



PHOTO: LORRIE LOEWEN

Lansdowne Urban Park opened in August

The much-anticipated Lansdowne Urban Park opened to the public on August 16, a cool, rainy Saturday. But rain did not deter visitors from enjoying the ambiance of an old-fashioned fair in the setting of a brand new park – the Great Lawn with kites flying overhead, the progressive tennis (courtesy of St James Tennis Club) on what will be a skating rink and Glebe Neighbourhood Activities Group (GNAG) games such as potato sack races. Also for the kids were the Children’s Garden and the new skateboard park, as well as face-painting, jugglers, stilt walkers and acrobats, a Ferris wheel, a carousel and Clydesdale horse rides. For the food lovers, there was the Farmers’ Market, gourmet food trucks, cotton candy, and fresh-popped Papa Jack Popcorn, with Papa Jack himself serving it up.

City of Ottawa staff handed out maps and treats, and people wandered among the heritage displays by the Ottawa Fire Brigade and Ottawa Police, as well as FIFA soccer displays, Grey Cup photo ops, and sightings of the Ottawa Fury and Redblacks mascots.

This was the community’s first opportunity to revisit and enjoy the stunning architecture of the Aberdeen Pavilion and the Horticulture Building, and to begin to picture the promise of skating in winter, apple blossoms in spring – and a water feature to come ...

The Lansdowne Urban Park is a green and pleasant place, and Glebites would do well to take full advantage of this public space.

MARK YOUR CALENDARS

September 20	Panda Football Game, Carleton vs. Ottawa U., TD Place, 1 p.m.
September 20-21	Glebe Fine Art Show, GCC, 10 a.m.–4:30 p.m.
September 21	Living Well Cancer Care and Prevention Show RA Centre, 10 a.m.–4 p.m.
September 21	Glebe House Tour, 1–4 p.m.
September 23	GCA monthly meeting, GCC, 7 p.m.
September 24	GNAG AGM, 7 p.m.
September 25	GNAG Costa Rica Trip Information Night, GCC, 7 p.m.
October 2	All Candidates’ Meeting, GCC, Scotton Hall, 7–9:00 p.m.
October 16–19	Ottawa International Film Festival, Mayfair Theatre, 7–9 p.m.
October 27	Ottawa Municipal Election

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NEXT ISSUE: Friday, October 17, 2014
EDITORIAL DEADLINE: Friday, September 26, 2014
ADVERTISING DEADLINE: Wednesday, October 1, 2014

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(It’s a rhetorical question.)

Glebe Report needs ‘Business Buzz’ writer. See ad on page 6.



PHOTOS: SOO HUM



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Scenes from the August 16 Lansdowne Urban Park grand opening. Throughout the overcast afternoon, park visitors cheerfully blew bubbles, gawked at stilt-people, tried out the skateboard park and wandered among the heritage displays.



PHOTOS: LORRIE LOEWEN



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Dance dream comes true in the Glebe

BY ASHWIN SHINGADIA

Kailena Van de Nes realized her life's dream when she opened the doors of KV Dance Studio on September 2 in the basement of 108 Third Avenue. Van de Nes was GNAG's principal dance instructor for nine years and gave dance lessons at the Glebe Community Centre, Ecclesiastical Church and other venues. More than 150 people helped Van de Nes celebrate at her opening party on September 5.

Van de Nes praised Mary Tsai-Davies, executive director of GNAG, for her mentoring. "I learned a lot from her about the workings of a business and she supported me in fulfilling my dream," said Van de Nes, sitting in her new office with her grey weimaraner named Faeryn beside her.

"My five-year-old dog," she said, "grew up in the Glebe Community Centre. Everyone knows him. The community made my dream come true. I had help this summer from kids, their parents – some even lending their cars." She was also grateful for the contribution made by her contractor, Jason Lambert, who organized much of the work on constructing the three studios – blue, pink and green – framing, painting, and installing special sprung flooring with Rosco vinyl and mirrors.

Her dream began at three years old, when her mother enrolled her in dance classes in Toronto. Her parents were both in the airline industry – her father, a pilot; her mother an air hostess who also operated a knitting store and a restaurant. In 1987 they moved to Brazil on the coast by the beach (her mother is Brazilian, her father, Dutch).



Kailena Van de Nes, owner of the newly launched KV Dance Studio in the Glebe, and her weimaraner, Faeryn

"I swam, fished – danced the rumba, samba, lambada (a Brazilian dance), also traditional ballet and jazz."

Life became serious when Van de Nes's family moved to Bedford, Nova Scotia. She attended the all-girls Sacred Heart Catholic high school. At 14, her dad asked her what she wanted to do. "I want to be a pilot," she answered. She joined the air cadet's summer program and obtained a glider and a private pilot's licence (and only recently obtained a driver's licence). "I could fly before I could drive," she joked. In 2005 at Acadia University, she completed a degree in recreation management, but dancing remained her passion. After university, Van de Nes found a job with Harv's Air in Steinbach, Manitoba and completed her commercial licence.

However, in rural Manitoba she felt lonely. "There was not much dancing." She quit her job and moved to Ottawa where she worked for Dovercourt Community Centre before working full time in the Glebe.

In 2010, Van de Nes organized



Van de Nes and her instructors meet in KV Dance Studio's "blue studio" to prepare for students.

a coastal dance rage or dance convention in Ottawa, where some 600 dancers participated in classes with choreographers and in improvisational dance competitions. The Glebe/GNAG contingent did very well, winning several prizes (see Caley Proulx, "GNAG Dancers at Coastal Dance Rage," *Glebe Report*, December 10, 2010). She met her husband, Nick, a financial planner, and they married in Blessed Sacrament Church in 2012.

KV Dance Studio offers some 90 classes, and already has enrolled 450 students, most new but many familiar faces. Classes are for all levels from three years old to adult and include ballet, jazz, hip-hop, contemporary, highland, acrobatics, tumbling, limbering, conditioning, contortion, sass (jazz-hip-hop), competitive and protégé. For ballet, students can prepare for examinations of the Royal Academy of Dance. Classes started at the same time as the school year – September 2. KV Dance Studio's website at www.kvdancestudio.ca has more details.

Van de Nes, who teaches 26 bal-

let classes, is helped by 10 instructors and 10 support staff. Laura Van Herk from the National Ballet of Canada, one of her instructors, will be leading the production of Tchaikovsky's *Nutcracker* at the Bronson Centre on December 14.

KV Studio is close to the Glebe community, and indeed, to the *Glebe Report*. Van de Nes taught *Glebe Report* photographer Soo Hum's daughter. Julie Houle Cezer, previous editor of the *Glebe Report*, came to many performances. Some of Van de Nes's former students, whom she taught when they were young, have now become instructors. For example, Niamh Taylor (*Glebe Report* circulation manager Zita Taylor's daughter) is now a junior instructor and assistant.

We welcome this new dance studio in the Glebe and wish Kailena Van de Nes, her instructors and students all the best in the future.

Ashwin Shingadia, *Glebe resident*, is a regular contributor to the *Glebe Report* and a former member of its board of directors.

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As summer comes to a close, I will once again be returning to Parliament Hill to represent the interests and concerns of the residents of Ottawa Centre. I hope you've had a relaxing and enjoyable summer, and that you're looking forward to exciting projects and plans in the coming months.

On August 8, I had the pleasure of visiting a large portion of Bank Street to check in with businesses, as well as the many residents who shop there.

Ottawa Centre has always had a healthy number of small, independently owned businesses, especially on Bank St. in the Glebe and Old Ottawa South. Even as the prospect of big box stores looms with the construction of the new complex at Lansdowne, it is expected that small businesses will continue to be integral to the life of these neighborhoods. The NDP is firmly on the side of these small and medium-sized enterprises (SMEs), believing them to be the best source for good, long-term, family-supporting jobs for Canadians.

I was pleased to have had the chance to speak with Glebe Business Improvement Area director Andrew Peck. Among other issues, we spoke about how the new sports tourism in the Glebe could increase city-wide tourism, and the impact that the construction at Lansdowne has had on local business and residents. I know it was difficult for many of you while the construction was underway, but I am pleased to hear that most are happy that it is finally over and are proud to show off what a great place the Glebe is.



PHOTO: OFFICE OF PAUL DEWAR

Paul Dewar chats with Katherine Slack, owner of The Papery, which has been on the corner of Bank and Fifth since 1986.

Many business owners told me that the Hiring Credit for Small Business (terminated by the Conservative government in the last budget) was extremely valuable in helping small businesses hire new workers, and thus, helping to expand their business. Support for innovation, young entrepreneurs and family-run enterprises is pivotal to Canada's economic future and the creation of high-quality jobs. The NDP Small Business Strategy would reduce taxes on small and medium-sized businesses, create new tax credits as well as revive the Hiring Credit, and create more financing opportunities to help small business owners grow their enterprises.

Most agreed that credit card fees are exorbitant and that something has to be done about them. On average, a business must pay \$200 or more for every \$10,000 they process in credit cards. These are some of the highest credit card processing fees in the world, and they can be crippling to small businesses like many of the shops in the Glebe.

Another sector of the economy getting busy this fall is our farmers and agriculturalists. Locally grown, sustainable food has always been an important issue in Ottawa. We are home to a very robust, enthusiastic local food movement. Between the 21 farmers' markets running in Ottawa and its surrounding communities, the work of non-profits like Just Food, the Savour Ottawa initiative, and the Ottawa Good Food Box, and the myriad restaurants and retailers in the area, the countless farmers, ranchers, beekeepers, and other producers, local, sustainable food production in the Ottawa valley is very much alive and well. Many Ottawa Centre residents also take advantage of Food Share programs where they can enjoy the bounty of organic, local produce while supporting farmers.

The NDP is committed to promoting long-term, sustainable development of local food production. New Democrats have developed a pan-Canadian food strategy called "Everybody Eats", a product of years of outreach to producers and consumers making us the only federal party with a comprehensive plan to address agriculture and food security challenges. The strategy looks to propose investments that localize food production and processing, and helping farmers develop local and regional markets. An example of this would be encouraging the further expansion of local food markets like the ones here in Ottawa.

It was a real pleasure to be amongst constituents, and to chat with many local business owners and residents about how the federal government could best help them. I had a great afternoon shopping and browsing at The Papery, Compact Music, Black Squirrel Books, and Healthy Pets HQ, amongst others, before stopping to have a delicious lunch at the Wild Oat Café with my staff and volunteers. It was a wonderful way to spend a summer day in the most engaged community in Canada – it is such a privilege to represent Ottawa Centre. Thank you!

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Images of the Glebe



LORRIE LOEWEN

Eleanor, Poppy and Emmett sit astride concrete raccoons on the east lawn of the Glebe Community Centre. They were created this summer by children in GNAG programs under the leadership of renowned community artist Christopher Griffin. And don't worry – they're meant for climbing on.

Initiation rite

Anyone over the age of 18 has a vote (sorry, kids – it's not quite "universal" suffrage). Those who have turned 18 since the last election will be able to vote for the first time in the upcoming municipal election. See pages 13–15 for information on some of the candidates, with more to come in the *Glebe Report's* October edition.

Some of us may have a tendency to downplay the importance of municipal politics, especially in Ottawa where we are dazzled by the up-close pyrotechnics of the "senior" federal political scene. But if we

think this way, we are mistaken.

Why? Because local decision-making and local action affects our lives daily, providing the grease that keeps the wheels of our lives rolling, and occasionally providing the grit in the gas that stalls our progress. The garbage we discard, the parks our kids play in, the schools they attend, even the trees we shelter under when we walk the dog – these things make up the fabric of our lives, and we find that we care passionately about them, when we stop and think about it.

And because the act itself of vot-

ing, no matter at what level or in what jurisdiction, is full of meaning. It is a collective taking-up of individual responsibility for the fate of our community. It is an act of hope, and equally, a declaration of responsibility. We are asserting, in effect, "I believe in this community, I am optimistic about its future, and I am (at least in part) personally responsible for its well-being."

Finally, to vote is to create magic. When we vote, each of us, quietly sitting at home, has decided to get up and make our way to the polling station to

make our mark. We converge on the polls, our one vote merging with others to form a collective message that one separate vote could never convey. This is the miracle of democracy, and it can send chills up and down your spine when you see it in action.

Those new 18-year-olds have not yet been ushered into the chamber of democracy, the polling booth. Shall we initiate them into the secret power of the ballot, the ritual magic of the vote? Yes – and they will be forever changed.

Liz McKeen

glebe report

www.glebereport.ca

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Views expressed in the articles and letters submitted to the *Glebe Report* are those of our contributors.

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DEADLINES FOR SUBMISSIONS:
September 26 for articles
October 1 for advertising

The next issue of the *Glebe Report*:
Friday, October 17, 2014

COVER: "Brown's Inlet (looking east) with a changing skyline" by Liz McKeen

FRONT PAGE: Photo by Lorrie Loewen.



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Glebe Video on Bank Street is one of the treasures of the Glebe.

The treasure of Glebe Video

Editor, *Glebe Report*

There are many reasons to love the Glebe: the canal at a stroll's distance, the green leafy parks that turn into toboggan slides in the winter, the proximity to everything you need and, yes, the treasure of Glebe Video.

For over 20 years now, Glebe Video has delighted our family with movies for our every whim. When we decided to have a Charlie Chaplin movies month, they had them all. When I look for an Italian movie from 1964, they just pull it out. As impressed as

we always were with Glebe Video, the day they blew us away was when, returning from Japan, we looked for the movie *Black Rain*. It was obscure to us except that we had stayed in the house where it had been filmed. When we looked for it, the staff asked, "Do you want the Japanese version or the American version?" Not only did they know about it, they knew there was more than one film with that title, and they had both.

Glebe Video has an extraordinarily wide film collection and an amazingly knowledgeable staff to guide you through it. They get to know you, understand what you like and have a firm grasp on what they have to offer. So if you know what you want, they have it. If you don't, they can give you advice.

For us, the pleasure starts as we walk to the store and continues as we search for the perfect movie for that night. We read the board for "Rotten tomatoes" ratings, we scan the new arrivals section or we turn to the European section for all the great movies that do not make it to Ottawa cinemas. We debate what film we want to watch, we ask the staff for their comments or suggestions and we leave, cheerful, with our entertainment for the night.

Like our mix of beautiful parks and central location, Glebe Video is unique. It is a treasure to hold and preserve. I just had to say it.

Chantal Bernier



Verdant grass along the tramway in beautiful Prague is evidence of the kind of foresight and sound planning needed in Ottawa.

Stunningly beautiful Prague an example to follow?

Editor, *Glebe Report*

Whether you live in the Glebe, Hunt Club, the east or the west, traffic chaos has become an ever-increasing headache and threat to safe passage when you drive, cycle or walk. Our municipal officials always seem to react to road congestion as a follow-up gesture, and even then, the mess has to be studied to death before solutions are proposed. (I vividly recall a Lansdowne-themed meeting a few months back when a private-sector consultant assured several hundred concerned citizens that the traffic gridlock around the reincarnated park would be closely monitored ... after the fact.)

I've just returned from my son's week-long hockey tournament in Prague, a stunningly beautiful, orderly and well-laid-out city of 1.2 million that speaks eloquently of sound, long-range planning and an awareness that population growth brings immediate demands on the transportation infrastructure. The early-morning photo taken outside our hotel two weeks ago could easily have been of Carling Avenue or the Parkway if City Hall had shown some foresight in the 1960s. Imagine that – in Prague they planted grass along tramway routes! For Ottawa, it was opportunities wasted, once again.

Neil Kelly



TD Bank sign on the south side of TD Place stadium at Lansdowne

Sign of the times

Editor, *Glebe Report*

One day, while I was driving home from the airport, feeling a little nostalgic and admiring the tradition and history of the Driveway (the canal, the NCC, skating), I looked up, anticipating the stylized curved wooded back of the stadium stands upon the canal. Instead, out of the darkened canal skyline beamed the Toronto Dominion Bank sign onto the formerly non-commercialized canal Driveway.

Mildly surprised I told myself I guess this is the future, one more sign of the end to any belief by government to separate commerce from public purpose. I respect commerce for all that it brings us, including what it brings to public life, yet I thought there were still some limits drawn; checks and balances.

The groups of city councillors, community members, consultants and business savvy entrepreneurs who tried to sort out both the public and commercial good of the plan have lost their way as the light from the Toronto Dominion Bank sign washes away the balance of commerce and beauty that the original promise of the project had.

Bill Dare

Capital Park blues

Editor, *Glebe Report*

People are littering beer bottles, pop and beer cans in Capital Park. I have seen it three times. It is making me sad. I had to clean it up this morning.

Can you please stop littering in Capital Park.

Thank you.

Olive, age 7

Disappearing masks

Editor, *Glebe Report*

This letter is a heads-up to people in the neighbourhood who "live" on their porches in the summer. In mid-August, decorative masks were stolen from my porch as well as that of my neighbours.

Mary Lou Bienefeld

Re: New era at Lansdowne

Editor, *Glebe Report*

Yes, the recent events at Lansdowne have so far inflicted less misery than expected on residents of the Glebe and Old Ottawa South, except for the residents of Lakeside Dr. We owe a huge debt of gratitude to committee members at the Glebe Community Association (GCA) and the Ottawa South Community Association (OSCA), and also to the Friends of Lansdowne and lawyer Steven Shrybman. Our councillor, David Chernushenko, and his staff also worked hard.

Now, the damage control must continue, first to get buses off Lakeside, and keep them off other residential streets, then to address the cycling plan, and then the impacts of the residential and retail parts of Lansdowne.

Ceci Cranston

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Thanks and Farewell
Anne, Mark, Emma, Adam
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PHOTO: PAT GOVECHE

Allison Woyiwada, former music teacher at Hopewell Public School and co-author of *Allison's Brain*, with young friends. Woyiwada and husband Robert McMechan will speak October 22 about her recovery from a brain aneurism as part of the Abbotsford Learn and Explore speaker series.

Be inspired by Abbotsford's Learn and Explore Series

BY JULIE IRETON

Things just didn't smell right to Allison Woyiwada. That was her first clue something was going on: she was having olfactory hallucinations. There was something wrong with Allison's brain. She was told she had a large brain aneurism that would require surgery. Following her operation, Allison had severe comprehension, memory, speech and motor control deficits. "I was shocked when I saw her post surgery. She was in a coma for a couple of weeks ... it didn't seem certain there would be recovery," said her husband, Robert McMechan.

This fall, Allison and Robert McMechan will tell

their story during Abbotsford's Learn and Explore Series, on Wednesday, October 22. Throughout the series, several local writers will talk about their research, pet projects and new books.

Woyiwada and McMechan have an inspirational story to share about Woyiwada's serious brain illness, her treatment and almost miraculous recovery. The tale is now compiled in a book, *Allison's Brain*, co-written by the couple. The book describes her journey from the time of her diagnosis to her very gradual recovery (for more on this, see Seema Akhtar's article on page 9). Throughout her treatment, Woyiwada's husband and daughter kept friends and supporters in the loop by sending out newsletters. They also kept a visitor's

journal during her time in the hospital. Those entries and blogs would later help them put together the book.

Woyiwada was a long-time (now retired) music teacher at Hopewell Public School. During her years as a teacher, this musician and singer gave hundreds of young people a love and appreciation for music. It was her own special relationship with music that helped in her remarkable recovery.

"It's a story for hope, to be positive and don't give up," said McMechan.

"Hope took us a long way," said Woyiwada. "But sometimes it's more than just hope, sometimes it's being positive. If you have a positive attitude there's a better chance things will go in the right direction."

"There was so much uncertainty. It was a frightening period. We looked to stories of survival," said McMechan.

The couple says the book will be of special interest to people affected by brain injuries and their caregivers. "There's a huge community of people with brain tumors, strokes, brain injuries. It's really scary," said McMechan.

Abbotsford's Learn and Explore series runs every Wednesday throughout the fall, from 1 to 2:30 p.m. Other speakers include Gerrard Kelly on storytelling, Clyde Sanger on poetry, Jane Stallabrass on scouting in the Czech Republic, Karim Gwaduri on estate planning, Stewart Dudley on writing, Randal Marlin on propaganda, Craig Kamcke on Canadian history and David Jeanes on Ottawa's pre-confederation architects. The cost is just \$2 at the door, no registration required, and everyone is welcome to attend. Please pick up the fall list of weekly speakers at Abbotsford or look in the fall program guide on the Glebe Centre website at www.glebecentre.ca.

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

Julie Ireton is a journalist, lecturer at Carleton, and a regular writer on *Abbotsford for the Glebe Report*.

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Allison's Brain a testament to the human spirit

BY SEEMA AKHTAR

A life can change in a moment. Allison Woyiwada's certainly did. She went from being an active member of our community, an inspiring music teacher, a composer, performer and director to being diagnosed with a giant brain aneurysm in December 2011. At that point, Woyiwada had two choices: undergo surgery (with no guaranteed outcome) or take a 40 per cent chance of having a catastrophic brain hemorrhage within five years.

