



**glebe report**

June 14, 2002

# glebe report

Serving the Glebe community since 1973

FREE



Photo: Roger Lalonde

Capital Ward residents representing recreation, community activism, business, culture and youth receive Whitton Awards at the Glebe Community Centre May 29.

## Whitton Awards honour community heroes

The heroes of Capital Ward were recognized May 29 at the Whitton Awards ceremony. Named after Charlotte Whitton, former mayor of Ottawa and former alderman for Capital Ward, the awards honour residents for their community service, "people who make the community a better place," said Coun. Clive Doucet.

Host of the evening was Coun. Clive Doucet, who recognized the contributions of community volunteers in the fields of recreation, community activism, business and youth. Volunteers from Heron Park, Ottawa East, Old Ottawa South and the Glebe received the awards from former councillors Joan O'Neill, Brian McGarry and Inez Berg.

### GLEBE WINNERS

**Geoff Davidson**, a longtime coach with the Ottawa Centre Minor Hockey Association (OCMHA), received a Whitton Award for his contribution to recreation.

**Terry Dunlap**, a coach with both OCMHA and Glebe Little League, was a prime mover with

the millennium project to retrofit the soup kitchen at the Shepherds of Good Hope.

In the area of community activism, Glebe residents who are active in community associations were honoured.

"She who writes minutes, writes history," was the tribute to **Catherine Hooper**, secretary of the Dow's Lake Residents Association. Catherine has supported four presidents over the past 10 years.

**June Creelman** of the GCA's planning committee deals with zoning and planning issues. She has ensured that no new development goes forward without full community consultation.

**Doreen Drolet**, GCA's vice-president for membership, runs the membership campaign. In the past she has served with GNAG. First Avenue School's book sale profited from her direction for the past two years.

**Doug Ward** has contributed heavily to the Glebe Community Centre, first as chair of a group

### Glebites leave their mark on community centre tiles

Check out the new display in the main hall of the community centre.

The ceramic tiles decorated by residents over the past three years have been mounted on six panels.

Longtime Glebe residents, toddlers, Girl Guide groups, clubs, even the Conquest Continuum, have painted the commemorative tiles.

Is yours there? There will be a place for the panels (and, if possible, the tiles already on the stair riser) in the centre when it is renovated next year.

that designed a business plan for a renovated community centre. With GNAG, he has organized Taste of the Glebe to raise \$24,000 for the community centre renovation fund.

Three Glebites received Whitton Awards for their work on the Glebe traffic plan.

**Pat Steenburg**, **Brad Christakos** and **Wayne Burgess** studied traffic issues and arranged extensive public consultations before shepherding the plan to the final votes. The plan aims to save the neighbourhood from cut-through traffic.

In the field of business, **Marlin McKale** was honoured for his valued service to the Glebe's business community. He has been a fixture on Bank Street for more than 35 years.

**Graham Long**, co-president at Glebe Collegiate, accepted a Whitton Award in the youth category for his service to youth coaching hockey, baseball and softball as well as being an umpire and referee.

### Last SuperEx at Lansdowne Park

Jim Arbuckle, president of the CCEA board of directors, announced June 11 that the Ex will relocate in 2003.

The last Rogers SuperEx at Lansdowne Park takes place Aug. 15 to 25, 2002.

John Kane, who follows Lansdowne Park for the GCA, says most residents are happy to see it go, although "local people will get no more revenue from parking. Business people probably don't care either way.

"The Ex has outgrown (Lansdowne Park). Its going will result in...more playing fields and green space. All in all, it's probably a good move."

## City ad policy concerns us

BY SUSAN JERMYN

A new advertising policy to be discussed by the city's corporate services committee June 18 has not-for-profit community newspapers concerned.

Observers believe the new policy will favour profit-making community papers.

The city's previous policy directed ads of community interest to non-profit papers defined as free publications of at least eight tabloid pages serving households in a specific geographic community or a specific ethnic or language group. There was also a category for a profit-making community newspaper.

Natalie Hanson, editor of Newswest, says she's heard that the city's communications department wants to choose only one paper in any geographic area—and if the choice is between a non-profit paper with close ties to its community, and a profit-making paper, the profit-making paper will get the advertising dollar.

Says Hanson, "Supporting community papers is the best way to spend taxpayers' dollars," noting that papers such as Newswest were encouraged by the city to start up as a way of building community.

If the city wants its ads to be read, it needs community papers, say members of the board of the Glebe Report. "Glebe residents look to the Glebe Report for local news, news about the GCA, Glebe schools, sports and events at the community centre," says Teena Hendelman, vice chair. "It doesn't look like an advertising flyer."

See editorial on page 4.

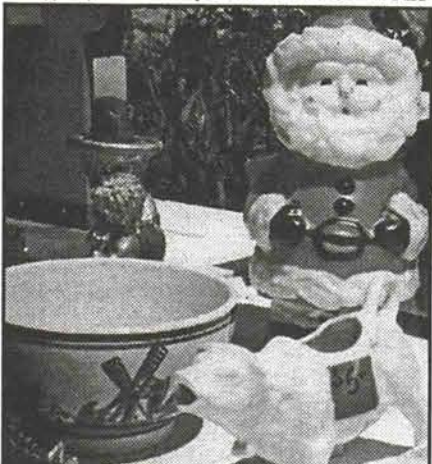


Photo: Susan Jermyrn

### Great Garage Sale

It was a great garage sale—great buys, great weather, great crowds, great food and drink and great music. Best of all, it was great for the Food Bank. See page 14.

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NEXT DEADLINE  
Tuesday, August 6

## Abbotsford Senior Centre

### Wow — what volunteers!

BY GORDON HAUSER

Our organization created for those 55 or older has shown so often how willing members are to serve the less able, the less fortunate. With the wisdom that the passing years bring, we recognize that if we have the time and the ability to help, we will do what we can to contribute.

Of course, that willingness to help is not our purpose. We are here to have fun and to enjoy the programs we have going every weekday here at 950 Bank St. Supported by the city and government, we are proud to be one of the most active senior community centres in the area. We are opposite Lansdowne Park and enjoy life in that grand old gray-stone Victorian mansion. You will be very welcome and if you wish to phone, try 230-5730.

But I started to tell you about some of the many ways our members are volunteers. We asked those who work out of Abbotsford to join us in a little celebration in March and WOW, 103 showed up! We added up the total hours of service by these kind people

and we were delighted to find it was over 1,100 hours.

Sometimes, when one becomes aware of all the hours volunteers contribute freely, in education, in churches and hospitals, one realizes our community works so well because of volunteers, and we are especially proud of those who work around Abbotsford.

We are a democratic organization and generate ideas from the membership, so on June 18, the annual general meeting of the Abbotsford Council will be held at 1 p.m. to develop new ideas and directions. Meanwhile, we continue with the excellent Day Away Program to give relief for caregivers of clients with Alzheimer's disease—and the friendly drivers and escorts who assist the elderly who require help with medical appointments, and not forgetting those cheerful visitors who make contact with lonely people regularly. All are just a part of the services Abbotsford make year-round to the community, which are us.

Need more information? Just phone 230-5730 and ask.

### Uplifting the Heart— an evening of inspirational song

A BENEFIT CONCERT FOR  
WORLD YOUTH DAY  
SATURDAY, JUNE 22, 8 P.M.

Come see Allison Fagan and Andy Duffy with Karen Lahaise and the St. Joseph Choir perform at Blessed Sacrament Church to help raise money for World Youth Day. Tickets are \$10. All proceeds will go directly to supple-

ment the costs of those registered with our parish to go to World Youth Day in Toronto.

You can purchase your tickets at the front office of Blessed Sacrament Church on Fourth Avenue or call 232-4891. Visa is accepted.

Show your support for youth in our community and enjoy an evening of wonderful music!

### Good Morning Preschool celebrating 20 years

This year, Good Morning Preschool is proud to be celebrating its 20th anniversary. The school was initially started in 1981 as Good Morning Playgroup by an enterprising group of Glebe parents led by Jan Fraser and Lynden Holmes. At that time, the Glebe Co-operative Nursery School was full which left a number of parents in the Glebe needing a preschool setting for their children.

A planning meeting was convened in Jan Fraser's living room and Good Morning Playgroup was born. In its first year of operation, the program was offered to approximately 18 two-year-olds, two mornings a week.

The intervening years have seen Good Morning Playgroup evolve into Good Morning Preschool which currently provides programs for over 70 children; morning preschool programs and afternoon creative arts programs for three- to five-year-olds.

Alice Davidson was the director for several years. Jan Fraser credits her with building Good Morning Preschool's reputation in the neighbourhood as a great place for children. This reputation continues today under its present director Liane Gallop.

Jan Fraser's son and Lynden Holmes' daughter, two of those original Good Morning Playgroup students, are now 22 years old and both will be graduating from university this year. No doubt, their experiences at Good Morning got them off to a good start in their academic careers!

#### GOOD MORNING PRESCHOOL TEACHER TO RETIRE

Jennifer Wilson, who has been a much-loved teacher with Good Morning Preschool for the past 11 years, will be retiring in June. Jennifer brought her love of children and artistic flair to her work; she will be greatly missed. We would like to invite those of you who know Jennifer to our end-of-the-year picnic celebration. This will take place Tues., June 25, at noon at Lansdowne Community Park, behind the fire hall.

We would like to welcome Karen Cameron to the Good Morning Preschool staff next September. Karen will be taking Jennifer's position as teacher.

For more information about Good Morning Preschool programs, call 276-7974. We have space in the afternoon creative arts program for three-year-olds for September 2002.

### GNAG Renovators rock



Photo: Les Pal

Jennie Aliman, Mary Tsai-Davies, Mary Lovelace, Jim Watson and Mary Pal rock on.

On Sat., May 4, the GNAG Renovators team contributed over \$400 in pledges towards the \$25,000+ raised in the Glebe Centre's annual Rockathon. Proceeds from this fundraiser go to the Glebe Centre's Reaching for the Future campaign and Abbotsford Seniors Centre.

Dressed as construction workers to draw attention to the need for renovations to the Glebe Com-

munity Centre, the Renovators rocked for two hours and walked away with the prize for best costumes!

Second prize was won by Joanne Brault, a stained-glass instructor at the community centre and Abbotsford House, and her team of Glassy Lassies.

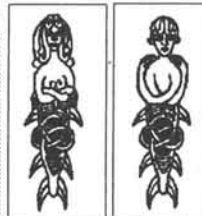
Congratulations to all the teams and many thanks to their sponsors.

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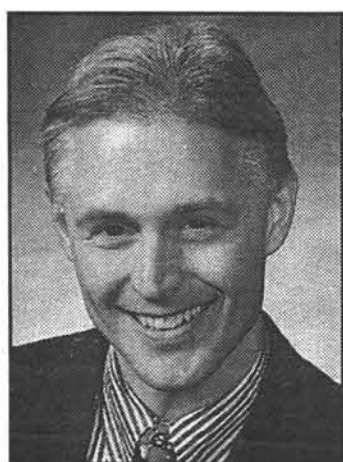


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Photo: Susan Jermyn

## Rally for light rail June 4 promotes healthy communities

At the rally for light rail at City Hall, Elaine Marlin, right, joins an operator of the O-train to admire a 1950s-era city bus. Dr. Rob Cushman, chief medical officer, spoke to the crowd, endorsing public transit as a way of reducing air pollution.

## Jack Macphail—90 and counting

BY DAPHNE STRANGE

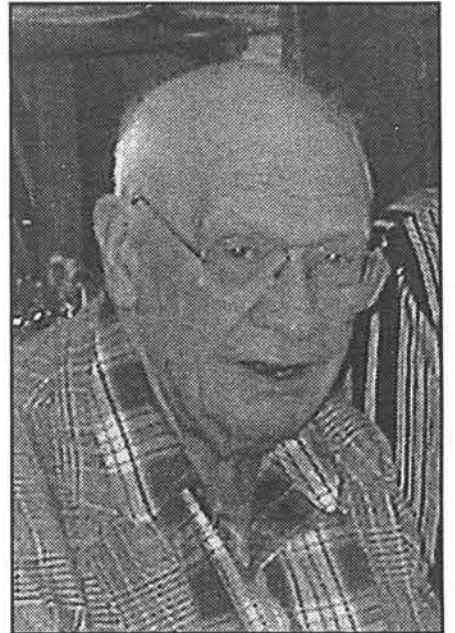
Jack Macphail has lived on Powell Avenue for almost 50 years. In 1953, he moved to the Glebe to be close to Glebe-St. James church, where his wife Frances was minister of music, and to be near Carleton University (then situated at First and Lyon), where he taught mathematics. Jack sang in the church choir and played flute at the church for over 30 years.

Jack Macphail's 90th birthday was celebrated April 25 by Carleton University as it named the mathematics colloquium room the Macphail Room. University officials noted the many significant contributions he made to Carleton during his academic career, 1948 to 1985 (he retired in 1977).

M.S. (Jack) Macphail, emeritus professor of mathematics, was chairman of the math department (1958-63), associate dean of science (1956-1960), director of graduate studies (1960-1963) and was the first dean of the faculty of graduate studies (1963-1967).

Dr. Macphail received his PhD from Oxford University. His first mathematics research paper was published in 1934, his most recent in 1989.

Jack has a great sense of humour, with an endless assortment



Jack Macphail Photo: Brad Munro

of jokes and anecdotes. He is an avid reader and keeps abreast of world affairs. His ironic observations add spice to the conversation. He is easy-going and tolerant of others. Fun to be with, independent, Jack is always interested in going out to dinner or to concerts.

He just recently decided to move out of his large home on Powell and move to a retirement residence in the Glebe.

Happy 90th Jack!

## A duck in the chimney

BY JOHN LEANING

Our chimney, that goes in a straight line from basement to roof (four floors), needed to be cleaned, but maybe that was only obvious to the birds. For reasons known only to itself, a young male wood duck, rare in Ottawa, decided to investigate our chimney pot and fell down three storeys to our ground floor stove-pipe connection.


I could not figure out what was making such a noise in our living room until I went down into the basement, opened the flue clean-out door, removed a pile of soot and was suddenly confronted by a very dirty duck. It flew out, scattering soot all over the place, finally taking refuge under some discarded furniture. He was a fine fellow with an emerald green crest streaked with white, and a brown front. The rest of him was black, soot black.

Having never had a duck in the house before, I was perplexed to know what to do. It was a public


holiday, so when I got hold of the Humane Society, it was closed. However, they have an emergency line which I called. Lo and behold, a short while later a van appeared with a lady with a net and box to catch our poor bird which was desperately flying all over the basement. I asked a Chinese student who was with us at the time what would have happened in China, but he had never heard of such an extraordinary event. Neither, so it happens, had the Humane Society lady. Our student said it could have ended up in a cookpot in some hungry parts of China. If we had had our fire on, it might have been accidentally barbecued.

Since we got our chimney cleaned for free, I sent a donation to the Humane Society with thanks to the lady who gave up her holiday time to catch the poor duck and clean it up before returning it to find its wife. She said wood ducks are monogamous, so she would miss him.


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## Advertise where people will notice

As we told you on page 1, the city's communications department is reconsidering its policy of placing ads in not-for-profit community papers such as the *Glebe Report*, *Newswest*, *Oscar* and *Mainstreeter*.

The city has used these free papers to inform residents about city programs, to ask for volunteers to serve on city boards and committees such as the cycling advisory group, to provide budget information or to explain how to get a building permit.

The city needs the *Glebe Report* and papers like it if it wants these ads and notices delivered to every household in the Glebe.

Ask our advertisers why they choose this community paper. They say they choose us over a profit-making competitor because our ads are well displayed next to articles people want to read. Advertisers know grass-roots community papers stay on the coffee table for weeks—they are not tossed out with advertising flyers.

The *Glebe Report* is financially viable with or without city advertising. We're here to keep our community informed, and publishing city notices is one way of doing this.

However, the best policy for spending the city's advertising dollar is to choose a true community paper—a paper residents actually read. It's the right business decision.

Tell the councillors on the corporate services committee listed below that the first choice is a not-for-profit community paper.

Mayor Bob Chiarelli bob.chiarelli@ottawa.ca	Coun. Michel Bellemare michel.bellemare@ottawa.ca
Coun. Rick Chiarelli rick.chiarelli@ottawa.ca	Coun. Peter Hume peter.hume@ottawa.ca
Coun. Herb Kreling herb.kreling@ottawa.ca	Coun. Phil McNeely phil.mcneely@ottawa.ca
Coun. Madeleine Meilleur madeleine.meilleur@ottawa.ca	Coun. Alex Munter alex.munter@ottawa.ca

Coun. Janet Stavinga  
janet.stavinga@ottawa.ca

### CALLING ALL YOUTH

We'd like to recognize the contributions of young Glebites to this paper. This month, we highlight a story about WYD on a new Youth page, hoping to encourage writing by youth, for youth.

Got a 300- to 500-word story running through your head? Send it to the *Glebe Report* at the Glebe Community Centre, 690 Lyon St.

### THANKS TO OUR CONTRIBUTORS

Thanks to all our writers, illustrators and photographers of all ages, whether you are regulars or one-timers.

We couldn't do it without you. Enjoy the summer holiday.



P. O. BOX 4794, STATION E  
OTTAWA, ONTARIO K1S 5H9  
ESTABLISHED 1973  
TELEPHONE 236-4955

The *Glebe Report* is a monthly community newspaper. We receive no government grants or subsidies. Advertising from Glebe and other merchants pays our bills and printing costs. Seven thousand copies are delivered free to Glebe homes, and copies are available at many Glebe shops, Sunnyside Library, Brewer Pool, and Glebe and Ottawa South Community Centres.

A subscription costs \$16.59 per year. To order, contact our Business Manager, 233-3047.

Deadlines and advertising rates are listed at [www.theglebeonline.com](http://www.theglebeonline.com)

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ADVERTISING MANAGER:	Judy Field 231-4938 (Before 8 PM)
BUSINESS MANAGER:	Sheila Pocock 233-3047
CIRCULATION MANAGER:	Zita Taylor 235-1214
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LEGAL ADVISER: Russell Zinn

COVER PHOTO: Kim Loenhart

SUB-DELIVERERS: Judy Field, Elizabeth Gordon, Gary Greenwood, Susan Haag (Timothy's), Pam Hassell, Christian Hurlow, Rob Moeller, Ian and Mark Nicol, Robert and Susan Thomson, Peter Williams, Zelda Yule

ADVERTISING RATES ARE FOR CAMERA-READY COPY  
The *Glebe Report* is printed by Winchester Print.

The next *Glebe Report* will be out August 16.  
Tuesday, August 6 is our deadline  
for copy and advertising.

# Our Volunteer Carriers

## Thanks and farewell to:

Alexandra Chowaniec  
Rebecca McKeen

## Welcome to:

Elizabeth Cowan

## Routes available:

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Percy Street, Glebe to Fifth

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## Have a great summer!

CALL: Zita Taylor at 235-1214, or e-mail at [ztaylor@webruler.com](mailto:ztaylor@webruler.com) if you are willing to deliver a route for us.

## Social assistance cuts harm our community

Editor, *Glebe Report*,

It has been almost one month that Ontario has been enjoying the leadership of our new premier and his cabinet. In social services, we are wondering if the new Community and Social Services Ministry is a harbinger of a kinder, gentler climate for families on Ontario? The department's new name—Ministry of Community, Families and Children—suggests a change in direction, as does the appointment of Brenda Elliot to the cabinet post.

The new minister has her work cut out for her. The Ontario government's 1995 cuts to social assistance (by 21.6 per cent) continue to cause devastating harm to our community. For example, reports of youth crime are rising; family use of the shelter system continues to increase; and more and more children are in care. Many families are forced to choose between paying their rent and feeding their children.

Employment is becoming polarized. Many of our clients are working two or three jobs, or 60+ hours in one job; many others struggle with un- or under-employment. More people work

part time, temporary or contract work. Amid fears of job loss, many people are working even harder to keep the jobs they have. As a result, stress in the workplace is severe, and family stress is mounting in turn.

Increasing polarization is taking its toll elsewhere. An April 16 news item pointed out that, in Ontario, the number of lower-income people applying to medical schools has dropped substantially: people simply can't afford to access the education they used to.

Just as too little investment in our physical infrastructures may mean crumbling roads and bridges, falling investments in our social infrastructure have resulted in unemployment, family breakdown, community problems and poverty. It's time to turn this around.

Christina Marchant,  
Family Service Centre

*The Family Service Centre provides counselling to people in the community. Since 60 per cent of its clients live in poverty, the centre advocates for groups not being served adequately by social policy.*

## St. Margaret Mary School could become a French language school

Editor, *The Glebe Report*,

Following the recent decision to close St. Margaret Mary School on Bellwood Avenue, a committee organized by OSCA (Ottawa South Community Association) has been studying options for the future of this building. One option is to invite a French language school board to explore the possibility of renovating and opening a school to serve the local francophone population. No francophone school exists in Old Ottawa South, Rideau Gardens and the Glebe. Our children must therefore be sent to Sandy Hill and Alta Vista to receive their education in French. Those two francophone schools currently have a high number of students for the classroom space available. One school already has a long waiting list for the registration of new students, effectively limiting access for us, the residents of this community. The Ministry of Education stipulates that all residents have the right to send their child to their designated school, so what is happening with this right?

Our neighbourhoods have a significant francophone population. Many families have at least one francophone parent, and the French language is an integral part of their family life. Unfortunately, many of these families turn to French immersion programs at English-language schools or to private schools so that their children can be educated in their own neighbourhood, to reinforce links with the community and to avoid a long-distance route to school for their children.

St. Margaret Mary School can be acquired for free by any of the city's school boards. The boards have 90 days—that is, until the end of July—to take this decision. Once this deadline has passed, any level of government or post-secondary educational institution has the opportunity to acquire the property. If there is still no acquirer, a public sale will take place. High- or medium-density residential development is a possibility, which will only add to the problems created by the housing density in our community.

It is useful to highlight that Francojeunesse school in Sandy Hill was established under these same circumstances. This school has grown considerably and been very successful. It may be years before an opportunity such as this to establish a French lan-

guage school in Old Ottawa South comes by again.

In order to make this project possible, we need your help! We need to convince the school boards of the advantages of opening a school in our community. Please show your support by writing or e-mailing as soon as possible to the following addresses:

E-mail: [mjty@magma.ca](mailto:mjty@magma.ca)

[blburton@magma.ca](mailto:blburton@magma.ca)

Mail: Committee for a French Language School in OOS, 14 Willard, Ottawa, K1S 1T5

We will be pleased to forward your messages to the school boards during the month of June. Make sure to indicate your name and address (one of the school boards has indicated that they would like to see the interest of 100 people). Indicate if you support the project in general terms; if you would maybe consider sending your child or preschooler (or baby!) to such a school in the future; and any other comments would be welcomed (in French if possible).

