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OSCAR

OTTAWA SOUTH COMMUNITY ASSOCIATION REVIEW

Volume 4 | Summer 1977 | Number 9

OSCA Annual General Meeting

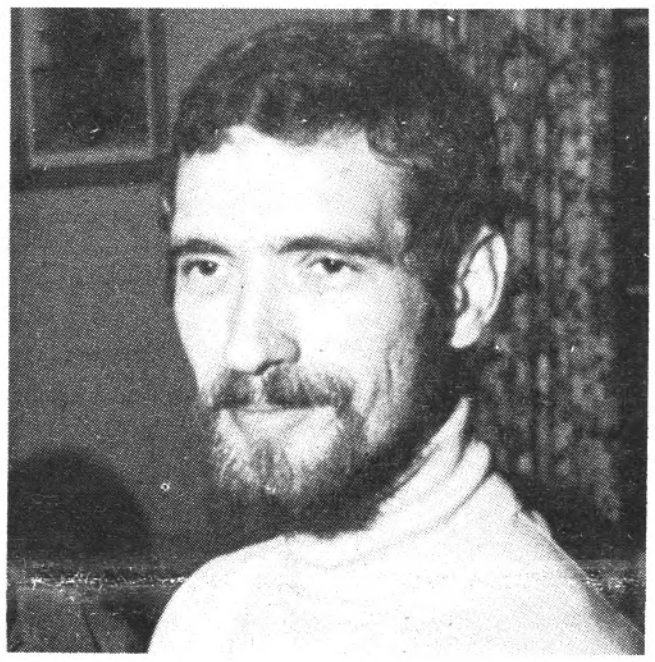
New executive elected

By Susan McMaster &
John Manson

As the Annual General Meeting of OSCA, May 25, showed, the community association gets stronger and draws more interest every year. In 1977, we have several departing members of the executive to thank for their involvement, and a number of new people who are willing to spend some of that most precious commodity -- time -- on our community.

Among the table officers, Bob Luce has stepped down after serving as Past President over the last year. Bob first became an executive member as a zone representative for zone C; he became President after the resignation of Elinor Reynolds. He has always given carefully attention to community affairs. We hope his advice and good humour will continue to be available to us. A special thanks to Bob.

The AGM elected Doug Menagh to a full term as President, an office he had been filling since early this year after the resignation of John Manson to become OSCAR editor. Doug was Chairperson of the Physical Environment Committee for most of last year. He was active in organising meetings in the community and with officials concerning problems of flooding and the proposed neighbourhood study.



Doug Menagh, newly elected President of OSCA.

Caroline Bell was elected a Secretary after serving as a zone rep in zone D for the past year. Caroline has been one of the prime-movers behind the Block Parent Program in Ottawa South and was Chairperson of the local committee which has implemented the program.

George Strong was re-elected as Treasurer of OSCA for a third term. George, whose community spirit leads him to devote a great deal of his time to community works, has served OSCA well in a difficult and thankless job of managing the finances.

This year, the association has

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Plan for the future

Three items affecting OSCA and the community were discussed at the AGM.

The future of the neighbourhood was topic number 1 as the City Planning Dept. presented a background lecture on the purposes and methods of the neighbourhood study. This summer studies will be conducted to determine the character of Ottawa South, Ottawa East, and the Glebe, which together consistute Capital Ward. In the planning process, the views of all segments of the community will be sought and considered. Members of OSCA at the meeting questioned the City representatives and Ald. Joe Cassey about the intentions of the City and how to most effectively participate in the planning. The association will be closely involved in bringing the views of Ottawa South to the attention of the planners.

Social Environment Chairperson, Bill Law outlined the programming proposals for the Community Centre which will open in the renovated Firehall this autumn. The focus of the program will be "cultural recreation" which is admirably adapted to the Firehall. The meeting approved the program and looked forward to the opening of the Centre.

Proposals to amend the OSCA constitution were brought forward by John Manson the Chairperson of the constitution committee. The complex package of amendments which would rearrange the administrative structure of the association was referred to the executive for further study and presentation to a special meeting of OSCA to be held in the fall.

Lighting your Firehall

By BILL LAW

As summer bursts upon us here in Ottawa South, it's hard to think of fall as being around the corner. But it is, and come fall OSCA will be moving into the all new Old Firehall. As Chairperson of the Social Environment Committee I am responsible for Social planning in the community. My primary responsibility is the program at the Firehall. I'll let you in on a little secret -- I'm lonely here on the Social Environment Committee! So I'm on the prowl for people who will get involved in some pretty important and exciting work.

With the approval of the annual general meeting and of the executive, the Social Environment Committee will be developing a program of cultural recreation. Cultural rec is a more liesurely, less competitive form of relaxation than physical pursuits. Both are equally demanding, though in different ways. Each has a similar goal in mind -- to expand horizons, develop new potential, discover different ways of enjoying life, and create alternatives both to the boob tube and to the pin-ball

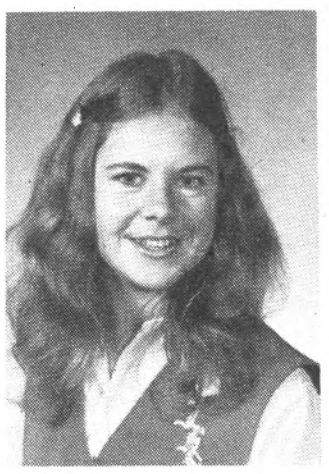
(Lighting on Page 5)

LAST ISSUE BEFORE THE SUMMER!!

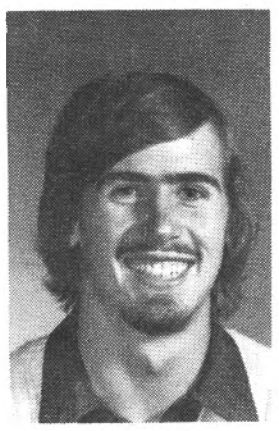
This is the last issue of OSCAR before the summer break. When you next see this paper we will all have, hopefully, had an enjoyable vacation. The paper is currently looking for a new editor to understudy on the September issue and take-over from there. If a new editor can't be found, the paper won't be able to continue.

Daycamp

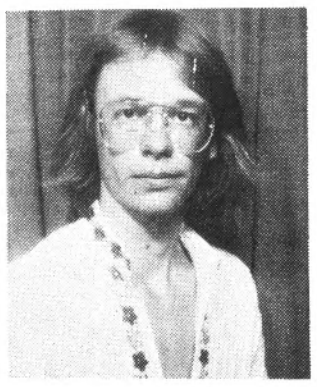
The OSCA Summer Daycamp is ready to begin the first of four two-week sessions on July 4. The Daycamp Committee has announced that the following persons have been hired to fill the six counsellor positions:



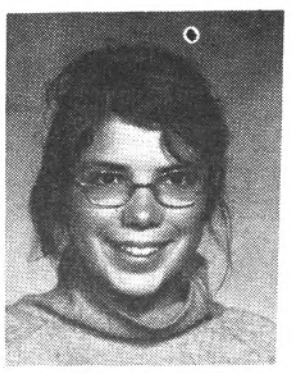
Susan Garvey, the head counsellor, will co-ordinate and direct this year's daycamp program. For the last six years, Susan has worked with the Ottawa Dept. of Recreation and Parks as a playground leader, special needs programmer for handicapped children, after-four programmer, pool supervisor, and seasonal centre director. She has worked as a volunteer at St. Vicent Hospital, Ottawa-Carleton Detention Centre, and the Rideau Regional Correction Institute. Susan, age 20, is completing her third year in sociology at Carleton Univ. Her special interests are sports, music, and arts and crafts.