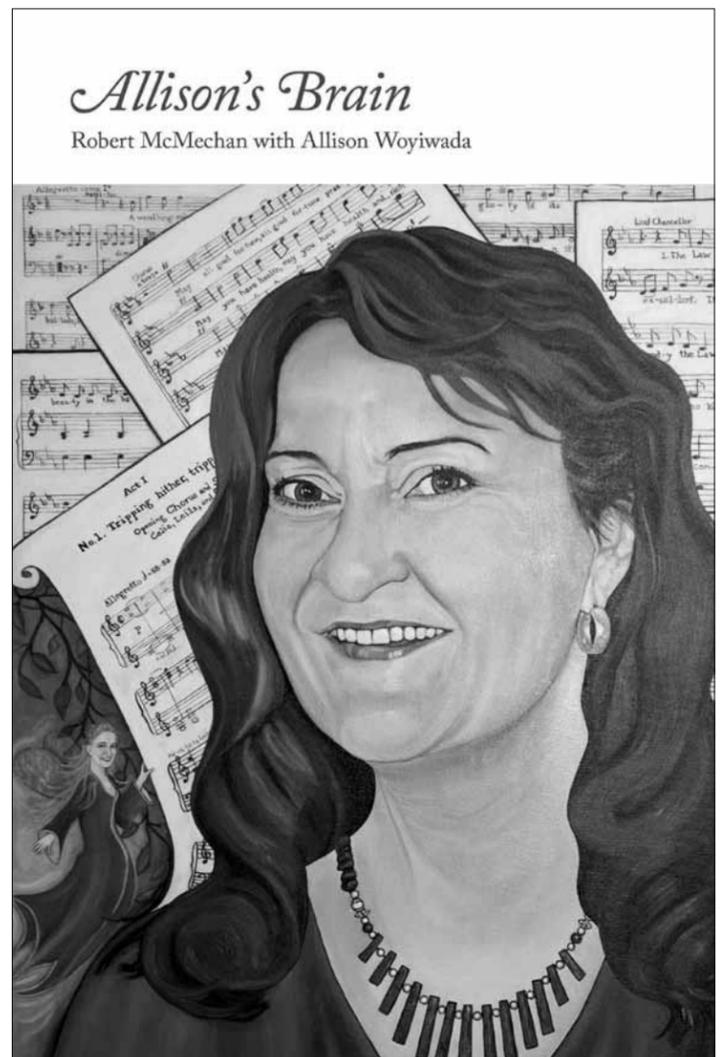
Woyiwada bravely chose surgery. In May 2012, she had a 12-hour surgery at the Ottawa Heart Institute to clip the aneurysm. Following the surgery Woyiwada had severe comprehension, memory, speech and motor control deficits. In fact, when she was admitted into the Acquired Brain Injury Care Stream at The Ottawa Hospital in September 2012, she was assessed as having the communication skills of a one year old. And so began Woyiwada's journey to painstakingly rebuild her life.

And rebuild it she did. Sixteen months later Woyiwada was singing in English, French and German with the Ottawa Brahms Choir, and in April 2014 she staged a children's musical she had written with primary school students in Antigua and Barbuda.

And now, with her husband, Robert McMechan, Woyiwada has co-written a book about her journey. *Woyiwada's Brain* chronicles Woyiwada's diagnosis, surgery and long road to recovery. The book is a tribute to the neurosurgeons who "open up your brain, monkey around in there ... repair a major brain defect and make you whole again," and the health care workers, nurses, therapists, social workers who "do a ton of heavy lifting after the neurosurgery team has done its deeds ... and without whom Woyiwada's story would have come to a very different end."

Woyiwada's Brain is an inspirational story. It is a testament to the power of the human spirit, the power of positive thinking and the power of community to support and heal. *Woyiwada's Brain* is also a testament to the potential of music to encourage healing from trauma. For Woyiwada, the music therapy started during the medically induced coma following her surgery when her daughter, Marya, sang lullabies to her. The therapy continued with different types of music being played "pretty well non-stop" for Woyiwada in the months following her surgery. The first sign of life following her induced coma was her left hand conducting along to music. And as Woyiwada herself says, "Early days in the hospital when I couldn't walk or talk, I was wheeled up to the piano ... [My daughter, Marya,] placed the Beethoven Pathétique in front of me, and I played it, almost flawlessly." Woyiwada began formal music therapy with Cheryl Jones, a music therapist in brain trauma and neurodegenerative disorders in September 2012. Jones used music and melody to help Woyiwada regain her fluency in speech.

The book uses *verbatim* excerpts from emails to chronicle Woyiwada's diagnosis, surgery and recovery. There are weekly email updates that her husband and her daughter sent out in the year following her surgery, detailing the ups and downs of her recovery. These culminate in a week 52 update in which Woyiwada wrote that the doctors "... were not aware that I was likely to end up being so normal when all was dealt with. I had to work hard on that from time to time, but I continued to argue that I should be normal, regardless of how long it might take me. And so I persisted" The book also includes many of the email responses received from friends and family, emails from friends describing their visits with Woyiwada and giving



"Allison's Brain" is also a testament to the potential of music to encourage healing from trauma."

their impressions, emails from people giving advice about music or songs she should listen to (the *Mamma Mia* soundtrack!), or jokes she should hear ("A young child says to his mother, 'Mom, when I grow up, I think I'd like to be a musician.' She replies, 'Well, honey, you know you can't do both.'") The email correspondence is interspersed with McMechan's voice filling in the day-to-day details of Woyiwada's journey.

The effect is the telling of a very personal, painful story that is also full of joy, full of the stuff of real life. And the goal? In Woyiwada's words, "I want people to feel positive about

recovering from brain injuries." *Woyiwada's Brain* will be launched at the Brain Injury Association of Canada's 2014 Annual Conference at a free event, open to the public, from 5 to 8 p.m. on Wednesday, September 24 at Salon des Nations, Crowne Plaza Ottawa-Gatineau Hotel, at 2 rue Montcalm in Gatineau (www.biac-aclc.ca). After the launch, *Woyiwada's Brain* will be available online through FriesenPress and from other online booksellers.

Seema Akhtar is a mother of three and a regular contributor to the Glebe Report.



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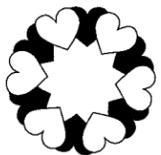
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WHAT YOUR NEIGHBOURS ARE READING

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

TITLE (for adults)	AUTHOR
Cockroach ¹	Rawi Hage
The Not So Big House ²	Sara Susanka
Chestnut Street ³	Maeve Binchy
House at the End of Hope Street ⁴	Menna Van Praag
French House: An American Family, a Ruined Maison, and the Village That Restored Them All ⁵	Don Wallace
Hush Money ⁶	Chuck Greaves
TITLE (for children and teens)	AUTHOR
The Cuckoo's Calling ⁷	Robert Galbraith
Noggin ⁸	John C. Whaley

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ITS READING LIST, PLEASE
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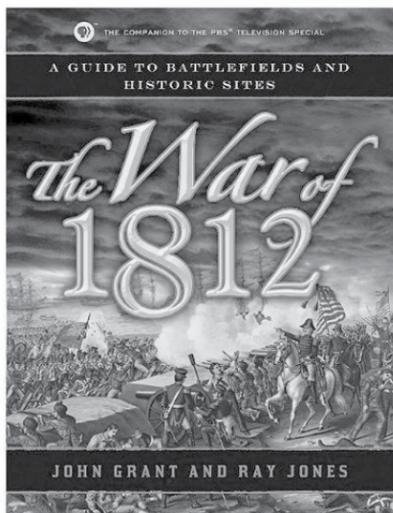
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2. Broadway Book Club
3. OnLine Audio Book Club: www.DearReader.com
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War of 1812: Canada from colony to nation

BY FRANK DIMECH

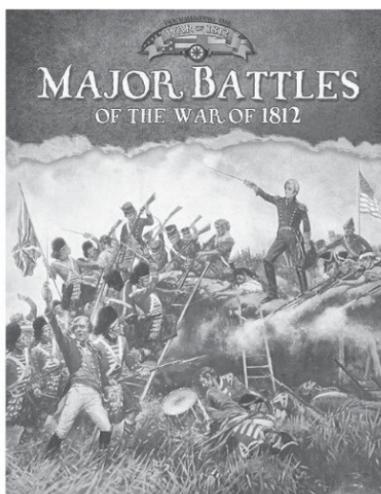
Of the major landmarks in Canada's early history, the War of 1812 was the engine of change, the touchstone of destiny that started the first steps of a young colony to its proud status of nationhood. The bicentennial in 2012 generated an avalanche of books, e-books, plays and documentaries about the battles, politics and military leaders. Today, the War of 1812 still affects Canadian citizens and elected government leaders. For my review, I have selected specific titles (many of them recent publications) of interest to both the first-time history buff and the experienced military collector.

Understanding the political and military issues leading to the war, from both the American and British perspectives, can be a daunting and challenging task. *The War of 1812: A Forgotten Conflict* by Donald R. Hickey (University of Illinois, 2012) compiles and criticizes the American triggers that fired the first shots. He states that the war promoted American nationalism and supported their belief of manifest destiny to claim all of North America. For the Canadian perspective, *The Call to Arms: The 1812 Invasions of Upper Canada* by Richard Feltoe (Dundurn, 2012) is the must-read for the academic/researcher. Original, official documents and personal correspondences written by such leading figures as Major General Issac Brock, General William Hull and



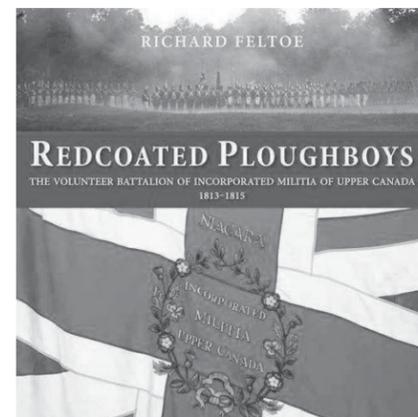
Tecumseh provide the clues and ideals that shaped the political leadership for the new nation of Canada. *The Call to Arms* is the first title of six books in the series *Upper Canada Preserved*.

To know how and why decisions were proposed and selected in the heat of battle and in the chambers of Parliament, every serious reader will want to read the intimate biographies of the war. A most enlightening book is *The Astonishing General* by Wesley B. Turner (Dundurn, 2011), winner of the 2011 OHS Donald Grant Creighton Award. It tells of the life, career and achievements of the charismatic Brock who stamped his ideals and identity on the Canadas. Brock was admired by his enemies, the Americans, as much as by his own people and soldiers, and tragically he died at only 43 years of age. Standing beside Brock, shoulder to shoulder, was the courageous and powerful Shawnee chieftain and leader of the Native Confederacy, Tecumseh. John Sugden's *Tecumseh: A Life* (Henry Holt & Co, 1998) is my



favourite biography on how the very quiet, persuasive and determined Tecumseh created and organized the powerful Native Confederacy, of his pride and political purposes in his fight for all First Nations. My last biographical title is the surprising *Defender of Canada: Sir George Prevost and the War of 1812* by John R. Grodzinski (University of Oklahoma Press, 2012). Historian Grodzinski's premise is that it was Sir George Prevost, not the more popular Brock, who saved the Canadas from defeat. As the appointed Governor-in-Chief of British North America, Prevost was the background strategist who made allies of the indigenous people, organized the creation of the local militias, and the critical construction of armed naval vessels on the Great Lakes. If this had not been set up, quite possibly there may not be a Canada today.

For the armchair battle commander, I will highlight titles that provide insights on the battles (land and naval), and the composition of the local militias. A



good starting point is *Major Battles of the War of 1812* by Gordon Clarke (Crabtree, 2012) and *The War of 1812: A Guide to Battlefields and Historic Sites* by John Grant (Turner, 2011). For the blue water reader there are *Battle for the Bay: The Naval War of 1812* by Joshua M. Smith (Goose Lane, 2011) and *Great Lakes Warships 1812-1819* by Mark Lardas (Osprey, 2012). Two outstanding titles on the unsung volunteers of the militias are *Redcoated Ploughboys: The Volunteer Battalion of Incorporated Militia of Upper Canada 1813-1815* by Richard Feltoe (Dundurn, 2012) and *The Militia of the Eastern District: The Counties of Glengarry, Stormont, and Dundas* by E. A. Cruikshank (Canadian Military Institute, 1968).

The above titles are available at the Ottawa Public Library as books and e-books.

Frank Dimech is a librarian at the Sunnyside Branch of the Ottawa Public Library and a regular contributor of book review essays to the *Glebe Report*.

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Read something new, yet familiar

BY ILDIKO SUMEGI

If you are a young reader, it can be difficult to immerse yourself in a new story. You have no idea where the plot will lead, and you don't really know any of the main characters. Reading can take a lot of stamina, and a few pages in you wonder, "Is this book really worth the effort?"

The wonderful thing about a book series is that if you like the first book, you will probably like the second and third. And if it is an especially entertaining series, you may still be interested by the time you reach the fifteenth! Familiarity can bring with it an openness to experience what the next book has to offer. Here are a few suggestions for book series for different reading levels, but if none of these sparks your child's interest, I am sure your friendly neighbourhood librarian can provide you with many more ideas.

Nate the Great (Yearling), by Marjorie Weinman Sharmat, illustrated by Marc Simont

Nate the Great is a detective series for children starting on beginner chapter books (ages six to eight). Colourful illustrations accompany short sentences and limited text on each page, allowing children to build reading stamina without feeling overwhelmed. Nate is a boy detective with a no-nonsense approach to life and problem solving. With his dog Sludge, he will take on practically any case. When he's not solving cases (and often while he is still solving cases), Nate can be found digging into a stack of pancakes

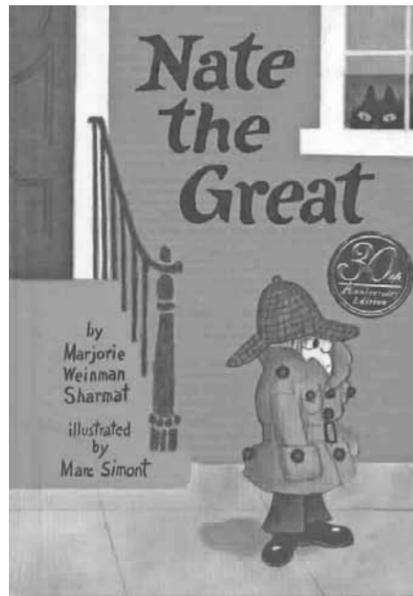
– he even makes them himself! All this to say that Nate is indeed "great." *He* thinks so and once you have met him, *you* will think so too.

Cam Jansen (Viking), by David A. Adler, illustrated by Joy Allen

The detective genre in particular lends itself well to serialization. For readers graduating from the *Nate the Great* series, look no further than *Cam Jansen*. She's a girl with a photographic memory and a knack for piecing together information. The mysteries in this series take on a new level of seriousness, as they are often good reason for a phone call to the police. Watch the adults struggle to solve these puzzles, and cheer for Cam as she proves herself a valuable asset to any investigation. These books are targeted at children aged seven to nine.

Deltora Quest (Scholastic Inc.), by Emily Rodda

For older readers, a little more pace and action can really keep the pages turning. Set in a fantasy realm reminiscent of medieval times, *Deltora Quest* is a straightforward fantasy quest series aimed at children aged 8 to 12. The Shadowlord has plunged the realm of Deltora into darkness. It is up to young Lief and his companions Jasmine and Barda to seek out the seven magical gems of Deltora so that they can restore power to the rightful heir of the land. Rodda's stories feature betrayal, death, monsters and heart-thumping adventure. The books are edgy enough to keep older children of this age range interested, but are also

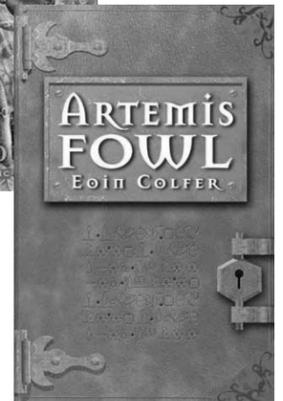
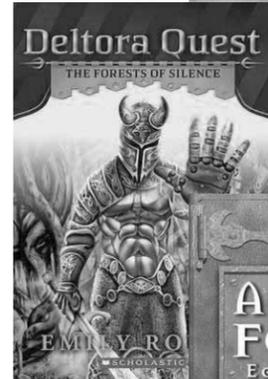
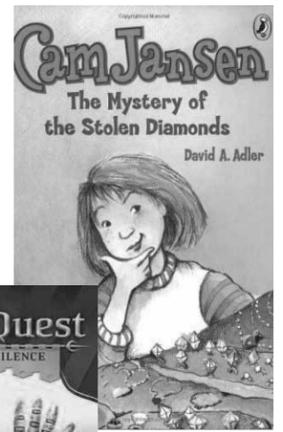


simply constructed with a linear storyline to help avoid confusion.

Artemis Fowl (Hyperion Books), by Eoin Colfer

With his bestselling *Artemis Fowl* series, Eoin Colfer has crafted a world of wit and mayhem aimed at ages 12 and up. *Artemis Fowl* is a criminally minded boy genius with a host of high-tech gadgets at his fingertips. With the help of Butler, his loyal bodyguard and weapons expert, he carries out a scheme to kidnap a fairy (they're real, you know) in order to demand a ransom of gold. The series reads like a modern-day thriller, but with fairies – including pixies, goblins, trolls, dwarves, demons and even a centaur thrown in for good measure.

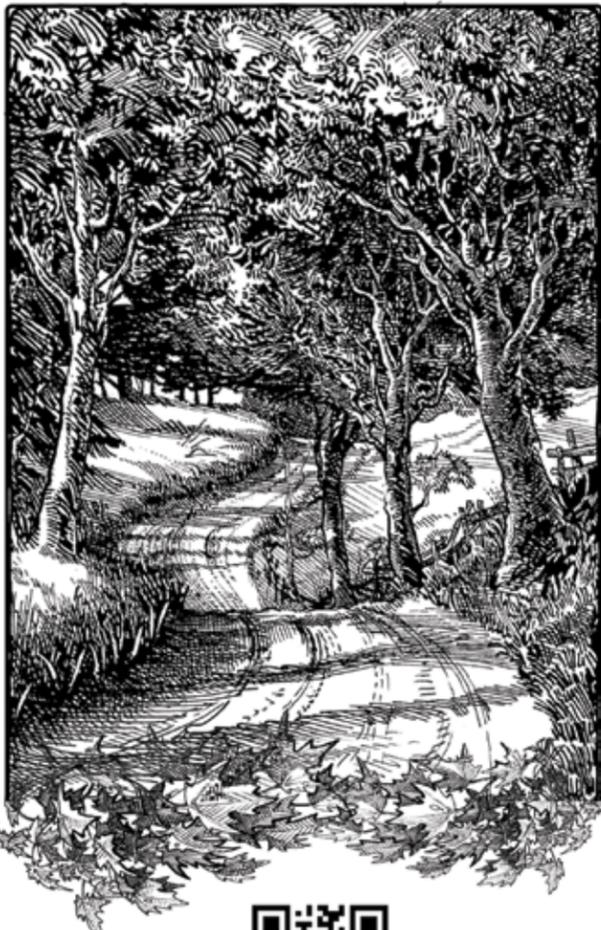
Acting as a counter to Artemis's heart of cold logic is one very special fairy – Captain Holly Short. Put aside all of your preconceived notions of what a fairy should be like. Captain Short is a LEPrecon, as in Lower



Elemental Police reconnaissance division. Strong and feisty with a keen sense of right and wrong, Captain Short feels most at home with a neutrino gun slung at her hip and a set of solar-powered wings strapped to her back.

Over the course of the books, we see Artemis grow and his relationship with the fairies evolve into something neither of them could have foreseen. Fast-paced, funny and full of fire, this series will entertain and delight.

Ildiko Sumegi is a Glebe resident, mother of two boys and owner of a well-used library card.



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The Art of the Story:

Advice and inspiration for Ottawa's authors and illustrators

BY KELLY HARRISON

People often come into Kaleidoscope Kids Books looking for advice on how to get their children's book published. I always advise them to do their research – look at what various publishers are publishing to see where your work would be the best fit and then contact each publisher to inquire about the submission process. This fall, Ottawa area authors and illustrators seeking publication will have the good fortune to be able to attend a three-day conference called The Art of the Story. This will be an incredible opportunity to obtain practical advice and inspiration, as well as manuscript and portfolio critiques, from a literary agent, editors, a creative director and best-selling, award-winning authors and illustrators.

The eastern chapter of the Society of Children's Book Writers and Illustrators (SCBWI) is hosting The Art of the Story at the Albert at Bay Suite Hotel on October 17, 18 and 19. The conference is open to both members and non-members of SCBWI; the fee for non-members is \$380.

Conference highlights include:

- Keynote address by Ottawa's Caroline Pignat, winner of the Governor General's award and the Red Maple Honour Award
- Workshops by best-selling authors and illustrators, a literary agent,

an associate editor, an editor and a creative director from Bloomsbury Children's Books, Balzer + Bray and Harper Collins respectively

- Manuscript and portfolio critiques
- Sketch crawl
- Silent auction

When I mentioned the upcoming conference to Ottawa author Don Cummer, he said that this conference was where he first met one of the editors at Scholastic Canada. This meeting led him to a three-book deal with Scholastic. Don's first book in the series, *Brothers at War*, was published in October 2013 and the second is slated for publication this February. What a wonderful success story.

We at Kaleidoscope would like to think that we're very good at selling stories once they've been printed but we have no expertise or knowledge in selling the story to the publishers in the first place. Fortunately, The Art of the Story will provide lots of tips and tricks on getting your work published. We can't wait to see it on our shelves at the store!

For further details, and to register, consult the Society's website at www.scbwicanada.org/east/.

Kelly Harrison is a co-owner of Kaleidoscope Kids' Books, Ottawa's only children's bookstore. The store is happily located at 1018 Bank Street in the Glebe at the corner of Bank and Wilton.

