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Year 38 , No. 3

The Ottawa South Community Association Review

MARCH 2010

OSCA Website Unveils New Look, New Features Emphasizes Community Networking



BETWEEN THE BRIDGES
OLD OTTAWA SOUTH
The Official Site of the Old Ottawa South Community Association

HOME PROGRAMS EVENTS COMMUNITY THE OSCAR FORUMS OSCA SEARCH CONTACT

OSCA Programs Winter 2010
Registration is Underway!
Program Guide Register Online

One Site, One Plan!
The OSWatch committee met with over 20 residents Feb. 20 to discuss what the community's response should be to the Lansdowne Park Design Symposium, which OSWatch presented to the competing designers e...

OSWatch Presents to Lansdowne Design Symposium
Brendan McCoy of OSGA's community watch committee, OSWatch, presented to the Lansdowne Park Design Symposium on Thurs. Feb. 25. The presentation, called "One Site, One Plan!" expressed OSCA's position...

Welcome to the New OSCA Website!
The Old Ottawa South Community Association (OSCA) presents: our new website! We've changed the look and added new features we think you'll find useful, whether you are an OSCA member, a resident, or even just hope to be one someday. Please have a look around, and be sure to register for an account. It's free! As a registered user you can submit your own articles and event notices, post pictures to the photo gallery and join the discussion forums to make this your community networking site!

Comments Still Needed for Urban Park Design
It's not too late to submit comments on the Lansdowne urban park design competition. While they will not be in the summary report, comments will continue to be collected and will be provided to the comp...

OSCA President's Letter to City On Urban Boundary Expansion

Events Calendar
Feb 10

Coming Events
Feb 28 | 20:00 Paddy's Pub Open Mic
Mar. 1 | 20:00 Celtic Jam Night
Mar. 2 | Free Income Tax Clinics for Low to ...
Mar. 2 | 19:30 OSWatch Meeting
Mar. 3 | 19:00 English Conversation Group for New...
Mar. 4 | 12:30 Emergency Preparedness
Mar. 5 - Mar. 6 | 19:30 Ben Hur
Mar. 6 | 14:00 Alice's Adventures in Wonderland
Mar. 7 | 19:30 Bookclub @ ...

By Gwen Gall
OSCA Web Editor

In late January, the new OSCA website went "live" after months of determined work by volunteers on the Web/IT Committee. Guided by the combined visions of director John Calvert and webmaster Chris Solar, the new website was designed to be community-oriented and easy to use. It's a completely new look for the website, with many new features we think you'll find useful. The web address remains the same: www.oldottawasouth.ca.

OSCA's Official Web Presence

The website still functions as OSCA's official Web presence, a vehicle for sharing its mandate and activities with residents and getting feedback from them. You can learn all about the OSCA Board and its committees, and discover volunteer opportunities too. Late-breaking OSCA news is reported from time to time, especially when it can't wait for publication

in the OSCAR.

Board meeting agendas, minutes, and related reports are posted as soon as they are available, to keep residents abreast of current issues. The monthly board meeting agenda is posted on the Thursday before every meeting and appears in that week's newsletter, so you can plan to attend if there is a topic that interests you.

Current and past issues of the OSCAR are still online, and are now fully searchable.

Programs and Events

You'll still find OSCA's popular programs on the new website. The Program Guide is now browsable online and you can still enroll in programs at the click of a button.

Residents will find the Events calendar and newsletter especially useful. The calendar displays events within or concerning Old Ottawa South (OOS) and the newsletter appears weekly in subscribers' inboxes. It's easy for any registered user to submit an event.

There is also plenty of general information about OOS, including things to do, local services, and local schools, churches, and clubs.

Community Networking

One of the real strengths of the new website is its emphasis on the inclusion and participation of the community. Social networking features include the photo gallery, where you can post your own photos to share, and the discussion forums, where you can discuss all things OOS.

An exciting new feature is the ability for registered users to submit articles about almost anything related to OOS. You can share your version of a local event, relate an interesting experience, or tell a story about a special local resident. Email your submissions to webeditor@oldottawasouth.ca.

Registered users can add comments to articles and get a conversation going that way, too.

The Ottawa South History Project

The website is also home to the Ottawa South History Project (OSHP), an ongoing research project by local history buffs to discover and share the unique history of Old Ottawa South. OSHP is always looking for new members and added material, so if you are interested in the history of the neighbourhood, check it out.

How To Register and Create an Account

The Web/IT Committee invites you to explore the new site, create a user account, and sign up to be an OSCA member. To create an account, click "Create an Account" on the upper right of the home page. You are encouraged to become an OSCA member at the same time, but if you choose not to, you can always click the big green button on the home page later—being a member of OSCA has many benefits. If you have any technical problems, email the webmaster@oldottawasouth.ca.

So have a look around at www.oldottawasouth.ca, and welcome to *your* community network!

The current Web/IT Committee: John Calvert, Gwen Gall, James Hunter, Kathy Krywicki, and Chris Solar.

To retiring OSCA Webmaster Rob Burr, the Web/IT Committee extends a heartfelt "thank you" for your many years as webmaster.

Editor's Note: See page 8 for Rob Burr article.



Yoga For Haiti

Yoga for Haiti raises \$1000.00 for Red Cross Earthquake Relief efforts in Haiti. The idea for the fundraiser class which, took place on Sunday, February 7, was the Ottawa South Community Centre's Yoga Instructor Andrea Robertson. Andrea contacted the centre's Program Coordinator Dinos Dafniotis and they quickly set up the class which took place at the community centre's temporary location located in the basement of Southminster Church at Aylmer and Bank. The 29 participants

who donated the money enjoyed a Hatha Yoga Class for a good cause. The money raised was eligible for the Federal Government's matching fund donation program which will see the money raised matched by an equal amount. This is the second fundraiser organized by Andrea with the help of Ottawa South. Several years ago a similar class raised money for a Habitat for Humanity project. Andrea would like to thank all those that participated and helped organize the class.



The **OSCAR**
The OTTAWA SOUTH COMMUNITY
ASSOCIATION REVIEW

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or email: larryostler@gmail.com The OSCAR thanks the following people who brought us to your door this month:

ZONE A1: Kathy Krywicki (Coordinator), Mary Jo Lynch, Brian Eames and Kim Barclay, Wendy Robbins, Jim and Carrol Robb, Terri-Lee Lefebvre, Becky Sasaki, Kevin and Stephanie Williams.

ZONE B1: Ross Imrie (Coordinator), Family Gref-Innes, Gabriela Gref-Innes and Fiona Fagan, the Montgomery family, Laurie Morrison, Susanne Ledbetter.

ZONE B2: Craig Piche (Coordinator), Pat Eakins, Laine Mow, Hayley Atkinson, Leslie Roster, Kathy Krywicki.

ZONE C1: Laura Johnson (Coordinator), the Williams family, Josh Rahaman, Lynne Myers, Jeff Pouw, Curt LaBond, Brendan McCoy, the Woroniuk-Ryan family.

ZONE C2: Craig Piche (Coordinator), Alan McCullough, Arthur Taylor, Curt LaBond, Charles and Phillip Kijek, Sam & Avery Piche, Kit Jenkin, Michel and Christina Bridgeman.

ZONE D1: Bert Hopkins (Coordinator), Emily Keys, the Lascelles family, Gail Stewart, Mary Jane Jones, the Spratt family.

ZONE D2: Janet Drysdale (Coordinator), The Adriaanse Family, Gaia Chernushenko, The Rand family, Aidan and Willem Ray, the Stewart family.

ZONE E1: Brian Tansey (Coordinator), Wendy Johnson, the Rae Brown-Clarke Family, Anna Cuyllits, Mary O'Neill.

ZONE E2: Chris Berry (Coordinator), Mary-Ann Kent, Glen Elder and Lorraine Stewart, the Hunter family, Brodtkin-Haas family, Allan Paul, Christina Bradley, Caroline Calvert, Larry Ostler.

ZONE F1: Carol and Ferg O'Connor (Coordinator), Jenny O'Brien, the Stern family, T. Liston, Ellen Bailie, Dante and Bianca Ruiz, Wendy Kemp, Kelly Haggart and Taiyan Roberts, Walter and Robbie Engert.

ZONE F2: Bea Bol (Coordinator), the Tubman family, Paulette Theriault, Ryan Zurakowski, Susan McMaster, Paige Raymond, Pierre Guevremont, Cheryl Hyslop.

ZONE G: Bernie Zeisig (Coordinator), Claudia and Estelle Bourlon-Albarracin, David Lum, Cindy MacLoughlin, Hannah and Emily Blackwell, the al-Asad family, Katya and Mikka Zeisig.

Echo Drive: Alex Bissel.

Bank Street-Ottawa South: Rob Cook, Tom Lawson, Paula Archer.

Bank Street-Glebe: Larry Ostler.

Ottawa East: Brian Lowley, Dave White.

CONTRIBUTIONS

Contributions should be in electronic format sent either by e-mail to oscar@oldottawasouth.ca in either plain text or WORD format, or as a printed copy delivered to the Firehall office, 260 Sunnyside Avenue.

SUBSCRIPTIONS

Moving away from Old Ottawa South? Know someone who would like to receive *The OSCAR*? We will send *The OSCAR* for one year for just \$40 to Canadian addresses (including foreign service) and \$80 outside of Canada. Drop us a letter with your name, address, postal code and country. Please include a check made out to *The OSCAR*.

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FUTURE OSCAR DEADLINES

March 19 (April issue), April 16 (May issue), May 14 (June issue), June 12 (July/Aug issue), Aug 7 (Sept issue).

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WHAT'S THAT NUMBER?

Ottawa South Community Centre - The Old Firehall	247-4946
Ottawa South Community Association (OSCA)	247-4872
Ottawa Public Library - South Branch	730-1082
Rob Campbell - Rob.Campbell@OCDSB.ca	730-8128
Kathy Ablett, Catholic Board Trustee	526-9512
Centretown Community Health Centre	233-5430
CARLETON UNIVERSITY	
CUSA (Carleton U Students Association)	520-6688
Graduate Students Association	520-6616
Community Liaison	520-3660
Mediation Centre	520-5765
Athletics	520-4480
CITY HALL	
Clive Doucet, City Councillor (clive.doucet@city.ottawa.on.ca)	580-2487
Main Number(24 hrs) for all departments	3-1-1
Community Police - non-emergencies	236-1222
Emergencies only	9-1-1
Serious Crimes	230-6211
Ottawa Hydro	738-6400
Streetlight Problems (burned out, always on, flickering)	3-1-1
Brewer Pool	247-4938
Brewer Arena	247-4917
City of Ottawa web site - www.city.ottawa.on.ca	

LETTERS TO THE EDITOR

The OSCAR welcomes letters on subjects of interest to the community or in response to previous articles. All letters must disclose the name of the writer, as well as the address and phone number. Letters may be edited for length, clarity, and libelous statements. The opinions of the writers are not necessarily those of the newspaper or its editor. Email your letters to oscar@oldottawasouth.ca or leave in print at the Firehall.

Memories of Old Ottawa South - 1935 to 1950

I grew up in "Old Ottawa South" from May 1935 (6 years old) to January 1950 when I left in the RCAF. Hopewell and Glebe were my schools. We lived on the south side of "lower" Belmont Ave #82. I loved growing up there. Windsor park was a wild area with a mini forest "Ides Bush" ... lots of trees to play Tarzan ... low ground that was often swampy and of course the river. I wonder if people in the area realize that the bank from Billings Bridge to Brighton "beach" is actually a dyke. I have seen spring floods pouring over the banks and water half way to Bristol Hill. Most kids could swim by the time they were 4 or 5 and Brighton Beach was a great hangout place. I was a lifeguard there in 1944 at age 15. Until after WWII there were vacant lots on most streets ... Belmont had about a dozen and they were natural playgrounds. In winter there was never a shortage of ice for skating on the river and the canal. Rideau Garden was

actually a market garden where kids would be hired on to pick strawberries, radishes etc. There was another market garden on Riverdale from Windsor to the bridge and it was owned by the Haddad family who owned a grocery store on the SE corner of Sunnyside and Bank. Cowans (store corner of Cameron and Bank kitty-corner from Trinity Church) had a grocery store too and an ice house behind the store as well as one near the bridge on the south side. They cut ice on the river just west of the end of Belmont. In winter we would cross over to slide on Billings Hill. It was a hill then before all the land fill. At that time the land was quite low and flooded in spring. Ottawa South was like a village really and divided by protestants and catholics with their own schools and a degree of segregation if the parents had their way .. but kids tend to ignore that kind of thing. As we spread out we mingled with the Glen & Grove kids. Incidentally on

one of your wanderings notice that Grove is wider than Glen, Hopewell, Ossington or Cameron ... the reason being the streetcar line looped along there branching off and running down Sunnyside ... Seneca ... then Grove to run back up Bank St. Brewer Park was not like it is today. There was no dyking so it flooded every spring and the rail line that runs through Carleton Univ was about 6' or 7' higher than the surrounding land. I remember there were a couple of sod dwellings up against the embankment and there were two brothers who lived there and worked as street sweepers. When the university was built the ground was raised to its present level and the flooding ceased. I wonder how well known is the original lay of the land in the area. The driveway along the south side of Dow's Lake is a dyke too and the land south was all swamp back then too. Our parents put the fear of the lord in us warning us not to go into

the swamp lest we be swallowed up by quick sand ... probably an urban myth. Anyway your article set my mind on a sentimental journey. Last summer I visited Windsor Park one day and was a little saddened that its "wildness" had been taken away replaced by swings and things. There are few trees left to play Tarzan anymore. We did have a series of about 5 ropes serving as vines and set so we could swing through Ides Bush.. There were collisions with tree trunks but there were no serious injuries, just bark slivers. I have taken enough of your time. Oh yes, the architecture of many homes featured a "front veranda" which were wonderful refuges on a rainy day to play monopoly and hang out.

Alex Saunders

Clean Up After Your Pet!

This letter comes from frustration and disgust that so many people in our lovely neighborhood refuse to clean-up after their pets. It's a real shame that my children cannot walk down the street without dodging poop. I've lived in a number of Ottawa neighborhoods and Old Ottawa South would be considered the most prestigious so why it that people own homes worth over a half million dollars feel as though they do not have to clean-up

after themselves. You should be ashamed!! You are lowering the value of our neighborhood and not to mention the health risks associated with having feces lying about; I just shake my head.

It's time to take some pride in our neighborhood, stop being so lazy and CLEAN UP AFTER YOUR PET!!!!

Stephanie Justus-Aloia



Mark Ledbetter in Roatan, Honduras, reading OSCAR

I may not agree with what you have to say, but I will defend to the death, your right to say it.Voltaire

Send your
comments to
oscar@oldottawasouth.ca
or drop them off at the Firehall,
260 Sunnyside Avenue.

**Thanks to OSCAR's
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Thanks to the Dairy Queen for
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Brief Notes From the Firehall



Spring is Almost Here!

Hard to believe Spring is almost here. Please have a look through our seasonal brochure for our spring programs and summer camp listings. The brochure is included in this month's OSCAR as an insert. New this summer is our Junior Leader In Training camp for 10 - 13 year olds which will offer a fun summer camp experience while developing participants leadership skills. We will also offer two one week sessions of a trial full day preschool camp Everything But The Kitchen Sink Full Day Edition for children attending Jr. and Sr. Kindergarden in September 2010. The camp will run from 9:00am - 4:00pm. The popular Discover Art Camp with Instructor Tami Galili Ellis will also return for the last week of summer. Registration starts on-line at oldottawasouth.ca on Tuesday, March 9, 8:00 pm. In-person registration starts on March 10 at 9:00 am. Its not to late to register for our March Break Camps which are also described in the brochure. We have camps for both preschoolers and school age children. The OSCA Spring Soccer League needs the participation of parent coaches to make the league succeed. Please contact Deirdre McQuillan at osca@oldottawasouth.ca or 613-24704872 to volunteer. See info on the league in the brochure. Thanks to the 29 participants in our Yoga For Haiti fundraiser which raised \$1000 on February 7. This was Yoga Instructor Andrea Robertson's initiative which saw the money raised donated to the Red Cross for Haiti earthquake relief.

Is This Your Moment???

By Brenda Lee

Dr. Phil talks a lot about ...well everything...and most of the time I don't listen. Every once in a while though he comes up with something that I do listen to. One is his concept of life defining moments...that we all have 10 life defining moments, either positive or negative, that changed us.

I know when one of mine was. It was Oct. 4th, 1999 and I had just been elected to the OSCA board as a new member. Earlier that day my friend Anne Marie had called me and said "They need two more board members, let's join, it will be fun". I've both cursed and thanked her ever since.

I sat on the board for four years, took a break and rejoined two years ago. There have been both positive and negative moments, but mostly positive. It has changed me in ways I could never have foreseen in 1999 as I wandered into the Firehall and raised my hand for nomination.

I started my own home daycare business a year before and through both experiences I have grown from a rather shy and quiet young woman (except with my immediate friends and family) into a woman who is much more confident in herself and her abilities. I barely spoke those first few months on the board, but I slowly learned that I did have things to say that not only made sense, but also were appreciated and welcomed. I became sure of myself, my skills, my opinions and I learned that what I had to contribute was worthwhile. I also learned about our neighbourhood, our city, politics,

policies, how decisions were made, the history of prior decisions, the history of OOS itself.... and eventually what in the world "ROBERT'S RULES OF ORDER" were. I made friends, I met so many people I never would have otherwise, and I found myself immersed in our neighbourhood and connected to it in ways that I had never known possible.

To say it was a life defining moment is an understatement!

Each board member joins for their own reasons. Some have young families and they want to be a part of ensuring the future of OOS not only for themselves, but for their children, some have specific issues they feel strongly about, some know they have an ability that is needed on the board, some join for curiosity to see how a board works and if they can help. No matter what the reason, they find themselves working with a group of neighbours who listen to each other, support each other's projects, (be it programming, special events, traffic, zoning, website etc) offer advice, share knowledge, and strive towards a common goal. We may have differing opinions at times, but we are united in our quest of making OOS the best it can be for ourselves, our families, our neighbours, and for future generations.

The OSCA AGM will be held on May 4th at Southminster Church.

As always, any member in good standing can stand for election on that date, but traditionally a nominating committee has been struck to search out potentially interested members in advance.

Cont'd on next page

Old Ottawa South Community Association Committees

ECOS – deals with environmental issues, including projects at Windsor and Brewer Park and environmental initiatives. Volunteers welcome.

Finance – consists of members of the OSCA executive – deals with all financial aspects of OSCA, OSCAR and Firehall Fund.

OSWATCH is OSCA's watchdog on planning, development and zoning issues. The committee reviews all proposals for changes in zoning and minor variances, site control plans and the like which are subject to community comment and provides advice or comments to city planners when necessary. The committee becomes involved on issues where impacts of a project are likely to effect the community broadly or set undesirable development precedents. OSWATCH represents the Association at public hearings and meetings of the City's Planning Committee, Committee of Adjustment, and provincial agencies such as the Alcohol and Gaming Commission or the Ontario Municipal Board. The

Committee uses the expertise of its members to help with the assessment of projects, holds community meetings and consultations when necessary and can on occasion engage in mediation. Are you interested in how the community looks and functions, come out to an OSWATCH meeting! This year we are engaged with the development at Lansdowne Park, a traffic study centered around Sunnyside and looking for ways to improve the quality of local infill housing.

Program Committee – oversees, plans and evaluates all recreational programming and registration procedures at the Firehall in consultation with City staff. City staff, OSCA staff and a number of residents sit on this committee. The chair has to be an OSCA Board member. Other members of this Committee do not have to be members of the board. Programs at the Firehall bring community members together in shared activities and fosters the sense community that the residents of Old Ottawa South value. Programming

fees represent the largest source of income for the community association and continues to support the diversity of affordable programs offered at the Firehall for all ages. OSCA program participants come mainly from within the community but there are participants from several other communities as well. With the completion of the addition to the Firehall there will be an opportunity for expanded programming and use of the facility. New faces, new ideas and enthusiasm are always welcome additions to the committee.

Special Events Committee - The OSCA Special Events Committee are a group of people, both board and non board members, who love a good party. We organize events that bring the neighbourhood together to celebrate and to have fun. We run traditional events such as The Porch Sale, The Fall Fest, Shop Your Local Talent, Song Cider and Sleigh Rides, The Winter Carnival, and The End of Year BBQ and we try to introduce new events as well. This year we tried a new event in the form of the OSCA

Christmas Movies at the Mayfair. We showed Elf and White Christmas and the neighbourhood responded very positively to this new offering. We hope to make it an annual event. We are also in the planning stages of a celebration to open the New Firehall and have a few other events that we are talking about for the near future. We are always looking for new members, volunteers, and ideas. If you are interested in joining this vibrant committee or in joining our volunteer list then please contact Deirdre McQuillan at 613 247 4872 or at osca@magma.ca.

The web/IT committee is responsible for the technical operations of the oldottawasouth.ca domain, website, and email, and oversees the submission of new content, articles, events, and forum discussions on the website. The committee also assists the office staff with their computer equipment. New members are welcome, especially with prior experience or interest in Joomla!, our website core technology, or experience in web design, authoring and editing.

OSCA PRESIDENT'S REPORT

Lansdowne, OSCA Finances and Program Planning

By Michael Jenkin

Lansdowne (Again and Again)

I am afraid you are going to be hearing a lot from me on this subject over the next several months as we grind through the various public input processes. At the time of writing, OSWATCH is about to hold a public meeting on February 20 to discuss our input to the design discussions that are being hosted by the City dealing with the "front lawn" of the site (which faces the Rideau Canal and the Queen Elizabeth Driveway). Those design discussions will take place on February 25 and will deal with the design principals and design competition for the public part of the site and OSWATCH will make a presentation on these issues. While the City is anxious to get public feedback on that part of the project, it is the one aspect of the Lansdowne development that troubles us the least and which is most likely to produce a good, if not a great, outcome for the City and our community. That is because it is all about how to use public land for a public purpose – in this case primarily as a space for parkland and public events.

The aspects of the development which cause us the most concern, the impact on traffic and our local businesses of the commercial part of the development (the stadium, the mall, the Cineplex, the hotel, the office buildings and the condominiums) are not part of these consultations. It is much harder to get our voice heard on the traffic and commercial issues as the City is not anxious to have these items as the focus of public discussions. Nevertheless, there has been some progress. City management proposed to have the Council mandate a Lansdowne traffic impact study sole sourcing it to a consulting firm that had done the original (and very positive) traffic study for the development's proponents (Ottawa Sports and

Entertainment Group). This was obviously of great concern to us as it was hard to see how a company that had worked for the proponents of the development on traffic issues could be seen to do an objective study on the issue of managing the traffic consequences of the development. We and other community associations argued against this proposal and the consulting company withdrew from the process, after which the City agreed to choose a contractor to do the study through a competitive process. We also managed to get the City to amend the study's terms of reference to ensure that a number of our concerns about the how the analysis would be conducted on traffic flows and about the geographic scope of the study.

The key issue surrounding the traffic study will be identifying the costs and effectiveness of the various strategies that can be deployed to manage traffic volumes. No one disputes that Lansdowne will generate significant traffic volumes. What is, and will be, a matter of debate concerns the question of whether these volumes are manageable and if the mechanisms that can be used to reduce the impact of traffic congestion are acceptable.

For example, one way to increase the ability of Bank Street to absorb greater volumes of traffic is to ban on street parking so that all four lanes of the street can be used. The cost of doing this for the City is fairly low – declaring a no parking zone and erecting "no parking" signs, plus enforcement costs, which are usually more than recovered by parking fines. The costs to others of these measures, however, may be very high. Because there is no on street parking, the few off street parking lots in Old Ottawa South and the Glebe become continuously full with the result that those people driving to Old Ottawa South and the Glebe to shop have nowhere to park.

This could mean local merchants losing significant levels of business as they are critically dependent on out of neighbourhood shoppers to stay profitable and if out of neighbourhood shoppers can't park they are unlikely to visit local merchants. Costing out these, and similar impacts, will be key to a properly done traffic study.

Winter Carnival

As you will see elsewhere in OSCAR and on the OSCA website, the Winter Carnival was a great success with wonderful weather and lots of people turning out. Many of OSCA members turned out to volunteer to help with events, serve food and make food donations, especially lots of chilli! People were very generous with their donations this year and as a consequence the event paid for itself. Many thanks to all the volunteers and organizers who got the show on the road, and to all of you who turned out.

OSCA Finances

At the February Board meeting Steve Mennill our Treasurer gave a report on our financial results for 2009. I am happy to report that we had a very positive outcome last year on our operating budget, and despite having to move our programming to temporary facilities half way through the year, and incurring additional accommodation costs, our programming and other revenues held up well at just over \$400,000, and our operating costs declined. Instead of running a deficit on programming this year as we thought might be the case because of the move out of the Firehall, we finished the year with a modest surplus of just over \$41,000. Steve will present a full Treasurer's report at our Annual General Meeting in May for those of you interested in the full details and the results for all OSCA's operations (OSCA programs, committees, Firehall Fund and OSCAR). The report will also be

posted on the OSCA website after the AGM.

Program Planning for New Community Centre

The Program Committee held a brainstorming session in late January on what new programs we should consider for the new community centre when we launch our fall programming there. There were lots of ideas kicked around about new kinds of programs for adults and children, as well as for seniors. We are in the process of creating a shortlist of what look to be the most promising ideas. One other related project we are considering is a possible fitness room in the in the basement of the new addition. The committee is looking at what other community centres have developed in the way of fitness rooms and how a fitness facility could be linked into our other program offerings. This will require a major investment in fitting out a room and obtaining equipment, so a business case is being developed for the Board's consideration later in the year.

New Board members

Just a reminder that we are looking for new Board members to be elected at our Annual General Meeting on May 4th. If you are interested in serving and are a resident of Old Ottawa South, please contact Deirdre McQuillan at osca@oldottawasouth.ca or 613.247.4872 for details on how to apply. OSCA has a 20 person Board and the executive and committee chairs are chosen from it. The Board meets once a month except for July and August, and most Board members also serve on a committee or help with a special project. It is not a huge commitment of time, but it is a very worthwhile way to engage in your community and help make Old Ottawa South a better place in which to live. Please do give it some serious consideration.

Is This Your Moment? .. Cont'd from previous page

To be eligible to stand for election to the Board of Directors you must have been a member in good standing of the association for a minimum of three months prior to the AGM. You can become a member of the association simply by going to www.oldottawasouth.ca, follow the RED registration signs, choose OSCA membership and sign up for FREE.

Even if you are not a current member of the association you can still volunteer and be actively involved with the Board of Directors either as a committee member or as a provisional Board member.

This month each committee chair has written a brief description of their committee's goals and duties for the

OSCAR. Once again you do not have to be a member of the association to join a committee and many Board members have joined the Board after first sitting on a committee for a few years. This too is an important way to be involved in your community and each committee is always open to new members at any time of the year.

If you are interested in volunteering with the Ottawa South Community Association (OSCA), if you think that this might be a chance for a life defining moment, or if you just want to know what the heck "ROBERT'S RULES OF ORDER" are... then please contact Deirdre McQuillan at osca@oldottawasouth.ca or at 613 247 4872.

City Encourages Applications For Community Environmental Initiatives

With environmental and climate-change concerns growing globally, the City reminds non-profit and community groups that funding is available to make a difference, beginning in our local environment, through the Community Environment Projects Grants Program (CEPGP).

Funding totalling \$50,000 is available through CEPGP for community-based initiatives and non-profit organizations interested in improving and preserving the environment in such areas as solid waste diversion, water efficiency, wastewater management, water environment protection and sustainable development.

The deadline for submissions is Wednesday, March 31, 2010.

Interested groups can find the application online at ottawa.ca.

For more information on CEPGP and its eligibility requirements, visit ottawa.ca or call 3-1-1 (TTY: 613-580-2401).

A Tale Of A Tossed Turkey, Chili And Bread

By Brenda Lee

It was the best of times it was the worst of times, ...o.k. it was just the best of times.

February 7th saw Windsor Park packed with approximately 350 people who were there to enjoy the annual OSCA Winter Carnival.

Games, music, dog games, sleigh rides, free hotdogs and drinks, chili and bread competitions, raffle prizes, and of course the Turkey Toss, kept people very busy.

Many thanks to Tracy Arnett for sponsoring the sleigh ride once again. The neighbourhood loves this addition to the carnival and greatly appreciates it.

Thanks also to Starbucks for donating hot chocolate, cider and coffee. The hot beverages and the generosity instantly warmed many cold people.

Thanks to the musical group D&R (Darcy Middaugh and Robin Meyer-MacLeod) for the great live music. Live music makes any event that much more special and D&R rocked that park! Thanks also to the Folklore Centre for donating the PA system.

Thanks to John Taylor of Domus Café for donating the biodegradable chili cups , his delicious parsnip and pear soup and his time serving the food.

Thanks to Yummy Cookies, Cas Houde Jewelry, Chamoliledesjardins, The Clothes Secret, Little Witches Press and John Taylor for donating raffle prizes.

Thanks to Quinn's Ale House, Life of Pie, and John Taylor for donating chili prizes.

Thanks to Wag and to Cathie Buchanan for making sure that the 13 dogs and their owners had a great time going through obstacle courses etc and received some great prizes.

Thanks to Chris Schlesak from The General photo studio (www.thegeneralstudio.com) who I ambushed when I saw his camera and asked him to take some photos for us as well. He was very gracious (after he got over the fear of a strange woman approaching him to ask for a favour).

While everyone was a winner, with a beautiful sunny day, neighbourhood fun, and a celebration of winter.... there were of course official winners of competitions!

Thanks to our judges John Taylor, Clive Doucet and Paul Dewar. Thanks to Paul for filling in after I hijacked him at the carnival and begged for help.



Live Music
Photo by Chris Schlesak the General' photography studio

This year we had 17 pots of chili entered ...an all time record! Many thanks to the talented chefs!

Winner of the Best Spicy and Best Overall Chili

(gift certificate to Domus)

Scott Clarke

Winner of Best Vegetarian Chili

(gift certificate to Quinn's Ale House)

Melinda Wells

Winner of Best Meat Chili

(gift certificate to Life of Pie)

Patty's Pub

(Scott Clarke has offered his up, but with the caveat that he has to kill anyone who he gives the recipe to...so take your chances if you feel the need)

This year we had a new category of Best Bread. There were 9 entries in total.

Winner of Best Bread

(A pizza serving dish)

Mary Anne Thompson

(honorable mention goes to Michael Honeywell Dobbin whose bread was misplaced, and when later tasted was considered to be a strong contender by John Taylor. He couldn't say what the other judges might have thought, but kindly offered Michael a gift certificate to ease the pain)

The Turkey Toss was a big hit this year as well. In the end Nick Wennekes served up a perfect bulls eye. He brought home thirty-four dollars and a turkey...not sure, which he was more excited about!! I definitely see Turkey Soup in his future though!

The Jelly Bean Guess was as always a big hit. In the end Sam Winger was the closest with a guess of 782. He was very happy to bring home such a stash of candy.

The Raffle Prize Table was a popular place this year as well.

Winner of the books from Little Witches Press

Carol Anne Owen



Serving Chili
Photo by Chris Schlesak the General' photography studio

Winner of the gift certificate to Domus

Helena Merriam

Winner of a gift certificate to the Clothes Secret

Heather MacDonald

Winner of a necklace from Cas Houde Jewelry

Julia Danis

Winner of a bottle of Cool Canadian Hot Sauce from Chamoliledesjardins

Tony Vetter

Winner of a basket from Yummy Cookies

Sue Gemmel

None of these events are possible without the help of some pretty amazing volunteers. Thanks to all who helped with this event and helped make it the lovely experience that it was.

Aspiring to Greatness in our Nation's Capital

By John E. Martin

Ottawa is not just another city in Canada.

Ottawa is our Nation's Capital and along with that honour comes a fantastic duty and opportunity to demonstrate the greatness of our Country.

We have an opportunity to develop a space that demonstrates who we are as Canadians.

The land that many have described as our City's jewel, Lansdowne Park; the land bordered by the world Heritage UNESCO Rideau Canal managed by Parks Canada and framed by the design heritage of the National Capital Commission is that space.

What do we as Canadians wish to say to our nation and the rest of the world about this last great public City space in our Nation's Capital?

Let that statement be that we aspire to greatness and that we wish to show the world what Canada means to us.

Our message of ecological development will be to turn a concrete urban environment into a space promoting our love of nature by planting grass and trees to reduce microclimate

heat.

We will promote our cultural diversity by preserving this great national public space as a meeting place for all to enjoy freely without economic burden.

Our national identity of agriculture combined with a renewed sense of the importance of organic agronomy demonstrated right here in our capital where people will meet and speak with those who grow it.

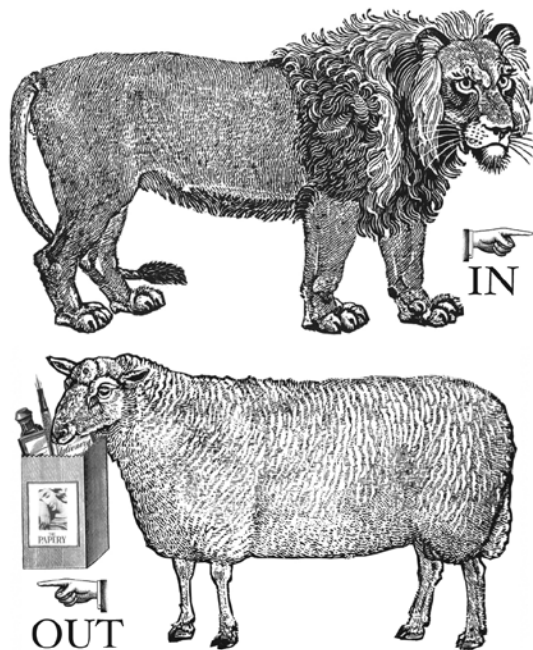
Our respect for culture will be demonstrated with a permanent home for the over 20 national festivals that promote our linguistic and cultural diversity.

Our shared love of the outdoors and healthy living promoted by fields for activity in the summer and area's to play in the winter.

We are a country of inclusion, not exclusion; we value our sense of fair play, where all may participate in an atmosphere of openness and activity.

We as Canadians will not abandon our heritage by cutting it in half, but by protecting and preserving it in whole.

Let us aspire to greatness.



March may have roared in like a lion, but a visit to The Papery will have you in a lamb-like mood in no time. Here you'll find not only friendly faces, but an excellent selection of cards, wrap, stationery, ribbon, journals and gift items, too. Guaranteed to make the most blustery day a happier and gentler one.

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CITY COUNCILLOR'S REPORT



2010 Budget, Sunnyside Traffic Study and Community Environment Projects Grants Program

Dear Oscar Readers:

*Cat ice
is the ice
of sudden friendship.
It lights across the surface
in round, brittle bubbles
that will shatter to reveal
the stronger stuff beneath.
Cat ice comes before the spring
when the sun strengthens
in the sky
and the blessed feeling of warmer days
rises with the morning.*

2010 Budget

The 2010 budget is complete.

