



PHOTO: PETER EVANCHUCK

“pigGIRLinWONDERLAND” is an unscripted feature-length film about a woman’s search for her voice in a meaningless world. In Alice’s Wonderland, the inanimate become animate. The dolls are her guardian angels that watch over and protect her. With Helene Lacelle’s help, a scene is created spontaneously. Aware of the thematic implications, the “actors” come in their choice of costumes. “pigGIRL” is like a spontaneous piece of art where each step of the process is developed afresh. Art never sleeps.

# Pig Girl in Wonderland – the miracle of digital

by Peter Evanchuck

Miracles don’t happen often but when they do, one takes note. As a long-time independent low-budget filmmaker, the advent of digital was my miracle.

Here we are on the Rideau Canal lagoon [Patterson’s Creek] in Ottawa’s Glebe and I’m shooting some pickups for my feature film, *Pig Girl in Wonderland*. Helene Lacelle, the actor who plays Alice Wonderland, sits in full costume by the Rideau lagoon as I set up the shot.

This looks more like a home

movie than a standard feature film shoot with trucks, crews and endless doughnuts and coffee. The crew is me with my Canon digital A1s and shotgun microphone, and Helene. That’s all, a two-person crew. I never could do it if I were shooting film like in the old days. Then I’d need two on sound and two on camera and perhaps an assistant to keep continuity.

So digital is the miracle of all low-budget director/cameramen who lean toward original creative art movies over factory, derivative, safe storyline movies.

We discreetly shoot the shot, make the scene with a few more shots and then review the playback. If all’s well, that’s it and we go home, log and capture the content using my iMac 27” with FinalCutPro editing software and screen the rushes ... all at almost no cost. That’s super low budget and within the grasp of all independent filmmakers. It’s hard to beat that miracle of digital.

For more information: movieshandmade.com; bookshandmade.com; marvelousrealismcanada.blogspot.ca

Peter Evanchuck is a former professor and current chef, writer, producer, director and cameraman. In Evanchuck’s films, there are no meetings or memorized lines; instead, the director carries a mental image of the whole and determines which scenes would best explain the theme or story. The actors improvise around suggested ideas to create a very personal movie. Evanchuck’s movies spring from his association with James Beverage, who John Grierson hired when he started the National Film Board in 1939. They were purists making unscripted innovative documentaries that almost no longer exist at the NFB.

## MARK YOUR CALENDARS

- Aug. 25–Sep. 9 Glebe Community Centre CLOSED** for renovations
- Aug. 26**..... Capital Pride Parade
- Aug. 26**..... Full Moon Yoga, Great Lawn, Lansdowne
- Aug. 30**..... GNAG Fall Registration, GCC, 7 p.m.
- Sep. 2**..... Canada vs Brazil Women’s Soccer, TD Stadium, 2 p.m.
- Sep. 6**..... Scouts fall registration, Glebe-St. James UC, 7 p.m.
- Sep. 9**..... Wiggle Waggle Walk and Run, Humane Society, Lansdowne
- Sep. 1–16** ..... CityFolk
- Sep. 14, 15**..... Marvest
- Sep. 16**..... Annual Glebe House Tour and Tea, 1–4 p.m.
- Sep. 26**..... GNAG Annual General Meeting, gcCafé, GCC, 7 p.m.
- Sep. 27**..... Municipal Election All-Candidates Meeting, GCC, 7 p.m.
- Sep. 29**..... GLEBESTOCK, Horticultural Bldg., 7 p.m.

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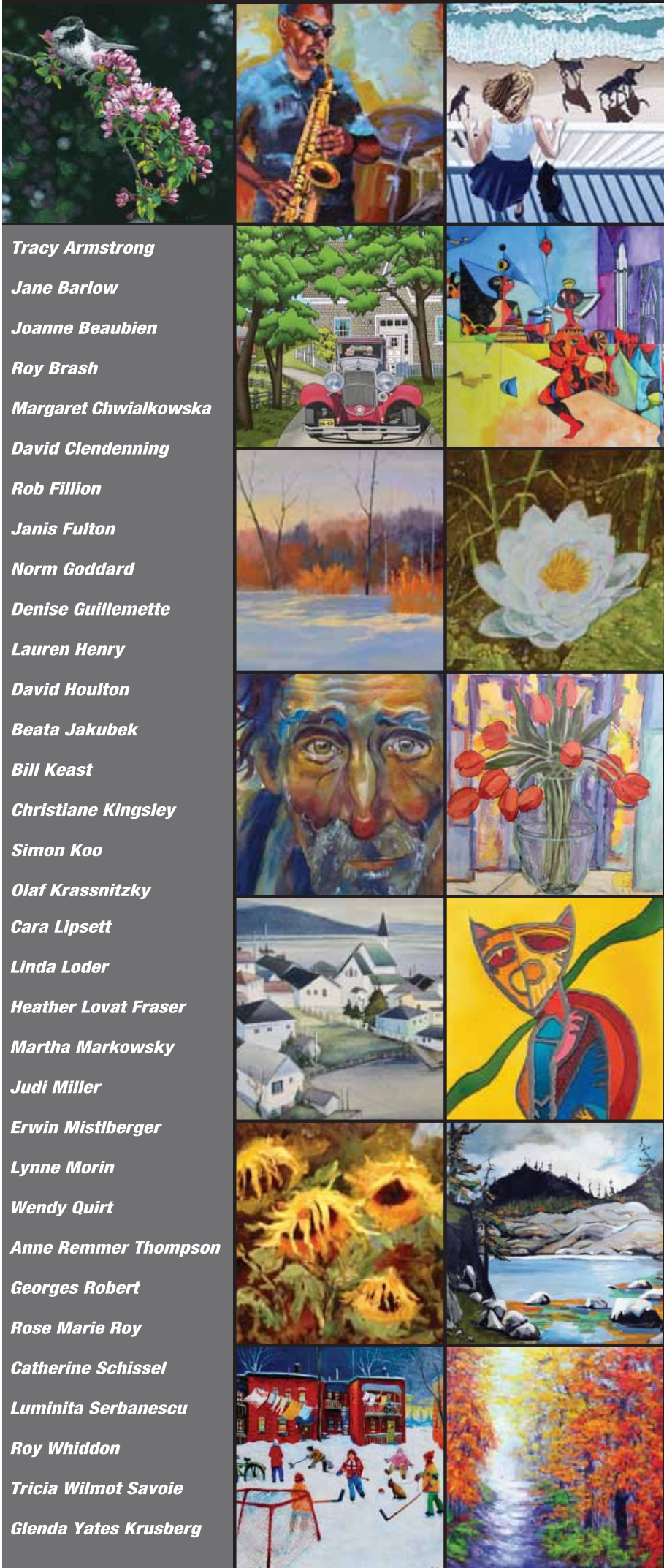
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# Glebe Fine Art Show

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



Caught in the act!

PHOTO: PETER RUDIN-BROWN



Willow and lily pads at Brown's Inlet

PHOTO: LIZ MCKEEN



The New Art Festival in Central Park East took place on June 9 and 10.

PHOTO: AL PATRICK



GNAG's "block party" on June 20 drew crowds of kids

PHOTO: LIZ MCKEEN



# Model boats at Brown's Inlet

The Rideau Nautical Modellers boat club is having their final group flotilla September 8th (with a rain date of September 22nd) at 8 to 9:30 p.m. on Brown's Inlet. Our club members look forward to sailing their ships in dim light to show off the ships with their running lights. The pond will have two floating lighthouses for the members to manoeuvre around in a timed competition.

You can see us launching radio-controlled model boats every Wednesday evening during the summer from 6 to 8 p.m., weather permitting. Members of the club welcome Glebe neighbours to come and have a look, watch the boats glide and ask a question or two. The Rideau Nautical Modellers share an interest in building and operating various types of radio-controlled watercraft, both surface craft and submarines. Electric, steam and wind-powered vehicles make up the fleet, but internal combustion engines are not permitted.



Some members of the Rideau Nautical Modellers boat club, with their radio-controlled model boats.

PHOTO: COURTESY OF PETER EBENHOECH

Arrivederci,  
Anna!



From left, Nicastro owner Dave Nicastro, Anna DeLeon and Micky Amato, on Anna's last day at Nicastro's.

Customers stopped by Nicastro's on Friday, June 22 to wish Anna DeLeon a fond farewell, showering her with hugs and mementos on her last day. Dave Nicastro teased that he had to put on extra staff to accommodate her adoring customers. She was surprised when Janet of Bloomfields Flowers delivered a beautiful arrangement of white flowers.

"This community amazes me! How could they know these are my favourite flowers?" said Anna. "The people of the Glebe have made my last day so special! I am really going to miss the Glebe." Anna is looking forward to seeing family and friends in her garden this summer with her husband and children.

PHOTO: LORRIE LOEWEN

17

places to get dressed

Get It In

the glebe

intheplebe.ca

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@intheplebe #intheplebe

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Images of the Glebe



PHOTO: JOCK SMITH

Flora’s bridge

The Flora Footbridge now spans the canal with no gap in the middle – although construction is not scheduled to be complete until 2019. Still, it’s there and we can see how it’s going to be and imagine what effect it will have on our little neighbourhoods.

The people of Old Ottawa East will be able to casually cross over to Lansdowne any old time they want – go to the Lansdowne Farmer’s Market on a Sunday if they want. And Glebites can trot over to the Main Street market on a Saturday, comparing goods and prices in the two markets. Maybe some OOE kids will want to go to high school at The Element. Maybe Glebe kids will bike or walk over to Immaculata or Lady Evelyn, or hang out in Brantwood Park.

This bridge has a good vibe. The Facebook page Support Fifth-Clegg

Canal Footbridge (@Midtown Footbridge) has been following its progress with gleeful anticipation. The idea goes way back, at least as far as Clive Doucet’s recommendation of a pedestrian bridge in his 2001 “Connecting Communities” report, which included Bhat Boy’s whimsical drawing of what a bridge might look like: a wooden, pagoda-like structure complete with dragon boat.

The naming of the bridge generated much talk, most of it positive for the final choice. Flora MacDonald was a well-loved and respected Glebite who was known to skate the Canal – and she was a woman, so there’s that. The few negative comments have focused on the fact that the name celebrates yet another politician; that it’s, oddly, her first name, perhaps inadvertently diminishing her stature. And finally,

the bridge isn’t in fact at the end of Flora Street – boo. On the whole, though, I think most people like the name – it’s got alliteration and mellifluence, and celebrates a worthy local.

The next piece will be the artists chosen to create the two public art benches for the bridge. Although the benches are deemed to be art, they will need to serve as sturdy supports for Glebe, OOE and OOS bottoms as well. They will be installed among native flora (there’s that word!) on the western, or Glebe, side of the Canal facing an expanded Lily Pond.

Let’s regard the Flora Footbridge as the vanguard of lots more human-scale, green infrastructure and of an enlightened vision of the city as a green and pleasant place.

– Liz McKeen

glebe report  
www.glebereport.ca

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

EDITOR	Liz McKeen	editor@glebereport.ca
COPY EDITOR	Kerry Smith	
LAYOUT DESIGNER	Jock Smith	layout@glebereport.ca
GRAPEVINE EDITOR	Micheline Boyle	grapevine@glebereport.ca
WEB EDITOR	Peter Polgar	website@glebereport.ca
ADVERTISING MANAGER	Judy Field	613-231-4938 advertising@glebereport.ca
BUSINESS MANAGER	Sheila Pocock	613-233-3047
CIRCULATION MANAGER	Marnie Wellar	613-408-1300 circulation@glebereport.ca
PROOFREADERS	Martha Bowers, Valerie Bryce, Carol MacLead, Dorothy Phillips	
AREA CAPTAINS	Martha Bowers, Gord Farrell, Judy Field, Gary Greenwood, Ginny Grimshaw, Jono Hamer-Wilson, Martin Harris	

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](http://www.glebereport.ca). Selected articles will be highlighted on the website.

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

Glebe comings and goings

**NEW TO THE GLEBE**  
*Indulgence* at 589 Bank Street. “Brunch, dessert and café.” Now open. “This highly unique Dessert/Brunch/Café/Bar is located in the Glebe between Pretoria and Strathcona on Bank Street... a vibrant, hip new spot in a community based neighbourhood.”

*Fifth Dimension Snack Bar* food truck opened at the end of June. It is parked at Kunststadt Sports, 680 Bank. Menu includes things like blueberry pig cheek salad, mushroom po’ boy, kale strawberry salad, poutine...

*Eldon’s Coffee Bar and Eatery*, 775 Bank Street (formerly Burrito Shack) is now open.

*Zariba Security Corporation*, Lansdowne “a private security firm providing its clients with the goods & services they require to operate effectively in hostile environments.”

*Banditos* at 683 Bank (formerly Farm Team) is now open.

*Popeyes Louisiana Kitchen* coming soon to 690 Bank Street (formerly KFC and Rogers). “New Orleans–style fried chicken”

*Cigarman* at 105 Exhibition Way in Lansdowne is now open.

**CHANGES AFOOT**  
*Little Victories* now features *SuzyQ doughnuts*. “We’re proud to announce ... “[that SuzyQ Doughnuts] will be staffed and selling doughnuts every day out of [the Little Victories] shop in the Glebe. (Facebook)

**GONE BUT NOT FORGOTTEN**  
*Aroma Espresso Bar* at 200 Marché Way, Lansdowne, is now closed.

*Yarn Forward & Sew On*, 581 Bank, closed on June 30.

*Yakko Takko* food truck is now gone from the Glebe (but has found a new home in Hintonburg at 1195 Wellington).

**CONTACT US**  
175 Third Avenue  
Ottawa, Ontario K1S 2K2  
613-236-4955  
Please submit articles to [editor@glebereport.ca](mailto:editor@glebereport.ca).

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# Glebe Report board seeks new members

The Glebe Report Association’s Board of Directors is responsible for overseeing the long-term health of the organization, establishing and maintaining governance, and making strategic decisions that aim to keep the *Glebe Report* a healthy and thriving community-based newspaper for the long term. We meet monthly for 90 minutes and have a current membership of seven (see website [glebereport.ca](http://glebereport.ca) for more information).

Two long-serving board members have recently left and thus we are looking for new members who have an interest in the paper and are willing to apply their talents to the board’s responsibilities.

Journalism experience is not essential. Our current board members have backgrounds in law, engineering, human resources, accounting and publishing. We would like to expand the diversity of the board and hope that people from a variety of backgrounds, and especially women, might consider becoming members of the Glebe Report Association board. It’s a great opportunity to grow your neighbourhood network.

For more information, email [chair@glebereport.ca](mailto:chair@glebereport.ca).

## To give or not to give?

Re: “I beg to differ on the homeless,”  
June 2018 *Glebe Report*

Editor, *Glebe Report*

I’m responding to the letter to the editor in the June issue of the *Glebe Report* in which Dorothy Speak takes strong issue with my opinion that giving money to street people harms them and usually goes towards buying alcohol or street drugs. In my letter, I gave the example of a youngish street person I knew years ago in the Glebe, who was, unknown to me, a serious alcoholic, and died at the age of 42 from a seizure brought on by liver failure.

Ms. Speak says in her letter that street people in the Glebe have “no home, no job, no friends, no assets and no future.” One of the two street people that I have regularly bought non-alcoholic drinks for has a home (and I hear from him that some of the others on the street also have homes); he sometimes has a part-time job; judging from the comments of people who give him money, he has lots of “friends” whom he sees on a regular basis; he has some assets, including a bicycle. I realize that not all street people have these things, but drugs and alcohol on a daily basis are not the best things to “get through their lives,” as Ms. Speak writes.

I still feel that withholding money from street people in most instances is the “good or right thing to do” (Ms. Speak’s words).

I strongly believe that society has the responsibility to provide people in need with the necessities of life,

including the most important: accommodation of their own. This has been shown as one of the most important changes that society can make in the life of a homeless person. A guaranteed minimum income is also very important.

Janet E. Harris

Editor, *Glebe Report*

Re: More on those less fortunate seeking assistance on Bank Street.

I am writing to keep the conversation going about those who seek handouts along Bank Street. Rather than thinking about whether providing a handout, be it money or food, is “good” or “bad,” “right” or “wrong,” perhaps there is another approach. How about pausing to consider the circumstances that have led a person to look for a handout?

Imagine the pain and suffering he or she has gone through to find themselves seeking a handout on the street. Whether or not we choose to give something, what we can do is offer the same dignity and respect we all deserve. Rather than avoiding eye contact and scurrying away, maybe a smile or a simple “hello” will create a brief connection of kindness. Let’s try this and see what happens!

Ian Nicol

## A helping hand from afar

Editor, *Glebe Report*

I recently was approached on Facebook by a 20-something-year-old in Bangladesh who is in a master’s degree program in social policy and sociology. We chatted off and on for more than a week. After a week’s break, I said hello and asked how he was doing. His reply: depressed.

He told me that he had had depression before because of his loneliness from being gay and living in a small rural community. He had gone to a counsellor who immediately tried to force him into conversion therapy, and molested him. He told me that in Bangladesh, psychologists are against queer people.

I searched the internet and discovered that the state sanctions violence against organized LGBTQ groups. Many gays have been brutally murdered by police during raids at their offices. I also discovered Boys of Bangladesh (BoB), an organization that plays a number of roles in support of LGBTQ people, including personal support. They are linked to many well-established and reputable international queer organizations. I referred him to BoB and provided the email address and website link. He plans to send an email and I asked him to let me know what actions they take to support him.

I find it amazing that the world is getting so much better and smaller that I am able to help someone so far away.

Kerry Smith

### Glebe Report seeks Business Manager

Experienced volunteer part-time bookkeeper wanted for the Business Manager position of the Glebe Report Association, a not-for-profit organization.

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Honorarium provided. Approximate hours: 15 to 20 hours per issue, 11 issues per year. Start date is December 2018.

If interested, please send your letter of interest and CV with references to: [chair@glebereport.ca](mailto:chair@glebereport.ca)

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NEXT PAPER COMES OUT SEPTEMBER 14

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# Glebe House Tour returns!

by Stephanie Small

This fall, take a self-guided stroll through a historic Ottawa neighbourhood and explore the interiors of five private homes. It all happens on Sunday, September 16 from 1 to 4 p.m.

Linger and pay close attention to the art, furniture, paint colours, lighting and other design choices. Volunteers are stationed throughout each home with details about sources of materials, contractors and designers as well as some historical information.

Tickets are \$30 per person in advance or \$35 the day of the event. Ticket includes a shuttle bus service and a tea service at the Glebe Community Centre from 2:30 to 5 p.m. Purchase tickets at the Glebe Community Centre, 175 Third Avenue; or call (613) 564-1058 or (613) 233-8713, or go online at [www.gnag.ca/enterprise/Events\\_GlebeHouseTour](http://www.gnag.ca/enterprise/Events_GlebeHouseTour).

This tour is for adults. Children ages 12 and up are welcome with a ticket, as are babes in arms.

The Glebe House Tour is a volunteer-run fundraiser. Proceeds support the Glebe Neighbourhood Activities Group, in particular a fund that allows children with special needs to attend programs and camps.



PHOTOS: SUZANNE MCCARTHY



## 8 Jackson Avenue

*This lovely home features an addition that flows seamlessly from the original part of the house. Throughout the home, rather than being hidden away, family photos, mementos and heirlooms are beautifully curated and on display, along with an amazing art collection. Be sure to take time to enjoy the gorgeous multi-level garden.*

## 74 Ralph Street

*Turn west into the courtyard off Ralph Street to find this hidden jewel of a home overlooking Brown's Inlet. The owners fell in love with the home's soaring ceilings and peaceful setting. An abundance of natural light plays off the home's Venetian plaster walls, creating a gorgeous backdrop for the homeowners' stunning collection of art and lovely mix of modern furniture and family heirlooms. A recent kitchen reno added a stunning Patagonia granite backsplash and heated slate floors. The luxurious master retreat opens out onto a terrace overlooking the pond.*



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36 Monk Street

The creative owner of this home is a self-described garage sale fanatic with a knack for spotting hidden treasures and giving them new life, often by working with creative carpenters and upholsterers. Enjoy the use of vibrant colours throughout this home that are inspired partly by the colours they saw while living in Mexico. Don't miss the charming three-season porches on both the left and right sides of the house – perfect for relaxing and watching the world go by.



19 Monkland Avenue

In renovating this grand old home, the owners respected its original footprint but gutted and rebuilt the interior with a gorgeous contemporary take on traditional style. White oak floors contribute to the home's bright, airy feeling, while their chevron pattern adds visual interest. Pay special attention to custom cabinetry throughout, especially the doors off the kitchen that appear to form part of a seamless wall of cabinetry but actually lead to an office and down to the basement. The third floor features a multi-generational playroom for this busy young family.

