



A public meeting on January 16 about the proposed Fifth Avenue Court redevelopment drew a crowd of more than 200.

PHOTO: ANTHONY CARRICATO

FIFTH AVENUE COURT REDEVELOPMENT

By Carol MacLeod

Minto detailed development plans for property between Fourth and Fifth avenues on Bank Street, at a public meeting on Tuesday, January 16. The proposal is to retain the two-storey commercial brick row that faces Bank Street and to demolish the two-storey commercial building behind this row, replacing it with residential condo units. No commercial space will be retained where Fifth Avenue Court now stands.

The Glebe Community Associa-

tion organized the meeting so that Minto, the developer, could present its proposal and answer questions. The city's new deadline for submission of comments is February 14. The meeting hall was packed, an indication of community interest in this project. About 200 people attended, both from the community and from businesses in Fifth Avenue Court and on Bank Street.

Minto representatives spoke to the history of Fifth Avenue Court, justifying the eight-storey proposed condo option and defending the architec-

tural style. Minto considered two broad options, demolition of all buildings including the Bank Street row or redevelopment of just the courtyard part of the site. The city discouraged demolition of the row on Bank because it intends to add the row to its Heritage Registry, which should be released spring 2018. Minto proposes to retain the familiar red brick row on Bank in recognition of this turn-of-the-20th-century commercial row being the last example of its kind and a cornerstone of the Bank Street commercial strip.

Minto staff said that the courtyard has been underused in recent years although this was not so originally. Minto indicated that the Bank Street row of businesses carried the costs of the courtyard part even though several units sat empty for well over a year. The building is envisioned as condos for empty nesters and singles, which could add density to the Glebe. The architectural firm, which also designed Minto Beechwood in New Edinburgh, a development much con-

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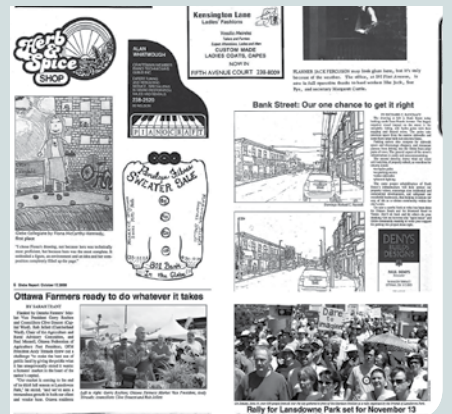
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- Feb. 2-18**..... Snowmania Winter Garden, Hort Bldg, Lansdowne
- Feb. 4-Mar. 4**. Art of Vincenzo Paolucci, Wild Oat Café
- Feb. 17**..... Snowmania - build a snowman, Lansdowne 11 a.m.
- Feb. 22**..... Carleton Speakers Series, GCC, 7 p.m.
- Feb. 23, 24**..... *The Gold Rush*, 17 Voyces, St. Matthews AC, 7:30 p.m.
- Feb. 24**..... Big Soul Project, Fourth Ave Baptist 7:30 p.m.
- Feb. 26**..... FPA Research Excellence Symposium, Carleton U.
- Feb. 27**..... Bell Lecture by Jean Charest, Carleton U., 7 p.m.
- Feb. 27**..... GCA monthly meeting, GCC, 175 Third Ave., 7 p.m.
- Mar. 5-Apr. 1**.. Nick Le Pan art, Wild Oat Café
- Mar. 8**..... Visions for Equality conference, Richcraft Hall, Carleton U.
- Mar. 10**..... St. Patrick's Day Road Races, 10 a.m./Parade 11 a.m.
- Mar. 11**..... Concert for Cambodia, MacKay United Church, 2 p.m.
- Mar. 21**..... FPA Undergraduate Research Showcase, Carleton U.

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NEXT ISSUE: Friday, March 16, 2018

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Continued from page 1

tested in that community, defended its use of materials and placement of mechanicals.

It was not possible to take all the questions. A neighbour summarized many of the proposal's significant issues in a short slide presentation. Major concerns are the impact of the eight-storey height plus mechanicals and the possible domino effect on Bank Street. Others questioned the fairness of considering so much height, given that the McKale property (kitty corner to this lot) is being redeveloped as a four-storey building within zoning by-laws. Many people are very concerned about the loss of the public courtyard, professional offices and services to the community. Minto undertook to relocate tenants in nearby Minto properties.

Some wondered about the social benefit of the development. There was concern about the community context, lack of compatibility with the surrounding 2- to 3-storey residential properties, loss of sunlight, loss of green space and the failure to use brick that characterized the Bank Street row and houses on Fourth and Fifth. Many thought the development will undermine the character of the diverse, family-oriented community.

One person wondered whether replacing a demolished courtyard with this development would enable Minto to lower rents on Bank Street. Minto proposes a two-level parking garage with 110 spaces exclusively for condo owners and 11 outdoor spaces for visitors and commercial tenants to replace the current 65 underground and 15 outdoor spaces. People

wondered where patrons of the commercial tenants on Bank Street, which currently includes several restaurants, would park. Some people raised traffic safety concerns – that Fifth Avenue is a fire route, that pedestrians will have to cross three lanes at the garage entrance to Fifth and that this development will increase traffic in an area already strained by Lansdowne traffic and parking demands.

The Glebe Community Association passed a motion at its January 23 meeting that asked that the building respect the current height of 15 metres and provide greater building setbacks along the avenues so that the building is more pedestrian friendly and in keeping with existing scale. The GCA also requested retention of commercial space at ground level to retain existing commercial tenants.

If you wish to comment to the city on Minto's proposal, you should do so as close to February 14 as possible. Send comments to Kersten.nitsche@ottawa.ca. Copy Councillor Chernushenko (david.chernushenko@ottawa.ca) the Mayor (jim.watson@ottawa.ca) the Chair of the Planning Committee (jan.harder@ottawa.ca) and as many of the members of the planning committee as you can manage. You should clearly state your support or opposition to the proposal, i.e. "I oppose/support this development because ...". Watch the Glebe Community Association website, www.glebeca.ca for updates on this proposal.

Carol MacLeod is chair of the Glebe Community Association Membership Committee, former co-chair of its Environment Committee, an avid gardener and nature enthusiast, and a community activist.

GCA opposes eight-storey condo development

by Carolyn Mackenzie

Residents and tenants of the current building raised significant concerns at a public meeting held on January 16, 2018. The Glebe Community Association (GCA) submits that the proposal does not fall within the intent of the city's Official Plan. The GCA has therefore requested that the city secure modifications to this proposal, as follows:

- Building height should be restricted to the current 15-metre cap, in keeping with the character of the neighbourhood.
- The building should include a significant two-storey podium along Fourth and Fifth avenues, as recommended by the city's own Urban Design Review Panel in January. The building should be stepped back sufficiently to establish a strong podium that reflects the scale of the existing pedestrian realm exhibited by the heritage brick row facing Bank Street, as well as the homes and other built forms along the avenues.
- The materiality of the building exterior should more strongly reflect and align with the char-

acter of the neighbourhood.

- Further, the GCA strongly supports the intent of the Traditional Mainstreet (TM) zone to recognize BIAs (Business Improvement Areas) as primary business or shopping areas. Thus, the GCA strongly supports the inclusion of ground-floor commercial in the proposed building to accommodate existing businesses.

Further, the GCA requests that the city make a firm commitment to undertaking development of a Secondary Planning or equivalent for Bank Street as soon as possible so that both a vision and rules around development of Bank Street can be clarified. In the interim and until such a plan exists, the city should agree not to give permission for additional height or massing above that found in the current TM zoning for Bank Street.

Please consider supporting the petition to reinforce the comments above by going to www.glebeca.ca.

Carolyn Mackenzie is chair of the Glebe Community Association Planning Committee.



I feel that the Glebe Report is the paper of record for our community, covering the things that matter most to us. This is especially true now that so many sources of local news are being snuffed out.

—Elaine Marlin, former editor, *Glebe Report*

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Trim your home’s carbon footprint: it’s less expensive than you think!

by Susanna Kam, Angela Plant and Robert Loveless

Residents of Ottawa can save money and fight climate change by reducing their energy consumption. Local environmental organizations are partnering with the Glebe Community Association (GCA) Environment Committee and SmartNet Alliance to host the second Old Home Earth Day Event (OHEDE 2018) in celebration of Earth Day 2018 on Saturday, April 21 to provide residents across the city with an opportunity to learn and share ways they can conserve energy, reduce carbon emissions and live more sustainably. Currently, this includes the Green Ontario Fund’s energy-saving program for Ontario residents, GreenON.

Ontario’s new carbon pricing system brought in nearly two billion dollars last year, some of which has been used to create GreenON, a fund to be used to reduce greenhouse gas pollution in buildings and industry. The most recent addition to this fund is a series of home retrofit rebates for homeowners and renters.

By working with a registered contractor, homeowners can potentially get thousands of dollars back towards insulation, draft sealing, windows and other upgrades to their homes. Low-income residents who meet the criteria can also apply to have free energy-saving devices and appliances installed in their homes.

With so many options, you need to consider various factors when determining the most efficient ways to reduce your carbon footprint. For example, replacing your windows is not necessarily the best way to save money



Last year’s inaugural Old Home Earth Day event

on energy (not to mention lost design and heritage value) – there are cost-effective ways to improve the insulation of your existing windows. And a more cost-efficient way of reducing energy consumption can be ensuring that your walls and attic are properly insulated. GreenON currently offers homeowners rebates of up to \$7,200 for insulation of homes built before 1980.

The goal of the Old Home Earth Day Event on April 21 is to help Ottawa residents identify the best ways to take action to reduce their energy costs and carbon footprint. This event is of interest to all residents, including homeowners and renters who are just starting to reduce energy costs to those who have already undertaken some energy retrofits and are looking for the next step.

The Earth Day event will feature information on available grants, energy advisory and design services, and specific topics such as air sealing, insulation, windows, mechanical systems and renewable energy systems. It will include workshops with home



Glebe Community Centre
Saturday, April 21, 2018
Open to all Ottawa and area residents. **Admission is free.**
For inquiries on how to participate in the event or learn more about the Glebe Community Centre project, please contact glebeoldhomes@gmail.com

energy experts and neighbours who are able to share their experiences of home renovations and energy upgrades, as well as a trade fair with interactive information displays.
The event will take place at the Glebe Community Centre (GCC) at 175 Third

Avenue, a heritage-designated Palladian-style structure built from 1914 to 1924 originally as St. Paul’s Methodist Church. The location is of particular significance as the GCA Environment Committee, in partnership with the Glebe Neighbourhood Activities Group (GNAG), recently started a project with the City of Ottawa’s Building Engineering and Energy Management group to explore how to reduce the carbon footprint of this building by 50 per cent. The aim is to demonstrate to homeowners and facility managers that it is possible to retrofit buildings to be more environmentally friendly and cost-efficient while respecting their design characteristics and heritage status.

A building retro-commissioning program will involve an assessment of baseline energy consumption and greenhouse gases, the building envelope, the control and controllability of the HVAC systems and ventilation rebalancing. As project components are defined, further proposed steps will be brought back to the GCA and GNAG boards and executive committees for approval before financing is sought. As the building is city-owned, all physical changes must be approved by the city’s Facilities Operations Service.

The www.GreenON.ca website has an up-to-date directory of provincial programs that Ontario residents can take advantage of, whether homeowner, renter, business-owner or landlord.

Susanna Kam and Angela Plant are members of the organizing committee for OHEDE 2018. Robert Loveless is a member of the Glebe Community Centre project team.



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Images of the Glebe



A little Winterlude romance by the Bank Street bridge

PHOTO: LIZ MCKEEN

Glebe Report milestone: 500 issues

The *Glebe Report* began in 1973 at the kitchen table of editor Penny Sanger on First Avenue. It featured the headline “Benoit Accused of Breaking Faith with Holmwood” (written by husband Clyde), which earned them threats of a lawsuit from city mayor Pierre Benoit. An auspicious start!

And through the last 40-odd years the *Glebe Report* has continued to publish – six issues in the first year, an ambitious 15 issues in year two, settling down to monthly (give or take) and since 1986, 11 issues per year. It has had 31 volunteer editors, hundreds of volunteer writers, photographers and illustrators and thousands of home deliverers. The *Glebe Report* is an independent paper with its own board of directors and members’ association. It is a not-for-profit funded entirely by advertising. While it publishes on paper, it also has a website (www.glebereport.ca) containing all back issues of the paper to 1973 and a presence on Facebook, Twitter and Instagram.

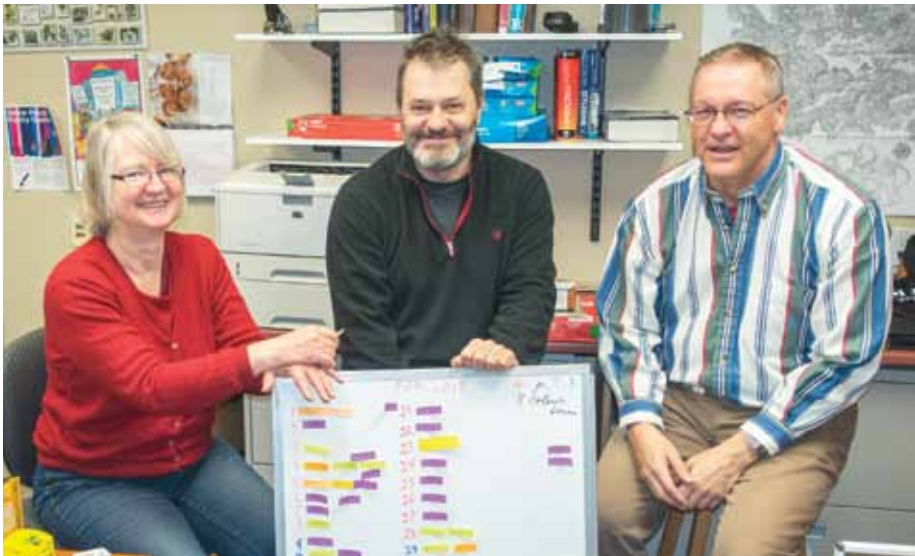


PHOTO: PAUL O'DONNELL

From left: Liz McKeen, 31st editor of the *Glebe Report*; Jock Smith, Layout Designer extraordinaire; and Kerry Smith, Copy editor and wordsmith, with the whiteboard layout for the 500th issue. Not shown: Judy Field, advertising manager; Peter Polgar, web editor; Marnie Wellar, circulation manager; Sheila Pocock, business manager; and Micheline Boyle, Grapevine editor.

I think it can safely be said that over the years the *Glebe Report* has been a remarkable, lively record of a thriving, engaging community. Now we look to the next 500 issues to carry on chronicling the ideas, hopes, conflicts, campaigns, aspirations and achievements of the Glebe and its people.

—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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Please note that except for July, the paper is published monthly. An electronic version of the print publication is subsequently uploaded with text, photos, drawings and advertisements as a PDF to www.glebereport.ca. Selected articles will be highlighted on the website.

Views expressed in the articles and letters submitted to the *Glebe Report* are those of our contributors. 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
Universal Driving School has opened at 851 Bank and 94 Fifth Avenue. “We prepare you for the MTO Drive Test; with our help you will develop good, safe and positive driving habits and the skill necessary to be safe on Canadian and USA roads.” (www.universaldrivers.ca)

CHANGES AFOOT
KV Dance Studio will open a second location this spring at 174 First Avenue (steps away from its current location at 108 Third Avenue). The new location will allow expansion of the dance class schedule. The new space will be 8,000 square feet, multi-level and host five studios. “I am very excited for the endless possibilities that two large studio locations will bring to the neighbourhood,” said Kailena Van de Nes, owner.

GONE BUT NOT FORGOTTEN
Morning Owl Coffee House, 891 Bank Street, closed in early January.

Glebe Fitness, downstairs at 858 Bank Street, closed its doors unexpectedly on January 28.

GLEBE REPORT SEEKS SOCIAL MEDIA AND CALENDAR VOLUNTEER

The *Glebe Report* is looking for a volunteer to animate its social media presence (Facebook, Twitter, Instagram) and populate the online Community Events Calendar, with the intention of attracting more readers to the *Glebe Report's* website (www.glebereport.ca). The expected commitment would be 6 hours a month and would involve the following:

- Posting teasers online before an issue of the paper appears. After an issue appears (11/year), posting images and links to the online paper on Facebook, Twitter and Instagram, including any upcoming events, as well as images and contents that were not included in the print issue, as provided by the editor.
- Taking interesting photos of the neighbourhood and posting them online.
- Updating the online Community Events Calendar with community (not-for-profit) events.

If this opportunity is of interest to you, please contact the co-chairs of the *Glebe Report* board of directors, Patricia Lightfoot and Steve Zan, at chair@glebereport.ca, briefly explaining why this interests you and outlining your experience with social media.

Correction
In the article by John Smart called “Is Fred Rose, MP, alive and well and living on Regent Street?” (January 2018 *Glebe Report*, page 3), a sentence in paragraph 4 should read: “Once Rose and the others were arrested the War Measures Act allowed the authorities, up to and including the Supreme Court, to deny them their civil rights. No access to a lawyer nor to the press was allowed until after they had been found guilty in the press.”

Proposed redevelopment of Fifth Avenue Court

Editor, Glebe Report

To borrow the prescient indictment of modern city planning by the Prince of Wales in 1984, is the latest proposal from Minto for 99 Fifth Avenue a “monstrous carbuncle on the face of a much-loved and elegant friend?”

Three words sum it up. Their rationale cites intensification as its prime justification. The Official Plan target for intensification is 200 residents or workers per hectare. Their proposal exceeds three times that target! Viability was given at the public meeting as the reason for eight storeys. If this is to be used as a planning rationale, let’s see the figures. Otherwise, drop it; the development on the southwest corner of the junction accepted four storeys. Vandalism is hardly too strong a word for the gutting of the professional offices that currently provide a wide range of essential health and wellness services for the community.

If Minto is unable to make Fifth+Bank a going concern, let them sell it to someone who can rise to the challenge or at the very least form a management board with a strong community voice to better use the space they have. Otherwise, the hackneyed phrase from the planning professionals needs to be inverted: “It is our opinion that the proposed development is not in the public interest and it therefore represents bad planning.”

It is surely time for the community to take charge of the public planning process.

Frank Johnson
Glebe resident and business owner

Editor, Glebe Report

Residents of the Glebe should be very concerned about Minto’s proposal to replace Fifth Avenue Court with an eight-storey residential unit.

Currently Fifth Avenue Court is an “opportunity lost.” Minto has allowed its use to decline through lack of commitment and through charging above-market rents (as stated by the proponent at the recent public presentation). The result is vacancies and a general impression of under-use. Some form of development

or re-invigoration is necessary. However, the current proposal will be detrimental to our community for a number of reasons:

- Parking availability will be reduced: The existing underground facility will no longer be available to the public, putting additional pressure on on-street parking.
- Businesses will have to vacate: The eight-storey development will be entirely residential. The real- and sweat-equity of current Fifth Avenue businesses will be lost.
- Overlook: The proposed edifice may provide new residents with wonderful views but it will remove any privacy from nearby properties in all directions.
- Transition: The proposal claims to “provide a sensitive transition to the adjacent residential neighbourhood, preserving the character and scale of the existing context” (Planning Rationale p.1). While the Bank Street face retains the existing stores in place, the transition for the remaining three faces is five-storey walls with minimal setbacks for the upper three storeys. This is not a “sensitive transition.”
- Design: The proposed residential structure is a cookie-cutter design of a generic condo-type building with few architectural or design statements that integrate with the Glebe building stock.

This proposal does not benefit our community. It will increase the challenge facing businesses in the Glebe, reduce services for the community and be architecturally incongruous. Consequently I urge everyone to vigorously communicate their opposition. Minto can do better.

Peter Thomas

Sheila Pocock, Glebe Report volunteer for 31 years!

Do you remember the cut and paste method used for laying out newspapers in the ’80s, or when invoices were written by hand? Sheila Pocock, a long-time volunteer with the Glebe Report, certainly does, as she’s been the paper’s business manager for 345 issues this month, and counting. Pocock served as a member on the Glebe Co-operative Nursery School’s board of directors and as the volunteer treasurer when her children were lit-

Hallelujah – they finally got it!

Editor, Glebe Report

Re: “Composting in the Glebe Community Centre,” December 2017 Glebe Report

First, I want to congratulate the Youth Council and Stéphanie Stewart for finally getting it – using the green bin! But I would like to set the record straight because their claim that November 2017 was the first time the Glebe Community Centre put out a green bin is very, very wrong. From September 1975 and the very first day on which The Pantry, a vegetarian tearoom in our community centre, opened its doors, I composted and recycled everything. At that time there was no Green Bin Program and I carried The Pantry’s kitchen scraps home, on foot or bike, to my garden. Cardboard boxes and glass I took to the big recycle bin at that time located at the back of McKeen’s grocery on Bank Street. In 1989 I was honoured with a Greenprint Award and in 1994 with a Charlotte Whitton Award from the City of Ottawa for promoting environmental issues. When in 1995 I retired from The Pantry, Carolyn Best faithfully continued the practices of composting and recycling.

Environmental consciousness was always fundamental to The Pantry. Carolyn had a big bin placed in the corner of The Pantry’s garden and her son James

emptied it regularly to take to his farm. In June 2009 the city started the Green Bin Pilot Project and Carolyn purchased a bin, which was placed near the exit door of the GCC on Second Avenue. GNAG’s kitchen staff was invited to use it, though they declined. Scores of diverse people worked or volunteered at The Pantry over the years but all of us honoured and contributed to our light environmental footprint. Whoever worked on Wednesday just pushed the green bin to the curb and the trucks always emptied it – as simple as that! There were no “barriers” and we did not need meetings with an environment minister, city councillor or a green bin officer. I guess it is more stylish to go the bureaucratic way, especially when a photo-op with an important government official comes with it. The green bin was always there, you just had to be bothered to use it. I am truly glad that composting and recycling in our community centre will resume and hope that the novelty does not wear off. And I was happy to read that the Youth Council’s future goal is to start a community garden. The garden for which over the years we received so many compliments is already there waiting to be cared for. In the next Glebe Report I will try to tell the long history of it.

Ilse Kyssa

Glebe Report SUPERSTAR!



Sheila Pocock

for a business manager. Pocock joined the Glebe Report in October 1986, and recalls dealing with everything financial with pen and paper at that time. She was responsible for bringing the accounting side of the paper into the digital age by computerizing advertisers’ accounts and setting up the books with accounting software. Pocock has worked with many of the Glebe Report’s production team volunteers during the past 31-plus years including seven editors, three distribution managers and two advertising managers, among others. She’s observed the transition from cut and paste to the use of graphic software for designing the Glebe Report, and the increase in the number of pages over the decades. In reading the paper, each issue continues to give her much pleasure and “it’s a great way of getting to know what’s going on in the community.”

OUR VOLUNTEER CARRIERS

Mary Ahearn, Jennie Aliman, Tyler, Luke & Claire Allan, James Atwood, Aubry family, Andre Beaugerard, Adrian Becklumb, Beckman family, Inez Berg, Daisy & Nettie Bonsall, Robert & Heidi Boraks, Martha Bowers, Bowie family, Jonah & Benjy Brender, Adélaïde and Éléonore Bridgett, Deborah Broad, Bob Brocklebank, Alice Cardozo, Marina Caro, Ava & Olivia Carpenter, Ryan & Charlotte Cartwright, Nicholas Collins Mayer, Sebastian, Cameron & Anna Cino, Avery & Darcy Cole, John Connor, Denys Cooper, Sammy & Teddy Cormier, June Creelman, Georgia Davidson, Richard DesRochers, Marilyn Deschamps, Diekmeyer-Bastianon family, Dingle family, Delia Elkin, Felix Di’Orio, The Element High School, Nicholas, Reuben, Dave & Sandra Elgersma, Gord Farrell, Amanda & Erin Frank, Judy Field, Federico Family, Joann Garbig, Glebe C.I. - Community Living class, Caroline & James de Groot, Matthew & Ryan Goetz, Matti Goodwin-Sutton, Olivia Gorall, Gary Greenwood, Ginny Grimshaw, Jono Hamer-Wilson, Henry Hanson, Tracy, William and Mackenzie Harnish, Martin Harris, Hook family, Cheryle Hothersall, Matthew Hovey, Christian Hurlow, Illing-Stewart family, Jeevan & Amara Isfeld, Jonathan & Emma Jarvis, Janna Justa, Stephanie King, Lambert family, Leith and Lulu Lambert, Jacob Lavoie, Jamie, Alexander & Louisa Lem, Stephanie Lett, Kim Lewis, Justin Leyser, Aanika, Jaiden and Vinay Lodha, Ben, Parker & James Love, Annaline Lubbe, Jim Lumsden, Nick Stewart Lussier, Jennifer, John, Owen & Ian MacNab, William Maguire, Pat Marshall, Scott McDonald, Isaac McGuire, Ian Mc Kercher, Chris McNaught, Julie Monaghan, Diane Munier, Mary Nicoll, Sachiko Okuda, Matteo and Adriano Padoin-Castillo, Nadia Porcari, Brenda Quinlan, Beatrice Raffoul, Don Ray, Shannon & Brody Rector, Mary & Steve Reid, Jacqueline, Lucy and Adam Reilly-King, Ned Rogers, Anna Roper, Emile & Sebastien Roy-Foster, Bruce Rayfuse, Lene Rudin-Brown, Sidney Rudin-Brown, Paige Saravanamuttoo, Casimir & Tristan Seywerd, Zachary Shannon, Short family, Kathy Simons, Grady, Ella, Audrey Kennedy Squires, Stephenson family, Alex & Claire Stoney, Joanne Sulek, Karen Swinburne, Eric & Steven Swinkels, Zita Taylor, Brigitte Theriault, Spencer Thomas, John & Maggie Thomson, Trudeau family, Zosia Vanderveen, Caroline Vanneste, Josh VanNoppen, Veevers family, Jonah Walker, Erica Waugh, Vanessa Wen, Patrick and Ciara Westdal, Ben Westheimer, Allison Williams, Zoe & Nicole Wolfenden, Howard & Elizabeth Wong, Ella & Ethan Wood, Gillian & Jake Wright, Sue Ann Wright, Nathaniel & Maggie Wightman, Young-Smith family, Steve Zan.

