence was designed to showcase the area, capture the Glebe experience and support marketing efforts. If it's happening here, it's at www.intheglebe.ca. We continue to generate new content daily that tells the Glebe story and features its many great businesses. The site's content is self-generating with customizable merchant pages and a promotions section that highlights specials and incentives. We proactively engage people and work hard to keep them connected to the area in meaningful ways.

A business attraction package was developed to make a compelling case for why the Glebe is an ideal commercial location. For those interested in storefront or office space, this tool outlines key pieces of information and research, and lays out the neighbourhood's many features, advantages and benefits conducive to a successful business operation. The guide is available to property owners, brokers, leasing agents and our local business community to entice potential new enterprises.

GLEBE IS IN GOOD SHAPE

One vacancy is one too many, but we hope that this article has achieved three simple goals. First, to demonstrate that while empty spaces exist, the problem is not an alarming one, and it's not a Glebe-specific phenomenon. Overall, we're in pretty good shape. Second, that we are proactively addressing vacancies in a strategic and multi-faceted way, one that makes a

case for locating here while attracting the critical mass necessary for sustained success. And third, the Glebe is without question, extremely well positioned in the marketplace with real and tangible opportunity and potential. We know, for example, that traffic is up overall, e.g. Lansdowne alone saw a 40 per cent increase in 2016 from the year before.

Like any traditional downtown main street, we need to constantly adapt and evolve to thrive. But we also need to call upon our governments at all levels to look more closely at how policies can make running a business too risky or unworkable. After all, it's the small businesses that contribute largely to the wellbeing of our communities. In Canada, 97.9 per cent of businesses are considered small, but they account for 70 per cent of the labour force and more than two-thirds of new jobs. An average of 130,000 new small businesses are created annually, but only 35 per cent survive five years. A little support could go a long way.

Ultimately, what makes the Glebe is the people – those who live here. You are our best customers, our greatest champions and our most valuable asset. It is the local community that gives this place its authentic village feel, its character and its charm, all qualities that go a long way to attracting businesses that will fill those vacant spaces. We depend on your ongoing support and appreciate your feedback and concern. Your input is vital to our success and being a part of such a special community is both rewarding and a joy.

Andrew Peck is executive director of the Glebe BIA (Business Improvement Area).

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URBAN FOREST MANAGEMENT PLAN

I am pleased to report that City Council recently adopted a 20-year Urban Forest Management Plan (UFMP). I wrote about this important project during the draft stage last year. I'm providing an update because residents of Capital Ward made it clear that protecting and expanding our urban forest is very important and because I consider this to be an example of excellent public consultation and collaboration with stakeholders. That's not always the case at City Hall.

The UFMP is made up of five four-year management periods, each to be followed by a formal review. It provides 26 recommendations for making Ottawa's urban forest healthier, more diverse, resilient and, ultimately, sustainable. These recommendations cover program structure and administration, planning (including a review of existing tree bylaws), maintenance and growth, and outreach. And they respond to the six challenges faced by Ottawa's urban forest: invasive species, pests and pathogens; land development; difficult growing conditions; tree loss on private property; limited community awareness and engagement; and non-city ownership of urban trees.

Urban forests provide valuable benefits: helping us mitigate and adapt to climate change, supporting physical and mental health, increasing property values, reducing energy use, reducing costs for health care and infrastructure maintenance, and improving air and water quality.

The city now has a great opportunity to encourage extensive public engagement and foster environmental stewardship in every neighbourhood. With 40 per cent of Ottawa's urban area made up of privately owned land, residents can play an active role in the UFMP and increase its potential impact.

Some residents are concerned about bylaw enforcement and whether the plan will actually change anything. Like many communities, the Glebe has seen a significant loss of trees on individual lots as a result of infill projects. The city's current planning rules and building permit application process favour the right of a property owner to build or expand at the expense of existing trees. In too many cases, even protected trees are cut without a permit, as the fine for doing so appears to be insufficient to discourage such behaviour.

Our existing tree-related bylaws and planning processes need to be updated and strengthened if we wish to stop the steady loss of significant trees in our neighbourhoods. Accordingly, the first four-year management period of this plan calls for a review of the tree bylaw,



Councillor David Chernushenko
www.capitalward.ca

with public consultation expected to play an important role. As timelines become known, I will inform residents of opportunities to participate.

Protecting and expanding the urban forest is especially necessary in Ottawa since the Emerald Ash Borer destroyed 20 – 25 per cent of our tree canopy. This plan represents a timely

response to the loss caused by this invasive beetle.

It's also worth mentioning that investing in trees is good for our economy. A 2014 TD Economics special report about Toronto's urban forest found that every dollar put into tree maintenance returns more than \$3 worth of environmental benefits and those benefits increase as trees age and grow in size.

WHAT DID YOU THINK OF THE ESCAPADE FESTIVAL?

On June 24 and 25, Lansdowne Park played host to the Escapade electronic music festival, which some residents would rather have kept as far away as possible. Electronic dance music, with its heavy, repetitive bass, appeals to some people but not necessarily to the neighbours. Be that as it may, Escapade has a strong following among Ottawa residents, as attendance numbers show.

While I would not normally have considered the Escapade organizers' entreaties to move the festival to Lansdowne, a last-minute termination by the new owners of their previous venue put them in an unexpected bind. So I took the risk of granting a one-time trial at Lansdowne under strict conditions: limited hours, tight security to counter the prevalence of recreational drug use and substantial measures to limit bass vibrations and noise bleed in general.

Were these measures adequate? Were you negatively affected? Or, did you find the festival no more intrusive than a typical Lansdowne event? Maybe you even enjoyed it!

Feedback from residents of the Glebe is among the factors that will inform any decision about Escapade's potential return to Lansdowne. Please share your thoughts.

A BRIDGE SO NEAR

It's been a long time coming. Area residents have advocated for more than a century for a footbridge over the Rideau Canal to connect the Glebe with Old Ottawa East and South. With the announcement in late June of provincial funding, all three levels of government have now formalized their commitments. Site preparation is slated to start in September, and construction gets going in earnest when the canal's water level is lowered in mid-October for the winter. The work is expected to take two years.



PHOTO: COURTESY OF YASIR NAQVI

MPP Yasir Naqvi and deputy chief of the Ottawa Police Service Jill Skinner toss the tip off at the annual "Naqvi Cup," St. Luke's Community Basketball Challenge.



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#OC150 Award celebrates community leadership on Canada's 150th!

2017 is a very special year for our country as we commemorate 150 years of Canadian Confederation. Much like Expo '67 was for Canada's 100th birthday, 2017 is an important opportunity to reflect on our country's past, present and future.



**MPP
Yasir Naqvi**
yasirnaqvi.onmpp.ca

To celebrate this special occasion, Ottawa is home to a year-long celebration including massive signature events for the whole city to enjoy, all the way down to local community events. Through Ontario government's support and partnership, we have worked hard to ensure many of these events include free admission so that everyone is able to partake in the festivities. Please visit www.ottawa2017.ca for a full calendar of the special events taking place throughout the city.

In the past 150 years Canada has grown to become one of the most welcoming, friendly and peaceful nations in the world. This would not have been possible without our nation's most important asset - our people. That's why in a year focused on celebrating our province and country, I want to honour local residents who embody the qualities and values that make Ottawa, Ontario and Canada great.

I am very pleased to announce the #OC150 Award. We will be recognizing 50 women, 50 men and 50 youth (ages 12 - 25) who have dedicated their time and talent in the service of our community of Ottawa Centre. And we need your help to find them. We want to celebrate people who have contributed to:

- Celebrating diversity/inclusion

- Building community/capacity
- Protecting the heritage of Ottawa Centre
- Protecting the environment
- Promoting a healthy community

What better way to observe the 150th anniversary of Confederation than to celebrate the community builders whose contributions have made our national capital a place we are all proud to call home.

To be eligible, nominees need not live in Ottawa Centre but their work must have had a direct impact on our community.

I encourage you to talk to your family, friends and neighbours and complete the nomination form to nominate anyone who makes our community a better place to live, work and play. You can complete the form online at www.yasirnaqvimpp.ca, or get a copy via email by writing to me at ynaqvi.mpp.co@liberal.ola.org, or drop by the Community Office at 109 Catherine Street, Ottawa. Submissions must include at least two reference letters from prominent members of the community, but more are always welcome. The application deadline is September 1, 2017.

The award recipients will be recognized at a special ceremony towards the end of the sesquicentennial year. A special guest will join us to celebrate our community builders, along with their family and friends.

Please help me recognize the people who work so hard to make our community the vibrant and welcoming place we call home.

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The GCA in the early 90s

by Beatrice Raffoul

Note: This is the seventh in a series of articles by past presidents of the Glebe Community Association to mark the 50th anniversary of its founding in 1967.

The 50-year milestone of the GCA, for me, has been about the people involved. The GCA has always had a large and engaged membership base and the commitment of active volunteers. A shout-out to all the area captains and block reps who were and are important conduits for communication and getting people out to participate and who ensure the successful annual membership drives!

As you have probably noted, there is a thread of similar issues running through the decades. The first half of the 1990s was similar to the eighties. Market Value Assessment reared its ugly head and during my mandate we worked to mitigate the effects. We were especially worried about those with fixed incomes. Peter Vice, a lawyer who specialized in municipal matters, was one of our residents who answered my call for help. He came out to GCA meetings to guide the team of volunteers and residents in determining what things really mattered for their assessment appeals.

And then there was the interminable issue of Lansdowne Park. Even though we had just stopped the removal of the Aberdeen and Horticulture buildings,

the Historical Ottawa Development Incorporated (HODI) submitted an application for new and ongoing uses for the Horticulture building, which met with community opposition. A breakfast meeting at The Avenue (a Glebe institution in those days) followed, with our new Councillor, Jim Watson. Jim McCarthy joined us. Watson asked, "What *does* the community want at Lansdowne Park?" He listened and set about working with Peter Hume, Councillor for Alta Vista, to develop a compromise proposal for Lansdowne Park to counter the HODI one, that would implement our vision – to refurbish the Cattle Castle to its original form and not as a trade show complex, and to pay for it by using existing federal and provincial funds and money from the Central Canadian Exhibition Association relocation fund. This would be a bare bones refurbishment, one that would turn out to be a moneymaker and make the facility suitable for a variety of community activities. In June of 1994, Jim Watson officially opened the Aberdeen Pavilion. Over 2,500 residents came out to celebrate the occasion. We were able to save the Pavilion and tick off that box!

Remember the Ice Dream at Winterlude? In February 1992, the City of Ottawa presented the Pontiac LeMans Ice Dream at Dow's Lake. Amateur sculptors were invited to create masterpieces out of snow, to be viewed and judged by thousands of visitors



PHOTO: BEATRICE RAFFOUL

Painting by Ben Babelowsky of the Bank Street Bridge, commemorating its refurbishment

throughout Winterlude. The GCA participated in the Challenge for a few years. Bhat Boy was a big help to me and to the team as we honed our techniques in minus-30-degree weather. For the life of me I cannot remember what we built in 1992 but in 1994 we built the Aberdeen Pavilion (The Cattle Castle). Jim Foster coordinated the team that year.

To mark Canada's 125th birthday, the GCA registered our annual Great Glebe Garage Sale with the Canada 125 "Participation" program as the perfect community event. It became part of the program of activities taking place across the country.

What about the GCA replant of Central Park in 1993, coordinated by Muriel Flandé, the GCA environment director at the time? For tree enthusiasts, willows, tamaracks, mock orange, cedars, maple saplings and bundles of day lilies were planted under the direction of John Zvonar and a team that included Steve Gurman, Elaine Marlin, Diane McIntyre, Eleanor Stanfield, Grant Peart and myself, along with Brian Smith of the City of Ottawa and Ayyam Perumal of the NCC. Astronaut Roberta Bondar visited the park a year later in her capacity as chair of Canada Trust's Friends of the

Environment Foundation.

I digress! The GCA continued its opposition to the Alta Vista Parkway and the Queensway collector lane appeal by the Ottawa East Community Association; made interventions related to the impending reforms that would create a one-tier municipal government; sought support in opposition to the noise bylaw; and opposed the change to residential zoning from Gloucester Street to the Queensway. These were just a few of the items that kept us focused for a number of years.

Building community for the Glebe was always about being inclusive. We supported the Youth Drug and Alcohol Abuse Centre locating to Bronson. Who could forget Constable Gary Schuiteboer (aka Skate) who worked with the GCA on a number of initiatives, such as methods to counter theft, setting up a Neighbourhood Watch or helping parents to street-proof their children. Whatever it was, Skate was that friendly and reassuring face on the beat.

Because of the people, my 20 years on the board was an amazing and rewarding experience.

Beatrice Raffoul was president of the Glebe Community Association from 1991 to 1993.


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Celebrate GCA's 50th on September 30



PHOTO: PETR MAUR

Sneezy Waters and his excellent band, from left: Ed Bimm, keyboards; Ann Downey, bass; Peter Beaudoin, drums; Sneezy Waters, vocals and guitar; Dave Bignell, guitar; Vince Halfhide, guitar.

Sneezy Waters headlines GCA 50 event

by June Creelman

Sneezy Waters and his talented band will play at the Glebe Community Centre on Saturday, September 30 as part of the celebrations to mark the 50th anniversary of the Glebe Community Association. Under the dome of Scotton Hall, you'll be able to sit back and listen to tunes from some of Ottawa's finest musicians or kick up your heels on the dance floor. You'll also be able to have a glass of wine or beer from the cash bar.

It's fitting that Sneezy is headlining the GCA 50 event. He began his career in the late 1960s just as the GCA was getting going. What's more, Sneezy is no stranger to the Glebe Community Centre and the Glebe community. He played many benefit concerts here in the 1980s to help fundraise for the creation of the Glebe Parents' Daycare. Now you can often catch him at Irene's. If you don't know his music, come out and find out why he remains so popular

after a half-century career. He continues to tour around the world and recently sold out at the National Arts Centre.

Having Sneezy back for the GCA 50 event reminds us of a lesser-known side of the GCA's history. Did you know that the GCA used to help stage incredibly popular dances at the GCC with Bruce and the Burgers? Or that the GCA worked with local businesses (before the creation of the BIA) to stage a series of concerts with Juno-award-winning musicians for Underground Sound – an initiative to raise money in hopes that we could persuade the city to bury the hydro wires on Bank Street.

Tickets for this special GCA 50 concert are \$20 and will be available at Compact Music (both locations) starting in September. They'll also be available at the door.

June Creelman is organizing the celebration of the GCA's 50th anniversary.



GLEBE
COMMUNITY
ASSOCIATION

Celebrating 50 years!

Free family fun is in store at the Glebe Community Association's 50th anniversary celebration on Saturday, September 30. Face painting, crafts and kids activities await, as does a chance to contribute to a new work of art for the Glebe Community Centre. Other highlights of the day include a photo booth, a performance by Mutchmor choir, Glebe trivia, community displays and, of

course, cake.

If you have ever lived or worked in the Glebe, or simply enjoy what the community has to offer, join us to mark the half-century of volunteer commitment that has made the Glebe a liveable, sustainable community. The GCA's 50th party will take place from 2:30 to 4:30 p.m. at the Glebe Community Centre. For more information, go to www.glebeca.ca.

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Shawn Menard

Ottawa's largest public school board (OCDSB) has an annual budget of about \$850 million paid by you for high quality education.

Should you have any questions, comments, concerns or a desire to be more involved in public education in Ottawa, please be in touch.

Shawn Menard, School Trustee
Capital/Rideau-Vanier
Shawn.Menard@OCDSB.ca

Glebe Fine Art Show

Saturday & Sunday
September 16 & 17, 2017
10 a.m. to 4 p.m.