18th Annual  
Glebe House Tour and Tea

Sunday, September 16,  
1 – 4 p.m.

Tickets:  
\$30 in advance,  
\$35 on the day

Tickets available at  
Glebe Community Centre

By phone at (613) 564-1058 or  
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Or online at  
[www.gnag.ca/enterprise/Events\\_GlebeHouseTour](http://www.gnag.ca/enterprise/Events_GlebeHouseTour)

211 Fourth Avenue

Renovations to this gracious Glebe home focused on making it comfortable and maintenance-free for an active, retired couple, from the heated driveway to the master ensuite. The homeowners also had some furniture custom-made to go with cherished family heirlooms. The entire home is lovely, and the real showstopper is the serene three-season room and deck off the second floor – a cottage getaway with all the comforts of home.



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To my Mother Eau

I have a memory of you  
where I, as a child, stand  
just inside the door of  
your bedroom. My father is elsewhere,  
and you are seated at your vanity.  
You're wearing  
a black cocktail dress and  
raise your bare arms to  
place some simple jewelry.  
You are going to a party  
and I am transfixed  
by you who has been underneath  
maternity clothes or the frayed  
white of my father's old  
office shirts. Your waist, usually  
broadening to hold a growing sister,  
has tightened, that night  
you were only yourself.  
I can remember the thought  
that I kept unspoken –  
how I wanted you to have this beauty.  
Then your image becomes tinged with  
your perfume and you tell me  
it is called Eau de. Water of.  
Then you leave with him  
and you're bringing, as you always did,  
I can see this, as you both  
entered that city's night, the lake,  
the river, the ocean of your love for him  
when you were with my father.

Michelle Desbarats

Blink

The lake shelters dark secrets  
beneath its face of mirrored sky

beyond the farthest point of sight,  
there's still ice on the surface even

on a warm day in June. But  
eager for his year's first swim, he dives deep

off the dock. An instant numb, limb-lock  
sending him down and down.

Doesn't feel their fingers wrapping tightly round his knees,  
doesn't sense their water-breath along his chin

'til he sees faces, a distort of eyes, black nothingness  
of mouths, all of them open and screaming.  
Jonah has seen the water witches, dark women of the lake.  
He wakes prone upon the dock, hard glitter in his eyes.

His mouth opens as he screams  
and goes on screaming.

Carol A. Stephen

The Office Poinsettia

There once was a boss going to France  
Who asked her employees to water her plants.  
When the workweek was done,  
They all left to have fun.  
Would they remember Monday? Not a chance.

So began the plant's slow demise.  
It sunk and shrivelled before their eyes.  
The plant looked so sick  
That it finally clicked  
And its condition they stabilized.

So quick were they to make up for neglect  
That the soil, no one thought to check.  
Before, the plant was browning  
Now it was simply drowning!  
Poor thing was tortured in every respect.

They looked at this pitiful flower  
Wondering what they could do in their power.  
Perhaps it can be pruned?  
Can't replace a poinsettia in June...  
Must be quick, she gets back in an hour!

Alisenne Boxall

Poetry Quarter

Water

is critical to sustaining life  
– one of the ancient Greeks'  
four elements that make up  
the world – 60 per cent of  
the human body – and the  
inspiration for poetry.

the boys throw sunshine

the boys throw sunshine  
toss, glimmer, plop  
the river is hungry for rocks

they scour the smoldering shoreline  
pebbles wink in the dross  
the boys throw sunshine

the sun is a distant clock  
enraged in its decline  
the river is hungry for rocks

reflection catches an eye  
their mother and sister watch  
the boys throw sunshine

each stone thrown is lost  
each arc defying time  
the river is hungry for rocks

soon it will be bedtime  
their stones leave no mark  
the boys have thrown their sunshine  
the river is hungry for rocks

Rob Thomas

buddha's rainy-day delight

every paradigm has a roof  
every roof leaks  
every year the weather changes  
seems to last for weeks  
in every life some rain must fall  
a forest's full of trees  
i like to wander in a magic garden  
one that's full of bees  
they go about their business  
oblivious to all  
i know i live in paradise  
because some rain must fall

mike schofield



SO, I WALK

My dear, you are a big girl now. You must do big girl things.  
My mother's words wrapped 'round me like chains.  
I turned eight, my child time over. I did not celebrate.  
Why should I dance? Tell me please. Why should I sing?  
Instead, I bring my family water. I bring them life.  
So, I walk.

Twenty thousand steps there and twenty thousand back.  
This, I do two times a day. Every day. Every day.  
The high hard sun is not my friend. I go early and I go late.  
I seek shelter in shady places on the way. I watch for other enemies, too.  
But my family waits for me.  
So, I walk.

The filled-up jug sits heavy on my shoulder, pressing me down.  
My bare footprints are deeper in the dirt coming back.  
It is brown, what I've coaxed from the dead lake. It has a sour smell.  
We can feel its evil in our guts and bones.  
We live in pain, but at least we live.  
So, I walk.

I am told there is a place  
Where clear water flows easy, its song delicious.  
Its taste a wonderful melody.  
And girls my age can dance. They are free of chains like mine.  
But that place is far from here.  
So, I walk.

Anna Blauveltdt

Rain

It rained that night, as I did lie  
Awake, the hours slipping by.  
The days were hot, the ground was dry,  
And then this gift from darkened sky.

By mid-morning the rain had stopped,  
Seven inches they claimed had dropped.  
No one complained – basements were mopped.  
Outside a summer chair was sopped.

It stood, almost unnoticed, there  
Beside the barn, the worst for wear,  
But sturdy still; as it would fill  
With precious rain – there was no bill.

A simple thing, a gift from God,  
For farming folk, who worked with sod.  
No sewers needed, just a well,  
And this barrel, when raindrops fell.

Craig Kamcke

WITHOUT A TRACE OF IRONY

The well went dry every August.  
The creek water, which the cows drank,  
was tinted brown, "from tree roots," Mother said.  
My white blouse became beige.

We children knew the health advantages of boiled water  
and insisted on drinking tea, like the adults.  
We washed in rail barrel water,  
where mosquitoes drowned, and once, a mouse.

"Don't complain," said Mother.  
"When my Aunt Emma homesteaded in Saskatchewan  
she'd carry a pail of water from the slough,  
wash the baby in it,  
wash herself in it,  
then give it to the cow to drink."

Daddy loaded two cream cans into the truck.  
We piled into the cab and drove four miles  
on a dirt road overhung with branches,  
with grass growing between the tracks  
to a rocky hillside where a spring gushed forth.

As we drank, Dad said:  
"Kids, this is the best damn water you'll ever taste!"  
"Aren't we lucky?" Mother added  
without a trace of irony.

Ruth Latta





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Cancelling cap-and-trade hurts us all

Canada can achieve deep greenhouse gas (GHG) emission reductions by 2050, but only by putting a price on carbon emissions throughout the entire Canadian economy beginning as soon as possible. (National Round Table on the Environment and the Economy (NRTEE), Jan. 7, 2008)

Back in another life, I served on the NRTEE, which reported to Parliament. When asked by the Harper government for advice on how best to tackle climate change with the least negative impact on the economy, we concluded that there was a global consensus on the need to price carbon. Without such a price, there’s no motivation to increase efficiency and reduce waste. Pricing carbon was clearly the most effective and efficient way to take action on this growing global imperative. Make it a carbon tax, or cap-and-trade, but above all just put a price on carbon. Otherwise the Earth’s atmosphere will continue to be used as a dump for greenhouse gases at the expense of human civilization and the planet.

Alas, that recommendation was not only ignored, but, in a rare breach of protocol, the NRTEE was not even thanked for its work prior to being ignored. Although our advice was solidly backed by data and evidence (a.k.a. the truth), it was just too inconvenient. Sadly, many politicians and governments routinely ignore science and data. Why let facts get in the way of ideology?

How else can we explain the new Ford government’s rapid cancellation of Ontario’s successful cap-and-trade program? As in California and Quebec for nearly a decade now, the program has reduced emissions, stimulated jobs and employment in cleaner industry here in Ontario while raising money for initiatives that provide a public good. British Columbia’s carbon tax has had a similar effect. None of those facts seem to matter when you can label the program as wasteful and blame it for anything that ails Ontario.

So there we have it – out with cap-and-trade and in with the Conservative plan to halt climate breakdown. Oops, sorry, there is no plan B. Something that took many years to build and take hold is just simply gone, with nothing to replace it.

The provincial government’s choice to repeal the cap-and-trade program is already being felt by the City of Ottawa and every other municipality in Ontario, and soon will be by every citizen.

Over the past month, a host of programs funded by proceeds from cap-and-trade (the program required that all revenue raised go back into carbon reduction programs) has been cancelled. This included energy retrofitting and repairs for schools, bike infrastructure and safety training, electric vehicle and charging sta-

tion incentives, and grants for home upgrades and on-site renewable energy.

First to be cut were the GreenON programs. Ottawa Community Housing had been granted almost \$750,000 for the GreenON low- to mid-rise energy retrofit programs.

The Municipal GHG Challenge Fund, from which the City had received \$338,852 (or 50 per cent) for retrofitting city facilities, was revoked in early July. This fund allowed the city to target upgrades with big returns in carbon reduction. The plan was to upgrade City Hall’s old heat pump, add an electric low-carbon boiler to the Walter Baker Sports Centre and the Mary Pitt Centre for off-peak heating, and install a glycol loop at a city garage, among many just-approved projects under our Energy Evolution plan.

“Make it a carbon tax, or cap-and-trade, but above all just put a price on carbon.”

Luckily, Ottawa Community Housing will still get \$19.7 million in Social Housing Apartment Improvement Program funding for 2017-2018, but all future large social housing apartment retrofits are cancelled.

The city is still waiting to hear about the status of other projects for which the Ontario government website simply reads, “archived” or “discontinued.” The types of projects we need to perform and get funded are now left hanging. To complete this essential work, the city will require the support of the federal government, which has declared that it will impose a carbon tax on provinces that fail to meet their moral obligation, and determine on its own how to spend the revenue. Or, the city will have to impose higher taxes if we are to somehow go it alone to reduce greenhouse gas emissions with our much smaller property tax base. That makes no sense, and is not something we should have to do.

Every level of government has a role to play in preventing catastrophic climate breakdown. That’s not hyperbole; the breakdown is happening here and across the globe. It is essential that everyone act aggressively and urgently. I can only hope that the Ford government will recognize this quickly and not wait to be forced by the federal government, which can only get ugly.

One way or another, we will pay the price of inaction: a little now, or a very, very large amount in a few years’ time.

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# Protecting the environment for future generations

I’ve learned in conversations in the riding that residents of Ottawa Centre care greatly about getting outdoors, protecting Canada’s natural beauty and animals, and ensuring we have clean air and water for future generations. I am proud to represent a riding that cares so deeply about our environment.

Our government is committed to preserving and protecting our environment, as we understand our quality of life and prosperity are directly tied to it. Here are a few of the investments and actions we have taken:

- PROTECTING NATURE AND ENSURING CLEAN WATER**

  - A historical \$1.3 billion to protect and preserve Canada’s lands and wildlife
  - An Oceans Protection Plan to make our coasts healthier, safer and better protected
  - Investments to protect the Great Lakes, which support over 50 million jobs and provide clean drinking water for 40 million people
- TACKLING CLIMATE CHANGE AND GROWING A CLEAN ECONOMY**

  - A national climate plan to phase out coal, make polluters pay, and invest in public transit and green infrastructure to cut pollution and grow our economy
  - \$2.3 billion to support clean technology in Canada that brings cutting edge solutions to protecting the environment while creating good jobs
  - A Global Plastics Charter to keep plastic out of our waters

**GREENING OTTAWA**

I’m also working with the city, local organizations, business and residents to make Ottawa the greenest capital in the world. This is about improving our quality of life, doing our part to tackle climate change and growing a clean economy while creating good jobs.

- INVESTING IN CLEAN TRANSPORTATION**

  - Investing over \$1 billion in Ottawa’s LRT project to shorten commutes and better connect you to services while reducing greenhouse gas emissions
  - Securing \$10.5 million towards the Clegg Street footbridge (Flora Bridge) to make walking and cycling easier and safer
  - \$55 million towards repairing NCC pathways and bridges

**PRESERVING OUR WATERS**

- Initiating the Ottawa River Watershed Study that will lead to the development of a conservation strategy for our local water systems
- Designating the Ottawa River as a heritage river to ensure its long-term health for swimming, drinking and fishing
- Installing three new access points along the Rideau Canal, making it easier than ever to appreciate our local history and nature

Together, we have done a lot, but I want us to aim higher. Our goal should be to grow Ottawa into the greenest capital in the world! We all play a role together in protecting Canada’s climate as we move towards a greener future.

As always, if you have any questions about our government initiatives, contact my community office at 613-946-8682 or send me an email at [catherine.mckenna@parl.gc.ca](mailto:catherine.mckenna@parl.gc.ca).

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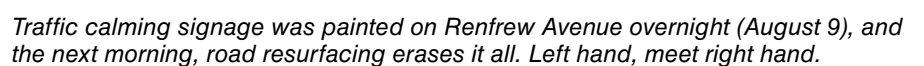
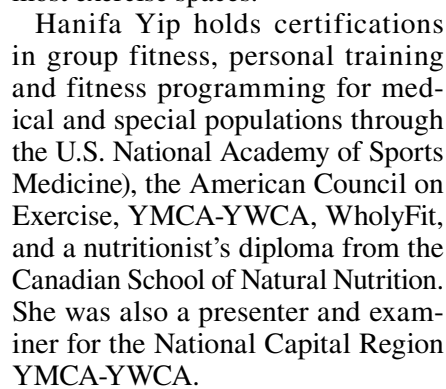
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## by Louise Archer

“I’m a firm believer in gentle to



*Louise Archer is a long-time resident of the Glebe and member of Glebe-St. James Church. She enjoys yoga and staying fit.*

southern kitchen & raw bar

SIDES			
Fried Chicken	<b>7</b>	Grilled Salmon	<b>5</b>
Pork Belly	<b>3</b>	Fries	<b>3</b>
Cornbread	<b>3</b>	Slaw	<b>2</b>

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<b>BAYOU PAELLA</b>	<b>30</b>
shrimp   chorizo   mussels   clams   sofrito tossed saffron rice   cilantro oil   served on a sizzling cast iron	
<b>BLACKENED CATFISH</b>	<b>26</b>
Tennessee catfish   garlic shrimp   Mexican rice   seasonal vegetables	
<b>SOUTHERN FRIED CHICKEN</b>	<b>24</b>
buttermilk fried chicken   bourbon glazed carrots   slaw   roasted garlic mashed potatoes   peppercorn gravy	
<b>SCALLOPS</b>	<b>30</b>
seared newfoundland scallops   miniature hasselback potatoes   sweet carrot puree   wilted kale   pecan gremolata	
<b>SMOKED CARBONARA</b>	<b>22</b>
House made pappardelle   parmesan   spiced pancetta   cured egg yolk   garlic scape oil   smoked mushroom	
<b>CAJUN LAMB BURGER</b>	<b>22</b>
toasted brioche   double cream brie   spiced poached pear   peppercorn buttermilk aioli   pulled mushroom	
<b>ARTISAN CHEESE &amp; CHARCUTERIE BOARD</b>	<b>29</b>
3 varieties of local cheeses   3 varieties of charcuterie meats   drunken apricots   pickled vegetables   crustinis   Ask your server for today's choices	
<b>BRONZED YELLOWFIN TUNA NICOISE</b>	<b>26</b>
mesclun mixed greens   cherry tomato   baby potato   dehydrated kalamata tapenade   pickled egg   green goddess dressing	
<b>ROSIES ORIGINAL BBQ PORK BACK RIBS</b>	<b>26</b>
1/2 Rack braised & glazed   honey bbq sauce   choice of fries   house salad or slaw	
<b>STEAK FRITES</b>	<b>36</b>
Canada AAA striploin or tenderloin, grilled or blackened   seasonal vegetables   fries or mash   peppercorn demi	

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**Sarah Viehbeck**  
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# GCA renewed

by Sarah Viehbeck

I am, like many of you, away on summer holidays as I sit to write this column for the first time as the new Glebe Community Association (GCA) president. Thank goodness for neighbours who take turns looking in on each other's homes!

Although the GCA doesn't formally meet in July and August, the good work of the association continues. Let me begin by welcoming the new executive and board. I am delighted that we have a mix of seasoned GCA veterans and some fresh faces to guide our work in the coming year. Thank you to June Creelman and Josh VanNoppen for their work to nominate such a robust slate of board members. Our thanks to all those who let their names stand. Thanks also to Bruce Jamieson for a great presentation at the AGM on the GCA's work to develop a Glebe Parks Master Plan. The GCA Parks Committee will be inviting more feedback throughout the fall on this plan.

In 2017, our GCA Environment Committee initiated a project to reduce the carbon footprint of the Glebe Community Centre (GCC). The committee's working group is building on work completed during the winter in 2018 for this project by engaging Algonquin College's Construction Research Centre to produce a computer model of the GCC. The model will be used to identify factors affecting the energy performance of the building and make recommendations to reduce its energy consumption and carbon footprint. The Working Group is working closely with the city and is hoping that the project will yield great results for the GCC and perhaps for community centres citywide. The Environment Committee is also working on reducing single-use plastics. Watch for changes being made by Glebe businesses like McKeen Metro in the coming months. These projects are examples of positive and collaborative local actions on global issues.

The kindness of neighbours is always evident at the Great Glebe Garage Sale and the heavy rains this year couldn't break that spirit. The Ottawa Food Bank received just under \$12,000 from sale donations! From a walk around the neighbourhood with my umbrella and slicker, I know many other charities benefited from sale proceeds as well. Thank you for this generosity!! Thanks also to Collette Downie for her role in making this neighbourhood tradition a success.

While we celebrate neighbourhood traditions, we must also deal with change. The GCA has repeatedly raised the issue of over-development on Bank Street with the city's Planning Committee, particularly concerns over heights exceeding the 15-metre maximum of the current zoning bylaw and the six-storey height indicated in the Official Plan for Trad-

itional Mainstreets. These concerns are legitimate: over the last year we have seen the Beer Store / Mr. Muffler site approved for a nine-storey tower on the southern portion of the site; the proposed development of the La Strada parking lot approved for five storeys (now under appeal); and most recently, the Minto proposal for the redevelopment of Fifth Avenue Court approved for seven storeys. Following significant opposition from local residents and numerous meetings with the GCA, the Minto development proposal is now lower than the original. Necessary changes have been made to better transition the building where it abuts residential properties on Fourth and Fifth avenues, and the design is being modified to preserve a mature tree at the southeast corner of the site.

At its June 26 meeting, the City of Ottawa's Planning Committee acknowledged the concerns raised by the GCA and directed city staff to review opportunities for a limited secondary planning process focused on identifying an appropriate height and density strategy for those properties fronting or directly adjacent to Bank Street from Highway 417 to the Rideau Canal, and to report back to the Planning Committee no later than Q4 2019. The secondary plan will be a major step forward in establishing more certainty as to what development will be permissible along Bank Street in the Glebe. We are awaiting news from the city as to how and when preparation of the plan will commence and will provide more information thereafter on how the community can be involved. Some readers might be aware of recent development approvals that contravene existing secondary plans in other parts of the city, notably in proximity to the new LRT stations. Despite the concerns and cynicism that these approvals have raised, we believe that a secondary plan remains an important step in managing development in our community, and encourage anyone interested to provide input to the process.

Having a vibrant and active community association is even more important in an election year. The GCA will once again partner with other community associations to host an all-candidates meeting on the evening of September 27 at the Glebe Community Centre. Save that date! More details will be in the next *Glebe Report* and on our website.

The GCA has over 1,000 members and there is always room for more. \$10 memberships are still available at [www.glebeca.ca](http://www.glebeca.ca). Thank you to Carol MacLeod and the volunteers who canvassed for this year's membership drive.

In September, the GCA will resume meeting at the Glebe Community Centre at 7 p.m. on the fourth Tuesday of the month (i.e. September 25). Please join us!

Follow us on Twitter @glebeca or visit our website at [www.glebeca.ca](http://www.glebeca.ca).