AVAILABLE DELIVERY ROUTES

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Renfrew, Lyon to Percy, north side
Powell, Percy to Bronson, north side
Powell, Percy to Bronson, south side
Cambridge South, Powell to Queensway



THANKS FOR DELIVERING! NEXT PAPER COMES OUT MARCH 16.

WELCOME TO: Zosia Vanderveen
THANKS AND FAREWELL: Hugo Vanderveen
Jack and Lily Inskip Sheshnicky

Carriers do not have to live on a street to deliver on it.

Fifth Avenue Court redevelopment – an opinion

by Chris Leggett

This article is in response to the article in the January 12, 2018 issue of the *Glebe Report* on the redevelopment of Fifth Avenue Court to include condos.

There are some important things to consider to ensure interesting and dynamic streetscapes. When buildings are too high, canyons and wind tunnels develop. According to all enlightened cityscape planners (see below), Minto's project is too high by several storeys.

From an urban design point of view, a great streetscape relies on a number of elements. Visual elements include building façades, building heights, sidewalk widths, protected sidewalks, street furniture, street lighting, planting, sculpture, roadways, parking and open spaces. Some of this has been carried out in the recent revitalization of Bank Street; however, there is more to do. As it happens, height-to-width ratio (HTW) is critical in determining a streetscape that is visually right and more critically "feels" right.

To give a sense of visual enclosure to the street, the buildings along the street should create the sidewalls of an "outdoor room." Reid Erwing states in a study what we all intuitively know: "People like rooms; they relate to them daily in their homes and work places and feel comfortable and secure in them." He further states, "Visual enclosure of streetscapes occurs when bordering buildings are tall enough in relation to street width to block most of a pedestrian's cone of vision...The walls of the room are the vertical elements that bound and shape the street



spaces..."

So instead of simply stating NIMBY outrage, what is a reasonable, defensible argument for the height of the buildings along any given street? Experts agree that an ideal HTW on community-based commercial streets should be a ratio of between 1:1 and 1:2. (See Jacobs, Allen, "Great Streets;" Walter Chambers, "Great Streets San Diego;" and Duane, Andes, "A Framework for Walkable Streets Urban Street Design," to name a few.)

The street and sidewalks are approximately 60 feet wide in the Glebe. Currently, most of the buildings along Bank Street are one and two storeys or approximately 10 to 20 feet high. This puts the HTW at 1:1/4 and 1:1/3, and has the feel of an early western frontier town – the edges of the "room" do not provide a feeling of enclosure. The HTW ratio of 1:1 to 1:2 would result in building heights of 4 to 6 stories maximum in height. Wander the great inner cities of London, Paris or Rome and you will see and, most critically, sense how the right scale feels. As previously noted when you go higher, canyons and wind tunnels occur – think of Westboro between Churchill and Island Park Drive and Marché Way in the new Lansdowne. Those are cruel environments at this

time of year and simply unpleasant the remainder of the time.

There are at least three other considerations that are essential to ensuring a successful urban project.

Right to light. Sunlight studies should be mandatory for all new projects. No new project should be allowed to diminish existing light to a neighbour. Currently, the city can ask for a study if there is enough concern but there is no clear policy as to what is done with the study. Developers often suggest that stepping the building back from mainstreet will mitigate the canyon effect. It is a worthwhile concept, but only if the properties abutting the rear of the project are not presented with a "piled up" towering wall and are not deprived of previously enjoyed light.

Establish a design committee. The concept of controlling aesthetics is not easy, but it is necessary. It cannot simply be left to developers to choose a designer whose low fees may be the only criterion for selection (or is

from out of town and has no concern for the neighbourhood or community). The City of Ottawa had such a committee a few years ago but during a budget squeeze in the 1990s and pressure from developers, it was eliminated. Having such a committee forces developers and builders to give serious attention to architecture.

Public meetings should be mandatory for inner-city projects. Currently, developers may attend meetings out of the kindness of their hearts, not because they are obliged to.

Many people, businesses and streets will be impacted by a new project such as the Fifth Avenue Court condos. It is critical that the community be made fully aware of and be fully involved in determining how their neighbourhood will be affected by this new project.

Chris Leggett, OAA, MRAIC, is principal architect of the firm Christopher A. Leggett Architect Inc. and has resided and practised architecture in the Glebe for over 30 years.

Fifth Avenue Cart before the horse?

by Joseph Federico

"Some regard private enterprise as if it were a predatory tiger to be shot. Others look upon it as a cow that they can milk. Not enough people see it as a healthy horse, pulling a sturdy wagon." – Sir Winston Churchill

I'm pretty sure that wagons have drivers. And if private enterprise is the horse and we are the wagon then the driver must be government. We need vision and we need direction to move our neighbourhoods, communities and city forward. This is what the Official Plan, zoning and bylaws should deliver – consistently. Without a strong driver, horses are apt to take you in whichever direction suits them best.

I recently attended the meeting about the Fifth Avenue Court redevelopment proposal and our wagon is in need of a good driver. The horse, it seems, is determined and has some big ideas.

With respect to development in our well-established residential areas, the very first sentence of the City of Ottawa's Streetscape Character Analysis Manual states: "In the Mature Neighbourhoods, 'Your street gives you your rules.'" The first paragraph is all in extra large font, and in a different colour. I'm assuming this is to make the point unmistakably that "Your street gives you your rules."

The rules of the mature neighbourhood do not apply to commercial properties. That said, all streets still give you your rules through zoning. Bank Street, as it courses through Old Ottawa South, the Glebe and Centretown, is zoned Traditional Mainstreet. Traditional Mainstreets are those that were developed primarily before 1945. According to the city, on Traditional Mainstreets, "the Official Plan supports compatible development that respects the character of the street and adjacent areas ... with building heights between four and six storeys."

This all seems pretty straightforward. Yet time and time again communities are challenged by proposals that seek to develop outside the zoning. And time and time again bold proposals become the starting point for negotiations and concessions that result in final outcomes that are still outside the zoning. Residents and communities are made to feel that they

won something but they often walk away with wins that feel hollow.

Successful, winning development must be community-inspired so that it creates dynamic economies and livable neighbourhoods. Planning policies aim for greater intensification within our cities, but does this simply mean more people? Jane Jacobs would argue that successful intensification is more than just people, it's people who stay a long time. Long-term residents become a part of the community. They live in the community, they use the sidewalks, they shop in the community. By their very presence, they make communities safer. They support vibrant, diverse and successful economies that make cities great.

Is it realistic to think that 350 to 400 square foot units will attract long-term residents? Wall to wall that is the equivalent of a 20 by 20 space and it won't be cheap. This is a model that might work and even be necessary in massive cities like Hong Kong, Tokyo, New York and maybe even Toronto. But Ottawa is none of these places.

There are many things that one can point out about the Fifth Avenue Court redevelopment proposal, some supportive and others not. As John Ruskin said, "walls that have long been washed with the passing waves of humanity" must be preserved. The original brick building speaks to us through its very presence. Someday it will tell our story, too. And, in consideration of the Traditional Mainstreet passing through a mature neighbourhood, it is essential that the zoning, especially as it pertains to built form, be adhered to. Change is inevitable but it should always be respectful.

Developers and residents must be partners in enduring development. Our buildings may not last forever but we have to live with them for a very long time and we inevitably pass them on to future generations. It is essential that we work together to get them right every time so that everyone profits, whether it be financially or socially.

Joseph Federico, a Glebe resident for 20 years, has been engaged in community issues for a decade. He is a physiotherapy clinic owner. Follow him on Twitter @Joe_Ottawa.



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Carleton’s Faculty of Public Affairs goes public

by Karen Kelly

VISIONS FOR EQUALITY ONE-DAY CONFERENCE

Join internationally renowned researchers on March 8 at the Visions for Equality conference, one of many events open to the public during Carleton University’s Faculty of Public Affairs’ Research Month, an annual event series that drew more than 3,000 attendees in 2017.

“Imagining a world that challenges inequality and celebrates diversity” – that’s the theme of the one-day interdisciplinary conference that will bring together scholars and the public for wide-ranging discussions on gender, legal and international equality. Says André Plourde, dean of the Faculty of Public Affairs (FPA), “In sharing these discussions with the public, we hope to improve governance and public policy as well as foster informed citizenship in the community at large.”

The conference will take place on March 8 at Carleton University’s Richcraft Hall. Visions for Equality conference: carleton.ca/fpa/visions-for-equality/?updated=true

FPA Research Month is now in its fifth year and will feature panel discussions and graduate student symposiums on a broad range of societal issues including women in politics, trauma-informed journalism, anti-apartheid movements, transportation policy, European Union trade policy, economic austerity and extractive industries in Latin America. Carleton University Faculty of Public Affairs (FPA) Research Month: carleton.ca/fpa/events/research-month/

The events will kick off on February 26 with the FPA Research Excellence Symposium hosted by Professor Kamari Maxine Clarke of the Bachelor of Global and International Studies (BGInS) program. Entitled “Liberal International Institutionalism on the Decline? Rethinking African Treaty Withdrawals,” it will focus on the state and future of international law and the International Criminal Court in particular. For more information, and to register for these events, visit www.carleton.ca/fpa/events/research-month.

FORMER QUEBEC PREMIER JEAN CHAREST TO SPEAK

Well-known Quebec politician Jean Charest will deliver the annual Bell Lecture on February 27 that honours the contributions of individuals to the political and public life of Canada. In a speech entitled “Change, Trends and Canada,” Charest will share his perspective on current international trends, including international trade agreements, technological change, international politics and related topics. He will also discuss the future of NAFTA and its impact on the Canadian business landscape, and address Canada’s place in the world and global challenges. For more information, and to register, visit carleton.ca/fpa/cu-events/dick-ruth-judy-bell-lecture/

UNDERGRADUATE RESEARCH

On March 21, the focus will turn to the Faculty’s outstanding undergraduate students as they present the Undergraduate Research Showcase, posters and video projects presented by the students themselves. This is fol-



PHOTO: COURTESY OF CARLETON UNIVERSITY

Jean Charest, former premier of Quebec, will speak at Carleton on February 27 at 7 p.m.

lowed by the 180HRE, a competition in which undergraduates summarize their fourth-year honours research essays in three-minute presentations, an opportunity for high school students to learn about research opportunities in our academic programs.

Last year’s Undergraduate Showcase was won by political science student Rumya Nithiananthan, who examined the effectiveness of gender quotas in increasing the policy involvement of female politicians in national legislatures in Brazil and Costa Rica. She also placed second in the 180HRE competition. She graduated in 2017 and now works as a policy analyst at the Public Health Agency of Canada. She is also enrolled as a master’s student in Carleton’s Norman Paterson School of International Affairs.

BRINGING PUBLIC AFFAIRS TO THE PUBLIC

The Faculty of Public Affairs also hosts Author Meets Readers, an informal discussion on new books published by researchers at the faculty. The events take place at Irene’s Pub in the Glebe on a monthly basis during the academic year.

Upcoming Author Meets Readers include:

- “Curating Community: Museums, Constitutionalism, and the Taming of the Political” with Professor Stacy Douglas, Law and Legal Studies (February 15)
- “We Interrupt this Program: Indigenous Media Tactics in Canadian Culture” with Professors Miranda Brady and John Kelly, Journalism and Communication (March 22)
- “Violence in Latin America and the Caribbean: Subnational Structures, Institutions, and Clientelistic Networks” with Professor Laura Macdonald, Political Economy and Political Science (April 19)
- “The Limits of Trust: the Millennium Development Goals, Maternal Health, and Health Policy in Mexico” with Professor Lisa Mills, Public Policy and Administration (April 19)

The Faculty of Public Affairs comprises a diverse group of academic units including African Studies, Arthur Kroeger College, Criminology and Criminal Justice, Economics, European, Russian and Eurasian Studies, International Affairs, Journalism and Communication, Law and Legal Studies, Political Science, Political Economy, Public Policy and Administration, and Social Work. We hope to see you at some of our events! To learn more about the Faculty, please visit www.carleton.ca/fpa.

Karen Kelly is editor of FPA Voices, a publication of Carleton University’s Faculty of Public Affairs.



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Abbotsford drivers wanted!

by Julie Ireton

New retirees, along with gerontology students, even firefighters and police officers in-training are among those who've been recruited to become volunteer drivers for Ottawa seniors heading to medical appointments.

"We love our volunteer drivers," said Jane Stallabrass, program facilitator, Community Support Services, Abbotsford House at Glebe Centre across from Lansdowne Park. "Our volunteers are an amazing breed of people and I'd love to clone the ones I have." But since Stallabrass can't clone them, she finds herself continually recruiting new volunteers to help out.

The program provides the service for seniors who need more assistance getting to an appointment or doctor's office than might be provided by a bus or a cab and Abbotsford's transport volunteers do more than just drive the car. "They can be heading to any medically related appointment, doctor, dentist, eye appointment, hospital, hearing aids, glasses, anything they need for their medical requirements," said Stallabrass.

Thanks to the program, subsidized by government grants and fundraising, the rides are more affordable for clients, usually costing \$12, but as high as \$25 to get to the outskirts of the city.

"For most of our clients, most other

services don't work for them. Taxis work in some cases for some people, but the cost can be prohibitive," said Stallabrass. "And knowing you have a driver who has experience with seniors, has had a police record check and is screened is important."

The drivers are trained and while their cars aren't wheelchair accessible, drivers do what they can to help seniors who have some mobility issues and use walkers.

Martha Hynna, a retired senior public servant, has been a volunteer for about a year and a half. "I like to drive, I've got a car and I've got the time," said Hynna. "What I like most is that I meet a whole bunch of interesting people I otherwise wouldn't meet and get to have a little conversation with them." Hynna, like many of the volunteer drivers, helps get seniors to their appointments once a week.

Stallabrass said many of their clients live in the Glebe and Old Ottawa South, but the pick-up area extends to Billings Bridge and all the way to Hunt Club.

One of the drivers, a federal government employee, has worked out a flexible work schedule so he can volunteer as a driver for a few hours a week. "Which is amazing. Even one drive a week is huge," said Stallabrass.

Hynna said she would encourage others to volunteer. "For me it's so



PHOTO: MARJORY PATTERSON

Martha Hynna has volunteered for the last year and a half driving seniors to medical appointments and loves meeting so many interesting people.

easy, I'm quite comfortable driving and it's an easy thing to do and I get to meet people from all kinds of different backgrounds."

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950 Bank Street (the old stone house) Mon-Fri 9-4 pm, telephoning 613-230-5730 or by checking out all of The Glebe Centre facilities and community programs on our website www.glebecentre.ca.

Julie Ireton is a journalist who contributes regularly to the Glebe Report about Abbotsford House and the Glebe Centre.

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Clive just makes this stuff up

by Clive Doucet

This is what Mayor Watson had to say about my public statements that condos would be going up at the farm after the Tunney’s Pasture site was rejected. Mayor Watson went on to say that the institutional zoning for the farm site would prevent any condo development. Clearly, one of us has got his facts wrong. Here are my facts.

Twelve acres (the NCC lands, Queen Juliana Park and the land adjacent to Dow’s Lake) are zoned for mixed use, which permits high-rise apartments with no maximum height. Only 40 acres are zoned institutional (zoning amendment proposal of August 18, 2017). How high is no maximum height? Well, Claridge is building a 45-storey building across the street on Carling.

Let’s give Mr. Watson the benefit of the doubt. Somehow, his staff and his Planning Committee really meant to zone everything institutional at the farm, but were just having a couple of bad days when they rezoned the Dow’s Lake/NCC lands adjacent to the farm for mixed use. Perhaps everything will be fixed up shortly and rezoned institutional so that the farm property conforms to the zoning other Ottawa hospital sites have.

And it would be okay if zoning meant something in this city. It doesn’t. It isn’t worth the paper it’s printed on. In Westboro, the community thought the city had safeguarded the old convent as a heritage site. (I remember it well because I was on the Planning Committee when it came up.) Well, it’s been recently rezoned

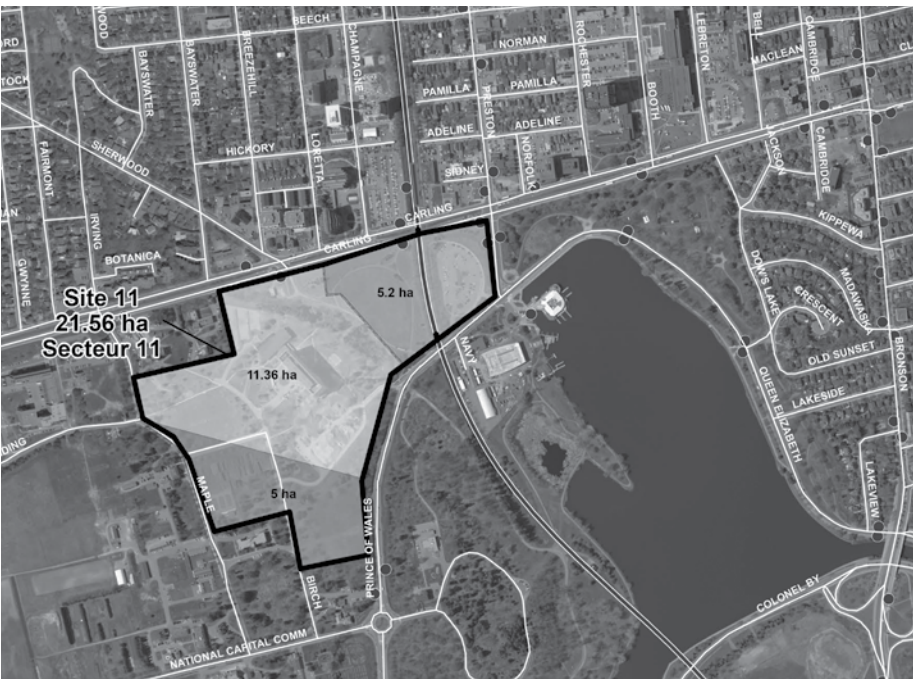
to allow for nine-storey buildings to be built right up to the convent windows.

Remember Roosevelt Avenue? The community there took the city to the Ontario Municipal Board (OMB) and amazingly won. When it did, the city tried to rezone the site retroactively. The city was surprised when the courts wouldn’t allow them to change the laws after the fact. Capital Ward has similar examples: Lansdowne, Southminster and Fifth Avenue Court join a very long line of properties where the city’s history, community planning, official plan and zoning were thrown out to “facilitate” development.

As Patty Steenberg said at the recent meeting at the Fourth Avenue Baptist Church convened to see the eight-storey plans for Fifth Avenue Court, Marlin McHale couldn’t get his garage site rezoned from four to five storeys but Minto across the street from Marlin got up-zoned to eight storeys. Why was it okay for one and not the other? What’s the difference between Marlin and Minto? Why doubling the height on one side of the street and rigorous enforcement on the other? One of these things is not the same.

But these Fifth Avenue sites are small potatoes compared to the Dow’s Lake/Farm properties recently released from open space for hospital and residential/commercial development.

Between the Farm/Dow’s Lake, Tunney’s and the Civic campus of the hospital, there’s more than 120 acres involved. Of the 52.8 acres allocated for the new hospital, about 13 acres are proposed as “mixed use centre” that permits high-rise development. But



Site of proposed new Civic Campus of the Ottawa Hospital.

what would have happened if Tunney’s had been selected as the NCC recommended? The Experimental Farm and NCC lands would have remained open space and there would have been only about 15 acres available at Tunney’s for residential/commercial. What’s the price differential between 15 to 20 acres and 80 to 85 acres? Back of the envelope says something between \$2.3 and \$5 billion.

Recently, we had a very distinguished panel ask for a public enquiry into the “deal” brokered by the mayor to extinguish the Tunney’s Pasture hospital site and select the Farm/Dow’s Lake site. It was composed of Dr. Declan Hill, a journalist and academic specializing in corruption studies; the Honourable Monique Metivier, a retired superior court judge; Dr. David Roger, a Carleton University professor emeritus of

medical physics and Dr. Frank Johnson, President, Ottawa Instrumentation Ltd. Four very different people with four different careers but all agreed that an impartial, non-partisan public enquiry by Ontario’s Ombudsman was needed to sort out just what happened in the 72 hours it took to reject Tunney’s and select the Farm/Dow’s Lake site.

I was the moderator of that panel where apparently “I just make stuff up.”

I don’t and it’s not about me. It’s about public land and private profit; that is the issue.

Clive Doucet is an author and former city councilor for Capital Ward. He is currently one of the co-chairs of Reimagine Ottawa, the group that sponsored the panel’s presentation at City Hall on January 17.

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intermediate School, perhaps one of the best schools under the jurisdiction of the Board of Education, could be demolished and discontinued, a fact that is inconceivable to me. No longer is it possible to save the old building, as renovation costs are high. The building's safety standards have been maintained, it is kept very clean, love it, but the time is fast approaching when these conditions can no longer be

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he letters to the editor concerning the panhandlers on this quote might be a pretty good one to share.

arious assumptions of humanity over humanity, nothing made about the habits of the poor by the well-housed, -fed."—Herman Melville

Faith Schneider

Community newspapers more important than ever

by Klaus Pohle

For this, the Glebe Report’s 500th issue, we asked professor Klaus Pohle if he thought community newspapers have a role and a future.

That the newspaper industry has undergone a tectonic transformation in recent times and continues to do so, needs little additional comment – from the rise of the internet, social media and other technological innovation, printed newspapers have generally been seen as the dinosaurs of the communication age and whose demise has been predicted by many for the past 30 years or so.

Equally, it’s certainly true that newspapers – generally dailies and for-profit weeklies – have suffered catastrophic losses in advertising revenue. Because dailies and many weeklies are generally owned by large corporations and mostly run by bean counters who eye the bottom line with beady eyes and whose primary concern is profit rather than news, this has led to huge downsizing of newsrooms and, in turn, meaningful journalism. This has led to a drastic decline in local news.

But the picture may not be as dire as it sounds. One segment of the news industry that is still going relatively strong and has filled the local news void to some extent are the not-for-profit local newspapers such as the *Glebe Report*. There are, of course, several types of these newspapers. Many are run by unpaid volunteers, some depend on paid staff; some depend on advertising, some don’t.

Some are throw-aways and are little more than advertising sheets. Still others take a more professional approach to local news. But all more or less strive to have one thing in common: to speak to and for the community and the readership they serve.

Moreover, with the recent closure of a number of for-profit community newspapers by the Post Media chain, papers such as the *Glebe Report* are more important than ever.

At a time when we have been deprived of so much sense of community by our obsession with social media and the like, community newspapers are an oasis in a sea of largely mindless blather. They provide a sense of social cohesion because they focus on bread-and-butter issues in our neighbourhoods that our neighbours are likely talking about across the backyard fence. And just as important, the reporters for these newspapers, whether they’re volunteer or more professionally trained journalists have, by virtue of living in the neighbourhood, their finger on the pulse of the community and understand its various issues better than a newcomer or

“Moreover, with the recent closure of a number of for-profit community newspapers by the Post Media chain, papers such as the *Glebe Report* are more important than ever.”

stranger ever could.