Glebe Community Centre
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Joanne Beaubien

Roy Brash

Matilde Brunetti Chiochio

Nancy Burke

Margaret Chwialkowska

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Denise Guillemette

Lauren Henry

David Houlton

Beata Jakubek

Christiane Kingsley

Olaf Krassnitzky

Simon Koo

Cara Lipsett

Linda Loder

Heather Lovat Fraser

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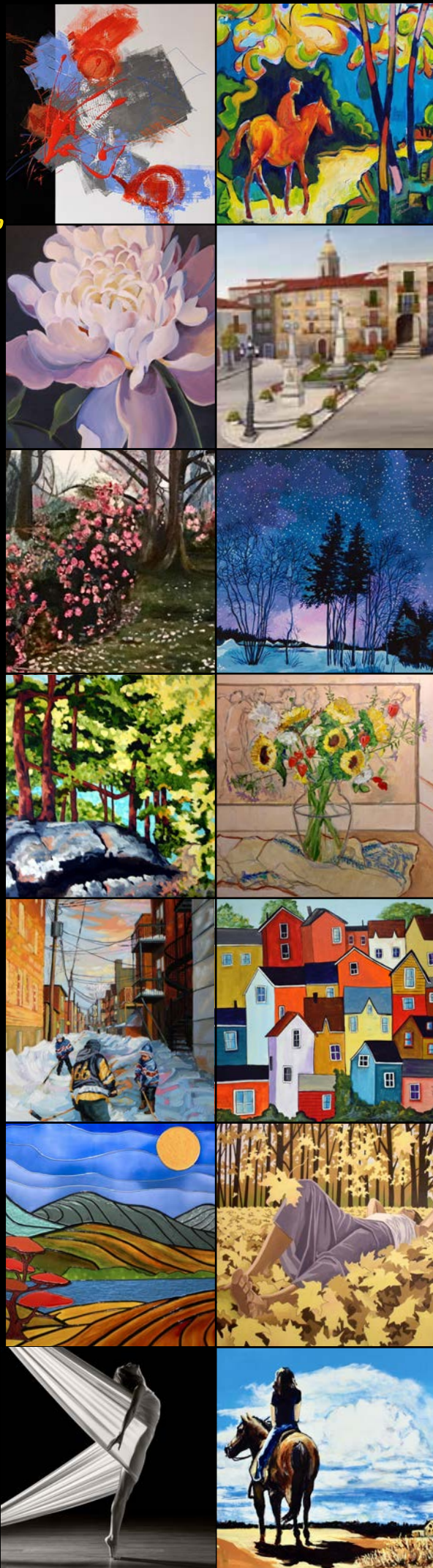
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Katrin Smith

Roy Whiddon

Tricia Wilmot Savoie

Glenda Yates Krusberg



www.glebefineartshow.ca

Hello

from your new GCA vice-presidents



Anthony Carricato

Josh VanNoppen

www.glebeka.ca

It is with great enthusiasm that we contribute to this month's GCA column as the new vice-presidents of the GCA. We have both been active members of the GCA over the last year and are very much looking forward to the opportunity to offer our energy and passion for the Glebe by taking on this leadership role.

Let us begin by acknowledging Christine McAllister for the exceptional leadership she provided during her tenure as the GCA president over the last four years. Christine has left some very big shoes to fill and we are looking forward to having her support as past president for the year ahead.

We are looking forward to tackling the challenges and opportunities that lie ahead by building on the successes of our predecessors, and with the help of our exceptional volunteer board of directors. While we continue to advocate for smart development along Bank Street that adds value to our neighbourhood, we are thrilled that the Fifth – Clegg footbridge will become a reality with construction starting this September, three years ahead of schedule!

PRIORITIES FOR THE YEAR AHEAD

The executive will be focusing throughout the next year, the GCA's 50th anniversary year, on ways to remain engaged with our members and the broader Glebe community to learn more about the issues that matter to them. This work began with our annual membership drive this past May and will continue throughout the year with enhanced use of surveys and social media to gauge your views on challenges facing our community. In addition, we will work more closely with other community organizations throughout the city to help each other on like-minded issues and contribute to vital improvements to our neighbourhoods.

GREAT GLEBE GARAGE SALE

We are pleased to announce that the annual Great Glebe Garage Sale brought in \$14,052.12 for the Ottawa Food Bank. This is significantly more than last year's total and surpassed our goal for this year of \$12,000. Through matching funds, this amounts to over \$70,000 worth of food for those in need. Many thanks to Colette Downie and the Great Glebe Garage Sale Committee for their continued support, and a huge thanks to all of the residents in the Glebe who contributed to this campaign for their generous donations.

UPCOMING EVENTS

Community Association Day at the Park, Saturday, August 26 at the RCGT Park, 300 Coventry Rd – Join Glebe residents and other community groups to watch the Ottawa Champions Baseball Club play against the Sussex County Miners. All are welcome to this night in the park. Please visit our website, www.glebeka.ca, for discounted tickets and more information about this event.

GCA's 50th Anniversary Celebration, Saturday, September 30 at the Glebe Community Centre, a free community party from 2:33 p.m. to 4:30 p.m. The theme is "Many Hands, Many Hearts, One Community" and there will be loads of activities for young and old, including a participatory project to create a new work of art to hang in the staircase at the Glebe Community Centre. Sneezzy Waters and his fabulous band will present a concert in the evening. The concert will feature music, dancing and memories of the 70s when Sneezzy performed at the centre to fundraise for the Glebe Parents' Day Care, harkening back to the days when the GCA helped organize Underground Sound concerts and dances with Bruce and the Burgers. This event will be ticketed. Please visit our website, www.glebeka.ca to purchase your ticket and find out more about this historical event!

CONTACT INFORMATION AND MORE

As we begin our term as co-vice-presidents, feel free to contact us with your ideas to improve our community by sending us an email at gca@glebeka.ca. We always welcome residents who wish to become involved in the GCA. September is a busy season at the GCA and all of our committees would welcome new members!

The GCA is a volunteer, not-for-profit, membership-based and city-recognized organization advocating for a liveable, sustainable, diverse urban neighbourhood. The GCA informs, consults and engages with residents and other groups in the Glebe on issues of importance and promotes the interests of our community to all levels of government and other organizations. We meet on the fourth Tuesday of each month from 7 to 9 p.m. at the Glebe Community Centre. The next meeting is September 26. All are welcome.

Anthony Carricato and Josh VanNoppen are the new co-vice-presidents of the Glebe Community Association.

Twitter: @glebeka Email: gca@glebeka.ca



The Wrecking Crew

DIRECTED BY DENNY TEDESCO
(USA, COMPLETED 2008,
RELEASED 2015)
DOCUMENTARY

reviewed by Lois Siegel

Most people don't realize that musicians didn't always play their own instruments on recordings. Session musicians routinely recorded albums for "stars" in the 1960s and early 1970s in Los Angeles. They backed dozens of popular acts with the swinging melodies on hits of the era. The Wrecking Crew, one such group of session musicians, included some of the most successful session recording players in music history.



The Wrecking Crew is a great music film about these behind-the-scenes session musicians who got their name because they refused to wear formal suits while playing. They wore jeans and T-shirts and were accused by some in the business of "wrecking" the high standards of the industry. These excellent musicians focused on the music. That's what they cared about. Six years in a row between 1960 and the early 1970s, the "Record of the Year" went to The Wrecking Crew.

The film is full of interviews with these talented studio musicians that tell their stories and is laced with photographs. You might recognize tunes from *Bonanza*, *Mash*, *Ozzie and Harriet*, *Mission Impossible*, *The Pink Panther* and *The Partridge Family*.

The Wrecking Crew would record four songs in three hours and do an album a day. They were a tight-knit group. Many of the musicians could play multiple instruments in all kinds of styles: rhythm and blues, pop, rock and roll... and they created the arrangements. One lone woman, Carol



Kaye on bass guitar, played a solid bass line. "We put notes on paper, but that's not the music – it's what you put into it that creates the music... to make it swing," she said. Kaye worked on over 10,000 recordings in a career spanning over 50 years. She also came up with the famous intro on Glen Campbell's hit "Wichita Lineman."

Some of the musicians couldn't read music. Glen Campbell was one of them, but this didn't stop him. He became one of the "hottest" studio musicians. They experimented by bending the strings for a new sound. California had a rougher, looser sound than New York.

When they started out, they were paid \$10 a song. There were no credits on the records. The musicians were kept hidden.

The Wrecking Crew worked with some of the best: The Beach Boys doing surfer films, Sonny & Cher, The Monkees, The Mamas & the Papas and The Byrds. The tunes were memorable: "Do Ron Ron" by The Crystals; "You've Lost That Loving Feeling" by The Righteous Brothers; "Only You" by The Platters; "These Boots are Made for Walkin'" by Nancy Sinatra...lots of great songs. "If you love your work, it's not work."

Eventually, studio musicians weren't used because bands were asked to play their own music. The bubble popped and recording dates diminished. What do you call a trombone player with a beeper? Answer: an optimist.

Although completed in 2008, *The Wrecking Crew* film wasn't released until 2015, a result of problems with music licensing rights. It took a Kickstarter campaign to raise the \$200,000 to clear them.

Running time: 1 hour, 41 minutes
Available from Netflix, Ottawa Public Library.

Cézanne et moi

DIRECTED BY DANIELÉ THOMPSON
(FRANCE 2016)

reviewed by Paul Green

Films about artists can be more than a little intimidating as they tend to presuppose a good deal of knowledge of their subjects. This is doubly true of *Cézanne et moi* in which we are presented with the long and sometimes tortured relationship between two artistic geniuses, literary giant Emile Zola and Post-Impressionist master Paul Cézanne.

Both of these men, each in his own way, dominated the latter half of the 19th century in France. Although, in fairness, one should add that fame came to Cézanne late in life and perhaps even more so after it. Zola, on the other hand, achieved recognition early on with such novels as *L'Assommoir*, *Nana* and *Germinal*. This delayed recognition fed a certain amount of resentment and even bitterness on Cézanne's part as he watched his lifelong friend accustom himself – or so he thought – to the comforts of bourgeois society. Perversely, it seemed almost a point of pride with Cézanne that so many of his paintings were regularly refused entry to the great salons of Paris.

This conflict between the talented but struggling painter and the writer unfairly deemed to have sold out provides much of the dramatic tension in this richly textured film. Director Danièle Thompson (*Avenue Montaigne*) has fashioned a compelling biopic that tracks the parallel lives of two highly creative individuals of contrasting temperaments, lives that play out against the backdrop of a tumultuous period in French history from the Second Empire of Napoleon III, to the Franco-Prussian War and its bloody aftermath in the Paris Commune massacre and finally the Third Republic. These events are mentioned in passing as perhaps they must be in this sort of film, but towards the end Thompson has made it a point to include a brief scene referencing the pivotal Dreyfus

Affair into which Zola waded with his celebrated J'Accuse polemic.

Actor Guillaume Canet turns in a restrained performance as Emile Zola, the more taciturn of the two. Guillaume Gallienne, who wonderfully portrayed the larger-than-life Cézanne, is at his most convincing when conveying a brilliant artist plagued by frustration and self-doubt. The viewer fairly cringes when witnessing Cézanne destroy some of his own work in fits of rage.

Cézanne and Zola were born and raised in Aix-en-Provence, the region itself a rich palette of bright colours and hues that served as an inspiration to Cézanne all his life. They met at school and became fast friends, going on to share a delightfully bohemian youth in the bistros of Paris. They even seemed to share the same women; Zola eventually marries the serious Alexandrine, giving rise to another source of tension between the two.

Some of the most enjoyable scenes in the film are ensemble pieces where artists and writers, wives and models (sometimes the same woman) and perhaps even critics mingle at dinner parties or art openings where they compare notes and offer witty if ungenerous assessments of the work of their confrères. Guy de Maupassant turns up at a couple of these, as does Auguste Renoir. There are frequent references to Manet, Monet and even Pissarro.

Cézanne et moi has the added benefit of not asking the viewer to be an art historian. Danièle Thompson, who also scripted this film, has done an admirable job of fleshing out the lives and careers of these two while keeping track of their lifelong, if troubled, friendship. Best of all, when not in Paris, the two artists frequently returned to Aix-en-Provence to revisit their childhood and enjoy the splendours of the Provence countryside. These scenes alone are worth the price of admission.

In French with English subtitles.
Running time: 117 minutes. Rated 14A. Scheduled for upcoming DVD release.

Mad Radish offers healthy fast food

by Michael Abbey

I had the pleasure of chatting with David Segal, owner of Mad Radish at 859 Bank Street, just south of Fifth Avenue. The place is brand spanking new, with lots of soft colours and pristine counter tops, state-of-the-art displays and green lettuce peeking out from cold storage. Segal is a Glebiter and has been for some time. Mad Radish also lives in Montréal, as well as at 116 Albert Street in what used to be the Grand & Toy store at Metcalfe. The Glebe “is a perfect combination of residential and urban; you’ve got Lansdowne close by. It’s a really good test market,” says Segal.

“I’m one of Mad Radish’s biggest customers; I love the food,” says Segal. There are lots of places for food in the Glebe, but Mad Radish’s offering of “good food that tastes good” will separate it from the pack. They are dedicated to helping clientele turn around their eating habits with a mix of wholesome food presented in a way that is pleasing to the eyes and taste buds. Executive chef Nigel Findlay learned his craft in Toronto and is a key decision-maker on product and presentation at Mad Radish.

They have a nutritionist on staff as well and are proud of where they get most of their raw ingredients. Currently they buy from 19 different farms, most no more than one or two hours away. They have no red meat



whatsoever, with chicken from Vol-tigeurs farms in Drummondville, Québec and fish from Sustainable Blue in Burlington, Nova Scotia. All this is served up alongside a tidal wave of fresh vegetables, fruit and more.

The average price of a meal is \$13, and they do not take cash. According to Segal, “a lot of the value meals are over \$10 now anyway,” so Mad Radish’s price-point is in line with what people can get as an alternative. Segal sees the cashless business as a trend in the industry and an approach that commerce is embracing in general. They will have a reloadable gift card that will allow the younger generation to frequent Mad Radish after parents load mullah onto the card.

The menu will move with the season. There will be a base offering that will not change, accompanied by fare that morphs up to five times a year. New salads will entice a solid base of clientele hooked on the quality of the



PHOTO: MICHAEL ABBEY

David Segal, Glebe resident and owner of David’s Tea, has opened Mad Radish in the Glebe, specializing in fast, healthy food.

food. Vegan and vegetarian customers will also be happy with the Mad Radish’s offerings.

The Glebe location is accessible. Segal has visions of people ordering from the app, grabbing their prepaid meal from the pickup window and being on their way in no time. Mad Radish’s good quality food fits well with the fast pace of much of society. He sees their pickup window as being a draw for the community and the workforce in the neighbourhood.

You can also show up in person. Parking is plentiful going north on Bank Street after 9:30 a.m. during the week. Segal loves, “the fact that we’re near McDonald’s. It’s quite a contrast and it sends a message.” The Glebe location holds upwards of 45 people. Expansion is at the front of Segal’s mind and he has already acquired extra space next door.

Mad Radish is committed to ensuring their cashless business translates

into happier customers. Not having the overhead of a cash business will translate to lower pricing on the menu. The persistent message from Segal and Mad Radish: quality, quantity and contribution to health, alongside minimal waste. Almost all their goods, from the food itself to the containers used for distribution, are compostable or recyclable. You won’t find mountains of garbage bags in the alleys behind their stores.

Segal’s parting words were, “We’re cashless and trashless. We want to have an impact because we feel strongly about this. It may cost us a bit more, but it’s worth it.” Mad Radish is already at the forefront compared to some of the more established fast-food-like establishments. Mad Radish may be just what the doctor ordered.

Michael Abbey is a retired high-tech professional and bridge enthusiast who writes about business for the Glebe Report. He can be reached at abbey.fenderpbs@gmail.com or on Twitter @Prefer Majors.



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Sisters Huguette and Marcelle Jubinville, two of the longest standing home owners of the Glebe, have scheduled the next chapter of their lives and sold their lovely house located at 218 Holmwood Avenue.

After 45 years of living in this home, the two Glebe veterans have experienced the many significant moments that have occurred within the Glebe, including the renovations of Bank Street, reconstruction of Lansdowne Park, and the creation of our own Glebe Neighbourhood Activity Group (GNAG).

It was an honour to represent them on the sale of their family home. Make sure you say goodbye when you see them around the neighbourhood in the next month.

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PHOTOS: SOPHIE CARDINAL

Michelle Locke (left) shows off specimens from the Canadian National Collection of Insects, Arachnids and Nematodes at last year's Bug Day.

An un-bee-lievable time at the Farm!

by Michelle Locke

Have you ever wanted to hold a giant walking stick? What about taste crickets? Do you want to know what that bug in your garden is? Ottawa-area entomologists, along with the Entomological Society of Ontario, the Ottawa Field-Naturalists' Club and Agriculture and Agri-Food Canada, invite you to join us for Ottawa Bug Day 2017. This free event will take place on Saturday, September 9 from 9 a.m. to 4 p.m. at the Central Experimental Farm, Ottawa Record and Development Centre, 960 Carling Avenue. This year, Bug Day is being held in conjunction with the Research Open House at the Central Experimental Farm, which will feature crop and research displays, horse-drawn plowing demonstrations, horse-drawn wagon rides and tours of the herbarium and tropical greenhouse. Free on-site parking will be available.

Insects make up about three quarters of the species on this planet. With so much diversity we have a lot to show you. We will be showcasing some of the most magnificent specimens from the Canadian National Collection of Insects, Arachnids and Nematodes, like the goliath beetle from Africa. We have a pollinator garden filled with insects native to our community and experts taking you on walks to look for these often-overlooked tiny creatures. There will be crafts and face painting for kids too.

Come out and share in our enthusiasm for the six-legged. For more information please visit www.entsocont.ca/bug-day-ottawa-2017.html. We hope to see you there.

Michelle Locke is a Glebe resident and entomologist at the Canadian National Collection of Insects, Arachnids and Nematodes.

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Reporting on Canada for *The New York Times*



by Ian Austen

For almost 10 years, *The New York Times*' headquarters has been a landmark building on Eighth Avenue designed by Italian architect Renzo Piano. For the last 15 years or so, its Ottawa bureau has been much less impressive: it's in the basement of my family's semi-detached house (architect unknown) near Brown's Inlet.