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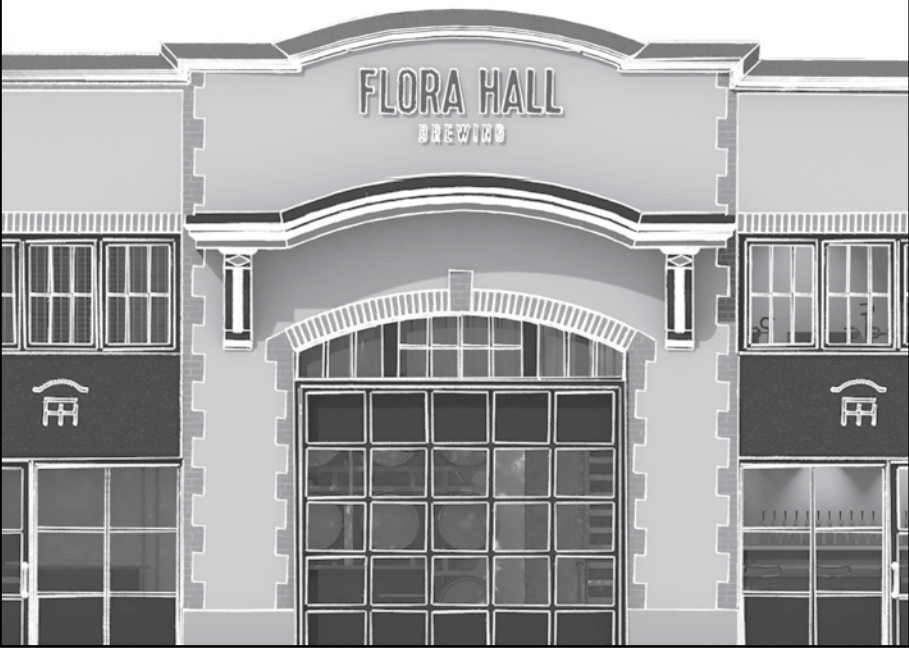


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## Mary Tsai

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## New programs, staff and job postings

### PROGRAM REGISTRATION

Fall is just around the corner, which means registration time! Our program guide, inserted in this issue of your Glebe Report, has details of our fantastic fall line-up of programs for all ages. Many of your old favourites are back and we have some brand new courses you are going to love. Online registration begins Thursday, August 30 at 7 p.m. for all of our programs and is ongoing. You can visit us online at [gnag.ca](http://gnag.ca) or call 613-233-8713.

GNAG has a brand new website and registration system. Visit [GNAG.ca](http://GNAG.ca) starting August 17 and become familiar with the look and feel. While you are there, create your family profile. This will make your registration experience a whole lot smoother.

### EMPLOYMENT OPPORTUNITIES

GNAG is looking for mature, enthusiastic candidates who possess strong leadership, communication and organizational skills along with the 'job specific' qualifications for the Breakfast and Afterschool Programs. Please send your resumé to [info@gnag.ca](mailto:info@gnag.ca) by August 31 outlining your experience, education, schedule of availability and a minimum of two references. We are also looking for positive, experienced and inspiring tutors for children Grades 1 – 12 in all subjects.

Detailed job postings are available on our website [gnag.ca](http://gnag.ca) under Join our Team.

### GNAG ANNUAL GENERAL MEETING

GNAG invites the community to their Annual General Meeting, Wednesday, September 26 at 7 p.m. at the Glebe Community Centre.

Are you interested in volunteering or taking a place on our board? Please contact our volunteer coordinator at 613-233-8713 or email us at [info@gnag.ca](mailto:info@gnag.ca).

### YOUTH AND ADULT PROGRAM TEAM

It is with great pleasure that we introduce John Muggleton and Katie Toogood, GNAG's newest additions to our management team.

John is GNAG's Youth Development and Adult Program Manager. John has extensive experience in performing arts. His specialties include acting, arts administration, theatre direction, and teaching. His name and face may be familiar to you because John is also the co-founder of, and instructor at, Glebe's Ottawa Acting Company.

John is also an award nominated playwright. His full-length play *Burn*, which enjoyed a sold out run at Ottawa's Gladstone Theatre after premiering at Glebe's Avalon Studio is currently being produced coast to coast in Canada and will return to Ottawa in 2019. John is a member of ACTRA, The Canadian Actors Equity Association and the Playwrights Guild of Canada, and is a recipient of the Audrey Ashley Award for longstanding dedication to the Ottawa theatre com-

munity. John is also a family man, married to Dana Truelove and father of two-year-old Janey Summer. We are thrilled to welcome John to our team!

Katie Toogood has an undergraduate degree in Physical and Health Education from Queen's University and a Masters of Professional Kinesiology from the University of Toronto. She was a corporate trainer for a locally sourced sustainable kitchen, a summer campsite facilitator for the YMCA in Kingston and a program leader for an after-school program through the Learning Disabilities Association of Toronto. Katie has decided to take the big leap and move from her hometown of Toronto to become GNAG's senior program coordinator for youth and adult programs. Welcome Katie, to Ottawa and to the GNAG family.

### GET UP & GO

I am very proud to announce that GNAG received funding from the Ministry of Tourism, Culture and Sport to initiate a two-year project called Get Up & Go!

The Get Up & Go program is part of the Ontario government's new Active for Life Recreation Stream which is designed to fund projects that help adults 55+ and seniors stay fit and connected to their communities.

The goal for the program is to increase recreational physical activity by offering barrier-free fitness programming at three local seniors' centres (Glebe Centre's Abbotsford house, Lord Lansdowne Retirement Residence and Villagia in the Glebe) and at the Glebe Community Centre. Get Up & Go has two key features: free, weekly recreational fitness classes and highly subsidized weekly recreational fitness programming at the Glebe Community Centre.

GNAG understands that participation and engagement in community sport, recreation, fitness and physical activity programs contribute significantly to an improved quality of life at any age. Thus GNAG is strongly committed to and excited by the prospect of offering active recreational opportunities to the many older adults and seniors in our neighbourhood.

The Get Up & Go program will enable GNAG to better serve and engage adults 55+ and senior adults who already identify as being active, fit and healthy as well as those who experience barriers to participating in recreational health and fitness activities. Why Get Up & Go? Because active aging is where it's at!

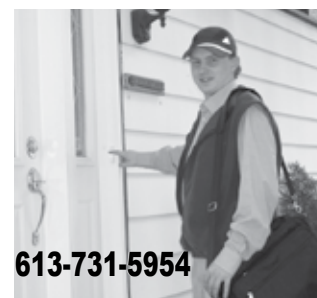
### GLEBE COMMUNITY CENTRE CLOSED AUGUST 25 – SEPTEMBER 9

The Glebe Community Centre will be temporarily closed for renovations to become Accessibility for Ontarians with Disabilities Act (AODA) compliant. GNAG's temporary office location is Glebe-St. James Church. We can still be reached by telephone 613-233-8713 or by email [info@gnag.ca](mailto:info@gnag.ca).

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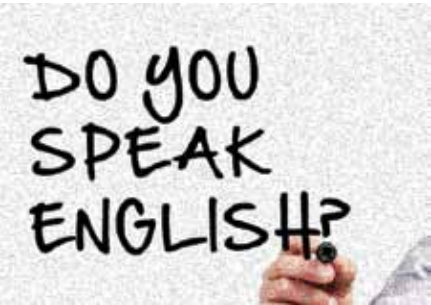
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# Borrowed words

## Escaping English abroad



by Sophie Shields

There are times when it's impossible to know whether language is friend or foe. You can spend hours slaving over a new language – grumbling over its grammar, venting at its verbs and angrily absorbing adjectives. Then, once it starts to feel like a familiar ally, your native tongue, especially if it's a global language like English, comes into conflict with this well-wishing newcomer.

I recently had this experience on a trip to Ukraine where, entering the country, I had confidence in my language skills. Even though I was conscious that I lacked some of the grammatical knowledge needed to claim fluency, I believed that my skills would only thrive. So it came as a surprise that, more often than not, my efforts were ignored and I was spoken to in English. Often, the waiters in a restaurant would assume, based on how I looked, that I was an Anglo-phone and before I even opened my

mouth, would begin speaking to me in English. My native language all of a sudden became my biggest hurdle.

It frequently turned into some sort of battle: me attempting to speak Ukrainian versus the locals, relentless in their fight to practise their English. In this situation, it's easy to fall into the trap of giving up and reverting to the language you are most comfortable in – your native tongue. That meant that most of the time, I lost. However, once in a while, to my surprise, I seemingly succeeded in fooling an unsuspecting local into thinking that I could actually converse. Soon, I would be fed one long, incomprehensible but engrossing paragraph filled with obscure words that made me wonder about the logic of the Ukrainian language, but filled me with pride that I understood even part of it.

It's moments like these that language becomes your friend and you realize that the journey of language learning, from its valleys to its mountains, may be worth it after all.

*Sophie Shields is a Grade 12 student at École de la Salle who lives in the Glebe. She speaks English, Ukrainian and French, and is learning German and American Sign Language. Her passions are writing and languages; she is part of her school's creative writing program and has published poems and stories in various languages.*



# The Glebe according to Zeus

A GUINEA PIG'S PERSPECTIVE ON THE GLEBE



## Make the Glebe great again!

“I want to make the Glebe great again!” asserted President Rump to his constituents this week in advance of the upcoming GP-7 meeting set to be held in Orleans this September. “As a former business pig known for leading several multi-dollar corporations over the past decades, I know how to make deals – and let me tell you, this GHASTA deal stinks!”

Renegotiations of the Glebe, Hintonburg and Sunnyside Trade Agreement (GHASTA) were shockingly deadlocked earlier this summer just after announcements that it was on the verge of being finalized. The current GHASTA covers the trade of goods and services between three neighbourhoods: the powerful Glebe led by Rump; the younger Hintonburg, led by hipster Rudy; and the developing and highly populated Sunnyside South, led by recently elected Andy Manny Lenny Troubadour.

The stalemate occurred when President Rump attacked both Hinton-

burg and Sunnyside, claiming that the former unfairly maintains huge tariffs on carrot juice imported from the Glebe, while the latter produces the guinea pigs' popular miniature scooters on the backs of low-wage worker squirrels. In a belated retaliation, Rump slapped 32-cent tariffs on imported lettuce from Hintonburg as well as clothing from Sunnyside.

The tariff wars have the entire city nervous about the economy. Vanier Prime Minister Macaroni, who is a good friend of Rudy's and equally stylish, offered to assist in brokering a deal with Rump but has so far been ignored. In press interviews, all three leaders have admitted they don't really understand the ins and outs of the deal “because it's just so long” and “uses a lot of big, technical words.”

Meanwhile, guinea pigs on all sides of the borders worry about access to affordable vegetables, transportation and the anticipated high cost of the latest fall fashions as September approaches.

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# INDIAN-INSPIRED PIZZA — WHO CAN RESIST?

by Nadine Dawson

Four friends began a new venture in Old Ottawa South: the Roost & Grills restaurant that quietly opened to the public in December. Owners Krishnakumar, Hundlani, Rappai and Kumar developed and perfected their menu in anticipation of a summertime grand opening, when they throw wide the doors and invite neighbours and family to sample the delicacies they have designed.

The four met in Kochin Kitchen and decided to create something unique inspired by their common birthplace, Kerala Province in India. They dreamed of opening a restaurant focused on grilled chicken unavailable elsewhere in Ottawa.

With the help of Kijiji, they located the perfect cozy spot from which to grow: 1202 Bank Street. When they discovered the space was already outfitted for pizza, they thought, why not? And it is just this spirit of adventure that has led to their signature dishes: chicken marinades of Middle Eastern and Southern Indian origin cooked to tender perfection on a grill imported from Portugal. Throw in Indian-inspired pizza and they had the makings of a cuisine that couldn't be found anywhere else.

But first, they had to learn how to

make pizza dough. In fact, they spent three months doing just that – testing and tinkering every night until they produced a crust to their satisfaction. And though they offer “traditional” pizza of the tomato and pepperoni variety, they created a Margarita with spinach sauce, a Butter Chicken Lovers with, you guessed it, special butter chicken sauce, and the spiced-up Southern Vindaloo, a meat-lovers’ delight with their signature vindaloo sauce. Fancy a Butter Paneer pizza? This may be the only place on earth you can find it.

Their specialty, though, is chicken. The Emirati is brined in spiced yohurt and lime and encrusted with an Arabian marinade, the Classic Grilled is soaked overnight in Kerala-inspired spices, and the Grand Tandoorian masala features Kashmiri chilli and tumeric. Whether roasted or special grilled – steam on the bottom, gas heat on the top, and flipped often – the chicken is tender and delicious.

The sides are also unusual. The spiced rice is made from the tasty jeera rice, the coleslaw and salad tossed in house-made dressing, the potatoes baked in black pepper and parsley with a lemony flavour. Finger foods include Red Nuggets, Piri Piri Paneer, Crispy Chou-fleur, Roost Fries and Wings – all of them gluten-free and seasoned with Roost & Grills’



The Roost & Grills restaurant quietly opened to the public in December.

specially developed spices and dips.

Krishnakumar, Hundlani, Rappai and Kumar have big plans. Soon they will begin delivery services and their website ([www.roostandgrills.com](http://www.roostandgrills.com)) and Facebook page are up. But that's just the beginning. They dream

of inspiring a new line of franchised restaurants, fusion-style. If you like unusual flavours, you might consider visiting Roost & Grills soon.

Nadine Dawson is a teacher and artist who lives in Old Ottawa South.

# Natasha Royka Studio

by Kristi Carin

My six-year-old daughter Piper had just finished her dance class at the Natasha Royka Studio. She ran over to me, clutched my arm and looked up at me with deep sincerity. In her most serious voice she said, “Mommy, I really love it here!” It’s one of my most vivid and sweet memories.

Both Piper and I have been taking classes with Natasha for several years. It is rare to find a classically trained dance and movement professional who can offer comprehensive adult classes from introductory to advanced levels and who can also engage and truly inspire children. Natasha Royka Studio ([www.nroykastudio.com](http://www.nroykastudio.com)) provides a unique opportunity for you to awaken your creativity and experience movement and invigorating exercise.

Beyond the range of classes available is the inspired tone in which they are delivered. Natasha Royka is an artist-teacher with the soul of a poet. Her philosophy is grounded in the belief that movement and the arts are experiences essential to being human.

Adult classes include ballet ranging from pointe to stretch and strength, and a variety of pilates work from mat work fundamentals to reformer sessions. The use of visual arts overlaps with concepts of movement and choreography, makes an exploration into creativity unlike any other.

Children’s group classes meld dance, art and storytelling to engage children on a variety of levels – awakening minds and movement at the same time.

Flexible class schedules cater to both professionals and kids. The range of options and times is impressive for a boutique-style studio. With all the



Natasha Royka and student Piper create a bright moment at the studio's annual 2018 Chocolate Cake Open House.

activity, one thing that is never lost is the intimate feeling of Natasha’s space at 11 Florence Street. The light and airy studio is the scene of many small classes where, instead of the hustle and bustle of a crowded facility, clients find a calm environment focused on the deliberate, mindful process of moving with purpose.

Natasha has told me several times that she believes that the arts build skills that are invaluable for the 21st century. My daughter has been encouraged to explore “outside the box” and give free reign to her imagination and natural creativity. The skills practiced in each of Natasha’s classes build a framework that promotes the resilience vital to a life in the arts as defined by the individual student, and also for the challenges of careers and everyday living where being flexible and self-aware are so important.

Kristi Carin is the mother of seven-year-old Piper and five-year-old Skylar who both create magic at Natasha Royka’s studio.



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A wide-angle view of the site from the southeast corner. The federal Natural Resources Canada buildings are in the background.

# 291 Carling Avenue – watch this space!

by Sue Stefko

Canada Lands Company (CLC) and the Algonquins of Ontario (AOO) held a series of public open house drop-in sessions in July showcasing three preliminary development concepts for the site at 291 Carling Avenue. The property consists of a parcel of approximately 3.4 acres of vacant land on Carling Avenue bordered by Bell Street South to the east and Lebreton Street South to the west. The area is currently used as a parking lot for approximately 300 vehicles for nearby federal office buildings. CLC acquired the site in February 2017 and will be developing it as part of a joint venture with the AOO.

The drop-in sessions gathered input and feedback from the community and stakeholders about the three preliminary development concepts. Each plan outlined various land-use options and features:

**Development Concept #1** – This option proposes to retain the striking sheer rock wall as a feature on the southeast side of the lot (along Bell Street South). A landscaped area would surround the rock wall, which includes the small triangular outcropping of vacant land on the top of the site on Bell Street South. This concept proposes development that is concentrated on the southern portion of the site, away from existing homes on Henry Street and Lebreton Street South.

While the concept shows a podium and a residential building of up to 30 storeys, this could potentially include more than one building, which is true of all options. Regardless of the built form, the building(s) on the site will not have a height of more than what is shown.

This option is unique in that open space is proposed for the northern portion of the site, to be defined for future parking needs, which could include surface parking, a parking garage, etc.

**Development Concept #2** – This option also proposes to retain the natural rock feature and would integrate a landscaped area. The residential building(s) at the southern portion would still be up to a maximum of 30 storeys, but the land use area would be smaller. The building(s) would also be situated closer to Carling Avenue, with a larger setback from Lebreton Street South.

The northern portion of the site would include residential building(s) to a maximum height of six to 10 storeys with associated underground parking. It has yet to be determined what types of residential units (condo, apartment, townhouse) would be developed.

**Development Concept #3** – This concept proposes a larger landscaped area than the other two options. The building(s) at the southern portion of the site could be up to 24 storeys, with the setback at Carling and Lebreton Street South the smallest of all the options.

The maximum height of the residential building(s) within the northern portion of the site is proposed to be 10 to 18 storeys. One unique feature of this concept is that the entire site could be serviced by one underground parking lot.

There are a number of commonalities amongst the concepts. Each proposes pedestrian connections from Carling Avenue and Bell Street South to Lebreton Street South, with a common open shared area in the centre of the site to enable pedestrian connections and to allow for views across the site. Each envisages vehicular access from Lebreton Street South. Finally, in all options, the podium(s) could be used for a mix of retail, office and commercial purposes, and would be serviced by underground parking.

CLC and the AOO want to ensure that the community continues to have an opportunity to provide their input through an online survey. For more information on each of the preliminary development concept plans, visit [www.291ruecarlingave.ca](http://www.291ruecarlingave.ca) and fill out the survey posted online. Comments will be accepted until September 15.

CLC and the AOO, together with their planning and architecture consultants, will further refine the plans based on feedback received and will present a preferred concept to the public in late fall. As the site is a virtual carte blanche, with no heritage designation or other buildings to work around, CLC and the AOO plan to submit zoning amendment applications to the city early in 2019. Upon CLC's submission of zoning applications for the site, CLC will develop architectural design guidelines that developers would adhere to when they submit a site plan application with the City of Ottawa.

There are a number of steps that need to be completed before construction can commence, including the aforementioned zoning amendment approval, remediation, marketing to developers, and applications from the developer(s). It is hoped that construction could begin in the early- to mid-2020s.

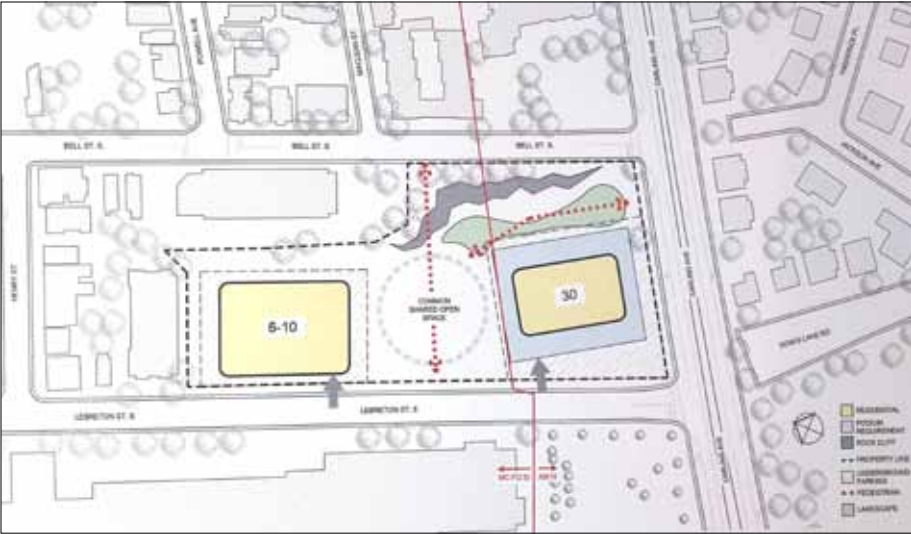
(Now that we have looked to the future of this site, stay tuned in future issues of the *Glebe Report* for a piece on its past...)

*Sue Stefko is president of the Glebe Annex Community Association.*

CONCEPTS CREDITED TO: CANADA LANDS COMPANY, THE ALGONQUINS OF ONTARIO AND MCROBIE ARCHITECTS AND INTERIOR DESIGNERS INC.



Preliminary design concept #1 for development of 291 Carling Avenue



Preliminary design concept #2 for development of 291 Carling Avenue



Preliminary design concept #3 for development of 291 Carling Avenue



The site viewed from Carling Avenue – the Dow's Lake Towers on Bell Street South are in the background.