The average reader is blessed (or cursed) with an overabundance of city, provincial and international news sites on the internet and social media. That’s one of the reasons that dailies aren’t doing so well. Why would a reader spend good money for a newspaper subscription when he or she can get the same news largely for free on the internet?

But the same can’t be said of community newspapers. The kind of neighbourhood news they generally focus on is not available on social media or generally on the internet.

Flip through the pages of the *Glebe Report* to see how much of its content can be found on independent web-sites. Where can someone interested in the Glebe turn for the kind of neighbourhood-centric news that the *Glebe Report* provides? Stories and news about your neighbours? New businesses? Street closures? Community activities? Community policing? New programs at the local community centre? And let’s not forget advertising that focuses directly on the neighbourhood shopper. The list goes on.



However much some in the professional media may disdain this kind of news as unimportant and not worth bothering about, newspapers such as the *Glebe Report* speak to and connect us to the grassroots in a way that the *Ottawa Citizen* or any other daily can or won’t do. That’s not a criticism of the *Citizen*. But it has what it considers its mandate and papers such as the *Glebe Report* have theirs.

When all is said and done, they complement each other. The *Glebe Report* is no less a legitimate newspaper than the *Citizen*. Both have their place and their respective roles to play in keeping society informed. In some ways, newspapers such as the *Glebe Report* may actually be more useful for the resident of the neighbourhood than its daily.

In short, the demise of local news has been greatly exaggerated.

Klaus Pohle is an associate professor in the School of Journalism and Communication at Carleton University and former publisher of *Centretown News*.





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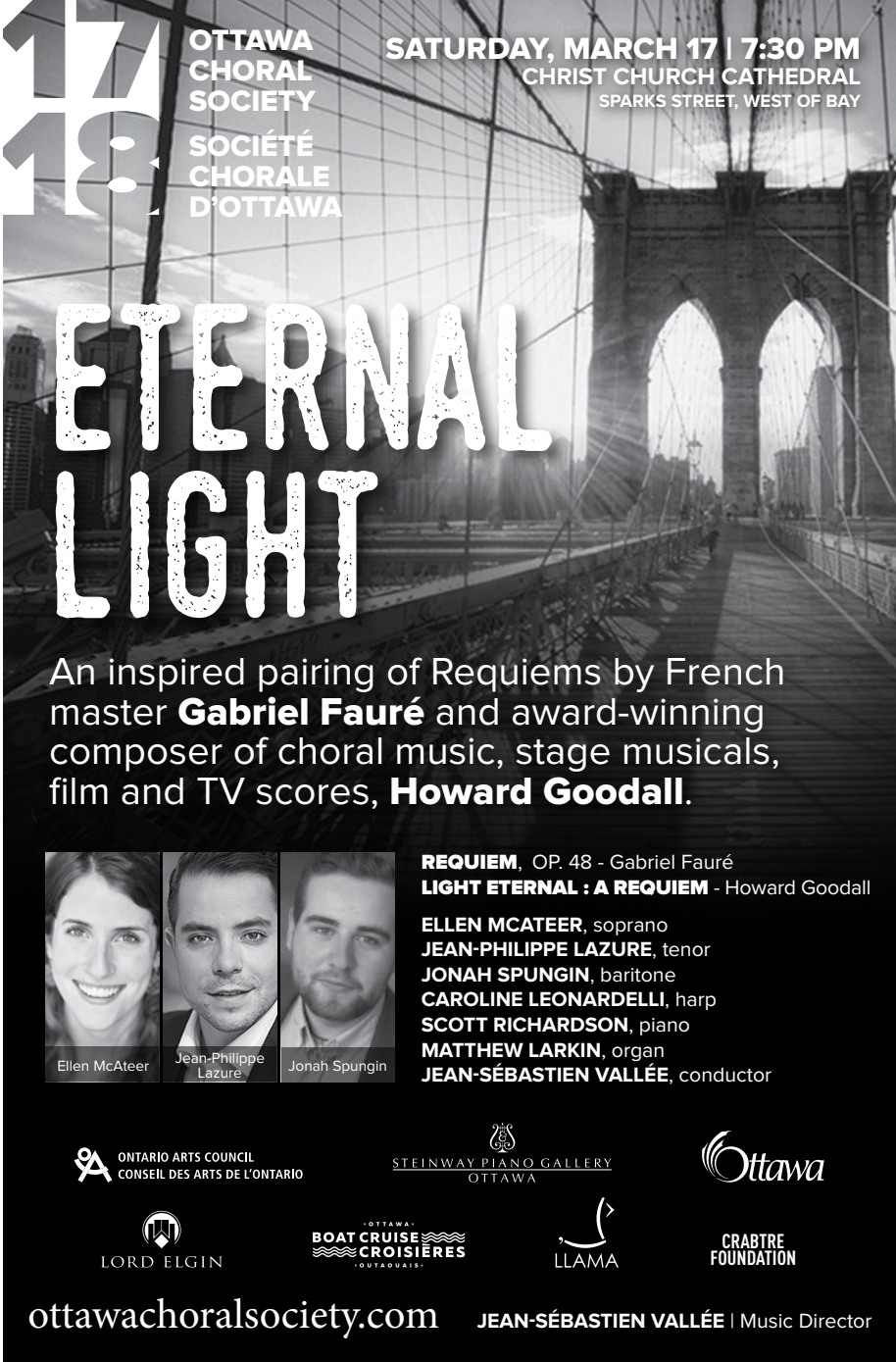
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The House of Sport now has a home at the RA Centre at 2451 Riverside Drive.

PHOTO: COURTESY OF COUNCILLOR'S OFFICE

House of Sport gives organizations a home in Capital Ward

The House of Sport at the RA Centre is officially open, giving national sporting organizations and multi-sport organizations a place to call home in a collaborative and innovative sport hub in Capital Ward. What better time to celebrate than during the month of the Pyeongchang Olympic Winter Games in South Korea, as Canadian athletes, including many from the Ottawa-Gatineau region, compete among the world's best.

This new facility on Riverside Drive harkens back to a golden age for Canadian sports and recreation organizations in the 1990s when many moved out of far-flung, low-rent locations into the shiny new, government-subsidized James Naismith centre in Gloucester. The problem with that model became apparent several years later, however, as leasing costs rose while government support dwindled. Bit by bit, the experiment in co-location fell apart.

The House of Sport is learning from the mistakes of its predecessor by keeping the spaces flexible with many shared amenities and a more central location next door to the Billings Bridge transit station.

The facility, which repurposes 35,000 square feet in the west wing of the RA Centre, operates a bit like an entrepreneur incubator or innovation centre for sports. It's a collaborative hub that brings together under one roof various sports federations, organizations and companies creating opportunities for sharing costs, business development, communication networks and best practices. Several local businesses have also joined to provide services to House of Sport members that run the gamut from the Aboriginal Sports Circle to Wrestling Canada Lutte.

The City of Ottawa supported this important economic initiative with a one-time, \$500,000 capital contribution. The RA, or Recreation Association of the Public Service of Canada, the largest private not-for-profit recreation and leisure facility in Ottawa, is funding the \$6.9 million balance.

This is a smart investment. The Ottawa-Gatineau region is home to more than 60 per cent of all national and multi-sport sporting organizations in Canada, and a May 2015 study underscored the importance of this sector to our local economy with an annual impact of \$76.25 million.

The House of Sport demonstrates a strong commitment to sustainable building and providing a healthy,



Councillor David Chernushenko
www.capitalward.ca

pleasant and functional environment for tenants and visitors. The RA Centre incorporated a number of beneficial features and amenities into the space that include energy-efficient lighting, HVAC and building automation systems, network infrastructure for wifi and security, natural light, food services that include a kitchen and a

café, and meeting rooms with technology supports such as smartboards. Members of the public are welcome to make use of the new café, and to rent meeting rooms through the RA Events and Conference team.

In terms of access, the House of Sport engaged with the City of Ottawa and my office to encourage transportation to the site by public transit and active modes. The design provides additional protected bicycle parking, and – given the close proximity to the Rideau River paths – we are exploring ways to add bicycle maintenance equipment in a location that would be accessible to both RA Centre users and the passing public.

We are also looking at ways to improve safe access by foot, bike and wheelchair across Riverside Drive, and to and from nearby bus and train stations. For those who must drive, we are exploring the possibility of installing electric vehicle charging facilities.

As of mid-January, the House of Sport had 21 members:

- Coaching Association of Canada
- Taekwondo Canada
- Speed Skating Canada
- Aboriginal Sports Circle
- Canadian Cerebral Palsy Sports Association
- Canoe Kayak Canada
- Wrestling Canada Lutte
- Shooting Federation of Canada
- Canadian Fencing Federation
- Ausome Ottawa
- Sport for Life Society
- Ottawa Sport Council
- Physical & Health Education Canada
- Ultimate Canada
- Cycling Canada
- Cystic Fibrosis Canada
- Uniglobe
- Koallo
- Elysian Insight
- Business Sherpa
- Legend Recreation Software Inc.

Bringing these organizations together, under one roof, in a world-class shared facility will ensure they have access to the critical infrastructure they need to flourish. I expect the House of Sport will prove to be a valuable addition to Capital Ward.

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ISSUE 500 GLEBE REPORT

"I love the fact that the Glebe Report is produced by an army of volunteers from many different social strata and demographics. Counting the deliverers, sometimes over 100 people are involved in a given month. This provides a wonderful set of checks and balances resulting in balanced and comprehensive coverage."

—Elaine Marlin, former editor, *Glebe Report*

Brewer Park reimagined

On March 23rd, 2017, the City of Ottawa’s Recreation, Cultural & Facility Services department and Councillor David Chernushenko’s office hosted a public consultation on the future renewal of Brewer Park. More than 100 people took part, providing comments, suggestions and hopes for the future of the park.

Here is an executive summary prepared by Ian Grabina of Councillor Chernushenko’s office on the feedback received during the consultation. Also available at www.capitalward.ca/brewerpark is a 20+ page summary report providing a snapshot of “what we heard” during the March 23rd consultation. The executive summary provides high-level re-caps of the most relevant points from each quadrant discussion. The report notes that the renewal process for Brewer Park will likely stretch out over the next five to 15 years, depending on budgets and the condition of existing facilities.

Councillor David Chernushenko’s office may be reached on this topic at brewer@capitalward.ca.

Executive summary

With a strong lobby present at the session, a skate park was noted as one of the potential additions to all quadrants of the park. In lieu of noting this element in every section of the report, it is being noted here.

What does Brewer mean to you?

A garden oasis in the City that provides opportunities for physical pursuits, community gatherings and ready access to nature.

In an effort to better understand what Brewer “means” to the community it serves, we asked participants what they thought of when someone mentioned Brewer Park.

Given the large facilities in play,

there is no surprise that of the 100 or so comments we received, a full 30 per cent referred to either the pool or arena. What is also not surprising is that 65 per cent of respondents spoke of how Brewer Park allows them to reconnect with nature and to be outdoors with their families.

From residents who spoke of their fondness for skating on the oval or hockey rinks, to others who spoke of the time they’ve spent in the playground area or green spaces, one overall theme emerged: we need to protect and where possible enhance our green spaces so that they are accessible year-round and protected for future generations.

The most comprehensive comment to come through was the one below – truly the park has a special place in their heart:

“A place: for kids, dogs, nature, and sport & recreation; social, physical, visual, and progressive activity; to have fun and be active outside; for almost all our recreational needs within walking distance!; youth, adventure lessons, scrapes and bruises, playing, laughing, sharing, skateboarding (1987-89), community; something for everyone!”

The Facilities Quadrant

There is a strong desire to see an upgrade to the aging facilities with a new merged facility housing a pool, hockey rink, sports facility, community spaces and potentially a refrigerated oval. Importantly, there is also a strong desire to see the preservation and expansion of community green space in this area, which may be achieved through an improved road network and a parking facility redesign.

The River Quadrant

This quadrant is highly valued by



Brewer Park

the community with a desire to see the addition of or improvement to

infrastructure allowing the area to be more thoroughly enjoyed. These improvements may include additional seating, covered community areas, river access, improved pathways and pathway connections.

The Playground Quadrant

An area favoured by families, this area currently meets the vast majority of community needs. The focus of participants in this area was to improve on those elements already present, which could include more challenging play structures, additional shade trees and additional covered community spaces. Due to recent investments in this area, improvements here are not likely in the short or mid term.

The Sportsfields Quadrant

A well-used area in the warmer months, this area could benefit from an improvement to and addition of small infrastructure expansions, including the upgrade to the change facilities, a year-round washroom facility and additional shade trees surrounding most fields and ball diamonds.

SOURCE: WWW.CAPITALWARD.CA

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Congratulations to the *Glebe Report* on your 500th issue!
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Send us a picture of your dog, cat, bird, turtle, spider or other pet companion, with name (and if you're so inclined, a word or two about what's special about them.)

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GCA update



Anthony Carricato



Josh VanNoppen

www.glebeca.ca

Let us begin this month's column by congratulating the *Glebe Report* on its 500th issue since its inception in 1973! From all of us at the GCA, thank you to the many dedicated volunteers, past and present, who have contributed their time and energy to this invaluable paper over the years.

NEW DEVELOPMENT: FIFTH AND BANK

By now you have likely heard of the new residential building proposed by Minto at 99 Fifth Avenue. The GCA is excited to see new housing in the Glebe, which will allow more people into our great neighbourhood. However, our planning committee has identified several key concerns raised by residents and current tenants.

The GCA is thus requesting that the City secure modifications to this proposal, as follows:

- The building height should be restricted to the current 15-metre cap in keeping with the character of the neighbourhood.
- Any new building should include a significant two-storey podium along Fourth and Fifth avenues. The building should be stepped back sufficiently to establish a strong podium that reflects the scale of the existing pedestrian realm exhibited by the heritage brick row facing Bank Street, as well as the homes/built form along the avenues.
- The materiality of the building exterior should more strongly reflect and align with the character of the neighbourhood.
- Further, the GCA strongly supports the inclusion of ground floor commercial space in the proposed building that includes an appropriate amount of parking to accommodate existing businesses.
- Finally, the GCA requests that the city make a commitment to undertaking a complete Community Design Plan and Secondary Plan for Bank Street as soon as possible, but not later than 2019, so that the vision for Bank Street can be clarified. In the interim, and until such a Secondary Plan is in place, the city should agree not to give permission to additional height or massing above that found in the current Traditional Mainstreet zoning for Bank Street.

Details on the proposal are available at: www.minto.com/ottawa/new-homes-condos/projects/99-Fifth-Avenue~1067.html. Send comments to the city at Kersten.nitsche@Ottawa.ca until February 14.

INCLUSIONARY ZONING AND HOUSING IN THE GLEBE

The provincial government recently passed new legislation that would allow municipal governments to enact and

enforce a policy known as "inclusionary zoning" in their cities and municipalities. Inclusionary zoning proposes that every new development have a certain percentage of the units sold or rented below market value. This can add much-needed affordable housing and help avoid the simultaneous "gentrification" of popular neighbourhoods and "ghettoization" of unpopular ones. Part of the GCA mandate is to advocate for a "diverse and livable" neighbourhood. As property values and rents rise in the Glebe, more and more lower-income folks are being forced out of our neighbourhood. As such, the Tenants' and Health and Social Services committees have advocated for inclusionary zoning and are excited to see the possibility of its introduction in Ottawa.

However, the GCA has serious concerns about several details of the legislation. Firstly, the regulations make municipalities reimburse developers for 40 per cent of the lost value of an affordable unit. This will limit the ability of already cash-strapped cities to implement the policy. Secondly, the new rules only apply to units that are owned and not to rental units. Anyone unable to afford a mortgage would be excluded from this program. Finally, the regulations provide no definition of what "affordable" means. Allowing for the average market price to vary across different locations within the municipality makes it difficult to ensure that the units deemed as affordable will actually be accessible to the lowest income earners, especially in the most desirable neighbourhoods such as the Glebe.

As such, we are advocating to the provincial government to change the above regulations. If you would like to see the full regulations and provide your own input, they are available here: <http://bit.ly/2rSbxZq>

Join us at our next meeting – Tuesday, February 27, 7 to 9 p.m. at the Glebe Community Centre, 175 Third Avenue.

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. All are welcome.

Twitter: @glebeca Email: gca@glebeca.ca



"Wow! Incredible! Congrats to 500 wonderful issues!"
—Mary Tsai, Glebe Neighbourhood Activities Group

Times, they are a changin’

TASTE IN THE GLEBE 2018 – A FAR FROM MODEST AFFAIR

January 18 was GNAG’s 20th anniversary of Taste in the Glebe. It is one of Ottawa’s favourite wine and food shows featuring incredibly generous and skilled vendors that made it look easy to prepare 400 portions of high caliber offerings. This sold-out event benefits our community in many ways. The \$27,000 raised will go towards our Community Development Fund, which supports community projects, subsidizes new program initiatives and gives families financial assistance.

On behalf of the community, we would like to thank you for your kindness and support, and for your belief in our community through the celebration of food.

SUMMER CAMP 2018 REGISTRATION

Registration for Summer Camp 2018 is now on. Create fun memories for your child that will last forever! Visit www.gnag.ca for a full listing of amazing camps for 4–17 year olds, or you can pick up a copy of the summer camp guide at the Glebe Community Centre. There are over 270 summer camps that will keep your child active, inspired, educated and entertained. Bring your friends or make new ones. Summer Camp is GNAG’s specialty! Remember, grades in our summer camp guide refer to the grade the child is entering in September 2018.

GNAG BIDS FAREWELL TO TWO WONDERFUL LADIES

It is a bittersweet goodbye to two very important community icons, Janet Conley-Paterson and Stéphanie Stewart.

Stéphanie Stewart has been working for GNAG as the Kitchen and Food Manager and Manager of the gcCafé. She will be leaving after nine years of service to GNAG and the community to take on an opportunity working with the federal government. Deciding to change careers was anything but easy. She often described working for GNAG as “the best job ever” and her colleagues as a “fabulous team.” The truth is, GNAG is a better employer, caregiver, recreation provider and community member because of her influence. Stéphanie expanded our culinary programs for children and adults, founded the Sustainable Fashion Show fundraiser, spearheaded the transition from The Pantry to the gcCafé, and co-created the Kitchen Initiative Team youth volunteer internship program.

Janet Conley-Paterson has had the difficult role of juggling not one but two communities. Glebe and Old Ottawa South have benefitted from Janet’s leadership, dedication and devotion to building stronger communities. When she first came to the GCC, it was a very different place. Her philosophy of community development paired with her support of and confidence in GNAG helped us grow and progress to where we are today. Janet is retiring from the City of Ottawa after 35 years of community service, seven years of which were served at the Glebe Community Centre.

On behalf of GNAG, the staff and all



Mary Tsai
www.gnag.ca

the other users of this centre, I want to thank these two power women for their hard work, their wonderful sense of humour and their commitment to building stronger communities. We wish them the best and expect to see them in our programs in the very near future.

LET’S GIVE OUR KIDS THE TOOLS TO PROTECT THEMSELVES

Since the first headlines on Harvey Weinstein and the subsequent media coverage of similar instances, there has been an awakening about how prevalent victimization is in every part of our society. Such incidences have always been there but now the media has helped to open the doors of communication. We need to be talking to our children about these realities to protect, inform and help them protect themselves.

It’s with this in mind that a series of talks to youth is being organized at the Glebe Community Centre to provide youth with tools to prevent or deal with challenges in the world in which they live, empowering them to make smart choices and to know where to turn when they or their friends need help.

Experts and local practitioners have been invited to speak on sexual harassment, coercion, consent, cyber safety, SM101 for parents, self-defense, mental health and substance abuse, with a Q&A after each talk.

GNAG, the Glebe Community Association, the Glebe BIA and Mutchmor Parents’ Council have provided strong support to kick-start the program. The initiative is also supported by Ottawa Police Services and Councillor David Chernushenko.

While the series is titled GrowSmart-Girls, the information is for all youth and adults. Girls and boys need to be informed on these timely and critical topics, as do their parents or guardians, to continue the conversation.

Visit www.growsmartgirls.godaddy-sites.com for more details on the different sessions. Registration is free and can be done through the website or GNAG.

SPRING AND SUMMER COURSES AND CAMPS

Registration for Spring and Summer courses begins Thursday, March 1 at 7 p.m.

GNAG is offering an incredible lineup of new spring programs and summer courses you won’t want to miss. The Spring Program Guide is online as of February 12, and you can also pick up a copy at the Glebe Community Centre.

March Break is just around the corner. Register for camp today!

We are currently accepting registration for our very popular March Break camps. We have a fantastic lineup that caters to all interests. Enjoy your spring break at the Glebe Community Centre and experience one of our specialties:

- Odyssey Traditional Camps (JK–Grade 7)
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Orto Trattoria's delightful Italian cuisine

by Michael Abbey

I met with a very enthusiastic chef at Orto Trattoria named René Rodriguez. Among his achievements has been Top Chef Canada on the 2014 season of that Food Network Canada TV show. Rodriguez has been a chef for over 20 years in Ottawa, having owned the very popular and successful Navarra in the market, which he closed in the winter of 2017 after nine wonderful years. "It's impossible to take time off in this industry," he mentioned, but with that said, he managed to do so after closing Navarra. Once Rodriguez got wind of the need for solid, affordable and delightful Italian food in the Glebe, he was off to the races.

I also chatted briefly with Ian Martin, the Orto Trattoria's maître d'. Martin has a solid background in education, a field that, though not similar to the restaurant world, does prepare one for a life built on relationships and communication.

Orto Trattoria is committed to everything client- and community-facing. The competition? What competition? With the closing of the Glebe's last mid-scale Italian eatery in May 2014, the neighbourhood is ripe for one of the world's most popular cuisines. Martin and Rodriguez are capitalizing on that situation and experiencing success at just about

everything they put on at the Trattoria.

They believe that over 30 per cent of their business is repeat, an achievement that many mid-scale establishments would be envious of, considering the short time they have been open. Existing and new clientele can experience difficulty getting a spot without a reservation during their busiest times, 5–9 p.m. Friday and Saturday evenings. The walk-in business is good and, like most proprietors in the Glebe, they get no complaints about parking. "This project came about when I got a call from the owner looking for a creative chef." Everything about Martin and Rodriguez is just that – creative.

They can seat five at the bar and have a round chef's table by the back door. Rodriguez is no stranger to the Glebe, having lived on Powell Avenue in the past. "Why drive when you can walk?" was a theme that surfaced early in the discussion. That, along with the décor and sustenance, has allowed Orto Trattoria to become a keeper on many dedicated clientele's lists for dining outings. Orto Trattoria is wheelchair accessible and has room to store the paraphernalia that accompanies little people as they too venture into Orto with their parents. They are open to private parties and would



Ian Martin, maître d' at Orto Trattoria on Second Avenue

from an attractive front on the north side of Second Avenue, just west of Bank Street.

So much thought has gone into the mix of ingredients of the dishes that Rodriguez would prefer that clientele not substitute a different kind of pasta for what appears on the menu. He believes very strongly in the offerings he has created, and the attention to detail on the ingredient mix is fundamental to the flavour, look and feel, and quality of each item.

Rodriguez and Martin captivated me with their enthusiasm. I have every reason to believe their success will mushroom and become a very popular establishment included on Glebe residents' (and other's) A-lists.

Bene ... I liked what I saw and heard.

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 @PreferMajors.

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Glebe Spree winner has \$10,000 to spend in the Glebe

by Trevor Greenway

Nadine Hodgson is the lucky winner of the Canada 150 Glebe Spree contest.

When Nadine Hodgson got an email saying that she had won a \$10,000 shopping spree in the Glebe, she didn't believe it. Although the mother of two has been playing Glebe Spree since its inception, winning a shopping spree was the last thing on her mind.

Hodgson and her husband Andrew had just spent two weeks at the hospital where their two-month-old daughter Siena had been rushed in for an emergency operation. The young couple was just looking forward to getting home with a healthy baby when the good news came.

"It was unbelievable," said Nadine during a cheque presentation at Glebe Spree sponsor business McKeen Metro Glebe. "When I first opened the email, I thought it couldn't be true. I actually had to get my husband to read it and confirm that was the case. Even then, we still were in shock."

But it didn't take long to sink in. After receiving their cheque, the family strolled across the street to Mrs. Tiggy Winkle's where their three-year-old son Theo was told that he could get anything he wanted. The young boy's eyes grew wider and wider as he browsed from Lego to Playmobile, board games to books. In the end he settled on a stuffed kitten and a plastic warrior's sword.