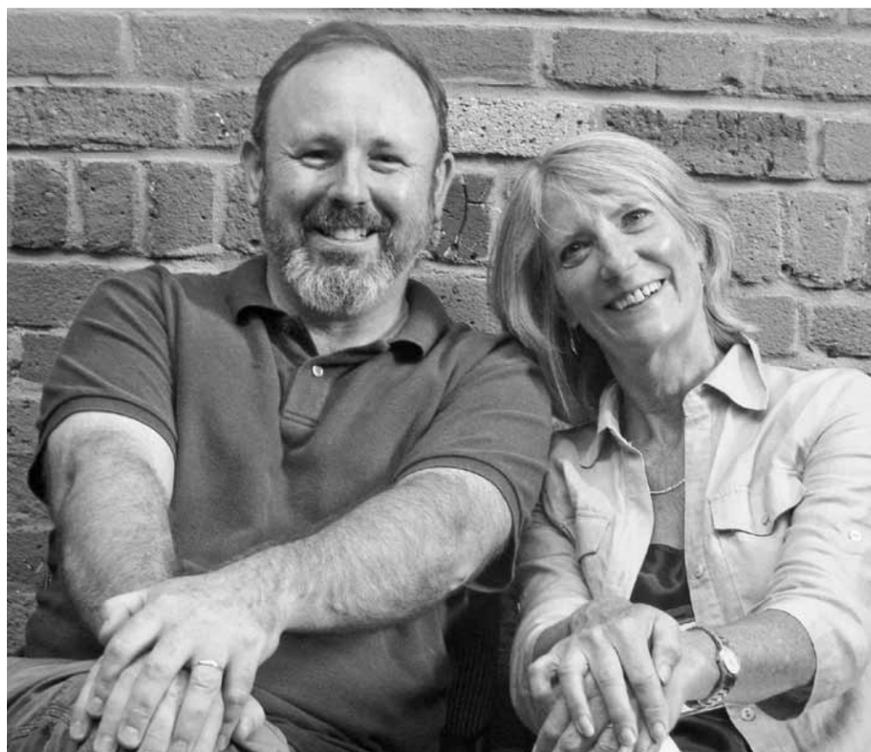


PHOTO: LIZ MCKEEN

Amanda West Lewis (right), artistic director of the Ottawa Children's Theatre, with Chris Ralph, artistic director and co-founder of The Acting Company at the Avalon Studio on Bank Street

Ottawa Children's Theatre open house

The Ottawa Children's Theatre held an open house on Saturday, September 6 at the Avalon Studio on Bank Street to welcome students new and old, and to talk about the acting classes offered by the theatre for children and teenagers. At the open house, returning students were greeted with glad cries of welcome after their summer away. A table of veggies and dip and salty, crispy nibbles awaited visitors.

The theatre offers a busy schedule of classes for children ages 5 to 15. New this year are classes aimed at helping children on the autism spectrum learn to play in a group through play-acting and pretending. The classes are based on a program developed in Winnipeg called I Can Pretend. All the instructors are trained actors honed in the art of improv, so their approach to the classes is flexible and ready to turn on a dime. Teachers lead no more than eight kids in improv, short scenes, dress-up, puppets and crafts, all the while fostering listening and sharing skills.

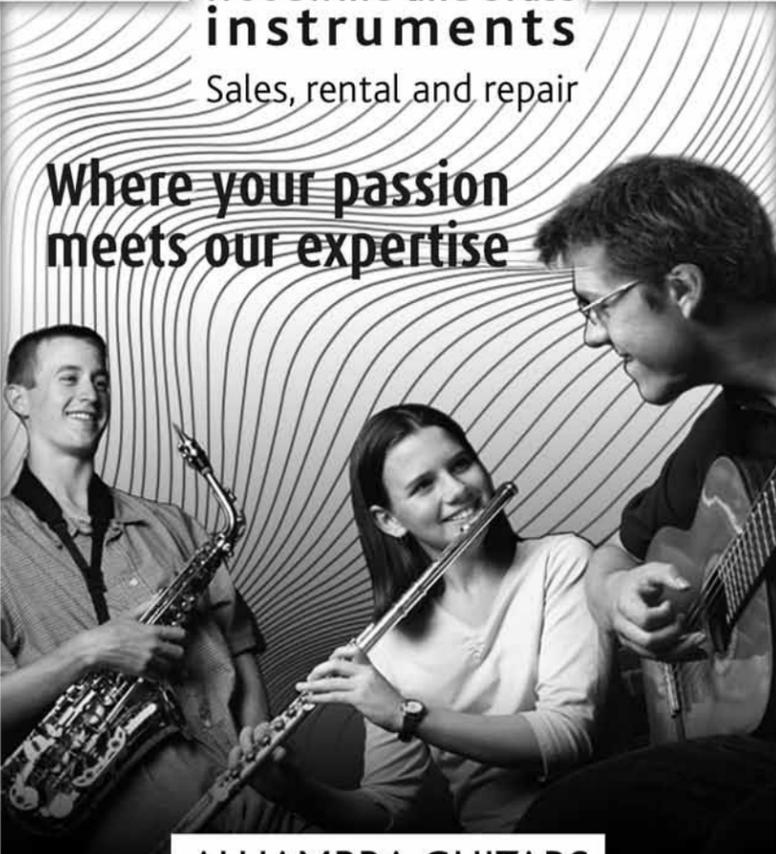
The Avalon Studio is also the scene of acting and musical theatre classes for adults, as well as other musical and artistic happenings. See the website at www.actingcompany.ca for details.



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Mayoral candidates

The *Glebe Report* asked all candidates for Mayor of the City of Ottawa to respond to the question:

“What do you consider top priorities for Ottawa and for the Glebe neighbourhood in the next four years, and how do you plan to address them? What qualities do you bring to the table?”

(A few issues you may wish to address in your answer: intensification, light rail extension & funding, traffic congestion, taxes, garbage collection & recycling, government efficiency, city debt load, Lansdowne development, Ottawa River Action Plan, affordable housing, Canada’s 150th birthday celebration 2017, other...)

Candidates were asked to keep their responses and biographies to no more than 290 words, and the *Glebe Report* pledged to publish them “as received” (edited only for length.) Candidates were also asked for contact information and a photograph of themselves.

Responses received by time of press follow. The *Glebe Report* will include additional responses, as received, in the October issue.



Mike Maguire

Mike has been a proud resident of Ottawa almost his entire life, but he believes that City Hall has lost sight of its purpose – representing its constituents.

“It’s time we had a more transparent government that recognizes that there are limitations to the role of government. The City is in a mess, both financially and organizationally, and it needs fresh ideas to clean it up,” he says.

Mike wants to step up and fix the problems facing Ottawa. Decades of community involvement and years of studying municipal budgets and policy have provided him with a working knowledge of the problems that face the City today. His years of business experience have provided him with the ability to lead and work with others to create innovative solutions to all kinds of problems.

“It is imperative that municipal government return to its roots. Residents need and deserve a local, transparent government that lives within its means and responds to the needs of all of its constituents,” he says.

Biographical details: Mike has lived in Ottawa since 1966 when his family moved here from Montreal. While raising two daughters and building a career in IT, Mike has developed a passion to make municipal government more transparent and more accountable to its constituents.

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Anwar Syed

I too like the rest of the Ottawa public was looking for what the incumbent mayor of Ottawa was going to pull out of his hat when it was announced in advance that a policy announcement was going to be made on Sunday, September 8. The media of Ottawa was also glued to this announcement, with all major newspapers attracted to Chinatown like how flies are attracted to a pile of rotting garbage lying on the street.

What shocked me most was that this promised major policy announcement turned out to be nothing short of an empty firecracker, which did not even burst but let out a burst of bad odour smoke and caused little noise which did not even thrill the curious bystanders who have not even bought this firecracker in first place but stood around anyway to watch the free spectacle.

This also exposed the myopic blindness of an out-of-touch incumbent mayor who has no idea what homelessness and need of uplifting people’s life is all about. This is where the truth struck home when I read the policy announcement of an extra \$2 million being allocated to homelessness to a previous budget of \$14 million. The plan stuck in mind as nothing short of creating decrepit little ghettos where the most disadvantaged of the Ottawa society will be herded in like sheep so that affluent builders of the city get prime properties of the agricultural lands in an ever expanding city limits and keep the disadvantaged in contained facilities where they could not get out of their vicious cycles of joblessness and poverty.

Leaving the city of Ottawa as is without drastic change at the ballot is nothing short of leaving the matters in the hands of a Myopic Blind Incumbent who does not see homelessness beyond the low value of \$2 million in cahoots with other incumbent councillors who do not deserve your vote and another term of 4 years to lay waste the city of Ottawa.

Contact information:
Email: anwar4mayor@gmail.com
Web: www.anwarsyed.ca



Jim Watson

I’m proud of my record in delivering results for the Glebe. We’ve made significant progress over the last four years and I believe Ottawa needs to continue on the path of certainty and stability.

If re-elected, I would work with

Glebe residents and businesses to leverage the revitalized Lansdowne Park as a community gathering place. It will be used as a key event venue for occasions like Winterlude, the 150th anniversary of Confederation and a winter farmers’ market in the Aberdeen Pavilion. We need to continue to monitor closely transportation to and from the site.

My top infrastructure priority in the next term will be to expand light rail farther east to Orleans and west to Bayshore and Algonquin College, and the O-Train south to Riverside South. Light rail is finally under construction, with a fixed price contract. We need to continue this momentum by getting shovels in the ground for the next phase as soon as possible.

I am committed to investing in the final phase of the Ottawa River cleanup, which will finally eliminate raw sewage from flowing into our treasured waterways.

Biographical details: The Glebe is a special place to me: I have lived here; my parents currently live here; and I had the honour of serving as your city councillor for six years.

Contact information:
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Email: info@jimwatson.ca
Web: jimwatson.ca



Robert White

I am running in this election to warn the residents of Ottawa that I believe we are on a dangerous path toward economic ruin if we allow the Light Rail Phase II borrowing to go ahead without appropriate financial oversight or cost prepared planning oversight. The Light Rail Phase II cost is presently at an asking price of \$3 billion dollars, which is not a figure that contains a finalized price. Contractually, this ask for \$3 billion without even any planning to back the pricing is too risk-oriented for residents of Ottawa, who

require appropriate contractual estimates where projects are subject to open bidding processes and competitive business practices. This LRT Phase II deal is sole sourced and not responsible governance on the part of government officials who should know better.

I will provide competent financial, and contractual business practices, which will safeguard residents and taxpayers against the kind of liberal largesse that neo-Liberal governance typically employs to conceal true costs for large government projects such as Light Rail Phase II.

I will cancel LRT Phase II, restore weekly garbage pickup, freeze Long Term Capital borrowing, reduce employee numbers by 5 per cent, per term of office, freeze Ottawa Police Services Budget for my first term of office, and renegotiate the Orgaworld contract to be equitable for residents and Orgaworld.

Biographical details: I have an Honours B.A. in Experimental Psychology from Carleton University and a diploma in Mechanical Engineering from Algonquin College of Applied Arts and Technology.

Contact information:
Phone: 613-271-8804
Email: fm453@ncf.ca



Darren W. Wood

Biographical details: 20 years in politics in various positions including manager, event organizer, fundraiser and candidate. Owned several businesses employing many people. Fought to keep business in my city that created 1,100 full-time jobs.

Contact information:
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Email: darrenwood@live.com
Twitter: @Vote_wood

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Candidates for Councillor of Capital Ward (Ward 17)

The *Glebe Report* asked all candidates for Councillor of Capital Ward (Ward 17) to respond to the question:

What do you consider top priorities for Capital Ward (Ward 17), and the Glebe in particular, in the next four years, and how do you plan to address them? What qualities do you bring to the table?

(Some issues you may want to address: Lansdowne traffic and parking, integration of Lansdowne retailers, urban park programming, the canal footbridge at Fifth and Clegg, intensification and infill issues, bikeway, green space deficit)

Candidates were asked to keep their responses and biographies to no more than 290 words, and the *Glebe Report* pledged to publish them "as received" (edited only for length). Candidates were also asked for contact information and a photograph of themselves.

Responses received by time of press follow. The *Glebe Report* will include additional responses, as received, in the October issue.



Scott Blurton

If elected as your councillor, I will focus on five priorities: youth unemployment, smart development, transportation choice, mental health and poverty reduction.

I will work with the City of Ottawa

to develop a youth employment strategy focused on investing in the entrepreneurs of tomorrow, implementing a skills-focused promotion strategy for attracting investment, promoting the values and skills that young Canadians can offer, establishing the City of Ottawa as the central hub for employment, working toward labour market freedom through open data.

When evaluating development projects at council, I will work toward the smart development of our city by depending on nine principles: accessibility, affordability, community, connectivity, density, flexibility, security, sustainability and variety.

I will work to improve transportation choice for Ottawa residents by working with the City to investigate the feasibility of congestion pricing; develop safe intersections; and expand the Percy Bike Path south to connect the Glebe, Old Ottawa South and Heron Park.

I will work to improve access to mental health facilities and services to ensure that our most vulnerable citizens get the help they need.

I will work to reduce poverty in the city by improving access to affordable housing through annual targets to ensure that the City meets its Official Plan target that 25 per cent of new residential development be affordable, while tracking the loss of affordable units through demolition and conversions.

By working together through these five priorities, I believe that we can build a city where everyone gets a fair chance.

Biographical details: Blurton has undergraduate degrees in computer engineering and political science and a master's degree in political science. For the past four years, he has served as a policy analyst in the Government of Canada.

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Twitter and Instagram: @ScottGBlurton
Facebook: www.facebook.com/Scott-BlurtonForCapitalWard



David Chernushenko

CITYWIDE/CAPITAL WARD PRIORITIES

Increase community certainty in the development approvals process through consistent application of zoning, community design plans and infill guidelines, and by strengthening bylaws.

Accelerate construction of affordable housing by brokering cross-sector partnerships and strengthening housing policies.

Improve public transit by completing the Confederation Line and moving quickly to finance and approve Phase Two, including expanded O-Train service and hub-and-spoke bus routes centred around stations.

Shift a percentage of road funding toward sidewalk replacement and filling missing links in walking and cycling routes.

Oversee Main Street's renewal and apply Complete Street principles to other projects, like the 2017/2018 Bronson renewal.

Promote sustainable urban intensification, working with the Oblate Lands developers to showcase this approach.

GLEBE PRIORITIES

Complete the Glebe Cycling Plan and implement recommended changes. Advance the O'Connor Bike Route as soon as possible.

Maintain Bank Street as a vibrant commercial district by respecting zoning, enhancing walkability by removing sidewalk clutter in concert with the Glebe BIA, and promoting the street's atmosphere and amenities.

Advance construction of the Fifth-Clegg footbridge through a

multi-party financing partnership.

Invest in the maintenance of Glebe parks. Upgrade lighting and paths in Central Park East and solve drainage problems in Central Park West.

Integrate Lansdowne into the community by maximizing connectivity, coordinated activities, and use by local residents.

Many issues will arise in the next term. Some are predictable, while others will be entirely new. I will apply the same principled, pragmatic and positive approach that I have demonstrated in my first term.

Biographical details: Councillor Chernushenko has been a sensible voice on council since 2010, advocating for active transportation, smarter (re)development and a healthier, more accessible city for everyone. He is a dedicated community volunteer, sustainability expert, filmmaker, cyclist, hockey player and father.

Contact information:
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All Candidates' Meeting

Thursday, October 2
7:00 – 9:30 p.m.

Scotton Hall
Glebe Community Centre
175 Third Avenue (at Lyon)

Candidates for
Councillor of Capital Ward
and Mayor

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Candidates for school board trustee (Zone 9)

The *Glebe Report* asked candidates for school board trustee in Zone 9 to respond to the question:

What do you see as top priorities for Ottawa Carleton District School Board/Ottawa Catholic School Board schools in Zone 9, in particular those serving Glebe residents, in the next four years? How do you plan to address them? What qualities do you bring to the table?

Candidates were asked to keep their responses and biographies to no more than 290 words, and the *Glebe Report* pledged to publish them "as received" (edited only for length.) Candidates were also asked for contact information and a photograph of themselves.

Responses received by time of press follow. The *Glebe Report* will include additional responses, as received, in the October issue.

OTTAWA CATHOLIC SCHOOL BOARD



Kathy Ablett

Priorities of the Ottawa Catholic School Board fall under three guiding principles:

1. Student success
2. Success for staff
3. Stewardship of resources

The priorities that I see for our schools in the Glebe are:

1. Promotion and protection of Catholic Education
2. Expansion of programmes
3. Increased use of technology in the classroom
4. Continued improvements of the facilities
5. Completion of the defibrillators in schools programme in 2015
6. Promotion of the partnership with the St James Tennis Club for the establishment of four tennis courts at Corpus Christi, which should also be a welcome addition for the entire community

Teamwork and collaboration are how good decisions are made at our Board so that I have every confidence that the above priorities will become a reality.

What do I bring to the Board?

Through personal energy, pro-activity, accessibility, accountability and teamwork I have been able to get results for our children for the past 23 years. In recognition of that effectiveness, I am in receipt of The Trustee Award of Merit from the Ontario Catholic School Board Trustees Association.

With your support on October 27, 2014 I pledge to continue working hard for your children. I truly enjoy the privilege of serving you as a team player on one of the leading Catholic School Boards in the province and the largest Catholic School Board in the City of Ottawa.

Biographical details: Kathy Ablett has served as your Catholic School Trustee for 23 years. She is past Chair Person of the Board, has served on all Board Committees, currently chairs the committee for Student Honours and Awards and is an active advocate. Ablett is a Registered Nurse and active in Family Practice medicine. She and her husband Richard have five grandchildren in our Catholic Schools.

Contact information:

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Email: rla@istar.ca

OTTAWA CARLETON DISTRICT SCHOOL BOARD



Shawn Menard

During the next four years our public school board will face some serious challenges: all day daycare implementation, bell time changes at our schools, an \$860 million dollar operating budget with declining reserves, and new rounds of collective bargaining with a freshly elected provincial government.

The schools in the Glebe continue to be affected by infrastructure demands and the need for quality facilities to service the high population of students attending school here.

I am pledging to you that I will put my skill-set to work day-in and day-out to make sure that Zone 9 achieves the best possible outcomes and that the well-being of our students is put first.

I've been a passionate community organizer during the past decade.

I was raised in the City of Ottawa and attended public school here all of my life. After obtaining my Undergraduate and Master's Degrees at Carleton University in the field of Public Policy, I went on to work for the Department of Justice. I am now the Manager of Government Relations for the Federation of Canadian Municipalities advocating on behalf of all cities and communities in Canada.

Biographical details:

- Board Member, Children's Aid Society of Ottawa

- Vice Chair, Pedestrian and Transit Advisory Committee, City of Ottawa
- Ottawa President, Carleton University Alumni Association
- President, Centretown Community Association
- Board of Governors, Carleton University
- President, Carleton Students Association

Contact information:

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Email: shawn@shawnmenard.ca

Ottawa Municipal Election is Monday, October 27 Polls are open 10 a.m. to 8 p.m.

Vote for Mayor of Ottawa, your ward Councillor, and your school board Trustee. For a full list of candidates, go to www.ottawa.ca. Under the City Hall tab, click on Your City Government, then Elections.

To find out if you are on the voters' list, go to www.ottawa.ca and under Voters, click on "Are YOU on the voters' list?"

To find out where you vote, go to www.ottawa.ca and under Voters, click on "Where do I vote?"

ID needed: You need one single, original (or a certified or notarial copy) document that shows your name and qualifying address OR you can complete a Declaration of Identity form at the polling station.

"Special" advance polls, 8 a.m. – 8 p.m., at three locations on each of three days:

Where:

Ottawa City Hall (Jean Pigott Place)
Ben Franklin Place (room 1A)
Cumberland Branch, Ottawa Public Library

When:

Wednesday, October 1, 2014
Thursday, October 2, 2014
Friday, October 3, 2014

Advance polls at your regular polling station:
Thursday, October 9, 10 a.m. – 8 p.m.
Saturday, October 18, 10 a.m. – 5 p.m.

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Flora MacDonald

BY CLYDE SANGER

By tradition, an interview with a celebrity follows a pattern. The youngish reporter sits forward in a chair, slightly deferential and listening for the neat phrase to highlight. The celebrity runs through a string of vanities, and maybe lets slip a telling sentence. That's the norm; and even the veteran Peter Mansbridge follows it in his "One-on-One" CBC series.

That was the pattern I learned on the *Daily Mail's* team of "Tanfield's Diary" in London in 1956. With Flora MacDonald, surely the most celebrated resident of the Glebe, it turned out to be quite different. Hilariously so.

For starters, Flora isn't vain, and at 85 I'm hardly youngish; a couple of years behind her. One on one? I had gone to the *Glebe Report* to borrow a camera, and managed instead to borrow the paper's fine photographer, Soo Hum. When I rang Flora's Third Avenue apartment, she replied, "Come on up. I've a friend you should meet."

The friend made it a foursome for the next hour, and Flora let him describe the work they had done together. Abdullah had worked with Flora from 2002 on Future Generations, a progressive non-government organization based in New York that helps deliver many community programs in troubled provinces in Afghanistan.

I had planned to restrict my talk with Flora to two stages of her life: her years of living in the Glebe, and her childhood. The latter, because all biographical notes about her start with working with John Diefenbaker in 1956, and I planned to pose the question, "Flora, did life for you begin at 30? What were you doing before then?"

Well, we got to that, but not before Abdullah led the way in a complicated story of driving with Flora from Kabul some 200 km northwest into Bamyan Province in Afghanistan, getting a flat tire and suddenly being surrounded by armed men. This was 2002 and Taliban country, where the world's tallest Buddha statues had stared out of the rock until



PHOTO: SOO HUM

The Honourable Flora MacDonald, former minister of foreign affairs, employment and immigration, and communications, and long-time Glebe resident

they were demolished by Taliban militants the year before.

Apparently it was Flora's doing that they were caught – Abdullah had suggested flying, but Flora wanted to see the countryside – and she showed no fear as the armed men smashed the car windows. Luckily they were just robbers and departed with everyone's cash. The local police were uninterested until someone mentioned Flora was a former Canadian foreign minister. The tale ends happily: their plan to organize Afghanistan's first national park won everyone's blessing and is now a fine refuge.

Soo Hum was busy taking close-up studies of Flora, who was producing her favourite keepsakes: a

bluestone lump flecked with gold, a gorgeous Ghanaian statuette and a magnificent Chinese painting that Flora referred to vaguely as "The Whole of Life." She was also moving us from chair to sofa to get better angles and light for close-ups. (He had come with only the lens he uses for flowers.)

She took it all in graceful steps, her eyes straying out the 11th floor window to the Rideau Canal and cyclists on the pathway. "I have the best view in Ottawa," she said several times. "Look at those trees!" The cherry blossom was lovely but, while Flora was obediently jumping up to move for Hum on her good post-surgery knees, I had to be dragged up off sofas by Abdullah and Hum because I am still waiting for my surgery.

