

## Jabapalooza: a vaccine blitz on Fourth Avenue

By Nili Kaplan-Myrth

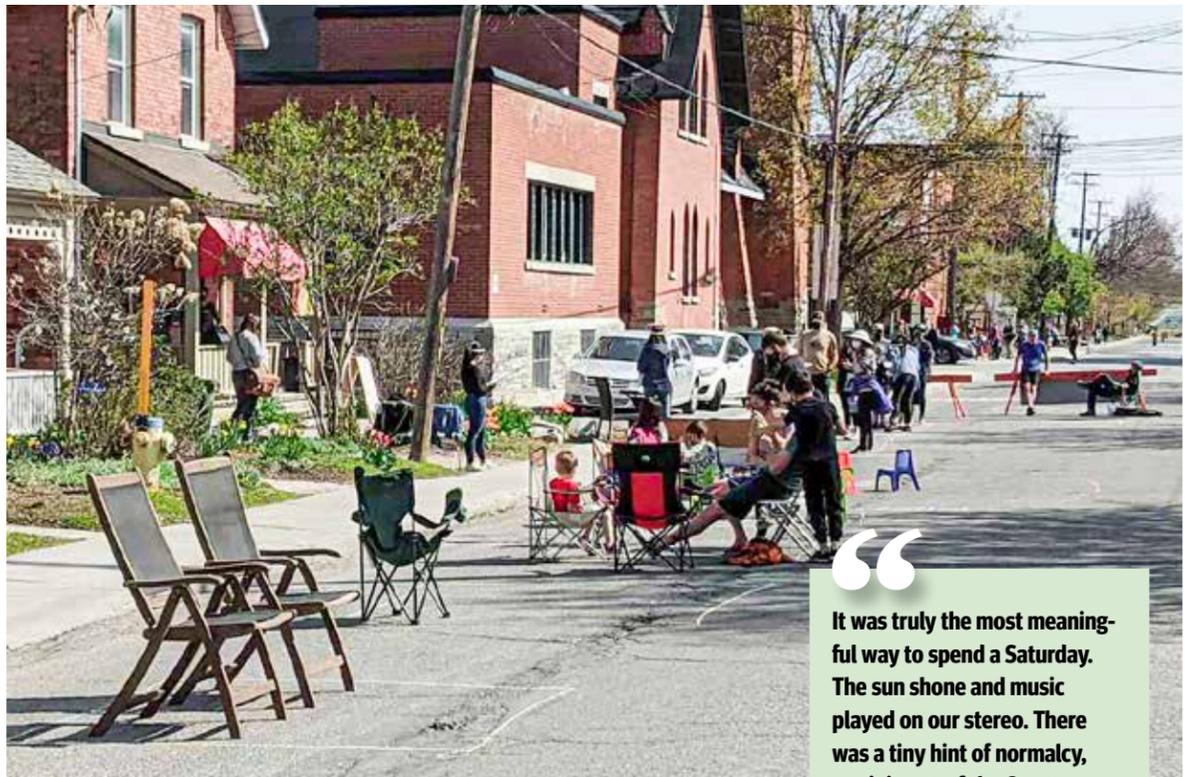
It was truly the most meaningful way to spend a Saturday – a six-hour “Jabapalooza” on Fourth Avenue that saw more than 200 people get their first jab of the COVID-19 vaccine.

Throughout the pandemic, my medical colleagues and I have advocated strongly for family doctors to be involved in vaccine planning and rollout. Provincial restrictions and regional disparities meant that it was not until April 9 that primary care providers in Ottawa were finally able to access vaccines to administer to our patients.

In six days, from April 19 to 24, our little Common Ground Glebe clinic on Fourth Avenue was able to put our “ready to vaccinate” assertion into action. In the days leading up to Jabapalooza, as one of my patients dubbed it, I reached out on social media to invite Ottawans age 40 and older to register for the AstraZeneca vaccine. My husband, my medical administrator and I worked from 6 a.m. to 2 a.m. for a week to ensure that we booked our patients and also responded to a flood of teachers, early childhood educators, daycare providers, bus drivers, truck drivers, social workers, grocers, construction workers and others who responded to our invitation to register for the vaccine. From Monday through Friday, we immunized 220 people, including NDP Leader Jagmeet Singh and MPP Joel Harden. We then asked Ottawa Public Health for another batch of vaccines that we put into the arms of 220 more people between 10 a.m. and 4 p.m. on Saturday.

When we threw open our doors on Saturday to transform the office into the site of this very special community-based immunization event, we were thinking outside the box, relying on the kindness of volunteers. Councillors Shawn Menard and Catherine McKenny helped us to block off Fourth Avenue from Bank Street to Lyon Street so that we could put out the chairs that were loaned to us by Octopus Books and by neighbours along the street. The chairs allowed people to sit down to rest for the required 15 minutes after their shot.

Our daughter and a medical student walked up and down the block to explain the event to each



Glebe doctor Nili Kaplan-Myrth organized a pop-up community vaccination clinic in April that was able to vaccinate some 440 people over a weekend. Fourth Avenue was blocked off to make room for post-vaccination lawn-chair recovery. PHOTO: ROB SHIELDS

“It was truly the most meaningful way to spend a Saturday. The sun shone and music played on our stereo. There was a tiny hint of normalcy, reminiscent of the Great Glebe Garage Sale, but with a distinctly pandemic flair.”

household. We drew lines in chalk on the ground to ensure people would stay properly distanced as they waited their turn to enter the clinic. Friends organized a roster of volunteers to assist with traffic at each end of the block. A team of seven medical students screened everyone as they arrived, helped them to ensure their consent forms were complete and answered their questions. Then our son crossed their names off the registration list and our daughter waved people inside, one by one. A patient who is also a neighbour brought home-baked cookies and sandwiches from Nicasastro to feed to the medical student volunteers.

The event was documented by local and national news media, as well as by a photographer and writer from Macleans. Every story, every person’s reason for struggling to access the COVID-19 vaccine was compelling. A less visible part of Jabapalooza, but equally important, were visits we made to the homes of people with disabilities who could not come to the office – most had tried unsuccessfully for weeks through public health to get mobile teams to come to them.

The sun shone and music played on our stereo. There was a tiny hint of normalcy, reminiscent of the

Great Glebe Garage Sale, but with a distinctly pandemic flair. We all felt warmth, happiness, a lightness that we haven’t felt since the pandemic began. It was a success for the Glebe and it was a success for Ottawans. I admit that I lay awake the night before Jabapalooza, terrified that we would let down everyone who was scheduled to come to the office for their vaccine. But nothing went awry. Everyone arrived on Saturday to get their jab of hope and everyone left with smiles under their masks.

I’ve approached Ottawa Public Health to propose that we hold another community-based immunization day, perhaps at the Glebe Community Centre. Every volunteer from last week put up their hand to do this again and more volunteers have stepped forward. We can do this, together.

Dr. Nili Kaplan-Myrth, MD, CCFP, Ph.D., is a family doctor and anthropologist. She co-hosts a podcast, RxAdvocacy.ca, and is co-editing a book about the pandemic. You are invited to submit stories about your experiences of the pandemic for this collaborative book, Breaking Canadians. For more information, write to breakingcanadians@gmail.com.

## glebe report

### Annual General Meeting

Will be held via Zoom on Wednesday, May 26 at 7 p.m.

#### Guest speaker Lynn McAuley

Former investigative journalist and Ottawa Citizen managing editor

### Local Journalism Matters

In communities across Canada, local journalism, particularly investigative journalism, has been disrupted and endangered. Publishers, journalists, citizens and governments are looking for ways to address the need for reliable and trusted journalism in the public interest.

Lynn McAuley, formerly associate editor

for investigations at the *Toronto Star* and former managing editor of the *Ottawa Citizen*, will discuss how local journalism can make a difference and how to ensure that happens.

*Glebe Report* readers and others are welcome. To attend, please email [chair@glebereport.ca](mailto:chair@glebereport.ca) for the link.

## What’s Inside



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# How long does it take to change a light bulb (under COVID)?

By Douglas Bradley

When I was a kid living in Riverview in the late 1950s, the narrator on a favourite TV show concluded each episode with this line: “There are eight million stories in the naked city. This has been one of them.” That naked city was, of course New York, but our naked city is Ottawa, and we all have our COVID-19 story. Some may be “one for the ages” that we will tell our grandchildren and they won’t believe it can possibly be true.

My COVID story started in one of the first pandemic firestorms, in Spain last March, a story I related in a previous issue of the *Glebe Report* (“Escaping the pandemic maelstrom of Spain,” April 2020). COVID seemed to be far away and we went about our daily life in a coastal town in southern Spain. Three days later, the Spanish hospitals were overwhelmed and we thought it was perhaps prudent to go home. Too late. We could not reach our airline to advance our return flight so we booked two more return flights, and all three were cancelled. We booked a fourth and sat on the edge of our seats wondering whether we would ever get out, like Aaron Jastrow in *Winds of War*. After hiding in our tiny, rented townhouse for five long days, police cars prowling the streets to ensure people stayed home, we made the trek to Malaga airport and ran the gauntlet over two days of travel to finally get home safely.

I thought this COVID story was exciting enough for our grandchildren,



Author Douglas Bradley trying to keep warm on the last outdoor two-metre social gathering of the season in December 2020 PHOTO: CORNELIA WAGNER

certainly interesting enough to relate to our friends, which we did two at a time in the now-famous, two-metre parties. But it turned out *not* to be our worst COVID story. Along with almost everyone else, we stayed home, shopped only for food and had the occasional two-couple gathering in our back yard, sitting in chairs two metres apart, serving food never touched by human hand and ensuring our guests brought their own wine and glasses. Then it got colder. How long could we see people outdoors before winter cast a cloak of ice and snow over the landscape? As it turned out, even wearing winter coats and covered in blankets, six degrees

was the coldest we could handle. Our two-metre days were over.

For a year, we mostly stayed home; on



*I asked my wife “Do I feel warm to you?” Feeling my forehead, she confirmed my suspicion: fever. Aches, chills and a cough followed.*

outdoor ventures, we followed all the distancing and masking rules. When the province opened the economy a crack and allowed restaurants to open patios and then indoor dining under strict rules, we did our part to support local business to help keep them alive. We went to a local restaurant that followed all guidelines – tables spaced two metres apart, waitresses wearing masks and never at a table for more than 45 seconds. We wore masks to the table, took them off to dine and had a wonderful experience. A few days later, I asked my wife “Do I feel warm to you?” Feeling my forehead, she confirmed my suspicion: fever. Aches, chills and a cough followed and I was off the next morning to Brewer for a test. Twenty fours later came the bad news: “COVID-19 detected.” How could this possibly happen? The next day, my wife also tested positive; three

days later, our daughter. We found out later that someone in that restaurant was positive and contagious. We realized that even though we followed all the existing rules, the variant we caught does not pay attention to those rules.

Thankfully, we all recovered at home and my wife and I have since been vaccinated.

But that is not the light bulb story teased in the headline: How long does it take to change a light bulb under COVID? In normal times, it takes perhaps five minutes to find a new bulb and replace the old one. If we have no spares, it is a quick walk down to Home Hardware to buy a bulb, so maybe 45 minutes total. Under COVID, not so much. An over-the-counter fluorescent bulb blew. Not able to enter a store, I searched the Home Hardware website, but it had no match. I searched the Home Depot site, found the replacement bulb and placed an order. Three days later, I received the “ready for pickup” notification, drove the six kilometres to Home Depot, waited 20 minutes for delivery, then went home. The bulb didn’t work. It took a day of head scratching to determine that the new bulb was ‘instant start,’ but my ballast was ‘rapid start.’ Are they the same? Apparently not. I found another bulb on the site and ordered it. Three days later, I got a new “ready for pickup” notification. So, how long does it take to replace a light bulb under COVID? Seven days and counting.

*Douglas Bradley is a retired bioenergy consultant living in the Glebe for the last 31 years.*



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# IT'S JUST A DUCK

Male Wood Duck PHOTO: JEANETTE RIVE

## BIRDS OF THE GLEBE

On our never-ending walks to get our exercise during this pandemic, many of us have developed a greater appreciation of the birds in our neighbourhood. Our quieter pandemic streets have allowed us to hear bird songs, and more of us have installed feeders in our gardens.

Luckily, we also have nature in our backyards – both in our urban gardens and in the parks nearby. The Canal, Brown's Inlet, Patterson Creek, Dow's Lake, the Arboretum, the Fletcher Wildlife Gardens and the Experimental Farm are gems to be savoured, explored and enjoyed as havens for birds.

Each month for the next while, the *Glebe Report* will highlight a familiar bird found in the neighbourhood and perhaps introduce you to a new species.

Feel free to send in your bird sightings with photo to [editor@glebereport.ca](mailto:editor@glebereport.ca).

Happy birding!

By Jeanette Rive

No, it's not just a duck!

Probably like most people, I thought any duck was a Mallard, our most familiar breed, until I started observing more carefully the amazing variety of ducks we can find close to home.

April and May are peak migration times for birds, and many ducks make Dow's Lake, the Rideau Canal, the Rideau River and Brewer Pond their temporary home before heading north. But the Mallard spends the summer here. So do Mergansers and the colourful Wood Duck, a painter's and photographer's delight. One can never get enough of them. Take a look along the Canal or in Patterson Creek and Brown's Inlet.

The Wood Duck is a dabbling duck. It feeds on the surface by dabbling its bill in the water or upending

in deep water. We've all seen the comical sight of Mallards with their tails sticking up out of the water. Other ducks, such as Mergansers, are diving ducks, feeding by diving under water.

Fun fact: dabbling ducks can take off directly from the water; diving ducks need a running start along the water's surface to take off.

Wood Ducks nest in tree cavities, which can be as high as 65 feet, or in nesting boxes. They don't mate for life but pair up at the end of winter. Nine to 14 eggs are usually laid; females even lay eggs in each other's nests. The morning after hatching, the duckling claws its way out of the nest and jumps, or rather tumbles, to the ground (remember the 65 feet!), where its mother leads it to the water. The females will look after the ducklings for five to six weeks. They can fly after about eight or nine weeks. The dramatic plumage

is seen only in the males during breeding time. For such a dramatic bird, it doesn't have a loud quack – it communicates with thin squeaky whistles.

Enjoy the ducks, but please don't feed bread to them – their systems aren't built to digest it!

During migration, many songbirds are injured or concussed by flying into glass. For information on what to do with an injured bird or a baby bird which may have fallen out of the nest or been abandoned by its mother, please get in touch with *Safewings Ottawa* at 613-216-8999. Their website [safewings.ca](http://safewings.ca) has a lot of information on bird safety and what to do in an emergency.

Jeanette Rive is a Glebe bird enthusiast and Glebe Report proofreader with a lethal eye for error.

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## Images of the Glebe



Tulip bed at Commissioners Park. PHOTO: LIZ MCKEEN



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**The Big Bamboo Cannabis Company** at 144 Renfrew Avenue (corner of Renfrew and Bronson) is listed by the Alcohol and Gaming Commission of Ontario as "in progress."

**Ten Toes Coffee** has applied for a liquor licence at 593b Bank Street.

**Community Pop-Up Art Gallery** at Lansdowne will open on Saturdays and Sundays from 11 a.m. to 5 p.m. once non-essential retail is again permitted in Ontario. 225 Marché Way, Unit #102. Info: glebeartour@hotmail.ca.

**Queen Elizabeth Driveway**, both lanes on the west side of the Rideau Canal from Fifth Avenue to Somerset Street closed to cars and open for active users from 8 a.m. to 8 p.m., May 3 to June 30.

# Languishing our life away

Languishing, dubbed the "neglected middle child" of mental health (and lots of us know how that feels), is that blah feeling of having lost the joy and meaning in your life. It has been described as a sense of stagnation and emptiness. Life is in a holding pattern, turning in the same old circle. A state of suspended non-animation. The world feels flat and colourless and there is no energy in anything. Sometimes even getting up and moving around seems unworthy of the effort. Have I perhaps said too much?

Even simple pleasures of the past no longer please – for instance, I realized the other day that I no longer really enjoy a cup of coffee.

But don't worry, languishing is not depression. It just feels like it.

I call to mind the archaic phrase used in the past for newborns who are not doing well – "failure to thrive." A necessarily vague diagnosis when we had so little medical knowledge. Somehow it seems to capture this moment.

The opposite of languishing – flourishing – seems a thing of the distant

past. Does anyone remember the slightly pedantic practice, when one is not sure of a historical figure's birth and death dates, to indicate when they flourished (abbreviated as fl.)? I always found it a lovely way to think about people long gone – as flowers opening to the sun in their moment of glory. The word has a nostalgic feel now.

What do these thoughts have to do with the COVID here and now? I don't know. Does it matter? I can't think about it. Go away.

—Liz McKeen

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## glebe report

www.glebereport.ca

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

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

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.



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## Given past planning failures, let's get real

Editor, *Glebe Report*

In the April edition of the *Glebe Report*, Councillor Menard comments on Ottawa's draft Official Plan. The draft plan is lengthy but professionally written. The planner's segmentation of parts of the city into "transects" for planning purposes makes perfect sense. Councillor Menard acknowledges that it is difficult for busy families to find the time to read the plan, but I would urge Ottawa taxpayers to do so.

I respect the professionalism of the city planners. Having said that, planners tend to take a "glass half full" approach with an optimistic vision for what can be accomplished in future. In many cities, that can be a good thing, but in Ottawa I think we have to take a "glass long ago empty and shattered" approach. Given our many failures, we have to realistically consider what can be done in Ottawa.

Take OC Transpo as just one example

## Still waiting

Editor, *Glebe Report*

The reason I am writing to you [Joel Harden] is your name is on a bike rack right in front of my entrance on Bank Street, (at) Von's and Flipper's restaurants.

I applied for the support grant on January 25, 2021 when Doug Ford announced he is there for us! I think a lot of us actually believed him then.

In March, I inquired what and where are the funds – emails, phone calls (waiting for hours on hold) – no answers!

Not only has Doug Ford totally mismanaged the situation we are in, but he also did not keep his word for the small business industry! To date, I have not seen a penny from the Ontario government.

I know several business owners in the Glebe that are in the same situation. What would you recommend I do?

Thank you.

**Caren von Merveldt**

Owner, Von's and Flipper's

## Glebe Report seeks film and TV reviews

Do you love films and limited TV series, and do you love writing too? Do you always have a lot to say about a film or TV series that you've seen?

The *Glebe Report* is seeking writers to contribute reviews to our "On the Screen" page. The focus, during these pandemic times, should be on small-screen films and television series that are accessible to many Glebites at home.

I invite you to choose a small-screen title that you feel has broad appeal or interest to our readers and write a 300- to 400-word review of it. Answer the question "would I recommend this title?" Please include information on where the film or show is available and how long it runs. No need for illustrations – we can provide them.

Send your review to [editor@glebereport.ca](mailto:editor@glebereport.ca) before May 21 for the June issue.

of an area requiring critical thinking rather than planning for a dreamy future. Think about OC Transpo buses getting stuck in light snow on First Avenue here in the Glebe. Freezing cold passengers are cast out into the cold. Some are rescued by good Samaritans in 20-year-old Hondas that easily manage the snow. It is hard to understand why buses fail where light cars succeed. In my opinion, our transit system is a national embarrassment that causes real harm to the poorest citizens of Ottawa. Wealthy, white-collar workers can find other solutions while minimum-wage workers suffer the most. It isn't just passengers who suffer, as OC Transpo employees seem to be desperately unhappy too. Our advertising for new drivers was mentioned in the national media for fairly describing the difficulties faced by bus drivers in Ottawa.

Ottawa's problems are not limited to buses. The struggle to build small railways also caused us embarrassment across Canada.

I am not just a critic of OC Transpo, though it always reminds me of Johnny Cash singing "I will let you down..." There are many other difficulties in Ottawa, which suggests caution in

crafting an ambitious Official Plan. The plan calls for more pedestrian bridges, for example, but consider the Max Keeping Bridge. Max Keeping was a great man, but I have never seen anyone use the bridge over the Queensway. To take another example, remember national media coverage of Ottawa's inability to grapple with new development at the Chateau Laurier? Our roads and cracked sidewalks are hazardous for cyclists and even for pickup trucks.

The draft plan is better for a city with a much stronger history of success. Even if the forecast in the plan for population growth in Ottawa turns out to be reasonably accurate, Ottawa will remain a very small city. This plan is only suitable for a city with a much larger population and tax base. Other Canadians contribute taxes to important institutions such as the Supreme Court of Canada and Parliament, but it is unfair to ask them to pay for our municipal failures.