I'm one of the many journalists who live and who, in some cases, work in the Glebe. But unlike many of my colleagues, I don't just cover the goings on at Parliament Hill. From my base in the neighbourhood, I keep an eye on the entire country and, depending on the editors' orders, must be prepared to file stories as widely ranging as political analysis to coverage of the Stanley Cup finals.

Many Canadians, within the Glebe and beyond, have told me that they are surprised that *The Times* is interested in Canada and even has reporters based here. But that's been the case since before Confederation and I've rarely encountered an editor who was dismissive or uninformed about the country.

The 2015 election of the Liberal government led by Prime Minister



PHOTO: IAN WILLIAMS

From his vantage point at Brown's Inlet, Ian Austen has for the last 15 years reported on Canada for *The New York Times*.

Justin Trudeau has, of course, only increased the rest of the world's interest in Canada. And *The Times* itself has become keen on the country as well, for different reasons.

The Times is one of a handful of general news organizations that have been successful in getting people to pay for online news. Currently, it has about 2 million digital-only subscribers, 2.3 million if you toss in people who pay for various crossword products. Canada has always been, by a wide margin, the largest source of those subscribers outside of the U.S.

After Clifford Krauss left Toronto for Houston in 2006, I was left to cover the country by myself for a decade. That was good and bad. It allowed me

to cherry pick the best or most interesting stories. But when a number of major news events happened simultaneously my life in the basement (or away on assignment) could become very hectic.

In 2016 as part of an effort to get more Canadian subscribers, my work life became a bit less solitary. Two reporters based in New York, Dan Levin and Craig S. Smith, were assigned to cover Canada as well. Then this year, we hired Catherine Porter as the chief of the reopened Toronto bureau. Budgets have also been rearranged to make it easier for other desks, like Science and Culture, to send up critics and specialist reporters.

Despite the increased staff, I somehow seem to file more than ever and on as wide a range of topics as ever. And I also now write a weekly Canada email newsletter. Pardon my shameless plug: you can subscribe to it at www.nytimes.com/newsletters/canada-letter.

We're not pretending to be a substitute for established Canadian news media. And, generally speaking, our stories from Canada must work for our global audience, not just Canadians. So, for me, that usually means finding stories that the Canadian news media have largely overlooked (like the fate of the house where the Dionne Quintuplets were born) or providing context and background for broadly political or economic stories (like the Trudeau government's end run around President Donald Trump, including one story featuring the Glebe's member of Parliament).

And from time to time, I've even worked the Glebe into stories. When cauliflower hit \$8 and became the talk of the nation in early 2016, I spoke with Jim McKeen at McKeen Metro Glebe, and some events at Lansdowne, like the FIFA U23 championships, have caught the eyes of the editors in Sports.

At a time when we're being constantly reminded not to spend money frivolously while reporting, any story that involves simply walking out to Bank Street for reporting is probably a good story, at least to the people in *The Times*' News Administration Department.

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PHOTO: MARIA VARTANOVA

John Muggleton (left) and Chris Ralph took a risk in 2013 when they launched The Acting Company, but the rewards are great.

The Acting Company: a risk pays off

by Nadine Faulkner

John Muggleton and Chris Ralph took a big risk on August 12, 2013. That risk has paid off nearly four years later to the day, not just for them but for the Glebe. When these two long-time friends turned “acto-preneurs” and opened The Acting Company to teach acting, they were nervous, and rightly so. People who open small businesses take on all the risk and failure can mean not just unemployment, but heavy financial losses or debt.

Both Muggleton and Ralph were not unprepared, however. Each had significant experience in both acting and teaching. With nominations for several Best Actor awards, Muggleton had worked hard for his dues,

living and studying in London for six years before settling in Ottawa to focus on television acting. And Ralph, an experienced stage actor and National Theatre School of Canada grad, had also taught at both the University of Ottawa and York University. “I remember feeling really lucky that we got such a great space with 60-foot ceilings, exposed brick walls, a mezzanine, and stunning hardwood floors. But I also remember thinking that there’s going to be a real learning curve here!” said Ralph.

Today, they provide a broad range of classes including improvisation, comedy, film, TV, voice, musical theatre and playwriting. Their more than 14 experienced instructors teach all age ranges and provide a variety of class times and formats,

which range from \$115 to \$295 per session. Nearly all classes also now include a public performance (usually packed), be it the Improv Showcase or the public performance of a one-act play. The unique space is also rented to local and travelling theatre companies from within and outside Canada for public performances.

“We have a remarkably eclectic group of students, which really enriches the class experience – new Canadians, different occupations, and varied age ranges. Some people also use the classes to improve their communications skills. Our Studio 55 classes continue to be really well attended.

“About 70 – 80 per cent of our students keep coming back and we couldn’t be more honoured. One of our regulars is in his eighties and has attended more than 27 courses,” smiles Muggleton.

With all this on the go, who would have guessed that this team would also have beaten out every theatre production in Ottawa, including the National Arts Centre? Well, no one, but they did. In 2015, under their studio name, Avalon Theatre, they won the coveted Best Production at the Capital Critics Awards for their production *Glen-garry Glen Ross*. I repeat: “Little guy beats out the NAC.”

Muggleton decided to add a wedding and a baby to the mix just to keep things interesting. “I’ve had to cut back a bit,” laughs Muggleton, looking just a bit bleary eyed, “but being a parent has made me know at a different level that behind every performance stands a whole family experiencing all the nerves and hopes for their little one on stage. I tear up now when I see the kids perform. I’ll be a mess when it’s my daughter’s turn!”

And that’s what stands out about The Acting Company’s relationship

with people: a family feel. “We are definitely social!” smiles Ralph. “The P&Q and Feleena’s are our regular after-class spots where students and instructors talk about anything from theatre to the weather.” The community support seems to be mutual. Amir, the owner of P&Q, recently sponsored their new play, *Burn*, a suspenseful ghost story that’s already getting rave reviews and will run again at the Gladstone Theatre from August 24 – 26 this summer. (Watch out NAC.)

Finding new relevance for acting skills has also been key to making the business work. “Reviewing the different technologies and activities, we could see a new need for acting and performance skills. With our artistic director Kate Smith, we’ve developed classes such as camera for journalism and voice-over for gaming and animation,” says Ralph. “We’re also developing tailored performance classes for business students and businesses. Acting skills are a great way to learn effective communication, and participating in a class naturally fosters inclusion and enhances respect for differences,” adds Muggleton.

The Acting Company is a good example of how local businesses can be engines of the community, not just the economy. The Glebe, or any community, is lucky to benefit from those willing to work extremely hard and take a very big risk. I can’t wait to see what Muggleton and Ralph offer us next.

The Acting Company: 738 Bank Street (between First and Second Avenue), 613-744-5353, www.acting-company.ca, www.facebook.com/actingcompany.

Nadine Faulkner is a philosopher, author and humorist who contributes regularly to the Glebe Report.

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PHOTO: AZURA FENNELL

Spanakopita, Greek-style greens and feta wrapped in phyllo, can be made with a variety of local dark greens.

Spanakopita

by Carolyn Best

Tasty, Greek-origin, dark greens and feta wrapped in phyllo dough. They're often served as appetizers but I like to prepare them large for an entrée. The "spanaka" part references spinach, but that can be broadly interpreted to apply to any of the dark greens locally available, waiting to nourish us in this bountiful time in the year. Beet greens, Swiss chard, broccoli, mustard greens, dandelion and lambs quarters are all candidates. The Polish delicatessen in

the market (opposite the bakery where Obama bought the maple leaf cookies for Sasha and Malia) has wonderful feta, in yellow buckets small and large, at a very reasonable price.

Ingredients:

- 2 cups chopped onion
- 6 eggs (for a vegan preparation, crumble one block of firm tofu and omit or include feta)
- 1/3 cup olive oil
- 3 cups grated feta
- 4 cups steamed, chopped greens, well

- drained and firmly packed
- 1 cup (approximate) melted butter, ghee or olive oil
- 1 package of phyllo pastry, thawed

Method:

Sauté the onions and combine with the greens, the eggs or tofu and grated feta. Unwrap the phyllo, lay it flat and cut it in half lengthwise with scissors. Take two sheets together, brush them generously with melted butter, ghee or olive oil, or a combination, and place about two heaping

tablespoons of the mixture at one end. Fold over one corner to make a triangle, then fold the other way and repeat, continuing until you reach the top of the sheet. Brush again and set on a cookie sheet. Start in an oven at 400 degrees and after 15 minutes turn the temperature down to 375 degrees for 30 to 45 minutes until golden and crispy. Two make a substantial entree and they pack well for a lunch.

Carolyn Best is the former owner and chef of The Pantry vegetarian teashop.

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Baba Essar's Ukrainian Scuffles

by Marisa Romano

Sarah Falkovsky shares her Baba's (great-grandmother's) recipe for scuffles, crescent-shaped pastry cookies covered with sugar and cinnamon, typical of Ukrainian cuisine.

Falkovsky describes this recipe as a mixture of Eastern European and Canadian Prairie traditions and one of the favourites by the Ukrainian Catholic Women's League in Yorkton, a small Saskatchewan town with a large Ukrainian community. "My Baba was a Ukrainian immigrant who lived in Foam Lake [another Saskatchewan Ukrainian hamlet]," says Falkovsky. "Every time we made the three-hour drive from Saskatoon to her house, my Baba made these scuffles, so it has become a family favourite. Now we always get all the great-grandkids together at my grandma's house around Christmas and everyone helps make this recipe." Falkovsky's family serves scuffles at both Christmas celebrations: in December and at the Ukrainian Orthodox Christmas in early January. Thank you Sarah Falkovsky and Baba Essar for a very special recipe indeed!

Falkovsky chose Ottawa and Carleton University for her studies in public administration, to be close to our country's "centre of political action." She was working as a page on Parliament Hill when I met her at a fundraising event during the Great Glebe Garage Sale. Mission accomplished, I would say!

Curious to taste the real thing before scooping the flour and rolling the dough, I headed to the Capital Ukrainian Festival at Saint John the Baptist Ukrainian Catholic Shrine, July 21-23, in search of the pastries. After checking the menu at the food tent and patiently lining up by the pastry tent I came home disappointed. Cooks from the crew who had spent the previous several days in the kitchen to prepare for the festival knew of the pastries. They called them rohalky and no, they were not offered at the event. Everybody had been too busy pinching the dough to make pierogis (sorry, var-

enyky, I was corrected) to venture into the production of rohalky...

I will try my luck at the Canada 150 celebration hosted by the Embassy of Ukraine at Lansdowne on August 24. I made a note on my kitchen calendar and will keep my fingers crossed.

Do you have a recipe to share? Impress your neighbours! Send it to the *Glebe Report* (editor@glebereport.ca) along with a photo!

SCUFFLES

Ingredients:

1 packet of active dry yeast (1 Tbsp)
1 ¼ cups white sugar, divided
3 cups flour
1 cup butter
½ tsp salt
½ cup milk
2 eggs, beaten
2 Tbsp cinnamon

Method:

Soak the yeast in ¼ cup lukewarm water with ½ tsp sugar for 15 to 20 minutes.

Mix flour, butter, 3 Tbsp sugar and salt, as for a piecrust.

Add milk, eggs, and yeast mixture.

Knead the dough until soft, then place in a covered bowl and let it rest overnight in the fridge.

Preheat oven to 350 F.

Divide the dough into 4 even-sized portions.

Mix 1 cup of sugar and 2 Tbsp of cinnamon in a separate bowl.

Sprinkle desired amount of cinnamon-sugar mixture on both sides of dough and roll it out to a ¼" thickness, reapplying cinnamon and sugar as desired.

Cut the dough into wedges, about 1 to 1.5 inches wide at the edge of the flattened dough.

Take the wedges and roll (wide end to narrow end) to form small crescents

Bake on a cookie sheet for 15 minutes.

Marisa Romano is a foodie and a scientist who appreciates interesting and nutritious foods that bring people together.



Sarah Falkovsky's baba's recipe for Ukrainian scuffles, crescent-shaped pastry cookies covered with sugar and cinnamon

PHOTO: SARAH FALKOVSKY

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Ryan Piché loves to help others

by Vanessa Wen

Ryan Piché and his mother, Anda, walk side by side down Holmwood Avenue towards Lansdowne Park, discussing his day at hockey camp, how much he wants a dog and all the sports he plays.

That is as far as the conversation goes before it becomes apparent that Ryan has had many more experiences than most 11-year-olds. As they walk past a busy softball game, the discussion quickly turns to the travels they have done – Cuba, Costa Rica, and next year Ecuador to volunteer with people who are less fortunate.

“Every March break we want to do something interesting to either help with things, or to give or teach,” says Ryan, who is starting Grade 6 in the fall.

Ryan has taken his own initiative to help others, but his affinity for volunteer work stems from Anda who grew up in Romania, an eastern European country that endured decades of communist oppression during the second half of the 20th century. Her family struggled for basic necessities like food, and eventually immigrated to Canada. Anda wants to raise Ryan to understand how people live in different parts of the world.

“We thought, we have too much and others don’t have enough. And I wanted for Ryan to see that,” she explains.

This past March break, the pair spent a week in Costa Rica working on a turtle conservation project. While there, they brought medical supplies

via the initiative Not Just Tourists. Since the late 1990s, the not-for-profit group has been sending medical supplies to clinics in places of need. Not Just Tourists receives donated suitcases and fills them with items in demand, such as antibiotics, gloves, and wound care kits.

“People are usually really happy to see that. When we went to Costa Rica, lots of people would get cuts and stuff and wouldn’t have anything to cover them with. We brought bandages, syringes and lots of other medicine,” says Ryan.

Despite facing questions at the airport about their extra bags, Ryan and Anda have also brought personal belongings to give away. Ryan is usually the first one to volunteer his toys and clothes to take to their next destination.

“Two years ago we went to this village with our friend in Cuba,” he recounts with excitement. “My mom had a bag with all the clothes and we were giving them to the kids, and everyone was calling her Santa Clothes because she was giving away all the clothes. They loved it, and one kid even got the bag that was holding the clothes. He was really happy.”

In addition to international work, Ryan’s affinity for giving became

PHOTO: COURTESY OF ANDA CARABINEAU



Ryan Piché, going into Grade 6, has already seen much of the world in his quest to help others in need.

“Mentors teach by example the importance of giving and giving back, of staying in school and having respect for family, peers and community,” explains Anda.

Even though Anda and Matt will continue guiding Ryan, Anda hopes her son will keep pursuing this type of work independently as he sees people living in challenging circumstances.

“These days we travel around the world and we see that that thing, it still exists,” she says. “Being in a position of having more these days, it’s always sad to see something go to waste as opposed to putting it in good hands.”

Anda says that what’s important is that Ryan enjoys what he’s doing.

“I like helping the environment and helping people, whether it’s cleaning up on the street or helping people in need. It makes me feel good to help someone,” says Ryan.

And while Anda values the opportunity their experiences have given them to connect, she knows Ryan is still a kid.

“I have some high hopes for him. He’s capable. I’ve always been throwing him to the lions, and he’s proven that he can do it.”

Vanessa Wen is a long-time Glebe resident who grew up delivering the Glebe Report as a volunteer carrier.

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Spacious being

by Batia Winer and Kate McGregor

Recently, I was talking with a friend about the challenges of keeping her teenagers busy during the summer holidays. She created a list of activities for them so that they wouldn't get bored. As we chatted, I thought about the word "bored" and how often I hear it in everyday conversations – "I'm bored to tears," "school bores me," "work is boring," "I'm bored out of my mind." Boredom has become something to avoid.

Many of us pride ourselves on being multi-taskers who can juggle several things at the same time – our heads are filled with a million thoughts and "to do" lists, we leave no room to daydream, an activity that can lead to enormous creativity.

Instead, we have become a generation of bowed heads and earbuds. Everywhere you look, someone is staring intently at a small mobile device cupped in their hands – behind the wheel, on elevators, crossing streets. It's an epidemic that touches all ages. In restaurants, I've stared in amazement at whole families indulging in this activity. And I wonder, what is the impact of constant screen activity on our nervous systems?

A while ago, I met with a coaching client who was feeling increasingly anxious about having to be available by BlackBerry long after leaving the office for the day. She was sleep-



ing poorly and her blood pressure was inching dangerously up. She had her device set to "ping" every time a new message arrived. We worked on breaking a habit of putting the BlackBerry on her night table in the bedroom before going to sleep to alleviate some of the stress she was feeling. I also introduced her to a short, daily meditation practice. At first she resisted, calling the idea of sitting with eyes closed "boring."

To me, when someone says they are bored or describes something as boring, they are expressing their own restlessness and revealing an overactive nervous system that responds on cue like the urgent "pinging" of a BlackBerry. Meditation provides an opportunity to break that pattern and to sit with mindful attention to what is happening, gently allowing the breath and breathing to ground the body and

mind in its own spaciousness.