If you have been wondering who has the right to send their child to a francophone school, here is the information written on the Application for Direction of School Support:

*French-language Education Rights*  
You have French-language education rights if you are a Canadian Citizen and can answer "yes" to any one of the following questions:

1. Is French the language you first learned and still understand?
2. Did you receive your elementary school instruction in Canada in French? (This does not include French immersion or French as a second language.)
3. Have any of your children received, or are they now receiving, elementary or secondary school instruction in Canada in French? (This does not include French immersion or French as a second language.)

Even if you cannot answer yes to one of these questions, the school board indicates that it will still consider your request to the admission committee.

We are hoping to receive your comments in large numbers. Please let us know if you would consider attending the next meeting of the school board in June.


G. Perreault  
Committee for a French language school in OOS



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## Area reps still needed

BY JUNE CREELMAN,  
GCA VICE PRESIDENT  
ANNUAL GENERAL MEETING

There was a good turnout for the Glebe Community Association's annual general meeting on May 15. The evening included updates from the public and Catholic school board trustees, a thought-provoking talk on community by John Leaning, and reminiscences on the challenges of starting the Glebe Apothecary by Claudia McKeen.

A highlight of the evening was the presentation of the first Spirit of the Glebe award to Debbie Bellinger and Ted Anderson for their new house at 278 First Avenue. Their story and their house are truly inspirational. Thanks very much to Bhat Boy, and to Greg Best of Bank Street Framing for helping us create a one-of-a-kind award for the Bellinger-Anderson family.

A new board, with many familiar faces but several new ones as well, was elected. As always, you can contact GCA board members at [gca@theGLEbeonline.com](mailto:gca@theGLEbeonline.com)

### PALISADES EXPANSION

The Palisades Retirement

Residence at Metcalfe and Isabella is planning to expand, adding 26 new units. The new units will be built within the existing building and at ground level, filling in the areas where the building is currently raised off the ground. This will reduce the number of parking spaces available, necessitating a cash-in-lieu-of-parking application. The GCA does not object to the planned expansion as such, but is still considering its position on the parking question.

### AREA REPS NEEDED

The GCA needs a few more people to become area representatives for the membership campaign.

**Area 3:** Third, Fourth and Fifth avenues between Bank and Bronson—needs one rep

**Area 5:** Third, Fourth and Fifth avenues between the Canal and Bank—needs one rep

**Area 6:** Glebe Avenue and Linden Terrace to the Queensway, between the Canal and Bank Street—needs two reps

Call Doreen Drolet (membership) to volunteer: 237-3907.

Contact the Glebe Community Association  
by e-mail  
[gca@theGLEbeonline.com](mailto:gca@theGLEbeonline.com)

### GLEBE COMMUNITY ASSOCIATION 2002-2003

#### BOARD OF DIRECTORS

President	Anne Scotton
Vice President—Membership	Doreen Drolet
Vice President—Neighbourhood Planning	June Creelman
Communications	Lisa Weinberger
Past President	John Kane
Secretary	George Wright
Treasurer	Roger Short

#### COMMITTEE CHAIRS

Business	Liam McGahern & Monique Andrews
Education	Alison Perry
Environment	Joanna Dean
GNAG Liaison	Christy Oliver
Heritage	Ian McKercher
Lansdowne Park	Matthew Blue
Membership	Doreen Drolet & Martha Bowers
Neighbourhood Planning	June Creelman
Parking	Jim McKeen & Bob Brocklebank
Recreation/Garage Sale	Andrew Cumberland
Seniors	Eileen Scotton
Social Planning	Brian Jonah
Tenants	Jack Smith
Traffic	Wayne Burgess

#### AREA REPRESENTATIVES

<b>Dow's Lake—Area 1</b> (Carling-Canal, Bronson-Dow's Lake Rd.)	Catherine Bell Vacant
<b>Southwest—Area 2a</b> (South of Fifth-Canal, Craig-Bank)	Theresa Duk Lisa Weinberger
<b>Southwest—Area 2b</b> (South of Fifth-Canal, West of Craig-Bronson)	Allan Rosenweig Caroline Vanneste
<b>Midwest—Area 3a</b> (Glebe-Second, Bronson-Bank)	Rochelle Handelman Vacant
<b>Midwest—Area 3b</b> (Third-Fifth, Bronson-Bank)	Vacant
<b>Northwest—Area 4a</b> (Queensway-Glendale, Bronson-Bank)	Christy Oliver
<b>Northwest—Area 4b</b> (Powell-Clemow, Bronson-Bank)	Heather May
<b>East—Area 5a</b> (Glebe-Second, Bank-Canal)	Tom Quinn Sharon Messerschmidt
<b>East—Area 5b</b> (Third-Holmwood, Bank-Canal)	Chris Bradshaw Vacant
<b>Northeast—Area 6a</b> (Queensway-Strathcona, Bank-Canal)	Vacant
<b>Northeast—Area 6b</b> (Patterson-Linden Terrace, Bank-Canal)	Vacant

## Congratulations to GCA Whitton Award winners

BY ANNE SCOTTON,  
GCA PRESIDENT

We received an excellent verbal report from Councillor Clive Doucet which put us all in the mood for the reflections of John Leaning.

As president, I was particularly pleased that our two vice-presidents were recognized at the recent Charlotte Whitton Awards for their contribution to our community. June Creelman has worked tirelessly on a range of planning issues which have a serious impact on our neighbourhood and the way that it is developed. Due in part to her work for Mutchmor and on behalf of all schools in Ottawa, she brings an element of integration to planning issues that allows the GCA to make sensible, credible presentations and suggestions. She inspires a devoted team on the planning committee of the GCA who spend long hours seeking reasonable solu-

tions to planning issues.

Doreen Drolet has virtually single-handedly organized the membership drive this year and reinvigorated the team that ensures our continuity as a representative organization. Each year we rely on Doreen to marshal the canvassers to go door to door, seeking out GCA members—and they respond in the thousands. This year our spring campaign coincided with the important volunteer work that Doreen does at First Avenue school's book sale and she STILL managed our membership campaign ably.

Congratulations to them both and to the traffic plan pioneers who were recognized and awarded a Whitton Award as well. It almost brings a feeling of conclusion to the many years of hard work on file. Our sincere thanks to you all and congratulations to all those who won these prestigious awards!



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Beebalm and Basil's Green Thumb Gardener's Products are available at Arbour Environmental Shop, The Wheat Berry, Anti-Stress and Beauty Products (In'l Airport) and the Natural Food Pantry Stores



## Still time to register for summer camps and programs

### SUMMER CAMP

**REGISTRATION IS ONGOING!**  
Preschool Camp (0-5 years)—90 per cent filled

Odyssey Camp (5-8 years)—75 per cent filled

Sunquest & Conquest Camps (9-13 years)—40 per cent filled

Carpentry Camps (6-13 years)—Full

Tennis Camps (8-13 years)—Full

Pottery Camps (7-13 years)—Full

**\*New Afternoon Tennis Camp, July 2-26, 1-4 p.m., \$75 per week or \$65 per short week.** Avoid disappointment; register your child today!

**QUEST-4 FUN (AFTERSCHOOL PROGRAM) AND BREAKFAST CLUB 2002-2003**

Due to popular demand, we are accepting registration now for these two fall programs. If your child is between the ages of 5 and 12, and requires early-morning or after-school care, look no further! GNAG offers excellent, affordable before- and after-school programs every day. Registration begins Mon., June 17, and is ongoing. Come meet our warm and caring staff at the Glebe Community Centre or call us for details at 564-1058.

### HELP WANTED

Join our dynamic after-school team! There are staff positions available starting at the end of August. If you are 16 years or older, love children, are certified in standard first aid and CPR, and have some related experience, please consider applying (see details below). You have the opportunity to attend comprehensive training, including team building, program planning, safety, behaviour management and much more.

### FREE SPRING WORKSHOP

Many thanks to community volunteer, Jennie Aliman, for organizing this year's perennial exchange. This annual event drew gardeners from all over the Glebe who exchanged many wonderful plants, including jade, hostas, day lilies, lily of the valley, ferns, herbs, lupins, evening primrose, geraniums and much more. Not only were plants shared, so were many helpful gardening ideas and tips.

Once again, community partner McCrank's Cycles offered its annual bike maintenance workshop. Their qualified technicians covered topics such as basic maintenance, safety, upgrades and much more. Located behind Irene's Pub in the Glebe (889 Bank St.), drop by for advice or call them at 563-2200.

### SUMMER PROGRAMS

GNAG offers something for every one at the Glebe Community Centre. Sign up today for one or more of these excellent summer programs for all ages!

**BALLET-JAZZ (6-10 years):** We will teach dancers the basics of ballet and jazz. What a great combination—classical ballet and high-energy jazz steps!

Tuesdays, 5:30 to 6:15 p.m., July 2 to August 20, \$44 (8 weeks).

**BABYSITTER TRAINING (12 years+):** This 12-hour course is designed by the Canada Safety Council. Students will cover babysitting skills and emergency situations. Participants must also complete a volunteer babysitting placement.

Mondays & Wednesdays, 6 to 7:30 p.m., July 8 to July 31, or Mondays & Wednesdays, 6 to 8 p.m., August 12 to August 28, \$54 (per session).

**FAMILY TAEKWON-DO (6 years to Adults):** Taekwon-Do is a Korean martial art developed by General Choi Hung Hi. Classes consist of warm-ups, sparring, patterns, self-defence and meditation. Taekwon-Do at the Glebe offers numerous opportunities to attend seminars, workshops and tournaments, according to individual preferences. Ms. Fran Collingwood, 5th Degree Black Belt, of the International Taekwon-Do Federation (ITF), provides instruction.

White & Coloured belts: Tuesdays & Thursdays, 6 to 7 p.m., June 25 to September 12, \$85 (12 weeks) or \$49 (6 weeks).

**WATERCOLOUR (Adult):** This course is designed for the beginner and intermediate student. Students will learn basic drawing techniques and watercolour applications. The goal is to create

an understanding of the medium through fundamental exercises in colour, value and drawing techniques. Subjects include still life, landscape, floral and more. A list of materials is available at the Glebe C.C.

Instructor: Crystal Beshara.

Tuesdays, 7 p.m. to 9 p.m., July 2 to August 27 (no class on July 23), \$76 (8 weeks).

**PET DOG TRAINING (Level 1):** Do you feel as if your pet is out of control? Dean Verger hopes to improve the quality of life for you, your dog and your neighbours. Please, no dogs on the first class. (Adult participation is required.)

Tuesdays & Thursdays, 7:30 to 8:30 p.m., July 2 to July 18, \$60 (3 weeks).

**KICKBOXING (Adult):** This program follows the actual training regime that a kickboxer uses. It helps participants to improve muscle tone, muscular endurance, strength, flexibility, aerobic/anaerobic conditioning, and confidence. We will be focusing on the technical aspects of kickboxing in order to teach proper skills and strategies. It is a non-competitive atmosphere and participants at all skill levels are welcome. Sparring is not part of the program, but will be held after class for those who are interested. The program is flexible and can be adapted to suit the needs and desires of the individual participants. Head Instructor, John McMahon, is a coach for the World Kickboxing Association's Canadian National Team, and gains his knowledge from tournaments around the world.

Wednesdays, 7 to 8:30 p.m., and Fridays, 6 to 7:30 p.m., July to September 2002. Rates: \$125 (3-month season, \$55 (per month), \$10 (per drop-in).

**SUMMER EARLY BIRD FITNESS (Adult):** Classes will include low and tone, muscle tone, interval, step and low, and more! Instructors: Zina Richard and Marcia Blachke.

Mondays, Wednesdays and Fridays, 6:30 to 7:30 a.m., June 24 to July 31 (excluding July 1) and/or August 1 to September 13, \$55 per session or \$6 per drop-in.

**WOMEN & WEIGHTS (Adult):** Maintain muscle and bone strength! Learn how to make your

body stronger and resistant to osteoporosis, to plan a fitness program for your needs and lifestyle, and to make strong bone fitness part of your life.

Instructor: Kimberley Hopwood.

Tuesdays and Thursdays, 8:30 to 9:15 a.m., June 25 to September 12, \$99 (12 weeks) or \$6 (drop-in).

**ALL LEVELS TAI CHI—Yang Style (Adult):** A centuries-old Chinese exercise which is performed in a gentle and relaxed manner. Can be practised by people of all ages and fitness levels. Benefits flexibility, circulation, digestion and metabolic rate, as well as helping to relieve stress and its symptoms.

Instructor: Michel Laflamme.

Wednesdays, 7 to 8:30 p.m., July 3 to September 4, \$55 (10 weeks) or \$8 (drop-in).

**PILATES (Adult):** A total body-conditioning program which emphasizes core stability (abdominal), muscular balance, strength with flexibility, as well as improvement to posture with a mind/body connection. These matwork classes produce a "streamlined" body that is both flexible and toned in a non-impact balance system of progressive series of exercises. This program is excellent for those with weak abdominal muscles and/or back pain. It caters to the seasoned athlete, as well as the injured or sedentary individual.

Instructor: Yolanda Tsang.

Tuesdays, 7:30 to 8:30 p.m., July 2 to August 20, \$66 (8 weeks).

**YOGA (Adult):** Yoga provides the beginner and intermediate with a chance to develop a profound sense of well-being and wholeness. Postures for flexibility and strength, rejuvenating and healing breathing techniques, deep relaxation and meditation. Bring your own blanket.

Thursdays, 7 to 8:30 p.m., June 20 to August 8, \$60 (8 weeks).

### ANNUAL GENERAL MEETING SEPTEMBER 25, 7 P.M.

The Glebe community is cordially invited to GNAG's annual general meeting, Wed., Sept. 25, at 7 p.m. in the Glebe Community Centre. If you're interested in joining our board of directors or volunteering, please contact 233-8713 for details.

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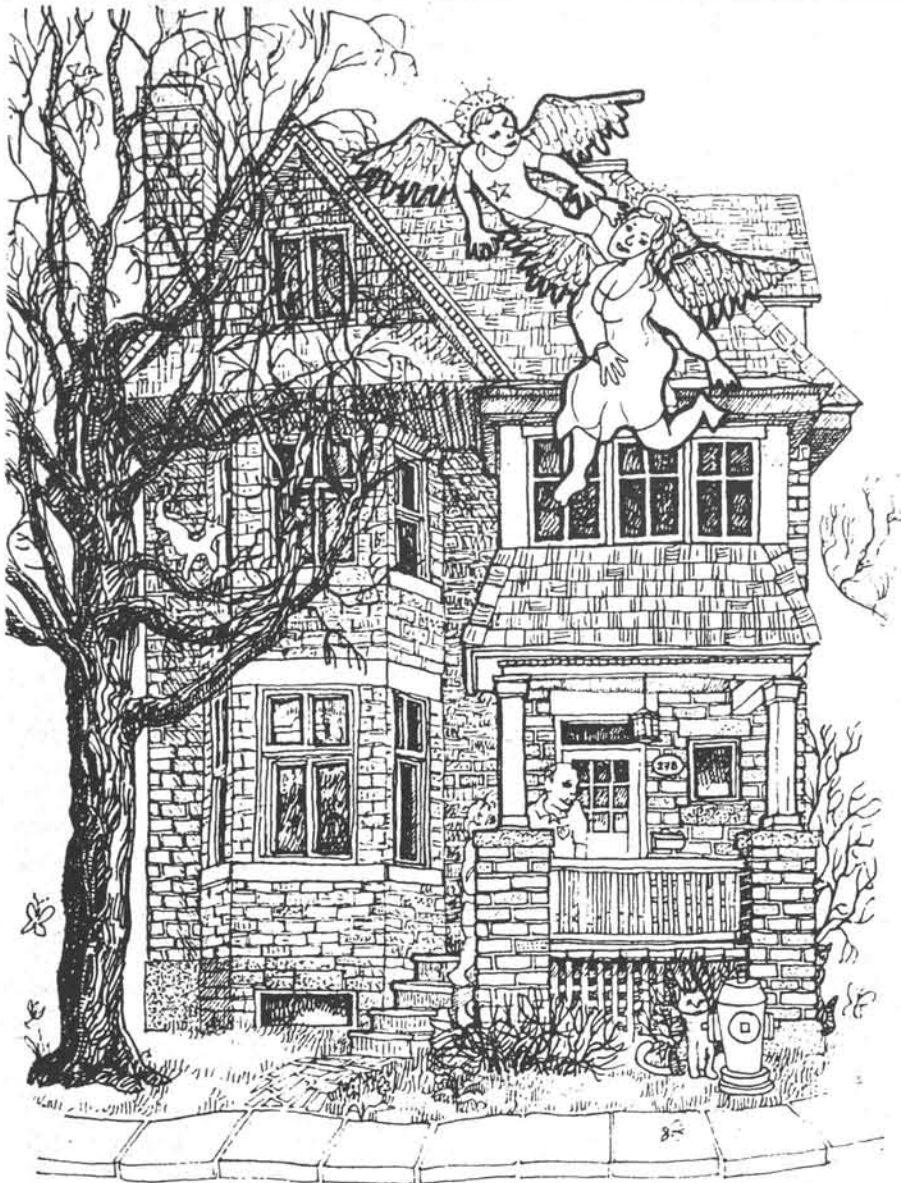
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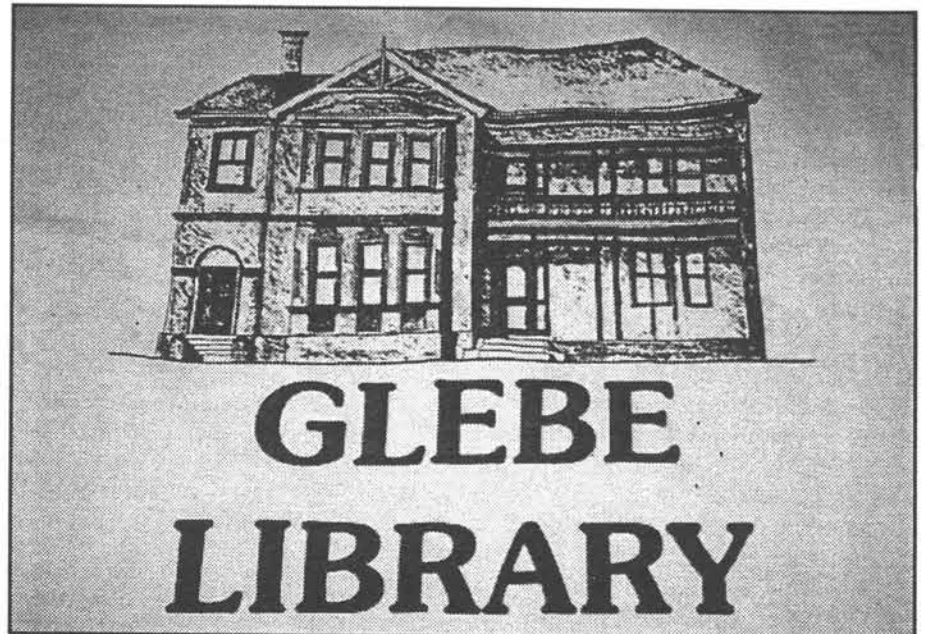
THE SPIRIT OF THE GLEBE  
2002

Illustration by Bhat Boy

### Spirit of the Glebe to house that rose from the ashes

Bhat Boy's illustration of 278 First Avenue was presented May 15 to owners Debbie Bellinger and Ted Anderson.

The GCA planning committee chose their reconstructed house as the first winner of the Spirit of the Glebe Award.



# GLEBE LIBRARY

## Where is the Glebe Library?

BY TEENA HENDELMAN

The Glebe Library? Did you say it is located on Glebe Point Road?

Then you are right. And where is Glebe Point Road? Right in the heart of the Glebe, in Sydney, Australia.

The Glebe was my first stop in Sydney in my attempt to find a comfortable home away from home on my visit to faraway Australia during the winter. And the similarities to our Glebe are numerous. Close to the downtown, near a university, mostly older homes both small and large, and very trendy, the Glebe boasts a newspaper, a community centre, shops and restaurants along the main street—Glebe Point Road. The

neighbourhood has many old flowering trees. Oh, and at the end of Glebe Point Road is a body of water, leading out with twists and turns toward the ocean.

The community centre is in serious need of repair, with no hope for renovation in the short term. Most activities are run by private organizations or businesses that rent space. The newspaper is privately owned and its pages contain mostly real estate, car and other ads.

It does have its own library. But then again, ours is only over the bridge.

I hope all you readers have a chance to visit our namesake in Australia some day. And while you are there, hop over to see New Zealand.

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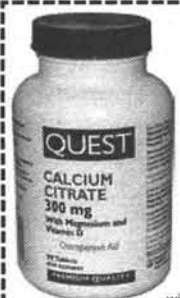
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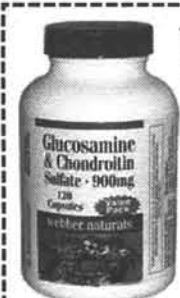
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## City councillor's report

### Boat

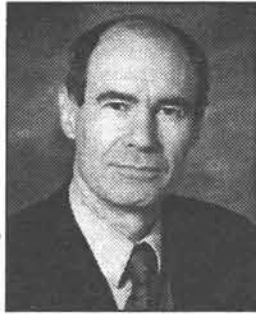
There was a boat  
Which came to take me away  
Across the green-blue sea.  
To a place  
That had the healing sounds of  
joy,  
Of wonder,  
Of fragile immanence.

#### WHITTON AWARDS

It is a very great privilege to have been elected by the folks of Capital Ward, for all kinds of reasons. I felt that privilege very much at the Whitton Awards. It is the first time I have had the chance to host them as your city councillor where, joined by former councillors Inez Berg, Brian McGarry, Joan O'Neill and our school trustee Lynn Graham, we had a wonderful evening celebrating the communities of Capital Ward and some of the many people who make the Glebe/Dow's Lake, Old Ottawa South, Old Ottawa East and Heron Park such easy places to love.

Mentioning individuals is always risky because for every one person mentioned, there are others left out. But to give you an idea of the range of contributions our neighbours make to and for us, here are some of the award winners: Gloria Williams who keeps the children's play group going in Heron Park; Marlin McKale who for years has supported local sports teams and maintains a welcoming, skilled

By  
Councillor  
Clive  
Doucet



business on the corner of Fifth and Bank; Graham Long, an OAC student at Glebe Collegiate who has already coached hockey and softball in the community for many years; the three chairs of the Glebe traffic plan—Brad Christakos, Pat Steenberg, Wayne Burgess; Blake Proudfoot, editor of the Mainstreeter; and, posthumously recognized for his work in Old Ottawa South, Dale Shaw who, among many other things, was a crossing guard who protected children from aggressive drivers on a busy street.

The Whitton Awards celebrate the community and are the time we recognize just some of the many people who make the city-villages of Capital Ward one of the best places in the world to live.