I suggest that we turn over municipal governance of Ottawa to a city like Burlington and plead for Vancouver's Translink to take over public transit in Ottawa.

**Andrew Beynon**

## Puleez follow the rules

Editor, *Glebe Report*

Somewhere on the very front of the next *Glebe Report* in a prominent place, it would be good to print something like the following.

Sunday May 2 was a beautiful, warm, sunny, spring day, perfect for walking, so I did exactly that – walked down Bank Street from Old Ottawa South to Lansdowne and through to the Glebe.

*It was shocking!* As I passed Holmwood, wearing my mask and trying to distance, I was faced with groups of young people and older ones too, strolling along, three across

the sidewalk, no masks, no distancing, nothing. Apparently COVID-19 does not exist for them, thereby keeping us all in a COVID-infested lockdown, unlikely to end soon. This went on through Fifth Avenue all the way to First Avenue on both sides of Bank Street, where I walked before turning around, trying to avoid proximity, stepping onto the road often, moving as fast as I could.

*Puleez!* Follow the health professionals' rules so we can beat COVID and get back to real life. *Puleez!*

**Nadia A. Senyk**



## BONUS OUTDOOR SPACE

From May 3 to June 30, both lanes of the Queen Elizabeth Driveway, located on the west side of the Rideau Canal, from Fifth Avenue to Somerset Street, will be open exclusively for active users seven days a week, from 8 am to 8 pm.

Beginning July 2, and running until September 6, to accommodate construction work on the Colonel By retaining wall, Colonel By Drive will be closed to motor vehicles and open for active use only, from Daly Avenue to Canal Woods Terrace, 24 hours a day, seven days a week.



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# Spring in your garden – hello pests!

By Judith Slater, with Tracey Deagle

April's warm weather left us all laughing with delight. Tracey and I kept expecting the weather to turn colder again, which it did, albeit only for a couple of days. In between, we languished in the lovely warmth, donned shorts and T-shirts and made mischief in our gardens. Bumble bees, ants, mosquitoes, white grubs and beetles all re-entered our lives once again.

In early April, we were all clamouring for plants, but the nurseries had none. Big box stores had row upon row of empty shelves. "Subject to availability" was automatically a part of every conversation about plants for our beds. One night, returning from Blackburn Hamlet after showing a lady how to prune her roses, I saw a big box garden centre. It was open!

Mirror check, turn signal, swift turn, screech of brakes, then a mad gallop inside. My eyes feasted on the colours and smells. I was like a kid in a candy store! There wasn't much, but it was enough to make me giddy as I wandered the aisles, looking at pansies, rhubarb and bare root roses. Blueberries, begonias and hydrangeas, petunias, dianthus and snapdragons – can you ever resist gently teasing the petals to make the "dragon's mouth" open and close? The excitement was intense. Clicks and whirrs accompanied squeals of delight as I sent Tracey glorious pictures by phone. Tracey later asked if I had made it home. I dejectedly replied, "Yes. I tried to hide and stay there overnight, but the staff found me and kicked me out!"

Sadly, new lockdown rules make no difference to bugs, grubs and insects. They do not observe bubbles or social

distancing – they simply make a beeline for the most tender of shoots, with chompers a-gnashing! Here are some ideas to help deal with them.

**Patchy Lawns:** Cut worms – those white, chunky, maggot-like bugs – have started devouring new grass roots. Raccoons love them and take great delight in ripping up great swathes of turf to feast on the white, juicy insides. Home Hardware stocks nemotodes, a natural solution to these lawn devastators. Follow the instructions carefully, apply twice a year – it can put a big dent in the grub population, without using nasty pesticides that stink and add unwanted chemicals to the soil.

**Slugs and Snails:** Dried coffee grinds are great for controlling slugs on your hostas. Since returning from England on Family Day (caring for elderly parents), I've been drinking French-pressed coffee, knowing that the tins of dried grinds will force slugs to look elsewhere for a tasty nibble. Liberally sprinkled around your hosta and into the soil, they will allow your glorious display to remain un nibbled all season long.

**Companion Planting:** This is an old concept. The idea is to position certain plants next to others to keep certain bugs and animals away from your prized possessions. Borage is a great plant for interplanting between tomatoes, squash and strawberries. Borage attracts our pollinators, which in turn will pollinate your veggies! Smellier plants such as mint (keep in a container as it is very invasive), basil and alliums (onion family) deter many insects as well as rabbits. Marigold and nasturtian are also widely used to ward

off a variety of beetles.

**Sacrifice Plantings:** Want to distract the nibblers? Plant a bit of the "good stuff" away from your protected plants. The idea is to sacrifice these plants to the critters to nibble on. It's like yelling "Squirrel!" when you want to divert attention to pinch a forkful of your partner's cake!

**Coverings and Chicken Wire:** Our back garden oasis, built during lockdown last April, goes a long way to keeping out bigger rodents. This 12-foot by 6-foot structure was tastefully constructed, then clad in chicken wire, with a French door that latches closed; plants were lovingly grown inside. Watching the squirrels get flumoxed was great entertainment.

Despite all we do, some plantings do disappear. We lost all our zucchini last year to some little beetle, we think. Shame really, as I was looking forward to handing them out by the wheelbarrow to the neighbours! Hmmm, maybe it was the neighbours and not the beetles?

The gardening season is here. Enjoy perusing the nurseries, feeding your garden and relaxing in your own garden oasis!

*Judith Slater is the former lead for the Glebe Garden Angels and the former staff lead of TWIGS, Glebe Collegiate's environment club and enjoys her own garden. Tracey Deagle brings a host of gardening experience from B.C., PEI and the Ottawa region. Together they are the Gentle Gardeners offering gardening advice and services in the neighbourhood. They can be reached at [info@thegentlegardener.ca](mailto:info@thegentlegardener.ca) or 613-600-1717 and 604-791-7621.*



Dried coffee grinds are great for controlling slugs on your hostas.

PHOTOS: JUDITH SLATER



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Members of the Rideau Nautical Modellers Club will be returning to Brown's Inlet to navigate their radio-controlled craft and are happy to answer questions and chat.

PHOTO: COURTESY OF RNMC



## Radio-controlled boats at Brown's Inlet

By Peter Ebenhoech

Rideau Nautical Modellers will be returning for our sixth summer at Brown's Inlet. We would like to welcome everyone back to visit with us this summer. Once the province has lifted stay-at-home orders, we will be meeting on Wednesday evenings at 7 p.m.

We look forward to seeing familiar faces and meeting new people. I'm hoping that some of the young Glebe children, who have some of our older, donated ships, will come out to join us, even if it's for help to get their models operating.

*Peter Ebenhoech is a Glebite and member of the Rideau Nautical Modellers Club.*



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# How to love your favourite Glebe businesses during the lockdown

By Trevor Greenway

It's not easy out there. With the province's second stay-at-home order this year, Ottawa residents, merchants and employees have been faced with another forced closure of businesses with only curbside pickup, delivery and takeout available to customers.

But despite not being able to walk into your favourite shop or restaurant to try on a new dress or share a meal with your new beau, there are still ways to support your favourite spots. While gift cards and online products won't pay all the bills, every little bit helps, says Stephanie Boucher, owner of Stephanotishair.

"Selling gift cards and products help a tiny bit, but not enough to keep the lights on or pay your rent," she says. Still, she adds, customers can simply email orders to [stephanotishair@yahoo.ca](mailto:stephanotishair@yahoo.ca) and pick them up curbside. Gift certificates are available at [stephanotishair.ca](http://stephanotishair.ca).

"A big thank you to all of our clients for their ongoing support the last year," she says.

Gift cards are a great way to support local service shops. Places like Silver Scissors Salon, Capital Barbershop, Hair on Second Avenue and Rinaldo's can't open during a shutdown, so purchasing gift cards puts cash in their hands and helps keep the lights on.

For retailers, it's a bit easier but still a daunting task to convert in-store shoppers to online buyers. Just ask Compact Music owner Ian Boyd, who recently adapted his website into an e-commerce record shop to entice more music lovers to purchase the new record



JD Adam Kitchen has lots to offer, with curbside pickup, as do all Glebe businesses. PHOTO: LOVE OTTAWA

from Offspring or Death From Above 1979 online.

"The goal of the website is not only to convert existing customers to online but add to our customer base," says Boyd. "Very good friends of the store will buy but to add to the customer base has been a challenge. We find that it is working as we recognize some of the individuals who pick up and we are also seeing new faces from website purchases. Remember that music lovers browse all stores as we all offer slightly different choices."

Boyd feels music stores should be considered essential because music, "has a way of calming people," especially during this challenging time.

"Music has been proven to help heal people and we need healing now as this pandemic continues seemingly unabated."

Music isn't the only true escape from the world around us; a good book can also transport you to another planet, another era or a completely new world.

From entering a fantasy world constructed by the brilliant Anne Lacker to informing yourself on social movements like Black Lives Matter, Me Too and reconciliation, Octopus Books has the literature you should be reading right now.

"We have been encouraged by people's commitment to our little store, supporting local and also the books we are selling," says Lisa Greaves. "We have seen a huge increase in sales of books on anti-racism and works by black and indigenous authors and that has reinforced for us the value in what we are doing."

Since the pandemic began last year, nearly every Glebe business has adapted some sort of online model. With everything from clothes and sporting goods to tools, building supplies and art available online, local merchants leave few excuses to shop outside the neighbourhood.

"A big thank you for the support and patience we have seen over the

last year," adds Greaves. "People have been flexible and kind and that has meant a lot."

At JD Adam Kitchen, co-owner Jennifer Adam says her customers have been loyal even though she doesn't have an e-commerce website. Customers browse the store website, call and email orders, then pick up curbside.

"It's definitely a lot of work and sometimes works out and sometimes doesn't but we've got to go with the flow," says Adam. "We're going to do our best to help you find what you're looking for." Customers are asked to call the store with credit card details and arrange a time for pickup. JD Adam will also deliver for \$10 locally or farther away on orders over \$75.

You can also help local businesses by writing a positive review on Google and posting photos of your purchases. Be sure to tag the businesses so more people will see your story and hear about the top-notch service you received. Word of mouth is sometimes the strongest factor when people are making purchases, so if you love the Glebe, tell the world just how much.

A little bit goes a long way in the Glebe, so support your local merchants because you can. Buy local, shop local, save local.

Looking for something else? Check out our online directory, which features restaurants, retail shops and services to browse from.

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

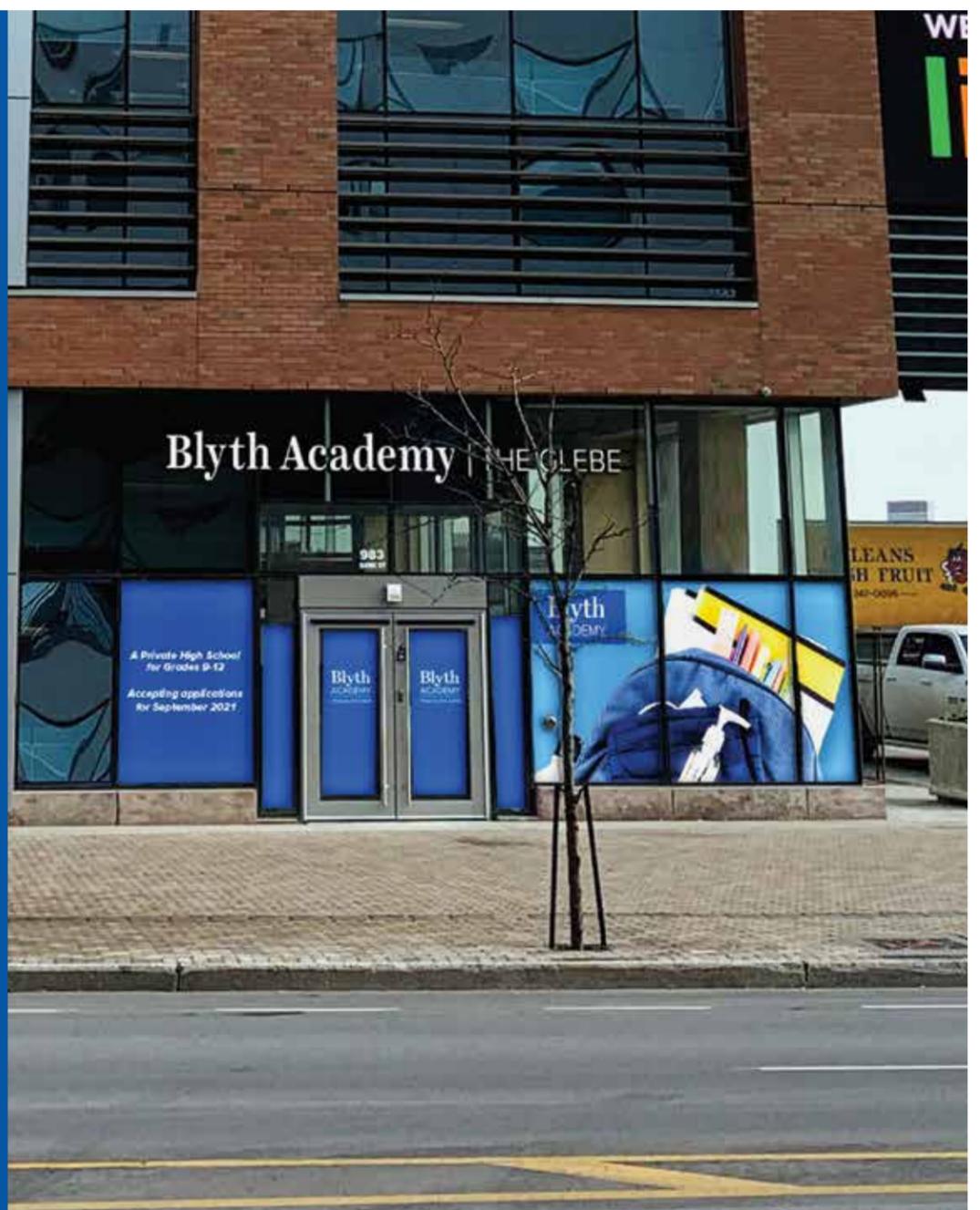
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## Mary Tsai

GNAG Executive Director

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# GNAG looks ahead

### Parent and Infant Social Club

GNAG's preschool program coordinator Jason Irvine, his wife Nora Dempsey and their latest addition, baby Logan, are teaming up to offer an online Parent and Baby Coffee Club. Jason and Nora are certified early childcare educators, have a young school-aged child and a newborn. They understand the joys and struggles of raising little people during lockdown. Join them and other like-minded parents each Wednesday 10-11 a.m. for this fun, informal and free coffee club.

During these difficult times, isolation can be so tough, especially for parents with newborns. Do you struggle with nursing, sleep, getting things done around the house? Are you craving to talk to another adult? Grab a coffee and your baby, then hop onto Zoom to meet other new parents. This is an unstructured, safe space for parents to hang out, share tips and resources, discuss challenges and successes – you can hopefully make some new friends as well!

### Who? a children's book about climate change and habitat protection written by local author Sophie Weider

Meet 18-year-old Sophie Weider, an up-and-coming local author who recently published her second children's book about the effects of climate change and habitat protection.

I have known Sophie since she was a toddler attending nursery school here

at the GCC. She attended camps, was a volunteer, then became a counsellor and program instructor. From the age of 13, she showed an interest in fine art, nature and the environment. When she became aware of threats to our environment, she developed a passion to protect it.

"In 2019, I had the amazing opportunity to travel to the Arctic with an organization called Students on Ice," Sophie said when I asked what inspired her to write *Who?* "While exploring the Arctic, I learned a great deal from the Inuit elders, climate change experts, wildlife biologists, artists and policy-makers who travelled with us. I was so lucky to see this beautiful place, but I did so while knowing it was changing every day and might never be the same again. I was able to see evidence of climate change with my own eyes, such as shrinking glaciers and enormous chunks of ice falling off the Arctic ice sheet.

"This experience made a tremendous impact on me and inspired me to want to raise awareness for the endangered Arctic before it is too late to save it from extinction. I decided to create a children's book because I think it is so important that kids today are learning about our planet and developing empathy for it at an early age. The unfortunate reality is that these kids will be the ones living with the impacts of climate change. I think it is our role today to prepare them for that challenge and empower them to want to



GNAG's preschool program coordinator Jason Irvine and his wife Nora Dempsey, both certified early childcare educators (shown with baby Logan) are offering a free online Parent and Baby Coffee Club on Wednesday mornings.

create change and have hope that that change is possible. I hope that, being a young person myself, I can inspire kids to use their voice and their creativity to spark conversations about climate change."

As with her first book, *The Girl Who Saved a Tree*, Sophie's *Who?* uses an inspiring heroine and friendly animal characters to help children form a connection with the endangered places and species that need our help.

This beautifully written story, with illustrations by Sophie as well, is about the journey of a Snowy Owl, Upik, in search of a new home after hers was left uninhabitable by the impacts of climate change.

Now that *Who?* is published, printed and ready to be shared with the world, there is still more Sophie would like to do. She's continuing her project by spreading the word about her book to

build awareness. On Sunday, May 30 at 7 p.m., Sophie will be livestreaming on our Instagram page @gnagottawa. She'll read aloud the story of *Who?* as a family GNAG "bedtime story" event. Find out more at GNAG.ca

### Breakfast Club and Quest-4-Fun Afterschool Program 2021 – 2022

We are excited to hear the sound of children laughing and playing. As more people get vaccinated, we hope we can accept more children in our child-care programs this fall for the 2021-22 school year. Registration renewal for current participants will take place in late May, early June. A lottery for new spots in 2021-22 will be held June 14-18. There will be a link at GNAG.ca to an online form. More details on fees, etc., will be available on June 4. All details are subject to COVID protocols and are consequently subject to change.



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## Climate change action during the COVID pandemic

The pandemic has meant that almost all media and political attention has been focussed on COVID-19. When the pandemic is declared “over,” there will be another large test the world over: Our ability to mitigate and adapt to the greatest threat facing us, the irreversible climate crisis. Back in April 2019, many of you rallied (in person!) at City Hall to demand the city take bold and decisive action on climate change. With your help, our office pushed city council to unanimously declare a Climate Change Emergency in Ottawa.

Since then, we set net-zero emissions targets and approved a Climate Change Master Plan with an implementation strategy. The city has a bold plan that needs to be executed. Much work remains, but there has been short-term progress.

The city has invested \$57 million to upgrade the Robert O. Pickard Environmental Centre that will allow the sewage treatment plant to generate all its own power, making it less vulnerable to grid failures caused by natural disaster. Four new 1,000-kilowatt engines will be built by 2024 and will be able to produce all the heat and power that the plant needs.

The city successfully competed for \$12 million of funding from the Federation of Canadian Municipalities for a Better Homes Loan Program to help reduce greenhouse gas emissions in Ottawa. Through the program, homeowners will be able to get a low-interest loan of up to 10% of their current home value to cover the cost of home-energy improvements. It will help with things like better insulation, air sealing, heat pumps, solar technology, battery storage, electric vehicle charging stations and window and door replacements.

OC Transpo is adding four long-range electric buses to its fleet this fall. We are also urging the full transition of the transit fleet to zero-emission buses. Staff will report to the Transit Commission later this year.

Trees are so important for our quality of life and for our climate resiliency. The new Tree Protection bylaw came into effect on January 1 and put in place processes and fines to better protect trees from infill development and infrastructure projects, including a new definition for what would constitute a distinctive tree. This includes training on tree protection/regeneration with internal city departments, creating four new staff positions dedicated to protecting our tree cover and improved replanting ratios.

In addition, the draft Official Plan currently sets a target of 40-per-cent tree-canopy coverage for Ottawa. This needs to be extended to individual communities in the near future.

Hydro Ottawa has been making LED upgrades to the decorative lighting often found in our parks, along pathways and in recreational facilities. The city has over 68,000 streetlights, which

account for 17 per cent of its electrical use at a cost of \$7.2 million a year. Hydro Ottawa has converted 53,000 streetlights from traditional high-pressure sodium and metal halide lamps to new Light Emitting Diode (LED) technology, saving us money in the process.

Launched in 2019, the Ottawa Wood Burning Changeout Program encourages residents to replace outdated wood-burning appliances with new, EPA-certified models through a rebate program that will cover 25 per cent of the purchase and installation cost of a replacement to a maximum of \$750.