This is the way I introduced meditation to my client.

Create a space in your home or office that is airy, clean and free of clutter. Place a comfortable chair in this space.

Sit on the chair, your feet touching the ground at hip-width apart. You may sit against the chair back or sit forward with your back not touching the chair.

Place your hands on your knees or thighs, roll your shoulders back, engage your sitting bones and find your comfort zone on the chair.

Take a deep breath and suggest to yourself the length of time you wish to sit. At first, autosuggest a sit of five minutes. Gradually build up to 20 minutes at a time. Between meetings at the office, sit for one to three minutes.

Now, feel your spine, connect with its natural curvature and once again roll your shoulders back, let your neck sit over your shoulders and let your chin be neutral. Soften your jaws and eyes and let your skull be at ease. Close your eyes.

Gently bring your attention to your nose. Inhale through both nostrils and, if possible, exhale through both nostrils. If you find exhaling through the mouth and inhale through the nostrils. Be gentle and attentive. Attend momentarily to the spaces between the breath before inhalation and before exhalation.

Be kind to yourself. If thoughts arise, simply let them come, gently let them go and return to your breath and breathing.

When you have finished sitting, open your eyes, look around the room, rub your palms together to create friction and heat, cup your eyes gently and wash your face with your hands. Take a breath, then attend to your day feeling rejuvenated and at ease.

What's wonderful about meditation is that it interrupts the agitation that constant "pinging" creates.

As for my coaching client, "boring" dropped from her vocabulary when she felt the effects on her body and mind of a daily sit and learned to embrace meditation as a good friend to help her navigate the demands of the workplace.

Batia Winer is a meditation teacher and a certified Integral Master Coach™. 613-327-7522; bwiner@praan.com; Kate McGregor is a certified Integral Master Coach™. 613-884-1864; kate@kmcommunications.ca; www.kmcoaching.ca.

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Artists in record number at Glebe Fine Art Show

by Eileen Durand

This year is special throughout Canada due to our country's 150th anniversary. Well, this year, for the 12th annual Glebe Fine Art Show, a record number of artists from both sides of the river will be showing their artworks over the weekend of September 16 and 17!

A total of 34 juried artists will be exhibiting at the Glebe Community Centre, 175 Third Avenue. The show has grown steadily in popularity and importance over the years, with exhibiting space being the only limiting factor. It is exciting to have this new brochette of fine artists complementing the styles and art forms of the many award-winning returning ones.

Aspiring and established art collectors will have a unique opportunity at the show to purchase artworks to create a mood in a room, show their personality, tie home colours together, support artists' careers, or acquire an investment or legacy item. But most of all, as one art critic said, "Art is the creative outlet that makes life so rich and beautiful."

An artwork that "speaks" to you or moves you is the best indicator for continuous pleasure in owning it. David Hockney, one of the most influential artists of the 20th century, said, "What an artist is trying to do for people is bring them closer to something, because, of course, art is about sharing: you wouldn't be an artist if you



Last year's Glebe Fine Art Show. This year's show will be held September 16 and 17 at the Glebe Community Centre.

PHOTO: COURTESY OF GLEBE FINE ART SHOW

didn't want to share an experience, a thought."

Visitors will be able to view a variety of media used in the making of the art pieces, such as oils, acrylics and watercolours but also mixed media, pastel, embroidery, glass painting, glass sculptures and fine art photography prints. See the full list of artists at www.glebefineartshow.ca.

Mato's Café will be offering soups, light lunches, beverages and desserts throughout the show hours for

your convenience (please note the new times: 10 a.m. to 4 p.m. daily). Admission is free and there will be door prizes.

Mark your calendar to attend this great art event. It is not every year that we celebrate Canada's 150th birthday and art is definitely part of our fabric and culture as a country!

Eileen Durand has been a resident of the Glebe for the past 20 years and is involved in arts communications and

marketing with various art groups in Ottawa.

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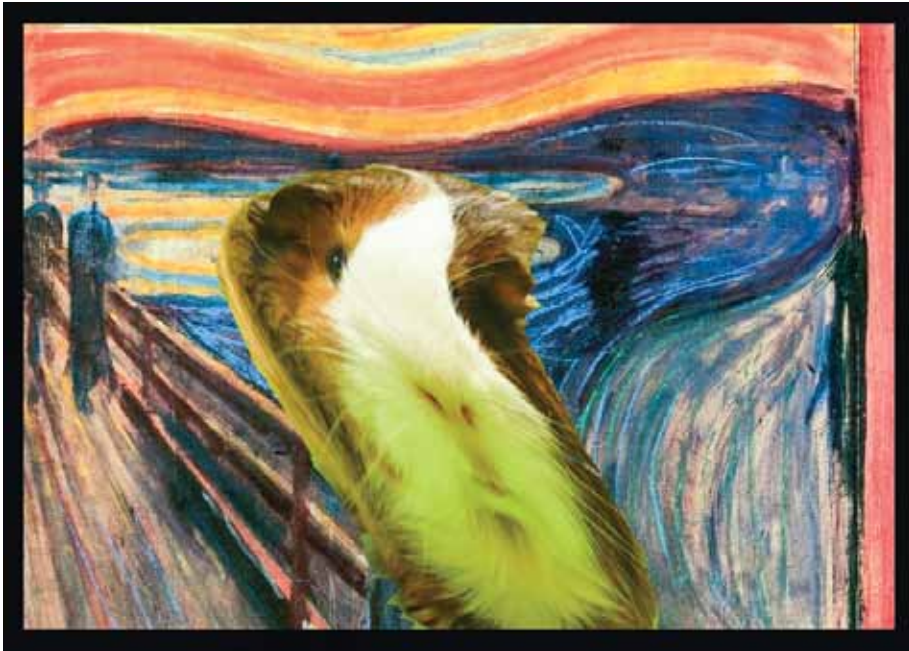
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The Glebe according to Zeus

A GUINEA PIG'S PERSPECTIVE ON THE GLEBE



Butchie suffers existential crisis!

It is with great concern that we report on Butchie's massive existential crisis. "While it is not uncommon for a guinea pig to question his or her existence, it is uncommon for a guinea pig not to eat for more than an hour," explained Kierpigaard, renowned existentialist philosopher and close personal friend to Butchie.

Concern for Butchie arose in late July when he was observed in Nicastro's organic veggie section, unable to move, suffering a form of vegetative dread. "He couldn't choose a way forward. All the fresh lettuces were there, but he only stared and muttered 'I am free to choose! Free to choose! The horror! The horror!'" reported Pilote, unperturbed engineer and frequent Nicastro shopper.

The cause of Butchie's crisis is hotly debated. Local pigistines blame the insensitive reporting around his alleged illegal parsley consumption while an employee of the Organic Parsley Police (see April *Glebe Report*). Others claim it was a pre-existing condition, reporting that as

early as March, Butchie had been heard mournfully humming Piggy Lee's 1969 hit, "Is lettuce all there is?"

Whatever the cause, treatment options for Butchie are limited. "Existential crisis therapy is not covered for quadrupeds, only bipeds," explained Pigmund Freud, who just received his online counsellor certification. "Few understand that the guinea pig psyche is fragile...once askew, years of costly psychoanalysis are required."

Others adamantly advise against therapy, citing deleterious effects. "Such crises have been known to result in a period of heightened insight and creativity!" insisted Kierpigaard, who credits his own crisis for the development of his three-stage theory of snacking.

Indeed, things could be looking up for Butchie who last week was spotted outside the neighbourhood in the new Art House Café at Somerset and Bay penning a short treatise entitled "Neither/Nor" under the pseudonym "PopChop".



BROADY (ON THE LEFT) IS A "SCHNOODLE" WHO BELONGS TO JOANNE AND GERRY ON POWELL AVENUE. ON THE RIGHT IS **RAZZLE**, A SHIH TZU, AND HE BELONGS TO TRISH ON FIRST AVENUE. NEITHER OF THEM LIKE OTHER DOGS MUCH, BUT THEY LIKE EACH OTHER AND WALK WELL TOGETHER!

(SENT IN BY JULIE STEPHENS)

BEST BUDDIES

lost for words

by Ash Abraham Coutu

Perusing the parade

John McWhorter, the author of *Words on the Move: Why English Won't - and Can't - Sit Still (Like, Literally)*, once said, "Dictionaries are wonderful things, but they create an illusion that there's such a thing as a language that stands still, when really it's the nature of human language to change. Each generation hears things and interprets things slightly differently from the previous one." McWhorter also points out that language is much more like a parade, in that it is moving forward and constantly shifting.

As language marches onward, perceptions of words are prone to change. Consider the word *peruse*. In Shakespeare's *Romeo and Juliet*, the word is spoken by Romeo as he takes a close look at the dying face of Paris:

"In faith, I will.—Let me peruse this face.
Mercutio's kinsman, noble County Paris."

Here peruse is consistent with its original definition, meaning to examine with great attention, or to read carefully.

However, these non-Elizabethan times, I often hear my friends employ the word quite differently. For example, they might say, "Last night while perusing the Internet..." or "I was perusing the aisles of the grocery store." Here peruse means the exact opposite of a careful search. It conjures up the image of someone conducting a quick scan or casual glance.

Maybe peruse has changed meanings as our attention spans have become shorter. The word has transformed to fit our present context of bite-sized information to be consumed quickly.

While this may be true, I think a simpler explanation is that language is always in flux. As the world changes, so do the words we use to express ourselves. If that weren't true, then we would all still be speaking in Shakespearean English. So let's enjoy the parade.

Ash Abraham Coutu is a Nashville native who has lived in Egypt, South Korea and now Ottawa, where she helps out at the Catholic Immigration Centre and teaches ESL.

Friends of the Earth's

Great Canadian 
BUMBLE BEE COUNT

2017 Bumblebee count calls for volunteer census takers

Friends of the Earth is launching its second Great Canadian Bumblebee Count and offering downloadable census cards to help identify the bees in response to global concerns about declines in pollinator biodiversity.

The Great Canadian Bumblebee Count runs until September 15, 2017. The campaign asks people to look for and take photos of bumblebees and to upload the photos with observations so that scientists can better track the bees and learn more about them.

Participants in last year's event submitted 1,218 photos and observations for the census, including 12 submissions for the critically at-risk Yellow-banded bumblebee (*Bombus terricola*). More than two-thirds of the food crops we depend on benefit from pollination by native bees, honeybees and other pollinators. Bumblebees are capable of buzz pollination making them particularly effective pollinators for certain crops and flowers, including blueberries and tomatoes.

"We hope people will volunteer to go out with our census cards and take photos of the bumblebees wherever they are – cottages, national parks or their own gardens. By sending Friends of the Earth their photos and observa-

tions, they'll be helping us learn more about what needs to be done to protect bumblebees," said Beatrice Olivastri, CEO, Friends of the Earth Canada.

"Bees are up against big stresses like habitat loss, climate change, pesticides and diseases," says John Bennett, Senior Policy Advisor, Friends of the Earth Canada. "Canada has over 40 species of bumblebees but many of them are in trouble. Photos and observations about bumblebees from the Great Canadian Bumblebee Count could signal changes in how bumblebees are dealing with the same issues you and I face – from heat waves to fires and floods. This is critical information and we really need help from concerned citizens."

For more information, go to the Great Canadian Bumblebee Count webpage at www.foecanada.org/en/issues/bumble-bee-count, or contact Beatrice Olivastri, at Beatrice@foecanada.org or John Bennett, at johnbennett@foecanada.org.

Friends of the Earth Canada is the Canadian member of Friends of the Earth International, a grassroots environmental network campaigning on today's most urgent environmental and social issues.



St. Matthew's Anglican Church, known for its choirs, will offer a free children's choir camp for girls and boys ages 6 and up, from August 21 to 25.

PHOTO: CLARISSA LEIR-TAHA

Choir camp at St. Matthew's

by Margret Brady Nankivell

For children who love to sing, there's a great opportunity coming up in late August at a free, week-long choral

camp offered by St. Matthew's Anglican Church in the Glebe.

The choir day camp runs from Monday, August 21 to Friday, August 25 and allows girls and boys to explore

life as a chorister. And a very fulfilling experience it can be.

St. Matthew's has a long tradition of choral excellence and boasts women's, men's, boys' and girls' choirs. Often these choirs perform together, especially for large concerts such as the annual *Messiah* (this year November 17 and 18) and for carol services at Christmas. Last spring the choirs sang a delightful selection of Canadian compositions as part of Canada 150 celebrations and in February the children's choirs presented *The Kid*, a silent film by Charlie Chaplin.

The choir camp will be led by Kirkland Adsett, St. Matthew's music director, and will introduce children to ensemble singing and, for those who need it, how to read music. It will also include recreational activities such as an "Amazing Race Scavenger Hunt," introductory orienteering activities, arts and crafts, and guided outings to nearby attractions.

"I believe the choir is just like a sport," says Madighan, head chorister in the girls' choir and a member of a jazz band. "You have a coach, a team, and, if you enjoy it, you will find it

hard not to add it to a list of activities you have," she says. "Our choirmaster Kirk is fair and understanding of prior commitments and helps choir members balance their schedules. Choir has given me friendships, my love of singing and a greater understanding of the church."

Good choral training goes well beyond teaching children to read music. Scientific studies suggest that early music training has a profound influence on cognitive development. It has been linked to skills such as learning languages, reading and mathematics. When St. Matthew's tracked down former choristers for its 50th anniversary of the men's and boys' choirs, a pattern emerged. Several had achieved great success in music, literature, languages, broadcasting, sciences, the ministry and law.

Many top singers and musicians, classical and otherwise, first sang in church choirs. Former St. Matthew's boy choristers, for example, include the great international baritone Gerald Finley, acclaimed counter-tenor Daniel Taylor, Grammy Award-winning composer Paul Halley, and Seventeen Voyces's founder and composer Kevin Reeves.

Another former chorister is the National Arts Centre cellist Tim McCoy. "Singing definitely helped my ear and I tell my cello students to sing," McCoy said in an interview a few years back. "It is a really beautiful experience and I always felt transformed by choral evensong. It enriched me in a musical way that I didn't realize at the time."

The Ottawa-born Finley said singing in a choir instilled a sense of professionalism, teamwork and discipline. "I liked the drama of the church services, full of ceremony and orderliness. It was like joining a big club and we got paid, of course," he said.

Margret Brady Nankivell is a music lover, member of the St. Matthew's congregation and chair of its concert and fundraising committees.

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ST. MATTHEW'S CHOIR CAMP

Children age 6 and up are invited to the St. Matthew's choir camp. If they enjoy the camp, they may wish to consider joining the choir. Members of the children's choirs rehearse twice a week and receive honoraria for their commitment and involvement. Those unable to attend the choir camp are welcome to attend an "open choir" rehearsal in September. No musical experience is necessary.

Choir rehearsals:

Boys' Choir: Tuesdays 4:30 to 6:30 p.m.

Girls' Choir: Wednesdays 6 to 8 p.m.

For further information, please contact Kirkland Adsett, Music Director, at kirkland.adsett@yahoo.com or 613-234-5482, or St. Matthew's website at www.stmatthewsottawa.ca.



PHOTO: MARGERITA POTOCCO-DRAKULIC

Rideau Chorale seeks new singers

by Jennifer Strachan

The Rideau Chorale community choir seeks new singers for its 2017 – 18 season!

ABOUT THE CHOIR

The Rideau Chorale is an auditioned 50-voice community choir composed of men and women of all ages from across the Ottawa region. The vision of the choir, in addition to presenting beautiful music to the community, is to provide opportunities for choristers to develop musical abilities such as music reading and singing techniques from intermediate to advanced levels. To date, the choir, which was only founded in 2015, has performed Orff's *Carmina Burana*, Fauré's *Requiem*, Handel's *Four Coronation*

Anthems and Vivaldi's *Gloria* among other amazing works.

REPERTOIRE FOR 2017 – 2018

This year, Rideau Chorale will be presenting a complete performance of Handel's *Messiah* with orchestra and soloists under the direction of Matthew Larkin on Thursday, December 7 and Friday, December 8 along with Maurice Duruflé's *Requiem* for organ, chamber orchestra and soloists on Saturday, May 5, 2018.

REHEARSALS

The Rideau Chorale rehearses at Southminster United Church on Tuesday evenings from 7 to 9:30 p.m. Regular attendance is expected of all members throughout the year. The choir makes helpful home-study material

available to members for extra support learning and nailing down parts.

AUDITIONS

Auditions are designed only to hear your potential as a singer. While music reading and choral experience are definite assets, the only requirements for joining the choir are being able to match pitches and carry a tune. In your audition, you'll be led through a few vocal exercises to assess your range (soprano or alto, for example) and asked to sing a familiar song, such as *O Canada!* to gauge your level of experience and ability going in. The only other person in the room will be the director, who, as much as hearing your voice, really wants the chance to meet you! We do everything we can to make the experience easy and stress free.

WHAT IF I CAN'T READ MUSIC?

