glebe report

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PHOTO: EMILY TOHANA

Seniors at the Lord Lansdowne and children from the Glebe Parents' Day Care get caught up in the music of pied-piper Paddy Stewart!

A playful party for young and old!

by Paddy Stewart

There's a special shindig happening every month in the Glebe! The Residents at Chartwell Lord Lansdowne welcome a fun bunch of children and teachers who walk over from the Glebe Parents' Day Care on Fifth Avenue by the Ritz. It's an old fashioned family cèilidh with two tons of singing, laughing and dancing!

The children take off their boots in the hall at the seniors' residence during the winter when they arrive. The fun starts when they enter the room where the residents, seated in a large circle, say a big "hi" to everyone. The kids plunk down smack dab in the

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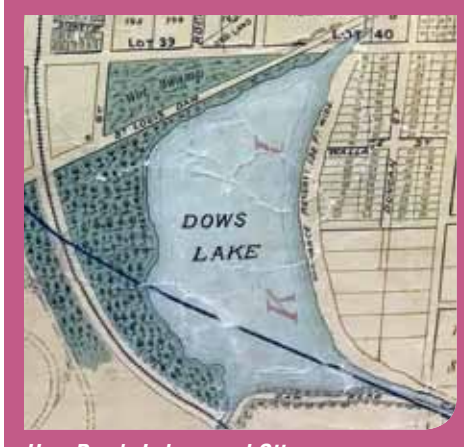
MARK YOUR CALENDARS

Apr. 19–22 ..... Mutchmor Book Sale
Apr. 20..... Rare Cancer Research Casino, Hort Bldg, 7 p.m.
Apr. 21..... Old Home Earth Day Event, GCC, 10–4
Apr. 21..... Ottawa Children's Business Fair, Hort Bldg, 10–12
Apr. 22..... Hallelujah! multi-choir concert, St. Giles Church, 4 p.m.
Apr. 24..... GCA Monthly Meeting GCC, 175 Third Ave., 7 p.m.
Apr. 26–29 ..... Ottawa Grassroots Festival, Southminster UC
Apr. 27..... Italian Baroque concert, St Matthew's Church, 7:30 p.m.
Apr. 27–29 ..... Capital Cleanup Weekend
Apr. 28..... Seniors' Tea, McKenna, MP, Good Companions SC, 10–12
May 3 ..... GNAG Arts, art show and sale, GCC, 6–7 p.m.
May 4 ..... GNAG Sustainable Fashion Showcase, GCC, 6–8:30 p.m.
May 12 ..... Brahms's Requiem, St. Matthew's Church, 2 p.m.
May 17 ..... Glebe Report Assoc., AGM, GCC, 7 p.m.
May 26 ..... Great Glebe Garage Sale, 8–3

WHAT'S INSIDE



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middle to take off their mitts, tuques and snowsuits. It's wonderful to feel the joy and energy these youngsters bring to the room!

Once the winter clothes are put away, entertainer Paddy Stewart gets this party started with action songs and giddy gimmicks. The children love his wild noisemakers and funny puppets. Everyone sings along while he plays guitar, banjelele or harmonica, not all at the same time, mind you! The kids love to get up to bounce and dance to some good old rock 'n' roll tunes! I have been sharing joy and music with people ages two to 102 for over 30 years, and my experience in facilitating fun team-building sessions helps in designing the interaction of this remarkable party.

This interaction between the children and the seniors is always lively. I march the kids around to give high-fives to the residents as the adults sing "When the Saints Go Marching In." Sometimes the children carry rhythm sticks around the circle and tap on the boom whackers the residents are holding while they sing "You Are My Sunshine." Other times the teachers and I gather the children and seniors into small groups and blow bubbles over them to the delight of all. Of course, we are all singing "I'm Forever Blowing Bubbles!"

Midway through the party, the children sit and enjoy a juice box provided by their host, Chartwell Lord Lansdowne. While the kids take a break, I lead the residents in serenading them with songs like "Skinnamarink" and "Zip-A-Dee-Doo-Dah." Then, I get the kids back up to shake, rattle and roll.

Janice Cameron, the teacher who brings the children, says, "Everyone loves our trips to see Paddy Stewart and the residents who are so happy to hear the children's joy and laughter! This program is exactly what we need for both seniors and children."

Jack, one of the children, says, "Paddy brings a woodpecker!" Kenzie adds, "And it pecks his guitar!"

Another highlight of the program is when Cameron leads the children in singing their special songs like "Snowflake" and "Baby Animals." The three-year-olds always bring down the house with these songs as well as their rendition of "Twinkle Twinkle Little Star." They definitely should make a CD!

The residents at Chartwell Lord Lansdowne are enthralled! Claire Martin says, "We really look forward to the children every month." Francis Chambers comments, "We love having them come. It brightens our day!"

When it's time to wrap up, the children bring their snowsuits back into the middle of the room. Since most of the residents are experienced grandparents, they enjoy helping the kids do up their zippers and getting them ready to go!

And with that, another playful party winds up at Chartwell Lord Lansdowne. Janice Cameron and her teachers walk the children back to Glebe Parents' Day Care after big waves and loud "bye byes" to me and the folks. Everyone is looking forward to next month already!

Paddy Stewart is an entertainer who has brought laughter and music to seniors for more than 30 years.

PHOTO: EMILY TOHANA

Children and seniors get a kick out of each other.

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Dr. Aubrey Goldstein, 1953 to 1998 to 2017

by Caroline Vanneste

PHOTO: HOWARD WEINGARDEN

Dr. Aubrey Goldstein, 1953–2017, with his wife, author Caroline Vanneste

Most people don't get a second chance at life. My husband did. He was very lucky, or very unlucky. It all depends on your perspective.

Aubrey and I both moved to Ottawa in 1992 and met while working at Health Canada. We lived near each other in the Golden Triangle and starting walking home from work together. We discovered shared interests in travel, the outdoors, an active lifestyle and vegetarian meals on Elgin Street. And then, romance.

We started house hunting in 1995. We wanted to stay in the area but our real estate agent showed us a great house a little farther away. Did we want to live in the Glebe? We liked walking down the street to go out for dinner. How long would it take to walk back to our favourite restaurant on Elgin? We timed it, and decided it was manageable. And after we moved, we did walk to Fresco's, once. We laughed at ourselves for years after for thinking that we'd want to leave the Glebe to go out for dinner.

Aubrey lived life to the fullest despite living with an autoimmune liver disease (Primary Sclerosing Cholangitis, or PSC) since medical school. He worked as a chronic care physician at Bruyère Continuing Care in addition to his job assessing applications to conduct clinical trials in Canada. And he would often show up at the hospital in his cycling or rollerblading gear.

Unfortunately, Aubrey's disease eventually progressed to the point where even walking to the bus stop was exhausting. He started doing his Health Canada work from home and gave up his on-call schedule at the hospital. But he never quit. He received the call we'd been waiting for in May 1998 while in hospital recovering from a near-fatal bleed. A liver transplant restored his health and his zest for life.

Aubrey was a life-long athlete and soon started competing in the Canadian and World Transplant Games. We travelled all across Canada and to Australia and South Africa to attend the games and promote organ donation awareness. Aubrey was fiercely competitive and brought home many medals in running, squash, tennis, cycling and golf. And he volunteered with the organizing body, becoming president of the Canadian Transplant Association.

We also started travelling throughout the U.S. to attend the annual conferences hosted by PSC Partners Seeking a Cure, a new organization that developed out of an online support group for PSC patients. This group immediately embraced Aubrey–literally! They were so grateful for all the support and advice he provided to so many. He became a member of their board of directors and their Scientific/Medical Advisory Committee.

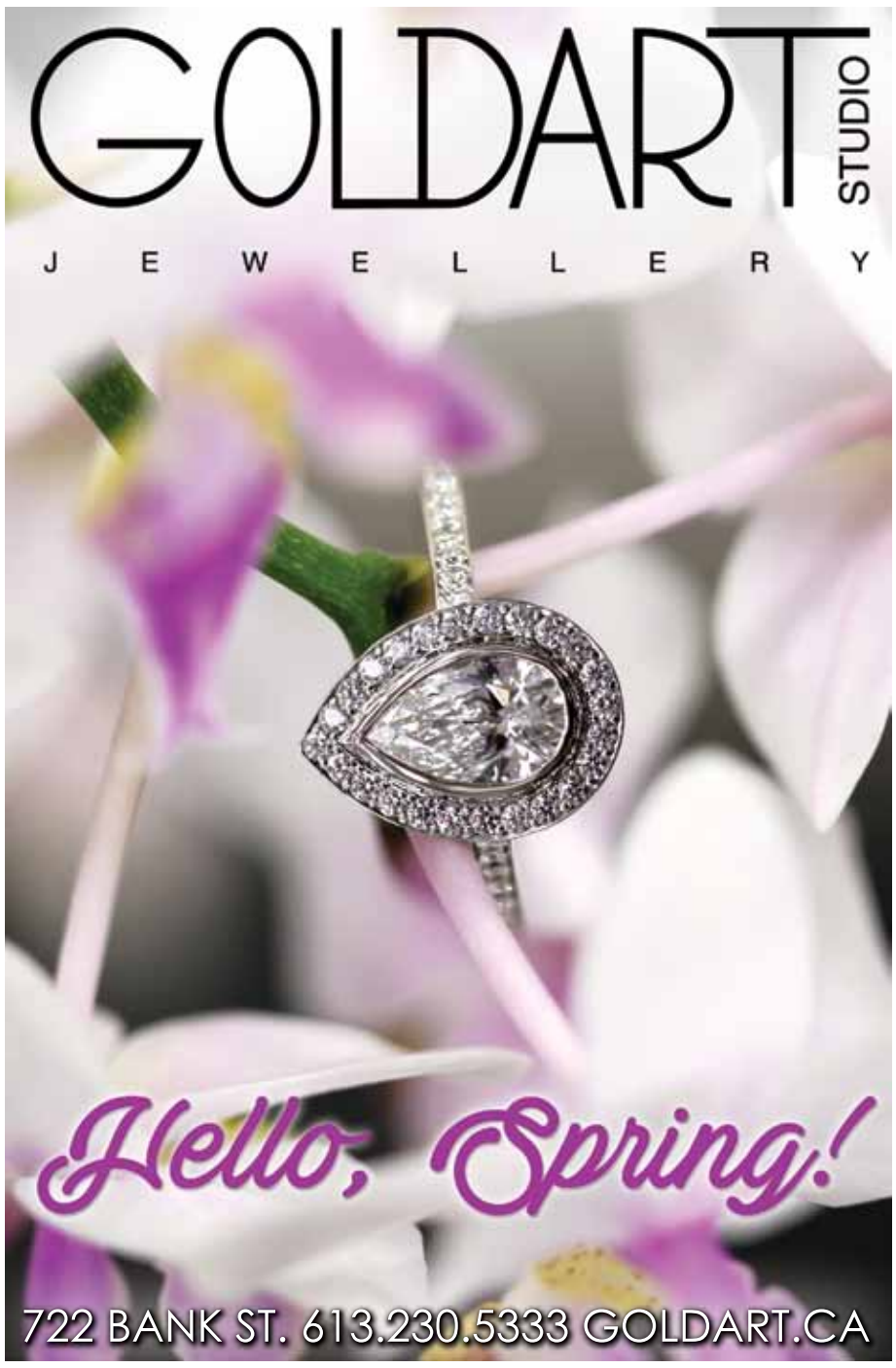
As much as we loved travelling, we always loved coming home to the Glebe. We were married in 2002 in our backyard in front of a large group of family and friends. Then we all walked down the street for dinner at our new favourite restaurant, the New Delhi.

Sadly, Aubrey's disease returned in his transplanted liver. For a long time it was mild but in early 2017 it became severe enough to put him back on the waiting list for another transplant. We then learned that he was eligible to receive a partial liver from a living donor and were overwhelmed by the number of people who offered to be tested. Aubrey was too sick to undergo surgery by the time a match was found and he died peacefully on October 8, 2017, surrounded by family and close friends from our transplant and PSC "families."

There was no funeral. As per his wishes, we had a celebration of his life at the Glebe Community Centre. And what a celebration it was. The Glebe Neighbourhood Activities Group, Nicastro's and many friends and neighbours generously assisted in making the evening truly special. And hundreds of people came to celebrate the life of a man who touched so many with his kindness and compassion.

National Organ and Tissue Donation Awareness Week is April 22 to 29 this year. It's the perfect time to learn more about organ donation and to speak with your family and close friends about your wishes. I hope you will consider registering at www.beadonor.ca. Aubrey received a second chance at life. Wouldn't you like to give someone else that chance?

Caroline Vanneste has been a resident of the Glebe for almost half her life and served as president of the Glebe Community Association from 2009–2012.



Images of the Glebe

PHOTO: KERRY SMITH

The art installation at the corner of Powell Avenue and Bell Street is by artist Chris Seed.

We, the parallel universe

Is our fascination with Americans and the excesses of U.S. politics and culture finally becoming mutual? Are Americans beginning to wonder about us or about what's going on up there in "America's attic?" After all, there could not be two neighbours more different from each other – think of a swaggering bully with a talent for money-making and a penchant for pistols (yes, an exaggeration!) set against a milquetoast liberal-minded collectivist do-gooder with a wicked, if deprecating, sense of humour.

Ian Austen has been the Canada correspondent to *The New York Times* for some 14 years, writing largely for American readers who might want to understand Canada – very possibly a slim readership. However, the New York Times has recently beefed up its Canadian contingent considerably by appointing a Toronto bureau chief and correspondents in other parts of the country, and has trained its readers' attention on Canada in particular during the 2017 Canada 150 extravaganza. Ian Austen now has company in his task of teaching Americans about Canada, whether they like it or not.

And Ian Austen, as it happens, lives in the Glebe and has agreed to come to the *Glebe Report*'s AGM on May 17 to talk on the subject of "Reporting on the parallel universe: *The New York Times* in Canada." We are all secretly (or openly) ravenous to hear about and to see ourselves through the eyes of others, especially others whom we in some way admire. Now is our chance to hear the straight goods from one who knows.

I invite you all to come to the Glebe Report Association's Annual General Meeting at the Glebe Community Centre on Thursday, May 17 at 7 p.m. to hear Ian Austen explain how he explains us to Americans. All are welcome!

— Liz McKeen

glebe report

www.glebereport.ca

Established in 1973, the *Glebe Report,* published by the Glebe Report Association is a monthly not for-profit community newspaper with a circulation of 7,500 copies. It is delivered free to Glebe homes and businesses. Advertising from merchants in the Glebe and elsewhere pays all its costs, and the paper receives no government grants or direct subsidies. The *Glebe Report,* made available at select locations such as the Glebe Community Centre and the Old Ottawa South Community Centre and Brewer Pool, is printed by Winchester Print.

EDITOR	Liz McKeen		editor@glebereport.ca
COPY EDITOR	Kerry Smith		
LAYOUT DESIGNER	Sandy Lynch		layout@glebereport.ca
GRAPEVINE EDITOR	Micheline Boyle		grapevine@glebereport.ca
WEB EDITOR	Peter Polgar		website@glebereport.ca
ADVERTISING MANAGER	Judy Field	613-231-4938	advertising@glebereport.ca
BUSINESS MANAGER	Sheila Pocock	613-233-3047	
CIRCULATION MANAGER	Marnie Wellar	613-408-1300	circulation@glebereport.ca
PROOFREADERS	Susan Bell, Martha Bowers, Valerie Bryce, Joann Garbig, Dorothy Phillips, Jeanette Rive		
AREA CAPTAINS	Martha Bowers, Bob Brocklebank, Judy Field, Gary Greenwood, Ginny Grimshaw, Jono Hamer-Wilson, Nadia Porcari		

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

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

CONTACT US
175 Third Avenue
Ottawa, Ontario K1S 2K2
613-236-4955

Please submit articles to editor@glebereport.ca.

@glebereport

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Glebe comings and goings

NEW TO THE GLEBE

The Movement Company at 101 Fourth Avenue. Treatments in the sports, coaching, and rehabilitation. (www.themvmtcompany.com)

Field Effect Software at Suite 207, 825 Exhibition Way, Lansdowne. IT security of businesses of all sizes, worldwide. (www.fieldeffect.com)

Seoul Mart at 22 Pretoria Avenue, former location of Lambden Window and Door, is now open, selling kimchi, sushi and related products.

CHANGES AFOOT

Studio Sixty-Six, formerly at 66 Muriel Street, now located at 858 Bank Street, Suite 102, southwest corner of Bank and Fifth.

GLEBE REPORT ASSOCIATION ANNUAL GENERAL MEETING

FEATURED SPEAKER:
IAN AUSTEN
CANADA CORRESPONDENT AT *THE NEW YORK TIMES*
ON
REPORTING ON THE PARALLEL UNIVERSE: *THE NEW YORK TIMES* IN CANADA

THURSDAY, MAY 17, 2018, 7 P.M.

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***GLEBE REPORT* SEEKS SOCIAL MEDIA AND CALENDAR VOLUNTEER**

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

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

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

Honorarium offered.

Resigning from the GCA to run for City Hall

Editor, *Glebe Report*

Dear readers, I have decided to leave my position as Vice President of the Glebe Community Association in order to run in the upcoming municipal elections in October to represent our beautiful Capital Ward. It is time for a new leader with a fresh perspective and I am excited to put my name forward. I will be listening to my neighbours and will work to earn your trust and bring renewed energy to City Hall.

I have a passion for public service and I am ready to dedicate myself to be a strong voice for the residents in our ward and to make it a safer, greener and more inclusive place.

I look forward to seeing many of you over the course of the campaign and hearing more about the issues that concern you and your family. In the meantime, please follow me on Twitter and Instagram @TonyCarricato. Feel free to contact me at any time.

Bye for now!

Anthony Carricato

A Garden in waiting

Editor, *Glebe Report*

Two years ago, when The Pantry closed its doors after 41 years, I decided to have a rest too. I always helped one day a week in the restaurant and on the same day, I would take care of The Pantry garden. But as I was getting on in years – 90 around the corner – I thought it best to take my retirement from the garden. Some volunteers came forward to continue with the garden project.

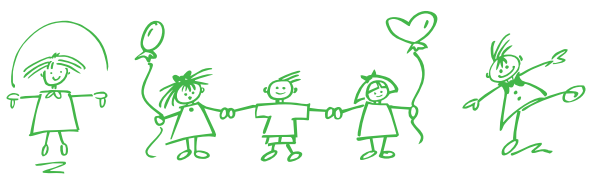
But when I passed by the garden last summer my honest reaction was shock. The memorial bench was still there but the garbage bin was removed, weeds grew tall and a broken watering can was thrown over a struggling Hosta plant. Sage, marjoram, oregano and other perennials had disappeared. I picked up cigarette butts but had nowhere to put them. Where lavender, lemon balm, feverfew, rhubarb and periwinkles had flourished, the spot was bare except for a measly comfrey and struggling chive. What happened?

In 2005 I purchased a memorial bench from the City of Ottawa in memory of my son André who had died tragically a few years earlier. The cost of the bench and accompanying garbage bin was $2,500, met partly by donations but mostly by me. I chose the site near the Glebe Community Centre on Second Avenue and spent many hours of work bringing a garden to life there. Gradually the little urban space became a peaceful oasis. Many contributed: Cameron Green placed stones to shape a heart before he died at a young age, Mary Kovacs carried water on her bicycle during summer droughts and Carolyn Best made daily use of the garden herbs for The Pantry.

It pains me to see plants and flowers neglected amid a general air of abandonment. It makes me think of other once-green areas lost in the name of "progress" to a parking lot or an equipment storage space. I fear that the bench could be gone one day as well.

Perhaps a new broom will sweep clean. I was heartened to read in the December 2017 *Glebe Report* that the Youth Council will start a community garden. So I do have hope and I wish them blessings in their noble project.

Ilse Kyssa



Variation on a theme… er, scheme

Editor, *Glebe Report*

Evelyn Hadican's brush with cheque fraud (Glebe Report, March 16, 2018) is similar to what nearly happened to my spouse Mimi Cabri in 2016. She received an email from a purported admirer of her ceramic work who said he was Thomas Rice and wanted to purchase one of her large sculptural pieces. I handled the extensive correspondence that included sending him photos to choose from. After choosing one, he then wrote that he would be paying by cheque for more than the agreed price so that we could deduct payment to a shipping company that would come to pick up the piece for shipping to his new house in Turkey. At my request for an address, he gave us a Montreal home address.

We received by courier a Porter Airlines company RBC cheque made out to Mimi. When we took it to the our TD bank they were unable to make an automated deposit because the printing was slightly offset to the serrations for the stub, so they told us it would have to be sent manually for clearing. At the same time, I mailed an invoice for the payment to Rice's Montreal address. As we suspected at the time, we were told a week later that the cheque had not cleared. Rice wrote that he would send a replacement cheque, which never arrived. Two weeks later I received a letter from a person who wrote from that Montreal address saying he had lived there over 15 years but had never heard of Thomas Rice. Fortunately, the fraud did not develop further, but it sounds like a similar scam to what Ms. Hadican suffered.

Louis Cabri

Update on Glebe hockey rink

Editor, *Glebe Report*

As readers will know, last month we published a letter about the need to build a replacement for the boarded hockey rink that was located at the Mutchmor playground for many years. But that was closed "temporarily" in 2014 to facilitate the building of the extension to Mutchmor school.

The letter has drawn considerable interest from the community and has also led to the identification of other suitable locations where a rink could be established. At one of these locations, a core group of volunteers has indicated its willingness to maintain a rink.

No response has yet been received from any of them despite the fact that the letter was also sent to public and administrative officials at the City of Ottawa and the Ottawa Board of Education, and to the local school trustee.

Ongoing updates will be provided in future editions of the *Glebe Report*. In the meantime, if you wish to offer your support (either moral or physical), please contact Richard Webb at richard.webb@gmail.com.

Richard Webb

JANE'S WALK

MAY 5 AND 6, 2018

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Keep fit, keep engaged and come on in!

by Pat Goyeche

Spring is coming, though winter did manage to sneak in a few extra sprays of snow. With spring comes a feeling of renewal seeding fresh starts and more active living. It is time to put away your winter boots and break out the sneakers.

The Glebe Centre Community Programs at Abbotsford offer a wide range of programming for adults 55+. Our programs challenge and engage the whole person. We offer intellectual, social, physical and artistic programs and classes for everyone at all levels of ability.

Enjoy our weekly Learn & Explore Speaker's Series on Wednesday afternoons or our monthly Topical Talks as listed in our guide, which you can pick up at Abbotsford, on pages 14 and 15. Or see them under Community Programs, Current Program Guide on our website www.glebecentre.ca.

On Wednesday, April 18, Mark Mueller, an electrician, economist and author, will present his book *Hugo Frank in the Maelstrom of German History*. We will learn how an ordinary family manages through turbulent times of German history, from Bismarck to the Berlin Wall in 1961. This is one of many weekly lectures that are open to the general public. It is a great introduction to what Abbotsford has to offer. Please telephone Reception at 613-230-5730 to reserve a seat.

PHOTO: PAT GOYECHE

Abbotsford's Tai Chi Club in action

Spring also brings out the cleaner in many of us; please think of Abbotsford when cleaning your basements and closets. We gladly accept gently used women's clothing for our boutique as well as "elegant treasures," art, flea market items, books and jewellery. All of these donations are sorted, priced and resold with the aid of our many devoted volunteers. The money raised helps to maintain and enhance the programming offered through Abbotsford.

Art classes are blossoming at Abbotsford this spring. We have a new roster this term including on Friday mornings a beginner's watercolour class, and on Wednesday mornings "Drawing & Printing Techniques – more than Fifty Shades of Grey!" that is a beginner's level course for developing basic drawing skills, sketching and making unique mono-prints. There will be simple, fun exercises that will give you confidence in your own ability to create. We also have calligraphy, embroidery on paper, working with wood projects, pottery, stained glass and an art course where you work on your own painting or drawing with a knowledgeable artist facilitator on hand with helpful hints. Don't miss out on your artistic growth this spring!

We also have a new course this spring that combines physical and brain exercises called "Brain Shaker." This new program is a dynamic physical and mental challenge (Let's use it, not lose it) that stimulates through moderate physical exercise combined with fun trivia. It combines instruction with N.U.T.S (Neuron Upgrade Training Stations) that are ready to challenge and boost your knowledge. Welcome 21st century instruction and technology for an engaging activity with a great fun factor.

Many of our popular classes and instructors are back this spring with appropriate levels for all students in tai chi, aerobics, dancing to world music, zumba, yoga, muscle toning, cardio/core workouts, and balance and strength classes. Keep fit and find what works for you. You are welcome to try a class prior to enrolling (if it isn't already filled). We have drop-in rates; please check with Reception prior to trying a class.

Clubs remain popular as members "own" their community centre, practicing tai chi sets, playing bridge, pool and ping-pong multiple times during the week. Non-members are welcome to check out a club prior to taking out a membership. Members enjoy the use of the facility to hone skills they have learned through courses at Abbotsford. Some clubs such as mahjong, sing 'n jam, opera, book and movie clubs keep members in touch with like-minded people who appreciate getting together on a regular basis.

These spring seeds – lectures, fundraising sales, classes and clubs – spread and build strong roots at Abbotsford throughout the year. Keep fit and engaged. Come visit Abbotsford!

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

Pat Goyeche is coordinator of community programs at Abbotsford.

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GREAT GLEBE GARAGE SALE

just around the corner – don't throw out your stuff!

PHOTOS: AL PATRICK

Scenes from the Great Glebe Garage Sale 2016

by Colette Downie

Spring is on its way and that means the Glebe's annual neighbourhood-wide garage and porch sale is just around the corner.

One of the highlights of the year for many in Ottawa, this year's Great Glebe Garage Sale (GGGS) is planned for Saturday, May 26, from 8 a.m. until 3 p.m., rain or shine.

Shoppers from across Ottawa and beyond come to the Glebe to wander through the neighbourhood and enjoy the festive atmosphere. It's always fascinating to see what's up for sale. Bargain hunters come in search of rare or quirky finds, including art, books, street signs, records, plants, furniture, clothing, appliances, collectibles, jewellery and more. It's a great opportunity to furnish a dorm room or a first apartment and a fabulous place to find baby items, sports equipment and toys.