The good news:
A bright spot which will save money in the long-term was the reinstatement of the funding for Crime Prevention Ottawa which had been proposed to be cut.

From a shorter-term perspective, we did limit the 2010 tax increase to 3.77% while avoiding the most severe transit service cuts.

Subject to approval by referendum by the students of Ottawa and Carleton U, the City will be providing all full-time students at those institutions a U-pass for transit. Getting the U-pass approved in the budget was a battle which began long before the 2010 budget.

The pedestrian bridge study for a Canal crossing between the Bank Street and Pretoria remained in the 2010 budget.

The full reconstruction of Bank Street in the Glebe has been deferred from the 2010 budget. This is good news because of the uncertainty surrounding Lansdowne Park and the burial of hydro wires.

While on the subject of major arterial road reconstruction, both Bronson and Main Street in the ward are in need of sewer and water main replacement. Preliminary design both on these projects is beginning in 2010. Obviously, we can't have all three major north south arterial roads in the ward torn up at the same time but it does mean that in years to come we can expect several years in which at least one of these roads will have sections closed off during the construction season.

The not so good news:

From a long-term perspective there isn't much to cheer as we have done little to help reduce future budget pressures.

Ottawa remains the only major city in Canada not investing now in electric light rail. We are stuck investing heavily in buses. As we grow our bus system, it costs us more per rider not less. Light rail gives you economies of scale so you can save money as you grow and that's why Calgary, Edmonton, Montreal, Toronto and Vancouver have all had some form of electric rail for more than two decades now. It is more reliable, it is better for the environment and it reduced the inflationary pressure on the city's annual operating expenses.

Getting Ottawa a credible strategy to implement light rail now remains this city's big challenge.

Sunnyside Traffic Study

I am delighted that the long awaited Sunnyside traffic study has finally begun. The transportation engineers have begun compiling the data and meeting with key stakeholders like OSWATCH and Hopewell School. The safety and beauty of Sunnyside can clearly be improved and this study will address the issues comprehensively. The team working on the project is an excellent one and we are hoping for an Open House this spring in mid-April. Stay tuned for the meeting notice in upcoming issues of OSCAR.

Community Environment Projects Grants Program

The Community Environmental Projects Grants Program (CEPGP) funding has been made available for 2010. The City is seeking proposals from non-profit organizations wishing to help improve the environment in their neighbourhoods. The deadline date for applications is Wednesday, March 31, 2010.

The program is designed to help the City meet its environmental objectives in the areas of water efficiency, solid-waste diversion, wastewater, the water environment, sustainable development, air quality, and broader climate change issues.

In the past, the City has provided CEPGP grants to neighbourhood groups and non-profit organizations for projects that have improved our community environment. Examples of these successful projects include cleaning river banks, building cattle fences, planting trees, water displays, recycled product playgrounds, purchasing and distributing rain barrels, composting and creating informative web sites that support the 3Rs (reduce, reuse, recycle), naturalizing green spaces and more.

Information on the program, and grant application forms, can be found at the City's website ottawa.ca and following the string: residents/funding/community environmental projects grant.

Coffee with Clive

Coffee with Clive happens in Old Ottawa South at Bridgehead, 1176 Bank Street, on the second Thursday of the month from 9:00 to 10:00 a.m.

All the best,

Clive Doucet
City of Ottawa
110 Laurier Avenue West,
Ottawa, ON, K1P 1J1
Tel: (613) 580-2487
Fax: (613) 580-2527
Clive.Doucet@ottawa.ca
www.clivedoucet.com

Sportsmanship Rules at Capital Ward Cup

By David Wylynko

In the spirit of the Olympics, sportsmanship won the day at the 3rd annual Capital Ward Cup February 13th at Brantwood Park. The Cup is a one-day round robin outdoor hockey tournament without pads or rules, known commonly as shinny. In overtime, the Old Ottawa South Moose defeated the Old Ottawa East Hosers and were declared champions, but relinquished the win moments later.

It was the third consecutive time these two teams have met in the final since the Cup's inaugural tournament in 2008. In the first Cup, the Moose beat the Hosers. Last year, the Hosers won. This year, after 20 minutes of tremendous end-to-end action, the game ended in a 10-10 tie. Clive Doucet, referee and City Councillor for the Capital Ward, declared a three minute sudden-death overtime period.

After two minutes of non-stop action, with lengthy rushes, crisp passes, and outstanding defensive efforts at both ends, the Moose fired off a beautiful shot into the net for win. The Moose were declared the winners.

However, the Moose players huddled and discussed the fact that the winning shot had been taken from a considerable distance, well farther than is customary for shinny. True sportsmen – and desperate for a rest anyway – they mulled it over, and then chose to deny themselves the goal. Play continued.

Within moments, the Hosers deftly worked the puck back down the ice, and scored. Referee Doucet awarded the Cup to the Hosers, but said the game should be considered a tie. The Hosers will retain the Cup this year. Next year will be the 4th year of the competition, setting up a possible rubber match



between the Moose and the Hosers.

The Moose's teen sensation Claire Radford gets special mention as the team's most valuable player for the tournament. The rules specify that every team must have at least one female player on the ice at all times. Claire was the Moose's only female, playing the entirety of every game. Claire was tremendous, stonewalling opposing teams in the Moose end, and rushing into the action on offensive plays to help finish off goals. Claire's efforts were particularly

impressive in the final, given that the Hoser players were on average 20 years old, half the average age of the Moose (see photo).

The tournament was rounded off by great efforts from the Heron Park Hackers and the Glebe Goal-Getters. Much thanks to Clive and Sarah Lindsay from his office for organizing this terrific event.

David Wylynko is an Ottawa writer and proud hockey dad.

Rob Burr Webmaster Extraordinaire

By Anna Redman

Every week people in the Old Ottawa South community can receive an update on upcoming community events, direct to their Inbox, and it is compliments of the OSCA website. OSCA (Ottawa South Community Association) maintains a website that is at the disposal of all members of the community. This website is employed by many community citizens with more than 500 subscribing to the mailing list. However, there is a face behind the scenes that many don't know about. Rob Burr, webmaster extraordinaire, is responsible for the upkeep of this fantastic site, and has been for about ten years. But all that is about to change, as this March will bring a new webmaster as Burr relinquishes his position and accepts the AGM award for his consistent hard work in maintaining the OSCA website.

Rob and his family have been a part of the Old Ottawa South community since 1986. Rob's work on the OSCA site began with the turn of the millennium. This new millennium prompted a whole new OSCA website which was put in by a committee that Sue Potter headed up. Dave Little was responsible for developing the new website and Rob volunteered to help with both the



Rob Burr at his computer,

Photo by William Burr

development and the maintenance, securing himself the position of webmaster.

Being a webmaster for the OSCA website revolves primarily around keeping the community up to date. Rob maintains the information regarding upcoming community events, keeping it current. He also ensures that the 500+ members of the Old Ottawa South community receive their weekly e-mail

updates about such events. Additionally, OSCA uploads an online version of the OSCAR each month, which was initially converted into an HTML file. Now, they simply upload a PDF version of each month's edition.

The constant involvement in the community is what Rob loves best about this position. He says that it is "a way to stay plugged into the community and to know what is going on." Having

been here for 24 years Rob and his family enjoy the specific feel of the Old Ottawa South community. Rob says that they "visit the Mayfair and like to stop at the local places." Rob himself also plays hockey with other members of the community over at Brewer Rink.

Rob says "being that close to the action," is what he will miss most about his webmaster position. He has enjoyed what this job has to offer and feels that the "crowning achievement is that more than 500 people signed up for the weekly updates." Rob is very honoured to be receiving the AGM award from the community. He, modestly, feels that his work does not compare to the work of those who have orchestrated the numerous community events that he updates people on each week. Rob says that "it has been a privilege" to hold the position of webmaster for so long and, laughing, said he may take up a similar position with his church.

As Rob prepares to vacate his webmaster position he would like to congratulate the new team and the new site that they have created. He thinks that they have done "a terrific job." Rob will receive the AGM award in May, however, the new website and the new webmaster will be unveiled in March.

A REEL LOVE OF OLD MOVIES

By Brenda Lee

I used to pride myself on being open minded and never considered myself to be a snob, it turns out I was mistaken. When the Mayfair offered up 1968's *Night of the Living Dead* for me to review, I immediately questioned the choice. Then I realized that I was guilty of what Elizabeth Bennet is guilty of in my favourite book *Pride and Prejudice*. I was unfairly prejudiced, and a hypocrite as well, for I spent a week this summer reading *Pride and Prejudice* and *Zombies* and I not only loved it but recommended it to all my friends.

I was being a movie snob, had never even seen the movie and yet was judging it by some unwritten standards to be unworthy. I was wrong and I admit it.

I found a copy, watched it...and have to report that it is indeed a classic and that I enjoyed it very much.

Night of the Living Dead was directed by George A. Romero and starred Duane Jones as Ben and Judith

O'Dea as Barbra. It was made on less than 114,000 dollars and was considered subversive almost immediately.

The basics of the plot are a brother and sister (Johnny and Barbra) are visiting their father's grave sight when a strange man attacks them. Johnny is knocked to the ground and "killed", Barbra escapes to a nearby farmhouse. While exploring the farmhouse she discovers a mangled corpse, she flees to escape the house and is stopped and rescued by Ben who is fleeing the strange people outside as well. Ben goes about boarding up the house while Barbra is basically catatonic. (On a side note Barbra was seen as many at the time as a very anti feminist character... she was so passive and helpless...I just found myself reminded of Shelly Duvall in *The Shining* and actually was hoping she would be killed soon) They soon discover that young couple Tom and Judy and married couple Harry and Helen Cooper and their daughter Karen are hiding in the basement. Karen has been injured in the attack and been bitten (guess what fate awaits young



Karen?) Ben argues that the best thing to do is board up the house and guard it, Harry argues that it is best to hide in the basement and barricade themselves in. In the end Ben's argument wins out.

Through the news on the radio and TV they learn that the murders are being committed by "ghouls" who are eating human flesh, can reanimate, must be killed by burning or being shot in the head and that it seems this has been caused by a space probe that has brought back radiation and that the government has been hiding information about all of this.

They plan to escape and go to one of the safe areas being flashed on the television screen. Harry will throw Molotov cocktails from the window and Ben and Tom will run to the truck, fill it with gas at the nearby pump and get everyone out. It all goes wrong of course, Tom and Judy die, the ghouls eat them (in a truly grotesque scene even with the limited special effects of the time), Ben runs back to the house, where Harry does not let him in, Ben breaks down the door and beats Harry. Ben tries to stop

the ghouls from entering the house, he drops his gun, Harry goes for it, they struggle and Ben shoots Harry falls to the basement and dies.

Barbra struggles with the ghouls and is shocked to see her brother Johnny with them. The ghouls mob her and they take her. (FINALLY!!)

Helen meanwhile flees to the basement where she sees Karen eating her father; Karen then kills her mother and goes upstairs to attack Ben with the other ghouls. Ben retreats to the basement, kills both Harry and Helen as they come back to life and hides there. It is ironic that the basement door does hold as Harry had said it would and Ben is safe. In the morning Ben hears the rescue team arriving, he goes out to see them and is mistaken by them for a ghoul and killed. The last shots are still shots of Ben being taken by the vigilantes and thrown on the fire. It is very reminiscent of photos of the time of Martin Luther King Jr. and Malcolm X...no doubt not an accident.

The film was hailed as groundbreaking and terrifying in 1968. By today's standards the special effects are lacking, but I think still equally terrifying. Sometimes things are more terrifying if you don't see everything and are left to your imagination. The ghouls look fairly normal overall, they are clearly human and this is more frightening than if they had been monstrous. They are people, they are us, and it is unthinkable and horrifying.

The suspense is palpable at times; one can't help but wonder what one would do. There are no unbelievable fight sequences or superhuman feats. The audience can easily imagine themselves in a similar situation. It is all almost too believable and therefore a true horror.

Cont'd on next page



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Community CupDate!

By Chris White
Event Manager
Community Cup

A free multicultural celebration of soccer, citizenship and the arts at Brewer Park

Sunday, June 27, 2010
www.communitycup.ca

Here's a quick quiz... (1) Can you name the **free multicultural celebration of soccer, citizenship and the arts** that takes place at **Brewer Park** every year in **June**? (2) Do you know the date for this year's event? (3) Do you know who is welcome to get involved in the planning and participating in this event?

If you said, "Community Cup", "Sunday, June 27" and "everyone"... congratulations! Now in its sixth year, the **Community Cup** will once again bring newcomers to Canada together with longer-term residents on **June 27** for an exciting day of fun and shared activities at **Brewer Park**. Everyone is welcome to get involved. Please mark the date on your calendar... and read on to see how you can participate.

On the surface, the Community Cup resembles a soccer tournament. In fact, it *is* a soccer tournament - a fun, multicultural, multi-generational, 7-on-7, co-ed recreational soccer tournament where the biggest trophy goes to the team that shows the most spirit! But the Community Cup contains many additional elements that are related to things like artistic expression, international cultural traditions, community involvement, citizenship, and just plain fun. Some of the non-soccer components include:

- * a 5,000-sq. ft. Entertainment Tent with international music, dance, drumming and spoken word performances
- * demonstration and participatory sports for the disabled
- * a Kids Zone with crafts, sports and musical activities
- * a "musical language village"
- * a Canadian citizenship ceremony
- * instrument building workshops for all ages
- * a Community Tent featuring 25 social service and environmental organizations
- * an international food court

Community Cup is organized by the Catholic Immigration Centre, a

non-denominational immigrant services agency that has been led since 1994 by former Old Ottawa South resident, **Carl Nicholson**. According to Carl, "Building a harmonious, welcoming community is what Community Cup is all about. And



Carl Nicholson

the neighbourly feeling in Old Ottawa South makes it the ideal setting for this event." A former Carleton University student, Carl recalls an earlier era when Brewer Park was used regularly by various groups of soccer-playing immigrants. "Soccer is the international common denominator of sports," says Carl. "When we were dreaming up the Community Cup idea six years ago, we realized that soccer is the perfect starting point for an event that aims to bring together people from many different countries and backgrounds. We also realized that Brewer Park is the perfect place to hold such an event!"

In my time as Artistic Director of the Ottawa Folk Festival, I was very impressed by Community Cup and the vision and achievements of its founding organizer, Dan Dubeau. In taking on the coordinating role for this year's event, I am particularly pleased about its location! Like Carl Nicholson, I enjoyed living in various locations in Old Ottawa South for many years, and I am excited at the potential for connecting Community Cup more closely with the people in this cool and interesting neighbourhood.

One of the most satisfying and enjoyable ways to participate in this type of event is as a volunteer. The Community Cup relies on the time and talents of over 150 volunteers. On June 27, volunteers will act as registrars, scorekeepers, bike lock-up attendants, greeters, site maintenance workers, stage crew members, food and beverage servers, and community coaches. Other volunteer crews will work on audience surveys, accessibility arrangements,



Community Cup Team with Jim Watson

event photography and archiving, recycling programs, children's activities and on-site communications.

Volunteers are also needed between now and June 27 to join the Community Cup planning team. This group will meet bi-weekly to monitor progress in areas such as site layout and design, sponsorship, publicity, tournament logistics, neighborhood partnerships, and volunteer support and recognition.

This is an excellent time for **you** to get involved! Enter a team in the tournament, join the planning committee, help spread the word, sign up to be a "day-of" volunteer, sponsor a team, be a community coach... there are lots of way to participate. Community Cup is still evolving and is open to your ideas, so feel free to make suggestions

about the role you would like to play and the programming you would like to see.

For more information about Community Cup, including photos and video clips from previous years, see the website at www.communitycup.ca. There will be a **Community Dialogue Session** for Old Ottawa South residents on **Thursday, March 18 at 7:00 p.m. at the Georgetown Pub** (Bank at Belmont). Pick up an information flyer from Adam White at the Georgetown, Sue Fay at **Soul Matters** (Sunnyside at Bank), or Damon Bond at **Tundra Moving Pictures** (Sunnyside at Seneca). And please feel free to contact me anytime with ideas or questions... Chris White 613-327-9621 cdwhite@cic.ca



Peruvian Dancers at Community Cup

Reel Love of Movies ... Cont'd from previous page

Of course as in any true classic horror/comedy, there are moments that are laughable. As I mentioned before Barbara's histrionics are overdone at times, as are the shocked looks on people's faces as well as the ghouls and the suspense is sometimes a bit contrived and forced.

Overall though what I like about the movie are the human interactions. There are real questions being asked here. Who is right? Ben who will protect others at his own expense or Harry whose main priority is his family and who cares about no one? Is it better to fight or hide? Does the government conceal information until forced to reveal it? What are the weaknesses in government, media and law enforcement? Does vigilante justice work? Do race and sex carry preconceived notions of ability in a crisis situation? How does a society react when faced with an unthinkable calamity? Who should you trust? Are we all zombies on some level?

All questions that are still asked today and that are still pertinent.

So in the end this movie is a classic, not just because it was groundbreaking, or because it is a precursor to many horror movies today, or because it has a cult following...but because it deals with real human issues, relationships, and questions.

For those who already love it you will be thrilled to know that the Mayfair is planning a very special showing with live music. For those who have never seen it, I encourage you to not make the mistake I almost did. This is a movie worth seeing and a movie that has many levels to it. It is a true classic and I was very very wrong to have ever thought otherwise. I was proud and prejudiced about the zombies and I admit it and repent my folly.

See the Mayfair schedule at www.mayfairtheatre.ca for more information.

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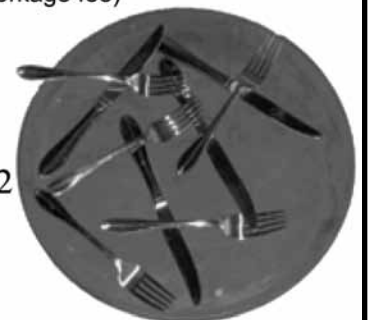
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To Bee or Not to Bee: Hopewell Public School's Inaugural Spelling Bee

by Paul Keen and Cynthia Sugars

Imagine sitting on the edge of your seat, biting your nails, while someone tries to spell the word "hazmat". What is the definition of the word, you might ask? Apparently, it's a noun of mixed origin that refers to a hazardous shipped substance composed of radioactive or flammable material. This is what the student on stage found out as he struggled to piece together the correct letter sequence. The crowd was hushed; the judges poised. "H-A-Z-M-A-T?" inquired the student uncertainly. Correct! Miraculous! The crowd cheered wildly.

Sound crazy? Well, that is exactly what happened on the afternoon of Monday, January 25th, when twenty-four students took to the stage in Hopewell Avenue Public School's gym to participate in Hopewell's first annual Canwest Spelling Bee. The gym was packed and, as round after round went by and the number of remaining participants grew fewer and fewer, the atmosphere intensified. There was hushed silence as each contestant stepped forward to the microphone, listened while the announcer (Hopewell teacher Chris Hiltz) provided them with a word, and then tried to spell it. The gym erupted into cheers each time the response came back "correct," or sometimes, there were resounding sighs of commiseration when the bell rang to signal an incorrect spelling and the disappointed speller walked

off the stage. Spelling bees have been extremely popular lately, featured in at least two full-length movies, *Akeelah and the Bee* and *The Bee Season*. After watching the excitement at Hopewell that afternoon, it is easy to see why.

Gradually the 24 contestants were reduced to five, four Grade 8 students (Naomi Mera, Rowan Terrell, Milica Banic, William Wu) and one brave soul from Grade 4 (Neve Sugars-Keen). Nine-year-old Neve soon became a hit with the crowd as she stood her ground among the older students, taking her place in line behind William who stood almost two feet taller than she, correctly spelling "psychoanalysis" and "whetstone." When the hands of chance threw her the word "epoxy," Neve went out, though not before she won first place among the Junior competitors (see Neve's article in this same issue). Finally, there were just three students



Hopewell's Top Spellers. Juniors in front, left to right: Kate Millar, Neve Sugars-Keen, Ilham Abdulrezak. Intermediates, left to right: Rowan Terrell, Milica Banic, William Wu



Hopewell Public School's Top Three Spelling Bee Winners
Left to right: Rowan Terrell, William Wu, and Milica Banic

left, all from Monique Sack's Grade 8 class: William Wu, Milica Banic, and Rowan Terrell. They sat alone on a stage surrounded by empty chairs. William was the first of the three to go out, on the word "mallard." The suspense grew as Milica and Rowan traded answers. The tension reached a new height when, at one point, both girls got their word wrong, which meant that they were both back in the competition! It was high excitement as the crowd watched these two friends, both perfectly composed and dignified, compete with each other for first place. To resounding cheers, Rowan Terrell emerged as Hopewell's 2010 Spelling Bee Champion. She will be competing in the Regional Championship, to be held in Ottawa in March.

There were two sets of prizes, one for the top three intermediate students, and one for the top three junior students. The 2010 Junior Champions are Neve Sugars-Keen (Grade 4), Ilham Abdulrezak (Grade 6) and Kate Millar (Grade 5). The Intermediate Champions, all from Grade 8, are Rowan Terrell (gold medal), Milica Banic (silver medal), and William Wu (bronze medal), each of whom received a medal awarded by Hopewell's Vice Principal, Kim MacDonald. Along the way, Hopewell's contestants had correctly spelled such words as: anticoagulant, analgesia, palatable, aggrandizement, latitudinarian, psychoanalysis, whetstone, and hazmat.

In the finest Ottawa South fashion, local businesses generously threw themselves into the spirit of the event. Kaleidoscope Books, the Ottawa Folklore Centre, and Boomerang Kids each donated prizes for both the intermediate and junior winners. Starbucks donated a gift certificate for a free drink to all twenty-four of the contestants. Thank you to all of these wonderful businesses for contributing to the success of the Hopewell Spelling Bee!

For the audience, it was a thrilling afternoon filled with suspense and drama. This was also an historic event, since this is the first time that Hopewell Public School has entered the Canwest competition. What the audience did not see, however, were the hours of preparation and organization that went into gearing up for this event. For the participants, the spelling bee was the culmination of a six-week spelling club led by Jennifer Rae-Brown and Cynthia Sugars. Members of the club had been meeting in the library every Monday afternoon, spending their second lunch break learning about the history of the

English language and word origins, namely how the influence of Greek, Latin, Old English, and French left their traces on modern English. Along the way, students picked up some important tips about spelling, but they also developed a new appreciation for language as a living force which has embedded in it the linguistic fossils of earlier historical stages. Indeed, the English language that we speak today bears the traces of ancient battles, conquests, knowledge sharing, and mercantile trading partnerships. For example, how many people realize that the capital of England, London, is actually a word of Latin derivation originating from the Roman invasion and settlement of Britain? The Monday meetings were also lots of fun, as the group played spelling games and participated in numerous mock spelling bees.

The Canwest Canspell competition is a grassroots initiative that was started in 2005 by Canwest Global Communications Corporation. It is open to students in Grades 4 to 8, and was launched to foster and celebrate literacy and academic achievement among Canadian middle-school students. In 2009, Canwest Canspell included over 1500 Canadian schools, from St. John's to Victoria. Twenty-one Canadian newspapers promote and host the Canwest competitions. For Hopewell, the sponsoring newspaper is the *Ottawa Citizen*; in particular, we'd like to thank Don Hale, who is the *Citizen* contact for all events related to the Canspell competition. Don was a major help in enabling us to get the Hopewell Bee off the ground. After the Regional Bee, the Canwest Canspell National Final, in which twenty-one students will compete, takes place at the end of March in Ottawa. The winner of this event will compete internationally in the Scripps Bee in Washington, DC.

Most of all, the competition was a chance to revel in the fun of an activity which celebrates literacy, motivation, and intelligence and . . . now and then . . . a bit of luck! We are very proud of all of the contestants who had the energy, commitment, and courage to compete on stage in front of their peers. These students were Thomas Gagnon-Jones, Neve Sugars-Keen, Sofi Martin, Abby McMann, Danna Ellis, Sophia Rafuse, Kate Millar, Katie Clarke, Ilham Abdulrezak, Adilah Makrup, Kinsley Gee, Alex Bernst, Keon Dawoudi, Max Angel, Ahmed Souleiman, Anita Sengupta, Naomi Mera, William Wu, Jocelyn Veevers, Yifeng Wang, Milica Banic, Rowan Terrell, Andrew Burwash, and Kieran Dunn. And we are also grateful to the wonderful school audience and to Kim MacDonald, who showed such enthusiasm for the event. This will be the last year for the grade eight students in the competition, but judging by the level of people's enthusiasm, the rest of the participants and, no doubt, many of this year's spectators will be back next year. This year's winner, Rowan Terrell, now qualifies to go on to the Regional competition. Good luck in the next stage of the competition, Rowan, and congratulations!!!!

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BACKYARD NATURALIST

Biodiversity Begins at Home



by Linda Burr

The United Nations has declared 2010 the International Year of Biodiversity. What does this really mean for us? Are there some simple ways we can contribute to this year-long celebration of life in all its diversity? Yes, there are, and we can even do it in our own backyards.

The term “biodiversity” may be the latest buzz word in environmental circles. It really means “life” – all the different living organisms on the planet, both animals and plants, including ourselves. So why do we need an international year for this? Because biodiversity – the sheer variety of species – is declining all around the world. The alarm bell sounded years ago, such that 168 parties around the world signed on to the Convention on Biodiversity in 1993. In 2002, those same parties committed to halt the global decline in biodiversity by 2010. Unfortunately, this goal has not been met, and species continue to disappear.

By now we understand more fully the importance of safeguarding the variety of life on earth. We understand that our quality of life, our health, our wealth, and ultimately our survival depend upon maintaining this intricate web of living things that sustains us. It is tragic that Polar Bears are being threatened with extinction as a result of our activities. But conserving biodiversity means more than saving the endangered North Atlantic Right Whale. It means we need to start seeing ourselves as part of this web of life,

and not standing apart from it. It means we need to start behaving as if the rest of the species on earth are depending on us – because they are. It means understanding how connected we really are to every other living thing on the planet.

These are the big ideas. But what does it mean right here where we live? One of the ways I like to support biodiversity at home is by adding native species to my garden. This list includes some of the ferns, flowering perennials, shrubs, vines, and trees that grew in this region before the arrival of European settlers. These plants are well adapted to our soils and climate. Once established, they require less maintenance and watering than many traditional garden plants. They are naturally resistant to pests, and attract beneficial pollinators.

The main challenge with planting native species is that you may have trouble finding them at some garden stores. More nurseries are carrying native species now. However, not very many of those formally trained in horticulture have any expertise on the subject. If you ask a gardening consultant about native plants for your garden, they may recommend species that are not native to Ontario at all, but are found elsewhere in North America.

Be wary of unscrupulous sellers of native plants who go out to the woods and fields and dig up plants to sell. This is considered unethical behaviour. A good grower of native plants will grow their own plants from seeds or cuttings in a nursery, without destroying local wild populations. For example, the Old



Choke Cherry, a native species

Field Garden and Wildflower Nursery, located east of Ottawa, is a reputable source. You can find them at the May sale of Rare and Unusual Plants at the Experimental Farm, along with a few others who sell native plants.

Before you go to the store, find out what grows well here. Luckily we have some excellent resources near at hand. The Fletcher Wildlife Garden, located next to the Arboretum, is a wonderful place for a walk in spring, and will introduce you to many of the attractive and easily grown native plants you

could consider for your garden.

As an added bonus, they hold a sale of native plants every spring in early June, and there are experts on hand to guide your selections.

Many excellent books on the subject are also becoming available. For example, get a copy of Lorraine Johnson’s *100 Easy to Grow Native Plants for Canadian Gardens*. The Canadian Wildlife Federation also has an excellent web site and a Backyard Habitat program you can sign up for. Check out their Wild About Gardening web site at www.wildaboutgardening.org to get started.

One of the personal rewards of adding native species to my garden has been an increased sense of engagement with the local ecosystem, and learning its features, flora and fauna. As a result, I have gained a deeper commitment to this place and all its wonderful biodiversity. We don’t need to look farther than our own backyards to make a contribution to the International Year of Biodiversity. After all, biodiversity begins at home.

Linda Burr lives in Old Ottawa South and is a biologist and avid backyard naturalist.

How Do You Spell “Epoxy”?

By Neve Sugars-Keen
9 years old, Grade 4

I stepped up to the up to the mike. Mr. Hiltz said, “Your word is whetstone.” That is a stone used to sharpen knives and scissors. I said, “Whetstone. W-h-e-t-s-t-o-n-e. Whetstone.” Mr. Hiltz said, “That is correct.”

I felt so happy. The audience was clapping so loudly that I covered my ears.

The next girl got the word “colic” wrong, but the girl after her got the word “incapable” right. Finally, it was my turn again.

Mr. Hiltz said, “Your word is epoxy.” What is that? I said “Epoxy. A-p-o-x-y. Epoxy.” “ Ding!” When the bell rang, I knew that I was out. I felt terrible. Slowly, I walked off the stage and sat on the floor with the other contestants who had misspelled their word.

Finally, the spelling bee ended. I discovered that I was the top junior! I got a kaleidoscope gift bag. I felt so proud! Everyone was rushing up to me to congratulate me. I no longer



Neve Sugars-Keen

felt sad about failing my word. I just felt happy.

Now I will write about people I would like to thank. I would like to thank my mother, C y n t h i a Sugars, for starting the spelling bee

and for helping me practice; my English teacher Mrs. Dandy, for lending me a book she thought might help me prepare for the spelling bee; the vice-principal Kim Macdonald, for without her we could not have done it; Jennifer Rae-Brown for helping out; and the stores Kaleidoscope, Boomerang Kids, the Ottawa Folklore Centre, and Starbucks for donating prizes.

And, last, I give my best wishes to the Hopewell School Champion Rowan Terrell. She is going ahead to the regional championship. I hope she remembers how to spell epoxy!

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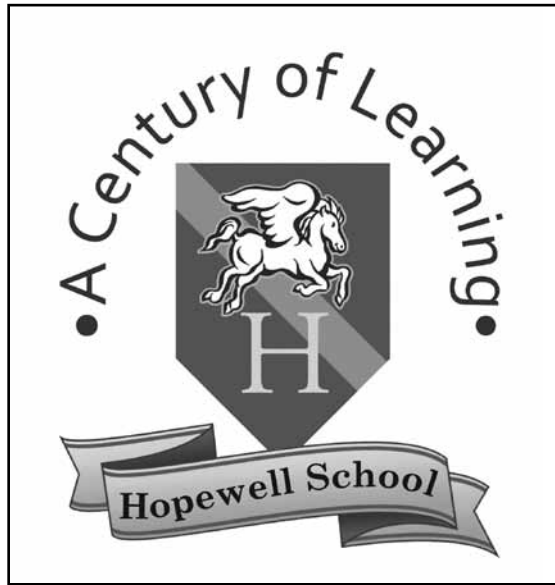


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Hopewell Avenue Public School Turns 100!



Hopewell Avenue Public School is celebrating its 100th Anniversary in 2010. What started as a small red brick school is now a vibrant school that is a hub for the community of Old Ottawa South. Special events are planned to mark this momentous occasion during the week of May 17. There will be a ribbon cutting ceremony with dignitaries, a Sock Hop, a school musical production, a wine and cheese evening for alumni, an unveiling of a mural created by the students and lots of birthday cake!

The school is also asking for alumni to submit written memories of their time at Hopewell. These will be read out to the students giving them a taste of what life was like at Hopewell in the past. Below is a memory submitted by Kate Jaimet for your enjoyment. If you would like to submit a Hopewell memory or know someone who would like to, please email parentsspeak@gmail.com by May 1, 2010. Also check the Hopewell website for Hopewell 100 event updates at <http://www.hopewellaveps.ocdsb.ca/home.php>.

Special Hopewell 100 commemorative clothing- t-shirts and hoodies- will also be sold so look out for them on the streets of the hood this spring!

Memories from Kate Jaimet Hopewell '83

(Kate Jaimet is a Hopewell Alumnus, Current Hopewell Parent, Journalist and Tween Author)

When I was in Grade 7 at Hopewell school, Dougall Martin ruled the gymnasium with a reign of terror.

Mr. Martin was a big, burly gym teacher with black hair and a black mustache. There were no girly aerobics exercises or dance lessons in Mr. Martin's gym class. Instead, he made us work out by throwing 20-pound medicine balls at each other. And the poor kid who finished last in wind sprints had to drop to the floor for ten push-ups, as Mr. Martin shouted: "Gimme ten!"

Once Mr. Martin gave a girl a detention because she was too scared to try the high-jump. She had to come back after school and stand there at the high-jump bar for half an hour until she worked up her courage to do it.

One time he caught a kid trying to flip another kid on a gym mat. Mr. Martin grabbed the kid and karate-threw him onto his back on the mat. That kid never acted up in gym class again.

Once Mr. Martin had a contest with the senior boy's basketball team about who could wear the same t-shirt for the most days in a row, without washing it. The terrible stink that surrounded him after a few weeks made Mr. Martin even scarier.

Everyone was afraid of Mr. Martin.

Everyone, except for one boy. His name was Frank Gunn, and he was a short little kid with a huge, toothy smile who always carried a camera around to take pictures for the

school year book. No matter what Mr. Martin threw at us, Frank Gunn just grinned. He never seemed to be intimidated by anything.

Mr. Martin coached the girls' volleyball team, which I played on in Grade 7. Of course, he wanted us to win every game, and he made us train hard. Sometimes we lost, but Mr. Martin didn't mind that, as long as we played well. It was when we lost because we were lazy, or played badly, that Mr. Martin got mad.

One day we lost a volleyball game, and it was all our fault. We played terribly. Our serves went into the net. Our blockers didn't jump. Our bumps flew out of bounds. After the game, Mr. Martin chewed us out. He said if that was the way we were going to play, we might as well pack in the season and go home. He didn't need to waste his time coaching us.

We hung our heads and sat in a silent circle, ashamed of our performance. Feeling awful that we'd lost. Feeling worse that we'd let Mr. Martin down. Then, in the midst of the silence, a smiling face popped into the gymnasium, and a voice said:

"Say 'cheese,' everyone!"

A camera flashed. It was Frank Gunn.

"Get out of the gym!" Mr. Martin bellowed. But Frank Gunn fired off a few more shots before scampering out the doorway.

Mr. Martin continued to teach gym for many years Hopewell. Frank Gunn became a photographer for the Canadian Press and travelled the world taking pictures. I'm sure he wasn't afraid to go into war zones. Not if, as a mere 12-year-old boy, he could brave the wrath of Mr. Martin.

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Squirrel Talk

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Michaël et moi essayons, autant que possible, d'acheter local mais aussi d'acheter canadien ou, du moins, équitable (*Fair Trade*). Nous croyons que la croissance économique et sociale d'un pays est basée sur la disponibilité d'emplois stables et bien rémunérés. Cette façon de penser a l'avantage de 1) favoriser les emplois locaux, 2) de minimiser notre empreinte environnementale, et 3) d'encourager des conditions de travail décentes.