#### PAUL MARTIN AND THE FEDERATION OF CANADIAN MUNICIPALITIES

It's been an action-packed week at City Hall. On the weekend, I was in Hamilton attending the Federation of Canadian Municipalities annual general meet-

ing and I was astonished to see how much this rather academic and social organization has become politicized from every direction. Finance Minister Paul Martin's opening speech was a bombshell both within the FCM and evidently without, on the Prime Minister's desk. Minister Martin came out on the side of city politicians who have been saying for years now that they have to receive a share of the great ability to pay taxes like the GST, the income tax and the gas tax in order to run their cities. Right now, if a Canadian city hosts an international event like the Francophone Games or the Pan-American Games, we lose money because we have no ability to benefit from all the activities these events generate. And we see it in the growing inequity between the three orders of government. Federal tax revenues have grown by 38 per cent, provincial by 30 per cent and city by 14 per cent. We are falling further and further behind, and it is clear all of our cities are suffering on every level—in our social deficit more and more homeless people, in our environmental deficit, more and more air-quality alerts, and in our infrastructure deficit, more and more crowded buses and crowded roads.

Judy Sgro, the Prime Minister's chair of urban issues, has recently come out with a report, but in it she recommends no new tax powers for cities; instead, it's back to where we've come from and that is shared-cost programs. One would assume this is the Prime Minister's position as it was his task force. It's a position Mr. Martin does not seem to share, nor do mayors and city councillors from the 1,000 communities that were represented at the FCM. We are of one mind on this. We don't want to go back to the endless manipulations of the shared-cost programs. We want the independence to raise the taxes to meet our needs. Clearly, this must mean a new power-sharing agreement between the cities and the federal government, because we don't want more total taxes; we just want a new split on who gets what. But the Prime Minister doesn't seem inclined to share power with anyone. Hence, it should be no surprise he found Martin's speech offensive.

I participated in the first meeting of a National Network of City Councillors for Inclusive Cities. This network of councillors representing communities from coast to coast is dedicated to campaigning for political change, which can return to the 80 per cent of Canadians who live in cities the powers that they need to manage cities in a sustainable, inclusive manner.

#### FIRST-EVER PUBLIC RALLY FOR LIGHT RAIL AT CITY HALL

We had a great rally for Clean Air, Healthy Communities and Light Rail at City Hall. It featured 35 community groups—everyone from the Sierra Club to the City Centre Coalition—all under the banner of Citizens for Healthy Communities. Glebe Collegiate's own Stomp Bank performed, along with the Canterbury High Stage

Band, the Raging Grannies, rock group Lister just returned from L.A., and blues singer Maria Hawkins. The sun was shining and the day was perfect. And, amid great music, speeches by Dr. Rob Cushman, Wendy Lambert and young Marie-Lyne Bergeron from La Nouvelle Scène made the point that electric light rail is good for your health, roads are not.

The coalition released a six-point public transit action plan which calls for at least 50 per cent of the city's new capacity funding to be spent on transit, extending the O-train to Gatineau, the airport and Leirtrim, and building an inner and outer light rail ring service which will put all residents of Ottawa within a short hop of a fast, efficient, light rail service.

In the evening, at Saint Paul University on Main Street, John Sewell, the former mayor of Toronto, made the point to a packed audience of more than 300 people that Ottawa has been wedded to traffic sewers like the 417, Merivale Avenue, Hunt Club or the brand-new Conroy Road since the city abandoned the streetcars in the '60s. He made the point in a way bordering on poetry that cities with soul, cities that are sustainable have streets that serve many purposes. They are places you want to go to, not to get to some other place—streets like Bank Street which have a community of stores, cafés, churches, pedestrians, cyclists, buses and cars. These are the kinds of streets which are sustainable, profitable, community and environmentally friendly. But the city of Ottawa doesn't seem to want to build them. He didn't like the idea of dedicated corridors. "Use the streets," he said. "Why would you want to build a corridor whose only purpose is to get you someplace else? This is how you build provincial and national highways. City streets need to be more complex and serve more purpose. Those purposes should start with the entire community, not how many vehicles you can flush down the street in an hour."

#### BUDGET DIRECTIONS CONSULTATION, JUNE 20, COLONEL BY ROOM

Please note that June 20 is the correct date, so please amend from the information found in the English section of the mid-term report.

I encourage you to come out to the first ever Budget Directions Consultations. This is your chance to talk about the big budget picture. How much money should we put into greening our city? How much into our playing fields and community centres? How much money into public transit versus more roads? It will be an important chance to help form our 2003 budget. I hope to see you there!

Trust you will be thinking about beaches and sunrises this summer, not traffic sewers.

Clive Doucet, 580-2487.

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Helpline

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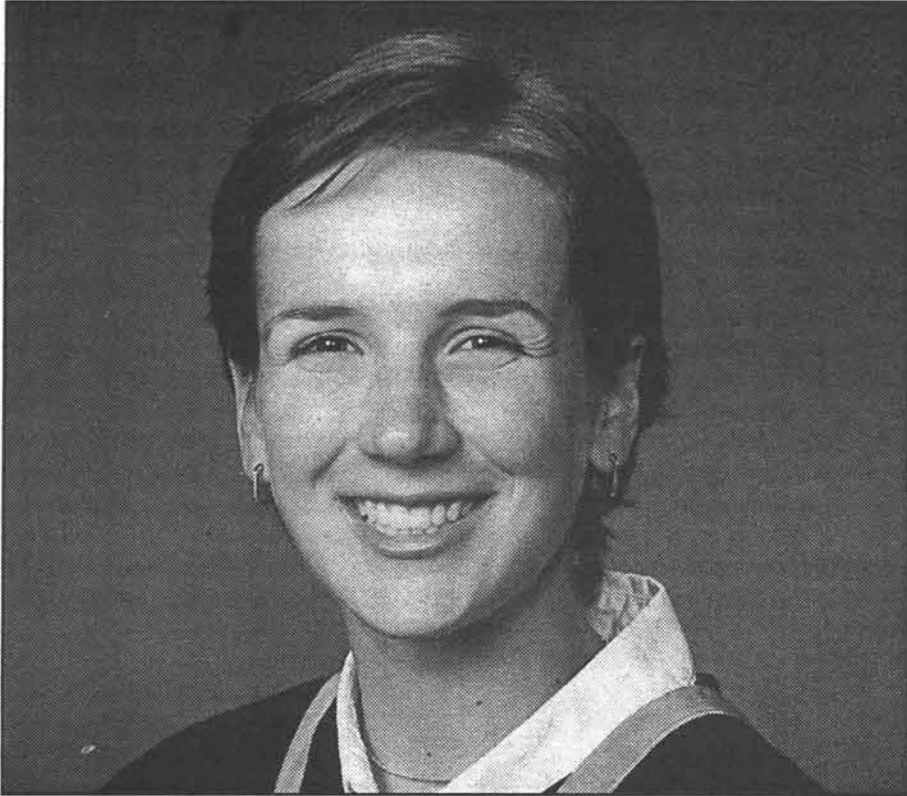
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Angela Strange

## Glebe graduate fastest woman in Vancouver marathon

BY DIRK DRUET

Glebe Collegiate graduate Angela Strange ran away from more than 4,000 runners last month to become the first Canadian woman in over a decade to win the women's race category in the Vancouver International Marathon.

Her winning time in the marathon was 2:45:46, a personal best.

Amazingly, this was only Angela's third competitive marathon. She ran her first race two

years ago in Paris.

Angela, 22, attended First Avenue School and Glebe Collegiate Institute.

In her high school years, before she began running, Angela competed in trampoline events at an Ottawa club.

The graduate of Queen's University now works as a management consultant in Toronto.

*Dirk Druet is a political science student at Carleton University.*

## Ottawa Shooting Stars Girls Basketball Club

The Ottawa Shooting Stars Girls Basketball Club is excited to announce its first summer basketball camp which takes place at Hillcrest High School from August 12 to August 16.

The Shooting Stars, with an 11-year history of basketball in Ottawa, fielded about 100 basketball players in both recreational and competitive leagues last basketball season. It seems a summer camp would be the next step in providing a first-class basketball environment for improving and expanding the club.

The club hopes the camp will provide players with a chance to develop their skills and abilities for both school and league situations.

Girls aged 9 to 13 will be able to register for a morning program and players aged 14 to 17 will be able to register for an afternoon program.

The Stars look forward to creating an intense development program for committed players.

For information, please go to our Web site at [www.eteamz.com/ottawashootingstars](http://www.eteamz.com/ottawashootingstars) or telephone 282-8555.

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-Kahlil Gibran



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Gareth meets Stuart Hall, assistant director of the Birmingham City Soccer Academy, during a trial in Birmingham.

## From Glebe Soccer to an English Premier League Club

BY JANE BOWER

Gareth Pugh's soccer career has come a long way since the days when he played for the Purple People-Eaters in Glebe Soccer on the Glebe Collegiate football field. As a four-year-old, Gareth was one of the many boys who tracked the soccer ball whenever and wherever it moved around the field.

Following in the footsteps of his father and grandfather, both of whom played for professional clubs in England, Gareth, who has just turned 15, was recently invited for a trial with Birmingham City Football Club.

Birmingham, newly promoted to the English Premier League, is one of a number of leading English clubs which operate "soccer academies." Boys with the potential and commitment to succeed in the professional ranks are selected for entry into the three-year program at age 16. They follow a program which allows them to combine their academic studies while receiving expert soccer coaching. The academy closely monitors both the academic performance and the soccer development of boys in the program. The rewards for those who make it to the big leagues are great. England's captain, for example, David Beckham, recently signed a new contract with his club which pays him over \$200,000 a week. But, of course, many of the academy players do not reach the first team and the academy program is designed to ensure they have the academic qualifications to pursue other careers while continuing to play soccer.

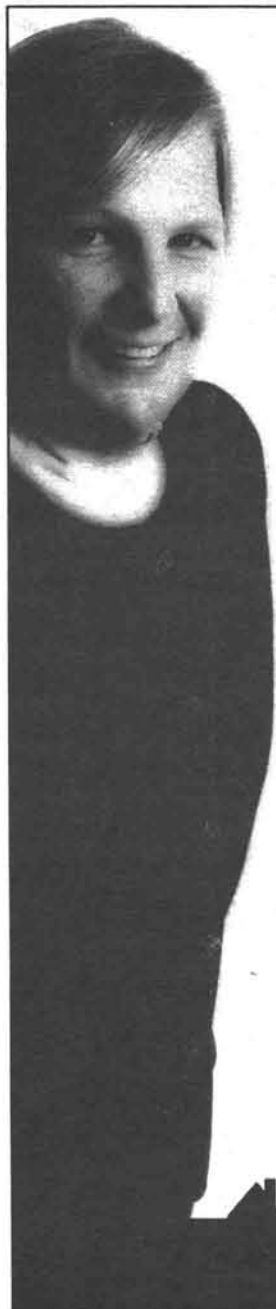
Gareth, who is still a year away from eligibility for the academy, spent 10 days training and playing with members of Birmingham's academy teams. After a morning workout the day after the flight from Ottawa, he was thrown in at the deep end and

selected to play the following day for Birmingham U16s against their counterparts from Leicester City in an FA Academy League game. The game ended in 2-2 tie.

"The pace of the game is electric in England and incredibly physical—it was a big step up from playing with the Eastern Ontario District Squad. For me, it was my first outdoor game of the year while the players in England were coming to the end of their season," said Gareth.

Gareth's stay in England ended on a really high note when he scored the second goal in a 2-0 victory over Wolverhampton Wanderers in an Academy League game. "It was a tremendous experience; the facilities, the coaching...everything was first class. I learned so much," said Gareth.

Gareth, a lifelong Glebe resident and a student at Ashbury College, hopes that his experience in England will lead him to further soccer success and perhaps a university soccer scholarship. Does he now support the Blues, as Birmingham's team is known? No, he will always be a Manchester United fan!



## What About UFFI?

Urea Formaldehyde Foam Insulation was used in the 1970's, most extensively from 1975 to 1978. It was commonly used in reinsulating existing houses by injecting the foam into areas such as behind walls where it was impractical to provide conventional insulation. UFFI is still used in Europe, where it was never banned and is considered one of the better retrofit insulations. The levels of formaldehyde decrease rapidly after the foam has been installed. Within a few days of the application, formaldehyde levels typically return to ambient house levels. The conclusion to be drawn is that UFFI may not be a health concern.

As an expert in the older homes found in Ottawa South and the Glebe, Tracy Arnett can provide you with more information about the charms of owning a property in these areas. For inquiries or a referral regarding insulation, please feel free to call Tracy at (613) 238-2801.

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## Business matters in the Glebe

BY BRUCE DONALDSON

Again, despite forecasts to the contrary, we enjoyed a fantastic day for the Great Glebe Garage Sale, highlights of which are covered elsewhere in this edition. Whether one lives in the Glebe or not, the happiness on the faces of the great throngs of people going from one block to another searching for and finding bargains is infectious. And every year the crowds and the bargains seem to get larger.

Each month brings changes as some businesses leave and many new ones arrive.

### LEAVING

**Teruko, 25 Murray Street (in the Byward Market). Tel. 594-3920.**

For the past few years, Teruko has provided many beautiful gowns for special events such as weddings, anniversary parties and proms. She tells me that she now wants to become associated with another part of the market, particularly designing and associating with the production of everyday clothes.

An opportunity to acquire a location in the Byward Market area arose and she took it. She looks forward to continuing her association with her Glebe clients and she can now be found at 25 Murray Street. Her telephone number remains the same, so she has not really deserted the Glebe.

### Hip Baby

A business that was located just south of Fifth Avenue on the west side of Bank catered to the needs of mothers with small babies. Without any notice that we are aware of, the business folded and disappeared.

**NEW ARRIVALS AND CHANGES**  
**Lava Hair, 873 Bank Street. Tel. 237-1171 (previously Pop-Tif)**

Anna and Terrence Underwood have purchased the Pop-Tif business from Pierre Hahn and are in the process of making some changes to better reflect the service that they will provide. The new name will be Lava Hair.

Anna told me that when they get their new sign and brochures, as well as internal rearrangements completed, they will have an official opening whoop-dee-do sometime in July.

**Investment Ideas for Seniors, June 25 at Glebe Community Centre**

Noel Lomer of Nesbitt Burns plans to present an information session to explain the advantages of seniors of including income trusts in their portfolios. These can help to provide some stability

in growth, as well as income, he says, during times of market turbulence.

He plans to hold the session in the Glebe Community Centre on June 25 from 7 to 9 p.m. I should think that there will be some refreshments.

**g Becker—Gallery & Design, 689 Bank Street. Tel. 233-4734.**

Gerhard and Lorraine Becker have taken over the property previously occupied by the Clemow Smoke Shop and have turned it into an art and design gallery/studio. As an art gallery, they hope to represent local artists, as well as established ones. Gerhard is skilled at designing and building furniture on a custom basis. They also plan to have a number of sculptures as well.

They have done a great job of cleaning and transforming the space to make it very attractive for drop-in visits. There are pretty little green ladybugs painted on the front steps that look very realistic and do attract the attention of children.

**Creative Floor Worx, 857A Bank Street. Tel. 565-4669.**

Oscar Finizia and Claudio Pelosa are partners in a business called Creative Floor Worx specializing in the design, acquisition, installation and provisioning of creative floor patterns using ceramic tile, marble, granite and a wide assortment of hardwoods from which to choose. Special hand-painted tiles by local artists are available.

They import ceramic tiles from Brazil, Spain and other locations. Stone floor coverings include granite, which is very hard, and marble, which is softer because it is more porous.

Their woods come unfinished (to be done after installation) or factory-finished. Exotic woods such as purple heart are from South American tree farms that grow woods for construction purposes and thus preserve the rainforests.

To interface with the community, they plan "showings" with local artists in their display area at 857A Bank. Oscar's brother is a sculptor and some of his work in Ontario marble is on display in the showroom.

Pay a visit to their location. They have transformed the space into a beautiful room that uses many of the products without conflict and demonstrates the fine detail of inlaid stone and wood that they can do.

Have a very happy summer.

## Beebalm and Basil

### The trials of travel

BY HEATHER GARROD

*Note to self: create a spray to clean small hands that have travelled over every surface in airport lounge; also to ward off airborne bacteria from passenger in next seat with horrific cough.*

On a trip to Chile last spring, I learned a lot about what I didn't bring (and should have). Along with an anti-bacterial spritzer, my parched lips and cracked knuckles were a constant reminder of why I should have tucked a moisturizer (with healing herbs like calendula, chamomile or lavender) into my carry-on baggage. Airplanes are very drying, and a refreshing lotion or spritzer can make any trip more enjoyable. Over the course of the next two weeks, I got my bearings and even managed to find natural sea salts in the local grocery store in Santiago. They were a wonderful treat after a long day's hiking around the city. We had brought lavender and tea tree essential oils as part of our first-aid kit and used them in soothing baths for the children.

*Note to self: having that anti-bacterial spray would have been a great foot refresher and handy for those well-worn sneakers.*

I had packed a shampoo bar

which was not only leak-proof, but handy to repack and biodegradable.

We're planning another trip this summer. Here's my preliminary list for natural travel:

- sun protection (with zinc oxide to protect against both UVA and UVB rays)
- carbon capsules (we've found these effective for diarrhea and possible food poisoning)
- healing salve
- petroleum-free lotions/lip balm
- antibacterial spray/baking soda (for poulticing bee stings and a soothing soak in the tub)
- pure essential oils of lavender (for sleepless nights)
- ginger essential oil in almond or olive oil (the kids love this soothing tummy treatment)

And, since we'll be travelling for three weeks with three kids—pack the earplugs!

Heather Garrod and Kim Van Doormaal have created their natural body care company: *Beebalm and Basil, Beautiful Botanicals for the Body*. Their mission is to inform and educate about the benefits of natural ingredients. Their business includes mail order, retail/wholesale, demos and workshops. Their Web site is [www.beebalmandbasil.com](http://www.beebalmandbasil.com)

## True South

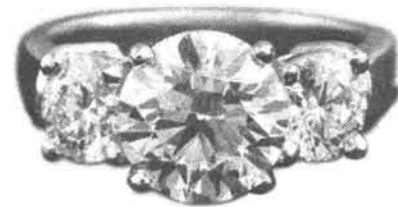
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Bank Street	Arti-stick craft	Arti-stick craft	Arti-stick craft	Bank Street	Lamaze Promotion 20% off Lamaze	Lamaze Promo 20% off Lamaze	Lamaze Promo 20% off Lamaze
Rideau Centre	*Tiggy Giveaways	*Tiggy Giveaways	*Tiggy Giveaways	Rideau Centre	Face Painting It's Free!	Face Painting It's Free!	Face Painting It's Free!
Place D'Orleans	Wild Planet Specials/Demos	Bean Bag Toss	Bean Bag Toss	Place D'Orleans	Marble Contest Guess how many!		Marble Contest Guess how many!
Bayshore	Marble Contest Guess how many!		Marble Contest Guess how many!	Bayshore	Wild Planet Specials/Demos	Magic Noodle Craft Day	Magic Noodle Craft Day
Westboro	Tutti Frutti	Tutti Frutti	Tutti Frutti	Westboro	Arti-stick craft	Arti-stick craft	Arti-stick craft

JUNE 22/23		Saturday	Sunday
Bank Street	Tutti Frutti Crafts/Giveaways	Tutti Frutti Crafts/Giveaways	Tutti Frutti Crafts/Giveaways
Rideau Centre	Marble Contest Guess how many!		Marble Contest Guess how many!
Place D'Orleans	Logic Puzzle Challenge	Logic Puzzle Challenge	Logic Puzzle Challenge
Bayshore	Face Painting It's Free!	Face Painting It's Free!	Face Painting It's Free!
Westboro	Lamaze Promotion 20% off Lamaze	Magic Noodle Craft Day!	Magic Noodle Craft Day!

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313 Richmond Road 761-6055  
Bayshore Mall 721-0549  
Rideau Centre 230-8081  
Place D'Orleans 834-8989

Lost Marbles  
809 Bank St. (upstairs) 594-3325  
315 Richmond Road 722-1469

Rideau Centre will be open July 1st!

## Mrs. Tiggy Winkle's Twenty-five years of toys

BY KIM CHAMPION

You might be inclined to think that a new mother who launches a retail business about the same time she gives birth has lost her marbles.

But not Maida Anisman. That's exactly what she did.

And just this March, Anisman celebrated the 25th anniversary of her flagship toy store on Bank Street in the Glebe, affectionately named Mrs. Tiggy Winkle's, after the namesake hedgehog from the Beatrix Potter series of children's books.

"I had my first child, Simon, and I was looking for something I could combine with raising my son," says Anisman during an interview. She used to take her son to work with her in the early days and perch him on the countertop.

"Working at the store was the easy part," she says, laughing. "It's when I got home that the hard work started."

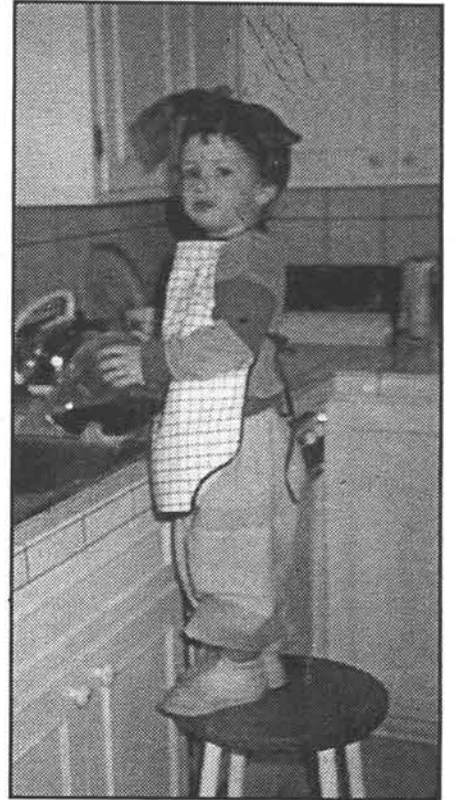
Simon still works alongside his Mom, and is in fact the co-conspirator of the retro infusion that has taken over the second floor of the Bank Street store. The first floor is still dedicated to the young, and is jam-packed with toys both classic and at the top of the trend chart.

But Anisman's re-invention of her retail business, which includes four other Mrs. Tiggy Winkle's spread out across Ottawa, also takes into consideration the needs of the young at heart.

"All this retro stuff is really hot right now," she says, adding that her newest store is located right next door to her son's first retro-retail business, Lost Marbles, which caters to adults' nostalgia about the innocent days of childhood. "It's so much fun when you have that connection through toys."

And when it comes to toys, it seems some things never change. Anisman says that the top sellers are consistent and include marbles, Hula Hoops, rubber balls and skipping ropes.

"I cherry-pick the toys myself," she says. "I want the good



Maida Anisman, 4, plays Mrs. Tiggy Winkle

toys, the standards, the things that every kid should be brought up with."

She also carries hot new toys, like the Groovy Girls dolls, which are rife with attitude and style and the preteen set just can't get enough of.

"My customers in the Glebe are great. They always let me know what's good and what's not," says Anisman, who's also a Glebe resident.

But this retailer herself knows a thing or two about toys. She is a collector of antique and reproduction toys, which she used to display at the Bank Street store.

"It's what started me off," she says.

What's allowed her to stay in the competitive world of retail, however, is by providing customers with the best service and value for their money. That, and staffing her store with happy people who know their stuff, she says.