Of course, we had a rest stop in our hop-skip through Flora's life, long enough to recall her absence from the 1979 budget vote that brought down Joe Clark's government. "Many in the party would not speak to me for months," she said, "and Diefenbaker was very angry. John Crosbie? He was always angry." What about Ontario today? "There aren't any *Progressive Conservatives* left."

Finally I had my chance to pose the two questions. Born in North Sydney, Flora said, "We were Cape Bretoners, not Nova Scotians." Her grandfather was captain of a schooner carrying cargo all round the world; and he took his whole family with him. Her eldest uncle Alec fought in the Boer War, but her father sailed with the schooners.

As for life in the Glebe, she does her main shopping "in the little stores." Clothes at Escape, I suggested. Yes. And where does she get her hair done? She smiled and pointed heavenwards – but only to the 12th floor penthouse.

It was time to go, and for Hum to collect his daughter from school. He held his camera down discreetly while Flora and I kissed. "Why did you miss that one?" I asked him. So we kissed again. After all, Flora and I have had several African adventures together, in Zambia, Namibia and Nigeria. And I know Flora's one weakness, which has to do with sleeping bags. But that's another story.

Clyde Sanger, journalist, author and poet, is a long-time Glebe resident and Glebe Report contributor.



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September is a month of new beginnings

I know January is supposed to be the month of new beginnings, but the moniker seems more appropriately applied to September. The kids are back to school and activities, adults back to work after summer relaxation and reflection, and the anticipation of a colder nip is in the air, along with the hope for continued summer warmth. For the GCA, although a new board was elected at the June AGM, September is when we come back together as a group and pool our energies into the many topics and issues in our community. Below are some highlights of what we expect this coming year.

Christine McAllister

www.glebeca.ca



GCA BOARD 2014-15

One of the things I am most excited about for the upcoming year is working with the new GCA Board. We are fortunate as a community that a number of experienced Board members are continuing in their roles and six new individuals have stepped forward as committee chairs or area reps. A full list of board members can be found on our website (www.glebeca.ca). The next time you see one of these community volunteers in the neighbourhood, please take a minute to ask them about their role and experience so far.

There are still openings on the Board if you are interested in becoming more involved. We are seeking a Health and Social Services committee chair, a Tenant representative and an area representative for Area 4B (Powell to Clemow; Bronson to Bank). If a Board position doesn't fit into your availability, we are building our Communications committee and are always looking to add to other committees.

LANSDOWNE PARK

The Redblacks' first game has been played and the public park is open. We have been pleasantly surprised on both counts. You may have read Brian Mitchell's (Traffic Committee chair) traffic report on opening game day in the August *Glebe Report* and will likely concur that traffic to the games was generally well managed. Progress was even made regarding re-routing shuttle buses off Lakeside (our position remains that shuttles belong on arterial roads rather than residential roads). The GCA is actively participating in the City's traffic monitoring program and will continue to collect data during games to inform our advocacy. We're interested in your views on how event days impact your street—please email us.

I was fortunate to attend the official opening ceremonies of Lansdowne Park, the wonderful green-space that borders the Queen Elizabeth Driveway. The Park has great potential to become a gathering place for the community with a fabulous play structure, cool skateboard park, many benches and trees and ample bike parking to facilitate access. If you haven't had a chance to spend time at the park, make your way over ... I think you'll like what you'll see.

BANK STREET DEVELOPMENT

Summer doesn't interrupt development. While many people were on vacation, the Planning and Traffic committees were busy with new development proposals at Bank Street and Fifth Avenue ("McKale's property") and Bank north of Holmwood ("Beer Store property"). Many residents attended a public information session held by Canderel, the firm developing those particular parcels of land. On the McKale property, they are envisioning a two-storey commercial/retail building with a restaurant and patio located on the second level facing Bank Street. On the Beer Store property, they are also proposing a two-storey commercial building. The GCA expressed a concern that sufficient parking be included in the developments, which is currently under consideration. Canderel hosted a second public meeting about the property on September 8. I commend the developer's openness to the community in bringing forward its proposals early in the development process so as to include community input in their designs.



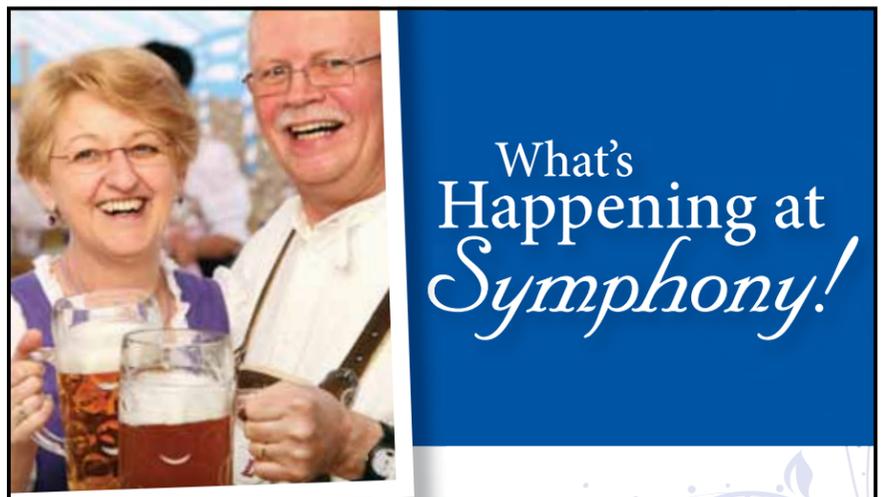
PHOTO: ELIZABETH BALLARD

The new Exploration Garden on Bank Street at the southeast corner of Central Park

THE GLEBE GETS A NEW PARK

Some readers, particularly those with younger children, may have noticed a new park in the Glebe. The Exploration Garden, located on Bank Street at the southeast corner of Central Park East (across the street from the LCBO), was officially opened in early July. The garden is a special little corner in our neighbourhood where kids can use their imaginations to roar like lions in the tall grasses, dig for dinosaurs in the sandbox or perform musical concerts for the world's greatest audiences. The design of the garden is meant to inspire imaginative play and as a side benefit, provides a lovely spot for parents, guardians and others in the community to reflect on our own imaginations. Great appreciation goes to the GCA Parks Committee and Councillor David Chernushenko, who have worked on this initiative for the past four years!

GLEBE COMMUNITY ASSOCIATION Twitter: @glebeca Email: gca@glebeca.ca



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GNAG's fall lineup bigger and better

THANKS, SUMMER CAMP TEAM!
 GNAG's dedicated, talented and dynamic staff does it again! This summer, there were over 286 specialty camps offered by the Glebe Neighbourhood Activities Group (GNAG) that drew over 3,000 registrants to the Glebe Community Centre (GCC). I would like to thank our summer team for their outstanding work and you, our community, for sharing your children with us. The spirit of your children makes the GCC a very special place.

Mary Tsai-Davies



www.gnag.ca

The fun does not stop here! GNAG's fall program guide is available at the GCC, online at www.gnag.ca or by calling 613-233-8713.

GET FIT WITH GNAG

Join GNAG's new Health, Wellness & Fitness program. Join me on Monday mornings in my cardio class or stretch and strengthen with Andrea Robertson's Barefoot Bootcamp or Catherine Duncan's Zumba class. You can sign up for your favourite class or complete your workout by mixing it up. Sign up for a seasonal membership or get 10 or 20 tickets to try out a variety of classes. Once you start, you won't want to stop!

GLEBE HOUSE TOUR

Explore five captivating homes on Sunday, September 21 from 1-4 p.m. Tickets are \$30 in advance and \$35 on the day and are available at the GCC, 175 Third Avenue. Call to reserve your tickets at 613-564-1058 or 613-233-8713. For information or a peek at the homes, check out our website, www.gnag.ca, under "Events". Don't miss this amazing showcase of stunning architecture and home décor.

GNAG ANNUAL GENERAL MEETING

GNAG invites the community to its Annual General Meeting, Wednesday, September 24 at 7 p.m. If you would like to be active within GNAG there are several avenues you can pursue. Give us a call at 613-233-8713 or email us at info@gnag.ca and we can help you find a role that suits you.

MARCH BREAK EDUCATIONAL TOUR IN COSTA RICA WITH GNAG (GRADES 9 – 12)

This brand new partnership with Education First and Brenda Perras of Lisgar Collegiate Institute and GNAG's team of staff will give students the opportunity to enjoy the trip of a lifetime with their friends!

Excited? You should be! This tour is designed specifically for high school students who wish to explore spectacular sites that will get your heart racing and fill you with wonder. Picture yourself boating through the canals to Tortuguero – a nesting ground for sea turtles – and discovering 11 different habitats. How about exploring a beautiful lake in Arenal or seeing a powerful waterfall, hot springs or a looming volcano? In Guanacaste, discover amazing plants and animals set against a backdrop of beaches, sunsets and forested bluffs. Imagine walking through a cloud forest. These are only a few of the adventures that await you in Costa Rica. Best of all, you get to share it with your friends and peers.

Costa Rica's incredibly diverse ecology makes it truly unique on our planet. Recognized for outstanding natural beauty and biodiversity, Costa Rica is where you want to be to make the most of your March Break. Immerse yourself in the culture of Costa Rica as you meet its people and explore its geography and ecology. You will develop your skills while making memories that will last a lifetime!

Information night: September 25, 7 p.m

Departure: Saturday, March 14, 2015

Return: Sunday, March 22, 2015

Cost: \$2,875 (GNAG fundraising opportunities will reduce the fee)

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- Breakfast, lunch and dinner daily
- Full-time services of a bilingual tour director
- Comfortable motor coach
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- Tortuguero Canals boat ride; kayaking on Lake Arenal; Arenal hot springs; La Fortuna waterfall
- GNAG staff as chaperones
- Optional: whitewater rafting and canopy tour in Sarapiquí

Contact GNAG at tsaidavies@gnag.ca for more details.

RACCOON SCULPTURES

GNAG kids have been busy creating concrete structures under the tutelage of artist Christopher Griffin. Watch this space for details of the grand unveiling!



GNAG kids have been working with artist Christopher Griffin to create these wonderful raccoon structures.

PHOTO: TIM LAMOTHE

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OCTOBER 16-19 2014

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PHOTO: LIZ MCKEEN

The red chairs scattered along Bank Street inspired our young writers to become storytellers.

Red chair stories

Before school was out in June, the Glebe Report got in touch with local schools to see if there were any budding authors lurking in the halls of academe, whose writing could be brought into the light of day. Just for fun, we asked them to write stories – any kind of story – about the mysterious red chairs that are scattered along Bank Street. The three stories that follow are by members of teacher Manmohan Panesar's Grade 6 class last year at First Avenue Public School: Adrienne V. and Gordon A. More stories will follow in future issues of the Glebe Report.

A millionaire on a chair

BY ADRIENNE V.

As of two weeks I had been investigating the murder of Louis Irwin. As I was one of the most respected detectives in my field, I had to be a mentor to new workers. This meant working with Joseph. So far, we knew two things. The first was that Louis was a millionaire with many enemies, most tending to be furious ex-wives. The second being that he was murdered on one of the metal chairs recently installed on Bank Street.

Currently, Joe and I were looking through Louis' apartment. I heard Joe shout from the other room.

"Erin! I've found a letter in the closet!"

My heart beat faster. I ran into the room where my colleague was standing, holding a note that he began to read aloud which contained death threats, signed by "EC."

I smirked at him. "We've found a killer," I stuttered. Emotions raced through me as I stood still.

When we were back at the chairs, I leaned down to wipe off something from my skirt. As I did so, a business card fell from my pocket onto the red chair. Joseph picked it up, but before giving it back, he read the name.

"Erin Clifford."

Adrienne V. was in Grade 6 at First Avenue Public School last year when she wrote this story.

The don't wannabe chairs

BY GORDON A.

"Whoah, another story about chairs?!" exclaimed Sean in surprise.

"I know! And we're in it!" Replied Chloe enthusiastically. They stood outside of Shoppers pretending to be art and not being admired by pedestrians, but mostly getting rained and sat on.

"Why would anybody go through the trouble of writing a story about chairs?" asked a mystified Sean.

"I have no idea but apparently we're the main characters!" replied Chloe.

"So first some guy builds us and calls us art and next people are writing stories about us!?"

"I'm going to be rich and famous and beautiful!"

"I just don't get it! Who would read this story anyway? I mean it's about chairs for crying out loud!"

"I wonder where the chairs are though?"

"Chloe, WE'RE the chairs!"

"I'm a chair?! NOOOOOOOOOO! How will I ever get to be Mrs Styles now? Waaaaahhhhhh!" cried Chloe in anguish, thoughts of being married to 1D vanishing from her head. "I don't want to be a chair!"

"All right, I think I can fix it. Hey you! Writer dude! Make us something other than chairs! Being a chair sucks!" yelled Ethan into the air.

"Yeah, anything but a chair!" screamed Chloe up to the clouds. A few seconds later two piles of dog poo sat on the sidewalk next to shoppers.

"Well this sucks." Said Ethan.

Gordon A. was in Grade 6 at First Avenue Public School last year when he wrote this story.

Your password is incorrect

BY ADRIENNE V.

My name is Gregory Williams. I am the owner of battery Z54, the government's mistake capable of global brainwash. The government couldn't have it stolen, so it was given to me, who no one would suspect. Then, one of the creators of Z54 went missing. For a long time it was safe. That is until one day.

I woke up without Z54. I called my boss for help.

"It's gone," I explained.

"I knew this would happen. Go to the chairs on Bank Street. Knock on the red one. A keyboard will appear. The password is..." and then my phone died.

I screamed in frustration and left. I ran outside to the chairs, knocked, and saw the keyboard. I searched my mind for passwords. After 86 tries, I hated seeing the same "your password is incorrect" sign. Then it hit me. I typed "incorrect" into the keyboard. The answer was there all along!

The chair flew into the air, revealing a ladder that led underground. When I was at the bottom, I saw someone I never thought I would see again: the missing scientist. She lowered the battery into her computer, but before she could brainwash the world, I tackled her, sending the battery flying.

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PHOTO: DAVID CASEY

Dan Metcalfe, local artist of many talents, stands beside the mural he and another artist painted on the wall of Mrs. Tiggy Winkle's.

Dan Metcalfe pushes boundaries to make engaging art

BY DAVID CASEY

Never satisfied with the status quo, pushing boundaries and doing things his way, Dan Metcalfe has blended his rebellious nature with portrait art, large-scale public murals and a successful career as a graphic artist. As a youth growing up on Powell, Dan was always drawing; inspired by comic books, he drew heroes and villains, and later refined his skills by drawing portraits of people.

An education in advertising and a Bachelor of Design, combined with his love of art and his downtown upbringing, helped form the artist

and graphic designer that he is today. Having friends in both the artistic and hip-hop communities, he was able to seamlessly blend his skills. He designed vibrant and off-the-wall posters to promote friends' concerts, which in turn increased his exposure. Metcalfe hasn't kept track, but figures that he has produced at least 80 posters in the last few years.

Because his posters were plastered along Bank, Elgin and other hot spots, he was asked to fill in as a last minute replacement for an art show at Oz Café in 2011. This was his first show as a painter. Metcalfe's oeuvre was a mélange of styles, colourful exper-

iments and highly detailed, lifelike portraits: naturally, it was a success, and he hasn't looked back! A recent exhibit of striking portraits at the Manx Pub paid for his honeymoon and was featured on CTV's *Regional Contact*.

While Metcalfe has enjoyed the success of his restaurant and lounge shows as a portrait artist, it is his murals that have been getting a lot of attention. As a teenager, Metcalfe began spray painting, indulging his rebellious side by tagging alleyways and buildings. These illicit activities opened up a new world of artistic possibility, as he refined his ability with spray paint and learned how to manage the daunting size and scale of mural painting. Metcalfe was eventually caught painting an unauthorized piece and was required to do community service: paint a large-scale mural about family and community in Westboro. The completed project was so well received that Christine Leadman, then head of the Westboro BIA, helped Metcalfe get his first mural commission: the artwork that adorns a wall of Segue restaurant (previously Fratelli's on Bank St.).

Since then, Metcalfe's artistic career has blossomed. He has produced large-scale murals for Delilah and Davidson's Jewellers and the LCBO at Powell, and he has collaborated with colleague Pat Buck on Mrs. Tiggy Winkle's and Octopus Books. One reward of painting murals legally is that he is able to do it with good lighting!

Metcalfe loves the Glebe community, the friendly neighbours, beautiful parks and streetscapes as well as the amenities of adjacent neighbourhoods like Centretown and Little Italy. He and his wife Mandy have made a home in an apartment on Cambridge overlooking Dow's

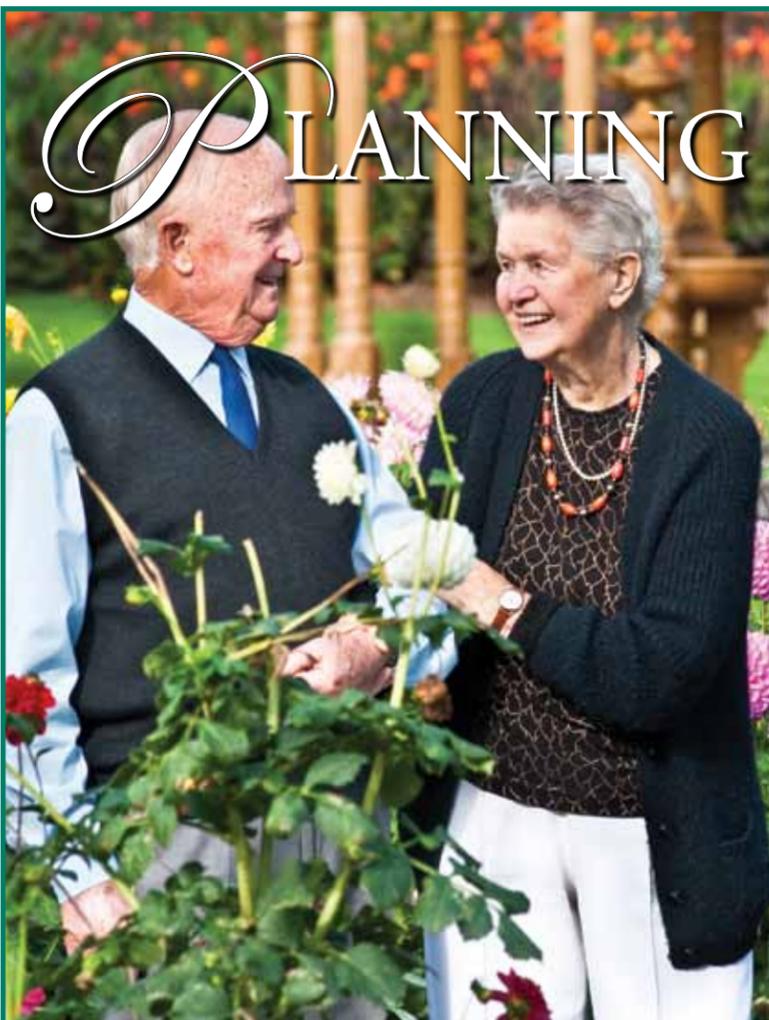
Lake in the Glebe Annex.

An eclectic mix of art adorns their walls. The evolution of Metcalfe's art is represented in various rooms; his pieces sit comfortably beside an elegantly framed Monet reproduction, art from local artists and a map depicting the history of the North West Mounted Police. The artwork ranges from landscapes to graffiti, from poster art to an inquisitive squirrel painted on a wood inlay background by an artist who grew up on Adelaide. Most of the furniture was expertly purchased over the years at the Great Glebe Garage Sale and a stately antique sewing machine from Metcalfe's grandmother anchors the living room.

In a bedroom, canvasses are neatly stacked in one corner and paint supplies cover nearly every surface. Because of Metcalfe's career as a graphic artist, he needed to draw or paint whatever his clients requested. As a result, he isn't attached to any given style and is able to paint whatever he wants as the mood strikes. There are canvasses of all shapes, sizes and subjects in various states of completion. A large canvas sits on an easel in the middle of the room, below the ceiling light – a quirky image of a man in a tailored suit, cigarette alight, with an ape's head.

While continuing as graphic designer for Gongshow Gear, Metcalfe hopes to hold art shows and paint murals in other cities. Rooted downtown, he will support his fellow artists, be they musicians or visual artists, while he pursues his brand of engaging art in our community.

David Casey, Glebe resident, writes regularly for the Glebe Report on local artists and their creative spaces.



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Ruth Secunda celebrates 40 years as an artist

Ruth Secunda, an artist who started her career in the Glebe in the 1970s, recently held an exhibition at the Avalon Studio marking her 40 years as an artist. Here are excerpts from her presentation, "I'm still here."

Beginnings in Ottawa

When I moved to Ottawa at 11 years old, I studied jazz dance at the Arlene and Bill Dick Dance Studio on Rideau Street. I joined the majorette corps in high school and learned to twirl a baton. And here's a secret: it was 1968, the year Ottawa beat Calgary in the Grey Cup, the year I was a Rough Rider majorette. *There, I've said it.*

Sisal and jute

In 1971, I went to Israel to learn Hebrew and live on a Kibbutz. One day, a girl showed me how to tie knots. She told me it was macramé, an ancient and mystical art form that launched my creative journey. The summer I returned to Ottawa, I made a sculpture for a friend – thick sisal and jute that twisted and turned into something unique. This was a turning point for me. I wanted to take my chances in the world of artistic expression.

A group of us started the Bytown Artisans Guild and organized craft shows on the terrace of the new National Arts Centre. I made necklaces out of tiny embroidery threads and sold



Ruth Secunda talks about her 40 years as an artist, at the Avalon Studio on August 24.

them for \$2.50. I made things called plant hangers that hung from the ceiling – no one knew what they were.

In 1973, I joined one of Canada's first craft co-operatives, 54 1/2 George. We became known in the Ottawa arts community for establishing a renaissance of the arts and crafts movement.