The sale has a reputation as one of the first and possibly largest neighbourhood recycling events, and is one of the great things about living in the Glebe. It's an easy, fun and practical opportunity to help our community while recycling and de-cluttering. Vendors, visitors and businesses are asked to contribute 10 per cent or more of sales to the Ottawa Food Bank. Last year, the sale raised a generous $14,000 in donations! Donations can be made either online at www.ottawafoodbank.ca or by mail.

Bank Street and Lansdowne merchants also join in the festivities with their own sidewalk sales and special events. Over the years, the sale has also become a wonderful, spontaneous, neighbourhood festival attracting artists and musicians and foodies, all while enjoying the (usually) sunny spring weather.

PLANNING TO SELL FOOD?

Selling food requiring cooking, especially meat, needs careful planning. City of Ottawa food inspectors will be on-site on sale day; it is important to know and comply with the city's food regulations to make sure you meet the inspectors' expectations. The city's website www.ottawa.ca provides more information and be sure to fill out the Application Form for Food Service at a Special Event at least two weeks before the sale. If you have any questions about selling food, please contact healthsante@ottawa.ca.

SCHOOL, CHURCH OR OTHER ORGANIZATION WITH SPOTS FOR VENDORS OR TAKING DONATIONS?

Interest by outside vendors is stronger than ever this year and inquiries are already coming in from artisans, local businesses and others looking for space. If you're a community organization planning to make spaces available, accept donations or offer parking, please let me know so I can post your contact information on the Glebe Community Association website in the FAQs about the sale.

ELECTRONICS RECYCLING AND PICKUP

Glebe Collegiate Institute will be holding its popular free electronics drop-off and fundraiser on sale day as well as all day Sunday, May 27. Electronics accepted will include: TVs, VCRs, DVD players, all phones, all printers, all cameras, clock radios, e-readers, all speakers and all manner of computer equipment and peripheral devices.

If you have difficulty moving or transporting your electronics to the school, please contact Judith at judith.slater@ocdsb.ca to arrange pickup.

HERITAGE PLAQUES

For the fifth year, homeowners are encouraged to prepare and install a simple temporary plaque or sign presenting a brief history of their home and its homeowners. Interested in participating in this annual event? Visit www.glebeca.ca for information.

PLEASE REMEMBER

There are no road closures during the GGGS, so please keep the roads clear and drive carefully if you need to get in or out of the neighbourhood on that day. However, on some streets, parking will be prohibited even with a parking permit and reserved for emergency vehicles.

AFTER THE SALE

Once the day is over, please be ready to tidy up and pack things away. Place any unsold items on the lawn for a couple of hours with a sign saying it's free and then post them on a site like www.UsedOttawa.com, Kijiji Canada, https://groups.freecycle.org/group/OttawaON-Freecycle/description or contact the Salvation Army.

Go to the Glebe Community Association's FAQs on the Great Glebe Garage Sale at www.glebeca.ca/great-glebe-garage-sale-faqs-2/ to get information and tips. If you have questions, contact me, Colette Downie, at gggs@glebeca.ca.

Colette Downie is the volunteer coordinator of the Great Glebe Garage Sale for the Glebe Community Association.

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Our very own yellow La Machine?

by Matthew Horwood

The Combined Sewage Storage Tunnel (CSST), one leg of which will run from Chamberlain Avenue north along Kent Street, is on track to be completed by 2020.

The CSST project will include the construction of two tunnels: an east-west tunnel through the downtown core from LeBreton Flats to New Edinburgh Park, and a north-south tunnel along Kent Street from Chamberlain Avenue to just behind the Supreme Court.

The aim of the CSST project is to reduce the frequency of sewage overflows entering the Ottawa River during storms. It will also help reduce the chances of basement flooding in the core of the city.

When completed, the two inter-connected tunnels will be a total length of six kilometres, approximately three metres in diameter and 10–31 metres below ground level. The tunnels will be able to hold up to 43 million litres of surface runoff and wastewater, approximately equal to 18 Olympic-sized pools, to help mitigate sewage overflow during heavy rainfalls.

The $232.3 million construction project is a key part of the Ottawa River Action Plan (ORAP). The plan is aimed at "enhancing the health of the Ottawa River and protecting our water environment for future generations" according to the City of Ottawa's website.

Funding for the project comes from the federal and provincial governments, each providing $62.09 million, and the city has committed $108 million. Storage tunnels for combined sewer overflows have been used in several other major cities in North America including Portland, Boston, Rochester and Washington, DC.

A tunnel-boring machine is being used to construct the tunnel. The face of the machine has a rotating cutter wheel that chips away at rock as the machine moves forward. This material is then transferred from the tunnel by conveyors back to the shaft entrance to be taken away.

Construction at ground level will be limited to specific locations along each tunnel where shafts or access points will be constructed. Access to homes has not been required for the construction, as the tunnelling work takes place well below the depth of houses or other surface-level structures.

Site #10, located on Chamberlain Avenue in the Glebe, is the launch shaft for the north-south tunnelling operation. Controlled blasting was completed inside the access shaft to facilitate rock excavation. Rock excavation activities and mining have not affected vehicle or pedestrian traffic, and notices were sent to nearby residents informing them of blasting and excavation activities.

While the CSST project team does not have information on the potential savings to individual property owners for flood damage, the infrastructure's north-south tunnel could help reduce the risk of basement flooding for several low-lying lands in the city's core and in the Glebe, according to Ziad Ghadban, manager at CSST. Ghadban stressed that the north-south tunnel is only one component of an overall flood control program for this area.

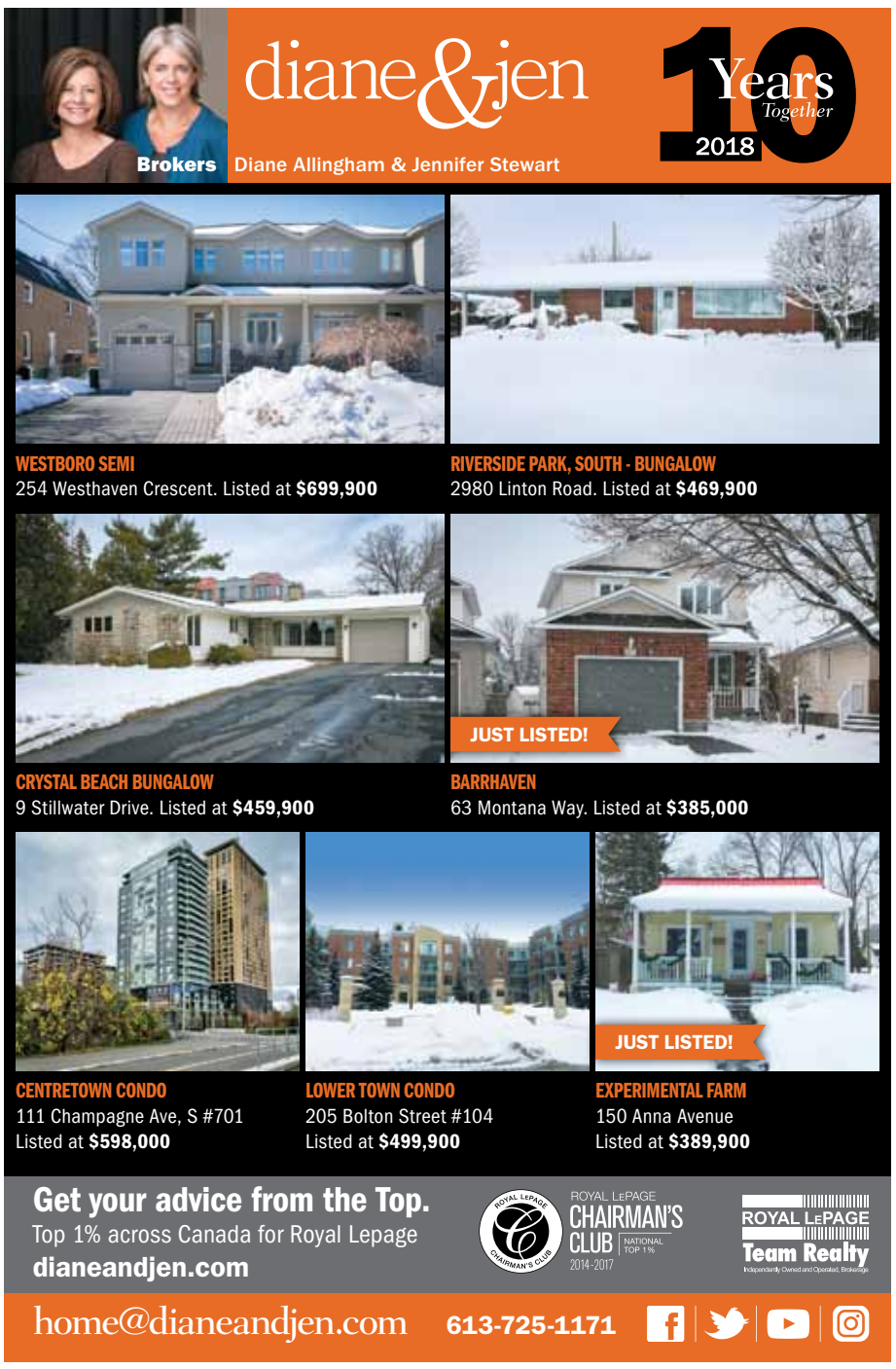
According to Ghadban, there have been a few complaints by nearby residents about noise and vibrations from the drilling as is expected with such a complex construction project. "The CSST project team has placed a significant focus on ensuring frequent and consistent communication with area councillors and adjacent residents and businesses, including via our field ambassador, our dedicated phone number and email, as well as to manage potential nuisances and maintain traffic flow throughout construction," Ghadban said.

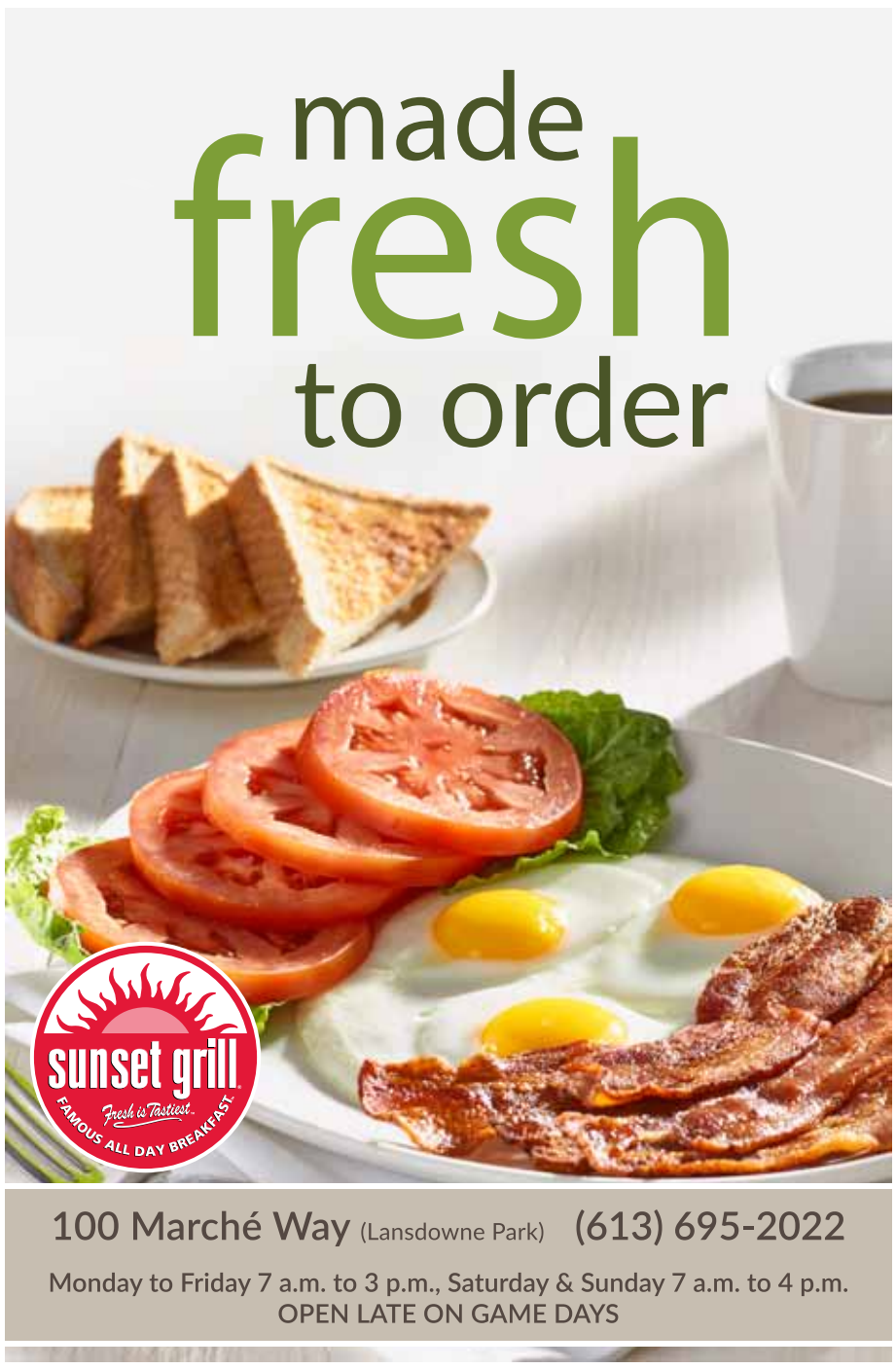
Construction on the tunnel began in the summer of 2016. While there have been some delays, the CSST remains on track for commissioning in 2020.

Matthew Horwood is originally from Belleville, Ontario, and moved to Ottawa in 2013. This year he will be completing his final year of journalism at Carleton University.

PHOTO: MATTHEW HORWOOD

Site #10, located on Chamberlain Avenue, is the launch shaft for the north-south tunnelling operation. The Combined Sewage Storage Tunnel is expected to be completed by 2020.





Two years on and proudly Canadian

by John Richardson

I knew my 7-year-old Syrian buddy Georges had fully assimilated into Canadian life when he ran past me, leapt onto his toboggan, whooped for joy and threw himself head first down the snowy slope in Patterson's Creek park.

New Year's Day marked the two-year anniversary of his family arriving in Ottawa, four people of the approximately 50,000 refugees settled across Canada.

Our local church, Blessed Sacrament Catholic Church sponsored Dad Mouhanad, mom Ryam, 3-year-old Julie and Georges. A group of hard-working Glebe volunteers did a lot of legwork before the family arrived in Ottawa from their temporary home in Lebanon, raising funds, finding a place for the family to live and a school for Georges to attend, completing all of the necessary paperwork and warmly welcoming them to their new home on one of the coldest days of the year.

I first met them outside their high-rise apartment when I picked them up to drive them to mass. Only Ryam knew a few words of English, but in that car ride across town a conversation started that has never really ended.

Today, Mouhanad juggles English classes with work. Ryam stays home with Julie and baby Jack, born in May. Georges is thriving in Grade 2. He is now fluent in English and is working on French. He loves school, excels at math and is excited by learning.

Although they have little and the challenges of starting anew in a country far from home are daunting, our Syrian friends have taught me and my family a great deal.

They have taught us that tiny acts of kindness can make a meaningful difference. When Mouhanad was offered his job, for example, he received a letter saying he needed to buy work pants and boots. But he could not read the letter. He also had no money, no knowledge of where to shop and no means of getting to a mall. Helping him, I was given a small glimpse into the multitude of obstacles that refugees face when trying to get a foothold in a new country.

They have taught us that our North American culture places too much stock on acquiring stuff. For Christmas, Georges, Julie and Jack each received a new outfit. The emphasis was on church and time together as a family.

They have taught us about joy. Although the family worries about relatives who continue to live in the midst of war, their chatter, laughter and love for each other are endlessly uplifting.

They have taught us that caring teachers, excellent hospitals, local parks, vibrant community centres, kind employers, helpful neighbours and the kindness of strangers contribute to the success and well-being of everyone.

The United Nations Refugee Agency reports that 5.4 million people have fled Syria since the conflict began. They call it "the biggest humanitarian and refugee crisis of our time." Our Syrian friends have taught us that the people caught up in the struggle are not just statistics or news stories but families with hopes and dreams just like our own. They have put a face–actually five faces–to the tragedy and suffering that continue to unfold.

The Alkhouri family – mom Ryam, Julie, 4, Georges, 7, dad Mouhanad and baby Jack, 10 months.

Georges had never even seen snow two years ago, but on that cold January afternoon at the corner of Bank Street and Patterson Avenue he showed me how creative his enjoyment of winter had become. He went down the hill in every combination possible: sitting, standing, head first, on one sled, on two sleds, with me in the front, with me behind.

As the light faded, we made a final run and lay together at the bottom of the hill looking up at the silently falling snow and the gentle movements of a maple tree's branches against a peaceful, grey sky. I glanced over at my small friend. His smiling face lit up the gathering darkness. I thought about how Georges is careening joyfully and with so much potential into a bright future.

I can't wait to see what the future holds for him, and I am excited to think of the contributions he and his family will make to the country they now proudly call home.

Longtime Glebe resident Dr. John M. Richardson is a high school teacher and adjunct professor at the University of Ottawa faculty of education.

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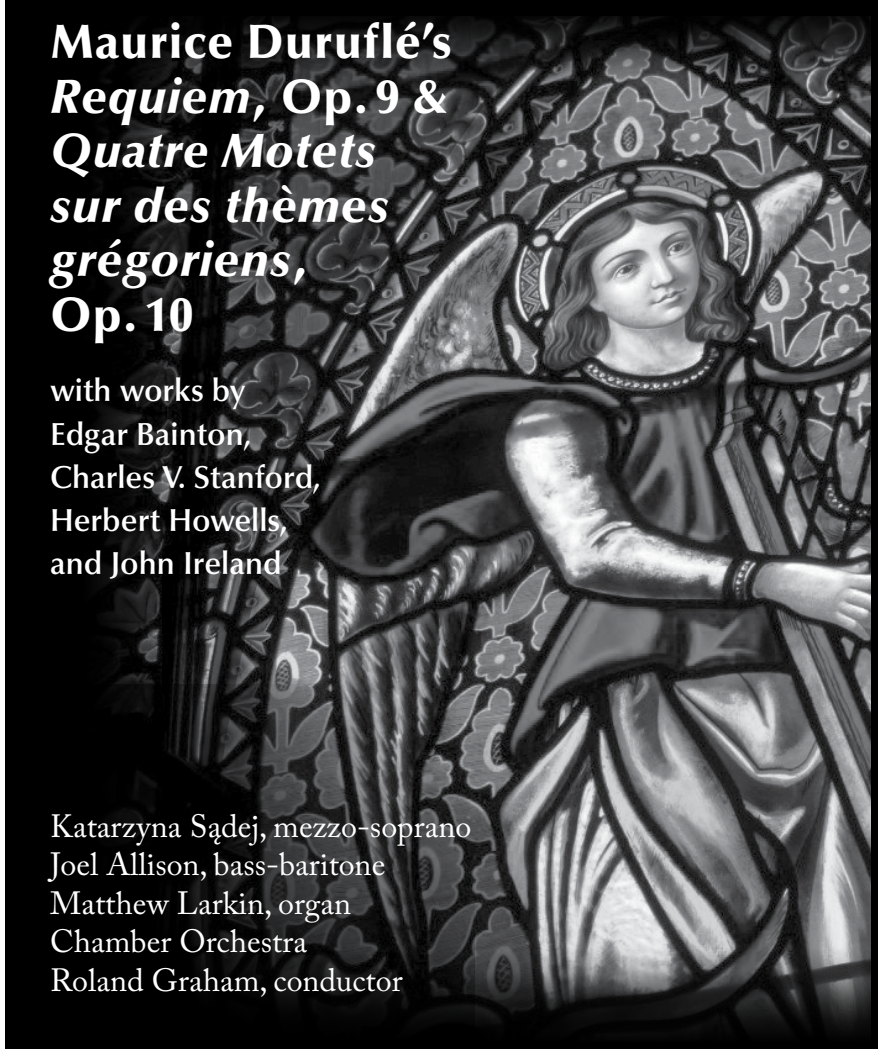

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Impact Hours: connecting 55+ experience with community

PHOTO: SOFIA LENTFER

Ottawa Tool Library's Repair Café in December. Ottawa Tool Library benefits from the years of experience of volunteers 55 years of age and older.

by Christine Franklin

Do you know anyone retired or later in their career who would like to apply their skills and experience to a good cause and are looking for short-term volunteer opportunities?

ImpactHours.org is a new website that connects people ages 55+ with Ottawa not-for-profits for short-term, skill-based volunteer opportunities. Impact Hours was spotlighted by the Council on Aging as an "innovative age-friendly initiative" and recently featured on CBC's Ottawa Morning. It provides individuals with access to an inventory of volunteer opportunities posted by not-for-profits in need of their skill-sets and experience.

Volunteers play a vital role in supporting not-for-profits in their missions to do good in the community. However, the expectations and attitudes of volunteers are changing, with many wanting flexibility. In my conversations with older adults, some shared that they were reluctant to take on a regular volunteer commitment but would welcome informal "one-off" volunteer opportunities where their time and experience is valued. Unfortunately, short-term, skill-based volunteer opportunities can be difficult to find.

Not-for-profits with limited resources and gaps to fill could benefit from the donated skills and experience of 55+ adults helping with specific needs in support of their core missions, or perhaps assisting with a question in such areas as technology, marketing or fundraising. Some organizations, like the Ottawa Tool Library, are already actively engaging the skills of 55+ adults and are increasing their impact as a result.

"Older adults have a tremendous amount of knowledge that would be so sad to not pass on to the next generation," says Bettina Vollmerhausen, co-founder of the Ottawa Tool Library. "At our tool library, we have many people 55+ who share their skills in meaningful ways, either as tool librarians, tool ninjas or tool doctors. In particular, our tool ninjas like sharing their gained knowledge around proper tool handling and project management during our Maker Days when members come to work on their DIY projects with the tools in our inventory."

Impact Hours, a free local service, was developed in the belief that small actions can have an impact that benefits individuals, not-for-profits and the wider community. Here are just a few of the volunteer opportunities currently listed on the site by not-for-profits wanting to engage skilled volunteers:

- ✓ Construction of Sunshelter Structure (Canadensis Botanical Garden Society)
- ✓ Videographer (The Glebe Centre)
- ✓ Repair Café Fixers (Ottawa Tool Library)
- ✓ Skill-Based Mentors (Junior Achievement Ottawa)
- ✓ Environmental Project Advice (Ottawa Eco-Talent Network)
- ✓ Writers (Council on Aging, Ottawa Network for Education, Dementia Justice Society of Canada)

Visit ImpactHours.org to view other volunteer opportunities and to learn more about how the platform facilitates connections between skilled 55+ volunteers and not-for-profits. You can also sign up for Impact Hours' newsletter and subscribe to email alerts for new volunteer listings that match preferred search criteria. Spread the word about Impact Hours to individuals who may be interested in sharing their experience and not-for-profits that could use some help!

Christine Franklin is the founder of Impact Hours and a federal public servant. She lives in Old Ottawa South and is on the Glebe Collegiate school council. She can be reached at info@impacthours.org.

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There's room for everyone

Those cyclists! Those drivers! I've never been a fan of labels, at least when they're applied to specific people, groups of people or particular behaviours. Labels can serve as convenient shorthand but they also tend to oversimplify and create false impressions.

Politics is rife with labels, mostly used to dismiss those with whom we disagree or to put the speaker or writer on the side of the angels. NIMBYs, YIMBYs, working class, the elite, left-wing, right-wing, progressive, fiscally responsible, bureaucrat, politician–all are loaded terms with positive or negative connotations depending on where you stand.

But there's a special category of labels that I find especially troublesome–modal labels that define people solely by their mode of transportation.

Pedestrians: They don't look where they're going. They don't pay attention.

Drivers: They go too fast. They're polluting the air. They're aggressive. They ignore the rules of the road. They don't pay attention.

Cyclists: They think they're above the law. They aren't paying for their share of infrastructure. They never stop at stop signs or red lights. They ignore the rules of the road.

Those drivers! Those cyclists! Those pedestrians! They all have their own needs, wishes and complaints. Still, when we use these labels we treat people not as individuals but as a homogeneous group based on how they get around.

The thing is, we can't make assumptions about someone's behaviour, values or the taxes they pay based on how they travel. That's not only because drivers, cyclists and pedestrians come in all genders, ages, sizes and political persuasions, but also because the vast majority of citizens do not limit themselves to one mode of travel.

I walk, cycle, drive, take public transit or skate, depending on the day, the weather, where I need to go and how much time I have. But I do not take on a new personality every time I switch my mode of transportation. I'd venture I am the same person whether I am riding my bike, driving my car or walking. I probably do as good or as bad a job of following the rules of the road, paying attention and looking out for others no matter how I travel.

The Share the Road Coalition prepared a study a few years back about who drives and who cycles in the province of Ontario. It found that many people do both. Of those drivers who do not cycle, or at least not much, a strong majority would like to more often but they don't feel safe on a bike. The conclusion is that drivers and cyclists are largely the same people and virtually all of them are pedestrians as well, even if it's just to walk from their parked car to their final destination. They all want to get to where they are going efficiently and safely and they do not want to be harmed or cause harm to anyone else while getting there.

If we can stop relying so much on these modal labels, maybe we can move on to sharing our roads and paths and sidewalks a bit better.

I will work with City staff and community members this spring and summer to look at how people are using Main Street, Capital Ward's showcase "complete street." I hear reports that not all cyclists travel in the right direction on the cycle tracks or yield and stop when they should. I hear that not all drivers yield when crossing the cycle tracks, or obey the right-turn prohibitions at red lights or respect the stop bar that ensures they can see cyclists on their right. I hear that some pedestrians wander or stand in the cycle tracks oblivious to the ringing of bells, the different texture of the pavement or the fact that there's a nice wide sidewalk right beside them.

What this tells me is that we still have a job to do educating all road users as to what the various lanes, surfaces, paint colours and signs mean. It tells me that everyone, whether a driver, cyclist, pedestrian or all three, needs to be aware of the privileges they've been granted and the rules that govern them.

And it tells me there is plenty of room for everyone on our streets, if we could just think and act as good neighbours and let go of the labels.