Last fall, my office passed two motions through the Finance and Economic Development Committee to support climate action. The first recommends that the next Long-Range Financial Plan look into better funding strategies for Energy Evolution projects that will generate income or savings for the city, while helping us meet a 100-per-cent emissions reduction target.

The second calls for divestment from fossil fuels and asks staff to consider divestment as part of their investment strategy. Achieving net zero goals means having the courage to do things in new ways, which can be difficult within the framework of city bureaucracy. These motions are a small step in that direction.

The city has also launched a climate vulnerability assessment to assess risks to public health and safety, infrastructure, the economy and natural environment. Overall, Ottawa will become much warmer over the coming decades, with more intense rainfall, flooding and extreme weather events.

Councillor Catherine McKenney passed a motion at the Environment Committee to start the process of banning single-use plastic bottles in our city facilities.

The shift happening in the city is progress, but much more needs to be done right now. Our buildings account for the most emissions in Ottawa and more investment must be made to reduce our reliance on fossil fuels and generate savings. Our modal share must shift towards more sustainable modes of transportation – that means spending less on expanding roads, which have been proven to fill up to the same congestion levels after widening. Our power generation needs to become focussed on renewables.

The city must stop expanding its suburban boundary. Knowing we must treat this issue like the emergency it is, it gives me hope when I see new generations of people and groups like Ecology Ottawa, CAFES and Extinction Rebellion in action, working with communities to protect our environment and our future.

*Shawn Menard is City Councillor for Capital Ward. He can be reached directly at Shawn.Menard@ottawa.ca.*

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# Chalk River radiation concerns

The Glebe Community Association (GCA) usually deals with matters in our community and within city boundaries. But issues occasionally come from further away – like two hours up the Ottawa River, at the Chalk River nuclear facility.

The debate over what to do with the thousands of tonnes of nuclear waste generated at Chalk River has been going on for years. According to a 2011 *Ottawa Citizen* article, Chalk River holds “70 per cent of all radioactive waste ever produced by Atomic Energy of Canada Ltd. or its predecessor, the National Research Council of Canada.” Most of this waste will last for tens of thousands or hundreds of thousands of years.

Canadian Nuclear Laboratories, the private company that operates the facility, wants to create a mound less than a kilometre from the Ottawa River to dispose of radioactive wastes and to seal the country’s first nuclear reactor in a special grout at nearby Rolphton. Those plans were recently debated by the city’s environmental protection committee. The city’s environment committee considered this proposal earlier this spring.

The GCA passed a motion that opposed the mound and expressed its views in a letter to Mayor Jim Watson. More than 140 other municipalities and organizations have also expressed deep concern about the plans for Chalk River. GCA’s letter stated: “We believe that the Ottawa River is at serious risk of radioactive contamination if the proposals by Canadian Nuclear Laboratories for the Chalk River above-ground mound, less than a kilometre from the river, and Rolphton nuclear site entombment, a mere 100 metres from the river, are allowed to proceed.”

The letter pointed out the International Atomic Energy Agency recommends against entombment as a method of disposing of decommissioned nuclear facilities. Yet that is what the plan calls for.

Our presentation to the environment committee raised other points, including:

- Concern about the deliberate discharges of radioactive and hazardous chemicals into nearby Perch Lake and from there into Perch Creek and the Ottawa River. While unhealthy bacteria and other pollutants can be filtered out from our water supply, removing radioactive materials would represent a significant challenge.

- For example, removal of tritium (radioactive hydrogen) from water is very difficult and expensive. There are no plans to remove tritium from the water that leaches out of the Chalk River mound.

- Perch Lake is already contaminated with tritium at levels over 2,000 times the natural background, and leachate from the mound would increase this several fold.

While the motion doesn’t actually oppose the facility, it did call for a ban on the transfer of radioactive waste to Chalk River from other parts of the country.

The GCA is not a scientific body. However, we believe in listening to the scientists who are concerned, just as we listen to the scientists who are focussed on how to survive the current pandemic. The precautionary principle needs to be applied here, just as it has been during the pandemic. We wear masks out of precaution. Questioning the quality of the plans for nuclear waste disposal falls into the same category.

### May membership drive

Once again, public health measures require that we carry out our annual membership drive online. Watch for the postcard in your mailbox this month or check out the ad in the *Glebe Report* for instructions on how to join. Every membership helps us in our work to advocate for a livable, sustainable and diverse urban neighbourhood. Anyone who lives or works in the Glebe, Glebe Annex or Dow’s Lake area can join the GCA. Even though we will again miss the opportunity to connect with you directly this year, you can still contact your area representative or other board members. You can find their names, as well as more information about membership, on our website: [glebeca.ca](http://glebeca.ca).

We are also starting to think about the GCA board for 2021-2022, and there are some vacancies to fill. If you are interested in joining the board or would like to learn more, please contact one of our vice presidents, June Creelman ([vp@glebeca.ca](mailto:vp@glebeca.ca)).

You can also tune into our monthly board meetings. They take place the fourth Tuesday of each month. The next meeting will be on May 25 at 7 p.m. If you’d like to attend, please contact Sheryl, the board secretary ([secretary@glebeca.ca](mailto:secretary@glebeca.ca)) and she’ll send you the Zoom information.

### Great Glebe Garage Sale

The 2021 in-person edition of the Great Glebe Garage Sale has been cancelled due to the COVID-19 pandemic. However, we are currently working on the details of a virtual garage sale this spring as a way to support the Ottawa Food Bank and to promote the environmental benefits of the garage sale while respecting current public health restrictions. More details are elsewhere in this issue and will be soon available on our website and social media. Stay tuned!

Glebe residents have been donating garage sale proceeds to the food bank since 1986. Please consider donating to the Ottawa Food Bank through their website ([ottawafoodbank.ca/](http://ottawafoodbank.ca/)) to help make up the sale shortfall. We also hope everyone can find ways to support our local Glebe businesses that are struggling at this difficult time.



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GLEBE COMMUNITY ASSOCIATION

## Glebe Community Association Annual General Meeting

June 15, 2021

7:00 p.m. via Zoom

Join us via Zoom to hear about our activities in 2020-21 and vote for the Board of Directors for 2021-22.

Please register with [secretary@glebeca.ca](mailto:secretary@glebeca.ca) by Monday, June 14, to get the Zoom link.

All members of the Glebe community are welcome to attend. We’re also looking for neighbours to fill positions on the Board of Directors. For information, or to join or renew your membership, visit [glebeca.ca](http://glebeca.ca).

Please join us.

We are a stronger community with your voice.

   @glebereport

# Glebe Annex Community Association during COVID – what have we been up to?

By Sue Stefko

After cancelling our Annual General Meeting (AGM) due to COVID-19 last year in hopes of returning to an in-person event this year, the Glebe Annex Community Association (GACA) has decided to forge ahead with a virtual AGM. Despite the pandemic, GACA has been quite busy, and we feel it's important to update our members on some of our efforts and on the many projects in our neighbourhood. The AGM, which will be held at 7 p.m. on Tuesday, May 18, will also include updates from Councillor Shawn Menard and from Ottawa Traffic Services on traffic issues in the Glebe Annex. AGM Zoom call details can be found on our website [glebeannex.ca](http://glebeannex.ca).

This traffic update stems from community consultations dating back to the fall of 2019, when GACA heard concerns about pedestrian safety and other issues. We engaged Councillor Menard and Ottawa Traffic Services to see what we could do to improve the situation. To date, our successes have been modest – namely, parking was moved from the north side of Clemow Avenue to the south side. Given that most residences are on the north side, this helps to stop people from parking in front of and blocking driveways; it also allows more parking spaces because there are fewer driveways on the south side. This is a win for both neighbours

and local businesses. While this has been our biggest victory to date, we're still working on other measures related to traffic calming and safety. We hope to discuss them and hear community feedback at the AGM.

For the second straight year, GACA will be running a virtual membership campaign. We feel very fortunate that so many residents continued to support us last year by purchasing annual memberships, even without a door-to-door visit. We are hoping this support will continue for 2021.

While there is much construction in our neighbourhood, COVID has delayed a lot more, including one of our own projects. GACA started plans to build a pollinator garden in Dalhousie South Park in 2019. Last summer, we were thrilled to learn that we had been awarded funds through the Community Environmental Projects Grant Program. We had hoped to build last fall; when that didn't work out, we were hoping for this spring. However, we are still awaiting approval from the City of Ottawa to install the garden in one of its parks. We hope to accomplish this soon, pandemic permitting.

Some of our planned activities have officially been put on hold due to COVID but are continuing unofficially. The city paused its semi-annual Cleaning the Capital campaign, but a number of Glebe Annex residents are continuing to pick up litter and beautify the streets on their own. Other activities have been cancelled altogether. In 2019, we got a grant through the Civic Events Funding Program to hold another "party in the park,"

# AGM MAY 18



Glebe Annex residents pose questions at the last in-person GACA AGM in May 2019. This year's virtual AGM will be held on May 18. PHOTO: GABRIELLE DALLAPORTA

which we hoped to throw in 2020. We look forward to hosting it at a time when it will be safe to gather with friends and neighbours. While that time seems a long way away, it will eventually come. In the meantime, we are doing what we can to fulfill our mandate to "help improve our neighbourhood, to represent its interests, and to bring those who live and work in our community closer together." See you at the AGM!

Sue Stefko is president of the Glebe Annex Community Association.



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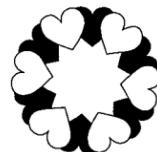
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*Dear Neighbours,*

Since we moved to our new location in the heart of the Glebe five years ago, we have felt completely at home. There is no feeling quite like that of being part of the community fabric - it's absolutely wonderful to be part of such a vibrant and supportive neighbourhood. Having been welcomed so warmly by you is something we'll forever be grateful for.

This past year has been tough on everyone, especially small businesses like ours. I am writing to sincerely thank all of our clients (both new and old) and the community for your continued support. We greatly appreciate you!

If you haven't had the chance to browse through our studio or meet us yet, we invite you to please stop by and see what all the fuss is about. We design and make fine jewellery all on site. That means you are always speaking with the makers - no need for trunk shows (or manufacturing and production delays). Everything that has been sold by us or is currently in our studio is always proudly made by us.

When we're fully back open, everyone please stop by and say hello. We miss you and we look forward to seeing you all again or meeting you for the first time real soon!

*Love,  
Joanna  
(2<sup>nd</sup> Generation Jeweller)*



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# Local grannies turn summer trek into African aid

By Barbara Coyle

Grandmothers from our region are once again springing into action to raise funds for the Grandmothers-to-Grandmothers Campaign (G2G) of the Stephen Lewis Foundation (SLF). The One World Challenge, led by Ottawa's One World Grannies group, is an exciting summer fundraiser – participants from several local granny groups will embark on a virtual journey through sub-Saharan Africa. This is one of many virtual events planned in Canada this year to celebrate the 15th anniversary of the G2G.

Support for Africa's grannies is more urgent than ever. They struggle to cope with the twin pandemics of HIV/AIDS and COVID-19, as well as the growing threats of climate change.

The goal of the challenge is to raise \$25,000 and to cover a distance of over 10,000 km. From May 1 to September 1, participants will trek through the 15 countries in sub-Saharan Africa where the SLF has 325 community-based partners. Supporting donors are invited to make a one-time donation. Each participant tracks the number of hours they spend performing a chosen activity, whether it be walking, running, cycling, gardening or even tap-dancing. Any activity qualifies (except sleeping!), and each hour contributes 5 km to the trek. Donors and participants will receive regular bulletins on the trek's progress, as well as news and stories about the work being done by the SLF partners in each country.

Knowing how COVID-19 has drastically changed our world, trekkers will

discover how its challenges are being met in sub-Saharan Africa. People affected by HIV and AIDS are particularly at risk for infection, making the SLF's healthcare partners a vital lifeline to vulnerable communities where access to food and medicine is so limited. With restrictions on movement, home-based care workers have become a crucial part of the COVID-19 response.

"Grandmothers depend on the healthcare workers to take the drugs for their grandchildren because we are not done with HIV and AIDS," explains Idah Mukuka Nambeya, senior advisor to the G2G, from her home in Zambia.

In South Africa, the Hillcrest AIDS Centre Trust has mobilized door-to-door COVID-19 screenings for vulnerable households. Cwengekile Nikiwe Myeni, the passionate founder of the trust, is an outstanding example of the resilient and determined spirit



One World Challenge participants will trek (virtually) more than 10,000 kilometres from Addis Ababa to Cape Town to raise funds for African grandmothers. Please join them!

MAP: COURTESY OF STEPHEN LEWIS FOUNDATION



Members of the Glebe Grammas to Ambuyas, from left: Cindy Delage, Sheila Selley, Laura Tanner, Anne Joyce, Carol MacLeod. PHOTO: DIANE WOODS

of Africa's women in the face of adversity. The 77-year-old grandmother of nine grew up in a rural part of KwaZulu-Natal and worked for the department of health for 30 years. "It was a miracle that I got educated," she says, "because my family was very poor, and it was during the apartheid era in South Africa." When the time came for her to retire in 2003, the AIDS pandemic was still ravaging communities all over South Africa. Instead of hanging up her uniform and enjoying her well-earned retirement, she felt compelled to take action rather than watch members of her community suffer and die. "Working as a nurse made me realize that life is not about yourself, it is also about others."

Care for others and solidarity with women like Myeni is at the heart of what motivates the members of One World Grannies and the other 160 grandmother groups across Canada to continue to raise funds with enthusiasm

and boundless energy. Over the past 15 years, their combined efforts have raised more than \$36 million for projects that support the courageous grandmothers of Africa and the vulnerable children in their care.

"I wouldn't usually ask friends and family for donations like this," says Diane Woods, leader of Glebe-based Grammas to Ambuyas, "but this cause is so close to my heart, and I think it could be a lot of fun. I know my group will donate generously to those of us who are trying online fundraising for the first time."

The One World Challenge is open to all. Why not join us and make every hour of your physical activity count this summer? Signing up is easy – we'll even help you do it! Contact Jenny Brooks at [jbroom@sympatico.ca](mailto:jbroom@sympatico.ca) or visit [oneworldgrannies.ca/](http://oneworldgrannies.ca/).

Barbara Coyle is a founding member of Grammas to Ambuyas and a keen supporter of the Grandmothers Campaign.

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# Abbotsford House's 150th anniversary next year!

By Karen Anne Blakely

Celebrations will be held next year to mark 150 years since the construction of Abbotsford House on Bank Street. With planning underway to recognize this major milestone, we want to tell members, clients and our Glebe neighbours about the work that has taken place and will be done in the coming months on our heritage-designated home.

In March, all the old shingles on the roof were removed and, to our delight, exposed an interesting design feature. Instead of the sheets of plywood that would usually be found under shingles, the roof was instead layered with barn boards. These long pieces of wood were two inches thick and mostly in very good shape. We were advised to keep these board in place and add plywood over top so roofing nails would hold. New soffits are coming soon. Funding for this very significant project was fortunately partially covered by a government grant.

Over the past five years, 25 new windows have been installed and the heritage wood windows facing Bank Street have been refurbished with the aid of grants.

Next on the list are the front porch and the intricate wood gabling adorning the roofline of the house. Due to the building's heritage designation, we have had to follow a series of steps to comply with City of Ottawa rules and regulations.

Working with Tim Davis Design, an architectural plan was developed for the porch. Once approved by the city, we can the move forward with the renovation in June. Thankfully, we had initiated conversations with an experienced heritage property contractor in 2020, so they were able to commit to this work.

This contractor has made a commitment to try and reuse wood from the

original porch, but how much will only be decided once the old porch is dismantled and each piece is examined. Given the pandemic and a significant increase in cost of materials and renovations, this project will be more expensive than originally planned.

The final project for this year is refurbishment of the roofline gables. The next time you walk by Abbotsford House, cast your gaze to the roof. Attached to it are intricate circular wood gables (also called gingerbread). Unique in style, these gables are different in look at the front and back of our home.

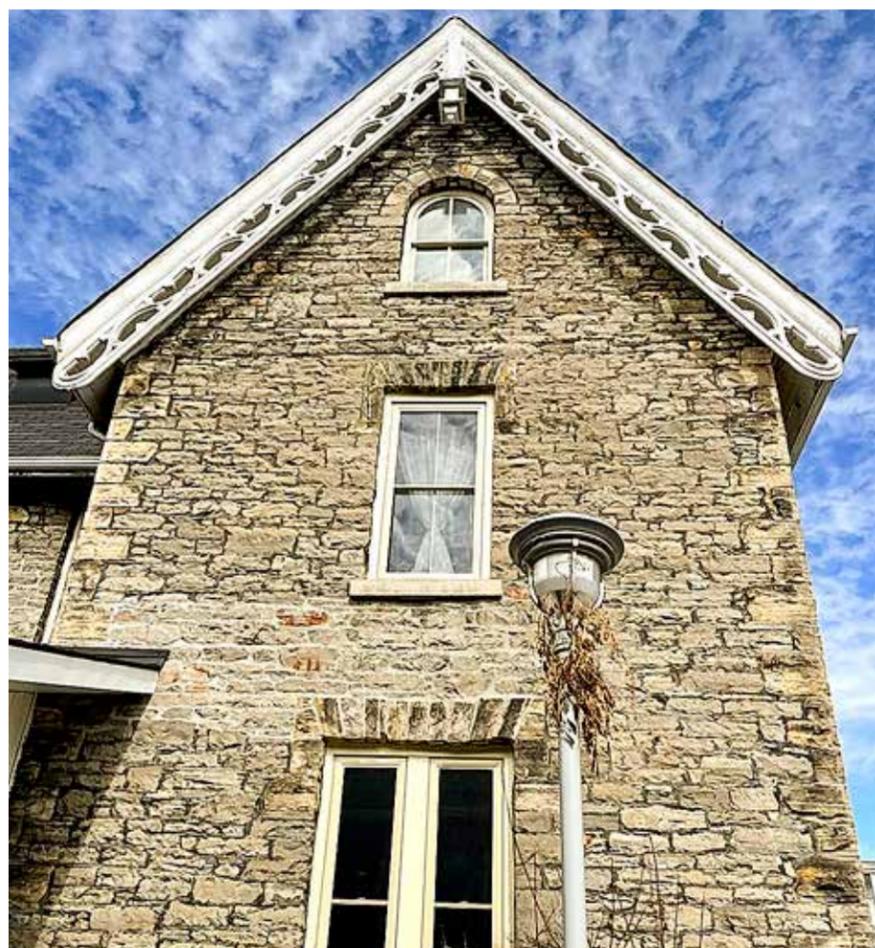
Quotes for the gable work are expected in the coming weeks, and work is expected to start in the fall. Come December, you will see the same historic house on Bank Street, only better.

Specific tax-deductible donations for the porch and gable work have come from many committed Abbotsford members and friends in the neighbourhood, including a nice gift from Amica Mature Lifestyles. Should you wish to make a gift, please call Bruce Hill at 613-238-2727 ext. 316 or email him at [BHill@glebecentre.ca](mailto:BHill@glebecentre.ca).

Abbotsford House provides community programs and services. The building is currently closed to the public due to the pandemic, but community support services and recreation programs for seniors aged 55+ and adults with disabilities living in the community are offered virtually on Zoom, on the Seniors Centre Without Walls telephone conferencing platform and by telephone.

Call us at 613-230-5730 for more information or visit our website at [glebecentre.ca](http://glebecentre.ca).

*Karen Anne Blakely is director of community programming and services at Abbotsford.*



About to celebrate 150 years, Abbotsford House is being refurbished as a heritage building. It has gingerbread gables and other interesting architectural features.

PHOTO: KAREN ANNE BLAKELY

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# Great Glebe Garage Sale is going online again



By Colette Downie

The Great Glebe Garage Sale will be going online again this year with a virtual event to benefit the Ottawa Food Bank, via the Give Shop marketplace.

This year's Great Glebe Garage Sale – Virtual Edition will coincide with the traditional timing of the sale (the last weekend in May) with an official launch on the Give Shop marketplace on Friday, May 28.

The organizers are hoping the virtual sale will help make up some of the fundraising that the Ottawa Food Bank will lose out on because of the cancellation of the community-wide, in-person event for the second straight year due to COVID-19 restrictions. McKeen Metro in the Glebe has offered a \$500 prize to encourage participation, with each posted donation entering the donor in a draw with a chance to win.