The Mrs. Tiggy Winkle's group of stores are located on Bank Street, the Rideau Centre, Place d'Orleans, Bayshore and Richmond Road.

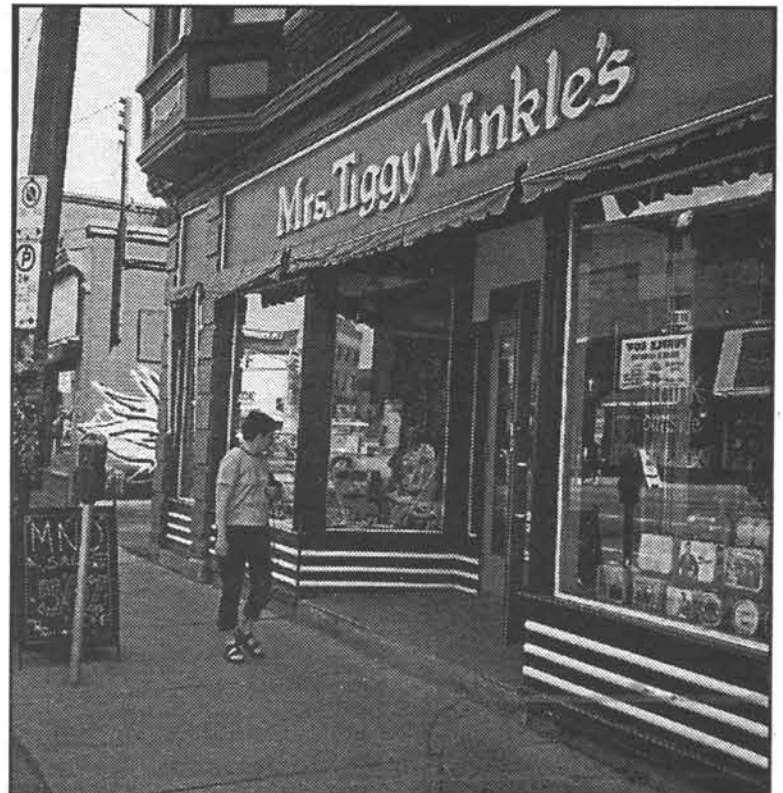


Photo: Susan Jermyn

## Tulips bloom in the Glebe



Photos: Susan Jermyn

During the Tulip Festival in May, Linda Thorne invited local artist Jaya Krishnan into her store, Thorne & Co.

Jaya spent a day or two in the store window painting his luscious landscapes right onto a giant tulip provided by the Tulip Festival. Another of Jaya's paintings featuring a colourful bed of tulips added to the tulip theme at the Bank Street store.

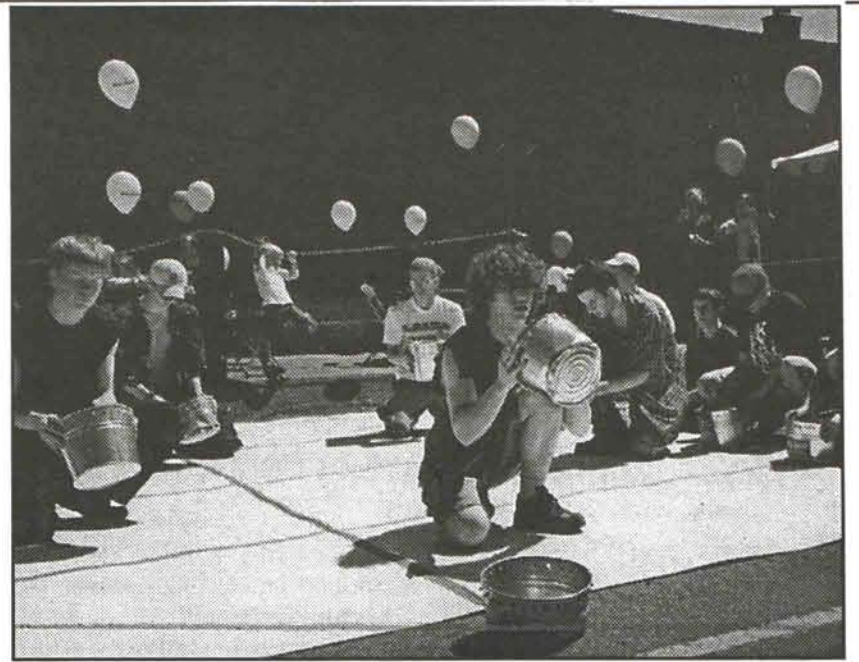


Photo: Susan Jermyn

Glebe CP's Off Beat gave their pass-the-hat donations to the Food Bank.

## Great Glebe Garage Sale 2002

BY COLIN CHALK,  
THE FOOD BANK

Saturday, May 25 saw the sun shining, as always, on the 16th annual Great Glebe Garage Sale. Once again, Glebe residents were caught up in the spirit of things and a record number 750 garage sales took place. This surpasses the previous record of 620 sales which was set last year.

Live bands entertained the crowds on Second and Third avenues and collected about \$1,200 for The Food Bank. The Glebe Chiropractic Clinic was offering massages on Bank Street for a \$5 donation to The Food Bank and Bridgehead was donating 10 per cent of their coffee profits for that day. Seldom, throughout the

year, does a community unite like this for a common cause, and the Glebe residents and merchants should be proud of their efforts.


Because of the large number of sales this year, about 50 or so residents did not receive garage sale kits to donate to The Food Bank. We apologize for this inconvenience and remind you that donations (cheques only, please) can be dropped off at the Glebe Community Centre or contact Colin Chalk at The Food Bank, 1317B Michael St., Ottawa, K1B 3M9 (tel. 745-7001).

Thank you to everyone who put this together and a special thanks to Glebe residents for entering into the spirit and putting on another great show.



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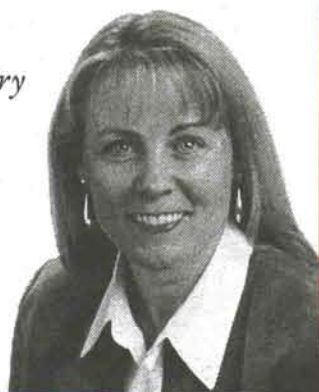
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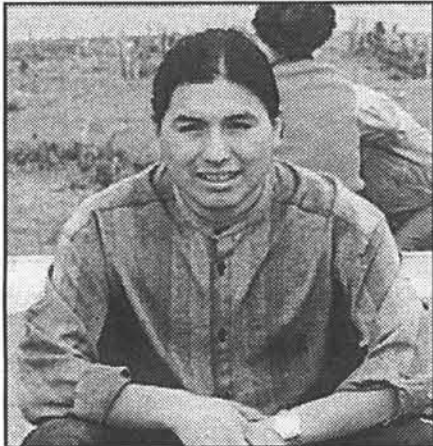
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**Glebe Questions****Echoes of Ecuador at Quichua**

The young men of Otavalo, says Jacinto Anguaya, "travel through music." I had an American journalist friend in Kentucky, David Binder, who did the same as a college student in the 1950s. He played in a jazz band on board ocean liners to work his way to Europe and he fell in love with an Icelandic maiden. Years later, travel planning was taken out of his hands. He became a foreign correspondent on The New York Times and was posted to Berlin.

Jacinto's travels have been slightly different. He grew up in the town of Otavalo, in the highlands of Ecuador. It has a population about the same size as the Glebe, around 15,000. They are among the five million Quichua-speaking peoples who stretch down the Andes from Colombia to Chile. As a student, he says, he was quite political—and he was also musical. He plays those lovely haunting Andean tunes on a mandolin and a charango, a small 10-string guitar.



Jacinto Anguaya

In the early 1990s, the World Conference of Indigenous Peoples held an international conference in Ottawa-Hull, and the organizers invited his group from Otavalo to come and perform their music and share their cultures. Among his audiences was the counterpart to Dave Binder's Icelandic maiden—a young Ottawa woman, Jill Robinson. And that's how Jacinto Anguaya has ended up running the treasure trove of a Bank Street store, Quichua Crafts in the Glebe, with help from his wife Jill.

"Ended up" may not be the right term. He is only 30, and behind his head, as he stands at the cash counter and fields phone calls while being interviewed, are two framed photographs of the view from his family home in Otavalo. Sunny skies, waving fields of maize and barley, and not far away the mountain Imbabura. It clearly is his heartland.

We talk about his people, and I mention the Inca emperor Atahualpa who was killed resisting the Spanish conquistadors in 1533. He says the Quichua have their own hero of that period, Ruminahui, whose name he translates as Stone Face. (Later, when I ask Jacinto to smile for a photograph, he obliges but says

By  
**Clyde  
Sanger**



his people don't usually smile on such occasions. Stone Face had left his legacy.)

Otavalo, named by Simon Bolivar, the liberator of much of the Andean lands, has a statue of him in the town's Plaza de Ponchos. We agree that Bolivar's statue in Ottawa deserves a better location than in the forecourt of the Novotel Hotel.

Every family in Otavalo has its special occupation: one family might make sweaters, another gloves, another shirts. His grandfather made sandals out of rubber tires, and his father broadened the sandal business. What they don't make are dresses, as Quichua women wear a lower garment called an anaco. That is why the dresses in his store come from other places.

And what a glorious mixture of places! Two customers are admiring a dress with Egyptian motifs that has been devised by Coco, who is actually a Canadian designer living in Hull, and had been made in Indonesia. Jacinto says the aim is to have half the clothes and other crafts—from balsa-wood parrots to Venezuelan postcards—of a South American origin. He also has Inuit artifacts, joss sticks from India and a range of goods from Indonesia.

Most of his customers are women, although there is a man there trying on a hat. He came originally from Belfast, and the hat presumably came from Panama. Globalization in the Glebe! Jacinto says he likes women customers, "they think only once." The two ladies inspecting the Egyptian dress seem startled at this comment, so explains he meant they were incisive, not thoughtless.

Although, as he says, it has been "too much work, work, work" since he came to Canada in 1992 and started the store seven years ago, he finds time to play music with his group, Colores Andinos. Last year they recorded their second CD, titled Yacumama (Mother Water), merging—the trilingual text speaks of "syncretism"—traditional rhythms with contemporary influences such as lambada, salsa and flamenco. I played the CD for a church organist friend, and he pronounced it "sophisticated."

And then there is soccer, a boyhood passion. Ecuador has booted its way into the World Cup this year for the first time—in fact, it is "No. 2 in South America; Brazil is fourth." Jacinto has his summer mapped out.

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Got a Glebe Question?

Call Clyde Sanger at 233-7133 with your questions about people, places or events in the Glebe, past or present.



## Warm up to golf!

### Your lower back will thank you

BY DR. KEITH ELLARD

Golf is played outdoors on courses that are often serene, beautiful and relaxing; however, the golf swing is anything but innocuous and relaxing for the low back, especially when the golfer is unfit. In fact, back pain is the No. 1 injury in both professional and amateur golfers.

Consider the following statistics. The golf swing generates spinal compressive forces that are eight times body weight and shear forces of 125 lbs. (amateurs) and 73 lbs. (professionals). It is therefore not surprising that a recent study found that 55 per cent of PGA, LPGA and SPGA members suffered from chronic low-back pain and exhibited significantly greater spinal degeneration than non-golfers with low-back pain. This is why professional golfers such as Tiger Woods and Vijay Singh include chiropractic in their training regimens. They also recognize the role that it plays in enhancing sport performance.

Whereas professionals are prone to overuse injuries, poor technique and improper warm-up are likely culprits in amateur golfers. Two of the most popular methods of treatment include rest

and anti-inflammatory medications such as Aspirin and Advil. Unfortunately, neither of these methods can restore proper function to injured/dysfunctional muscles and joints, leaving a golfer predisposed to re-injury. They also fail to address the issue of improper warm-up exercises and poor technique that led to injury in the first place.

Learn to warm up properly. And practise simple exercises that protect and stabilize the spine.



*In addition to being a chiropractor with Glebe Chiropractic Clinic, Dr. Keith Ellard has extensive training in exercise physiology, strength conditioning and golf fitness and injury prevention. Tel.: 237-9000.*



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### NOTICE OF ANNUAL GENERAL MEETING JUNE 20, 2002, AT 6:30 P.M.

#### WE ARE LOOKING FOR BOARD MEMBERS!

If you are interested, call Joan Wahay, at 233-4443, ext. 2106. We welcome people who live or work in Centretown, the Glebe and Ottawa South and, in particular, we would like to hear from individuals with links to the Aboriginal, Francophone and multicultural communities. To be on the ballot, nomination applications must be received by June 12, 2002, at 5:00 p.m. Nominations will also be accepted from the floor. Come and meet your neighbours, co-workers, staff and board members! Child care available.

.....

### AVIS DE RÉUNION GÉNÉRALE ANNUELLE 20 JUIN 2002 À 18 H 30

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Si vous êtes intéressés, communiquez avec Joan Wahay au 233-4443, au poste 2106.

Nous souhaitons la bienvenue à ceux et celles qui habitent ou qui travaillent dans le Centre-ville, le Glebe et le sud d'Ottawa et, en particulier, nous aimerions rencontrer des personnes qui ont des liens avec les communautés autochtones, francophones et multiculturelles. Pour être considérées dans le cadre des élections, les demandes de mise en candidature doivent nous être remises au plus tard le 12 juin 2002, à 17h. Nous accepterons également les demandes de mise en candidature des participants au cours de la réunion.

Venez rencontrer vos voisins, vos collègues de travail, le personnel et les membres du conseil!

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## Local Asthma Education Centre gives "A Breath of Hope"

Although rates of asthma have more than doubled over the past 20 years, Ottawans can breathe a little easier knowing that the tools for understanding and self-managing asthma are available right here in the community.

The Lung Association-Ottawa Area Asthma Education Centre at 3 Raymond St., which provides services in French, English and Spanish, has developed a very effective technique to help asthmatics self-manage their disease, according to a recent report.

In the report, a random sample of clients who had visited the centre indicated the following:

- 93.3 per cent of respondents reported a reduction in their symptoms of wheezing, shortness of breath and/or chest tightness among adults
- 100 per cent of clients reported a reduction in symptoms that cause sleep disturbance
- no client reported an urgent visit to a physician in the six months following their education session
- 86 per cent of clients reported increased confidence in their asthma self-management

Dr. Tom Kovesi, chief of pediatric respirology at CHEO and chair of the advisory board of the Asthma Education Centre, says: "We knew that it was an effective model and this report confirms it. Asthma education helps clients to understand what triggers their asthma and how they can avoid or reduce critical flare-ups that can send them rushing to the emergency department."

This centre is open to any asthmatic who wants to speak with an asthma educator. Dr. Kovesi adds, "While other asthma education centres have required physician referral, this study shows that our centre can markedly improve asthma control in clients who are able to refer themselves directly to the centre."

There are over 3,000 emergency visits and over 300 regular admissions to CHEO for asthma each year. Asthma is the leading reason for hospital admissions to CHEO. This is not surprising because it is the leading cause of

hospital admission and school absence for children throughout Ontario.

The Asthma Education Centre is located in The Lung Association building at 3 Raymond St. (Bronson at Catherine). To make an appointment with the Asthma Education Centre, to make a donation to the Lung Association, or for a copy of the report, A Novel Approach to the Community Based Asthma Education, please call 230-4200.

### A RESOURCE FOR PARENTS

On May 7, World Asthma Day, Dr. Tom Kovesi unveiled a new tool essential for parents of children with asthma. Called *Asthma in Children*, the book was authored by Dr. Kovesi who is also a volunteer of the Asthma Action Provincial Committee. A complimentary copy of the book is available by calling the Asthma Action Helpline number, 1-800-668-7682.

The Lung Association's Asthma Action Helpline is a free service for parents, kids and all Ontarians who require answers to questions or concerns about how to treat and control asthma. The Lung Association is one of Canada's most respected health charities, founded in 1900 to control the spread of tuberculosis. Today, The Lung Association's services encompass many other areas of respiratory health, particularly asthma, through the asthma action program; chronic obstructive pulmonary disease (COPD), through BreathWorks; and air quality through C.A.N.DO, The Movement for Clean Air Now.

The provincial office and its 32 community offices fundraise in order to support medical research and provide respiratory health programs. The Lung Association includes two medical sections: the Ontario Thoracic Society, representing respirologists and other physicians, and the Ontario Respiratory Care Society, with a membership of other health care professionals. With its outstanding health programs and support of medical research of the highest calibre, The Lung Association is a leader in respiratory health.

## Stay in shape this summer

BY HANIFA YIP

What do you do in the summer if you're away from your regular aerobics program? What happens when you can't make it to the gym? With the warm weather, you don't have an excuse for slacking off! Here are a few pointers for a successful exercise program that will help you maintain and improve your level of fitness.

### INVESTMENT

If you cannot get access to a weight room, I recommend that you purchase a set of free weights or a resistance tube. I would also suggest buying an exercise video. The two I recommend are Susan Powter's *Lean, Strong & Healthy* and Kathy Smith's *Lift Weights to Lose Weight*. Following an exercise video will allow you to have the accompaniment of an instructor who will give you proper cues on exercise and breathing. If possible, exercise in front of a mirror so that you can correct your posture and technique.

***'If you can sing opera at the top of your lungs, you are not working hard enough'***

Body resistance exercises are another option. For example, you can do lunges, squats, pushups and abdominal crunches.

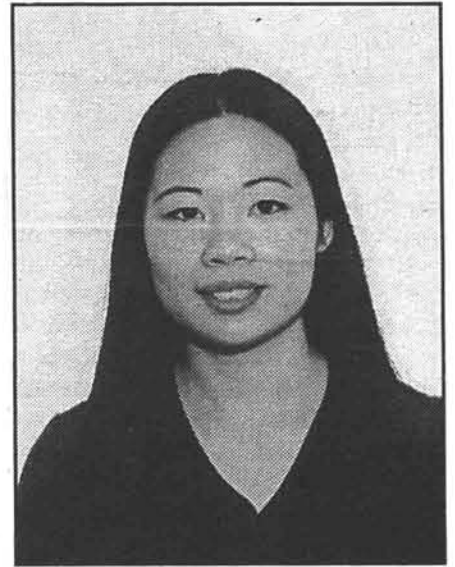
### FREQUENCY

For optimal results, you should engage in cardiovascular activity three to five times a week for at least 30 minutes per session. Include a total body strength-training program two to three times a week.

### INTENSITY

Your cardiovascular activity should be challenging enough to make you sweat. Use the talk test to gauge your effectiveness. You should be able to finish saying one sentence comfortably; however, if you can sing opera at the top of your lungs, you are not working hard enough.

As for strength training, you should reach muscle fatigue within the last few repetitions. If you don't feel challenged, use a heavier weight. However, you need to use a lighter weight if finish-



Hanifa Yip, fitness trainer

ing a move means that you must compromise proper technique.

### EXERCISE OUTDOORS

You'll probably get a better workout when the scenery changes or when you get fresh air. The result is more energy and calories burned.

### VARIETY

Summer's a great time for variety such as rollerblading, running, biking, swimming and playing any sport of your choice. A variety of activities will not only fight boredom, but will work different muscles, preventing your body from reaching a training plateau.

### KEEP AN EXERCISE DIARY

This is the best way to ensure that you stay focused. You'll be paying attention to what your body tells you and you'll be able to track your strengths as well as your weaknesses. You'll also have solid evidence of improvement that will motivate you to continue.

### BE FORGIVING

Even the best intentions fall short. If you miss a day or even a week, get back into your program. Remember, some exercise is better than no exercise.

Take care and have fun!

Hanifa Yip is a certified aerobics instructor who teaches at the Glebe Community Centre on Wednesday and every other Saturday. She is pursuing a full-time career in fitness and working towards her certification in personal training.

## New diabetes food guide an award winner

A food guide developed by the Centretown Community Health Centre has won a national nutrition award.

The Diabetes Food Guide to Healthy Eating was developed to give Canadians with type 2 diabetes access to clear, accurate and culturally sensitive nutrition information.

The simple, colourful guide follows the principles of Canada's Food Guide. It is available not only in English and French, but also in Arabic, Chinese, Italian, Somali, Spanish and Vietnamese. An English version is tailored for the Aboriginal population.

"It is exciting to know that easy-to-understand nutrition programs such as the Diabetes

Food Guide are being developed ...," says Helen Haresign of Dietitians of Canada. The Kraft and Dietitians of Canada Speaking of Food and Eating Award for Excellence in Consumer Nutrition Communication recognizes materials that positively influence consumers' eating habits.

For a free copy of the Diabetes Food Guide to Healthy Eating, call the Centretown Community Health Centre at 233-4443.



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## Glebe Conversations: Claudia Chowaniec

BY JC SULZENKO

I know Claudia Chowaniec first as an excellent neighbour: courteous, friendly, empathetic and helpful. Until we sat down together for the *Glebe Report*, though, I had little idea of the powerhouse this striking, tall, blonde woman with the mellifluous and calming voice represents. So, with small apologies to William Shakespeare, who is Claudia Chowaniec? What is she?

Elegant and articulate, Claudia is a person for all seasons: community activist and fund-raiser, mother/wife/partner, nature lover, world traveler and business woman. Claudia pinpoints the roots of who she is today—her love of learning, music and nature, her drive and business sense—in the values she learned at the family kitchen table in Brockville. “Who I am and what I do is so connected to the past,” she observed.

Growing up on the shores of the St. Lawrence, Claudia involved herself in a rich mix of activities, from sports (basketball) to fund-raising and literacy. As head girl, she mounted a successful campaign to create a Centennial crab apple “orchard” on her high school’s front lawn. She took the Heart and Stroke Fund well over target and had her first taste of media attention. As a Queen’s student, she ran a book club with a real difference: Claudia set the booklist and led the discussions with Joyceville Penitentiary inmates, one of whose poetry later was published.

In 1972 Claudia met Adam Chowaniec, who had come from Leeds to obtain a masters of electrical engineering. They married in 1973 and settled on the Ottawa River Parkway three years later in a heritage home that required a lot of attention. When their neighbours noted the Chowaniecs’ enthusiasm for the house, they turned out in numbers to offer hints and tools. Their welcome formed the basis of the Chowaniecs’ love affair with Ottawa.

In 1980, Claudia’s personal life reached a turning point. “I suddenly felt the desire to have children.” Their first daughter, Christina, was born in Ottawa later that year. Now in biology at Guelph, Christina, too, is a nature lover and something of an adventurer. A Lisgar grad, Christina spent a semester in Krakow to explore her Polish roots. She has planted trees in northwestern Ontario and guided in Algonquin Park.

The Chowaniecs then spent a number of years in the United States to “explore the broader, highly competitive world.” Alexandra, who has just graduated from Immaculata and will attend the fine arts program at Queen’s in September, was born there in 1983. “I am so conscious of knowing each of my girls not only for who they are as individuals, but also for their relationship to each other,” Claudia says.

