OSCAR

OTTAWA SOUTH COMMUNITY ASSOCIATION REVIEW

OSCAR is a monthly, non-profit newspaper written and distributed by volunteers. Advertising from Ottawa South Merchants pay our printing bills with an assist from our Community Association. Three-thousand copies are delivered to homes in our area.

Volume 5 January 1978 Number 5

Firehall opens to music

The new Centre was officially opened on the 14th by Alderman Cassey standing in for His Worship the Mayor who was ill. The Community was praised for having 'recycled such an interesting building' and with everyones' good wishes, we turned down the lights and danced. We were delighted to see present among Association stalwarts, fresh from P.E.I., Elinor Reynolds, who must have found the fount of eternal youth in Charlottetown. Many references to her work as former Chairperson in the speeches showed her that she has not been forgotten. The band played music from J. Strauss to E. Presley loud enough to put the renovated building to the test. Loud enough for us to notice, when we left, a couple dancing on the corner of Sunnyside and Bank. If you didn't attend the opening, you missed a fun evening! Make sure you are at our next party.

Oodles of noodles . . .

If you like Italian cuisine and also happen to do your own cooking, Ottawa South is an handy place to live.

At 1101 Bank Street, near Sunnyside, you will find Attinello Italian Foods.

It takes only a few minutes to adjust to the heavy fragrance of cheese when you enter the store. But trying to choose among the variety of meats hanging above your head is a difficult task. Salvatore Attinello, the owner, is very helpful and willing to let you sample some of the delicacies.

Mr. Attinello opened the store four years ago and says his specialties are meats and cheeses but there are more shelves of noodles than there are shelves of soups at most supermarkets. There is everything from spaghetti to green lasagna noodles.

About 80% of his customers are Italians, according to Mr. Attinello, although he has been noticing recent changes.

"It's funny," he says, "but it seems more Canadians are eating Italian food and more Italians are eating Canadian food. I don't understand it."

Mr. Attinello runs the store with the help of his wife Elvira and occasional help from his 15-year old daughter.

His customers come from all over Ottawa, says Mr. Attinello, although the Ottawa South area has a fairly high concentration of Italians. According to the 1971 Census track, 220 residents reported Italian as the language most often spoken at home. This Census track area, Number 17, includes the area bordered by Bronson Ave., the Rideau Canal and River, and Bank St., thereby excluding the area of Ottawa South East of Bank Street.

Although this figure seems low considering the total 1971 City population of 12,355 Italians, Ottawa South has the tenth highest population of Italians out of the 62 designated areas on the Census track.

The highest concentration of Italians is Area 42 around Preston Street and Bronson Avenue which has a total population of 1,165 Italians.

The Italian Community of Ottawa South seems almost invisible except for Mr. Attinello's store and this differs from their Glebe counterparts, says Mr. Attinello, himself a resident of Ottawa South. But, he could not explain the reason for it.

"In the Glebe more Italians attend meetings and Community functions," he says. The Glebe area has about the same number of Italians as Ottawa South according to the Census track.

One of the main drawbacks to Community involvement is language, says Mr. Attinello. Older people do not feel comfortable because they cannot understand or speak the language, he says. "My wife still cannot understand very well," he explains.

However, his children speak "English, Italian and now French," he quickly adds, "I think it is a good thing."

Mr. Attinello does not have a monopoly on Italian food sales in Ottawa. He says there are quite a few Italian grocery stores including several on Gladstone Avenue and Preston Street.

One of the best sellers according to Mr. Attinello is proscuitto, a cured ham. Both Canadians and Italians are willing to pay over $6.00 per lb. for this specialty, he says.

Mr. Attinello says business is good although a little slow at this time of year. He says he advertised his regular specials on such items as meat, cheese, coffee and oil in the bi-weekly Italian newspaper, L'Ora Di Ottawa.

"I have a good name in Ottawa now, after 11 years," explains Mr. Attinello who had a store in the Glebe for seven years.