## Here's how the Great Glebe Garage Sale – Virtual Edition works:

1. Download the app for free from your favourite app store or sign up at [giveshop.ca](http://giveshop.ca).
2. "Sellers" post photos of the items they are willing to donate in the Give Shop marketplace and choose the Great Glebe Garage Sale fundraising group. (The initial price must be at least \$10.)
3. Buyers check in regularly to see what's for sale and make offers on items they'd like to buy.
4. Once a donor and a buyer agree on the price, they communicate via the app or website to arrange the pickup.
5. The buyer picks up the item (in a COVID-safe way) and pays by credit card using the app.
6. Sale proceeds, minus Give Shop's 15-per-cent platform fee, go to the Ottawa Food Bank, which issues a charitable receipt to the donor for

purchase amounts over \$10. (For more information, see Give Shop's website at [giveshop.ca](http://giveshop.ca).)

Organizers hope that the low minimum value for donations (now \$10) and the addition of a website option to participate will increase interest in this year's virtual event.

The Great Glebe Garage Sale is a popular community event that has been held in the Glebe on the fourth Saturday in May since 1986, when it was established by the Glebe Community Association. Last year's in-person sale was also cancelled due to COVID-19.

Normally, homeowners in the Glebe are the primary vendors from their

front lawns, driveways and porches. Collectively, they make one giant sale and massive recycling event that has become an annual festival attracting thousands of people to the neighbourhood.

Ever since the Great Glebe Garage Sale started, the GCA has encouraged everyone to donate some of their proceeds to the Ottawa Food Bank – in 2019, the neighbourhood raised almost \$12,000.

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

## St. Matthew's treasures boutique goes online

By Margret Nankivell

St. Matthew's, the Anglican Church in the Glebe, launched an online Treasures Boutique in March. It has already sold about 300 items – a great success! The boutique sells art, antiques, books, housewares, furniture and jewellery, a wonderfully eclectic selection of items, new and old.

The store's sales will help offset the revenues that will be lost by the cancellation of the Great Glebe Garage Sale for the second straight year (a virtual sale will go on instead). People and businesses who participate in that fabulous neighbourhood event are traditionally asked to contribute 10 per cent of their revenues to the Ottawa Food Bank, and St. Matthew's has always done that. This year, we will contribute at least 10 per cent of online boutique revenues to the food bank; the rest of boutique revenue also goes to charity.

The fundraising team was able to adapt the platform used for last November's successful auction, so the online store website has the same clean look and is very user-friendly. For organizers, it is simple to monitor sales and upload new items including photos, descriptions and prices. Items, some costing as little as a

few dollars, are being added virtually every day, so shoppers are encouraged to keep watching the store catalogue. Curbside pick-ups can be made on Friday and



Saturday from 10 a.m. to noon.

We are seeking donations of items of value for the auction that we are planning this November. The outreach beneficiary for the auction will be the FACES refugee group (First Avenue Churches and Community). If you would like to donate items, please contact us at [auction@stmatthewsottawa.ca](mailto:auction@stmatthewsottawa.ca).

Please visit us at [charityauction.bid/stmatthewsboutique.com](http://charityauction.bid/stmatthewsboutique.com) or follow the link from St. Matthew's website: [stmatthewsottawa.ca](http://stmatthewsottawa.ca).

*Margret B. Nankivell is the St. Matthew's fundraising chair and a long-time parishioner.*



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Protesters (from left, Ole Hendrickson, Venetia Crawford and Lynn Jones) take to the waters of the Ottawa River to register opposition to plans to store nuclear waste at Chalk River within a kilometre of the Ottawa River. PHOTO: A. KELLER-HERZOG

## Instructions for radioactive waste: store in a dry place

By Angela Keller-Herzog

Water is life. That is why cities like Gatineau and Montreal oppose nuclear waste sites upstream on the Ottawa River.

Not Ottawa. On April 14, our city council unanimously adopted a motion which raised some concerns but did *not* oppose the construction of a nuclear waste Near Surface Disposal Facility within a kilometre of the river at Chalk River. Nor did council oppose the entombment of an experimental reactor at Rolphton.

City council did express various concerns and urged some action. It wants to stop the transport of nuclear waste from Manitoba to Chalk River due to transportation risks (is Ottawa on that route?). It urged prevention of precipitation from entering the disposal facility (virtually impossible). It asked the federal minister of environment to initiate a regional environmental assessment (when she was minister, Catherine McKenna told us this was not federal jurisdiction). And it requested the nuclear safety regulator to commit to “prompt notification of spill/release events to City of Ottawa.” In short: deflection.

What happened to the earlier resolution that strongly opposed the nuclear waste siting? Why was that motion replaced by an alternate motion at the environment committee meeting just minutes after it started on March 30? Most of the 30 public delegations, including the Glebe Community Association, the Community Associations for Environmental Sustainability and the Council of Canadians, spoke against the nuclear waste site and the reactor disposal at Rolphton.

Did council even consider the scientists who spoke to very specific risks? Dr. Ole Hendrickson stated that the nuclear wastes will need to be kept out of the biosphere for hundreds of thousands of years. The safeguarding plans for Rolphton are designed for 100 years; for the disposal facility, they are designed for 300. The problem is not so much short-term risk; rather, it is the long-term certainty of contamination of the Ottawa River with radioactive substances and other toxins, including arsenic, lead, dioxins, PCBs and mercury, that will go into the waste facilities.

The city’s senior water engineer, Ian Douglas, steadfastly compared the status quo (a site requiring clean up) to the “engineered” waste facility and found the latter better. But he neither considered nor provided other

alternatives, like moving the site further away from the river or long-term rolling stewardship. These are the solutions advocated by independent nuclear scientists, which the Canadian Nuclear Laboratories (CNL) consortium’s environmental impact statement deems as too expensive.

The opposition of community groups, environmentalists and scientists to the near-river waste dump and entombment match those of Indigenous communities. In a March 2020 joint declaration by the Anishinabek Nation and the Iroquois Caucus on nuclear waste storage, key principles included no abandonment, better containment and “away from water bodies.”

In whose interest is it to abandon nuclear waste so close to the river when safer locations can be found? What motivated the back-room manoeuvres at City Hall resulting in the 180-degree about-face? Here are some dots to connect:

- The contract awarded to CNL in 2015 by Stephen Harper’s Conservative government was the largest federal contract ever granted. The Trudeau government maintained it. It pays close to a billion dollars a year to Atomic Energy of Canada Ltd, most of which goes to CNL.
- The City of Ottawa is dependent on the federal government for infrastructure funding (currently through Catherine McKenna).
- SNC-Lavalin is the key player in the CNL consortium. The nuclear business, including nuclear waste management and nuclear technology development, has become a lifeline for the company.
- Ottawa awarded SNC a key part of the phase II LRT contract (with bid evaluation irregularities) and would not like to see the company go under.
- The City of Ottawa lobby register shows that CNL’s professional lobbyist, Jeff Polowin, made the rounds of Ottawa City Council in the month prior to the council decision.

Councillors say they are glad the motion passed. My question is how did it come to this? What happened behind the scenes? My worry is that the current CNL “plan A” virtually guarantees that the waters of the Ottawa River will be tainted with radioactive and carcinogenic leachate in the centuries to come.

We will not be good ancestors.

Angela Keller-Herzog is the executive director of Community Associations for Environmental Sustainability (CAFES) and a resident of the Glebe.



**The York Street Farmers’ Market is here!**  
Saturdays from May 8th–October 9th, 8AM – 1PM in the ByWard Market.

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second time only? This can be done relatively painlessly once new habits are formed and a growing number of Glebe residents are already adopting these practices, based on the simple Reduce-Reuse-Recycle waste hierarchy, prioritizing Reduce and Reuse.

**Reducing your packaging waste**

Opportunities to reduce your waste footprint are expanding. A tip as you begin your journey: don't be dismayed if you can't do it all. Start with what's easiest for you. Do more as it begins to become second nature.

One of the highest-value actions to reduce packaging waste is to purchase food, personal care and cleaning supplies in bulk and not using plastic bags. Save your jars and containers and bring them to the Nu zero-waste grocery store on Main Street for refilling. Bulk Barn at Billings Bridge has just announced that it is reinstating its reusable container program, so you can bring in clean containers for refilling there as well. Unpackaged options for fresh produce are now available at most major grocery stores. Shopping at the Lansdowne Farmers' Market or through community-shared agriculture (CSA) programs will also ensure less excess packaging. Don't throw out empty liquid soap, shampoo, conditioner, laundry or dish detergent bottles – bring them in to All Eco on Bank at Fifth for refilling.

Takeout meals and beverages are another big source of waste, which largely goes straight to landfill. Most Glebe restaurants offering takeout allow you to bring in your own containers when picking up your order, if you call ahead and ask them not to package it (and don't use third-party delivery services). While some coffee shops have stopped allowing customers to bring in reusable mugs during COVID, Café Morala and the Wild Oat are two that still offer this option. And single-use drink containers – both cans and bottles – merit self-reflection: Do I really need that soda, juice, energy drink or bottled water? Ottawa's tap water is top-notch, free and the best option for your health. Consider getting a SodaStream to easily turn tap water into sparkling water – available at Capital Home Hardware on Bank at Second.

Finally, e-commerce has skyrocketed over the past year because of the pandemic. The packaging waste, like cardboard boxes and fillers and the emissions generated by home delivery are clearly unsustainable. While ordering online is difficult to avoid completely, buying from Glebe vendors and opting for curbside pickup instead of delivery can help mitigate this waste.

**Tell us about your progress!**

We want to hear from you on your journey towards reduced waste and recycling. What are some of the practices that work well and what are some of the more challenging aspects? We may profile your story in a future edition of our regular "Kudos" column. Also, if you are interested in joining a zero-waste community to exchange tips and tricks, don't hesitate to reach out to us at [environment@glebeca.ca](mailto:environment@glebeca.ca). By consciously changing our personal consumption behaviours, we can all do our part in reducing pollution and addressing climate change.

*Kate Reekie is chair of the Glebe Community Association's Zero-Waste Committee.*

By Kate Reekie

With governments and businesses around the world finally getting serious about climate change and setting ambitious targets for greenhouse gas emissions reductions, the focus now turns to making sure these commitments are met. To date, the focus has primarily been on renewable energy and energy efficiency as the main ways to meet climate goals. But while the energy sector accounts for about 55 per cent of the world's carbon emissions, the other 45 per cent comes from how we make and use products and how we produce food.

That means that our consumption patterns are critically important, not just in reducing pollution and the resulting stress on land and water ecosystems but also in fighting climate change. While a low percentage of Ottawa's emissions come from the waste we generate – about eight per cent – this does not count the huge emissions generated in the rest of the product value chain, including emissions from the extraction of raw materials, manufacturing, packaging and transportation.

Though it's better than sending trash to landfill, recycling isn't a panacea. It entails significant emissions, so it is only a partial solution and should be avoided as much as possible. Packaging accounts for a significant proportion of our waste and recycling. While governments begin to regulate producer responsibility for packaging, and businesses innovate new packaging solutions and circular business models, citizens have an important role to play in reducing the amount of new stuff we consume and the amount of waste and recycling we produce as a result.

**Are you up for a challenge?**

The Glebe Community Association's Zero-Waste Committee is launching a challenge to Glebe households to halve your waste and recycling footprint by the end of August. It's time to really get serious about changing our ways. If you typically put out full garbage and recycling bins at every pick-up date, why not set a goal of putting them out every

Take part in the Glebe  
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<p><b>McKeen metro GLEBE</b>                  www.metroglebe.com                  754 Bank Street                  (613) 232-9466                  Monday to Friday 8:00am - 10:00pm                  Saturday 8:00am - 9:00pm                  Sunday 9:00am - 8:00pm</p>	

## More ideas for reducing your waste footprint



In addition to reducing packaging waste, there are many ways to give new lives to old items, and that is always preferable to recycling, given the energy, waste and pollution involved in the recycling process. One person's trash is another's treasure!

**Plant nursery pots:** Ritchie's Feed & Seed accepts these for customers wanting free pots for transplanting. Or find a local gardener who will use them by advertising them on the popular Buy Nothing the Glebe Facebook group.

**Boxes:** Before you discard your large cardboard boxes and fillers, consider offering them to someone who may be moving. Reach out through the Buy Nothing group. Smaller boxes can be decorated and are great for kids to store their treasures!

**Furniture and household goods:** Helping with Furniture is a local non-profit organization that will take furniture, household goods, electronics and bikes in good repair for families in need. Selling furniture on Kijiji or Marketplace allows creative buyers to upcycle older pieces and give them a new life.

**Building materials, fixtures and appliances:** The Re-Store accepts donations to be resold, with proceeds going to Habitat for Humanity.

**Computers and related equipment:** CompuCorps have a zero-landfill policy. They fix and redistribute donated computers for the underprivileged and at-risk youth. If computers are not fixable, they will send them to responsible recyclers. Secure data sanitization is performed.

**Tools:** The Ottawa Tool Library accepts donations of tools of all sorts to lend out to others. This is a great way to maximize the utility of underused tools in your basement or garage. It is also a useful service to avoid buying tools for occasional use only.

**Clothing:** Dress for Success takes donations of clean, gently used suits and business attire to empower their women and gender non-conforming clients who are preparing for job interviews. Most lower quality clothes donated to the large used clothing stores unfortunately end up in Africa where they are not wanted. The best solution is to buy far fewer clothes and select better quality items that will last.

**Textiles:** Eco-Equitable is a social enterprise that accepts donations of clean, unsewn, good quality fabrics

of over one meter to help newcomer women gain job skills in sewing.

**Wire hangers:** Glebe Tailoring or any dry-cleaning store will take back wire clothes hangers or, better yet, leave them behind at the store (along with the plastic wrap) when you pick up your clothes.

**Prescription pill bottles, egg cartons and 4-litre milk bags:** Earthub collects these items at drop-off locations across the city, including a new one in the Glebe! Pill bottles are reused for medical missions abroad, egg cartons are reused by food banks and farmers, and milk bags are made into mattresses for homeless veterans.

As a last resort for items that are recyclable but not accepted in Ottawa's blue/black box program, here are some ideas to stop these items from ending up in our landfill.

**Batteries:** The Glebe Community Centre, when it is open, collects batteries of all types for recycling.

**Electronics cables, printer ink cartridges and toner, old pens and markers:** Staples recycles all of these.

**Plastic bags:** McKeen Metro collects certain plastic bags for recycling at the Novolex recycling centre in Vernon, Indiana, where they are converted into pellets and then recycled into new bags.

**Wine bottles and beer cans:** Bottleworks is a social enterprise that holds a monthly drive for empties in the Glebe in support of Operation Come Home. Bottles and cans can be returned to the Beer Store for a deposit return – they are recycled into new bottles and fiberglass and new aluminum products, respectively.

**Personal care and cosmetics packaging:** These difficult-to-recycle items can be brought to a box at Terra 20 on Wellington, whose partnership with TerraCycle allows these items to be made into park benches and outdoor play structures. Their Pinecrest location also collects razors and blades separately.

**Styrofoam:** Although not accepted for recycling in Ottawa, expanded polystyrene (from electronics packaging, takeout containers, egg containers and single-use plates and cups) are accepted at Gatineau's EcoCentre in clear plastic bags. Collected material is repurposed into blown insulation and furniture. Proof of Gatineau residence is required so ask friends living there to help.



One of the best ways to reduce packaging is to buy your food, shampoo and cleaning supplies in bulk and store them in jars and containers.

Please wear a mask and stay safe!

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# Café Morala's empanadas

## The perfect COVID pick-me-up

By Marisa Romano

Empanadas are the crescent-shaped fried or baked pastries filled with a variety of savoury or sweet stuffing, typical of Latin America. The word literally means “wrapped in bread.”

Food historians place their origin in Galicia, the northwest corner of Spain. Empanadas eaten in Galicia – *empanadas gallegas* – are shaped like large pies filled with ingredients like tuna, sardines, minced pork or vegetables. The original dish was brought to South America by the Spaniards who colonized most of that continent. In time, the recipe was reworked and empanadas took the shape of pockets with the dough wrapped around the filling. Each region developed its own take by adding local flavours.

Empanada-like foods are found all over the world. Italian calzone, British pasty, Indian samosa and Chinese bao are just a few examples. I like all morsels wrapped in bread, but my favourite pick-me-up for “blah” COVID days are the empanadas from Café Morala. They are the creation of owner Miriam Rangel. Inside the baked shell – shaped like the empanadas found on the streets of Buenos Aires – Rangel hides combinations of ingredients inspired by international cuisine.

A quaint hub located at 734 Bank Street, Café Morala was the first specialty coffee shop in the Glebe. It opened its doors in 1993 as Morala Specialty Coffee. Inside, customers could sip freshly ground and brewed cups of coffee, enjoy Italian-style ice cream and buy high-end coffee equipment.

The business changed hands in 2002 when the Mortazari family sold it to two of its customers, Glebites Henry Assad and Miriam Rangel. In a farewell to his patrons published in the *Glebe Report*, Hamid Mortazari wrote that the new owners “will keep the shop as well as the service the same, and we hope that you will all be as generous to them as you were to us.” The Mortazari family now owns Morala Trading Co. on Kent Street.

I sat with Rangel to reminisce about the transformation that made Café Morala the community hub that it is today.

“At the beginning, it was a disaster,” recalls Rangel. The old fridge was the first thing to go, and ice-cream cones were never sold again. The business was sitting on coffee equipment that was not selling and clogged the small space – it was eventually unloaded at a garage sale.

One year into the venture, Rangel started making sandwiches and salads, using fresh

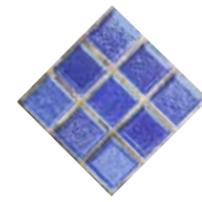
ingredients “including fun twists like avocado and quality breads.” Soups and scones were added to the menu shortly after. Later, the memorable Belgian waffles appeared on the weekend menu. Then the café started offering empanadas.

The interior of the small space also underwent a gradual transformation. Do you remember the large mural? “I did not really like it,” confesses Rangel with a hint of embarrassment.

After the major makeover that started in 2006, the busy coffee shop became brighter and cleaner looking with extra space for a table close to the window. The blue tiles added the Mexican flair from Rangel’s heritage and the large wall – freed from the bright, eye-popping mural – became the showcase for creations of Glebe’s artists.

“I am so grateful for the support of the community,” says Rangel. She is also grateful to Henry Assad, who left the coffee shop in her hands long ago and ventured into his own coffee business but is always ready to assist, and to Noel, the welcoming smile behind the counter who for nine years has served customers when Rangel is busy baking sweet treats and empanadas in the kitchen.

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



### Miriam's Ensalada Fresca

the perfect match for her signature empanadas

#### Ensalada:

- 1 head lettuce of your choice
- 1 cup arugula
- 1 small cucumber diced
- 1 red pepper diced
- 2 small beets baked or boiled and diced (optional)
- 1 mango pitted and diced
- 1 avocado pitted and diced
- Berries of your choice
- Roasted almonds chopped

Assemble ensalada fresca in layers starting with a bed of lettuce of your choice and arugula. Keep adding ingredients alternating colors and finishing with chopped roasted almonds.

#### Dressing:

- ¼ cup olive oil
- ¼ cup sunflower oil
- 3 tablespoons balsamic or red wine vinegar
- 1 teaspoon Dijon mustard
- 2 garlic cloves chopped in half
- 1 juice of lemon
- Salt and freshly ground pepper to taste

Chop the garlic in half and let it sit in the oil for an hour or more before adding the rest of the ingredients. Let the flavours fuse for 20 minutes before serving.



Café Morala's empanada with ensalada fresca, guaranteed to raise your spirits! PHOTO: CLAUDIA BELAIR

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# Rich flavours of Togo bring people together

By Tim O'Connor

I want to talk about how food can bring people together, and how my friend Derrick brought us to today's recipe.

Derrick, Flora Hall's sous chef, is from Togo in West Africa, and it's neat to listen to him talk about the food his mum makes, the food served at family gatherings. You can feel the passion, as food brings back warm memories of life in Togo and his mum's cooking.

Some West African dishes – Derrick's versions of them – have appeared on the menu at Flora Hall and are guest favourites. One dish Derrick told me about was black-eyed peas cooked in a peanut tomato broth, which was low cost and packed with protein – it was often eaten by construction workers back home.

I found a recipe in an old cookbook and, without letting Derrick in on my secret plan, I cooked my own version, which was easy to make because every ingredient is a pantry staple. The stew pairs well with whole grilled fish marinated in oil, lemon and herbs – another of Derrick's favourites – so that too was a part of my dinner plan.

The dish has a touch of habanero heat and the hearty richness of peanuts and black-eyed peas (or similar beans, such as Great Northern whites).