As for Andrew and Nadine, they haven't fully decided how they will spend their winnings but they are eyeing a trip to Florida in the spring



From left: Jim McKeen of McKeen Metro Glebe; Glebe Spree winner Nadine Hodgson; her children Siena and Theo and her husband Andrew; Bank of Montreal Financial Services Manager at Lansdowne Abbie Sizer; and Glebe BIA Executive Director Andrew Peck present a cheque for \$10,000 at McKeen Metro Glebe.

through Flight Centre and that bathroom renovation that may actually get off the ground this year. And after the "emotional roller coaster" they went through over Christmas with their daughter, who is now fully healthy, the couple may look to sneak out for a romantic dinner to celebrate their 10th anniversary.

"We haven't been to The Rowan yet, and we would really like to try it," added Nadine. The couple will likely make a few trips to Sporting Life for ski gear, perhaps a movie night or two and some browsing at stores they haven't scoped out yet. Nadine's husband isn't worried about spending the winnings.

"We love the Glebe, we shop here daily," he said. "The walkability, the proximity to stores. You've got all of Lansdowne and all the variety of shops along Bank Street."

For Nadine, winning the extra cash means she can even take more time off to spend with their new baby.

This year's Canada 150 special edition contest proved to be the most successful to date with more than 32,000 entries, a 67 per cent increase over last year's record high. Glebe Spree 150 also featured more prizes with 75 daily giveaways, five \$1,000 prizes and the big \$10,000 grand prize.

"What a way to end such a

monumental year, both in our neighbourhood and in the nation's capital. Thank you to everyone who participated – businesses, shoppers, and our sponsors, McKeen Metro Glebe and Bank of Montreal Glebe Branch," said Andrew Peck, executive director of the Glebe BIA.

The Glebe BIA would also like to thank the more than 160 businesses that participated this year, and the nearly 40 businesses that contributed an Any Day prize to this year's contest.

Trevor Greenway is responsible for communications at the Glebe BIA (Business Improvement Area).

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Fabulous February Figs

by Marisa Romano

This recipe and its story are perfect for this special celebratory 500th issue of the *Glebe Report*. An old friend and colleague shared them after bringing her fabulous figs to an office team-building meeting at the end of February years ago. They sure brought a smile to everyone around the table facing a long workday!

K. Nelson adapted this recipe from one found on a package of dried figs and adopted it as one of the special tempting treats for her celebration of Ayyám-i-Há (Days of Joy), the February festival that precedes the 19 days of fasting that close the Bahá'í (or Badi) calendar.

The Bahá'í year starts on the day of the vernal equinox and includes 19 months of 19 days each. A few intercalary days are added before the last month to align the Badi calendar with the solar year, just like the intercalary day added every four years at the end of February to keep our Gregorian calendar in line with solar movements. The intercalary days in the Badi calendar – the time of the Ayyám-i-Há festival – are days of happy social gathering and joyful celebration with family and friends.

The charming directions below are from my witty friend. The decadent combination of ginger and dark chocolate sweetened by the figs is what keeps these treats from getting stale. Hazelnuts, almonds or



Fabulous February Figs from K. Nelson

other favourite fillings can be used instead of ginger, and milk chocolate (or white) can replace the dark chocolate to create interesting variations.

FABULOUS FEBRUARY FIGS FROM K NELSON

- Ingredients:**
- 20 dried figs (Mission or Calymyna)
 - ¾ cup water
 - ¾ cup sugar
 - A splash of rose water or 1 ½ tsp of vanilla extract
 - 20 small pieces of candied ginger (hazelnuts or almonds are good too)
 - 5–6 oz chopped dark chocolate (milk or white chocolate are good alternatives)



- Directions:**
- Use a sharp knife to make a little incision in the fat bottom of each fig.
 - In a small pot heat sugar and water on medium heat until dissolved, then stir in the figs.

Bring to boiling and then turn down to simmer. Go do something else for 20 minutes, but if you are walking by, just stir the figs a bit.

Toward the end of the simmering time add the rose water or vanilla extract.

Take out the plump happy figs and drain them well on a paper towel. Save the sauce for up to a week in the fridge. It is gorgeous on ice cream, fruit or natural yogurt!

Now the sticky part: squeeze the bottom of each fig a little to open the slot and poke a piece of ginger inside (you have clearly budgeted to mess up with some and eat them because the recipe was really for 15 figs anyway!)

Place chopped chocolate in a glass bowl and heat on medium (50 per cent) in the microwave. Heat for one minute at a time, stirring in between, until it is almost all melted. Give a final stir so all of it is smooth. Hold the top of each fig and dip the fat bottom into the chocolate. Place on wax paper or candy cups and leave until cooled. Store in an airtight container in the fridge. You can always get up in the middle of the night to eat them!

NOTE: did you know that dried figs have probably the highest fibre content of any dried fruit? (7.3 grams per 1/2 cup! Livestrong.com), a little-known fact that makes this treat practically guilt-free.

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



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Just-One-Bowl Date Loaf features medjool dates



PHOTO: GWENDOLYN BEST

Inspired date loaf



by Carolyn Best

DATES
(origins lost, from Saudi Arabia)

The art of cooking.... so much more fulfilling when one is inspired, though sometimes I search for that feeling. My recipe collections are half full of poetry: about foods, about the times and seasons of the year, about the comings-together that eating can bring and the appreciation for nourishment. I had some beautiful medjool dates. I found this simple recipe for a date loaf and this poem to carry me to that feeling of wanting to prepare it.

We grow to the sound of the wind
Playing his flutes in our hair,
Palm tree daughters,
Brown flesh Bedouin,
Fed with light
By our gold father;

We are loved of the free-tented,
The sons of space, the hall-forgetters,
The wide-handed, the bright sworded
Masters of horses.

Who has rested in the shade of our palms
Shall hear us murmur ever above his sleep.

Once, on an already difficult bus journey from Delhi to Khajuraho – late, dirty, overcrowded – I remember the bus coming to a halt on the highway and stopping there for hours until a nomadic procession of thousands of camels, their drivers, horses, families and all the accoutrements of eating and sleeping that they carried with them, crossed in front of us. Such a stirring feeling to witness such a beautiful and proud people, “the sons of space, the hall-forgetters,” the men all in white clothing with bright red turbans, the flashing of jewels on the women, the tinkling of bells on the camels. I imagine their appreciation of dates at an oasis.

Carolyn Best is the former proprietor and chef of The Pantry vegetarian tearoom.

**JUST-ONE-BOWL DATE LOAF
(AND NO SUGAR)**

- 2 cups soft medjool dates, pits removed
- ¾ cup wheat germ
- 1 cup boiling water
- 1 tsp. baking soda
- 2 eggs
- ¾ cup chopped walnuts
- 1/3 cup butter
- 1 cup spelt flour

In a large bowl pour the boiling water over the dates and let stand for 5 minutes. Beat for 2 minutes with an electric mixer, then beat in eggs, add butter and walnuts. When the mixture has cooled, add wheat germ and flour and baking soda. Mix well and pour into a buttered and floured 8” by 4” loaf pan. Bake at 350 degrees 1 hour until centre springs back or an inserted toothpick comes out clean.



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Play structure by Jambette and saucer swing by Dynamo

PHOTOS: CITY OF OTTAWA

Dalhousie South Park consultation draws to a close

by Sue Stefko

The public consultation process for the renewal of Dalhousie South Park at 343 Bell Street South in the Glebe Annex recently came to a close. After the plans were briefly unveiled at the community association’s AGM in November, residents were again presented with the concept drawings in January and were asked to provide input. Given that the concept itself was based on years of community input, the feedback the city received was relatively positive according to Jeannette Krabicka, the park planner overseeing the renewal.

The park, which was slated for renewal in 2017 through the city’s Asset Management Branch, is also benefitting from a contribution from Councillor David Chernushenko as part of the ward’s cash-in-lieu-of-parkland fund. This injection of funds allowed the design to include more than just a replacement of current play equipment: adding some play structures and, by moving the gazebo, increasing the functionality of the tiny urban park.

Residents will note that the popular play area at the back of the park, often used for kicking around soccer balls, will remain free and open. Those impromptu soccer games will be aided by a set of informal goalposts

to give players something to aim for. While the back remains open, the play area at the front of the park will be optimized with more play structures that better fit a wide range of ages. Moving the gazebo from the centre of the park to the periphery also allows for more space to be devoted to play structures as well as providing a sheltered spot, close to but slightly away from the play area, for people of all ages to gather, picnic and socialize. Although safety regulations didn’t allow a traditional swing set to be installed in the small available space, moving the gazebo made space for a saucer swing set that can be enjoyed by children of many ages. This was an exciting addition, as year after year, a swing set was Glebe Annex residents’ most widely requested play structure.

If all goes well, residents can expect the renewal to happen this summer. The park may be out of commission for several months but it’s all for a good cause as it will be the first time in 25 years that the well-used space will receive such a major overhaul.

Thank you to all who contributed their time, ideas and hopes for the renewal of our park. We will be sure to keep you informed of its progress.

Sue Stefko is president of the Glebe Annex Community Association.



Dalhousie South Park renewal plans – overall site/concept plan

domicile

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A Birdie Missed

The story of the errant shot,
To generations will be taught.
This tale is told across the land
About the shot that was not planned.

A seven iron was the stick,
And Craig gave it a mighty lick
On seventeenth in Peterborough,
As to the left the ball did curl.

Up the driveway a van did glide.
Unwary were the folks inside.
Craig’s hooking ball smacked that van’s door,
As meekly he squeaked out a “fore.”

Across the fairway Norm did curse
And said to Spratt: Where is reverse?
Dear Doctor Davies laughed with glee,
While Kamcke rushed behind a tree.

Now up ahead the van had stopped,
While on the green Craig’s ball had dropped.
A burly fellow shook his fist,
Then drove away most sorely pissed.

As the golfers approached the green,
On its surface four balls were seen.
Though Craig’s was closest to the pin,
He took four putts to get it in.

Does this story have a moral?
With shiny vans do not quarrel!
Not a birdie, this old fogey
Settled for a double bogey.

Craig Kamcke

Winter Way

When it’s so cold your lips turn blue
And you think to yourself this just won’t do

Throw away the sled
Or toss it in the shed

Forget about the skis
They were never good for the knees

Don’t even consider a snowball fight
That will only end in fright

Just grab a cozy blanket
And that hot chocolate? Go make it

Don’t forget about marshmallows
Oh! And lots of comfy pillows

Cozy up in your home
Don’t go out and roam

That’s the Canadian way
Eh

Emily Harder, Grade 12, Glebe Collegiate Institute

maestro ice rap

the water is rigid
and the bus never comes
people all in mittens
so i guess they’re just all thumbs
praying for a warming trend
maybe just a sliver
don’t need no Steven King book
’cuz i already got the shiver
see that pretty snowflake
and a gazillion other cousins
each one is unique they say
but they’re cheaper by the dozen
falling from the sky
until they rise up from the ground
its funny windchill screams its pain
but our ears still hear no sound
polar vortex wobble ain’t no healing tonic
making global warming seem so paradoxically ironic
all that glitters may not be gold
but icicles they sure are cold
with shorter days and longer nights
i run from chills and frost that bites
think i’ll go and hibernate
and hide under my bed
set my snooze alarm to May
then sit in sun until all red

Mike Schofield

Time’s Up

A place without meaning, so dreary, so drab.
My head rests, not moving, on my white wooden slab.

My chair is unbalanced. Five minutes to go.
The clock keeps on ticking, incredibly slow.

This poem is forced, there’s not enough to it.
Brrrrring! The bell rings. Drat! I blew it.

Charlie Allen, Grade 12, Glebe Collegiate Institute

Ice Cream Flavours

One day I visited an ice cream shop
on a summer’s day that was nice and hot.
I took a big lick of chocolate ice cream,
and then I tasted something that made me scream.

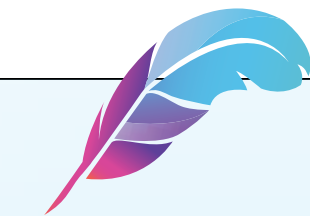
It was a big clump of dirt from the ground.
Then I saw other flavours, didn’t make a sound.
Vanilla was made of children’s lost teeth,
and strawberry was made up of old bed sheets.

If you ate the blueberry, what would you taste?
A humongous mound of mint toothpaste.

When I was at home that night in my bed,
I saw something that made me turn red.
All of the flavours from the ice cream shop
were there on my bed in one big glop.

When my mother came in to kiss me goodnight,
she fainted at the truly horrible sight!

Ava Claypool, Grade 6, Glebe Montessori



At this time of year, we need a
chuckle to lighten up the still-short
days. What better than a poem to
make you smile?



A Dog’s Tale

Get up! Get up it’s getting late.
I think it’s nearly half past eight.

My head is on your pillow now,
Nice soft fur across your brow.

That didn’t work, so, time for this:
Smack on your mouth, a big wet kiss.

Ah ha, that worked …your hand moved near
And calmed that itch behind my ear.

Belly rubs are next in line.
That’s good, don’t stop, you’re doing fine.

What! You’ve turned, I see your back.
This calls for a brand new tack.

Two paws at first… I’ll prod and pound.
No? Four it takes to bring you ’round.

At last a groan, a sigh, then UP!
Now breakfast and walkies with your pup.

Another lovely, glorious day!
“Good dog, good dog,” I hear you say.

Put my collar on, let’s not wait
To meet my friends. I can’t be late.

Oh good, out the door and to the park.
Wait, on this tree I’ll make my mark.

I want to tell Shandy I’ve been here,
And Pip and Pete, if they come near.

We’re here! Down the steps I want to run,
But remember that my leash is on.

Quick take it off. That’s it, I’m free!
Don’t you wish that you were me?

Marley, Pat Marshall’s clever dog



Whistle

It’s a lowly gift
as musical talents go
a fluting warble
a breezy melodic flow
of notes related
songs out-dated
but ones my Mum, my Dad, my family know.
A questionable gift
when yodel chirping searching for one’s spouse
in voluminous department store or possibly
quite full Opera House
but still, when voices go as age ascends
that soprano vibrato weaves and bends
and trills, no squeaks but just the thrill
of high C in a whistled breath.

Catherine R. Taylor

Poetry Quarter Call for Submissions

“Gimme shelter!”

For the May 2018 “Poetry Quarter,” send us your poems that address what it means to have a home – or to be home – or, as shelters overflow and waiting lists for affordable housing grow, what it means to be homeless. Shelter is a basic need – is it a right?

Deadline: Friday, April 20, 2018

- Eligibility:
- 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;

- Submitted on or before April 20, 2018;
- Poets in the National Capital Region of all ages welcome (school-age poets, please indicate your grade in school).

Please send your entries (up to 5 poems that meet the criteria) to editor@glebereport.ca before the deadline of Friday, April 20, 2018. Remember to send us your contact information and your grade if you are in school.



The Glebe according to Zeus

A GUINEA PIG'S PERSPECTIVE ON THE GLEBE



Zeus ditched on Valentine's Day!

An anonymous source, Valmont, has provided the *Glebe Report* with several disturbing break-up letters to Zeus citing selfishness, food addiction and general laziness as deal-breakers. It appears that after last month's publication of his controversial Me-First (MF)™ theory in *Psychology Tomorrow*, Zeus' par-amours decided to kick him to the curb once and for all.

Below are several letters that have now gone bacterial on FootBook:

Dear Zeus: I'm a convert to your Me-First therapy! After applying your easy-to-implement Me-First strategies, I realize you are no longer integral to my happiness. In fact, quite the opposite – you detract from the joy I deserve in my life. Thank you so much for enlightening me through your Me-First research – now I see you for the greedy, user-pig that you are. #FinallyFree!

Bella, GiddyPigs.com Marketing Strategist & former love interest of Zeus

Zeus: I have never met you, but I have seen you butting in line at Bridgehead and getting people to pay for your parsleyccino and salad because you "forgot" your debit card. #YouDisgustMe
Valmont, neighbourhood squirrel

Hey Zeus, you know I love you, but dude, customers are complaining that you keep eating their garnishes when they're not looking. Also, your bar bill is in the thousands. Sorry, dude, you're banned. Peace be with you, my furry love sausage. #SorryMan
Liam, Erling's Variety

Yo Zeus: Fido no like you Zeus. You always let down. You always promise bone and never deliver. Fido going to hang out only with Bella now. You bad pig. #NoLikeYouNoMore
Fido, dog Second Avenue

Not surprisingly, Zeus has not been seen this month at Bridgehead or Erling's Variety.

Borrowed words

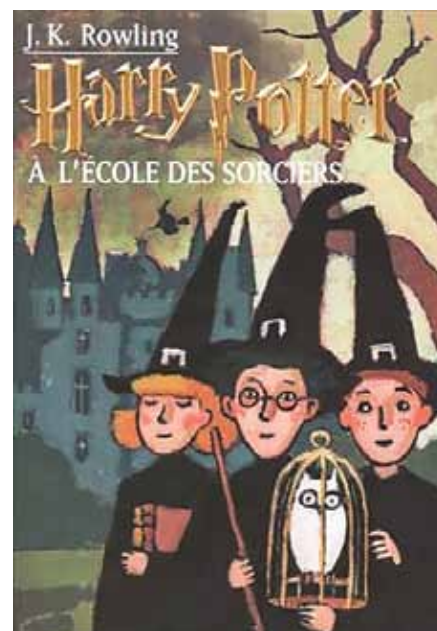
Translating the magical world of Harry Potter into French

by Michelle Brooke

The Harry Potter series is peppered with clever connotations, dripping with witty wordplay and altogether brimming with magical language. J.K. Rowling gives objects in the wizarding world amusing, expressive names often imbued with hidden meaning throughout the books. But this raises the question: how does one translate words such as "Hogwarts", "Hinkypunk" and "Nargle"?

French translator Jean-François Ménard understood that, rather than translating word-for-word and risking the loss of this nuanced language, he had to invent French equivalents that recreated the same meanings and captured the same pleasing, musical qualities of the original English books. For instance, the Hogwarts houses each have a name suggestive of that house's traits. To keep the allusion to snakes, Slytherin house was translated as "Serpentard," containing the French word "serpent," and Hufflepuff was translated as "Poufsouffle," retaining the same amusing ring as the English name.

Ménard gave charming, rhythmic names to the enchanting sweets of the Harry Potter universe. Pumpkin Pasties became "Patacitrouilles" and Chocolate Frogs became "Chocogrenouilles." But my favourite is the translation of "Fizzing Whizzbees," a sherbert ball that makes you levitate



while you eat it. Ménard renamed this a "Fizwizbiz." Not only did Ménard have the challenge of recreating these names in French, but he also made up one of his own play-on-words that doesn't appear in the English books. He translated the Sorting Hat as "le Choixpeau magique," combining the word for hat, "chapeau," with the word for choice, "choix," a clever addition to the books!

Overall, Ménard succeeded in translating the charms of Rowling's original text so that French readers could enjoy the same experience as English readers, for it is the language of these books that draws us in and paints so detailed a picture of such an extraordinary world. As Dumbledore said, "Words are, in my not-so-humble opinion, our most inexhaustible source of magic."

Michelle Brooke is in third year at Carleton University, majoring in linguistics and French and minoring in German. She loves learning and writing about language.



BEST BUDDIES

Calico kitten Patchy-Patch was adopted from the Humane Society. Chris, Ed and Cecilia Stroz picked her for her playfulness, and she has since shown herself to be curious, energetic and cuddly – "best pet ever."

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NICK LE PAN ART



Santiago de Compostela, by Nick Le Pan



Face of a Trader, by Nick Le Pan

I first became interested in painting as a little boy growing up in the Glebe. My mother, who was quite artistic, always took the paintbox with us on outings to keep me and my brother out of mischief. It worked. The paintbox was a First World War gas mask box, which one could discern from the tattered instructions inside the lid. Perhaps that is why I associate painting with things that can be striking.

I would take a few watercolours and a brush or two on business trips and do small paintings, sketches really, all through my professional career in Ottawa.

Now that I am semi-retired, I am attracted to painting and am devoting more time to it. My interest has been larger works, urban landscapes and mixed media, including images related to the financial world that I know. For this upcoming exhibition at the Wild Oat in the Glebe, I have added more portraits to the mix.

Nick Le Pan Art
March 5 – April 1
Wild Oat Café
817 Bank Street



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—Ellen Schowalter, former editor, Glebe Report

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The Art of Vincenzo Paolucci



Smoked Fish, by Vincenzo Paolucci

Local artist Vincenzo Paolucci started drawing and painting around the age of three or four. His natural ability surpassed his age and his many creations often graced the walls of his family home. Vincenzo always had an intense curiosity about the world around him, especially its inhabitants. He is a completely self-taught artist and his work reflects his passion for capturing the essence of his subjects. Now, over 40 years later, he continues to experiment and evolve as a painter. Formerly residing in Florence and Toronto, he now calls Ottawa home. He works from his home studio on the out-

skirts of Ottawa where he lives with his wife Terri and his two crazy dogs. Vincenzo's paintings can be found in many private collections, from castles in Italy to the personal collections of actors like Robert Downey Jr and Danny Trejo. His work will be on display at the Wild Oat Café on Bank Street from Feb 4 until March 4, 2018. Send commission inquiries to vincenzol610@gmail.com.

The Art of Vincenzo Paolucci
February 4 – March 4
Wild Oat Café
817 Bank Street



Ancient Map, by Vincenzo Paolucci

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PHOTO: COURTESY OF RON WEISS

Glebite Ron Weiss will premier his debut solo album, *Arrow & Heart*, at the NAC Fourth Stage on March 7.

Ron Weiss to premier his solo album

by Reina Cowan

Glebe area musician Ron Weiss will take to the stage next month, premiering his full-length debut solo album *Arrow & Heart* at the National Arts Centre’s Fourth Stage to show Ottawa listeners his skills as a solo artist.

Weiss is performing the album on March 7, alongside Brian Asselin, TVA *La Voix* runner-up Rebecca Noelle and other mostly Ottawa-based artists.

This project has been a long time in the making. According to Weiss, almost 40 years of inspiration, love and hard work have gone into the album.

“When I was 20, I was basically a high school dropout living with my brother in Vancouver and playing guitar and piano more than six hours a day, headed, or hoping really, for a career in music,” he said.

Weiss was originally from Montreal and had hoped to attend Boston’s prestigious Berklee College of Music to eventually pursue a musical career professionally. But after returning to Montreal and meeting his wife, Debbie Halton-Weiss, his focus shifted. Weiss chose to focus on family and his career for many years, eventually studying at university and training as a doctor.

“My priority was to have a family and have children. So I put music aside for many, many years,” he said. “About 20 years ago, my wife was going on an extended trip out of town. She handed me an envelope with \$400 in it. She said ‘buy yourself a guitar,’” recalls Weiss. “She knew that music was important to me and that I should start getting back into it.”

And he did buy that guitar. Weiss started playing, writing and eventually performing gigs around Ottawa for the first time in 20 years. After early open mic shows, he formed the group *docweissband* with whom he performed for three and a half years.

After the band split up, Weiss fulfilled his long time dream of attending the Berklee College of Music for an online master’s certificate in songwriting, strengthening his skills as an artist.

“It taught me a ton about what I was doing poorly and what I could do better,” Weiss reflected. Weiss said he feels fortunate to have worked with skilled collaborators who are Ottawa-based. “It’s kind of an undiscovered

secret, I think, that we have a collection of really top-notch musicians here,” he said. “These are special, talented people. I’m sure I would find a community in other cities but Ottawa is a special place. It’s small and yet big. It’s cosmopolitan in spite of its size.”

Arrow & Heart blends Weiss’ unique, classically trained fingerstyle guitar playing with a wide array

of influences, from Motown to folk, jazz, pop and soul elements. Notes of French horn, bold saxophones and, of course, Weiss’ refined guitar melodies intertwine, keeping listeners on their toes. Although it blends upbeat songs with slower ballads, there is a clear and unwavering energy throughout. Weiss cites artists like James Taylor, Hall and Oates, and Joni Mitchell as inspirations.

The titular track “Arrow & Heart” is a lesson on life’s great decisions.

“The song was inspired with the birth of my first grandchild,” he said. “When my first child was born, I wrote a song for her and I thought that I would write a song of advice for my grandchild as well,” he laughed. “You can either spread joy or you can spread sorrow. That’s what the song says: you have the choice.”

His song “Be a Child” draws on Weiss’ earliest memories of growing up with his grandfather who took care of him until age three.