Come and audition anyway. Some of our best members didn't read when they joined the choir. Strong listening skills and the study aids we provide may carry you while developing the basic reading skills you'll need over the longer term.

AUDITION DATE

Tuesday, September 5, from 6 to 8 p.m., at Southminster United Church on the corner of Aylmer and Bank streets in Old Ottawa South (beside the canal). Call Jennifer at 613-263-0637 to schedule your audition today!



Jennifer Strachan sings Soprano II in the Rideau Chorale and also serves on the choir's board.



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The 'Dog Days of Summer'

The theme for this issue of Poetry Quarter is the "dog days of summer:" the hottest, most sultry days from July 3 to August 11. This theme attracted many fine poets and poems, to which this two-page feature spread attests. The selection process proved both challenging and rewarding. Thanks to all the poets who submitted.

For the November issue, as a lead up to the holiday season and year end, Poetry Quarter seeks innovative work from local poets around the notion of family, whether personal or writ large, as in humankind. The submission deadline is October 20.

–JC Sulzenko

(* denotes a returning poet)

Plunder

The summer morning opens
like a story, school-free weeks
spread ahead, friends
away for holidays.

On the step between
porch and sidewalk, I break
twigs into pieces, wish
I had a nickel for a Tootsie Roll.

Up Bank Street I wander
past the corner store with shelves
of blackballs, BB Bats and bubblegum
past Hill's Taxi, Sager's Shoes

to the schoolyard, empty as a yawn.
I penetrate the Boys' Yard – foreign
ground packed by alien feet –
drawn to a bar-rimmed window well.

I scale the rust-roughed pipe
leap into the concrete fortress
crouch, unseen. My hands
smell of blood.

Among last fall's leaves, spoils –
– a glint of cigarette silver
a comic from Double Bubble, a toy
ring I polish in my palm.

Jean Van Loon

orion's dog-day lamentation

i think i won't believe it will stop raining
i think i won't believe it won't
Canus Major, my cur
presses and pulls
and looks to its master
i know i should trust my aim
but humid weeks worm
their way through confidence
my arrow's less a truth
more a sticky guess
and it does not get better
but autumn's breath
will blow this heat away
slowly at first
numb to winds of change

Mike Schofield

**untitled**

To wait for bus six
On the sunny side of Bank
I think of winter

Bob Brocklebank

Summer has 39 dogs

Boris, Atomic and B.B. King are Labradors
Just like Frankie, Finnigan and Gus
Kaylee, Pheonix and Thor are Retrievers
Charlie, Bear and Cody are Shepherds
Buddy and Buffy are Yorkshire Terriers
Paddington, Marley and Munro are unknowns
Shadow should be a Boxer
Molly is a St. Bernard
Hero is a Spaniel
Bailey is a Soft-Coated Wheaten Terrier
Poppy's a Siberian Husky
Ernie is a Shih Tzu
As Moka, Muffin and Zachary are
Oreo is a Shetland Sheepdog
Ivy is a Setter
Mr. Darcy is a Schnauzer
Hamlet ought to be a Great Dane
Harley is a Rottweiler
Thumbalina is a Pug
Riley is a Porty
Maui is a Pit Bull
Butch is a Lhasa Apso
So is Happy
Alfie is a Standard Poodle
Each dog will have its day

*Summer has 39 dogs was composed using City
of Ottawa dog registration data from 2010 under
the K1S postal code prefix.

Rob Thomas

untitled

August days sleep
like dogs
waiting for metaphor
and finding none
scratch - slowly.

*Clive Doucet

Poetry

SUMMER STORM

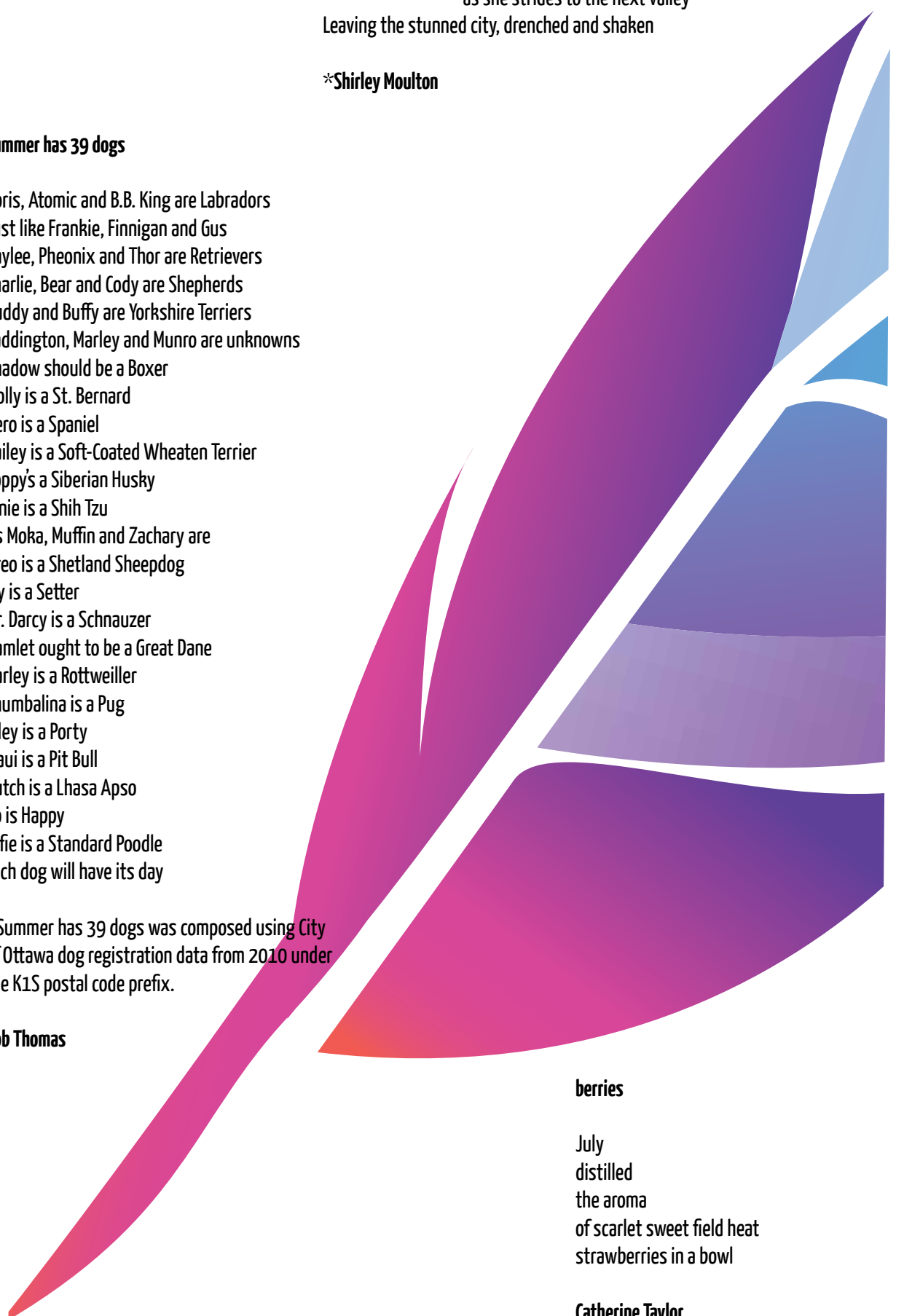
A low growl, rumble, implied threat
I glance to the northern sky for a glimpse
Now a presence, materializing
The summer storm goddess
She casts a sombre, cold eye on the sweltering city,
far beneath her unfurling cloud garments
Steel grey, indigo
The snakish wind uncoils, a herald of her approach, the storm
Unleashes the rain, pelting the steaming pavement with its children,
striking the ground in a demented, swirling dance
To the percussion of bass thunder cracks,
lighted by a sole electrical flash
Over now, as suddenly as she appeared
She throws a scornful glance over her shoulder
as she strides to the next valley
Leaving the stunned city, drenched and shaken

*Shirley Moulton

berries

July
distilled
the aroma
of scarlet sweet field heat
strawberries in a bowl

Catherine Taylor



Quarter

Go Ahead, Jump In

Slow and easy,
August unravels
hot and humid

A drowsy fly flits and swirls eventually landing
on the sleeping dog's tail
a lazy flick and it is gone, sent distractedly on its way

Lemonade sparkles over ice, kissed with mint
vodka hovers, desperate to jump in and cool off

White sun hats, blue polka dot flip flops, pink whirly gigs
a kaleidoscope of summer

the breeze just caresses the skin
so humid it barely lifts the damp tendrils that escape
the loosely bound pony tail

painted pink toes tickle the cold water in the backyard pool
better get in before summer dissolves into
the coolness of autumn

swish, the beach cover drops in a discarded pile and
the splash of water delights the senses,

enjoy, relax, refresh

*Gail Kayuk

THE INMATE

She leaves the cool but spidery basement
and trudges upstairs to the dim, closed living room
where the window air conditioner
hums like a mosquito.

Outside,
summer glows crimson, purple, azure, gold and green.

Long ago she liked to run and feel the wind
and now she'd like to stroll beneath arching trees,
but this dragon's breath day,
when bodies swell and patience thins,
is dangerous.

All winter she dreamed of freedom,
forgetting these steam-bath days,
when heat and humidity
put her under house arrest.

Her crimes: old age, poor health.

*Ruth Latta

The Dog Days of Summer

Most dogs I know love summertime.
Inspiring me to write this rhyme.
In summer dogs roam rural roads
Hunting rabbits and tasty toads.
They like to doze in summer sun
With luscious dreams of summer fun.
We had a dog, her name was Tess.
On new mown lawns she'd leave a mess.
At the cottage she'd dig for rocks,
Then pile them up on neighbours' docks.
Another dog we called Chloe,
A young brother we named Joey.
In summer heat they'd sometimes fight,
Annoyingly bark through the night.
The neighbours then would call the cops,
But those sweet cops thought our dogs tops.
One August night old Chloe died
For weeks and weeks poor Joey cried.
But let us dwell on sunny times.
We loved those dogs despite their 'crimes.'
Yes summertime is great for dogs
Much nicer pets than slimy frogs.

*Craig Kamcke

Urban Heat

Shade tree
in the urban heat:

cool hand
on your fever.

Humidex Advisory

Even my eyelids
are sweating.

*Anne Le Dressay

DEEP GRASSY WILDNESS

Leaf needles
Blow through snow-soft
Dawns

Methuselahs
Lulled by zarabanda
Songs

Dreaming, waiting
To wanton with the wind
Alone
Summer Bliss

Susan Hallett



Poetry Quarter Call for Submissions - November 2017

Theme: Family, in all its facets and ramifications

As a lead-up to the holiday season and year end, the theme for the November 2017 Poetry Quarter will be the notion of family, whether personal or writ large, as in humankind. The Poetry Quarter seeks innovative work from local poets, with a submission deadline of October 20.

Poems will be considered only for the theme for which they are submitted (poems will not generally be retained for future consideration).

Deadline: Friday, October 20, 2017

Eligibility: Submissions are open to any poet who reads the *Glebe Report* and lives in the National Capital Region.

Poems should be:

- Original and unpublished in any medium (no poems submitted elsewhere, please);
- No more than 30 lines each;
- On any aspect of the theme, within the bounds of public discourse; and
- Submitted by October 20, 2017.

Please send your entries (up to 5 poems) to editor@glebereport.ca.
Remember to send us your contact information.

Buying and selling a home – the emotion factor

by Tracy Arnett

It's almost impossible to keep your emotions out of the equation when you buy or sell a home. Being aware of your emotions and understanding how they may influence you are key to making a good decision.

The actual mechanics of a sale or purchase are straightforward. It's when you add in the human equation that things can get tricky. It's not surprising, really. How often have you heard the saying that buying or selling a home is the single biggest investment most of us will ever make? How could emotions not be a part of that?

And when you add in the fact that our homes are our sanctuaries, where we retreat after a long day, where we raise our children and create a lifetime of memories, separating the emotion from the logic is understandably difficult.

Studies have shown that emotions can be twice as important as knowledge when it comes to our buying decisions. And while it's important to feel an emotional tie to the place we live in, making decisions on emotion alone is not wise.

The trick is realizing that emotions *will* play a role and working to minimize their effects. That's where a realtor you trust can help guide you into the right decision, and out of a wrong one.

The best way to look at the situation is to see it as selling a house, and buying a home.

WHEN WE SELL

Because we have so much invested in our home, both emotionally and



financially, we have a lot of trouble seeing it objectively when it comes time to sell. Invariably, we think it's worth more than the market may say it is, we gloss over its flaws, focus on its positives and attach greater value than might be justified to any improvements we've made, because we also see the time, effort and money that went into those improvements.

It can take a long time before we'll listen to outside experts, and sometimes we never do, refusing to go with a lower listing price, for instance, because we can't detach and make a realistic appraisal.

The emotional pull is also why we're encouraged to de-personalize our home by taking down family photos, changing paint colours to neutrals and de-cluttering, to make the house

as appealing as possible to a range of potential buyers. This de-personalizing both lets us start to let go and lets prospective buyers visualize themselves in the space.

WHEN WE BUY

There are also emotional hurdles when it comes to buying.

We can fixate on one thing and forget about the bigger picture. Wanting a bigger house, for instance, can mean moving farther away from work to find a home we can afford. But the longer commute that results can conflict with an often even bigger desire: wanting to spend more time with family.

In our push to own a house, it can be easy to compartmentalize expenses and minimize the costs that will be associated with fixing up, furnishing

and running a household. That can lead to poor choices about how much to pay for a home in the first place.

And while we may think we're being logical in our home choice, more often than not we make a decision because the home "feels right." The smell, layout or colours of a home we walk into can all influence us, though we may not be aware of it.

Even the process of the deal can be fraught with emotion. There's doubt and fear involved in making that leap to sign the offer to purchase: Is the price too high or low? Will we get it? Is this the right decision? There can be doubt and fear on the part of the seller as well, along with a feeling of loss, even if they're getting a good price. And tricky negotiations can easily lead to hurt feelings. A lowball offer, for instance, can be seen as insulting.

So, is there any point in asking buyers and sellers to keep their emotions in check? Certainly. Just because we know emotions will be part of the equation doesn't mean they should rule the show. But it's much easier to manage them and manage expectations if we acknowledge that they are a factor.

Tracy Arnett is broker/owner of Tracy Arnett Realty and has been a long-time resident of both the Glebe and Old Ottawa South. Tracy's love of older homes and the downtown core has afforded her a career where she loves where she works. Her favourite pastimes are hockey, skating, golf, coffee and relaxation at her cottage.

Heritage Inventory Project hits the Glebe

by Avery Marshall and Adrian Phillips

A research team with the City of Ottawa's Heritage Services will be conducting fieldwork in the Glebe in August and September for the Heritage Inventory Project. The project is a city-wide initiative to identify buildings, structures and other built resources of cultural heritage value or interest.

The goal of the project is to create certainty around Ottawa's heritage resources. Properties identified through the project will not be designated under the Ontario Heritage Act; rather, they will be added to the city's Heritage Register. A rigorous update



The City of Ottawa Heritage Inventory Project uses a GIS software tool to collect heritage data about neighbourhood buildings. Glebe Report readers are invited to get in touch with the authors and share information about the Glebe.

to the city's Heritage Register will be beneficial for property owners, developers, heritage advocates, elected officials, planning staff, community groups and all concerned residents. The methodology of the project includes photographing, describing architectural characteristics and evaluating thousands of built resources throughout the city.

We're asking *Glebe Report* readers to share information about their properties or other buildings or structures in their neighbourhood. We would love to know who designed your home or the original use of a particular building.