When Derrick saw and tasted the dish, his eyes lit up. It brought back the flavours and aromas of home as we tore off pieces of the fish to eat with the stew and flat bread.

I've not been to Togo, yet I felt like I was transported into Derrick's life and was sharing the food with his whole family. Derrick beamed.

Food does that. It takes you to places you've never been, places that are home to your friends. And along the way, it brings us closer together.

*Tim O'Connor was born and raised in the Glebe and is head chef at Flora Hall Brewing.*



*Derrick and Tim bond over their mutual love of good food.*

PHOTO: DAVID LONGBOTTOM

## **Black-eyed peas in tomato peanut broth, with whole grilled fish**

4 cups cooked black eye beans  
1 cup canned whole tomatoes  
1 cup of peanuts or ¼ cup of peanut butter  
1 whole onion, chopped fine  
3 sprigs of thyme  
4 cloves of garlic, chopped  
¼ inch of ginger, chopped  
1 habanero

1. Sauté onion, garlic and ginger until they sweat, add habanero and thyme.
2. Purée peanuts with just enough water to make paste (or use peanut butter).
3. Add peanut paste and cook until it starts to separate.
4. Add tomatoes, cook for 5 minutes.
5. Add beans and season.
6. Add a half cup of water or veg stock as needed (you don't want it like soup).

## **Fish**

Take a whole sea bream (my favourite) or bass, gutted and scaled with head on.

Pounded garlic

Thyme

Parsley

Lemon juice and zest

Black pepper

Olive oil

Salt

1. Rub juice and oil in cavity of fish, stuff all ingredients inside. Season outside of fish with olive oil and salt.
2. Put fish on very hot grill (use BBQ cage if you have one). Depending on size, your fish should take 7 minutes per side to cook. If not using cage, flip gently as some skin may stick (it happens to the best of us).
3. Eat, enjoy, watch for tiny bones!



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# WOMANHOOD EXPLORED IN NOVELS

By Leah Friedman

With the arrival of spring and the recent celebration of Mother's Day, the themes of motherhood and womanhood in literature are fresh in my mind. I appreciate novels that explore the difficult elements of motherhood and feature complex female characters. Here are some of my recent reads that explore the role of mothers, their impact and influence.

***Eleanor Oliphant Is Completely Fine***  
– Gail Honeyman

Eleanor Oliphant is not completely fine; she has a dark, complicated past in which her mother looms large. Eleanor is an unconventional protagonist who struggles to relate to others and is often abrasive and judgmental. Eleanor is not concerned with fitting in. She holds a great amount of disdain for others and does not shy away from expressing it. Eleanor has built herself a solitary and repetitive life, and she relies on this monotony to keep her mind from stumbling upon hard truths. Eleanor must learn to rely on others while separating herself from her destructive mother's lasting influence. Honeyman uses humour to alleviate the heavy themes of loneliness and trauma.

***Mrs. Everything*** – Jennifer Weiner

This expansive novel features a woman moving through life and experiencing both sides of the mother-daughter relationship. It is a fascinating

look at the evolution of social expectations for women in North America from the 1950s to present day. The novel follows the lives of sisters Bethie and Jo Kaufman as they struggle between these norms and finding a life that is authentic. Bethie initially finds it easy to fit in, pleasing her mother and peers. However, the appearance of perfection comes with a price, and Bethie begins to struggle when she is consumed by the counterculture and the inability to settle into a chosen path. Jo pushes against her strict mother's oppressive expectations, seeking education and freedom. After a traumatic romantic fallout, Jo succumbs to the pressure to be "normal" but is later confronted by the inadequacies of her picturesque suburban life and marriage. This novel deftly explores womanhood while also engaging with gender, race and sexuality.

***The Dutch House*** – Ann Patchett

In her latest novel, Patchett explores a family over the course of five decades. Danny, the protagonist, is born into a new-money family and is faced with the reality of the sacrifices that must be made to achieve wealth. Danny's mother becomes a casualty of his father's quest for greatness. Danny and his sister Maeve are shaped by the loss of their mother, and they struggle to find themselves when their father's new wife casts them out of the opulent family home. Maeve becomes a stand-in

mother for Danny as they navigate their new meager circumstances together. Later in life, the siblings face both their wicked stepmother and runaway mother as they try to make peace with their past. The audiobook version of this novel is read by Tom Hanks – I loved what he brought to the narration.

***Today Will Be Different***  
– Maria Semple

Following her bestselling novel *Where'd You Go, Bernadette*, Semple brings us another screwball comedy in her signature style. We follow Eleanor Flood through a single day of her life as she struggles to balance her marriage, childcare, career and social life. With Eleanor's TV writing career at a standstill, she evades her agent's calls and puts it out of her mind. Her husband, a successful surgeon, has relocated the family to Seattle, and their son is enrolled in a prestigious private school. Eleanor is hesitant to join the circle of rich suburban mothers and makes several disastrous missteps. Flashbacks are used to explore the past and provide a fuller picture of Eleanor's strained relationship with her sister. Eleanor's imagination takes the reader on a wild ride of deranged fantasies that help break up the single-day narrative. Underlying the comedy and levity of this novel is the very sincere recognition of any woman who rises every morning with the intention to do better for herself and her family.

***Hausfrau*** – Jill Alexander Essbaum

This fish-out-of-water story features American expat Anna Benz who lives with her Swiss husband and three children in Zurich. Despite the wealth and



comfort, Anna finds no joy in her life. The novel follows Anna as she tries to find her way, first with German language class and psychoanalysis and later with reckless extramarital affairs. Anna is miserable and feels trapped in the gilded cage of her life; her endless lies and deception sabotage any chance of success in her therapy, marriage or motherhood. Anna muses about the meaning of being and guilt but never arrives at any satisfying answer. Ultimately, a traumatic event forces Anna to consider anything but her own misery, and she is forced to pay the price for her transgressions.

These titles and many more are available at your local Sunnyside Branch of the public library.

Leah Friedman is a public service assistant at the Sunnyside Branch of the Ottawa Public Library. She loves being in nature and staying active and keeps busy sewing and overwatering her plants.

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## What Your Neighbours are Reading

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

TITLE (for adults)	AUTHOR	BOOK CLUB
Five Wives	Joan Thomas	The 15 Book Club
The Vanishing Half	Brit Bennett	The 35 Book Club
Sweetland	Michael Crummey	Abbotsford Book Club on Zoom
Girl, Woman, Other	Bernadine Evaristo	Broadway Book Club
Ridgerunner	Gil Adamson	Can Litterers
The Dinner	Norman Koch	Helen's Book Club
A Gentleman in Moscow	Amor Towles	Seriously No-Name Book Club
The Rise of Wolf Eight: Witnessing the Triumph of Yellowstone's Underdog	Rick McIntyre	The Book Club

If your book club would like to share its reading list, please email it to Micheline Boyle at [grapevine@glebereport.ca](mailto:grapevine@glebereport.ca)



**POETRY  
QUARTER MAY 2021**

# Come, spring!

A season of beginnings, daylight and warmth, leaves in bud, birdsong, crocuses! Thaws, rain and floods, too. How does release from winter's grasp feel after a year with the pandemic? Here are your poems of relief – exuberance – wistfulness – and joy. Spring has come! The *Glebe Report's* Poetry Quarter is curated by poet, author and educator JC Sulzenko.

### Why Do I Love Spring?

The gardener in me sees the first sign of grass peaking out from the slowly melting, packed, icy snow, and it makes me want to plant, dig and grow exciting things.

The mom in me feels the intensity of the sun's heat and the sense of new life as exciting as the first flutters of the 16th week.

The friend in me wants to share the colours, the scents and the joy with those that surround and support me.

The wife in me wants to experience the freshness and the effervescence of cascading, rushing spring water and the expected, yet always unexpected, first sighting of the spring robin with my partner.

The person in me wishes that everyone could breathe in the season and see spring as I do.

Gail Kayuk

### April Winds

Into the snowy, hilly woods  
gusty April winds wrap themselves  
around resilient trees  
some bent now

Winters are too long  
Lone fox awaits its next catch  
and I for spring, summer  
when my feet can touch lake waters  
and hands feel the tenderness of a petal  
little creatures

Into the snowy, hilly woods  
gusty April winds wrap themselves  
around resilient trees  
some bent now

down the road to the craggy barn  
stands a sign cold, withered  
"corn for sale"

Jagjeet Sharma

### Spring Springs!

*A touch of moisture suffices to dissolve the hardened clay...*  
—Baha'u'llah

Spring springs!  
Spring bursts on the scene!  
Earth gives birth,  
Grass inches up,  
Each blade's green soul singing!

Spring sprouts!  
Seeds, shoots,  
Moist earth releasing treasures,  
Plants press sunward.

Spring soaks  
The driest earth,  
Slakes each parched throat,  
Revives each barren place.

Dim hearts, awakened,  
Lean into the light,  
And sun-warmed,  
Rise like sap  
In the sun's dominions.  
Refresh! Revive!  
Alive! Alive!

Spring springs!  
Every heart a garden!  
Alive, alive!

Linda O'Neil

### Early morning, window open

Springtime birdies, noisy. . . .  
*sure, sure sure, sure*  
awakening me, half asleep...these variable mornings  
of lights and darks, birdies out there calling  
in still barren trees, trees-yet-to-green. . .

*please, please  
could I . . .  
could I . . . please, please*

further away, another replies:  
*not likely,  
not likely*  
closer by, raucous one is shouting:  
*tax  
tax, tax. . . tax, tax*

OK. Time to get up.  
Thank you, morning chorus.  
*here it is,  
here it is. . . could be, could be*

Thank you.

Maureen Korp

### Spring 2021

The sun now touches us with gentle fingers;  
A sign that spring is near (though cold still lingers).

Crocus tips at last are seen, pushing through to find the light.  
Sap is coursing in the trees. Daylight now surpasses night.

Rain gently cleans the roads and urges stubborn snow to run  
And soak into the grateful soil and help the buds to seek the sun.

The joy the birds feel is contagious. Our hearts feel lighter day by day.  
We take in the warmth this special spring brings and hope that COVID  
goes away.

Pat Marshall

### I am Spring

**I am** the promised spring.  
**I wonder** where people have been.  
**I hear** wind that makes me sing.  
**I wish** for this interruption to end.  
**I am** spring.

**I think** new life will be just fine.  
**I feel** the wind pushing with the speed of time.  
**I wonder** how green the grass will be.  
**I try** to imagine what life will be.  
**I am** spring.

**I understand** the journey is harder now.  
**I say** rain will fade and rainbows will rise.  
**I try** to help you see the joys that you can find in this new time.  
**I hope** I will lead you into a new sunrise.  
**I am** spring.

Tomas Mejias,  
Grade 7, The Element High School  
in collaboration with J. Kennedy

### Different

The virus was at the top of the news, when everything was starting to be different.  
Students learned on Zoom, when everything was starting to be different.  
People stayed home, when everything was starting to be different.

People worked on a vaccine, when everything was different.  
People wore masks, when everything was different.  
Dogs disappeared from shelters, when everything was different.  
People lost their jobs, when everything was different.  
New tests came out, when everything was different.

The first vaccine came out, when it began to become normal again.  
More vaccines joined it, when it began to become normal again.  
People saw the light at the end of the tunnel, when it began to become normal again.

But then cases spiked, and things were once more different.

But through all this, one thing stayed the same,

Hope, which will never be different.

Finn Mahoney-Cates  
Grade 5, Glebe Montessori School

## POETRY QUARTER AUGUST 2021

### What surprised me was. . .

Since the unexpected burden of the pandemic descended upon us and changed so much, what has surprised you most? How have you or the people around you adapted or chosen not to adapt? What has emerged from such a sea change?

Send us your poem that answers or completes, figuratively or literally, the phrase "What surprised me was. . ."

#### As usual, poems should be:

- Original and unpublished in any medium (no poems submitted elsewhere, please);
- No more than 30 lines each;
- On any aspect of the theme within the bounds of public discourse; and
- Submitted on or before Friday, July 30, 2021.

Poets in the National Capital Region of all ages welcome (school-age poets, please indicate your grade and school). Please send your entries (up to 5 poems that meet the criteria) to [editor@glebereport.ca](mailto:editor@glebereport.ca). Remember to send us your contact information and your grade and school if you are in school.

Deadline: Friday, July 30, 2021

Here are two takes on an Oscar-winning film, one from Glebite Barbara Popel and the other by Glebe Collegiate student Angus Luff.

# Sound of Metal a film that surprises

*Sound of Metal*  
(USA, 2019)

Director: Darius Marder

Review by Angus Luff

*Sound of Metal* is not what you think it is, and it's probably one of the biggest surprises in a while. If you looked at the poster or the summary on IMDb, you'd probably expect something similar to *Whiplash*, maybe a stressful thriller designed to keep you on the edge of your seat. There are moments of that, but *Sound of Metal* is really a personal tale of change and acceptance.

The film revolves around Ruben (Riz Ahmed), a drummer from a heavy metal band, and his girlfriend Lou (Olivia Cooke). His hearing starts to deteriorate while on tour, and his world of music is torn away from him. But when he is taken into a community of deaf people, run by a gentle Vietnam veteran named Joe (Paul Raci), Ruben realizes he can either continue to live as a deaf person or get an implant in his ears and continue drumming.

This film is built mainly on two things – Ahmed's excellent performance and the life-like sound design. First let's talk about Ahmed. He is fantastic and plays the role with a range of emotions. Sometimes he freaks out in anger when he gets frustrated; sometimes all his emotion is purely in his facial expressions. There is a realistic feel of confusion and fear in the first half hour that is sold by Ahmed's fantastic performance. The way his character changes from someone who fears the silence to someone who embraces it is done exceptionally well. He is never over or under active; he is always appropriate for what the character is feeling.

The sound design is another reason this film works so well. It is the chilling,



almost claustrophobic soundscape of this deaf character that adds to the authenticity. Everything is muffled and low pitched; it sounds and feels how you would expect. This is alarming in the first half hour, but as the film plays out, that silence becomes soothing and calming. It is the character and the tone of the film that change the silence. The sound design helps sell the character, and the character helps sell the sound design.

*Sound of Metal* has plenty of other great performances, the pace is slow and takes its time to breathe with the characters, the dialogue is rarely transparent or cheesy, and the ending leaves you with so much, without any dialogue at all. The film really is about this one person and his acceptance of this hard time in his life. This isn't the best film from last year, but it's definitely the one that left me the most surprised in the best way possible.

Angus Luff is a student at Glebe Collegiate. He grew up in the Glebe and is obsessed with movies.

Running time: 2 hours  
Rated 14A

Available: Hoopla, Google Play, Apple TV, Cineplex Store, TIFF Digital Lightbox



Review by Barbara Popel

If you think *Sound of Metal* – the film about a heavy metal drummer who suddenly loses his hearing – isn't the film for you, think again. There are only a few minutes of painfully loud heavy metal at the beginning of the film. But sound is at the heart of this terrific film.

Ruben (Riz Ahmed), the drummer, and Lou (Olivia Cooke), his girlfriend, are a two-piece group on the cusp of success. They're about to cut an album and are touring the U.S., playing to enthusiastic fans. They're also very much in love.

The film opens at the end of a concert. As any good rock drummer would do, Ruben tosses his drumsticks to the cheering crowd. Next morning in their comfy Airstream trailer, Ruben quietly gets up and makes green smoothies and coffee. You're keenly aware of the homey sounds of him blending smoothies, of coffee dripping into the pot, of his breathing during calisthenics, of him cleaning their sound equipment with delicate sprays of compressed air. Then he puts on an LP of Bessie Smith singing "Careless Love" and gently wakes up Lou. They dance to a romantic song. A very sweet couple.

While setting up their merch at their next gig, Ruben suddenly hears only muffled voices. And we hear what Ruben is hearing. Kudos to director Darius Marder – from then on, the film's soundtrack is often only what Ruben hears. The audience is immersed in his experience of deafness. We climb into Ruben's skin. It's visceral. It's impossible not to empathize.

His hearing is still distorted at that night's concert. He – and we – hear only indistinct drumbeats and Lou's guitar as a mush of sound. The next morning, he – and we – can hear almost nothing. He panics. He goes to an audiologist who tells him he is rapidly losing his hearing. To preserve what little hearing he has left, he must eliminate all loud noises; if he doesn't, his hearing will disappear

over the next few days and won't come back. The specialist mentions cochlear implants. They're expensive and aren't covered by insurance. Ruben seems to understand his plight, but in the next scene he's thrashing away at his drums in a concert. His hearing degenerates to a dull hum. He flees the concert and tells Lou he's deaf. But he thinks the implant will fix things "like new" and that they should continue with touring to collect money for the surgery. She refuses. Lou phones Hector, who seems to be Ruben's therapist. And Hector finds a deaf community where Ruben may get help.

The community is run by Joe (Paul Raci), an Army veteran who lost his hearing in Vietnam. He's also an alcoholic. This community is for recovered addicts who are deaf. We learn that Ruben is a heroin addict who has been "clean" for four years, ever since he met Lou. Joe tells Ruben, "We're looking for a solution to what's going on in the mind, not to fixing the deafness." He recommends that Ruben stay to learn American Sign Language (ASL) but have no contact with Lou. Ruben refuses. Lou gives him an ultimatum: If he hurts himself by continuing to play, she'll start hurting herself again. She packs her bags and leaves, promising that she'll wait for him. Ruben goes back to Joe's community.

Joe assigns Ruben his only task: "Learn to be deaf."

The first few scenes at the community and at a nearby school for deaf children make it painfully clear how isolated Ruben is. He can't "speak" ASL and can't read lips. But rapidly (rather too rapidly, as there's little evidence of time passing), he becomes fluent in ASL. When he starts using ASL, we start "hearing" him and others speak via subtitles. He bonds with the children; there are some really lovely scenes of him and the kids.

But Ruben wants to go back to his old life as a musician with Lou. He takes matters into his own hands.

At the recent Academy Awards, *Sound of Metal* won Oscars for best sound and best film editing, awards it was also given by the British Academy of Film and Television Arts. The film was also nominated for best picture at the Oscars, and Ahmed and Raci were nominated for best leading actor and supporting actor respectively. All these honours are very well deserved.

Barb Popel has lived in the Glebe since 1991. At university in the early 1970s, she was introduced to the joys of film. She's been an avid filmgoer ever since.

## Drive a mile in a nomad's shoes

*Nomadland*  
(U.S., 2020)

Director: Chloé Zhao

Review by Niamh O'Kelly

In the film *Nomadland*, this year's winner for best picture and director at the Oscars, director Chloé Zhao allows the viewer a unique and inquisitive look into the world of nomadic people. The story follows Fern (Frances McDormand, who won best actress for this role) as she embarks on a new life in the American west. After the main industry in her small town shuts down, Fern is left jobless, "houseless" and in need of work to get by. Following the advice of a nomad friend, Fern packs up her homey van and hits the road. The viewer is given an intimate look at the life of a nomad

while watching Fern make friends and find work on farms and at campgrounds and restaurants across Arizona, South Dakota and California.

Getting to know Fern, we feel a little like a fly-on-the-wall voyeur and, in some aspects, like a nomad ourselves, ones with an exceptionally intimate view of Fern's experience. The viewer never sees more than Fern does. The sweeping views of her changing landscapes are vast and breathtaking, but we see it from the same vantage point as she does; there are no wide aerial shots or tracking shots following her travels along the road. This technique allows the audience to better appreciate the unfiltered access we have into our protagonist's roaming life.

Like Zhao's previous work, *Nomadland* features real-life members



of the nomadic community, lending an acutely authentic feel to the story, evocative of the Canadian *cinéma vérité* style. Hearing the characters share their stories and experiences provides us with a detailed look at the slice of life they offer. The viewer feels like a fellow community member; we're right there with Fern in the circle of friends, privy to their personal moments, having our own first experience of this life.

While beautiful in every aspect – from the authentic and vulnerable performances to the golden, magic-hour lighting that permeates the film – *Nomadland* does impart a slight feeling of loneliness. Perhaps that's the

difference of perception between an outsider looking in on the rough-edged nomadic life and a seasoned member of it. Perhaps you need to embrace the lifestyle yourself to appreciate the reflective solitude in between reunions with friends and not see it as a time of isolated seclusion. I'd be willing to journey alongside Fern all over again in the hope of finding out.

Running time: 108 minutes  
Streaming on Disney+

Niamh O'Kelly is an Ottawa local, long-time Glebe dweller and longer-time film and TV aficionado.