Tout d'abord, il nous est devenu difficile d'acheter un quelconque produit sans regarder le : *Made in...* sur l'étiquette. Il est clair que cette façon de vivre, car c'est un style de vie en soi, est extrêmement difficile et peut soulever la critique face au pseudo-protectionnisme que cela semble sous entendre. Évidemment, accorder la priorité à des produits d'ici et favoriser des emplois et des commerces d'ici, entraîne des choix qui se font au détriment d'autres. Nous vous mettons au défi de trouver un seul objet « Fait au Canada » autour de vous, en ce moment, à l'exception de ce journal ! Vous en avez trouvé un? Bravo! La souris de mon ordinateur est fabriquée en Chine, ma tasse en Turquie et ma lampe est faite en Thaïlande. Autre exemple, j'ai été très frustrée au début de l'hiver quand j'ai voulu acheter mes bottes d'hiver – mes bonnes vieilles bottes Sorel - de constater que même ce classique québécois n'est plus fabriqué au Canada mais au Vietnam... Face à tous les licenciements collectifs et aux transferts de production vers des pays tels que la Chine ou l'Inde, nous devons nous questionner par rapport aux choix que nous faisons. Michaël et moi ne sommes pas des altermondialistes mais nous souhaitons une mondialisation véritable où tous pourront bénéficier des avantages sociaux et économiques qu'elle devrait entraîner.

En ce sens, l'achat équitable permet de favoriser le développement de petits commerces dans les pays en développement tout en permettant des conditions de travail décentes. Qu'est-ce qu'un travail décent? Selon l'Organisation Internationale du Travail, c'est la possibilité pour un travailleur

Cont'd on next page

THE BIG PICTURE

Canadian Film shines at the 2010 Berlin Film Festival



By Michael Dobbin

This past February, the latest edition of the 2010 Berlinale served as the latest venue to bring Canadian story-telling for the screen to international audiences. Although many of the films in the official programme and the European Film Market have yet to be seen by Canadian audiences at home, they provided a sneak-peek at what 2010 has in store.

“Cairo Time” continued to earn audiences internationally. After winning “Best Canadian Feature Film” at Toronto in September, the film has also played at Tribeca. Starring Patricia Clarkson (“Shutter Island”, “Vicky Christina Barcelona”) and Alexander Siddig (“24”, “Star Trek: Deep Space Nine”), the film is directed by Ruba Nadda and is the story of a magazine editor in her late 40s who unexpectedly falls in love with a retired Egyptian police officer while on a visit to Cairo.

Canada’s biggest box-office hit of all time, Émile Gaudreault’s “De père en flic” (“Fathers and Guns”), continued to bring about laughs at the European Film Market. Starring Michel Côté (“Cruising Bar 2”, “C.R.A.Z.Y.”), Louis-José Houde (“Bon cop bad cop”) and Rémy Girard (“Les invasions barbares”, “Blades of Glory”), this buddy flic is the story of a father and son police team that goes under cover to bring a biker gang to justice. So popular

has this film been that Sony Pictures has obtained the remake rights for the English market.

Dilip Mehta’s “Cooking With Stella” continued its run at the European Film Market after playing in Toronto, Halifax, Valladolid and São Paulo. Starring Don McKellar (“Blindness”, “Where the Truth Lies”) and Seema Biswas (“Amal”, “Water”), this warm social satire about a Canadian diplomat who becomes the student of a wily cook at the High Commission.

Two Canadian films were represented in the Retrospective section of the festival: Sarah Polley’s “Away From Her” starring Gordon Pinsent and Julie Christie is the beautiful yet unconventional story of a couple coming to terms with the onset of memory loss. The film was joined by Jean-François Caissy’s documentary “La Belle visite” (“Journey’s End”), an exploration of old age set against the backdrop of the Quebec countryside.

Daniel Grou’s “Les 7 jours du Tailon” (“7 Days”) is the story of a father seeking justice against the man accused of killing his young daughter. Starring Rémy Girard (“De père en flic”, “Les invasions barbares”, “Blades of Glory”) and Martin Dubreuil, (“Les 3 p’tits cochons”). The film played at Sundance this year as well as Cinequest.

Jean-Phillipe Duval’s biopic “Dédé à travers les brumes” (Dédé through the Mist) tells the story of André “Dédé” Fortin, the lead singer of the

wildly popular band “Les Colocs” who commits hara-kiri.

George Mihalka’s comedy drama “Faith, Fraud & Minimum Wage” tells the story of a small town teen who gets caught in a tale gone out of control after creating an image of Jesus from a coffee splash.

“George Ryga’s Hungry Hills”, directed by Bob King is the period drama of young man who falls into the moonshine business in the Saskatchewan hills. “Grown Up Movie Star”, directed by Adriana Maggs tells the story of a once famous NHL star who returns home to Newfoundland only to have his wife leave him for aspirations of stardom.

“Leslie, My Name is Evil” by Reginald Harkema is the story of a former homecoming princess turned Manson girl; “Noémie, le secret” (Noemie, the Secret) is a children’s tale of hidden treasure; Matthew Bissonette’s “Passenger Side” is the story of two estranged brothers who embark on a road trip together; and “The Wild Hunt” by Alexandre Franchi is the tale of a man who follows his girlfriend to a medieval re-enactment and inadvertently disrupts the delicate balance of the make-believe fantasy realm.

Kazik Radwanski’s “Out in that Deep Blue Sea” is a short film about a real estate agent who encounters a slump late in his career and struggles to balance his personal and professional

relationships. It premiered in the Berlin Film Festival’s shorts programme in February.

“This Way of Life” was featured in the Generation K+ programme of the Berlinale. The film, directed by Thomas Burstyn was a co production with New Zealand and is the story of a couple raising six children on a horse ranch.

“Imani”, featured in the Forum programme, is directed by Carol Kanya. A co production between Canada, Sweden and Uganda, the film is a snapshot of a day in the life of modern Uganda for a child soldier, a maid and hip hop dancer.

Canadian documentaries include John Greyson’s “Covered”, which profiles the courage of the four women who organised the first Queer Sarajevo Festival, which was closed down by a violent mob. The film premiered in the famous Panorama section of the Berlinale. “Hugh Hefner: Playboy, Activist and Rebel” screened at the European Film Market, and Lixan Fan’s award-winning “Last Train Home”, a look at the lives of millions of Chinese migrant factory workers as told through the eyes one family. The documentary won “Best Canadian Film” at RIDM Montreal and “Best Documentary” at Whistler in 2009.

An eclectic mix of Canadian story-telling for the screen, there is something for everyone in this year’s mix of entertainment and hard-hitting cinema.

Squirrel Talk ... Cont'd from previous page

« d’exercer un travail productif et convenablement rémunéré, assorti de conditions de sécurité sur le lieu de travail et d’une protection sociale pour sa famille. » (<http://www.ilo.org/global/Themes/Decentwork/lang--fr/index.htm>). En fait, nous préférons favoriser l’achat de biens et services fabriqués ou cultivés dans des conditions de travail décentes au sein d’une entreprise qui « récolte » une marge de profit décente. Nous pouvons aussi contribuer à la création d’emplois et le démarrage de petites ou micro-entreprises dans les pays en développement par l’intermédiaire de différents organismes reconnus tel que Kiva: <http://www.kiva.org/>.

Autre point, les consommateurs sont de plus en plus sensibles à la qualité des produits qu’ils achètent, que ce soit sur le plan environnemental ou social. Peu à peu notre comportement face à l’acte d’achat se rationalise et se responsabilise. Les raisons d’acheter équitable vont au-delà de la qualité des produits et des conditions de travail décentes des travailleurs: <http://www.equiterre.org/equitable/index.php?s=raisons>.

La réplique habituelle face à ces choix personnels de consommation est la suivante : « Ça coûte cher! » Ça coûte effectivement un peu plus cher au bout de l’année si on ne change pas nos habitudes de consommation! Tout cela demeure un choix personnel mais aussi un choix de société. La question à se poser est à savoir si l’on a vraiment besoin de 20 paires de bottes fabriquées dans des conditions de travail discutables et peut-être par des enfants, de 50 t-shirts à 15\$ fabriqués dans des *SweatShop* en Amérique du Sud <http://www.canadianlabour.ca/issues/sweatshops> ou de bananes au *Nématicide Nemagon*? Ce produit peut rendre infertiles les travailleurs et travailleuses et causer d’autres problèmes graves à leur santé. Certains diront que c’est faux, évidemment. Qui veut prendre le risque? Finalement, acheter local ou équitable nous amène à changer notre mode de consommation, c’est-à-dire à mieux consommer et ce, pour le bien des travailleurs et travailleuses d’ici et d’ailleurs.

Sur une note plus légère... avez-vous vu des écureuils patiner sur le canal avec de longs foulards multicolores ? Ils sont rapides mais intelligents car ils font attention aux trous dans la glace ! ☺

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TRINITY ANGLICAN CHURCH

Children's Choir at Trinity Anglican Church

Organist Victoria Scott Tempts Local Cherubs with Melody and Rhythm

By Eli MacLaren

If you darken the door of Trinity Anglican Church (1230 Bank Street) on a Sunday morning around 10, you may catch a glimpse of one of Ottawa's youngest musical ensembles – the Trinity Cherub Choir. Led by Victoria Scott, the organist and director of music at the church, the Cherubs throng the air every six weeks or so, performing arrangements of sacred music with piano accompaniment. Their repertoire has ranged from Gospel (“Do, Lord, Remember Me”) to classic Rock 'n Roll (“I Will Follow Him”) to hymns (“Draw the Circle Wide”).

Trinity Anglican is a magnet for families with young children. “I was inspired to form the choir after looking out at all the little ones during the Children's Talk,” Ms. Scott said. Exposure from a young age is fundamental to a musical education, and the choir is thus a welcome contribution to the Ottawa community.

The Cherubs range in age from 3 to 7 years. They

are as cute as, but perhaps less ethereal than, their name suggests. Rehearsals, which occur Sunday mornings for 30 minutes after the 10 a.m. Eucharist, hinge on the presence of fortifying snacks. Ms. Scott uses the magic of her keyboard accompaniment and the irresistibility of egg shakers to tame the little monkeys. And each rehearsal begins with an appeal to every child's inner animal: “Let's get started by shaking our sillies out.” From fun and freedom the practice then moves swiftly on to repeating words, echoing melodies, and clapping beats.

Ms. Scott is quick to acknowledge those who have helped make the choir a success since its founding last September. Regina Palamar assists at rehearsals and shepherds the straying flock into performance position. The Cherubs' lovely white gowns were sewn by Myrna Rootham. And the Cherubs' parents are of course instrumental in getting the kids involved and reinforcing through the week what is learned on Sunday (with the help of word/song sheets sent home with them).



At their last performance, the Cherubs sang, “Let this be our song: no one stands alone, standing side by side – draw the circle wide.” A fitting epigraph for this inspiring musical and spiritual undertaking. For more information about the Trinity Cherub Choir, or to have your child join, please contact the church office at mail@trinityottawa.ca.



The Grosvenor Avenue Gastronomic Society

“Life is too short to eat disappointing food.”

Pizza Duel: Pepperoni Pistols at Dawn

Most people living in Old Ottawa South know Fida's Pizza on the southern corner of Seneca and Sunnyside. This little pizza joint is a neighbourhood icon and has been serving residents of Old Ottawa South and the general student population of Carleton University for more than a quarter century.

With Fida's reputation and history, we couldn't believe that someone would dare open a competing pizza parlour right across the street, so when eZpZ Pizza recently set up shop we were shocked. We just had to know how eZpZ would measure up to the beloved Fida's; thus, a pepperoni-to-pepperoni pizza duel was called for and the gauntlet thrown down.

Six OOS residents gathered together and selected six medium pizzas: three from Fida's, three from eZpZ. In order to properly execute our comparison, we ordered a Pepperoni & Cheese along with a Vegetarian from each establishment. In addition, we tried the house specials: the “Fida's Super Special” and the

“eZpZ”. It would have been nice to try other options on the menus, as well, but we realized that we were already faced with six pizza slices each to complete the taste-test. To ensure that our results were unbiased, only the taster serving up the slices knew from what pizza place they originated. However, after the first pizza, we could easily tell one pizzeria from the other based on the crusts.

We opted for delivery in order to determine promptness, and both orders were delivered in approximately 35 minutes. Thankfully they didn't arrive at the same time so we were spared that potentially awkward situation! Our order from Fida's totalled \$56.50, and they tossed in a free small pepperoni on the house. From Monday to Friday, Fida's offers a half-price pick-up special, but as we had our pizza party on a Sunday we didn't qualify for any savings. eZpZ offers a standard 2-for-1 special on their pizza and our order was quite reasonable at \$39.50. In addition to their 2-for-1 special, they also have student and family deals available.

The results of our taste-testing competition can be found in the table, but Fida's was the overall winner. That said, with eZpZ's extensive menu, multiple specials, and their late-night hours, they should be a hit with the students and the night owls in our neighbourhood. Who knows, there may be room in OOS for two pizza places after all. We encourage you to try both eZeZ and Fida's for yourself and come to your own conclusions.

Fida's Pizza: 613-730-6800 or 613-730-0818 (44 Seneca @ Sunnyside)

eZpZ Pizza: 613-421-6011 (437 Sunnyside)

	Comments on Fida's Pizzas	Comments on EZPZ Pizzas	The winner!
Pepperoni & Cheese Pizza	- lots of pepperoni and sauce - very flavourful with a bit of spice - fairly salty; a bit on the greasy side	- limited pepperoni with an undesirable texture and flavour; - reminded us of raw bologna - tasted pretty good when you picked off the pepperoni	Fida's. Their pepperoni is delicious!
Vegetarian Pizza (both places included green peppers, mushrooms, tomatoes, and green olives)	- not particularly flavourful, but packed with toppings - pretty sloppy and soggy - way too many onions	- a bit bland but more flavourful than Fida's - not at all greasy; visually pleasing - held together nicely - red onions were a plus	EZPZ. It didn't just look good – it tasted yummy too!
House Special Pizza	- toppings: bacon, pepperoni, tomatoes, mushrooms, green peppers, onions, and green olives - toppings diced up too small, but it tasted great - loads of yummy pepperoni, but a bit too generous with the onion	- toppings: chicken, green peppers, green and black olives, mushrooms - definitely a colourful, good looking pizza, but the chicken and the olives just didn't seem to go together - generally lacking in flavour	Fida's! Definitely superior.

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Ottawa South Congregations Join Protest Against Federal Funding Cuts For Church-Sponsored International Agency

By Jim Robb

Three congregations in Old Ottawa South have created a local ecumenical coalition to add their voices to the reaction against the Harper government's decision to terminate support for a respected, church-sponsored international development agency.

Rev. John DeCoste, St. Margaret Mary's Roman Catholic Church; Rev. Meg Illman-White, Southminster United Church; and Rev. Andrea Thomas, Trinity Anglican Church, want the government to "reconsider and reverse" the decision.

Their Ash Wednesday, February 17 letter to Hon Beverley Oda, minister of international development co-operation, said the government's claim that the KAIROS program didn't match government priorities didn't square with the program's approval by all levels within the Canadian International Development Agency, short of ministerial OK.

It suggests "something less than full good faith," the church leaders said. At stake for KAIROS is the loss of \$7 million in program funding over four years.

The letter also took issue with the assertion by Citizenship, Immigration and Multi-Culturalism Minister

Jason Kenny that KAIROS had been "defunded" because it was "taking a leadership role" in boycotting Israel.

The minister made the statement at Global Forum for Combatting Anti-Semitism in Jerusalem Dec. 16, 2009.

"Though Mr. Kenny did not directly accuse KAIROS of anti-Semitism he made his claim in the context of a speech on that topic. The allegation itself is quite demonstrably, incorrect," the Ottawa South clergy said.

"We could not possibly support any organization that is guilty of anti-Semitism or any other form of racism or intolerance, and we vehemently reject any suggestion that KAIROS might be implicated in any improper or un-

Christian activity."

"The churches which form the KAIROS coalition believe that the imperatives of social and economic justice, peace, human rights and the natural environment are deeply embedded in and informed by the scriptural heritage which we share," the clergy said.

KAIROS Ecumenical Justice Initiatives sponsors 21 long-term overseas partnerships plus educational programs in Canada. Sponsored by Canada's mainstream Christian denominations, KAIROS and its precursor organizations have worked with CIDA for more than three decades.

Letter Sent by The Kairos Churches Of Old Ottawa South To Minister Oda, Minister for International Development Co-operation

The Kairos Churches Of Old Ottawa South

†St. Margaret Mary's Roman Catholic Church,
7 Fairbairn St., Ottawa ON, K1S 1T2
†Southminster United Church,
15 Aylmer Ave., Ottawa ON, K1S 3X1
†Trinity Anglican Church,
1230 Bank St., Ottawa ON, K1S 3Y3

Ash Wednesday, February 17, 2010
The Hon. Beverley Oda, P.C., M.P.,
Minister for International Development Co-operation,
Government of Canada,
House of Commons
Ottawa ON

Dear Minister Oda,

As our churches enter the significant period of Lent 2010, we are writing on behalf of the local church congregations or parishes in Old Ottawa South affiliated nationally with KAIROS Ecumenical Justice Initiatives. The churches which form the KAIROS coalition believe that the imperatives of social and economic justice, peace, human rights and the natural environment are deeply embedded in and informed by the scriptural heritage which we share. KAIROS is one embodiment of our commitment to the well-being of humanity and indeed of all God's creation.

We are deeply distressed by the decision (announced on November

30) that the Canadian International Development Agency will not be contributing some \$7,000,000 to the KAIROS overseas development programme of social and economic development and human rights during the next four year period (2010-13).

We also consider the lengthy delay in reaching a decision and the abrupt way in which it was eventually announced to have been discourteous. That it overturned a very carefully negotiated agreement on specific areas and amounts of funding between KAIROS and the Government (within delegated authority) demonstrated inadequate standards in the conduct of the public business.

Two explanations have been forthcoming from your Government. The first was that the KAIROS programme, as submitted, did not match the Government's current priorities. This is curious indeed, since we understand that KAIROS and CIDA had negotiated a funding arrangement in which the latter would contribute towards those components of the KAIROS programme where priorities and interests overlapped. We are informed that the package had been approved at all levels within CIDA and only awaited your approval at the time of its rejection, some five months following the expiry of the previous agreement. The retroactive announcement that the priorities had changed suggests something less than full good faith. It would also appear to be an excessively narrow interpretation

of policy and priorities.

The second announced reason for the termination of funding was provided by the Minister of Citizenship, Immigration and Multi-Culturalism, Jason Kenny, addressing the Global Forum for Combatting Anti-Semitism in Jerusalem on December 16, 2009. Mr. Kenny indicated that "we have defunded organizations, most recently KAIROS, which are taking a leadership role in the boycott (of Israel)" Though Minister Kenny did not directly accuse KAIROS of anti-Semitism, he made his claim in the context of a speech on that topic. The allegation itself is quite demonstrably, incorrect. That the statement has not been retracted would suggest that it may well have informed your Government's decision.

KAIROS is our ecumenical coalition, and we are proud of the work that it has done and will continue to do in years to come, with or without the support of agencies of government. We could not possibly support any organization that is guilty of anti-Semitism or any other form of racism or intolerance, and we vehemently reject any suggestion that KAIROS might be implicated in any improper or un-Christian activity.

This decision brings to an abrupt end a very constructive and reciprocally beneficial thirty-five year association between CIDA and KAIROS (and its precursor agencies, known by different titles). CIDA's policy of supporting the work of Canadian civil society based

organizations since 1968 has been a very laudable one which various other countries came, in their own time, to emulate. It must be emphasized that this social contract between the Government and Canadian non-governmental agencies was never open-ended, and official financial support was always restricted by governmental policies in place at the time.

We fear that, in restricting the range of its civil society partners, the Government of Canada will, in the longer run, impoverish itself. KAIROS will certainly continue its good works, but your Government will hear – and enjoy the benefit of – the voices of a gradually shrinking portion of the international development NGO community. If a government is committed to democratic pluralism, this trend in public policy formation cannot be regarded as being healthy.

We urge you, in the highest and best interest of all parties, to reconsider and reverse this decision at the earliest possible opportunity.

Yours sincerely,

The Reverend John B. Decoste,
St. Margaret Mary's Roman Catholic Church

The Reverend Meg Illman-White,
Southminster Church

The Reverend Andrea Thomas,
Trinity Anglican Church

Area Church Service Times

Sunnyside Wesleyan Church

58 Grosvenor Avenue (at Sunnyside)
Sunday Worship Service at 9am & 11am
Children's program offered during both worship services.

Trinity Anglican Church

1230 Bank Street (at Cameron Avenue)
Sunday Services
Regular 8.30 eucharist, and 10 am sung eucharist with church school and nursery, resume Sundays, starting September 6)

Thursdays

10 am – Eucharist or Morning Prayer in Chapel

St Margaret Mary's Parish

7 Fairbairn (corner of Sunnyside)
Sunday Liturgies : 9:30am and 11:30am
Christian Meditation: Mondays at 7:30 pm.
Evening Prayer: Tuesday at 7 p.m.

Southminster United Church

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AFTER THOUGHTS



Cassandra's Curse

from Richard Ostrofsky
of Second Thoughts Bookstore
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March, 2010

In 1935, two years after Hitler had come to power and four years before the outbreak of the Second World War, Jean Giradoux wrote a play called *La guerre de Troie n'aura pas lieu*, for some reason retitled in its English translation as *Tiger at the Gates*. Its opening line, spoken by Andromache, Hector's pregnant wife and soon-to-be widow, is: "There isn't going to be a Trojan War, Cassandra."

They are discussing politics. Greek envoys, led by Ulysses, have just arrived in Troy to demand the return of beautiful Helen, the wife of King Menelaus who had run off with Prince Paris. The bitter comedy is that no one who counts wants a war. Ulysses and the Greeks (supposedly, in this play) don't really want a war, but they feel gravely dishonored and will fight unless Helen is returned. King Priam and Prince Hector (destined to be slain by Achilles) don't want a war, and are determined to give her back. Helen is tired of her fling, and would be happy to go home. Her boyfriend Paris, already getting bored with this magnificent but ditzzy broad, has been convinced to give her up. And yet belligerence rises and war draws inexorably closer, speech by

speech, and act by act, until the play's end when the Gates of War are flung open, and the fighting begins.

All these characters are fascinating and have been worked and interpreted endlessly since Homer's time. For that matter, the actual story predates Homer, who was himself re-working it. But the character who really interests me is Cassandra, who had been given the gift of prophecy by Apollo, but later cursed by him because she would not return his love: She would always see and speak truly, but she would never be believed. She would be powerless to prevent the evils she foresaw.

The most difficult lesson for intellectuals to learn is the ultimate impotence of experience and knowledge in human affairs. There is a ratchet effect in our decision-making: The steering wheel of governance tends to turn much more readily in one direction than in the other. Knowledge that furthers the currently predominant interests and enthusiasms is taken up and used. Knowledge that might save these interests and enthusiasms from disastrous over-reach and folly is shunted aside and ignored. For that reason, speaking truth to power is a proverbially thankless task. In the largest affairs of state and the smallest personal choices, it's as Hume said: Reason tends to be the slave and handmaiden of the passions.

A secondary result of the curse is the so-called Cassandra effect: a voluntary self-censorship by persons who have

come to expect (rightly or wrongly) that their counsel will be ignored. Why beat your head against the wall? Why run the risks of speaking unwelcome truths to powers who would prefer that these be buried as deeply as possible? In this way, whole classes of people allow themselves to be marginalized; whole bodies of experience drop out of consideration. Such losses occur just as well in families and small groups as in the highest corridors of power, but they happen most readily in board rooms and privy council meetings where incumbents are competing for influence at the same time that they must represent the perceptions and requirements of their departments. It's not just in war that truth is the first casualty. Truth becomes inconvenient or dangerous (at least to some factions, and sometimes to everyone) whenever power is being won and lost. The outcome is sometimes called group-think, or conventional wisdom, but neither name does justice to the perverse tenacity, the sheer insanity of what can happen. Charles Tart called it consensus trance – a kind of spell that can possess a whole society, coloring everyone's perceptions and choices with virtually irresistible hypnotic suggestions.

For the fact is that we are social animals – influenced to an amazing degree by one another's emotions, perceptions, behaviors and subtlest mannerisms. Sometimes consciously, most often not, we "go along to get along," as members of a species that

made a specialty of doing so. What we call culture is the positive aspect of this evolved trait – our propensity for mimicry, for emotional contagion, for interpretive and behavioral suggestibility, for attending to what the people around us are attending to. That gift, coupled with tool use and the use of symbols, made us human and gave us the planet – for the time being, at least. Its downside, manifest in economic bubbles and panics and mob behavior of every description, is the consensus trance as a form of collective insanity.

It is possible to shake off the worst effects of this trance and, in some degree, awaken from it – but the price for doing so is 'Cassandra's curse': to see and speak truly, but have to watch and suffer foreseen stupidities as they unfold regardless. 'Stupidity' is the right word here, because Cassandras don't have to be particularly intelligent. With ordinary experience of 'human nature,' a grasp of relevant facts, and a suspicion of wishful thinking, you can often make a good guess at the disaster about to happen – and/or suggest precautions that could be taken to prevent or mitigate the worst that could happen. Albert Einstein once remarked that stupidity is the strongest force in the universe. In one of his plays, Schiller makes a character exclaim: "Against stupidity, the gods themselves contend in vain," and Isaac Asimov wrote an SF novel around that line.

Hand-Built Guitars

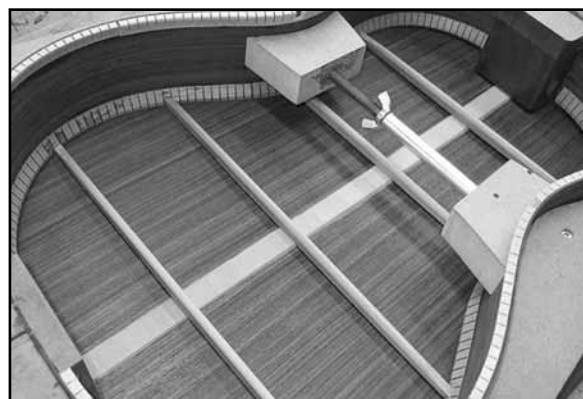
By Arthur McGregor

What is a hand-built guitar? What makes it worth the thousands of dollars they cost? Why are some hand-built guitars \$1500 and others \$15,000?

A guitar built by one pair of hands, usually attached to a person called a luthier, reflects the level of woodworking competence, artistic ability and the quality of their ear. A luthier chooses his/her design, woods,

techniques and patience based on his/her experience. Generally, the greater the experience, the better the instrument. It is quite rare for someone's first guitar to be sellable. Indeed it often takes four or five instruments for a builder to understand the impact of certain choices and, as a hand-built guitar must survive the ravages of time, it takes time for a builder's choices to reflect that passing time.

The world of guitar building is a conservative world. Design changes,



one of the finest guitar shows I've ever seen. It's an 'invitational'; all the participants have been chosen by the organizers, and the quality is both fantastic and overwhelming. Over 100 acoustic builders show their wares at the Palais des Congres. It's a wonderful opportunity to see the best builders in North America.

wood uses, special touches, are often frowned upon until they are proven both useful and 'solid'. New builders who have chosen to change the shape, bracing pattern, woods used or some other tradition, must prove their choices over the years and often have to retreat to the world of 'the proven' before they introduce an innovation. We've had a few builders who have flaunted tradition and, even though the craftsmanship is acceptable, the designs aren't. If the builder is adamant about their innovations, buyers can often pick up an excellent guitar for relatively little money. If you want to be sure about your purchase, choose a builder with a good, time-based reputation.

Each summer, just before the Montreal jazz festival, the city hosts

So how do you choose who will build your guitar? Sometimes, the choice is made for you. I have a guitar by Marc Beneteau and one by Oskar Graf. Both builders insisted I buy one of theirs and both guitars are as different as an Islay scotch and a highland scotch. But, both builders are local and, if I need some work done under their warranty, I don't have to ship the guitar to Peoria or North Hobunk.

Currently, we have a fine selection of hand-built guitars by folks like Sergei de Jong, George Rysznyi and others with custom built guitars available from Oskar Graf, Grit Laskin and others.

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Urban Design Guidelines for Low-Medium Density Infill Housing – A Summary

By Heather Martin

As you have probably noticed, infill development is happening everywhere in Old Ottawa South. Vacant lots, individual houses and new land assemblies of two or more lots are being used for larger new houses and multi-unit buildings. The City of Ottawa’s Official Plan includes a growth management strategy to promote intensification of development in the urban area over the next 20 years in an effort to curb urban sprawl and the negative consequences associated with it such as more roads and loss of agricultural land. Whatever you may think of this policy, it is certain to have an impact on our neighbourhood.

Last spring the City of Ottawa revised its document setting out Urban Design Guidelines for low-medium density infill housing and invited comments from the public. These guidelines apply to single and semi detached homes, duplexes, triplexes, townhouses and low-rise apartments. As a member of OSWATCH, OSCA’s Planning and Design Committee, I agreed to review the document and submit comments to the City for consideration. The guidelines deserve criticism, and I will highlight a few weak points, but this article aims mostly to inform readers about the guidelines, summarize the topics covered and highlight a few of the topics that are especially relevant to OOS.

As you read through this article you might think about some of the infill developments you know of in OOS and whether or not you believe the principles outlined in the guidelines were incorporated in their design. The full document can be found on the City of Ottawa’s website at:

http://www.ottawa.ca/residents/planning/design_plan_guidelines/completed/infill_housing/index_en.html

You may recognize some photos of developments in Old Ottawa South that are held up as examples of good infill development. You may or may not agree.

First, the Urban Design Guidelines are just that: *guidelines*. They are intended as a “working tool” to help developers, designers, property owners and others to “facilitate the approvals process by highlighting the desired type of development”. They are not meant to be a checklist in evaluating proposals. While it is true that new developments must still conform to zoning bylaws (outlining what a parcel of land may be used for and regulates lot size, parking requirements and building height), the fact that the suggestions made in this document are not binding weakens them considerably and minimizes the influence that can be had on the design of infill development.

The stated aim of the guidelines is to help create infill development that will:

- Enhance streetscapes
- Support and extend established landscaping
- Be a more compact urban form to consume less land and natural resources
- Achieve a good fit into an existing neighbourhood, honouring its character,

- architectural and landscape heritage
- Provide new housing designs that offer variety, quality and a sense of identity
- Emphasize front doors rather than garages
- Include more soft landscaping and less asphalt in front yards
- Incorporate environmental innovation and sustainability

The following is a short summary of the intentions of the guidelines:

Public Streetscapes

This section deals with the public realm consisting of streets, sidewalks, boulevards, back lanes, parks and open spaces. The guidelines suggest that public streetscapes must be attractive to, and safe for, pedestrians and cyclists, with trees and planting a priority. They should be inviting and accessible and emphasize the ground floor and street façade of buildings. Landscaping should blend with surrounding front yards and create a significant green presence, and existing trees should be retained.



The large trees in front of this infill are significant assets to the neighbourhood.

Building Design (Built Form)

This section outlines guidelines for the siting, mass and height, building faces and architectural styles of infill development. Siting should be “in a manner that reflects the existing or planned pattern of development in terms of height, front, rear and side yard setbacks”. If setbacks along a street are uniform, new developments should be consistent with them. There should be an appropriate separation distance between infill housing blocks for light, view, and privacy considerations, including for outdoor amenity areas, of adjacent residences.

Building Facades

The Building Facades section discusses the importance of allowing the front door to dominate the front façade as opposed to the garage, the use of quality materials and detailed design, the importance of distinguishing characteristics of adjacent units, and the importance of interpreting the local history and design elements. It talks about creating building faces that are detailed with inviting entrances and living spaces close to the ground that offer ‘eyes on the street’.

And finally, the section on Architectural Styles states that developments should create interest and a sense of identity, achieve an architectural form rich in detail, enhance public streets and spaces, use the past to help inform the design,



One example of a guideline that relates to public streetscapes is Guideline 3.1.5: Buildings close to the sidewalk frame the street to establish a human scale and connection to the public realm.

use materials that reflect quality-built residential features and elements and harmonize with the traditional materials of the neighbourhood.

Parking and Garages

This section suggests that garages should not dominate any façade facing a street, public space or other residential dwelling. A garage door as the primary face of a house results in a poorer pedestrian experience, emphasizes vehicles, and results in a loss of quality environment for the neighbourhood.

Specific guidelines suggest making driveways and vehicle storage as discrete as possible by having it underground, around the back or side or having shared driveways. If parking must be at the front, it should occupy no more than 50 per cent of the width of the lot. In the case of townhomes, the City guidelines deem it acceptable for garages to occupy more than 50 percent of the width if the visual dominance is downplayed by recessing them and highlighting other aspects of the home.

Heritage Building Alterations/ Additions

This section covers many of the principles highlighted in other sections of the document but also addresses the importance of respecting and conserving the heritage value when introducing a new addition to an historic place, and protecting and re-using site elements and features such as large mature trees.

Service Elements

The final section of the document stresses reducing the negative aesthetic impact on streets and open spaces of service elements such as utility boxes, garbage storage, loading docks, vehicle access and egress, air conditioner compressors, utility meters and transformers. They should be located in non-prominent locations, screened, clustered in groups, and noise and odours should be directed away from public and adjacent private spaces.

Design Guidelines and the Current Development Approval Process

In many cases the urban design guidelines can be implemented through the mechanisms available through the *Planning Act*. These mechanisms are applied, in part, through the City of Ottawa’s Zoning By-law, through the review of Site Plan Control applications (which control or regulate the various features on the site of an actual development including building

location, landscaping, drainage, parking, and access by pedestrians and vehicles) and through the variance and consent processes of the Committee of Adjustment. However, Site Plan Control approval is exempted for detached, semi-detached and duplex and triplex buildings, which are the types of infill developments that we are seeing in OOS. Between this exemption and the non-binding nature of the Urban Design Guidelines for Low-Medium Density Infill Housing, there is often little that a community can do to influence the design of an infill development if the designer hasn’t already taken these details into consideration.

What can you do to ensure better design?

As some OOS residents already know, it can be very frustrating to watch a development go up that does not seem to “fit” into the community. When there is a development application before the City a sign is posted on the property to let the public know. You can go to the City’s website at <http://app01.ottawa.ca/postingplans/home.jsf?lang=en> and actually view the proposed plans. You can try to talk to the owner, developer or designer and express your concerns. In some cases a frank discussion might actually result in some modifications to the proposed plan. Also, keep involved by learning more about strengthening the Urban Design Guidelines. OSWatch will continue to provide information and ideas about the guidelines and public involvement strategies.

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OTTAWA SOUTH HISTORY PROJECT

Cuthbertson House - 706 Echo Drive

This month's contribution to the Ottawa South History Project comes from one of our Heritage Survey 2009 summer students, Abraham Plunkett-Latimer, an M.A. student in the Department of History, Carleton University. This article will be part of the Heritage Survey 2009 report to be presented to the Old Ottawa South community later this spring.