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

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

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

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

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Spring is a busy time for the GCA!

The next few months are a busy time for us: three of our most labour-intensive events, cleaning up our many parks, recruiting new board members and our Annual General Meeting are all upcoming. At the same time all of our committees continue their excellent day-to-day work. With provincial and municipal elections coming up, it is a particularly important time to be advocating for what should be included in candidates' platforms, the issues Glebites want discussed and the political vision for the next four years for what our neighbourhood will look like.

GREAT GLEBE GARAGE SALE

The Great Glebe Garage Sale epitomizes so many of the values we strive for: community cooperation, environmental sustainability, walkability, support for local charities and a chance to showcase our neighbourhood's heritage for visitors. This year's sale will be on Saturday, May 26. Details are in a separate article in this *Glebe Report* (page 7). Please remember that we request 10 per cent of all profits from events be donated to the Ottawa Food Bank. Last year we raised over $14,000 and hope to surpass it this year!

MEMBERSHIP DRIVE

Every spring we conduct our membership drive in advance of the Annual General Meeting in June. Our volunteers canvass as many homes in the Glebe as possible, speaking to residents about what the GCA has done this past year, what issues are important to them, what they like about the Glebe and what would make it even better. It is a crucial time for us to make sure that we are accurately representing the interests of as many Glebe residents as possible.

We are financially self-sufficient to avoid any conflicts of interest, so this membership drive is also our main source of income. We ask for a $10 donation per member household, though we lower that cost for students and low-income households.

Membership gives you the right to vote for board members and on important issues at our AGM. You will also receive our newsletter. The GCA is a not-for-profit, volunteer-run association, so 100 per cent of the proceeds of our membership drive goes into covering our costs and paying for community projects. If you miss the door-to-door canvassers or you would just like to get your membership right away, you can sign up at any time on our website www.glebeca.ca/membership/. If you are interested in canvassing with us please email membership@glebeca.ca as soon as possible and we can find you a route close to your home. It's a fantastic excuse to meet your neighbours and a big help to us!

COMMITTEE UPDATES

Last month the board approved the creation of a new committee dedicated to representing the interests of teenagers and young adults in the Glebe. If you know of any young people interested in making the Glebe a more youth-friendly space, encourage them to apply to join the committee by emailing info@glebeca.ca.

The Parks Committee is organizing cleanup days for each of the parks in the Glebe. Details can be found elsewhere in the *Glebe Report* (March issue, p. 29) and on our website. The committee is also working toward installing a mural on the concrete wall in Central Park West and re-installing the parklets along Bank St.

The Heritage Committee will again encourage homeowners to participate in the very successful one-day Heritage Plaque event during the Great Glebe Garage Sale by placing on their lawn one of the over 200 address-specific plaques the committee prepared last year, or by making their own heritage plaque that provides a brief history of their home and its architecture.

FAREWELL AND CONGRATULATIONS!

Anthony Caricatto has stepped down from the GCA board to pursue new opportunities after working hard as our vice-president for the last year. We thank him for all his time and energy and wish him well in future endeavours! We also congratulate Sarah Viehbeck, our health and social services chair, and her family on the safe arrival of their new baby! We are grateful for the amazing work that Sarah does for our neighbourhood while also managing her family and career.

Join us at our next meeting Tuesday, April 24, 7 to 9 p.m. at the Glebe Community Centre.

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

Mary **Tsai**

613-233-8713 info@gnag.ca www.gnag.ca

GNAG springs eternal!

by Mary Tsai

CALLING GLEBE ARTISTS

Emerging and professional artists of all ages and working in any medium are invited to exhibit and sell their work for the month of May 2018 at the Glebe Community Centre.

GNAG ARTS is about giving local artists exposure and an opportunity to sell their work and keep 100 per cent of the selling price. We will kick off the exhibition with a fun casual-chic vernissage on Thursday, May 3 from 6 to 7 p.m. Admission is free.

Artists have the option of submitting one piece, maximum 2 x 3 feet (or a diptych equalling maximum size), or two pieces, with the second piece being no larger than 1 x 2 feet.

If you are an artist and are interested in participating in GNAG ARTS, please fill out an application and bring your artwork to the Glebe Community Centre between April 23 and 27. Applications are available online at www.GNAG.ca under Events, or contact Clare@gnag.ca with the subject "GNAG Arts."

SUMMER CAMP JUNIOR COUNSELLOR

Are you energetic and creative and love to play with children? Are you keen to gain some recreational experience while working with kids? Apply to be a Junior Camp Counsellor with GNAG this summer! We're looking for students entering Grades 10 or 11 who are interested in a one-month commitment (either July or August) to work as Junior Camp Counsellors in our summer, day-camp programs. Send your resumé and cover letter to Alison O'Connor at ali@gnag.ca by April 20. Graduates from the Glebe Leadership CIT program or CAT Squad are preferred. This position is honorarium-based.

VOLUNTEER AT SUMMER CAMP

Are you interested in volunteering for a week or two in one of our summer camps? Want to help out, work with kids and have the best summer ever? Simply email your resumé and cover letter to Paul O'Donnell at paul@gnag.ca. Applicants must be 14+ and preference will be given to graduates of the Glebe Leadership LIT program. Application deadline: June 1.

SUSTAINABLE FASHION SHOWCASE

Did you know the average Canadian disposes of up to 14 kg of clothing waste per year? Don't throw away someone's prospective treasure. Instead, feature it amongst fashionable gems at GNAG's first annual Sustainable Fashion Showcase!

Enjoy a night out with friends and source your vintage Vogue fashion on Friday, May 4 from 6 to 9:30 p.m. at the Glebe Community Centre.

Your $18 ticket includes admission, a women's fashion show, access to incredible deals, designer clothes and accessories, pop-ups by local businesses, a drink ticket and delicious light nibbles. Tickets are available online at GNAG.ca.

We are still accepting quality donations. Various styles and sizes are welcome. Contact tsai@gnag.ca for more information.

All funds raised from this event will support GNAG's summer camp Integration Support Program for children with special needs.

SOCCER IS RIGHT AROUND THE CORNER. SIGN UP TODAY!

GNAG Soccer is a recreational league for girls and boys together! It is fun, affordable, non-competitive and pressure free! It is also ideal for kids of all levels who wish to team up with friends or make new friends. This seven-week program is coached by parent volunteers and is ideal for children 3 to 12 years of age and all skill levels. All games will take place at Glebe Memorial Park (Glendale Park) and Chamberlain Field. Don't miss out on playing this very popular sport with your child. Sign up today!

OFF THE GRID: MOUNTAIN BIKING & MORE. GRADES 4–8

Challenge yourself with Connor Hutchenson and Luke Geeves. You will embark on new extreme challenges each week that will test your ability to perform new skills. We will go mountain biking, head over to tag zone, compete in challenges, kick it up at Mooney's Bay and end the six weeks by putting our skills to the test during a survival overnight camping trip. So get ready to go off the grid! Drop-off and pick-up are at the Glebe Community Centre. Participants must have a bike and helmet.

Saturdays 9–2, May 5–June 9

ANNUAL PERENNIAL EXCHANGE

All gardeners great and small are welcome at the 24th Annual Perennial Exchange. Bring your extra plants and seeds to exchange, as well as your questions and ideas. If you don't have anything to exchange this time, come anyway! Located on the gcCafé steps of the Glebe Community Centre (Second Avenue).

Thursday, May 17, 6:30–7:30 p.m. Free.

GLEBE HOUSE TOUR

Ever thought about featuring your home at the Glebe House Tour?

Are you house-proud (in the best possible way)? Want to show off your new renovations? Is your Glebe home of historical significance? Do you know a home of note in the neighbourhood? This important fundraiser needs you! Contact Clare@gnag.ca for more details.

GNAG will feature five beautiful Glebe homes in September and raise over $10,000 for our financial assistance program for families-in-need city wide to attend programs at the Glebe Community Centre.

IODE House and Garden Tour

by Elanor Brodie

The IODE Laurentian Chapter's 57th annual House and Garden Tour on May 12 features six interesting homes and gardens.

There are two homes in Westboro. The first was originally small but has seen multiple additions over the years including a second floor. The old summer kitchen has been incorporated into the house with a side door bricked-in with glass, and then modernized with built-in cabinetry to divide some of the rooms.

The second is a modern house on a corner lot completed in 2015 and designed by architect Alex Diaz of Arthouse Developments. It is an airy, open-plan house, centred on the kitchen, with clean lines, limited colour palette and "rustic" fixtures.

One family inhabited the heritage home in New Edinburgh for nearly 100 years. Today, it has been updated and filled with eclectic art.

In Rockcliffe is a typical house of the pre-war era 1930s. A Foreign Service family has owned it for the last 20 plus years and it is filled with art and furnishings reflecting family history and postings.

A house on a large, treed lot in Alta Vista is both interesting and easy to live in, with its eclectic blend of anything from antiques and family heirlooms to thrift-store purchases and curbside finds.

Marco D'Angelo of DeAngelus Contracting Ltd designed an impressive light and airy house in Carleton Heights. It includes an indoor pool, climate-controlled wine cellar and landscaped gardens that back onto the Rideau River.

Rockcliffe Retirement Residence guests will find a bake sale, speakers and music.

Tickets are $35 and are available at retailers including Randall's Paints and Bloomfield Flowers.

For information and tickets, visit www.laurentian.iode.ca. Funds raised will go to the Youth Services Bureau of Ottawa.

Elanor Brodie is communications chair for the IODE Laurentian Chapter.

NEW PATIENTS WELCOME

Dr Pierre Isabelle

Dr. Peter Kim

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www.mcquillanelectric.ca

Maurice Owen Samwell

We present the history of 21-year-old Private Maurice Samwell of Third Avenue in the Glebe in commemoration of last November's 100th anniversary of the signing of the Armistice and as part of our continuing monthly series of Glebe Report stories about the 16 servicemen from St. Matthew's, The Anglican Church in the Glebe, who were killed in action in the First World War.

by Kevan Pipe

Maurice Samwell was born on September 10, 1895 in Wales, Ontario (a town that no longer exists, as it was flooded by the creation of the St. Lawrence Seaway in the 1950s) to Anglican Church minister Reverend Robert Samwell and his wife Jane. He was the oldest of the four children that included two twin brothers, Cameron and Evan, and his sister Mary.

Reverend Samwell was transferred in 1901 from the parish of Wales (near Cornwall) to St. Matthew's Anglican Church in the Glebe with his family, moving 100 kilometres north to Ottawa. Unfortunately for the young family, Reverend Samwell contracted typhoid fever the following spring and died after a 15-week illness in August 1902 at age 36. In 1905, Maurice Samwell's mother Jane married Reverend G. C. Clarke and lived at 123 Third Avenue until circa 1911 when they left for Pakenham and then Fitzroy Harbour in 1914.

Maurice, 19 years old, enlisted (#113) in the Canadian Overseas Expeditionary Force on December 4, 1914 in Toronto while he was living in Fitzroy Harbour, just months after the start of the First World War. His occupation was listed as clerk but was later amended to include railway lineman experience. He was assigned to the 2nd Division Cyclist Company. Following five months of training, his unit was deployed to England on May 16, 1915 on the SS Corinthian and arrived 11 days later. Following further training, Private Samwell was finally shipped to France on September 15. Private Samwell was sent to Trench Warfare School Wiring Class in February 1916 and remained with the newly renamed Canadian Corps Cyclists Battalion.

The Battle of the Somme, one of the most infamous engagements of the war, began on July 1, 1916, a day remembered for the loss of more than 57,000 British troops, including the decimation of the Royal Newfoundland Regiment with 90 per cent losses. With this heavy fighting now taking place, just two weeks later on July 17, 1916, Private Samwell requested and was granted a transfer to the 21st Battalion Machine Gun Section, Eastern Ontario Regiment, and was taken on strength just three days later. His mates were in this outfit and he wanted to be with them according to the reasons documented for the transfer.

The Battle of the Somme was in full force during the summer and autumn of 1916, a conflict that eventually cost more than a million lives. One of the few allied victories during this horrific five-month engagement occurred when Canadian forces attacked the German stronghold at Courcelette on September 15, 1916. Canada suffered thousands of casualties in the Battle of Courcelette, which lasted for seven days. It was designed to punch a hole in German lines for cavalry to penetrate and is remembered both for the introduction of armoured tanks in modern day warfare and as the formal debut of both the Canadian Corps and the New Zealand Division in the First World War.

The fighting was launched at 06:20 hours on September 15 and the Canadians advanced, taking multiple objectives at a huge cost. Total Allied casualties numbered more than 29,300 in this one-week conflict, with the three divisions of the Canadian Corps suffering 7,230 casualties in this one week of fighting alone. British Army commander General Douglas Haig wrote that the Canadian achievement "was a gain more considerable than any which had attended our arms in the course of a single operation since the commencement of the (Somme) offensive."

And unfortunately, on the very first day of battle, Canadian casualties included Private Maurice Samwell, killed in action on September 15, 1916, just five days after celebrating his 21st birthday. His body was never found.

Canada's Vimy War Memorial commemorates those servicemen who were killed in action in the Great War, but whose bodies were never found. His name, M. O. SAMWELL, along with 11,284 others, is inscribed on the wall of the Vimy Memorial in the Pas de Calais region in northwest France.

He is remembered today at St. Matthew's Anglican Church.

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

PHOTO: COURTESY OF THE MAPLE LEAF LEGACY PROJECT

Maurice Samwell of Third Avenue, a member of the Canadian Corps Cyclists Battalion, died in the Battle of Courcelette at the age of 21.

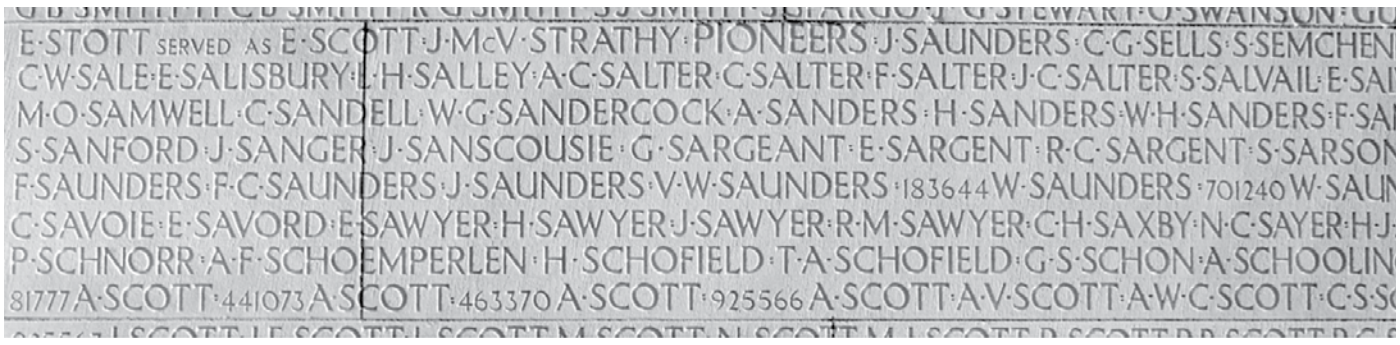
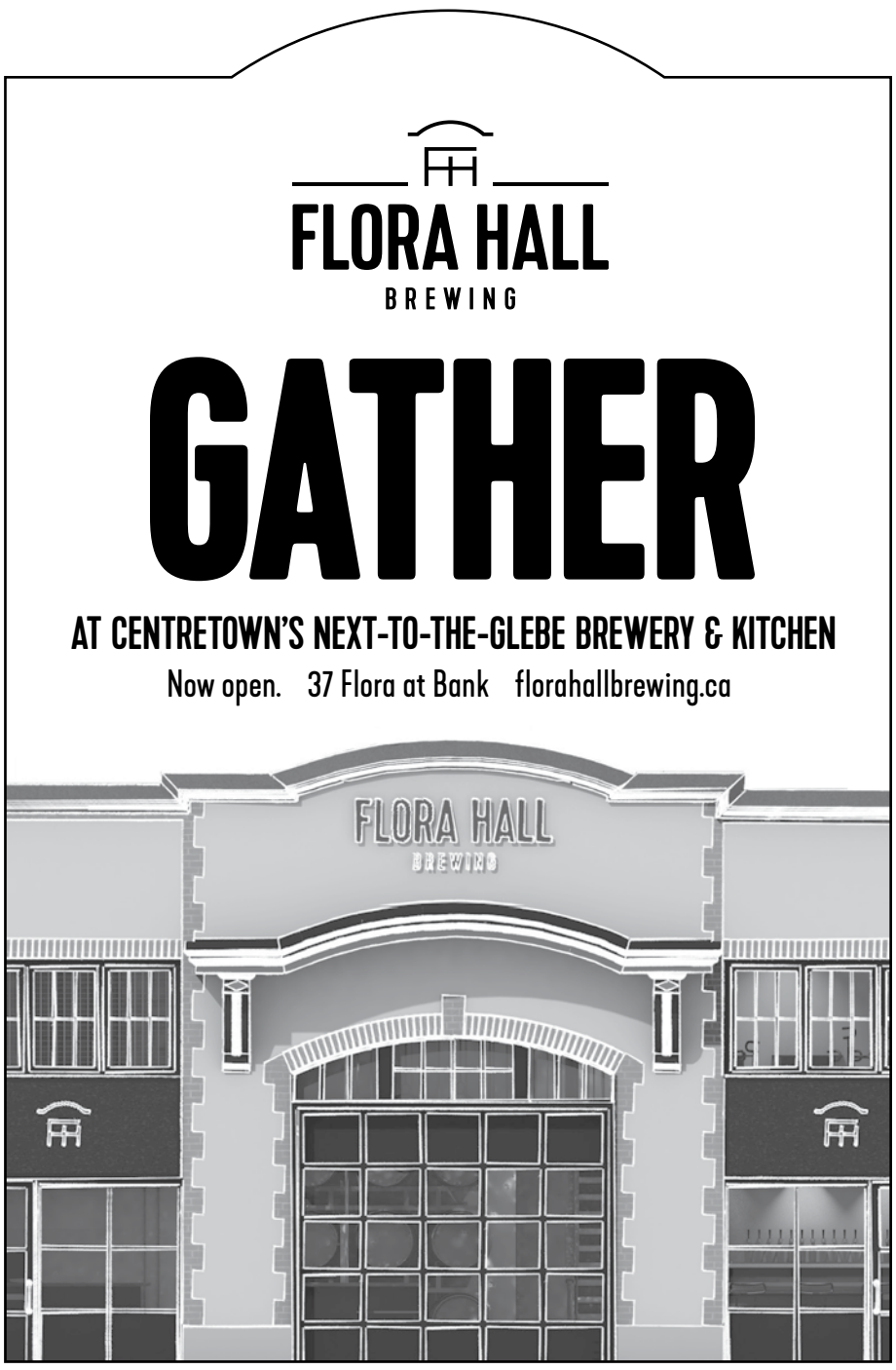


PHOTO AT: HTTP://WWW.VETERANS.GC.CA/ENG/REMEMBRANCE/MEMORIALS/CANADIAN-VIRTUAL-WAR-MEMORIAL/DETAIL

Maurice Samwell's name on the Vimy War Memorial



Bonbons and bars on Bank – Alicja Confections

by Maddy Warlow

If you've got a sweet tooth, an eye for flashy design and a love for some exotic flavours, then Alicja Confections should be your go-to place! Known for their unique Postcard Chocolate Bar, Alicja Buchowicz, her fiancée Nick and her team put a modern twist on traditional chocolate-making techniques. As a chocolate lover myself, I jumped at the opportunity to support a locally run, woman-owned shop in the business of creating delicious treats.

Buchowicz hasn't always worked in the chocolate industry; she only started her own brand in 2015 after leaving a previous, more traditional chocolate shop in Winnipeg, her hometown. As a creative person, she had been accepted into a prestigious design school in Los Angeles, but the tuition was just out of reach. She began working in sales jobs but found no inspiration for her future until she got into the business of chocolate. In 2015 she made her first set of bonbons for the Christmas season, hand tempering the chocolate from her experiences at the Winnipeg store, sold out on Etsy and through friends and family in Winnipeg.

She found herself in need of a creative outlet after leaving her Winnipeg chocolate shop position and focusing solely on sales, and so came her own chocolate creations. Buchowicz puts her creative talent to work through marketing, packaging and branding of her own work combined with her position as a chocolatier. Before the Ottawa opening, she sold her products at markets and pop-up shops within larger stores. She soon realized she had put herself on the map. "It's more important to me that I like what I'm doing, it's not about the money," she explained. The Ottawa location was opened for the 2017 Christmas season in Fifth Avenue Court, as the first storefront for her confections.

In speaking with Buchowicz, it was clear she was passionate about her

PHOTOS: MADDY WARLOW

shop. She explained how the loss of her father, who worked at a chocolate shop in his youth, put her dreams on hold but allowed her to recognize her goals as an entrepreneur. She realized that wasn't the route she wanted for herself after being contacted by a large wholesaler to supply her chocolate bars. She ended up opening a quaint shop on Bank Street, a decision she described as a "no-brainer." "There's no chocolate shop on this massive stretch of street and I love the community here," she explained when I asked her why she decided on the location. "No chocolate store? I am okay to fill that void!" she said excitedly.

Walking into the shop, you immediately see evidence of Buchowicz's creative eye. That flashy neon pink sign illuminates the shop with the words: chocolate, chocolate, chocolate. The store is quaint and the funky packaging stands out. Buchowicz describes her chocolate creations as "new, weird, interesting, funky, delicious flavour you can't find anywhere else," and her store follows the same mandate. A white brick wall accentuates a shelving unit filled with different designs of the Postcard Chocolate Bar and serves as the perfect photo-op backdrop. Crisp, clean white marble provides elegance to the shop, as do her gold leaf detailed bonbons on display.

The website extends the coherent design even further. Hosted on an easy-to-use platform, all the beautiful Postcard Chocolate Bars are on full display. The site provides photos, updates, news and social media connections to keep in touch and in tune with the latest Alicja creations.

Getting into the festivities of the season, the shop hosted an "Easter Bunny Design Contest" for their first ever Easter of 2018. The contest allowed for chocolate lovers and designers alike to try their hand at colourful, creative designs as inspired by Buchowicz herself. The three winners will have their design realized in chocolate form. This was a great opportunity to get her name out by combining her love of chocolate with a sense of community, as facilitated by the Glebe.

When asked about the proposed redevelopment of Fifth Avenue Court where she is located, Buchowicz stated that she hoped all the local businesses had enough support despite the outcome. After attending the redevelopment public meeting, she said, "people were very passionate at the meeting, which reaffirmed how happy I am to be in this area since the people really care." Overall, she has a positive, uplifting outlook on the current situation and her future as a chocolatier in the community.

Swing by Alicja Confections at 829 Bank Street for a Nicholas Bar (milk chocolate with potato chips), a Cereal & Milk bar (cereal and marshmallows in white chocolate) or a grapefruit hibiscus bonbon! These are only a few of the unique and delicious flavours that the team has on display. Describing herself as a "jack of all trades kind of person," Alicja and her confections are worth a visit, if only for the smell of fresh chocolate alone!

Maddy Warlow, a volunteer writer, is working on her Bachelor of Communication and Media at Carleton University. She has an interest in all things chocolate, the dogs of the Glebe and music.

Alicja Confections at 829 Bank Street opens your senses to a world of chocolate.

Alicja Confections
829 Bank Street

613-884-5864
www.alicjaconfections.com
Instagram: alicjaconfections

Monday: closed
Tuesday to Thursday & Sunday: 10 a.m.–6 p.m.
Friday and Saturday: 10 a.m.–8 p.m.

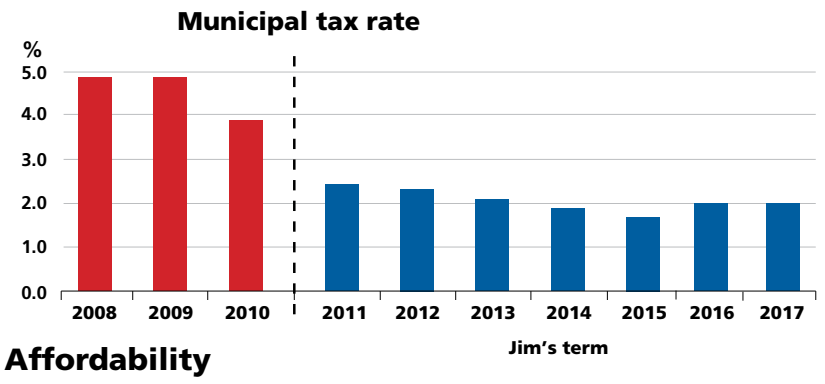
Last October, we broke ground on the new Rideau Canal Crossing at Fifth Ave. and Clegg St. The new bridge will connect communities and give residents and visitors the freedom to explore the city, get active and save time getting around.

City Building

- Confederation Line of our Light Rail Transit (LRT) System opening to the public in November 2018
- Record $80 million invested into cycling and pedestrian infrastructure in this Term of Council
- Additional $10 million being invested into road repairs and resurfacing in 2018 to bring the total roads budget to $ 45.2 million
- Partnership with Library and Archives Canada and $73.3 million funding secured for the new Ottawa Central Library

Community

- Official opening of the House of Sport at the RA Centre, which houses various local and national Sporting and Multi-Sport Organizations
- Official opening of the newly expanded and renovated Ottawa Art Gallery (OAG) on April 28, 2018
- 136 new affordable housing units to be completed in 2018, with 142 more to be built in 2019
- New Red Light cameras being installed and a new 30 km/h speed policy in school zones being implemented
- Implemented the low income transit pass, EquiPass, and single-ride fare, EquiFare



Affordability

- Overall surplus of $24.9 million for 2017
- Maintained a Moody's Aaa credit rating
- Keeping the City affordable with a 2% tax cap

@JIMWATSONOTTAWA

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Purple Urchin does it naturally

by Michael Abbey

I remember seeing the purple door on Somerset near Preston belonging to Purple Urchin on many a stroll through Little Italy. I recently chatted with Rebecca Pereira at the Bank Street Purple Urchin in the Glebe. She is the smooth and collected owner with a passion for epidermis-friendly products. She hails from Sault Ste. Marie, though born in British Columbia. Pereira went to school for business and worked for a few years as a bank teller. But her keen interest in animal rescue was in part what led her to start the company. She was also increasingly disappointed with the volume of material that ends up in landfill and wanted to pursue a business that plays a role in reducing that waste. Purple Urchin also follows a natural, less harmful ingredient regimen.