ON THE SCREEN 

*Blow-Up* holds up after 55 years

**Blow-Up**  
(U.S., 1966)  
**Director:**  
Michelangelo  
Antonioni



**Review by**  
Lois Siegel

*Blow-Up*, a 1966 thriller directed by Michelangelo Antonioni, was based on a short story by Julio Cortázar called “Las babas del Diablo.”

In the film, actor David Hemmings plays Thomas, a macho fashion photographer in the 1960s in London. The location is filled with empty streets, and the music is by American composer Herbie Hancock. Moving across Maryon Park in southeast London, camera in hand, Thomas shoots photos of some birds and pantomimists. He also photographs a woman, Vanessa Redgrave. When he returns to his studio, he blows up the photos he has taken and discovers a grainy image of a possible dead body. He questions what he really saw – what is real and what isn’t? Cortazar wrote, “The photographer always worked as a permutation of his personal way of seeing the world.”

The film also features German supermodel model and actress Veruschka; the fashion photography recalls the era of “swinging England.”

Director Antonioni explains that *Blow-Up* is about “a man’s relationship with reality.” Time called the film a “far-out, uptight and vibrantly exciting picture.” Ingmar Bergman called it a masterpiece. The film was nominated

for Academy Awards for best director and best original screenplay in 1967 and for best British film at the British Academy Film Awards in 1968. It won the Grand Prix du Festival International du Film at Cannes in 1967 and was named best foreign film by the French Syndicate of Cinema Critics in 1968.

Cortázar’s short story was originally published in *End of the Game, and Other Stories (1967)* – it could be called *Blow-up and Other Stories!* Cortazar lived in Paris for more than 30 years. I’ve read almost all his books and corresponded with him at one point. I also corresponded with David Hemmings, the lead actor in *Blow-Up*, a few years before he died. I’ve saved this note.

Dear Lois,

*Antonioni approached me on the first day of principal photography to ask me if I liked the title “Blow Up.”*

*Personally, I like “A girl and a photographer and a beautiful April Morning.” But who is one to argue?*

*It is true, Antonioni painted the park in Woolwich a complete green. Bark of trees, fences, grass. Leaves and various other odd spots. Took about two days while we waited. Laying Certain claim to the old adage that movie making is fundamentally “Hurry up and Wait.”*

*I have always said that the art of acting consists in at least 50% of the craft, learning the technique of waiting.*

*With very best regards,  
David Hemmings.*

I was a student at Ohio University in



Athens, Ohio. The first foreign film I saw was Fellini’s *8½*. Before that, I only saw Mickey Mouse. I wasn’t sure what I had seen, but I loved it. I walked around in a daze for two weeks after that.

Ohio University had film showings sponsored by Sphere, the student literary review. I soon became head of Sphere. Then I saw *Blow-Up*. I was hooked. I wanted to be a photographer.

*Running time: 1h 51min*  
*Available: Amazon (DVD), Criterion Collection on Blue-Ray and DVD, eBay*

**CORRECTION**

In the April 2021 *Glebe Report*, page 19, “What does a Lego robot eat? Cheeseburger!” the caption identified the photo as the Lego robot entry in the competition, whereas in fact it was one of two trophies won by the Glebe team, the Glebe Gladiators.

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## The Glebe according to Zeus

A GUINEA PIG'S PERSPECTIVE ON THE GLEBE

### Border blockades result in questionable incarcerations

Two Glebe guinea pigs who wish to remain anonymous, Jean-Guy and François, were arrested last weekend after attempting to cross the Glebe-Hintonburg border without a good reason. In a swift in-camera trial, Jean-Guy was found guilty and sentenced to one month's incarceration in the Hintonburg Jail, while François waddled free.

Advocates for equal treatment among rodents, Anomie International, shocked many by launching a campaign to seek François' incarceration as well. "Our vision is of a world in which every rodent is treated equally," said Pillory, long-time president and founder of Anomie International. "François crossed the border too and gave just as poor an excuse – foraging. Guinea pigs have not foraged since they were domesticated in 5000 BCE. We all know that they just wanted to pick up

takeout from several Hintonburg restaurants instead of supporting local." The campaign also seemed to suggest that François got off because he is cuter and in better shape than Jean-Guy, irrelevant factors that led to the biased outcome in his favour.

Anomie International faces a strong backlash, however, from Aliments Sans Frontier, a large non-profit that supports universal access to food for rodents. Many question the usefulness of borders between neighbourhoods, arguing they are isolationist, essentialist and disproportionately impact rodents. "Rodents need to move," explained Émilie Durkheimheart, renowned rodent sociologist and pilot. "Varied takeout food and extensive socialization are essential to their well-being and mental health. We are very concerned about the possibility of increased rates of ennui and Weltschmerz."

In the meantime, François has been hiding in an unknown Glebe home at 4978 Powell Avenue, top floor. Through a spokespig, he said he is doing well under the circumstances but could use some fresh dandelion leaves and a veggie burger from Hintonburg Public House, if anyone can help.



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## The Magic of HERBS

By Sophie Shields

A magical aroma is beginning to dust the streets of the Glebe. What could it be? It is the unmistakable fragrance of herbs – rosemary, thyme, mint, lavender, basil and more. These plants are sprouting out of the ground and bringing with them mystic etymologies and centuries worth of history.

Let's begin with a herb hidden under a cloak of magic. Legend has it that as the Virgin Mary fled to Egypt, she dried her cape by throwing it on a nearby rosemary bush. The white flowers miraculously turned blue and were known from then on as the "rose of Mary." A similarly curious history exists behind the word basil. Herbologists in the Middle Ages hypothesized that basil could be used to protect people from tiny venomous serpents called *basiliskos* ("little king" in Greek). So, the plant was named *basileus* from the Greek "king." Moving into the world of mythology, mint is said to be a herb born of violence and rage. When Persephone, the wife of the Greek god Hades, found out that he was consorting with a nymph named Minthe, she trampled on the latter until she was transformed into a plant – mint.

Other herbs have names more directly related to their historic uses. For instance, dill takes its name from the Old Norse term *dilla* ("to lull") as it was commonly used to soothe babies and settle the digestive system. Similarly, sage's botanical name, *salvia officinalis*, is derived from the Latin word *salvere*, meaning "to save." A common Latin proverb emphasizes sage's healing properties: *Cur moriatur homo, cui calvia crescit in horto?* (Why should a man die while sage grows in his garden?).

Indeed, in the Middle Ages, sage was one of four components in a concoction meant to ward off the plague. If you're superstitious, this might be the summer to plant sage.

To truly appreciate this festival of senses, it helps to understand the history of the plants before your nose. From vengeful nymphs to lifesaving concoctions, the world of herbs, *erbe* (c. 1300, Old French, "grass, green crops, herb"), is just waiting to be discovered.

*Sophie Shields is a Carleton student studying global literature and a proud Franco-Ukrainian who is learning German. She is the social media coordinator for the Glebe Report.*

# Lose yourself in the flow

By Elaine MacDonald

My family would say my daily mantra has forever been “drink water, get out into nature and find something to get you into a state of flow.” Water and nature are straightforward, but what is a state of flow?

Amid the challenges of this pandemic, many of us are dealing with feelings of boredom, loneliness, even loss of hope. For the first time in our lives, we can’t escape our situation because this is a worldwide crisis. We are being stretched to explore new ways to find happiness.

Luckily, there are several positive tools that we can call on to sweeten our days, even if just a little. One of these tools is finding our state of flow. What is the meaning of flow? Positive psychologist Mihály Csíkszentmihályi describes flow as a state of complete immersion in an activity. While in this mental state, people are completely involved in and focused on what they are doing. One sign that you have achieved true flow is losing all track of time while doing your activity. The best part of getting into a state of flow is feeling far removed from any troubles and concerns.

Getting into a state of flow is more difficult these days because our usual routines and safety zones have been disrupted, and technology and social media are often our go-to relief. However, with a little planning and by choosing an activity that turns our crank, we can achieve flow and find some well-deserved peace. Flow is just one self-care tool that can bring more positive energy into our days while working from home, home schooling our children or simply being in lockdown.

Brainstorming a list of activities is the place to start. Remember, the activity must stretch us a bit but can be anything. Examples include sewing new curtains, drafting the subject of your new book, redesigning your garden or learning a musical instrument. If you have older children, getting them involved in creating their own lists can also bring new energy to the home. Everyone can benefit from carving out time for an activity that leads to a state of flow. What we can achieve when in flow can be very satisfying and soothing, plus we benefit from natural, pleasure-inducing, performance-enhancing chemicals that make the brain happy and make us feel more in Zen.



“One sign that you have achieved true flow is when you lose all track of time.”

Here are the key steps to achieving and benefiting from flow:

1. Commit several hours before to doing this activity.
2. Choose a task or activity that you like and that you feel is important and of value.
3. Make sure it’s challenging and requires your undivided attention, though it does not have to be too difficult.
4. Clear away distractions so that you are completely free – the means putting away phones and computers!
5. Tell your partner/spouse/child that you will be unavailable while engaged in your activity.
6. Learn to focus on the task for as long as possible. Getting immersed for a minimum of 30 minutes is recommended. Take breaks of only five minutes between the 30-minute blocks to keep you in flow. Use a timer.
7. Enjoy yourself.
8. Keep practising.

Following your first intentional attempt at achieving flow, notice how you feel. If you feel good and you feel uplifted, commit to making this a regular practice. You will be grateful that you did.

*Elaine MacDonald is a health and life coach at Finding Your Zen Coaching.*



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## Queen Anne homes in the Glebe

By Don Beecher

Learning about the architectural styles of Glebe houses adds a whole new dimension to wandering our wonderful streets. Among them are the many homes in the Queen Anne Revival style, a flamboyant Victorian creation promoted in England by Richard Norman Shaw (1831-1912) beginning in the 1860s.

So why was this new eclectic architectural style named in honour of good Queen Anne, the last of the Stuart line, who died in 1714? The answer seems to be out of desperation for a new royal period name after all the more suitable ones had been taken. Queen Anne revival houses are, above all, a late Victorian style, featuring turrets capped with cones, prominent front dormers, high hip roofs with corner braces, elaborate wrap-around verandas with spindled balustrades, columned porticos leading to entrances with their low triangular roofs or pediments on top (resembling the façades of Greek temples), tall chimneys and white, lacy finishes, often with fish-scale siding or patterned shingles – there are several examples of fish-scale siding on Second Avenue just west of Bank.

In Canada, the Queen Anne style arrived around 1880 and remained popular until 1910 as a versatile, turn-of-the-century design. It was adapted to our chillier climes with brick siding and more confined floor plans to conserve heat and to fit on smaller city lots. But many of the telltale features were retained, though less ornate, less wedding cake and lace.

Glebe examples are typically

asymmetrical with front entries to one side. They are sure to have a large, overhanging dormer window on one side of the third floor, typically in the gambrel or “Dutch roof” design with two slopes making for more headroom. There is often a smaller dormer on the opposite side. Large porches or entry porticos are de rigueur features, with their columns, sometimes beautifully fluted, supporting an entablature (the crossing lintel) as embellished as the owner could afford and crowned by the now familiar low-pitched gables or pediments. The eaves are broad and occasionally have dentils under the soffits – little square ornamental blocks thought to resemble teeth – or larger ornamental blocks more widely spaced (199 Second Avenue is a nice example). Look, too, for bay windows, many of them “stacked” or two storeys high (First Avenue just west of Bank offers over a dozen). Sometimes there are bay windows that do not touch the ground; rather, they sit on braces or corbels of stone, wood or metal built solidly into the walls. These are oriel windows. Stroll through the intersection of Powell and Lyon and you’ll see a very fine wrap-around veranda – quintessential Queen Anne gentility and commodiousness, the perfect vantage point from which to look out over a Victorian garden.

My leading specimen, though, is the striking example at 299 First Avenue. It was built in 1911. For its first 50 years, it belonged to John McLeish, chief clerk of statistics in the Department of Mines. In the 1960s, 299 for the next 48 years became the much-loved and carefully maintained home of Clyde and Penny Sanger and their four sons.



The home at 299 First Avenue built in 1911 is a striking example of the Queen Anne revival architectural style. Note the corner turret characteristic of the Queen Anne style, one-storey porch with columns and an open pediment over the stairs, large gabled dormer with stucco and half-timbering, and the fine leaded windows original to the house. PHOTO: LIZ MCKEEN

In 2018, it changed hands again with a sympathetic restoration of the façade in faithful keeping with the heritage style. The first thing you will notice is the splendid corner turret, finished at the top in period-style shingles. The one-storey porch is nicely restored with white columns and an open pediment over the stairs leading to the massive original front door (the pediment is “open” because the base of its triangle is incomplete). Take note, too, of the large gabled dormer with stucco and half-timbering (inspired by Tudor-period houses with dark timbers and white panels between) and the fine leaded windows original to the house.

The handsome second-storey bay window over the porch is likewise typical of these homes. You may also spot an oriel window on its corbel on the west side.

Queen Anne homes were designed for large and sometimes extended families and were typically divided into smaller rooms where everyone, including a domestic or two, could have a private space. As children left home, extra rooms could be rented to lodgers or interior walls could be moved to make larger living spaces. The McLeishes created a sitting room

*Continued next page*

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# Thirty Years Ago in the Glebe Report

This retrospective is filed bi-monthly by Ian McKercher of the Glebe Historical Society. The society welcomes the donation or loan (for copying) of any item documenting Glebe history (photographs, maps, surveys, news articles, posters, programs, memorabilia, etc.). Contact Ian at 613-235-4863 or [ian.s.mckercher@gmail.com](mailto:ian.s.mckercher@gmail.com).

**Note:** All back issues of the *Glebe Report* to June 1973 can be viewed on the *Glebe Report* website at [www.glebereport.ca](http://www.glebereport.ca) under the PAST ISSUES menu.



**Volume 20, Number 5,  
May 3, 1991** (36 pages)

## Plastic recycling a hit

As part of Earth Day celebrations, a plastic recycling depot was set up at Corpus Christi schoolyard on April 13, 14, 20, 21. Approximately two metric tons of plastic were collected. The event was organized by Arbour Recycled Products of Fourth Avenue. Waste Management Industries of Hull provided trucks and volunteer drivers. Visitors to the depot were asked to sign a petition asking the city to begin a blue-box, plastic-recycling program and to write to the mayor and members of city council for support.

## Lansdowne dispute

The Glebe Community Association (GCA) took strong issue with the City of Ottawa's proposals to develop commercial and trade show space at Lansdowne Park. No community representatives were consulted in preparation of reports to City Council. The city was proposing to spend \$19,500,000 to build a parking garage for 2,400 cars at Lansdowne to service commercial tenants and an Exhibition Show Complex. The

Horticulture Building was to be torn down. The GCA believed that the whole proposal was too large for the site in terms of traffic and parking constraints and that recreational space was being sacrificed.

## Glebe author profiled

Roy Macskimming wrote a full-page profile highlighting the writing accomplishments of 45-year-old Glebe author Clive Doucet. Doucet had already published three works of fiction plus a memoir of his ancestral Cape Breton and had four plays professionally produced.

His latest book, *The Gospel According to Mary Magdalene*, was praised by the *Globe and Mail* as a "brilliant juggling act of craftsmanship." The novella grew out of a year (1987-88) that Doucet spent with his family in a hillside villa in the south of France near the village of Rousset.

Doucet was currently working on a play collaboration with Ottawa South author Claire Harrison. They co-founded the lively professional group, Ottawa Independent Writers.



by Ian McKercher

## Former Glebe teacher/coach Dave Cummings said it all with his smile

By Martin Cleary

If you were to play the word association game, high-school teacher edition, and were given the name Dave Cummings, there could only be one proper response: Smile.

In a nutshell, that beaming facial expression was the open door that guided you into the discovery of a dedicated teacher and coach, who prided himself on motivating the students to be the best they could be in the classroom and in sports.

Cummings, who spent his entire 33-year professional teaching career (1963-95) at Glebe Collegiate Institute as an advocate for the "fun in learning" approach, died on March 5, less than five months after the passing of his wife, Elaine. He was 83.

The day he was born, May 18, 1937, Cummings was destined for a good life. This little baby would grow up and marry Elaine Rothwell, who was born in the same hospital on the very same day. He also had good fortune as a teacher/coach.

"He was an icon of what is a true teacher, who had at all times the best interests of his students at the forefront," wrote Jayne Forward, who also spent her entire career at Glebe and assisted Cummings, the school's long-time athletic director.

There was a time when Cummings taught history and geography but for most of his career, he focused on physical education and health. He was known for making his classes interesting, even walking into one health class on his hands.

In the late 1960s and 1970s, he developed cutting-edge health programs.

"They were so popular that an experimental Health Education Grade 12 class was approved by the Ministry of Education," Forward added. "(It) was a very popular course choice for many."

Cummings was in his comfort zone standing in front of a classroom of students.

"He spent his entire career in the classroom as he truly believed that the joy was there," Forward wrote. "He declined opportunities to go into administration, and so many generations of students benefited from this decision."

Students enjoyed attending his classes, and that

was a strong message delivered by alumni, after his passing.

Cummings had a creative mind and would often jot down his thoughts on a napkin during lunch hours in the staff cafeteria. That was his time. He certainly had plenty of time for his students, who were looking for advice or just wanted to chat.

One of those ideas probably revolved around a school logo. He was the driving force behind having the gryphon become the symbol and nickname of the school's sports teams.

When the bell sounded to end the school day, the versatile and loyal Cummings, who also was known as Mr. C. or Coach, got to know some of his students a little more in a different setting as their coach.

A former football player at McMaster University (1962), Cummings invested time as a football, badminton and hockey coach. The story goes that he reinstated Glebe hockey after it had been discontinued sometime in the 1940s.

Former student John Channon recently remembered how Cummings "put together a rag-tag (hockey) team, wearing football sweaters, and reached the city finals."

As a football coach, he had his share of highlight celebrations with his players. And he also had that special feeling of satisfaction when he saw former student-athletes Doug McGee, Rick Sowieta and Jock Climie become CFL players.

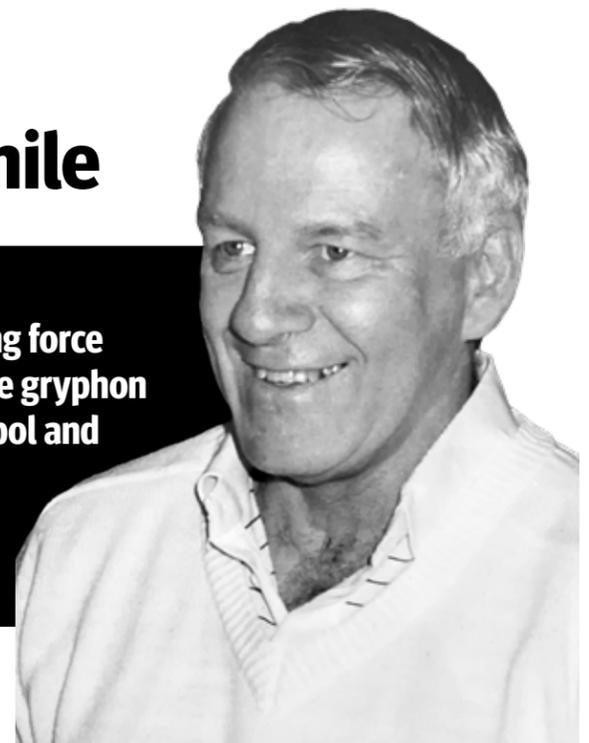
"He was very hands on and involved with the players," wrote John Parry, a former Glebe colleague and close friend. "He had the ability to bring out the best in the players by rewarding effort."

Cummings made a special impact on his students, and that was clear in their messages following his passing. Here is a sampling of the heart-felt words written by former Glebe students.

"We go through life meeting hundreds, perhaps thousands of people. A few, usually very few, will



**He was the driving force behind having the gryphon become the symbol and nickname of the school's sports teams.**



Dave Cummings, a teacher and coach at Glebe Collegiate Institute from 1963 to 1995, is fondly remembered by colleagues and students alike.

leave a lasting impression. Dave Cummings was one of those whose personality, values and work ethic, not to mention sense of humour, would leave a lasting memory with whomever he met." – Karl Koch.