Property

Address: 706 Echo Drive (Lot 10 Echo Drive, part of lot K, concession C, Nepean Township)

Introduction

The house built on lot 10 on the subdivision of part of Lot K, concession C, Nepean Township is a large brick home with a two-story front bay window situated on a large lot with mature trees and a shed. It was built in 1912 at the request of the contractor James Cuthbertson. It has been home to many notable figures in the Ottawa Community.

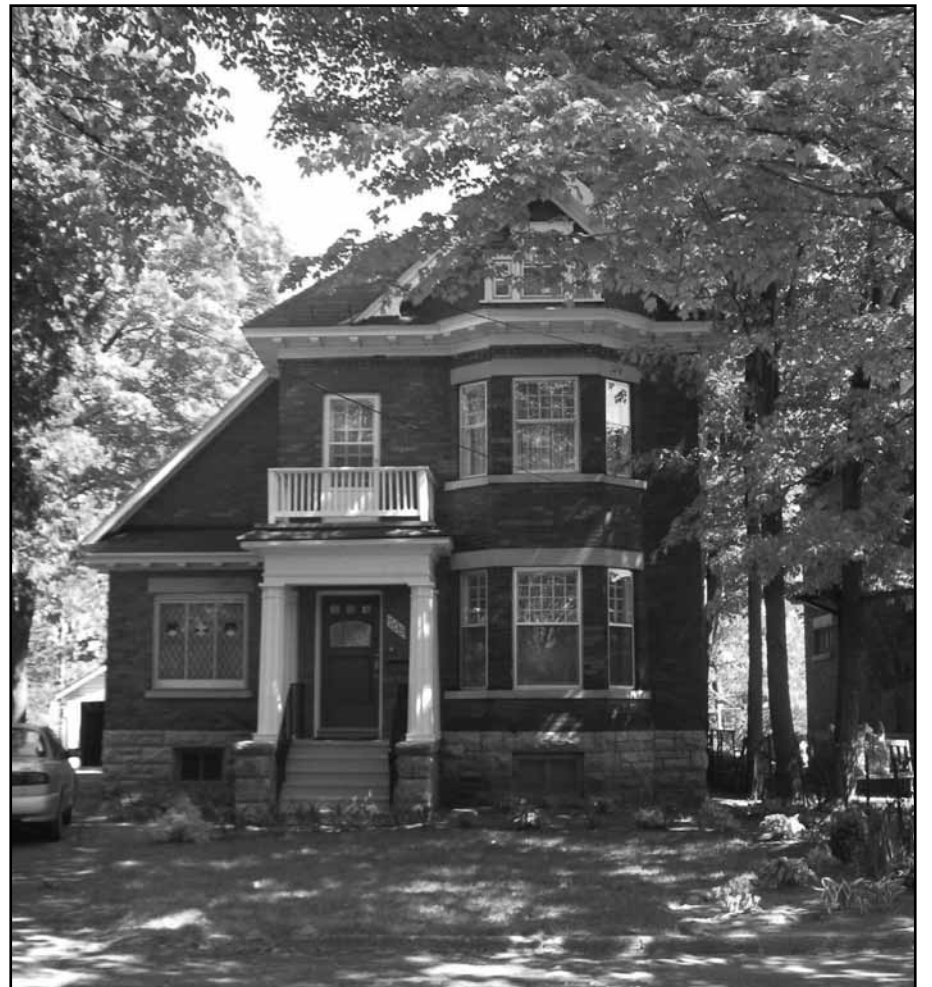
History

Lot 10 on the east side of Echo Drive was developed out of the estate of George Hay. Hay, a president of the bank of Canada and prominent local politician, had bought nearly five acres of land along the Rideau Canal from Lewis Williams, one of the earliest settlers in the Ottawa area, in 1867 on which he built his grand stone home now called "Echo Bank." Perhaps

in order to preserve the lifestyle of a country gentleman, Hay kept the 1867 boundaries of his lot intact until his death in 1911. Thus, Hay's lot escaped the rampant subdivision that other areas of Old Ottawa South had experienced in the late nineteenth century.

The preservation of the nineteenth-century character of Hay's property had a determinative effect on the development of the area. After his death, followed by the death of his son in the same year, the 4.65 acre lot was subdivided into twenty-three lots of irregular sizes and shapes by the executors of George Hay's estate.

Due to development along the Rideau Canal in Old Ottawa South having been suspended throughout the later nineteenth century, Echo Drive assumed a quite different character from the rest of Old Ottawa South. Whereas neighbourhoods such as "Rideauville", "Oakland Heights", and Wyoming park for the most part consisted of a mix of lower middle class and working class individuals who lived in similar two story frame homes, Echo Drive almost immediately developed as an elite neighbourhood made up of prominent civil servants. Perhaps because these lots came up for sale in the centre of a real estate boom immediately before the first world war, the property was valued much higher than other areas of the neighbourhood. In a similar vein,



Front View 706 Echo Drive. Nolan Cipriano, June 2009

since the street developed later than other parts of Old Ottawa South, it was constructed as a part of Ottawa from the very beginning.

From its construction in 1912 by David Cuthbertson, a contractor, to

Cont'd on next page

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Bound By Water

Between the Rideau Canal and Rideau River is my favourite stretch of Bank Street -- the student-filled Ottawa South

By Phil Jenkins

Preprinted with permission from the *Citizen Special*, January 26, 2010

Because it is bound north and south by water -- the Rideau Canal to the north and a lovely, stately stretch of the Rideau River to the south -- coming down off the Bank Street bridge into Old Ottawa South feels like coming onto an island. It's my favourite stretch of the street (I used to live in porchland on Grove, in a foursquare brick house with a great sidewalk tree and a kindly Italian landlord) and besides, after Billings Bridge it all turns into Anywhereville. I haunt the place at least once a month to imbibe a little fair-trade tea and to fondly scrutinize antiques I can't afford.

The walk down to the river begins with a classy limestone church, Southminster United, dedicated in 1932 with a hint of Art Deco in it and a terrific organ. It is indeed the uniting of two previous churches, a Methodist and a Presbyterian, one on the same site and one on Sunnyside.

Then across the street, in matching stone, the Sunnyside Branch of the Ottawa Public Library, a secular church that handed out its first library cards in 1951, the year *Catcher in the Rye* was published, and listed the modern miracle of air conditioning among its

charms.

Next door is Roy Barber's auto palace, where the very sociable Roy himself set up shop in 1967 and continued performing fill-ups almost until the day he died. When I popped in to say hello, I was treated to a visit to the washroom in order to view the photo collection they have there of the five gas stations that once adorned this section of Bank, back when running out of gas in Ottawa was almost impossible to do.

I have no idea how many hours I've spent in the Mayfair movie palace, three rows from the big light, or in the neighbourhood pub next door for that matter, now called Quinn's but at one time bearing the then topical name *The Mad Cow*. I was due to sing there one weekend in the Eighties when, a few days before, a stolen car plowed into the place with an underage driver behind the wheel. I was upstaged by that, for sure. The projectors in the Mayfair are the originals, would you believe, dating from 1932 when it opened and lately they've taken to have music concerts there, for which it is perfectly suited.

At the busy and accident-prone intersection of Bank and Sunnyside, on the northeast side, is the only chip wagon in the city I know of that stays open till 4 a.m., its perfume wafting over the insomniac students who live in

abundance around here. Akel the owner and chief fryer has been there 17 years, part of the Lebanese retail tradition on this part of Bank, and proudly talks of his two sons the lawyer and the pharmacist.

Sunnyside is the edge of the mini-steppe that holds the Glebe, and now the street slopes down with a gentle gratifying curve toward what was once swampland. On the right you'll see a wall mural, which if you are a folkie, will make sense to you, and then if you look down as well as horizontally, you'll quickly realize you are on the Canadian Folk walk of fame, an idea made real by among others the good folks at the Folklore Centre. In no time you are stepping on the bronze maple leaf plaque honouring Bruce Cockburn. I'll leave it to you to find the mural dedicated to Quebec fiddler Jean Carignan.

You don't have to wait long when strolling the street here to see, usually in rapid succession, people in a state of learning, whether on their way to a music lesson, or in and out of Hopewell school, which building by the way is celebrating its centenary in 2010, or boisterously displaying their membership of Carleton University behind a coffee and a laptop or a pint. The laundromat here is as much a social centre as a business.

I cannot remember if I ever attended the Strand theatre further down, which only showed movies for a while in the early 1950s and then went the way of all bingo. It has been replaced by that cookie-cutter coffee franchise the CBC cannot stop mentioning and holding up as a Canadian icon.

Trinity Church at number 1230 is, well, there is no other word for it, cute, with a day care playground out front, but it too was almost desecrated a few years back in one of those (so-called) progress versus heritage arguments that bubble up like methane every now and then in older neighbourhoods that are prepared to fight back at the developers. It's still there.

And then you can smell the river before you get to it and I walk down to the riverbank, where in the summer, swans hang out and the daytrippers used to let the carhorses walk in and take a drink. I know I'm on old, founding homestead land as I stand here, where the lots on the handdrawn maps carried names like Billings and Williams. Then Bank Street disappears under the wheels of cars out into the new south, and I call it a day and sit in Linda Thom Park and watch the river flow awhile.

Phil Jenkins is an Ottawa writer.

Cuthbertson House ... Cont'd from previous page

1930 the 706 Echo housed several prominent individuals including John Buchanan, president of the Capital Wire and Cloth Manufacturing Company based on Hamilton Street, Harold Marshall, a commission Broker, and George Hamilton, an archivist at the public archives.

706 Echo was among the first homes to be built on George Hay's property situated next door to Echo Bank House. Its location next to the canal and to George Hay's home, in addition to the lot's large and irregular size would have made the property quite a prestigious place to live. The house changed hands frequently over the course of the twentieth century, unlike many other homes in Old Ottawa South which remained within families for decades.

Architecture

706 Echo Drive is situated on a large lot (1400 square meters). It is a very large home, and in excellent condition. Although the home follows a typical side hall plan, it displays features which mark it as elite housing. It is probable that it was architect-designed and contains custom features such as windows and trim in unusual sizes. The 1902 (1912) Fire Insurance Plan for the city of Ottawa shows a wooden addition on the house's proper right which was likely a porch. This addition has since been bricked and has been added to the main living space of the home. It has a second story balcony over a small front porch, and front gable above the bay windows. The lot is very long and

narrow (61 x 7.6 meters) with a shed behind the house.

Significance

Apart from 700 Echo Drive (Echo Bank), 706 Echo Drive is among the earliest elite residences in Old Ottawa South. It is a very well preserved example of an architect-designed Edwardian home, and dates from the early period of the development of the neighbourhood (pre-first world war.) In addition it reflects the changing character of Old Ottawa South, and more particularly Echo Drive as it developed from a largely rural context to become an integral part of the city of Ottawa. In particular, this strong connection with the city of Ottawa is reflected in the type of people who chose to live on Echo drive in the early part of the twentieth century, individuals such as John Buchanan, George Hamilton, and Howard Marshall.

In researching this property, there are several questions that remain unanswered and which warrant further inquiry:

Was 706 Echo Drive built before George Hay's death? The Fire Insurance Plans for the city of Ottawa 1902 (revised 1912) depict a house there in 1912 but no resident is listed in the city directories before that time.

Why is Lot 10 on Echo Drive much larger than the other lots subdivided from George Hay's property? It is even larger than Lot 11 on which 700 Echo Drive was built.

Who designed the house and for what purpose?



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SURROUND CIRCLE YOGA

Yoga for Stress Relief

by Maureen Fallis
Surround Circle Yoga

Stress is not all bad. Being nervous or worried, and on the edge has survival value. We wouldn't be on this earth if our ancestors hadn't had a well developed stress response system to survive marauding invaders and hungry predators. Even getting out of bed in the morning demands a surge in blood pressure that wouldn't occur without our built-in stress response system.

However, when typical contemporary stressors such as worries about relationships, problems at work, and abstract concerns about money, security, happiness and fulfillment persist, then the 'fight or take flight' response system either stays activated or is repeatedly reactivated. If this happens, your built-in protection system can turn on you and cause disease.

Linking stress and disease

Stress is a slippery word to define, but if someone mentioned they have a recurring tension headache, or have difficulty sleeping ... you may very well predict that they are dealing with stress. More and more studies link stress to disease. Depression, type-2 diabetes, osteoporosis, obesity, heart attacks, and strokes, as well as autoimmune diseases like multiple sclerosis (MS) and rheumatoid arthritis are some of the major medical conditions caused by

stress. While the evidence that stress causes cancer is still limited, stress appears to increase the odds of dying from the disease.

Luckily, there are lots of ways to reduce stress or even avoid it in the first place. They fall into three main categories: changing your situation, changing your attitude, and taking good care of yourself.

- *Changing your situation* ~ getting a new job, moving to a new neighbourhood, or leaving an unhealthy relationship – can be very effective, but it's often not practical or even desirable.

- *Changing your attitude* ~ deciding you don't have to knock yourself out working overtime to prove your self-worth, or deciding it's not your responsibility to make your partner change – can be very powerful, even life-transforming, because it puts you in control. When you realize you can choose how you react, many events you formerly found stressful may lose their power to push your buttons.

- *Taking care of yourself* ~ eating right, avoiding harmful drugs, exercising, making rest a priority, and scheduling time in pleasant environments with nice people – helps you recover from stress and keeps it from building up again.

Yoga's take on stress

One of the best stress busters around is yoga. It directly counteracts both the physiological and psychological components of stress, simultaneously

helping you take better care of yourself and improving your attitude. The stretching you do in yoga relieves muscle tension. Upside-down poses and reclining poses slow down the heart rate, relax the blood vessels, and calm the brain. Pranayama (yoga's classic breathwork) slows respiration. As you practice being more aware and mindful, you gain a sense of self-control, equanimity, and peace. Perhaps most important of all, meditation and the teachings of yoga philosophy can help you realize that most of the things that upset you aren't worth getting stressed about anyway!

Tips to lower your stress level

- Try to identify the source of your stress. Figure out what is *really* bothering you. If you know what is causing your stress you may be better equipped to manage it.

- Share your feelings. Choose the appropriate 'someone' to talk to ~ an empathetic listener.

- Learn to let go of the 'chitta' ~ the mental 'noise'.

- Make time and take time for yourself. Make a date with yourself each week to do something special – even if it is sitting down in a sunny corner with a cup of tea with nothing to do but contemplate your life. Learning to meditate is an excellent way to calm your mind.

- Can you write about your feelings? Journaling is a wonderful tool to release

emotions.

- Allow yourself to cry & to laugh out loud ~ both are natural stress-release mechanisms for the body.

- Increase your physical activity. Being physically active can be a great stress-buster and boost your heart health too! Be sure to talk to your physician before starting any 'extreme' exercise program.

- Yoga & Pranayama are a natural 'high' for both body and soul!

- Eat meals balancing protein, fat and carbohydrates. Healthy snacks support the munchies. Enjoy eating your meals without the disruption of "To Do Lists", the computer or TV.

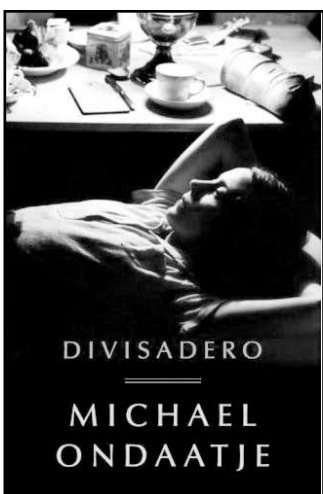
- We all need to escape ~ if you can't afford a big holiday take mini vacations throughout the year. Getting away from it all is important to your mental and physical health.

Surround Circle Yoga welcomes new and more advanced students. Whether you prefer a private class or a group session, whether your choice is early morning or later in the evening or weekend ~ the studio offers a variety of classes to suit your personality and circumstance. Call 613-730-6649 to speak to Maureen Fallis about your specific needs or simply drop-in to a class. Surround Circle Yoga is located in Southminster United Church, 15 Aylmer Avenue, Old Ottawa South. The website has details of each class and schedule www.surroundcircle.com.

BOOK REVIEW

Divisadero by Michael Ondaatje

Published by Vintage Canada
(April 22 2008)



Review by Friederike Knabe

Everything is collage" Michael Ondaatje writes in his new novel, "[T]here is the hidden presence of others in us, even those we have known briefly. We contain them for the rest of our lives, at every border that we cross." At one level "Divisadero" is such a collage, spreading scenarios across more than one hundred years and several continents. Initially seemingly disconnected events and individual stories are nevertheless intertwined in some way that is revealed later on, ever so subtly. The connections converge around Anna, the anchor in

the narrative, who brings the different segments together. At another level, Ondaatje's exquisitely written novel is about recurring themes of identity, love, loss and pain, and the potentially healing power of passing time and remembrance. Completely absorbing, I found it deeply moving and enriching. A book to be read more than once to be fully appreciated in composition and content.

A certain mystique surrounds the title; its varied possible interpretations find their echo in the structure of the novel and the personal histories of the protagonists. According to Anna "divisadero" means "to divide" and also "to gaze at from afar". A pivotal experience at some point in each protagonist's life has broken its continuity, resulting in a major change in their life's direction from then on. Some inner consolidation may be achieved as the passing of time allows for a re-examination of the past. Ondaatje uses different voices and perspectives to bring more than one linear narrative to the reader, enhancing the understanding of events and characters. The novel's structure also reminds me of a musical composition: in each very distinct movement key themes are nonetheless recurring, and innocuous motifs, such as the shards of glass, can take on symbolic character through their repetition; parallels in the protagonists' lives are slowly revealed and linkages

established. With each reiteration, new aspects of the story are introduced for the reader to explore.

The actual plot can be summarized very quickly. It is evidently not Ondaatje's primary motivation for writing "Divisadero". His interest clearly lies in exploring the essence of his characters, their feelings and sensuality, their interaction with others and their physical environments and finally, their ability to recover (or not) from deep trauma. A widower raises his daughter, Anna, and adopts an orphan girl, Claire, born on the same day, as a pseudo twin sister for her. Coop, son of a local farm hand, also an orphan, is added to the small family. When the girls are sixteen, a devastating event abruptly ends the until then mostly idyllic life in rural northern California. They break apart, each coping in a different way with what they experienced. "The raw truth of an incident never ends" Anna reflects later on. Claire's and Coop's stories are interleaved with Anna's. Coop's character, in particular, is expertly drawn, as he lives out the challenges of his youth.

In part two, we meet "Anna" again, living in Southern France, as a biographer, researching the life of Lucien Seguro, a little known author who lived there nearly a century ago. She has since shed her name and former identity. Her life becomes indirectly linked to the writer she

studies, in part through Rafael, who was connected to Lucien in a similar vein that Coop was connected to Anna's family. While the narrative switches to Seguro's life, his coming of age and the people surrounding him, we are led to make connections, see parallels. Comparisons are invited between Anna's life and Lucien's. Ondaatje's sensitive exploration of the growing fondness between Lucien and his young neighbour, Marie-Neige, is one of the most touching love stories one can imagine. At every stage, though, Ondaatje leaves us guessing who the narrator is. Is everything written by Anna? Nietzsche's "We have art, so that we shall not be destroyed by the truth", is initially introduced by Anna on page one of the novel, and later repeated. While we are receiving signals that Anna's recollections may not be necessarily the only version of the truth, Ondaatje leaves the question open to interpretation. In a wider sense, encompassing the whole novel, there are hints of an "invented life" - to make it less painful and to come to terms with her abandonment of her sister and Coop in a time of crisis. The beginning is in the end completing the collage created. Reading the novel twice, or at least the beginning again after finishing the book, reveals connections not necessarily noticeable beforehand.

WINDSOR REDUX B PART 11



Summits And Some Mits

For nearly eight years, from February 2000 to August 2008, OSCAR carried a monthly column. The Windsor Chronicles, written by Zoscha the Wonder Dog. Zoscha became something of a celebrity in our neighbourhood, and her observations on the passing scene, from a canine perspective, attracted her share of loyal readers as well as critics.

OSCAR is reprinting some of Zoscha's musings from eight years ago. The editors have annotated where we feel that today's readers may need to be informed of references that may no longer be remembered by readers today, or where recent scholarship has shed further light on the world described in the Windsor Chronicles..

March, 2001
Dear Boomer,

I continue to explore the language of humanoids. I'm learning that there's a big difference, for example, between "some mits" and "summits." But I'm also learning about the inter-connectedness of all things.

Take "summits," for instance. I've heard humanoids use the term when they talk about mountain climbing. But the word also apparently explains why She Who Must Be Obeyed is not around a lot these past few months. When The Pup

asks Alpha where she is, he replies she's in Quebec City. But when other humanoids in Windsor Park ask, he answers that she's working "on the summit." I assume there some big mountain in a place called Quebec City, and she's out there with her computer working on the top of it. (1)

My Alpha and The Pup did go out to see her on top of that mountain a few weekends back. Alpha didn't pack his hiking boots, however. They put me in the kennel for a few days. If they did return with the kind of sunburn he gets from mountain climbing, it was gone by the time he retrieved me.

The absence of She Who Must Be Obeyed disrupts our routines. I've learned that no amount of whining or tail-wagging will persuade Alpha to take me to the Park for a late-night sniff so long as he must stay with The Pup. Only on those weekends when She returns do I have a hope of getting him out for his evening exercise.

The same applies on the morning runs. If She Who Must Be Obeyed is not home, then The Pup must accompany us to the Park. This limits our options. The Pup always wants to go to the play structures. We never go on a long exploration along the river, except when She is home and Alpha and I can leave The Pup behind.

Which brings us to "some mits." I know that your Alpha is often on the

road, leaving your She to attend to both you, Jasper Dog, and The Lump. (I hope you don't mind me referring to yours as "The Lump" still. He doesn't yet throw a ball far enough to graduate to "The Pup" status, but that day will soon come.) (2) Maybe you are already an experienced master at how to manipulate humanoids, harried by the challenge of attending to both dog and offspring. Let me pass along a few tricks I've discovered.

The challenge is to bring your humanoid and the offspring to the stores that provide dog treats. Hillary's Dry Cleaners is one good place, but for this strategy, perhaps the best is West Coast Video. (3) I've found that, if I can keep the pack in the store long enough, The Pup is bound to take off his mits. It's all a function of how long we stay in the store, and how many things there are for The Pup to get into - which is why I favour the video store for this strategem.

One thing I've noticed about these humanoids, when left to take care of their offspring too long on their own, they get flustered more easily. Sometimes they lose their attention to the details, and the more we can do to distract them, the more opportunities for an oversight.

So the video store is perfect. The Pup runs back and forth with various titles he wants us to take home. And I make sure I'm insistent and focused on the task of pulling Alpha toward the exit, where the dog biscuit awaits me. If I can distract him enough, we leave without Alpha noticing that The Pup has left his mits behind. Alpha will discover the oversight within a minute or two, and that means we must go back to the store. Presto!

Another dog biscuit!

The "lost mit gambit" has never worked when She Who Must Be Obeyed is home from her summit. Either we leave The Pup at home with her, or Alpha is less addled during these shorter bursts of trying to wrangle both dog and kid. But as long as this summit business lasts, I'm going to take advantage.

The days are getting longer and the snow is melting. There's little time left to take advantage of left-behind mits. I don't know how much more She will stay on her summit. If she stays away long enough, I'll have to develop options using left-behind sun hats ... maybe even sandals.

Passing along the secrets of our craft,

Zoscha

(1) Scholars have determined that this passage refers to "The Summit of the America's," held in Quebec City in April, 2001. See Darlene McCutcheon, "The Post-Modern Pack - Family in the World of Zoscha the Wonder Dog," *Rideau Review*, Spring 2007.

(2) Zoscha frequently refers to the progression from "Lump" to "Pup." This is the clearest definition she provides on how the transition takes place. "The Pup" in his particular pack had just turned four years old.

(3) Hillary's still serves dog treats as well as providing dry cleaning services; West Coast Video was destroyed by fire and has ceased dispensing dog treats.

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A HARD DAY'S PLAY

Hippocratic Oof

By Mary P.

Teddy lies on the floor. She is stumbled upon, quite literally, by two 3-year-olds, whom we will call Aaron and Alex.

"There is the teddy, Aaron, and you stepped on her!"

"You did, too, and now she is hurt!"

"We need to fix her."

"We need tools, don't we?"

"Oh, I know! There are tools in the kitchen!"

"Mine teddy not doing well, Alex. She's sick."

"Poor teddy! That's not fair. That is dumb."

"We will get the tools and fix her."

"Yes. A hammer and the pliers."

"And a saw. And we will fix her."

[Ugh. Poor teddy, indeed.]

From the kitchen:

"Here are the tools."

"Yes, but Aaron, I found the doctor kit! We can use that!"

[Phew.]

"You put that on her tummy and listen to her heart."

"And you can scrape her with that." (That' being a thermometer.)

"Yes, I will put this on her nose, and scrape like this!"

"Oh, and I will put the stuffascope

on her nose, too!"

"You will listen to her heart in her NOSE?"

"Yes, and she won't be able to breathe!"

(Gales of laughter.)

Aaron hauls out the reflex hammer.

"She needs a shot with this."

Expressing an unexpected burst of human kindness, Alex demurs. "She doesn't like shots. You have to hit her in the knee with it."

"I will hit her in the nose."

"In the NOSE?"

(Gales of laughter.)

"Oh, we have to stop fixing her now."

"Why, Aaron?"

"Because she's dead."

"Oh, poor teddy."

"Yeah, poor teddy."

"We didn't fix her and now she's all dead."

"Yeah."

"Hey, I know! Let's go fix the DOG!"

..

...

...

They were not allowed to fix the dog.

City Proposes Environmental Assessment of New Footbridge

By John Dance

City staff is recommending to the Transportation Committee that a full environmental assessment study be conducted of a second canal footbridge that would link the Glebe with Old Ottawa South and Old Ottawa East. Funding for the “Midtown Footbridge” study was earmarked in the recently approved City budget and is one of many pedestrian and cyclist friendly provisions of the new budget.

The recommendation comes in the context of both the new pedestrian plan, which includes the new footbridge and the upcoming consideration of the Old Ottawa East community design plan that endorses a second footbridge over the canal. According to City staff, key deliverables of the environmental assessment would be a recommended location for the footbridge and preliminary design drawings.

Potential Locations

A key part of the study will be ensuring public consultation to solicit views on the proposed footbridge and perspectives on the best location for it. The fundamental justification for a new footbridge is that the Rideau Canal between the Pretoria and Bank Street bridges is a two-kilometer barrier for pedestrians and cyclists. While it is possible to use the existing bridges, neither is particularly safe for cyclists and, for many, the distance discourages both walking and cycling.

The two most likely positions to be considered for the new footbridge

are at Fifth Avenue – Clegg Street and Second Avenue – Herridge Street. The former seems to be most popular and is approximately at the midpoint of the Pretoria - Bank stretch of the canal as well as a missing link in the existing midtown cycling route across the City.

On the other hand, if the footbridge were at Second Avenue and Herridge Street the canal is narrower so, conceivably, would be more economical. A third option would be to build the footbridge south of Fifth Avenue. This would be more advantageous to residents of Old Ottawa South, particularly those living east of Bank Street, and could provide a more direct route to Lansdowne Park but might result in more Lansdowne parking in the neighbourhoods on the east side of the canal.

Lansdowne Park Linkage

The original Lansdowne Live proposals had only passing reference to a possible footbridge, noting within the transportation strategy that there had been “some discussion of a second pedestrian bridge over the Rideau Canal ...” However, in the recently released “guiding principles for Lansdowne Transformation,” there is explicit reference to “explor[ing] the possibility of a pedestrian bridge connection over the canal from the Lansdowne area, such as at Fifth Avenue to Old Ottawa East.”

Members of the Midtown Footbridge Group, composed of about 30 residents of the Glebe, Old Ottawa South, Old Ottawa East and

elsewhere, stress that the benefits of a new footbridge are far more than simply the provision of better eastern access to Lansdowne Park.

Footbridge Benefits

Many students and staff of Immaculata, Glebe Collegiate, Lady Evelyn, Mutchmor, Corpus Christi, Saint Paul University and even Elgin Street Public School would have safer and more convenient routes to school if the Midtown footbridge were built. Similarly, a new footbridge will facilitate commerce and recreation for those living in and beyond the three “sister” communities. Also, with increased “intensification” of the midtown area it will be important that more people walk and bike rather than relying on motorized transport.

The community associations of the Glebe, Old Ottawa East and Old Ottawa South have all endorsed the concept of a new footbridge, as have the Glebe BIA, Councillor Clive Doucet, MPP Yasir Naqvi and MP Paul Dewar. Dewar notes, “The project would undoubtedly support greater linkages and interaction between the communities and among citizens. The initiative is a magnificent one, and it has been a long time coming. I am pleased to offer my support to help make it happen.”

As Doug Long, president of the Glebe Little League notes, “A new footbridge could only enhance the opportunity for children and families on each side of the Rideau Canal to connect with our facilities, whether as pedestrians or bicyclists, in a safe, efficient and environmentally

conscious manner. The resulting decrease in automobile traffic and parking requirements represents an obvious benefit for one and all and is a win-win situation for the City of Ottawa.”

Next Steps

The statement of work for the proposed environmental assessment study is currently under development and will be considered by the City’s Transportation Committee April 7. If the work is approved there will be at least two public open houses / consultation sessions where feedback will be sought. Input on potential footbridge locations and preliminary designs will be among the topics discussed.

The proposed footbridge will have numerous design challenges, just as the successful Corktown Footbridge had. Included in these will be ensuring that the design complements the canal’s world heritage site designation and critical aesthetic perspectives. Also important will be provision for safe crossings of both Colonel By and Queen Elizabeth parkways. A further challenge is to ensure there are at least seven metres of clearance for boats’ heights while limiting the bridge’s ramps to slopes of five percent or less.

Further information is available at the Midtown Footbridge Group’s website at <http://groups.google.ca/group/goes-footbridge?pli=1>. Alternatively, please contact John Dance (dancejohn@magma.ca).

ABBOTSFORD HOUSE

A Special Day Away

By: Julie Ireton

For the first time in a long time, Abbotsford House has spaces available in its very popular Alzheimer’s Day Away program. The program allows caregivers some respite and gives patients an active day outside the house.

“It gives them dignity and a sense of belonging,” says Shannan Dunne.

Dunne’s parents suffer from two different levels of dementia. They are in their 70s and attend the Alzheimer’s Day Program once a week at Abbotsford.

“I know they’re there and that they’re safe. It takes a great worry off your mind. It’s the safety that helps,” explains Dunne. Both her parents live with her, her husband and their two young children. She says she drops her parents off and she has the day off to do errands or just rest.

The Day Away begins at 9 am. Dunne picks her parents up at 3 pm. Clients living in the Glebe catchment area can be picked up by the Glebe Centre mini-bus in the morning and dropped off at home at the end of the day.

The clients do lots of different activities, depending on the season. In the fall, they take a ride out to the Gatineau hills to see the fall colours. Sometimes they watch short documentaries on nature or do arts and crafts. They also sing, play shuffle board, snooker, golf and varied card games all according to their individual abilities.

Dunne says her mother appreciates being able to get out and see the people she’s gotten to know at Abbotsford.

“It’s the stimulation,” explains Dunne. “Mom’s lonely. She doesn’t really have anyone to talk to. But she’ll look forward to her days away and say, I wonder if so-in-so got down to Florida. Dad has days he has a really good time, other times he says he was bored.” she laughs.

According to the Alzheimer’s society of Canada, in the next thirty years, a new case of Alzheimer’s or dementia, will be diagnosed every two minutes. Already, close to 500,000 people are living with dementia in Canada. This puts a lot of pressure on the families who take care of these patients; especially if they live at

home.

For Shannan Dunne, the constant care of her parents is taking its toll. “It’s getting tough,” admits Dunne. Her parents are on a waiting list to become residents at the Glebe Centre.

“The volunteers and staff at Abbotsford House are fantastic. And best of all they treat my parents with respect. They always make them feel comfortable, welcoming and

important.”

The Abbotsford program costs \$30.00 a day per person. The attendees are fed lunch and snacks at tea-time. Anyone interested in the program needs to get in touch with Abbotsford @ The Glebe Centre at (230-5730) and the Community Care Access Centre (745-5525) to get a spot in the program.



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Pansy Avenue Hosts Olympic-Size Event



Torch arrives at the fire-pit

By: Susan J. Atkinson

Eighteen years and running strong that qualifies for an official Olympic event doesn't it? Well at the very least the 18th annual Fire and Ice hosted by the Pansy Village had all the thrills, spills and chills of the Olympics. In honour of this year's games in Vancouver, the Pansy Organizing Committee (The POC) used the Olympic theme as a backdrop for this annual event. Despite excruciatingly cold temperatures the games and its 'athletes' were not to be deterred.

The day kicked off with the annual Pansy parade only this year there was a little something extra. It had all the pomp and pageantry of the Olympic opening ceremony including the anthem being piped onto the street as the Olympic torch (yes, a real live Olympic torch, fashioned after the one used in the 2010 games and created by Pansy's own torch master, Ross Imrie) was proudly passed from youngster to youngster (with adult supervision of course!) all around the block from Carlisle to Aylmer, Seneca to Pansy and back to the Olympic Cauldron (AKA the fire pit) which was ceremoniously lit for the games to begin.

The first event of the Games was the annual adaptation of the Stone Soup play, which is a playful version of the classic folktale, acted by members of the Pansy Village in Reader's Theatre style. Skillfully written by Elizabeth Todd Doyle (famed illustrator of the Little Witch books) this tale of how soup can be made from a stone, was set in the Olympic Village, and featured world renowned chefs, Jamie Oliver, Gordon Ramsey and Julia Child played flawlessly (accents and affectations and all) by Pansy Villagers. The kernel of the story was that our Canadian athletes simply can't perform fuelled by poutine and pogos alone so the charming Mr. Oliver swoops in and shows how a healthy soup of leeks and corn can catapult every athlete to victory (or at least to fourth place!)

Warmed by the fire and many hearty laughs it was off to Mount Seneca for some traditional Olympic events. Organized and facilitated by two of the Village's youngsters, Charlie Doyle and Daniel Drapeau, the events were created for the younger crowd. The boys did a wonderful job of entertaining their peers with luge races, sled jumps, snow-shoe races and a number of other snow-related activities. The events were celebrated with the awarding of gold chocolate medals for all.

Following the 'hill sports' it was back to Pansy Avenue where the games continued. In what can only be described as an Olympic effort, Joe Silverman, founder of the Fire and Ice festival and it's world famous Polar Dip, worked tirelessly in the days approaching the event to keep the aforementioned alive. In recent years the number of brave participants had diminished somewhat causing the POC to question whether the event should be included or not (after all the question could be raised, is it a sport?) Due to Mr. Silverman's unflinching dedication and obvious love of this event he was able to solicit promise of participation from 18 competitors – one for each year of its existence. The event proved to be quite a highlight as participants 'strutted' their stuff in outrageous costumes before taking the plunge into the icy depths of an old laundry tub!

Next on the day's agenda was the Annual Hockey Game. A classic clash of titans of young and old, who didn't seem to mind switching sides depending on the direction of the puck! The excitement could certainly rival any game where teams are fighting for Olympic gold.