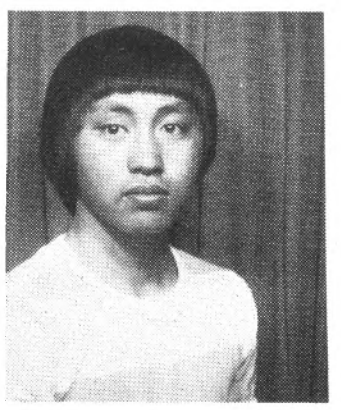
Ian Manion is back again for his third year as a counsellor in the OSCA Daycamp. Ian graduated as an Ontario Scholar from Ecole Secondaire Charlebois in June 1976. He is presently attending Ottawa Univ. with a major in psychology. Ian has always been interested in sports and dramatics. He has also taught swimming and worked 1 year in a local after-four program.



Jan Peter Meyboom, age 18, will be completing his grade 13 at J.S. Woodsworth Secondary School this year. Peter, who plays the classical guitar, has always been interested in drama, music, and art.



Natalie Michaud graduated this spring from Charlebois High School. Since last Sept. she has been tutoring young people in French and giving beginners' piano lessons. She is a member of a recorder ensemble at Ottawa Univ. follows piano courses with the Royal Conservatiry of Toronto. Natalie plans a career in music education.



Glenn Ogura is a grade 13 student at J.S. Woodsworth Secondary School. He has been very involved in school athletic programs. In the summer of 1976, Glenn was a senior Counsellor at Camp Minwassin for the Ottawa Boy's Club, and he has been a co-supervisor of Century Public School's weekend activity program called "Saturday Thing". In the summer of 1975, Glenn attended the Ontario Athletic Leadership Camp at Lake Couchiching. Glenn also has experience as a swimming instructor and life guard. He hopes to study law at Queen's Univ.

Suzanne Poirier, age 19 and a graduate of Charlebois High School, is presently in her second year as a physical education major at Ottawa University. She enjoys cycling, is an avid tennis player, and has for many years trained in gymnastics and participated in interscholastic competitions.

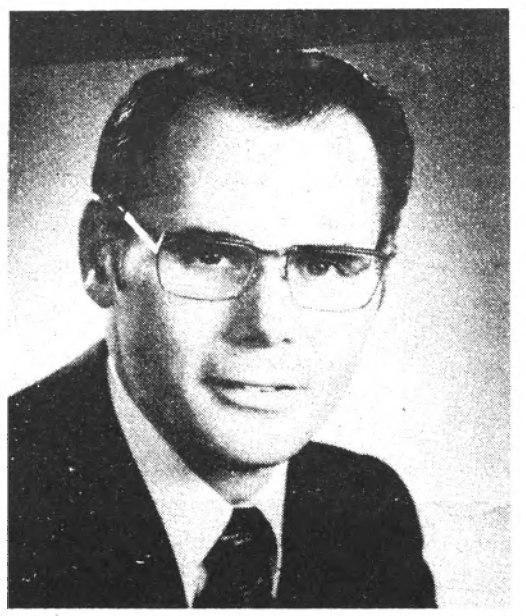
Corina Pattison and Cooper Langford who have been Junior Counsellors at the Daycamp since the camp began three summers ago are returning for their fourth summer in the newly created positions of Assistant Counsellors.

WIN $100 !!!!!

Buy a OSCA Daycamp LOTTERY Ticket (50¢)

Draw -- July 18 -- 12 noon

Brewer Arena



PC Ottawa South

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Vitamin See . . .

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By JIM McAULAY

In last month's article, "... we need about 2.5 mg. of vitamin C to prevent cold." should have read "...we need about 2.5 g. of vitamin C..."

Small amounts of vitamin C will reduce the severity of a cold but it is only when there is an increase in the level of vitamin C in the blood serum that colds are effectively prevented. When large quantities of vitamin C are consumed, most of the vitamin not absorbed into body tissue is expelled in the urine; however a small amount remains in the blood serum. It is this small quantity of vitamin in the blood which appears to prevent the common cold.

Most people believe that citrus fruit is the best source of vitamin C. Rose hips, tree-ripened tropical fruit, and raw liver (the Eskimo's traditional source of vitamin C) all contain more vitamin C than citrus fruit.

All fresh fruits and most vegetables are good sources of vitamin C especially when eaten raw. Milk used to be a good source of vitamin C but the current process of irradiating it with vitamins A and D destroys the vitamin C. Other sources include: fish, brazil nuts, and bean sprouts.

The pulp and skin of citrus fruit contains five bioflavinoids: citrin, hesprin, rutin, flavones, and flavonals. These substances are closely related to vitamin C. They are called P vitamins by some researchers while others consider them part of the C complex. Vitamin C works more effectively when they are present.

Bioflavinoids do not exist in commercial preparations of vitamin C except those prepared from natural sources such as rose hips, accerola cherries, green peppers, and tropical fruits. These natural source vitamins are however not a very good buy. They are considerably more expensive than ascorbic acid[1/] and lose their potency very quickly.

Vitamin C is considerably safer than many other common substances such as salt, sugar, or aspirin. It may be safely consumed in almost any quantity. Guinea pigs have been given 1/3 of their body weight in vitamin C, daily for many months and suffered no ill effects. Human volunteers have been given up to 100 g. daily and also suffered no ill effects.

The following exceptions should be noted:

Large quantities of vitamin C taken on an empty stomach may cause diarrhea;

Pregnant women should not consume more than 150 mg. of vitamin C a day - massive amounts of any water soluble vitamin which can be carried directly to the placenta should be avoided;

Strict vegetarians who take no milk or cheese should not consume too much vitamin C. It appears the destroy some vitamin B 12. As a vegetarian diet is deficient in this nutrient, a lot of vitamin C could be harmful.

Many reactions blamed on vitamins are not caused by the vitamins themselves but by the different additives which drug companies put in their pills to give them bulk and improve their flavour and appearance. Skin rashes, dry skin, and allergic reactions can be eliminated by changing the brand of vitamin.

-Vitamin C is essential to a healthy human diet.