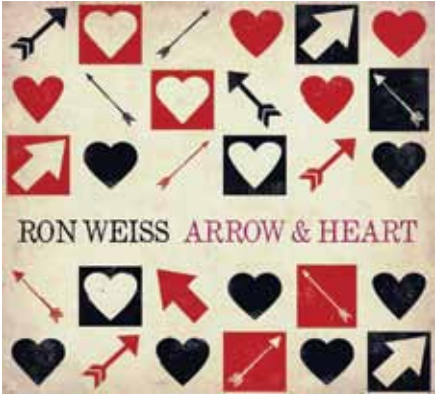
“Normally a child doesn’t have memories from the first three years of life, but I remember him vividly. Subconsciously,” Weiss said, “it’s really probably about his love.”

But the driving force and main inspiration behind this album is Weiss’ love for his wife Debbie Halton-Weiss.

“The most important thing for me in writing is that I’m very lucky that I have a muse because not everybody has that and it is a wonderful thing to have that inspiration over this period of time. There’s a lot of love songs in the world but I don’t seem to run out of ideas,” he chuckled.

The concert at the National Arts Centre’s Fourth Stage is scheduled for 7 p.m. on March 7. Tickets are on sale from the NAC’s website, by phone or in person.

Reina Cowan grew up in the Old Ottawa South neighbourhood and is a third-year Carleton journalism student.



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In Concert for Cambodia

by Flora Liebich and Cathy Mains

The community is warmly invited to the 12th annual In Concert for Cambodia (IC4C) fundraiser, hosted by CBC Radio's Laurence Wall. The guest of honour will be His Excellency, Per Sjøgren, Ambassador of Sweden to Canada. Sweden is highly supportive of human rights internationally and has a particular interest in the increasingly challenging situation in Cambodia.

We have a terrific lineup of musicians, including Peter Woods (MacKay United Church minister) on jazz saxophone, accompanied by the legendary Brian Browne on piano, Danielo and Maria Krstic on violin (Maria Krstic, now 15, is a multi-year winner of the Canada Music Competition), Kyle Burghout and Jane Cory on fiddle (Burghout is the IC4C youth coordinator and winner of the 2015 Eastern North America Fiddling Competition) as well as cello, vocals, piano and traditional Cambodian music! Complimentary refreshments and a silent auction will follow the concert.

This youth-based volunteer initiative was started in 2006 by 13-year-old Ottawa violinist Laurent Côté to raise funds for the Peaceful Children's Homes (PCH) in Cambodia. Since then, successive groups of young Ottawa musicians have volunteered their time and talents for this worthwhile cause. Many of the musicians are students or graduates of the University of Ottawa, while others are rising stars in the world of music.



The musicians who will play March 11 at the In Concert for Cambodia fundraiser at McKay United church

The Peaceful Children's Homes were created in 1994 to provide a permanent home for unaccompanied children returning from refugee camps on the Thai border in the aftermath of the Khmer Rouge and the Vietnamese occupation. Today, the homes take in children who have been orphaned, abandoned or rescued from the street from domestic violence or from human trafficking. All proceeds from our concerts go directly to the homes for food, medical care, self-sufficiency projects, as well as education. IC4C is proud to support the university studies of four talented young people from the homes, including a young woman studying law.

In Concert for Cambodia
Sunday, March 11, 2 p.m.
MacKay United Church,
39 Dufferin Road

IC4C representatives visited the Peaceful Children's Homes in December 2015 and found that our donations are being well used. We met many young people, now successfully employed and raising their own families, whose lives have been transformed by the homes. The cur-

rent PCH director grew up as a child in the homes and has now returned after completing university and working abroad to "give back."

We encourage you to purchase your tickets in advance! Tickets (\$20/adult, \$15/student, \$10/12-years and under) are available on the IC4C website: inconcert4cambodia.wordpress.com and at Books on Beechwood (35 Beechwood Avenue). Tickets will also be available at the church door (\$25/adult).

Flora Liebich is coordinator of this year's In Concert for Cambodia. Cathy Mains is a member of the IC4C organizing team and a Glebe resident.

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Seventeen Voyces presents Chaplin's gold with silver sound

by Margret Brady Nankivell

Seventeen Voyces, Ottawa's premier chamber choir, will present Charlie Chaplin's silent film comedy *The Gold Rush* on Friday, February 23 and Saturday, February 24, 7:30 pm, at St. Matthew's Anglican Church in the Glebe. Kevin Reeves will direct the choir in singing a variety of songs ranging from baroque to contemporary with some jazz and spirituals thrown in as well.

Virtuoso organist Matthew Larkin will demonstrate his remarkable ability to interpret the mood and action of silent films. He has worked with Seventeen Voyces on silent film choral adaptations every year since Reeves organized the first such presentation, Theodore Dreyer's masterpiece *The Passion of Joan of Arc*, more than 10 years ago.

"Selecting choral music to match comedies is far more challenging than finding the right accompaniment for dramas," says Reeves, whose last comedic film presentation was Buster Keaton's *The General* in 2010.

"Since we have done two massive biblical epics in a row, it was time to have a comedy which clocked in under two hours," he says. "I chose *Gold Rush* because Seventeen Voyces already presented Buster Keaton's masterpiece and I felt Chaplin was getting shortchanged."

Chaplin's film about a prospector at the time of the Klondike gold rush was

released in 1925 and is one of his most acclaimed works. Chaplin famously said it was the one he wished to be remembered for most. Complete with blizzards, bar rooms and an invading bear, the film depicts the struggles of life in the Klondike.

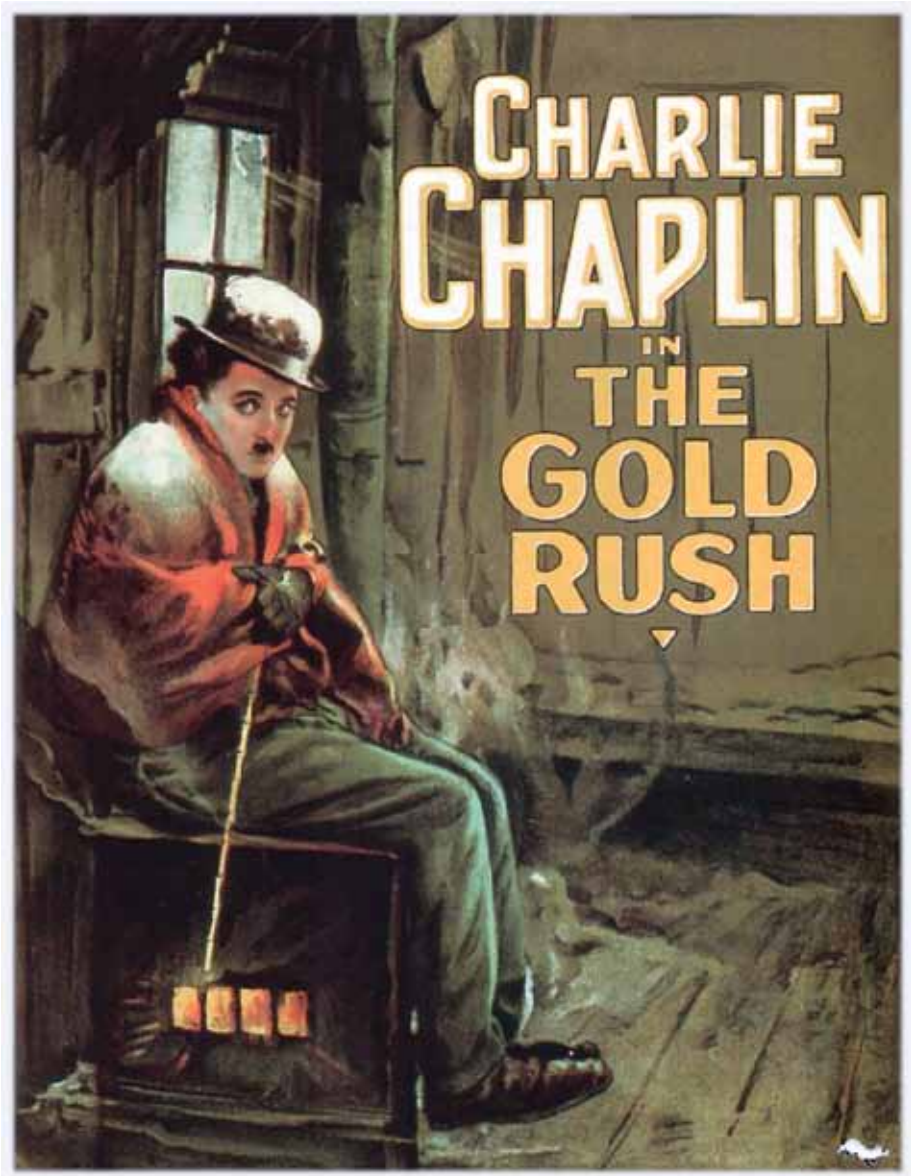
The film, which will be projected on a large screen, is excellent family entertainment and includes some memorable scenes of frugal living.

Georgia Hale, a beautiful Miss America Pageant contestant – who failed to make a successful transition from silent film to sound – plays the love interest. Happily for Hale, she went on to become a successful real estate agent.


Reeves has selected with the assistance of Barbara Chamberlin, director of the Whitehorse Community Choir, a number of rarely heard folksongs related to the north. They include "Yukon River," "Hudson Bay Boys," and "The Scout" by Stephen Chatman, professor of composition at the University of British Columbia.

Other choral works include works by Elgar, Holst and Kodaly, as well as Thomas Ravenscroft's delightful "Toss the Pot" and Hoagy Carmichael's "Georgia." A highlight will be Lakmé de Delibes' effervescent "Flower Duet."

Margret B. Nankivell is a long-time St. Matthew's parishioner and regular contributor on music to the Glebe Report.



Seventeen Voyces presents Charlie Chaplin in
The Gold Rush,
Friday, Feb. 23 & Saturday, Feb. 24, 7:30 p.m.
St. Matthew's Anglican Church, 130 Glebe Ave., near Bank
St. Adults: \$25; Students: \$15. www.seventeenvoyces.ca or
Compact Music, Book Bazaar, Leading Note
and Herb & Spice, Wellington West.




Shawn Menard

Congratulations to the *Glebe Report* on their 500th issue! It is precisely because of community initiatives such as this and the people who tirelessly volunteer and work to enhance our quality of life, that our local community is what it is today.

The people whose voices are amplified by its production, those doing free work for a better world, are the ones who should be most promoted and listened to in the City of Ottawa – often community associations, advisory committees, student groups, parent councils, neighbourhood organizations, environmental organizations, teams and others. Their interest and their preoccupation is local and counters the corporatization that so often gets its way. With this 500th issue, let's celebrate the people the *Glebe Report* gives a voice to.


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
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Grassroots Festival

spotlights Ottawa's finest

by Grace Smith

Ottawa should have a billboard proclaiming: "Welcome to the City of Festivals." There is a festival for almost any occasion, culture or food on almost every weekend in the nation's capital.

The Ottawa Grassroots Festival is one of the earliest festivals of the year, emerging once the snow has vanished and crocuses have poked through. With attendance growing year after year, this annual celebration of community arts and entertainment offers a full lineup of some of the best folk music and spoken word artists in the city and across the country. Past headliners have included: Garnet Rogers, Connie Kaldor, Old Man Luedecke, Stef Paquette, Durham County Poets and Mélanie Brulée. This year, the headliners pay homage to incredible local talent. The festival takes place indoors in a fully accessible venue – Southminster United Church in Old Ottawa South – from April 26 to 29.

Grassroots Saturday evening, April 28, kicks off with an address by Algonquin elder Albert Dumont, followed by singer-songwriter Campbell Woods who will open for headliner Lynn Miles, Ottawa's crown jewel. Miles is a Juno-award-winning songwriter who will be performing with Keith Glass. Lynn has 12 albums to her credit and is currently touring. She is set to release a CD in late May with another local favourite, Lynne Hanson, as "The LYNNeS" project.

"Lynn has been performing in the Ottawa area since the '70s," says Bob Nesbitt, founder and festival producer. "She is a gifted performer and so well respected among artists, commun-

ities and her devoted fan base." Lynn is known for her dark songs, balanced by her sense of humour.

Another homegrown legend that will be performing is Sneezy Waters, also known as "Ottawa's first busker." Waters will headline the Friday, April 27 evening of the festival along with his Very Fine Band comprising musicians Dave Bignell and Vince Halfhide – guitars, Ed Bimm – keyboards, Ann Downey – upright bass and Peter Beaudoin – drums. Waters was a staple in the local coffee house scene in the 1970s, performed in Asia then returned to hit the streets of Ottawa. They play an eclectic range of music, blending jazz, blues, folk, country, rock, reggae and African music.

An important tradition is the opening night devoted to showcasing

francophone artists. This year, the evening headliner is franco-folk artist Jean-Marc Lalonde, best known as the accordionist for the traditional group La Ligue du Bonheur, as well as the folk-rock band Deux Saisons and his latest project: Hey, Wow! The evening is themed "Pardon My French" and the audience is guaranteed an energetic, humorous night with audience participation.

Some newcomers to the Ottawa Grassroots scene this year are Isabelle Delage, Jack Pine, Jazmine Wykes, Steve Palmer and Tao Hipwell. This talented roster of performers is presented as part of the festival's free daytime programming Saturday and Sunday. More performers will be confirmed in the weeks ahead.

Tickets are needed for evening performances and are priced to be affordable for everyone, especially families: Saturday (Lynn Miles)

\$30, Friday (Sneezy Waters) \$25 and Thursday (Jean-Marc Lalonde) \$20. A festival pass is a mere \$49 if purchased on the website at www.ottawagrassrootsfestival.com. Unique to Grassroots, children 15 and under accompanied by an adult are free.

The Ottawa Grassroots Festival, a not-for-profit, is made possible by the dedication of over 100 volunteers. If you are interested in volunteering, there are opportunities to help with pre-fest work and also during the event. Sign up via the volunteer link on the festival website at www.ottawagrassrootsfestival.com.

Mark your calendars, folks, this festival is definitely worth your attention and participation!

Grace Smith is a member of the Ottawa Grassroots Festival board of directors and is responsible for publicity and communications.



Sneezy Waters and His Very Fine Band will perform at Southminster United Church on Friday, April 27.

Lynn Miles, Ottawa's crown jewel, will headline the Grassroots Festival Saturday, April 28.

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GLEBE REPORT

"A neighbourhood paper is no small thing. Reading the *Glebe Report* helps us all feel connected in some way to the larger community, and that feeling of connection can't help but inspire people to come together in different ways. I am continually amazed at the unflagging effort that you and your team put into each issue to make it something truly special."

—Ildiko Sumegi, book reviewer

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Celebrating Black History Month in the Glebe



by John Gall and Michael Curtis Hanna

Black History Month will have a distinctive voice in the Glebe when, on Saturday, February 24 at 7:30 p.m. Fourth Avenue Baptist Church will host a celebration of black history with the Big Soul Project choir, Deep Groove Band and special guest soloist Michael Curtis Hanna for an evening of joyous historic song and music.

This year marks the 120th anniversary of Fourth Avenue Baptist Church. It continues to be a community anchor, both spiritually and through music. The church is home to the Big Soul Project community choir and if you walk by on a Monday evening you just might hear the choir's 135 members practising (many of whom live in the Glebe). So, it's fitting that church, choir and band come together to celebrate Black History Month.

Black History Month honours the contribution of people of African descent to the Canadian mosaic. It showcases black culture and traditions as well as the contributions to world communities. Music and song are two powerful expressions during this month of celebrations.

Ottawa's Big Soul Project just celebrated its 20th anniversary. Along with the talented Deep Groove Band, Big Soul Project entertains and inspires audiences with songs performed with a soulful beat. They have performed at Westfest, Bluesfest, Lansdowne Park, the Black Sheep Inn and for Canada 150 celebrations. The choir's most important outreach is through its performances to raise funds for charities, such as in support of victims of the Fort McMurray fire and for the Grammas to Ambuyas to benefit the Stephen Lewis Foundation. The choir uses the proceeds from its



Michael Curtis Hanna accompanying the Big Soul Project choir at a recent Christmas concert

Christmas concert to give back to community charities by performing at their fundraisers throughout the year.

In April, Big Soul Project will perform a benefit concert for TEMBO (Tanzania Education and Micro-business Opportunity). In June, they will perform at a fundraiser in support of the Glebe's FACES (First Avenue Churches and Community Embracing Sponsorship), supporting refugees. Keep your eyes out for details.

The enthusiastic musical direction of Roxanne Goodman epitomizes Big Soul Project's logo, "Lifting you higher." Indeed, you will be lifted high in song with Goodman and the choir on February 24. In addition, guest soloist Hanna's stellar voice will fill the church. Hanna is well known in Ottawa for his soul stirring spirituals performed nationally and internationally. His father impressed upon him that music is food for the soul, saying, "Learn to share it and it will care for you." Choir members can attest to

this advice as do both Goodman and Hanna. Having them together to celebrate Black History Month is a real treat for the Glebe community.

So, make it a date! Come lift your voices and hearts with Big Soul Project and Hanna on Saturday, February 24 at 7:30 p.m. (doors open at 7 p.m.). It all takes place at Fourth Avenue Baptist Church, 109A Fourth Avenue (at the corner of Bank). Tickets are \$20, with children under 12 admit-

ted free, and are available online via Eventbrite at: www.bigsoulproject.com, and through the church office at: 613-236-1804 (www.fourthavenuebaptist.ca).

John Gall is a member of Big Soul Project. Michael Curtis Hanna is a renowned Ottawa and international performer and member of Fourth Avenue Baptist Church.

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GLEBE REPORT

"Congratulations on issue #500!"
—Sheri Segal Glick, Glebe Co-op Nursery School



This year's Taste in the Glebe at the Glebe Community Centre on January 18 drew happy crowds.

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Carleton UNIVERSITY

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Carleton University Seeks New Board Members

Carleton University's Board of Governors is seeking community-at-large members to serve on the Board.

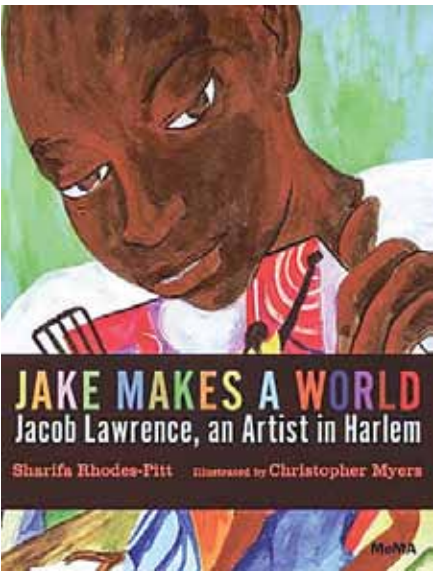
Carleton is an independent, collegial university dedicated to the advancement of learning through disciplinary and interdisciplinary teaching, study and research, the creation and dissemination of knowledge, and the betterment of its community. Situated on unceded Algonquin territory beside the historic Rideau Canal, an official UNESCO World Heritage Site, Carleton has become a leading university recognized for its leadership in teaching, research and community engagement with over 29,000 undergraduate and graduate students and approximately 2,000 faculty and staff.

The call for members of the Board occurs when the terms of current Governors expire. Governors are recruited based upon a skills matrix and their demonstrated ability, experience and skill sets. The university seeks individuals to contribute to a well-rounded and diverse Board capable of fulfilling its fiduciary responsibilities. This year, we are particularly seeking candidates with backgrounds in financial acumen, legal expertise, technology, and higher education.

Carleton University is strongly committed to fostering diversity within its community as a source of excellence, cultural enrichment and social strength. We welcome those who would contribute to the further diversification of our university including, but not limited to, women; visible minorities; First Nations, Inuit and Métis peoples; persons with disabilities; and persons of any sexual orientation or gender identity and expressions.

Applications are invited from Canadian citizens. Applicants are encouraged to submit a resumé and application form to Amanda Goth, University Secretary, Board of Governors at: amanda.goth@carleton.ca. The application form and detailed information about the nominating process are posted on the Board's website: carleton.ca/community-at-large-rep.
The deadline for applications is: March 1, 2018.

carleton.ca



by Ildiko Sumegi

February is celebrated across Canada as Black History Month and across the United States as African-American History Month.

While history is often thought of as a series of grand events happening in days long past, it is in the present everyday lives of ordinary people that the movements of history find their energy. Here are a few children's books featuring individuals who are sure to inspire young readers in their day-to-day lives. All of these books can be found at the Ottawa Public Library.

Jake Makes a World: Jacob Lawrence, a Young Artist in Harlem (The Museum of Modern Art, 2015) by Sharifa Rhodes-Pitts and illustrated by Christopher Myers

For ages 5–8

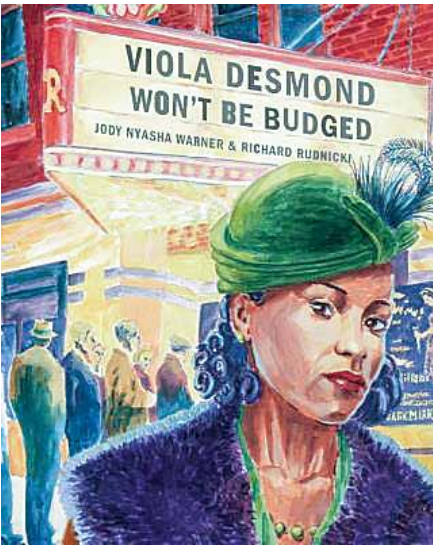
When young Jacob Lawrence moves to Harlem, he is inspired by the col-

MAKING HISTORY

ours, shapes and people that greet him each day. After school he goes to Utopia Children's House where he is encouraged to make things with his hands. He draws and paints, sculpts and builds. In a box, he builds a world – he builds Harlem the way he sees it every day.

Sharifa Rhodes-Pitts uses bright and rhythmic prose to convey the world through the eyes of a sensitive and observant young boy. Red and pink paper flowers, a blue rug, a preacher in a hat – nothing goes unnoticed. Award-winning author and illustrator Christopher Myers recreates Harlem with bold shape and brilliant colour. This is a touching portrait of a young boy who would go on to become one of America's most important artists, painting the lives, stories and histories of Black Americans.

Viola Desmond Won't Be Budged! (Groundwood Books, 2010) by Jody Nyasha Warner and illustrated by



Richard Rudnicki

For ages 6–9

It is Nova Scotia, 1946, a time when segregation was widely practised in schools, unions, sports teams and public spaces such as movie theatres. Viola Desmond, a young business owner and entrepreneur, finds herself in New Glasgow waiting for a few hours while her car is being fixed by a local mechanic. She decides to take in a movie. Having purchased a ticket, she takes a seat up front where she can see.

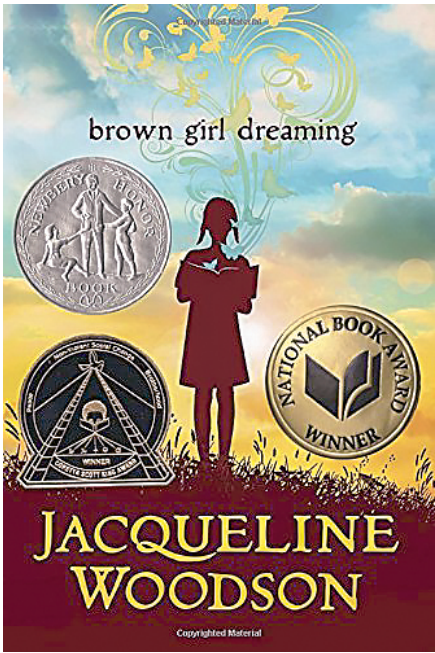
When an usher comes to tell her that she must remove herself to sit upstairs and to the back of the theatre, Viola makes a decision that will ignite a community and help to fuel the civil rights movement in Canada. Jody Nyasha Warner writes Viola Desmond's story with a warmth that invites young readers in, while Richard Rudnicki's illustrations portray Viola as a no-nonsense kind of woman, courageous and defiant.

This is a picture book that will provoke questions about racism, justice, courage and activism – a Canadian must-read!

Brown Girl Dreaming (Nancy Paulsen Books, 2014) by Jacqueline Woodson

For ages 10 and up

Award-winning author Jacqueline Woodson has written a memoir of her childhood and family in free verse. Each poem is a memory and together they paint a picture of what it was like for one little brown girl growing up in South Carolina and later in Brooklyn,



New York in the 1960s and 1970s.

This is a book filled with the kinds of memories we all have of our families – their quirks, their strengths, their tragedies and triumphs. Through it all, Jacqueline searches for her place in the puzzle. And eventually, she finds it in words. She finds herself in a book at the library about a little brown boy named Stevie. For the first time, she realizes that a brown person like her can actually have a story. At school, she finds herself in Oscar Wilde's story "*The Selfish Giant*," which causes her to cry all afternoon. She finds herself in the stories and poems she dreams up and one day at school her teacher looks down at the poem she has just begun and says, "You're a writer."