As the sun began to set and the last puck was sunk into the net, villagers took a short break from the itinerary to warm cold feet and prepare for the evening's festivities. (Taking a break really meant hanging out in one villager's home much like one would imagine the Olympians do in the Olympic village!)

Despite no respite in the freezing temperatures, the brave and hardy gathered around the fire to enjoy a medal-winning performance of Ross Imrie's "Ode to a Haggis"; Ross shone gold as he stabbed and gesticulated homage to the 'poor beast'. There was plenty of food to share and though the evening program was somewhat shorter than days gone by the firework show was a fitting finale and everyone agreed that the 18th Annual Fire and Ice had been a huge success and unlike the Olympics in Vancouver the event wasn't going to leave the street in financial ruin!

The POC would like to thank Dave and Ada for all their hard work, Joe Silverman for lighting the fire under the rest of the 'athletes', the men of Pansy for building the Olympic site, the women of Pansy for, well for being there, Starbucks for their generous donation of hot chocolate, The Ottawa South Grocerteria for the snacks, Fida's pizza for the annual post-hockey pizza and anyone else who helped make the day the success that it was!

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Two Hopewell Kids on Sabbatical: Update

In August 2009, Old Ottawa South residents Patti Ryan and Mark Newman left Canada for a half-year trip to Asia with their children, Chloe, 9 and Ciaran, 7. They have been backpacking their way around southeast Asia and India. Chloe and Ciaran, who are missing grades 4 and 2 respectively, are writing monthly articles for the OSCAR about their travels. Last month's was about Vietnam. This month the focus is on India. Since the trip ends on March 1, this will be the last one.

By Chloe Ryan

We began our visit to India in the southern state of Kerala at a beach town called Kovalam. Kovalam is quite touristy, so my parents thought it would make an easy introduction to India for us.

This turned out to be a good idea, since there was a beautiful beach there, it was relatively clean, and the town nearby was quiet. The paths leading away from the sea towards the village were only narrow foot trails, not at all wide enough for vehicles, so it was really quiet compared to what we were used to in southeast Asia. There were palm trees all around.

When we had spent five days or so adjusting to India in Kovalam, we

owned by a family with lots of children. In the mornings, Rani, the woman who did most of the managing, would bring us homemade chai. We also ate lunch there, when she served us thali on a banana leaf. A thali is essentially white rice served with pappadums and an assortment of chutneys, pickles and curry.

The people at Mummy Bamboo were really nice, but the beds seemed to be made of cement. I actually got bruises on my hips and shoulders from sleeping.

We played Lego with the kids in the Mummy Bamboo family, and one of the girls, who was my age, liked to draw, so we drew together. One night we had a game where you had to imitate the sounds of animals and other things, and one of the boys had a sound that was exactly like a very old car starting up in the middle of winter. Playing with other kids our age, even if there was a language difficulty and we sometimes had to use gestures, was really fun.

In front of the guesthouse there were a lot of old-fashioned Enfield motorbikes parked and my Dad was always staring transfixed at them. It was obvious he longed to rent one and zoom around town.

The Varkala Ulsavam Elephant Festival

Near the end of our stay at Mummy's, the owners invited us to an elephant festival at a nearby temple. At first, we just stood there in the temple grounds, and watched as all the Indian families milled around, buying ice cream cones and chatting. Everyone was dressed in their finest, most colourful clothes. Eventually our hosts shepherded us out of the courtyard and down a few dirt roads, along with much of the rest of the crowd, to watch a procession. The streets were packed with people, a massive sea of bodies. The procession was led by dancers in

exotic make-up and costumes, some wearing peacock feather skirts that they twirled everywhere. After the dancers came men twirling giant, colourful tinsel cones on their heads that had ribbons and bells protruding from their sides. The cones were twice the men's size and would flop and jingle and spin. After that came big groups of bare-chested men drumming and dancing.

When the procession had gone by, our hosts led the way back to the main temple. On the way, we were greeted

Cont'd on page 26

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Festival-goers turned out in their finest for the Varkala Elephant Festival

moved on to Varkala, another beach town just a few hours north. Varkala is famous for its tall red cliffs that fringe the beach. There are no hotels or restaurants down on the sand, but many are clustered along the narrow cobblestone road that runs the length of the beach along the cliff top. Most of the way along the cliff road, there aren't even any fences—you could just step a little ways to one side and fall right off the 50-foot cliff.

The waves were humungous, and would pull you under if you weren't careful. My Dad liked surfing them. He would start to surf when a wave was giant, then my brother and I would jump on his back and hang on for the ride, using him like a body board.

In Varkala, we stayed at Mummy Bamboo House, a very small guesthouse that felt more like a home stay. It was

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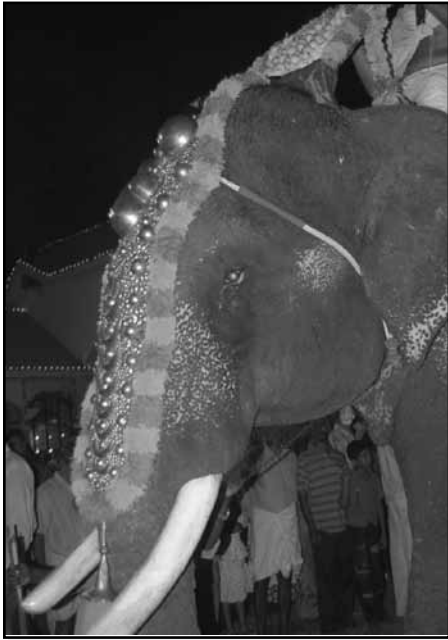
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Continued Two Hopewell Kids on Sabbatical: Update



Elephant with faceplate - Festively dressed for the Varkala Elephant Festival

by a chorus of drummers beating their drums so loudly that I thought my eardrums might burst. We weaved our way through the crowd like little ducklings, single file, holding each other's hands. We would have become totally lost if the family hadn't guided us.

Back at the temple, we watched as the dancers and drummers came through again. Then came the grand finale: a parade of enormous elephants with giant tusks. They wore gold faceplates with brightly coloured beads in patterns. There were two or three people riding each elephant bareback,

some holding parasols. It was really cool watching all the different acts go around the clearing while the sun descended into the horizon. At dusk, near the end, there were fireworks.

Getting around

After Varkala, we took a train to a small town called Alleppey to organize a houseboat tour of Kerala's stunning backwaters. Our guesthouse there was down a narrow lane, so it was quieter than the main road, but to get out, you had to exit the alley, turn right, and walk down an extremely busy street with a stagnant, garbage-filled river on one side and a great orange wall on the other. We called this road "Bus Alley" because of the dozens of buses lining the wall, like a giant long bus stop but far less organized. To get past the buses, we had to walk in the road, narrowly missing getting hit by all kinds of traffic.

This was scary because in my opinion, Indian drivers are not what you'd call considerate. They constantly honk their horns, which often don't just go "beep" but actually make a long, deafeningly loud musical pattern. All drivers seem to love their horns—whether they're driving a bus, truck, rickshaw, taxi or something else. Trust me on this, you get a very bad headache when there are, say, 100 horns honking at the same time.

Based on the driving we've done, my impression is that most Indian vehicles fly around the road with drivers taking very little notice of what they might run over or smash into. There is a

rule here that seems the opposite of the way things are done in Canada. Here in India, pedestrians are at the bottom of the food chain, and the biggest trucks and buses are at the top. "Might is right," as the expression goes, and it perfectly describes the situation here. If you're driving a smaller vehicle, it's your responsibility to make sure you don't get killed. The bigger vehicles will just run you off the road if necessary.

Houseboat on the backwaters

The backwaters of Kerala are a 900-kilometre network of waterways that have been used for centuries as "water highways" by people transporting and selling goods. Our houseboat, a converted rice barge

there was wearing white. The ashram compound was very large, housing over 2,000 residents. There were big, pink high-rise residences—but don't get the idea they were modern just because they were tall. The elevators were so small that only about four people could fit in one, and even then, everybody would be squashed and worried about a breakdown. There was a swimming pool, but we never used it because girls and women had to rent these full-body suits to go in, and my mom wasn't so fond of that idea.

Meals were included in the accommodation fee. Although the food was okay, the presentation was really not for us. You would pick up a wet metal plate from a bin of them, line up,



The converted rice barge we hired for our houseboat tour of Kerala's backwaters

named the Angel Queen, had two small bedrooms, each with an attached bathroom. There was a glass table out on the deck for meals, a small coffee table with four surrounding bamboo armchairs, and of course a little kitchen area at the back of the boat where the crew made our meals.

The scenery was beautiful, with rice paddies on either side of the waterways and little cement houses or mud huts here and there with lines of laundry strung up across dirt yards. There were palm trees and foliage everywhere in dozens of shades of green. We stopped off at a tiny village with maybe 10 houses to buy some fresh prawns for dinner. Afterwards, Ciaran and I were offered a chance to drive the boat. We came up with a game where you had to weave between the little pieces of water hyacinth floating on the surface.

Just before dinner, we moored near a small village and got out to walk around. It was sunset, and lots of kids were coming home from school wearing their uniforms. Many said hello and asked where we were from. Nearly all of them also asked if we had a pen to give them. "One pen? You have one pen?" they kept saying. But we didn't have any.

Life at an ashram

After Alleppey, we took another boat for five hours to an ashram called Amritapuri. The founder of Amritapuri is a woman known as Amma ("Mother"), and she is one of India's only female gurus. Almost everyone who lived

and someone would plop food onto it. There was watery rice and one curry, so it was a very messy meal. You had to eat it with your hands, since no utensils were offered. You would take your seat along any of the long rows of tables, all of which were filthy because there are so many people eating and not so many cleaning. My mom was also not very happy about the dishwashing system: you would pick up that metal plate from a big bin of wet plates, eat your food, scrape the excess food into a bin, rinse your plate at a row of taps—no soap, although some people used ash—and place it back in the bin for someone else to use. So when you first picked up your plate, you knew it wasn't actually clean.

On the second day, I made a friend my age named Shivay, who was originally from Victoria, B.C., but had been living at the ashram for a year and a half. She showed me around and we played a lot. There was a big field at one edge of the ashram and we ran around making a fort with Ciaran. It was awesome to have someone my age to play with.

Amma offers darshan when she is at the ashram. "Darshan" means giving an audience or a blessing. Amma's type of darshan is a hug, so she is known throughout India as "the hugging mother." While we were there, we had two opportunities to get darshan. The first was on the day we arrived, when we were all very tired, hungry and confused. We lined up and waited, moving down a couple of chairs every five or 10 minutes. It took an hour or



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Continued Two Hopewell Kids on Sabbatical: Update

two to reach the end of the line and have our turn. When it was finally my turn, it felt rushed. Someone would grab your neck and force your head into Amma's lap, and then she would whisper words into your ear. When she was done, you'd pretty much be dragged out of the crowd.

The second time, I was with Shivay, and she said the two of us and Ciaran were allowed to jump the queue because we were kids. So we got another darshan. I found it was a bit nicer, because it was less crowded and nobody seemed to be trying to suffocate me by grasping my neck so tightly. Afterwards, Shivay and I were allowed to help by holding a basket of clips, badges and other hard things that could hurt Amma. (When you go for darshan, you're supposed to take these types of things off, and leave them in the basket until you're finished.) The devotee who assigned us the job was from Edmonton, and was very nice. That was one of my highlights at the ashram: holding the basket while chatting with the lady from Edmonton, playing with Shivay and talking to the other people in line.

Cochin

After the ashram, we took another train to a city called Fort Cochin, where you can still see some Portuguese influence from colonial days. There, we went to one of Kerala's famous Kathakali shows. Kathakali is the dramatized presentation of a play, with dancing, based on the Hindu epic poems, the Ramayana and Mahabharata.

We saw part of the Ramayana. There was no talking, but the actors used extremely exaggerated hand signals and the craziest facial expressions I've ever seen. They would puff their cheeks in and out to show anger, for example, or move their eyes from side to side to show excitement. There were at least a dozen other emotions they could show just with facial expressions and hand gestures.

We hadn't seen any cows on the loose in India by this point in our trip, and my mom was despairing that we ever would. When we arrived in Cochin, though, there were lots of them wandering the streets, walking through parks, weaving slowly in and out of traffic. There were also loads of goats wandering around.

In Cochin we met an artist offering painting classes, so my mom signed me up for two private lessons. The first day, I made a still life in watercolors of a tin jar, a cup, and fresh green onions. The next day, I painted a traditional Keralan landscape, with palm trees and a bamboo hut near some water and a woman carrying baskets. Unfortunately, I lost my sketchpad (with the paintings) and palette the day we were leaving Cochin.

Another highlight of Cochin was the Chinese fishing nets. These are huge, traditional, cantilevered nets that require four or five men to work the counterweights. My Dad, Ciaran and I had a chance to help work the ropes and raise the net, and watch while they scooped up the fish.



A cow makes its morning rounds of the restaurants in Palolem, Goa

In Cochin we also visited an area known as Jew Town, so named because of the old synagogue and declining Jewish communities around it. This part of town is also the heart of the spice trade in Cochin. We visited ginger and spice warehouses, the synagogue and a former palace. At the ginger warehouse, men were rolling large piles of fresh ginger into a white dust preservative, and then into big burlap sacks to be transported. The smells of the spices and ginger were wonderful. My favourite was the fresh turmeric, because it is used to make the orange Kathakali makeup. I got to take a little piece home.

After Cochin, we took a sleeper train for 12 hours north to Goa, which is mainly known for its beaches. Our plan was to spend the final two weeks

of our time in India relaxing here before visiting Mumbai for three days and then flying home. We are in Goa now, in a tiny town named Agonda where the beach is long, beautiful and quiet. We're staying in a rustic bamboo shack with a thatch roof, and have met another family from England with two kids.

It would have been nice to include my impressions of Mumbai in this article, since I think it's going to be a very unusual and colourful experience, but by the time we get there, the deadline for this article will have passed—so you'll have to ask me in person!

This is my last article from Asia. It's hard to believe our big trip is nearly over, and I'll be sad to get on that last plane and leave it all behind. But on the other hand, there are lots of things I'm looking forward to at home as well.

Footloose Cows And Newborn Goats

By Ciaran Ryan

Wherever you go in India, you are never far away from homeless animals.

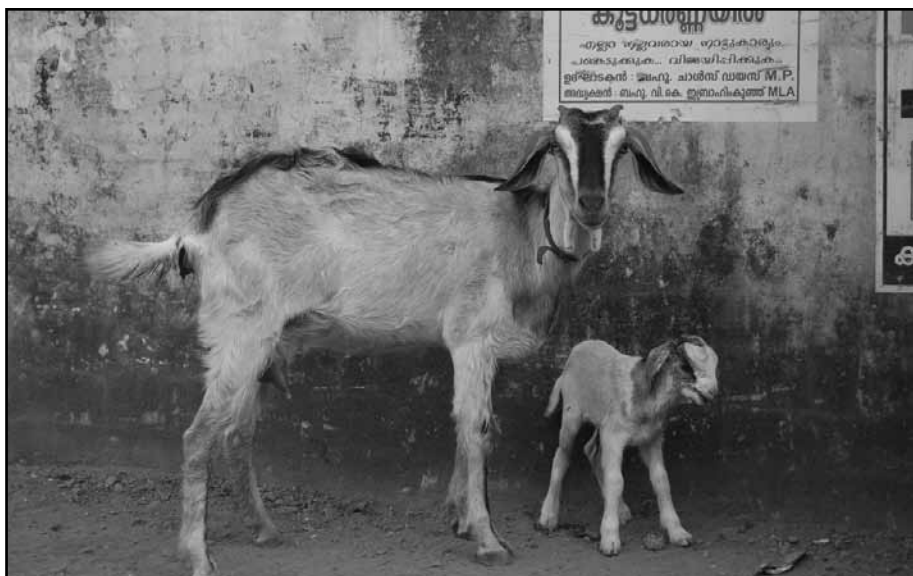
In the first couple of places we visited, there were tons of stray dogs and cats. I was allowed to pet the dogs if they were friendly, and I got to know some of their names. In Goa, some of my favourite dogs were Coco, Ringo and Shaker.

In Cochin there were also cows and goats roaming around. Once, when we were walking down the street, we saw a big goat on the side of the road that looked like it was sick and upset. A few hours later we walked by again and noticed a newborn baby beside her. We

realized the goat wasn't sick, but had been having a baby. We watched them for a while and took photos. It was super cute.

In India, you just never know what you're going to see. Once in Varkala, we saw an elephant standing at our restaurant eating a bunch of palm leaves. In Goa, a cow wandered right into the restaurant where we were having lunch and started licking one of the counters. Also in Goa, a big black pig covered in mud once ran into a restaurant where we were eating. The dogs there chased it out.

It's so cool to see cows wandering the streets, but it's bad if you step in their poo by accident!



Cochin newborn goat - born on the streets

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Carleton U Sports

By Joe Scanlon

Carleton men and women won two Ontario fencing championships in February and have a shot at one and possibly two Canadian Interuniversity Sport (CIS) basketball championships later this month [March].

Before then, some playoff games will be at Carleton – for example, there could be both men’s and women’s playoff basketball at Carleton Saturday March 6.

In mid-February, competing against eight other Ontario universities -- Brock, McMaster, Queen’s, RMC, Ryerson, Toronto, Trent and Western – Carleton men and women each won the Ontario University Athletics (OUA) fencing championship. Both had won before; but this was the first time they had won at the same time. The Carleton coach, Eli Sukunda was named OUA coach of the year.

In mid March, the men’s basketball team will defend its Canadian Interuniversity Sport (CIS) National championship in an eight team tournament at Scotiabank Place; and the women’s team – ranked # 9 in Canada – are favoured to represent the OUA East in the women’s Nationals at McMaster a week earlier.

To find out whether there are games at Carleton, log on to the web

at “Carleton.ca” click on “Carleton, Canada’s Capital University,” and in the upper right hand corner type in “Varsity Sports” in the search box. That will turn up a web page that lists all sports and has the latest information on each one. You can also check the web site for Ontario University Athletics or Canadian Interuniversity Sport; but the Carleton site is usually the most up-to-date and accurate when it comes to Carleton games. It is important to check often: when the playoffs start the situation can change very quickly.

In fencing, Carleton men just squeaked by the defending champions, University of Toronto, 194 to 193. But the women were dominant, finishing with 276 points, 63 ahead of second place RMC.

For the men, third year Journalism major Scott McNeil (Calgary) captured gold in the individual foil competition, while second year Psychology major Mike Ivancovic (Kitchener, Ont.) earned a silver medal in the sabre. The men’s sabre team successfully defended its title, while the men’s foil team finished second to Toronto. Three Carleton newcomers led the way for the women. Kelleigh Ryan (Ottawa) and Jennifer Dunev (Ottawa) finished first and second in the foil. Gillian Turnbull (Winnipeg, Man.) won the women’s épée. In addition, third year Humanities major Rachael

Gardener (Ottawa) earned a silver medal in women’s épée and Adrienne Sukunda (Gloucester, Ont.) won women’s sabre.

On March 19-20-21, the men’s basketball team host the CIS championships and as host are guaranteed a chance to defend the National title they won last year, the sixth CIS title for Carleton men’s basketball in the past seven years. They lost in overtime to Acadia in the National semi-final in 2008. They defeated this season’s # 1 University of British Columbia in the final last March. Going into the final week of the regular season Carleton men were ranked third in Canada: they had lost only twice to Canadian opponents – once to Lakehead in Thunder Bay and once to Ryerson in Toronto.

Last season, three of Carleton’s starters – Aaron Doornekamp, Stuart Turnbull and Rob Saunders – were fifth year veterans. Doornekamp and Turnbull are now playing professionally in Europe. This year the team has only one fifth year player, Kevin McCleery and one fourth year player, Mike Kenny. However, they have some solid younger players including Elliot Thompson and Cole Hobin – both in third year -- and an outstanding rookie Tyson Hinz. Thompson is from Fredericton. Hobin and Hinz are both from Ottawa.

This is the third and final year the men’s basketball championships will be in Ottawa. The tournament moves to Halifax next season. Carleton will play its first game Friday night March 19th. If they win, their subsequent games will be Saturday night and Sunday afternoon.

Before the Nationals, Carleton will be in the OUA East playoffs. If they win the regular season, they will probably host the OUA East championship on March 6th (with top 10 team Ottawa U the most likely opponent). If they win that game they will host the Ontario final on March 13th.

The women’s basketball championships will be played at McMaster, March 12-13-14. For Carleton, it has been a season of firsts. After a slow start – two wins and three losses in the first five regular season games -- the women Ravens have won 16 of their last 17 league games. They finished first in the OUA East for the first time. They had a top 10 ranking for the first time.

First place guarantees a team a bye in the first round of the playoffs and home floor for all future games as long as they keep winning. If the women Ravens win the OUA East playoffs they will host the Ontario championship at Carleton on March 6th. If that happens they will already be celebrating: winning the OUA East guarantees a spot in the Nationals: for Carleton, that would be another first. Their most likely opponent if they go that far would be # 2 Windsor, a team that defeated Carleton 55-42 in early November. In that game Carleton actually outscored Windsor from the floor 39-38 but Windsor had 17 points on foul shots, Carleton only three.

The Carleton women’s coach, Taffe Charles, took over three seasons ago after being associate coach with the men during their five consecutive National championships. He has built a balanced team led by a fifth year player, Ines Jelic who came to Carleton from London,

Ontario, to study Journalism. But with one exception the rest of team comes from the Ottawa area.

Carleton’s strength is team play: no one on the team averages as much as 10 points a game but seven players average six to nine points per game and six pull down at least three rebounds a game. The team also has seven players who can score from outside – from three-point range. Carleton is one of the top defensive teams in Canada holding its opponents to just more than 50 points per game. That’s better than # 1 Simon Fraser and better than any other women’s team in Ontario. The team’s playmaker is Alyson Bush. She doesn’t shoot often – her job is to run the offence – but she can be devastating. She scored seven of the last eight points in a tight game against University of Toronto in Toronto.

In men’s basketball, Carleton and Ottawa are consistently among the top 10 in Canada. Ontario West is also strong: the only team other than Carleton to win a National championship in the last seven years is Brock.

In women’s basketball, teams from Western Canada have dominated Canadian University women’s basketball in recent years. Carleton’s goal is to get to the Nationals as a first step towards building a team that can win at that level.

Both the men’s and women’s hockey teams are also in the playoffs but both teams are in one of the toughest conferences in Canada and are unlikely to make it to the hockey Nationals in March. The women’s championships are in Antigonish with undefeated McGill – which plays in Carleton’s league – as favourites. The men are at Lakehead in Thunder Bay in late March.

For the first time since Carleton brought back men’s Varsity hockey, Carleton is playing an Ontario team – Queen’s – in the first round of the playoffs. They defeated Queen’s 8-0 during the regular season; but if they win that two out of three series they would have to play more games away than at home against powerful Quebec opposition. Two of Carleton’s possible playoff opponents are Université de Quebec at Trois Rivières (UQTR) and McGill. UQTR is ranked third and McGill sixth in Canada.

In Ottawa, how Carleton and Ottawa U do against each other can affect recruiting. Last year, for example, the women’s basketball team lost in the playoffs to Ottawa U; but this year the women won both season games and an exhibition game against Ottawa, improving Carleton’s chances in recruiting this year’s high school graduates.

In men’s hockey, the Ravens finished well ahead of Ottawa U this season: they won their final game against Ottawa in overtime finishing Ottawa’s chances of making the playoffs. Already the improving Ravens have announced a recruit for next season: Jeff Hayes, captain of the Oshawa Generals in the Ontario Hockey League, has announced that he plans to return to his hometown of Ottawa this fall, enrol at Carleton and play hockey. However, four of the current team -- Ryan Medel, Jared Cipparone, Mark Smith and Derek Wells – are scheduled to graduate.

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WESTBORO ACADEMY

Keeping Up With Westboro Academy

By Alexandra and Charlotte

Like always, a lot is happening at our school, Westboro Academy, and obviously, there is a lot to report! Concerts, fundraisers, academic fairs, and even a party are keeping us on our feet. Read on to get in the know about what's happening at Westboro!

Come toujours, beaucoup se passe à notre école, l'Académie Westboro, et il y a beaucoup d'évènements! Des concerts, des collectes des fonds, des foires académiques, et même une fête. Continuez à lire pour savoir tout sur notre école!

First, we will do a follow-up for our Santa's Breakfast from December. As our readers will probably remember, Westboro Academy's students performed various song and dance numbers from previous decades at the Hellenic Centre on Prince of Wales. Afterwards, parents, students, and teachers alike helped themselves to

goodies brought in by some of the school's parents. Even Santa took time out of his busy schedule to make a brief appearance and give out gift bags. Everybody had a great time, as was expected, and we are looking forward to next year's concert.

Prochainement, il y avait la fête du patinage, qui a pris place le premier février 2010 à l'ovale du Parc Brewer. Tout le monde a aimé la pizza, le chocolat chaud, et du cidre, ainsi que des produits de boulangerie servie à l'évènement, et les participants ont eu beaucoup de plaisir. Merci beaucoup à toutes les familles qui ont amené de la nourriture!

We continued our 'skating fest' with some friendly competition. On Wednesday the 10th February, grades 4 and up participated in an annual skating meet against Bishop Hamilton School and Counterpoint Academy. There were relays, races, and ribbons, and, of course a really good time for everyone. Grades 7 and 8 even helped Mrs. Cheryl, who

coordinated this event, to count laps, direct students, and give out prizes (and jellybeans!) to the students. This was an excellent leadership activity, and everybody learned a lot about cooperation with others.

Tout ce temps, les étudiants plus âgés de l'Académie Westboro ont travaillé dur afin de finir deux grands projets; la Foire du Patrimoine, et la Foire de la science. Comme vous savez probablement déjà, la Foire du Patrimoine invite les étudiants à explorer une personne, événement, ou place qui a touché l'histoire du Canada. Ils doivent faire un travail de recherche, et expliquer son lien avec le patrimoine canadien. Les projets sont finis, et le février le 19, des juges sont venus choisir des étudiants pour représenter l'école à la foire régionale.

For the science fair, on the other hand, students must complete an experiment of their choice, which will be presented Saturday the 10th of April at Hillcrest High School. Good luck to



all competitors!

Finally, Westboro students have been opening their hearts to the people of Haiti by donating their own money towards a fund for the disaster-shaken country. To show the pride in what we're doing for others, every time a student gives to the fund, he or she may put a little heart saying what they've done in the big heart by the office. The heart is very full and provides much enjoyment to look at, and we have raised \$1090. Thank you to everybody who took time and money for the citizens of Haiti.

Goodbye until next month, and we hope all our readers have a great March break! Au revoir au mois prochain, et nous espérons que tout le monde aura un congé de mars superbe!

Ambassador of Sweden Visits Swedish School in Old Ottawa South

By Mats Lindeberg

Every Saturday morning during the school year, Hopewell School in Old Ottawa South fills up with students who participate in the Ottawa Carleton District School Board's International Languages Program. The International Languages Program is a complimentary program aimed at kids in the ages between 4 and 14 from all across the Ottawa area who speak a second (or third) language at home. Most of the children come from households with one Canadian and one "international" parent, and the teachers are often native speakers who have moved to Canada and now work part time as language instructors.

The Swedish class at Hopewell School, led by Ms. Ingrid White,

is one of the smaller groups, with nine students aged 4-12. Ms. White is the mother of Kalle, an energetic boy of 7, who's been attending the Swedish class since the program started in 2008. As is the tradition in Sweden, the children do not call the teacher "Ms. White." Instead they use the word "fröken" (which literally means "Miss," but is often used as an informal term for a female teacher) or simply by her first name "Ingrid".

On Saturday, February 6, the Swedish class was visited by a small delegation from the Swedish Embassy, including Ms. Ingrid Iremark, the Swedish Ambassador to Canada. The Ambassador told the class what an Ambassador does ("We try to tell people in Canada about Sweden"), read a story and brought brochures and maps of Sweden as gifts.

"We're very pleased that the Ambassador took time out of her busy schedule to visit with the children in our Swedish class," said Ingela Strömberg, the President of the Swedish Club in Ottawa (www.svenskaklubbenottawa.ca), a non-profit organization that initiated the Swedish program at Hopewell.

The Ambassador quizzed the

children about Swedish trivia and was delighted to hear that they could identify a Swedish car maker (Volvo), a place to buy Swedish furniture and food (IKEA) and that they were familiar with the traditional St Lucia celebrations in Sweden. (http://en.wikipedia.org/wiki/Saint_Lucy%27s_Day)



The adults (from left) Ms. Britt Bengtsson (Information Oficer at the Swedish Embassy), Ms. Ingrid White (teacher), Thomas Thörnquist (the Ambassador's husband) and the Ambassador Ms. Ingrid Iremark. The children (from left) Thomas, Erik, Sam, Kalle, Annika, Jesper, Spencer and Johan.



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OCCSB TRUSTEE REPORT

“PUTTING STUDENTS FIRST”

Corpus Christi

Congratulations to all the students and staff at Corpus Christi Elementary and Immaculata High School for your terrific fundraising success for Haitian Relief. I feel very honoured to be your trustee and efforts like these never cease to amaze me. Well done!

The Mardi Gras at Corpus Christi was great! There was so much energy and so many events for everybody to participate in. The ‘Make Your Own Masks’ were works of art.

Kindness Week

Kindness Week was held this year from February 15 to 19 in Ottawa and once again it was a resounding success. Everyone from school children to seniors were engaged in performing acts of kindness for others. Kindness Week was the initiative of local Rabbi Reuven Bulka and has become widespread in the Ottawa community. Although I know you are all kind every day I congratulate you for making an extra effort to promote kindness in your school communities.

High School Course Selection Guide 2010-2011

Denise Andre, Superintendent of Intermediate/Secondary Student Success, and Joanne Gosselin, Coordinator, Student Success, introduced the updated annual High School Course Selection Guide for 2010-2011. The guide is distributed to all grade 8 to 11 students to assist them in their pathway planning and course selection for the following year. The guide is used in conjunction with

classroom visits, parent information nights, course fairs and individualized academic counseling.

Schools are provided with a variety of other resources such as PowerPoint presentations for students and parents, a Focus Program DVD, student activity booklets, and career road maps.

The Course Selection Guide is developed by a committee consisting of consultants, Student Services Department Heads, and representatives from school administration. Joanne Gosselin is the Chair of the committee. Lauren Rocque, Communications Department, designs and compiles the Guide.

To view the guide online: <http://www.ottawacatholicschools.ca/content.php?doc=5247>

Online Homework Help Initiative

In June 2009, the Ministry of Education invited fifteen English-language boards to participate in the Homework Help initiative in this school year. Our Board has participated in the program that provides integrated additional supports to increase student achievement in Grades 7 to 10 Math.

The main feature of the initiative is interactive homework help online where grades 7 to 10 students can “Ask a Teacher” online, in real time. Supports for the pilot project include professional development and training opportunities in the use of E-learning Ontario software; and content in the classroom and funding to appoint a board teacher to coordinate all aspects of the initiative.

The Board received a demonstration of the online Homework Help line by Chris Atkinson, the

Board’s E-Learning Contact (ELC) for Mathematics. Since September, Chris has registered almost 7,000 students on the Homework Help website.

The goal of the program is to boost student’s math scores. More information is available at:

<http://www.ottawacatholicschools.ca/content.php?doc=6231>

Bearhug Update

Bear Hug Committee member and principal of Notre Dame High School, Andre Potvin, gave the Board an update on plans to raise monies for charity and break a world record on May 7, 2010. More than 17,000 students and staff from 13 high schools and two intermediate schools will gather along the Rideau Canal in a human chain for the third annual Bear Hug.

Partnering with the Board this year is the Sens Foundation and Honorary Bear Hug Captain Senator Nick Foligno. Other partners have joined the event including the National Capital Commission, the City of Ottawa and the Ottawa Police. The committee will host a media launch for the event on Friday, February 12, where Deputy Director of Education, Julian Hanlon, will speak on behalf of the Board.

The goal of the event is to raise \$500,000 for cancer-related charities and enter the Guinness Book of World Records as the World’s Biggest Bear Hug. The event website can be viewed at: <http://www.bearhugottawa.com/team>

Director of Education to Retire

The Board received a letter from Director of Education, James McCracken, announcing his retirement effective August 31, 2010. Mr. McCracken has been director of education for 7 years and an educator for 34 years.

“Jamie has been a transformational leader for this Board,” said Chairperson of the Board of Trustees, Gordon Butler. “Early in his tenure,

he tasked each and every employee of the Board with the responsibility of student success and faith development. He created an environment open to change, one where all staff participate in the leadership journey. This group commitment to the goals of Catholic Education has made the Board a recognized leader in education in Ontario. Jamie will be missed, but thanks to his vision and leadership, he leaves behind a flexible and innovative Board that will continue to ensure excellence for all students.”

“It has been a privilege and honour to have served this board for most of my career in education. The Ottawa Catholic School Board is a model of teamwork and collaboration rarely seen in organizational life,” expressed Mr. McCracken.

The Director leaves at a time when the Board has flourished under his leadership with continual improvement in student success, staff development, and stewardship of resources. During his tenure as director, the Ottawa Catholic School Board has achieved a balanced budget every year since 2003.

In addition to his service in local, provincial and national education, Jamie is an active member of the Ottawa community. Most recently, he chaired the 2009 city-wide United Way campaign. He is also Chairperson – Success by 6 Council, Director – Shepherds of Good Hope, and President – Catholic Education Foundation of Ottawa. Widely recognized for leadership and motivational skills, Mr. McCracken continues to be approached as a keynote speaker for national and international conferences.

If, at any time, I can be of assistance to you please do not hesitate to call me at 526-9512.

Sincerely,
Kathy Ablett

“Your Trustee”

2010/2011 Registration Dates:

- Nursery School Open House:
March 5th 9:30 - 11am
- Community Registration:
March 29th at 7pm

Registration packages available
the first week of March.

For more information call 730.5819

Southside Preschool

By Irene Casey

It is registration time at Southside Preschool. Southside will begin accepting registration for their September 2010 programs at the open house on March 29th at 7:00pm. Parents can meet the teachers and get information about the programs being offered for the 2010/2011 school year. The teachers at Southside are excited to offer some new program options for next year.

There will be a 2 year old program offered on Tuesdays and Thursday mornings for children 24 to 32 months of age. A 3 year old program where parents can choose between 3 mornings per week (Monday, Wednesday and Friday) or 2 mornings (Tuesday and Thursday). An enriched 3 year old

program will also be offered for children who’s third birthday is within January through June, 2010. The enriched 3 year old program will be offered Monday, Wednesday and Friday and will offer programming to suit the older preschooler such as school readiness skills, baking, field trips and project art.

It will also have extended hours, running from 9:00am to 1:00pm. The very popular kindergarten programs will still be offered as will the after school program for children in grades 1 to 3. Full day care for the month of July is available for kindergarten and school age children beginning June 28th. Registration packages will be available as of March 1st, please come on in and speak to Joanne or any of the other staff members if you would like one.