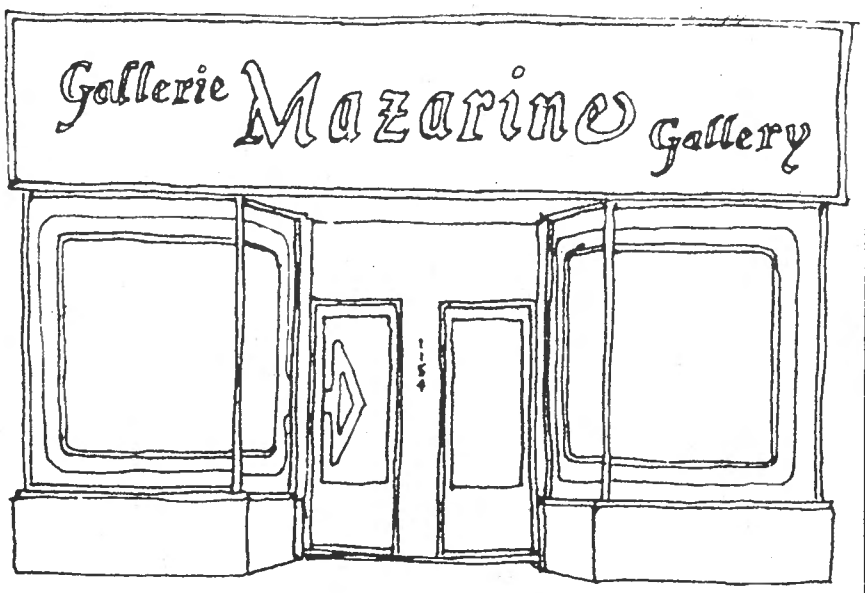
-Itis not a drug. It is a nutritive substance found in most fruits and vegetables.

-It is not a drug. It is a nutritive substance found in most fruits and vegetables.

-The human diet has changed since the days of early man. Most people in North America get enough vitamin C to prevent scurvy, but those who do not supplement their diet with additional ascorbic acid are proba-

(Vitamin on Page 6)

The Mazarine Gallery



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Ottawa South Community Association Review

OSCAR, a non-profit community newspaper produced and published monthly by the Ottawa South Community Association is supported by its advertisers and delivered free to all Ottawa South residents and businesses.

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Printed by Renfrew Mercury Advance, Renfrew, Ontario

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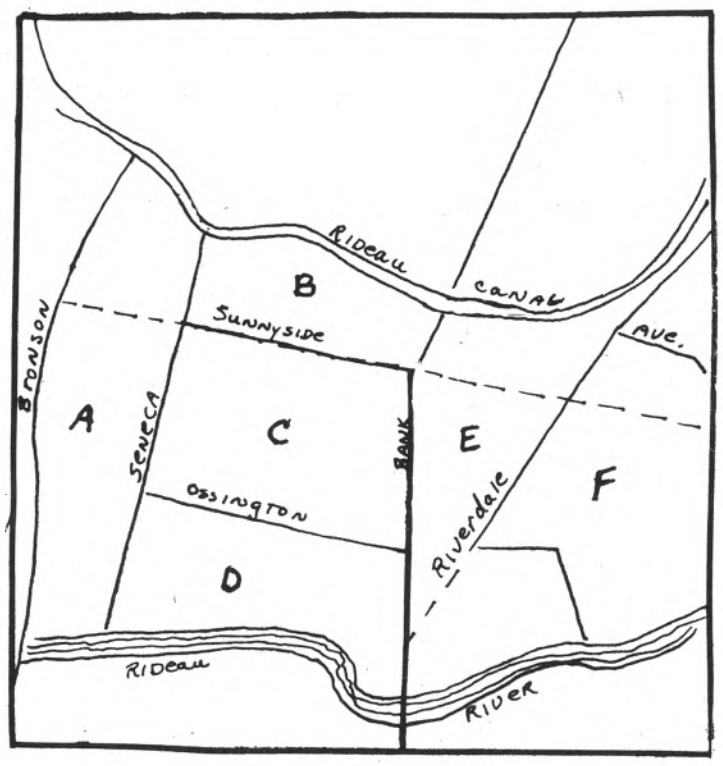
SUNNYSIDE COMMUNITY CENTRE
just east of bank at the old firehall

Ottawa South



OSCA EXECUTIVE

President, Doug Menagh, 234-3810
Past President, John Manson, 523-3808
Secretary, Caroline Bell, 238-2853
Treasurer, George Strong, 233-7040
Social Environment Chairperson, Bill Law, 733-8327
Physical Environment Chairperson, (position vacant)

Zone Representatives:

ZONE A: Roger Townshend, 238-8068
(1 vacancy)
ZONE B: Roy D. Norton, 234-6344
(1 vacancy)
ZONE C: Roman Ozga, 236-5538
Dave Harvey, 237-7307
ZONE D: Marlene Neufeld, 733-2625
(1 vacancy)
ZONE E: Huguette Mabbutt, 237-6891
Sue Taylor, 235-9600
ZONE F: Alix Lambert, 236-6177
(1 vacancy)

These people have volunteered their time to serve the community. They would like to hear from you if you have ideas, or problems, or if you would like to lend a hand.

The Editor,
OSCAR.

The good burghers of Ottawa South missed a dandy opportunity to see democracy in action when they didn't show up at the annual meeting of the Federation of Citizens' Associations of Ottawa-Carleton (FCA), at the Sheraton El Mirador Hotel on Tuesday, May 31.

Members of all community associations were invited to attend, and in fact all interested persons were welcome. But nobody from the Ottawa South Community Association was there -- except me. They had a list of 38 associations and groups which have subscribed to the FCA in 1977, but our association was not on that list. Why not?

I say, "Why not?", because the functions of the Federation include:

-acting as a citizen participation advocate and consultant;
-providing direct services to citizen groups;
-fostering and promoting collective action on regional matters;
-acting as a clearing-house for information between member organizations;
-monitoring local government activities;
-providing citizen representatives on advisory committees.

What do the people of Ottawa South think about this? It seems to me that these functions are useful, and indeed, are needed. It seems to me that OSCA should give strong support to the Federation. Let's hear from OSCAR readers on this. Or better still, perhaps they'll contact the OSCA executive or your zone reps -- and do it soon.

The Federation's big job recently, as some readers may well know, has been to represent community groups and the citizenry at large at the hearings of the Ontario Municipal Board into the Ottawa-Carleton Regional Plan and the planning process. The Ottawa hearings of the OMB ran from Feb. 14 to May 6, and will resume in the fall. The interests of all residents are at stake. No brief was submitted from Ottawa South.

The Federation is also concerned with the upcoming examination of the Mayo Report, and the advisability of submitting additional briefs on the Mayo recommendations.

Further, the Federation is a valuable source of information on the survey of Ottawa South that is to be initiated this summer. This is the survey that is being undertaken as part of the so-called Capital Ward Study, which was outlined at the OSCA Annual General Meeting on Wed., May 25.