Please connect with the City of Ottawa's built heritage researchers: Adrian Phillips, Amber Polywkan and



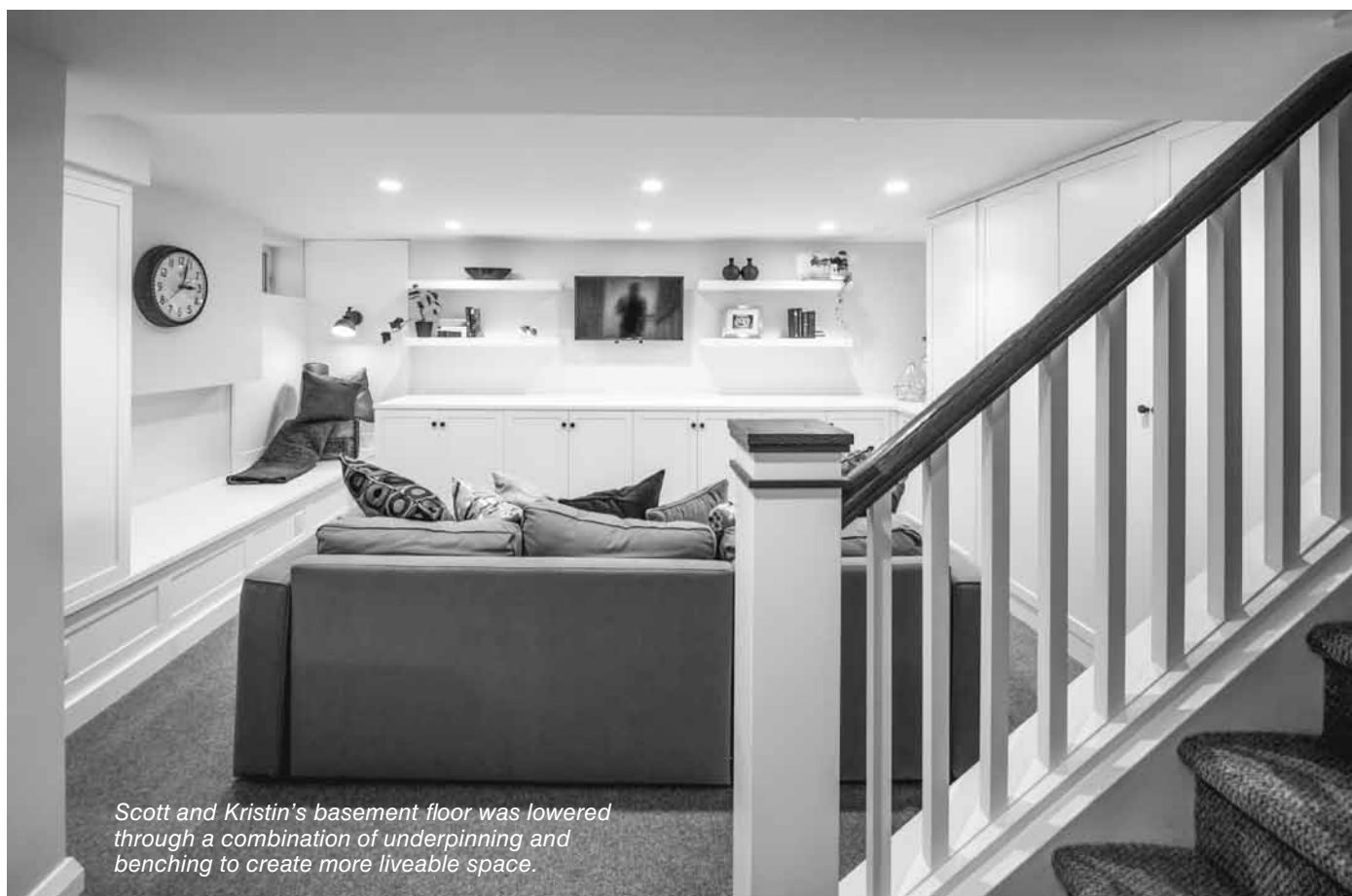
PHOTO: COURTESY OF THE CITY OF OTTAWA

Avery Marshall at heritageinventory@ottawa.ca or say hello if you see us in the neighbourhood.

More information about the Heritage Inventory Project is available at www.ottawa.ca.

Avery Marshall and Adrian Phillips are heritage researchers with the City of Ottawa.

RAISING EXPECTATIONS



Scott and Kristin's basement floor was lowered through a combination of underpinning and benching to create more liveable space.

PHOTO: LEON T. SWITZER, FRONT PAGE MEDIA GROUP

BY LOWERING YOUR BASEMENT

by Mark Campbell

At the time when Ottawa's older houses were being built, basements were used mainly for storage and utilities, but not as living spaces. For this reason foundations did not need to be dug to a depth that would allow for comfortable headroom. Old Ottawa South residents Scott and Kristin recently had a major basement renovation done to gain another floor of liveable square footage in their home. They contacted the local contractor The Conscious Builder for help to lower their basement floor and renovate the space. After the project was complete, we asked them a few questions:

Why did you decide to have your basement renovated?

We wanted to use the existing square footage rather than expanding into our small backyard with an addition. We also badly needed a bathroom with a bathtub; our son has been bathing in an infant basin for two years now.

How would you describe the experience of watching the project unfold?

Exciting, terrifying, intriguing, frustrating, satisfying; a renovation covers a whole range of emotions.

What elements of the project/space were the most important to you in the design phase? Ensuring the floor plan met our needs, big and small: big things like a full bathroom and rec room with lots of storage, down to space for a second refrigerator and pantry. Just like in football, inches matter in a city house downtown.

Would you recommend a similar renovation to others?

We would say a renovation like this one is not for the faint of heart since the expense (and potential for the project to increase in scope) as well as the time involved are considerable. That said, if you truly enjoy your home and neighbourhood, this type of renovation can be a good long-term investment in your home and your family's enjoyment of the home, without having to move. We expect to live here for the next 20 to 25 years now. We think it will also differentiate our home from others comparable in the neighbour-

hood by having more liveable square footage.

Is there anything you would have liked to have changed or known about the renovation before commencing, if you could do it again?

We would have reconsidered underpinning the entire basement rather than having portions benched and others underpinned. Although we worked with The Conscious Builder and Deslaurier Custom Cabinetry to incorporate the benches into the floor plan and cabinetry as much as possible, it still resulted in a loss of square footage. As I mentioned earlier, inches matter.

Was it difficult to find information or testimonials when researching the project?

Yes, for instance when I was

researching benching vs. underpinning, the only material I could find were short pieces written by other builders, often Americans, and one piece by Mike Holmes written in 2008.

What is your favourite thing about the neighbourhood?

Friendly neighbours and access to almost all services and recreation on foot. Many weekends, our son's stroller gets more mileage than our car.

Is there anything else you would like to add?

Thanks for the opportunity and it was a pleasure working with Casey, Richard (our foreman) and The Conscious Builder team.

BASEMENT-LOWERING PROCESS

Basement floors can be lowered by underpinning, benching, or a combination of both.

UNDERPINNING

In underpinning, basement floors are lowered by chipping up the existing concrete slab, removing earth to lower the subgrade, then excavating underneath the existing footings in four-foot sections separated by eight feet (depending on what the engineer specifies). Forms are built and concrete is poured under the existing footing on top of undisturbed soil at the new footing depth. Once the concrete has set, the four-foot sections to the new footings are dug out, new forms are made (or the old ones are reused if possible), and the next section of footing is poured. The process repeats one more time so that a continuous new footing has been formed at the new depth. Weeping tile and crushed stone are laid, sub-slab insulation is added if desired and a new slab is poured at the desired floor depth.

BENCHING

In benching, a stable soil grade is maintained (45 degrees or less, depending on soil type) between the underside of the existing footing and the new subgrade level. Wooden forms are built and a bench or step is poured with soil sloped to protect it. Then weeping tile and crushed stone are laid, sub-slab insulation is added if desired and a new slab is poured at the desired floor depth.

Benching is less expensive than underpinning. The downside to benching is that floor space is lost around the basement perimeter, equal to the floor depth added (if the soil grade was 45 degrees). However, benches can be turned into a feature if used as seating or platforms for furniture and cabinets.

In either case a building permit and plans drawn by a structural engineer are required.

Mark Campbell is a writer, researcher and carpenter's helper for *The Conscious Builder*.



ILLUSTRATION: HEATHER MEEK

WANTED: A FEW GOOD WOMEN

by Jenn Campbell

Are you the kind of woman who wants to give back, but can never seem to find the time? Want to help out as many as three charities in just one hour? If so, 100 Women Who Care Ottawa (100WWCO) is for you. The grassroots group, which officially launched in Ottawa in April 2014, has so far raised more than \$120,000 for city charities.

100WWCO operates on a simple concept: Get 100 caring Ottawa women in a room, each with \$100 dollars. Have them listen to five-minute presentations from three charitable organizations and then have the women vote with their \$100 donation for their favourite. Some women split their \$100 so each charity gets a little money. In fewer than 60 minutes, \$10,000 is injected into three amazing Ottawa causes.

The charities are nominated by members and then drawn at random at each meeting. The winning charities are then invited to present at the next meeting.

At 100WWCO's next meeting, on September 6, the three presenting charities are iSisters, Upstream and the Ottawa Humane Society.

iSisters develops and delivers technology programs and mentors women in collaboration with community partners. It connects women in need with technology, through mentoring. Upstream aims to reframe public discourse by addressing the social determinants of health, with the goal of building a healthier society. The Humane Society has been the city's leading organization providing a safe haven for sick, injured and homeless animals in Ottawa. It cares for 10,000 animals in the community each year.

Members are asked to join for at least a year and commit to donating \$100 to



100 Women Who Care meets quarterly at the Heart & Crown on Preston Street to raise money for charities.

PHOTO: ULLE BAUM

one of the selected charities at each of four annual meetings. Meetings take place in February, May, September and November. Each member who donates \$100 at a meeting is invited to nominate a charity for the next meeting.

Members write cheques directly to the charities so none of their money goes to 100 Women Who Care administrative costs. In addition, all organizations 100 Women support are registered charities and can therefore provide tax receipts.

Organizations that have received

funds from 100WWCO over its first three years of operation have ranged from Helping with Furniture, a group that provides gently used furniture to families who are restarting their lives, and Community Laundry Co-op, which provides easy-access affordable laundry facilities to low-income residents, to Dress for Success, which empowers women to achieve economic independence by providing support and professional attire, and Parrot Partner Canada, which takes in parrots whose owners die and provides education and parrot training. There have also been women's shelters, senior support centres, substance abuse rehab organizations and centres

for stroke and aphasia support.

Interested women are encouraged to sign up by sending an email to womenwhocarott@gmail.com and come to our September 6 meeting at the Heart & Crown, 353 Preston Street. Networking begins at 5 p.m. with the formal event running from 6 to 7 p.m. For more information, see www.100WomenWhoCareOttawa.ca or check us out on Facebook (100 Women Who Care Ottawa), Twitter (@100womenottawa) and LinkedIn (WomenWhoCare Ottawa).

Jenn Campbell is a journalist and member of the steering committee of 100 Women Who Care Ottawa.

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Avoiding lower back pain when camping



by Melissa Baird

For most of us, camping is time spent with family and friends exploring the great outdoors. For others, it can be more worrisome that an old injury may resurface leading to an unpleasant vacation. Here are five steps you can take to reduce your chances of experiencing lower back pain while camping.

1. ADJUST YOUR CAR

Even before you leave home, ensure that your car seat is set appropriately for you. If your car does not have proper back support, invest in a removable one that can travel with you. Be mindful to keep good posture while driving. Hunching and slouching can easily lead to neck, upper back and lower back pain before you even reach the campground.

2. PACK IT LIGHT

Pack smart when you're going camping. It can be easy to over-pack and take far more than you need. Prioritize what you need the most. Make a list of everything you need to take. Double check it as you pack. This can help to reduce the amount of unneeded items that make their way into your bags.

3. USE PROPER LIFTING TECHNIQUES

Setting up your campsite can be more physically demanding than you might think. Like any time where lifting and repetitive movements are involved, it can be easy to injure yourself. Remember to use proper lifting form. Bend to the object with your knees. As you lift, keep the object close to your

body and focus on using your leg muscles to lift. Avoid slouching and twisting as you lift. If the object is an awkward shape, ask for help.

4. STRETCH BEFORE YOU SET UP

Go for a short walk after a long drive in the car to arrive at your destination. Check out the campsite. Do a few easy stretches to get your muscles and joints warmed up before you start moving luggage and setting up your campsite.

5. SLEEP WELL

Invest in a proper sleeping pad or air mattress. It may not be as good as your bed at home but at least you have some cushioning between you and the ground. If you are in a camper or RV, change the mattresses as they age to ensure you have a comfortable sleeping surface. Your investment in sleeping surfaces can have a huge impact on the aches and pains you would otherwise wake up with. Take a good quality pillow with you, preferably the one you use at home.

Camping is a great family adventure. Keep these tips in mind as you enjoy your time in the great outdoors!

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PHOTO: COURTESY OF GNAG

Join some of your neighbours who already get a jumpstart on their day with morning bootcamp. Left to right: Paule Labbé, Deanna Quon, Jim Thompson, Emma Blanchard and Janet Bradley

GNAG brings summer!

PROGRAM REGISTRATION

Fall is just around the corner, which means *registration time!* Our program guide, inserted in this issue of your *Glebe Report*, has details of our fantastic fall line up of programs for all ages. Many of your old favourite programs are back and we have some brand new courses you are going to love. Online registration begins Thursday, August 31 at 7 p.m. for all of our programs, and is ongoing. You can visit us online at www.gnag.ca or call 613-233-8713.



Mary Tsai
www.gnag.ca

The CATs will sell their produce to local business partners. The CATs can choose to accrue a portion of the revenues under the entrepreneurship model thereby developing entrepreneurial skills and financial literacy. Under the reinvestment model, the CATs can also choose to redirect a portion of their revenue to Parkdale Food Centre.

By providing the infrastructure and tools to create and sell a product that has a positive impact – increasing access to healthy food – we will empower youth to drive positive change in their community, illustrate how social enterprises create an inclusive economy and teach them about the connections between food and money.

GNAG is extremely proud to launch this partnership with Growing Futures and we hope you'll come by later this fall to check out our hydroponic garden tower!

GET'ER DONE WITH GLEBEFIT MORNING WORKOUTS BY RUTH HARTONTO!

Between work, chauffeuring kids to school and activities, and feeding the family, finding time to exercise can be challenging. If you're struggling to fit fitness into your day, we just might have your solution.

Starting this September, GNAG is offering an enhanced early-morning fitness program five days a week. Join our experienced and motivational instructors at 6:15 a.m. for 45 minutes of HIIT (high intensity interval training)-based classes Mondays, Wednesdays and Fridays, and yoga Tuesdays and Thursdays.

"The early time slot means that I can work out regularly, be home to wake the kids up for school, and make it to work on time. It's great!" says Paule Labbé, one of our current early morning participants.

Studies have shown that HIIT, which alternates between intense bursts of activity and fixed periods of less-intense activity or complete rest, has many benefits, including building endurance, boosting metabolism and increasing heart health. Adding yoga in between these intense mornings will help you work on your flexibility, core and strength in a very different way.

You'll notice a few more changes in the schedule, with the addition of more yoga and two afternoon classes for a total of 27 classes per week! There is something for everyone, and GNAG instructors provide a variety of options so everyone can participate!

Membership for the fall season is \$260, \$150 for 10 tickets, or \$16.95 for drop-in classes. Best deal is a three-season (fall to spring) membership for \$587.60. All prices include HST.

EMPLOYMENT OPPORTUNITIES

GNAG is looking for mature, enthusiastic candidates who possess strong leadership, communication and organizational skills along with job-specific qualifications for the Breakfast and Afterschool programs. Please send your résumé to info@gnag.ca by August 25 outlining your experience, education, schedule of availability and a minimum of two references. We are also looking for positive, experienced and inspiring tutors for children in grades 1–12 in all subjects.

Complete details about the jobs are available at www.gnag.ca under Join Our Team.

GNAG ANNUAL GENERAL MEETING

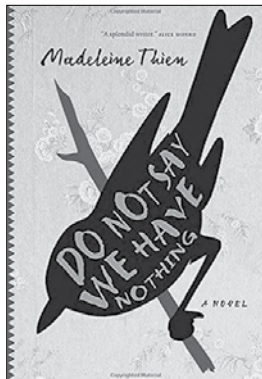
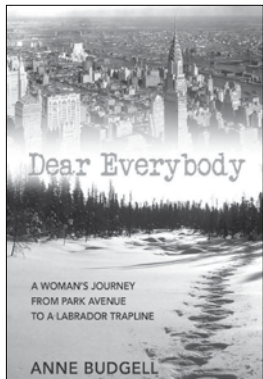
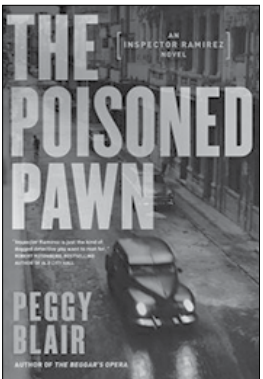
GNAG invites the community to their Annual General Meeting, Wednesday, September 27 at 7 p.m. in the Glebe Community Centre.

Are you interested in volunteering or taking a place on our board? Please contact our volunteer coordinator at 613-233-8713 or email us at info@gnag.ca.

GROWING FUTURES AND A HYDROPONIC TOWER

GNAG is now an official partner with Growing Futures, which was initiated by the Parkdale Food Centre. Growing Futures brings local businesses, community partners and youth together to foster a healthier, more financially resilient next generation. It operates as a social enterprise using innovative growing systems to produce, market and sell fresh produce to the foodservice industry. Its impact is multifold: it increases access to healthy food in our city, fosters the development of entrepreneurial skills and generates income for Parkdale Food Centre's vital role in the community.

GNAG will be hosting a hydroponic garden tower in the main lobby of the Glebe Community Centre thanks to sponsor Mike Scrivens of Scrivens Insurance and Investment Solutions. By mid November, you will see a beautiful supply of fresh herbs and vegetables grown by the youth of GNAG's Community Action Team (CATs) program.