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OCDSB TRUSTEE REPORT



The Alt Ed Debate

By Rob Campbell

This column seeks to distil a very complex discussion. Interested readers should refer themselves to www.ocdsbzone9.ca for an expanded version of this argument. A brief update as to the final disposition of the elementary alt ed question will figure in a future column.

The 25-year old alt ed program was groundbreaking re best educational practices. It grew and then stagnated with inconsistent program quality and inequitable access to it. The alt ed and regular programs have become similar to each other over time. Some argue this was due to lack of Ministry or Board support for the program. Over time the Board has adopted more of a community schools focus.

The above resulted in a Program Review of Alt Ed the results of which the Board is debating now as at the time of writing. The key question de facto is what the strategic value of the program is and is not a cost question.

The Review was unfortunately limited in nature. The Review report noted that Alt Ed and the official School Effectiveness Framework were very similar and recommended phase out of designated Alt Ed centres. Some Alt Ed tenets were not reported as significant for student learning but some dispute that student well-being may not have been considered enough in this assessment.

Several notwithstanding arguments for keeping the program also have been advanced. Choice-for-choice concern is unprincipled and at variance with the community schools focus. Market share argument is highly speculative and also unprincipled. Sorting motivated parents into these programs is another way of creating better education for some. I am attracted though to an incubator model argument though it may be impractical to expect at this time. I'm especially concerned that there may be special learners who might non-trivially benefit from the Alt Ed package. I'm also concerned

about removing the last safe haven offerings now that we have tightened up the transfer policy.

I support the idea of a community schools focus in general terms however concern over special learners and safe haven and maybe incubator for new innovation means I cannot agree to completely close down the program. I also cannot see it expanded to compromise yet more community schools. Solving the program quality consistency problem and equity of access problem is key for me. Keeping a reduced program will be awkward but there is no strong reason to get rid of it either and there may be risks in doing so.

My main focus is on getting as much alt ed into regular schools and programs as practical. The literature review confirmed my thinking that by and large alt ed is best ed for most if not all students and this creates a duty for us with respect to all students therefore. The idea of demonstration schools is attractive therefore but this idea currently does not have large

support at Board. I have moved some amendments seeking to encourage the dissemination of Alt Ed tenets more generally as we can.

The equity of access problem re designated locations can be solved with no alt ed locations, bussed system access to a few remaining ones, new additional ones, or redistributing existing centres. I can support system bussed access to a reduced number, or second best redistribution of existing ones and third best the existing problematic status quo.

This thinking has guided, and will continue to guide, my votes and my attempted amendments.

If you have a suggestion or a concern then please contact me via rob@ocdsbzone9.ca or at 323-7803. Meeting and document info available at www.ocdsb.ca

Editor's Note:

Do go to www.ocdsbzone9.ca for a more complete rendition of Rob's thinking on this very complex topic.

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**Farewell to
Our Canada Post Mailbox**

By James Hunter

People in Old Ottawa South got quite used to having a red Canada Post mailbox at the corner of Riverdale and Belmont for posting their mail. It was handy for us to use and provided a needed service. Unfortunately, Canada Post removed the box at the end of November. Their reasons for doing so were that the box did not produce enough volume of mail: only 15-20 pieces per day. The other reason the box was removed was that it was within 500 metres of another box.

The next closest box is at the corner of Bristol and Sunnyside. Or, you can use the Canada Post outlet at the Quickie convenience store. They had posted a notice on the box for 2 weeks before removal, but we never saw it, so it was a bit of a surprise to not see a box there when I went to mail a letter.


This box holds fond memories for us as the first destination that our young daughters were allowed to walk to alone... with us watching carefully out the window as they crossed the street.

The Canada Post staffer in charge of removing boxes noted that there was quite a lot of Graffiti on the box. When asked if public uproar could result in reinstating a box, he states that he has NEVER seen this happen in all his years at Canada Post.

Canada Post has been going through a lot of turmoil lately with much lower volumes of mail being handled. The rise of e-mail and the Internet has removed much of the paper mail business.

In closing, it is sad to see it go and it will be sorely missed! But I suppose we must accept change and embrace the new ways of doing things. I can see myself telling my grandchildren one day: "Yup, we used to write letters by hand on paper, put a stamp on them and post them at a big red box on the corner".


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36th Ottawa Scout Troop

Winter Camping

The 36th Ottawa Scout troop has five leaders (Russ J., Archie S., Stan G., Ron C. and Glenn H.) and approximately 20 scouts who meet every Tuesday evening from 7:00 to 9:00 pm at the Corpus Christi School gym. There are three patrols and the scouts have named them the Extreme Oak Trees, Iroquois and the Nonames.

Seven brave scouts (Charlotte H., Oscar D., Josef D-P, Christopher B., Daniella S., William W., and Nicholas G.) participated in the winter camp from 22 to 24 January at Otter Lake, PQ. Nicholas G. said: "It was cold. At least at night. When the sun was up it was better but when it went down, the temperature dropped considerably to minus 22C. The first thing you have to remember about winter camp is to think through what you need to bring. You want to stay dry and you don't want to sweat, so you should bring layers. That's the key. Layers. When you are outside building a snow fort, shovelling snow for a Quinzhee, or just tobogganing down hills and you

begin to sweat, you can take off your jacket and still remain warm because you have a sweater underneath. A fleece one mind you. Or polyester. Or that wool one Grandma knitted you, as long as it isn't cotton. When cotton gets wet it stays wet, absorbing the liquid, while fleece or wool breathes. So while you're out there staying dry (or at least attempting to, it's fairly easy to get snow in your jacket or your boots when you're diving head first on your sled) and building your snow shelter in which you shall spend the night (that's right, imagine sleeping in your snow fort and it doesn't have indoor heating. Except if you brought your lantern... but that doesn't really compare...) you need to be prepared. All that activity makes scouts hungry. What shall we eat today? Today's Scouts have progressed a lot from their predecessors as we do **not** scavenge. They also don't give us guns and snare wire so hunting is off the menu. So what can we eat? We plan our menus before we head out; as well as, checking the weather, inspecting our

kit, testing our tents and being prepared. We make sure that all the food falls under the five food groups, grains & cereals, fruits & vegetables, dairy & milk products, meats & proteins, sweets & sugars....(I wish), and provide us with the energy needed to sustain ourselves throughout the day. We had meatball sandwiches, vegetable soup, oatmeal and hot chocolate to name a few examples. The hearty meals helped get us raring to go, sort of, and set us off to make our sleeping quarters, get us hiking across Otter Lake and keep us smiling all day. But not at night. No. The night was cold..." So says Scout Nicholas G.

Upcoming events include Heritage Area's Klondike Day on 20 February at Fitzroy Provincial Park, which involves 21 outdoor activities throughout the day via sled. Also on 23 February, the 36th Ottawa Lord Baden Powel Potluck Banquet will be held at Glebe St. James United Church. As well, the Heritage Area Annual Scout truck competition will be held on 17 April at Hilson Public

School.

For their Chief Scout Award, Daniella S and Nicholas G. are researching the history of the 36th Ottawa Scout Troop and would welcome any feedback from past scouts, articles, clippings, examples of old uniforms or other paraphernalia that may be available. Any and all assistance would be appreciated so that Daniella and Nicholas can accomplish this task by early May 2010. They can be contacted via Scouter Stan at the coordinates listed below.

Note, the 36th Ottawa Scouts meet every Tuesday evening from 7:00 to 9:00 pm at the Corpus Christi School gym and is open to boys and girls 11 to 14 years who would like to join scouts.

Scouter Stan,
36th Ottawa Scouts, Heritage Area,
Voyageur Council
613-234-0668
stangrabstas@sympatico.ca

Kaleidoscope Kids' Books

Are We There Yet? Travel Books to Get You Where You're Going

Places to go, things to do and people to see. Whether you're leavin' on a jet plane, taking a road trip or never leaving the comfort of your favorite chair, we have the books that can help you with your travels.

Activity Books

When you've spent more than enough time looking out the window, or played approximately thirty-nine games of license plate bingo, or answered "Are we there yet?" for the fifty-seventh time, these activity books will help pass the time until you reach your destination.

Where's Waldo? The Ultimate Travel Collection

Martin Handford
The essential travel companion! Now Waldo can wander everywhere his fans do, thanks to a compact bind-up of five classic adventures. Waldo seekers young and old won't want to hit the road without this paperback compilation of his world-famous excursions, including:
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* Where's Waldo Now?
* Where's Waldo? The Fantastic Journey
* Where's Waldo? The Wonder Book
* Where's Waldo? In Hollywood

Miles of Smiles: Travel Games and Quizzes to Go

Laurie Calkhoven Sara Hunt Shannon Laskey

When you and your family hit the road for adventure, pack this book! It includes top-ten travel tips, plus games and quizzes to guarantee miles of smiles.

Learn your travel style, how adventurous you are, what theme park best suits you, and more. Spend hours

solving travel-related puzzles and playing games with your seatmates. A separate travel journal helps you capture memories of the fun you had, and a board game gives everyone something to do once you reach your destination.

Mad Libs

Available in a variety of different themes, such as Star Wars, fairy tales, slumber party, and animals, these fill-in-the-blank word games are a great way to pass the time, laugh at silly sentences and learn parts of speech all at the same time. They are fun to play with friends or family, but can also be played all by your lonesome!

Oodles of Doodles, Beautiful Doodles and Designer Doodles

Nikalas Catlow
No drawing skills required!
These doodle books offer hours of entertainment for eager imaginations. Each generous-sized page starts with a few beginning strokes of pictures and inspiring prompts like "disguise me" above a picture of a boy, or "whose footprints?" above various animal tracks. With over 200 pages to complete and create, these books invite kids to play and enjoy creating and using their imaginations.

Places to Go

101 Places You Gotta See Before You're 12! and 101 Things You Gotta Do Before You're 12!

Joanne O'Sullivan
These two books provide plenty of suggestions for things to see and places to go. Included are places to go such as a really great secondhand store, an engineering marvel, a prison or jail and a farmer's market and things to do such as attending a grape stomp, geocaching and walking on a swinging bridge.

Travel Without Leaving Home

Books are a terrific way to discover and explore new places without ever leaving the comfort of your favorite reading spot. In many stories, the setting is an integral part of the plot. Here are a few books that will take you to foreign lands.

Everyone Says I Love You: A Pop-Up Trip Around the World

Beegee Tolpa
How does the world say "I love you"? Watch the sun rise over the Statue of Liberty in America, then travel to Italy, Holland, Japan and Kenya before reaching a firework finale over the Eiffel Tower in France. An exciting pop-up show how people around the world say these very special words.

The 39 Clues series

Various Authors
So far, Amy and Dan have traveled to Rome, Egypt, Indonesia and Japan – where will they end up next as they try to be the first to win the scavenger hunt and solve all 39 clues? Book seven, the Viper's Nest, has just been released in this great action/adventure series.

The Thief Lord

Cornelia Funke
Welcome to the magical underworld of Venice, where hidden canals and crumbling rooftops shelter runaways and children with incredible secrets.

The Time Travelers

Linda Buckley-Archer
Join Peter and Kate as they are transported back in time to eighteenth century London where they meet Gideon Seymour – a thief and a

gentleman. When the villainous Tar Man steals their time machine, Peter, Kate and Gideon form an alliance which, they hope, will withstand unfathomable treachery.

Cornelia and the Audacious Escapades of the Somerset Sisters

Leslie Blume
Eleven-year-old Cornelia S. Englehart lives in New York City and is the daughter of world-famous pianists. In a world where privacy is a rarity, Cornelia isolates herself inside a fortress of books full of long and complicated words. When a glamorous writer, Virginia Somerset, moves in next door with her servant bulldog, Cornelia discovers that the world is a much more exciting place than she had originally thought. Filled with unforgettable people and places this book is an example of wonderfully imaginative storytelling and a favorite at the store.

George's Secret Key to the Universe

Lucy & Stephen Hawking
When George Greenby follows his escaped pet pig out of his yard, he meets his new neighbors: Annie, her father Eric, and their computer, the super-intelligent, super-powered Cosmos. Before long, George and Annie are on the adventure of a lifetime and traveling through outer space. But someone else has plans that will lead them all into terrible danger. This exciting out-of-this world adventure, full of scientific facts about the entire solar system, explains concepts such as Stephen Hawking's most recent theories on black holes and includes full-colour photos of fascinating images from outer space.

Happy trails!

Is it Time to Invest?

by Rick Sutherland,
CLU, CFP, FDS, R.F.P

There are those who feel that the market has risen too far too fast. Some are predicting a double dip decline. For every view that the market is rising there is an equal number who feel the opposite will be reality. Let's see if we can shed some light on the subject.

Most agree that markets move in cycles. The inexperienced investor always waits for the market to rise to new levels before investing. A sense of euphoria sets in at market highs. Caution is thrown to the wind. At that point the market has given all it's going to give on the upside and is poised to turn downward. As the market declines the ride down is filled with the emotion of anxiety, fear and panic. The inexperienced investor sells - exactly when they should be buying.

So how do you feel about investing right now? If you say you're not comfortable you're not alone. The vast majority of Canadians are still sitting on the fence waiting for the "right time" to invest. Bank account

balances and short-term investments are at record levels. Yet by the end of 2009 the TSX index went up more than 50% from the lows recorded only a few months earlier. But it hasn't reached new highs yet. So according to our market cycle analogy people continue to wait.

Clearly we are not at the excitement, thrill and euphoric stage of the market cycle. However we may have seen the bottom and are now on a new upward trajectory. The ride won't be smooth. It never is. By keeping your emotions in check you should be more comfortable investing at this stage than any other.

The US estimates for GDP are 2.2% for the third quarter and 5.7% for fourth quarter of 2009. Although not a perfect indicator of financial health it is a definite improvement from the previous four quarters while the global economy was in recession.

So what should your investment strategy be right now? It really doesn't matter whether we are talking about right now or last year or next year. The investment principle is the same at any time. First decide how much money

you may need in the short-term and keep this money absolutely safe. Then decide if you want to keep any money aside for mid-term contingencies. This money may or may not have market exposure depending on whether you are flexible with your timing to draw the money out. As your time horizon narrows this money should be moved into the safe account. The remaining money is your long-term savings. That's the money that should be working and invested for your future.

One thing to keep in mind is that the easy money may have been made last year. Most equities showed a high correlation during the decline of 2008 and the following recovery of 2009. It is not normal for the majority of equities to move in the same direction at the same time. If you're investing in mutual funds you want to be selective about the fund manager you choose. You want a manager who is picky about the equities in the portfolio. You want a manager who has a flair for finding undervalued equities with good profitability prospects and then commit to your investment strategy for the long-term.

The foregoing is for general information purposes and is the opinion of the writer. This information is not intended to provide personal advice including, without limitation, investment, financial, legal, accounting or tax advice. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Read the prospectus before investing. Mutual funds are not guaranteed and are not covered by the Canada Deposit Insurance Corporation or by any other government deposit insurer. There can be no assurances that the fund will be able to maintain its net asset value per security at a constant amount or that the full amount of your investment in the fund will be returned to you. Fund values change frequently and past performance may not be repeated. Please call or write to Rick Sutherland CLU, CFP, FDS, R.F.P., to discuss your particular circumstances or suggest a topic for future articles at 613-798-2421 or E-mail rick@invested-interest.ca. Mutual Funds provided through FundEX Investments Inc.

Wind Turbine Transformer Station Noise Reduces Assessed Value of Property

By Anna Sundin

In July 2008 the Ontario Assessment Review Board heard an appeal from Paul Thompson with respect to the value of his property in the Township of Amaranth, located in the County of Dufferin.

Mr. Thompson's home is a 1320 square foot, one-storey, single family dwelling built in 1989. In April 2005 the Municipality of Amaranth rezoned the 15 acre parcel of land directly across the road from his property for a transformer station for wind turbine electricity generation. The generator is 360 meters away from Mr. Thompson's property.

Evidence at the hearing established that the transformer station emits a noise level of 40 decibels at all times. It can be heard inside the property with the windows closed. Counsel for MPAC (the Municipal Property Assessment Corporation) confirmed at the hearing that the noise was audible even over the telephone when he spoke to Mr. Thompson.

Mr. Thompson's case was that the noise from the transformer station has had a negative impact on the value of his property and he should not have to pay taxes as a result. MPAC had assessed his property at \$255,000.00 based on comparable sales of other properties in the area.

MPAC did not dispute there was a reduction in value of the property as a result of the noise but had not adjusted the value of his property as it could not decide what the

appropriate adjustment should be. Mr. Thompson had not obtained an appraisal of the current value of the property, although he had the burden of proof for establishing the current value of his property.

As a result, there was a hearing in front of the Adjustment Review Board to determine the appropriate reduction in the value of the property due to the noise. The Board looked at the Assessment Act, the legislation governing the value of property for the purposes of paying municipal realty taxes. The Board has the authority under subsection 40(11) to "...determine the amount of the assessment as necessary to reflect corrections to the current value."

The Board found that the noise contamination exists and is without any cure, and stated it is "apparently sanctioned by the Municipality". The Municipality did not appear in front of the board to make submissions in the matter.

The Board held that it did not have the authority to exempt Mr. Thompson from property taxes as he had requested. It could only correct the current value of the property. The Board also stated that MPAC should have some responsibility for returning a correct assessment for the property. MPAC had made no effort to quantify the reduction in value although it agreed the current value was incorrect.

The Board reduced the assessed value by 50% from \$255,000.00 to \$127,000.00 which will reduce the municipal tax payable by Mr. Thompson.

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Local Veterinarian - Dr. Emily Black

“Alien Infestation Of Cats In The Downtown Core” A Mystery Explained

By Emily Black

So a funny thing happened to me today at the office. We were really really busy and my manager came up to tell me that one of my favorite clients was having trouble with her new kitten and the client was really worried and had sent an email. In typical managerial style went on to say that hadn't I made it clear that emails aren't suitable for emergency purposes (this manager is also my husband!).

I was suddenly in a panic, I had met this new kitten yesterday and she seemed perfectly healthy. Had there been an accident? Had I missed something? I asked my technician to have a look and call the cat in if it was an emergency while I finished up with the other two emergencies I was dealing with.

She came back, looking grave and said... It's bad but it can wait. That made it even worse, akin to an ambulance on return with no lights flashing. After about 15 minutes I was finally able to get to the email: subject... something's wrong with the kitten. The picture and heading are included with this article.

Completely unlike myself I screamed to high heaven “you guys are in so much trouble!!!!” To which all who had partaken in the joke immediately burst out laughing. I called the client to tell her there was unfortunately nothing we could do for her cat... once they are taken over by aliens it's a pretty slippery slope. She then asked in all seriousness what caused this amazing phenomenon akin to crop circles and the Bermuda

triangle.

This phenomenon is caused by the special architecture which has developed in the back of the eye of many animals, cats included. The back of the human eye is made up of a couple of layers; the capsule which encloses everything, and then there is a layer of very small blood vessels which nourish the next layer of specialized cells called “the Retina”. The cells of the retina pick up light coming in and send it via individual small connections through the optic nerve at the back of the eye to the brain which then translates it into sight. The image comes in upside down and is then flipped in the brain. The whole thing is pretty cool really.

But, as many of you would have suspected, cats and dogs are way cooler. They are hunters and their ancestors would have been hunting out in the forest at dusk and dawn when the low light levels would have given them the advantage over their prey. It wouldn't have been much of an advantage if they themselves couldn't see, so to gain the upper hand they developed another layer to their eyes called the “Tapetum Lucida” translated from the Latin as “Bright Tapestry” (thank you Mr. Taylor at Lisgar!). This is an additional layer they have developed at the back of their eyes. It has evolved in many totally different kinds of animals using totally different anatomy to get to exactly the same structure and it can be created by either hexagonal guanine crystals (sharks), refractive crystals (cats and dogs) or fibers similar to tendons (cows). All of them use it in the same way; the reflective



surface bounces light around the eye so that the cells of the receptor can get the light coming in and going out. This effectively doubles the amount of stimulation they receive and doubles their vision in low light conditions.

Oh, but it gets better! (Yes I am a total anatomy nerd). Each of these different groups has their Tapetum in different places in the eye, reflecting the predatory forces which pushed them to develop one in the first place. In dogs and cats it's all over the back surface because they hunt both ground prey and birds, in cows it's located only on top half because they evolved in grass lands where the threats were coming on the ground so reflecting on the top of the eye whereas sharks who hunt beneath their prey have it only on the bottom enhancing the view of the world above them. Even cooler (as if this could be so!) Husky dogs that evolved from arctic wolves often have blue eyes; these eyes have no Tapetum because the reflective nature of the snow would overpower their eyes. And along that same vein, this is why cats, famous nighttime hunters that they are, have pupils that can tense down to the skinniest slits, the



eyes that gave “cat's eye” marbles their names. This is because they are so good at enhancing low light levels. During the day with a normal pupil they would be blinded, so they have had to develop a mechanism which allows only a small amount of light into the eye even in high daytime light levels. Pretty cool eh!

So, this is the reason that when you take a photograph of a cat or a dog, their pupils give off that weird alien shine! Humans, who don't have a Tapetum, reflect only the blood vessels at the back of the eye – giving red eye so famous in our photos. The red eye prevention on some cameras work by giving a bright flash before the photo is taken causing the pupil to constrict down and hiding that red surface. It would work equally well in dogs and cats but might freak them out!

So, I can't explain crop circles or the Bermuda triangle but there you go, “Alien infestation of household pets in the downtown core” is no longer the mystery it once was!

Dr. Emily Black grew up in Old Ottawa South, lives in the glebe and owns Centretown Veterinary Hospital. She herself is owned by three cats and a dog, all of whom have been possessed by aliens at some point in their lives.

Short History of Maewyn Succat aka St Patrick

By Anna Redman

Every year, on March 17th people are overwhelmed by a certain colour everywhere they go. This prevalence of the colour green and can be attributed to the holiday which it has come to be

associated with. That holiday is St. Patrick's Day.

Surprisingly, the colour green was not originally associated with the man St. Patrick, but with the country he represented. St. Patrick himself was associated with the colour blue, but as his name became synonymous with

the country of Ireland he came to be represented by the green associated with the country.

Common knowledge will say that this holiday originated in Ireland, and in regards to the holiday itself that may true. However, the man who the holiday was created to honour was not actually Irish born. St. Patrick, formerly known as Maewyn Succat, was of British decent, although his exact place of birth is uncertain. At the age of sixteen he was kidnapped by Irish marauders and forced into shepherd slavery. He maintained this position for six years before seeing a vision of how to escape, and following through for a return to his British homeland.

Here, after some time, he had a second vision which dictated that he should return to Ireland in order to help its people. Succat took his vows as a priest, and adopted the Christian name of Patrick before returning to

the land which had enslaved him in 432 AD.

Upon his return St. Patrick worked at converting the Irish to Christianity, building schools, monasteries and churches along Ireland's west coast. He successfully converted many of the Irish through active preaching. These efforts correlated with one of the popular myths about St. Patrick, that he was the one responsible for driving the snakes out of Ireland. In truth there were never any snakes in Ireland to begin with, but it has been suspected that this myth is actually a metaphor for St. Patrick cleansing Ireland of Paganism.

A second myth that is often associated with St. Patrick is of his teachings of the Holy Trinity being demonstrated through the use of a shamrock. This myth has been neither proved nor disproved.

Cont'd on next page

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A Busy Start



By Yasir Naqvi, MPP Ottawa Centre

The first two months of 2010 have just flown by! I was thrilled to be back in Ottawa Centre for the beginning of the year, meeting with constituents, attending community events, and making some really exciting announcements. In particular, here are two special projects in our community that I would like to share with you.

More Support for Women Fleeing Domestic Violence

On Friday, January 29, the Hon. Madeleine Meilleur, Minister of Community and Social Services and I announced a significant new investment of \$3 million to improve services for women fleeing domestic violence in Ottawa.

As a result of this investment, Interval House will construct a new women's shelter to replace the existing facility, which will allow the organization to offer expanded, accessible services to support Ottawa-area women and their children fleeing domestic violence. A new facility means that Interval House can help more people, meaning more women will have the chance to rebuild their lives with their children, free of violence.

A Facelift for the Good Companions Centre

Also on January 29, I joined the Honourable John Baird, Canada's Transport and Infrastructure Minister to announce an investment of \$514,000 for upgrades and renovations at the Good Companions Centre.

The Good Companions provide a broad range of community development, social and community-based health services to women, seniors, and immigrants in Ottawa. In addition, the Good Companions houses partner agencies and allied professionals who use the Good Companions as a base for service delivery, including Meals on Wheels.

This investment is about more than building facilities and creating jobs. This investment means that seniors and disabled persons in our community will continue to have the Good Companions Centre, a welcoming place, where they can go to for health care, social services and friendship. This investment is about supporting the seniors who worked so hard to build our city.

Across Ontario, our government has also been hard at work. In January, Premier McGuinty announced an historic agreement to bring more green energy and new jobs to Ontario.

A Big Boost to Ontario's Green Economy

A consortium led by Samsung C&T Corporation and the Korea Electric Power Corporation (KEPCO) will invest \$7 billion to generate 2,500 megawatts of wind and solar power. These projects will triple Ontario's output from renewable wind and solar sources and provide clean electricity to more than 580,000 households.

The investment will also lead to more than 16,000 new green energy jobs to build, install and operate the renewable generation projects. In addition, the Korean consortium will work with major partners to attract four manufacturing plants. This will lead to the creation of 1,440 manufacturing and related jobs building wind and solar technology for use in Ontario and export across North America.

The consortium fully intends to use Ontario-made steel in its renewable energy projects, such as constructing its wind turbine towers.

This is the single-largest investment in renewable energy in provincial history. The consortium chose Ontario because our Green Energy Act guarantees stable rates for renewable energy.

We have a lot of good news to build on as we had back to the Legislative Assembly for the Spring Session. I

look forward to hearing from you about the issues and ideas that matter most to you and your family. Please do not hesitate to contact me anytime at my Community Office at 613-722-6414 or by email at ynaqvi.mpp.co@liberal.ola.org.

Together, we are building a safer, greener and healthier community for all of us!

St. Patrick Cont'd from previous page

It is suspected that March 17th was the date of St. Patrick's death in 461 AD, which accounts for the choice of this date as the annual holiday. Irish Christians have since marked this as a Holy day, closing up shop and attending church to honour the feast of St. Patrick.

As a result of Ireland's "Great Potato Famine" many Irish had to leave their homeland after the establishment of this annual holiday. This allowed the holiday to cross many borders and bodies of water, with America celebrating their first St. Patrick's Day in 1737 in the city of Boston.

New York followed suit in 1762, and now their annual Fifth Avenue parade is the largest St. Patrick's Day celebration in the country.

Canada now has its own St. Patrick's Day traditions occurring country-wide. Montreal hosts Canada's longest-running Saint Patrick's Day parade. The parades have been held since 1824 with general St. Patrick's Day celebrations dating back to 1759.

From 1919 to 1927, Toronto's hockey team, the Maple Leafs, went by the name of the Toronto St. Patricks. This hockey team wore green jerseys, so on March 17th 1999 the Leafs wore the green St. Patricks retro jersey. The baseball and basketball teams (Blue Jays and Raptors) also sport green jerseys every March 17th. Toronto also hosts is a large annual parade downtown.

Newfoundland and Labrador made the day an official public holiday in 1992. Some groups, beer companies specifically, with Guinness in the lead, have lobbied to make St. Patrick's Day a federal holiday.

In Manitoba the Irish Association sponsors an annual three day long music and culture festival designed around St Patrick's Day. Beginning in 2004, the CelticFest Vancouver Society arranges a yearly festival in the heart of Vancouver to celebrate the culture of the Celtic Nations. This festival takes place on the weekend that falls closest to St. Patrick's Day.

The kidnapping of the young St. Patrick took place during the 5th century. By the end of the 7th century St. Patrick had become a legendary figure and his legend has only expanded since then. Every March 17th people all over the world dress in green and hold up a beer to the man who Christianized Ireland; St. Patrick.

Pray For The People Of Cameroon

On Friday, March 5, 2010, the women of Cameroon invite us to visit "Africa in miniature", to join with them in the World Day of Prayer celebration as we affirm Let everything that has breath praise God.

The Republic of Cameroon consists of more than 240 local languages from its 240 ethnic groups. With a total surface area of more than 475 thousand square feet, it is comparable in size to Papua New Guinea or the State of California in the United States. It is bordered by Nigeria in the west, by Lake Chad in the north and Chad in the northeast, by the Central African Republic in the east, and by Congo Brazzaville, Gabon and Equatorial Guinea in the south.

As we pray with the women of Cameroon, we will learn about the country's intricate cultures and social challenges including concerns about the exploitation of children and the spread of HIV/AIDS. On the World Day of Prayer, all people of faith are welcome to worship together, to join the women of Cameroon in Christ's unity.

Please join us, and invite your friends and family to attend the World Day of Prayer service and learn more about Cameroon and its unique culture and heritage. Join Christians in more than 170 countries around the world and 2,000 communities across Canada who will gather on the World Day of Prayer to pray and act in solidarity with the people of Cameroon.

A local World Day of Prayer service will be held at:

Fourth Avenue Baptist Church on March 5, 2010 at 2 p.m.

For more information, please contact:

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L'Amicale francophone d'Ottawa - Cercle de Lecture

Par Jean-Claude Dubé

Les rencontres du Cercle de lecture de l'Amicale francophone d'Ottawa sont toujours agréables et édifiantes car elle nous permettent d'explorer en groupe les nombreux sujets générés par la matière de nos lectures. L'auteur du livre « Le Soleil des Scorta » nous présente une histoire d'un monde sans histoire qui nous raconte son histoire dans le sud aride, torride, et isolé de l'Italie. Pourtant, comme nous a bien exposé un de nos membres, Clive Doucet, auteur et poète, l'isolement dans un milieu hostile favorise les liens familiaux et sociaux et engendre le pouvoir de la survivance. C'est cette force de résistance et de courage qui a aidé un grand nombre d'émigrants du sud italien à survivre et s'épanouir sur le sol nord-américain.

L'auteur Laurent Gaudé écrit d'une belle plume qui évoque et accapare notre imagination. Dès les premières pages, nous sommes sur le dos d'un âne sous le soleil brûlant des Pouilles, lieu géographiquement situés dans le talon de la botte de l'Italie. Le cavalier, un brigand sortant de prison, au bout

de 15 ans sous les verrous, se rend au village de Montepuccio pour satisfaire une obsession. Il veut violer une femme qu'il convoitait avant son incarcération. L'acte a lieu mais ce n'est pas un viol puis qu'il s'éprend en erreur avec la sœur de la femme convoitée qui y consent et en prend plaisir. De cette union fortuite sera né Rocco, l'aïeul de la famille des Scorta. Ce Rocco, brigand comme son père, engendre trois enfants d'une femme sourde-muette. Ces trois enfants, après une tentative avortée d'émigration aux États-unis, resteront leur vie entière dans leur village. Ils survivront avec la pêche, la contrebande de cigarettes et une tabagie. La génération suivante, en plus de la contrebande et la tabagie, fera le transport clandestin d'émigrants albanais.

Comme histoire, l'auteur nous laisse sur notre faim. Son roman, qui évolue sur cinq générations, de Garibaldi à nos jours, est maigre en personnages et événements. A part d'un clin d'œil à la guerre civile d'Espagne, ce roman ne fait aucune mention de tous les grands événements du vingtième siècle. Aucune allusion n'est faite à Mussolini et de ses chemises noires qui ont fait la

pluie et le beau temps en Italie durant un quart de siècle. Comme personnages de valeur, à part des membres de la famille des Scorta, il n'y a que les trois curés du village. L'église existe mais elle n'est pas décrite à part d'un vieux confessionnal désabusé se détériorant dans la cour arrière. Le village qui existe depuis toujours ne semble pas avoir d'histoire. Les Scorta se marient et ont des enfants mais l'auteur nous raconte ni mariages, ni baptêmes. Il nous peint plutôt de beaux tableaux d'âge mur, de vieillesse, de solitude et de décès.

Laurent Gaudé écrit très bien et, comme au théâtre (il est dramaturge), certains épisodes sont émouvants et pathétiques. Il y a la mort de Donato qui, devenu vieux et trop faible pour ramer à contre-courant, est emporté par la mer vers l'infini éclairé d'un soleil couchant – un peu comme le Marlboro Man de cigarettes américaines. La sénilité de Carmela et le tremblement de terre dans le cimetière qui l'engloutit auprès des restes de ses frères morts et enterrés est bouleversant et invraisemblable à la fois.

Tous ces merveilleux tableaux sont ficelés ensemble pour en faire

un récit étendu sur cinq générations. Malheureusement, l'auteur se sert de grosse ficelle et les membres du Cercle de lecture en ont fait le constat. Nous avons remarqué l'illusion notoire de la grande liberté aux États-unis comparée à une vie opprimée et étouffante dans les vieux centres européens. Nous avons discuté du conflit entre le besoin de liberté personnelle tout en demeurant en harmonie avec un milieu conformiste et routinier.

Le roman « Le Soleil des Scorta » vaudra la peine d'être lu même si ce n'est que pour les profondes pensées sur la vie et la société qu'il peut facilement engendrer.

L'Amicale francophone d'Ottawa est dédiée à promouvoir l'usage du français parlé et écrit parmi les francophones et francophiles résidant dans les quartiers du centre de la ville d'Ottawa. Son site sur la Toile est : www.amicaleottawa.com.

La prochaine lecture est « Prisonnière à Téhéran » de Marina Nemat et nous nous rencontrerons le mardi, 9 mars à 19 heures en la salle de l'église Southminster pour en discuter.

Owen Pallett Plays the Black Sheep Inn

By William Burr

Singer-songwriter Owen Pallett filled Wakefield's Black Sheep Inn with a rich mixture of sound on February 18th. Pallett is an odd presence on the indie music circuit because he both plays the violin and sings. Sometimes he does both at the same time, quite at ease with the wooden instrument under his chin while singing into a microphone. Mainly, however, he uses an electronic looping machine to record violin riffs and play them back, one overtop of the other, as a kind of background. He meanwhile focuses entirely on singing or playing another melody.

Each of these layers has clearly been carefully composed and mixed (in fact, he says that he almost never improvises) and they make for a colourful blend that fills every nook and cranny in the room.

Pallett's latest album, Heartland, employs a full orchestra. But in the transition from the album version with so many instruments to the live one where there is just Pallett and a backup musician, guitarist and percussionist Thomas Gill, the live version seems more effective. Pallett is at home, layering numerous melodies overtop of one another, completely in control. He has been doing this for years.

At the same time, I feel Pallett could benefit from a few more band members – though maybe not a whole orchestra – simply so that he can concentrate more on doing what he does best: singing and playing the



violin. As it stands, he spends a lot of time working out the particularities of his looping machine: the first minute or so of every song, plus moments on or off throughout each song, like a DJ.

The album itself, the orchestra notwithstanding – in fact, I've grown to like the orchestra – is a bit of a gem, and really grows on you after repeated listens. Pallett's swooping melodies, plaintive violin solos, and gentle, boyish voice are winning.