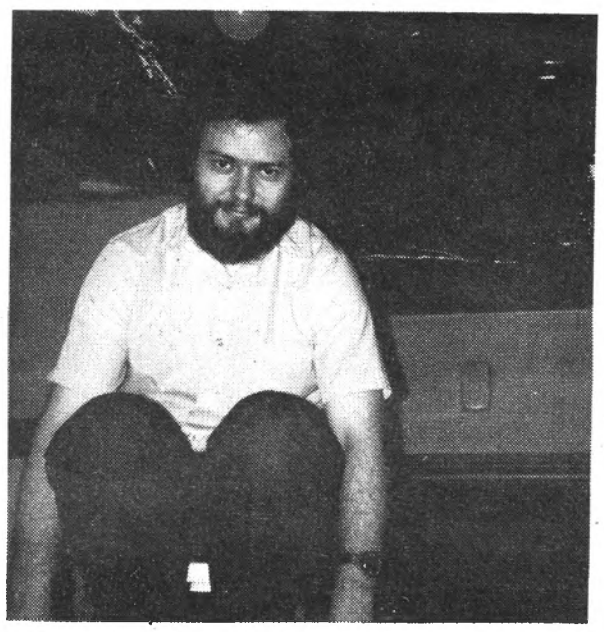
All or most of the above may be well known to other residents of Ottawa South, but it was news to me when I attended the Federation meeting. The Federation has an office at 70 Nicholas St., Ottawa -- telephone 235-8365. Communication is a two-way street, and I hope OSCA will do some early communicating with the Federation.

In itself, the monitoring function of the Federation, whereby it gives early warning of items of concern to us on regional and City agenda, seems to merit our support. Early warning, and communication, are vital, but have not always been forthcoming in the past.

Let's get behind the Federation of Citizens' Associations!

Harold Sprott

A MESSAGE FROM THE EDITOR
or
WHAT I DID BEFORE MY SUMMER VACATION



Another OSCAR season comes to a close with a sigh of relief from

(Message on Page 7)

Your voice...

By ALIX LAMBERT

In the April issue of OSCAR, I wrote about the neighbourhood study that City Hall is about to do in Ottawa South. I discussed some of our traffic problems. In this issue, I'd like to open up thought on facilities for teenagers. As a community I think we should feel a sense of responsiblity to see that our youth have recreation and places to go. Being a teenager is a difficult and important phase in a child's development. Having a supportive community can sometimes make the difference between delinquency and stability. Our community provides hockey, soccer, skating, baseball, and swimming. These are structured programs and very good ones, but they often do not reach the child that needs them most. There are many teenagers who aren't joiners and don't easily fit into such structured programs. What is there for them to do on weekends and sumner evenings? Unfortunately, in our community, a pool hall and pinball hang-out are all that seems available to fill that need. We don't even have the good supply of second run double feature movies that used to be shown at the Mayfair -- only sex movies instead. What a shame these kinds of "entertainment" are what we have for our youth locally. The churches do provide some activities for youth, but again, they attract a small percentage of the teenage population.

I hope to see an active drop-in program at our new Community Centre and possibly more evening programs at Hopewell School. I would like to see these programs provide interesting activities and sports such as tumbling and basketball. If these teenagers don't have a place to go and something worthwhile to do, we can only take some responsibility for the vandalism that often takes place in the summer.

I would also like to see more sports activities available for girls, such as: a girl's soccer team, basketball team, and hockey team. They need exercise as much as the boys do.

I sincerely hope the neighbourhood study takes a hard look at these problems and that we, as a community, care enough to see that programs and facilities are provided.

Lighting con't from Page 1

parlours. In Ottawa South we are fortunate to have numerous physical rec outlets available to us. In the field of cultural rec we are fortunate now to have the Firehall. The renovations committee was well aware of the potential in the old building. This is clearly reflected in the plans that were drawn up. Among other things, the renovated Firehall will possess a portable, convertible theatre space, a tea-room, and in-door and out-door relaxation areas.

The cultural rec program envisioned thus far includes: theatre and theatre workshops, arts and craft programs (with continuation of the successful craft fair concept), musical events to suit all tastes, film festivals with a special program of children's films, dances and social gatherings, a seniors program, dance and yoga, speakers' corner, drop-in programs -- the possibilities can go on and on. Any single program can work if concerned and interested people get involved.

This will be exciting and creative work. The Social Environment Committee has in many ways a special mandate. In many ways what we will be doing at the Firehall is something new and different among community centres. Cultural recreation is growing more popular as a new means of liesure in our computer-ridden society. Cultural rec helps to bring people together in a dynamic and creative environment. Here in Ottawa South we have the exciting opportunity of exploring this new field of liesure recreation.

The association has gone through some rough waters, what with the premature closing of the Firehall, and the consequent shutting down of most programming. But the storm has been weathered, and we've turned the corner. We have the support of the executive. Now is the time to give your support. Please fill out the questionnaire, and give thought to working on the Social Environment Committee. A little bit of involvement can go a long way, and after all it's your program. Help us make it work, for you and for our community.

What do you think?

from: Social Environment Committee

to: Community of Ottawa South

re: Firehall Program

GET INVOLVED! It won't hurt a bit. As a matter of fact, it will be good for you. Help us, help you, help the community.

The executive of OSCA is hard at work developing a program at the Firehall. But there is one ingredient missing -- you and your input. Please take a minute to fill out the questionnaire.

What are your areas of interest? Please indicate those activities which interest you and your family most. Don't hesitate to add to the list!

Arts and Crafts ----

Dances and Socials -----

Drama workshops for kids and adults -----

Drop-in programs -----

Films for kids and adults ----

Fitness programs ----

Games(chess, backgammon, ping pong etc.) ----

Medical Clinic ----

Meditation, quiet relaxation -- --

Music events, music room ----

Seniors program ----

Speakers Corner, debating ----

Your suggestions ----------

Are you willing to give some time towards making your area of interest a going concern? Would you be willing to serve on the Social Environment Committee? --

Name ----------

Telephone ----------

Address ----------

For further information contact

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Vitamin con't from Page 3

bly consuming much less than early man.

-If you take 2 or 3 g. of vitamin C daily (sufficient to amintain a high level of vitamin in the blood) you may catch fewer colds. The excess vitamin not absorbed into the body tissue will be excreted in the urine along with an increased amount of lead, mercury, and other industrial pollutants.

1/ Vitamin C is ascorbic acid, but ascorbic acid has been separated from the bioflavinoids. In nature, ascorbic acid and bioflavinoids are found together. In this and previous articles I have used the term "vitamin C" to refer to ascorbic acid or to ascorbic acid and bioflavinoids. I have reserved the term "ascorbic acid" exclusively for the commercial preparation.

Executive con't from Page 1

found a Chairperson for the Social Environment Committee in Bill Law. Bill served several months in this position after being appointed by the outgoing executive and he brings many ideas on programs for the community and a wealth of experience from his managerial role in the Great Canadian Theatre Company to the new executive.

The new Chairperson of the Physical Environment Committee is the same as at the end of the last executive term -- no one. With the long-awaited neighbourhood study now about to begin, this important job is looking for a volunteer. A little effort and some co-ordination of communtiy views will serve the long-term interest of this community well.

John Manson will continue on the executive as Past President, albeit at one remove. John is also looking for someone to replace him as OSCAR editor when he retires after the September issue.

For Zone Representative, six new people were chosen at the meeting, and one person is staying on. Special thanks are sincerely given to the retiring reps: Charlie Messinger (A), Debbie Blair and Marilyn Brown (B), Dan Byrne and Derek Sweet (C), Mary Jane Jones (D), Kitty Lee (E), and Greame Neill (F).

The new rep in zone A is Roger Townshend of 15 Pansy Ave. (238-8068); Roger was not in when OSCAR called. The other position in zone A is still available.