His predictions for the future are not so optimistic. "In 10 years there will be no more Italian food stores," he says, "The big supermarkets will sell everything, like in the U.S., there will be no more little stores."

Louise Behan

Pin-ball machines are a source of fun for the young in the Eldorado Arcade, recently renovated.

Windsor Park will again have the high-board open-air skating rink, 65' X 165'. The City has set aside $3,000.00 for its maintenance. Beside it there will be an ice surface not less than 5000 sq ft surrounded by snow banks so that even if there is a team game on the high-board rink, the kids can play and skate in safety.

Brewer Park will get the ice surface size rink (as will Brantwood Park if that is convenient for you). These rinks will be maintained at a cost of $1,500.00. We hope you will have fun skating this winter. If things are not as you expect them at these rinks don't just grumble, let someone know at the Outdoor Recreation Section, 563-3222.

The planning Team

The Ottawa South Neighbourhood Study is part of a larger study of Capital Ward being done by the Neighbourhood Planning Division, a Branch of City Hall's Community Development Department. The Ottawa South Study is being organized by Intermediate Planner, Stan Wilder. Stan has a Masters Degree in Environmental Studies from York University and has worked as a Planner in Toronto, but chose to come to Ottawa because of its smaller size. His specialty is in the field of Housing. Working with him are Jane Scott as Research Officer, Eric McSweeney as Community Liason Officer, and Brenda Olson, Secretary. Brenda and Eric split their time between Ottawa South and Ottawa East, but Jane and Stan devote full-time to Ottawa South. Jane is responsible for producing an Existing Conditions Report; a physical, statistical and demographic profile of the Community. Eric's responsibility is to try to overcome negative attitudesand get the Community involved. In addition a number of resource people are available to them from City Hall.

... Stan Wilder, our Planner

The Ottawa South Neighbourhood Study has had its share of frustrations for Ottawa City Planner, Stan Wilder. In spite of "massive" efforts, he has been finding it difficult to generate the kind of interest and support he wants to get the study moving. Although 800 letters were mailed to local tenants, there is still only one tenant on the Land Use Committee. Stan says he is also finding it difficult to find people to represent young professional people who are "whitepainting" or renovating older homes. He blames this poor participation on a number of things; the lack of an imminent threat to the Community the "defensive" attitude of citizens toward City Hall, the "untimely" publication of the rooming house report, the lack of support from Community organizations, and an "educated, independent, and professional community already heavily involved in evening activities."

The Ottawa South Study is part of the second round of neighbourhood studies authorized by the Community Development Department. The first round of studies was done in core communities like Centretown and Lower Town East or in communities like Pinecrest Queensway where there was an imminent threat from development. Stan says, "The problem in Ottawa South is that there is no problem." Not only are there few threats to the community, but most people tell him, "We're happy with what we've got. You want to give us more, fine, but I don't have to come up there to tell you what we need." In fact, he says, the only complaint on file from Ottawa South residents in recent years is that the tennis courts in Windsor Park face into the sun.

Not only do residents see no real need for the Study, Stan says, but some are suspicious of the motives of City Hall. "They feel that this whole neighbourhood study is really a guise for the City to be able to undertake major policies which are going to affect the Community. They say, "Get out of the Community. We don't want you in the Community!"

Being a Community Development person requires a certain kind of tightrope walking, because the planner works for two masters. He is paid by City Hall to work "for the Citizens". If the planner does too good a job as an advocate for the citizens, he becomes a troublemaker at City Hall. If, on the other hand, he is identified too closely with the bureaucracy, he loses credibility with the citizens. This is also some part of Stan's problem. He was identified too closely with the rooming house issue. Although the public meeting was called and organized by OSCA, Stan's high profile at it left many people thinking it was his meeting. "We did not start the study so we would have a way very discreetly of introducing the rooming house study," he says. The whole thing put me a month to two months behind schedule."

Stan's words for OSCAR and OSCA have been less than kind. He says he has received some support from them, but not as much as he would like. He says "most" people he talks to have"never even heard of OSCA, or they feel that it is a clique and it has no right to speak for them."