Songs that came alive particularly during the concert included "Lewis Takes Action" and "Lewis Takes Off His Shirt," off Heartland, as well as "Many Live 49 MP," off his previous album "He Poos Clouds," released under the separate name, Final Fantasy.

"Lewis Takes Off His Shirt" in particular had an added dimension live as Pallett played a driving staccato rhythm on the base register

of his violin to drive the song forward, replacing a higher-pitched orchestral arrangement that features wind instruments. All of these curious sounding "Lewis" titles stem from the overarching concept of Heartland. The 12 songs on the album are all monologues of Lewis, an "ultraviolet farmer," in a world called Spectrum, struggling with his own creator, Owen Pallett. Sounds far-fetched, but it doesn't matter.

Pallett is a classically-trained violinist, having studied at the University of Toronto. His classical roots shine through in the measured purity of his violin playing and the complexity of his arrangements. He seems a violinist at heart. And just as in foreign-language opera, listening to Pallett live it is very hard to make out any of the lyrics. You sit back and let the harmonies surround you, not really worrying about what he's saying – whether Lewis is doing this or doing that.

It is precisely Pallett's unusual mixture of classical technique with a pop sensibility that makes him so popular with the indie rock crowd. The Black Sheep Inn, in little Wakefield, a half-hour drive outside Ottawa, was teeming with them on this snowy evening.

Pallett has an interesting stage presence. He stands straight and immobile, but relaxed, wearing a simple tank top and casual pants. His stillness betrays an intense concentration. You feel like you have been brought into his creative space. He fills the room.

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COMPUTER TRICKS AND TIPS

Windows 7 on Your New Computer

By Malcolm and John Harding, of *Compu-Home*

It seems like this is the season to be buying new computers. At *Compu-Home* we have been asked for advice and support in the past few months more than ever before, as people shop for replacement and additional equipment. Frankly, there have been some pretty decent bargains in the stores lately and people have been taking advantage of them as desktops, laptops and netbooks have been flying off the shelves.

This usually means that there is a new operating system to master. *Microsoft Windows 7* is supposedly the replacement for *Vista*, although the much-maligned *Vista* made such an insignificant bump in the landscape that it is more often *Windows XP* that is being replaced.

Windows 7 was a year in beta testing before being officially introduced last fall and the year-and-a-half of reviews, feedback and user reports from the beginning have been that although not perfect, it's pretty darn good – it's an improvement over *XP* and vastly superior to *Vista*. If you agree with us that the most important features in an operating system are (1) ease of use, (2) reliability

and (3) a smooth transition from previous experience, then we suspect that you'll be pleasantly surprised.

This positive reception is largely due to the fact that *Windows 7* is not presented as a radical departure from what we have come to know and expect, but rather as simply another step in the evolution of the operating system. Software, utilities and features that were introduced in *XP* and refined in *Vista* have been further developed and integrated into *Windows 7* to make them easier to use and even more useful. Just a very few examples of these features would be: a nicely streamlined and sophisticated Taskbar and Start Menu, improved "hovering," (in which a preview appears when the cursor pauses over an icon) much better searching, and the full integration of the *Windows Live* family of utilities – email, synchronization of files over the Internet, messaging, contact management, and browsing. Photographs and other media are stored and manipulated more intuitively than ever before. File and printer sharing on a home network are still a bit of a challenge if the computers involved use different operating systems, but in fact the situation is somewhat improved over what it was in the past and if all of the computers are *Windows*

7 it's a no-brainer! We have also noticed that there are far fewer difficulties in finding peripheral device drivers for this new OS than happened in the past.

Another advantage is that we have the sense that the manufacturers were brought into the development process earlier and more enthusiastically than in the past. One little example that has greatly impressed us is an *Internet Explorer 8* add-on now pre-installed on Hewlett Packard computers, that allows you to select exactly that part of a web page that you want to print, rather than to chew up reams of paper with all of the extraneous stuff.

All of this glitz comes with a price, of course. Microsoft's official list of hardware requirements is about the same as for *Vista*, but unless you are blessed with extraordinary patience, we think you'll want at the very least a 3 Gigahertz processor and 2 Gigabytes of RAM; more would be much better. Fortunately, the equipment commonly seen in the stores now usually exceeds these specs, except in the case of netbooks and they have their own special *Starter Windows 7*, designed to get along with less processing power.

There has been a lot of discussion on the subject of upgrading your computer

from *XP* or *Vista*, to *Windows 7*. Our one word of advice is: "Don't." There are utilities available that can assess whether or not your computer is capable of this upgrade, and there's lots of information on how to go about it, but the fact is that every computer is built to operate optimally on one operating system, and there are pitfalls – often significant – to converting to another one.

Next issue, we'll look at the process of bringing home your shiny new computer and introducing it to all of the members of your family – the ones who are human and the other ones that have wires, keyboards, mice and monitors.

Malcolm and John Harding are owners of *Compu-Home*. They assist home and small business computer users.

Visit www.compu-home.com and go to Suggested Websites to see a list of favourite useful and interesting websites.

Write to harding@compu-home.com or phone 613-731-5954 to discuss computer issues, or to suggest future columns.

Sips from the Poetry Café

Celebrate International Poetry Day with a Party!

by: Susan J. Atkinson

It seems that living on Pansy Avenue is not only excuse enough to throw a party but it's also part of the customs that residents seem to find themselves enjoying. Good news is the rest of the world also has an excuse to throw a party on March 21st. Yes indeed it is what many choose to celebrate as the first day of spring but beyond this fact it is also International Poetry Day! This year is particularly exciting as it is the 10th year of the event's existence.

The year 2000 marked the first year of this UNESCO (United Nations Educational, Scientific and Cultural Organization) initiative. According to UNESCO "...The purpose of the day is to promote the reading, writing, publishing and teaching of poetry through-out the world, giving fresh recognition and impetus to national, regional and international poetry movements." This day recognizes that poetry is a major cultural factor and it reminds people around the world of the lasting power of poetry. Which makes it amazing to think there's now a day dedicated to all aspects of this art form!

One way to commemorate this internationally acclaimed day is to host a poetry party, which is nowhere near as complicated as it may sound! In fact it's really straight forward if you follow this simple recipe.

How to plan a poetry party

What you will need:

A place to host your party

Friends

Selection of poetry books both old and contemporary, for adults and children. (A visit to the library will help here. Choose whatever feels appealing)

Paper

Word tags (explanation will follow!)

Pencils or pens

What you can do

1. Prepare your home by making a comfortable gathering area. Prepare light 'picky food' and beverage selection. You could perhaps invite your guests to BYOB. On coffee table or side tables place poetry books so they are easily accessible for guests to read from and enjoy.

2. Set a time and invite your favourite friends both young and old and explain that you will be spending the afternoon (or evening) enjoying the delights of poetry.

3. Begin your party by asking guests what they think poetry is. Everyone can write their idea on a strip of paper provided by the host and once everyone has shared his/her ideas the strips can be made into a word collage on an old picture frame.

4. Invite guests to take a moment to find poems they like (you may have already asked them to bring any favourite poems they have along to the party). Give anyone who would like an opportunity to read or recite a chance to.

5. Explain to guests that they are all going to get a chance to write their own poem. The easiest way to create 'spontaneous' poetry is to make word tags for inspiration. A word tag is simply a small square of paper with one word written on it. This word will then become a trigger for a poem. Each guest can help write the tags, perhaps allow two minutes and see how many tags can be written. Put all the words into a bowl and then you are ready to write poems.

6. Each guest has a chance to pick out a tag and then depending on how much time you would like to allocate to this activity, allow your guests time to

create a poem.

7. Share one another's creations while celebrating the world of poetry!
Happy International Poetry Day!


Goodbye Winter

(written for our younger readers)

Goodbye winter
Hello spring
Flowers smile
And birds sing.
Goodbye boots
Hello shoes
Time to shake
Those winter blues.
Goodbye snow
Hello rain
Spring skips
down
The window
pane

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Red Apron Cooks

March is Maple Syrup Month! Canada is the largest producer of maple syrup in the world, and most of Canada's maple syrup production takes place inside Ontario & Quebec. As we move away from refined sugar, and turn to other natural sweeteners, maple syrup makes an excellent choice. Maple syrup contains fewer calories and a higher concentration of minerals than honey. Made from the sap of the sugar, black or red maple tree, this amber liquid boasts an earthy sweet flavour.

Maple syrup is an excellent source of manganese and a good source of zinc. So aside from being delicious, Maple Syrup has some real health benefits. In addition to maple syrup, look for other maple products like maple butter, maple sugar, and products made with maple, like BBQ sauces, jams, mustards, etc.

March is when the sap starts running, and the annual harvest always includes special events and celebrations to mark the end of winter. You can find a comprehensive list of sugar bushes in town at the www.justfood.ca website.

One of our favourite places to visit

during Maple Season is Temple's Sugar Camp. From February 28th to April 25th their Restaurant is open 7 days. We have tried their Sunday Brunch and it was fantastic. This family owned business, in the heart of Lanark County, boasts a two hundred seat, locally crafted, timber frame building. It is well worth the 40 minute drive!! Visit www.temple sugars camp.ca for directions, hours and activities.

There is no better way to enjoy Maple Syrup than drizzled over a pile of fluffy pancakes. In my house, making pancakes is always an adventure. We are constantly changing up the fruit (grated apple, frozen wild blueberries, mashed bananas), experimenting with different flours (buckwheat, spelt, coconut flour) and occasionally adding different toppings (granola, toasted slivered almonds, whipped cream). I have included a simple pancake recipe, along with my secret trick for making them even fluffier!

One other event you won't want to miss this month is the Ottawa Go Green Expo. This exciting, 2 day event features (March 20 & 21st) is full

of exhibitors dedicated to providing information, products and services that can help you live a greener lifestyle! With everything from home and garden ideas, eco-friendly food and clothing. More details are available at www.ottawagreenexpo.com.

We want to remind you that there is no fresh meal or delivery service on March 16-17-18 but our retail store remains open and will be well stocked with fresh and frozen items to make your March Break more enjoyable. We also want to remind you that our Easter Menu is posted on our website www.redapron.ca.

Basic Pancake Batter

Ingredients

1 cup all-purpose flour (you can substitute whole wheat, spelt, or a blend of flours)
1 tablespoon sugar
2 teaspoons baking powder
½ teaspoon salt
1 egg
¾ cup milk
¼ cup shortening or butter, melted (you can substitute canola or sunflower)
½ cup fruit (chopped or grated apple, diced banana, or wild blueberries)

Directions

In a small bowl, combine the flour, sugar, baking powder and salt. Combine the egg, milk and shortening, butter or oil. Stir into dry ingredients just until moistened.

Tip: I separate my egg yolk from my egg white and beat the white until stiff peaks form, then fold into the mixture of wet and dry ingredients. This gives an even fluffier pancake.

Pour batter by ¼ cupful onto a greased hot griddle. Turn when bubbles

form on top of pancakes; cook until the second side is golden brown.

Maple Crème Brûlée Cheesecake with Cranberry Preserve

Maple Cheesecake

500 Gr. Cream cheese (cubed and at room temperature)
½ c. sugar
¼ c. flour
¼ c. sour cream
1 egg
¼ c. maple syrup

Cranberry Preserves

2 c. frozen or fresh cranberries
2/3 c. sugar
2 tsp. brandy
1 tbsl grated orange zest

Preheat oven to 300°F

Beat cream cheese and sugar in large bowl with electric mixer on medium speed until well blended. Add flour, sour cream, egg and maple syrup mixing on low speed after each addition just until blended.

Spoon 1 large tablespoon of the cranberry preserves into the bottom of 4 top 6 ramekins. Gently spoon the cheesecake batter over the preserves, until ramekins are almost full. Bake at 300 degrees for 15 minutes or until the centre of the cheesecake is set. Remove the ramekins from the oven and set aside to cool.

Just before serving, sprinkle the top of each cheesecake evenly with maple sugar. Caramelize the sugar with a handheld propane or butane kitchen torch.

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Vitamins ... Cont'd from next page

The key word here is "healthy". In theory, the amounts of vitamins required are higher for individuals who are ill or chronically stressed. Generally, the RDA or AI for B₁ is quite low.

For Vitamin B₁ the RDAs* or AIs* are as follows:

Infants, 0-6 mths – 200 mcg (AI)
Infants, 7-12 mths – 300 mcg (AI)
Children, 1-3 yrs – 500 mcg (RDA)
Children, 4-8 yrs – 600 mcg (RDA)
Males, 9-13 yrs – 900 mcg (RDA)
Males, 14 yrs and older – 1.2mg (RDA)
Females, 9-13 yrs – 900 mcg (RDA)
Females, 14 yrs and older – 1.1 mg (RDA)
Pregnant females of any age – 1.4 mg (RDA)
Lactating females of any age – 1.5mg (RDA)

*(Haas, Elson M., MD; Levin, Buck., PhD, RD. 2006. "Staying Healthy with Nutrition")

Fun fact: Mosquitoes don't like the odour of B₁ when eliminated through the skin. Therefore, taking a B-complex supplement containing 50 to 100 mg of B₁ in the summer can be helpful in repelling the annoying wee beasties.

Due to the involvement of Thiamin in helping produce energy from our food, it is always best to take a B-complex supplement in the morning (with breakfast) or at lunchtime, otherwise one may experience difficulty in sleeping.

This concludes our look into Vitamin B₁. Next time, we will look at Vitamin

B₂ (Riboflavin). Until then, I wish you abundant health, energy and well being.

If you should have any queries or require further clarification, please do not hesitate to contact me: cowen.k08@gmail.com, or make an appointment for Nutritional Counselling or Reiki at Soul Matters: 1093 Bank Street – 613 730 7685 – where I am available every second Friday 10 a.m. – 6 p.m.

Yours in Health,
Karen

This article is not intended to treat or diagnose and is for educational purposes only. If you have any nutritional issues or concerns, please consult a qualified nutritionist (preferably me!) or healthcare provider.

Many thanks to Melanie Seed.

Karen Cowen is a Registered Holistic Nutritionist (RHN) living in Old Ottawa South. Having studied Nutrition for 2 years at the College of Naturopathic Medicine in Edinburgh, Scotland, she moved to Ottawa with her husband and continued her studies with the Canadian School of Natural Nutrition, graduating with merit. She is also a Reiki Master and utilizes crystals in her Reiki practice. Karen considers one lifetime to be too short to learn everything about holistic practices, but in an attempt to at least learn as much as she can, she is currently studying Reflexology at the International Academy Health Education Centre.

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Arts and Minds - Supporting the Arts in our Community and Artists for Haiti

Funding for arts and culture has been a political hot topic over the past year as cuts in funding and the economic downturn have left many artists and arts groups in dire need. While the arts have an important role in defining the Canadian identity, many people do not realize that there is a financial benefit to supporting artists. The Conference Board of Canada sets the real value-added output by cultural industries at \$46 billion in 2007, while the economic footprint of the cultural sector was approximately \$84.6 billion. That's 7.4% of Canada's total GDP, and 1.1 million jobs!

On November 7th I hosted a consultation with community groups and residents on their ideas for improving the state of the arts and culture. As more

than 150 participants enthusiastically discussed various issues, several key areas emerged.

The theme of poverty, which plagues the art community in many ways and affects both art organizations and artists, was the most important concern. Reforming the tax system to allow income averaging for artists and creating greater demand for pieces of art would have the most direct impact on improving this situation. Self-employed artists should be given a higher threshold of taxable income and be allowed to pay into the Canadian Pension Plan.

The best way to ensure support for the arts is to encourage young people to find and embrace their talents so that we can develop a creative workforce and population. Arts education is a necessary

first step in audience development because it improves cultural literacy. Making arts classes an integral part of the core curriculum and improving funding to arts programs in elementary and secondary schools would go a long way towards meeting these goals.

There is also a need to address the lack of a long-term vision for Canada's arts sector. The federal government should provide sustained funding and consider legislation outlining, protecting and enshrining the role of arts and culture in Canada with specific support for the Canadian Council for the Arts, as well as Heritage Canada.

These issues and many others have been documented in the report Arts and Minds which you can access through my website at www.pauldewar.ca

More recently, I was thrilled to have the opportunity to host the Arts for Haiti art auction that was held at the Cube Gallery on February 9th. More than 80 local artists donated works of art and CBC's Adrian Harewood and Oni the Haitian Sensation did an outstanding job as our auctioneer and MC for the night. All proceeds from the auction are being donated to the Canadian Red Cross to aid in the continuing humanitarian relief efforts in Haiti.

I would like to thank everyone who came out to these events and contributed to their success.

Paul Dewar, MP
www.pauldewar.ca
 613 946-8682

An In-depth Journey into Nutrition

Vitamins – Part 5 - Vitamin B₁



By Karen Cowen
Registered Holistic Nutritionist (RHN)

Continuing on from my article last month on Vitamin K, let us now move onto the first of the water soluble vitamins: Vitamin B₁ (Thiamin or Thiamine); what it does in the body, sources and how much is required.

Water soluble is defined as capable of being dissolved in water. Water soluble vitamins are carried to the body's tissues, for absorption, via water and are not stored in the body, as are the fat soluble vitamins A, D, E and K. Therefore, they are required to be replaced daily through diet.

Water soluble vitamins are easily lost in water, during storage or preparation. To preserve vitamin content, refrigerate fresh produce as soon as possible, keep produce, milk and grains away from sources of strong light, use cooking water from vegetables in soups and do not steep vegetables in water for any length of time. Lightly steaming vegetables is preferable to boiling. Also, use fresh produce as soon as possible. The following website will provide information on the shelf life of various foodstuffs, as well as provide tips for storing food: www.stilltasty.com.

Functions:

The B vitamins function as catalytic coenzymes* for various biochemical processes in the body. Specifically, B₁ helps us obtain energy from food; mainly involved in glucose metabolism, and, along with the mineral Zinc, ensures there is an adequate amount of stomach acid (hydrochloric acid) to digest our food in the first place. B₁ also plays an important role in the proper functioning of the nervous system; ensures muscle tone and aids heart function, and it helps in stabilizing emotional and mental states. A B-50 or B-100 complex can be very effective in addressing irritability, low morale, depression and anxiety. Please note: It is always advisable to take a B-complex versus isolated single B-vitamins, as it is unlikely that an

imbalance of B vitamins will result when they are all ingested together. B₁ can also be helpful in preventing air- or sea-sickness.

*A coenzyme is a substance that enhances the action of an enzyme. An enzyme is a protein that functions as a catalyst to mediate and speed a chemical reaction.

Alcoholics will be markedly deficient in Thiamin, as alcohol blocks its absorption (as well as most other water soluble vitamins). Consumption of a refined carbohydrate diet; high in simple sugars, will also likely result in insufficiency, as many processed, white foods, lose their vitamin content in the milling process. Many of these refined food products are then 'fortified with vitamins', unfortunately, the vitamins often used are from non-natural sources and may not behave as beneficially as natural vitamins would in the body. Packaged cereals are a good example of a fortified food product. Always choose whole grains and foods which have not been unnecessarily processed such as brown rice, 100% whole grain pasta & bread, natural granola, etc.

Heavy smokers, frequent coffee drinkers, those who are chronically stressed, and those taking diuretics (which increase urination) are also likely to be deficient in Thiamin.

Sources:

Thiamin is found in pork, liver, nutritional yeast, blackstrap molasses, whole grains (germ and bran of wheat, oats, millet), legumes (peas, soy, beans, peanuts), sunflower seeds, Brazil nuts, pecans, pine nuts, avocado, spinach and cauliflower. Dried fruits contain some Thiamin, but sulphur dioxide is often added as a preservative, which tends to destroy this vitamin.

Please note: The B-complex family of vitamins are commonly found together in foods.

Also to note: Some of the beneficial micro-organisms which inhabit the large intestine can produce B vitamins and

small amounts of B₁ are stored in the liver, heart and kidneys but these stores do not last particularly long.

Deficiency:

Symptoms of deficiency may include fatigue, instability, confusion, irritability and depression. Deficiency may also cause lactic acid to build up in the muscles and edema (swelling) may be present, especially in the arms and legs.

Beri-Beri is the disease caused by Thiamin deficiency, but is relatively unheard of in North America, other than in chronic alcoholics or the severely ill. The name comes from the Sinhalese word *beri* meaning weakness.

There are 3 types of Beri-Beri:

Wet Beri-Beri – associated with cardiovascular disease; symptoms include edema in the feet and legs and spreading to the body, increased heart rate, lung congestion and enlarged heart (relating to congestive heart failure).

Dry Beri-Beri – associated with nervous system disease; symptoms include nerve degeneration, mental confusion, pain, tingling or loss of sensation in the hands and feet, muscle wasting and paralysis, which can also lead to brain damage and death.

Wernicke-Korsakoff Syndrome – also associated with the nervous

system; symptoms can include mental confusion, loss of memory, uncoordinated movement, general disorientation, jerky eye movements and usually leads to death.

Excess/Toxicity:


Excess B₁ is uncommon due to the fact that it is easily excreted and there is no known toxicity in humans.

Requirements:

The amount of vitamin required per day is referred to as the RDA or Recommended Dietary Allowance and is "the average daily nutrient intake level sufficient to meet the nutrient requirements of nearly all healthy individuals in a particular life stage and gender group." (Haas, Elson M., MD; Levin, Buck., PhD, RD. 2006. "Staying Healthy with Nutrition") An AI is described as "a recommended average daily nutrient intake level based on observed or experimentally determined approximations or estimates of nutrient intake, by a group (or groups) of apparently healthy people, that are assumed to be adequate." (Haas, Elson M., MD; Levin, Buck., PhD, RD. 2006. "Staying Healthy with Nutrition")

Cont'd on previous page

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Dorothy's Book Selection

Tree Cups of Tea by Greg Mortensen has generated considerable interest among library users, offering a much more upbeat report from Afghanistan than what is typically found in the newspapers. The book describes the author's work over the past decade and a half with the Central Asia Institute, setting up scores of village schools throughout Afghanistan, Pakistan, Mongolia and Kirgizstan. His dedication to the cause arose from an experience he had years ago, when after a failed attempt to climb K2, he stumbled into a Pakistani village in search of food and shelter and was nursed back to health by the villagers. Since then, Mortensen has reached out to small communities in the region, working together with the local people to establish schools and support educational initiatives. Mortensen's account of his relationships with these people and of the success of their projects makes this a heartening read, providing a glimmer of hope that positive and peaceful change is possible in the region.

Another book providing a 'from the ground up' view of the situation in Afghanistan is Rory Stewart's book *The Places in Between*. This is an extraordinary account of the author's walk from Herat to Kabul through the central mountains of Afghanistan six months after the fall of the Taliban. His route, through a region largely unknown to travelers, led him along the Hari Rud River to its source, over the high passes and along the Kabul River to the capital. It passed through 4 provinces: Herat, Ghor, Bamiyan and Wardak, each roughly representing 4 different landscapes and 4 ethnic groups. He chose to walk in January.

Stewart's decision to walk across Afghanistan must have seemed as mad

in 2002 as it does now. He himself points out in his introduction that "the country had been at war for 25 years; the new government had been in place for only two weeks; there was no electricity". He acknowledges that he is not good at explaining his decision, but qualifies it by saying that it was the most interesting part of his journey across Asia. He had spent the previous 16 months walking through Iran, Pakistan, India and Nepal but had been prevented from entering Afghanistan, which had left a gap in his journey. The fall of the Taliban afforded him an opportunity to complete the missing section of his walk, through "the place in between the deserts and the Himalayas, between Persian, Hellenic and Hindu culture, between mystical and militant Islam...to see where these cultures merged into one another and touched the global world." His intentions must have seemed unfathomable to Afghan Security Services whose response to his petition was less than encouraging: "You are the first tourist in Afghanistan. It is mid-winter – there are three meters of snow on the high passes, there are wolves, and this is a war. You will die, I can guarantee. Do you want to die?"

Stewart is nothing if not persistent, and unfazed, sets out on his trek, following more by accident than design in the footsteps of Babur the first emperor of Mughal India and descendent of Genghis Khan. Babur made the same trek in 1504 at the age of 22, describing his journey in a diary which Stewart refers to throughout his own book. Stewart's journey takes 36 days, during which he abides by a rigorous regimen of walking by daylight and seeking out a place to stop for the night in the villages he passes through. He claims that at times he felt quite detached from the landscape, but

as a reader, I found his descriptions evocative. I came to see the Hari Rud River, which he follows for much of his journey, as a companion, and felt a little lost when his route veered away from its course. His description of the Minaret at Jam is enthralling. While following the banks of the Hari Rud, he comes across a 200 foot tall terracotta tower standing by itself in the middle of a gorge surrounded by cliffs. He writes: "It was as finely worked as an ivory chess piece. The octagonal base, the three stories, the remains of the balconies and the ornate complexity of the geometrical surface were all subdued by the clean tapering line and the beige fired brick". Stewart's knowledge of the history of region leads him to speculate that the area could be the site of the Turquoise Mountain, seat of the 12th century Ghorid dynasty and capital of a Silk Road empire. Stewart provides a fascinating introduction to this civilization and imparts a sense of the richness of this historical find. It is devastating to learn that a village of looters has sprung up nearby and that priceless artefacts are being dug up carelessly and smuggled abroad to western collectors.

Rory Stewart's journey leads him through scores of villages and into contact with villagers, feudal leaders, Taliban supporters, security service officials, students, local strongmen and foreign aid workers. In his dealings with these people he encounters hospitality, generosity, hostility, and brutality in turn. With a working knowledge of Dari, Farsi and Urdu, he is able to communicate fairly comfortably and manages to hold conversations on such diverse topics as government, religion, fate, life and death. What emerges from these discussions is a complex picture of a country devastated by war and characterized by regionalism, shifting loyalties and unstable balances of power. One gains the impression that those engaged in nation building have their work cut out for them. As Stewart explains, to the majority of people he encountered, 'The ideals of centralization and democracy so dear to their liberators mean little ...Versions of Islam; views of ethnicity, government and politics, and the proper methods of dispute resolution (including armed conflict); and the experience of twenty-five years of war differed from region to region'. He argues that policy makers and international organizations working in the country are doomed to fail 'without the time, imagination and persistence needed to understand Afghans' diverse experiences'.

The Places in Between is a wonderful example of travel writing and Stewart will surely take his place among the classic writers of the genre, some of whom he nods to in the book. On numerous occasions throughout his journey, Stewart is offered a ride from one place to the next. He refuses each time, insisting that the entire trip be done on foot. He never entirely explains why although he does discuss the importance of walking by citing evolutionary historians who have argued that walking is a central part of being human. He quotes Bruce Chatwin who has written that "we would think and live better and be closer to our purposes as humans if we moved continually on foot across the surface of the earth". Stewart is reticent to admit whether he has lived or thought better as a result of his walk, but traveling in this manner has certainly enabled him to gather the material to write a thoroughly engrossing book. He writes elsewhere that "I wanted this book to be a thing of record, something that may not sell many copies, but that someone 300 years from now could dust off and say this is what it was like to walk across Afghanistan in the winter of 2002". To someone who feels as cut off from the realities of life in Afghanistan, this book is as revealing now as it will no doubt be then.

Since the publication of *The Places in Between* in 2005, Rory Stewart has set up a residence in Kabul, where he is the Executive Chairman of the Turquoise Mountain Foundation, an organization dedicated to preserving the architectural integrity of Murad Khane, the historic commercial centre of Kabul, and to promoting Afghan traditional arts. He has been appointed Ryan Family Professor of the Practice of Human Rights and Director of the Carr Center for Human Rights Policy at Harvard. He has frequently been called on to provide advice on Afghanistan and Iraq to policy makers in the US, UK and Canada (including the International Development Research Centre). He is also a frequent contributor to *The New York Times*, *The Guardian*, and the *New York and London Reviews of Books*.

The Places in Between is available at the Ottawa Public Library, along with Rory Stewart's second book, *The Prince of the Marshes*. Many of his newspaper and journal articles are also available online through the Ottawa Public Library's subscription databases.

Dorothy Jeffreys

Librarian, Alta Vista Library

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Garden Club ... Cont'd from next page

Clematis viticella)—these can be pruned at any point during the season to keep them under control.

Mary showed pictures of an attractive combination of Morning glory and Moonflower; espaliered roses; Black-eyed Susan vine, Climbing nasturtium; Virginia creeper, and Explorer roses.

Mary can be reached through her website: www.greenthumbgarden.ca

The next meeting of the Garden Club will be on Tuesday 9 March, 2010 at Southminster United Church at 7.30 p.m., Aylmer and Bank (enter from Galt

Street), when Master Gardener Nancy Seppala, will talk about xeriscaping—water-wise gardening. Drop-in membership for the evening is \$5 and new members are always welcome.

To view photos by Steve Reid of the flowers mentioned in the article such as Clematis Multiblue, Virginia Creeper, Clematis Jackmanii, Moonflower, Climbing Nasturtium, please go to www.oldottawasouth.ca and look for Community Garden Club photos.

Controller Chaos - Demystifying Home Technology

By: John Oulton,
Sovereign Designs Inc.

Welcome to the inaugural edition of a monthly home technology feature for OSCAR. Sovereign Designs Inc. is an Old Ottawa South based company specializing in providing customized home entertainment and control solutions for our clients. We do everything from hanging a TV on your living room wall to designing private home theatres and installing home automation systems. For the past 3 years, owner Russell King has been demonstrating emerging technologies for the home at his by-appointment showroom located on Grosvenor Avenue.

For someone who works in the custom home electronics industry, and a self-professed technology geek, it is with great reluctance that I make this confession: I did not own my first universal remote until about half a year ago.

I know, I know...so what right? Well, to understand the profoundness of such an admission for someone in my line of work, I imagine it would be akin to a racecar driver admitting to having never owned a car, a librarian to have never read a book, or an Olympic sprinter to have never used a pair of running shoes. Forgiving what admittedly are somewhat flawed and ridiculous analogies, I think the point is clear: It is unheard of for a member of our industry to not practice what we preach, namely tossing away the pile of confusing remotes and replacing it with a single, user-friendly

and professionally programmed remote control.

I've been selling and programming everything from entry level universal remotes to ultra modern and sleek touchscreens to all sorts of clients, watching them happily toss their now unnecessary single device remotes into the trash. Meanwhile, I was coming home to fumble with no less than 6 remotes every night in order to simply watch some TV or a movie with my beloved wife who would watch me with thinly veiled amusement. Of course, I deflected this by taking comfort in the fact that only I knew how to actually operate our home entertainment system - she gave up long ago trying to figure out how to make it all work. Moving from the sublime to the ridiculous, I eventually devised a rather complicated system involving hand-written labels for each remote and step by step instructions for some basic entertainment tasks, that went something like this:

GOAL: watch MOVIE:

- 1) Pick up remote A and press ON
- 2) Pick up remote C and Press ON. Wait 5 seconds then Press "CD"
- 3) Pick up remote B and Press ON. Press Input and select HDMI 3.....

I won't bore you with the next 10 or 20 instructions - you get the general idea.

Enough was enough, it was time to practice what I had been happily preaching to our clients: get yourself a programmable remote and free yourself from the clutter and confusion! So I did



just that, and let me tell you, it was a revelation. This wasn't just a "cool new toy" for me - it's now the most popular thing in the living room. The 6 single device remotes have now been banished to a box in the basement, freeing up the coffee table for, well... coffee (or whatever your tv-watching beverage of choice may be). I'm no longer Master and Commander of the Remotes, but that's just fine with me. Anyone can now operate our systems with my handy new one touch remote. Now that I don't have to write out user manuals, I have more time to write for the OSCAR, passing on my hard earned wisdom.

Down to the details - how can you get away from controller chaos? To most people's surprise, this type of control can be quite affordable, and it really boils down to what you want to be able to do with it. For well under \$500, you can get a top quality remote programmed by a certified programmer that can control 10 devices (yes...that's plenty). For a little bit more, you can have one with a colour screen with customized graphics, a

rechargeable lithium ion battery, and the option to add affordable wireless lighting control. Getting rid of your remotes is one thing, but what about all that "stuff" that they're controlling? Well, you still need that stuff, but the good news is that these remotes can also operate using RF or WiFi (radio frequencies), meaning that you can actually conceal all your equipment behind cabinet doors or even remotely locate them in a different room. Want even more? These devices are now trending towards touch screen remotes that not only control entertainment but also give you access to the internet, your HVAC systems, lights, and even your window blinds.

The most important considerations when looking for a universal remote is to set an honest and realistic budget, in addition to consulting with an experienced certified custom integrator. There are universal remotes offered by retail Big Box stores, but be mindful that often these are simply considered "add-ons" designed to sell in volume with no consideration for how you are actually going to use it. At a recent seminar I attended I was shocked to hear that the big retailers had about a 30% return rate on their remotes!

Purchasing a professionally programmed universal remote is a great way to help declutter your living spaces and make it easy for all family members to operate the entertainment systems. So go ahead and check 'em out - and stop the insanity!

Questions or Comments? Contact us at info@sovereigndesigns.ca

NOTES FROM THE GARDEN CLUB

The Vertical Garden—Vines, Trailers, and Creepers

By Colin Ashford

For the February meeting of the Old Ottawa South Garden Club, members were fortunate to have a presentation by Mary Reid, owner of Green Thumb Garden Centre, on "vertical" gardening. Mary grew up in Montreal, is a Master Gardener and Certified Landscape Professional; she made the transition from banking to full-time gardening over a decade ago.

Mary pointed out that cultivated vines are really creeping plants that have been persuaded to grow upwards—they have hollow stems and long inter-nodal spacing to support their fruits and flowers. Very popular in the 1930's, vines fell out of favour, but since the middle of the 1980's they have made a come-back as they are ideal habitat for birds and the insects they live on. Mary pointed out that there is no botanical classification of vine, but that they can be divided into five groups: *scramblers*, like pumpkins that will run rampant; those that *twine* like Morning Glory and Wisteria; those with *thorns* like climbing roses that use their thorns to hang onto vertical surfaces; *weavers* like Clematis; and those with *suckers and tendrils* like Boston ivy and Climbing hydrangea. The species of vines that twine do so either clockwise or anticlockwise—and are best left to start climbing a vertical structure themselves; weavers, like Clematis however, may need to be woven into their supporting structure.

Some species of vines can grow vigorously even to the point of being invasive, and so it is important to carefully select the vine to match the space and sunlight available. When planting a vine that has been grown in a nursery, Mary recommended to amend the soil (especially if the vine is to be near the side of a house) with compost

to give the plant a good start, and to water every day for two weeks and then once a week for the balance of the season. She also recommended feeding the vine two or three times a year. Vines work quite well in pots: they need to be monitored for drying out, and need some structure, like an obelisk, up which they can climb. Vines in pots can be overwintered by making sure they are well insulated with fiberglass or plunged into the soil to avoid freeze-thaw cycles.

Mary addressed the ongoing debate regarding damage to walls caused by the suckers of vines like Boston ivy: she assured members that damage to a sound brickwork was very unlikely by all vines except the Trumpet vine. However, vinyl siding can become discolored or unevenly bleached by the sun.