In zone B, Roy D. Norton of 35 Rosylyn Ave. (234-6344) was elected. He became interested in "doing a little bit in the community" through reading OSCAR. As a zone rep, he hopes to bring the concerns of the residents of zone B -- for example, "any beefs or gripes against City Hall" -- to the attention of the OSCA executive so something can be done about them. There is also a vacant position in zone B.

Roman Ozga is one of the two new reps in zone C. His particular concern is Brewer Park; he would like a return to the days when there were many more activities in the playground, for example: volleyball, an outdoor rink, and carnivals every month for children. He would also like to act as a mouthpiece for long-term residents of Ottawa South, whom he feels are often unrepresented. "Even though I'm younger (26)," he says, "I'd like to give more weight to the views of older people who have lived in the area for 20 or 25 years." Contact Roman at 402 Sunnyside Ave. (236-5538)

Dave Harvey is the other new rep in zone C. He is interested in becoming involved in the neighbourhood planning process after watching the community association from the sidelines for several years. Dave lives with his growing family at 38 Hopewell Ave. (237-7307)

New zone D representative, Marlene Neufeld, became zone rep almost by accident. "I got on the executive because I was at the meeting (AGM) representing Block Parents," she says. However, she has always been interested in the community association. "My main reason for becoming a zone representative was to find out more about it myself; to find out what the needs are, what is happening in the community." Marlene is available at 70 Cameron Ave. (733-2625) The other position in zone D is still vacant.

Huguette Mabbutt has only lived in Ottawa South for 13 months, but is already the zone representative for area E. She found out about OSCA from her OSCAR deliverer (Dagmar Philbrook). She became a rep because she appreciated the Jack Purcell Community Centre when she lived in Centretown. "I want to be better informed about activities in the area, and closer to what's happening at the Community Centre,"she says. Contact Huguette at 410 Riverdale (237-6891)

After completing a (wearing?) two-year stint as OSCA Secretary, Sue Taylor is the second zone rep for area E (her dedication is marvellous). She lives at 207 Sunnyside Ave. (235-9600)

Alix Lambert is remaining as the representative for zone F until she moves later this year. She has been doing the job with enthusiasm for the past two years. She lives at 128 Fentiman Ave. (236-6177) The second rep slot in zone F is currently vacant.

Volunteers for any of the unfilled executive positions can contact Caroline Bell (238-2853) or Doug Menagh (234-3810).

The OSCA executive is there to serve residents of Ottawa South, so if you have a problem, question, or suggestion, please feel free to call. We're all members of the Community!

Classified ads

Responsible couple wishes to rent a bright, reasonable house or duplex in quiet -- Ottawa South, or Glebe.
Aug 1 or after.
Call 523-3808, evenings or weekends

Wanted: 2-bedroom apartment or house for September 1 in Ottawa South or Glebe. Call 521-6123 after 6 and weekends.

After years of thinking about it, I would like to know more about learning to play the bagpipes. Call John at 523-3808 evenings and weekends.

Experienced "House-Sitter" will live in and take care of your house while you are away! August or September. Information c/o Leslie Roster, 233-8554.

KIDS! Win prizes-- sell the most OSCA Daycamp lottery tickets or sell the winning ticket.
Contact Sharon Plumb (33 Roslyn, 238-1486) or Aline Bullock (203 Cameron)

NOTICE

OSCA Daycamp Registration Committee announces that there are still some vacancies for children in the last 2 sessions, starting in August.
For information -- Kay Bruder
235-0941

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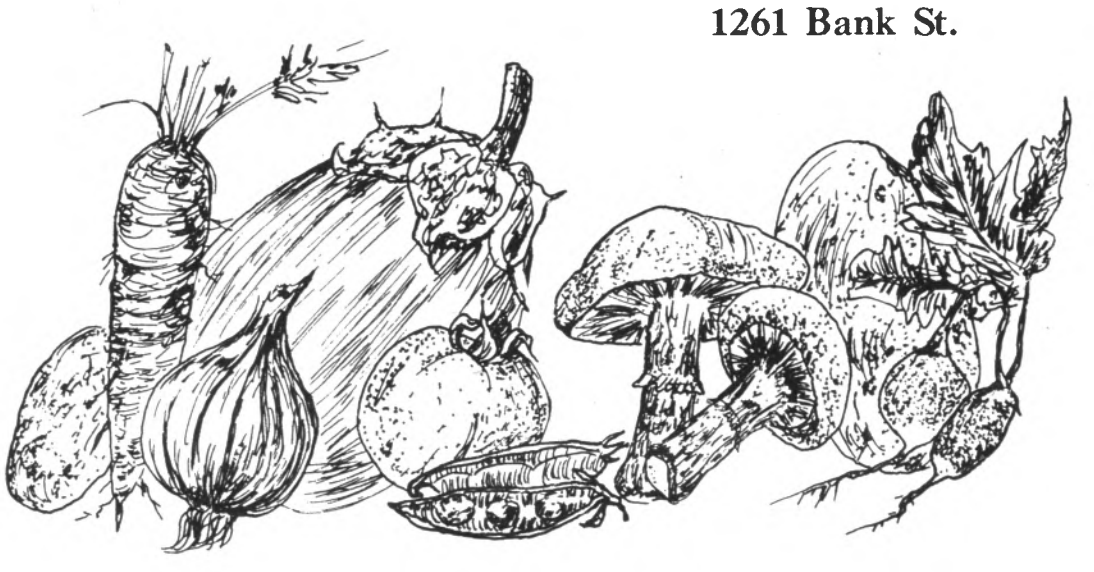

It is a pleasure to serve you

Message con't from Page 4

the tired staff. This is the ninth issue which has appeared this year and the second last for which I will be the editor. A lot of laughs and headaches later, we are all a year older, hopefully a little wiser, and certainly a lot crazier than at the beginning.

Working on the inside, you see OSCAR in an entirely different light. It is no longer the funny thing left on the porch that slowly wends its way from the door to the trash. It is something that starts as ideas in the minds of many different people, only some of whom actually see their names later in type. The paper is born of a series a blank pages crying for something to fill them. Piles of tracing paper, wax, ink, glue, cookies, coffee, and many hours at the typewriter and over the pasting table later it has become the enfant terrible of its communal parents who react as jealously as any father or mother. Paranoid flashes are not uncommon as the precious document is bundled into a small box and taken to the bus depot for shipment to the printer (what if they LOSE it !?). A few interminable days later the completed job is returned and proudly checked over (omygawd -- we missed a mistake !) to reaffirm the brilliance of the presentation. The bundles are carefully loaded into the OSCARwagen and wisked to the zone representatives who pass it along to the delivers (WHEW !)

Thanks & good summer to all !

Consumer Affairs

By GAIL STEWART

I attended a conference in Kingston, Ontario a few weeks ago. It was entitled "Shaping the Future". People talked about everything from energy shortages to the role of government to the changing character of the family. Some of the coming changes were welcomed, others feared. A remarkable feature of the gathering, though, was its tone -- friendly, open, positive. After a decade of anger and confrontation and demands on the part of various groups for their "rights" this was something different. Whether it was happenstance brought on by the sunny weather and nice surroundings or whether there really is beginning to be a new and more cheerful and co-operative approach to our common problems, remains to be seen. Whatever it was, it was a welcome change and a happy event.