My fibre career began with an exhibition called "Form and Fibre" in November 1974. It was at The S.A.W. Gallery when it was called Sussex Annex Works and it was above Le Hibou Coffee House on Sussex Drive. I made three-dimensional sculptures of fibre that you could go inside. One time, I decided to have an exhibition at my house on Second Avenue. This had never been done before in Ottawa. On that weekend, 200 people came to "Fertility and Rebirth."

Montreal years

We met in October on a train to New York City in 1981. I was going to a friend's loft party in Soho, where we

were to dress as a Beatles song. The young man sitting beside me on the train thought I was fascinating! We spent 2 days together exploring New York City and three months later, I moved to Montreal. They were crazy times... outdoor cafes; dancing in the clubs; music in the streets; drumming on Mont Royal. In Montreal, I sold at street festivals, craft shows... anything to survive. It was a time of fiery politics and powerful energy. I marched to "Take Back the Night"; I marched for peace wearing a rainbow mask.

I became a member of a feminist co-operative gallery called Powerhouse. One night, into the gallery walked Leonard Cohen. He was in his 50s and with a young beauty. At the end of the evening, I got a huge cramp in my leg and stopped in the middle of the floor, unable to walk. Leonard Cohen leaped up, slid across the floor on his knees, and began to vigorously rub my leg. *Hallelujah, Leonard.*

Beautiful Banff

In 1986, I was at the Banff School of Fine Arts, where I wrote and performed my next one-woman show, "But Only From the Waist Up." While at Banff, wonderful locals convinced me to stay. For the next 8 years, I hand painted T-shirts for a living, and got a reputation as a "Banff artist," painting images of nature on canvas and exhibiting my work throughout the Bow Valley. I helped start the Banff Arts and Cultural Alliance and organize a yearly children's exhibition called "Art Venture." I held a major exhibition at the Whyte Museum of the Canadian Rockies called "So, When Are You Coming Home?"

I also worked with children and women, teaching classes and workshops. I volunteered with the Bow Valley Literacy Program, and was involved with festivals that came to the beautiful mountain town. In 2001, I was rewarded for my volunteer work with the Governor General's Caring Canadian Award given to me by Adrienne Clarkson. That made me feel very proud!

Return to Ottawa

Dad called when he was 90 years old and asked me to return to Ottawa. Since I've been back, I have volunteered with the Ottawa Arts Council and the Museum of Nature, and I am working with a literacy group, People, Words and Change. I also teach art to children.

Here I am, 12 years later, celebrating 40 years as an artist. I still feel young and motivated, and I follow my heart and vision. I am grateful for a long and interesting career and, yes, I am still here!

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At the Roast 'n Brew

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Beauty and peace in Thailand

BY ANDREW CARDOZO

This series of paintings of the beauty and peacefulness of Buddhist temples

in Thailand was inspired by my travels to Bangkok and Chiang Mai. While there, I spent a lot of time in several breathtakingly beautiful and peaceful temples, hundreds of years old yet incredibly well preserved and protected, inside and out. This may be presumptuous or heretical, but I felt like I found my "inner Buddhist," and that is what I tried to convey in my paintings – inner peace, serenity, humanity, a rich sense of culture.

The streets of Thailand are busy and the people are kind and friendly (and unfortunately, the politics completely crazy and out of character). I was left



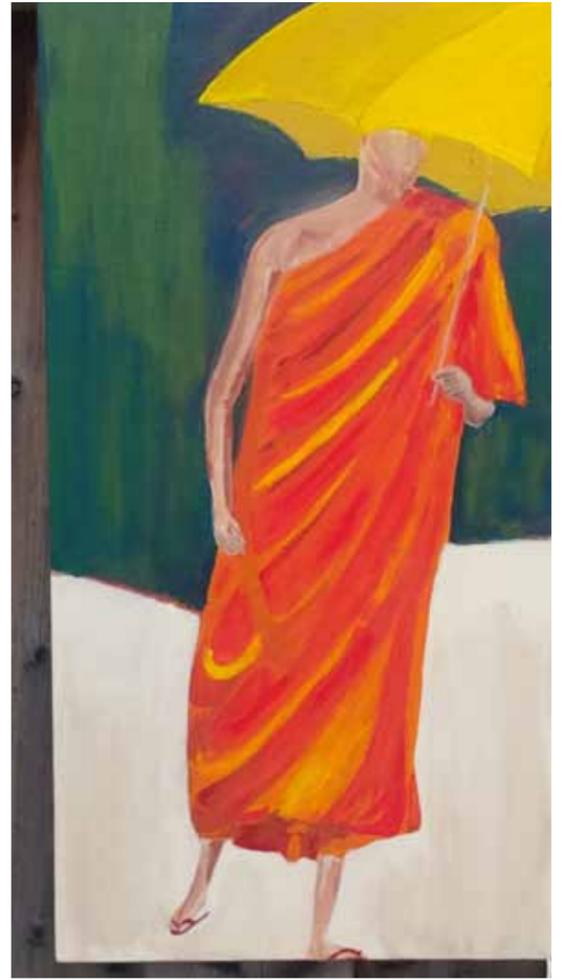
with that sense of peacefulness you get when you hang out at temples or just chat with people. My focus on peace is also my personal statement about how politics in Thailand can and should be.

As I created these paintings this past winter and spring in Ottawa, I wanted to recreate that sense of beauty and tranquility that is so palpable in those ancient temples. I have tried to evoke the beauty of Buddhism by focusing on details from temples, the roofs of which are often a series of decorative detailed carvings, including the legendary *lamyong* and *chofa*.

I found the young monks in their orange robes, who ambled around between study sessions and other duties, rich in colour and simplicity.

This show includes paintings of temples such as the one pictured, which includes ancient wooden structures with highly decorated edgings and accessories. The monk shown here seems to be absorbed in his thoughts as he walks purposefully between buildings in the temple compound, carrying an umbrella to shield him from the hot tropical sun.

I have been painting for about seven



years and have received my training at the Ottawa School of Art and from other Ottawa artists. The Glebe has been my home for over 15 years, a neighbourhood of serenity and calm... to a degree!

Roast 'N Brew Café
843 Bank Street at Fifth Avenue
in the Glebe

Andrew Cardozo is a Glebe artist.



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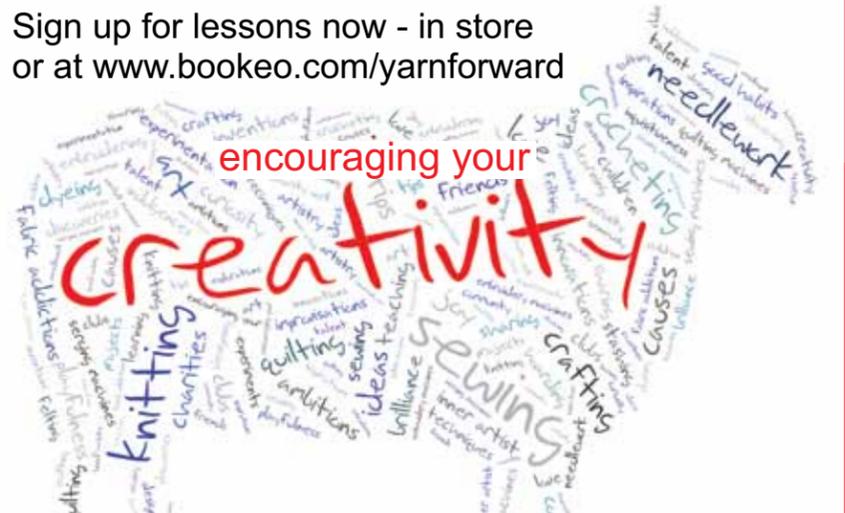
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Wasting time in the pool with Clea and Austin



Clea and Mya, aka Lauren and Bacall

PHOTOS: CLIVE DOUCET

‘I’m king of the castle and you’re the dirty rascal!’

BY CLIVE DOUCET

Carol Shields once said, “summer in Canada is a dispensation”. It’s the time we get to put down tools and enjoy the sunshine, the warm mornings, sunrises and sunsets. At least grandfathers do. For grandchildren in the city it’s busier. There is Glebe Neighbourhood Activities Group (GNAG) camp, sports camp, bike camp, swim camp. Woof! I get tired just thinking about all the camps Felix, Clea and Evangeline are attending. Time with Grandpa tends to be a bit calmer.

We go to the water, wherever we can find it. City parks are great. The hose in the back yard is always fun: spray and run – howling. Bicycle along the canal relying on old-fashioned conversation for entertainment and the fat ducks who waddle beside the path at Dow’s Lake. These are the fattest ducks on the planet and resent the slightest disturbance to their daily

heavy obligations to snooze, swim and eat. Sometimes we walk to the reading trees in the Arboretum and climb them. There I read from a branch in the tree, pretending I am Peter Pan. As you probably know, reading trees are hard to find and sometimes difficult to settle in because they are infested with pixies.

“Time with Grandpa tends to be a bit calmer.”

The pixies are odd creatures. Sometimes, they are so quiet, you can’t see or hear them, and they let you read in peace. Other times, they are loud and can bite. I encourage the children to play quietly while I read so as not to disturb the pixies. Who likes to get bitten? Sometimes this works and the children are quiet and I am left to read in peace. Other times, they wake the

pixies and we have to run for open ground, which, as everyone knows, tree pixies avoid.

It’s impressive how the old games stand the test of time and how once learned they’re never forgotten. I still find myself climbing to the top of a park climbing structure and bawling to Felix and Clea, who haven’t climbed quite as high as me “I’m king of the castle and you’re the dirty rascal!” Where did that come from and why do I still remember it? Probably because there have been kings of the castles and dirty rascals below for about five thousand years.

I’m embarrassed to admit that we have more toys for our grandchildren than we ever had for our own children. In the basement, we have two large dress-up boxes stuffed with lions and unicorns and ball gowns and strange hats and swords. Whenever Felix, Clea and Evangeline visit with friends, there is scarcely a hello before they

disappear into the basement to see if there are any new arrivals in the dress-up box. From the basement a good deal of howling and screeching rises before the girls emerge as Lauren Bacall without the cigarette and the boys appear in their natural state – gangsters.

Not all remains the same. There are new games that must be explained to Grandpa. The new ones have new rhymes and quite a few rules about where you can get tagged and where you can’t get tagged, and who is first and who is not. Clea was explaining a new one to me and I was slow grasping the details. Felix complained: “Grandpa, you’re wasting play time!” No doubt I’m guilty. Nonetheless, I’m glad to report I wasted a good deal of time this summer. I hope you did too.

Clive Doucet is a Glebe grandfather who shares his grandfatherly wisdom with the Glebe Report.

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PHOTO: NICOLA YOUNG

Noémie Pound hanging out in front of Kunstadt Sports, one of the sponsors of the Happy Hearts Fashion Show and Silent Auction, which she is organizing. Proceeds go to support CHEO and the CHEO Research Institute.

Eight-year-old Noémie thinks big! Happy Hearts Fashion Show and Silent Auction

BY NICOLA YOUNG

When I arrive at Marbleslab Creamery on a late August evening to meet with 8-year-old Noémie Pound, she has already ordered. White chocolate ice cream with cookie dough and brownie bits in what has to be the biggest waffle cone available. It looks like a lot for her to handle but I'll soon learn that it is Noémie Pound's nature to think big, aim high and always follow through. (Spoiler alert: she ate the whole thing.)

At the time of our meeting, there is just over a month left until the big day. Not the day when the first book report is due or the day when long division is

introduced. On *this* big day, \$10,000 dollars will be raised for CHEO and the CHEO Research Institute, all because of Noémie Pound. October 3 marks the unveiling of a vision that's been months in the making, the Happy Hearts Fashion Show and Silent Auction at the Canadian Aviation and Space Museum. She had been in a fashion show before with local agency, Angie's Models and Talent, and while that was fun, Noémie wanted more. Instead of just walking the runway she wanted to *run* the runway – and so began Happy Hearts.

The idea came about in early spring, when Noémie and her friend Victoria threw together an impromptu fashion

show one afternoon for a handful of neighbours. They made \$22 and strangely enough, didn't spend it on candy. Another day they raised \$14 dollars in under an hour telling jokes and doing magic tricks. Upon donating the money to CHEO, Noémie was given a tour of the CHEO Research Institute, which inspired a new goal: \$10,000. As Noémie puts it, "It just seemed like a good number."

Although her mother Catherine is always close behind, it is Noémie who has approached local businesses to dress up her friends for the fashion show and donate goods for the silent auction. According to mom Catherine, "We have a lot of Glebe donors so far: BGGO, Brio, Fab Baby Gear, Joe Mamma, Kunstadt, Magpie, Mrs Tiggy Winkle's, The Papery, Starbucks, Truffle Treasures, and Urban Pear." Noémie just strolls right in and asks to speak with the boss like it's no big deal. With a twinkle in her eye, a winning smile and an ice-cream free handshake to boot, it's no surprise that so many have jumped on board to donate their time, expertise and products.

Local radio personality Heather Ray will MC the event. MediaStyle has helped with marketing (they collaborated with Noémie on the logo design) and Allegra on Carling Avenue has covered the promotional materials. Party Time Rentals is providing the stage and runway and Quality Entertainment, the DJ. At least ten different brands will be dressing the young models and the silent auction is going to be off the charts.

Noémie cites skiing as one of her favourite hobbies so naturally she went after Kunstadt, which has become Happy Hearts' biggest sponsor. She is also pushing for a certain trio of Canadian Olympic ski-star sisters to attend as guests of honour. "They're my first choice", she offers, optimistically. And

there will be cookies. We can't forget the cookies. Noémie is proud to announce that Le Moulin de Province ("They did the Obama cookies!") has agreed to produce the signature cookie of the evening. And pourquoi pas? When I ask if she's ever doubted she could pull the whole thing off, I feel foolish. It seems that for Noémie, success is the only option. "When I want to do something, I don't stop until I finish it."

At this point, I start to wonder if Noémie Pound is from another planet, or at very least, a grown-up in disguise. My suspicions are put to rest when I find out she's a big fan of *Frozen* and that the DJ definitely has to play "Let it Go". She also has a bunk bed with a slide, a bunny rabbit named Black Beauty ("She's black.") and an annoying little brother, Alex ("He's *not* in the fashion show").

As we part ways, I ask Noémie what she wants to be when she grows up. After offering about 28 different options in as many seconds, she tells me her top choices are veterinarian, pediatrician, and farmer. "Oh! And Prime Minister." Sounds about right.

Nicola Jane Young is a Glebe resident who loves to meet cool kids with a cause.

HAPPY HEARTS FASHION SHOW AND SILENT AUCTION

Canadian Aviation and Space Museum
Friday, October 3, 6:30 – 9 p.m.
\$20 for adults, \$10 for kids under 12, and free for kids under 5
To buy tickets: goo.gl/21Nfkf
For more information, search Happy Hearts at eventbrite.ca, or go to goo.gl/MofGes



"Friendly Fishes" drawing by Sam, age 6, who enjoyed his dinner at Flippers recently, while visiting the Glebe from England.



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The Glebe according to Zeus

A GUINEA PIG'S PERSPECTIVE ON THE GLEBE



There's a new pig in town!

In an unexpected turn of events, Zeus' summer safari sabbatical has been extended and rumours are swirling that the corpulent pig may not be returning to the Glebe! Indeed, his competitors, Squirrels-R-Us, allege that Zeus left in shame and rage after a deal fell through for his proposed "Ottawa Furry Soccer Team," which was to be comprised of hand-picked Peruvian quadrupeds that had been brought up on nothing but soccer and fresh grass.

Zeus, who could not be reached for comment, said he had no intention of commenting on the soccer situation or divulging his whereabouts on Pretoria Avenue. Indeed, this location coincides with sightings of Zeus on an elephant taxi, moving slowly toward Oresta, where he has been known to enjoy extended spa treatments.

Whatever the story, the Glebe is buzzing with the arrival of Obelix, a well-known portly pig flown in from

Montreal last week to act as interim CEO, CFO, and POO. Legend has it the corpulent pig fell into a kibble cauldron as a young boar and, growing to gargantuan size, developed a love for big profits and even bigger ladies. His assistant, Pigefix, is a master at the bargaining table and expected to triple GiddyPigs profits in less than three months using harsh measures. However, according to Giuseppe, the mailroom attendant, employees at GiddyPigs have never been happier, "Obelix has instituted Universal Nail Care (UNC) for us and even given each of us a fleece-lined napping pod! Most of us live at work now!" Only time will tell whether this is true kindness or a clever form of exploitation instituted by the corporate pig.

To buy stocks in GiddyPigs.com, please leave a large bag of organic carrots, tops on, in the Strathcona Library box with Obelix's name on it.

IN THE LAND OF GLEBE



IN THE LANGUAGE GARDEN

ALL AGOG FOR PEDAGOGY

BY ADELLE FARRELLY

Just as the seasons change from summer to autumn, school returns whether you're ready or not. To help ease the transition from lazy warm days to busy cool ones, contemplate some relevant etymology: pedagogy. When I was in school, we students relished pedagogical days or, as we called them, "ped days." To us, it meant a day off; for the teachers, a day of meetings and lesson planning. Those days hold a clue to the word's meaning, for pedagogue is another word for teacher. "Pedagogy" is thus those duties and practices belonging to a pedagogue. Yet compared to "teacher," it is a complicated-looking word. Where did it come from?

As with many complicated or scientific-looking words, the answer is Greek. You might recognize "ped-" from "pediatrician," which hints to its meaning. "Ped-" is from "paidos," the Greek word for child. But caution! Some ped-words, such as pedestal and pedestrian, are from the Latin word meaning "foot." The second half of pedagogue is a little trickier to spot for English-speakers and has a trap of its own. It is tempting to group pedagogue with words like "dialogue" and "catalogue," but the similarity of their endings is deceptive. In those words, the full suffix is -logue (from logos, meaning "word") and not -ogue. Pedagogue's suffix is -agogue, from "agogos," or leader. A pedagogue, or teacher, is thus a leader of children. Fun fact: according to the Online Etymology Dictionary, the term originally referred to slaves responsible for escorting boys to school and supervising them. No one would dispute that even now teachers work exceptionally hard in looking after their charges; these days, thankfully, they are paid for it.

Adelle Farrelly is enjoying her new motherhood and delights in bringing new words to readers of the Glebe Report.

FRAGMENTS



"A SMALL BOTTLE OF BURPEE, TWO TWINKIES AND SOME CAPTAIN BOB'S CHEESE BITS. I'VE BROUGHT MY SON'S SCHOOL LUNCH BY MISTAKE."

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Osteoarthritis

BY DR. SHARIN MATHANI

Osteoarthritis (OA) is a common cause of joint pain. It can be defined as the degradation of the articular cartilage, which is tissue that lines the ends of your long bones and helps to form your joints. There is a distinction between osteoarthritis, osteoporosis and rheumatoid arthritis. Osteoporosis is a condition that results in bones becoming brittle and weak. Rheumatoid arthritis (RA) is a joint disorder like osteoarthritis, but it affects joints in a different way than OA. RA is a chronic inflammatory disorder that affects the lining of the joints and can eventually lead to swelling and erosion of the joint. It is an autoimmune disorder in which the body's immune system attacks itself. In contrast, OA is largely a non-inflammatory process, although it can have an inflammatory component. While OA can affect any joint in the body, it typically occurs in the knees, hips, low back, neck, and hands. It is the most common type of arthritis and affects millions of Canadians.

EFFECTS ON THE JOINTS

A joint typically contains articular cartilage, a joint capsule and fluid. These elements work together to cushion the ends of the bones and allow for smooth movement of a joint. In OA, when the articular cartilage begins to wear away, bone can start to rub against bone causing pain. As well, free-floating cartilage can cause locking of the joint and decreased mobility. Inflammation of the joint capsule can occur along with "bony



HEALTHY KNEE JOINT



OSTEOARTHRITIS

spur" growth around the joint, leading to further pain, stiffness and swelling of the joint.

CAUSES AND RISK FACTORS

Multiple factors can play a role in the development of osteoarthritis. Rarely, inherited conditions can be a predisposing factor. More commonly, a combination of aging, trauma, muscle weakness, and excessive body weight can progressively affect the integrity of the articular cartilage in our joints and lead to OA. Repetitive high-impact use and previous joint injuries can weaken articular cartilage, making it further prone to damage. Another risk factor is weak muscles around joints; for example, weaker quadricep muscles can lead to greater pressure applied to the knee joint leading to articular cartilage damage. OA is also more prevalent in patients with severe diabetic peripheral neuropathy (nerve damage) as these patients often cannot sense the intensity of the impact they make with the ground when walking. This reduced sensitivity leads to higher

impact on the joints causing further wear of articular cartilage.

PREVENTION AND MANAGEMENT

OA damage cannot be reversed and can gradually worsen over time, so the management is aimed at pain reduction and disability prevention. First-line treatment for OA includes lifestyle modifications and oral/topical analgesics for pain relief. Lifestyle modifications are largely comprised of a healthy diet and exercise; this two-punch combination helps maintain a healthy body weight, very important in reducing both the symptoms and risk factors of OA. Exercise helps strengthen the muscles around our joints, and subsequently reduces the need for analgesic medications. Beneficial exercises include aerobic, aquatic and resistance training. If oral or topical medications and lifestyle modifications fail to help, your family physician can determine whether you are a candidate for joint injections or even joint replacement surgery in severe cases.

RESOURCES

- The Arthritis Society: www.arthritis.ca
- Mayo Clinic: <http://www.mayoclinic.org/diseases-conditions/osteoarthritis/basics/definition/con-20014749>

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Glebe resident Dr. Sharin Mithani is a resident in family medicine at the University of Ottawa and practises at The Ottawa Hospital and Elisabeth Bruyere Hospital.