She followed a linguistic whim at the outset – the sound made by the "ur" letter combination, as in purple – when she named the company. The décor of the Bank Street store is colourful, warm and reflective of the company's passion for natural, natural and natural. The store is wheelchair- and little people friendly. The Somerset location is now strictly for manufacturing.

I had always thought of soap and only that until I strolled into her store in the Glebe. And indeed a quarter of the product is soap. "I thought soap would be fun; it's useful and smells good," Pereira said. We started off with unpackaged soap and grew from there. We do about 25 kinds of bar soap, all natural mixtures. We make liquid castile soap by hand as well as body butter and so much more."

Besides soap there are a few baby products as well as shaving aids for men who choose to scrape their faces with sharp metal instruments, and a number of other products for the face. The flagship offering does not have any preservatives, which is a theme that runs throughout their product line. The anti-aging serums are state-of-the-art, containing ingredients like borage oil, argan oil, sea buckthorn oil, evening primrose oil, jojoba oil and carrot seed oil as well as a few others, with names as exotic as they are friendly to the face.

Pereira wholesale business is with natural food stores and health food merchants like Herb & Spice and Whole Foods. Her products are also in the Andaz Hotel in the Market and she is making efforts to expand into the boutique hotel arena. I wondered about the demographics of her clientele. "Traditionally we had a lot of people in their early 30s from Centretown. They were interested in supporting the local community businesses" she explained.

We discussed the pros and cons of opening in the Glebe. She has had some but not a lot of interaction with the BIA. She found out that she can have a table on the street during the Great Glebe Garage Sale and she is all over that.

I left with the impression of an entrepreneur who has a passion for natural products that can play a vital role in the well-being of her clientele. She is proud that her products work very well and are of high quality. "If I personally don't believe a product works well, I don't sell it." The commercial giants use the cheapest rather than the friendliest packaging. Purple Urchin is at the opposite end of that spectrum, a characteristic Pereira is proud of and so she should be.

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

PHOTO: MICHAEL ABBEY

Rebecca Pereira, owner of Purple Urchin, the new Glebe purveyor of handmade soaps and other vegetarian body products

Purple Urchin
755 Bank Street
613-680-6889
www.purpleurchinsoap.com

Mon–Sat: 11–7
Sun: 11–5

Stag Shop – sizzle and spice come to the Glebe

by Kate McGregor

Stepping into the Glebe's adult fun store, I almost caught myself looking for a shopping cart. How different was Stag Shop's bright and colourful interior compared to the dimly lit sex shops I furtively perused during my university years.

If you think that Stag Shop is a destination for hunters, think again. Those crops, paddles and whips on display aren't horse-riding accessories. But let's back it up a bit.

Stag Shop is a Canadian-owned retail business that was established by the Horea family in 1972 in Waterloo, Ontario. The store has grown to 28 locations across the province. The Horeas opened two new locations on Bank Street in December 2017, one in Centretown and one in the Glebe. According to Sarah Goertzen, Stag Shop's marketing director, the two stores respond to the changing demographics along the two-kilometre stretch.

As a retailer striving to become mainstream, Stag Shop works hard to normalize sex and pleasure and to promote sex-positive attitudes and sexual well-being. "Safety first" is a guiding principle no matter what your gender, sexual orientation and sexual activity.

While Stag Shop's website is popular with customers who prefer to order products from the privacy of their own home, many enjoy dropping into the store to chat with the knowledgeable staff and to browse and touch the products before they buy. The day I was there all the customers were women.

My updated education about sex toys started with manager Tim Hill, a warm and gentle bear of a man who gave me a guided tour of the stock and invited me to hold the products, some of which, I have to say, looked like beautifully made works of art. Hill is a family man who enjoys axe-throwing for a hobby and has been in the retail industry for 13 years, always seeking to be involved in something different. Of the Horea family, he says, "They are 100 percent involved in the business…Stag Shop is a big company with a small company feel."

Three of the four sales people Hill employs are women and three of the four call the Glebe home. I was impressed by their diverse backgrounds: one is a counsellor who specializes in seniors and college-age youth, one is an active member of the LGBTQ community who supports youth coming out and offers clinics on consent, and the third is a part-time college student. Charlotte, who was behind the counter the day I arrived, offers four years of experience working in sex shops.

The well-stocked shelves and displays boast a wide range of products for couples and singles including sex toys, lubricants, massage oils and lingerie. There is even a novelty section with fun products for bachelorette and birthday parties. Of note, Stag Shop promotes several lines of Canadian-made products: We-Vibe, a brand designed in Ottawa that brings couples together in creative ways and fancy lace collars manufactured in Gatineau by Ego Driven. Stag Shop offers a product replacement plan for any of the vibrating toys you purchase.

Acknowledging the uniqueness of their new location in the Glebe, Stag Shop will be replacing the busty mannequins in the window with more gender-neutral mannequins to display their popular line of sexy lingerie. Thinking about a party with a sex theme? Tim and Charlotte would be pleased to help you organize it and will even come to your home to demonstrate the products you have chosen to your delighted guests. In addition to their support of Ottawa Pride activities, Stag Shop provides free condom give-aways at Carleton University events. They also encourage the public to post their sex-related news on their community bulletin board. For people curious to know more about various topics, Stag Shop offers workshops on activities like bondage, role-playing and the proper use of sex toys.

For customers too shy to ask questions, Stag Shop offers a "Stag Shop University" rack by the door with pamphlets on various topics. Alternatively, information for beginners, how-to guides, a glossary and videos appear under the Stag Shop University section of the website.

Let's face it, sexual pleasure is all about choices. Some of us love it, some of us seek it and some of us can't be bothered. But if you are thinking about spicing up your bedroom play or upgrading your aging sex toys, Stag Shop offers quality products for solo acts and couples.

In the words of American entertainer Mae West:

"Good sex is like good bridge. If you don't have a good partner, you'd better have a good hand."

PHOTO: KATE MCGREGOR

Stag Shop manager Tim Hill is a family man who has been in the retail industry for 13 years.

Kate McGregor is a certified Integral Master Coach™. 613-884-1864; kate@kmcommunications.ca; www.kmcoaching.ca

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Yummy Meat Pies: a hidden gem

by Jacob Hoytema

Like all hidden treasures, it takes a little digging to get to Yummy Meat Pies. It's buried beneath a blanket of scaffolding near Bank Street and Fifth Avenue so you might not see the entrance if you were just walking by. But those who do discover it will get to experience a warm atmosphere and a unique new blend of Mediterranean cuisine unlike anything else in the Glebe.

PHOTOS: JACOB HOYTEMA

Yummy Meat Pies owner-operator Sami Ben Abdelmalekdding veggie toppings to a zaatar (thyme-based) pie.

A wall-posted menu and an "About Us" section are the first things you see after stumbling through the door at the old Booster Juice location. But visitors normally can't read far before owner-operator Sami Ben Abdelmalek greets them with a "How are you?" and a smile before explaining the unique Mediterranean fusion he's produced.

"People might think, OK, it's just a meat pie or a sandwich. But no, it's something that I've worked on myself. I know my stuff is definitely different," Ben Abdelmalek says.

Ben Abdelmalek admits that the "meat pies" label is a slight misnomer. Notably, they don't resemble a pie at all but instead are more like flatbreads. And while a few of the pies do use a halal beef spread, many of the options are actually meatless; pesto, cheese, and a thyme-based zaatar are some of the vegetarian staples.

After the basic ingredients are on the flatbread–Ben Abdelmalek says he spent years on his dough recipe–it goes in an oven for a few minutes like a mini-pizza. Once cooked, the pie is loaded up with toppings from a veggie bar and eaten folded in half like a donair.

The "yummy" part of the name comes from Ben Abdelmalek's daughter who would use the term frequently as an infant.

The meat pie is a common format and Ben Abdelmalek says his menu is inspired by Turkish versions of the dish. He adds, however, that he's made it his own by blending flavours and ingredients from around the Mediterranean.

"I am a Mediterranean guy" when it comes to food styles, Ben Abdelmalek explains. "I have a hint of the Italian, the French, the Spanish and our side too, which is the Moroccan, Algerian and Tunisian."

He's from that region himself, hailing originally from Tunisia. He came to Ottawa nearly two decades ago and has spent that time working as a chef at various hotels and restaurants, and even in the kitchen at CHEO. This is his first business venture and one he says he's been contemplating and planning for years. His wife helped to develop the business, designing the logo and menu boards.

Thus far, he's been keeping his prices low. All of the pies are cheaper than $4, putting him in the same cost range as a fast food chain, though with more small-business charm. It's precisely the kind of personality-filled, grab-and-go, international eatery that's common in other Ottawa neighbourhoods but has been missing in the Glebe.

Ben Abdelmalek has big dreams for Yummy Meat Pies. Although he's only been open since mid-November, he already speaks eagerly of trying new menu items and opening up more locations across the city. But he says he's hindered by the construction next door at the corner of Bank and Fifth, which has kept him from growing in this early stage.

"The scaffolding is the major, number one problem I have," he says. Because it's right in front of his windows facing Bank Street, it's difficult for passersby to notice his storefront, besides which, pedestrians are choosing to walk on the clearer sidewalk across the street. Ben Abdelmalek says these obstacles have translated into low sales for his first few months.

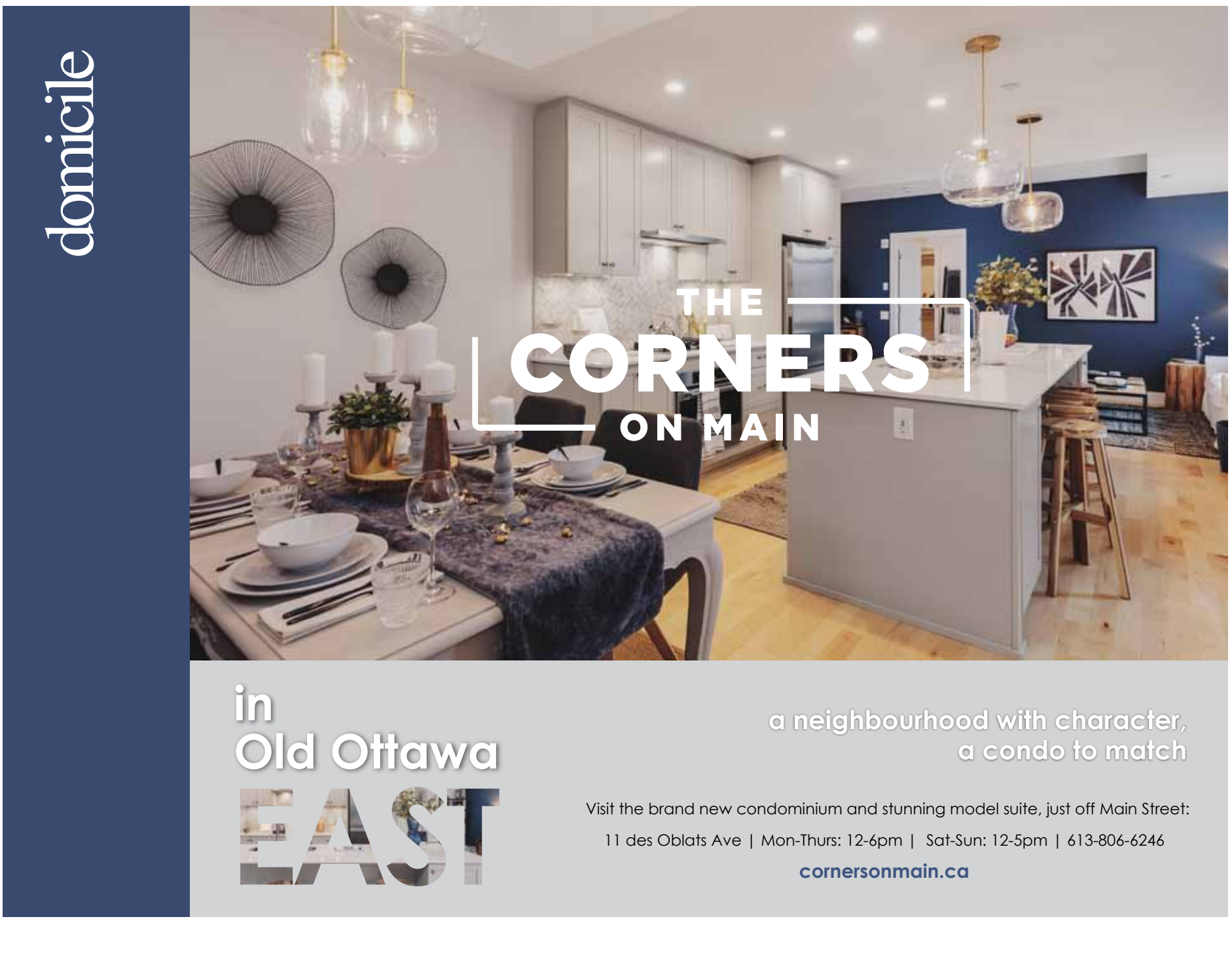
He recently hung two posters on the scaffolding outside his door, bearing the words "cheap + delicious," and showing pictures of menu items to attract more customers.

Even so, Ben Abdelmalek keeps a positive outlook. In spite of the construction, he says he finds the Glebe a pedestrian-friendly neighbourhood and that the signs are helping a bit. He adds that he's even begun to notice some returning customers after being open a few months. Regulars like this will eventually spread the word about his concealed eatery he says.

"With my product, with my knowledge, it's a matter of time," he says with a nod.

Jacob Hoytema (@JacobHoytema) is originally from Carleton Place but is now thrilled to live in the Glebe. He has just finished a journalism and literature degree at Carleton University.

Yummy Meat Pies
856 Bank Street



Summer tours offer locals a chance to visit their own neighbourhood

by Trevor Greenway

If you asked someone 30 years ago where the best place to eat in Ottawa is, they'd tell you to go to Montreal.

But not anymore.

More and more food lovers are beginning to tour their own city through the culinary arts and Stefanie Siska of C'est Bon Cooking Tours witnesses it every week – locals discovering something new about their own neighbourhood that they perhaps never knew existed.

"I can guarantee you in every circuit in every neighbourhood we always have locals say, 'I drive by here all the time, but I never stop, and now I am floored by what I've discovered,'" says Siska, sipping a coffee at Little Victories in the Glebe.

C'est Bon's year-round tour takes food lovers on a cruise through the Glebe's food scene from the Ottawa Farmers' Market at Lansdowne and all along Bank Street, making stops at places like Sen Asian, The Rowan, Soup Guy Café and The Joy of Gluten Free. But it's not just sit-down eateries. The walking tour also takes people through the Glebe's unique food shops like Knifewear and The Unrefined Olive for a holistic view of the culinary community.

"The experience is definitely about the food, but it's also about interacting with the owners, the chefs, the managers – the different notable people that have made the neighbourhood a food destination," says Siska. "It's not just restaurants. We want everybody to really feel a full experience of what Ottawa food is. Who are our farmers? What is this area producing? Who are our food artisans and producers that are putting us on the map?"

PHOTO: © DMITRY-FISHER / DREAMSTIME.COM

If cycling is more your thing, you'll be happy to hear that Siska has teamed up this year with Maria Rasouli of Escape Bicycle Tours for a combined Bikes and Bites tour that will take cyclists on a scenic route from downtown to the Glebe, where they will disembark and tour the area's food scene on foot. With more and more locals exploring their own city through tours, Siska and Rasouli saw it as a no-brainer to join forces.

"Ottawa has always been a very bikeable city," says Siska, adding that the Bikes and Bites tour runs every Sunday from May to October while the solo C'est Bon Taste of the Glebe Tour runs Wednesday through Sunday.

"It just seemed like a right fit. I want to see more local residents discover what we have so they can be ambassadors for visitors more often. I can pretty much guarantee that you will learn something new about the neighbourhood that you didn't know before."

But it's not just through food and cycling that locals are starting to see their own neighbourhood under a new light. Just ask Annabelle Bergevin, operations manager at Lady Dive Tours. She sees scores of locals take her double-decker bus tour through the Glebe every summer and they all come away learning something special.

"Usually when we have vacation we are going to go and visit somewhere else. We tend not to visit our own city but Ottawa has so much to offer," she says.

The Lady Dive double-decker bus cruises through the Glebe every Saturday and Sunday in July and August with a stop at Bank and Third Avenue and another at Lansdowne Park. What's fun about the Lady Dive tours is that patrons can hop on and hop off as they please, allowing both residents and tourists to check out a neighbourhood for a few hours and then continue on with their sightseeing tour.

"There are a lot of things that we don't know about Ottawa – things we think we know, but we really don't," adds Bergevin.

"Not only do we get to learn a lot of things about the history, the architecture, the attractions, but we also get to discover new places that we tend not to go to. In the Glebe, there are so many local products, a bunch of new restaurants to discover, so there is a lot we can get out of a tour of our own city."

There are so many ways for local residents to tour their own neighbourhood from a different perspective. Rent a canoe and paddle along Dow's Lake. Rent a Velo-Go bike at Lansdowne to cruise through the neighbourhood and browse the stunning roster of outdoor murals. Or take the Bikes and Bites tour and taste what the neighbourhood really has to offer.

There's a lot to gain from being a visitor in your own city. Bring your camera.

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

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The Eggplant and the pomegranate

by Carolyn Best

Through the fruit and vegetable kingdoms we bring the beauty of the natural world and the significance of cultural worlds into our homes and appreciate their delights: the alchemy that wrests the purple black of eggplant out of earth and sky, the ruby jewels of the pomegranate, etc. These edible botanical wonders of the world have been portrayed in painting, architecture, prose and poetry since the beginnings of human culture.

Consider the pomegranate. Many world religions and civilizations have celebrated the pomegranate. The Garden Song of Egyptian Hieroglyphs, circa 1567–1085 BCE, written on papyri and inscribed on pottery, describes the pomegranate in these words:

I, the most beautiful of fruits,
Am present in all weathers, all seasons,
As the lover stays forever with the beloved,
Drunk on shedeh and wine.

All the trees lose their leaves, all trees but the pomegranate.
I alone in all the garden lose not my beauty
I remain straight.

When my leaves fall,
New leaves are budding.
First among fruits
I demand that my position be acknowledged.

The pomegranate was an attribute of Venus in mythology. As well, it was the symbol of resurrection and immortality. This understanding was illustrated in the tale of Persephone, the daughter of Demeter, goddess of agriculture, who was kidnapped and taken to the Underworld by Hades. Zeus helped the grieving mother to secure her daughter's release. But the rule of the fates was that anyone who had eaten or drunk in the Underworld could not return to the land of the mortals. While there, Persephone ate six pomegranate seeds, so she had to return underground for six months of every year. Her cyclical descent causes Demeter to fall into mourning and let the crops wither and die. But Persephone's spring return caused the pomegranate to be seen as the symbol of resurrection.

PHOTO: GWENDOLYN BEST

Poor Man's Caviar combines the beauty, taste and health properties of eggplant and pomegranate.

The capitals on the columns of the palace of King Solomon were decorated with the form of the pomegranate, which plays a part in Jewish mysticism. In ancient Iran, Esfandiyar became an invincible hero after he ate the pomegranate. And Mohammed, founder and prophet of Islam, pronounced, "Eat the pomegranate, for it purges the system of envy and hatred."

In European culture, the most prominently featured fruit in Byzantine, Gothic and Renaissance painting is the pomegranate. Depictions of fruit were part of a rich visual language with layer upon layer of vivid symbolism for the people of those epochs. Paintings served as guides throughout these eras of western history, illuminating divine mysteries, and artists, like the ancient Greeks, saw the pomegranate as representing resurrection and immortality. The Christ Child and Mary are often depicted holding a pomegranate, which in the language of symbols meant resurrection.

From the vegetable kingdom, the eggplant is also a subject of art used to illustrate beauty. Unlike most vegetables, refrigeration is not suitable for the temperature-sensitive eggplant, which will last longer if stored at room temperature. Though perishable, it is better beautifying the table until needed in the kitchen.

Here is a Russian recipe that combines these two beauties.

POOR MAN'S CAVIAR

It is not possible to be specific with these ingredients as the size and water volume of each eggplant will vary so widely.

Take an eggplant (or more), stab several times with a fork (so there will be no explosion in the oven), and broil it on a cookie sheet until the skin is lightly charred and the eggplant has collapsed. Turn once during broiling.

Combine one or several cloves of garlic, the eggplant, salt and cumin in a blender. (Spice generously.) Add a few spoonfuls of a good olive oil. If the texture of the eggplant is a drier one, add enough olive oil so that it can be blended. If the eggplant has a high water content, add just a small amount for taste.

Cover with pomegranate seeds.

Poor Man's Caviar makes a very appreciated hors d'oeuvre. I think the best presentation and taste is in "boats" of endive. It can also be enjoyed with bread or crackers, or as a dip with crudités.

Eggplant, one of the few nightshades that did not originate in the new world, has been cultivated since antiquity. It is known in India as the King of Vegetables and one of its many healing benefits is its role in the health of the eye. The significant amount of anthocyanins in the skin of eggplants is linked to protective properties for vision and eye health. The niacin of eggplant prevents cataracts and reduces intraocular pressure in the eyes. The Vitamin A improves healing and vision in patients undergoing eye surgery.

Pomegranates contain extremely powerful antioxidants and are anti-inflammatory. Not "just a pretty face," the eggplant and the pomegranate are delights to taste and nourish and heal as well.

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

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Falafel bowls – flavour-packed protein

PHOTOS: JULIA MORAN

Jackie Bastianon loves creating delicious plant-based food.

by Jackie Bastianon

It's Friday night and you're looking for something tasty and simple paired with a glass of wine to impress your friends.

Well, I've got you covered: it's falafel time.

What's a falafel you ask? If you've never had one, you're in for a real treat. Falafels are a Mediterranean-style chickpea patty made with fresh herbs, fun flavours and lovely spices. Blend, shape, fry and voila! With a few easy steps you can whip up a dozen falafels with this recipe in under 45 minutes. If you're hungry, make double and freeze the leftovers for lunch tomorrow.

These flavour-packed bundles of protein can be eaten in a bowl (or alternatively, packed in a pita) paired with your choice of garnishes and sauce.

I'd recommend fresh vegetables such as lettuce, tomato and olives served with a side of some hummus. Top it all off with some tahini, parsley and freshly ground pepper and you've got yourself a five-star dinner.

This recipe was originally inspired by the Minimalist Baker, but with my own fun twist. You can check out the video on how to make this on YouTube at Cooking with Jackie B: Falafel Bowls.

Happy cooking!

FALAFEL BOWLS

Ingredients:

FALAFELS
1 1/2 cups chickpeas
1/2 cup fresh parsley, chopped
1/2 cup white onion, diced
5 (medium-sized) cloves garlic, minced
3 tbsp. flour
1 tsp. salt
1 tbsp. ground cumin
1 tsp. cardamom
1 tsp. ground coriander
Canola oil (for frying pan)

GARNISHES
Green olives
1 head green leaf lettuce, roughly chopped
1 package baby tomatoes, sliced in half
Hummus
Parsley, chopped
Tahini, to drizzle

Instructions:

Put chickpeas in a colander and rinse well under cool water. Pour the chickpeas into a medium-sized bowl.

Combine parsley, onion, garlic, flour, salt, cumin, cardamom and coriander in the bowl. Stir until mixed.

Place the contents of the bowl in a blender or food processor. Mix until the ingredients form a smooth paste. This will take some time, so be patient.

Use your hands to roll the dough into balls just over 1 inch in diameter. Add more flour if the dough is too sticky.

Put the falafels onto a plate and sprinkle lightly with flour. Cover and put into the refrigerator for at least 10 minutes.

Heat a frying pan on medium-low heat and brush bottom with canola oil. Make sure the skillet is hot before adding the falafels.

Place as many falafels as will fit comfortably into the pan and fry for 2 minutes on each side until crispy and brown.

Optional: Keep falafels warm in the oven at 120 F degrees until everything is cooked.

To make the falafel bowl: Place falafels in a medium-sized bowl on a bed of lettuce, with green olives, tomatoes, hummus and topped with tahini; salt and pepper to taste.

Jackie Bastianon is a third-year journalism student at Carleton University. She is passionate about the environment and spends much of her spare time cooking, creating and eating delicious plant-based food.

Jackie's delicious Falafel Bowl packs a flavour-filled protein punch.

www.glebereport.ca

AT THE **FLICKS** *with Lois and Paul*

Three Billboards Outside Ebbing, Missouri

Directed by Martin McDonagh
(U.K., U.S.A. 2017)

review by Lois Siegel

Our lives don't always go as planned. Tragic events haunt us. Each person handles this differently. Fifty-year-old Mildred Hayes (Frances McDormand) is devastated. For almost two hours of destructive behaviour, we follow her as she's determined to find the person who, months before, raped her teenage daughter Angela while she was dying. Revenge is her only way of handling her grief.

Francis is not a fancy lady. She's a single mother in a small, backwoods town. She's not the kind of person who lets people push her around. Reacting to her feelings of decimation, her first thought is to create three billboards that ask why her daughter's killer hasn't been found.

1. RAPED WHILE DYING
2. AND STILL NO ARRESTS?
3. HOW COME, CHIEF WILLOUGHBY?

The billboards outrage the city cops. The townies aren't thrilled either. It's Mildred against the world, so to speak. Even the local priest tries to talk her into taking the billboards down. Mildred fires back: the church is a gang that rapes young boys.

Jason Dixon (Sam Rockwell) is Sheriff Willoughby's officer. He's an inept excuse for a cop: a lazy, racist, incompetent jerk. He drinks a lot and lives with his mother who gives him bad advice. He's also violent and has no self-control. In a moment of rage, he throws the billboard rental guy out a second floor window.

Dixon tells Sheriff Willoughby, "We've had two official complaints about the billboards: a lady with a funny eye... and a fat dentist." Cut to Mildred paying the fat dentist a visit complaining of a sore tooth. Fat dentist doesn't like Mildred. Mildred grabs fat dentist's drill. She tells the cops the dentist had an accident, his drill slipped. There's a weird sense of dark comedy throughout the film.