Woodson has bravely offered up a very personal account of childhood. It is a memoir, but it is also a social history told from the perspective of a child. Racism, segregation and the civil rights movement – the revolution – are all intimately intertwined with who this little girl is and who she will become. As Woodson so aptly puts it, . . . the revolution is like a merry-go-round, history always being made somewhere. And maybe for a short time, we're part of that history. And then the ride stops and our turn is over.

Ildiko Sumegi is a Glebe resident, mother of two boys, and a reviewer for Canadian Children's Book News magazine.



Pet of the Month - Hashbrown



Hashbrown is a fighter! As a young puppy she was diagnosed with parvovirus. Hashbrown had a long, hard, scary journey ahead of her; but she made it! Read her whole story at www.facebook.com/PretoriaAH/

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Non-fiction books to fall in love with

by Caitlin Giffin

One of my favourite trends in children’s literature is the growing variety of creative and interesting non-fiction titles. Just because a book is about history or science doesn’t mean it’s a snooze! Many of the best non-fiction titles being published today incorporate beautiful visuals and engaging and creative text to pull readers in and get them thinking. Here are a few of my favourite titles from our children’s collection that were published in the last year.

Brighten up your life with *Pocket Full of Colors* by Amy Guglielmo and Jacqueline Tourville! The authors tell the charming and inspiring story of 20th century Disney and children’s book illustrator Mary Blair, an artist who never surrendered her colourful style even when it meant she didn’t fit in. Uni the Unicorn illustrator Brigitte Barrager does a beautiful job bringing this book to life with pretty, vibrant pictures. The big illustrations and minimal text make this a great choice for a family to read aloud, and a way to introduce budding artists to new colours like azure, magenta, taupe and teal.

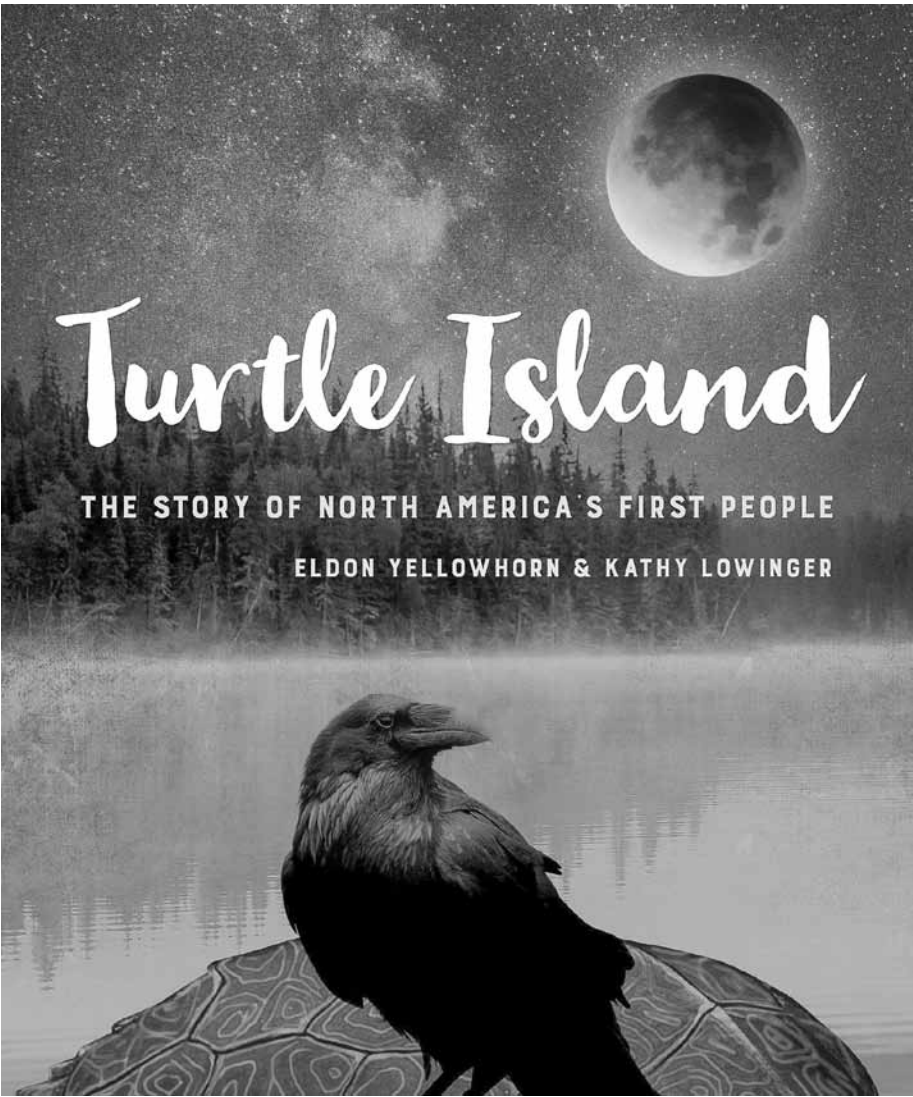
Calling all young scientists! Acclaimed children’s author Molly Bangs (you may remember her from *When Sophie Gets Angry—Really, Really Angry*) teams up with MIT professor Penny Chisolm to bring us *Rivers of Sunlight: How the Sun Moves Water Around the Earth* in the latest installment of the Sunlight Series. This story is told from the first-person point of view of the sun and details the workings of Earth’s water cycle in an interesting and accessible

way. Bangs and Chisolm do a wonderful job bringing science to life with big, bold illustrations and poetic text.

Technically this next title was published in 2016, but it’s such a great book I couldn’t help but mention it. *The Secret Subway* is set in 19th century New York and tells the story of Alfred Ely Beach and his attempt to establish a pneumatic subway system in the city. After gaining permission to build two small underground mail tubes, Beach begins a secret mission to construct a fully functioning subway stop under Broadway! Red Nose Studio provides visual interest with stunning 3D animation. If you like the pictures as much as I do, head over to their website at www.rednosestudio.com and you can take a closer look at their puppets and other animation projects. The combination of a compelling and relatively unknown history and captivating 3D animation makes this book a winner.

Older history and technology buffs will enjoy *From Here to There: The Story of How We Transport Ourselves and Everything Else*. This is the second in Smithsonian’s Innovation and Impact series and it takes readers on a journey through the history of planes, trains and automobiles (not to mention boats, bicycles and hot air balloons). As a history fan myself, I was especially drawn to the photographs, blueprints, paintings and other archival material throughout the book. Author HP Newquist provides a handy list of the online archives he consulted, so you can go check out these resources yourself after you’ve read the book.

Turtle Island: The Story of North America’s First People is a wonderful



resource for young people interested in pre-European contact Indigenous history. Co-author Eldon Yellowhorn is an archeology professor at Simon Fraser University and he incorporates his expertise throughout the book by explaining how archeologists and their work have shaped current knowledge of North American history. *Turtle Island* gives a thoughtful introduction to North American history from how First Peoples adapted to their various natural environments and developed rich cultures to how ideas and technol-

ogy spread throughout the continent. The book engages readers by encouraging them to use their imagination and ask questions. It’s a good pick for school-age children and a great resource for projects.

You can find these titles and many other wonderful non-fiction books at your public library.

Caitlin Giffin is a librarian in the Children’s Services section of the Sunnyside Branch of the Ottawa Public Library.

ISSUE

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GLEBE REPORT

"500th report - that's pretty incredible. I'm sad to see so many of the other community papers go, but I'm so glad the Glebe Report is still going strong!"

—Sue Stefco, president, Glebe Annex Community Association

McCULLOCH LAW

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Mr. McCulloch is a senior counsel with a practice spanning 50 years, and a professional career that covers all areas of law.

His extensive ongoing practice includes civil litigation, real estate, matrimonial law, wills and estates administration.

He attended Queen’s University where he obtained his law degree with the highest of Honours. He served his articles with the prestigious Toronto law firm of Blake, Cassels and Graydon.

Mr. McCulloch is actively involved with Glebe St. James United Church, and has served in the past as chair of finance and administration and continues to be actively involved in his church work. He is also actively involved in the Good Companions Seniors’ Centre.

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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 ¹ | Madeleine Thien |
| Indian Horse ² | Richard Wagamese |
| The Places in Between ³ | Rory Stewart |
| Fifth Business ⁴ | Robertson Davies |
| Crooked Heart ⁵ | Lissa Evans |
| Remains of the Day ⁶ | Kazuo Ishiguro |
| The Little Paris Bookshop ⁷ | Nina George |
| The Memoirs of a Polar Bear ⁸ | Yoko Tawada |
| The Zig Zag Girl ⁹ | Elly Griffiths |
| Afterlife with Archie. Book One, Escape from Riverdale ¹⁰ | Roberto Aguirre-Sacasa |
| The Golden Son ¹¹ | Shilpi Somaya Gowda |

| TITLE (for children) | AUTHOR |
|---|-------------------|
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A Natural approach to fertility enhancement

by Kristin Jillian Shropshire

Literature is filled with odes to love and romance everywhere we look. Whether it's feminist and social theorist Simone de Beauvoir declaring, "She was ready to deny the existence of space and time rather than admit that love might not be eternal," or famed children's author Dr. Seuss telling us, "You know you're in love when you can't fall asleep because reality is finally better than your dreams," we find evidence of love's driving force between the pages of literature.

While most of us love "love," at no time is our cultural fixation on this emotion more poignant and deeply felt than on Valentine's Day. We dress in festive shades of red and pink, decorate with hearts and cupids and give each other flowers, chocolates and love notes. This sentiment takes the physical form of procreation for many couples. A child is conceived in love and so continues the legacy of a couple's devotion and tender regard for one another.

Unfortunately, it is a tragic reality that many modern couples experience fertility challenges. It is commonly estimated that roughly one in six Canadian couples is struggling to conceive.

As Canadians, we are blessed by the many assisted reproductive opportunities available to us through our medical doctors. These include in vitro fertilization (IVF), intrauterine insemination, embryo transfer, surgeries to unblock fallopian tubes or retrieve eggs or sperm to be used in fertility treatments or reverse past surgeries undertaken to prevent conception such as vasectomies and tubal ligations. The Ontario government even offers women one fully funded IVF cycle. And yet, these options don't feel right for some couples or don't deliver the desired outcome without additional support.

Many Canadians are surprised to discover that there are other options available to them in their quest to increase their fertility and give birth to healthy children. Acupuncture and nutrition represent two natural options. These can be undertaken individually or in conjunction with medically assisted reproductive technologies.

The purpose of acupuncture in Traditional Chinese Medicine (TCM) is to balance body energy by increasing or decreasing the flow of Qi, or vital energy, through judicious selection of the appropriate acupuncture points. As we bring the body back into a state of health and balance, natural body pro-



cesses such as fertility will balance themselves.

TCM requires that each client's treatment plan be constructed based on their unique health challenges because no two patients, irrespective of their identical medical diagnosis, are interchangeable. To quote Hsu Ta-Ch'un (1757), "Illnesses may be identical but the persons suffering from them are different. Physicians must therefore carefully take into account the differences among people..." Fertility experts such as Jane Lyttleton have devised protocols to help balance the female reproductive cycle using a fusion of knowledge gained through Traditional Chinese and Western medicines but at no time can the unique requirements and health status of each patient be forgotten or ignored.

Acupuncture can enhance fertility in many ways. It can help reduce stress, which is a surprisingly common contributor to fertility challenges; regulate the menstrual cycle; stimulate ovulation; improve sperm quality and improve blood flow to the ovaries. Our understanding deepens as studies emerge supporting acupuncture's use as an effective means to support not just fertility but also optimal health.

Acupuncture is arguably the best-known pillar of TCM but nutrition is also a fundamental component of its practice. Proper nutrition supports healthful, abundant Qi, which helps acupuncture to achieve optimal results. How can we move vital energy through the body's energy pathways if the body possesses insufficient Qi? When we combine this more abstract understanding of food energetics with the abundant knowledge available to us via Western nutritional science, we can enjoy the best of both worlds: full-spectrum nourishment for the body, mind and spirit.

While fertility challenges can feel depressing and demoralizing, it is important to remember that there are many avenues that we can pursue to optimize our ability to conceive healthy children. It's simply a matter of weighing our options and choosing the approach that best suits our unique requirements.

Kristin Jillian Shropshire, MS, ROHP, R.Ac., is a Registered Nutritionist, Registered Acupuncturist and faculty member of The Institute of Holistic Nutrition at Glebe Health House.

Beat the sniffles this winter

by Melissa Johnson

"That's the goofiest thing I've ever heard," was the reaction I got once when I outlined the home remedy I turn to when I, or my kids, are coming down with a cold or flu. While it may sound goofy, it's also a powerful tool to stimulate your body's immune defences, relieve congestion and promote peaceful sleep. What is it, you ask? It's an old-fashioned treatment affectionately (or not) known as "wet socks." Here's how it goes:

1. Start on the first day you feel sick.
2. Make sure that you are warm to begin. Have a hot shower, or at the very least a hot footbath. Get into cozy pyjamas, because you are headed to bed very soon.
3. Make sure that you really are warm. This treatment is not effective if you start off chilled, and could even make things worse.
4. Wet a pair of cotton ankle socks in cold water – as cold as you can tolerate. For kids, the elderly or the very depleted, that might be less cold than for adults who are usually healthy. Wring the socks

out so that they are damp but not dripping.

5. This is the part you have not been waiting for; yes, you put those socks on your feet. It's only hard for a moment, honest.
6. Cover the wet cotton socks with thick, dry wool socks.
7. Dive into bed, making sure you stay warm all the way there. Maybe add an extra cover so that you don't risk getting cold.
8. Once you have those wet socks on your feet, you are committed to

staying in bed and warm until the socks are dry. Go to sleep. When you wake up in the morning, the socks will be dry and you can take them off.

9. Repeat for three days in a row for optimal effect.

For real? Yes, I actually do this. Yes, I do this to my kids. In fact, they will ask for it if they feel "off." No, this is not an April Fool's joke – check the date.

With wet socks on your feet, you may find that you sweat more than usual during the night – almost as though you are feverish. That's OK, it's the socks at work. You will typically sleep peacefully and deeply,

though, because the socks have a mild sedative effect. And in the morning, the tickle in the throat, the runny nose, the headache or the sinus pain that were the warning signs – well, they're better.

But how? Wet socks on your feet initially stimulate vasoconstriction (narrowing of the blood vessels near the treatment site), followed by vasodilation (widening of the blood vessels near the treatment site). The result is increased circulation of both blood and lymph that stimulates your body's immune response.

"Wet socks" are not a cure-all. I use them in conjunction with other, more typical remedies: rest; hot broth, ginger tea and other fluids; vitamin C; botanical medicines that are antimicrobial and support the immune system.

On the other hand, wet socks require very little effort and cost nothing. Even if you are away from home, you can typically pull together the tools needed to put them to use. And, they can make you feel better literally overnight so that you can quickly get back to living your life fully.

Melissa Johnson, ND, is a naturopathic doctor practising out of the Glebe Health House above Bridgehead at Bank & Second. She sees patients for both acute and chronic conditions.



The New shingles vaccine: what's the difference?

by Zenah Surani

This month, I was actually going to write my article about vitamin C, but I changed my mind and decided to revisit a topic I've written about in a previous issue, the Zostavax vaccine. I have been getting many questions about the brand new shingles vaccine, Shingrix, since the beginning of January. Given that it is a superior vaccine, I decided to update my previous article.

The herpes zoster virus is responsible for both shingles and chicken pox. One will experience chicken pox after being exposed to the virus for the first time, usually during childhood. After this episode of chicken pox, the virus lies dormant in certain nerves. The virus is kept dormant by a healthy immune system. However, when the virus is re-activated, the result is shingles. Virus re-activation typically occurs in those with weaker immune systems and most commonly the risk is increased in those over 50 years of age or in people who are immunocompromised.

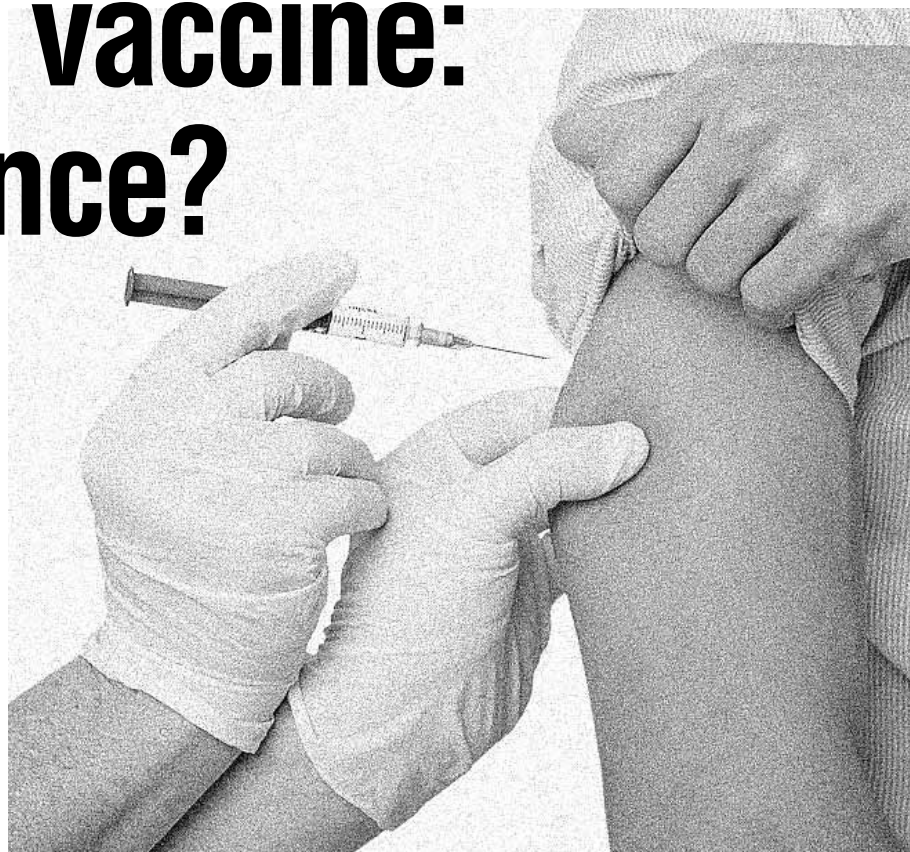
In its earliest stages, shingles can cause headache, fever and general malaise – in other words, nonspecific symptoms that could be caused by any number of conditions (e.g. influenza). This is then followed by sensations of extreme burning pain and tingling, typically along one side of the body. After about one to three days (but could be up to three weeks in some cases), a rash appears in the same areas where the pain was experienced. The rash is typically itchy with red, raised bumps and the pain often persists. The bumps then become pus-filled blisters and eventually scab over in about 10 to 12 days. Once the scabs form, the virus is no longer contagious. However, expos-

ure to someone with shingles, while it cannot cause shingles, can cause chickenpox in someone who hasn't yet had it. The scabs usually fall off about two to four weeks later, but can cause scarring.

A scary after effect can occur in about 20 per cent of people who endure shingles. Those people will experience ongoing burning, tingling pain that can last months or even years. This is called post-herpetic neuralgia. While rare, it is possible for someone who has previously had shingles to contract it again.

Starting antiviral medications within about 72 hours of rash onset is the ideal treatment for shingles and the medications will speed up healing and decrease the duration and severity of pain. Evidence about whether anti-virals decrease the chances of experiencing post-herpetic neuralgia is inconclusive. Painkillers are used for acute pain when the shingles rash is active. Medications such as pregabalin and gabapentin are used in the treatment of post-herpetic neuralgia for affected patients; however, both of these medications can cause drowsiness as a side effect, which can severely impact quality of life. Topical compounded painkillers are also an option.

Many individuals choose to try to prevent shingles from occurring or recurring if they have had it before by obtaining the vaccine. The "old" shingles vaccine, Zostavax II, is only about 51 per cent effective. The new vaccine, Shingrix, is said to be about 97 per cent effective. The Shingrix vaccine must be given twice, with the second shot given about two to six months after the first. Shingrix is an inactive vaccine with an adjuvant to boost immunity, while Zostavax II is a live vaccine. This theoretically means that Shingrix



can safely be given to immunocompromised patients; however, experts believe it is too early to conclude this and that more studies need to be done to make a final decision. Both vaccines must be kept refrigerated before being given, and both vaccines reduce the risk of lingering post-herpetic neuralgia should the vaccinated patient end up contracting shingles.

If one has already gotten the Zostavax II vaccine, they can still get the Shingrix vaccine for added immunity. It can be given as early as eight weeks after Zostavax II, but is definitely recommended if it has been five years since the Zostavax II vaccine was administered. Zostavax II is fully covered by the Ontario government for Ontario residents between the ages of 65 and 70 if received and administered at the doctor's office. As of the time of writing, coverage of Shingrix by the Ontario government has not been confirmed. Private plans may partially cover the vaccines, how-

ever, interested patients should contact their benefits providers to find out. Although both vaccines require a prescription to be dispensed, patients can save an extra trip to the doctor's office by requesting that the vaccine be administered at the pharmacy for a fee of \$20.

The shingles vaccine can be seen as an investment in your health if you're 50 or older, because of its potential ability to dramatically decrease your chance of getting shingles or if shingles hits, can decrease its severity and duration as well as post-herpetic neuralgia.

Sources:

Canadian Pharmacists' Letter. "Shingrix: A New Herpes Zoster Vaccine," December 2017.

Canadian Pharmacists' Letter. "Treatment of Shingles," September 2012 and "Herpes Zoster Vaccine: Frequently Asked Questions," July 2014.

Health Link BC. "Shingles Vaccine," December 2014, Number 111

GSK Shingrix Product Monograph

Zenah Surani is the owner and pharmacist of the Glebe Apothecary.

This year's Anne Donaldson Scholarship recipient – Naomi Librach



PHOTO CREDIT: MEAGAN CASALINO

The *Glebe Report* every year awards the Anne Donaldson Memorial Scholarship to an outstanding student in the third or fourth year of the Bachelor of Journalism and Communication program at Carleton University who has demonstrated excellence in community journalism. The award was established in 1998 in memory of Anne Donaldson to recognise her leadership at the *Glebe Report*. This year's recipient is Naomi Librach, now in fourth year at Carleton.

When I first entered the journalism program in the fall of 2014, I really didn't know what journalism was. I grew up in the outskirts of Guelph, Ont., without the luxury of cable and with limited Internet until I was 17. This meant that I didn't consume much news, nor understand the ins and outs of what journalism actually is. I chose the program because I realized that I didn't enjoy science enough to fulfill my dream of being a vet. Writing had always come naturally to me, but I hadn't considered it as a career until I read about the journalism program in Carleton's viewbook at a university fair in Toronto. The challenge and prestige involved in the program, plus the ability to harness my writing skills, drew me in and I never looked back.

Over my four years in the program, I have learned so much and grown into a real journalist. I have developed an interest in local stories that wouldn't be told otherwise, as well as women's issues and health care. Last winter, I had the opportunity to intern with the *Ottawa Citizen*, and covered the opioid

crisis extensively, including sharing the heartbreaking story of a Kanata teen who died of an overdose, that travelled across Postmedia. I also began writing regularly for *The Charlantan*, Carleton's independent student newspaper, and I liked it so much that I ran as a candidate for News Editor and won the position – as I write this message, I've just returned from my weekly night of production! In the program, I've had the chance to take advanced video and radio workshops, as well as digital, print, feature writing, science/health and social issue reporting, and more. In April, I will also be interning with CBC Ottawa.

This is all to say that I am absolutely thrilled to have received this award as a now-fourth-year journalism student. I am nearing my graduation in April and this honour means much more to me than its monetary value. It tells me that I'm on the right track to doing what I want to be doing: telling local stories that matter to the people in a particular community. I love being in Ottawa and hope to stay here after I graduate, pursuing a career in journalism. This scholarship has also solidified my confidence in my abilities, because I know that there are others out there that believe in me and have the generosity to help support my education. To add, the scholarship has helped me to cover my financial needs this year and has lessened the load in supporting myself.

In all, I'm very lucky that I was selected to receive this award. I'm doing everything I can to show that I was the right choice, and I won't let you down.

—Naomi Librach

Five big successes

Congratulations to the *Glebe Report* on this your 500th issue since your 1973 inception and thank you for encouraging the good news from your local schools. The community continues to value the contribution of your local newspaper in serving people in our area.

Now that classes have resumed after what I hope was a most enjoyable Christmas holiday, welcome back to all the students, teachers, support workers and administrators in our Catholic schools.