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- Promote smarter suburban planning and more active transportation connections
- Apply Complete Street principles to more road projects
- Promote sustainable urban intensification and development
- Support public health promotion by implementing Ottawa Public Health's Healthy Eating, Active Living (HEAL) strategy
- Fully implement the Ottawa Cycling Plan and Ottawa Pedestrian Plan



What issues are most important to you?
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Nutrition label literacy

BY GRAHAM BEATON

Eating a healthy diet is a challenge for many Canadians. We often work long hours, commute and manage children's activities as well as social and family commitments, making it difficult to find the time to shop for, prepare and eat healthy nutritious meals. This lack of time leads us to eat at restaurants or choose convenient prepackaged meals that can be quickly prepared at home. Unfortunately, many of these options are unhealthy because they contain an excessive amount of calories, salt or unhealthy fats, or are high in sugar. These unhealthy foods lead to an increased risk of many chronic diseases, including obesity, Type-2 diabetes, cardiovascular disease and cancer.

To choose healthy meal options, you need to know how to read and interpret nutrition labels. Nutrition labelling on packaged foods can be confusing and many manufacturers make misleading claims regarding the health of their products. For example, a popular breakfast spread claims to have 91 per cent less sodium than the leading peanut butter (sodium is salt). Sounds healthy, but if you look at the label, the majority of the spread is sugar – not healthy at all.

When you are reading a food label, there are several things to watch out for. In particular, look at serving size and calories, as well as the amount of saturated and trans fat, cholesterol, sodium and carbohydrates (total fibre and sugar).

SERVING SIZE

Start by looking at the suggested serving size. Serving size allows comparison between similar products (for instance, two tortilla chip manufacturers have serving sizes of 28 vs. 50 grams), enabling you to estimate your consumption of nutrients based on the amount that you eat.

Nutrition facts	
Per 1 cup (264g)	
Amount	% Daily Value
Calories 260	
Fat 13g	20%
Saturated fat 3g + Trans fat 2g	25%
Cholesterol 30mg	
Sodium 660mg	28%
Carbohydrate 31g	10%
Fibre 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4% • Vitamin C 2%	
Calcium 15% • Iron 4%	

CALORIES

A calorie is the amount of energy that comes from food. Eating foods that are high in calories can result in excess energy intake. This energy intake is stored as fat, causing obesity and increasing the risk of several chronic diseases.

NUMBER OF MILLIGRAMS OF NUTRIENTS VS. % DAILY VALUE

These numbers are important as they indicate the nutrient content of the packaged food. In general, it is easier to look at % Daily Value of nutrients instead of the number of milligrams.

FATS AND CHOLESTEROL

Saturated fats and trans fats are the "bad fats." Both of these types of fats, along with dietary cholesterol, increase blood cholesterol levels, which increases the risk of cardiovascular disease. When you are reading a nutrition label, saturated fat and cholesterol should be less than 15 per cent of the daily value for each serving. Trans fats are a more harmful type of fat and should be avoided altogether.

SODIUM

High dietary sodium intake, like fat and cholesterol, increases the risk of cardiovascular disease. In addition, high sodium diets increase the risk of developing certain forms of cancer. Choose foods with less than 15 per cent of the daily value per serving.

CARBOHYDRATE – FIBRE AND SUGAR

Fibre is a type of indigestible carbohydrate. It is not broken down and absorbed as a nutrient. Instead, fibre remains in the gastrointestinal tract where it helps to regulate bowel function, fat and sugar absorption and contributes to feelings of fullness after a meal. Many Canadians do not consume enough fibre in their diets. Choose packaged products that are high in fibre.

Sugar is a soluble carbohydrate. It is naturally contained in certain foods, such as digestible parts of plants (primary source) and dairy and dairy products (low carbohydrates content). As well, it is found in foods that have been sweetened with various forms of sugar (glucose-fructose, fructose, lactose, sucrose, cane sugar, honey, molasses, corn syrup). Consuming excess sugar, specifically from sweetened foods, increases calorie intake without adding any other nutritional or health benefit. This may lead to obesity and other chronic diseases.

Currently there is no recommended amount of sugar that is considered healthy. As a general rule, try to consume less than 100g of sugar per day (15g or 15 per cent per serving).

VITAMINS A AND C

These nutrients are abundant in a normal healthy diet and can usually be disregarded on a nutrient label. For instance, eating one medium sized carrot provides approximately 430 per cent of the recommended dietary intake of the nutrient (vitamin A), so there is no need to seek it out in packaged foods.

AN IMPORTANT NOTE ON FOOD CHOICES

The healthiest foods do not come with nutrition labels. These foods include fruits, vegetables, unground raw meat and poultry, fish and seafood. These foods generally are the healthiest and ideally should make up most of your diet.

If you have questions about your diet, nutrition label reading, proposed changes by Health Canada on nutrition labels, or how a naturopathic doctor can help you, please call 613-290-6115 or visit www.ottawand.com.

Graham Beaton is a Doctor of Naturopathic Medicine in practice at Ottawa Collaborative Care Centres.

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Doors Open for Music @ Southminster

BY ROLAND GRAHAM

I'm very excited to present the lineup of artists for the fall series of noon hour concerts at Southminster United Church, which began on September 10. As you will see below, there is great variety of music and a wonderful mixture of new and returning artists to the series.

The first concert featured favourite artist Miguel De Armas, who thrilled us last January with a solo piano presentation of standards and originals from all over the Americas in his very personal Cuban style.

Other jazz artists scheduled to perform this season include pianists Steve Boudreau and Brian Browne, saxophonist Peter Woods, guitarist Tim Bedner, and the multi-faceted singer-pianist Elise Letourneau.

In keeping with the series mandate to promote new talent, several young artists will be presented as well, including a number of talented classical pianists from the Université de Montréal, a solo guitarist presenting original works of his own and a few excellent classical singers.

New faces to the series that will be well known to Ottawa music fans include pianist Frédéric Lacroix and organists Thomas Annand and Jennifer Loveless. Music planned for the series includes masterpieces from the baroque right up to the modern day; instruments to be performed include the pipe organ, harp, piano, voice, violin, guitar, flute and saxophone. There is absolutely something for everyone!

Concerts begin each Wednesday at noon, generally last between 45 minutes and an hour, and admittance is by freewill offering.

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- Volunteers to drive clients to medical appointments.
- Volunteers for Luncheon Club - Tuesdays
- Volunteer to lead bingo on Monday mornings
- Volunteers to assist with escorting - evenings and weekends available
- Volunteers to assist with feeding.
- Volunteer for Clerical work
- Volunteers for Day Away Program on Wednesdays from 9 - 3:30 pm training provided
- Volunteers for Community friendly visiting and Long Term Care friendly visiting
- Volunteers to provide nail care - ideal for students
- Volunteers to assist with music programs.

If you are interested in any of the above positions or would like to discuss other options please contact Lonelle Butler at volunteer@glebecentre.ca or 613 238-2727 ext. 353.

FALL 2014 LINEUP

SEPTEMBER 24 TANDEM HARPS

A duo performance featuring Juno-nominated harpist Caroline Léonardelli, along with rising star harpist Robin Best from Ottawa. Works include Ravel's *Mother Goose Suite*, Debussy's *En bateau* and other classics.

OCTOBER 1 THE FRENCH ROMANTIC ORGAN

Southminster's historic Casavant in action with virtuoso Jennifer Loveless, organist of Ottawa's Notre-Dame Basilica, in a program of French Romantic gems by Fauré, Vierne, Dupré, Franck, Langlais and Jongen.

OCTOBER 8 OPEN ARMS SOLO JAZZ

A concert of original compositions including *Open Arms*, *Chorale*, and *Double Jointed*, and renditions of Thelonious Monk's *Pannonica*, Brian Wilson's *Surf's Up*, and the jazz standard *I Cover The Waterfront* with pianist Steve Boudreau.

OCTOBER 15 VIOLIN SONATAS

Great violin sonatas by Ludwig Van Beethoven, Maurice Dela and Gabriel Fauré, played by virtuoso violinist Brendan Conway and pianist Tomoko Inui.

OCTOBER 22 SONGS OF TRAVEL

Two extraordinary song cycles for baritone and piano. Gabriel Fauré's *La bonne chanson* Op. 61, and Ralph Vaughan Williams' *Songs of Travel*, interpreted by baritone Mark Wilkinson and pianist Nick Rodgeron.

OCTOBER 29 TENDER MERCIES

A jazz duo of saxophone and piano, featuring songs from 19th-century Appalachia, 1940s Hollywood, a few jazz standards, and a little bit of the blues. Peter Woods, saxophone and Brian Browne, piano.

NOVEMBER 5 A MORNING IN SPRINGTIME

More great violin sonatas by Maurice Ravel, Nadia Boulanger and César Franck interpreted by Ottawa's Christian Vachon, violin and Frédéric Lacroix, piano.

NOVEMBER 12 PIANO MUSIC BY CHOPIN

Preludes, Études, and Polonaises by the world's favourite composer of piano music, performed by virtuoso Jeunesses Musicales pianist, Lucas Porter.

NOVEMBER 19 SCHUBERTIADÉ

An intimate soirée themed event featuring songs, and works based on them, by Franz Schubert, including excerpts from *Winterreise* and *Die Schöne Müllerin*, with bass-baritone Joel Allison, flautist Eveline Mate and pianist Thomas Annand.

NOVEMBER 26 SHADES OF GUITAR

A concert for solo classical guitar featuring masterpieces by Fernando Sor and Alexander Tansman and original works and improvisations by guitarist John Testar.

DECEMBER 3 LE BEAU VOYAGE D'ESPRIT

Beautiful melodies by Franz Schubert, Gabriel Fauré, Claude Debussy, Richard Strauss and Denis Bédard performed by Montreal soprano Kripa Nageshwar and pianist Chad Heltzel.

DECEMBER 10 PIANO RECITAL

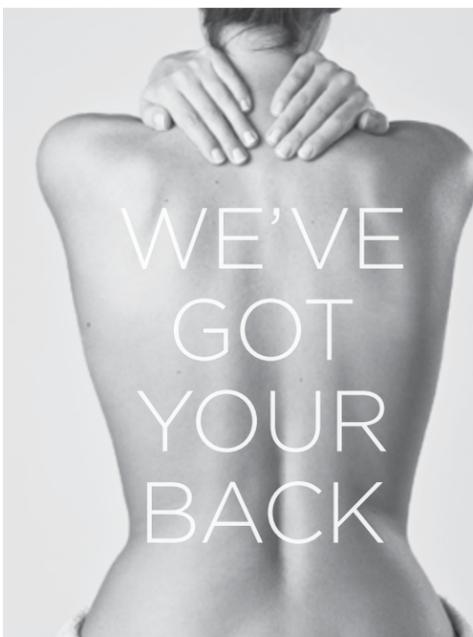
A classic piano recital featuring works by Mozart (*Rondo in A minor*, KV 511), Claude Debussy (*Estampes*), Robert Schumann (*Arabesque*, Op. 18) and Liszt (*Weinen, Klagen, Sorgen, Zagen Variations*) with pianist Sara Rezki.

DECEMBER 17 TIDINGS OF LIGHT AND JOY

A contemporary take on Christmas, featuring a mix of well-known and original songs for the season by the multi-faceted Elise Letourneau, piano, flute and vocals, and Tim Bedner on guitar.

For full programs, visit the church website at www.southminsterunitedchurch.com. Detailed programs will be made available one week prior to concerts.

Roland Graham, M.Mus, is artistic director of *Doors Open For Music @ Southminster*.



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St. Matthew's "Mugs & Suds"

The sale of beer steins from the M. Erele Armstrong collection

BY MARGRET BRADY NANKIVELL

On Saturday, September 27 from 11 a.m. to 3 p.m., St. Matthew's Anglican Church in the Glebe will host the sale of an extraordinary collection of beer mugs that were recently donated to the church. The daytime celebration will feature beer from the Clocktower Brew Pub and the music of the Polished Brass Quintet, a talented band that plays everything from jazz to swing to classical music.

The mug collection, estimated to number 3,000, was lovingly collected over decades by the late Milton Erele Armstrong, a former civil servant. His daughter, Derele Scharfe, donated the mugs to St. Matthew's because her parents were married there in 1942. Scharfe's mother, Frances Eunice Dorothy Shaver, was a parishioner of St. Matthew's at the time.

Revenues from the beer stein sale will be earmarked for the restoration of St. Matthew's aging roof, a project that will cost the church hundreds of thousands of dollars.

"My parents would be very pleased that the mugs were given to St. Matthew's, and especially pleased that there will be an event to sell the steins," says Derele Scharfe.

Members of the St. Matthew's men's choir will barbecue food and sell non-alcoholic beverages as well. McKeen Metro Glebe is making a generous contribution of food. The festive event will be held in the church's atrium-like parking lot. There will be no entry fee and children are welcome.

"We are delighted with the support we have received from our community for this event," says Canon Pat Johnston, St. Matthew's rector, who hopes to find a mug from Laurentian University where her son studied. "The mugs alone make this unusual. People will have a really great time listening to the music and sampling the beer from Clocktower and food provided by McKeen Metro. So raise your glasses to help us raise the roof," she says.

Clocktower's brewmaster, Patrick Fiori, recommends Clocktower's award-winning Bytown Brown beer and German-style Kölsch blond ale that are brewed right here in the Glebe. The pub's manager, Brett Baigrie, says the pub is keen to support local community charities. "We have been here



Beer mug collector M. Erele Armstrong and his bride Frances Eunice Dorothy Shaver, who married at St. Matthew's in 1942. The beer stein collection, donated to St. Matthew's, will be sold at an event on September 27 to raise money for the church roof.

for 17 years, before our location (Bank Street and Pretoria Avenue) was considered part of the Glebe," he says. "We have enjoyed seeing the Glebe grow."

The stein collection includes mugs from Canadian, American and European breweries as well as universities and corporations, and includes unusual face mugs. The beer mugs are stoneware, salt-glazed, porcelain, metal, glass and even wood. An unusual china mug was identified as former British prime minister Neville Chamberlain (of "peace in our time" fame) and dates back to the late 1930s. Other face mugs include former Canadian prime minister John Diefenbaker.

Milton Armstrong was a lawyer and a lieutenant in the Canadian army at the time of his marriage. He served in Esquimalt, the Aleutian Islands and Europe. After the war he became a civil servant.

Margret Brady Nankivell is a member of the fundraising committee at St. Matthew's Anglican Church.

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Ottawa Bach Choir is back from Europe for its 13th season

BY NICHOLAS READ

The Ottawa Bach Choir (OBC) is turning 13 this year and we have planned an amazing season of choral wonders! Just a couple of months ago, this world-class professional ensemble completed its fourth European tour, which included an invitation to perform in the Bachfest Leipzig 2014 at the Thomaskirche in Leipzig, Germany, the first Canadian choir ever to be invited. Performances this season include a subscription series and special concerts, including the popular Venetian Carnival under the direction of its founder and artistic director, Dr. Lisette Canton: *Christmas Around the World*, on Sunday, December 14, 3 p.m., at the Shenkman Arts Centre; *Orlando di Lasso: Lagrime di San Pietro*, on Saturday, February 28, 8 p.m., at Knox Presbyterian Church; and *Now is the Month of Maying*, on Saturday, May 2, 8 p.m., at St. Matthew's Church in the Glebe.

Christmas Around the World commences the OBC's 13th season, and includes new and old Christmas favourites by Canadian, English, German, Italian, Spanish and Dutch composers such as Kelly-Marie Murphy, Stephanie Martin, Donald Patriquin, Byrd, Praetorius, Palestrina, Victoria, Sweelinck and more. Ottawa harpist, Caroline Léonardelli, joins the choir for this festive performance.

Orlando di Lasso: Lagrime di San Pietro features the breathtaking masterpiece by Renaissance composer, Orlando di Lasso. It contains a series of 20 spiritual madrigals in Italian and a concluding Latin motet depicting the grief experienced by St. Peter after his denial of Christ.

Now is the Month of Maying: Madrigals & Part-Songs concludes the season and includes madrigals from England, France, and Italy, by such composers as Morley, Janequin, Monteverdi and more, along with the rarely performed *13 Part-Songs* in German by Franz Joseph Haydn.

In addition to the subscription series, the OBC has been invited to perform in the International Sacred Music Festival in Quebec City and

the Luminato Festival in Toronto. The choir also performs special concerts, including its popular Venetian Carnival gala fundraiser on February 7, 2015, and smaller performances in an intimate atmosphere at the homes of our patrons and various embassies.

Tickets will be available closer to concert dates at: Leading Note, 370 Elgin Street; Compact Music, 190 and 785 1/2 Bank Street (in the Glebe); CD Warehouse (all locations), and at the door (depending on availability). Regular season subscriptions will be on sale after September 8, 2014: Reserved \$118.75, Adults \$100.75, Seniors \$91.75, Students and Youth \$55.75 (Please note: only one ticket price is available for the December 14 concert). For more information, visit the choir's web site: www.ottawabachchoir.ca or call 613-270-1015.

The Ottawa Bach Choir, which has received both national and international acclaim, was founded in 2002 by Dr. Lisette Canton and consists of some of the top choristers from the National Capital region and beyond. With the combination of a scholarly and an emotional approach to choral music, the OBC expands all aspects of the artistic spectrum, providing an unforgettable experience of music at its best.

On behalf of the Ottawa Bach Choir, I invite you to experience our concerts in the Glebe and beyond for another very special season of choral music.

Nicholas Read, B. Mus., is administrative manager of the Ottawa Bach Choir.

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2014 Ottawa International Film Festival

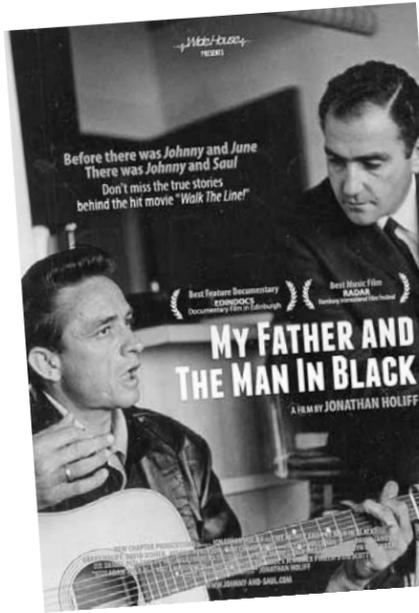
BY ASHWIN SHINGADIA

Now in its fifth year, the Ottawa International Film Festival (OIFF) was started in 2009 by Nina Bains, executive director, to showcase independent sub-culture films from rising directors, producers and actors here in the Nation's Capital. This year, the festival runs from October 15 to 19, and will show 23 international and domestic films at its main venue, the Mayfair Theatre. The cost of a single ticket is \$10; early bird pass \$95 and a full pass \$120.

The feature presentations will run from 7 to 9 p.m. for four days, from October 16 to 19.

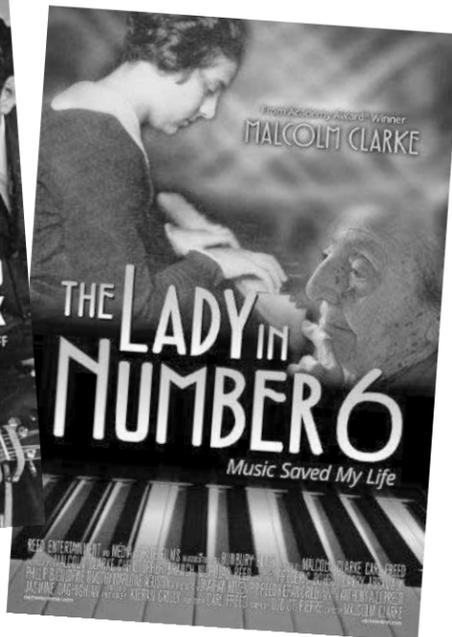
On Thursday, October 16, a local film, *Girlhouse*, will be screened. Directed by Trevor Matthews and Jon Knautz, it is a Halloween-style slasher for the digital age. The film follows a beautiful young college student who, needing money for tuition, moves into a house that streams content to an X-rated website. After a deranged fan hacks in to determine the house's location, she finds herself in a terrifying fight for life. A music video challenge follows at 9 p.m.

Friday's India features are: *Rab da Vasta*, directed by Chakravarty Devulapalli and *Meet the Patels* (US) directed by Ravi and Geeta V. Patel. In the first film, the question is: Must you kill in order to live? When an "atypical" customer walks in and demands a shave, a small time barber with a traumatic past deliberates and faces an epiphany of sorts. The second film is a romantic comedy about Ravi Patel, a 30-year old Indian-American who



is involved in a love triangle between the woman of his dreams and his parents. Filmed by Ravi's sister in what started as a family vacation video, this hilarious and heartbreaking film reveals how love is a family affair. *The Grounds* (US), directed by Peter O'Melia, follows. Calvin, an alcoholic wastrel, cons his way into a job tending grounds of a hillside mansion owned by the reclusive Jack. On the night Calvin stumbles into a bathroom to see Jack with a gun to his head, an unlikely friendship is born.

Saturday's feature presentation is *The Lady in No 6: Music Saved My Life*, which won the 2014 Academy Award for the best documentary, short subjects. Directed by Malcolm Clarke and produced by Larry Abramson, the



film centres on 109-year-old Alice Herz Somer, the world's oldest pianist and a Holocaust survivor, who shares her story of a long and happy life with music and laughter.

It is followed by the short films *Ausencia* (Costa Rica), *Bear Story* (Chile) and *Carry On* (China, USA), and in the 9 p.m. timeslot, *Subsurface Flow* (USA), a film about young lovers wounded by their childhood who travel to the desert in search of a holy ground.

Sunday's presentation of comedy shorts, mostly Canadian, include: *What is Art?*, *Dead Hearts*, *Honor Code*, *A Mile in these Hooves* (Canada and US), *Market Hours*, *Wired*, *Silent Invaders* and *Papa* (US).

International films in the 9 to 11

p.m. slot feature *Jogo De Xandrez* (Brazil), produced and directed by Luis Antonio Pereira, with cast members Priscila Fantin and Carla Marins. Mina, Beth and Martona are locked in Talavera Bruce Penitentiary in Rio de Janeiro. Mina is the brains of the group, Beth is the impulsive one, and Martona is pure muscle. Mina controls the jail by selling drugs and goods smuggled in by her sister.