Yet Ottawa continued to exert a



*Claudia Chowaniec is committed to her community.*

pull on the family. On a return visit, they skated on the Canal and paused for pictures in front of flags of many nations. Christina stood by the Canadian flag while Alexandra took up her position under the Stars and Stripes. Perhaps the combination of the world’s longest rink and that potential divide between the girls influenced the Chowaniecs to return to Ottawa in 1986. “I love Ottawa,” says Claudia. “It’s the community that’s right for our family and where I want to live out my years.”

When Adam and Claudia bought a stately home in the Glebe, they were one of the youngest families on the block. Now a whole new generation has moved in. “It’s fantastic how families seek out neighbourhoods like the Glebe. With accessible schools, local stores and restaurants, you can leave your car at home. You know your neighbours. There’s safety and security as you look out for each other.”

The return to Canada also marked a new stage in Claudia’s professional life. “The point where the organization and people intersect, that fascinated me, which was a real surprise after gearing my life to teaching English.” The caption in her Grade 6 yearbook had foretold that Claudia would teach English. Indeed, with a PhD in English literature from Leeds University she taught at Carleton for a while. Not finding the teaching experience to be what she had hoped, she worked with a small consulting firm and later at Hickling-Johnson, turning her attention to management consultancy. In 1986, she founded PRECEPT Inc., a consultancy that focuses on helping organizations determine their strategy for the future and how to make it happen. “This is far beyond strategic planning, since the whole organization considers the future. Today, this kind of thinking, this process, is de rigueur and part of the vocabulary, but 16 years ago, the

initial response was glassy-eyes!” she says.

Claudia is the sole operator of the company and imports talent as projects demand, with some five to six active clients at a time. Even though she has been encouraged to expand, Claudia chose not to do so. “The shape of PRECEPT and its flexibility suit me perfectly.”

Around five years ago, another turning point came: Claudia decided that she would apply her skills to benefit the community as a whole, not just the corporate sector. “I felt it was time to give back more. I wanted to set an example for my own girls, to enable them not just to love their community, but to actively play a role in making it a better place.”

### *“Who I am and what I do is so connected to the past”*

In 1997, she was one of 13 citizens chosen to be members of the citizen’s panel on restructuring Ottawa’s local government. After intense hearings and discussions from September through March 1998, the panel collapsed, largely because the consensus support from local politicians for the panel’s work had eroded. Even after the committee voted 10 to three to resign, Claudia supported staying the course. “I’m passionate about not giving in to political pressure. The committee ... after wide consultations, had developed three good models. After all that effort, I was not prepared to let go, but it was hard on me,” she admits.

Three opportunities emerged phoenix-like from that experience. Gilles Paquet at the University of Ottawa invited Claudia to work with the Centre on Governance as a senior fellow to explore citizen engagement in local governance. Claudia also joined the Ottawa-Carleton Board of Trade (now the Greater Ottawa Chamber of Commerce) at the launch of its

“single city” campaign. And Grete Hale, who had co-chaired the citizen’s panel, suggested that Claudia stand as a member of the board of the YMCA.

Now, five years later, Claudia’s experience with the Chamber of Commerce has matured into serving as its chair. “This is not a ceremonial job,” she says. “It has advocacy, communications and networking at its core, and I meet every week with board members, the city’s key politicians and staff, and have to respond publicly to issues facing our city’s business community.”

Some 30 per cent of her time now goes to another important cause, raising \$10 million to create new science-based galleries for the Museum of Nature. This important project comes with a unique twist for Claudia: she co-chairs the campaign with none other than her own husband. “We have each been involved in fund-raising for excellent causes in the past, but never together,” she confesses. How is it working out? “Well, it’s hard to get a meeting with him,” Claudia chuckles. They have divided the territory neatly, with Claudia’s emphasis on the National Capital Region, while Adam targets national corporations Canada-wide. Why this particular project? In view of her deep love of the great outdoors, Claudia sees this project as a natural. It also has a multi-generational dimension, in terms of the museum’s emphasis on a family experience and, even closer to home, daughter Alexandra’s service as a museum volunteer.

As if these activities were not enough to keep her busy, two years ago Claudia and Adam bought the Rideau Ferry Inn, an historic landmark between Perth and Smiths Falls. “I felt strongly that it was important to preserve the place,” says Claudia, “since there has been a hotel on that site since the Rideau Canal was being built.” For a while, in the ’60s and ’70s, the inn served as a dance hall. Claudia admits she’s a fan of the Beatles and the Rolling Stones, although she just missed out on Elvis. “It would be a dream come true to let people dance there again.” The Chowaniecs first restored the inn’s Shipwreck Restaurant, which is operating year-round very successfully. Ideally, they would like to add a small conference centre to the inn and winterize the accommodation.

Claudia’s other hopes for the future? “To have good health, wisdom and the time to find out where I can best help Ottawa be the best city in the world to live.” She looks forward to taking more time with Adam to explore the shape of their lives together for the next 50 years. She is conscious of standing at the portal of this new stage, since the girls will both be away at school for the first time this fall. The question is what the balance between work, the family and the community will look like for her. With the determination, charm, experience and abilities Claudia has, she surely will both define and find what she seeks.

## Dental floss comes to Danang dental clinic

Glebe residents Joan and Bill Miller have recently returned from a six-month vacation in southeast Asia. Joan describes her volunteer experience in children's dental clinics in Vietnam and Cambodia.

BY JOAN MILLER

**W**hen faced with the prospect of six months off work, my husband Bill and I decided to spend part of this time doing volunteer work.

As a dental hygienist I wanted to work in a children's dental clinic in Vietnam. After sending out over 50 e-mails, I found the perfect match for me.

I chose a dental clinic in Danang funded by the East Meets West Foundation (EMWF), an NGO founded by Le Ly Hayslip, author of *When Heaven and Earth Change Places*. The proceeds from her book (later made into the movie *Heaven and Earth* directed by Oliver Stone) enabled Hayslip to set up a small medical clinic near Danang, and the rest is history. The foundation now supports a residential refuge, a dental clinic, rural water systems and 200 more projects in Vietnam.

Thousands of miles away, Dr. Fritz Craft finished reading Le Ly Hayslip's book. Dr. Fritz, who had been practising dentistry for 20 years, decided to establish a dental clinic as part of the EMWF initiative. Although he leaves his practice in Alaska to spend just two weeks per year at the clinic in Vietnam, he has a fully running, first-rate, modern dental clinic that has been running for five years.

Two Vietnamese dentists, Dr. Thuy and Dr. Truong, operate the clinic, assisted by nurse Truc and nurse Nga. These highly skilled professionals are amazing people who care so much for their patients.

The clinic draws patients from three main sources. EMWF has an "orphanage" housing 197 children. Many children are not orphans in the true sense, but for various reasons their families are not able to care for them. More than 40 children are deaf, for example. Other patients are students at a school that caters to the disabled (physical and mental), and some are street children. The street children lived in deplorable conditions, many in the garbage dump where they recycled garbage (with their families) to earn money. The lucky ones have been chosen to live in a simple structure, not unlike our summer camp cabins, and are given two changes of clothes per year and the opportunity to go to school.

Each morning and afternoon in Danang, seven or eight children would arrive with one "mother" in a three-wheeled rusted tuk tuk. They would quietly climb to the third floor dental clinic, remove their shoes and sit on wooden benches in their school uniforms of white shirts and blue pants or skirts waiting for their



Nurses Nga and Truc, Dr. Thuy, Chan (a patient), Joan and Dr. Truong at the Danang dental clinic. The Vietnamese clinic is funded by the East Meets West Foundation.

turn in the dental chair.

What brave children! For many, if it was their first or second visit to the dentist, it usually meant that an extraction or two was in order. At least they would soon be out of pain. Repeat patients would have x-rays, get their teeth cleaned and receive a toothbrush and a small toy (often the only toy they owned). These children had so little and many were in pain, yet they seldom cried and never whined or argued with each other.

For one boy, his seventh birthday was his first visit to the dentist. We all felt terrible as his birthday present was a much needed extraction (with anesthetic) by Dr. Truong.

On the morning walk to work in Danang I experienced sights, sounds and smells I had never experienced in Ottawa. The traffic, mostly bicycles, cyclos, motor scooters and some cars, was similar in volume to downtown New York, and everyone honked their horns or rang their bells. The teenage girls were absolutely beautiful in their white "au dais" as they rode their bikes to school. Even though it was only 7:15 a.m. the streets were alive with vendors selling fruits, vegetables,

meat and almost everything else you could imagine. During my weeks there, I got to recognize many familiar faces and was always greeted with a smile or a wave as I walked to the clinic.

After 2½ weeks, Bill and I flew to Cambodia to volunteer in another clinic. This one, in Siem Reap, was part of the Angkor Hospital for Children sponsored by Japanese and Americans. As this clinic had only been running for a year, most of the work was pulling decayed teeth. The clinic was staffed by two Cambodians, Dr. Mono and nurse Samphaut, and had the good fortune to have nurse Geetha from Sri Lanka work several days per week.

Ready with educational materials, we visited a rural school where there were over 100 children in each classroom. We had traced the pictures and had Dr. Mono write in the instructions (dot-to-dot, etc.) in Cambodian. Upon arriving at the school with several hundred copies, we discovered there were no pencils at this school. We taught the lesson on dental hygiene on the classroom blackboard and used the prepared exercises back in the clinic.

I had the opportunity to visit

some outlying medical clinics. Conditions in these countryside clinics were very basic; in fact the water was not potable—the dental team had to bring their own water to treat the children.

Although the main clinic in Cambodia was quite well equipped, some supplies were limited. Despite having read about dental floss in school, neither the dentist nor his assistant had ever seen it. I was happy to give them a hands-on demonstration. Despite these hardships, they are doing wonderful work with the children. A lot of young Cambodians are now pain free, get new toothbrushes regularly and are learning about oral hygiene.

I felt I contributed to both clinics. I brought them oral hygiene instruction, motivational ideas, reviewed (demonstrated) dental techniques for the staff and I never tired of answering hundreds of questions about how things are done in Canada. In turn, I received far more from these Vietnamese and Cambodian people than I could ever give. My dream is to return to both places to see these dedicated professional staff and, of course, the children—keeping in touch by e-mail is not enough.

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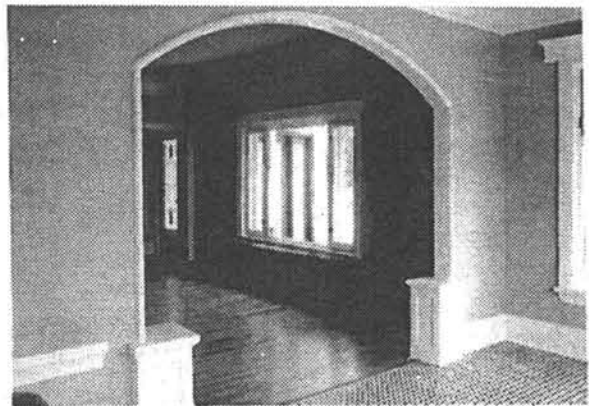
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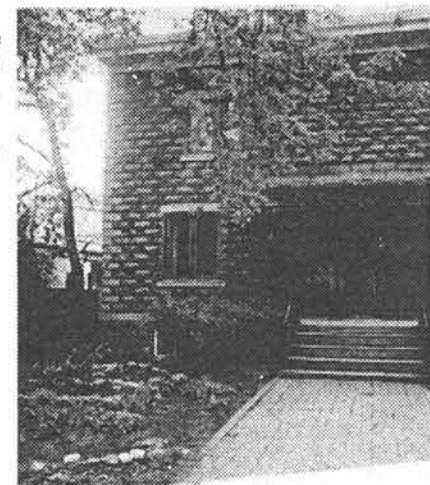
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## Rewards of a wildlife garden

BY RUBY ISAACS

“Sweet, sweet, sweet, I’m so sweet,” sings the yellow warbler as it flies around the Fletcher Wildlife Garden. Relative to the Glebe, it’s on the other side of Dow’s Lake immediately south of the Arboretum in the Central Experimental Farm. A small sign with the silhouette of a heron marks the entrance along Prince of Wales Drive.

At the end of a short, winding road, behind a bright white building, the model backyard garden attracts birders, gardeners, butterfly watchers, scientists and tourists to a vista of diverse habitats.

“When I walk in the woods, I try to identify the native plants—that’s the fun part,” says Dale Crook. He describes himself as a civil engineer who lives in the Glebe and is a bit of a naturalist. As a Friday-morning volunteer, he helps maintain the garden and is currently making sure plants are more clearly labeled. Walking past wild ginger and wood poppies, he may go across the ravine to try to control invasive species such as buckthorn and dog-strangling vine. It’s all part of managing the habitat known as the woodland walk.

Former Glebe resident Bonnie Mabee is a volunteer gardener who wants more plants around her cottage that are native to Canada. “I hate watering. It has to be native and grow without me attending to it,” she says. In her opinion, songbirds are the No. 1 at-

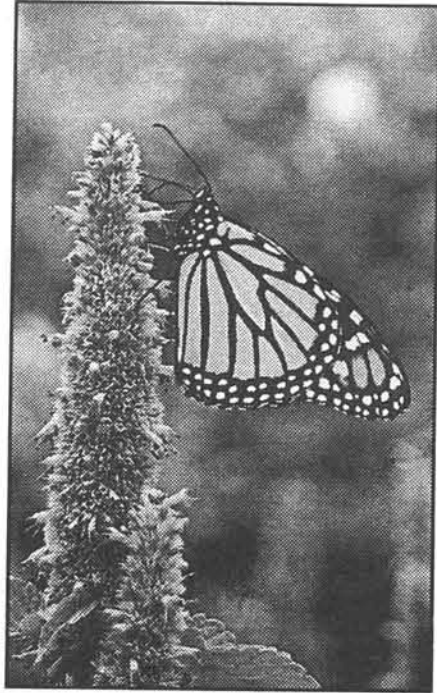


Photo: Kim Loenhardt  
Monarch on blazing star

traction of this local backyard garden. When they occasionally watch for other wildlife, some volunteers see rabbits, foxes and deer.

Once a week, Christine Hanrahan monitors the bird population and writes some of her sightings on the white board in the front window of the Interpretative Centre. She is also the Ottawa coordinator for the second Ontario Breeding Bird Atlas, which will be published in 2007. Christine encourages casual volunteers to contact her at [vanessa@magma.ca](mailto:vanessa@magma.ca) and register as observers of the nesting habitats of birds in backyards and neighbouring parks. If you register as an observer, you

may have your name listed in the atlas.

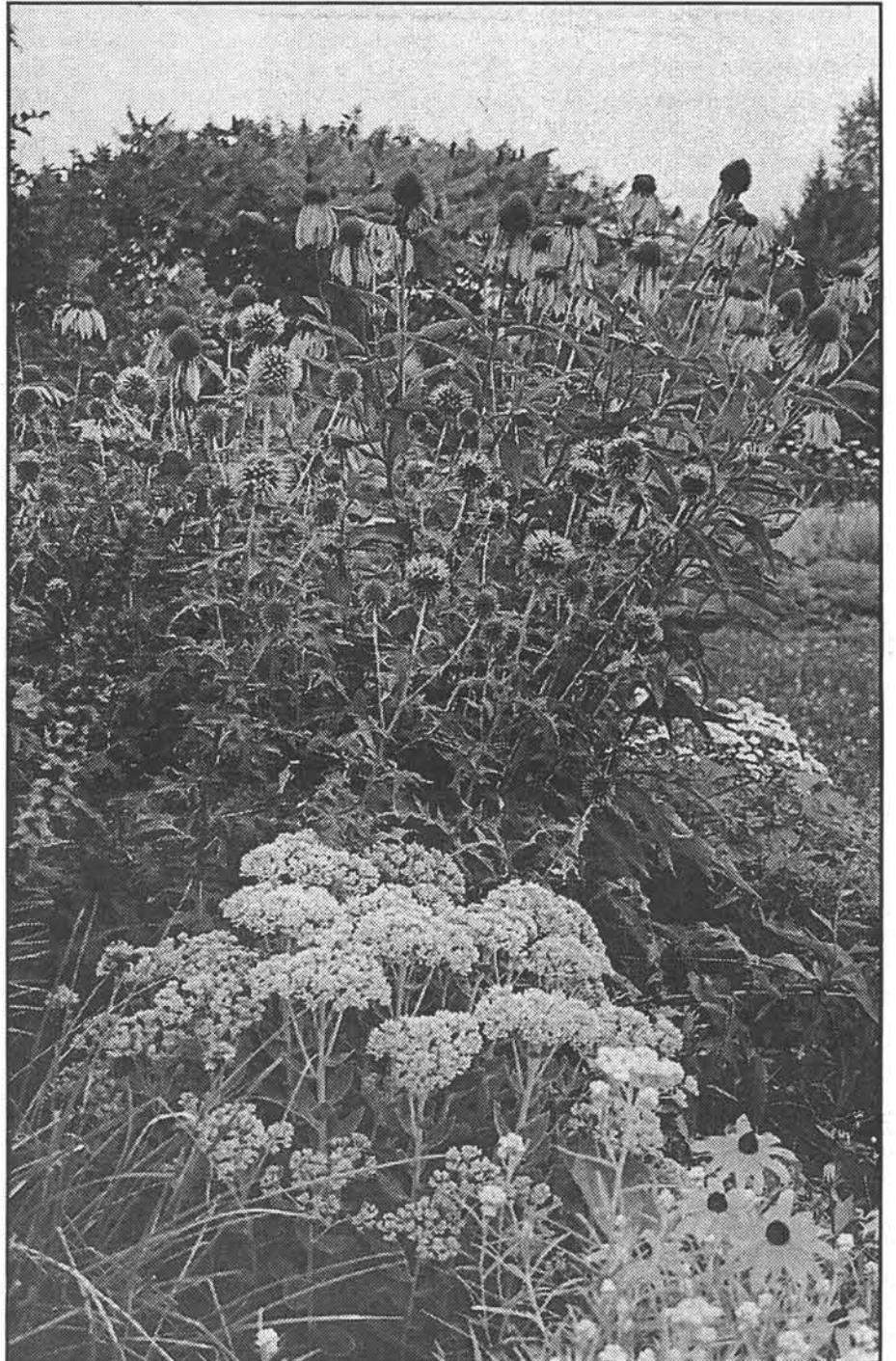
On a tour through the wildlife garden, volunteer Sandy Garland says that residents with rectangular lots can get rid of some of their lawns by digging around the edges and planting shrubs to attract birds. Next year, they can dig a little farther and plant some perennials that may attract butterflies. As we spoke, a mourning cloak butterfly with purplish black wings outlined with bright yellow fluttered by.

Standing by the frog pond, Sandy warns, “If you see a bug, don’t get a spray can. Ladybugs eat aphids; dragonflies and praying mantises gobble up bad bugs. Only about 10 per cent of

bugs are pests. The rest are good or are in balance and they’re not going to bother you.”

In your yard, a monoculture in the form of a dominating plant species may be sustaining garden pests. As a solution, you can easily invite songbirds and butterflies into your garden with food, water and shelter. Simply include diverse plants of various heights and a birdbath near trees so birds can quickly escape from predators. Then, you may hear the chestnut-sided warbler sing “pleased, pleased, pleased to meet ya” as your reward.

For more inspiration, visit the Fletcher Wildlife Garden or go to <http://home.achilles.net/ofnc/fletcher.php3> for a virtual tour.



Cone flowers and blue globe thistles bloom. Photo: Kim Loenhardt

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## World Youth Day at Blessed Sacrament Church

BY EMILY BRASCOUPÉ

"You are the salt of the earth...you are the light of the world" (Matthew 5:13-14). World Youth Day 2002 is quickly approaching and the youth of Blessed Sacrament Church are preparing for events in the Ottawa area and for the pilgrimage to Toronto.

Perhaps you have not heard about World Youth Day (WYD). WYD is a week of celebration, fellowship, song and prayer that takes place every year. It is a time when the youth of the world can come together and celebrate their faith.

This year WYD is in Toronto, July 22 to 28, preceded by Days in the Diocese in Ottawa, July 18 to 22. Blessed Sacrament will host 900 youth from France and 550 from Italy. Also, the World Youth Day core committee at Blessed Sacrament has been busy planning activities and fund-raisers to help supplement the costs of World Youth Day for those of us registered to go to Toronto. I joined the core committee in May and I have been impressed by the dedication of those working to make all our WYD events a great experience.

At the Great Glebe Garage Sale, you might have noticed our bake sale and various other treasures for sale. Currently, we are also having a raffle. Prizes include a signed Senators jersey, tickets to a Senators game next season and

much more. Tickets are 1 for \$2 or 6 for \$10, and are for sale after weekend masses at the church.

During Days in the Diocese, you will probably notice events taking place at Blessed Sacrament Church and Lansdowne Park. These events will be a huge undertaking, and lots of planning and organization will be required to make these days a success. All of us involved may be somewhat overwhelmed by the large numbers of people we are going to meet and celebrate with, but Brother Michael Ruddick, the coordinator of our core committee, reminds us all that Pope John Paul II said, "Be not afraid...for fear is rooted in the darkness but Christ has come into the world and overcome the darkness. We must not be afraid to allow His light to penetrate the darkness or our mind nor be afraid to let the salt of grace tenderize any hardness of our heart. In doing so, we become the salt that will soften all hearts, we become the light that dispels the darkness of night."

With that in mind, I think about the amazing people I have already met at the parish and in the diocese—what a journey is ahead for all of us. So, when you see our youth walking around in the Glebe with our black WYD sweaters or white parish WYD T-shirts, say hello and show your support.

To find out more about World

Youth Day, visit our parish Web site at [www.blessedsacrament.ca](http://www.blessedsacrament.ca) and look for the WYD link. If you are interested in becoming involved, you can find all that information on the Web site. Our WYD headquarters, at Blessed Sacrament at the Glebe Sacristy, is open on Tuesdays from 4 to 8 p.m., and Sundays from 6 to 7:30 p.m.

Those of us registered for WYD are excitedly anticipating this glorious July day in 2002, when

Pope Paul II will continue his unprecedented mission as the leader of World Youth Day. But this time he will be standing in Toronto overlooking millions of people as they cheer with fearless hearts, "I am salt of the earth, I am light of the world!" You all have a chance to be a part of this life-changing event—don't miss it!

*Emily, 21, and her sister Katie, 18, will take part in WYD, with 40 young people from Blessed Sacrament Church.*

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*A Company of Fools: left to right: Richard Gelinas, Elizabeth Logue, Scott Florence, Margo MacDonald and Al Connors. Their production this summer is *The Two Noble Kinsmen*.*

## Foolish dreams: my experience as a co-op student in the Glebe

BY HEATHER MARIE SCHEERSCHMIDT

With the words from my convocation floating through my head — “Find your passion, fulfill your dream”—I set out for the Nation’s Capital. As the final requirement for my program at Grant MacEwan College in Edmonton, and the first step in establishing my career, I have to fulfill a co-op placement. I decided the Glebe-based *A Company of Fools* was the perfect example of the kind of community-based, grassroots theatre company that inspired me to be involved in the arts.