Finally, as this is the last OSCAR before the summer, my apologies to the auctioneers who called in response to an early item in this column. I never found the time to visit them but their offer was appreciated.

Send your comments on OSCAR and on the Community to:

The Editor
OSCAR
c/o 467 Riverdale Avenue
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The greening of Ottawa South

By EDWINA VON BAEYER

Wondering what to do with your children during the summer vacation? Why not try a bit of "botany" to teach as well as delight them?

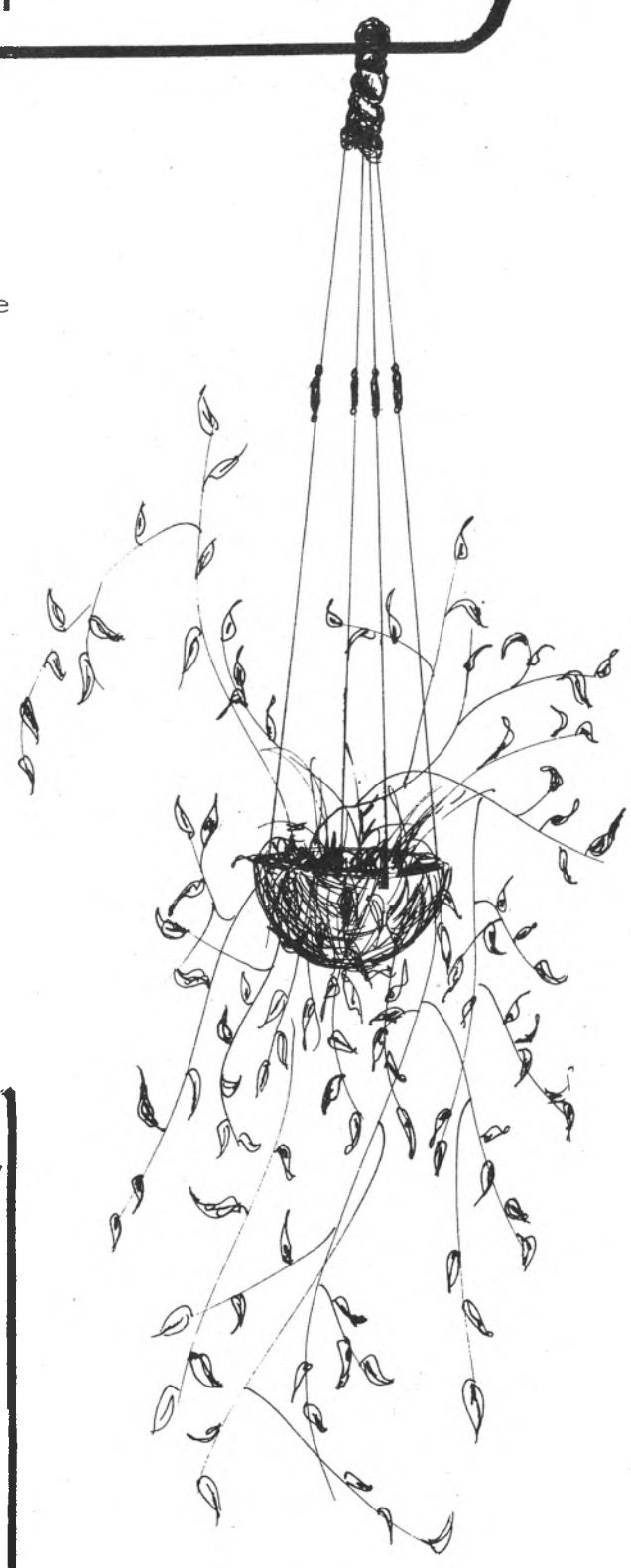
To demonstrate how a seed grows into a plant, grow bean seeds in a glass jar. Children can easily see roots forming, leaves sprouting, stems elongating, and so on. If the jar receives plenty of light and water, the plant may flower and then you may want to discuss the rest of the cycle -- pollination, fruiting, and finally death of the plant. If you want a shorter-term project, grow lima beans against a piece of blotting paper in a glass jar. Remember to keep the blotting paper moist, so that the seeds are held firmly between it and the jar sides. Or, even shorter, make a batch of bean sprouts -- using lentils, alfalfa seeds, or mung beans (found in any health food store). This will show how seeds sprout (leaves out one end, root out the other). First, soak the seeds (about a 1/4 inch layer of seeds, depending on the size of the seeds) in water in a glass jar for about eight hours, then drain and rinse; thereafter rinse the seeds twice a day until they sprout (2-6 days depending on the variety). Let the sprouts "green-up" a bit then use them in salads,sandwiches, or eat them "as is" !

To show how food materials and water are transported through a plant, try the old favorite -- stand a celery stack in half a glass of coloured water. Wait a while until the coloured water rises slowly up the celery veins. If your stalk still has leaves, the water will also rise up into them.

For a little plant magic, have the children create their own house plants from vegetables or their tops planted in pebble bowls (pebbles can be bought in any hardware or pet store). For carrots, use a two inch top piece submerged in a pebble bowl until one half inch shows above the pebble line. (Keep the water level constant in all bowls to just a fraction below the pebble tops.) Beets, too, can be grown this way. Plant the entire beet, leaving two-thirds of the top above the pebble line. Whole radishes (three small ones to a bowl) may also be used. Again, leave one half inch of the radish above the pebble surface. Recycle turnip tops this way. Use half a large turnip, leaving half the top above the pebble line. The different textures and growth habits of these vegetables will be fun to watch as new leaves sprout and grow. (None of these pebble bowl plants will last more than a few months however.) Lastly, try planting a potato tuber in a six inch pot filled with a good rich soil mixture. (Use a small tuber which has begun to sprout.) Cover the potato with an inch of soil and sit it in the sun. If carefully tended, you may even have tiny potatoes forming underground!

Or, if you're tired of mucking around the house, take the children to the Carleton University greenhouse located in the Environmental Building (open only on weekdays). The greenhouse is divided into three rooms: temperate, tropical, and desert. As you walk from one to the other the children can feel (say, from the arid desert into the hot, humid tropical environment) as well as see the diferences in habitat. You can also point out the adaptations different plants have made in order to survive. For example, the thick moisture-conserving leaves of cactus and succulents, the lush, vining growth of tropical plants, and the thin-leaved, daintier habit of temperate zone plants.

So have fun combatting the summer doldrums with plant projects which will not only give your child a respect for growing things but also a feeling of the plant world's uniqueness.