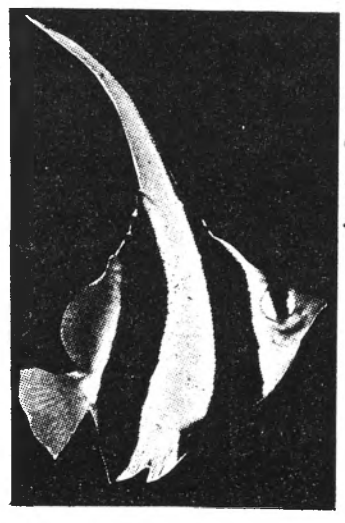
In spite of the difficulties, the study is moving along. Stan expects it to be finished by the end of the summer. Soon representatives from the three committees (Land Use, Recreation and Social Services, and Traffic) will start meeting to coordinate their ideas, and people from Ottawa South will be meeting with others from the Glebe and Ottawa East to discuss common issues like the future of Bank Street and Echo Drive. Actually, Stan says, the biggest issue and a potential threat to Ottawa South will be the commercial development of Bank Street, which is zoned for commercial use back to Willard, and which will be facing several threats in the next few years; for example, the expansion of Billings Bridge, the development of a large "Bayshore" in South Keyes, and the development plans of individual businessmen in the area. Stan's Traffic Committee has made the most progress and has come up with three traffic plans for routes connecting Bronson and Bank, all of them dependent on the construction next Fall of a new entrance to Carleton University via Ravens Road, "which Carleton is interested in going ahead on." By the end of February Stan expects that the committee will be ready to present a draft plan to the community.

Two things come out when you talk to Stan whether it is for a few minutes or a couple of hours. The first, is that he is dedicated. He puts in fifty or sixty-hour weeks. Often it seems as if he is a fixture at Hopewell School, though he says he is not quite as dedicated as some planners who sleep where they work. He is articulate and friendly, and he takes a great deal of time with people who drop into his office to see how things are going. Even though he's only been in Ottawa for a year (he worked here for short periods before this), he seems to have a large store of knowledge about our community and its relationship to the rest of Ottawa.

The other thing you can't help noticing is his frustration. He feels he has gotten a bad deal generally in Ottawa South. He has a lot of bitter complaints, and you begin to wonder if it is only the citizens of Ottawa South that have gone on the defensive.

Nancy Ross

SEA URCHIN AQUARIUM



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The ECONICHE

by Randi

This is a column about living gently with our planet. I have chosen the Loon as a logo because Loons are sensitive markers of our impact on the environment. Their survival requirements cannot be compromised; when the Loon's breeding waters become turbid, chemically polluted, and overcrowded with humans, they do not return to mate, hold territory, and raise young.

I hope OSCAR readers of all ages will share their poems, recipes, cartoons, and ideas on ecology in ECONICHE. Many problems and solutions have been well-identified by now. Therefore, I'd like us to share our successes and failures - from recycling plastic bags to mulching kitty litter - that each of us are experiencing as we re-learn to live gently.

Last winter, I discovered that several pairs of my luxurious ski socks had holes too large to darn. Similarly, two of my woollen sweaters were beyond repair and over-shrunk. I devised patterns to make warm 'sock-mittens' and 'armpit-hats', one set of which was much appreciated at the carnival in Chicoutimi. So, for this month's ECONICHE, in time for Ottawa's winter frolicking.....

Sock Mittains

Materials: 1 pair old socks
needle and thread
darning needle and scraps of yarn

Time to make: 1 hour while chatting!