Although I always wanted the arts to be a part of my life, I knew I would never be a movie star or a famous painter. That realization led me to use my skills in a career in arts administration.

I hoped that my co-op placement would be interesting and challenging. What I didn’t expect was how much I would have in common with this grassroots theatre collective. When I sat down with founding member Margo MacDonald at her home in the Glebe, she told me the story of how it all began:

**“We could do scenes and pass the hat.”**

“Heather [Jopling] and I were sitting in a pizza place in 1990, and we were lamenting that we had no theatre projects for the summer and about the fact that no one in Ottawa did Shakespeare. I said we should do it. Realizing we had no money, I suggested we perform it in the streets—that we could do scenes and pass the hat.”

With those words, a dream was born. MacDonald and Jopling recruited a few young performers and hit the streets with only two scenes and a lot of hope. The response was very positive. They focused on interacting with their audience—a style they are now known for—and having as much fun with the Bard as possible. Since then, the Fools have taken their performances indoors to theatres, schools and corporations. Their passion for outdoor

theatre has them return to perform Shakespeare in city parks every summer.

Their passion was apparent the first time I was introduced to the company. On my first day at work, I was roped into attending what I believed would be a meeting—to get to know the rest of the company and discuss my duties for the summer. When I arrived, I was handed a script for the Fools’ summer show, *The Two Noble Kinsmen*. I was asked to read with Scott Florence, Elizabeth Logue, Al Connors and Richard Gelinas, all members of the company and the summer cast. Their enjoyment of Shakespeare shone through and it was fun to play an actor, even for just an evening.

I soon realized this was no ordinary Shakespeare company. The Fools use everything from clown, to commedia dell’arte to the Spice Girls to physically interpret the Bard. It is a return to the true Elizabethan style of theatre. There is no fourth wall here!

This summer I will help make a new dream come true. The Fools’ Torchlight Shakespeare Series will kick off with a performance of *The Two Noble Kinsmen*, coming to Central Park in the Glebe in July and August. Finally Ottawa has what every major city in North America already does—an outdoor summer Shakespeare festival.

It encourages me to see how the dreams of a couple of university graduates have come to life. Much like me, they sought to fill not only their own needs, but what they saw as a need in the arts community. And as they continue to expand and change, filling a niche as Ottawa’s only outdoor Shakespeare experience, I too hope to grow and change and find my niche within the arts.

*The Two Noble Kinsmen* is a touring show opening July 4 in Strathcona Park. It will visit Central Park in the Glebe for two shows in July and August. Check local listings. Tickets are by pass-the-hat donation.

Heather Marie Scheerschmidt, 22, is a student in the arts and cultural management program at Grant MacEwan College.

## A garden odyssey—June 23

BY JOHN FORSTER

Have you ever been intrigued enough by the front yard of someone’s home to want to peer over the backyard fence to see what garden treasures lie in store? Well, Sun., June 23 is your chance to do just that as the seventh *Sights Unseen: A Garden Odyssey* comes to Ottawa South.

According to Elena Mantagaris, one of the tour’s organizers, “this year’s tour will have some beautiful displays, including a wonderful shade garden inspired by Asian Zen traditions, sunny perennial gardens exploding in colour, gardens incorporating sculpture and rocks, works-in-progress, and a walk by a children’s garden created outside a park and play area.”

The tour runs from 12 noon to 5 p.m., rain or shine. Tickets and guide maps are \$10 and will be on sale the day of the tour, at the corner of Sunnyside and Bank be-

side the Mayfair Theatre. Advance tickets are on sale at Thorne and Co. and Hortus Urbanus.

All proceeds go to support *Odyssey Theatre*, Ottawa’s only professional summer theatre company. *Odyssey* returns to the banks of the Rideau River with a production of Beaumarchais’ comic classic, *The Barber of Seville*. Glebe resident and well-known director and writer Janet Irwin will direct the play.

*The Barber of Seville* opens in Strathcona Park on July 25, and runs until August 25. Performances are Tuesday to Sunday evenings at 8:30 p.m. with Sunday matinees at 2 p.m. A special shortened matinee for children and families is held each Wednesday afternoon at 1 p.m. For tickets and information about the play or the *Garden Odyssey*, call 232-8407.

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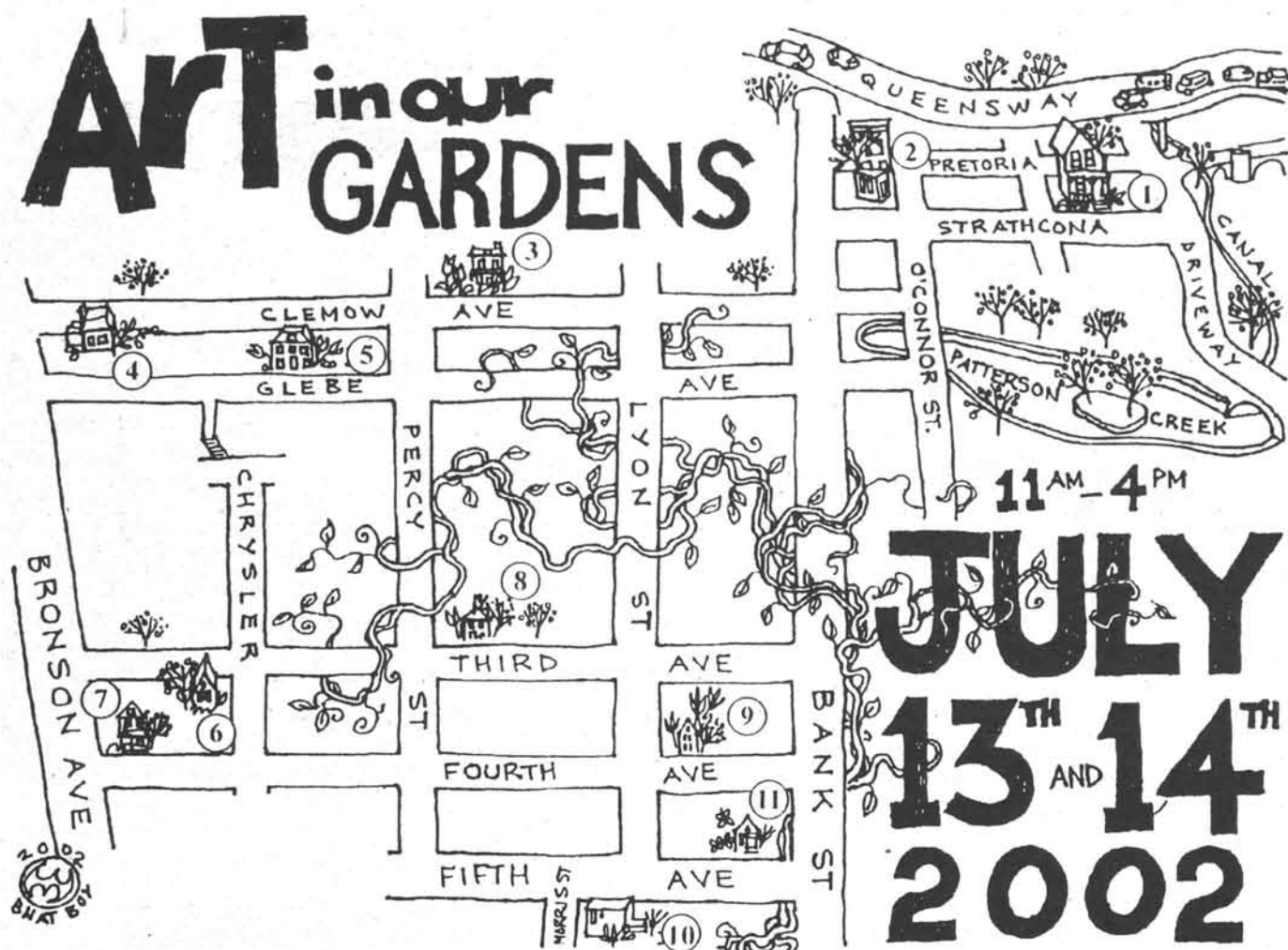
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# ART in our GARDENS



## 4th annual THE GLEBE ART IN OUR GARDENS STUDIO TOUR

Sat., July 13 and Sun., July 14 are the dates for the fourth annual Glebe Art in our Gardens Studio Tour. A wide range of original art and craftwork will blossom in 11 Glebe gardens. Plan to put on your walking shoes and spend the day in leisurely discovery.

Self-guided brochures will be available at Thorne and Co., 802 Bank St., and in the information rack inside the entrance of the Glebe Community Centre, 690 Lyon St., or save this page of the *Glebe Report*. Admission to the tour is free. Hours are 11 a.m. to 4 p.m.

### STUDIO LOCATIONS

- |   |   |  |
|---|---|--|
| SITE - 1 - 53 STRATHCONA<br>BHAT BOY<br>DAVID CASEY   | SITE - 5 - 219 GLEBE AVENUE<br>MARY CHAIKOWSKY<br>ALICE HINTHER<br>CAROLYNNE PYNN-TRUDEAU | SITE - 8 - 233 THIRD AVENUE<br>LYNDA TURNER                  |
| SITE - 2 - 464 O'CONNOR STREET<br>CHRISTOPHER GRIFFIN | SITE - 6 - 410 THIRD AVENUE<br>CYNTHIA NUZZI  | SITE - 9 - 143 FOURTH AVENUE<br>MEREDITH OLSON               |
| SITE - 3 - 259 CLEMOW AVENUE<br>WILMA PINKUS          | SITE - 7 - 251 FOURTH AVENUE<br>GERALDINE E. CLASSEN<br>ELLEN SCHOWALTER<br>FRANK POTVIN  | SITE - 10 - 7 MORRIS STREET<br>ROB MOELLER<br>JO-ANNE CAIRNS |
| SITE - 4 - 314 CLEMOW AVENUE<br>CYNTHIA O'BRIEN       |   | SITE - 11 - 169 FIFTH AVENUE<br>SHARON DAWN JOHNSON          |

## Classical is cool at Ottawa Youth Orchestra Academy

Adapted by Anne Rutherford with permission from Gisèle Forsey.

Classical music is cool, at least that's what more than 275 young people who belong to the Ottawa Youth Orchestra Academy (OYOA) think.

A number of these aspiring musicians come from the Glebe, as does the current (and founding) musical director John Gomez and his wife Jean (also an OYOA instructor).

Many of our neighbourhood's children had their first exposure to music appreciation under Jean's tutelage in her preschool music program, run for many years in the Glebe and other locations in the city.

But since life does exist beyond the Glebe (!), the academy, through its provision of high-quality orchestral and ensemble training, attracts students from all over the region.

Every Saturday morning, carrying instrument cases of all shapes and sizes, young musicians from preschool to university converge at the Ottawa Technical Learning Centre on Donald Street (formerly McArthur High School). The very young get a taste for music in preschool groups, choir, beginner strings and Orff classes. Older students join one of eight instrumental en-

sembles for strings, winds, brass or harp. For the more experienced musicians, there are two full orchestras: the Ottawa Junior Youth Orchestra conducted by Angus Armstrong, and the Ottawa Youth Orchestra under the direction of John Gomez. Music theory and history classes up to Grade 4 in the Royal Conservatory of Music syllabus are also offered.

#### PROFESSIONALISM, PEER SUPPORT AND PERFORMANCE OPPORTUNITIES

The OYOA has been part of our family's life for four years now. Each Saturday morning, the trumpet player in our house begins his musical day with an 8:30 theory class and from there progresses to a three-hour orchestra practice.

There are several reasons why he (and his chauffeurs!) commit themselves to such a routine. All the OYOA conductors, coaches and teachers are highly qualified professionals and active musicians in the Ottawa area; the supportive musical environment at the academy, especially the peer group, sustains our son's enjoyment and interest in classical music and his instrument; and the performance opportunities for the academy students are exciting. These have included regular concerts at the school, appear-

ances at the NAC and on Parliament Hill and, for the prestigious Ottawa Youth Orchestra, trips to music festivals throughout Canada and abroad.

#### ABOUT THE ACADEMY

Formerly known as the National Capital Music Academy, the OYOA is entering its 20th year of operation under director John Gomez. The name change coincided with the city amalgamation, but also re-establishes a link with the Youth Orchestra movement in Ottawa, which goes back over 40 years.

#### '...September is the first annual OYAO music bazaar'

The OYOA is run by a volunteer board of directors committed to keeping the academy as accessible as possible through affordable tuition fees and limited bursary assistance. Many dedicated volunteers do everything from answering telephone calls and writing program notes, to lobbying politicians and raising funds.

#### OYOA MUSIC BAZAAR

A new fundraising venture slated for September is the first annual OYAO music bazaar. Donations for the sale are most welcome.

Now might be the time to clean out those boxes of music in your basement or attic and put them to good use. We will take books for all instruments including piano music—many students start taking piano as a second instrument in the course of their studies. We'll take books about music, musical instruments and paraphernalia (chin rests, music stands, instrument stands and cases), concert dress (black pants and long skirts, white shirts and blouses), recorded music (CDs, tapes and vinyl) and any other musical stuff you can think of that you no longer need.

The OYOA is a registered charity. Tax receipts can be provided for the value of donated goods upon request. Donations for the bazaar can be made by contacting Anne Rutherford by e-mail at [ruther4d@rogers.com](mailto:ruther4d@rogers.com)

#### HEAR US OUT

Family concerts are open to the public and can be a good introduction to the academy. Tickets for Youth Orchestra concerts are reasonably priced and available at the door. For a calendar of coming events, information about summer camps and fall registration, check out the OYOA Web site at <http://www.oyoa-aojo.ca> or call (613) 860-0378.



Anne Remmer Thompson is a Glebe artist.

## Glebe artist at Art Lending

Glebe resident, Anne Remmer Thompson, CSPWC, a widely acclaimed watercolour artist, will be featured in the June Focus Show at Art Lending of Ottawa. The show is on Mon., June 17 from 7:30 to 9 p.m., and Tues., June 18 from 10 a.m. to 9 p.m.

The entire year has been an exciting one for the artist. In October and November, she travelled to Milan and Lake Maggiore, Italy and then visited Provence, France for the first time! The timeless hilltop villages and the lush countryside will be reflected in her recent watercolours. In the winter, six weeks spent exploring the rugged Spanish Costa Brava and the many moods of the Mediterranean resulted in expressive and varied seascapes.

In May, Ms. Remmer Thompson was honoured to be elected to the position of Regional Director, Eastern Ontario, for the prestigious Canadian Society of Painters

in Water Colour (CSPWC). The artist has paintings in the permanent collections of CSPWC, the City of Ottawa, the City of Gatineau, the Family Care Workers of Ontario, Corning Incorporated and in numerous corporate and private collections.

Art Lending of Ottawa, the best-kept secret in town, is held every third Tuesday and the preceding Monday of each month, with the exception of July, August and December. It takes place at the Unitarian Church hall, 30 Cleary Avenue (north of Richmond Road, just east of Woodroffe). There are no membership fees and the monthly rentals are most reasonable. If one wishes to purchase a work of art, up to six months' rental fee is deducted from the purchase price. It is probably wise to arrive early at the Focus Show to get an overview of the paintings!

For information, phone Art Lending of Ottawa at 594-8513.

## Helene Fortin photographs exhibited at The Urban Pear

Ask award-winning photographer Helene Anne Fortin what makes a great portrait: "It's being able to capture the spirit of an individual on film, and especially the powerful relationships in their lives."

"By relationships, I mean the feelings, the connectedness that we transmit from one to another in our daily lives. A dad's large tender hand holding a tiny infant son, a nursing mom cradling her newborn, a budding musician holding her violin with power and pride." Photography, for Helene, is a celebration of the human spirit.

Though Fortin's portrait studio is located in Wakefield, Quebec, she's in the Glebe with her Images of the Spirit exhibit until July 10. See her sensitive life-sized portraits at The Urban Pear, 151 Second Ave. (near Bank).

Just come and browse. She promises that her images will renew your spirit.

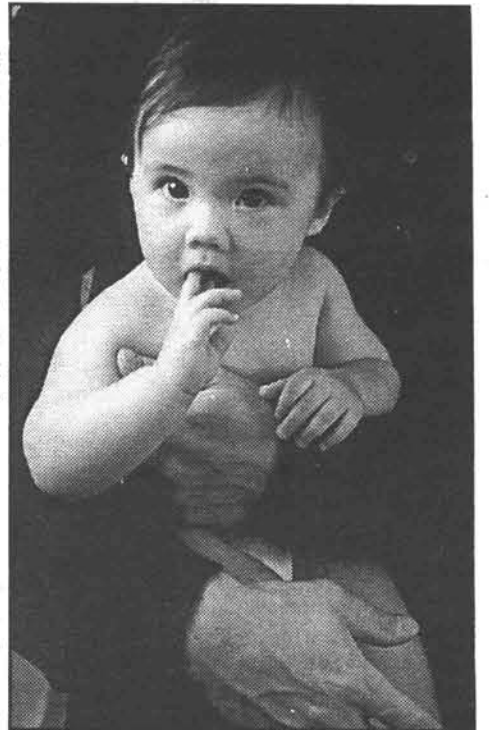


Photo: Helene Fortin

## Glebe Collegiate student art work on display in The Pantry

On display in The Pantry in the Glebe Community Centre, an exhibit of watercolours is attracting attention. It is the work of a Grade 10 visual arts class from Glebe Collegiate. The subject is fantasy; some works represent the fairy realm and others show a mythological inspiration.

Arts teacher Ms. Doran saw that the students had excelled at this assignment and judged the work worthy of a public exhibit. The display can be seen in The Pantry Monday through Friday from noon until three p.m., finishing June 28.



## Our Streets— a visual documentary

Claude Latour presents "Our Streets." A digital photographic exhibit documenting the Ottawa G-20 gathering of November 2002. Opening July 13, 7 p.m., until July 24, 2002, Irene's, 885 Bank St.

## Wind, Wood and Water by Wilma Pinkus

Philip K. Wood Gallery presents "Nova Scotia—Wind, Wood and Water," an exhibition of watercolours by Wilma Pinkus, continuing through the month of July, Tuesdays to Sundays, 11 a.m. to 4 p.m., at Philip K. Wood Gallery, 7 Mill Street, Almonte, Ontario, (613) 256-6133.

# CLAUDE LATOUR PRESENTS

## OUR STREETS

A digital photographic essay documenting the Quebec City Summit of the Americas and the Ottawa G-20.



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## Ottawa Carleton District School Board trustee report

### OCDSB TRUSTEES PASS THE DEFICIT BUDGET FOR THE 2002-2003 SCHOOL YEAR

On May 24, trustees passed the 2002-2003 budget with \$544 million in projected expenditures and \$521 million in projected revenues. I supported the majority decision to pass a deficit budget because years of declining revenues have left us with no other choice. It is simply unacceptable to continue slashing away at programs and services, including those for our most vulnerable students. If the province does not provide sufficient grants to the OCDSB before final estimates are submitted in early summer, then the Minister of Education will be responsible for deciding how we are to balance the budget. At that point, trustees are obliged to follow the Minister's decision...or deal with the consequences, which could include resignation. The current budget situation is unsettling for students, staff and all others in our school communities, and I sincerely regret that it has come to a standoff with the province.

### OTTAWAREADS

This is an exciting new early literacy program under the auspices of the Ottawa Centre for Research and Innovation (OCRI). Schools are being matched, on a geographic basis across Ottawa, with businesses and public service institutions. Employees are given release time to volunteer in schools one hour a week to read with a student in kindergarten or Grade 1. The goals of the program include improving student achievement, fostering volunteerism and strengthening ties between schools and the community. One partnership already underway involves OCRI and W. Erskine Johnston Public School, both located in Kanata.

Congratulations to Sheila Jenkins, resident of the Glebe, who is the program manager for OttawaReads. For more information, please contact her at 592-8160, ext. 237 or at [sjenkins@ocri.ca](mailto:sjenkins@ocri.ca)

### APPRECIATION

Another school year is ending and I would like to express thanks to the principals and school council chairs in Capital Ward. They are Dagmar Stonehouse and Elizabeth Buckingham at First Avenue; Frank Allan, and John Longair and Ken Slemko at Glebe; Bernie Finnerty and Rob Campbell at Hopewell; Valerie McKay, and Arlene McGinn and Richard Deadman at Lady Evelyn; and Barbara Campbell and Ben Anthony at Mutchmor.

Congratulations to Rob Campbell and Ben Anthony, both part of the 2002-2003 executive team for the Ottawa-Carleton Assembly of School Councils (OCASC). Rob is the new chair, and Ben the liaison officer for Zone 9.

Finally, I want to thank Donna Silver, who has attended Zone 9 meetings on behalf of residents in Heron Park, and City Councillor Clive Doucet, an active supporter of public education.

By  
OCDSB  
Trustee  
Lynn  
Graham



### CONTACTS OVER THE SUMMER

For information on summer school and summer camps, check the Web site at [www.ocdsb.edu.on.ca/continuweb/home.htm](http://www.ocdsb.edu.on.ca/continuweb/home.htm) or call 239-2620. To inquire about schools and programs, call planning at 596-8780, and for transportation matters, call 596-8256. Offices at elementary schools will reopen on Mon., Aug. 26. Secondary school offices are open all summer and staff can respond to questions regarding registration. The first day of school is Tues., Sept. 3. The 2002-2003 school year calendar will soon be up on the school board Web site.

### OECD TEST RESULTS

I will end on a positive note. International test results recently released by the Organization for Economic Co-operation and Development should reaffirm confidence in Ontario's public schools. The Program for International Student Achievement (PISA) measured in the spring of 2000 the skills and knowledge of 15-year-olds in 32 countries. Canada's achievement was near the top in all three subject areas, ranking second in reading, sixth in mathematics and fifth in science.

With respect to provincial results, Ontario's students performed as well as the top ranked countries in the world. Only Alberta scored significantly better than Ontario in reading, and only Alberta and Quebec scored significantly better than Ontario in mathematics and science. Also, in Ontario, when one takes into account socio-economic status, students in public schools performed better than students in private schools. There is no evidence that Ontario (or Canada) should rush to charter/voucher/tax-credit models!

The document The Performance of Canada's Youth in Reading, Mathematics and Science is available on line at [www.pisa.gc.ca](http://www.pisa.gc.ca). The Ontario report is available at [www.eqao.com/eqao/home\\_page/08e/8\\_6e.html](http://www.eqao.com/eqao/home_page/08e/8_6e.html)

Have a safe and enjoyable summer. I welcome your views on the current funding crisis.