PHOTO: DAVID PERKINS

PHOTO: DAVID PERKINS





A four-storey mixed-use commercial building, with a notch on the intersection corner, is under construction at Fifth and Bank.

## Development projects in the Glebe – where are they now?

by Carolyn Mackenzie

### 99 FIFTH AVENUE (FIFTH AVENUE COURT)

The Traditional Mainstreet zoning of this site permitted 15 metres as a maximum height (approximately four to five storeys). Minto’s proposed redevelopment was for an eight-storey building plus a significant mechanical projection. They will retain the two-storey Bank Street façade. In response to feedback from the community, Minto reduced its proposal to seven storeys and included some building setbacks adjacent to residential properties at the rear. City planning staff recommended approval of Minto’s revised application on that basis. Additional motions were introduced to include further building setbacks, to review the design to save a mature tree at the southeast corner of the property, and for the city to develop a long-term Community Design Plan for the Glebe (or something equivalent), to be launched in 2019. Ottawa City Council then approved the project proposal, as amended, on June 26.

### 852 BANK STREET (McHALE’S GARAGE, SW CORNER OF BANK AND FIFTH)

Construction of a four-storey mixed-use commercial building is underway. The private developer, a local insurance company, agreed to increase the building setbacks along Bank Street

to create some additional breathing space for pedestrians, and to create a “notch” in the building at the corner of Bank and Fifth that might accommodate a small patio area.

### 890/900 BANK STREET (MR. MUFFLER / BEER STORE)

The site was zoned Traditional Mainstreet, permitting 15 metres as a maximum height (approximately four to five storeys). Canderel, the developer, originally proposed construction of an eight-storey retirement residence on the site of the Beer Store and Mister Muffler on Bank Street. City planning staff approved the proposal. An appeal to the Ontario Municipal Board was filed, but a modified proposal was approved after intense negotiations involving the Glebe Community Association, Monk Street residents and the city. The approved development recued the building height to four storeys where Mister Muffler is now and introduced significant building setbacks where the building is adjacent to Monk Street neighbours. A partial ninth storey will go up at the southern end of the building closest to Lansdowne, set back from Monk Street. Construction is expected to begin in the fall of 2018.

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

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# The Reps

by Michael Abbey

Ronaldo Sayah, the very upbeat owner of The Reps, welcomed me to his second-floor office (not wheelchair accessible) at 901 Bank Street whose décor would fit in trendy burs around the world. The theme is grey and white, with lots of it. Ronaldo was sporting the same, with a black ball cap. We chatted in a comfortable meeting room.

Sayah and The Reps focus on commercial and luxury residential real estate (info@luxuryottawa.com or luxuryottawa.com). He has had a lot of different jobs throughout his life including summer jobs where he worked an assortment of construction tasks. He learned a lot about what goes on under the hood during residential and commercial projects. This armed him with first-hand knowledge and an understanding of materials, labour costs and more.

“Eventually I became a director of marketing for a restoration company where hurricane relief and fire were common initiatives.” A realtor “planted a seed in my mind, because I’d always wanted to be a landlord of a high-rise complex. What better way to get there than through real estate.” At the outset, he was already conjuring up images and ideas of where he wanted to go in the industry. He cut his teeth at Keller Williams, recently purchased by Remax.

The Reps modus operandi can be described with a few clichés: pedal to the metal ... full speed ahead ... the sky is the limit. Sayah owns over 900 dot-

com addresses, having ramped up his collection very early in the internet age.

The Reps goes to clients wherever and whenever it is convenient for the client. “We have been mapping our offerings with a 3-D camera for over four years. We now have portable headsets so that the life cycle of engagement with clients is tech, tech, and tech, from initial contact to closure. Digital enhancement technology opens a new version of virtual reality, allowing the client to get a feel for a location using different furniture and their favourite colour scheme.” He has his eyes on new real estate technologies in the future.

“I was 3½ when I came to Ottawa and I have been here ever since. I have two little ones, two and four, and am married to a lawyer who is very driven as well. Glebe has always been very dear to my heart. It has always been known as funky and cool, emanating good vibes. Perception is an important part of our business, not to mention how central we are in the city.”

I commented on how the average age of successful real estate agents in town appears to be going down. Sayah believes the flexibility of the job and the advent of so many technology-based tools in the industry make it ideal for the family person. He stressed the importance of the whole Ottawa area. In 10 or 15 years, he sees himself working with a successful team, his coverage reaching all of Canada and beyond.

“We are heavier in the residential side of the business though we do engage in leasing and some commercial edifices.” Currently The Reps have two initiatives in the commercial arena in excess of \$2 million.

I left thinking of one of my favour-



Ronaldo Sayah heads The Reps real estate, specializing in luxury homes and commercial properties.

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ite lines: “those that say it can’t be done should get out of the way of those doing it.” In that context, Ronaldo Sayah and The Reps are coming your way.

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

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# Encore!

## Marvest returns, bigger and better

by Trevor Greenway

When big headliners like Anni Difranc, David Byrne and Hozier close out CityFolk this September, the party will only be getting started in the Glebe. The fourth edition of Marvest is set to invade the neighbourhood September 14 and 15, and this year’s local music showcase is bigger and better than ever with 24 venues, more than 65 bands and over 70 performances packed into two full days of phonic fun. And all of it is free. “The idea behind Marvest is to celebrate the vibrant local music industry here in the Ottawa-Gatineau area by bringing together emerging and established artists in conventional and unconventional venues throughout the Glebe to create a unique festival atmosphere for festival goers,” says Marvest program coordinator Emma Francis. More than 25,000 music fans attended Marvest shows last year, a number that has doubled since the festival’s inception in 2015. These numbers paint a true picture of how much Ottawa loves its music scene and just how deep the city’s sonic rabbit hole goes. “Ottawa cares about local talent,” says Francis, adding that she sees over 500 artist submissions every year for Ottawa Bluesfest and CityFolk. “The growth in attendance at Marvest over the last three years speaks to local appreciation for homegrown talent as well as the popularity of featuring local openers before touring headliners at festivals and club

shows throughout the year. People want to see them up on stage.” Marvest is a CityFolk offshoot festival that features scores of emerging bands playing throughout the Glebe. Hair salons, pubs, banks and boutique shops will be bursting with music over two days. The festival was modeled on Austin’s acclaimed SXSW festival, and its exponential growth over the years proves it’s here to stay. What’s nice about Marvest is that most of the shows happen either before or after big headliner sets at CityFolk, allowing both patrons and passersby the chance to catch homegrown talent on the way to see their favourite artists. And once Michael McDonald throats out that final croon Saturday night, music fans can keep the party going all along Bank Street throughout the night. The timing is no accident. “Marvest adds a fun and free live music alternative to CityFolk festival goers,” adds Francis. “In an effort to encourage patrons to discover new local music and wander throughout the Glebe, much of Marvest’s programming takes place before or after ticketed musical programming at CityFolk.” Former Marvest acts have included some hefty names on the bill, including funk/soul sinners The Split, indie art rock group Pony Girl, Wakefield emerging indie rock outfit Rebelle and Ottawa folk favourites Gentlemen of the Woods. While this year’s lineup has yet to be finalized, it promises to draw from that same rich talent pool.



PHOTO: TREVOR GREENWAY

Steph La Rochelle croons out an acoustic set at Mrs. Tiggy Winkle’s during last year’s Marvest in the Glebe.

Much of this success is credited directly to the community buy-in that has grown from the ground up in the Glebe and its surrounding neighbourhoods. From residents packing into The Papery to see a brother-sister duo stomp out some fiddling tunes to the scores of businesses like Bank of Montreal and Mrs. Tiggy Winkle’s that transform their space for one special day or night, it’s clear that there is a thirst for the arts in the neighbourhood. The hyper local music fest is just another contributor to the hip, eclectic and funky vibe that the neighbourhood has always been known for. Major concerts and sporting events at Lansdowne bring passionate fans to the area, while a suite of innovative restaurants is attracting the city’s food lovers in droves. Specialty shops have made Bank Street a hub for shoppers looking to get exclusive finds as Instagrammers dart through the neighbourhood snapping pics of hip new cafés and the

many colourful murals splashed among the tree-lined streets. And the addition of new parks and side street patios has brought a welcoming vibe for families and visitors alike. “We support unique and quality programming that creates a sense of place here in the Glebe – events that put feet on the street, people in seats and that contribute to quality of life in the community,” says Glebe BIA executive director Andrew Peck. “Marvest is one of those events that brings the city together to celebrate our diverse local music scene. And what better place to celebrate great Canadian music than in one of Canada’s great urban neighbourhoods?” Marvest runs September 14 and 15 at various venues throughout the Glebe. Find out more at [www.intheglebe.ca](http://www.intheglebe.ca). Trevor Greenway is responsible for communications at the Glebe BIA (Business Improvement Area).

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PHOTO: GWENDOLYN BEST

Sunflower seed p  t  , featuring the many-splendoured sunflower

by Carolyn Best

Sunflower, emblem of beauty whose charisma van Gogh so loved to paint, was a plant of the new world. The beautiful oil-bearing flower, now spread throughout the world, was food for the earliest hunter-gatherers of this hemisphere, then bred by the aboriginal peoples of North America from a many-headed flowerer into a single-headed plant, predating even the corn plant. It became a common crop throughout the two continents with nutritional, decorative and religious value.

The Incas deemed the sacred sunflower a representation of the sun god, and Aztec priestesses were adorned with headdresses of sunflowers. The tribes ground the seeds of sunflower for cake, mush and bread. They mixed the seeds with corn, bean and squash, and carried them as travel food. Sunflower yielded a purple dye used for colouring textiles and

for body painting. The flowerheads were boiled to extract oil and were used in ways that evolved over time to the fry-bread recipes of today. The oil of the sunflower was equally important to apply to skin and hair.

While in this hemisphere sunflower was everywhere, it was unknown to the rest of the world. Spanish explorers who carried the seeds to Europe, where the blooms were first appreciated as a spectacular horticultural beauty, called sunflower “the Indian sun.” Then Peter the Great of what was then Holland carried the seeds back to Tsarist Russia on one of his many trips. The Russian Orthodox church at that epoch forbade the use of oil foods during lent, but the unknown sunflower did not appear on their list of the banned. So in Russia sunflower was cultivated extensively for its oil, over an area that soon expanded to two million acres, and underwent countless generations of breeding to deliver ever-

higher yields. Centuries later, Russian Mennonites in exodus from persecution carried the new sunflowers back to their original habitat, North America. Today, entering any store purveying goods to the Russian diaspora, one finds an astonishing array of food-stuffs featuring the beloved sunflower. Folkloric belief is that eating sunflower seeds strengthens the eyesight and keenness of vision is spoken of as a common trait of Russians.

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

Sunflower Seed P  t  

- 3 cups sunflower seeds
- 1    cups engevita or red star nutritional yeast flakes
- 1    cups whole wheat, spelt, or a gluten-free flour
- 4 potatoes, cooked until soft
- 4 onions, chopped finely
- 5 carrots, grated
- 1 cup butter, or olive oil if preferred
-    cup tamari
- 1 tbsp basil, 1 tsp sage,    tsp thyme
- 3 tbsp lemon juice

Toast the sunflower seeds in a cast-iron frying pan, and then process them in a blender. Put them in a bowl and add yeast and flour. Saut   the onions and carrots in butter or oil until slightly browned and add to the mix. Grate or mash the cooked potato and add, along with tamari, lemon and herbs. Mix well and spread in a glass baking-dish about an inch thick. Bake at 350 F for one hour.

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# BEST RAW BROWNIES FROM 'BEST IN SHOW'

by Marisa Romano

Do you ever wonder how some people can manipulate and transform simple materials into art, something that makes viewers stop in their tracks and marvel? I often do and enjoy losing myself in the sensory experience: a sort of escape from the everyday, a dive into a world where logic pauses and creativity rules.

I am not the only one, judging from the crowd that flocked to gorge on the unexpected among the tents of the New Art Festival in Glebe's Central Park in June. I visited the show on its last day when the prizes for the Best among the Best – participants are carefully selected – were awarded and displayed.

This year's Best in Show was awarded to Susan Ukkola, a successful encaustic artist whose work is featured at the Cube Gallery here in Ottawa, the General Fine Craft in Almonte and the Shane Norris Gallery in Stratford. It can also be rented from the Ottawa Art Gallery. She is a graduate of the Ottawa School of Art and started her career drawing and painting but left pencils and brushes behind when she needed a "real job" to pay her bills.

I met up with Ukkola on Parliament Hill for the Wednesday yoga practice and a chat about her artistic journey. I was curious to know how she made the jump to becoming the successful artist she is today.

As it turned out, we talked about her passion for food. Ukkola would probably have been a culinary artist if she had been born in a different time, she tells me. Back when she was a teenager, kitchens were not that trendy, and Sudbury, where she grew up, did not have a notable food culture.

Ukkola's appetite for culinary art was in her from a very young age. "I was five or six," she recalls. "My mom would buy those pizza kits for me. I enjoyed mixing the ingredients to make the dough and covering it with the sauce that came in packages. The dry

oregano was in small packages too." She was 15 and attending high school when, one year into her part-time job at Smitty's, she was making all the pies and soups for the restaurant.

Much later, the restaurant business that she started after art school with a friend was a natural step into a "real job." When she left that kitchen and packed up her venture to take care of her health, visual art became nourishment for her healing. She decided to explore something new and dedicated a short time every day to delving into encaustic techniques by mixing waxes and paint. The rest is history. "I love what I do," she tells me.

Nowadays Ukkola is able to follow her two passions. She takes breaks from working in her home studio and teaching encaustic techniques to work a part-time job at The Unrefined Olive that gives her the opportunity to talk to people about food.

She also spends a lot of time in her kitchen to connect with the food she eats. On her dinner plate are mostly vegetables and pulses, and frequently game meat (that she prepares leaving no waste) or fish (especially smoked whole), both fruit of her husband's hunting and fishing expeditions.

Intrigued by Ukkola's arts? Take one of her workshops ([www.susanukkola.com](http://www.susanukkola.com)) and make your very own encaustic masterpiece. The workshops include a homemade lunch, and that alone may be reason enough to join in.

Ukkola shared her recipe for raw brownies. She prepares it with maple syrup that her husband makes every year from sap harvested from the maples on their property.

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



PHOTO: SUSAN UKKOLA

This recipe for raw brownies is from Susan Ukkola, winner of the "best in show" for her encaustic art at this year's New Art Festival.

## Raw Brownies

### Base

1 cup walnuts  
1 cup dates (regular cooking dates, soaked 15 – 30 minutes in water to soften)  
¼ cup cocoa

Process together in a food processor until all ingredients are well combined. It may make a crumbly or soft-ball batter, depending on how soft the dates are. Press into an 8 x 8-inch pan.

### Frosting

1 cup cocoa powder  
1 cup maple syrup  
½ cup coconut oil

Add all ingredients together and whisk with a fork until smooth. If coconut oil is too solid, place it in a bowl over hot steaming water until soft. Spread over brownie base. If desired add a little water to thin the frosting. Refrigerate for at least 30 minutes to set.



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# Come sing with us!

by Margret B Nankivell

St. Matthew’s Anglican Church in the Glebe is looking for boys and girls to sing in the church’s fine children’s choirs. The choir’s director, Kirkland Adsett, says that no singing experience is necessary. “We’ll teach you. And it’s fun.”

The benefits of early music training are many and have been linked to skills such as learning languages, reading and mathematics, he says. Choristers gain confidence, learn invaluable teamwork skills and even earn honoraria. But let a couple of our choristers tell you about the choirs in their own words.

MADIGHAN RYAN

When my family and I moved to Ottawa seven years ago, we made the wise decision to sign me up as a member of St. Matthew’s Girls’ Choir. In those early days, being part of the choir helped me adjust to my new life by providing me with an opportunity to make friends and initiate relationships. As I got older, I grew more mature, not just in a singing capacity, but also as a person, mainly because of the many leadership opportunities I was offered.

Also many doors have been opened for me leading to a more participation in the Ottawa music community. For example, one of my close friends and I sang a duet with the influential choir Seventeen Voyces directed by Kevin Reeves. This later landed me a role in a short film directed by Mr. Reeves.

I have started to become more aware



PHOTO: IAN GLEN

Choir director Kirkland Adsett and choristers Christopher Libuit and Madighan Ryan

of the impact of religion on my life and the positive effects it can have because of my frequent exposure to a wonderful Christian community. I completed confirmation just under a year ago, which was an important step in my religious journey. Singing sacred music not only helped me deepen my understanding of Christianity but also provided me with essential musical knowledge.

Whether you have an interest in classical music, jazz or modern musical genres, being a part of the St. Matthew’s Choir provides a theoretical base that’s essential for every aspiring musician. Our conductor, Kirkland Adsett, is a wonderful mentor and an inspiration. He tailors his teaching to the level and age of the chorister and pushes each one to reach their full musical potential.

I cannot imagine a week without singing with my friends at choir. It has

made me who I am and is now part of who I am, and I would not want it any other way.

CHRISTOPHER LIBUIT

I will always be grateful for the bit of good luck that brought me into the boys’ choir at St. Matthew’s Anglican Church in the Glebe. As a Grade 6 student in the school band, I knew that music interested me, but the idea of

**St. Matthew’s Anglican Church in the Glebe Children’s Choir**

**For information:**  
Kirkland Adsett, M. Mus.  
(Sacred Music)  
Director of Music and Organist  
St Matthew’s Anglican Church  
**613.234.5482**  
kirkland.adsett@yahoo.com

## MUSIC

using my voice as my main instrument hadn’t crossed my mind. And outside of school, my time was pretty heavily devoted to playing organized hockey.

One day a classmate suggested that I might come to watch him and his fellow Anglican choristers who were to sing at St. James Church in Manotick. My father and I attended the service and since then my life has been deeply enriched.

Choir has given me a sense of purpose. It also gave me a big confidence boost and insight into performing, whether public speaking or singing. And the core reason for my staying with St. Matthew’s was the fun of it all. From road trips, weekly rehearsals and services, choir has given me great joy and memories like no other.

St. Matthew’s choir also taught me important life lessons, including discipline and maturity. My experience has included solos, training and studying repertoire and dialect, and it has taught me everything I needed to successfully enter the Canterbury High School vocal program.

My time at St. Matthew’s, under the friendly and expert musical leadership of Kirkland Adsett, has been key to many of my successes and has truly been a wonderful experience. At first, the whole idea of being a chorister and performing may be a little overwhelming, but as soon as you walk through those doors, it’s like you’ve come home to a second family of music. My only regret is that I didn’t stumble on this opportunity a couple of years earlier.

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

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# The Company of Adventurers performs *Antony and Cleopatra*!

by Paul Keen and Cynthia Sugars

Get ready for an Alexandrian feast! This summer, the Company of Adventurers, a local young people's theatre group, is staging Shakespeare's *Antony and Cleopatra*. It may well be Shakespeare's most heart-wrenching play. It's filled with foreboding prophecies, squandered chances, and an epic clash between wondrous extravagance and Roman order.

Marc Antony, torn between love and duty, Egypt and Rome, is feeling his age and is plagued by an uncomfortable sense that his best days are behind him that is made all the worse by the youthfulness of his antagonist, Octavius Caesar. Between the two of them and Lepidus, they make up the three pillars of the world, but as the Soothsayer warns, their situation remains fraught: "The least wind in the world will blow them down." Cleopatra, whose love for Antony is troubled by an awareness of the precariousness of her position, must juggle her own dangerous blend of brilliance, personal strength and absolute vulnerability.

Few plays conjure such a powerful blend of tectonic shifts in global historical politics and intensely personal struggles. Having paved the way for Octavius's ascent to power in Rome after the coup against Julius Caesar, Antony's preference for life in Egypt with Cleopatra quickly incurs the new Caesar's ire. A war in which the two men unite to defeat Pompey (who had been staging his own rebellion) quickly leads to war between Caesar and the combined forces of Antony and Cleo-



patra. In the play, these larger historical forces unfold in ways that intensify the immediacy of the personal dynamics as one of history's most famous tragic couples struggles to survive in a world that feels more and more like "a pair of jaws" grinding everything in its path. Antony makes a decisive choice at the famous Battle of Actium and follows Cleopatra's ships as they escape the fray. As he confesses to her afterwards, "Egypt, though knew'st too well my heart was to thy rudder tied, and thou shouldst tow me after." From this point onward, Caesar has won.

What may ultimately make the play so sad is the anguished clarity of Antony's recognition that he is trapped in a no-win situation. Turning his back

on Rome can never be a lasting solution but living without Cleopatra is unimaginable. And Cleopatra, for her part, is forced to wrestle with the increasing tension between her love of Antony and her responsibility to her people as Egypt's leader. The forces of history converge with an agonizing inevitability as Antony's once-famous military bravery gives way to reckless bravado fueled by his irritation that "the scarce bearded Caesar seems proud and disdainful, harping on what I am, not what he knew I was."