WHAT YOUR NEIGHBOURS ARE READING

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

TITLE (for adults)	AUTHOR
Do Not Say We Have Nothing	Madeleine Thien
The Poisoned Pawn	Peggy J. Blair
Burger's Daughter	Nadine Gordimer
Dear Everybody: A Woman's Journey from Park Avenue to a Labrador Trampoline	Anne Budgell

1. Abbotsford Book Club

2. Can' Litterers

3. Helen's Book Club

4. The Book Club

IF YOUR BOOK CLUB WOULD LIKE TO SHARE ITS READING LIST, PLEASE EMAIL IT TO MICHELINE BOYLE AT grapevine@glebereport.ca

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Celebrating 150 years at the Bower farmhouse

by Bonnie Johnson

Storytelling is possibly the oldest human art form. Before writing, stories were the way early people passed down their history, values and wisdom from generation to generation. The art of storytelling is kept alive by groups like Ottawa StoryTellers, three members of which volunteered their writing and telling talents to a fundraiser hosted by the One World Grannies. They made history come alive together with a teller from the Grannies and a special guest teller from Burundi, at 3 Bower Street, which was built 150 years ago along the Rideau Canal in Ottawa East, just across from the Glebe and Old Ottawa South. The historic Victorian house has been the home of Dianne and Roland Breton for the last 25 years.

Guests were welcomed into the garden by members of the One World Grannies and Ottawa StoryTellers, where, seated under a 100-year-old silver maple the audience was treated to hors d'oeuvres, desserts and four historical tales in honour of Canada's sesquicentennial.

Pat Holloway of Ottawa StoryTellers opened the show, assuming the character and costume of John C. Bower, who built the house. He told the story of his life, Bower House and Old Ottawa East in the mid-nineteenth century. Among many historical gems, guests learned that Old Ottawa East was called Archville back then, that a steam train ploughed into the canal because the drawbridge was up to let

a tug pass, and that the Bowers helped homeless citizens after the great Hull-Ottawa fire of 1900. Rumours of the house being haunted were amusingly reinforced with a cameo appearance by Sarah, the ghost of J.C. Bower's spinster daughter, to tell her story.

Ottawa StoryTellers' mother and daughter team, Donna Stewart and Ruth Stewart-Verger, brought to life the personalities and fierce determination of Canada's "Famous Five" who succeeded in having women recognized as "persons" under the BNA Act – thus achieving their goal of making women eligible for appointment to the Senate.

Ketty Nivyabandi, a Burundian poet, activist and refugee, shared a moving story of her family, beginning with her great-great-grandfather, king of his people, sighting white people for the first time. Legend proposes that they must have lost the colour of their skin in the mud of the lake. He devoted his life to resisting these initial colonial invaders from Germany; her grandfather fought Belgian occupiers, and several years ago she herself was forced to flee from the political conflict crippling her country.

One World Granny Peggy Edwards' story wrapped up the evening. She took on the persona of her Uncle Jake to paint a nostalgic picture of growing up in Old Ottawa East, the Glebe and Old Ottawa South in the early 1920s. Using her uncle's memoir of his boyhood adventures with his brother, she delighted the audience with anecdotes such as swimming naked across the



PHOTO: MAUREEN MURPHY

The historic Bower House in Old Ottawa East was the scene of storytelling in support of One World Grannies and in celebration of Canada's sesquicentennial.

Rideau Canal at night to steal cream-puffs cooling outside Lamothe's Bakery and playing "road apple" hockey using frozen horse dung for pucks.

The evening raised over \$1,700 for the Stephen Lewis Foundation Grandmothers Campaign. African grandmothers have buried their children as a consequence of the AIDS pandemic and are caring for the millions of young people left behind. The One World Grannies alone has raised over \$170,000 over the past 10 years through a variety of fundraising projects while, across Canada, grandmother groups have raised over \$25 million. The money supports African grandmothers and the children in their care through such initiatives as income generation projects, bereavement counselling, HIV awareness training and testing, school

fees and housing. Edwards, co-founder of One World Grannies, who met African grandmothers at the launch of the Grandmothers Campaign in 2006, says, "Doing nothing was not an option. We vowed not to rest until these courageous and spirited women could rest."

You don't have to be a grandmother to join us," says Edwards. "We welcome Grand-others."

One World Grannies thanks Watson's Pharmacy and Compounding Centre and Wellington West Bridgehead for their generous support. Thanks also to Maureen Murphy of One World Grannies, who photographed the event. To view the photos go to www.maureenmurphy.ca.

Bonnie Johnson, a resident of the Glebe, is an active member of One World Grannies and the Grandmothers Advocacy Network. If you are interested in joining a group, contact her at bonniej@rogers.com.

For information about the Grandmothers Campaign, visit www.grandmotherscampaign.org. For information about advocacy on behalf of African grandmothers, visit www.grandmothersadvocacy.org. For information about Ottawa Storytellers, visit www.ottawastorytellers.ca.



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MADÉLINE

by Tamara Levine

This memoir was written during Anna Rumin's memoir writing class at the Glebe Community Centre in spring 2017.

I'm in Mommy's lap in the yellow rocking chair, sunlight streaming in on us through the window. When I snuggle into her, it's even more toasty warm. If I put my ear to her chest I can hear her heart beat: thump, thump, thump. I can smell her soapy cleanliness from her shower and her hair is still a little bit wet.

We're reading *Madeline*. *In an old house in Paris all covered with vines / Lived twelve little girls in two straight lines*. I don't know how to read the words on the pages, but I can say all of them and know the pictures they go with because I drank them up and they're inside me now. Mommy turns the pages while I look at the pictures with lots of yellow and say *They left the house at half past nine in rain or shine / The smallest one was Madeline*. There is yellow on every page!

Madeline is a little girl who lives in a house with lots of other girls and Miss Clavel, the only grown-up. *In two straight lines they broke their bread / And brushed their teeth and went to bed*. I think Madeline is very lucky. All those girls to brush her teeth with!

I like it that Madeline is plucky and brave: *To the tiger in the zoo / Madeline just said "Poo poo."* She knows what is right and what is wrong. *She*



Four generations of "Madeline" readers: from left, granddaughter Vida Katz (age 2 1/2); daughter Rachel Levine-Katz; mother Helen Levine (93); and author Tamara Levine.

smiled at the good when a man gives an apple to a horse. She *frowned at the bad* when a policeman chases a thief. I like that too.

Then disaster happens: *In the middle of the night / Miss Clavel turned on the light and said / Something is not right!* An ambulance races Madeline to the hospital and she has her appendix out. Later, in a hospital bed with a cool crank, she notices the crack on the ceiling with *the habit of sometimes looking like a rabbit*.

In two straight lines, the other girls visit Madeline in her hospital room filled with flowers and toys and a dollhouse from Papa. That night, in two rows with just one empty bed, they wake up Miss Clavel. They cry *Boo hoo, we want to have our appendix out too*. But she says, *Good night little girls, thank the lord you are well / That's all there is, said Miss Clavel*.

Mommy closes the book. We sit and rock for a while. We sing songs. My favourite is "The British Grenadiers," *Some talk of Alexander and some of Hercules*. I don't know who these guys are but I like the sound of their names and the marching rhythm of the song. Then Mommy makes

chopped egg sandwiches with tiny pieces of gherkin pickles in the eggs and carrot sticks lined up beside the sandwiches. We eat our lunch at the kitchen table. Afterwards, Mommy drinks coffee and I have milk and arrowroot cookies. I dunk the cookies in my milk so they get soft but I hope not so soft that they fall apart.

Many years later, I read *Madeline* with my daughter Rachel in my lap. Rachel loves *Madeline* and drinks up the words too. I re-remember them as we turn the pages bathed in yellow. It is only then that I think about how Madeline's life is predictable and ordered and perfectly rhymed. About how comforting that was for me as a little girl and maybe for Rachel now too. Like "The British Grenadiers."

It dawns on me now that Madeline lives in an institution, maybe an orphanage run by nuns. What about the toys and the dollhouse from Papa? Where is Papa? He has money for fancy gifts, but he doesn't visit Madeline. Why not? And where is Maman? What happened to her? Madeline seems to like being in the hospital. But I wonder: was she in pain after her surgery? Was she lonely? Was she scared? The other girls visit and

are jealous because they want the flowers and the dollhouse too! What will happen when Madeline returns to the old house in Paris? Will the other girls be mean to her? Will her feistiness save her? When the other girls fake appendicitis, the indomitable Miss Clavel calls their bluff and restores blessed order to the house. The lives of Madeline and the other girls go on in straight lines, like mine did back then.

Now I rock in the same chair with my granddaughter Vida, age two, after her bath. "Madeline" is with us. As I breathe in her hair that's still a little bit wet, Vida drinks up the words and pictures and I re-remember them once again, *In an old house in Paris . . .* We turn the pages as sunlight streams through the window for the timeless story of Madeline, who will never grow up. She will always be the spunky girl in yellow.

Tamara Levine retired as an adult educator following a year from hell, and wrote But Hope is Longer: Navigating the Country of Breast Cancer (Second Story Press 2012). She is a resident of Craig Street who loves to cycle, swim, sing and play the ukulele.

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New Urban Forest Management Plan not just a fluff piece!

by Angela Keller-Herzog

Our new 250-page 20-year Urban Forest Management Plan – oh my! Did City of Ottawa officials, the Council’s Environment and Climate Protection Committee and the Council all go nuts?

Councillors approved the Urban Forest Management Plan (UFMP) at their June 28, 2017 meeting – a brick of a report that begs remarks about how many trees were killed to produce it. And really, to manage our municipal tree future, do we really need a major 20-year strategic plan with five four-year management plans, annual operating plans and an “active adaptive management” approach complete with monitoring that uses specified, detailed criteria and indicators?

Our crew of urban core community association representatives would respond with a resounding Yes! And “good on you” to all involved. We have been engaged in the consultations around the UFMP for about two years and we are pleased to see that our oral and written inputs to earlier drafts were taken into account and in many cases integrated in the final plan. For full texts of GCA inputs to the UFMP process please see glebeca.ca/environment-committee/

It goes without saying that when we build public infrastructure such as roads and buildings there should be detailed planning including maintenance, investment and life-cycle plans covering the life of the assets. There should be coherent rules and standards for this infrastructure. So if this is done for “grey” infrastructure, should we not do it for our “green” infrastructure? The urban forest is an asset worth thousands – more likely millions – of dollars, provides thousands of dollars in eco-services, and also costs thousands of dollars to maintain. So absolutely it requires a strategic plan that is managed adaptively with full-scale operating plans and regular performance monitoring.

The fact that the UFMP is not just a pithy and elegant piece of fluff with vision and mission and a mayor’s preamble is to be welcomed. We and



City contractors re-plant trees at midnight in April 2016 on Bank Street in the Glebe.

our colleague associations appreciate that the plan contains over a hundred pages of stock-taking information on how the urban forest is currently being managed. Having specificity and “devilish” details in some of the recommendations is good. And politicians leading and supporting a plan that looks 20 years forward is entirely appropriate when we are talking about investing in assets (trees) that have expected lifespans of 50 to 150 years.

The UFMP proposes to identify clear rules and standards so that, for example, when there is a new road rehabilitation project the infrastructure engineer has guidelines for hardscape tree planting and preservation. This should avert a repetition of the expensive and unattractive scenario of urban street trees dying and being replaced year after year. Yes, some of the trees on Bank Street in the Glebe have been replaced three times since the Bank Street reconstruction in 2011. Currently, the average lifespan of a city-planted tree is a mere seven years. It’s hard to imagine a tree-lined Bank Street when no tree survives beyond a few metres in height.

Some of the substantive outputs that the new Urban Forest Management Plan aims to deliver include:

- Setting an evidence-based urban canopy target in the City Official Plan. This will serve to grow our urban forest; we will have neighbourhood-scale assessments of the canopy and the city will prioritize planting large trees to create future eco-services and canopy.
- Strengthened bylaws, ones that effectively safeguard the sustainability of the urban forest, provide incentives and compensation, and navigate the tension between tree conservation, intensification and development.
- Reviews of City of Ottawa tree planting programs including for street allowances and rights of way, to ensure that these programs meet residents’ demands and the objective of increasing the urban tree canopy.

The strategic plan has 26 recommendations in total and all of them make sense. So now the success of the plan lies in its implementation.

With the Council-approved 250-page Urban Forest Management Plan in hand, I guess now we will be monitoring the funding, implementation and adaptation of the plan for the next 20 years. We will keep you posted...or better yet, join us!

Angela Keller-Herzog is co-chair of the Glebe Community Association Environment Committee and an environmental activist.

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Lock it or lose it

by Constable Stephanie Lemieux

The warmer months can sometimes bring an increase in thefts from vehicles. It's as easy as walking by and randomly trying to find unlocked doors to steal items such as loose coins, GPSs and other visible items. Much of this can be avoided by taking simple preventive measures such as ensuring your vehicle is completely locked and by either placing items of value out of sight or removing them from your vehicle altogether. If you park your vehicle in a garage, either make sure your garage is locked or, if you leave the garage unlocked, lock your vehicle.

We know that vehicle owners are concerned about vehicle theft and thefts from vehicles based on recent public surveys, community feedback and crime analysis.

The "All Valuables Removed" warning cards are designed to remind vehicle owners that they have an active part to play in preventing these crimes. Vehicles targeted include those left

unattended in high-volume areas, those with valuables visible and those located in areas identified by the police as particularly vulnerable to theft.

The cards with the message "All Valuables Removed" are displayed by vehicle owners on the inside of the driver's side window, letting would-be thieves know not to bother searching the vehicle and alerting others to take the same precautions.

When your vehicle has been entered illegally, whether items have been taken or not, please take the time to report the incident to police, either by making an online report at www.ottawapolice.ca or by calling 613-236-1222 and following the prompts.

You can contact your Community Police Officer, Cst Stephanie Lemieux, if you are interested in obtaining one of these cards.

RECYCLING BOXES – CRIMES OF OPPORTUNITY

On garbage pick-up day people can sometimes be seen picking out the cans and bottles from recycling bins

left out for city pick up. Some of these people have been known to become vulgar and aggressive towards residents and have been seen going onto porches, climbing onto balconies and entering backyards. Businesses have complained about people entering loading docks and stealing all the bottles that the business was saving to redeem.

Police usually know these people because they have a history of thefts and break & enters. Often-times they use the excuse of looking for bottles while instead they are looking for opportunities to break into residences.

Please consider calling the police or Bylaw when you see people bottle picking from the blue bins, and having these individuals moved along or charged.

City bylaws state: Section 65(1): No person shall collect waste unless authorized by the city.

Section 66 (1): No person, unless authorized by the city, shall scavenge any waste that has been placed out for collection.

Section 67 (1): No person shall interfere or scatter any waste that has been placed out for collection.



ALL VALUABLES REMOVED



OBJETS DE VALEUR RETIRÉS

Insert this side out, as far as the dotted line. Place inside driver's window. Insérer ce côté vers l'extérieur jusqu'à la ligne pointillée. Placer à l'intérieur de la fenêtre côté conducteur.

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Constable Stephanie Lemieux is the Glebe's Community Police Officer.



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THE GLEBE BUSINESS IMPROVEMENT AREA ANNUAL GENERAL MEETING

MONDAY, NOVEMBER 6TH 6PM - 9PM
HORTICULTURE BUILDING
1525 Princess Patricia Way at Lansdowne in the Glebe

Members are invited to attend the Glebe Business Improvement Area's Annual General Meeting. With so much going on there's a lot to be excited about. This event is designed to inform the business community and further the momentum we can all share in and benefit from. Learn more about the work of the Glebe BIA and meet the volunteers and staff behind it.

The Glebe BIA is a dynamic member-driven local board and its success depends on having a committed and engaged membership at all levels.

This is an opportunity to speak and network with members of the Glebe BIA Board of Management and others operating a business in Ottawa's great urban neighbourhood. Come out and join us - share your ideas, provide feedback and gain insight into the many activities of the Glebe BIA.

Kindly RSVP to info@intheplebe.ca.