Butterfly Fluttering (24 min, Russian Federation), directed and produced by Roman Kayumov, is about a modern girl, young and beautiful, who tries to follow her own instincts. She is searching for someone to love with real feelings. Perhaps she just wants to feel alive.

Also on Sunday afternoon (3 to 5 p.m.) there is an LGBTQ feature presentation, *The Turn* (Canada), which follows a 10-year-old transgender girl, Crystal, in rural Canada as she navigates the complicated world that surrounds her. Tormented at school by teachers and peers alike, she faces daily assaults. Eventually, she finds acceptance in a queer collective of roller derby players.

A Canadian music documentary, *My Father and the Man in Black*, is about Johnny Cash and the true stories behind his hit song, "I Walk the Line," and the demons that both Cash and his manager suffered.

Panel discussions are scheduled on Saturday afternoon from 2 to 7 p.m. and Sunday from 2 to 3 p.m. For more details, consult the Ottawa International Film Festival's website at www.oiff.ca.

Ashwin Shingadia is a Glebe resident and regular contributor to the Glebe Report.

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AT THE FLICKS with Lois and Paul

Finding Vivian Maier Directed by John Maloof, Charlie Siskel (U.S., 2013)

BY LOIS SIEGEL

When you were a kid, you trusted your parents to look out for your safety. Sometimes your parents left you at home with a babysitter, a housekeeper or a nanny. Vivian Maier was a housekeeper and nanny for many children. It was only in the last decade that the hidden life of Maier was discovered. It turns out that she was a very strange lady. Maier secretly took photos on outings with the children in her care or when she travelled to other countries: Bangkok, Egypt, Yemen, South America.

In 2007, John Maloof bought a large box of negatives at an auction in the Chicago area. When he started printing the photos, he was more than impressed with the images. Maloof decided to find out who Maier was. Only then did the mystery of her other life begin to unravel. She was a very private woman, and she was also an outstanding photographer.

With a Rolleiflex in hand, Maier scoured the streets of Chicago, sometimes with the children she was minding, often in questionable neighbourhoods, taking an amazing series of photos. The Rolleiflex is not like your digital camera that you look through at eye level. It's a camera that you hold at your waist and look down into. This allows you to shoot photos less conspicuously; it also makes people in the photos look more powerful.

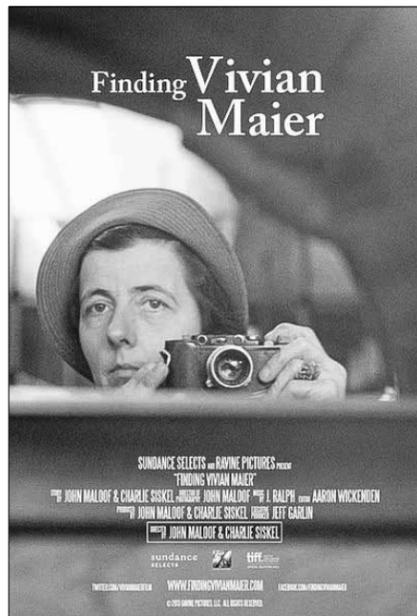
In Maier's collection, Maloof discovered 700 rolls of undeveloped film and 100,000 negatives. He found an obituary under her name in the newspaper. She was a loner with no apparent family. Then he started checking where she had worked. He also found that she was a pack rat.

Maloof soon realized that the best thing to do was to organize an exhibition of Maier's photographs. The images she shot were fascinating. She was definitely one of the best street photographers he had ever seen – in the same tradition as Diane Arbus or Helen Levitt. The images were very well composed, and reflected both humour and tragedy... very human scenes.

Maier never showed her photographs to anyone. The people she worked for didn't know she was taking photos. Maloof also came across audio tapes Maier had made, sometimes talking about politics, making her a kind of private journalist... and there were also movies. Phil Donahue, television personality, was in one of the photos; she had taken care of his children.

The story of Vivian Maier is definitely captivating. The film is filled with a most interesting collection of photos. It's a "must-see."

DVD Release Date: July 2014. Parental Guidance; Mature Theme. Available from Glebe Video.



La La, Making it in L.A. Directed by Frank and Caroline Mouris (U.S., 1979)

Hollywood, Hollywood – it's the dream of millions... *La La* is essentially a series of auditions of would-be actors who want to make it big in the movie industry. Funny and entertaining, the film includes Philip Michael Thomas, who actually did make it as Detective Ricardo Tubbs on the hit 1980s TV series *Miami Vice*, and Suzanne Kent, a series regular on *Pee-wee's Playhouse*, *St. Elsewhere*, *The Garry Shandling Show* and *Brotherly Love*.

Available online: <https://www.youtube.com/watch?v=osEWsF-mYxk>



Un Été en Provence Directed by Rose Bosch (France, 2014)

BY PAUL GREEN

Any self-respecting French family experiencing parental break-up could do worse than to have a grandfather living as an olive-grower in Provence. Such a family is at the heart of this oft-told tale of generational conflict and the perennial gap between urban and rural modes of living.

Their father having walked out for reasons that are unclear, teenagers Adrien and Léa (Hugo Dessioux and Chloé Jouannet) and little brother Théo (an engaging Lukas Pelissier) are on the TGV en route to Avignon. Their grandmother (veteran Anna Galiena) is taking them to meet grandpa Paul, an imposing figure they have never known, owing to yet another unexplained estrangement.

Once settled in Paul's rural and rustic farmhouse, a place where Grandma (her name escapes me) clearly has roots, Adrien and Léa are horrified to discover that they cannot get a signal on their cell phones. And while the diminutive Théo, who has been deaf since birth, forges an instant bond with Paul (a perfectly-cast Jean Reno), who delights in showing him the workings of the farm, the two older children remain on their guard, for in their eyes, Grandpa is, at best, a curmudgeon and, at worst, a dinosaur.

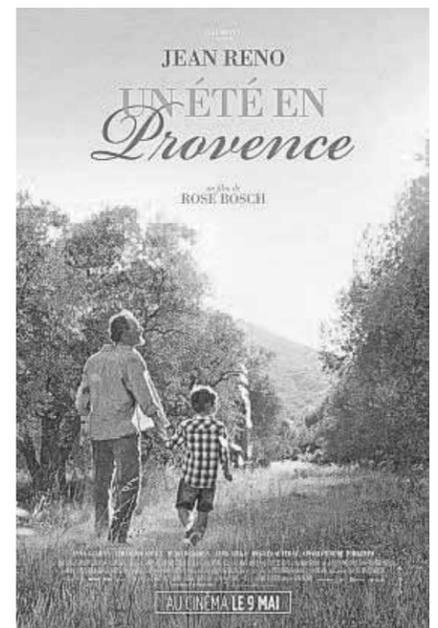
Slowly, imperceptibly, the natural rhythms of this bucolic environment work their magic on Adrien and Léa, visibly softening their hard urban edges. This is particularly noticeable with Léa who loses the tight braids in her hair and doffs her strident Parisian togs in favour of more relaxed local styles. Inevitably, Anna Galiena, as Grandma, brings out the photo album and reminisces about her care-free, younger days. Adrien and Léa are astonished to learn that their grandparents cut a wide swath across these parts in the 1970s – travelling about on motorcycles, singing songs, drinking wine and falling in love.

When not on the farm, Adrien and Léa find ample diversion in the nearby town, which bears a marked Spanish influence and is not far from *La Camargue*, where wild horses are said to roam. Léa meets Tiago, who runs a pizza stand and takes part in the *capelardo*, where agile young men defy charging bulls at their peril. (Tiago looks great on horseback and when Adrien spots him riding by, he teases his sister saying "There's your Lucky Luke", a reference to the beloved cartoon cowboy. "Lucky Luke" was rendered in the subtitles as "Butch Cassidy," which I thought rather odd.) Tiago, incidentally, provides Léa with a stimulating, if ill-starred, romantic interlude.

What's remarkable about *Un Été* is that we've seen this before – the coming-of-age story and the mending of frayed family ties – and we know where it's leading. But it is all done so artfully and with such panache, notwithstanding a few clichéd scenes and perhaps a few too many American folksongs. Watching Théo and Jean Reno, I was reminded of the 1967 Claude Berri film, *The Two of Us*, in which a Jewish boy in German-occupied Paris is sent to the countryside to shelter with a French family headed by Michel Simon, an old bigot who becomes the boy's friend once he realizes he has no idea why he's an anti-Semite.

All in all, a splendid effort from director Rose Bosch and a stellar performance from one of France's most versatile actors, Jean Reno.

Estimated DVD release: late September 2014. In French with English subtitles. 105 minutes. Probable rating PG.



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Princess Patricia, colonel-in-chief of the Princess Patricia Regiment, with members of the regiment

More of Lansdowne, the Princess Pats, and Patricia herself

BY CHRISTA THOMAS

The link between Lansdowne and the Princess Patricias is being renewed this month. A cross-country Memorial Baton Relay run by the renowned regiment, which was founded 100 years ago (as Clyde Sanger writes in the August *Glebe Report*), has arrived in Ottawa for a four-day commemoration that includes events at Lansdowne Park.

The relay left Edmonton on August 10, carrying the regiment's full Honour Roll inside the baton. Serving soldiers have taken it across five provinces – Alberta, Saskatchewan, Manitoba, Ontario, and Quebec – with visits to the graves of former Patricias and stops in 23 locations en route to Lansdowne. The relay has been

accompanied by a mobile museum display featuring equipment and uniforms used by the Patricias since WWI. The relay's honorary team captains – actor/director Paul Gross (creative force of the 2008 movie *Passchendaele*) and former hockey player David “Tiger” Williams – have also been present at some of the baton's stops.

The Memorial Baton Relay links the triad of activities planned for the regiment's 100th anniversary. The route of the Memorial Baton, the commemorations' centrepiece, from regimental headquarters in Edmonton to Ottawa, follows that of the original Princess Patricias (known as the “Originals”), many of whom were recruited from the West. The baton will also be taken to Le Havre, the regiment's

“The Ottawa commemoration includes ... a Rededication Parade on September 20 during which the baton will be carried by descendants of the Originals.”

disembarkation point in late 1914, to be run to Ypres, the unit's first overseas stop, where the baton will be on display at the Cloth Hall, and finally to Frezenberg, Belgium. There, a series of activities are planned (in May of 2015) to commemorate the Battle of Frezenberg, known as “the Death of the Originals” within the regiment because of its appalling number of casualties. The regiment, in its first major action, was instrumental in halting the German offensive at Frezenberg.

At Lansdowne, remembrance coincides with the arrival of the Memorial Baton from Alberta. The Ottawa commemoration includes, among other events, the dedication of an updated regimental memorial at Lansdowne (September 18; open to the public) and, as its main event, a Rededication Parade on September 20 during which the baton will be carried by descendants of the Originals. Its route will retrace that taken by the regiment on departing Ottawa on August 28, 1914, from Lansdowne to City Hall and the National War Memorial and the statue of Hamilton

Gault (the regiment's founder). There, Prime Minister Harper will be holding the baton while the regiment rededicates itself to the service of Canada. Some other Ottawa events are also open to the public (see the Regiment's website at www.ppcli.com).

The festive commemoration this month is somewhat in contrast with the regiment's departure from Ottawa 100 years ago. Although thousands of Ottawa residents turned out on that sunny Friday morning to send the Princess Pats off, the mood then was somber. There were no formal nor lingering farewells, and the unit was “embarked in a very few minutes.” Even so, the regiment's gallantry and valour – which it would prove time and again, gaining a total of 39 battle honours and a reputation as being not only the first unit “on the field” but also the last to leave – were already developing into a myth of undeniable glamour and allure.

The elegant figure of Princess Patricia herself, patron and colonel-in-chief, was part of that myth. As the daughter of Prince Arthur, the Duke of Connaught, she was Queen Victoria's granddaughter, and widely acclaimed as a natural beauty. Mackenzie King reportedly was “a little in love with her.” She had designed and embroidered not only the regiment's colours but also the cap crest and collar badges, a single daisy, reminiscent of “the age of chivalry,” and in honour of Gault's wife, Marguerite. On their departure, she told the unit that she would “follow the fortunes of you all with the greatest interest” and wished “every man good luck and a safe return.” The regiment was present at her wedding in 1919 to Sir (later Admiral) Alexander Ramsay. Princess Patricia was also an artist of considerable talent. Canada awarded her the Canadian Forces Decoration in recognition of her services. She remained colonel-in-chief of the Patricias until her death in 1974.

Glebe resident Christa Thomas is a university lecturer and writer. She has extensively researched the involvement and role of women in both world wars.

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Panda Game returns to Lansdowne

BY JOE SCANLON

For decades, the “Pedro the Panda” football game between Carleton and Ottawa U was the biggest annual Canadian university sports event, bigger than the Canadian Interuniversity Sport (CIS) football championship, the Vanier Cup.

That ended in 1998 when Carleton cancelled football.

Thanks to \$5 million of alumni support, football returned to Carleton last season and at one o’clock on Saturday, September 20 – after a 16-season absence – the Panda game returns to Lansdowne Park.

Pedro was born in 1955, the idea of a University of Ottawa student, Brian McA’Nulty, who wanted to increase interest in Carleton-Ottawa football. He produced a special trophy, a stuffed panda bear, Pedro the Panda.

McA’Nulty placed Pedro in the window of Jack Snow Jewellers (now Bijouterie Richer & Snow Jewellers) and had it “stolen.” Ottawa police, in on the stunt, announced they were searching for the thief. McA’Nulty, of course, had Pedro and brought him to the game.

In 1955, the University of Ottawa was a perennial football power. Tiny Carleton College had a limited athletics program. But Carleton won 14-6 and a legend began.

That fall a group of students returning from a World University of Canada sale at a downtown theatre discovered the old Carleton College building empty after a Commerce Club dance and Pedro – the centre-piece at that dance – left unattended. They stole Pedro – this time for real – and kept him hidden until the next Panda game in autumn 1956. (Ottawa, humiliated by the first loss, won that game 44-0.)

Thus began a series of thefts and surprise appearances by the stolen panda. Pedro ran for president of the Carleton University Students’ Association, appeared on a National Hockey League telecast from Maple Leaf Gardens, and even – after being stolen by Queen’s students – travelled to Alabama and California.

Interest in the Panda game grew until it became the biggest event of the year for Carleton students and the biggest game for the Carleton Ravens. Students would walk from Carle-

“Interest in the Panda game grew until it became the biggest event of the year for Carleton students and the biggest game for the Carleton Ravens.”

ton to Lansdowne and home again, often leaving a trail of empty bottles. One season, seven people showed up for a home football game, but 16,000 showed up for the Panda game. The students’ antics – and the drinking – worried the organizers and security costs climbed until the game was a major annual headache to both universities’ athletics departments and, despite its popularity, a money loser.

In 1987 when the fledgling TSN sports network decided to broadcast the game, football was forgotten when a railing on the main stand collapsed and students fell to the concrete below. One student broke her neck and spent 20 days in a coma. Many suffered serious injuries. The incident was a nightmare for Carleton because parents, having seen what happened on TV, started phoning the university. Carleton, of course, had no idea where students were spending Panda weekend and – in the days before email and cell phones – could do little to satisfy anxious parents.

Though problems overshadowed the football, the game had its moments. One year, Gerry Palmer (later drafted by the Edmonton Eskimos) ran the opening kick-off back for a Carleton touchdown. (The first thing he did after scoring was look to see if there was a flag on the play – there wasn’t). Once, the Ravens scored four touchdowns in the final quarter for a come-from-behind win.

But Carleton’s ability to win went steadily downhill. The football Ravens have had only one winning season in their last 11 years, and three times the team went winless. Finally in 1998, Carleton president Rick Van Loon, who played in two Panda games (he was a 155-pound offensive lineman, and the player he was trying to block was 260 pounds), cancelled Carleton’s football program. Van Loon, incident-



PHOTO: UNIVERSITY OF OTTAWA ATHLETICS DEPT.

Pedro the Panda, the original stuffed bear for whom football battles were waged. The Panda Game returns to Lansdowne Park on September 20.

ally, is not the only former Panda player to go on to a distinguished career. Pierre Benoit, who played in that first Panda game, became mayor of Ottawa. John Redfern, also in that first game, became chair of Carleton’s Board of Governors.

The Carleton Ravens football club was reinstated in 2013 after a 16-year hiatus. Last season, the brand new Carleton team lost to Ottawa 35-10; despite the score, the game had its heroics. Tunde Adeleke took a missed Ottawa field goal and ran the ball 129 yards for a Carleton touchdown. This season – now that Carleton has a year’s experience – the game should be closer.

Joe Scanlon, former director of the Carleton School of Journalism, has had a long acquaintance with Pedro the Panda. As a student reporter, he covered the first Panda game. He was also one of the students who stole the Panda after the Carleton dance.

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Glebe resident is corporate chair of the Leukemia & Lymphoma Society of Canada's "Light the Night Walk"

BY JANE SPITERI

Determined to help bring about a world without blood cancers, Glebe resident Chris Spiteri, partner in the law firm Spiteri & Ursulak, is corporate chair of the 5th annual Leukemia & Lymphoma Society of Canada's "Light the Night Walk" on Saturday, October 18 at Marion Dewar Plaza, Ottawa City Hall.

Spiteri & Ursulak is also hosting a fundraising event at Mambo on Thursday, October 16, featuring the Hornettes. For more information and tickets, go to Eventbrite.ca and search "Hornettes."

Each year, in communities across Canada, teams of families, friends, co-workers, and local and national corporations come together to raise funds for the Leukemia & Lymphoma Society of Canada through its Light the Night Walk to bring help and hope to people battling blood cancers. Light the Night Walks are evenings filled with inspiration. During this leisurely walk, family and friends gather in sites across Canada to bring light to the dark world of cancer. Thousands of walkers carry illuminated lanterns: white for blood cancer patients and survivors, red for supporters and gold in memory of a loved one lost.

This year is the 5th anniversary of the Ottawa Light the Night Walk. Since 2010 participants have raised \$1 million in support of the society's mission to cure leukemia, lymphoma,

Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. The Leukemia & Lymphoma Society of Canada is the world largest voluntary health network dedicated to blood cancer research and providing education, patient services, support and advocacy.

DID YOU KNOW?

- There are over 110,000 people affected by a blood cancer in Canada
- An estimated 21,000 Canadians will be diagnosed this year, or one person every 25 minutes
- Blood cancers are the fourth most commonly diagnosed type of cancer
- An estimated 7,000 Canadians will die from blood cancer in 2014 or 19 people each day
- Blood cancers are the third cancer killer in Canada

To join the Walk or make a donation toward a world without cancer, visit the website at www.lightthenight.ca/on. Each walker is encouraged to raise a minimum of \$100 to become a "champion for cures" and earn an illuminated lantern and T-shirt. For more information on the Leukemia & Lymphoma Society of Canada visit www.llscanada.org.

Jane Spiteri has worked with her husband Chris for the past five years to raise close to \$50,000 for the fight against blood cancers.

Living Well Cancer Care and Prevention Show

BY HEIDI VINCENT

Be empowered – take greater control of your health! On Sunday, September 21, the Ottawa Integrative Cancer Centre (OICC) and *Ottawa Woman* are hosting the first Living Well Cancer Care and Prevention Show at the RA Centre, 10 a.m. to 4 p.m. The day will include over 30 exhibitors, speakers, workshops and healthy lifestyle demonstrations.

The Living Well Show brings together conventional medicine and complementary care, showcasing resources, community associations, products and services for people living with cancer, and those interested in prevention.

The OICC is a not-for-profit regional centre of the Canadian College of Naturopathic Medicine. It focuses on improving quality of life for people living with cancer, by providing naturopathic medicine and complementary care alongside conventional treatment. The centre also works with those seeking prevention.

HEAR FROM EXPERTS ON LATEST RESEARCH AND HOT TOPICS

Learn about cancer care for the whole person; mammography screening and why early detection is critical; research in integrative cancer care regarding vitamin D and acupuncture; reducing risk with nutrition, natural health products and exercise; linking the ever-expanding grid of EMFs (electric and magnetic fields) to cancer; and organic methods of growing food.

The speaker series features experts from The Ottawa Hospital (Dr. Jean Seely, Head of Breast Imaging), The Ottawa Hospital Cancer Centre (Diane Manii, Clinical Manager & Regional Lead Psychosocial Oncology Program), the Ottawa Hospital Research Institute (Dr. Meg Sears, Senior Clinical Research Associate), the OICC (naturopathic doctors Dugald Seely

and Craig Herrington), and Progressive Nutritional Therapies (Nelson Narciso, Director of Education).

NUTRITION, EXERCISE AND YOGA DEMOS

Learn about anti-cancer foods and how to prepare healthy snacks and meals at a demo with nutritionist Kylie Delfino. Feel good with a short exercise demo led by exercise therapist Guylaine Perreault to release tension, gain flexibility and enhance cardio. Relax and let go with yoga therapist Anne Pitman. Visit the OICC show booth for a complimentary health assessment from on-site health care professionals.

ART THERAPY AND MUSIC

Have your kids be guided by an artist from Jennifer's Flying Colours through the creation of a watercolour greeting card in a relaxed atmosphere where they can connect with others. Tune in to Ottawa's infamous Babes-4Breasts (B4B) singers performing live!

For more information on the Living Well Show program for the day, visit www.oicc.ca/livingwell. Tickets are \$10, in advance at www.oicc.ca/tickets or at the door.

Heidi Vincent manages marketing and public relations for the OICC.

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PHOTOS: GAIL CARROLL

Glebe businesswoman and Appetites for Advocacy host Judy Richards of Davidson's Jewellers (right) with supporter Sue Christian



Supporters, from left: Claudia McKeen, Grete Hale, Michelle Valberg

Judy Richards hosts "Appetites for Advocacy" fundraiser

BY GAIL CARROLL

Glebe businesswoman Judy Richards of Davidson's Jewellers opened her Alta Vista home to host an "Appetites for Advocacy" reception in support of Citizen Advocacy.