Shows take place outside at 57 Glen Avenue, which is gradually transformed over the summer months into a fully decorated outdoor stage, complete with 50-seat audience capacity.

The Company of Adventurers is in its eighth season and has staged many of Shakespeare's favourite plays, from *Romeo and Juliet*, *Hamlet* and *The Tempest* to comedies such as *Twelfth Night*, *A Midsummer Night's Dream* and *The Taming of the Shrew*. Shows are free, but are presented as a community fundraiser; the actors pass a hat to raise funds for a local charity. Last year, the Company raised nearly \$3,400 for the Food Bank.

Paul Keen is a Carleton professor and assistant director in The Company of Adventurers theatre group. Cynthia Sugars is a professor at the University of Ottawa and directs the company.

## Company of Adventurers

57 Glen Avenue, Old Ottawa South (outdoors)

Performances of Shakespeare's *Antony and Cleopatra*

Fri, Sept 7, 5:30  
Sat, Sept 8, 5:30  
Sun, Sept. 9, 2:30  
Fri, Sept 14, 5:30  
Sat, Sept 15, 2:30  
Sun, Sept 16, 2:30  
Sat, Sept 22, 5:30  
Sun, Sept. 23, 2:30  
Fri, Sept 28, 5:30  
Sat, Sept 29, 2:30  
Sun, Sept. 30, 2:30

All performances are weather permitting. Check our Facebook page for up-to-date information. See you in Alexandria!

## UPBEAT! news for music lovers

After several years of presenting concerts at Southminster United Church in Ottawa, including the Master Piano Recital Series and Concerts by the Canal, Roland Graham, the Music Director, has announced the establishment of UPBEAT! PRODUCTIONS.

Its vision is to develop existing programming, building on excellent ground work done to date, and provide support for future projects in the classical, jazz and other musical spheres.

"UPBEAT! PRODUCTIONS is an incorporated not for profit musical production company (charitable status pending), established to enable the



presentation of superb live music, accessibly and affordably in the community. Dedicated to building connection through music, UPBEAT! PRODUCTIONS, under the artistic

direction of Roland Graham, presents audiences in the nation's capital with exciting performers, especially young and emerging artists from Canada and beyond, playing the music that most fires their passion from across the genres, in two series, Concerts by the Canal (CBTC) and the Master Piano Recital Series (MPRS)." (Facebook)

Recitals will continue to be held at Southminster United Church, 15 Aylmer Avenue.

## Poetry Quarter

### Call for Submissions

**Pivotal:** To turn on a pivot, to ricochet off in a new direction – to live a pivotal moment that changes everything.

For the *Glebe Report's* November 2018 Poetry Quarter on the theme of the pivotal, the game-changer, send us your poems that cry out "there's no turning back – or is there?"

#### Eligibility:

#### Poems should be:

- Original and unpublished in any medium (no poems submitted elsewhere, please);

- No more than 30 lines each;
- On any aspect of the theme, within the bounds of public discourse;
- Submitted on or before October 19, 2018.
- Poets in the National Capital Region of all ages are welcome to submit (school-age poets, please indicate grade in school).

Send your entries (up to 5 poems) to [editor@glebereport.ca](mailto:editor@glebereport.ca) before the deadline. Remember to send us your contact info and your grade if you are in school.

**Deadline: Friday, October 19, 2018**

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# My brush with envy

by Jocelyne Desbatis

Mostly I’ve enjoyed dabbling in the seven deadly sins, particularly pride, sloth and lust. And even wrath has felt good when it’s caused me to let loose pent-up feelings. I’m not really familiar with greed other than gluttony, but I do know the awful feel of envy and have given it a wide berth since first experiencing it as a young child.

I was five when told that a new baby was on the way and I immediately began praying for a girl. I already had two older brothers and the thought of yet another boy in the house was intolerable.

We lived on the Gaspé Coast. My father managed a bank in nearby Gaspé City, my mother was always busy, my brothers played with other boys but I was mostly on my own. A little sister was exactly what I needed.

My prayers were answered when Daphne made her appearance. It was love at first sight even though she didn’t have the rosy cheeks and golden curls I had expected. They would come later along with an infectiously cheerful disposition.

I loved making her laugh. Her eyes sparkled, her cheeks dimpled and her little body shook. This Little Piggy was a favourite game and she exploded with laughter at the first toe pinch. Truth be told, merely making eye contact and whispering “piggy toes” was enough to set her off.

I loved taking her to the beach in her stroller. We’d play an energetic game of tag with the waves as they came in

and went out. Then we’d forage for the prettiest bits of flotsam before ambling home.

One day we stayed in because Aunt Peggy was coming. I adored her. She said nice things about my drawings and even liked to hear me sing. She made me lovely dresses adorned with kittens, bunnies and bright flowers. Best of all, they didn’t have to be saved for special occasions. She insisted that I wear them whenever I pleased.

I fell into her arms when she arrived but her hug ended abruptly when she turned to Daphne exclaiming, “Let

me see my little goddaughter!” Daphne was instantly out of her chair and in the air, laughing away at Aunt Peggy’s funny faces and baby talk. I was mute, feeling more than a little stormy and very confused. My beloved baby sister had the full attention of my best aunt.

As we sipped tea, Aunt Peggy opened her workbag. At last, I’d see what she had brought me. It was a darling pink dress embroidered with a fluffy white lamb. There was a matching bonnet and little white socks trimmed in pink. But they were so tiny. They weren’t for me; they were for Daphne. And there was nothing left in the bag.

Daphne had taken my place in Aunt Peggy’s heart. Next time at the beach, I’d push her stroller into the sea and leave her there. But I could never do

anything that bad. I loved everything about her, everything except this.

I slipped silently into my bedroom, crawled under the vanity with the ruffled skirt and curled up into a ball, shutting my eyes tightly and plugging my ears. No one would ever like me again as long as Daphne was in the picture. I wanted to kick and slap and cry, but knew that would be pointless. What was I going to do?

I sensed that the vanity’s skirt had been pulled open and peeked out to see my mother kneeling there. She touched my shoulder and said that she had a secret to tell me. I listened to her explain that Aunt Peggy only knew how to make clothes for babies and small girls. She didn’t know how to sew for big girls like me who went to school, read, sang and recited poems by heart. She suggested that I recite my new poem about the grasshopper even though it was in French. Aunt Peggy didn’t speak French very well and was always so impressed when I did.

I unfurled myself, stood ramrod straight as befitted a big girl and walked to the living room where I began confidently: “La cigale ayant chanté tout l’été ...”

That day, my perceptive mother had immunized me against “envy” but had inadvertently delivered me to “pride,” reputedly the deadliest sin of all. It would be years before I freed myself from its grip, but that’s another story.

*Jocelyne Desbatis came to Ottawa from Montreal 35 years ago and had a rewarding career as a consultant until retiring in 2005. Her memoir was written during Anne LeDressay’s memoir-writing class at Abbotsford.*



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## Atrial fibrillation research – can you help?

A research project underway at the University of Ottawa Heart Institute is looking at an innovative exercise training program for patients with atrial fibrillation, and they are seeking research participants.

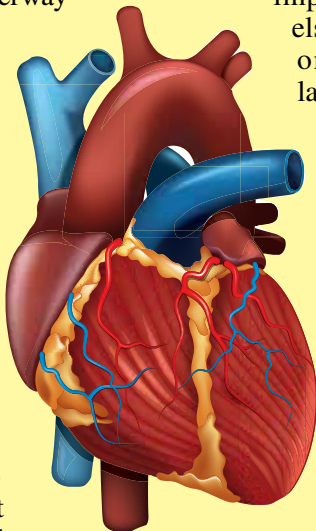
Atrial fibrillation is an electrical disorder of the heart characterized by a fast, irregular heart rate, and it affects approximately 350,000 Canadians. This number is expected to grow as Canada’s population ages. Those over the age of 40 have a 26 per cent chance of developing this disorder. It is associated with substantial morbidity and mortality and its symptoms can be disabling. Patients are managed with medications yet are desperate for better treatment options.

Dr. Jennifer Reed, scientist in the Division of Prevention and Rehabilitation, is researching the

impact of different levels of exercise training on the cardiovascular health and fitness of patients with atrial fibrillation.

Her team is now recruiting up to 100 individuals from the greater Ottawa area with persistent or permanent atrial fibrillation. Participants will have their health measures taken, complete questionnaires and participate in one of two 12-week exercise training programs. The results will provide clinicians and patients with important information for new treatment strategies to improve quality of life, alleviate symptom burden and reduce exercise intolerance among patients with this condition.

To participate, please contact research coordinator (for patient referral) Anna Clarke, B.Sc., at 613-696-7000 ext. 15944, or by email at aclarke@ottawaheart.ca.





# Starting school

by Sylvie Chartrand

The first day of school is just around the corner. How can you prepare your toddler to be ready? It can be exciting for some but traumatic for others. It is also hard for parents to adjust to the idea that it is time to let their children enter a new phase in their lives. Library books can help you prepare your child to enjoy it.

Reading stories together will help your child develop vocabulary as well as listening and speaking skills. You can read different types of books: picture books, nursery rhymes, poetry and true stories. Encourage your child to talk about the pictures and stories while reading; make a game of it by having them point at numbers, letters or images. It's important for the child to have fun while reading. The single most important factor in your child's success with reading is your reading aloud to them, especially during preschool years.

The Ottawa Public Library has a large selection of fiction and non-fiction titles that can be found at bibliottawalibrary.ca. The library also has online resources to help children learn by playing games. The Library has created a Kids' Zone, an amazing resource available in both English and French with a section for parents on resources to encourage literacy and language, get homework help, find community resources, learn French children's songs and prepare your child for reading. The e-book platform TumbleBook Library is a collection of online books created by adding animation, sound, music and narration to existing picture books from major children's book publishers.

Here are some suggestions of books you can read with your child:

### CHU'S FIRST DAY OF SCHOOL

By Neil Gaiman,  
illustrated by Adam Rex

Chu, first introduced in *Chu's Day*, is back in this delightful picture book by Neil Gaiman with illustrations by Adam Rex. Chu is an adorable panda with a great big uncontrollable sneeze, who is heading off for his first day of

school and he is nervous, wondering if the other kids will like him. The story will amuse children ages 2 to 6. It will also reassure children worried about starting school as they laugh at Chu's experiences on the first day.

### THE BERENSTAIN BEARS GO TO SCHOOL

By Stan and Jan Berenstain

This classic book teaches kids how much fun school can be. Brother Bear is looking forward to going back to school but Sister Bear is worried about what it will be like. To reassure her, her mother takes her to visit her classroom and meet her teacher, Miss Honeybear, before school starts. But Sister Bear still wonders if she will make friends and what she will do all day. On her first day, she is scared but enjoys painting, playing, and reading stories. She meets new friends and by the end of the day she is glad to be in kindergarten. There is a whole Berenstain Bear series dealing with different subjects relatable for kids.

### TIMOTHY GOES TO SCHOOL

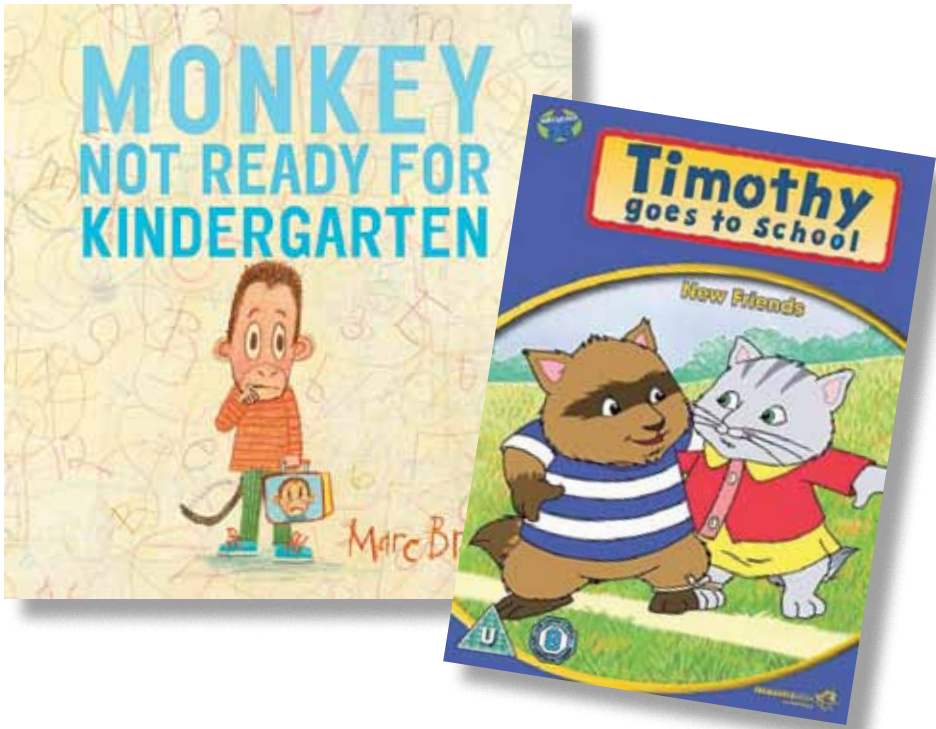
By Rosemary Wells

This book deals with friendship. Timothy is excited about starting school until he meets Claude, who sits next to him in the classroom. Claude wears all the right clothes, says all the right things and is making many new friends. Timothy is feeling down until he meets Violet, a girl who is having the same problem with Grace, the girl who sits next to her. Kids are sure to relate to this book.

### MONKEY NOT READY FOR KINDERGARTEN

By Marc Brown

Marc Brown is also the author of the beloved Arthur books and TV show. This is the first title in a new series about Monkey, a youngster who views new experiences with trepidation but has a loving family that helps him cope. Kindergarten is just a week away and Monkey's parents and brother try to prepare him by reading books about kindergarten, pretending to be at school and



practicing counting and the alphabet. He gets a new lunch box and sneakers and has a playdate with kids in his class. Then it's the big day – Monkey goes to school and everything is wonderful.

### WEMBERLY WORRIED

By Kevin Henkes

Wemberly the mouse worries about everything – big things, little things, and now a new worry: school. Her family tries telling her not to worry. On her first day of school, Mrs. Peachum, the teacher, introduces Kimberley to Jewel and they become fast friends.

### AMELIA BEDELIA'S FIRST DAY OF SCHOOL

By Herman Parish,  
illustrated by Lynne Avril  
Amelia Bedelia is excited about going to school but takes everything literally and causes comical misunderstandings.

From the start Amelia gets it wrong when Mrs. O'Malley says, "I teach gym" and Amelia says, "I am not Jim." From there it's one misunderstanding after another, ending with the teacher telling Amelia to glue herself to her chair.

### JE RENTRE À L'ÉCOLE

Par Céline Claire  
et Emma Schmid

C'est la première journée d'école et Sacha compare ce qu'il fait à la maison et à l'école. Il se rend compte que c'est un peu différent mais quand même bien. C'est une jolie histoire sous forme de comptine avec des belles illustrations qui rassure votre enfant pour la rentrée à l'école.

Sylvie Chartrand is children's program and public service assistant at the Sunnyside Branch of the Ottawa Public Library.

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# Chief Justice retires to write fast-paced murder mystery

**Full Disclosure,**  
by Beverley McLachlin  
**Review by Clyde Sanger**

It seems to be accepted that every United States president will author a book on his retirement to (shall we say?) explain certain matters and that they are listed as non-fiction during their brief perch on the bestseller list. Recently some have taken more wholeheartedly to fiction and Bill Clinton has clung to the heights for these summer months with *The President is Missing*. The best outcome for some readers has been the scorching reviews aiming at his linking up with James Patterson whose own world sales top 375 million copies. Anthony Lane wrote the most brilliantly hilarious review in *The New Yorker* on June 18.

Meanwhile, according to BookNet Canada's tracking, a really splendid novel by the woman who for 17 years was Chief Justice of the Supreme Court of Canada had a brief appearance halfway up the list of Canadian fiction. Never mind. Someone who grew up in Pincher's Creek, Alberta in a log-house built by her rancher father and became the most outstanding chief justice that Canada may boast, can smile at life's ups and downs.

The narrator in her courtroom drama is Jilly Truitt, a young Vancouver lawyer who has been asked to take on the defence of Vincent Trussardi, a rich businessman on trial for the gruesome murder of his elegant wife. She is up against Cy Kenge, a tough-as-nails prosecutor who had been Jilly's mentor but doesn't hold back on pressing every advantage.

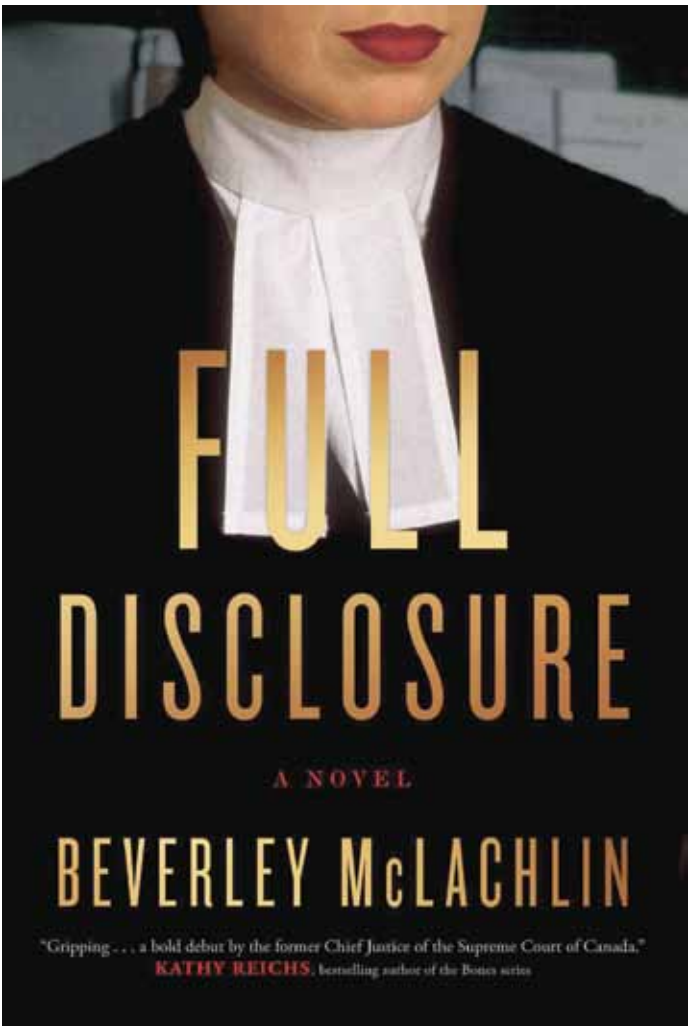
It seems a clear case: Laura Trussardi was shot point-blank five times in her bed. Vincent has told police he was out sailing but has no witness. Several friends caution Jilly to back out and, another disincentive, her boyfriend Mike happens to be cousin to the victim. Vincent himself is hard for her to fathom or to like. Despite all advice, she persists.

Why does she persist; to lose while performing well in a high-profile case? Hardly. She has already won an acquittal for Damon, a youngster who killed a drug dealer. Laura was doing drugs herself and having an affair with an architect who has access to the mansion. And with a divided household there are just enough plausible suspects around. And in addition, there's a surprise at the end.

This is old stuff for readers of murder mysteries. What kept me reading to several midnights was McLachlin's skilful pace in changing scenes – there are 59 short chapters – and the lively dialogue with Jilly's own reactions sprinkled in by use of italics. Very soon you are inside her skin and mind, and drawn in by Trussardi's puzzling character.

It is a distance away from Beverley McLachlin's own legal stairway as she was never a criminal lawyer. So more praise to her in speeding into a second career with such flair at 74. She has said she wanted from childhood to be a fiction writer. Why don't we all have that courage?

*Clyde Sanger is a journalist, author and poet, and is a longtime Glebe resident who now lives in Old Ottawa South.*



Full Disclosure, a novel, by Beverley McLachlin.  
Toronto, Simon & Schuster, 2018.  
341 pages

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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
Precious Cargo <sup>1</sup>	Craig Davidson
Turncoat <sup>2</sup>	Don Gutteridge
A Legacy of Spies <sup>3</sup>	John LeCarré
The Promise of Canada <sup>4</sup>	Charlotte Gray
The Ministry of Utmost Happiness <sup>5</sup>	Arundhati Roy
Secret Path <sup>6</sup>	Gordon Downie

1. Abbotsford Book Club  
2. Can' Litterers  
3. Helen's Book Club  
4. Seriously No-Name Book Club  
5. The Book Club  
6. OPL Sunnyside Ottawa Comic Book Book Club

IF YOUR BOOK CLUB WOULD LIKE TO SHARE ITS READING LIST,  
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MICHELINE BOYLE AT  
grapevine@glebereport.ca



# Your home’s foundation – a stonemason’s report

by Charles Weiner

Imagine a foundation that could last a thousand years. As a stonemason I have had the wonderful opportunity of working on some magnificent homes in the Glebe. Some have handcrafted stone foundations built on the double width (or inner and outer wall system) and standing on large stone footings. Not all homes, of course, were created equally. A century ago there were, as today, good masons and those less skilled. Nevertheless even the best-built homes require, in the case of a stone foundation, some maintenance, or walls will fail and begin to crumble.