Chief Willoughby (Woody Harrelson) runs the "hit-and-miss" police station. He responds to Mildred's demand for a follow-up on her daughter, but there were no eyewitnesses and no DNA matches.

Mildred wants the rapist killed. Officer Dixon is useless until something happens and we see how peoples' lives change and how unlikely partners come together.

Frances McDormand is a fantastic actress. She plays an incredible force of enraged, impetuous nerve.

Is Ebbing, Missouri, a real place? No. The film was shot in several locations near Asheville, North Carolina. The primary location was Sylva, a small town of 2,588 people.

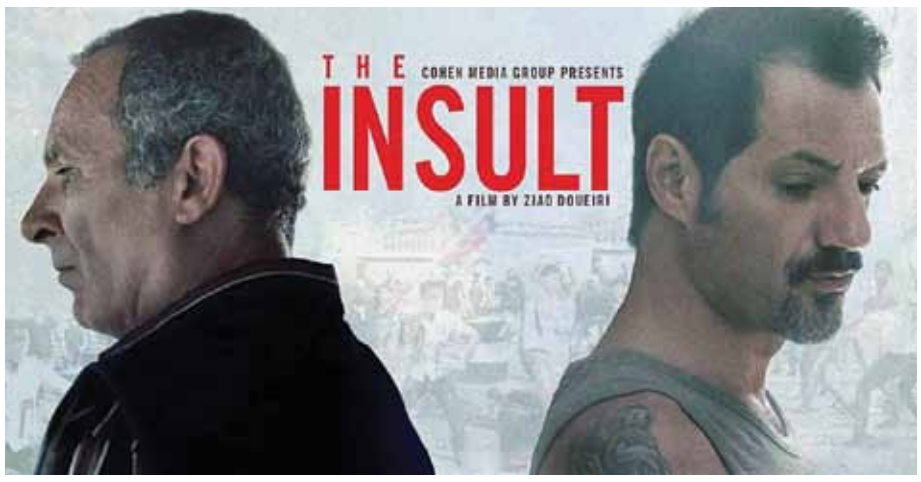
Three Billboards Outside Ebbing, Missouri won Academy Awards for Best Actress (Frances McDormand) and Best Supporting Actor (Sam Rockwell). It also had seven Academy Award nominations, including Best Picture, Best Original Screenplay (Martin McDonagh), and Best Supporting Actor (Woody Harrelson).

Three Billboards won four Golden Globes: Best Actress (Frances McDormand), Best Drama Motion Picture, Best Supporting Actor (Sam Rockwell) and Best Screenplay of a Motion Picture (Martin McDonagh).

Note: Stephen Campanelli, one of Lois Siegel's former film production students at Concordia University, was camera operator on *Three Billboards* for which he was nominated for the Camera Operator of the Year Award. He's shot most of Clint Eastwood's films and is now directing his own features.

Running time: 1 hour, 55 minutes
Available on DVD and Blu-ray, Amazon.ca and Amazon.com

www.glebereport.ca



The Insult

Directed by Ziad Doueiri
(LEBANON/BELGIUM/CYPRUS/
FRANCE/U.S., 2017)

reviewed by Paul Green

This film might well fall under the heading of Middle East cautionary tale. Or, perhaps more to the point, it may serve as a metaphor illustrating how an exchange of insults between two individuals from rival ethnic backgrounds can escalate to internecine, fratricidal conflict in post-civil war Lebanon.

Director Ziad Doueiri seems to court controversy each time he sets out to make a film. His first outing, *The Attack*, featured a Palestinian doctor working in Israel who learned, much to his regret, that he never really knew the woman he was married to. His second film, *The Insult*, is set in the Lebanese capital of Beirut, a teeming, cosmopolitan city where memories of the 15-year civil war – it ended in 1990 – dwell just below the surface of everyday life.

Garage owner Tony Hanna (Adel Karam) is a Maronite Christian who lives in an apartment with his pregnant wife Shirina (Rita Hayek). One day, he is hosing down his balcony when the water leaks from a faulty pipe, splashing a man in the street below. The man is Yasser Salameh, a Palestinian working (illegally) as a construction company foreman. His job is to repair local infrastructure and ensure that amenities such as balcony drainpipes conform to the regulations. When he installs a proper drainpipe on Tony's balcony, the latter views this as an unwarranted intrusion and promptly rips it out. Seeing this, Yasser walks away, muttering quite audibly, "fucking prick." At least, that's how it is rendered in the subtitles. And so it begins.

At this point, Yasser's boss prevails upon him to apologize to Tony, something he sets out to do, albeit with the utmost reluctance. Yasser and his boss visit Tony in his garage, with the boss explaining to Tony that his foreman is ready to offer an apology. It does not go well. A television in the background features talking heads expatiating loudly about what a nuisance the Palestinians are. These unhelpful comments are interspersed with frequent references to Bashir Gemayel, the long-dead leader of the right-wing Lebanese Christian party (or Phalange), a man whose very name is an anathema to the Palestinians. Things quickly go south and then Tony utters something unforgiveable: "I wish Ariel Sharon had wiped all you guys out." Yasser punches Tony one time in the solar plexus and that seems to end the conversation. (In Lebanon, a remark like this clearly references the September 1982 massacres at the Sabra and Shatila refugee camps in which Phalangist gunmen, allowed into the camps by the surrounding Israeli forces, slaughtered some 3,000 Palestinian and Lebanese Shiite civilians. Sharon was subsequently forced to resign as Israeli defence minister.)

Yasser is charged with assault and the first of two trials gets underway. Neither side will admit just what it was Tony said and Yasser is acquitted. Tony and his friends and supporters in the Lebanese Christian party cry foul and on it goes.

With each escalation, media and supporters on each side become further involved. Ziad Doueiri does an excellent job of keeping the players straight as he exposes the stresses and strains of Lebanese political life. The opposing lawyers in the second trial (presided over by a woman judge) illustrate this point perfectly. Tony's lawyer, a senior partner in a plush law firm, is well connected to the Maronite Christian community, while Yasser's legal assistance – more the storefront lawyer type – defends her client with passion and eloquence and is none other than the daughter of Tony's lawyer!

Lebanon's past, ever present, turns up tragedies and atrocities in the backgrounds of both of these men. There seems to be no easy solution on either side and Doueiri wisely steers clear of anything resembling sentimentality or a pat ending. Can Tony and Yasser step back from the abyss without losing face?

An unbilled actor in this quasi-Shakespearean drama that is not without (black) humour is the city of Beirut itself, providing a compelling backdrop with its lively social and political life, not infrequently poised on the brink. This film is first rate, and very timely.

Running time: 113 minutes.
In Arabic with English subtitles.
Rated 14A.
Scheduled for upcoming DVD release.

The Glebe according to Zeus

A GUINEA PIG'S PERSPECTIVE ON THE GLEBE

Zeus embroiled in data scandal!!

It's hard to believe that things could get much worse for the scandal-plagued CEO, CFO, COO and POO of GiddyPigs.com who only last month was banned from several Glebe establishments and then became a fugitive wanted for fraud in Hungary. But they have.

Indeed, it seems the recent physical absence of the king pig from his throne at GiddyPigs.com allowed employees of the multi-dollar company to become courageous and spill secrets to the media.

The most recent whistleblower was Teenie, a teddy bear who has worked in the data analytics department (DAD) since the company began. Now known as "the little bear with a big conscience," Teenie recently revealed that GiddyPigs.com had been collecting private user information from FootBook to inform their advertising strategy.

Psychological profiles, it is alleged, were built for nearly five Glebe residents and inferences were made about their vulnerabilities and triggers to purchase GiddyPigs.com greeting cards. "I felt awful and had to speak out," said Teenie, who is now hiding in a remote location in Aylmer, fearing retaliation by the CEO Zeus, who just returned to the Glebe with his new Hungarian paramour, Zsofia.

Shockingly, Zeus seemed more insulted than worried about these explosive allegations. Responding as soon as he landed at the Barrhaven International Airport (BIA), he angrily tweeted: "Only old rodents use FootBook. My greeting cards are for hip youngsters! If I wanted to profile anyone, I'd use InstaOunce or FatChat! #Teenie-is-a-liar!"

Chickadees speak Chickadese, a language that creates meaning with word order.

Chickadees use grammar!

by Michelle Brooke

As spring approaches, more and more bird songs fill the air. Among them, we hear the signature call of the chickadees as they converse with one another: "chick-a-dee-dee-dee." And although it might just sound like chattering to us, the chickadee language is perhaps one of the most complex communication systems in the animal kingdom. It even has its own name, Chickadese.

The well-known "chick-a-dee" call can convey many different messages. Often it is used to announce a threat. The more "dees" there are at the end of the call, the bigger the threat. So, a prowling cat might be worth five or six dees, but a small, quick bird of prey such as the ominous screech owl can warrant as many as 23 dees. The call summons other chickadees to the scene and they band together to "mob" the threat. This signal can also be used to attract other chickadees to a food source such as a bountiful birdfeeder.

But what's remarkable about the "chick-a-dee" song is that it is composed of seven notes that the chickadees arrange and rearrange to invent different meanings, just as we rearrange words to make different sentences. This shows creativity, a property of language that was once thought to be uniquely human. And just as we cannot say jumbled up sentences such as "I the bird in the tree saw," chickadees also have rules about word order. It seems that the A and C notes always come at the beginning of the call while D notes fall at the end, and you would almost never hear a chickadee sing an A note right after a D note. If they did, the other chickadees wouldn't respond. This means they're grammatical birds! So, the next time you hear these little conversationalists twittering in your yard, you'll know that they're actually tweeting well-formed sentences in Chickadese.

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

Ottawa International Animation Festival

Send the OIAF your entries!
Entries are due May 25 and there is no entry fee. The OIAF is particularly excited about the new Virtual Reality animation competition.

OIAF invites animators from around the globe to submit their recent work in the following categories:
- Animated Feature
- Narrative Animated Short
- Non-Narrative Animated Short
- Student Animation
- Commissioned Animation (series, commercials, music videos)
- Young Audiences – Preschool, Ages 6–12
- VR Animation

The OIAF receives more than 2,000 entries each year. About 150 films will be chosen for Official Competition and Out-of-Competition Panorama screenings. Juries comprised of animation professionals, media and local kids will sit with the audience to judge the screenings during OIAF18. Animationfestival.ca.

Celebrate sustainable living at the Old Home Earth Day Event

by Susanna Kam

The Glebe Community Association Environment Committee, in partnership with SmartNET Alliance, the Peace and Environment Resource Centre, Ottawa Renewable Energy Co-op (OREC) and Bullfrog Power, will host our second Old Home Earth Day Event (OHEDE) on Saturday, April 21 at the Glebe Community Centre in celebration of Earth Day.

This year's event is aimed at providing participants with practical ideas on how they can take the next step in reducing their energy consumption. The program lays out the "steps to sustainability," guiding participants on a journey thinking of ways they can use less energy, increase energy efficiency and change the type of energy they use.

The event will kick off with a carbon challenge that will demonstrate how an individual's carbon footprint can be measured, and will lead into a panel discussion of typical home energy usage – where our energy consumption goes. Presenters will also discuss options available to address performance issues and the economics behind it all.

The event will provide a primer on the various energy efficiency programs available to residents in Ottawa, and information from certified professionals on how to plan a renovation to help in deciding how to make changes. Improving your home's energy efficiency starts from the ground up, with basements, walls and attics, to address air leakage and heat loss across the building envelope. Additionally, there will be discussions on topics such as window replacement and best practices for installation and home ventilation.

Our featured presentation is on the design of energy systems – knowing your loads, equipment options such as efficient natural gas solutions and heats pumps – as the next big step to living lighter. There will also be a discussion about what you need to know in considering the various renewable energy systems options available.

Sustainable living includes considering energy and carbon use not only in the home, but in other aspects of life such as transportation, diet, goods and travel. Accordingly, this year's event will also feature a broader range of discussions including gas or electric cars and biking in the city, local food sources, reduction of waste in packaging and DIY for reuse and repair.

Last but not least, participants at OHEDE 2018 will have access throughout the day to the numerous local businesses and exhibitors who can provide additional information on how to reduce your energy consumption and live lightly.

OHEDE 2018 will take place from 10–4 on Saturday, April 21, 2018 at the Glebe Community Centre (175 Third Avenue). For all ages and free to attend. For more information visit www.ohede.ca or contact: glebeoldhomes@gmail.com. Come to learn and share ideas on how to reduce your carbon footprint!

Susanna Kam is a member of the organizing committee of the Old Home Earth Day Event and the GCA Environment Committee.

It's 2018 and we are not amused…about plastic

by Angela Keller-Herzog

Queen Elizabeth II banned the use of plastic straws and plastic bottles in February 2018 as part of a move to cut back on plastics at all levels. Buckingham Palace outlined new waste plans and said there was a "strong desire to tackle the issue."

It seems everyone in the world is moving against plastic, except the City of Ottawa's legal department and Environment Committee, chaired by our own Councillor David Chernushenko.

China banned imports of 24 categories of foreign waste including plastics in January 2018. In March, our MP and federal Environment Minister Catherine McKenna announced that Canada will use its presidency of the G7 to try to persuade the world's richest and most industrialized countries to adopt ambitious goals for plastics recycling and waste reduction. "We are looking at a zero-plastics waste charter," she said.

EU legislation on single-use plastics is coming before the summer.

At the municipal level, over 160 US cities including San Francisco and Los Angeles are banning single-use plastic bags. Montreal and Victoria are implementing plastic bag bans, and Edmonton and Halifax are looking at the issue.

SO WHAT ABOUT OTTAWA?

According to Chernushenko's office (in early March), the Office of the City Clerk and Solicitor took the position that, "the City of Ottawa has no legislative authority to implement a plastic bag ban in Ontario. In Ontario, this type of ban (at the retailer) would require action at the provincial level."

Community association environment reps objected strongly to the City of Ottawa proposal (now approved) to allow plastic bags in green bins, arguing that new-generation certified compostable plant-based paper or plastic bags are an obvious alternative.

Since the municipality manages lots of other aspects of municipal waste management and diversion from landfill, this still appears open to further legal clarification, including in the Ontario legislative environment that saw the passage of the Waste Free Ontario Act in 2016. When asked about the issue in a March 10, 2018 meeting with community association environment reps including from the Glebe, Ontario Attorney General Yasir Naqvi said, "the Ministry of the Environment doesn't see a lack of municipal authority with respect to banning single use plastic bags," and "the language of law is more silent than specific." Naqvi and Chernushenko (both were at this meeting) have committed to seeking further clarification.

BUT CALLING FOR MORE PLASTIC?

The City of Ottawa Legal Department's reluctance to consider a ban on plastic became more understandable when documents for the city's renegotiated contract with Orgaworld were tabled in mid-March. The way forward in the new contract that would finally settle almost 10 years of bitter and contested contract relations is to allow households to use plastic bags to put compost and dog poo into the green bins, which previously was not permitted. Orgaworld (for a "negligible" contract increase of about $10M, perhaps to be offset by $2–3M in savings in unused allowance fees) will then re-sort the plastic from the compost and take it to the landfill for us. (I'm not kidding!) Oh, and the quality grade of compost has been dropped as it will contain dog poo and microplastics.

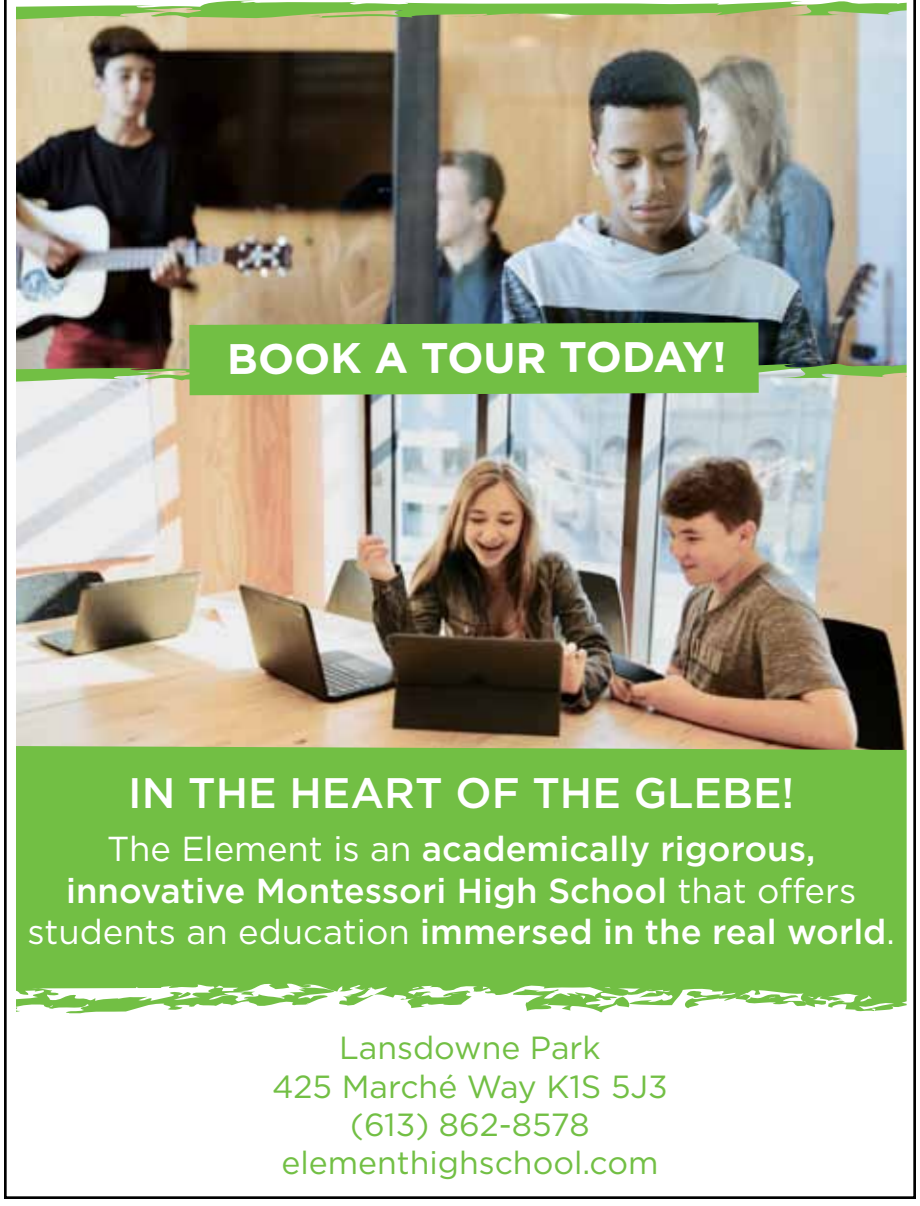
Community association environment reps, including from the Glebe and Waste Watch Ottawa, objected strongly to this proposal, arguing that new-generation certified compostable plant-based paper or plastic bags are an obvious alternative and are not an environmental problem. Compostable bags are currently widely accepted and promoted in other green-bin programs including in the regions of Peel, Halton, Waterloo, Niagara and Durham, and Hamilton, Kingston and Guelph.

This went to a vote at the March 26, 2018 meeting of the City Environment and Climate Protection Committee chaired by David Chernushenko. Bucking the global trend, plastics won in Ottawa. The vote was 7 yays, 2 nays (Leiper and McKenney). Brockington, Cloutier, Chiarelli and Chernushenko feel that this does not encourage additional plastic but targets what they already have in the house.

We are also told that a more comprehensive waste plan that assesses various options for increasing diversion will be brought to council in 2019. This waste planning will involve consultation with the public. Maybe we can ask people from cities around the world to send us their "ban plastic bags" signs so we can reuse them. Seems like Ottawa is in no hurry.

Angela Keller-Herzog is co-chair of the Glebe Community Association Environment Committee. Contact her at environment@glebeca.ca.

PHOTO: WIKIMEDIA COMMONS



Capital Ward election heats up

by John Dance

Unlike last time, the municipal election in October will be hotly contested in Capital Ward. Even though nomination papers can't be filed until May 1, six candidates have declared themselves.

In addition to two-term incumbent David Chernushenko, Emilie Taman, Christine McAllister, Joe Federico, Anthony Carricato and Jide Afolabi are seeking to become councillor for Capital Ward, which embraces the Glebe, Old Ottawa East, Old Ottawa South, Heron Park and the Riverside Drive area east of Old Ottawa East.

Chernushenko had just two opponents in the 2014 election and he handily won with 77 per cent of the vote compared to 41 per cent when he first won in a race with six other candidates in 2010.

The challengers bring a wide range of experience and community service to their campaigns. Here are key points they submitted to me by email.

Emilie Taman: She plans to run on a platform of "greater public accountability, increased public engagement in planning and development, evidenced-based decision making in public health, and strengthening environmental sustainability across city projects." She says, "Right now, private developers are in the driver's seat when it comes to growth in our city. This just doesn't work for creating thriving neighbourhoods that work for the people who live there."

Taman has been the president and a long-time board member of the Old Ottawa South Community Association and is a former federal crown prosecutor responsible for the prosecution of offences such as corporate tax evasion, human smuggling, environmental and fisheries violations and fraud. She is currently teaching in the law faculty at the University of Ottawa and is the co-host of the politics podcast, The Docket.

PHOTO: LU KØRTE

Emilie Taman

Jide Afolabi: "My aim is to bring bold thinking back to City Hall," says Afolabi. "To promote the kind of solutions that Capital Ward, as part of Ottawa, desperately needs, e.g. regular community forums to bring City Hall to the people, smart city pilot projects to tackle fundamental questions like road surface deterioration, a dog waste to energy pilot project, resident-centered snow removal, and more. I aim to be an ultra-engaging and ultra-engaged councillor."

Afolabi is a lawyer with a practice in Ottawa. He is also the managing director of nextOttawa, a non-governmental organization committed to the promotion of progressive policy ideas for Ottawa. He has served and continues to serve on the boards of a number of community organizations such as the African Canadian Dramatic Arts Society, the African Canadian Associations of Ottawa, St. Andrew's Presbyterian Church and the Ottawa Centre Provincial Liberal Association. He is a long-term resident of the Glebe.

PHOTO: JIDE AFOLABI

Jide Afolabi

Joe Federico: "New development, the evolution of our neighbourhoods, public transit, infrastructure, housing, the environment – they all hinge on how the growth of our city is managed. Policies should provide people with choices of how and where they want to live," says Federico. "Vibrant economies, liveability, equal opportunity and a dynamic city of connected communities are the recipe for a great city, today and tomorrow. It all starts with a passion for the issues, ideas and a strong desire to see positive change through."

Federico is a physiotherapist and a small-business person with a practice in downtown Ottawa. He has been a member on the board of the Ontario Physiotherapy Association and has lived in the Glebe and Dow's Lake area with his family for over 20 years. He has been engaged in local issues over the past decade through his involvement with the Dow's Lake Residents Association.

PHOTO: CARMEN SANCHEZ

Joe Federico

Anthony Carricato: "In my discussions with residents of Capital Ward, I've heard loud and clear that they want change and want to be represented more effectively at City Hall," says Carricato. "I'm passionate about public service and truly believe in the power of civic engagement… Our city will benefit from new leadership on Council and I am eager to contribute my skills and energy to put my neighbours' views first to make our ward a safer, greener and more inclusive place."

Carricato has served as vice president of the Glebe Community Association and is a volunteer at the Rideau Curling Club and a contributor to the Pearson Centre for Progressive Policy. He has worked for over a decade on Parliament Hill and within the private sector. He's also an avid yogi and outdoor enthusiast and enjoys spending time in the kitchen.

PHOTO: KATHERINE SMITH

Anthony Carricato

David Chernushenko: "I seek the honour of representing Capital Ward for a third term," Chernushenko says. "I believe I have been an effective, responsive and principled councillor, and that I can use my experience to advocate for long-term plans, specific projects and important values that will benefit the citizens of Ottawa and residents of Capital Ward." Goals he cites for the new term include: "a new and greener Official Plan; a sustainability-driven Transportation Master Plan; [and] quality of life and health of residents."

Chernushenko has, according to his bio, "Spent his working life promoting prosperous communities and healthy livelihoods by advising public, private, and non-profit organizations on adopting more sustainable and socially responsible practices. He served for three years on the National Round Table on the Environment and the Economy and for six years on the International Olympic Committee's Sport and Environment Commission."

PHOTO: ANDREW BALFOUR

David Chernushenko

Christine McAllister: "I am running to represent the residents of Capital Ward because I believe local government matters, and I want to give Capital Ward a strong, progressive voice at City Hall," she says. "Bringing people together to solve issues facing our communities has been the driving focus of my 15 years of community service. As Councillor, I will continue to prioritize public engagement, because better decisions are made when diverse community voices are heard."

Her experience includes being the longest-serving president of the Glebe Community Association and the president of Good Morning Creative Arts and Preschool. She says, "As a mom of three kids, as a lifetime resident of Ottawa, as a professional with deep expertise in the financial industry and as a community leader with a track record of getting things done, I am uniquely prepared to help create a more engaged, well-managed and sustainable city."

PHOTO: BLAIR GABLE

Christine McAllister

John Dance is an Old Ottawa East resident who takes a keen interest in the beauty and smooth functioning of the city and other important matters.

The Ottawa Bach Choir *presents* Baroque Passion

by Gaye Moffett

The Ottawa Bach Choir (OBC) invites you to the final concert of its 16th magnificent season, Baroque Passion, on Friday, May 4 at 8 p.m. at St. John the Baptist Church, 96 Empress Avenue, under the direction of founder and artistic director Dr. Lisette Canton. The concert features Handel's brilliant *Dixit Dominus*, the rarely performed *Passion Motets* by early German Baroque master Heinrich Schütz, and Bach's motet, *Komm, Jesu, komm*, BWV 229. The music from this concert will be recorded for the choir's 7th CD, due for release in 2018–19 and will feature baroque chamber string ensemble and Canadian soloists, including countertenor Daniel Taylor and other special guests.

"This concert will give Ottawa audiences a chance to experience some of the best of the Baroque with rarely performed works by Handel, Schütz and Bach," says Canton. "These spectacular works, performed with the distinguished Baroque orchestra Ensemble Caprice and soloists, will surely awaken the passions!"

The OBC will also perform at Roy Thomson Hall in Toronto on April 13. A similar program, entitled Bach to the Beatles, will be part of a Spring Party for Ottawa audiences on May 25 at 5:30 p.m. at the Rideau Club, with delicious hors d'oeuvres, sumptuous desserts, wine and cocktails, and the good company of Ottawa's cultural, business and diplomatic community.