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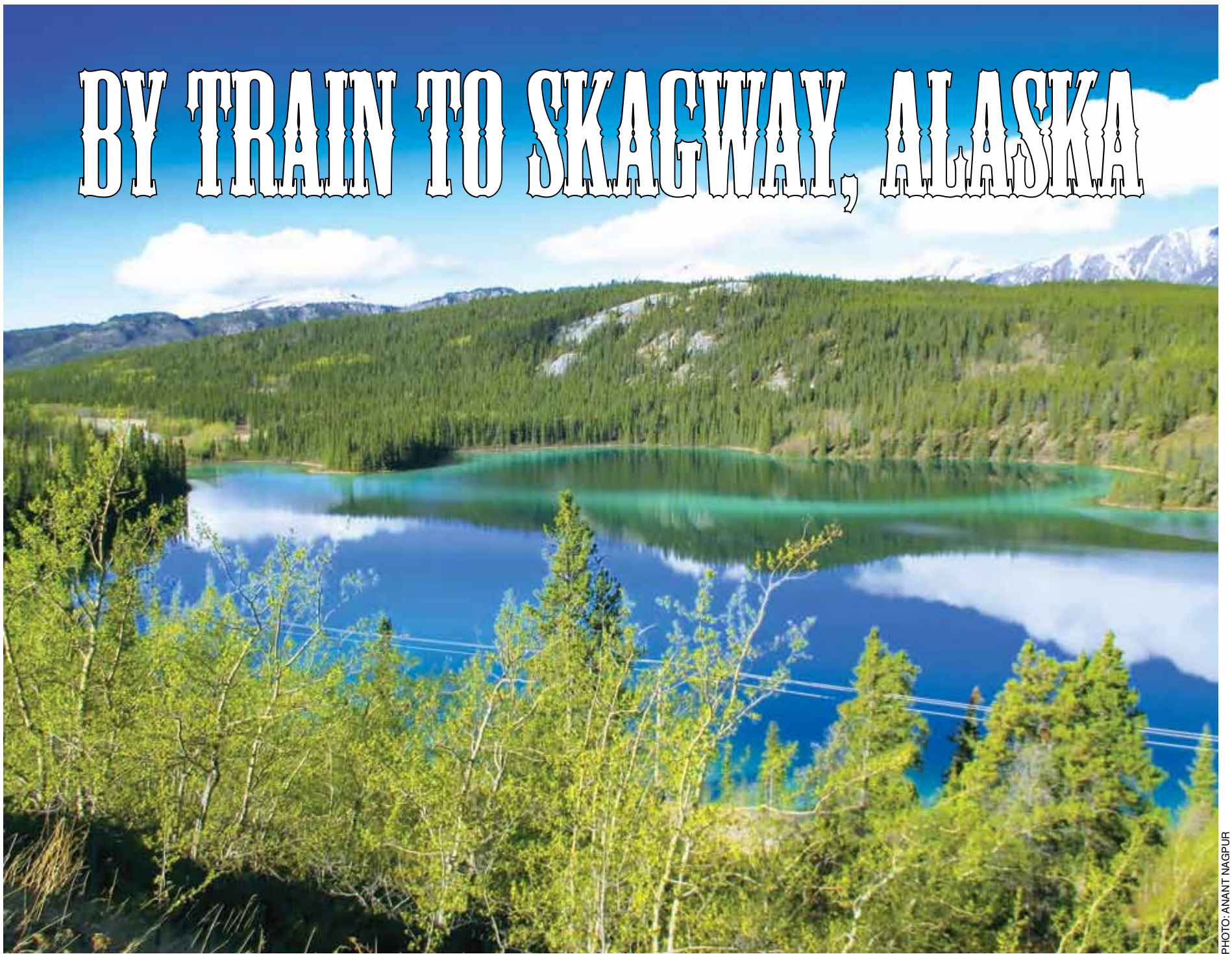


PHOTO: ANANT NAGPUR

The train from Whitehorse to Skagway passes through spectacular scenery. The White Pass and Yukon Route Railway is an International Historic Civil Engineering Landmark, a narrow gauge railway built in 1898 during the Klondike Gold Rush.

by Anant Nagpur

I love to travel by train and it shows. The latest train travel I did was most extraordinary. It was a day trip from Whitehorse, Yukon, to Skagway, Alaska, a bus and train combo trip of roughly 10 hours. This trip I recommend to anyone keen on train travel.

I have travelled the whole country by train, from Ottawa to Halifax to Vancouver, and in between to Montreal, Toronto and Quebec City. I have also taken the train to New York City from Montreal and from New York to Tampa, Chicago and Iowa. There is something about trains that is hard to explain, but the minute you board, you look out the window, and when the

train pulls away from the platform, you automatically smile and feel as if all your problems, conflicts and whatever issues you may have are all behind you.

You are moving forward with anticipation and there is something waiting for you. As the train picks up speed, so do your thoughts; you are going at the same speed as the train and it gives you time to reflect on whatever circumstances you are coming out of.

Sometimes you cry and sometimes you laugh. While looking out the window, you have plenty of time to think, to sort out, to find peace within yourself, and that's the power of train travel. As the changing scenery goes by, so does your thinking; it empowers you and gives you fresh perspectives

and new approaches for when you come home, and that's the magic of train travel.

My recent train trip in May 2017 from Whitehorse to Skagway was on what is known as the White Pass and Yukon Route Railway. It is spectacular and makes you wonder how they even built this kind of train in the conditions back then. It makes you appreciate everything and how fortunate you are to cherish such a beautiful train trip and how grateful you are today. The bus leaves Whitehorse around 8 a.m. with a short stop at Emerald Lake for a photo shoot and another short stop at Carcross, then on to Fraser, B.C. There you board the train for the most spectacular trip to Skagway; by lunch-

time you are in Skagway with about three hours to wander around the town. About 3 p.m. you hop on your bus back to Whitehorse.

Skagway is the gateway to Alaska – pretty much all the cruise ships that depart from Vancouver stop there. It is highly recommended to bring your passport and any other paperwork, as you cross the U.S.–Canada border.

I am glad I had the opportunity to do this trip. The next train journey I am waiting to do is from Winnipeg to Churchill; I am hoping to do it before the year is over. As I said, I love to travel by train and it shows.

Anant Nagpur is an Old Ottawa South resident who loves train travel.

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Now that Chaos is 12 years old she has lots of time to relax and reflect on her experience as an OPP Search & Rescue volunteer and therapy dog. A little while back she tore her biceps tendon (ouch!), but is doing well following surgery and ongoing physiotherapy. Get the rest of the story at:



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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

THE ABBOTSFORD FALL 2017 PROGRAM GUIDE will come out on Fri., Aug. 18, with copies available at the front desk (950 Bank St.) or online at glebecentre.ca/ (Community Programs/Services). Registration for classes will start on Aug. 24 at 8:30 a.m. For more information, email us at abbotsford@glebecentre.ca or call 613-230-5730.

BREAKING BREAD, BREAKING STIGMA

A fundraiser for Hopewell Eating Disorder Support Centre. Four of Ottawa's top chefs will square off to be crowned the Sandwich Sovereign of Ottawa, facing a panel of celebrity judges. Beer provided by Beau's. Reception food provided by Whole Foods Lansdowne, Tues., Sept. 19, 6:30–9:30 p.m. in the historic Cereal Barn on the grounds of the Canada Agriculture and Food Museum. Go to www.hopewell.ca for tickets and information.

Give the gift of language to your children. **CANTONESE OR MANDARIN LESSONS FROM JK TO GRADE 8**, Sat., 9:30 a.m. to noon, starting Sept. 9 at 391 Booth St. Enroll onsite, \$10 fee for this non-denominational elementary schoolboard program. Visit us at www.chinghua.ca for information.

THE DEMENTIA SOCIETY – Dementia Basics

A public education primer on Alzheimer and other dementias. The first session of the program begins on Sept. 6 (daytime dates) and on Oct. 25 (evening dates). Six 2-hour sessions at the Perley and Rideau Veterans' Health Centre, 1750 Russell Rd. Parking is free. \$50 per couple/family (may be waived on request) + \$10 workbook. www.alzheimerottawa.ca or 613-523-4004.

FRIENDS OF THE FARM VOLUNTEER GARDENERS NEEDED. Garden volunteers are needed throughout the Ornamental Gardens, Arboretum and Merivale Shelterbelt mornings, Monday–Friday. Please go to friendsofthefarm.ca/volunteer for more information.

FRIENDS OF THE FARM GUIDED TREE TOURS OF THE ARBORETUM – Sun., Aug. 27, 10 a.m.: What Grows on Trees? Wood Does with Eric Jones and Owen Clarkin. – Sun., Sept 17, 2 p.m.: Non-green Parts of Trees: Bark, Branches and Roots with Roman Popadiouk. Building 72 in the Arboretum. Tours are free and open to the public. Please register in advance at 613-230-3276 or trees@friendsofthefarm.ca. Donations gratefully accepted during the tour.

HAVEN 2 INFO SESSION Sept. 7 – HAVEN 2 is an overnight shelter for any person 16–24 who needs a meal or place to stay. Jointly run by Fourth Avenue Baptist Church and Restoring Hope Ministries, it is currently open at 109A Fourth Ave. every Thursday, from 9 p.m.–8

a.m. Friday. Info session Sept. 7, 7:30–8:30 p.m. at Fourth Ave Baptist Church to learn more about this youth drop-in and shelter and, if interested, volunteer. See www.restoringhope.ca.

HERITAGE OTTAWA LECTURE (heritageottawa.org), Tues., Sept. 5. Our 2017–2018 Lecture Series begins. Please check the website after Labour Day for the complete schedule.

HERITAGE OTTAWA AUGUST WALKING TOURS

Lowertown East, Aug. 20, 2 p.m. Meet: École secondaire De La Salle, 501 Old St. Patrick St. (#6 Bus Route). Guide: Nancy Miller Chenier, Co-Chair of the Lowertown Community Association Heritage Committee and long-time resident of Lowertown East. Central Experimental Farm, Aug. 27, 2 p.m. Meet: Building 72 (Friends of the Farm building) in the Arboretum. Guide: Peter Anderson, doctoral student at Queen's University on the historical geography of the CEF and Julie Harris, heritage consultant and public historian, co-authored the CEF Management Plan. Tours last 1½ hours, rain or shine. No reservations required. Fee: Heritage Ottawa members: \$5; Non-members: \$10. Please visit heritageottawa.org/heritage-ottawa-walking-tours for more information.

THE GLEBE CENTRE AT ABBOTSFORD OPEN HOUSE

Fri. Sept. 8, 9 a.m.–4 p.m. Everyone is welcome. Bring a friend, meet a friend! Members will tour you around and talk about the many programs and services at Abbotsford...your community centre for Adults 55+! This year we will be hosting Councillor David Chernushenko's Senior's Lunch and Learn with guest speaker, Constable Stephanie Burns on how to avoid phone scams and other types of fraud. This special luncheon is free to seniors living in Capital Ward but there is limited seating. Register by email: lunch@capitalward.ca or by telephone: 613-580-2487.

IRISH SENIORS' SOCIAL GROUP OF OTTAWA meets every Tuesday, 11–2, Sept. to June. Pot-luck lunch and activities. \$3 fee. St. George's Church Hall, 415 Picadilly Ave.

LEARN AND EXPLORE SPEAKERS' SERIES AT ABBOTSFORD HOUSE, 950 Bank St., each Wednesday, 1–2:30 p.m. \$2 admission, includes speaker, tea/coffee and a homemade treat! Due to demand, please register in advance at Reception or call 613-230-5730. Sept. 13, Anna Van Adrichem Rochon presenting Nepal is NOT Just for Mountain Climbing. Anna will be sharing her experience living in a Nepalese home while on Friendship Force exchange and her hiking trip in a remote part of Nepal. She will show pictures.

OTTAWA NEWCOMERS CLUB Our club is a

not-for-profit, social organization for women who have recently moved to this area and those who have experienced a significant life change, and would like to meet new people of similar interests by joining our many group activities. Go to ottawanewcomersclub.ca for more information.

OTTAWA RELIGIOUS SOCIETY OF FRIENDS

(Quaker) (www.ottawa.quaker.ca) - Meeting for Worship Sunday mornings 10:30, at 91A Fourth Ave. in the Glebe. Children's program and Nursery are available. Everyone is welcome!

The OTTAWA RESEARCH AND DEVELOPMENT CENTRE

is celebrating Canada 150 with free monthly lectures at K.W. Neatby Building, Salons A/B, starting at 7 p.m. Each lecture is about 45 minutes with a question and answer period. Thurs., Aug. 24: Ergot: An Ancient Enemy and Modern Friend; Thurs., Sept. 14: Our Silent Workforce – Insect Pollinators. Free parking is available in the lot beside and spaces around the building. Contact Christine.Poirier@AGR.GC.CA for more information.

RESEARCH OPEN HOUSE AND BUG DAY AT CENTRAL EXPERIMENTAL FARM

Sept. 9, 9 a.m.–4 p.m. at the Research Greenhouses. Two free educational events for all ages. Demonstrations, collections, live interactive insect zoo and more. Go to friendsofthefarm.ca/fcef-annual-events/ and www.entsocont.ca/bug-day-ottawa-2017 for more information.

RIDEAU CHORALE

will be holding auditions on Tues., Sept. 5, 6–8 p.m. at Southminster United Church, for its upcoming 2017–2018 season, featuring Handel's *Messiah* and Durufflé's *Requiem*! To schedule your audition or for more information, call 613-263-0637.

ST. MATTHEW'S CHILDREN'S CHOIR DAY CAMP: THE GIFT OF SONG

– For children who love to sing, a free week-long choral camp offered by St. Matthew's Anglican Church (www.stmatthewsottawa.ca) in the Glebe, Mon., Aug. 21 to Fri., Aug. 25. The choir day camp allows girls and boys to explore life as a chorister. Kirkland Adsett, St. Matthew's music director will lead the camp. It will introduce children to ensemble singing and teach how to read music. It also will include recreational activities such as scavenger hunts, orienteering activities, arts and crafts, and guided outings. Children, ages 6 and up, are invited to the camp. If they enjoy the camp, they may wish to join St. Matthew's choirs. No musical experience is necessary. Info: please contact Kirkland Adsett at kirkland.adsett@yahoo.com or 613-234-5482.

Singing is good for Heart and Soul! **OTTAWA BRAHMS CHOIR** invites all voice parts to its new singing season 2017–2018. Come join us and try us out on a two-week basis.

Tenors, basses are especially needed. Rehearsal: Mon., Sept. 11, 7–9:30 p.m. Southminster United Church, Aylmer at Bank Streets., Parlour Room. Conductor Christopher Askwith plans 'A Canadian Christmas' theme for its first concert. Date to be determined. Please consult our website www.OttawaBrahmsChoir.ca during late summer. Tel: (Sieglinde) 819-568-8169; (Gretel) 613-828-0372.

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WANTED

TELE-SUPPORT VOLUNTEERS The Dementia Society is looking for caring and dedicated volunteers to help deliver their "Dementia Tele-support" program. Training provided. For more information, contact Michelle Scheidegger, Manager of Human Resources & Volunteers at mscheidegger@asorc.org or call 613-523-4004.

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WHERE TO FIND THE GLEBE REPORT

In addition to free home delivery, you can find copies of the *Glebe Report* at Abbas Grocery, Acorn Nursery, Adishesha Yoga, Arrow & Loon, Bank of Montreal, B.G.G.O., Bloomfields Flowers, Boccato, Booster Juice, Brewer Arena, Brewer Pool, Bridgehead, Capital Barbershop, Douvris Martial Arts, Drummond's Gas, Eddy's Diner, Ernesto's Barber Shop, Escape, Farm Team Cookhouse and Bar, Feleena's, The Flag Shop, Flight Centre Travel, 107 Fourth Avenue Wine Bar, The French Baker, Glebe Apothecary, Glebe Car Wash, Glebe Community Centre, Glebe Meat Market, 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., Kunstadt Sports, LCBO Lansdowne, LCBO Pretoria, Loblaws, Marble Slab, Mayfair Theatre, McKen Metro Glebe, Morala's Café, Morning Owl Coffee, Olga's Deli and Catering, Pints & Quarts, The Palisades, Pet Valu, Pure Gelato, Quesada Burritos & Tacos, ReadSetGo, RBC/Royal Bank, Reflections, 7-Eleven, Scotiabank, Second Avenue Sweets, Soup Guy Café, Subway, TD Lansdowne, TD Pretoria, The Emporium, The Joy of Gluten Free, Third Avenue Spa, Von's Bistro, Watson's Pharmacy and Wellness Centre, Whole Foods, The Wild Oat, Yarn Forward & Sew-On, The Works.



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The Glebe Centre Community Programs and Services at Abbotsford are in need of supportive volunteers for the following positions:

Drivers (with own vehicles) to take folks to medical appointments. This is a critical and ongoing need.

Day Away Program Volunteer: One day per week from 9 – 3. Working with seniors in the early stages of Dementia or Alzheimer's.

Friendly Visiting in the community: Visit 1:1 with clients in their own home. Commitment one hour per week once per week.

Telephone Assurance Program: Call seniors in their home daily to connect and check in.

Craft Group Leader: Knowledgeable knitter required to sort through donated yarn and price/inventory handmade knit wear. Thursdays from 1 – 3 pm.

Woodworking Volunteer: Facilitate woodworking projects, lead a group and complete some woodworking projects and/or facilitate new projects/programming in the future. Projects include sanding, painting and assembly. No use of power tools.

Card Making Class: Facilitate a card-making class using supplies on site at Abbotsford. Enjoy teaching, planning and making cards with seniors.

If interested, please contact the Coordinator of Volunteer Services at volunteer@glebecentre.ca or 613 238-2727 ext. 353.



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glebe report

August 18, 2017



PHOTO: KERRY SMITH

A venerable old stump on Second Avenue, skirted by orange fungus



www.gnag.ca

Glebe Neighbourhood Activities Group

Glebe Community Centre
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