A Glebe stone foundation was built either by dry stacking squared lime stones or by dressing the exterior and interior exposed walls with lime mortar. In many cases stones were levelled with dampened sand and finished with lime putty. The lime had two important functions: 1) to keep water from penetrating through the walls and 2) most importantly, to keep the sand from being washed out. This wonderful system of construction requires only one thing to maintain the structural integrity of your foundation. Simply, the walls must be repointed, which means replacing the outer dressing of mortar every 50 years. Unfortunately, in most cases generations of homeowners were not aware of this requirement. This ongoing maintenance is not only essential for protecting your home but extremely cost effective.

Depending on whether your walls are back-filled with clay, which holds water against them, or sand, which allows the water to drain away, your stone walls will show varied levels of deterioration. Where clay predominates, the mortar protecting the joints has often disintegrated. Once this has occurred, sand will begin to be displaced by the clay, allowing water and roots to penetrate between the stones. Stones will begin to loosen without the protection of the concrete or lime joint. This will lead to cracks forming in your brick above-grade walls. This occurs because the exterior portion of the double-width

walls is either beginning to heave from water freezing within the joints and lifting the stones, or the stones may actually have fallen from their place.

Waiting too long to maintain your stone foundation may require partial rebuilds or pouring a concrete exterior barrier to prevent further degeneration. This is done at a greater expense than simple maintenance. Digging a test hole from grade to the base of the wall can cost nothing but a little sweat. If the joints have degenerated, then you can begin the repair process before the damage becomes a more major repair. Most reputable companies will have a minimal charge for the excavation and refilling of the hole if the task at hand proves too daunting.

On completion of the repair process a coat of Thermoshield®, which is a concrete-based polymer-enriched coating, can be brushed on to prevent water and indeed moisture from penetrating the mortar joints. No membrane is needed on a stone wall. The rough surface of stone makes most barriers ineffectual and can be another cost saving for clients.

When water leakage is present from the base of the foundation and exterior drainage cannot be installed, a permanent solution is to pour a concrete bench over the exterior footing and base of the foundation. This barrier acts as a complete seal against water penetration. This technique should be employed whenever a homeowner intends to finish the interior of the basement.

For further information on the repair of your stone, rubble, block or poured concrete foundation, contact me and I will be happy to answer any questions you may have.

*Charles Weiner has been president of Canadian Structural Reinforcing for the past 30 years. He is an expert on concrete, brick and stone structural repairs and specializes in flood proofing and waterproofing homes and businesses. He acts as a consultant within the industry. He can be reached at charleszweiner@gmail.com or by calling or texting at 613-915-8377.*



Dirt has replaced the original mortar joints. The soil debris between the stones must be removed before being filled with mortar.



Wooden shims are used to hold loose stones in place so the new mortar can be slicked into the joints.

PHOTOS: COURTESY OF CHARLES WEINER

<p>3 Warrington Drive</p> <p>Old Ottawa South</p>	<p>153 Hopewell Avenue</p> <p>Old Ottawa South</p>	<p>5 Chesley Street</p> <p>Old Ottawa South</p>
<p>198 Hopewell Avenue</p> <p>Old Ottawa South</p>	<p>24 Spruce Street</p> <p>Ottawa Centre</p>	<p>134 Concord Street South</p> <p>Ottawa East</p>

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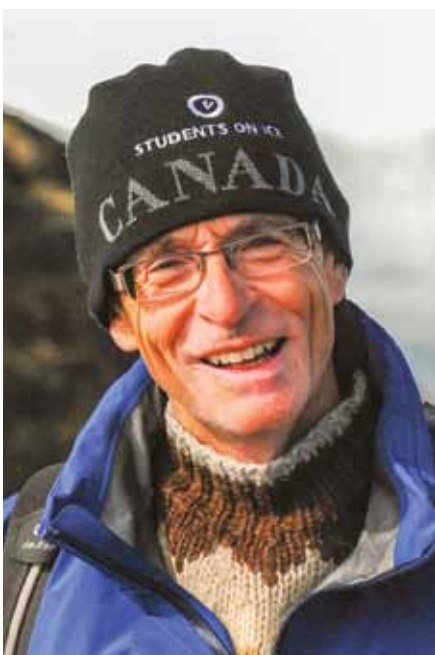




A sketch from the Winnipeg healing forest design plan by Shaun Finnigan, prepared in collaboration with the St. John's Healing Forest Steering Committee and Community Elders, and used with permission.



Patricia Stirbys is one of the instigators of the National Healing Forest Initiative as a way forward with reconciliation.



Peter Croal of Old Ottawa East is seeking reconciliation between indigenous and non-indigenous communities through healing forests via a National Healing Forest Initiative.

# Healing forests: seeking a just future through reconciliation

by Jennifer Humphries

Trees are at the centre of a national movement aimed at coming to terms with our country's legacy of injustice to First Nations peoples and helping to build genuinely equal relationships. The National Healing Forest initiative urges communities across Canada to create their own greenspaces dedicated to reconciliation. Specifically, the project seeks to help people across the country recognize the legacy of residential schools and begin to make a future where indigenous peoples are respected and included, where we all engage together and abandon the "us and them" divide that characterized our history.

"We want to see people coming together outdoors to learn, reflect and honour," said Peter Croal in our recent conversation. "So much of the work on residential school issues has been done inside buildings, such as hospitals, churches and courts. But it's in nature that the real healing can happen."

The idea is to create a dedicated natural place where people can come to meditate, heal, talk and learn. It's about internalizing the realities of the residential schools legacy – the terrible suffering caused – and reflecting on ways to support the healing. Some people will just come to relax and meditate more generally: that's just fine too. But the hope is that simply spending time in this space will yield a deeper connection to the issues and involvement in the onward path.

Croal is a geologist and photog-

rapher based in Old Ottawa East whose 35-year career has taken him from the Arctic to Fogo Island, Newfoundland and Labrador and a range of developing countries. Throughout his work, he has engaged with indigenous peoples. Croal's fortuitous meeting with Patricia Stirbys led to their decision to partner on the Healing Forest Initiative during the Healing Walk held in Ottawa in June 2015 prior to the release of the Truth and Reconciliation Commission (TRC) report. Stirbys, who holds a Master of Laws from the University of Ottawa, lives in Toronto and is a member of the Cowessess First Nation (Saskatchewan). She is dedicated to fostering positive relationships between indigenous and non-indigenous communities. "When we first started to talk about it," Stirbys said, "it resonated with me. I was excited about the potential for connecting healing forests from coast to coast to coast."

Of the TRC's 94 calls to action, many are clearly aimed at governments and institutions, but Croal says others are directed to all Canadians. Certainly the spirit of the TRC's work suggests the participation of all Canadians. (If you'd like to know where we stand on implementing the 94 actions, see the CBC's online site: *CBC Beyond 94*.)

Over 150,000 First Nations, Métis and Inuit children were taken from their families beginning in the 1870s and placed in schools, often far from home. Many were abused. Six thousand are known to have died in these schools and it is estimated that the number is closer to 10,000. A vast number of indigenous individuals and families were affected by the trauma inflicted by the schools by the time

the last school closed in 1996. Impacts continue in subsequent generations.

For Croal and Stirbys, the past must not be forgotten but must not overshadow the present. What's important now is to build a path to reconciliation and a future of equality and justice for all.

And trees, the symbol of ever-renewed life, the lungs of the planet, are "just the thing" to support such a path.

Croal says trees can honour the spirits of the children who were sent to residential schools, the many who died, the many who survived but who live with permanent physical and psychological scars. He puts it this way: "There were people from generations before me who didn't take care of these children in a respectful way. Now we propose to care for trees to honour the children who didn't survive the residential school experience or who now live with trauma stemming from their time in the schools away from their families." Patricia adds, "Sadly, multiple generations within a family still struggle to heal from this trauma."

Several cities and towns have come on board. Among the first were Winnipeg, where an existing park slated for redevelopment will host a healing space, and Edmonton. There's no template for a healing forest. It's up to individual community groups to consider their particular situation and how they can best provide a healing greenspace. Simplicity is fine: in nearby Perth, a large rock on the banks of a river has been designated as a healing space and bears a memorial plaque.

A critical factor is engaging members of local indigenous groups with the broader community from the out-

set. "The committee process is a form of reconciliation in itself," said Croal.

Will it work here in the Glebe? Rev. Teresa Burnett-Cole, pastor at Glebe-St. James United Church, thinks so. "A connection with the land is a huge step forward toward reconciliation," she told me. "What we find in our indigenous study group is that members default toward doing something. They want to "fix it." But the TRC was saying that we can't "fix it" but rather we need to educate ourselves so that it will never happen again."

Patricia agrees: "Indigenous communities don't want to be studied or "fixed." We have a history in Canada that many still do not understand. Through really listening, together we will reconcile this painful past in a good way."

Not long ago Glebe Collegiate Institute's student environmental group, TWIGS, proposed a central sculpture by an indigenous artist and a redesigned garden conducive to learning, discussion and meditation. Maybe it's time to revisit that concept. Or to look at a local park where the community at large can acknowledge the need for reconciliation and offer residents and visitors a peaceful place to reflect and rest.

The co-creators of the project do not manage the process but are ready to share experiences to help communities move forward with their own healing forest. They can be reached through the website: [www.nationalhealingforests.com](http://www.nationalhealingforests.com).

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



Coming soon: Celebrate trees in our neck of the woods

## Love trees? Urban festivals? Spending time in a park?

Visit Tree Fest Ottawa's fall tree festival on September 22 and 23 in Brewer Park by the pond. The free festival features music, art, guided walks, workshops and a range of kids' activities.

See: [www.treefestottawa.org](http://www.treefestottawa.org)



# Reducing our plastic footprint – a Glebe call to action

by Andrew Johnson

Single-use plastics are everywhere; they exist because it is relatively cheap and easy to make products from plastics and consumers have become used to quick and convenient packaging. But they are becoming a mountain of waste on the planet and negatively impacting the environment from their manufacture to disposal. The purpose of this article is not to discuss how plastic damages the environment but to suggest new ways to think about how we consume, highlight economical alternatives to single-use plastics and showcase businesses here in the Glebe that are striving to do better by reducing plastic dependency in the neighbourhood.

The Glebe is at the forefront of many social issues, so it is no surprise that on a hot and humid Tuesday night in late July roughly 50 Glebites came together in a stuffy hall to discuss reducing our collective plastic footprint. Another 50 responded that they could not attend but wanted to be kept informed. Many in attendance were outspoken on the issue and contributed to an engaging dialogue. One point that stuck with the group was the transformation of the three R's, "reduce, reuse, recycle," through the addition of "refuse." Imagine a neighbourhood in which you could refuse to accept styrofoam take-out containers and opt for a reusable container. Imagine a neighbourhood in which you could say no to plastic tubs and bring your own containers to hold

food items. Imagine a neighbourhood in which you could refuse a plastic water bottle and find an abundance of places to fill up your own reusable bottle for free.

Meeting participants were given the opportunity to identify and then vote on the items the Glebe should focus on first. The top three were plastic (over) packaging, plastic or styrofoam take-out containers (sometimes called "clamshells"), and plastic water bottles. Lots of suggestions were offered towards a strategy to address these ubiquitous products.

Tackling single-use plastics is not an easy feat. The entire community will need to participate for it to be effective. The Glebe Community Association Environment Committee understands this. As hosts for the discussion, they made sure to invite representatives of the Business Improvement Area, business owners and a range of concerned community members.

As the chair of the committee's Task Force on Single-Use Plastics, it is my job to continue this conversation. The task force will meet with stakeholders in the community in the coming months to develop a strategy. We aim to celebrate successes, promote helpful approaches and acknowledge businesses that are taking steps in the right direction to reduce plastic waste. For example, the day after the meeting, McKeen Metro's Rebecca McKeen advised us that her store's deli staff would be happy to weigh our reusable containers if we bring them in to get deli products and then

Celebrating Glebe Merchant Action  
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**McKeen**

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Actions:

- Will take back plastic bags for recycling. Look for the big blue bin under the stairs by the exit
- Cashiers will be asking customers if they would like paper or plastic bags. Store also sells re-usable bags.
- Deli take-out counter will offer a bring your own container option. Weight of your container will be subtracted from food weight.

Kudos from the Glebe Task Force on Single-use Plastics





calculate the food weight accordingly. Said McKeen, "We have a sign up now over our deli salads indicating that we will fill reusable containers and the deli team is on board!" Kudos to all involved at Metro!

We are considering a survey to deepen our sense of the issues and to learn what kinds of actions will get buy-in from residents. For now, the

task force asks community members to send us their concerns and suggestions. Write to us at this email address: [GlebePlasticReduction@gmail.com](mailto:GlebePlasticReduction@gmail.com). We look forward to hearing from you!

Andrew Johnson is chair of the Task Force on Single-Use Plastics of the Glebe Community Association's Environment Committee.

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# Thirty Years Ago in the *Glebe Report*

by Ian McKercher



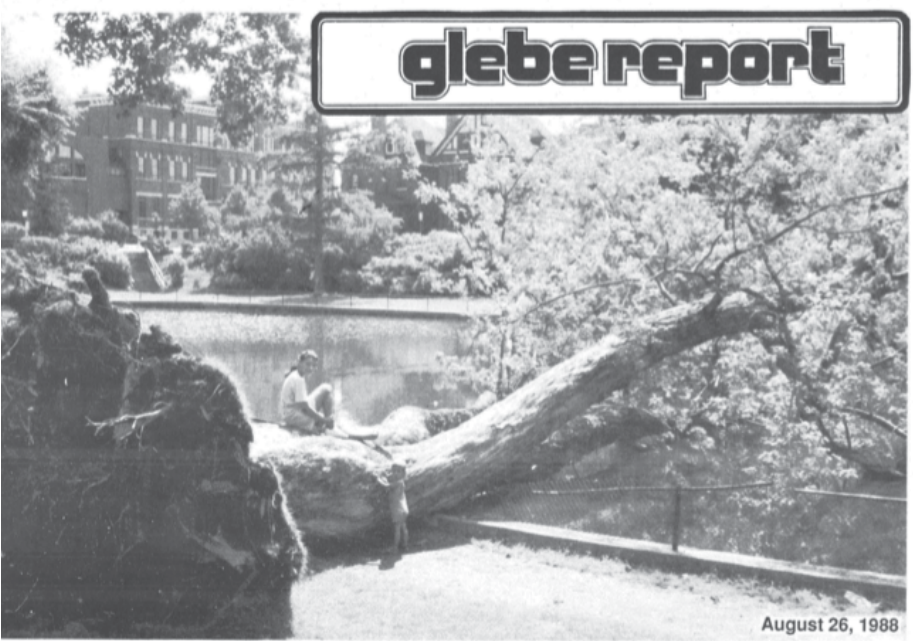
Ian McKercher

First Avenue Home and School Association and was on the boards of the GCA and GNAG.

Christine was also heavily involved in providing services for deaf and multi-handicapped people. She was on the board of the Canadian Hearing Society and was vice-president of the Ottawa Parents of the Deaf and Hard of Hearing. She was a founding member and chairperson of Total Communications Environment, a not-for-profit corporation operating group homes in Ottawa to provide communal living space for multi-handicapped adults.

**APARTHEID IN SOUTH AFRICA**

An article by Penny Sanger mentioned five books and a video that “shed a harsh light on what is going on



now in South Africa,” particularly the treatment of children. She states that, “in the last two years, 30,000 people had been detained under emergency regulations—almost half of them children.” She laments that while the world community condemned apartheid as a crime against humanity, the involvement of South Africa’s world trading partners, including Canada, was not examined closely enough.

**SUPER-EX’S 100TH BIRTHDAY**

1988 marked the 100th anniversary of the annual exhibition at Lansdowne Park. A scathing review by Courtney

Bond found the whole effect of the Ex depressing, and concluded that “the neighbourhood is oppressed with noise and smells. The city’s traffic is disorganized. The sooner the whole affair is moved outside the city, the better.”

**REAL ESTATE LISTINGS FROM 1988**

5-bedroom, 3-bath Glebe home. Large family room leads to deck and treed garden. Private drive. \$268,000. Glebe-live-in investment. An executive duplex contains charming and spacious 3-bedroom unit with new kitchen and bath. \$299,000.


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.mckercher@opera.ncf.ca](mailto:ian.mckercher@opera.ncf.ca).

**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.

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Tel: (613) 565-5297  
Fax: (613) 422-1110  
Email: [mccullochlawyer@rogers.com](mailto:mccullochlawyer@rogers.com)

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

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

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

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

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# SCOUTS CANADA REGISTRATION



Scouts Canada is the country’s leading youth organization. We have brought a world of adventure, outdoor experience and friendship to 17 million Canadian youth for more than 100 years.

The 36th Ottawa Scouts will hold an information night on Thursday, September 6, 2018 from 7 to 9 p.m. at the Glebe St. James United Church in Fraser Hall, 650 Lyon Street. This is an opportunity for parents and youth to ask about the Scouts Canada program that the 36th Ottawa runs for girls and boys in the downtown core as well as register for the program and pay the \$230 fee for the year’s activities. (Parents can also register anytime at [MyScouts.ca](http://MyScouts.ca).) In particular, you will have the opportunity to ask the leaders about the different sections, their major activities and the meeting schedule.

Note, Beavers (5 – 7 years of age) meet Tuesday evenings; Cubs (8–10 years of age) meet Thursday evenings; Scouts (11 – 14 years of age) meet Tuesday evenings; and Venturers (14 –17 years of age) meet Thursday evenings.

The 36th Ottawa are always on the lookout for new and experienced leaders who would like to assist us in the delivery of this highly rewarding program. The Scouts Canada mission is to help develop well-rounded youth, better prepared for success in the world. We engage youth, involving them throughout their formative years in a non-formal educational process, using a specific method that makes each individual the principal agent of his or her development as a self-reliant, supportive, responsible and committed person. Check out the Scouts Canada website at [scouts.ca](http://scouts.ca) for more information.

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# Male factor infertility

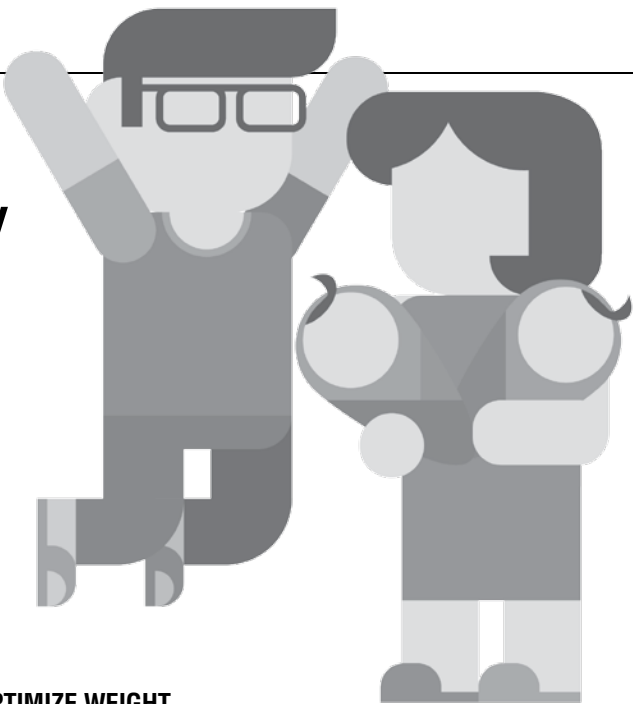
by Kristin Shropshire

Many people are surprised to discover that male factor infertility accounts for roughly 1/3 of all sexually active couples’ struggles to conceive a child and sustain a healthy pregnancy. And yet, all too often medical focus is placed almost exclusively on female fertility.

The average male sperm count has plummeted so dramatically over the course of the past few decades that doctors have been forced to redefine what “normal” even means. Sperm counts for men in North America, Europe, Australia and New Zealand have declined by more than 50 per cent over the last four decades, according to a large research review out of the Hebrew University’s Hadassah Braun School of Public Health and Community Medicine.

While Dr. Hagai Levine, the lead author of the study, acknowledged that more research is needed to arrive at a conclusive explanation for why this is happening, he indicated that past studies have shown that environmental factors play a role in declining sperm counts. He ruled out genetic factors, pointing instead to changes in the modern lifestyle and the environment that we live in.