From the boardroom: In October, students from five Ottawa Catholic School Board high schools participated in an Inclusive Rugby initiative supported by Rugby Canada who donated the use of an inflatable field, and by Carleton University who donated the use of their field for the special event. Over 80 students with various needs got to experience the joy of playing rugby in a safe and inclusive environment guided by over 25 volunteer athletes. Inclusive Rugby is a global initiative, holding events in Australia, Italy, England, Ireland and Wales.

The Board has embarked on a pilot School Safety Patrol program under the leadership of principal Michael Schreider and in partnership with the Canadian Automobile Association. Participating student patrollers are typically between 11 and 14 years of age and are tasked with teaching overall road safety to their peers. "Students who have taken on this mentoring role on the bus are taking responsibility to support and correct rather than to tell and report." The project began with three schools in 2016–17 and this year has expanded to 21 schools.

Our Energy Management Plan continues to thrive and reduce the



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carbon footprint of Ottawa Catholic school facilities. We have consumed an average of 18 million fewer kWh of electricity and 1.5 million cubic meters less natural gas over the past five years as reported by Fred Chrystal, Superintendent of Planning and Facilities. Since 2005, OCSB has avoided

\$31.5 million on electricity and natural gas despite an increase of 208 per cent in the cost of electricity and the addition of 426,102 square feet of new school space. This is the equivalent of eliminating the carbon footprint of 12,428 automobiles. Fantastic!

IMMACULATA HIGH SCHOOL

Thank you to everyone who generously supported the Immaculata Christmas hamper efforts in December. Donations allowed for support to 62 families with Christmas hampers containing food, gift cards and presents. Staff helped with fundraising efforts as well as preparing and delivering the hampers. Special thanks for the generosity of local businesses and the community who helped make the effort a success. Well done everyone!

Immaculata's Immersion Grade 10 Civics class has been working with a Youth Ottawa representative from the Day of Information for a Lifetime of Action (DILA) program. DILA's mission is to engage, encourage and empower youth to spark change and take action in our community. The class chose to raise awareness within the school about gender equality. The students decided to run an obstacle course to represent the obstacles faced by many students in the LGBTQ+ community. The event was a great success as a result of their planning and hard work!

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—Elaine Marlin, former editor, *Glebe Report*



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ALLAN CYRIL WALKER

by Kevan Pipe

We present the history of 23-year-old Allan Cyril Walker in this issue of the Glebe Report, in our continuing series of monthly stories about the 16 servicemen from St. Matthew's Anglican Church in the Glebe who were killed in action in the First World War.

Allan Cyril Walker was born on April 15, 1894 in Victoria, B.C., son of James and Annie Walker. He had an older brother, David, and two younger sisters, Emely and Lydia.

The family moved to Ottawa and by the time of the 1901 census, was living at 151 Strathcona Avenue, about halfway between Bank Street and the Rideau Canal and close to St. Matthew's Church.

Walker joined the Duke of Cornwall's Own Rifles (#319923) in 1913 and spent three years in the reserves. This is the same unit and general time period as fellow St. Matthew's congregation member Glen Wilson, who was just a year older than Walker and who lived close by on First Avenue. It is likely that they were friends. And just like Wilson, Walker was a printer by trade. Perhaps he too worked at Mortimer's Printing as did Wilson?

On February 12, 1916, 21-year-old Walker enlisted in the Canadian Overseas Expeditionary Force and was assigned to the 5th Trench Mortar Battery, 5th Infantry Brigade, Second Canadian Division.

Following field training in Canada, his battery was organized in Whitley, North Yorkshire in England in December 1916 under the command of Captain W. Abbott. Walker was promoted to bombardier. The 5th Trench Mortar Battery comprised both heavy and medium mortars.

His battery was deployed to France in 1917 and became involved in many of the major battles of the war, including Vimy Ridge. His brigade and battery were under the command of Brigadier-General Archibald Macdonell and following Vimy, the Canadian Second Division including Bombardier Walker's unit went on to the treacherous battles of both Hill 70 and Passchendaele. The latter took place from July 31 to November 10, 1917.

Passchendaele is located in western Belgium near the French border and the battle was nicknamed "103 Days in Hell" as a result of the horrible casualties incurred. The British and Germans



each incurred about 260,000 casualties (wounded and killed) of which Canadians accounted for about 15,600 men, 5,000 more than the Battle of Vimy Ridge just six months earlier. While Passchendaele was eventually captured by the Allies and the ridges both south and east of the nearby city of Ypres were captured, thereby helping to break the flow of supplies to the German 4th army, the cost in human lives was overwhelming.

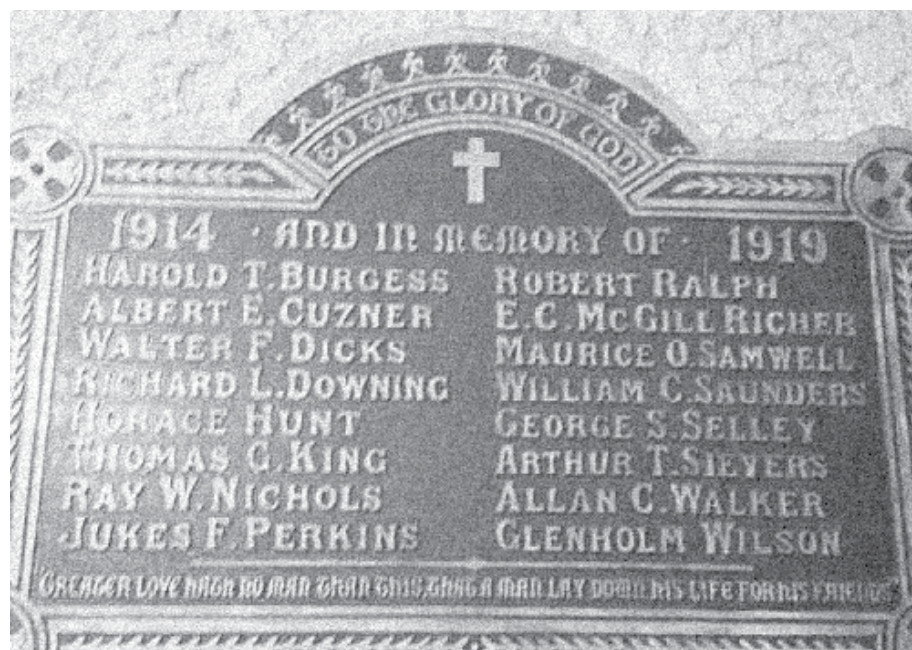
With winter rapidly approaching, the western front settled into a nervous state of stalemate, waiting for spring to arrive in March so that major hostilities could once again commence. This period in the first quarter of 1918 was focused on raids across no man's land as well as artillery barrages that were often focused on mortar units.

On February 6, 1918, Bombardier Allan Cyril Walker, of the 5th Trench Mortar Battery, 5th Infantry Brigade, Second Canadian Division and just 23 years young was killed in action.

Walker was buried in the Bully-Grenay Communal Cemetery, British Extension, in the Pas de Calais region in northwest France, just north of Arras. This cemetery was opened in April 1916 and from April 1917 until the end of the war it was used primarily for Commonwealth artillery units and those who were killed in this region.

Bombardier Allan Cyril Walker of Strathcona Avenue in Ottawa rests in this cemetery in France today along with 802 other Commonwealth servicemen killed in this Great War. He is remembered at St. Matthew's Anglican Church in the Glebe.

Kevan Pipe is a Glebe resident and member of the St. Matthew's Anglican Church Communications Committee. For further information on the 48 of St. Matthew's, please go to www.the48ofstmatthews.ca.



Why can't Bank Street trees survive and thrive?

by Jennifer Humphries

You've noticed the dying trees along Bank Street. Maybe you've seen broken branches and noticed the trash in the narrow, iron-fenced "planting spaces" (variously called death boxes, tree coffins and shallow graves).

These days, our street trees aren't expected to live more than a few years and most of the ones on Bank Street seem to have considerably shorter life-spans.

Cities worldwide have built grand boulevards shaded by majestic trees. What do these cities know that we don't? Why is it that Ottawa's street construction and reconstruction projects haven't succeeded in getting us even partway to a green canopy?

Simply put, we plant urban street trees in ways that severely limit their chances. Underneath our sidewalks and paved roads is a tangle of rock, dirt, pipes and cables. But trees need good soil and ample root space.

James Urban, an expert in urban trees and soils, wrote on the Deeproot website, "The success of a tree is fundamentally linked to the soil in which it grows.... trees must be put into built environments in entirely new ways."

In 2013, the City of Toronto engaged experts including Urban to help them address their street tree challenges. Toronto wanted to grow large-canopy trees with a complete 40+-year life-span. The resulting document, "Tree

Planting Solutions in Hard Boulevard Surfaces: Best Practices Manual," provides detailed information on options to meet this goal. The city followed up with a strategic forest management plan designed to take Toronto from its current tree canopy cover, estimated at 26 to 28 per cent, to 40 per cent over the next 40 to 50 years.

Here in our city, Velta Tomsons of Ecology Ottawa says that Ottawa has a Greenspace Master Plan on the books, but it's limited. She encourages the city to incorporate "greenness" into all of its planning and development. On trees, Tomsons is guardedly hopeful: "Ottawa's Urban Forest Management Plan (UFMP) is a good step. But now we need a major step forward to implement it. The plan highlights a lot of the problems we have so we know better and now we need to do better. We're very cost-focussed but not sustainability focussed. For trees, to keep them growing... we need to do more with the ground under our greyscapes... We need to have soil standards and soil cells and there are best practices already available that we can adapt and adopt for Ottawa."

Soil cells are "rigid modular systems that are used to increase the soil volume under paved surfaces in ultra-urban areas." Using soil cells in hardscape planting vastly increases the likelihood that trees will establish and live to maturity. Soil cells have been tried in Ottawa, but not



PHOTO: JENNIFER HUMPHRIES

Black locusts, planted in Lansdowne to replace the 70 trees that have died there since reconstruction, are salt tolerant; however, a lack of diversity is a concern.

frequently. Wendy Hunter, a member of the Greenspace Committee of the Dalhousie Community Association (DCA), says that soil cells were used in 2013–2014 for some tree plantings on Bronson Avenue north of Gladstone. While the association isn't aware of which trees were planted in this way, in general the survival rate of the trees seems relatively good, given the heavy traffic on Bronson. A current DCA concern is limiting the impact on our trees from intensification development on streets close to new light rail stations. Hunter says, "We are all in favour of improved intensity near these stations but developers now appear to be granted adjustments to allow new buildings and renovations to exceed city height plans and to solidly fill the city lot from the narrow edge of the back property line to the street, greatly reducing the soil, light and space needed for healthy large trees on those properties and adjacent ones."

Like Tomsons, Hunter is cautiously optimistic: "Our best hope for improving the environment for the survival of our trees is in the implementation of the new bylaws under the Urban Forest Management Plan. Our hope

is contingent, however, on the city improving its enforcement of bylaws, which in the past has been weak."

Ottawa Sports and Entertainment Group (OSEG) is making efforts to re-tree the streets within Lansdowne Park after the failure of 70 trees planted during reconstruction. Carol MacLeod, a member of the Glebe Community Association Environment Committee, keeps in touch with OSEG in this regard. The new plantings, she says, are black locusts, which are salt tolerant. OSEG is also trying some new planting and tending measures. Still MacLeod is concerned that both the city and OSEG continue to plant the same species on our streets, rather than aiming for diversity. She says, "Along the west side of Bank Street, the city planted only a kind of elm which is marginally more resistant to Dutch elm disease, which has reappeared in our community, than the American elm that used to line Clemow Avenue. In Lansdowne, OSEG has not learned this lesson and has planted avenues of black locust."

The private sector has a big role to play in making Ottawa the green, treed city it ought to be. So has the public sector. And so have we the people who live, work and play here and who welcome other Canadians and international visitors.

So please, City Hall and forestry department; ensure that all of us are part of the UFMP. And let's get our proverbial act together to make Ottawa truly green.

Jennifer Humphries is co-chair of the Glebe Community Association's Environment Committee. You can contact her at environment@glebeca.ca.

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PHOTO: JULIE HOULE CEZER

Glebe Art in our Gardens and Studio Tour – Call to artists

Calling Glebe artists!

Are you an artist who lives in the Glebe? The Glebe Art in our Gardens and Studio Tour organizers are now accepting applications from local artists who live, work, or have studios in the Glebe. We are looking for a variety of high-quality, original artwork from painting to pottery, from glasswork to sculpture. Both established and emerging artists are welcome and encouraged to apply. A few spots are available


for guest artists who can exhibit their work in the studio of a Glebe artist or friend in this neighbourhood.

The Glebe Art in our Gardens and Studio Tour will take place July 7 and 8, 2018. The deadline for submission is April 30.

For information and application forms, please contact: glebeart-tour@hotmail.ca or visit our website to see images from previous years: www.glebearttour.ca.



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Logan Vencta Hall has been sold by St. Giles Church and will soon house an expanded KV Dance Studio and Good Morning Creative Arts and Preschool.

Logan Vencta Hall changes hands

The church hall of St. Giles Presbyterian Church at 174 First Avenue will be the new home of KV Dance Studio as of April 2018. KV Dance Studio will restore and renovate the building while retaining its character.

KV Dance Studio offers over 90 classes to 700 students in its existing space at 108 Third Avenue. 174 First Avenue will allow significant expansion of the schedule. The new space will be 8,000 square feet, multilevel and host five studios. It will be used to launch an adult-only drop-in and a progressive dance program with over 50 classes each week to choose from. All children and youth classes will be transferred to the new studio.

“This is a huge addition for KV and the community,” said instructor Ebony Hallinan. “I think it’s really going to allow us to offer something new and exciting for all of our students.”

“Logan Vencta Hall was built in the 1950s to provide Christian education and activity space specifically for children. The St. Giles congregation is delighted that the building will be

used by an organization located in the Glebe, which provides dance activities for children,” said Rob Brandon, chair of the St. Giles Finance and Maintenance Committee. “We are also very pleased that the Good Morning Creative Arts and Preschool can continue to be located in the space that it has occupied for 30 years. The church will use the funds from the sale to support a vigorous program of regeneration. The five AA groups with around 70 members that used to meet in the Hall on Saturdays and Sundays will now meet in the church. The New Covenant Apostolic Church will hold their services in the church at 12:15 p.m. following the St. Giles service at 10:30 a.m.”

Both KV Dance Studio and St. Giles believe strongly that this sale represents an excellent example of the reuse of an existing building, one that is sympathetic to the surrounding streetscape and the building’s own history. More information on these developments can be found at the church’s website at www.stgilesottawa.org and www.kvdances-tudio.ca.

Dear diary

By Kate McGregor and Batia Winer

I love to write in my journal. Every morning, I get up at 6 a.m., pour a cup of coffee, settle into my writing chair and reach for my journal and pen. Words tumble onto the page, sometimes slowly and deliberately, other times in a steady flow of stream of consciousness. The only thing I ask of myself is to keep pen to paper until there are no more words. Sometimes, by the time I have finished the last drop of coffee, I will have written several pages. Other mornings, I might have written just a paragraph.

Keeping a journal is a passion I developed at a young age. The diaries of my pre-teen years had soft pink covers and little heart-shaped locks with keys. Invariably, I lost the keys. My entries covered the universe through the eyes of a young girl – from how much money I made babysitting to interesting butterflies and caterpillars I had caught. One entry read: “Writing in this dairy marks a new passage in my life of journal-keeping and journey noting. It’s a time to be more reflective about who I am and what is important.”

My promise to journal fizzled out four pages later.

Fortunately, my journal has now become a constant companion and daily habit. Journalling helps me think, work through issues and challenges, create and dream.

Before the age of Twitter, Instagram and Facebook, where every moment of our lives is recorded, shared and

commented on by scores of followers, keeping a journal or diary provided a place of private introspection where people expressed thoughts and feelings on paper.

Diaries can recreate a picture of a certain time and place. Queen Victoria, for example, kept a diary from age 13. For 63 years she wrote almost every day until 10 days before her death in 1901 at age 81. The first entry the young princess wrote was: “This book, Mama gave me, that I might write the journal of my journey to Wales in it.”

And following the death of her beloved husband, Albert, she wrote: “My dreadful and overwhelming calamity gives me so much to do that I intend henceforth merely to keep notes of my sad and solitary life.”

One of the world’s best-known and beloved diarists was Anne Frank, whose book, *The Diary of a Young Girl*, was written at age 13 when she was in hiding for two years with her family during the Nazi occupation of the Netherlands. How poignant is this from her diary: “For someone like me, it is a very strange habit to write in a diary. Not only that I have never written before, but it strikes me that later neither I, nor anyone else, will care for the outpouring of a 13 year old schoolgirl.”

And how heartbreaking is her entry from July 15, 1944: “I hear the approaching thunder that, one day, will destroy us too. I feel the suffering of millions. And yet when I look up at the sky, I somehow feel that everything will change for the better, that



this cruelty too shall end, that peace and tranquility will return once more.”

If you have never kept a journal, why not give it a try? To start, choose a nicely bound journal just for your writings, and a special pen, both of which you keep by the bed, couch or chair where you will write. Choose a specific time of day to write – first thing mornings is a good time before the mind gets active with mental lists of things to do; alternatively, right before you go to bed works well.

The beauty of journalling is that you are writing for yourself so there is no need to worry about grammar and punctuation. And there are no rules for what to focus on. Some of my pages include writing, lists, poems and drawings.

Our daily lives are filled with the many to-do lists we have to get done – rush to class, drive to the office, grocery shop, take care of the kids and go to the dentist. Journalling is like taking a dip into an inner world. To journal is to practise solitude, learn how to be present with our own selves, and how to bear witness to our experiences. Journalling helps capture fleeting moments in a way that memory alone cannot evoke.

Best of all, it’s free.

Kate McGregor is a certified Integral Master Coach™. 613-884-1864; kate@kncommunications.ca; www.kncoaching.ca Batia Winer is a certified Integral Master Coach™ . 613-327-7522; bwiner@praan.com.

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PHOTO: COURTESY OF MIKE MOSSOP

Play is important in providing the rich interactive environment pets need to thrive.

Top 10 things to do to keep your pet happy and healthy

by Mike Mossop

10) KEEP THEM SAFE

For our feline friends, this means keeping them indoors. Indoor cats have significantly longer lifespans due to lower risk of injury and infection – a report from UC Davis cited an average of 10–15 years for indoor cats compared to only 2–5 years for outdoor ones. For dogs, know their limits before letting them off leash. When in doubt, it’s safest to keep you dog on leash at all times unless you’re in a fenced-off dog park or similar area.

9) KEEP THEM ENTERTAINED

Both cats and dogs need a rich and

interactive environment to develop into confident, well-adjusted individuals and to avoid behavioural problems down the road. There are countless ways you can do this but interactive play with family members is best. Puzzle toys are another great option – these devices come in all shapes and sizes and require the pet to work at them to obtain a food reward.

8) FEED THEM A HIGH QUALITY DIET

Most people already know that good nutrition can help keep our pets healthy. Try to get food from a company that manufactures their own product, as opposed to outsourcing

it, and has a board-certified veterinary nutritionist on staff to formulate their diets. Also, specialized nutrition can help manage or prevent medical conditions like kidney disease, bladder stones, food allergies and many more. Talk to your veterinarian to see if there is a diet that can help your pet.

7) TRAIN THEM USING POSITIVE REINFORCEMENT

Positive-reinforcement training, i.e. rewarding a desired behaviour with treats, toys or affection, is not only kinder and gentler than some of the older, outdated dominance-based training methods, but it’s also much more effective. Positive reinforcement can be used not only to train the basics, but also to get pets used to various types of handling. For example, animals that are anxious about having their paws touched can be gradually conditioned to accept nail trims using repetition and consistent positive reinforcement.

6) GET THEM VACCINATED

There is a lot of misinformation on the internet about the use of vaccines on pets, but the scientific consensus is that the pros of vaccinating by far outweigh the cons. Infections like canine or feline distemper, parvovirus, feline leukemia, leptospirosis and others can be life threatening, and they all are preventable through vaccination. Vaccines do carry some risk of causing lethargy, local soreness or even allergic reactions (which sometimes can be serious) but these are all rare and treatable.

5) BRUSH THEIR TEETH

Brushing your pet’s teeth every day (yes, every day!) may seem like a chore, but it can be a wonderful bonding experience and it’s one of the cheapest, most effective things you can do to improve your pet’s health. True, not all pets readily accept brushing when owners first attempt it, but this is another great example of where positive reinforcement training can help.

4) KEEP THEIR WEIGHT IN CHECK

Overweight pets have a much more

difficult time dealing with arthritis and other mobility problems as they get older and they are at increased risk of diabetes and other health problems. Feel your pet over the ribs... whether it’s a dog or cat, it should feel like they’re wearing nothing but a t-shirt. If it feels more like a Christmas sweater, they’re overweight, and you should talk to your veterinarian about weight loss options.

3) GET PET INSURANCE

The cost of veterinary care keeps on rising as veterinary medicine becomes increasingly specialized and our ability to treat various conditions improves. The cost of good preventive medicine (regular check-ups, vaccines, parasite prevention, etc.) can be planned for and budgeted accordingly, but a sudden illness or accident can incur expenses of several thousand dollars overnight. Pet insurance can be a lifesaver in these situations.

2) SOCIALIZE THEM

Many behavioural problems in pets can be traced back to poor or absent socialization in early life. Making sure your pet has positive experiences with pets, people and situations of all different types when they are young can make a world of difference. To help ensure these interactions are positive ones use lots of treats and rewards. Also, be selective when choosing playmates to help set your pet up for success – it’s best to pick friendly, healthy and vaccinated pets you know personally.

1) LOVE THEM

Our pets give us so much that we could never really repay them for their loyalty and companionship. That being said, if you love them back and try to see the world through their eyes, you’ll both be richer for it. So, take a little break from reading and go give your furry friend that belly rub or scratch behind the ears they deserve!

Dr. Mike Mossop is a veterinarian practising as a locum at various Ottawa clinics. To find out more, or if you have an idea for a future article, please visit www.doctormike.vet.

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For best chance of admission, get your application in by **March 23**.



New teacher Alex Fichera and friend at Good Morning Creative Arts and Preschool

New beginnings at Good Morning

by Sarah Dingle

Here we are mid-way through February when things can feel a bit blah. Aren't we all ready for something new? It seems like a good time to report on two exciting changes taking place at Good Morning Creative Arts and Preschool, one to our staff and one involving our building.

The first change takes us back to September when we welcomed a new teacher, Alex Fichera. Fichera was born in Connecticut and raised in Ottawa and is a visual artist who works in print-making, sculpture and metalwork. She holds bachelor's degrees in Fine Art and Education and has over a decade of experience as an art teacher. With this background, Fichera is an asset to the Good Morning team since art is central to so much of what we do with the children in our preschool and school-age programs.

Fichera teaches in the three-year-old preschool class, Storyscapes, and all the Creative Arts After School art classes. We asked her to share some of her first impressions now that she has had a few months to settle into Good Morning.

"I feel so lucky to be working at GM Creative Arts. The students are so excited every day to come and play with each other and with the teachers and to try new projects. My fellow teachers are fun, supportive, thoughtful people and I leave work every day feeling uplifted.

"The biggest challenge has been tackling "circle time" [when the children gather in a group for stories and discussion.] I had never worked as an Early Childhood Educator prior to Good Morning, so it has been a learning process, but I am picking up on what keeps the students interested.

"I am excited to watch the personal progress and triumphs of our students as we carry on through the year. After coming back from the winter break it already feels as though they are a little taller, older and more grown up."

The second change has been in the works since last summer, when the building at 174 First Avenue, where Good Morning rents its space, was put up for sale. After months of anxious waiting, we recently learned that the sale

has been finalized and that we will be able to continue to rent our current space under the new owner. We also learned that we will be sharing the building with the Glebe's own KV Dance Studio!

Being able to stay put at 174 First Avenue comes as an enormous relief to parents and teachers alike. The building has been our home for over 30 years and we are very grateful to the previous owner, St. Giles Church, for the many years of partnership.

We are also really looking forward to the new life and energy this change will breathe into the building. Good Morning's Director, Karen Cameron, sees the potential to collaborate with KV Dance to build a hub for families in the Glebe where children are nurtured in the arts. She has already been in touch with studio owner Kailena Van De Nes, who notes that there are already strong ties between the two organizations because of the children who have grown up attending both. She says, "I am excited that Good Morning Preschool and KV Dance Studio have the opportunity to work together under one roof! Having known Karen for almost a decade and having taught many of her former students over the years, I am confident that 174 First Avenue will become a place that children come at a young age to not only begin their preschool education, but also have the opportunity to grow artistically!"