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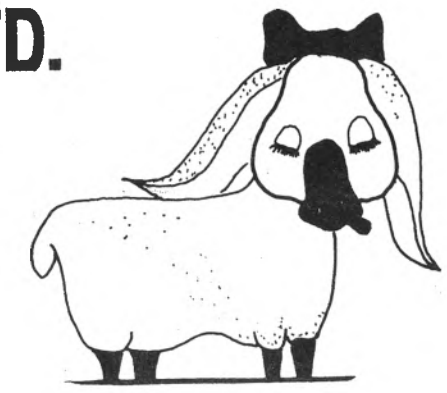

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As part of the Ottawa South Neighbourhood Study, three citizen issue committees have been formed, in which local residents, business people and other concerned individuals have become involved. The Committees are Traffic/Transportation, Recreation and Social Services, and Land Use (Zoning, Housing and Heritage).
Meetings have been held weekly, at the Site Planning Office in Hopewell School, and some definite progress has been made towards the formulation of a Development Plan for Ottawa South.

Can we control Land Use?

The Land Use Committee began meeting regularly on Thursday nights back on October 6th. At the initial meeting the organization of the planning process and an explanation of the City-sponsored study took place. On October 13th, Gwyn Symmons, an Housing Policy Planner for the City, led a discussion on housing and zoning policies. The third meeting saw a presentation by Clifford Ham, an Heritage Planner for Ottawa, on general heritage policies and programmes, as well as the heritage potentials in Ottawa South. Then, on October 27 a large turnout of residents discussed the Rooming House Report prepared by City Council Adivsory Committee; discussion was hot and heavy on this contentious issue. The next week another large attendance discussed the specific details of the Rooming House Report recommendations. On November 10th, the group returned to the formulation of goals and objectives. Reference was made to completed studies of other neighbourhoods such as Sandy Hill and Centretown. The November 17th meeting contained a discussion of commercial land use problems and also of issues concerning student housing in Ottawa South. Further discussion of commercial land use and the Bank Street corridor was the main focus of the meeting on November 24th, and a sub-group specifically studying these issues made a report to the whole group.

These are the types of issues which the Land Use Group is studying. Progress has been slow because it has taken some time to formulate interim goals and objectives, and to get a solid grasp on each of these problem areas. Another factor which has slowed the group was the tremendous controversy surrounding the Rooming House Report. It was an important issue which needed immediate attention, so other problems were put aside.

This study belongs to the people of the area. All committees, especially Land Use need YOUR input if they are to effectively represent the neighbourhood. We have the opportunity here to effectively plan for our own needs, and we are finally able to let City Hall know what Ottawa South should be - from our point-of-view, not theirs. The success of this planning project is dependent on the degree of participation the people of Ottawa South are willing to give it. Get involved and make it work!

Peter Levick
Land Use Committee

What of recreation?

Recreation and Social Services Committee is presently attempting to assess the Recreational and Social Service requirements of the Ottawa South Community both in terms of facilities and programming. Members will eventually be preparing new or revised Park Plans for Windsor and Brewer Parks, Brighton Beach and the Rideau River Trail. They will also discuss, among other things, proposals for a Day-care Program, and proposals to meet the social needs of Senior Citizens, the handicapped and teenagers of the community.

This committee meets every Wednesday evening at the Ottawa South Planning Office, and would like to have your input - either suggestions or concerns.

Traffic-Transportation study

The Committee has set pedestrian and bicycle safety as the primary goal of the traffic plan. Motor vehicle movement should be channelled accordingly.

We accept that Bank and Bronson will carry through traffic, but any increase should be restricted to Bronson. Grant Malinsky, a planner with Regional Transportation Department is helping us examine various means of discouraging through and speeding traffic on Sunnyside and Riverdale (e.g. Carleton may open access on Bronson at Raven's Road). As no complete road closures are contemplated, reductions in through and speeding traffic should compensate any inconveniences to local traffic.

The next few meetings will consider local streets in the light of the many alternatives discussed for Sunnyside and Riverdale.

Meetings will be held with the Ottawa East Committee and NCC representatives to discuss common problems on Riverdale and Echo Drive.

All the concerns about traffic raised at the first Neighbourhood Study meeting, including parking problems and the aesthetic effects of the road system on the character of Ottawa South, are being discussed. No decisions have yet been taken. Anyone with additional concerns is invited to call Stan Wilder or come to our meetings. George Tillman
162 Belmont

I was a coontry boy. I'd been warned by Pa never ta go inta one of dem dere bars. So the first thing win I got ta the City wis ta go straight ta the first bar I sawd. Excep' for one ole man wiv an extra-ordinary spot at the end of his nose, I was the only customer. Well, I stared at the red spot until I git up and sayed "Say mister, where d'ya git the red spot on yer nose?". And he looks at me funnylike - "Kid", he says "Yer impertinint or yer stupid". Then he sized me up an started on this story which I think is mite inneresting.

"Kid, it was the winter of '27 an I was up north on a hunting trip. It was mighty cold. So cold that if you tried to pass water it'd get stuck right in mid-air, froze frozen yer might say. Mighty embarrassing. An the snow flakes were the size an weight of coconuts. The snow was so deep that the Peace Tower could be buried in it. An there were barrs. Big hairy barrs. Heavy as nine elephants, arms the size of redwoods. Well one night one of these barrs came. A mighty great barr! It come at me and I aimed my Big Bertha. But, with the cold and me fright I missed. An this great hairy barr was still coming at me with his arms outstretched an his mouth open so wide you could fit a crocodile in edgewise. But I wasn't beaten yet. I quickly rammed some snow in my gun but it turned to water, the barrel was so hot. When I fired, out it came an instantly turned to ice an flew through the air like a spear. Hit the barr right between the eyes but the warmth of the barr turned it to water agin. So the barr died of water on the brain! Now I 'spose you want to know how I got this red nose. Ya see the barrs breath was so hot, it burned the skin off the end!".

Declan Hill
Age 13
Fulton Avenue

Glossary

Barr: a hairy creature peculiar to the forests of the Rockies;
Red nose: peculiar to inebriated gentlemen.

Events Calendar

Ottawa South Events Calendar

THE OLD FIREHALL

December 23.....Pot Luck Supper
December 27 - 29....Childrens' Christmas Programs
January 14.....Tentatively - Open House and Grand Opening of Firehall
January 14 - 20....Registration for Firehall Courses
January 23.....Courses begin

SCHOOLS

HOPEWELL AVENUE SCHOOL:

December 20 - 6:45 - 7:30 Kindergarten to Grade 3 - Christmas Party

7:54 - 8:30, Grades 4-6, Christmas Party.

FIRST AVENUE SCHOOL:

December 21, afternoon, Christmas Concert

Christmas Holidays

December 23 - January 2 inc. Christmas Holidays for Hopewell Avenue School, First Avenue School, St. Margaret Mary School and Glebe Collegiate Highschool.

BREWER POOL

December 23 - January 25 special Christmas Hours.

January 9, "Parent-N-Me" and "Swim-N-Trim" courses begin.

LANDSDOWNE PARK

December 20 - 67's VS Kingston, 8:00 PM

December 22 - Golden Age News Magazine Senior Citizen Dance????

December 23 - 67's VS Peterboro 8.00 PM

December 27 - 30 Ottawa International Minor Hockey Tournament.

CARLETON UNIVERSITY

December 14, 8:00PM, Rm. 509, Arts Tower Lecture sponsored by the Carleton University Backgammon Club - "The Doubling Cube" by E.N. Ferentzy. Free Admission

December 24 - January 1 Inc., Christmas Holidays, Carleton Univeristy

January 5, 1:15PM, Concert sponsored by Music Department; Studio A, 9th floor, Loeb Bldg - ANISIA CAMPOS, pianist. Free Admission.