### CONTACT INFORMATION

Lynn Graham, Ottawa Carleton District School Board, 133 Greenbank Road, Ottawa, Ontario, K2H 6L3. Tel: 730-3366. Fax: 730-3589. E-mail: [lynn\\_graham@ocdsb.edu.on.ca](mailto:lynn_graham@ocdsb.edu.on.ca)

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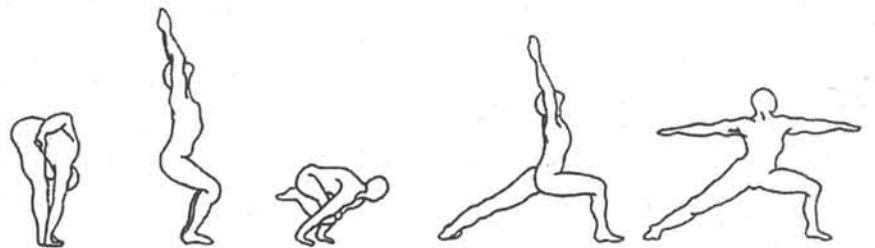


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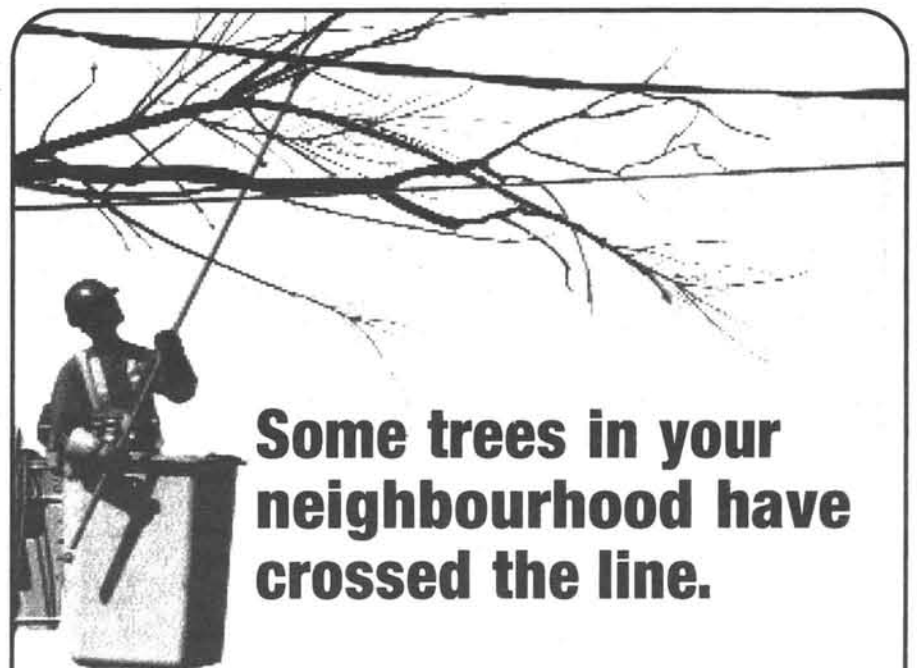
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## Ottawa-Carleton Catholic School Board trustee report

### PUTTING STUDENTS FIRST

The budget process 2002 continues to unfold with the announcement of government grants. The grants announcement missed their March schedule, but there has been no adjustment for school boards who must file their budget by June 30, 2002.

At the board meeting of May 28, 2002, trustees were presented with some preliminary facts and figures. The budget council committee will meet on June 10 to continue discussion on the use of "dollars and sense."

The cutback in classroom spending that has occurred in past years will be reviewed, with the hope of reinstating some of these funds.

"Students First" is the focus as we try to balance the needs throughout our system.

Budget information will be posted on the board Web site: [www.occdsb.on.ca](http://www.occdsb.on.ca)

The board meetings scheduled for the month of June are:

June 4—Tuesday

June 11—Tuesday

June 27—Thursday and, possibly, a special board meeting on Tuesday, June 18, 2002.

There will also be a meeting on Tuesday, July 2, 2002.

This school year is drawing to a close as students, parents and staff ready themselves for final exams, leave-taking exercises and graduations from high schools—all very important steps in the educational lives of families.

Celebration for years of hard

By  
**OCCSB  
Trustee  
Kathy Ablett**



work and moving on to the next step, whatever that might mean. For graduating Grade 6 students at Corpus Christi and St. Margaret Mary, it means a move to Grade 7 at Immaculata High School, and for students graduating from Immaculata, it means going on to college, university and the world of work. Success!!!

Truly a remarkable display of student talent, student success and student courage was demonstrated at the Spirit of the Capital Youth Award sponsored by Child and Youth Friendly Ottawa, held at the Congress Centre on May 23. To be a partner in this—to meet them and their families—to hear their stories—to witness their achievements is something I will treasure and take pride in as these young people continue to make their mark in our community and the world.

My hope for everyone as the warm, lazy days of summer approach is that you will have time to enjoy all that summer holidays mean.

Be safe, and as the song goes—see you in September.

Sincerely,  
Kathy Ablett, 526-9512.

## Corpus Christi School news

### EDUCATION WEEK

Blessed are the Poor in Spirit was the theme for this year's Education Week. The community open house was a grand success as the gymnasium was overflowing with parents, students and teachers. Students had the chance to showcase their talents through events such as dance showcase, classroom performances and choir concerts. All events and activities were well attended and very successful. The weeklong activities allowed parents the opportunity to participate and view the children's work and creativity.

### GRADE 4 MEDIEVAL FEAST

During Education Week, the Grade 4 classes at Corpus Christi School celebrated the culmination of their medieval studies with a medieval feast and a live chess tournament. Parents, students and staff enjoyed a scrumptious potluck feast consisting of a wide variety of medieval-style dishes.

Presiding over the feast was a head table filled with honorary guests from the Corpus Christi staff: King Jim (Mr. Rogers, principal), Queen Teena (Ms. Denny, educational assistant), Sir Claude (Mr. LaFleur, custodian) and Lady Lisa (Mrs. Kennedy, resource teacher).

Following an explanation of how a typical medieval feast was held, the gathering rose to sing grace. Loyal subjects joined in the festivities, eating heartily and enjoying each other's company. As is tradition, the meal concluded with a final toast from King Jim. After the meal, students and parents were invited to participate in a live chess game. Students were dressed as chess pieces, which they had designed

and created in their art class. A rousing game of chess ensued with fierce competition lasting for more than an hour. With the defeat of a king, the match ended and the guests departed with full tummies and happy memories of their medieval feast.

### COMMUNITY CONNECTIONS

The Grade 3 and Grade 4 students were on hand at the Glebe Centre to help artist Maggie Glosop and Marc Walter unveil and donate their creations. The artwork created and produced by the children, under the direction of the artist, will proudly hang in the Glebe Centre for all to see. The project inspired children to create and seniors to experience the vitality of the young creative energies in their environment. The artist in residence program funded through an ArtsSmarts grant has inspired many new artists at Corpus Christi.

### A GREAT YEAR

As June flows to an end and summer approaches, the staff and students wish to thank the community for all its support this school year. Corpus Christi is honoured to be part of such a great community and looks forward to another successful year in 2002/2003.

**We believe that the community enriches the educational undertaking at Corpus Christi as we work together in providing a challenging learning environment. Staff and students always extend a sincere welcome to the community to visit Corpus Christi.**

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Lady Evelyn students enjoy MacSkimming. Photo: Valerie Cairnie

## Lady Evelyn School News MacSkimming Outdoor Centre a popular destination for students

BY CINDY BURRELL

"Is today a school day?" If the answer is yes, the kids in our house are happy because they truly love attending Lady Evelyn. They enjoy the day-to-day learning and growing in the caring and supportive environment at Lady Evelyn, but they especially look forward to the special programs and workshops.

Recent events included Mad Science hands-on workshops, an interactive performance by the Pierre Vaillancourt Quartet, and lively Blues in the Schools workshops. The 65-member primary choir sang a number of songs for the school community and were met with resounding applause. Plans are under way to produce a CD of the greatest hits of the primary and junior choirs. A fantastic gift idea for family and friends!

Lady Evelyn fosters a family atmosphere through multi-age classrooms, peer support, small group activities, parent volunteers and enthusiastic, talented teachers. The school community often gathers socially for swim parties, potlucks, and picnics. In May, the family swim party was a blast and the June family picnic promises to be just as much fun (but not as wet hopefully).

The highlight of the school

year for the grade 4 and 5 classes was an overnight trip to MacSkimming Outdoor Centre. Sixty-seven children, teachers and parents from Ms. Cairnie's and Mr. Padzior's grades 4 and 5 classes spent a wonderfully wet and wild two days at MacSkimming this term. Inspired by an excellent group of instructors, the children reinforced their teamwork skills through the challenges of orienteering, followed by an exciting forest game in which predators, omnivores and herbivores fought for survival, with the added dangers of hunters and disease! The rain only heightened enthusiasm for the lasagna dinner, accompanied by an impressive array of desserts and the thrill of sleeping overnight in wood-fired cabins with classmates. It was a happy group who, the next day, perfected their fire-making and shelter-building skills before enjoying hot dogs and toasted marshmallows cooked over an open fire. The time to return to the comforts of urban life seemed to come all too soon, even for the parents!

Located on Evelyn Avenue, just across Pretoria Bridge, Lady Evelyn is the right choice for many families in the Glebe, Ottawa South, Sandy Hill, Centretown, Ottawa East and Alta Vista.

## Active and artistic activities raise record funds for United Way

The United Way saluted Hopewell School this year for their fund-raising activities that involved both the active and the artistic.

First, Hopewell's annual Walk-a-Thon is one of its major fund-raisers. Under the direction of Louise Hall, students sign up pledges and solicit sponsors. As well, parents, friends and people in the neighbourhood give generously to this excellent cause.

But it's the artistic side of the school that really shines!

A band concert under the direction of Allison Woyiwada is another major fund-raising event. Local business merchants support the school with prizes and items for the silent auction, which is held at the end of the concert. Students set up the display of goods and encourage all spectators to enter a bid.

Primary and junior choirs under the direction of Merri Legris and Eleni Livadiatis regularly give performances at the school with proceeds from the ticket sales directed to United Way/Centraide. Overall, \$8,342 was raised from these and other special events put on by the school. And that's just this year!

Students from Hopewell also played a few "gigs" for free! The school choir was part of the United Way's campaign launch on Sept. 18 and they helped Algonquin College kick off their official campaign too.

For gifts of time, talent and treasure, the United Way/Centraide presented Best Student Campaign of 2001 to Hopewell School. Eileen Hogan, special education resource teacher, and students Sally Guy and Sarah Stirling-Moffet accepted the award May 21.

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## Raffle and book sale top \$15,000

BY LILLIAN CHOW

First Avenue's book sale raised more than \$15,000 this year, thanks in part to the raffle.

Doreen Drolet, book sale co-ordinator, noted that this was the first time more than 30,000 items were collected for the sale.

Lillian Chow, raffle co-ordinator, also gave credit to plenty of fabulous prizes. More than 1,000 tickets were sold for a chance on the 70 prizes.

"Bank Street businesses get so many requests from worthy organizations from all over the city," noted Lillian. "The ones who contributed a prize decided to support a local school and the Glebe community. In return they deserve our patronage."

Bravo and thank you to all who helped make the book sale and raffle a huge success once again, including the following:

Arbour Environmental, Art Guise, Avenue Lock, Bank Street Framing, Berry's Pet Choice, Book Bazaar, Bridgehead Coffeeshop, Britton's Smoke Shop, Buckland's, Capital Home Hardware, Clock Tower Brew Pub, Davidson's Jew-

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Canada Aviation Museum, Canadian Museum of Civilization, Canadian Museum of Nature, Canada Museum of Science & Technology, Corel Computers, Councillor Clive Doucet, Good Morning Preschool, HSBC Bank Canada, National Arts Centre, National Gallery of Canada, OCDSB trustee Lynn Graham, Ottawa Senators Foundation, Ottawa 67's, Ottawa Symphony Orchestra, Thirteen Strings Orchestra.



First Avenue class catches Senators fever.

## First Avenue School News

### Track and field champions!

BY MARCI MORRIS

With a very cold start to the day, on June 3rd, many members of the grades 4, 5 and 6 classes at First Avenue trundled off to the Terry Fox Athletic Centre for the Ottawa Carleton Elementary Athletic Association 2002 Southeast Regional Track and Field Championships. The first race was the Grade 4/5 1,500 metre where Alex Bateman set the tone of the day by winning gold. The day may have started cold, but First Avenue finished off HOT by the end of the day.

There are seven Grade 6 students qualified for the board finals on June 11. They include Simon King (fourth in 100 metre), Jason Morawski (fourth in relay), Bridget Hall (fourth in relay, third in 1,500 metre), Megan Copeland-Dinan (fifth in ball throw), Cynthia Wallace (fourth in relay), Cathy Giguere (sixth in high jump) and Colin Aubrey (first in 800 metre).

Additionally, in the Grade 4/5 category, Alex Bateman also placed first overall in the 800 metre. Athena Bleeker placed first in the 200 metre and third in the 100 metre, Liam Perras in the top eight for the 200 metre, Connor King placed third in the 800 metre and David Millington placed seventh in the ball throw. Finally, the relay team of Alex Bateman, Athena Bleeker, Charlie Wright and Nicholas Scrivens placed second in the 4x100 relay.

Thanks to all the parents who braved the cold to attend and a special thanks to Stephanie Bor-

rens and Isabelle for taking the time to coach and accompany the students to the meet.

#### SENATORS FEVER!

In the height of the NHL playoff fever, Denis Arsenault's Grade 4/5 class created a "Go Sens Go" video in hopes of winning tickets to one of the playoff games. Although their video was not selected by CJOH, the experience of making the video and the Sens spirit was a real bonding experience for the class.

#### FIRST AVENUE SPRING BBQ

June 12 marked the date of the annual First Avenue spring barbecue. The Hopewell band provided a little musical accompaniment as we munched.

#### STAFFING FOR NEXT YEAR

To date, we have few changes to our staffing for next year. We are so sorry to bid "adieu" to Merle Haltrecht Matte who has earned her retirement. We wish Merle well and thank her for her incredible contribution to First Avenue. She will be missed by the many students who began their French immersion education under her capable care.

#### DATES TO REMEMBER

June 26—last day for students  
June 27—P.A. Day

#### FOR MORE INFORMATION

Regarding First Avenue public school and our great activities, please call 239-2261 or visit our Web site at [www.theglebeonline.com/schools/firstave](http://www.theglebeonline.com/schools/firstave). At theglebe online, you can register as a user and receive an e-mail telling you when news items about the school have been added.



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## Mutchmor students come out on top in track and field

BY ROGER SMITH

Thanks to connections in high places, Mutchmor students got an inside look at the latest political drama on Parliament Hill—three Grade 5 and 6 classes went to Question Period and watched Prime Minister Chrétien defend himself, the day after Paul Martin was kicked out of cabinet.

The visit was arranged by Nancy Karetak-Lindell, MP for Nunavut and mother of Grade Sixer Keenan Lindell. She greeted the students and mentioned Keenan when she made a statement in the Commons in honour of one of her constituents.

Keenan, who moved south from the Arctic after his mother was first elected in 1997, says he likes Ottawa because it's bigger and there's more to do, but he still enjoys going home to Arviat each summer.

"A lot of my family and friends are there," he said. "Last summer, I worked at a lumber supply and played baseball."

### TRACK AND FIELD

Hope Champion lived up to her name, finishing first in three events at the regional track and field championships on June 4. In the tyke division for Grade 4 and 5 girls, Hope won the long jump and the 100-metre dash, then ran the anchor leg on the winning relay team, with Jade Chong-Smith, Simon Wells and Devon Jones.

In the atom division for Grade 6 girls, Maddie Martin cruised to a comfortable victory in the 1,500 metres, even lapping some of her competitors. She also came second

in the 800 metres.

The competition, at the Terry Fox Athletic Facility at Mooney's Bay, included 22 schools and Mutchmor turned in its best-ever performance with 23 ribbons for top-eight finishes.

As well as Hope, there were four others who came home with three ribbons: Jade Chong-Smith (first in relay, fourth in 100 metres and sixth in 1,500 metres); Simon Wells (first in relay, sixth in both 100 and 800 metres), Bailey Rudnick (third in relay, eighth in 100 metres and seventh in 800 metres) and Natalie Domey (fourth in high jump, eighth in 200 metres and third in relay). Bronwyn Grant and Wesley Chen won two ribbons.

Thanks to the teachers and coaches—Mr. Gitter, Mrs. Kooy-Roome, Mrs. Turner, Mrs. Johnston and Mme. Joanne—who came in early and gave up recesses and lunches to train these athletes.

### IMPORTANT DATES

As the school year winds down, a few dates to keep in mind: June 21, for the family barbecue with Corpus Christi; June 24, for the awards assembly; and June 25, for the Grade 6 graduation.

Best wishes to Jennifer O'Doherty who's off for a year on maternity leave. And a big thank you and good luck to Ellen Williams, the Grade 3 gifted teacher, who's retired. "She's off to look after her flowers," said principal Barbara Campbell, "who don't talk back and don't forget their homework." To all, a safe and happy summer.

## Glebe Collegiate student wins Canada Millennium Scholarship

Glebe Collegiate's Catherine Brunet is the winner of a Canada Millennium Scholarship. The award for excellence in the provincial category will give her \$4,000 for university study, renewable for up to four years.

Catherine says she plans to study English at U of T and to take courses in dramatic literature. She's already proved herself as a drama writer for Glebe's backstage theatre and for the Youth Infringement festival.

"Glebe's a wonderful school—it's got so much diversity and so many possibilities," says Catherine. "It was a great school for me."

Catherine established a stu-

dent newspaper when the official one was abandoned and proved her leadership skills by organizing coffehouses for Amnesty International and leading the community recycling program. Community activism is important to Catherine. She contributed to conferences on globalization issues and non-violence in action.

The Canadian Millennium Scholarship Foundation's Excellence Award program distributes scholarships based on academic excellence, commitment to the community, proven leadership qualities and interest in innovation. The Excellence Award program provides scholarships annually to 900 outstanding students across Canada.

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## Wondrous photos of world's most planted flower

TULIPS: FACTS AND FOLKLORE  
ABOUT THE WORLD'S MOST  
PLANTED FLOWER

Photographs by Malak,  
Text by Sonia Day  
Key Porter Books,  
128 pages, \$24.95 (cloth)

*Tulips*, illustrated with photographs by Malak, was published on the occasion of the 50th anniversary of the Canadian Tulip Festival. Coinciding with the festival is a retrospective exhibition of photography, April 13 to June 13, at the Canadian Museum of Photography, by Malak Karsh (1915-2001), founder of the festival. Sadly, Malak is no longer among us to enjoy this triple celebration, the book, the showcasing of his lifetime of work at a national museum, and spring in his beloved Ottawa.

Still, record-cool temperatures enabled the tulips, one of Malak's favourite subjects to last much longer than usual. April and May, with the exception of a few warm sunny days, resembled the dull grey days of November, the backdrop providing a striking contrast to the wondrous splendour of the parade of colour, the capital's most natural gift—100,000 tulip bulbs bequeathed to Canada by Queen Juliana of the Netherlands to thank our country for its role in liberating the Netherlands in the Second World War, and for providing a safe haven for the Dutch royal family during Holland's occupation by the Germans.

Tulips like cold weather—it nourishes their bulbs' tunics, several layers or skins similar to those found on onions and for which tulip bulbs can be substituted for a rare gastronomic delight.

Facts and folklore about the world's most planted flower include a surprising section called *Tulips à la carte*. You can substitute tulip bulbs for onions in any recipe. How about this one for tomato sauce with a difference? "Slice two tulip bulbs and sauté them in olive oil and a little garlic. Add four cups of peeled chopped tomatoes and simmer for about half an hour. Serve over pasta with parmesan cheese."

What's inside the tulip can be eaten too—stamens and ovaries taste like asparagus. You can eat them steamed or sauté them in butter. For that special dessert, try candied tulip petals picked the same day, dipped in beaten egg batter (shake off excess egg). Then petals coated with fine

By  
Sharon  
Abron  
Drache

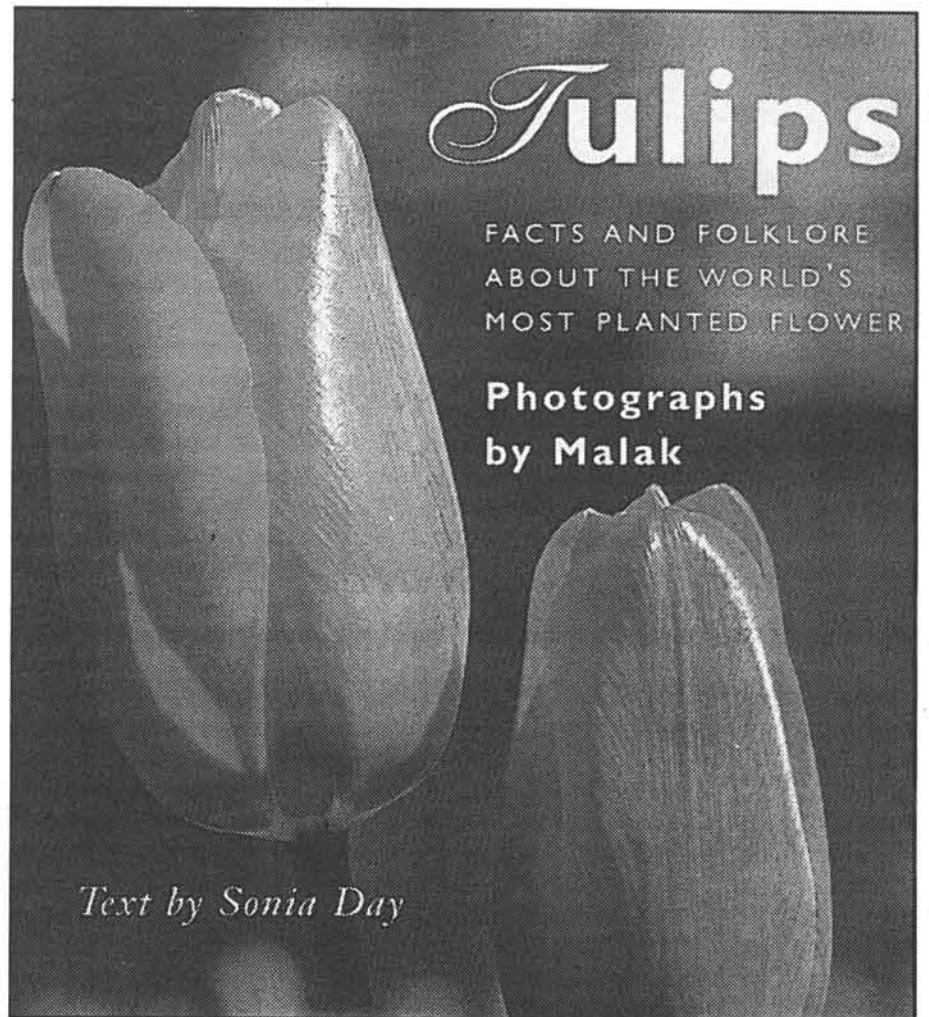


sugar on both sides are spread on a baking sheet and baked until dry and slightly crisp. One warning about bulbs and flowers—make sure they have not been treated with pesticides!