As this change unfolds, the Good Morning team is committed to making the transition as smooth as possible for children and parents, and to maintaining our cozy, welcoming, arts-focused programs.

Good Morning Creative Arts and Preschool is a co-operative, parent-run organization offering preschool programs for two- and three-year-olds, low-ratio afternoon programs for children ages 3-5, after-school art classes for children attending JK-Grade 6 and half-day summer camps for children ages 3-6. Pre-registration for next year's programs is now open!

Sarah Dingle's youngest child attends Good Morning's three-year-old preschool.



KV Dance Studio owner Kailena Van De Nes (left) and Good Morning's director Karen Cameron hope to collaborate on creative arts programs for young children.



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GRADE 9 GIRLS' WELLNESS NIGHT

Ms. Boisvert and Ms. Budgell provided our Grade 9 girls phys ed class an opportunity on January 12 to prepare and cook easy and inexpensive nutritional food. This was an extension of their nutrition unit that allowed them to bring their knowledge into practice. Our girls have also studied the Ten Transferable Skills and how they apply to real life throughout their phys ed this semester. The 10 skills are communication, creativity, learning, listening, leadership, organization, problem solving, teamwork, time management and technology. These skills were very evident on Friday as our girls demonstrated teamwork and great cooking skills.

Special thanks go to Ms. Budgell and Ms. Boisvert for providing our students with such a valuable learning experience.



IMMACULATA NEWS

APP LAUNCH PARTY WITH CORPUS CHRISTI ELEMENTARY

Students in Ms. Chiota's Grade 3 class at Corpus Christi Elementary School and Immaculata's computer programming class celebrated another year of partnership on January 19. Special thanks go to our ECL teachers and students for providing a delicious lunch. Thank you to our wonderful students and staff who assisted with setup, cleanup and to Tyler Chandler DeFaye for taking photos. Support from our parent community, teachers and admin added to a very special day!



Glebe Collegiate tackles mental health

Glebe Collegiate's Mental Wellness Committee held an informational evening on student mental health and wellbeing on February 7 prior to the school-wide Mental Health Week, February 12 to 15. Guest speakers from the Parent's Lifeline of Eastern Ontario, OCDSB's public health nurse and mental health advocate Jacob Morgan addressed the most common mental health struggles of

students and how to employ effective strategies to help your student stay mentally healthy. We are keen to continue the conversation on student well-being and mental health at school and in the community. For youth, having a trusted adult to speak to in times of great stress is key to ensuring mental healthiness, as sometimes it can be a difficult subject to tackle.

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Footbridge major milestone

PHOTO: CITY OF OTTAWA

Relative quiet returned to neighbourhoods near the Fifth-Clegg footbridge site as Pomerleau's nine-person pile-driving crew completed the noisy and vibrating pile-driving effort last week. At the end of the 12-week effort, 45 steel piles were driven through about 30 metres of silty clay and sandy gravel and embedded in the underlying shale bedrock. The piles will provide the critical support for the bridge's two piers in the Canal and the abutments at the ends of the main span.

Yasir Naqvi, MPP

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Obit

Directed by Vanessa Gould
(U.S., 2016)

reviewed by Lois Siegel

Who would have thought that a film about obituaries could be fascinating?

Well, this one is, and that's because it focuses on all types of people, not just famous ones, and the stories are written by excellent *New York Times* writers. The great care that they take in selecting people to feature, and the concern they have for these people when writing about them, are the first things you notice.

The stories are not about dead people. They are stories about lives lived. The writers research their subjects thoroughly. They only have seven hours to do this, but if a famous person like Michael Jackson suddenly dies, they may have to come up with something on the spot. And they are usually writing about people they have never met.

The *NY Times* still has the old-fashioned card catalogues, those kind you saw in the library decades ago, where you pulled out a little drawer and looked through index cards. This is "The Morgue," with 10,000 drawers of clippings. Jeff Roth, the lone guy who runs this operation, says it's better than Google. One photo he pulls out features folk singer Peter Seeger with his father in 1921. Seeger was two years old.

After selecting a subject to feature, for example, NASA engineer Jack Kinzler, who saved the Sky Lab by developing heat shields, the writer contacts relatives for detailed information. Their next assignment might centre on a belly dancer.

The next challenge is to find a good lead for the obit, one that tells a story. It must enchant the reader – make the dead person come alive again. For

example, Candy Barr, exotic dancer and friend of Jack Ruby – what made Candy Barr special? She "dated a mobster, shot her husband, went to prison for drug possession, and starred – unwillingly, she insisted – in a famous stag film." She "died on Friday in Victoria, Texas. She was 70." (Douglas Martin)

At first, obituaries mostly spotlighted white men – that was the reality 40 to 60 years ago. Headline: Manson Whitlock, Typewriter Repairman, Dies at 96. "For eight decades, Manson Whitlock kept the 20th century's ambient music going: the ffft of the roller, the ding of the bell, the decisive zhoop bang of the carriage return, the companionable clack of the keys. Over time, he fixed more than 300,000 machines, tending manuals lovingly, electrics grudgingly and computers never." (Margalit Fox)

Obits are usually between 600 and 900 words. The subjects have to be newsworthy. There is always a photo and the size is dictated by the fame of the person. For example, James Brown, "The Godfather of Soul" had a large photo, and Philip Seymour Hoffman, "Actor of Depth," merited many photos.

In the *NY Times* obits, there are no Hallmark-card phrases, nothing flowery. One individual became history: the bombardier who dropped the 9,000-pound bomb on Hiroshima that instantly killed 80,000 Japanese. That was Thomas Ferebee from a small town near Winston Salem, North Carolina.

The obituary section of the paper is known as "Siberia," the last stop on the way out. But if you assume a documentary about obituaries is dull, think again.

DVD: iTunes, amazon.com

Running time: 93 minutes

Kino Smith - Canada <https://kino-smith.myshopify.com/products/obit>



Au Revoir Là-Haut (See You Up There)

Directed by Albert Dupontel
(France 2017)

reviewed by Paul Green

Actor/director Albert Dupontel opens this film about the cruel absurdities of war and its aftermath with a classic framing device. It is 1920 and we are inside a police *commissariat* in French colonial Morocco. Everyman Albert Maillard (Dupontel) is set to narrate his story, which will unfold as a long flashback punctuated only by the occasional question from a curious police *capitaine*. The film's dénouement will take place in the same setting.

With its bravura recreation of the 1914–1918 battlefields and the dimmed splendours of a postwar Paris, much of it now vanished forever, *Au Revoir Là-Haut* (*See You Up There*) bears a strong resemblance to Jean-Pierre Jeunet's *Un long dimanche de fiançailles* (2004). The events that set everything in motion occur on the last day of the war. When the sadistic Lt. Pradelle (Laurent Lafitte) is handed a written order to cease all hostilities because the war is over, he promptly orders his men into a last futile charge across no man's land. Disaster ensues. Private Maillard is nearly buried alive in a shell hole and his comrade Edouard Péricourt pulls him to safety, only to sustain grievous facial wounds when a mortar shell explodes at close range.

Maillard spends the next six months helping to nurse his friend back to something resembling health. This includes administering shots of purloined morphine and switching Péricourt's identity with that of a dead soldier.

Maillard was a lowly accountant before the war. Unable to get back his old position, he is reduced to a succession of menial jobs to make ends meet. For his part, Péricourt was a talented artist who remained a failure in the eyes of his exacting, bourgeois father (a masterful turn here by the very underrated Niels Arestrup).

It is precisely because of his father that Edouard (Nahuel Pérez Biscayart) has adopted a new identity, one that enables him to disappear altogether from his father's life.

There's a nice bit of business around this time when Edouard hasn't quite

decided whether he wishes to go on living. The pretty young street urchin who delivers the paper drops in to find the woebegone Edouard all alone. "Be off with you," he grunts at her in his mangled speech. Louise, a gamine who is 10 if she's a day, is not in the least put off by his mutilated features. She locks eyes with his and motions to him to drop his mask. He obliges and she reaches out her hand, gently caresses the scarred tissue of his face. Edouard's eyes well up and he throws his arms around Louise, weeping in gratitude. A brief scene, but in that instant, we know that Edouard has resolved to live.

Louise moves in to be his helper and interpreter, and they are joined by Albert whose humiliating jobs have brought him to a new low. Edouard, meanwhile, has plunged back into his art, fashioning for himself a succession of brilliant masks with which to conceal his shattered countenance. And in his fevered mind, a scheme is taking shape, something that will enable him to wreak vengeance upon society. Albert also nurses dreams of revenge, but the object of his wrath is the appalling Lt. Pradelle who, unbeknownst to either of them, has married Edouard's sister and is happily embezzling his father-in-law's company.

See You Up There is based on the novel by Pierre Lemaitre (Prix Goncourt 2013) and has all the makings of a first-rate potboiler. It is adroitly brought to the screen by Albert Dupontel and runs the gamut from drama to black comedy. And it is not without flashes of visual brilliance and some caustic comments about the futility of war and the suffering and corruption it engenders.

Finally, a word about those masks that seem almost to take on a life of their own: in a penultimate sequence, Edouard is sporting a bird's head mask that bears a marked resemblance to the striking headdress worn by the protagonist in Georges Franju's 1963 classic *Judex*, itself a remake of the silent original by Feuillade that dates back to the First World War. I wonder . . .

In French with English subtitles.

Running time: 117 minutes.

Probable rating: 14A.

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COMMUNITY CONNECTIONS

CALLING GLEBE ARTISTS! The GLEBE ART IN OUR GARDENS AND STUDIO TOUR 2018 will take place July 7 and 8. Applications from Glebe artists - painters, sculptors, potters, photographers - accepted until April 30. For info and an application form, email glebearttour@hotmail.ca or visit www.glebearttour.ca for images of past tours.

DEMENTIA SOCIETY - Please join us on Sat., May 12, at Tunney's Pasture for The Walk for Dementia. For more information, visit the website walkfordementia.ca, email walk@dsorc.org or call Lisa Hollingshead at 613-523-4004.

FAMILY DAY - Are you looking for a fun and new activity, at no cost, for your family on Feb. 19? The RA Curling Club is hosting three mini Learn to Curl Clinics. The clinics are at 11 a.m., 12:30 p.m. and 2 p.m. To avoid disappointment, sign up early. Register online at doodle.com/poll/yap-cy35gf5b6zdrn or call member services at 613-733-5100.

HERITAGE OTTAWA OTTAWA LECTURE SERIES (heritageottawa.org/lecture-series), Wed., Feb. 28, 19:00 to 20:00, Auditorium, Ottawa Public Library, 120 Metcalfe St. - Heritage Ottawa 2018 Phillips Memorial Lecture: And After: the Consequences of World War 1. Speaker: Senator Serge Joyal has carved a solid reputation as a man who is passionate about history and culture. The lecture is free and there is no need to pre-register.

IRISH SENIORS' SOCIAL GROUP OF OTTAWA meets every Tuesday, 11–2, Sept. to June. Potluck 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. – Feb.14: Pat Goyeche, the Coordinator of Community Programs at Abbotsford travelled to Tuscany last summer and will share her love of all things Italian this Valentines Day. - Feb 21: Terrence Rundle West, a former teacher, history major and writer of historical fiction will read from his novels, which include: *Ripe for the Picking*, *Run of the Town* (Northern 'Lit' Award winner), *Not in My Father's Footsteps*, and his latest, *The Methodist Man*. - Feb 28: Dr. Benoit Robert in association with My Place Home Care will be presenting: Frailty and Nutrition in the Elderly. Dr. Robert will be looking at how important nutrition is to us as we age.– Mar 7: Dorothy Anne Phillips, a historian, writer

and retired public servant. Her new book *Victor & Evie* brings to life the lives of our 11th Governor General, Victor Cavendish (Duke of Devonshire) and his wife Evelyn (daughter of the 5th Governor General Lord Lansdowne). Mar. 14 Janice Bridgewater will present: Eastern Europe Enchantments - from Bucharest Budapest. Janice Bridgewater, former Abbotsford director, will share her photos and stories from this fascinating cruise along the eastern part of the Danube River.

LEARN TO CURL PROGRAM - The RA Curling Club is offering a Learn to Curl Program beginning Tues., Feb. 27 to Tues. March 27, from 5 to 7 p.m. For RA members the registration fee is \$90 and for non-members the fee is \$100. To register or for more information, go to www.racentre.com or call Member Services at 613-733-5100.

LET YOUR CHILD LEARN A NEW LANGUAGE (www.chinghua.ca) - Chinese language classes for K–8 students of all linguistic backgrounds are held Saturday mornings at 391 Booth St., from 9:30 a.m. to noon. Choose Cantonese or Mandarin lessons with a \$10 school board fee for Ontario residents. Our winter term starts January 13, 2018.

LOG DRIVE CAFÉ AT ABBOTSFORD HOUSE (950 Bank St.). – Fri., Feb. 23, 7:30–9 p.m.: Wychwood: Songs of Love & Death. Timothy Blinks and Chrissy Stainbock will bring us a selection of ballads and old songs on the theme of love and death. These two fine young musicians sing beautifully and play ukulele and guitar. Admission: \$10 at the door (opens at 7 p.m.). Coffee/tea and treats will be on sale courtesy of the Abbotsford members.

OLD OTTAWA SOUTH GARDEN CLUB usually meets on the second Monday of the month (except October and December): from 7 to 9 p.m. at the Ottawa South Community Centre (The Firehall), 260 Sunnyside Ave. Membership is \$25 per year; \$40 for a family and drop in fee \$7 per meeting. Information: Ottawa South Community Centre at 613-247-4946 or Pat at 613-730-0739. – Mar. 12: The Art of Rock Gardening, for gardeners with little rock-gardening experience. Rob Stuart of the Ottawa Valley Rock Garden Society (www.ovghs.ca) on their history, types and construction, and how to identify suitable plants for sun or partial shade.

OTTAWA BRAHMS CHOIR invites new enthusiastic basses, tenors, altos, sopranos to join. Good pitch an asset. Students and unemployed welcome at lower fees. Rehearsals are at Southminster United, 2nd floor, Parlour room, at Aylmer/ Bank on Monday 7 p.m. Info: www.OttawaBrahms-Choir.ca or 819-568-8169.

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!

OTTAWA TOOL LIBRARY MAKER DAYS (ottawatoollibrary.com/event/maker-days/), Do you need work space to get your DIY projects done? Maybe you just need to make a few cuts on a table saw. You can now do that on select Sundays at our tool library from 11 a.m.–5 p.m. Members may repair and create using our workbenches, tools, and accessing excellent advice and support! More information: shelley@ottawatoollibrary.com or www.ottawa-toollibrary.com Supported by the Ontario Trillium Foundation.

OTTAWA TOOL LIBRARY MONTHLY MAKER NIGHTS (ottawatoollibrary.com/monthly-shop-community-demo-nights/) – Book our workbenches to grind away at your projects with tools from our tool library every 2nd Monday of the month from 6–9 p.m. \$5/hr for members, free for members ages 55+. You may reserve for more than one hour. Painting, staining and other activities with fumes are not permitted. Access is available to Ottawa Tool Library members in good standing, and they will be asked to show their membership card upon arrival. So, what will you build, refinish, repair, create, make? Contact shelley@ottawatoollibrary.com or go to www.ottawatoollibrary.com for more information.

OTTAWA TOOL LIBRARY REPAIR CAFÉ (ottawatoollibrary.com/event/repair-cafe/), Feb. 24, 9 a.m.–3 p.m., Foster Farm Community Centre. Repairs and skill sharing for household objects including small appliances, textiles, electronics, and jewellery. Free and generously supported by the Ontario Trillium Foundation. Repair Café welcomes everyone to bring an item and learn to fix it! Coffee/snacks, and activities provided while you wait. Contact shelley@ottawatoollibrary.com or go to www.ottawatoollibrary.com for more information.

RON WEISS ALBUM RELEASE: *ARROW & HEART* (nac-cna.ca/en/event/18587), Wed., March 7, 7:30 p.m., NAC Fourth Stage, 1 Elgin St. Tickets available through Ticket-Master: nac-cna.ca/en/event/18587 or in

person at the NAC Box Office.

TOPICAL TALKS AT ABBOTSFORD HOUSE 950 Bank St., Mon., Feb.: 26: Michelle Gewurtz, curator, Ottawa Art Gallery. Her doctoral thesis focused on women modernists in the early 20th century. She is working on an e-book on Molly Lamb Bobak for the Arts Canada Institute. Cost: \$3. Refreshments (muffin, juice, coffee) at 9:45 a.m. Talk begins 10 a.m. sharp!

TWELFTH ANNUAL “IN CONCERT FOR CAMBODIA” FUNDRAISER, Sun., March 11, 2 p.m., MacKay United Church (39 Dufferin Road). Featuring jazz, classical, fiddle and traditional Cambodian music. All proceeds go to The Peaceful Children's Homes in Cambodia for food, medical care and education, including university studies. Adult tickets: \$25 at the door. Advance tickets (\$20/adult, \$15/student, \$10/child 12 and under) can be purchased online: inconcert4cambodia.wordpress.com or at Books on Beechwood (35 Beechwood Ave.).

UKRAINIAN EASTER EGG WORKSHOPS at Abbotsford House, 950 Bank St., Fridays, March 2–23 (4 weeks), 12–2 p.m. Make eggs in the Ukrainian, Rusyn and contemporary styles. Beginners welcome. \$10 for members (for supplies), \$20 for non-members. 6 student max.

AVAILABLE

HOUSE CLEANING - Experienced home cleaning lady. I am very organized, efficient, honest and respectful. I offer a professional service. Dusting, vacuuming, mopping floors, kitchen, bathroom(s), etc. Knowledge of green cleaning. 5+ years experience. 613-234-9441.

FOR SALE

DANTE 3 PIECE SOLID WOOD WALL UNIT / GLASS CABINET \$400. Pieces can be separated. 613-569-8057.

WANTED

SHORT TERM ACCOMMODATION IN THE GLEBE AREA - We have relatives moving here from abroad in April. They intend to purchase a home, but need to rent for a short period. They're looking for a furnished two-bedroom apartment for six months, but would consider alternatives. Please call Richard at 613-680-1661.

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.

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, Brewer Arena, Brewer Pool, Bridgehead, Capital Barbershop, Clocktower Pub, 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, Glebe Apothecary, Glebe Car Wash, Glebe Community Centre, Glebe Meat Market, Glebe Smoke Shop, Glebe Tailoring, Glebe Trotters, Glebe Video, Goldart Jewellers, Hillary Cleaners, Hogan's Food Store, Ichiban Bakery, Il Negrozio Nicastro, Irene's Pub, Isabella Pizza, Jericho Café, Kardish Foods, Kettleman's Bagel Co., Kunstadt Sports, LGO Lansdowne, Loblaws, Marble Slab, Mayfair Theatre, McKee Metro Glebe, Morala's Café, Octopus Books, Olga's Deli and Catering, Pints & Quarts, 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, Villagia Residence, Von's Bistro, Watson's Pharmacy and Wellness Centre, Whole Foods, The Wild Oat, Quickie, Yarn Forward & Sew-On, The Works, YMCA/YWCA Taggart.



MARKETPLACE

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

WANTED TO RENT A ROOM / HOUSE SIT: An active older female (66) would like to rent a room or share a home with a bathroom, laundry and access to kitchen facilities, in the Glebe. Would consider house sitting in exchange for rent (no less than 3 months). References available.

Please email jan.onerose@gmail.com or call 613 712-9642.

HOME RENOS AND REPAIR - interior/exterior painting; all types of flooring; drywall repair and installation; plumbing repairs and much more.

Please call Jamie Nininger @ 613-852-8511.

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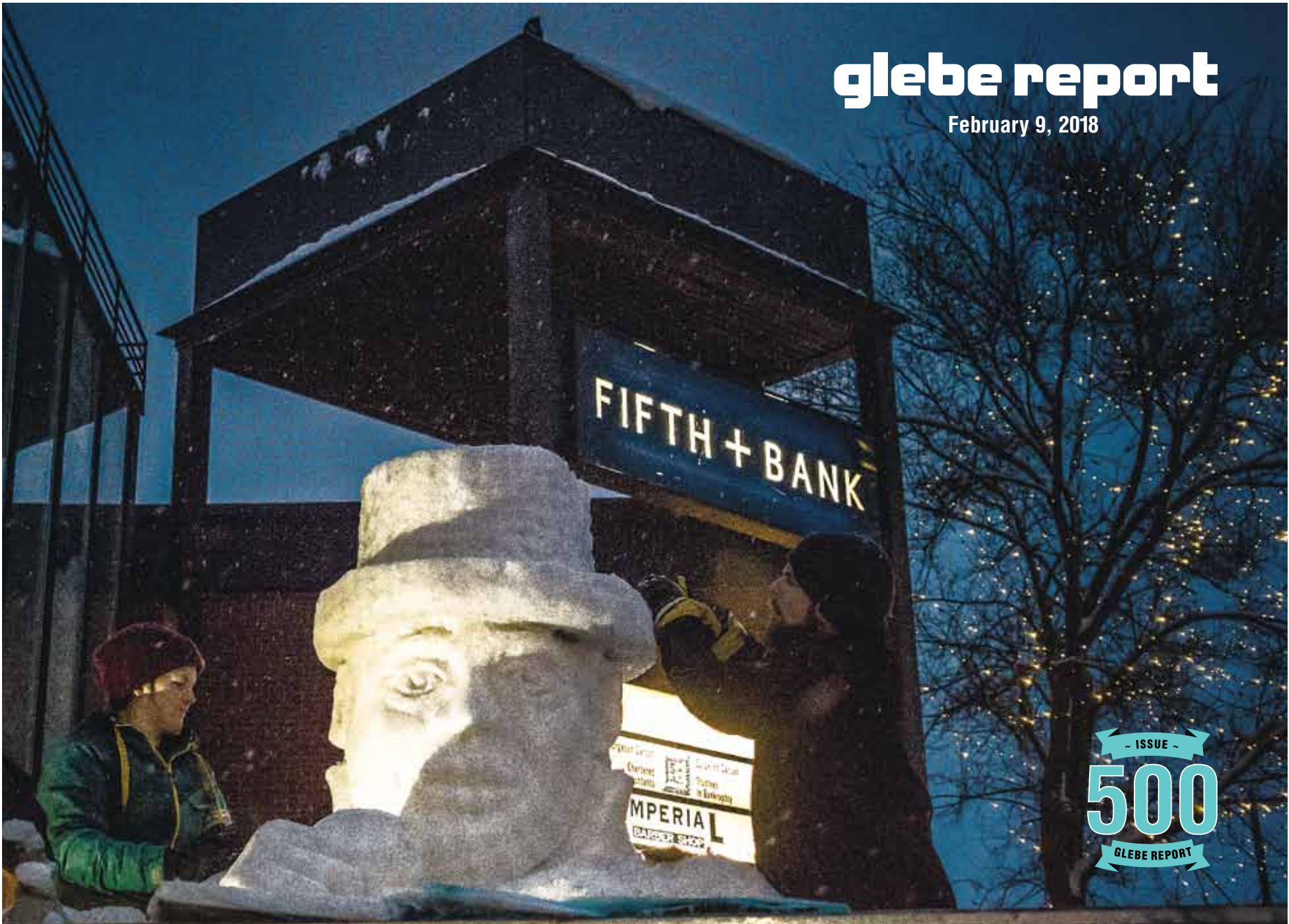
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glebe report

February 9, 2018

~ ISSUE ~
500
GLEBE REPORT

PHOTO: JOCK SMITH

This Winterlude snow sculpture of the late Gord Downie was begun by longtime artist Brian Clemence, who died of a heart attack on January 30, and completed by his son Frédéric Clemence.



www.gnag.ca

Glebe Neighbourhood Activities Group

Glebe Community Centre
175 Third Avenue, Ottawa, ON K1S 2K2
613-233-8713 info@gnag.ca



www.ottawa.ca

TASTE 
in the **GLEBE**

Thank you to all our participants, guests and volunteers for a fantastic event!

Want to know who participated?
Go to News & Events at GNAG.ca.

GNAG Spring Co-ed Soccer



online registration: MAR 1 at 7 pm
DEADLINE April 20

Please **VOLUNTEER** at registration
to help out your child's team.



Action Packed Summer Camp Guide
Download at GNAG.ca or pick one up at the Glebe C.C.
Registration Ongoing

SPRING 2018

REGISTRATION
March 1 online at 7 pm

Guide will be online Feb 12

DON'T SLEEP THE DAY AWAY!

PA DAYS: Feb 16, Apr 27, May 18,
Jun 4 & Jun 8



MARCH BREAK: camps for 4 years - Gr 8