While there is undoubtedly still much to learn about all of the myriad factors responsible for the widespread increase in male factor infertility, experts have identified several things that men can do to improve their reproductive health.



### OPTIMIZE WEIGHT

As little as ± 10 per cent of our ideal body weight is sufficient to adversely affect fertility, according to Dr. Sami S. David, MD, author of Making Babies. Being overweight is correlated with a low sperm count because of its role in men’s hormone levels. Specifically, as weight goes up, more testosterone is converted into estrogen. While estradiol, an estrogen steroid hormone, plays a critical role in male sexual function, too much isn’t a good thing. It is also theorized that excess fat in the groin and thigh area increases temperature in the testicles, which is known to adversely affect sperm quality. If excess weight is an issue, cultivating healthy lifestyle habits will enable a moderate one- to two-pound loss of body fat per week that can optimize reproductive health goals.

### EXERCISE

When it comes to exercise, moderation is key. No doubt, exercise does a body good. That said, when trying to start a family, men need to

beware of over exercising. Regular moderate exercise is fantastic, but excessively intense activity can play an unexpected role in male fertility. Serious long-distance runners can develop low testosterone while training. This can lower their sex drive and subsequent ability to conceive. Distance cyclers can also experience reduced sperm production. Say what we will about the heart health benefits of cycling, neither conventional bike seats nor bike shorts were developed with male fertility in mind.

### SLEEP

Poor or insufficient sleep among men has been associated with reduced sperm counts and suboptimal testosterone levels. After just one week of sleeping for five hours or less, men were found to have 15 per cent less testosterone than their well-rested peers, according to a study published in the *Journal of the American Medical Association* (2011). Adults between the ages

of 26 and 64 require between seven and nine hours of sleep per night, according to the National Sleep Foundation.

### ALCOHOL

Many experts consider alcohol to be toxic to the male reproductive tract. While alcohol consumption doesn’t appear to do the female reproductive system any favours, it appears to be especially deleterious to male reproductive health. Some studies have shown that even low levels of alcohol consumption can cut fertility by as much as one half.

According to Traditional Chinese Medicine (TCM), male factor infertility can often be traced back to a kidney deficiency. While all cases need to be assessed individually to determine an optimal individualized treatment plan, a trial published in *Fertility and Sterility* (2005) featuring acupuncture points known to support kidney health demonstrated how effective acupuncture can be in the treatment of male factor infertility. Significant increases in the number of normal sperm and equally significant reductions in structural defects were seen after only five weeks of bi-weekly treatment.

Considering that men contribute 50 per cent of a child’s genetic material, it is of great importance that couples looking to conceive consider the prospective father’s health in their fertility journey. While female health is vital to achieving and sustaining a healthy pregnancy, we would all do well not to underestimate the vital role played by male factor fertility.

*Kristin Jillian Shropshire, MS, ROHP, R.Ac. is a registered acupuncturist and registered nutritionist at Glebe Health House.*



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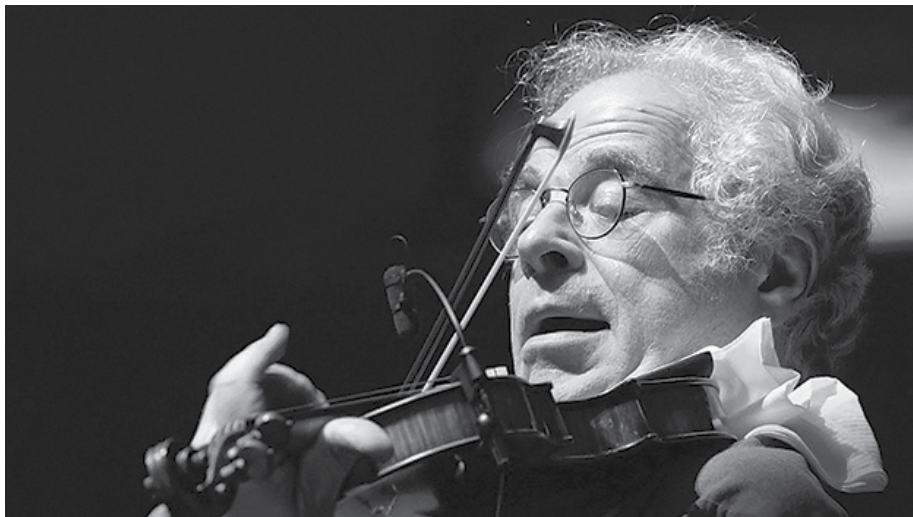




## AT THE FLICKS



with Lois and Paul

**Itzhak**

Documentary  
Directed by Alison Chernick  
(Israel, USA, 2017)

Review by Lois Siegel

There are special individuals who impress us with their amazing talents. Violinist Itzhak Perlman is one of them. Director Alison Chernick introduces us to the behind-the-scenes Perlman in her film *Itzhak*. This is a film for those who love music and are curious about the life of someone who has defeated enormous obstacles to become one of the most outstanding musicians in our time.

The film opens with baseball because both Itzhak and his wife Toby are fanatics. We see Perlman wearing a Mets baseball shirt with a big 70 on the back, which happens to be his age. His ball cap is backwards and he's moving in his motorized wheel chair. Perlman contracted polio when he was four years old and wears heavy leg braces. He has his violin with him and plays a bit of "Take Me Out to the Ball Game." We see him enter the field and perform an outstanding rendition of "The Star Spangled Banner." We've never heard it like this before.

The film is a potpourri of images and clips of Perlman at different times of his life moving back and forth in time, often from one country to another. We become immersed in Perlman. His jubilant personality is contagious.

His wife Toby says she's also a violinist, but not of Perlman's caliber. She explains that after she met him, she went backstage and asked him to marry her. It took a couple of offers until he finally said yes.

We follow him to Tel Aviv and to other locations throughout the film. He lived in Israel when he was very

young. Although Perlman was becoming an expert violin player as a child, nothing was happening for him in the music world. If you are disabled, it's not easy to get people to recognize that you can be an expert at something. You have to convince them to "judge me by what I do."

And then it happened. In 1958, Perlman was invited to perform on the *Ed Sullivan Show*. He was 13 years old. This "poor little crippled boy" was amazing. Musicians recognized that he was obviously gifted.

His Polish parents moved to the United States. They took all kinds of jobs to support their son: barber, clothes washer, etc. and they had to live close to his school. They made many sacrifices for him. The family lived in a one-room hotel.

Then Perlman met Dorothy Delay, one of the great forces in the world of violin teaching. Her methods were unconventional. She wasn't authoritarian. She encouraged Perlman, strengthening his self-esteem. She took him to museums and found him an art teacher, expanding his contact with the arts. At first he hated her. Perlman explains, "She'd say, 'Sugar Plum, what do you think of this, what do you think of that?' I hated the way she taught me, and now that's the way I teach."

Perlman was accepted at Juilliard, one of the world's leading music schools where he thrived.

This is a film for not only musicians, but also anyone who understands how important it is to enjoy life to the fullest. *Itzhak* is definitely an inspiration.

Running time: 83 minutes

Available: iTunes and Amazon July 17, PBS October 22 – "American Masters," DVD, January 2019

**Gauguin: Voyage To Tahiti**

Directed by Édouard Deluc  
(France, 2017)

Review by Paul Green

Paris 1891. Post-impressionist painter Paul Gauguin is struggling to make ends meet. An artist whose talent is not altogether unrecognized, he does not sell enough paintings to support his Danish wife and their five children. Anxious to get away from a "civilization" he found stifling, Gauguin made plans to journey to Tahiti with his family and immerse himself in the idyllic surroundings of French Polynesia. Only in Tahiti, he reasoned, would he find the inspiration to create new images that matched the beauty and simplicity of this South Pacific paradise.

Alas, at the last minute, his wife Mette tells him that she and the children will not be going with him. The same holds true for a handful of fellow artists who had also made vague commitments to accompany him. In one of the film's more congenial opening scenes, his artist friends at least give him a fond send-off in a Paris bistro, paying tribute to him and wishing him good fortune.

This film by director Édouard Deluc (French title: *Gauguin – Voyage de Tahiti*) is not unlike one of the artist's tableaux: there is not a lot happening, but the images are magnificent. Once in Tahiti, Gauguin (played here by a suitably tormented Vincent Cassell) sets out with mixed success to live off the land and work in isolation. Once, when striking out on horseback for the mountains, the local women offer a gentle warning: there are spirits dwelling in the mountains, and while they may or may not be evil, it's best not to disturb them in any case.

It is only when he marries the young Polynesian girl Tehura that Gauguin is able to settle down, as it were, and do some serious work. Tehura (a convincing performance by Tuhei Adams) proves a willing and cooperative model and helps him in this. This more than anything else seems to make their marriage work, and thus

Tehura appears in many of his paintings.

Cassell, of course, dominates the film and his craggy, bearded features form a vivid contrast with the sumptuous and rhythmic Tahitian environment.

Now part of a community, Gauguin and his wife live among the locals; he has picked up enough of the Polynesian dialect to communicate with them, after a fashion. It also helps that a few of the locals speak a little French.

Not long after his arrival, Gauguin's health issues caught up with him and he had a heart attack. Recovering, he entered into an uneasy relationship with the local French doctor (Malik Zidi) who urged him to go back to France and look after his health. Their relationship improves, however, when the doctor comes to admire the artist's work and even helps him to ship some of it back to France.

In a minor subplot, there are hints – well, perhaps more than hints – of an affair between Tehura and a young man from her community who has become a woodcarver under Gauguin's tutelage. It seems there is some doubt as to whether this affair actually took place. It is possible that Deluc felt he needed some dramatic tension for his film.

While they were apparently no longer together when Gauguin returned to Tahiti for the last time, there is a scene near the end that tells us just how close artist and model could be when he was painting and she was sitting for him.

This is an unusual biopic, for one senses that there are aspects of Gauguin's life that are missing or at least left in the shadows. And yet, between the lushly photographed Tahitian scenery and Cassell's performance as the flawed artist who sacrifices everything for his art, one finds much to recommend in Gauguin.

In French and some Polynesian languages with English subtitles

Running time: 102 minutes

Probable rating: 14A

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# Road trip with Lenny

by Kate McGregor and Batia Winer

Dinner on the deck of the Coplin Dinner House in Stratton, Maine was delicious. On top of the fresh food, rolling landscape and soft summer breeze, our dog Lenny was a welcome guest. He lay under the table snoozing. That is, until the unmistakable clucking of hens filled the air. Lenny stood up and let out several big dog barks. The couple at the next table, clearly on a date, looked alarmed and held their pastel-coloured cocktails in mid-air. Lenny had never encountered chickens until our road trip.

There is something utterly delicious about summer holidays, a time that gives permission for unstructured play. This year, Batia and I drove to Prince Edward Island, Lenny in tow. Our destination was Stanley Bridge, a coastal village in the Cavendish region, where we rented a lovely cottage on the ocean. From the moment we rolled out the driveway, swung by Starbucks and set out for the highway on June 21 – the summer solstice and the longest day of the year – our adventure started. The car, our part-time mobile home for the next three weeks, became a place for conversation, debate, reflection and observation. Sometimes Bruce Springsteen accompanied us while at other times just the sound of tires on the road and the smell of pine trees.

Planning our route, we debated whether to travel to PEI through Maine to our first stop, St. Andrews, New Brunswick, or to travel only in Canada. The thought of crossing the border into the United States made us nervous. In the end, we packed our passports on the recommendation of a friend who raved about a dog-friendly motel in Maine.

Changing routines allows for a fresh new awareness to unfold. Letting go of schedules, mobile phones and computers to spend time outdoors is good for the soul, opening us to the magic of changing seasons and shifting weather patterns. While travelling with a dog requires more planning, e.g. where to stay, what outdoor cafes allow dogs, which beaches are canine friendly, taking a holiday with the family pooch creates new adventures.

We drove through Quebec, Maine and New Brunswick en route to PEI. In St. Andrews, we stayed at the famous Algonquin Resort, a destination Lenny adored. Evenings, he would lie on the grass with his water bowl within nose reach. No amount of tugging on his leash could budge his 80-pound frame stretched out, tail fan-



Lenny on the open road, bound for PEI

ning the air waiting for the next family to greet him. Lenny was like a magnet for tourists from across Canada, the US and Europe. Frequently, they would wander over and say, "I miss my dog. May I say hello to yours?" Yes, even the dog was on vacation.

There is something grounding about a road trip, a time to appreciate the changing landscape from the car window, chat with the locals and sample fresh regional cuisine.

Crossing the Confederation Bridge, we marvelled at the engineering of the 12.9-kilometer structure transporting us to Prince Edward Island. Once the car tires hit the red soil of the little island, lush fields filled with lupins and potato plants greeted us. And, of course, there was the omnipresent ocean, one moment sparkling and still, another moment dark and turbulent.

Settling into our cottage, we felt the spirit of Anne of Green Gables everywhere, so much so that I bought a copy of the children's classic by Lucy Maud Montgomery, which I first read at age eight. Anne fever was also shared by the young Japanese women we met who had been introduced to the red-haired girl in their country and who were now on a pilgrimage to explore her stomping grounds.

In addition to billboards for all things Anne, we saw numerous highway signs warning of moose and signs reminding motorists to share the road with horse-drawn buggies. I had no idea that Amish families had moved to the island from Ontario at the invitation of the PEI government to help stimulate growth in rural communities. And here's a fun fact: to this day, I have never seen a moose, but I have now seen a horse-drawn carriage transporting two Amish farmers back home at the end of the workday.

Our summer road trip is now officially over. We swam in the ocean, sampled lobster rolls, clam chowder and fresh haddock, clocked a whopping 4,500 kilometers and gathered a lifetime of memories. Once home,

Lenny anticipated that the three of us would continue to do everything together. So, starting this weekend, we have decided to add more play to our lives by exploring the little towns and villages in the Ottawa Valley. And Lenny will be right there with us, head out the car window, black fur blowing in the wind.

Kate McGregor is a certified Integral Master Coach™. 613-884-1864; kate@kmcommunications.ca; www.kmcoaching.ca. Batia Winer is a meditation teacher and a certified Integral Master Coach™. 613-327-7522; bwiner@praan.com.

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PHOTO: PAT GOYECHÉ

Some of the Abbotsford regulars working on a video

## Finding your groove at Abbotsford

by Pat Goyeche

It's time to look ahead to the cooler weather and finding your groove at Abbotsford, which houses the Glebe Centre's Community Programs and Services for adults 55+. Finding your groove in fitness, artistic, intellectual and social pursuits are all possible at Abbotsford this fall.

Not only do we strive to help you find your groove through Abbotsford's programs, we now have a fantastic new fall event that is the epitome of groovy. Baby boomers (and other generations of course) can bliss out on Saturday, September 29 at GLEBESTOCK in the Horticultural Building at Lansdowne. The evening boasts a live 60s cover band as well as fun retro booths, finger food and a cash bar. Rock out with friends and neighbours while raising much-needed dollars for both

the Glebe Centre's community programs and services and the long-term care home. Tickets are \$50 each and can be purchased online or in person at Abbotsford. Check out our sponsors and learn more about the event on our new Facebook page: [www.facebook.com/TheGlebeCentreInc](http://www.facebook.com/TheGlebeCentreInc).

Courtney Rock, the Glebe Centre's Fund and Development Manager, has a number of treats in store, including a special video thank you to the community that will have its premiere at the event. Many staff, volunteers, members and residents have given considerable time and enthusiasm to the making of this wonderful video. It will premiere at GLEBESTOCK, so get your ticket now at [glebecentre.ca/upcoming-events](http://glebecentre.ca/upcoming-events).

Finding your groove in the kitchen is also front and centre at Abbotsford this fall because our main floor

kitchen has been upgraded significantly over the summer. Look for cooking classes, communal dining and specialty workshops now possible because of the addition of a range, dishwasher and microwave (courtesy of the Abbotsford Members Council).

Our traditional fitness classes, favourite instructors and always-popular arts courses are returning to Abbotsford this fall, alongside new programming such as Chair Tai Chi and Finding Meaning in Song. The fall guide will be available mid-August and will list a full complement of programs for adults 55+.

Finding your groove has never been easier than it will be this fall, so join in and participate in all that we have on offer. Abbotsford is dedicated to forging new partnerships in our community, implementing new programming through grants and

fundraising and continuing to work with our governments and agencies to help keep our 55+ population active and engaged.

We are also excited to share the news that we have a new white high-profile van, a Dodge Ram ProMaster fitted with a mechanical lift at the back for wheelchair access. The Champlain Local Health Integration Network funded this van through the Champlain Community Transportation Collaborative led by Carefor, another community agency. Take a closer look when you see it. The three logos on the van indicate the organizations involved. The van has room to transport seven passengers and one additional person in a non-collapsible wheelchair. The van seats are removable and the position of the seats is changeable, depending on clients' needs.

We are currently using the van to transport clients residing in the neighbourhood for two adult day programs: dementia and frail seniors. When funding is secured for additional days in the dementia Adult Day Program, we will be able to expand use of the van. Meanwhile, you will continue to see our 2010 Lady Mary Ford bus on the road for a while for use by long-term care residents as they enjoy outings to local venues and restaurants and for tours around Ottawa.

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

*Pat Goyeche is coordinator of community programs at Abbotsford.*

## Get your groove on at Glebestock

by Courtney Rock

Joni Mitchell, who hadn't even attended Woodstock, later commented, "Woodstock was a spark of beauty, where half a million kids saw that they were part of a greater organism."

Inspired by the generation that brought us Woodstock, we're setting out on September 29 to recreate that spark of beauty through an evening of live music by Sticks 'n Stones, dancing, trivia and maybe a bit of karaoke (for those brave enough) to raise funds for the over 1,300 seniors connected to The Glebe Centre.

The night will also feature a Lansdowne Lawn Lounge, flower-crown making and an art wall where we will create a piece of community art to be displayed at our centre.



Money raised from the event will go towards establishing an Abbotsford House Restoration Fund and purchasing new therapeutic tech-

nology for our long-term care home.

So dust off your bellbottoms and fringe jackets and join us on September 29 at the Horticulture



Building in Lansdowne Park for a night to remember! Prizes will be awarded throughout the night for those who come in costume!

Find us on Facebook (The Glebe Centre Inc.), our website, [www.glebecentre.ca](http://www.glebecentre.ca) or contact Courtney Rock at 613-238-2727 x 316 or [crock@glebecentre.ca](mailto:crock@glebecentre.ca) for information or tickets to this groovy event.

Like so many events, we wouldn't be able to do this without the generous support of our sponsors, McKeen Metro, Judy Faulkner Real Estate, Chartwell Lord Lansdowne Retirement Residence and the many local businesses who have supplied items for our silent auction. Thank you for your commitment to our community.

*Courtney Rock is Fund and Development manager at The Glebe Centre.*



Frederick Arthur Thomas Sievers, MM

by Kevan Pipe

The Glebe Report is presenting a continuing series of monthly stories in commemoration of the upcoming 100th anniversary of the signing of the Armistice in November about the 16 servicemen from St. Matthew's, The Anglican Church in the Glebe, who were killed in action in the First World War. In this edition, we present the history of a highly decorated soldier from St. Matthew's and the oldest of "The 48," 41-year-old Private Frederick Thomas Arthur Sievers of Fifth Avenue in the Glebe, killed in action exactly 100 years ago this month.

Sievers was born on September 1, 1877 in Essex, England to his German father Ernest and English mother Harriet. The family had emigrated to Canada by 1891, living at 179 Fifth Avenue near Mutchmor School. He was known more by his middle name Arthur and was one of eight children born between 1880 and 1900 (two older brothers and five younger siblings). His father was a lithographic, trained in making books, while Arthur eventually became an electrician.

Arthur volunteered in 1914 and served in the 13th Infantry Battalion, Quebec Regiment based at Valcartier. This was a prelude to his enlisting the following year. Working in Port Arthur (now Thunder Bay), Ontario, he joined the Canadian Overseas Expeditionary Force on July 2, 1915 with the 52nd (New Ontario) Battalion (# 439477). The 52nd trained in Port Arthur through to early November when they were mobilized for deployment to Eng-

land. The battalion disembarked in Ottawa on November 6 while en route by train to Saint John, New Brunswick, and were inspected on Parliament Hill by the Governor General, the Duke of Connaught. The battalion continued on to Saint John, finally leaving Canada on November 22 on the SS California bound for Plymouth.

They finally arrived in England on December 3, 1915 for six weeks of training at Camp Witley, and were then deployed to the Flanders region in Northwestern France on February 21, 1916 where they joined the 9th Brigade of the Third Canadian Division.