The OBC recently celebrated the release of its new CD, *'Twas But Pure Love*, for the choir's 15th anniversary, featuring two Canadian recording premieres by Ottawa composers Kelly-Marie Murphy and Matthew Larkin, with harpist Caroline Léonardelli and organist Jonathan Oldengarm. It includes ethereal music from the Renaissance to the Contemporary periods from Spain, Italy, England, Germany, France and Sweden.

Dr. Lisette Canton founded the OBC in 2002. It offers a wide range of choral music from all historical periods. OBC provides an unforgettable experience of choral music at its best with the combination of scholarly and emotional approaches. The choir was originally formed in the Glebe community and includes choristers, board members and patrons from the area.

The OBC has toured extensively in Canada, the United States and Europe, and was invited to perform as Canada's choral representative in the prestigious Meet in Beijing arts festival in Beijing, China, in April 2016. In 2014, the choir had the honour of being the first Canadian choir ever to be among the performers in the world's most prestigious international Bach festival, Bachfest Leipzig 2014.

Tickets for the concert and Spring Party are available online now (see OBC website for details) and concert tickets are also available at The Leading Note, 370 Elgin Street, and Compact Music, 206 & 785 1/2 Bank Street. For more information or to purchase tickets, visit the website at www.ottawabachchoir.ca, or contact the OBC at info@ottawabachchoir.ca or 613-270-1015.

Gaye Moffett is president of the Ottawa Bach Choir Board of Directors.

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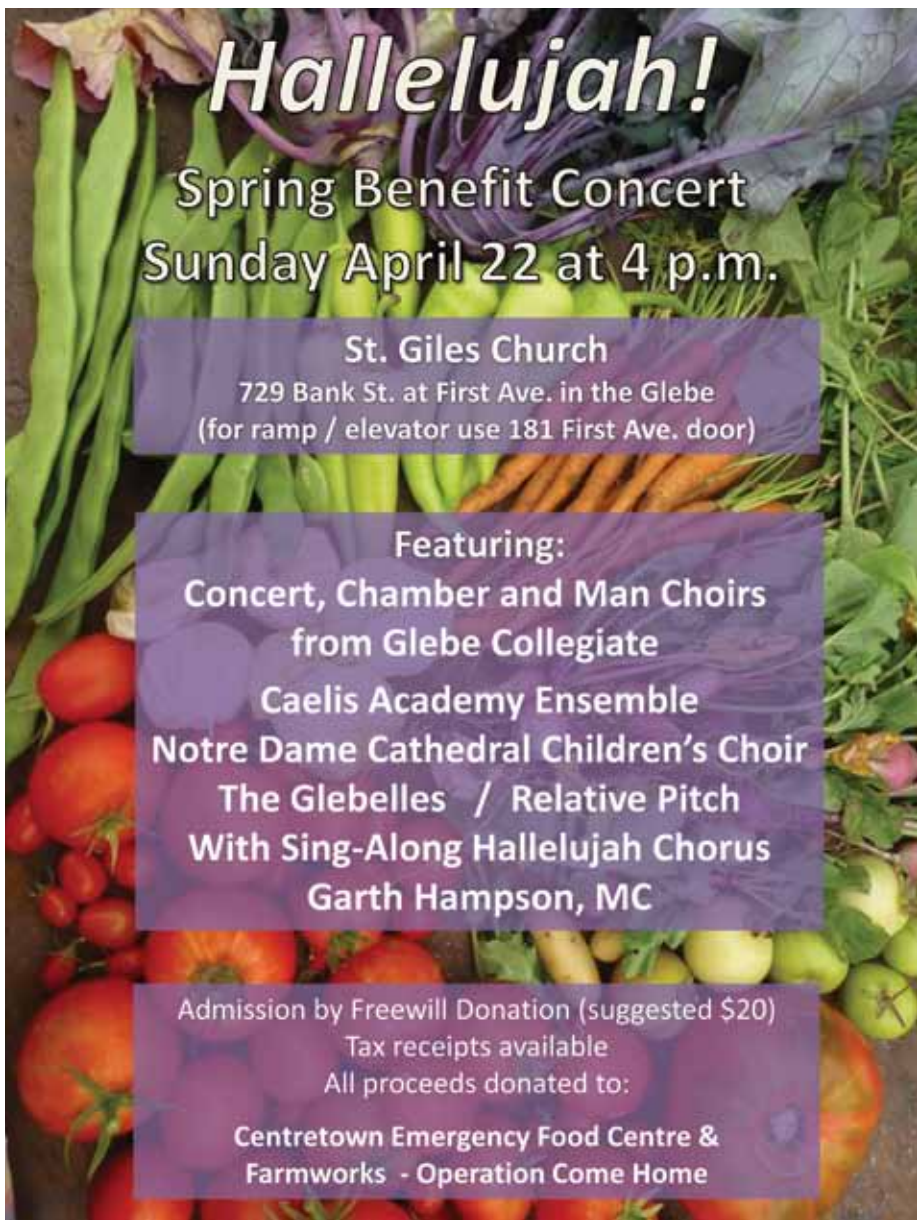
Hallelujah!

multi-choir spring concert

by Maeve Weddle



This is your chance to hear several of your favourite choirs in one venue! Hallelujah! is the fourth in a series of concerts that have become an annual event in the Glebe. Choirs from across the city donate their time and talents to create a truly unique and enjoyable choral experience. The diversity of the music, from a capella pop to large sacred choral works, provides something for everybody.

The concert will take place on Sunday, April 22 at 4 p.m. at St. Giles Presbyterian Church (729 Bank Street at the corner of First Avenue).

This year our MC will once again be the incomparable Garth Hampson who will treat us to a couple of solo performances. Featured choirs include:

- The Notre Dame Cathedral Children's Choir
- The Glebelles
- Relative Pitch
- Glebe Collegiate's Chamber, Concert and Man choirs
- Matthew Larkin's Caelis Academy Ensemble

The concert will end with a sing-along of Handel's Hallelujah Chorus. Audience members are invited to join in.

Admission is by donation, with a suggested amount of $20/person. Tax receipts are available. Best of all, the proceeds go to support two local charities: Centretown Emergency Food Centre (cefcottawa.org) and Operation Come Home Farmworks Program for at-risk youth (operationcomehome.ca/programs/farmworks)

So please come on out and listen to our choirs, enjoy your afternoon and support our community, all at the same time!

HISTORY OF THE 'HALLELUJAH' CONCERT SERIES

The first multi-choir benefit concert at St Giles took place in December 2013 and was organized by Desmond Hassell, retired music teacher, church organist and long-time Glebe resident. He organized a second concert to benefit Syrian refugees in the fall of 2015 when he was 90 years old and battling cancer. He was personally involved in many of the performances, conducting one of the choirs, accompanying soloists and performing an a capella piece with three generations of his extended family. Throughout his life he was ardent about fostering musical excellence and celebrating life through music. It was only natural for him to give back to the community through music. Desmond's funeral service in 2016 was filled with generations of music students and concluded with everyone in the congregation singing the Hallelujah Chorus–a tribute to Desmond's tireless enthusiasm and positivity, and the inspiration behind our 'Hallelujah!' concert series.

I, Desmond's daughter, took over as organizer in the spring of 2017 for the third benefit concert and am organizing this year's concert as well.

THE CHOIRS

The Notre Dame Cathedral Children's choir, led by Joan Fearnley, sings regularly at the Basilica. They have a fresh, pure sound and their love of music is evident when they perform.

The Glebelles, led by me, is a women's a capella group started in 2013. We sing a wide variety of music and especially enjoy close harmony.

Relative Pitch, also led by me, is a small mixed a capella group made up almost entirely of extended family members. While we come from "serious" musical backgrounds, we enjoy getting together to sing pop songs.

The Glebe Collegiate Chamber, Concert and Man choirs, all under the direction of Rachel Handley, are well known for their fantastic high-energy performances and their entertaining repertoire. These choirs are fun! They have contributed their talents to this concert series since it began.

Matthew Larkin has also been a supporter of the concert series from the beginning. This year he presents his new group, the Caelis Academy Ensemble. Larkin's passion for music in the cathedral tradition has made him a pillar of Ottawa's music community and beyond. The ensemble performs a diverse repertoire with an incredibly high musical standard that will blow you away. Caelis presents concerts at Trinity Anglican Church and throughout the city.

THE CHARITIES

FarmWorks is a certified organic farm in the east end of Ottawa. A social enterprise of Operation Come Home, FarmWorks employs at-risk youth in paid positions on the farm, helping them to build meaningful skills through experiential learning. FarmWorks is financed through donations and their CSA program, a vegetable subscription service with pick-up locations in the Glebe and elsewhere. Subscriptions can be purchased through Operation Come Home's website and in person at the concert.

The Centretown Emergency Food Centre, located at 507 Bank Street, has a mandate to serve those in need in the Centretown area. They provide food to clients four days a week and rely heavily on donations to continue their work.

Maeve Weddle is a long-time resident of the Glebe (since 1972) and conductor of the a capella group The Glebelles since 2013.

www.glebereport.ca

Gil's Hootenanny offers "a feeling of belonging and possibility"

by Kathy Kennedy

Tuesday, May 1, 2018 will mark the ninth year for Ottawa's Gil's Hootenanny, the May Day community singalong celebrating the stories, struggles and victories of working people. This annual event was first presented in 2010 and has seen increasingly larger audiences come to sing along with new and traditional songs of hope and protest. The Gil's Hootenanny 2018 headliner is singer-songwriter Eve Goldberg (www.evegoldberg.com).

Anyone lucky enough to see Goldberg perform is captivated not only by her talent and charisma but also by the depth of her musical background and influences. She grew up in the Boston area where her multi-instrumentalist, activist mom took her to see folk legends such as Sonny Terry and Brownie McGhee, Pete Seeger and Doc Watson. As Goldberg's mom introduced her to an earlier generation of musical legends, her older sister was introducing her to emerging singer-songwriters such as Bonnie Raitt, James Taylor, Carole King and Joni Mitchell. At the same time, her home echoed her brother's favourites, Bruce Springsteen and Bob Seeger. Goldberg also fell in love with Motown, soul music, jazz, bluegrass, old time and country music.

She believes that she has a unique platform "to be a voice for social justice and the power of positive change." This commitment not only means writing issue-oriented songs, but more importantly, creating space in her performances "to help create community by being inclusive and positive."

Goldberg grew up in a social justice-oriented family and has vivid memories of her parents' involvement in the civil rights and peace movements. Her mother's family members were union activists. Eve Goldberg, who relocated to Toronto in 1981, has worked with a number of peace and social justice groups including the Toronto Disarmament Network and the Jesuit Centre for Social Faith and Justice.

Her approach to performance embraces songs about how we are all connected and are part of a human community. As she says, "We all aspire to love and be loved; we all go through certain human experiences. If I can help create a feeling of belonging and possibility, and maybe help people think more deeply about something, I feel like I've done my job." When thinking about performing at Gil's Hootenanny, she notes: "It seems especially important right now to be talking and singing about things like racism, indigenous issues, women's rights, peace and human rights."

PHOTO: COURTESY OF EVE GOLDBERG

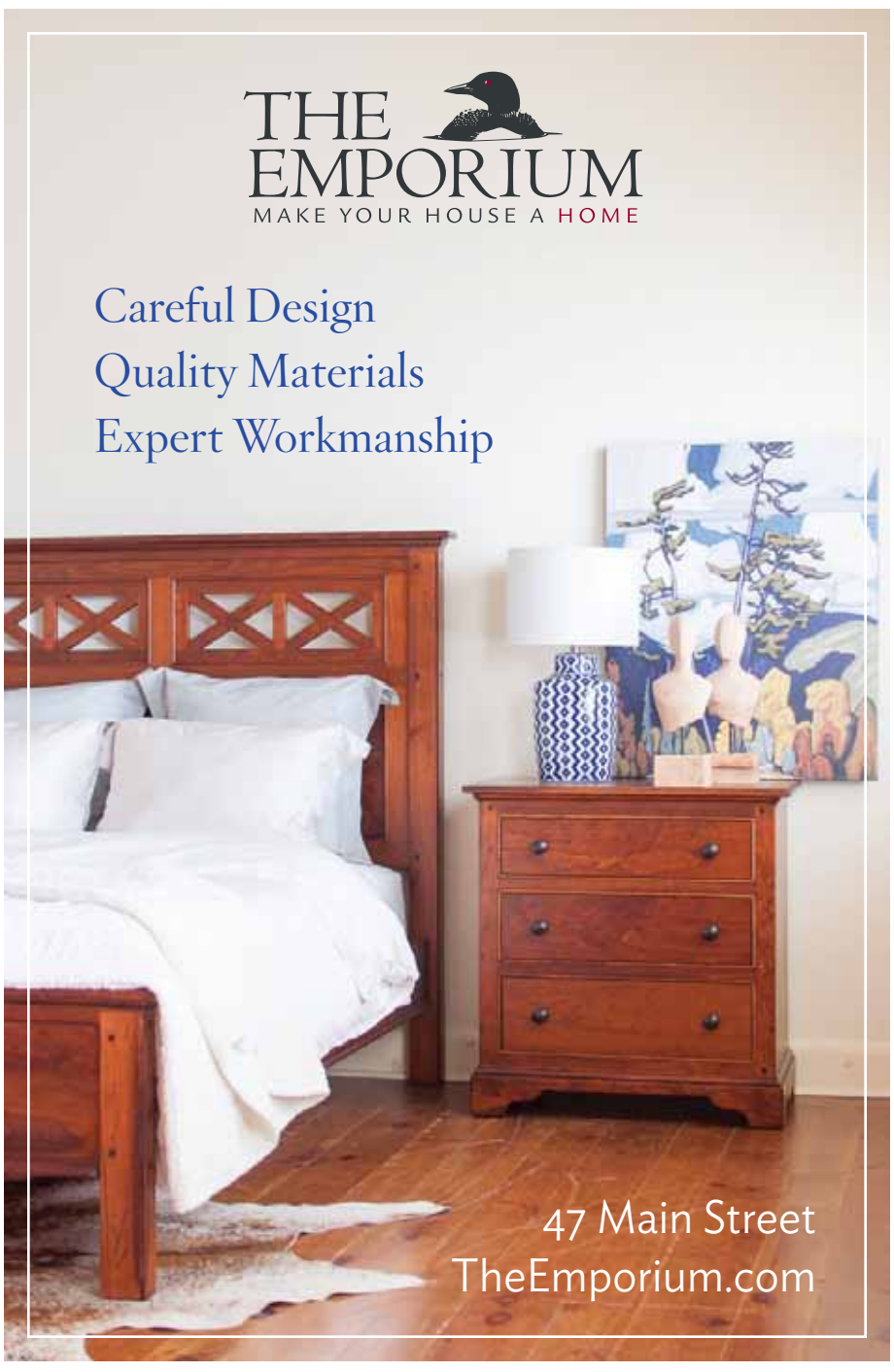
Eve Goldberg will headline this year's Gil's Hootenanny, the community sing-along celebrating the struggles of working people, to take place May 1 at the RA Centre.

Goldberg is actively involved these days with the musicians' union. She is president of Local 1000 of the American Federation of Musicians (AFM), which is the travelling musicians' local of touring folk and acoustic musicians all over North America.

Gil's Hootenanny is an annual celebration of the legacy of Gil Levine. Gil spent his life working for social justice and was the founding director of research at the Canadian Union of Public Employees (CUPE). Gil was a great lover of folk music and an enthusiastic supporter of folk musicians and he believed in the collective power of song to bring people together to speak up and sing out for change. Gil's Hootenanny is delighted that Eve Goldberg will be sharing her love of singalong music with Ottawa during this very special community event.

The 2018 Hootenanny will take place on Tuesday, May 1 at 7:30 p.m. in the Clarke Room at the RA Centre, 2451 Riverside Drive. The RA Centre is accessible, has loads of parking and is well serviced by OC Transpo. Tickets are $10; kids are free. Tickets now available online and can be purchased (cash only) at Metro Music, 695 Bank Street and Octopus Books, 16 Third Avenue. Information & tickets: www.gilshootenanny.ca and Facebook.

Kathy Kennedy is active in promoting and protecting the well-being of Ottawa's downtown neighbourhoods and is on the organizing committee for Gil's Hootenanny.



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Seventeen Voyces: Jewels of the Italian Baroque

by Margret Brady Nankivell

Seventeen Voyces's presentation of "Jewels of the Italian Baroque" on Friday, April 27, 7:30 p.m. at St. Matthew's Anglican Church in the Glebe will conclude the chamber choir's subscription season. The city's superb period ensemble will perform with the Ottawa Baroque Consort in focusing on the now seldom-heard works by Antonio Caldara (1670–1736) and Antonio Bononcini (1677–1726). The choir will perform Caldara's transcendent "Missa Dolorosa" and Bononcini's emotive "Stabat Mater."

"These moving works will be a fitting conclusion to an extraordinary season that began on Remembrance Day with Haydn's extraordinary "Mass in Time of War," says Kevin Reeves, Seventeen Voyces's founder and musical director. "The choir's passion for this period will be very evident in the music I have selected. And these works are rarely performed in Ottawa so this will be a special treat for the audience."

Caldara's magnificent "Missa Dolorosa" is a sacred choral work of great intensity. The soulful choruses, solos and duets are beautifully suited to being sung in a traditional church setting.

Caldara was the son of a violinist and became a chorister at St. Mark's in Venice where he also learned how to play several musical instruments, including the cello. He moved to nearby Mantua in 1799, becoming maestro di cappella to the Duke of Mantua who picked the losing side in the War of the Spanish Succession. As a result, Caldera had to find another post.

Caldara went on to become a chamber composer to Charles III in Barcelona who later became the Holy Roman Emperor. The composer wrote several operas in Barcelona including the first Italian operas performed in Spain. He also held prominent musical posts in Rome and Vienna, ending his career as vice-Kapellmeister to the Imperial Court in Venice.

Antonio Bononcini and his brother Giovanni–the latter a famous rival of Handel in London–were two of the most popular Baroque composers. Antonio was from a musical family and ended his career as maestro di cappelli in Modena. He worked as Kapellmeister to the Holy Roman Emperor Charles VI in Vienna and composed several operas and more than 40 cantatas. His setting of the 13th century hymn "Stabat Mater" was likely composed in 1721. The piece conveys the sorrow of Mother Mary in the playing of the strings, the chorus and the soprano aria.

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

Seventeen Voyces: Jewels of the Italian Baroque

Friday, April 27, 7:30 pm, at St. Matthew's Anglican Church, 130 Glebe Ave., near Bank St.

Tickets: Adults $25, Students $15. Information and tickets at www.seventeenvoyces.ca.

PHOTO: NATIONAL GALLERY OF ART, WASHINGTON

"The Lute Player" by Orazio Gentileshi

St. Matthew's choirs to present Brahms's Requiem

by Margret Nankivell

St. Matthew's will present Johannes Brahms's stunning Requiem on Saturday, May 12 at 2 p.m. Kirkland Adsett will direct the church's combined choirs as they sing the choral masterpiece with Montreal's pianist and organist Scott Bradford playing the version written for piano. Soprano Holly Ralph Ormsby and baritone Jean-Sébastien Kennedy will be the soloists.

No tickets will be sold for this concert but donations will be gratefully accepted.

Although the arrangement for piano is designed for two players, Bradford, director of music at St. Matthias' Anglican Church in Montreal, has mastered all the parts himself. The piano arrangement allows for a degree of intimacy, precision and clarity that can't be achieved in the orchestral version of the work.

After studying music at the University of Toronto, Bradford earned his Master's in Organ Performance from McGill University's Schulich School of Music. He has often performed on CBC's "Organist in Recital," "Christmas Sing-In" and "Easter Sunrise," and played for St. Joseph's Oratory's "Les Concerts Spirituels" and the 25th anniversary of the Wolff "French Classic" Organ at McGill. He has played at St. Matthew's several times in the past.

Adsett says that he selected the work because it is a great piece of music that demands that the choirs sing lyrically. "It is really good for the choir members to sing these really long lines of music," he says.

Adsett sang in a presentation of the requiem at New York's Lincoln Center when he was completing his Master's degree in Sacred Music at the Westminster Choir College in Princeton, New Jersey. Internationally acclaimed Spanish conductor Rafael Frühbeck de Burgos suddenly stopped conducting the piece and stared at the choir, which kept on singing. "It was one of the most uplifting and memorable moments of choral singing," Adsett says.

Jean-Sébastien Kennedy is an alumnus of the Opera Lyra Ottawa Studio and Steve Smith has reviewed his singing as "stylish" in the *New York Times*. He is known for his rich tone, expressiveness and versatility and has performed in Canada and abroad in operas and recitals. He has performed regularly with the Ottawa Bach Choir, the Opéra de Montréal and the NAC Orchestra. This is his first performance with St. Matthew's choirs.

A German Requiem, to Words of the Holy Scriptures is Brahms's longest composition and one that attracted international acclaim when first performed. It was composed between 1865 and 1868 and is a large-scale work of seven movements for chorus, soprano and baritone. Brahms's mother died early in 1865 so it is probable that her death inspired the work although it is believed that he first considered composing a requiem after a suicide attempt by Brahms's friend, composer Robert Schumann.

Brahms (1833–97) was born in Hamburg into a Lutheran family and spent most of his professional life in Vienna. He was a virtuoso pianist who composed for orchestra, choir and piano. He worked closely with leading performers of his time including pianist Clara Schumann.

The concert is presented as a freewill offering at St. Matthew's Anglican Church, 130 Glebe Ave. near Bank St., on Sat. May 12, 2 p.m. www.stmatthewsottawa.ca.

PHOTO: PROVIDED BY ARTIST

Baritone Jean-Sébastien Kennedy will be one of the soloists in a performance of Brahms's Requiem at St. Matthew's Church on May 12.

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

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
Keeper'n Me[1]	Richard Wagamese
Elon Musk: Tesla, Space X, and the Quest for a Fantastic Future[2]	Ashlee Vance
We'll All Be Burnt in Our Beds Some Night[3]	Joel Thomas Hynes
The Handmaid's Tale[4]	Margaret Atwood
Solomon Gursky Was Here[5]	Mordecai Richler
Clementine: The Life of Mrs. Winston Churchill[6]	Sonia Purnell
The Couple Next Door[7]	Shari Lapeña
The Poisonwood Bible[8]	Barbara Kingsolver
Norma[9]	Sofi Oksanen
The Princeling of Nanjing[10]	Ian Hamilton
Dark Night: A True Batman Story[11]	Paul Dini
The High Mountains of Portugal[11]	Yann Martel
TITLE (for children and teens)	**AUTHOR**
Il était une fois…La plus Belle du royaume (tome 1)[13]	Sarah Mlynowski
Matilda[14]	Roald Dahl
The Book of Three[15]	Lloyd Alexander
What are your favourite books? (March theme)[16]	Various authors

1. Abbotsford Book Club
2. Broadway Book Club
3. Can' Litterers
4. Helen's Book Club
5. Seriously No-Name Book Club
6. The Book Club
7. Topless Book Club
8. OPL Sunnyside Adult Book Club
9. OPL Sunnyside European Book Club
10. OPL Sunnyside Mystery Book Club
11. OPL Sunnyside Ottawa Comic Book Book Club
12. OPL Sunnyside Second Friday Adult Book Club
13. OPL Sunnyside Je lis
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No neutral ground; bigotry takes many guises

by Kerry Smith

I had coffee last year with a friend of a few years, who asked me, "Do you think it is my fault that my daughter is lesbian?" I decided to just get past the moment and said no. It's not her fault that her other daughter is straight, but she never questioned her role in that, because she understands heterosexuality as normal and natural, but not homosexuality.

This is bigotry – the belief that other people, or whole groups of people, who are not like you or who don't hold your values, are therefore not your equal. It takes many guises, including political correctness, nimbyism and racism. Sometimes it hides itself in ignorance or religious morality. It can be subtle and insidious. Any way it is presented, it is fractious, hurtful and destructive. Someone always pays.

What makes it particularly difficult is that there is no neutral ground; either you stand against it or you are complicit in it.

I spoke to many parents over the year that followed about my friend's comments. Some suggest that such questioning is a natural part of being a parent. But how does being a parent justify bigotry?

Other parents said they don't practise such questioning. I asked myself, if I were a parent (like a third of my gay male friends) and my child told me he or she was straight, would I question what I did wrong? My brother and his wife don't think that way, nor did our parents.

Sigmund Freud, the father of psychoanalysis, believed that homosexuality in men is caused by an over-dominant father figure. Psychoanalysis became popular in the early- to mid-20th century through books, magazine articles, radio interviews and movies. Going for psychoanalysis became popular and Freud's ideas and attitudes became part of popular culture and social norms. For example, the term "ego" is from Freud. Some people began to ask, "Who was the over-dominant father figure in this or that gay person's life?" or "What did I do wrong as a parent?" Freud's ideas about homosexuality have since been debunked; however, the attitude continues to this day.

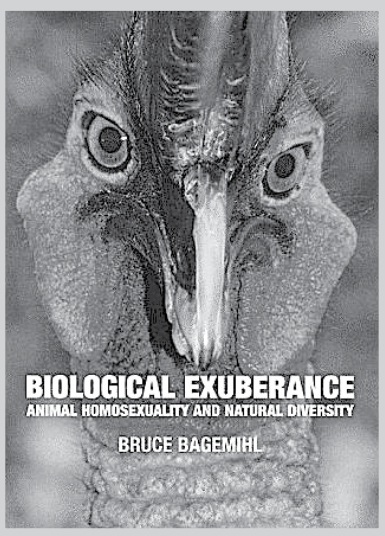
What concerns me most is that such attitudes can be dangerous, even life-destroying. The high rates of depression (30 per cent of the 30,000 to 40,000 gay men in the Ottawa area) and suicide amongst the LGBTQ population cannot help but be influenced by attitudes that constantly imply that being LGBT or Q is somehow inferior, unnatural or immoral.

As to whether homosexuality is natural or not, I can direct you to the landmark book, *Biological Exuberance: Animal Homosexuality and Natural Diversity* by Bruce Bagemihl (Saint Martin's Press, 1999). Zoology, the study of animal behaviour, began as a formal science in 1801, and zoologists have observed homosexual behaviours in every species studied. Apparently Mother Nature didn't get the memo.