"His demeanour and composure helped keep us students and players calm and ready for adversity and life's challenges. It was teachers like Dave who inspired me to teach high school as my career choice." – Michael Nihmey

"A great guy, who always encouraged us to do our best. Your warm smile and quick wit will forever echo in the halls of GCI." – Heather MacDonell

Martin Cleary has written about amateur sports for 47 years. The Ottawa Sports Awards Lifetime Achievement in Sport Media honouree "retired" from the Ottawa Citizen in 2012, but has continued to write his *High Achievers* column for the Citizen/Sun. When the pandemic struck, he created the "Stay-At-Home Edition." Martin can be reached at [martincleary51@gmail.com](mailto:martincleary51@gmail.com) and on Twitter @martincleary.

This article was first published in the *High Achievers* series in Ottawa Sports Pages ([ottawasportspages.ca](http://ottawasportspages.ca)).

## Queen Anne

Continued from page 28

on the second floor. The bow window lent itself to the creation of a three-sided settee for enjoying the sun, and the big walk-in pantry was converted into a small downstairs washroom.

During the Sanger years, the grand verandah across the back of the house looked out on a garden of lilacs and a fishpond; today, it overlooks a pool and bath house, all in keeping with the origins of the style as an integration of house and garden according to Victorian tastes.

These fine old homes are such a

pleasure to see and compare. The more you look, the more you will find eclectic features and variants on the same basic design. Examples are abundant in the first blocks of the avenues on both sides of Bank Street.

For more information about heritage homes in our neighbourhood, you can contact the Glebe Community

Association Heritage Committee.

Donald Beecher is a professor in the department of English at Carleton, a Renaissance specialist, and, most recently, the editor of Ogilby's Aesop's Fables (1651), with scholarly trimmings and reproductions of all 87 of the original copper-plate illustrations!

# A Grocer of the Glebe

## McKeen Metro Glebe

has a long history  
in the Glebe.

James McKeen (1874-1953) began as an employee of a grocery store on the former Hill Street (Nanny Goat Hill), which he then bought. He opened his first Glebe store in 1910 at 901 Bank Street (corner of Bank and Clarey Avenue, now the home of Running Room). He sold groceries there until retirement in 1944.

His son Harold McKeen (1911-1988) opened his own grocery store on First Avenue near O'Connor in 1934. In 1955 he opened the store at 754 Bank Street, its current home. Harold's son James (Jim) took over the store for many years, and Jim's daughter Rebecca is now manager and part-owner of the store.

These photos show James McKeen's original grocery store at 901 Bank Street.

PHOTOS AND INFORMATION COURTESY  
OF GLEBE HISTORICAL SOCIETY.

1911



1920



1928



1931



1934



MP Catherine McKenna

☎ 613-946-8682 ✉ Catherine.McKenna@parl.gc.ca  
 📍 Catherine McKenna 📱 @CathMcKenna  
 📍 @CathMcKennaOttCen



## We will continue to be there for Canadians

I know how hard the lockdown has been, and we are all tired, but it is necessary to keep everyone safe right now. Until everyone is protected from the virus, it is critical that we follow public-health measures – staying at home whenever possible, wearing masks, physically distancing, downloading the COVID Alert app and getting vaccinated when eligible. Hang in there; we will get through this!

Supporting Canadians continues to be our priority, and we recognize the fight against the virus is not over yet. As part of Budget 2021, the Canada Emergency Wage Subsidy (CEWS) and the Canada Emergency Rent Subsidy (CERS) have been extended until the end of September. We plan to launch a new program, the Canada Recovery Hiring Program, that will subsidize employers so they can hire more people or increase their employees' hours. For more information on these programs, call my constituency office or visit [canada.ca](http://canada.ca). Please continue to support local small businesses if you have the means. So many are offering online shopping curbside pickup and take-out. The pandemic has been incredibly difficult for small businesses, and they really need our support right now.

As a government, we are working hard to ensure that safe and effective vaccines reach all Canadians as quickly as possible. By the end of Q1, we received 9.5 million doses, which is almost 4 million more than promised. Throughout the months ahead, millions more doses will arrive. We will continue to work closely with provinces and territories to support them as they vaccinate Ottawans and Canadians across the country. We remain on track to vaccinate every Canadian who wants a shot by the end of September.

Recently, our government invested \$80 million to make important upgrades to 95 long-term-care facilities across Ontario to ensure safer facilities for seniors and frontline workers. I am so happy this includes federal

funding of over \$4.2 million to upgrade the Hillel Lodge, Grace Manor, Royal Ottawa Place and Villa Marconi Long Term Care Centre in Ottawa Centre.

As a mom of three, I understand the need for schools to be safe for students and teachers. I know how challenging it is right now for parents, many balancing work from home with kids at home. In April, we announced over \$500 million in federal funding to ensure schools are safe across Ontario. Of this, Ottawa school boards received \$51.3 million. Through this investment, schools across our city will get the support needed to ensure kids, teachers, and staff are safe in school.

We also recognize how incredibly important affordable childcare is for families. The pandemic has made access to early learning and childcare a universal issue that is resonating across sectors, regions and income brackets. As part of Budget 2021, we're investing \$30 billion to build a Canada-wide early learning and childcare system. Not only is this good for families, this is also great for all Canadians because it means more women entering the workforce.

While we will get out of this pandemic, climate change isn't going anywhere. That is why in Budget 2021, our government announced \$17.6 billion in climate initiatives and, during the Leaders Summit on Climate, we committed to a new ambitious climate target of lowering emissions by 40 to 45 per cent by 2030.

As Budget 2021 has shown, we will continue to be there for Canadians. I know this has been such a difficult year for everyone, but better days are to come. If you need support right now, there are resources in Ottawa Centre ready to help, such as the 24/7 Distress Line at 613-238-2211 or text at 343-306-5550. Together, we will get through this!

Please note my constituency office continues to be virtually open and ready to assist. Call us at 613-946-8682 or email [Catherine.McKenna@parl.gc.ca](mailto:Catherine.McKenna@parl.gc.ca).



Stage 2 of the city's Light Rail Transit is to include an extension to the Ottawa airport, with an LRT station at the airport. SOURCE: YOW.CA

## Helping small businesses through the pandemic and beyond

By Jim Watson

Last month, I was thrilled to announce a series of measures that will help small businesses and many economic-development partners rebound as the pandemic comes to an end:

Staff will explore offering a permanent 10-per-cent tax discount to approximately 4,700 commercial properties that house roughly 7,800 small businesses across the city – with no impact on residential taxpayers.

For the average small-business property, assessed at \$600,000 and paying \$15,000 in municipal and education taxes, that means a discount of \$1,000, and a possible additional discount of \$500 should the province decide to match the discount on the education taxes.

While city staff still wait for the enabling provincial regulations, they have started to define types of properties and businesses that might qualify for the small-business-tax subclass.

I'm very pleased that this proposal will lead to permanent and predictable financial relief for 7,800 small businesses in our city, which will no doubt help them reinvest in their business and rebound after the pandemic.

I am also pleased to announce a 50-per-cent reduction in rental fees at city facilities from September until the end of 2022, including the Aberdeen Pavilion, the Horticulture Building, Meridian Theatres and

Shenkman Arts Centre.

To support the economic health of Ottawa's downtown core, where retail stores and restaurants have been disproportionately impacted, the city's senior leadership team and Ottawa Public Health are actively working on a plan that will be ready early in the third quarter, charting a staged return to city workplaces.

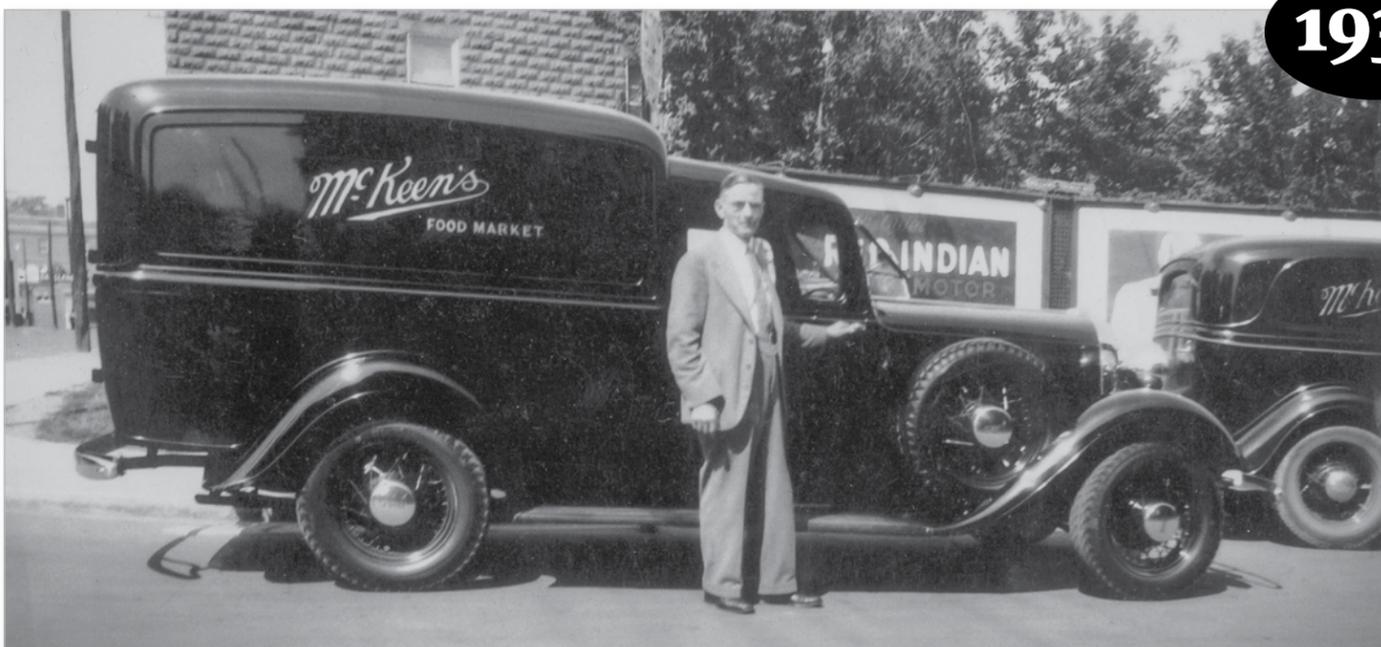
Working with our colleges and universities, the city is committed to playing a greater role in experiential learning by increasing the number of co-op placements and meaningful seasonal hiring opportunities by surpassing 100 co-op hires by 2024, up from 60 in 2019.

Finally, working with the Ottawa International Airport, we have been advocating with the federal government to secure funding required to complete the Stage 2 LRT Airport Station, critical to the opening of the O-Train South Extension. We have also begun discussions on resuming international air service at YOW.

I believe we are putting forward a very strong package of incentives that will truly help small business and special events during these difficult times. Not only will these measures provide them with the hope they need to make it out, it will also help them thrive once COVID is behind us.

For the full news release, please visit: [jimwatsonottawa.ca/](http://jimwatsonottawa.ca/).

*Jim Watson is the mayor of Ottawa.*



1934

# Carleton offers online seminars on solitude and nature

By Ainslie Coghill

The vision behind the Mental Health and Well-Being Research and Training Hub (MeWeRTH), housed within Carleton University's Department of Psychology, is to connect researchers, students and knowledge users to improve mental health and well-being.

In keeping with the vision to expand its reach beyond Carleton's campus, the hub is offering two six-week seminars online this spring for adults of all ages, with no experience or prerequisites needed.

These freshly established continuing education seminars, organized in partnership with Carleton's Faculty of Arts and Social Sciences, will be held online from late May to late June. Registration for both courses remains open and will be limited to 25 participants per course.

"It is imperative that we break down barriers to education in order to have the greatest impact, and that is what I am hoping to achieve with these courses," says Dr. Joanna Pozzulo, director of MeWeRTH and chair of Carleton's Department of Psychology.

"Regardless of prior training, background or where you are physically located, these courses are for anyone and everyone interested in the science of well-being in real time," she says.

Pozzulo notes how the COVID-19 pandemic has raised everyone's level of consciousness around both mental and physical health.

"Everyone wants to know what they can do to improve their well-being," she says. "It occurred to me that we have the knowledge to help answer that question. We also have the online teaching expertise to deliver that knowledge."

One of the MeWeRTH courses explores the psychology of solitude; the other focuses on the benefits of nature.



In "Me Myself and I: Exploring the Psychology of Solitude," Dr. Laura Ooi will lead participants through a wide range of perspectives and contexts to critically evaluate the complex meaning and implications of spending time alone.

"Because of the detrimental effects that isolation can have on our physical and mental health, aloneness has understandably received a bad reputation as something we should try to avoid at all costs," says Ooi.

"Yet many of us often crave some 'me time' and rely on those experiences to recharge and relax," she says. "Complicating matters further, finding the right balance of social and alone time is unique for each individual."

Ooi hopes students walk away from the course with new perspectives on solitude, an awareness of factors that can affect our solitary experiences and some personal growth towards understanding our social and solitary needs in order to optimize the potential benefits of spending time alone.

Through "The Benefits of Nature on our

Well-Being," instructor Jessica E. Desrochers will explore the physical, emotional and community benefits of nature and how our engagement with nature may help promote environmentalism.

"Many people have lost their appreciation for the nature around them," says Desrochers.

By shedding light on nature-focused research and ways nature may help with physical and mental well-being, Desrochers says students will gain a heightened awareness of their surrounding nature and its importance in our daily lives.

"I believe that through education we can improve the lives of those in our communities," says Pozzulo.

For more information about MeWeRTH spring seminars, including dates, cost and instructions on how to register, visit [carleton.ca/fass/mewerth-2021-spring-seminars](http://carleton.ca/fass/mewerth-2021-spring-seminars) or contact [mewerth@carleton.ca](mailto:mewerth@carleton.ca).

*Ainslie Coghill is the digital content and media specialist for Carleton's Faculty of Arts and Social Sciences.*





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# Young Glebe athlete has caught the eye of Speed Skating Canada

By Emma Weller

Though he has never laced on a pair of speed skates, local athlete Adriano Padoin-Castillo has discovered he has potential talent in the sport that could propel him to competing at the national level.

During the COVID-19 pandemic, the 16-year-old's athletic abilities attracted attention from Speed Skating Canada through the RBC Training Ground program. With a background in hockey, soccer and track, Padoin-Castillo was a perfect candidate for the sport.

The RBC Training Ground program is offered throughout Canada to help find young athletes with Olympic potential and help them reach their goals. Athletes sign up virtually and are required to submit various performance tests; last October, Padoin-Castillo did just that.

A member of Padoin-Castillo's Ottawa Lions track club introduced him to the program. With COVID-19 impacting all competitions during the past year, Padoin-Castillo was eager to sign up to see where his scores ranked among other athletes his age.

"I thought it would be fun and a good experience, but I did not expect anything," said Padoin-Castillo in a Zoom interview, "but then Speed Skating Canada was interested in me doing some sport-specific testing."

Padoin-Castillo was first exposed to the sport a few years ago. While playing hockey at Brewer Park, he saw speed skaters practising on the oval ice track, though he still hasn't tried it himself.

He was required to submit scores on YouTube for the endurance beep test, a 50-metre sprint and a vertical jump. After scoring 13 on the beep test, he ranked third in the country in the 14- to 18-year-old age division.

With approximately 1,000 young athletes applying for the RBC Training Ground program each year, Padoin-Castillo didn't expect anything from



Immaculata student Adriano Padoin-Castillo competing with Ottawa Lions track team PHOTOS: COURTESY OF A. PADOIN-CASTILLO

his submission, especially since his three primary sports weren't recruiting. His results and the interest from speed skating officials was a happy shock to the entire family.

"I knew nothing about it," said his mother, Fiorella Padoin-Castillo. "I thought it was fantastic as there was nothing else going on at the time with COVID."

He has now been invited to the Speed Skating Canada trials in Calgary this summer, if COVID-19 restrictions are eased enough to allow it. Depending on his results, Padoin-Castillo could get the opportunity to move on to the second trials and then, potentially, the nationals.

Prior to the pandemic, Padoin-Castillo had a packed schedule. He played soccer for Futuro Soccer Club five days a week, hockey for the Ottawa Sting three to four days a week and worked out with the Ottawa Lions track club twice a week.

Each sport has given him skills that contribute to his potential in speed skating, such as stride work from hockey and endurance and speed from all three sports. However, Padoin-Castillo says he still has to learn how to speed skate and to master its technique – the stride is much different than the one he uses in hockey.

"He's always been really fast, speed was his asset," says Fiorella Padoin-Castillo. "Speed skating is something he could probably transfer to pretty easily."

The COVID-19 pandemic has forced Padoin-Castillo to be self-motivated in academics and athletics. He has continued to run and build his endurance and speed for this new speed skating opportunity.

"You don't know where you place, it's hard to compare yourself with people," Padoin-Castillo says about COVID-19 training. "It was definitely a difficult transition."

Padoin-Castillo has been doing Grade 10 at Immaculata High School on virtual platforms. He says online school has developed his time-management skills, which is critical for student athletes like himself.

"He is very hardworking, passionate, and



Adriano Padoin-Castillo in a soccer match with Futuro soccer club

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committed," said his mother. "He has trained so hard, and I am so happy for him."

COVID-19 restrictions could still prevent Padoin-Castillo from attending Speed Skating Canada trials this summer – he now anxiously awaits the announcement that could signal the beginning of his new athletic journey.

Emma Weller is a journalism student and member of the Carleton University women's varsity hockey team, heading into her second year in the fall. She is a passionate social justice advocate who works to make a change in the world.

# BEAVERS AND BANSHEES RUGBY CLUB LEARNS TO ADAPT

By Lucas Bloess

The pandemic has caused an upheaval in every aspect of society. Businesses, workplaces and social gatherings have all been turned on their head over the past year. Local sporting organizations are no exception.

With the onset of COVID-19 last winter, local sports have been forced to take a bit of a pause – hockey, little-league baseball, even tennis all had to stop until it was safe to return to play. Some local sports, such as tennis at the St. James Tennis Club, were able to start up again with relative ease. Other sports, such as the Glebe Little League, opted not to run at all last summer.

Few may know this, but the Glebe is home to the city's largest (and founding) men's and women's rugby teams. The Ottawa Beavers and Banshees Rugby Football Club normally trains out of Glebe Collegiate through the summer, but it had to suspend operations last year like all other team sports.

As an intensively contact sport with as many as 15 players on each side of the field, the sport has many unique challenges to overcome in order to resume in a safe manner.

The rugby club has been hit hard, but thankfully the strength of the local community has helped the club get through the past year. Local sponsors like McKeen Metro Glebe and Councillor Shawn Menard have provided the Beavers and Banshees with financial support to cover some of the club's fixed costs through the interruptions of 2020.

Many plans had to be scrapped during the past year. The Beavers



The city's largest (and founding) men's and women's rugby teams, the Ottawa Beavers and Banshees Rugby Football Club, in normal times trains out of Glebe Collegiate. PHOTOS: LUCAS BLOESS

and Banshees were scheduled to host a rugby-themed day camp with the Glebe Neighbourhood Activities Group last July and a skills series at TD Place with the Aces, Ottawa's new professional rugby team. Unfortunately, both had to be cancelled along with the club's entire regular-season rugby programming.

Thankfully, Rugby Ontario, the sport's provincial governing body, has since stepped in with a five-phase framework for players to begin engaging in rugby activities again. The

framework is scaled according to varying public health restrictions.

"We are clearly not going to see the same level of intensive contact we used to," said Andrew Fawcett, the club vice-president of development and COVID-19 safety officer, "but with any luck we will be back to doing some modified practice sessions by the end of May."

Return-to-play plans will include a several changes to maintain a safe environment. Rather than focusing on the tackles, lineouts and rucks that the

game is best known for, Fawcett says they will focus more on ball-handling skills and fitness. Depending on the COVID situation, some flag rugby games may be allowed as an intermediary step to getting back to normal. Other safety protocols will also be in place, such as attestation forms, attendance tracking and limits on the size and length of training sessions.

In the coming months, a strong recovery will rely on adapting and playing to the sport's strengths – and its biggest strength right now is that rugby is an outdoor sport with different elements that allow many options to have fun playing without violating social-distancing guidelines.

The Ottawa Aces are also hoping to start up over the summer, and this exposure will certainly help stimulate a newfound interest in the sport as the Beavers and Banshees rebuild their programming. A surge in recruitment was last seen when the women's national team won the Olympic bronze in Rio de Janeiro in 2016, so the introduction of the Aces will be a huge boost right when the sport needs it most.

The Ottawa Beavers and Banshees Rugby Club is set to return to training at Glebe Collegiate on Tuesday and Thursday evenings starting in late May (COVID restrictions pending, of course). Training will be offered for both senior men and women, as well as junior boys and girls 13 and older.