More than 20 invited guests, including Grete Hale (Morrison Lamothe), Claudia McKeen (Glebe Apothecary), Michelle Valberg (Valberg Imaging) and Judy Ladouceur (Universal Appliances) enjoyed an engaging social gathering of cocktails and canapés in support of the Appetites for Advocacy campaign, raising an estimated \$3,000. Appetites for Advocacy is a

grassroots initiative to raise awareness and funding for Citizen Advocacy's vital work of providing support, companionship and hope to people across the disability spectrum – our city's most vulnerable citizens.

"Support for this organization is critical to ensure that people with disabilities aren't living in isolation", says Richards, a long-time supporter of Citizen Advocacy. "This campaign is a terrific idea to raise funds and awareness while socializing with friends, with delicious food and wine. I hope it inspires others to step forward to host a reception. It's easy with everything provided."

Over the next year, the program will encourage volunteer Appetites for Advocacy hosts to invite guests to fundraising receptions with food and beverages provided through the generous sponsorship of Epicuria Catering, Casa Dea Estate Winery and Beau's All Natural Brewing Company. Funds raised will be matched by local sponsors, further enhancing the program.

Citizen Advocacy marks four decades of supporting and valuing people of all ages and degrees of physical, mental and developmental disabilities in Ottawa. This small registered charity establishes a match between

a person living with a disability and a volunteer. Together, they participate in weekly activities that provide companionship, involvement in community life, emotional support and practical everyday help. The people supported by Citizen Advocacy's volunteers experience less isolation and are less vulnerable.

Interested in hosting an "Appetites for Advocacy" event? Contact Gail Carroll at gcarroll@citizenadvocacy.org or 613-761-9522.

Gail Carroll is fund development director for the registered charity Citizen Advocacy.

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the glebe

THE GLEBE BUSINESS IMPROVEMENT AREA CALL FOR NOMINATIONS - BOARD OF DIRECTORS

On Monday, November 10th, 2014, the Glebe Business Improvement Area (BIA) will hold an annual general meeting where its membership will have the opportunity to vote for an entirely new board of management.

Every four years, and corresponding with the City of Ottawa's election cycle, existing Glebe BIA board members are required to step down and new elections are held for ten available volunteer positions on the BIA board of management.

All members of the Glebe BIA are eligible to participate on the board. If you or someone you know would like to help shape the policy and decision making of the BIA, possess a driving passion to see the Glebe thrive and are keen to share expertise and volunteer time, this is the ideal opportunity to make a valuable contribution at an exciting time.

In order to fully consider the field of applicants in advance of a vote at the annual general meeting, the membership of the Glebe BIA will be provided with an information package by October 20 that will include a photo and a short biography of each nominee, this information will also be posted online at intheglebe.ca. If you are not currently receiving BIA information but are a member, please email your contact information to katelalumiere@intheglebe.ca.

Interested candidates seeking to join the board should contact the Glebe BIA office to obtain an application form. Applications need to be submitted on or before October 10, 2014 to be included in the initial nominee information package.

If you have any questions or would like more information, please contact the Glebe BIA Executive Director, Andrew Peck by phone at (613) 680-8506 or by email at andrewpeck@intheglebe.ca.

Please note that board meetings are held monthly on the second Tuesday of each month from 8am to 10am. Those elected to the Glebe BIA board of management are subject to approval by the Council of the City of Ottawa.



PHOTO: JEREMY ROY-VANDAL

Eli VanDuzer in Ghana with some of the community kids after a soccer game

Voluntourism: why sending money is not enough

BY ELI VANDUZER

Last summer I travelled to Ghana to help develop an after-school sports education program. I did my best to immerse myself in the new and strange culture, from bartering at the local market and attending the boisterous Sunday sermons to playing soccer in the African sunset. As I said in an article about my experience in last August's *Glebe Report*, it was nothing like what I had expected but everything I didn't know I wanted it to be.

To my surprise, though, I returned to mixed reactions from friends and family. Reactions that got me think-

ing – did I make a positive difference in the community I was visiting? Are these types of organized trips, which send a group of privileged first-world kids to developing countries, worth it? Does it make sense to send a kid who can't be trusted with a hammer to build a school for a community? The recent fad of voluntourism is denounced as much as it is praised. But although there are some valid arguments against the practice, I hope to show that going on a voluntourism trip is still worthwhile (although maybe not for the reasons you thought).

First let's define voluntourism. Volunteer vacations, volunteer tourism or "voluntourism" is travel that includes volunteering for a charitable cause. This includes trips through community groups, international organizations and mission trips. It is not a new concept but one that has gained momentum in the last 10 years. Typically, voluntourism involves youth from developed parts of the world

"The real impact of these trips occurs when you come home with a better understanding of how fortunate you are and of the challenges that people in other parts of the world face."

travelling to developing countries with the goal of making a positive impact in a specific community.

The main critique of voluntourism is that the central goal of the trip is often not achieved or achieved poorly, and the funds necessary for the trip are spent fruitlessly. Schools don't get finished, fences aren't built soundly, wells aren't deep enough and orphanages only get half a new room. Would it not have been more cost effective, a better stimulus to the local economy and more efficient to take the money used for these trips and hire local people to do the work? How can we justify the large amount of money spent flying young people halfway across the world? Given the high cost of travel and the lack of applicable skills that most teens possess, does voluntourism make sense?

Let me try to convince you that it is still worthwhile. First, it is important to understand that you will *get* more out of a voluntourism trip than you will give. Some voluntourism industry leaders will tell you that you are a godsend, and sometimes the people in the community you are working with make you feel that you are making a

huge difference in their lives, but you should not see yourself that way. Don't paint yourself as a saint – voluntourism is always partly a selfish decision that will benefit *you* much more than the community you are visiting.

What you gain from the experience will help you become a more aware person. Seeing firsthand the amount of effort it is to get water every morning is not going to make you stop taking showers when you come home, but every time you turn on that tap and an endless supply of pristine water spews out you'll take a millisecond and appreciate what you have. Until you see in person how much need some communities have, you won't really be able to conceptualize the conditions millions of people face every day.

It is not realistic to think that your two-week volunteer visit to an underprivileged village will transform it into a clean, successful and self-sufficient community. It's really about bringing perspective to *your* life and lighting the fire to start fundraising back home. We live such busy lives that the plight of others often does not occupy even a portion of our thoughts. If a voluntourism trip makes us think about others a little more, then it is a success.

Be smart about travelling; strive to be informed and culturally aware. Don't paint yourself as a hero, understand your trip for what it is. The real impact of these trips occurs when you come home with a better understanding of how fortunate you are and of the challenges that people in other parts of the world face.

Eli VanDuzer, a former Glebe Collegiate student, is studying kinesiology at Western University.

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Carleton grad in Lesotho

BY STEPHANIE VIZI

Lately, people seem to find the most interesting thing about me to be that I am moving halfway across the world to a small African country called Lesotho. Most people respond with, "wow, that's brave." Some ask if I will be living in a hut or if I will encounter wild animals. The answer is simply that I am going to Lesotho, a mountainous country landlocked by South Africa, to learn.

I was selected by Ottawa-based charity, Help Lesotho, for a year-long self-funded internship at a community centre built by the organization in a small town called Hlotse. I will live in comfortable accommodations, eat food from the local grocery store and no, I will not come across lions, tigers or bears unless I go on safari. I will receive the opportunity of a lifetime to learn the art of development firsthand from the local Basotho staff. I will support projects focused on HIV/AIDS education, gender equity and social justice.

But, how does one prepare for such an adventure? Mission trips, volunteering abroad and international development in general receive a great deal of criticism in their tendency to use band-aid solutions and create more problems for the locals after the westerners return to their comfortable middle-class lives. I want to help, not hurt.

I am a recent Carleton University journalism and African studies grad. I have volunteered at an orphanage in Lesotho twice before and I am compelled by my interest in Southern Africa to use this opportunity to embrace Basotho culture, further my knowledge in development and put my degree to good use.

In preparation for my role at Help

Lesotho, I have studied the organization's history and progress. I also read books about AIDS and helping others, such as *28 Stories* by Stephanie Nolen, *Race Against Time* by Stephen Lewis, *Becoming Human* by Jean Vanier and *When Helping Hurts* by Steve Corbett and Brian Fikkert.

Help Lesotho founder, Peg Herbert, created the organization after a visit to the country in 2004. She discovered a forgotten country, one that has the second highest HIV prevalence in the world; a traditional patriarchal societal structure that leads to the oppression of girls and women; two hundred thousand children orphaned by the AIDS epidemic; and grandmothers who struggle to provide for these orphans. Jean Vanier writes, "If we listen to their cries and open up our hearts it will cost us something. So we pretend not to hear the cry and exclude them." Help Lesotho is a response to the Basotho's cries.

Lesotho is a country in need; Help Lesotho alleviates this need by supporting 10,000 orphans, vulnerable youth, young mothers and grannies every year. I believe development works best when it is lead by nationals. This is precisely how Help Lesotho operates.

I expect my heart to be broken over and over again as I come to be a part of a society with so much grief, loss and poverty. I look forward to joining the team in Lesotho.

Next year marks Help Lesotho's 10th anniversary; to find out more about Help Lesotho, visit www.helplesotho.org.

Stephanie Vizi is a journalist and Carleton grad volunteering with Help Lesotho and blogging about her experiences at stephinlesotho.wordpress.com.



Rondavel huts of Lesotho

PHOTO: STEPHANIE VIZI



Volunteer Stephanie Vizi and two small children at an orphanage in Maputsoe, Lesotho



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

COMMUNITY CONNECTIONS

ABBOTSFORD'S 39TH ANNUAL CHRISTMAS BAZAAR MOST WANTED DONATIONS:

antiques and collectibles (jewellery, pottery, glassware, paintings and rare or whimsical items) for our Elegant Treasures Sale. Also looking for books (no magazines, Reader's Digest, text books or encyclopaedias please). Bring donations to Abbotsford at The Glebe Centre (a not for profit organization). Abbotsford is the old stone house across from Lansdowne Park, 950 Bank St. Open Mon- Fri 8:30 a.m. - 4:30 p.m. 613-230-5730. "The Best Bazaar in the City" will be on Sat., Nov. 29, from 10 a.m. - 2:30 p.m.

CANTONESE AND MANDARIN CLASSES at St Anthony School, 391 Booth St., on Saturday mornings resumed Sept. 6 with ongoing registrations through the month on-site. \$10 school board fee. Email info@chinghua.ca if you have questions.

CENTRE 507 (www.centre507.org), drop-in on Bank Street: Fund-raiser at 507 Bank St., with entertainment and dinner - 6 p.m. on Fri., Oct. 17 - \$25 each (\$15 tax deductible). Tickets available at the Black Squirrel, 508 Bank. Come and have a pleasant evening with supporters of the Centre.

CHILD CARE CONNECTION MEETING.

Are you a parent looking for home daycare? A caregiver with space in your daycare? Come to a Child Care Connection meeting on Mon., Oct. 6 at the Ottawa Public Library Sunnyside Branch, from 7-8 p.m. For more information about this or other meetings around the City please go to www.ccprn.com or call 613-749-5211 ext. 23. Child Care Providers Network is a non-profit, charitable organization that provides information, training, resources and support to home child care providers.

FALL BAZAAR - Sat., Oct. 25, St. Thomas the Apostle Church, 2345 Alta Vista Dr., 10 a.m. to 2 p.m. Pre-bazaar BAC breakfast at 9 a.m. Bake room, clothing boutique, jewellery, handicrafts, books, plant room, general store, etc.

GLEBE HEALTHY! COMMUNITY WELLNESS DAY, showcasing the well-

ness practitioners/businesses in the Glebe. Free seminars and workshops, information tables, great door prizes, fun zone for kids and more! Oct. 5, 10 a.m. - 3 p.m., G.C.C., Centre Main Hall. Free admission! Go to: <https://www.facebook.com/GleBeHealthy> for more information and the schedule of free seminars.

IRISH SENIORS DROP-IN CENTRE, St. Margaret Mary's Church Hall, Corner of Sunnyside and Fairbairn Ave. Every Tuesday between 11 a.m. - 2 p.m. Info.: 613-829-8467 or 613-224-2852.

LEARN AND EXPLORE SPEAKERS' SERIES AT ABBOTSFORD HOUSE, 950 Bank St.: Sept. 24 - Gerrard Kelly, editor of Senior Sentinel for many years and known story teller. His book *Warm Spots in the Lake* highlights his passion for sharing his stories and reflections. His goal is to inspire everyone to write. Oct. 1 - Clyde Sanger, celebrated Glebite, journalist and author recently published a collection of poetry: *Second Wind*. Clyde comes from a family of poets, promising to read poetry of his father and his son covering three generations of poets. Oct. 8 - Jane Stallabrass, one of Abbotsford's own Outreach facilitators will take us along on her travels: Jane's Scouting Adventure in the Czech Republic. This was a true adventure you won't want to miss.

MUSIC FOR THE SOUL featuring Big Soul Project and special guest Michael Hanna. Sept. 27, 7:30 p.m. - doors open 6:45 p.m. Tickets: \$20 adults, \$10 children 12 and under, \$25 at the door. Sold also at Fourth Ave. Baptist Church 613-236-1804 or fourthavenue@rogers.com) and Compact Music, 785 Bank St.

NEPEAN CHOIR - OPEN REHEARSALS Join a delightful group of people singing a wide variety of interesting and accessible choral music. Open rehearsal each Wednesday in Sept. at 7:30 p.m. at Northwestern United Church. Info: www.nepeanchoir.ca or phone 613-435-6382.

NEW OTTAWA DOLL SHOW AND SALE, Oct. 25, Ernst and Young Cen-

tre, 4899 Uplands Dr., 10 a.m. - 4 p.m. Featuring dolls, toys, teddy bears and miniatures. Admission: a cash donation to the Ottawa Food Bank (minimum \$2 please).

OTTAWA BRAHMS CHOIR is now under the direction of Christopher Askwith. Rehearsals are every Monday, from 7 - 9:30 p.m. at Southminster United Church at Aylmer/Bank Street. We welcome new and old members. For info: www.OttawaBrahmsChoir.ca or 613-749-2391.

THE OTTAWA LITTLE THEATRE is showcasing a benefit performance of *The Mousetrap* by Agatha Christie on Sun., Oct. 19, to raise funds and awareness for St. Joe's Supper Table. The classic whodunit play features all the conventions of a great murder mystery. The show starts at 2 p.m. (doors open at 1 p.m.). Tickets are \$20 per person. To purchase advance tickets, call St. Joe's Supper Table 613-233-4095.

OTTAWA NEWCOMERS CLUB is designed to help women new to Ottawa or in a new life situation acclimatise by participating with women of similar interests. Info: www.ottawanewcomersclub.ca or call 613-422-4743.

TALKING POLITICS AND MORE. Does the state of affairs of the world puzzle you? Do you wonder whether what is happening is actually happening? Are you looking for a chance to chat about this with like-minded or even not so like-minded individuals? This is an invitation to all news buffs out there to join a group I am assembling which could provide us with the opportunity to do just that. Our discussions could of course cover more than just current affairs. Occasional gatherings in a café will provide the venue for such an activity. Interested? Please call: 613-236-0955.

TOPICAL TALKS AT ABBOTSFORD HOUSE, 950 Bank St., Mon., Sept 29 - Pat Steenberg will introduce Michael Ostroff's National Film Board film about celebrated Canadian Artist Pegi Nicol. A discussion will follow the screening. Refreshments served at 9:45 a.m. Talk begins at 10 a.m. sharp! Cost \$3.

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HOUSE SITTER - Nov. 1, 2014 through May 31, 2015. Prefer whole term but willing to do 6 weeks to 2 months. I am a single, employed female of 57, non-smoker, quiet-living person experienced in house and property management. Will do some snow shovelling, care for dog or cat and plants. Terms negotiable, but willing to contribute to utilities if responsibilities are light. Contact 613-294-6204.

PIANO AND VIOLIN TEACHERS - We are a couple of young classical musicians teaching piano and violin in the Glebe. All ages are welcome! Please contact violin.reiko@gmail.com or piano.teacher.nic@gmail.com for more information.

FOR SALE

ALMOST NEW ARM CHAIR manufactured by Simmons, soft cushions and contemporary style in burnt orange/rust colour; cloth is low cut velour, durable. Has been in smoke free and pet free adult home; no stains, only 3 years old. Measures 32"x 33" x 25" (Lx Dx H). Would fit in living room or apartment for student or family. Great buy at \$40. Will deliver to Glebe area. Please call 613-232-2225.

ANTIQUE LIBRARY TABLE, 84" x 22" x 33" H. in excellent condition. Must be seen to be appreciated. \$995. Call 613-261-4504.

DINING ROOM TABLE, antique mahogany Duncan Phyfe, double pedestals, 62" L. x 42" W. x 29" H. Comes with one leaf to extend table to 72". Seats up to 8 for formal dinners. \$800. Call 613-261-4504.

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SET OF 4 WINE GLASSES and 4 matching liqueur glasses - \$40. Pair champagne goblets - \$10. Set of 4 liqueur glasses - \$20. Assorted single glasses - \$2. Each. 613-230-4327 Mornings.

WHERE TO FIND THE GLEBE REPORT

In addition to free home delivery, you can find copies of the *Glebe Report* at Abbas Grocery, Acorn Nursery, Adishesha Yoga, Arrow & Loon, B.G.G.O., Bloomfields Flowers, Booster Juice, Brewer Arena, Brewer Pool, Bridgehead, Brittons, Brown's Cleaners, Corner Bar and Grill, Douvris Martial Arts, Ernesto's Barber Shop, Escape, Farm Team Cookhouse and Bar, Feleena's, The Flag Shop, Flight Centre Travel, Forno Antico, 107 Fourth Avenue Wine Bar, Francesco's Coffee Company, The French Baker, Glebe Apothecary, Glebe Community Centre, Glebe Fashion Cleaners, Glebe Meat Market, Glebe Pet Hospital, Glebe Smoke Shop, Glebe Tailoring, Glebe Trotters, Glebe Video, Hillary Cleaners, Hogan's Food Store, Il Negozio Nicastro, Irene's Pub, Isabella Pizza, Jericho Café, Kardish Foods, Kettleman's Bagel Co., Kumon Centre, Kunstadt Sports, Marble Slab, Mayfair Theatre, McKeen Metro Glebe, Mister Muffler, Morala's Café, Naji's Lebanese Restaurant, Olga's Deli and Catering, Pints & Quarts, The Palisades, The Pantry, Pet Valu, Queen Mother Maternity, ReadSetGo, RBC/Royal Bank, Reflections, Roast'n Brew, 7-Eleven, Scotiabank, Second Avenue Sweets, Shafali Bazaar, Silver Scissors, Spa Royale, Subway, SushiGo, Third Avenue Spa, Von's Bistro, Watson's Pharmacy and Wellness Centre, The Wild Oat, Yarn Forward & Sew-On, The Works, ZaZaZa Pizza.



MARKETPLACE

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

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Attention high school and pre-university students:

Need help in writing essays, research papers, book reports, etc.?

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THE GLEBE COMMUNITY CENTRE
MONDAY - FRIDAY
11:30 TIL 3:00



A Festival of Jewish Learning and Culture

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Glebe guitarist/composer accepting students for the Fall semester.

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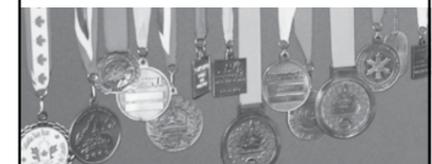
Contact Christian: 613-421-7520 or cjoyc078@uottawa.ca

Donate Your Medals to MEDALS4METTLE

Remember the thrill and excitement of receiving a medal as you crossed the finish line! Is your medal now taking up space in a drawer?

Medals4Mettle is an organization that collects runners' medals and donates them to people battling debilitating illnesses and who demonstrate courage and mettle in fighting for survival. See www.medals4mettle.org.

I'm collecting medals for the Ottawa chapter of Medals4Mettle. If you'd like to donate your medals, please call Judy at 613 231-4938 to arrange for pick up of your medals.



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glebe report

SEPTEMBER 19, 2014



PHOTO: LIZ MCKEEN

Brown's Inlet (looking east) with a changing skyline



www.gnag.ca

Glebe Neighbourhood Activities Group

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



www.ottawa.ca

March Break Educational Tour to Costa Rica with GNAG (Grades 9 – 12)

This brand new partnership with **Education First, Brenda Perras of Lisgar C.I. & GNAG's team of staff** will give students the opportunity to enjoy the trip of a lifetime with their friends!

See GNAG's article on page 18 for details
Information night: Thursday, Sept 25 7:00 PM

Glebe Residents are invited to GNAG's Annual General Meeting

Wednesday, September 24, 2014 7:00 pm
Glebe Community Centre

The Glebe Neighbourhood Activities Group (GNAG) is a community-driven, not-for-profit, volunteer organization working in the heart of the Glebe to deliver social, cultural and recreational activities in cooperation with other groups in the community. Our mission is to enhance and enrich life in our community by creating opportunities through dynamic, innovative and affordable activities and services. If you would like to be active within the GNAG, there are several different avenues you can pursue, give us a call and we can help you find a role that suits you.

GNAG Fall 2014 guide

GCC is jam packed with great activities, programs and events for all ages with exceptional staff and great prices!

Dance ★ Yoga ★ Circus
Pottery ★ Art
Boxing ★ Taekwon-Do
Leadership ★ Bridge
Performing Arts
Mom & Baby Fit ★ Zumba
Preschool Programs

Have you registered for your course yet?
Don't wait till it's too late.

GLEBE HOUSE TOUR

Sunday,
September 21
1:00 - 4:00 pm



available at the Glebe Community Centre 175 Third
and Bloomfields Flowers 783 Bank St

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