As far as I know, scientists have tried to find out how we come to have our sexual orientations, but it remains a mystery. Albert Einstein wrote, "The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed."

It is my hope that oppressive attitudes can be expunged from society so that no one else suffers from them. We celebrate gay pride each year in part to counter such attitudes.

We all pay a price for bigotry, and there is no neutral ground.



First they came for the Socialists,
and I did not speak out –
Because I was not a Socialist.
Then they came for the Trade
Unionists, and I did not speak out –
Because I was not a Trade Unionist.
Then they came for the Jews,
and I did not speak out –
Because I was not a Jew.
Then they came for me – and there
was no one left to speak for me.
– Martin Niemöller (1892–1984)

Kerry Smith, BA, MDiv., copy editor of the Glebe Report*, was instrumental in creating the Research Chair in Gay Men's Health at the Ottawa Hospital and is an avid cyclist and swimmer.*

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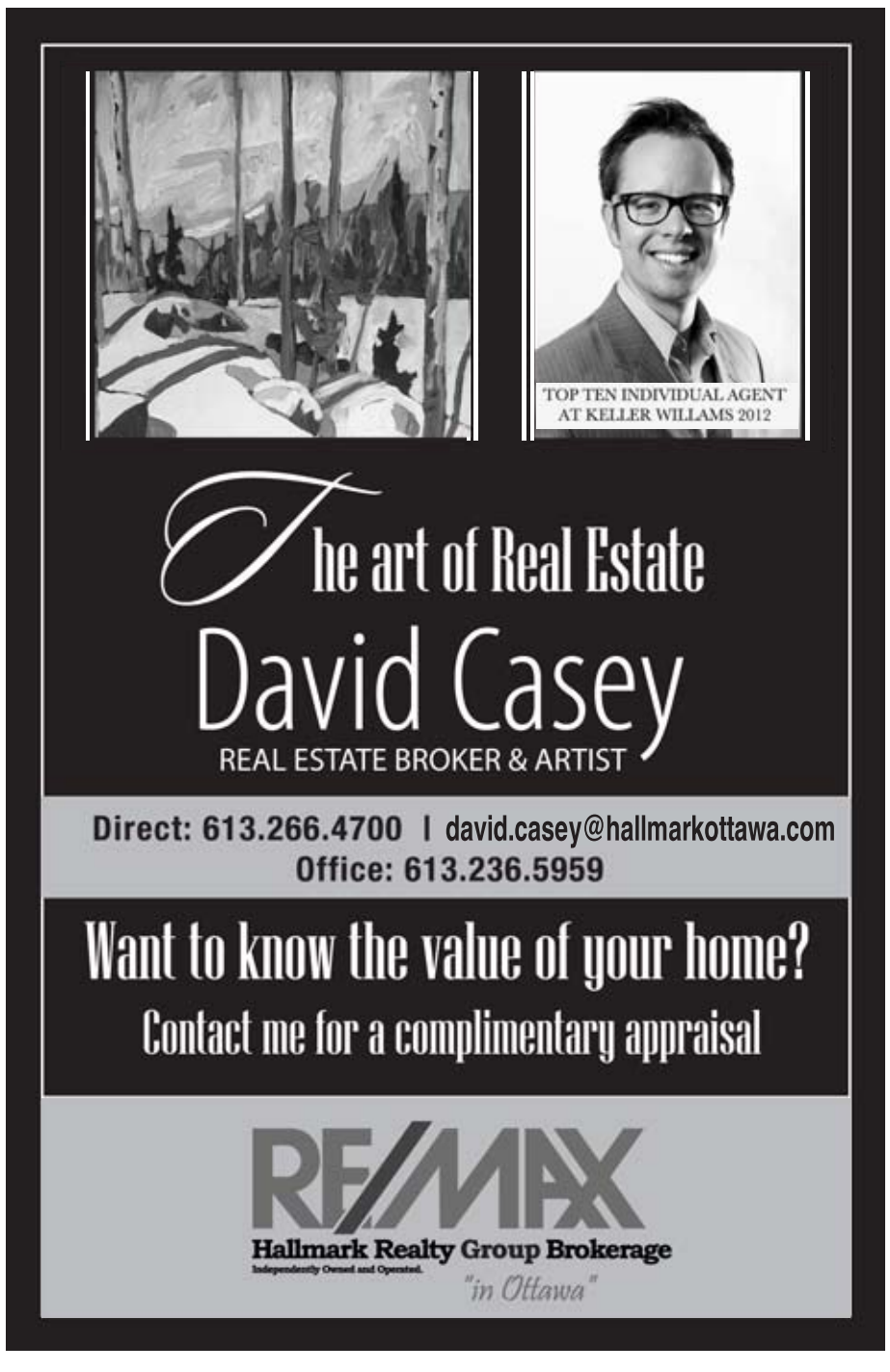

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The Great Fire of 1870, or how Dow's Lake saved Ottawa

by Sue Stefko

When the people of Ottawa reflect upon the great fire, the vast majority think of the 1900 fire that started in Hull and tore through Lebreton Flats down to Dow's Lake. However, many people do not realize that an earlier, much larger fire, the Ottawa Valley's Great Fire of 1870, came upon Ottawa's doorstep, threatening much the same area. In fact, that earlier fire came up to the borders of what is now the Glebe Annex, and without some quick action (and luck), much of the city of Ottawa would have been destroyed.

Workers who were burning brush from the Central Canada Railroad line near Almonte started the fire on August 17, 1870. With the region parched and dry after no rain for four months and gusts of wind fanning the flames, the fire quickly grew out of control. The winds soon increased to 100 miles per hour, relentlessly spreading the fire in all directions. Hundreds ran for their lives to either the Mississippi River or the Ottawa River, while some tried to hide in their wells. Those who couldn't reach bodies of water fast enough dug trenches in their fields, covered themselves with dirt and wet blankets and hoped for the best.

Most of those in Ottawa felt fairly safe compared to the plight of their agrarian neighbours due to both distance and the city's acquisition of a new steam fire engine, "the Conqueror," but that was soon to change. Signs that the fire was drawing closer became apparent when two thousand "refugees" from the fire streamed into the city the morning of August 19. Later that day, the sky grew dark, thick and acrid with smoke. Street lamps had to be lit in the middle of the day. Dust and ash pummelled buildings in a howling wind that people could barely stand up in.

A courier interrupted a City Council meeting to tell them that a "typhoon of flame" was obliterating Carleton County and had reached Rochesterville (today's Little Italy), within a mile of Ottawa itself. Emergency measures were put in place and cries of "Fire, fire, fire" quickly spread across Sparks Street, church bells rang, businesses were closed and all "able-bodied men," including the local militia, were drafted to fight the fire.

The front line of fighting the fire went south from the Chaudière Mill to Mount Sherwood, along Bell Street. Although the efforts of thousands of people fighting the blaze all night were important in holding the fire at bay, it was the waters of Dow's Lake that were pivotal in helping the city escape the fire. Although reports as to who ordered the opening of the St. Louis Dam at the north end of Dow's Lake vary, the order was passed. Mill workers hastily dug a channel through the dam, allowing a deluge of water to flow along the depression of what used to be the northern part of Dow's Great Swamp, which spread two and a half miles between Dow's Lake and the Ottawa River. The flow of water was immense. It centered on Preston Street, and was approximately 900 feet (more than 270 metres) wide, creating a moat to separate the city from the ravages of the fire. And there are stories of those who had to swim across what is now Booth Street for safety.

These efforts, as well as a lessening of the winds and their change of direction, helped save the city. While Ottawa itself was spared, the fire devastated much of the region from the Rideau Lakes in the south, as far north as Wakefield, Quebec, and Arnprior to the west. All in all, the fire devastated several hundred square miles (more than 125,000 acres). An estimated 20 people died and entire herds of livestock were killed in the blaze. The entire town of Stittsville was decimated and only two buildings were left standing in Bell's Corners.

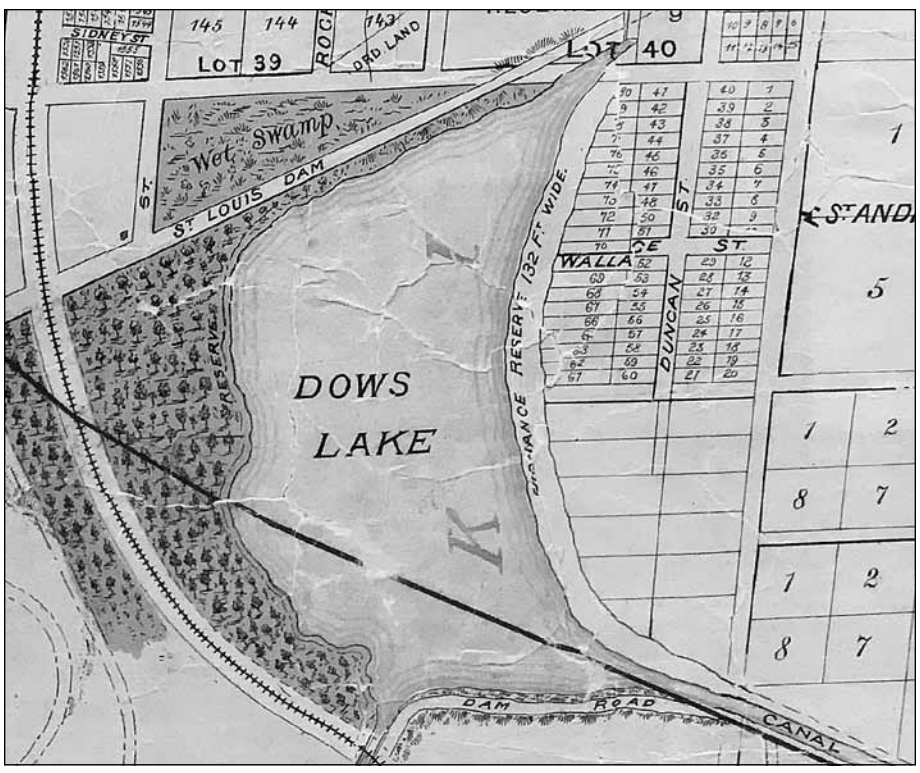
It took another month and sustained rains in late September to finally quell the blaze. Even that following winter, people saw wisps of smoke coming from the ground in many of the scorched areas, signs that the fire was still alive under the ground, likely burning tree roots.

The fire served as a warning to many as for 20 years prior various groups had been sounding the alarm, calling for the removal of the huge piles of lumber along the Ottawa River. *The Ottawa Free Press* estimated that four square miles of lumber were stacked in Ottawa and Hull, posing a huge fire hazard. Unfortunately, the city's richest and most influential were the "lumber kings" who owned those piles of wood and the warning was not heeded due to their political influence. Those huge piles of wood, almost disastrous in the 1870 fire, were indeed much of the fuel that fed the fire in the disastrous Great Fire of 1900 and again in Ottawa's second Great Fire of 1904.

Sue Stefko is president of the Glebe Annex Community Association.

PHOTOS: CITY OF OTTAWA ARCHIVES/2011.0032.1

Final extent of the fire, September 24, 1870. The area was huge, encompassing 3,000 farms and 125,000 acres. Source: Terence M. Currie's The Ottawa Valley's Great Fire of 1870 (with permission)



The St. Louis dam, named after Jean-Baptiste St. Louis, helped create what is today Dow's Lake. During canal construction 1826–1832, the Great Embankment was built at the south, and the St. Louis Embankment at the north, containing the waters in the basin and draining the notorious Great Dow's Swamp that stretched four miles between the Rideau and Ottawa rivers. Surveyor John McTaggart described the area as a muddy, malaria-infested swamp and "one of the most dismal places in the wilderness" before being transformed into the 20-foot deep Dow's Lake. By damming the swamp, the area that is now Little Italy was drained and able to be developed. Source: Map of the City of Ottawa and the City of Hull, compiled by John A. Snow and Son, 1887.

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Running 101

by Melissa Baird

Running can be a great, easily accessible activity, especially in Ottawa! However, it can be a little intimidating knowing where to start. How long? How fast? What equipment do I need? Here are our top seven tips on getting you started based on the kinds of questions we receive as health care providers:

1. Start with the right sneaker: The sneaker you choose will depend on your foot type. Pronators (flat feet) typically need extra support built into their sneaker. A motion control or stability sneaker typically works best. Supinators (high arched) require more cushioning. Neutral shoes are available for those considered to have a "normal" arch providing a balance of support and cushioning.

2. Run/walks: Start small and build your endurance. The best and safest way to start running is by doing a run/walk; run for a minute, then walk for a minute. You can start by doing this for 10 to 20 minutes. Each week, increase your run time by one minute while keeping your walk time the same. Over time you will be able to run for a full 10 minutes before taking a walk break. Your body has time to get used to the increased activity because of the gradual increase in run time instead of shocking it by trying to run a full 5K right out of the gate.

3. Good form: The science behind running form has changed over the years. What we know now is that running on the midfoot results in less impact on the body and is a more efficient way of running. Maintain a short, quick stride. Over striding can easily lead to injury. Make sure that your foot and knee are in line. As your foot strikes the ground, it should be in under the knee. If your heel strikes first, you will find your knee will be behind your foot. This is almost like you are putting on the brakes as you are trying to propel yourself forward. It adds a lot of stress to the feet and joints in the leg, hip and lower back. Keep your arms and shoulders relaxed with an arm bend of 90 degrees or less at the elbow. If your shoulders are starting to tense up, it will affect your breathing.

4. Hold off on hills: Hills can be a great addition to your running route by adding an additional challenge. However, get your body used to cardio and muscular demand by running on a flat surface before diving into hills.

5. Hydrate: Get into the habit of running with water. As your distances increase and the weather becomes warmer, your need for water while running will increase. There are several different types of belts you can use to carry water. Head to a running store to try out a couple to see how they feel.

6. Cross train: Cross training can be a huge help in reducing injuries with any kind of fitness routine. With running, the muscles in the front and back of our legs get worked hard. However, we need to remember we have muscles on the inside and outside of our legs that also need attention. Muscle imbalances around the knees and hips can lead to knee, hip or lower back pain. It's also a great time to focus on your core strength. Having a strong core will help you maintain good running form as you start to fatigue.

7. Warm up and cool down: Loosening up the joints and warming up the muscles are important before starting any activity. Going through basic ranges of motion, squats or even a short walk can help to get your body ready. Focus on your leg muscles while stretching them. Hold your stretches for at least 30 seconds per side.

There's plenty of information out there on how to become a better runner. Start small and build as your endurance improves. Remember that you started running to feel better, not to be stressed out!

Melissa Baird is a chiropractor with GLEBE Chiropractic + Massage Therapy. For more information, please visit www.glebechiropractic.com.

PHOTO: © BAT09MAR | DREAMSTIME.COM

Collagen – what is it?

by Zenah Surani

Collagen is one of the most abundant proteins found in the animal kingdom. It makes up about 25 – 30 per cent of the protein content of the body of mammals. It is found in the teeth, corneas, blood vessels, skin, tendons, ligaments, blood vessels and more. Collagen is made of several amino acids which, when bound together, form different polypeptide chains.

There are several different types of collagen and different types are found in different areas of the body. Collagen provides strength to the structure of cells and also has tensile strength and elastic properties, making it a natural building block for bones and skin. Collagen is also present in our corneas, our blood vessels, the lining of our digestive tract and in our joints and tendons. Collagen also has a role in wound healing. It is important to remember that the collagen protein is made up of amino acids; the main ones involved in collagen production are l-glycine, l-proline and l-lysine. These amino acids can only come from animals so it's important to take note that there's currently no vegan source of collagen available.

Collagen supplements have begun appearing everywhere in forms such as powders, capsules and liquids. It is true that collagen production decreases as we age and also that other factors like stress, poor diet and lifestyle and vitamin deficiency can decrease our body's collagen production. It is said that the body's ability to create collagen decreases by 1.5 per cent per year. When this important protein in the skin, for example, is not replenished as quickly as it used to be, the elasticity and structure of the skin degrades.

Many manufacturers market their collagen products as a way to improve joint pain and a way to reduce skin aging. A 2008 randomized, double blind placebo controlled study done using 147 Penn State University athletes as their subjects set out to test supplemental collagen's effect on the joints. The researchers found that the athletes who were treated with hydrolyzed collagen for 24 weeks reported reduced joint pain and inflammation and improved mobility. Another study published in 2016 reported that collagen supplementation reduced knee pain as compared to placebo and glucosamine and chondroitin supplementation in those with osteoarthritis. A study done in 2014 looked at the effect of collagen supplementation on the skin's physiology. The study found a statistically significant improvement in skin elasticity in the elderly women taking collagen in the study. More studies need to be done to make more conclusions about the benefits of collagen; however, the preliminary studies show promise.

Bovine and poultry sourced collagen provides mainly types 1 and 3 collagen, while fish sourced collagen provides mainly type 1. Type 1 collagen is the most abundant type of collagen in the human body as it is found in high quantities in the skin, bones and tendons. Type 3 is found in the blood vessels, spleen and intestines, and elsewhere in the body.

Collagen supplements made from free-range grass-fed animals are the best choice to ensure no hormones or antibiotics are in the formula. Some manufacturers also test for lead, arsenic and mercury levels in their product. This is important if you are choosing a fish-sourced collagen.

You will see on the side of the bottles of powdered and encapsulated collagen supplements the words "hydrolyzed collagen." Hydrolysis is used to decrease the size of the native collagen protein for the purposes of digestion, absorption and distribution in the body after consumption. You may also see some other minerals and supplements in the mix such as vitamin C, hyaluronic acid, biotin, turmeric and others.

As mentioned earlier, the fibrous collagen protein is made up of several different polypeptides (amino acid chains). These polypeptides come together and form collagen through a chemical reaction in the body called hydroxylation. This reaction is dependent on vitamin C. So, it is important to note that supplementing with vitamin C can help our body's own ability to synthesize collagen, something that vegans in particular can keep in mind. Zinc also helps to activate the reaction and is especially important during wound healing.

Hyaluronic acid is a substance found in the structure of skin, which helps to keep skin hydrated by holding onto moisture. Just as with collagen, our bodies decrease hyaluronic acid production as we age. Biotin is from the B vitamin family and is important for the maintenance of healthy nails, skin and hair. Turmeric (the active ingredient is curcumin) is a spice originating from India, which has anti-inflammatory properties. Collagen supplements can be found alone or along with one or more of these added supplements for additional benefits for skin and joints.

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

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Tick-borne Lyme disease and your pet

PHOTO: WIKIPEDIA

Lyme disease is spread by the blacklegged tick (sometimes also called the deer tick).

by Dr. Mike Mossop

Tick populations have been on the rise across Canada for several years now, and like it or not, these buggers are here to stay. With this rise comes an increased risk of tick-borne illness like Lyme disease that has received so much attention in the media for the serious health effects it can have in people. But what about our pets? Dogs and cats are affected differently from people and it's important to understand these differences to decide how best to keep the whole family safe.

The blacklegged tick (sometimes also called the deer tick) Ixodes scapularis in eastern North America spreads Lyme disease. They tend to live in wooded or grassy areas, but can be found anywhere there is vegetation. While most people think of tick season as being in the spring and fall, in reality ticks show "questing" behaviour any time the temperature is even slightly above freezing; this means ticks are active even in January and February on unseasonably warm days.

The majority of people (about 80 per cent) will develop some combination of signs within a few weeks including a rash, flu-like symptoms and joint pain after being bitten by a Lyme-infected tick. In rare cases, there can also more serious long-term effects like neurologic abnormalities and cardiac arrhythmias. Conversely, most dogs bitten by a Lyme infected tick will never show any signs of illness. This is not to say the disease is a non-issue in our canine companions but their risk of infection following exposure is less likely (closer to 10 per cent) and the disease tends to be less serious and more easily treatable than it is in humans.

When dogs do get sick they show signs of lethargy, decreased appetite and sometimes swollen joints or lameness. These signs can take weeks or months to show up following the inciting tick bite and generally respond well to treatment with antibiotics. We occasionally see joint pain (sometimes mistaken for arthritis), or a specific type of kidney disease when long-term chronic infections go untreated. Lucky for our feline friends, they are even less susceptible than dogs. While they can still get other tick-borne illnesses, clinical Lyme disease in cats is extremely rare or even non-existent.

A dog or cat cannot pass Lyme disease directly to a person. But ticks can hitch a ride inside on our furry friends and subsequently infect the people they live with. Even if our pets are less susceptible than we are, keeping them tick free will help not only their health but that of your entire family.

Get in the habit of doing regular tick checks for both you and your pets, and know what to look for. A quick online search for "how to do a tick check" will yield lots of results. But keep in mind ticks are quite small and can be difficult to see in animals with heavy coats. For those pets, try using your hands to feel for something that resembles a "skin tag." If you take a closer look and see legs moving, it's a tick!

Know how to remove a tick if you find one. The technique is the same for both pets and people in that you want to grasp the tick as close to the skin as possible; use fine tweezers, or better yet, a product like the Tick Key or Tick Twister. Search for either of those tools on YouTube for some great how-to videos. Removing the tick as soon as possible will help reduce the risk of disease transmission. If removed within 24 hours, the risk of Lyme disease is significantly decreased.

The use of a tick-preventive medication is your best tool for pets that roam beyond the comfort of their home and city sidewalks. There are multiple prescription products available that are both safe and effective for both dogs and cats. There are pros and cons to each of these products and it's recommended that you to talk to your veterinarian about which is best for your pet. Keep in mind that tick preventive medications are different from those that prevent heartworm disease (a different infection that is spread by mosquitos, not ticks), which can be a point of confusion. Also, tick prevention may be required for different parts of the year in different climates. Given the current state in the Ottawa area, I recommend tick prevention for at least 9–10 months of the year (roughly March to December). But in reality, the safer option is to treat year-round to prevent bites during the warms spells throughout the winter.

Vaccination against Lyme disease is possible in dogs, but not cats or people. If your dog travels with you to areas that are higher risk for Lyme disease (e.g. Kingston area, the Thousand Islands, New York State, Connecticut) or if you continue to find ticks on your pet despite using tick prevention, vaccination is probably a good option for your dog. This will lower the risk of getting Lyme disease but keep in mind that this risk is already low and the vaccine won't deter ticks from biting or feeding on your pet.

Consider regularly screening your dog for Lyme disease. If your dog has a positive test but is not showing any signs of illness, the most likely scenario is that no treatment will be recommended. That being said, knowing your dog's Lyme disease status will alert your veterinarian to the need for tracking a specific type of urine test to monitor for early signs of Lyme-induced kidney problems. It could also alter treatment if your dog starts showing signs of arthritis earlier than expected.

Dr. Mike Mossop is a veterinarian practicing as a locum at various clinics around the city. To find out more, or if you have an idea to submit for a future article, please visit www.doctormike.vet. Dr. Mike is not associated with or paid by any of the companies mentioned in this article.

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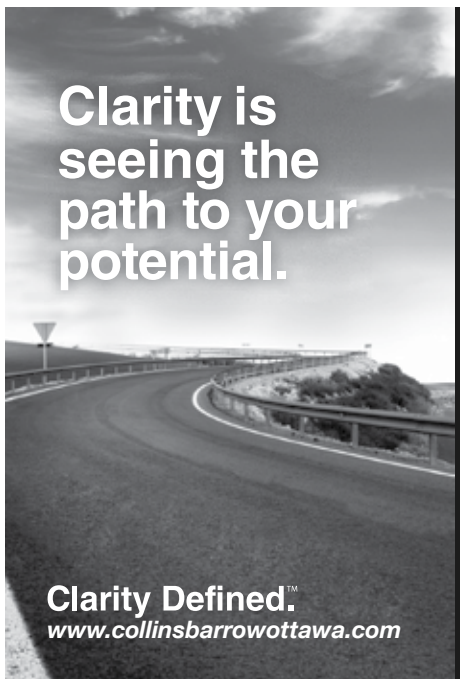

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Try poetry

by Ildiko Sumegi

According to T.S. Eliot's poem The Wasteland, "April is the cruellest month . . ." It is also National Poetry Month in Canada and the United States, marking a space on the calendar to appreciate, share and promote poetry as a creative means of expression. Poetry can be a great way to get children reading. Short and sweet, punchy and direct: poetry can conjure all the joy of reading without the sometimes accompanying exhaustion–although this may not hold true if you plan on starting with The Wasteland. Here are a few books of poetry for children of various ages.

Once in a Blue Moon (Groundwood Books, 2017) by Danielle Daniel

For ages 3–5

There are some things that we do not experience very often. They happen "once in a blue moon," so to speak. Writer and artist Danielle Daniel uses this phrase to begin each of her four-line, free verse poems. Each poem describes a quiet and special encounter, e.g. a double rainbow, a bald eagle in flight, a shooting star. Artfully simple illustrations in bright colours give this book a personal feel, as if it had been painted just for you. On the very last page, Daniel has illustrated the world tipped askew; a shooting star spirals down through the night sky.

This book would make a good read-aloud. Small children may be inspired to share their own once-in-a-blue-moon encounters.

Wet Cement: A Mix of Concrete Poems (Roaring Brook Press, 2016) by Bob Raczka

For ages 7–10

Bob Raczka has created a standout book of concrete poetry for children. Each poem delivers on two fronts: the title and the poem proper. The letters in the title word of each poem have been cleverly arranged to give a sense of the word itself. For example, the L in CLOCK has been placed over the O to give the impression of a clock face. The letters in the word DOMINOES lean against each other ready to fall. The last seven letters in the word ORBITING orbit the O. And while the titles could have stood alone in their ability to amuse, the poems themselves will keep readers grinning. Each poem takes a shape suggested by the title. The Firefly poem is printed in white on a black background. The words are tiny blinks of light scattered across the page. Likewise, a poem about icicles dangles, dripping down from the top of a two-page spread. The poems themselves, regardless of their shape, are clever and thoughtful.

This is a book of poetry for the poetry skeptic. Boredom is banished and replaced with a playful encounter. The final poem in the book is entitled poeTRY. It begins with a sentence whose words are diminished in each subsequent line, until we are left with one simple word: try.