This compendium guide includes the history of the tulip's romantic and economic past. Passages about the flower occur in early Persian legends of love. The brilliant colours of tulips inspired French impressionist painter Claude Monet's famous paintings of water lilies. Victorian poet Robert Browning praised the tulip in his poem, *Up at a Villa—Down in the City*: "Mid the sharp short emerald wheat, scarce risen three fingers well,/ The wild tulip, at the end of its tube, blows out its great red bell/ Like a thin clear bubble of blood for the children to pick and sell."

The first central European to discover the new flower in Turkey, Ogier Ghiselin de Busbecq (a Flemish diplomat), was actually responsible for renaming the luscious bloom, which the Turks called *lale* (pronounced lah-lay), and wanted to share the knowledge of his wondrous discovery. However, in 1573, Dutch horticulturalist Carolus Clusius brought tulip seeds back from Constantinople and began cultivating and hoarding tulips in his botanical garden at Leiden. Clusius planted his precious tulips in a walled garden. This encouraged his neighbours to scale the wall and steal the bulbs for their own gardens, and thus began the love affair with this new flower that has lasted for more than 400 years.

The tulip, which was a strikingly different flower, became a status symbol, flaunted by the elite. From 1625 to 1637, "tulipomania" gripped Holland. Someone who acquired a tulip wouldn't necessarily choose to take it home and plant it in his garden. Instead, he would trade it to someone else at a higher price, like a short-term trader in the stock market. The men who handled such transactions could pull in as much as 60,000 florins a month—



Text by Sonia Day

that is \$44,000 in today's money. Go back to the 17th century before inflation and you arrive at an even more staggering sum. As one might expect, those persons who could least afford the risk jumped on the bandwagon, offering their homes as collateral if they couldn't scrape together enough cash—for example, an entire house for one tulip bulb! So powerful was the tulip market that if people couldn't afford to plant them in their gardens, they wanted to buy paintings of them to decorate the walls of their homes. Artists who used tulips for their subjects became very popular and were justly compensated.

Forward to 2002, and Ottawa's

annual tulip festival. The tulip season is over, but Malak, who died in November 2001, is very much with us. His wondrous photographs, synonymous with the annual festival he founded back in 1951, are part of the permanent collection of the Canadian Museum of Contemporary Photography, and these splendid photos also grace the pages of many photography books and are owned by individual collectors throughout Canada and the world.

This book is one more tribute to Malak and his work, and also an entertaining and all-inclusive compendium about the world's most planted flower.



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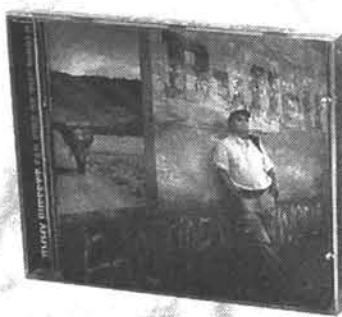
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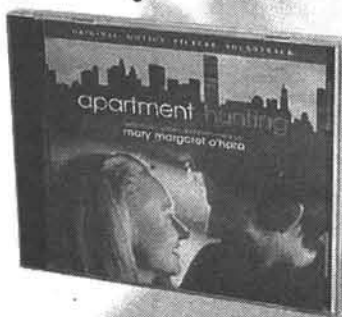
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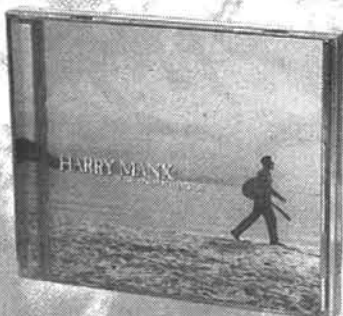
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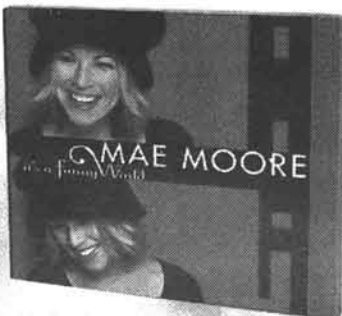
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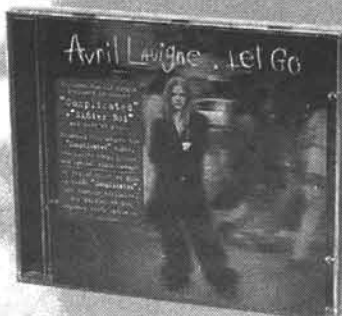
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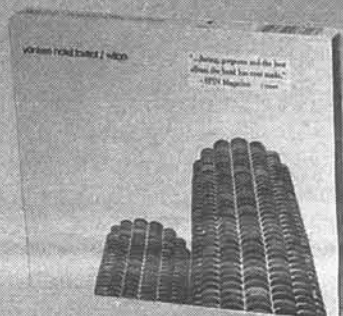
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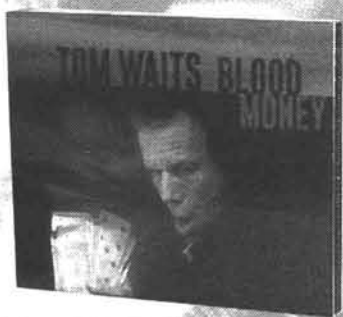
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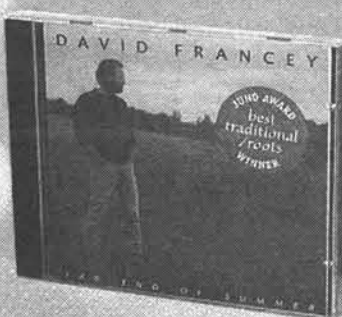
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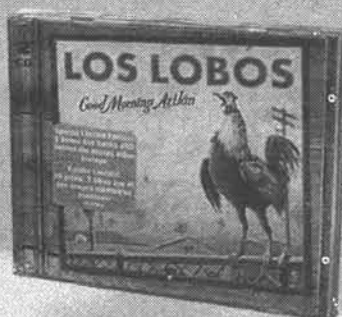
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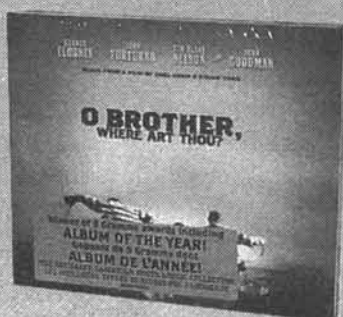
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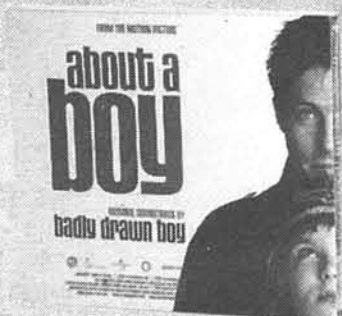
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**About A Boy**  
Original Soundtrack **19.99**



**The Flatlanders**  
Now Again **18.99**



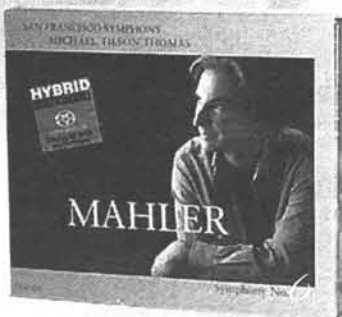
**Angela Hewitt**  
Bach Arrangements **19.99**



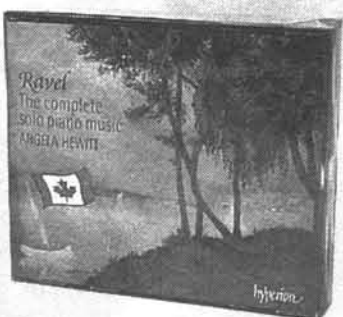
**Mary Timony**  
The Golden Dove **19.99**



**Saint-Germain-des-Prés Café II**  
The finest electro-  
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**Michael Tilson Thomas**  
Mahler  
Symphony No.6 **29.99**



**Angela Hewitt**  
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Solo Piano Music **39.99**

## For now, farewell and thank you

BY REV. STANLEY HANNA

Churches are very interesting places. I have stood in several hundred during my lifetime. I have walked the very short aisle of the Old White Chapel, second oldest Methodist church in south-eastern Ontario, and climbed the stairs into the pulpit with the old sounding board overhead—the precursor to the lapel microphone—and smelled the history oozing out of the old roughly hewn wooden pews and clapboard walls. I have also stood in absolute awe as my mind and senses tried to take in the beauty and splendour of Notre Dame Cathedral in Montreal. Each one has reflected in some way the desire of man to build an edifice that would be pleasing to God and mark the way for weary and careworn people needing sanctuary and comfort and peace.

So often when we think of church, we think building. When someone identifies themselves as an attendee of a particular faith community, we immediately attempt to put with them a picture of their "church." Sometimes what

we have failed to do is realize that the person standing in front of us is the "church." It is sad that Fifth Avenue Free Methodist Church is closing its doors. These individuals who have laughed, prayed, wept, eaten and worshipped together will now take steps to integrate with new congregations.

A new congregation will be taking up residence in the Fifth Avenue Church. They are taking steps towards affiliation with the Free Methodist Church in Canada. I believe that they will benefit richly, as our congregation has, from the camaraderie and support from the rest of the faith community in the Glebe. We have valued deeply the friendship and spirit of co-operation that has been so evident in this neighbourhood. As the Church of Jesus Christ, we must always look for ways of pointing people in the right direction. In the Glebe, I believe we have been doing this together.

I close with this poem from Madeleine L'Engle—a reminder of what "church" really is:

Come let us gather round the table.  
Light the candles. Steward, pour the wine.  
It's dark outside. The streets are noisy  
with the scurrying of rats, with shoddy  
tarts, shills, thugs, harsh shouting.

And what comfort is cold within? We're able  
to offer a slim repast. The taste of brine  
warm from fresh tears, is in the glass. Choosy  
guests will not come here. The bread is body  
broken. The wine is dark with blood. I'm doubting

if half of those invited will turn up.  
Most will prefer to choose a different table,  
will go elsewhere with gentler foods to sup.  
And yet this is indeed a wedding feast  
And we rejoice to share the bitter cup,  
the crumbs of bread. For O my Lord, not least  
of all that makes us raise the glass, is that we toast  
You, who assembled this uncomely group: our one mysterious host.

For now, farewell and thank you.

Rev Stanley Hanna is senior minister at Fifth Avenue Free Methodist Church.

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## THE GLEBE CHURCHES WELCOME YOU

CHURCH OF THE BLESSED SACRAMENT (Roman Catholic)

Fourth Avenue at Percy Street, 232-4891

Pastor: Father Joe Le Clair

Masses: Tuesday 6:30 p.m.

Wednesday, Thursday & Friday 9:30 a.m.

Saturday 4:30 p.m.

Sunday 8:15 a.m. 9:30 a.m. 11 a.m. 8 p.m.

(Elevator access for the handicapped. Loop system for the hearing impaired.)

FOURTH AVENUE BAPTIST CHURCH

Fourth Avenue at Bank Street, 236-1804

Minister: Rev. E.J. Cox

Summer Sunday Service: 10:30 a.m.

GLEBE-ST. JAMES UNITED CHURCH

650 Lyon Street, 236-0617

Minister: Rev. Dr. Jack Nield

Summer Worship (in Sanctuary): 10:30 a.m.

June 30 to September 1, except

July 21 & 28 10:30 a.m. at First United (Kent & Florence)

August 4 & 11 10:30 a.m. at Wesley United (Main & Lees)

(Wheelchair accessible, FM system for hearing impaired.)

ST. MATTHEW'S ANGLICAN CHURCH

Glebe Avenue near Bank Street, 234-4024

Rector: Archdeacon Désirée Stedman

Sunday: Said Eucharist: 8 a.m.

Choral Eucharist, Church School & nursery: 10 a.m.

Mon. to Fri.: Morning prayer, 9 a.m.

Wednesday: Eucharist & breakfast, 7:15 a.m.

Thursday: Said Eucharist, 10 a.m.

Saturday: Contemporary service (4th Saturday), 5 p.m.

Counselling by appointment: 234-4024

(Handicapped accessible from parking lot. Loop system.)

THE RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

91 A Fourth Avenue, 232-9923

Clerk: Peter Harkness, 231-3442

Sunday Service: 10:30 a.m.

OTTAWA CHINESE UNITED CHURCH

600 Bank Street, 594-4571

Senior Pastor: Rod Bennett

Sunday Services: Sunday School: 9:30 a.m.

Cantonese/Mandarin & English: 11 a.m.

ST. GILES PRESBYTERIAN CHURCH

Bank Street at First Avenue, 235-2551

Minister: The Reverend Ian Victor

Summer Sunday Service Worship: 10 a.m.

Church School

(Wheelchair accessible)

CATHEDRAL CHURCH OF THE ANNUNCIATION AND ST. NICHOLAS  
(ORTHODOX CHURCH IN AMERICA)

55 Clarey Avenue, 236-5596

Dean: The Archpriest Andrew Morbey

Vigil: 5 p.m., Saturday

Hours: 9:30 Divine Liturgy, 10 a.m. Sunday

Vespers: 7 p.m., Wednesday

\* Services are mostly in English.

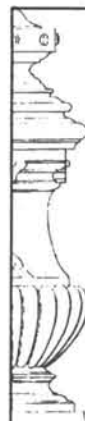
EMMANUEL BAPTIST CHURCH (Hispanic Ministry)

Bank St. at Fourth (Fourth Avenue Baptist), 852-4981

Pastor: Rev. Pedro Morataya

Sunday Service: 4 p.m.

Sunday School: 3 p.m.



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## WHAT YOUR NEIGHBOURS ARE READING

Here is a list of books discussed at the most recent meetings of Glebites who are book club members:

A.S. Byatt	<i>Possession</i>
Karen Cushman	<i>The Midwife's Apprentice*</i>
Nadine Gordimer	any two books
Mary Downing Hahn	any title*
Carl Hiaasen	<i>Sick Puppy</i>
Phil Jenkins	<i>River Song</i>
Alice Munro	<i>Love of a Good Woman</i>
Malika Oufkir, Michele Fitoussi	<i>La Prisonniere (U.S.title: Stolen Lives: 20 Years in a Desert Jail)</i>
Richard B. Wright	<i>Clara Callan</i>
Susan Zettell	<i>Holy Days of Obligation</i>

\*Selections of the mother-daughter reading group at Sunnyside Branch, Ottawa Public Library.

Please help us lengthen the list. If you do not see your club's selection on this list and would like to contribute to next month's list, please leave a message re Book Club List with your name and phone number on the *Glebe Report's* answering machine (236-4955).

## Guysread—a new program for boys at the Sunnyside branch library

BY MARTHA BOWERS

There's a new club opening in our neighbourhood especially for boys between the ages of eight and 13. If you would like to discover the wonderful world of books or if you already know how wonderful books are, then you are welcome to join Guysread. Hélène Merritt, a children's librarian at the Sunnyside branch of the Ottawa Public Library, thought up the idea of a reading club for boys. It's not just to encourage boys to read, but it's to introduce them to the amazing variety of books that exist on all subjects under the sun. And not only will boys learn new things, they will also improve their writing skills and realize that reading is cool.

The concept is for the boys to bring a partner (Dad, Mom, big brother, uncle, etc.) to share the reading experience. There will be time for discussion. There will be snacks.

The introductory meeting of Guysread took place at the library in April and, after exchanging thoughts on expectations, the group selected a book to read over the summer. The club will meet again in the fall and would like to spread the word that Guysread is open for new members. They are also looking for suggestions to make the group active, fun and challenging.

If you would like more information on Guysread, call the Sunnyside Library at 730-1082.

## Women authors read at Octopus

Three women authors come to Octopus Books in July to read from their works.

A summer evening, a neighbourhood bookstore, three fabulous authors, thousands of great books and a crowd of avid readers. What a night!

Thurs., July 4  
7:30 p.m.

Octopus Books, 116 Third Ave.  
octopusbooks@cyberus.ca  
233-2589

Susannah M. Smith of Toronto reads from her just released first novel *How the Blessed Live*; Mary Borsky of Ottawa reads from her novel *Influence of the Moon*; Gabriella Goliger of Ottawa reads from her novel *Song of Ascent*.

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## GRAPEVINE

### FOUND

\*WATCH found April 26 near park at Fifth and Bank. Call 232-6649 or 992-7771.

### CHILDCARE AVAILABLE

\*EXPERIENCED, enthusiastic, creative, affectionate childcare provider looking for immediate full- or part-time employment, exc. ref. and résumé available upon request, First Aid and CPR certified, 231-7025.

### EMPLOYMENT

\*LOOKING for someone 3 to 4 hours per week to iron clothes, excellent pay, 565-7230.  
\*PART-TIME computer services required, suitable for student, 238-7544.

### ACCOMMODATION WANTED

\*SENIOR lady looking for apartment, non-smoker, 233-2619.  
\*MATURE professional woman looking for spacious one- or two-bedroom apartment in Glebe/Ottawa South for Aug., 842-1738 day, 837-7858 eve.  
\*ONE- or two-bedroom apartment in Glebe for July or Aug, parking required, 230-9291.  
\*MATURE couple from Arviat, Nunavut, taking courses in Glebe area, looking for house-sitting, house-swap or other accommodation in Glebe for July, 281-3457.

### FOR SALE

\*WET SUIT for women, fits 5'4", 110 lbs., exc. cond., \$50, 234-7616.  
\*UPHOLSTERED sofa, blue, exc. cond., \$125; antique footed cast-iron fireplace grate, \$25, 237-7692.  
\*BLACK granite dining room table w. glass top & 6 black high-back chairs w. blue upholstery, \$900, 567-8444.  
\*BENTWOOD-style rocker with wicker seat, \$35; matching side table, \$10; pair of porcelain upright sconces, \$30; wool Indian carpet, rose w. pastel border & centre medallion, 5.6' x 8.6', \$250, 237-2304.  
\*TWIN box spring & mattress, w. metal headboard & footboard, \$95; used oil furnace, 231-7025.  
\*DETTSON oil fire hot water boiler, 1991, exc. cond., \$500, 231-7025.  
\*FILING cabinets: 4-drawers, \$30; 2-drawers, \$20, 235-0622.  
\*NORCO Lady sport speed bike, 43 cm frame, chromoly, shimano equipped, index shifting, \$150; wooden artist easel, never used, \$25, 231-2692.  
\*MOUNTAIN bike, Nishiki Bushwacker, \$125, 230-3787.  
\*BRIO double stroller, exc. cond., navy blue w. rain cover & third child stand, \$470, 237-7125.



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### Apartment for Rent

Glebe/Canal, just renovated luxury apt. - one bedroom and den in stylish house, 6 appliances, parking, heated, no pets. \$1,500., July/August. 827-0628

This space acts as a free community bulletin board for Glebe residents. Drop off your GRAPEVINE message at the Glebe Community Centre, including your name, address and phone no. FOR SALE items must be less than \$1,000.

# GRAPEVINE

## VOLUNTEERS NEEDED

\*FRIENDS of the Central Experimental Farm, volunteer information session for the Youth Group (14+), Building 72, Arboretum, Central Experimental Farm, Sat., June 22, 10 a.m., 230-3276.

\*PALISADES Retirement Residence is looking for caring volunteers to help with all aspects of our Activities Program, Friendly Visiting, and Walking with our Residents. Interested? Orientation and training provided. Please contact Aylene McKeown at 565-5212, ext. 6337.

\*ANXIETY Association of Ontario is welcoming compassionate & dedicated volunteer companions to join our team, 729-6761.

## SALES & BAZAARS

\*STRAWBERRY social, Glebe Centre, 950 Bank St., Thursday, June 27, 2 to 4 p.m., \$3.50, 234-6358.

\*GARAGE sale, Sat., June 15, 9 a.m. to 1 p.m., Trinity Anglican Church, 1230 Bank St., household items, toys, clothing, 733-7536.

## DRUM LESSONS

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## VIOLINS, VIOLAS, CELLOS & BASSES

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Peter Dawson Violins

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## NOTICES

\*FRIENDS of the Experimental Farm, Private Garden Tour, July 14, 11 a.m. to 4 p.m., \$10 in advance or \$12 on tour day; Victorian Tea and Best Hat Contest, Aug. 11, 2 to 4 p.m., in Arboretum near Building 72, free, formal tea \$5, 230-3276.

\*ART Lending of Ottawa, Mon., June 17, 7 to 9 p.m.; Tues., June 18, 10 a.m. to 9 p.m., featuring Anne Remmer Thompson, free admission, coffee and parking, Unitarian Church Hall, 30 Cleary Avenue, 594-8513.

\*OTTAWA Small Press Book Fair, Sat., June 15, noon to 5 p.m., Glebe Community Centre, 690 Lyon St.

\*RIDEAU Trail Hiking Club: day hikes every Wednesday and weekends; short evening hikes every Tuesday, all levels. For details, call 24-hour info line: 860-2225 or www.ncf.ca/rta

\*UPLIFTING THE HEART, benefit concert for World Youth Day, Sat., June 22, 8 p.m., Blessed Sacrament Church, tickets \$10, info: 232-4891. Concert features Allison Fagan, Andy Duffy, Karen Lahaise and the St. Joseph Choir.

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ALAN WHATMOUGH

## Bed For Sale

Electrically adjustable bed. 38" wide x 80" long x 8 1/2" thick. "TEMPUR" mattress (paid \$1,350 plus tax) and Swedish electric bed base (paid \$1,699 plus tax). Height of bed: 24". Bought from Sleetek 9 months ago (used for 6 weeks).

Asking \$2,500.

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# Glebe Neighbourhood Activities Group

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email: [gnag@theglebeonline.com](mailto:gnag@theglebeonline.com)



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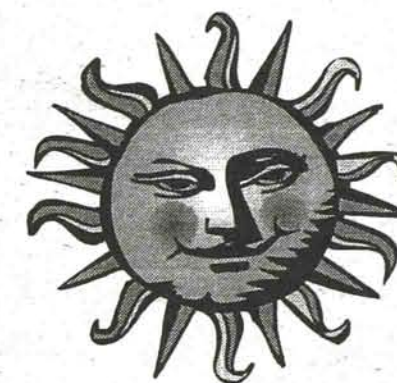
**\*Breakfast Club - Before-School Care**  
Monday—Friday 7:30 a.m.—9:10 a.m.

**\*Quest-4-Fun - After-school program**  
Monday—Friday 3:25 p.m.—6:00 p.m.

**\*PA. Days / Holiday Break / March Break**  
Call 233-8713 for details

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- \* Ballet - Jazz (6 - 10 years)
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- \* Pottery For All Levels (adult)
- \* Pet dog training (family)
- \* Family Taekwon-Do - all levels (6 years - adult)
- \* Kickboxing (adult)
- \* Hatha Yoga (adult)
- \* Early Bird Fitness (adult)
- \* Women & Weights (adult)
- \* Pilates (adult)



Call the Glebe Community Centre or pick up your copy of this summer's program flyer for more details.

## *Fall Craft Fair*

*Saturday, November 16 & Sunday, November 17*

*10:00 a.m. - 5:00 p.m. & 10:00 a.m. - 4:00 p.m.*

*Fee: \$90.00*

*Vendor applications are available at the  
Glebe Community Centre*

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