January 12, 9:00PM, Main Hall Unicentre, film sponsored by the Students' Association "Les Ordres". Free Admission.

Season's Greetings

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DATE: BOXING DAY, MONDAY, DECEMBER 26, 1977.

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For further information, please contact:

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CHRISTMAS PUBLIC SWIMMING SCHEDULE

FRIDAY DEC. 23		
11:30 a.m.	12:30 p.m.	-
12:00 noon	1:00 p.m.	ADULT
1:30 p.m.	3:00 p.m.	OPEN
3:15 p.m.	4:45 p.m.	OPEN
5:00 p.m.	6:30 p.m.	-
6:45 p.m.	8:15 p.m.	OPEN
SATURDAY DEC. 24		
1:30 p.m.	3:00 p.m.	OPEN
3:15 p.m.	4:45 p.m.	OPEN
SUNDAY DEC. 25 ◄ CLOSED		
MONDAY DEC. 26		
11:30 a.m.	12:30 p.m.	-
12:00 noon	1:00 p.m.	ADULT
1:30 p.m.	3:00 p.m.	OPEN
3:15 p.m.	4:45 p.m.	OPEN
5:00 p.m.	6:30 p.m.	-
TUESDAY DEC. 27		
12:00 noon	1:00 p.m.	ADULT
1:30 p.m.	3:00 p.m.	OPEN
3:15 p.m.	4:45 p.m.	OPEN
5:00 p.m.	6:30 p.m.	-
6:45 p.m.	8:15 p.m.	OPEN
8:30 p.m.	10:00 p.m.	-
WEDNESDAY DEC. 28		
11:30 a.m.	12:30 p.m.	-
12:00 noon	1:00 p.m.	ADULT
1:30 p.m.	3:00 p.m.	OPEN
3:15 p.m.	4:45 p.m.	OPEN
5:00 p.m.	6:30 p.m.	-
6:45 p.m.	8:15 p.m.	OPEN
8:30 p.m.	10:00 p.m.	ADULT
THURSDAY DEC. 29		
12:00 noon	1:00 p.m.	-
1:30 p.m.	3:00 p.m.	OPEN
3:15 p.m.	4:45 p.m.	OPEN
5:00 p.m.	6:30 p.m.	-
6:45 p.m.	8:15 p.m.	OPEN
8:30 p.m.	10:00 p.m.	-
FRIDAY DEC. 30		
11:30 a.m.	12:30 p.m.	-
12:00 noon	1:00 p.m.	ADULT
1:30 p.m.	3:00 p.m.	OPEN
3:15 p.m.	4:45 p.m.	OPEN
5:00 p.m.	6:30 p.m.	-
6:45 p.m.	8:15 p.m.	OPEN
SATURDAY DEC. 31		
1:30 p.m.	3:00 p.m.	OPEN
3:15 p.m.	4:45 p.m.	OPEN
SUNDAY JAN. 1 ◄ CLOSED		
MONDAY JAN. 2		
11:30 a.m.	12:30 p.m.	-
12:00 noon	1:00 p.m.	ADULT
1:30 p.m.	3:00 p.m.	OPEN
3:15 p.m.	4:45 p.m.	OPEN
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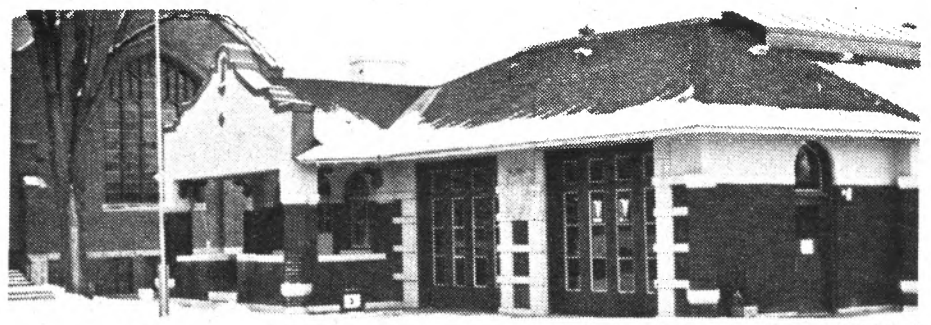
6:45 p.m.	8:15 p.m.	OPEN
8:30 p.m.	10:00 p.m.	ADULT



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COMMUNITY CENTRE
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WINTER PROGRAMS
Starting January 23, 1978

INCLUDING:
Pre-schoolers' activities, Children's workshops, Seniors' socials, Teen drop-in and courses, Adult drop-in and courses.

WATCH FOR - A COMPLETE LISTING OF PROGRAMS IN THE JANUARY ISSUE OF O.S.C.A.R.

For more information call Ted Beaton, Centre Director - 563-3139

COMMUNITY DEVELOPMENT · OTTAWA · RECREATION

The President's Corner.....

It is my hope to report in this column of OSCAR on a monthly basis, the activities of the Ottawa South Community Association.

During the month of November, our primary concern has been that of the Rooming House Report. This matter was referred to us by the Land Use Committee of the Neighbourhood Study with the intention of holding a public meeting on the subject in order to resolve the situation.

Prior to the public meeting of November 28th, 1977, I had spent many long hours both on the telephone and attending meetings with City Officials in an attempt to resolve this issue based on the Community's response.

The Community Association did have to hold this meeting to officially get your response to the zoning aspect of the Rooming House Report. We also needed your input with regard to the entire question of Roomers in our Community. Your overwhelming support very much strengthened the hand of Ottawa South in dealing with the City and for which we thank you!

It would be ungracious of me not to take this opportunity to thank John Manson, not only for his recent efforts, but in particular, for his past efforts in keeping OSCAR in your homes. This very demanding position is one that has now been taken over by our very capable and creative new Editor, Gordon Hauser!

Marlene Newfeld, and her group of volunteers, deserves special mention for the organization of OSCAR's very efficient delivery! We can, of course, always find more room for other volunteers, and indeed, would be delighted to do so!

This being the last issue of OSCAR before the Holiday Season, on behalf of the Ottawa South Community Association, I wish you all a most joyful Christmas and prosperous New Year!

Douglas P. Menagh
President
Ottawa South Community Association

Suzanne's Beauty Salon
would like to wish all our customers
A Very Merry Christmas

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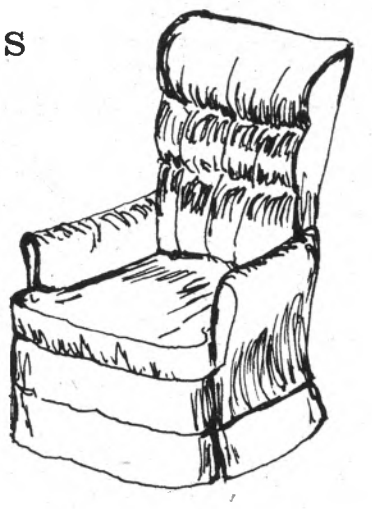

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