The 52nd Battalion entered forward areas on March 1, 1916 near Lochre, where they underwent additional training for a week with the Princess Patricia's Light Infantry. Finally, on March 10, they were in the Kemmel area in Flanders, southern Belgium.

The 52nd was involved in all the major battles involving Canadian forces over the next two and a half years, including the Battles of the Somme, Vimy Ridge, Ypres, Paschendale, Hindenberg Line and, eventually, the Scarpe.

This latter battle was a key event of the "Hundred Days Offensive" that began on August 8, 1918 that was designed to bring the First World War to a close after four long and weary years of fighting. The Canadian Corps were heavily involved in this battle plan. The Battle of the Scarpe was a five-day battle in Northern France from August 26 to 30, involving both the 2nd and 3rd Canadian Divisions, including the 52nd Battalion.



Military Medal with Bar (MM)  
(source: www.veterans.gc.ca)

Although it was an allied victory that resulted in the capture of 3,300 German soldiers, the Canadians, under the command of Lt. General Arthur Currie, incurred almost 6,000 casualties, another horrific price paid as was the case in so many of these battles from 1915 onwards.

The 52nd was one of four battalions of the 9th Brigade ordered to attack on August 28, a bright and warm morning after a night of heavy rains, at 11:00 hours. The attack was on a thousand meter front of heavily fortified German defenses near Boiry Notre Dame, east of Arras. They were supported by the Canadian 3rd Division artillery. It was during this action that the Canadians seized an important portion of the German Fresnes-Rouvroy

defence system and advanced more than eight kilometers between Boiry and the Cojeul River. Heavy fighting took place and it is surmised that during this morning battle Private Arthur Sievers, four days before his 41st birthday, went missing in action. His body was never found.

The Military Medal with Bar is one of the highest decorations awarded to Canadian servicemen, on the recommendation of a commander-in-chief in the field, to those who display "individual or associated acts of bravery or devotion under fire." In the 52nd Battalion in the First World War, only 21 of these Military Medals with Bar were awarded, one of these to Private Arthur Sievers. In total, only 848 Military Medals with Bar were awarded to Canadians in all of the First World War.

The memory of Private Arthur Sievers, along with 11,284 other Canadians whose bodies were never found during the Great War, is commemorated on the walls of Canada's Vimy War Memorial in Pas de Calais, France. In recognition of his bravery and devotion under fire, his name is inscribed with the initials "MM" for Military Medal, to acknowledge his accomplishments on the field of battle.

Exactly 100 years after his death, the oldest member of "The 48" is remembered at St. Matthew's Anglican Church in the Glebe.

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

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# Glebe's abuzz

by Isobel Watson

It was a sunny weekend in June and I came back to school to plant a garden. A fresh mound of earth from Paramount Nursery had been delivered to the front yard of Glebe Collegiate Institute (GCI) the day before and it was surrounded by potted plants and volunteers who were ready to get their hands dirty.

The pollinator garden, comprised of flowers native to the Ottawa region, was an initiative of TWIGS, Glebe's environmental club. TWIGS stands for Those Who Initiate Greener Spaces, and the garden was a small part of the club's project to make the spaces around the school, well, greener.

"Planting our Pollinator Garden was one of the first steps in redesigning Glebe Collegiate Institute's front yard. The redesign of Glebe Collegiate Institute's front yard aims to create a green and usable space in partnership with the school and the neighbourhood community," said Mika Young, leader of TWIGS at GCI. "Special thanks to everyone who was a part of planting our Pollinator Garden. We are grateful for all the new connections we have made so far. I look forward to what the future has in store for our TWIGS Club here at Glebe Collegiate Institute."

Community members who were donating time, soil and plants from their own gardens joined volunteers from the club. Sandra Garland and Barbra Riley donated a large number of flowers from the Experimental Farm's Fletcher Wildlife Garden and deserve many thanks from the neighbourhood.

Olivia Craft, Lynn Armstrong (a specialist in native and heritage gardening) and Elizabeth Ballard from the Glebe Community Association Parks Committee also joined us. Without their help, the garden would not exist; they taught the laymen among us (like myself) how to properly transplant the flowers.

Emma Kirke is a student from Lisgar Collegiate Institute who planted

a pollinator garden at that school before becoming a major force in creating ours at GCI. Emma secured all the funding for the project, which was provided by the TD Friends of the Environment Foundation to the Ontario Nature Youth Council to run a Special Spaces event.



I quickly abandoned the thought of not getting muddy and walked right into the flowerbeds, kneeling down to dig with the other volunteers and deliver the plants to their new homes. It was so rewarding to plant what I knew would be beautiful wildflowers on a gorgeous afternoon.

Beyond the fun and the aesthetic of it, the community pollinator garden is for a good cause. The world has experienced an alarming decline in honeybee populations in the last few years due in part to pesticide use and parasites.\* If bees disappear it would be disastrous for humans, as the little insects are vital to the growth of most of our food crops.

Pollinators (including bats and birds, but mostly insects) affect 35 per cent of the world's crop production.\*\* They are responsible for the avocado on your toast, the pickles on your bean burger, most of the veggies in your salad and the beans that make your morning coffee.\*\*\*

Pollinator gardens like the one planted at Glebe Collegiate Institute can help honeybees and other insects get the nectar they need while



PHOTO: ELIZABETH BALLARD

Volunteers organized by Glebe Collegiate's TWIGS (Those Who Initiate Greener Spaces) planted a pollinator garden in the school yard to attract bees and other pollinators.



PHOTO: LIZ MCKEEN

The pollinator garden includes native Ottawa flowering plants.

cross-pollinating the plants in the neighbourhood.

"I am really glad that we got the pollinator garden built, especially with everything we hear about the destruction of the bees' natural habitat and the risk of their extinction. I really hope it makes a difference," said Freddie Lofthouse, a member of TWIGS.

Volunteers from the school and the surrounding community will care for the garden over the summer with hopes that it will flower and attract honeybees, butterflies and other

pollinators, and make the Glebe community a little brighter.

\*[www.scienceabc.com/nature/bee-extinction-means-end-humanity.html](http://www.scienceabc.com/nature/bee-extinction-means-end-humanity.html)

\*\*[www.fao.org/biodiversity/components/pollinators/en/](http://www.fao.org/biodiversity/components/pollinators/en/) Food and Agriculture Organization of the United Nations

\*\*\* [beeaware.org.au](http://beeaware.org.au)

Isobel Watson is starting Grade 10 at Glebe Collegiate Institute in the fall. This is her first article for the Glebe Report.



PHOTO: LIZ MCKEEN

The new two-way bike lane on Glebe Avenue, facing west near Glebe Collegiate. Cars go on the north side of the planters.

## New Ottawa Catholic School Board trustee



PHOTO: COURTESY OF OCSB

Regan Preszcator is the newly appointed trustee for Zone 9 for the Ottawa Catholic School Board, replacing long-serving Kathy Ablett, who died in May.

The Ottawa Catholic School Board of Trustees appointed Regan Preszcator as the trustee for Zone 9, the River/Capital area. Preszcator is bilingual, has worked for an M.P. and now works in the Senate of Canada in communications. Preszcator is a member of Blessed Sacrament Parish.

"We look forward to Trustee Preszcator's contributions as we go forward in our mission of Catholic education. We welcome her to our board," said chairperson Elaine McMahon.

The board interviewed several qualified candidates to complete the 2014 – 2018 term of long-serving Trustee Kathy Ablett, who died in May.





# The 'beautiful game'

by Rafal Pomian

More kids play soccer in Ottawa than hockey – sorry Sens fans – and football – so sorry Redblacks. In fact, in Canada more kids play soccer than hockey, football and baseball combined. This phenomenal popularity is due to many factors, the foremost being that it is a healthy and inexpensive team activity that appeals to both young girls and boys. The uplifting team experience on and off the field is often overlooked, yet it is the key element of the game, as anyone who has experienced it will readily affirm.

Also contributing to its popularity are strict rules about rough or dangerous plays, e.g. the offending player being immediately ejected from the game. Everyone respects this rule in spite of the high emotions exhibited by both players and fans. Unsporting behaviour is also penalized. The development of physical skills such as running, kicking the ball and endurance are part and parcel of the game but it's the intricate passing and footwork artistry that has given it the name "the beautiful game."

Adding to the attraction of soccer is its international character. It is played all over the world from developing countries to wealthy ones. Indeed, some of the poorest countries produce top soccer players. Pele, "the black pearl" of Brazil, became a household name all over the world in his heyday. In Canada, the players are often from a variety of backgrounds and cultures. It's fun and gratifying to see a Sikh boy mounting an attack with a

white boy, aided by a Chinese, only to be thwarted by a perceptive black defender.

The healthy and positive aspects of soccer have also contributed to its immense popularity with girls and women. In schools there are as many girls as boys playing, while at the national level, the Canadian women have surpassed the men's team in achievement, getting bronze medals in recent back-to-back summer Olympics.

Every four years the soccer world is rocked by the FIFA World Cup, which rivals Olympics in worldwide attention. It provides an opportunity to see the stars of the game show their stuff and also to watch different styles of play: the physicality of European teams, the wizardry of South Americans and Africans, and the "ping-pong" passing of the Asians. This year the World Cup took place in June and July in Russia with 32 countries that qualified participating. Unfortunately Canada failed to qualify from the North and Central America group, which passed unnoticed here. Another country that failed to qualify was Italy, a constant soccer powerhouse that was eliminated by Sweden. The day it happened became a day of mourning in Italy; the national head coach and trainers were fired and became instant pariahs! This year's World Cup went to France, winning against underdog Croatia 4 – 2.

It is pertinent to ask why soccer, or football as it is known outside North America, is not played here at the same professional level as hockey, football and baseball. Historically,

these have evolved separately from the rest of the world and American football and baseball are mainly played in North America. The name "World Series" for baseball finals is a typical American hyperbole, as is also, to a lesser extent, the term "American football," which has little to do with footwork.

The main reason for soccer exclusion is financial, since professional sport is big business whose *raison d'être* is to make money for the owners. Senators fans are rightly worrying about their team's future in Ottawa since the team is losing money. The professional sports fan base is only so large. Any sport venture outside the established ones is a risky proposition financially.

However, professional soccer is

slowly gaining ground. When I was coaching kids' soccer in the 70s and 80s, there was no professional team in Ottawa and one semi-professional league in America. Now we have two professional soccer leagues, our own FURY FC being in one of them, playing here in Lansdowne Park. The team has established itself firmly, especially with young families and kids, and the attendance is climbing. The level of play too has gone up to make it attractive to an increasingly broad fan base. I hope and believe it's only a matter of time before the "beautiful game" will come to rival other established professional sports. Why should kids have all the fun?

*Rafal Pomian is a Glebite with a love of travel, trains and soccer.*



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# GRAPEVINE

This space is a free community bulletin board for Glebe residents. Send your GRAPEVINE message and your name, email address, street address and phone number to [grapevine@glebereport.ca](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 BOOK CLUB** is seeking new members. Everyone is welcome! Fall meetings: Sept. 28: Born a Crime, by Trevor Noah; Oct. 1: The Colour Of Our Sky, by Amita Trasi; Nov. 9: Forgiveness, by Mark Sakamoto; Dec 14: Sharp Objects, by Gillian Flynn. Abbotsford Lounge, 1 – 3 p.m. Abbotsford House, 950 Bank Street. 613-230-5730.

**BREAKING BREAD, BREAKING STIGMA**, Wed. Oct. 3, 6:30 - 9:30 p.m., Horticulture Building at Lansdowne Park. Hopewell Eating Disorder Support Centre will hold its second annual signature fundraiser to bring people together to “break bread” and further “break stigma” around mental illnesses. Features a gourmet sandwich showdown with a roster of Ottawa’s top chefs, and a panel of celebrity judges to crown the “Sandwich Sovereign of Ottawa.” Silent auction, complimentary wine from Huff Estates and beer from Beau’s Brewery. Info and ticket purchase: [www.hopewell.ca/bbbs-2018/](http://www.hopewell.ca/bbbs-2018/) or call 613-241-3428 ext. 24.

**CITY OF OTTAWA RINGETTE ASSOCIATION (CORA)** Free Event For Kids 9 – 12. Come try ringette on Sun., Sept. 9, 3 – 5 p.m. at Jim Durrell Arena, 1265 Walkley Rd. Pre-registration is required. Go to [www.ComeTryRingette.ca](http://www.ComeTryRingette.ca) to register.

**DONATE A CAR – IT’S EASIER THAN YOU THINK!** You can turn your used car into a donation to support people impacted by dementia. Donate a Car will pick up your old car free of charge and make a donation to the Dementia Society. You’ll receive a receipt for income tax purposes. For more information: [www.bit.ly/2Mohy5L](http://www.bit.ly/2Mohy5L)

**FRIENDS OF THE FARM USED BOOK DROP OFF**, Oct. 20, 10 a.m. to 3 p.m. Save your books and re-gift them for a great cause. Please note we do not accept magazines, textbooks, or encyclopedias. Drive up to Bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. Info: [friendsofthefarm.ca/fcef-annual-events/](http://friendsofthefarm.ca/fcef-annual-events/) or 613-230-3276.

**FRIENDS OF THE FARM MASTER GARDENER LECTURE** - Bulbs for Year Round Enjoyment ([friendsofthefarm.ca/event/bulbs-year-round-enjoyment/](http://friendsofthefarm.ca/event/bulbs-year-round-enjoyment/)) presented by Master Gardener Mary Reid on Oct. 16, 7 – 9 p.m., Bldg 72 in the Arboretum at the Central Experimental Farm, east of the Prince of Wales roundabout. Cost for individual lecture: \$12 FCEF member, \$15 non-members. Info: [info@friendsofthefarm.ca](mailto:info@friendsofthefarm.ca) or call 613-230-3276.



KERRY SMITH

**FRIENDS OF THE FARM** presents *Blooms*, a book about the Central Experimental Farm’s Ornamental Gardens, introducing heritage plants, the fascinating stories behind their creation. Be inspired to localize your garden this year with made-in-Ottawa flowers, shrubs. Info: [friendsofthefarm.ca/boutique/](http://friendsofthefarm.ca/boutique/) or 613-230-3276.

**OTTAWA TOOL LIBRARY REPAIR CAFÉ** Aug.18 at the Overbrook Community Centre ([www.eventbrite.ca/e/repair-cafe-at-the-overbrook-community-centre-tickets-45897632053#tickets](http://www.eventbrite.ca/e/repair-cafe-at-the-overbrook-community-centre-tickets-45897632053#tickets)) Free repair of bikes, small appliances, clothing, electronics, toys and more! Aug.18, 11 – 4, O.C.C., 33 Quill St.

**OTTAWA TOOL LIBRARY COMMUNITY DEMO NIGHT: CANNING**, Aug. 27, 7 – 9 p.m. ([www.eventbrite.ca/e/community-demo-night-home-canning-tickets-48344631093](http://www.eventbrite.ca/e/community-demo-night-home-canning-tickets-48344631093)) Join Gisele Paquette, owner of Gingham Wisdom, for a talk about home canning. Ottawa Tool Library at Makerspace North, 250 City Centre, Bay #216, Aug. 27, 7 – 9 p.m. Cost: \$5.

**OTTAWA TOOL LIBRARY: LEARN TO MEND**, Sept. 24, 6 – 9 p.m., Ottawa Tool Library at Makerspace North, 250 City Centre, Bay #216. Learn to repair textiles through sewing and knitting techniques. Bring an item that needs repair and learn from an experienced mender! Clothing and textile swap too – bring unwanted but clean fabrics, yarn, and clothes and take home what you like! Cost: \$5.

**RESEARCH OPEN HOUSE AND BUG DAY** at Central Experimental Farm Greenhouses, Sept. 8, 9 – 4. ([friendsofthefarm.ca/event/ordc-open-house-bug-day](http://friendsofthefarm.ca/event/ordc-open-house-bug-day)). Two

free educational events for all ages. Demonstrations, collections, live interactive insect zoo and more.

**TREE FEST OTTAWA**, Sept. 22 and 23, in Brewer Park by the pond. Love trees? Urban festivals? Spending time in a park? Visit Tree Fest Ottawa, September 22 and 23. The free festival features music, art, guided walks, workshops and a range of kids’ activities. See: [www.treefestottawa.org](http://www.treefestottawa.org).

## FOR SALE

**CLOTHES STEAMER** Rowenta Master Valet – Roll & Press. Includes hanger, steam head hook, vertical support shade, telescopic pole, on/off pedal, transport wheels, hanger holder and other features. Like new. \$100. 613-230-4201.

**DUNCAN PHYFE ANTIQUE DINING ROOM TABLE**, double pedestals. 74” X 42” X 29” high. Includes one leaf. \$800. Call 613-261-4504.

**MAHOGANY SIDBOARD**, 1920s, 66” long X 21” deep X 38” high. Lots of storage. Must be seen. \$750. Call 613-261-4504.

**SHAWINIGAN FIBREGLASS RED CANOE**, 14 ft. long X 3 ft. wide, in excellent condition. Includes 2 life jackets and 2 paddles. Complete set \$675. Call 613-261-4504.

## AVAILABLE

**DVDs FOR RENTAL** – As of September, Abbotsford House, 950 Bank St., will have an expanded and varied selection of DVDs available for rental. For more information, please drop in anytime

Monday to Friday, between 8:30 a.m. and 4:30 p.m.

## FOUND

**ITEM FOUND IN LONGCHAMP BAG FROM GLEBE GARAGE SALE:** If you sold a Longchamp bag at the Great Glebe Garage Sale, please contact Sisi at [glebeshopper@yahoo.com](mailto:glebeshopper@yahoo.com) with a description of the bag and the location where it was sold. I found something in the purse that is yours.

**SET OF KEYS** found on June 8 near Fifth Ave. and Canal. Call Steve 613-233-2461.

**WOODEN ITEMS IN SHOPPING BAG** found on Powell at Percy after bike-car collision on Tues., June 12. Please email [bmbly@yahoo.ca](mailto:bmbly@yahoo.ca) or phone (leave voice mail) Nancy at 613-238-5195 to identify.

## FREE

**FIREWOOD:** mainly maple, approximately 40 pieces in a variety of sizes that has been drying in our garage over the year; ready for this fall/winter seasons. Vehicle needed for pick-up at our Glebe home. Please email [judyfield@rogers.com](mailto:judyfield@rogers.com) for more information.

## WANTED

**THE DEMENTIA SOCIETY IS LOOKING FOR A VOLUNTEER VIDEOGRAPHER.** We currently have an exciting opportunity for a volunteer videographer/editor, to film and edit a video to share the experiences of The Dementia Society in supporting those impacted by dementia. Please contact Stephanie at [ssmith@dsorc.org](mailto:ssmith@dsorc.org) for more information on how you can use your skills to inspire and raise awareness.

## WHERE TO FIND THE GLEBE REPORT

In addition to free home delivery, you can find copies of the *Glebe Report* at Abbas Grocery, Acorn Nursery, Adishesha Yoga, Arrow & Loon, Bank of Montreal, B.G.G.O., Bloomfields Flowers, Boccato, Brewer Arena, Brewer Pool, Bridgehead, Capital Barbershop, Clocktower Pub, Douvris Martial Arts, Drummond’s Gas, Eddy’s Diner, Ernesto’s Barber Shop, Escape, Feleena’s, The Flag Shop, Flight Centre Travel, 107 Fourth Avenue Wine Bar, Glebe Apothecary, Glebe Car Wash, Glebe Community Centre, Glebe Meat Market, Glebe Smoke Shop, Glebe Tailoring, Glebe Trotters, Glebe Video, Goldart Jewellers, Hillary Cleaners, Hogan’s Food Store, Ichiban Bakery, Il Negozio Nicastro, Irene’s Pub, Isabella Pizza, Jericho Café, Kardish Foods, Kettlemans’ Bagel Co., Kunstadt Sports, LCBO Lansdowne, Loblaws, Marble Slab, Mayfair Theatre, McKeen Metro Glebe, Morala’s Café, Octopus Books, Olga’s Deli and Catering, Pints & Quarts, Pet Valu, Pure Gelato, Quesada Burritos & Tacos, ReadSetGo, RBC/Royal Bank, Reflections, 7-Eleven, Scotiabank, Second Avenue Sweets, Soup Guy Café, Subway, TD Lansdowne, TD Pretoria, The Emporium, The Joy of Gluten Free, Third Avenue Spa, Villagia Residence, Von’s Bistro, Watson’s Pharmacy and Wellness Centre, Whole Foods, The Wild Oat, Quickie, The Works, YMCA/YWCA Taggart.





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Regular updates if requested. References available.

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Eva Hurrelmann canoeing on Third Avenue after the morning's downpour on July 25.



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**Glebe Community Centre closed Aug 25 - Sept 9**  
GNAG's temporary office location is Glebe-St. James Church. We can still be  
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