After the coffee break, Mary presented slides of some popular climbers. One of the most popular is Clematis, and of those, Clematis jackmanii is probably the most popular. Knowing when to prune Clematis is a vexing question that Mary helped answer. Clematis can be divided into three groups:

Group A that flower in the spring on the previous season's growth (e.g. Clematis montana and Clematis macropetalas)—these should be pruned in the spring after flowering to remove weak or dead stems and to shape;

Group B that flower in the spring on last season's growth and on new growth during the current season (e.g. Clematis Nelly Moser and Clematis Henryi)—these should be lightly pruned in early spring to vary stem length; and

Group C that flower only on the current season's growth (e.g. Clematis jackmanii and

Cont'd on previous page



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CARLETON CORNER

The Carleton University community held a number of events on campus to benefit Haiti's earthquake victims. Fundraisers included a talent show, rummage sale and benefit concert, raising more than \$16,000 for the Humanitarian Coalition to benefit Haiti. The federal government matched Carleton's amount for a grand total of almost \$33,000 for Haiti relief. The Coalition for Haiti - a collection of students groups on campus - raised \$12,560 of the \$16,000.

Acclaimed author Denise Chong was on campus to talk about her new book, *Egg on Mao*. Chong gave the presentation as part of the Pauline Jewett Institute of Women's and Gender Studies Creative Women Speakers Series. The author, who also wrote *The Concubine's Children* and *The Girl in the Picture*, discussed her latest book - a deeply personal story set in the social context of the times, telling the life of a bus mechanic in China who defaced the iconic Mao portrait above Tiananmen Square. In late January the series also welcomed The Hon. Flora MacDonald, former foreign affairs minister who spoke about her development work in Afghanistan.

Meantime, students welcomed an opportunity to put their degrees to work and check out their employment options at the annual Winter Career Expo. This two-week event hosted a variety of workshops, presentations and special sessions for students to learn and develop their employability skills. In addition, the expo helped students network with employers and learn about specific industry sectors.

A drum group and elders from First Nation, Métis and Inuit communities came together to launch Carleton University's Task Force on Aboriginal Affairs in a traditional ceremony held at the university's art gallery. The Task Force is intent on attracting more Aboriginal students, staff and faculty to the university while building relationships with community organizations. Carleton recently received nearly \$1 million from the Ontario Government to enhance its efforts to become a leading centre for Aboriginal teaching, culture and innovative research. Through its Centre for Aboriginal Culture and Education, the university currently offers a number of programs that provide opportunities for students to engage in studies with an Aboriginal focus.

In March, Carleton will host its first Relay for Life event that will benefit the Canadian Cancer Society. This student-run event will take place overnight from March 4 to 5. Relay for Life is an annual 12-hour team event that raises money for the Canadian Cancer Society. The night will begin with a lap for cancer survivors, with live bands playing throughout the night, activities planned every hour and an opportunity to camp out and help this fundraising effort. The goal is to raise \$35,000 for the Canadian Cancer Society.

Carleton Corner is written by Carleton University's Department of University Communications. As your community university, Carleton hosts many exciting events of interest to Ottawa South. For more information about upcoming events, please go to carleton.ca/events.

Travel Around The World At Billings Estate National Historic Site

By Emma Jackson

Don't be late! Alice is going on the adventure of a lifetime and kids are invited to join her in Wonderland at Billings Estate National Historic Site March 6 and 13.

In this two-part programme, kids aged 9 and up can meet the Mad Hatter, the Queen of Hearts and other beloved characters from Lewis Carroll's classic novel, *Alice's Adventures in Wonderland*.

Readings from the book will kick off an afternoon of crafts, games and, of course, a tea party. Kids can explore the more fantastic elements of Alice's journey and decide what they would do in Alice's position: would they rather be really tall, or really small? If animals could talk, what would they say to them? These questions and more will be up for debate.

The museum is located at 2100 Cabot St near Riverside and Pleasant Park. It was built in 1829, and was home to several generations of adventurous Billings daughters, offering the perfect background for this 19th century story.

The program runs from 2 to 4 p.m. Saturday March 6 and 13. Visitors are encouraged to attend both weeks to experience the program in its entirety.

Alice's adventures will continue on March 20 and 27, with a look at Lewis Carroll's sequel, *Through the Looking Glass*. Kids can meet famous nursery rhyme characters such as Tweedledee and Tweedledum, and even Humpty Dumpty will make an appearance before he falls from his fateful wall. Excerpt readings, hands-on activities and discussion will illuminate some of the more fascinating themes from the two novels.

All programs will be delivered in English by a bilingual educator.

Admission is \$6 per child per week, and advance registration is required. To register for a two-week segment, call 613-247-4830 or visit Ottawa.ca/museums.

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MAKING SENSE OF INVESTING

Are You an "Olympic" Investor?

By Bob Jamieson

As Canadians, we're proud to have just hosted the Winter Olympic Games in Vancouver — the first time the Olympics have been held here since the 1988 Games in Calgary. As spectators, most of us can only dream of duplicating the feats of these world-class athletes — but as investors, we can learn from the traits of these Olympians. Here are a few winning characteristics:

Discipline — To reach the top of their sports, Olympians train diligently for years. Along the way, they also train themselves to ignore distractions and avoid negative behaviors that could detract from their performance. As an investor, you need the discipline to avoid bad moves — such as taking a "time out" from investing when the market is down or chasing after today's "hot stocks" — if you're going to reach your goals.

Long-term focus — Skaters, skiers, bobsledders and other athletes train for years while keeping their eyes on the prize: the Olympic Games. As an investor, you'll also want to focus on a distant goal — such as a comfortable retirement — to guide your daily, monthly and yearly investment decisions.

Ability to overcome obstacles — Virtually every Olympic athlete had to overcome obstacles at one time or another. But whether it was a series of bad performances or a career-threatening injury, they persevered — and triumphed. When you invest for decades, you can also encounter obstacles along the way, such as market downturns, recessions and investments that just don't pan out. But if you're resilient enough to bounce back from these setbacks, you can keep progressing toward your financial objectives.

Willingness to take reasonable risks — When you watch ski jumpers at the Olympics,

you might think they are taking incredible risks with their lives and limbs. Yet, because they have practiced so many times, studied the angle of the jump, mastered the position of their bodies in the air and taken other factors into account, they have substantially reduced the risk associated with their jumps. If they were to eliminate all risk, however, they'd have no sport. As an investor, you also need to incur some risks — because only by taking risks can you potentially earn rewards. But like the ski jumpers, you can help control risks. How? By familiarizing yourself with all aspects of your investment choices and by building a portfolio mix that reflects your individual risk tolerance, time horizon and long-term goals.

Confidence — Above all else, Olympians must have self-confidence; they must believe they can succeed. And when you invest, you need confidence in yourself and your decision-making. While you can't control the movements of the financial markets, you can control your response to them. You can avoid panic when prices are down and complacency when things are going well. You can structure your investment portfolio to meet your needs and make changes when necessary. By believing in your ability to succeed, you can free yourself to act in your best interests.

You may never stand on the victor's platform at the Olympic Games. But emulating the best qualities of the Olympic athletes may help you reach your personal financial goals.

If you would like to see how the above traits can be made to work for you, please give me call at 613-526-3030

Bob Jamieson, CFP
Edward Jones, Member Canadian Investor Protection Fund

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Tasty Tidbits From Trillium Bakery

Pearls of the Antilles

By Jocelyn LeRoy

Just after last month's "Tasty Tidbits" column ("People Care"), the earthquake hit Haiti, further devastating the country, resulting in a whole new dimension of caring.

Over 30 years ago, my heart drew me to Haiti, for my own personal reasons.

I found myself face to face with starvation, and living conditions beneath my worst imaginings.

I have lived the experience of desperate mothers thrusting their babies toward me on a dirt road. "I cannot feed my child. My older children I have sent to work in the city (Port au Prince). My younger baby is sick. Take this one."

In Haiti today as part of the massive relief and rescue teams, people are telling the world their personal experiences with the Haitian people who have lost everything, even most of their families. They quickly discover that these people who have been all but destroyed, still have hope. Hope in a hopeless place. They share their concern for not only their own people but also the comfort of their rescuers.

Many are still in deep shock. I was moved to tears by a journalist's report of visiting a makeshift camp for survivors of the earthquake. There were at least 50 children huddled together sitting on the ground. They were silent. They were still. None were playing or laughing. They had no school books (their school had been demolished), no home, no toys, not even a ball to play with. They were still in shock days and days after the earthquake. They were so unchildlike – afraid and empty of the usual signs of living in the moment.

The concept of subsistent living is beyond most of us. We cannot comprehend.

The Haitian people express their emotions through their singing voice. I'm not talking about performing. Just everyday people, every day, with big bowls balanced on their heads, going about daily living. Finding water or vegetables to put in the bowl to carry home. Now there are no bowls, no vegetables, no homes. Home more often than not is a poorly constructed patchwork of corrugated metal scraps, cardboard, plastic, and maybe a thatched roof. Mud floors strewn with colourful mats woven from scraps of rope and cloth.

I have so many memories. The noteworthy thing is, not much has changed in all these years. When I was there, only 2% of the people could read and speak "proper French." About 2% were wealthy. The rest were/are at the

farthest other end of the spectrum.

Yet, what a place! What kind people! What hospitality, even with nothing but a trickle of brown water from a rusty spout. Stir in some red paste (fruity flavour) and offer the drink with a huge smile and a dignity I've never seen before or since.

These people are so strong. They are resilient. They are resourceful. And they are spiritual.

The young seem old before their time. The old have a glint in their eye still. They are usually around a lot of children, and are an important part of the family. The story-tellers at night.

The children know the experience of death, of voodoo, of birth, of sharing. Always a brother, a grandmother, a neighbour. They are part of these big life experiences, when they're not playing, which they manage to do with nearly nothing to play with. No wonder they grow up resilient and strong. But this latest blow to the very heart of the country and to the hearts of the people who have always held their heads high – this is more than people should have to endure, so most of us think.

A vivid image of an injured woman waiting for help – for a very long time – sings at the top of her lungs to cope with her pain. The people of Haiti sing their sorrow. They sing their anger. They sing their hope. What else can they do, when nothing + nothing = nothing? I found it, and still find it, more than inspiring to hear their songs and stories.

For some people, an option for helping is to set up an orphanage. There were none when I was in Haiti. I chose adoption when I learned of several homeless children in a hospital on a small island off the coast. They had been abandoned by their caring parents, unable to cope with the devastation of a drought that lasted all year. In those days hospitals did not provide food, only medicine, as food was scarce. That was during the time of the infamous Duvalier regime (from 1957 - 1986). The nurse in this hospital had heard about a possibility of some people in Montreal finding homes for children in countries that were completely unable (for a huge variety of reasons) to keep them and support them.

I was part of "those people." We had trouble finding homes for seven of these kids, aged 3 -6, because of their serious starvation and resulting health problems. First we tried the Caribbean Islands. No luck.

We (Families for Children) went through the normal process of adoption. This involved the Children's Aid Society and a parallel process in Haiti, which required permission from the government, "act of abandonment"

from a parent, all involving masses of bureaucratic paperwork.

We watched the clock ticking for the lives of these children, whose only chance to remain alive was to be removed from the island of their birth.

It seemed like forever – a race against slow time, until I could leave Haiti with the two children I had chosen, half sisters aged four and six. Both weighed 21 pounds each, light as feathers.

That year, and off and on ever since, the government quite arbitrarily and without notice shut down adoptions in process. The original seven ended up in the United States, Canada, Finland and England. No one else wanted them. Then, just as suddenly, the adoptions would "open up" again, with no apparent rationale.

After some time together getting to know each other (my seven-year-old daughter was part of this adventure), we stayed up late at night learning words from our French and Creole dictionary and "Creole for English Speaking People" which a priest from Montreal gave us on a bus. All the people we encountered spoke Creole.

Children have few problems communicating with each other, and we all had so much fun discovering so many things so new to each of us. In the case of the two "little sisters", they knew nothing of stairs, forks, a mirror, shoes and socks. In our case, we enjoyed their beautiful singing voices, the way they laughed in pure delight at everything new, and the way they loved to brush our long hair.

The day finally came to board a plane and fly to Canada, away from my new daughters' warm country. They were so excited. At the airport we lined up with a dozen or so people who were boarding the only plane leaving for the next three days. I had all my papers in order (act of abandonment, signed, adoption papers from Haiti and Canada, citizenship, passports, pictures, tickets, permission papers from the government).

I held the older girl who was too weak to walk very far or stand in line, and my seven year old carried the little one.

Whenever we got to the front of

the line, we were motioned to go to the back and wait. This happened several times. Various excuses were given, from "coffee break" to "we must check papers later" to "not yet." The two "authorities" letting everyone else pass to the tarmac became rude and obstructive. I was jostled and punched. I could see the plane's propellers fire up. The last of the boarders were climbing the stairs to the plane.

I bolted and headed for the plane with my armloads of children, light baggage and papers. No one ran after us. Having totally run out of cash (no phones, no banks, no place to use a credit card, no English, no help), I was feeling more than a little desperate, hoping to get us all through the door before the plane rolled away from the staircase.

Suddenly a woman appeared right in front of us. She said to me in beautiful French, "I will help you. I've been watching you and I understand."

"Merci," I said with huge relief, glancing backward over my shoulder.

This kindly and helpful Haitian grandmother said with disdain, "Those thugs at the airport don't know anything. They are ignorant. They are not like the rest of the Haitian people." I agreed. "They think you are stealing these children." I showed her my fistful of papers. "They don't read."

The engines were roaring, the plane gaining speed on the bumpy runway. I struggled to buckle all three girls into their seats. Two of them would have nothing of it. They squealed and flailed their arms. Two very large ladies in front of us turned to give us disapproving looks, rolling their eyes heavenward.

I looked around for the offered "help." She heard the protest and was to the rescue in an instant. To my surprise, she slapped the two unbuckled little girls quite hard and rather harshly admonished them. I was horrified. "Call me if you need more help."

. To be continued...

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A local contribution to Early Child Care in Nepal

By Tineke and Michael Casey
Canada Foundation For Nepal (CFFN)¹

Many years ago, long before the jeep roads arrived, the only way to travel along the Kali Gandhaki river north of Tatopani was to walk. The trek back from Jonsom towards Marpha and Tukche was pretty painful if you started too late in the day. As the sun finally peaks above the towering valley walls it heats the valley floor and the wind rises in time with the sun. Wait too long to depart and you are faced with a head wind that never seems to end. If that wasn't bad enough the trek carries you along the broad Kali Gandhaki flood plain and as the day wears on the wind picks up more and more sand. Usually a face cover and sunglasses are the order of the day - although not good sunglasses as the sand nicely polishes off all that expensive coating in no time. And in November it can be cold.

So there we were trekking along, far too late in the day and seeing Tukche in the distance when we spotted a ratty looking wooden shack smack in the middle of the flood plain, miles from anywhere. As we approached we could see into the shack and see an open fire burning on the dirt floor. When we were closer we could see there was someone inside tending the fire but we were shocked to see it was a young child, perhaps 4 or 5 at the most, tending the fire. There was no one else around. Well, there was one other person there but we couldn't see the infant until the young child carrying her turned away from us. She was carrying the infant on her back. Thus our introduction to one of the hidden problems in abject poverty - children looking after children.

For poor people this is just a fact of life. Who else will look after the children? If mom and dad are both working 16 to 18 hours a day at subsistence farming or tending goats there is no-one left to care for the young. This problem is not unique to Nepal but the problem is common enough for us to observe many more times in subsequent visits to Nepal. Years later the image still haunts us.

It was this "children looking after children" phenomenon that inspired us not just to dwell on the problem but try and to do something concrete about it. When we investigated further we saw that the problem wasn't simply that the practise was dangerous but that in fact it contributed directly to the cycle of poverty and the proportionately poor treatment of women in rural Nepal.

The children-looking-after-children situation is in fact a major drain on the lower school environment in rural Nepal. Since someone has to look after the children it is common for the elder sibling to delay entering Primary school until the youngest child has reached age 5. This child is therefore much older than fellow students and as a consequence much more likely to dropout. Also common is for the elder child once they have reached school age to take their younger dependents along with them to school. This leads to

alarmingly large class sizes in the lower grades and great disruption for the teachers who now have several toddlers also in the classroom. It is no wonder then that teachers can only be relieved when attendance falls and children drop out. How else can they cope? The end result is that many young girls drop out by grade 2 and boys by grade 5. This does not auger well for the next generation of Nepalese who face just more of the same cycle of poverty. But as the Nepalese are often wont to say - ke garne - what can you do?

It is here at this ke garne root-of-the-problem, that we thought we could make a meaningful contribution by establishing a model for sustainable village-oriented community daycare. This would provide supervised care from the time that siblings can drop off their young charges in the morning on the way to school until they can pick them up after school closes. This might be one way that children could attend school at will and on schedule.

Our first thoughts were to form a standardized and managed home-based child care program at various homes in the villages, similar to what operates in licensed home-care in Canada. However we soon learned that there are several cultural roadblocks to making this happen easily, roadblocks that will take some time to overcome and not really part of the problem we were trying to address. So we went back to the simplest of conceptual models; a freestanding purpose-built building centrally located and close to the existing schools. The model we would follow would be similar in concept to that developed by John Wood of Room to Read - offer the community a challenge grant.

The challenge grant is straightforward. The start up funding for construction materials and land purchase would be provided by us in addition to ongoing operational funding for the first three years of operation including the salaries for two full-time teachers. The community for their part would provide the land, provide the labour for the building construction and ongoing maintenance, provide volunteer teachers to supplement the two fulltime teachers to maintain a 7-to-1 child-to-adult ratio and provide the food so the children could have morning and afternoon snacks and a full meal at noon. The grant would run for three years and after that the community would sustain the operation by themselves. We would work with the community to determine how this sustainability could occur.

We approached the village of Sarkuwa in the Baglung district, specifically Ward 4 of Sarkuwa, known locally as Madhi. Sarkuwa had previously demonstrated its ability to carefully manage a grant they had received some years earlier from a High School in Illinois they had been "twinned" with. The US students had raised \$8000 in an effort to help their Nepalese twin. The funds remain in place to this day as the citizens of Sarkuwa manage a series of local grants



Tineke and Michael meet with the Madhi village elders to discuss the possibility of an early child care center there

to needy parents funded by the interest returned on the original capital.

The concept of early child care education is not new to Nepal. The government for many years has had a plan to have a series of child care centres rolled out in all 28,000 villages in Nepal. But the plan remains years behind schedule due to the lack of funding available and to competing needs. So the program is largely moribund.

Our first meeting with the villagers of Madhi was memorable. The Headmaster of the local High School chaired the meeting which was attended by many of the families which would directly benefit from the child care centre. Through our translator, Gyanendra, we explained what we had in mind, how the project would be a co-development between the CFFN and themselves and what we expected of them. The meeting ran long as it is not so simple to just set aside some land - land that grew crops, nor is it easy for each family to donate volunteer time on a regular basis. As we discussed this more in detail though it became apparent that each family would have to donate 15 to 18 days per year of volunteer time. This they could manage. The villagers accepted the idea in principle then and there and details were to be worked out with the local Mother Unit (women's co-op).

The meeting with the Mother Unit was equally successful and subsequently an agreement was struck with the entire village to begin a pilot child care centre as soon as possible. A Board of Directors was elected and we provided suggestions for teacher selection, a draft programme and ideas for the building design. We also provided the first funding instalment.

Six months later we returned to Madhi to find the pilot child care centre up and running. Two teachers had been chosen from the community, a temporary location found and the two teachers had been sent off to another community to learnt the fundamentals of early child care. We visited the centre daily and provided a substantial amount of teaching and play materials. Tineke worked with the teachers after hours on

how the equipment could be used in a "learn through play" environment. We also prepared a daily programme for them for the next 3 or 4 months, after which the centre would temporarily close while the teachers attended formal early child care training in the city of Baglung.

Madhi is not a poverty-stricken village. In fact compared to many rural villages it is reasonably prosperous and its village elders are enlightened and forward thinking. So we have in many respects picked the "low hanging fruit" in choosing to start there. But the need exists and it is important to start any endeavour with a quick success. We are a long way from helping that poor little girl we had seen that many years earlier but like all journeys, we had taken the first step.

1(Tineke and Michael Casey are Old Ottawa South residents who live on Glen Ave. they volunteer with the Canadian NGO CFFN which is an organization aspiring to bring the reach of education to the margins of society and to distant geographies in Nepal. It is CFFN's conviction is that knowledge and education are the most profound requirements for building a just and prosperous society. CFFN works towards improving rural education and livelihood. It strive to provide individuals of all ages, talents and abilities the opportunities to contribute in worthy endeavors that benefit Nepal, Canada, and the global community.)



A young child caring for an even younger child.

WHAT'S HAPPENING AT THE LIBRARIES

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Book Banter

Drop in to share the enjoyment of good books in a relaxed atmosphere.
Thursdays, 2:00 p.m. (1 hr.)
March 4: The Quiet American
by Graham Greene
April 1: Calculating God
by Robert J. Sawyer

Tuesday Book Group

Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of The ethical imagination: journeys of the human spirit by Margaret Somerville
March 9, 23,
April 6, 20, May 4, 18.
7 p.m. (1.5 hrs.)

Alta Vista Sleuth Hounds

Share the enjoyment of good mysteries in a relaxed atmosphere.
Title: The Killings on Jubilee Terrace
by Robert Barnard.
Thursday, March 18, 6:30 p.m. (1.5 hr)

Infusions littéraires

Partager une tasse de thé ou de tisane en discutant de livres.
Les mardis, 14 h (1 hr.)
23 mars : Loubianka
de Travis Holland

Listen to the Whispers

A free 50-minute talk on ovarian cancer.
Learn the facts, signs, symptoms and risk factors.
Thursday, March 25, 7:00 p.m. (1 hr.)

Ukrainian Pysanky

Learn the traditional art of Ukrainian Easter Egg painting.
Saturday, March 27, 1:00 - 4:30 p.m.
Program for Teens & Adults

Twisted Sisters Book Club

Share the enjoyment of good books in a relaxed atmosphere.
Saturdays, 1 p.m. (2 hrs.)
March 27 -Theme: Travel Books

Knit 2 Together

Love to knit? Bring your needles, yarn and good cheer. No need for expertise, we knit for the pleasure of it.
Saturday, March 6, 10:30 a.m. (1.5 hr.)
Wednesday, March 10, 6:30 p.m.(1.5 hr.)

French Conversation Group
Improve your spoken French in a relaxed setting. For those with an intermediate level of French.
Tuesdays, Jan 12 - May 18
6:30 p.m. (1.5 hrs.)

Advanced Spanish Conversation
Practice your conversational Spanish with other advanced learners.
Alternate Wednesdays, Jan 13-May 19
6:30 p.m. (1 hr.)

Computer Tutorials

Gain computer skills and get answers to your questions. This one-on-one session will help you learn to use the internet and send email.
Alternate Thursdays, Jan 14-Apr 22
10:30 – 11:00 a.m.

Library Online

Learn to use OPL's online resources. Search for library material using BiblioCommons, find newspaper and magazine articles in our databases, and learn about our online audiobooks and e-books.
Alternate Thursdays, Jan 21 – Apr 29
10:30-11:00 a.m.

English Conversation Group

Improve your English and meet new Friends. In partnership with Somali Family Services.
Mondays, 6:00-7:30 p.m.
Tuesdays, Beginner 1:00-2:00 p.m.
Intermediate 2:00-3:00 p.m.

Pre-School/Prescolaire

Babytime

For babies and their parent or caregiver with stories, rhymes, songs and activities. Ages 0-18 months.
Wednesdays, January 20-February 24, April 14-May 19, 10:30 a.m. (30 min.)*

Toddler time

For toddlers and a parent or caregiver with stories, rhymes, songs and activities. Ages 18-35 months.
Mondays, January 18-February 8, February 22, April 12-May 17, 10:30 a.m. (30 min.)* and
Thursdays, January 21-February 25, April 15-May 20, 10:30 a.m. (30 min.)*

Storytime

Stories and rhymes for young children- parents and caregivers are welcome to join. Ages 3-6.
(Bilingual) Tuesdays, January 19-February 23-April 13-May 18, 10:30 a.m. (45 min.)* and

(Bilingual) Wednesdays, January 20-February 24, April 14-May 19, 2 p.m. (45 min.)*
Contes
Contes et rimes pour les enfants.
Parents et fournisseurs de soins sont les bienvenus. Pour les 3 à 6 ans.
(Bilingue) Les mardis, 19 janvier-23 février-13 avril-18 mai , 10 h 30 (45 min.)* et
(Bilingue) Les mercredis, 20 janvier-24 février, 14 avril-19 mai, 14 h (45 min.)*

Children's March Break Programs/ Programmes Du Conge D'hiver Pour Enfants

Your life, your story

Tell your story through scrapbooking.
Monday, March 15, 10:30 a.m. (45 min.)* Participants should bring any personal items they wish to use.

Cut and paste

Discover the art of collage.
(Bilingual) Tuesday, March 16, 10:30 a.m. (45 min.)*
Colle et bricole
Le collage, pas à pas.
(Bilingue) Mardi 16 mars, 10 h 30. (45 min.)*

Create-a-Currency

Join us to learn how money is designed and printed at the Bank of Canada and get a chance to design and print your own currency. For 6-12 year olds.
Tuesday, March 16, 1:30 p.m. (1 hr)*

Tin Lantern Workshop

Learn how to make a tin lantern with staff from Billings Estate National Historic Site. For 6-8 year olds.
Wednesday, March 17, 10:30 a.m. (1 hr)*

Music box memories

Musical stories and fun for the whole family.
(Bilingual) Wednesday, March 17, 2 p.m. (45 min.)*
Les boîtes à musique
Histoires en musique pour toute la famille.
(Bilingue) Mercredi 17 mars, 14 h (45 min.)*

Camp Carnival

Escape under the Big Top and live a carney's life.
Thursday, March 18, 10:30 a.m. (45 min.)*

Family game day @ the Library
Board games, card games and videogames. Everyone can spend

time together and with other families playing DDR, Wii, board games, and more. For all ages.
Friday, March 19, 2 p.m. (1 hr)*

Teen March Break Programs

Gocks!

Everyone has an inner sock puppet - whether it's goth, or just silly, create a "gock" that's you. Ages 13-17. Use available materials - or bring your own - to decorate your (washed, please!) sock.
Monday, March 15, 2 p.m. (1 hr)*

Resume Bootcamp

Teens! Learn to create an effective resume that will help you apply for summer jobs.
Tuesday, March 16 and Thursday, March 18, 3-5 p.m. (2 hrs)
(The first session is the resume class and the second is a one-on-one consultation with the instructor)*

Family game day @ the Library

Board games, card games and videogames. Everyone can spend time together and with other families playing DDR, Wii, board games and more. For all ages.
Friday, March 19, 2 p.m. (1 hr)*

N.B. Registration for winter programs starts on January 16./ L'inscription pour les programmes d'hiver commence le 16 janvier./Registration for March break programs starts on February 10./ L'inscription pour les programmes du congé d'hiver commence le 10 février./ Programs followed by an * require registration. / L'inscription est requise pour les programmes suivis d'un *. The address of the Alta Vista Library is 2516 Alta Vista Drive, Ottawa and the phone number of the Alta Vista Library 613-737-2837./ L'adresse de la bibliothèque Alta Vista est le 2516, promenade Alta Vista, Ottawa et son numéro de téléphone est le 613-737-2837.

Program registration will be done on-line only. Ottawa Public Library cards are needed to register on-line. Children's library cards are required for registration of children's programs./ L'inscription des programmes est faite seulement en ligne. Les cartes de la bibliothèque publique d'Ottawa sont requises pour l'inscription en ligne des programmes et les cartes de bibliothèque des enfants sont requises pour l'inscription aux programmes d'enfants.

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CLASSY ADS

CLASSY ADS

are free for Old Ottawa South residents (except for businesses or for business activity) and must be submitted in writing to: *The OSCAR*, at the Old Firehall, 260 Sunnyside, or sent by email to oscar@oldottawasouth.ca by the deadline. Your name and contact information (phone number or email address) must be included. Only your contact info will appear unless you specify otherwise. The editor retains the right to edit or exclude submissions. *The OSCAR* takes no responsibility for items, services or accuracy. For business advertising inquiries, call 730-1058.

For Sale

Magnificent old Oak Table for sale: seats up to 12. Too large for our apartment. \$1200. (613)-730-2159

Silver Cross Pram - \$450.00 Beautiful and in excellent condition. Baby can face either direction and is nice and close to your face as you push. Full wire basket for groceries, great suspension lulls baby to sleep with plenty of space to stretch-out or play with toys within the pram. Rolls through snow/over sidewalks with ease. Comes with sun-canopy to keep baby's whole body cool and protected in summer, plastic rain/weather shield creates a cozy space in winter, toddler seat (can transport baby and child together), bug-mesh, and safety-harness. Smoke-free home and well-maintained (kept indoors - no rust, purchased new in 2004). Folds down for big car or mini-van. jenniferkurita@sympatico.ca or 613-

521-7213

Pair of "tulip" style leather chairs . Good condition ,non smoking household , taupe natuzzi leather \$250.00 for both . Contact Fred @ 613-730-3096. I can Email photo if desired .

Box spring: bran new Queen size 6-inch "Low Profile" from Home Sears - never used: \$200. Call (613) 695-4470

Quarter Size cello - excellent condition -- \$500. Call (613) 695-4470

Accommodation

For rent: Sunny century farmhouse on 160 acres with small private lake. Sandy shoreline suitable for children. Canoeing, fishing. Hiking trails on adjacent Crown Land. Bon Echo Park,

golf and galleries nearby. Weekly \$775 + Contact armstronglake@storm.ca or call 730-2369.

For rent: House available from June 1 to October 31 (dates negotiable). Five bedrooms, 2.5 baths. Large kitchen, formal dining room, living room, family room, located on dog-friendly, kid-friendly Windsor Park. House is fully furnished with air-conditioning, barbecue, view of the park from backyard. Tennis, playground, play structure, wading pool, river walks, etc. Close to shopping, community centre and library. \$2,500 per month (all inclusive) 613-277-8078.

Looking for a non-smoking, quiet female graduate student or professional for one-bedroom semi-furnished basement apartment in Old Ottawa South. Close to bus routes, universities, and hospitals. Minutes from the Glebe, downtown and Billings Bridge Plaza. Freshly-

painted and new flooring/carpeting throughout. Own kitchen and bathroom, separate entrance, and parking available. Shared access to laundry facilities, chest freezer, and garden. Monthly rent \$900, includes heat, hydro, water, basic cable (separate lines for telephone and internet). Landlady lives upstairs with two small dogs. Due to new carpeting and dogs already in the house, no pets please. Available April 1st. Please call Caroline at 613-237-7894 for more information or to arrange a viewing.

Cottage For Rent: Lakefront gorgeous year round cottage 35 minutes from Parliament Hill. Sleeps 8 on large private lot on spring-fed motor-free Island Lake. Includes canoe, kayak, paddle boat, windsurfer. Sand bottom lake shallow at shoreline. Large dock and swim platform. islandlakecottage@rogers.com 613-730-0033

Around Town

La Leche League Canada has a group in Old Ottawa South

Are you breast-feeding your baby? Are you pregnant and planning to breast-feed?

A La Leche League meeting is a relaxed, supportive and non-judgmental place where you can: meet breast-feeding women, ask specific questions about breast-feeding, learn more about breast-feeding from accredited leaders who have breast-fed their own children and who volunteer their time, get tips for working through best breast-feeding challenges, find out more about getting ready to breast-feed (if you are pregnant), find out more about the benefits of breast-feeding for baby and you, borrow books about breast-feeding and related parenting topics.

Meetings every second Tuesday of the month from 7:00 to 8:30 PM at 36 Glen Ave. Next meeting March 9. For more information call 613-238-5919, the local La Leche League phone line.

Brian Doyle's Writing Course.

Award winning Canadian Author, Brian Doyle will be offering a three day writing course (9 am to noon) March 5, 6 & 7 at the Chelsea Public Library. Doyle will broaden your technique or your money back. Phone him at (819) 827-6000. Registration is limited. Ages 18 plus. Cost is \$150.

Celebrate St Patrick's Day - with Comhaltas -- Saturday March 13th, 2010 -- Dinner & Céilí -- TIME: 6:00 p.m. - 8:00 p.m. - Pat Marshall, harp - Three-course Hot Buffet. TIME: 8:00 p.m. - 12:00 a.m. - Dance to live traditional Irish - music by the Ottawa Céilí Band - with special guests - Ellen MacIsaac and the Cumbrae Dancers. LOCATION: Blessed Sacrament Hall - 194 Fourth Ave., Ottawa. Tickets \$25 Reserve by March 4th. - Tel. 613-596-6191 or 819-595-1094.

On Sunday March 14 at 3:00 p.m., join Lawrence Harris for a lively hour of music-making, and find out about our spring classes and events. Admission is free, so bring all your friends!

Come to room 201 of the Dominican University College, 96 Empress Avenue, just off Somerset St., two traffic lights west of Bronson.

Develop your vocal skills and boost your confidence - and help keep the wonderful repertoire of Gregorian chant and sacred polyphony alive. Help us share this deeply spiritual music with the wider community through our concerts and special events, including the Gregorian Chants for Meditation on Good Friday night, which over a thousand people attend each year. For more information, call 613-567-7729.

Concert For Lent - Featuring Chorus Ecclesiae and the Symposium Choir, directed by Lawrence Harris. Monday, March 15: 8:00 pm. Our Lady of Fatima Parish, 153 Woodroffe (two blocks west of Richmond Road), Nepean. Free admission and free parking at the church Information: 613-567-7729

Friday, March 26 at 7:30 p.m.

The Ottawa Regional Youth Choir and the Capital Swing Band present "Broadway & Swing" at Southminster United Church, Bank Street at Aylmer. Tickets at the door: Adults - \$15; Seniors & Students - \$10

Music For The Liturgies Of Holy Week. Sung by Chorus Ecclesiae and the Symposium Choir, directed by Lawrence Harris. Sunday, March 28: 3:00 pm AND 8:00 pm In the Cloister of the Dominican Convent, 96 Empress Avenue, off Somerset, two lights west of Bronson. Tickets \$15 · Students \$5 · Free Parking in the adjacent parking lot Information: 613-567-7729

Gregorian Chants for Meditation - Good Friday Night. Sung by Chorus Ecclesiae and the Symposium Choir, directed by Lawrence Harris. Drop in between 7:00 pm and midnight April 2 in Canadian Martyrs Church, 100 Main Street, South of Lees Ave Free admission · Parking behind the church. Information: 613-567-7729

Ring in the new season with a fun day of Easter egg hunts, egg dyeing, crafts and chocolate making at Billings Estate National Historic Site on April 3. From 11 to 4 pm, don't miss your chance to meet the Easter Bunny in person, or to explore the estate for the first sign of spring flowers. Admission: \$6/person, \$10/pair, \$15/family. 2100 Cabot St, Ottawa. Call 613-247-4830 or visit ottawa.ca/museums for more information.

The Canadian Cult Revue Film Series begins this **March** at the **Mayfair Theatre!**

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