Lucas Bloess is the president of the Ottawa Beavers and Banshees Rugby Football Club and proudly calls the Glebe home for himself and his young family.



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# CREATING WITHIN OUR BUBBLE!

By Karen Cameron

Spring is coming along nicely in the Glebe. Amid school closures, lockdowns and restrictions, many are taking advantage of the time by finding ways to enjoy the outdoors while staying within a bubble.

At Good Morning Creative Arts and Pre-school (GMCAP), we are doing the same. The children have been busy creating bubbles of their own. In this edition of crafty fun, we offer a few more ideas and experiences you can have at home with items you likely have on hand. These were a hit with our little artists, and I think your little ones might like them as well.

## Bubble Prints

This craft produces unique designs and interesting printed paper to admire or use to make cards and other crafts.

What you need:  
1 tbsp dish soap  
1 cup of water  
dash of colour like tempera paint or food colouring  
shallow dish like a pie plate  
cookie cutters, shapes  
card stock, paper

In the shallow dish, mix soap, water and colour. Dip shapes into bubble mixture and make a "print" on the paper. Colour can be adjusted to make custom shades. Let paper dry and voila, unique art ready to enjoy. Experiment with shapes and colour combinations. Pre-cutting paper into desired shapes allows artwork to be used in card making or other art.

## Writable Sheets

With school closures and shopping restrictions, getting supplies to facilitate learning can be a

challenge. Whether for art or for learning a new skill like cursive or block writing, writable and reusable sheets may be what is needed.

What you need:

- sheet protector and a learning tool
- dry erase markers



Bubble prints have a myriad of uses and are fun to make.

PHOTOS: KAREN CAMERON

Slip the learning tool into the sheet protector and begin using.

## Animal Obstacle Course

Another fun family-friendly outdoor activity is creating an obstacle course.

What you need: animal toys or coloured pictures of a cow, pig, sheep, dinosaur, bird, etc.

Place different animals at different points in the house or in the backyard. As you move to each one,

you have to walk like that animal and make the noise that they make. Make it a race or time it to see who can go the fastest!

Activities that involve crafts and the outdoors help with experiential learning. If you have not yet secured a summer experience for your children, have a look at GMCAP programming options. This summer we are offering a range of weekly themed offerings from "Our Planet, Our Community" to "Fairy Tales" to "Shark Week" to "Art Around the World." There is something for everyone. For more information, visit [gmcaps.com/programs.html](http://gmcaps.com/programs.html), drop us a line at [goodmorningpreschool@gmail.com](mailto:goodmorningpreschool@gmail.com) or give us a call 613-276-7974.

Happy crafting!

Karen Cameron is the director of Good Morning Creative Arts and Preschool.



With "writable sheets," kids can practise their writing skills.



Glebe Collegiate's Kids4Kids CHEO drive will take place online from May 1 to June 22.

PHOTO: COURTESY OF KIDS4KIDS

## Glebe Collegiate's Kids4Kids CHEO drive

By Mark Stanley, Hana Woo, Lilli Thomas and Alice Payne

Glebe Collegiate Institute is holding its Kids 4 Kids CHEO fundraising drive virtually this year. It runs from May 1 to June 22.

Glebe's CHEO drive is an annual event run by students and staff at Glebe Collegiate Institute to raise money for the CHEO Children's Hospital Foundation. Every year, Glebe students organize amazing events and canvas door to door to raise funds for CHEO. Unfortunately, these in-person events can't happen this year, but we still have plenty of opportunities for you to donate virtually.

CHEO is the only paediatric hospital in Ottawa, touching the lives of more than 500,000 people each year. Our goal is to help it continue its excellent care and research for patients across Eastern Ontario, Western Quebec and beyond.

This year, our fundraising goal is \$10,000. Supporting CHEO is supporting the Ottawa community. Show your support by donating any amount to the CHEO drive, and together we can all make a big difference in the lives of patients and staff at the hospital.

To donate, go to the CHEO Foundation website at [cheofoundation.com](http://cheofoundation.com) and look up Glebe Kids4Kids 2021. Donations over \$20 are tax-deductible.

To stay in the loop for the events and information, make sure to follow us on our social media: @GlebeCheoDrive for Instagram and Facebook, and @CheoDrive on Twitter.

Mark Stanley, Hana Woo, Lilli Thomas and Alice Payne are Glebe students and dedicated members of the CHEO Drive Fundraising Team.

# Honouring Earth Day at Glebe Coop Nursery School

By Emilee Harvey

Over the week of April 19, students at Glebe Cooperative Nursery School (GCNS) went through an Earth Day immersion. The GCNS teaching team used a variety of experiences and interactive play to teach the children the importance of caring for the earth and how their actions ultimately affect other people, animals and the environment.

Earth Day began in America in 1970 on the heels of Rachel Carson's best-selling book *Silent Spring*, which was published in 1962. Earth Day is now one of the largest worldwide events and engages over a billion people in 190 countries, empowering individuals to engage with resources and actions to bring about environmental change.

Throughout the week, GCNS educators found ways to teach students about how they can care for and show respect for the environment. Earth Day ideas and concepts permeated free play, story time and circle time, and they were integrated through play-based, child-led learning. The children guided their own learning out of their own curiosity and interests. In the classroom's discovery area, children were able to fill pots with soil and sprinkle in grass seed and water vegetables donated by one of the families.

During a typical year, GCNS's preschool students can often be seen around the neighbourhood on exploration walks. The COVID-19 pandemic has limited the amount of time students

have been able to spend away from the school, but as part of the Earth Day curriculum, the preschool class enjoyed a neighbourhood walk to look for evidence of a healthy earth.

Students were excited to discover a robin holding straw in its beak – they hypothesized it was working to build a nest. Students excitedly pointed out flowers poking up in gardens, the grass getting greener and buds coming out on the trees.

The students identified how their actions can affect the planet in a positive way. Their ideas included: hanging clothes outside to dry on warm days; sorting compost and recycling so that there is less garbage going to the dump; planting trees, plants and flowers; picking up garbage in the community; riding bikes or walking instead of driving. They also discussed some of the negative consequences of not caring for the earth and talked about reducing, reusing and recycling as a way to help care for the earth.

At the end of the walk, students spent time drawing things they saw and reflecting on their week of Earth Day activities.

If you're interested in learning more about GCNS or registering for the 2021-22 school year, please visit our website at [glebepreschool.com](http://glebepreschool.com).

*Emilee Harvey is vice president of the GCNS Board and a parent of a student in the GCNS preschool program.*



Photo: Students work on planting seeds in the GCNS discovery centre during the week of Earth Day activities. PHOTO: KIM UNSWORTH



A large tree fell across Third Avenue near Bronson on April 30, a day of rain and wind. No one was hurt, but the car suffered damage. PHOTO: LIZ MCKEEN

# 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](mailto: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

**ABBOTSFORD SENIOR COMMUNITY CENTRE PUZZLE & BOOK SALE/ EXCHANGE** (950 Bank, the front porch) – \$2 each. Because we would like to make sure you all have books to read and puzzles to puzzle over, please take and exchange\* any books and/or puzzles and call in to pay now and then. We can take Visa or MasterCard (min. \$10) over the telephone (613-230-5730) or go to our website ([glebecentre.ca](http://glebecentre.ca)) to make a donation under Abbotsford Programming. \*Small exchanges are welcome, but we cannot take a large amount of book donations at this time. Thank you for your support.

To see the **ABBOTSFORD COMMUNITY CENTRE MAY/JUNE PROGRAM GUIDE 2021**, please go to [glebecentre.ca](http://glebecentre.ca) under Abbotsford Community Program and What's up at Abbotsford.

**THE ALEXANDRA BRIDGE COALITION** is an inter-provincial, multi-disciplinary coalition made up of advocates from the heritage, transportation and environmental sectors that has been formed to protect the future of the historic Alexandra Bridge. Info: [heritageottawa.org/alexandra-bridge](http://heritageottawa.org/alexandra-bridge)

**ALLIANCE FRANÇAISE OTTAWA CAFÉ-DISCUSSION** (French conversation/Online Café-Discussion/Alliance Française Ottawa) May 19, 9 a.m. – Join us to practise French and meet new people. Activity animated by a French teacher. Open to all French levels. Share an online breakfast in French with us and talk about the news! You will receive the Zoom link a day before the activity. Info: [info@af.ca](mailto:info@af.ca) or 613-234-9470.

**ALLIANCE FRANÇAISE OTTAWA FRENCH BOOK CLUB** [Online french book club/Alliance Française Ottawa ([af.ca](http://af.ca))] **May 29**, 11:30 a.m. – Online French Book Club “Une année chez les Français” by Fouad Laroui. Online and free activity. Required level in French: B1. You will receive the Zoom link the day before the activity. Info: [info@af.ca](mailto:info@af.ca) or 613-234-9470.

**COMMUNITY ADVOCACY IN OLD OTTAWA EAST** Free community webinar Wednesday, May 19, 7:30–9 p.m. Register at [bit.ly/communityadvocacy\\_ooe](http://bit.ly/communityadvocacy_ooe). Join panelists Shawn Menard, Capital Ward Councillor, and John

Dance, OOE community activist and journalist, for an important discussion of citizen advocacy in Old Ottawa East, lessons learned and prospects for a better future.

**THE COMMUNITY POP-UP ART GALLERY AT LANSDOWNE PARK** will open again on Saturdays and Sundays from 11 a.m. to 5 p.m. once non-essential retail is again permitted in Ontario. Drop by the former Structube store, 225 Marché Way, Unit #102, to support local artists! Info: [glebearttour@hotmail.ca](mailto:glebearttour@hotmail.ca).

**FRIENDS OF THE FARM ANNUAL GENERAL MEETING** – The Friends of the Central Experimental Farm's board of directors cordially invite you to attend our FCEF 2021 AGM on Wed., May 19, at 7 p.m. Membership is not required to attend, however only fully paid FCEF members may vote. Admission is free, but please register by going to 2021 Annual General Meeting (Virtual) Registration Page – Friends of the Central Experimental Farm ([friendsofthefarm.ca](http://friendsofthefarm.ca)) if you plan to attend. The attendance link will be sent only to registered attendees.

**FRIENDS OF THE FARM MASTER GARDENER LECTURES** ([friendsofthefarm.ca](http://friendsofthefarm.ca)) – Every year the Friends partner with the Master Gardeners of Ottawa Carleton to offer timely and informative presentations. Due to the COVID-19 situation, our lectures have gone online. Pre-registration is required to obtain the link to the Zoom presentation. Tues., May 18, 7 to 8 p.m.: Into the Night Garden – Your garden is alive at night. Some scents are magnified, and some plants open only at dusk. Nighttime pollinators of fascinating sizes and markings appear in the dark. Master Gardener Judith Cox will help you discover how to make the most of your nighttime garden. A Zoom link will be emailed to all pre-registered participants before the lecture. Cost: Individual lectures: \$8 FCEF members, \$10 non-members. Purchase the full set of 5 lectures: \$35 FCEF members, \$45 non-members. All payments can be made by PayPal or by credit card (email [membership@friendsofthefarm.ca](mailto:membership@friendsofthefarm.ca) to get instructions for credit card payments to complete the transaction).

**GLEBE COMMUNITY ASSOCIATION** monthly board meeting will be on Tues., May 25 at 7 p.m. If you'd like to attend, please contact Sheryl, the board secretary ([secretary@glebeca.ca](mailto:secretary@glebeca.ca)), and she'll send you the Zoom infor-

mation. All are welcome

**OLD OTTAWA SOUTH GARDEN CLUB MEETINGS** Tues., May 18, 7 p.m.: Into the Night Garden – Your garden is alive at night! Some scents are magnified, and some plants open only at dusk. Nighttime pollinators of fascinating sizes and markings appear in the dark. Join Master Gardener Judith Cox to discover how to make the most of your nighttime garden. In line with the Firehall's virtual-programming approach, Garden Club meetings will be held virtually using the Zoom application for the foreseeable future. Members should register either for the season or on a meeting-by-meeting basis with the Firehall's online registration process to receive the Zoom meeting coordinates. Meeting fees: 2020-21 season: \$25 for individuals; \$40 for a family; drop-in fee: \$7 per meeting. Info: Old Ottawa South Community Centre (The Firehall, 260 Sunnyside Ave.) at [oldottawasouth.ca](http://oldottawasouth.ca) and 613-247-4946.

**OTTAWA NEWCOMERS CLUB** Our club is a non-profit, social organization for women who have recently moved to this area or have experienced a significant life change and would like to meet new people of similar interests by joining our many group activities. More information about us and what we do can be found on our website at: [ottawanewcomersclub.ca](http://ottawanewcomersclub.ca) or by contacting [newcomersclubottawa@gmail.com](mailto:newcomersclubottawa@gmail.com)

## AVAILABLE

Student offering a variety of **YARD MAINTENANCE AND HOUSEHOLD CLEANING/ ORGANIZATION SERVICES**. For inquiries about the services provided, please call 613-293-6883 or email: [Janna.Justa@gmail.com](mailto:Janna.Justa@gmail.com). Pricing to be discussed.

## FOUND

**CASH** dropped on the sidewalk. Please let me know the date, amount and denominations to verify – [andrea.strachan@gmail.com](mailto:andrea.strachan@gmail.com)

## WANTED

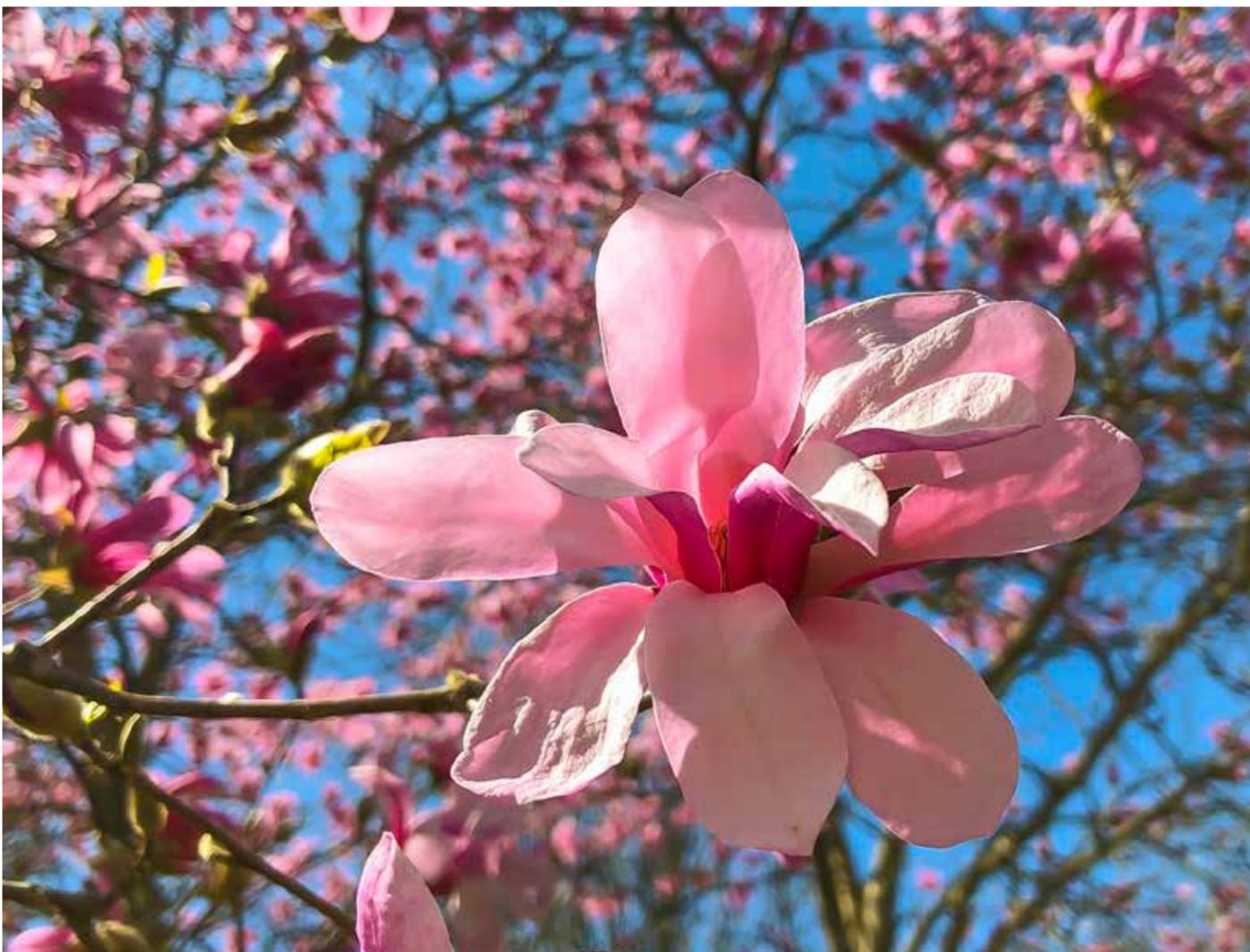
Retired seniors in the Glebe need **HELP WITH GARDENING AND OTHER LIGHT CHORES** 4-6 hours/week. Ideal for senior high school or university students. Flexible hours. Starting in May. Contact: [ninipal1940@gmail.com](mailto:ninipal1940@gmail.com)



## WHERE TO FIND THE *Glebe Report*

In addition to free home delivery and at newspaper boxes on Bank Street, you can find copies of the *Glebe Report* at:

- Bloomfield Flowers
- Café Morala
- Clocktower Pub
- Ernesto's Barber Shop
- Escape Clothing
- Feleena's Mexican Café
- Fourth Avenue Wine Bar
- Glebe Apothecary
- Glebe Meat Market
- Glebe Pet Hospital
- Glebe Tailoring
- Glebe Video
- Goldart Jewellery Studio
- Ichiban
- Irene's Pub
- Isabella Pizza
- Kettleman's
- Kunstadt Sports
- Lansdowne Dental
- LCBO Lansdowne
- LCBO Pretoria
- Little Victories Coffee
- Loblaws
- Marble Slab Creamery
- McKeen Metro Glebe
- Nicastro
- Octopus Books
- Olga's
- RBC/Royal Bank
- Second Avenue Sweets
- Shoe Plus Shoe
- Studio Sixty Six
- Subway
- Sunset Grill
- The Ten Spot
- TD Bank Lansdowne
- TD Pretoria
- The Works
- Von's Bistro
- Whole Foods
- Wild Oat



*Magnolia blossom in the Arboretum* PHOTO: LORRIE LOEWEN



@glebereport

# MARKETPLACE

For rates on boxed ads appearing on this page, please contact Judy Field at 613-858-4804 or by e-mail [advertising@glebereport.ca](mailto:advertising@glebereport.ca)

## HANDYVAN

Home repairs, improvements, and painting  
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Please call Jamie Nininger @ 613 852-8511.

**Looking to share a house or apartment** in Ottawa near public transit with a mature compatible woman. I'm a youthful senior woman and a peaceful, healthy and health-conscious wholistic practitioner (reflexology, Reiki, acupuncture).

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For more information, please email me at [jenbernius@gmail.com](mailto:jenbernius@gmail.com). Feel free to share this post.

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# glebe report

May 14, 2021



PHOTO: LIZ MCKEEN



[www.gnag.ca](http://www.gnag.ca)

## Glebe Neighbourhood Activities Group

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



[www.ottawa.ca](http://www.ottawa.ca)

|  |                                                              |  |  |
|--|--------------------------------------------------------------|--|--|
|  | <b>Wednesday, May 26</b><br>7:00 - 8:00 pm<br>\$20/Household |  |  |
|  | <b>Wednesday June 9</b><br>7:00 - 8:00 pm<br>\$15/Household  |  |  |

## VIRTUAL PARENT & BABY CLUB

Wednesdays at 10 am

**FREE!**

Looking for a place to chat and share the trials and joys of parenting an infant during COVID? Join other new parents in this unstructured and safe space.

## FATHER'S DAY YOGA

**FREE!**

Sunday, June 20  
9:15 - 10:00 am  
Online via Zoom

Invite your spouse,  
invite your kids,  
invite a friend,  
or indulge yourself in some alone time.

## Father's Day Pottery Mug Workshop

Gr 4 - 7  
Sunday, May 30  
10:00 am - 11:00 am

*Make Dad a mug he'll treasure forever.*



We know this is very early but it takes a while to fire and glaze your work and get it back to you in time for Dad's Day on June 20.