Booked (HarperCollins, 2016) by Kwame Alexander

For ages 11–13

Newbery Award-winning author and poet Kwame Alexander opens up a world of verse to young readers in this sharp and sensitive account of an eighth grade boy coming to terms with life, love and the possibilities of the written word.

Nick Hall loves soccer and hates words. Unfortunately for him, his father has written the dictionary Weird and Wonderful Words. As part of Nick's pursuit of excellence, he is required to read this dictionary from cover to cover, learning obscure and fantastic words along the way. Nick, of course, thinks his father suffers from verbomania and that the whole endeavour is a load of codswallop. (I have a feeling this book will have at least some of its readers cachinnating before they reach the end.)

Alexander brings his empathy to bear on the realities of Nick's life – his parents' separation, the bullies at school, the crush he has on a girl named April and his dreams and disappointments on and off the soccer field. Through it all, we are treated to Nick's story in a witty conversational tone that will draw young readers in. Footnotes that define new words from the dictionary include Nick's own amusing commentary. As the novel unfolds, Nick finds that despite his self-professed hatred for all things wordy, his increasing command of the English language opens up possibilities of self-expression, humour and connection with others. He even manages to read a book or two.

Reluctant readers will appreciate the bite-sized nature of the poems that constitute this novel. By the end, they may find that they've been "booked" without ever having set foot on the soccer field.

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

Poetry Quarter Call for Submissions

"Gimme shelter!"

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

Deadline: Friday, April 20, 2018

Eligibility:
Poems should be:

- Original and unpublished in any medium (no poems submitted elsewhere, please);
- No more than 30 lines each;
- On any aspect of the theme within the bounds of public discourse;
- Submitted on or before April 20, 2018;
- Poets in the National Capital Region of all ages welcome (school-age poets, please indicate your grade in school).

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

The Centre for Mindfulness Studies

Learn mindfulness!
Join a group program on April 24 or July 4.

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Free Seminar: Renovate or Sell?

Where: Glebe Community Centre
When: April 25, 7-8:30pm

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The Wheels on the bus

by Clive Doucet

Grandchildren can ask some very tough questions. I always have trouble answering them. The last difficult one was Why isn't a bus like a car? "Excellent question!" is a good delaying tactic when you're trying to figure out what the answer might be. My first, weak answer was, "Well a bus has bigger wheels. If a bus was like a car they would both have the same wheels, right?"

Fortunately, my older granddaughter Clea bailed me out with a crystal-clear response. "That's not right. People have to stand up in a bus. They don't have to stand up in a car. That's why a bus isn't like a car." This seemed to settle the matter. Buses are for standing. Cars are for sitting.

PHOTO: COURTESY OF CLIVE DOUCET

Knowledgeable Clea in the car – sitting

Why didn't I think of that? But the bus-car question did make me think about the differences between grandchildren and grandparents. One of the problems grandparents have is that they know way too much to be useful to anyone. I know, for example, way too much about buses.

I spent 13 years on the city's transit and transportation committee and know more about buses and cars than is healthy for any human being. Even a small bus can carry about 40 people, a bigger one 70. Imagine if the 70 people on the bus all got off at an intersection and into their own cars. Presto, you've got an instant traffic jam.

I know, for example, that a single east-west rail line on the 401 can carry the equivalent of 18 lanes of car traffic. Think about that! One rail line and Toronto's massive 401 shrinks from 24 lanes to six! But somehow there's money for 24 lanes of traffic but not for two rail lines.

I know that building underground tunnels for trains costs six times as much as a surface rail line. The north–south Ottawa rail line we approved from Barrhaven to Confederation Square had a signed contract for $600 million to build 24 kilometres. It was entirely surface and not surprisingly, the cheapest, longest public transit project in North America. The Ottawa tunnel is costing $2.3 billion for about 12 kilometres. Being a parsimonious grandfather I've always preferred surface rail.

Lordy! I know way too much. I much prefer Clea's answer for her sister: "Buses are for standing, cars are for sitting." No, that's not right. I actually prefer my own answer: buses have bigger wheels, which is taken from my favourite two-chord song, "The wheels on the bus go round and round, all around the town."

This is the song I sing to my grandchildren and we sang for Clea's mother, Emma, on the way to her wedding at St. Francois. For that occasion I rented an out-of-commission bus, one of Ottawa's old green and beige monsters, for the trip from the house to the church. The old bus was able to trundle along carrying Emma, her family and all her beautiful bridesmaids to the church. On the bus, we not only stood up, but we danced, shed a few happy tears and sang songs from Emma's childhood, including of course "The wheels on the bus go round and round, all around the town."

Clive Doucet is a grandfather, writer and former city councillor for Capital Ward.

Open House

SUNDAY, APRIL 29
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Cornerstone Housing for Women is building more housing

by Connie Franklin

Almost 1,000 women become homeless in Ottawa every year. And since 1983, Cornerstone Housing for Women has been providing emergency shelter and safe, affordable housing for a diversity of women experiencing homelessness. The goal is for every woman to have a safe, affordable place to call home and supports available so that each woman may reach her full potential in a caring community. Cornerstone has more than 65 full- and part-time staff and over 300 volunteers. Every year, more than 140,000 nourishing meals are served to the women staying in the emergency shelter and in our housing communities.

Cornerstone provides basic needs and a variety of support programs, such as spiritual support, safety planning, mental health and addictions support, computer training, employment counselling, crisis counselling and housing search in addition to emergency shelter and housing.

A beautiful new housing community is currently under construction on Princeton Avenue in Ottawa's west end that will provide a comforting home for 42 women who need moderate support. The women who move into this new space will be transitioning out of crisis but will still need some help living in the community.

St. Matthew's Anglican Church in the Glebe has a long history with Cornerstone. Since 2009 they have provided a team that prepares, delivers and serves lunch to 50–60 women at the women's shelter in Centretown. They are also supporting the Building the Dream campaign for 373 Princeton Avenue through the Adopt a Room Program and have been busy in their efforts to raise the needed $6,500.

The Glebe business community has often stepped forward to help Cornerstone. McKeen Metro Glebe has strong ties to Cornerstone by sponsoring the annual Garden Party & Fashion Show each June and assisting with other needs throughout the year.

The Sisters of Jeanne d'Arc are entrusting Cornerstone with the residence they have used as their "Mother House" for many years. This will allow the sisters to continue their legacy of helping women in need.

The space is round and warm with a big open entryway that was built so the house would feel like walking into open welcome arms. It has a peaceful back courtyard, a big yard with a lovely swing and was created as a sanctuary for all who enter.

The Sisters, Cornerstone Housing for Women, architect Barry Hobin and Uniform Urban Developments have come together for the redevelopment of this space into 42 supportive housing apartments for women. These four parties all care deeply about the community and want to see this space used in an inspiring way. Construction on this project began this past fall and the expected date for residents to move in is September 2018.

Funding for the $7,321,250 project is coming from local, provincial and federal government partners as well as from the community. The "Building the Dream" capital campaign has a goal of $1.9 million and thanks to generous support, is well on its way at $1.5 million. Members of the Building the Dream capital campaign team have created ways for everyone to be able to support the project, such as a newly designed crowdfunding platform, room sponsorships and the Adopt a Room Program. At $6,500, the Adopt a Room program outfits an individual apartment with furnishings, kitchen equipment, linens, soft furnishings, hook-ups and paint, and is a great way for service clubs, congregations and other groups to work together raising funds for the campaign.

Women who are homeless spend most of their energy trying to find basic food and shelter. Cornerstone provides these necessities and also helps to meet the individual needs of women who face multiple other challenges, such as mental health issues, that accompany homelessness.

PHOTO: COURTESY OF CORNERSTONE HOUSING

Cornerstone Housing for Women and partners are redeveloping the former Sisters of Jeanne d'Arc's "Mother House" on Princeton Avenue into 42 supportive housing apartments for women.

Cornerstone offers women who have suffered abuse, complex personal and systemic challenges and trauma the opportunity to heal in a safe, women-only facility that provides affordable housing in a loving community that gives women the chance to heal and move on to a new life.

For more information about Cornerstone and the Building the Dream Campaign or to make a donation, visit www.cornerstonewomen.ca/video-building-the-dream or contact Connie Franklin, Resource Development Manager at 613-254-6584 ext. 503.

Connie Franklin, who joined the staff of Cornerstone Housing for Women in 2013 as Resource Development Manager, manages the Building the Dream capital campaign for the new housing complex under construction in Westboro.

The Element High School students go AWOL

by Molly Dodds

The AWOL Program at The Element High School provides Grades 9 and 10 students with real-world learning opportunities each Wednesday afternoon. Students leave the school to take part in authentic activities in their community. AWOL placements for Grades 9 and 10 are arranged by teachers and include activities such as community service work; visits to museums, galleries, or historic sites; taking part in Take Our Kids to Work Day; field work or visits to post-secondary institutions. AWOL placements are related to students' work in specific courses. They extend student learning by exposing them to real-world complex problems and their solutions, while also helping them to develop transferable skills.

This year, students were able to participate in various unique educational opportunities. Here are some photos of the highlights so far.

Molly Dodds is the Marketing Coordinator at The Element High School and OMS Montessori.

PHOTOS: COURTESY OF THE ELEMENT

Visiting the Glebe Centre (our neighbouring long-term care facility) to participate in a Jackson Pollock inspired art project. Once finished, the student's work was prominently displayed at the centre!

Students went to Coyote Rock Climbing gym and learned how to properly use a harness, fasten a rope to their harness and properly belay for another climber.

Students went across the street to the Horticulture Building to use Canadian Geographic's giant floor map "Drawn to Victory." The map, which depicts the Western Front of the First World War, helped make connections between Grade 9 Geography and Grade 10 History. Students worked together to determine the latitude and longitude of various battles, to consider how physical geography impacted the way the war was fought and to determine how fast and far various fighter planes could travel.

Celebrate Earth Day the Lady Evelyn way!

Got e-waste cluttering up your house? Don't throw it in the trash; recycle it, and have some fun doing it!

This Earth Day weekend, you can drop off your used electronics (computers, cell phones, TVs, monitors, cameras, small appliances, anything with a cord), used batteries and used metals at Lady Evelyn Alternative School. Collection hours: Friday, April 20, 4–7 p.m., Saturday, April 21, 9 a.m.–1 p.m., and Sunday, April 22, 9 a.m.–noon.

Stick around for fun Earth Day activities on Saturday from 10 a.m. to 1 p.m. that include experiments with Science Sue; a bake sale; seedling sale; collaborative games; crafts; a clothing, toy and household item swap, and much more!

Proceeds from the event will go toward new equipment and furnishings for the school yard.

It's all happening at Lady Evelyn Alternative School, 63 Evelyn Avenue in Old Ottawa East.

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FOR GIRLS AGE 3 TO 12 • WEEKLY FROM JUNE 18 – AUGUST 24

With exciting new weekly themes such as Robot Academy, music camp, "Lab Rats" chemistry camp and Sleuth Academy, girls from Kindergarten to Grade Six will discover new challenges, develop lasting friendships and enjoy a dynamic range of hands-on, interactive activities.

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DISCOVERY CAMPS RUN FROM 8 A.M. – 5:30 P.M.
Cost is $305, including a delicious lunch and snacks, excursion or special guest, fun "giveaways" and a cool camp T-shirt.

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FOR GIRLS AGE 8 TO 17 • WEEKLY FROM JUNE 18 – AUGUST 24

Elmwood's Skills Academy offers an outstanding range of academic and special interest programs. Taught either by Elmwood's talented faculty or by other experts in their field, our Skills Academy combines superb instruction with dynamic activities, sure to appeal to girls of all ages and skill levels.

Camps are half or full day and costs vary. Please visit camp.elmwood.ca for full details.

"I couldn't have asked for a more wonderful camp experience for my 3 and 1/2-year-old daughter. She truly thrived in the girls-only camp dynamic!"
BETSY, 2017 CAMP PARENT

Elmwood School

Singing the blues at Corpus Christi!

by Jeannie Wong

Corpus Christi Catholic School has celebrated being part of the Blues in the Schools program for 19 years! The school joined this amazing music program in the second year after it was launched by Bluesfest 20 years ago.

Blues in the Schools is a two-week program where musical artists and educators teach and introduce students to the history of blues music. They also expose the students to a variety of musical instruments as well as to an enriching range of musical genres from African-American Gospel to modern Green Day songs. Todd Snelgrove, Doug Gouthro, Adrian Sutherland, Chris Zimmerman, the legendary TJ Wheeler, Rick Fines and Catriona Sturton presented concerts to the entire school from February 26 to March 1. A core group of students worked with the artists more than an hour each day during a five-day residency to learn how to play instruments such as the harmonica, how to write an original song with music from beginning to end and how to publicly perform the songs. The two-week program culminates with the students and artists giving a final performance of their amazing singing and playing of instruments for families, staff and students.

The students at Corpus Christi Catholic School have written several original songs during the Blues in the Schools program over the years. The current Grade 5 students wrote the "Treats Song" in 2015 with Rick Fines and Brandon Wint. The Grade 3 students wrote Mrs. Wong's "Banana Bread Song" in 2017 with Tiah Akse and Catriona Sturton. Fines and Sturton returned in 2018 to teach Grades 1-2 and 2 students to play the harmonica and write the song "Corpus Christi Rocks!" The students are taught gospel values and to authentically live their beliefs and values. Fines, Sturton and the students of Grades 1-2, 2, 3, 3-4 and 5 had their final performance on March 9 recorded by Geoff McNeely for an extended play record to commemorate the 19th year of participating in this enriching music program and to raise funds to support music education. You can go to the Bluesfest website and follow the links at www.wedogoodthings.ca to donate and download the amazing songs written and sung by these talented students. You can also watch the Corpus Christi students perform their songs onstage at Bluesfest on July 15!

Jeannie Wong of Corpus Christi Catholic School likes to hear students sing the praises of banana bread.

PHOTO: T.J. HUNTER

The students at Corpus Christi Catholic School have been inspired by Mrs. Wong's banana bread to write and sing beautiful songs as part of Bluesfest's Blues in the Schools program.

IMMACULATA NEWS

8th Annual Alumni Basketball Game at Immaculata

On March 9, Immaculata hosted our 8th Annual Alumni Basketball Game. This year's game featured Senior Boys and Girls Basketball teams and a slideshow of the many alumni that have played for Mac and those that have gone on to play post-secondary basketball. We would like to thank all of the alumni who returned to play in the game and the countless others who returned to support the event and to visit with current students, players and teachers. All proceeds from the game go to support next year's Senior Boys and Girls Basketball teams.

PHOTO: COURTESY OF IMMACULATA

Annual alumni basketball game at Immaculata

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GRAPEVINE

This space is a free community bulletin board for Glebe residents. Send your GRAPEVINE message and your name, email address, street address and phone number to grapevine@glebereport.ca (or drop it off at the Glebe Report office, 175 Third Avenue). **Messages without complete information will not be accepted. FOR SALE items must be less than $1,000.**

COMMUNITY CONNECTIONS

1,000 RUGS — AND OTHER HAND-HOOKED BEAUTIES! Join rug hookers from across Ontario, including some living in the Glebe, for the Ontario Hooking Craft Guild's Open House on Sun., **May 6** at the Ottawa Conference and Event Centre, 200 Coventry Rd. See dazzling displays of rug hooking, an abundance of craft fabrics and supplies from 17 vendors and a selection of hooked items for sale. There's also a fun try-it-you'll-like-it area. Admission $10 (free for children under 12), free parking; 10–3. Info: https://ohcgannual2018.wordpress.com.

BYTOWN VOICES, a 60-voice community choir directed by Joan Fearnley, presents their spring concert, Nature's Glory, a choral celebration of the beauty of nature. Included works are Morten Lauridsen's powerful setting of James Agee's *Sure on this Shining Night,* Ogden Nash's animal limericks set to music by local composer Christine Dorkin and the Ottawa premier of The *Emily Carr Suite* by Vancouver composer Brian Tate. Flute soloist is Loyda Lastra. Sun., **Apr. 29**, 3 p.m., St. Basil's Church on Maitland north of the Queensway. Admission $15. Children 12 and under are free. Tickets from Leading Note, 370 Elgin or at the door.

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

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

FLETCHER WILDLIFE GARDEN - ANNUAL NATIVE PLANT SALE 2018 Sat., **June 2** 9:30–12:30 at the Fletcher Wildlife Garden, located off Prince of Wales Drive south of the Arboretum. The Fletcher Wildlife Garden is open for all to walk the trails, enjoy the beautiful garden, our newly developed pond and learn about native plants. Our Annual Native Plant Sale is an opportunity to buy local plants and learn which ones are suitable for your garden. Website: http://ofnc.ca/programs/fletcher-wildlife-garden.

FREE RUGBY SESSION (www.bytownbluesrugby.ca/tryrugby) – Co-ed games for new and returning players, 4-12 years old on Sat., **Apr. 28**, 11 a.m. to 12 p.m. at the Hornets Nest, 1662 Bearbrook Rd., Gloucester. Please go to flagruby@ottawairishrugby.com or vp.minor@bytownbluesrugby.ca to register.

FRIENDS' COFFEE HOUSE The third in a series of concerts Sat., **Apr. 14**, 7 p.m., 91A Fourth Ave. (doors open 6:30) will feature local artists Christine Graves and Kate Weeks, with cellist Fiona Armstrong and Edmonton Hall of Fame recipient Steve Palmer. By donation at the door, $12 suggested. Everyone welcome!

FRIENDS OF THE FARM ANNUAL GENERAL MEETING, Apr.18, 7–9 p.m. Public welcome, membership not required. Free event. Guest speaker is Dr. Paul Villeneuve, presenting "Environmental Impacts of the Farm." Meeting and presentation at K.W. Neatby Bldg with free parking. Register: friendsofthefarm.ca/event/annual-general-meeting-2018/ or 613-230-3276.

FRIENDS OF THE FARM ANNUAL PLANT SALE, May 13, 9–1. Everything for your garden! Specialty growers and plant vendors, garden accessories, plant "coat-check" service, Master Gardener advice. Neatby Bdg parking lot, Carling & Maple Dr. Free, donations to Friends of the Farm welcome. Info: friendsofthefarm.ca/fcef-annual-events or 613-230-3276.

FRIENDS OF THE FARM MASTER GARDENER LECTURES, 7–9 p.m. - **Apr. 24**: Flowers and Vegetables with Judith Cox. **May 8**: "Unusual Edibles" with Esther Bryan. Learn about all sorts of weird and wonderful edibles. FCEF members $12, non-members $15, Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. Info: friendsofthefarm.ca/master-gardener-lectures-2018/ or 613-230-3276.

FRIENDS OF THE FARM TREE TOUR, May 13, 2 p.m., Bldg 72, Arboretum. *Tree Identification 101*. Learn to identify trees while walking among them in the beautiful Arboretum. Free, open to the public. Register: friendsofthefarm.ca/arboretum-tree-tours/ 613-230-3276.

HERITAGE OTTAWA OTTAWA LECTURE SERIES (https://heritageottawa.org/lecture-series), Auditorium, Ottawa Public Library, 120 Metcalfe St., Wed., **Apr. 18**, 7–8 pm. *The Algonquins of Pikwakanagan* - Speaker: Pikwakanagan Elder Ron Bernard on the past and present of the vibrant Algonquin community, Pikwakanagan, on unceded ancestral Aboriginal territory on the shores of the Bonnechère River and Golden Lake in Renfrew County. Free lecture, no need to pre-register.

IRISH SENIORS' SOCIAL GROUP OF OTTAWA meets **every Tues**, 11-2, Sept. to June. Potluck lunch and activities. $3 fee. St George's Church Hall, 415 Piccadilly Ave.

LEARN AND EXPLORE SPEAKERS' SERIES AT ABBOTSFORD HOUSE, 950 Bank St., each Wed, 1–2:30 p.m. $2 admission includes speaker, tea/coffee and a home-made treat! Please register in advance at Reception or call 613-230-5730. – **Apr. 18: Mark Muller**, an electrician, economist and author of *Hugo Frank in the Maelstrom of German History*, will talk about how an ordinary family managed through turbulent times of German history ending with the Berlin Wall in 1961. – **Apr. 25: Janet Kuntz** will be presenting: *Managing Caregiver Stress.* – **May 2: Ian McKercher**, local author and historian, will present *Ottawa in 1930s and the Birth of the Bank of Canada.* – **May 9: Pat Goyeche**, coordinator of community programs for The Glebe Centre, on the results of the 2018 membership programming survey, how these programs are funded and an overview of Abbotsford's Community Support Services.

LOG DRIVE CAFÉ AT ABBOTSFORD HOUSE (950 Bank St.). Fri., **Apr. 27**, 7:30–9 p.m.: ***Mooney's Bay Shanty Crews,*** singers Bob Hatfield, Dale Morland, Gail Anglin, Maura Volante, Neville Miller, Ranald Thurgood, Rodney Norman and Victoria Van der Linden will present sea shanties and other songs of the sea. $10 at the door (from 7 p.m.). Coffee/tea and treats for sale, courtesy of Abbotsford members.

NEPEAN FINE ARTS LEAGUE ART SALE (www.nepeanfineartsleague.com), **Apr. 20–22**, Fri. 6–9 p.m., Sat. 10–5 p.m. and Sun. 10–4 p.m. Ukrainian Banquet Hall, 1000 Byron Ave. Free admission and parking. Donations to the Hospice Care Ottawa are appreciated. Contact Diane Genier, communications coordinator at info@nepeanfineartsleague.com for info.

OLD OTTAWA SOUTH GARDEN CLUB SPRING PLANT EXCHANGE, Sat., **May 12** at Brewer Park near the children's playground shelter. Bring potted and labelled perennial plants to exchange. Set up starts at 9:30 a.m., exchange starts at 10 a.m., sale of remaining plants follows.

OTTAWA BRAHMS CHOIR Sun., **Apr. 29**, 3 p.m. annual spring concert at St. Thomas the Apostle Church, 2345 Alta Vista Dr: Une Célébration Française. Ottawa Brahms Choir, under direction of Christopher Askwith, accompanied by pianist Svetlana Logigan, will present excerpts of "Cantate pour une joie" by Pierre Mercure, with soprano soloist Cara Gilbertson-Boese, and works by Gabriel Fauré, Charles Gounod, Camille Saint-Saëns, Morten Lauridsen and others. Tickets: $20 at the door, students $10, children under 12 free. Also available in advance at the church, at Leading Note, 370 Elgin or at Compact Music, 206 & 785A Bank St. Info: www.OttawaBrahmsChoir.ca or 819-568-8169.

OTTAWA NEWCOMERS CLUB - a not-for-profit social organization for women who have recently moved to this area and those who have experienced a significant life change who would like to meet new people of similar interests. www.ottawa-newcomersclub.ca for more info.

OTTAWA SOCIETY FOR THE ARTS AND SCIENCES (OSFAS) is pleased to announce its Spring 2018 program. Our first meeting: at the Auditorium of the Ottawa Public Library Main Branch, at 7 p.m. on Thurs., **Apr. 26**. Paul Beckwith, a leading climate scientist and professor in climatology at the University of Ottawa, on: "Abrupt Climate Change Driving Weather Mayhem: Where we were, where we are, and where we are going." Visit osfas.ca.

OTTAWA RELIGIOUS SOCIETY OF FRIENDS (Quaker) www.ottawa.quaker.ca - Meeting for Worship Sunday mornings 10:30, at 91A Fourth Ave. Children's program and nursery are available. Everyone welcome!

OTTAWA TOOL LIBRARY COMMUNITY REPAIR CAFÉ AT JUST FOOD FARMS (https://www.eventbrite.ca/e/repair-cafe-at-the-just-food-farm-tickets-43311080608) Join us on **Apr. 29**, 11–4 at the Just Food Farm Stand, 2389 Pépin Court. Learn to fix your broken and torn items, find activities, treats, coffee, and a chance to connect with your greater community. shelley@ottawatoollibrary.com or www.ottawatoollibrary.com for info.

RETIRED CARLETON JOURNALISM PROFESSOR GEORGE FRAJKOR and a representative of the current **National Capital Freenet** will discuss the foundation and present state of the NCF. Current threats to a democratically run internet will also be discussed; Thurs., **Apr. 26**, 7–9 p.m. in the Multipurpose Room, Glebe Community Centre, 175 Third Ave. (at Lyon). The event is free and open to the public.

TEDDY BEAR SALE & TEA, Tues., **May 8**, 2–4 p.m., Abbotsford House, 950 Bank St. Come have tea & cake (no cost) with the Bears. We have many beautiful, handmade, reasonably priced Teddy Bears looking for a loving home. Caution: multiple adoptions are commonplace!

TOPICAL TALKS AT ABBOTSFORD HOUSE 950 Bank St., Mon., **Apr. 30**: **David Fraser** is the Disaster Management Communications Lead with the Canadian Red Cross. His Community Engagement team will present: "How to prepare, react and provide assistance during a disaster." $3. Refreshments (muffin, juice, coffee) at 9:45 a.m. Talk begins 10 a.m. sharp!

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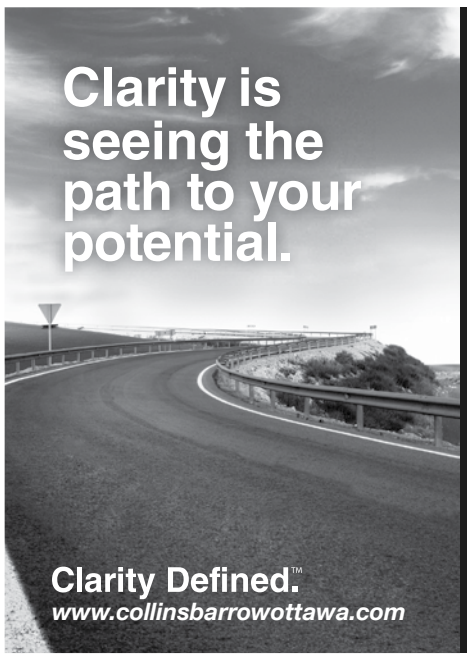

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Fujiko Signs worked as a market research consultant for computer manufacturing companies and taught Japanese language and literature at community colleges and universities across the United States. In her mid-thirties, Fujiko fell ill. As soon as she started reading about Christian Science, a Bible- and prayer-based system of healing, she was healed of various stresses and limitations. Now a full-time practitioner and teacher of Christian Science healing, Signs speaks internationally as a member of the Christian Science Board of Lectureship.

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