1. Cut out mitt body (M) and thumb (T) from sock. Size varies with hands; one large sock could make two small mittains.
2. Turn socks and thumb pieces inside out. Machine or hand stitch a ½" seam, leaving AB open on thumb pieces. Zig Zag or overcast all cut edges so knitting won't ravel. (Fig 3,4 vvv)
3. Turn mitts and thumbs right side out.
4. Put mitt on (make a right and a left mitt - Fig.4) and make a 1½" slit where the base of your thumb is, Fig.5. Widen the slit (Fig.5) into an oval. Overcast loosely around this oval.
5. Sew thunb to mitt, seam to outside of mitt (Fig.6) You sew around thumb base seam three times. First, in and out, ¼" from edge. Second, with yarn, overcast seam with buttonhole stitch; Third, with yarn, catch seam to thumb so it doesn't stand out from thumb like a collar, but lies flat.
6. Optional: If mitt is too wide at wrist, turn mitt inside out and zig zag stretched out elastic around (xy Fig.6).

On Mittain back you can embroider snoflakes, animals, happy faces, and other whimsies (Fig.7)

When sock-mittains are worn out, then they can become soft-toy or quilt stuffing.

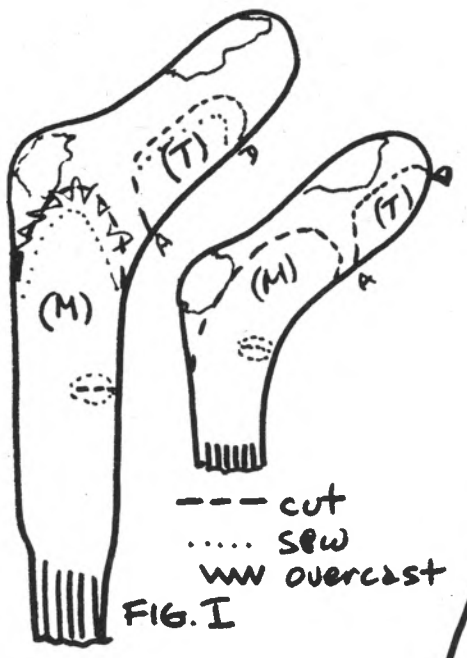


FIG. I

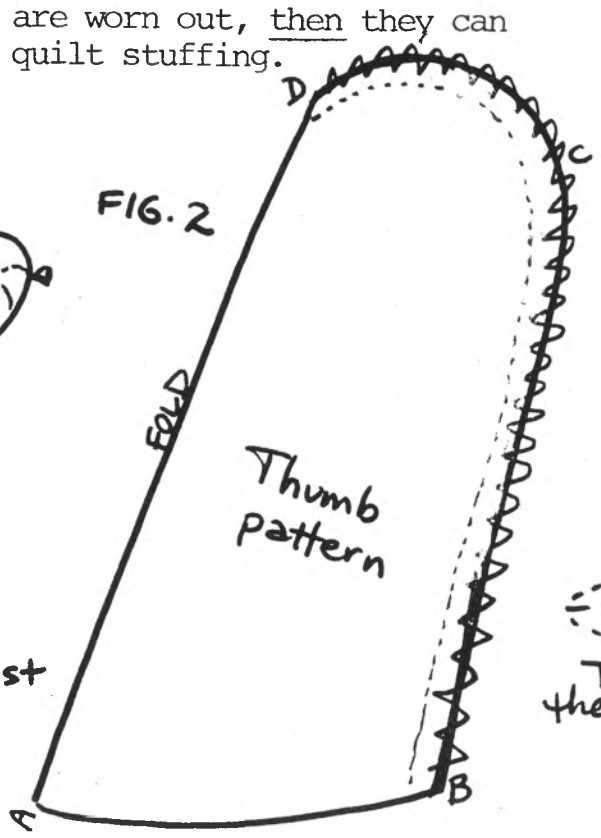


FIG. 2

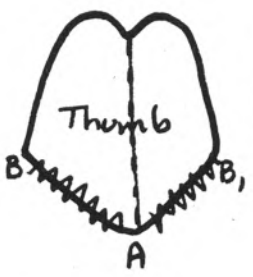


FIG. 3

FIG. 4

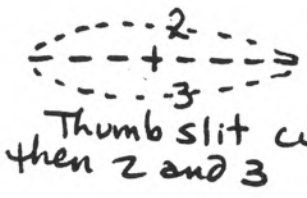
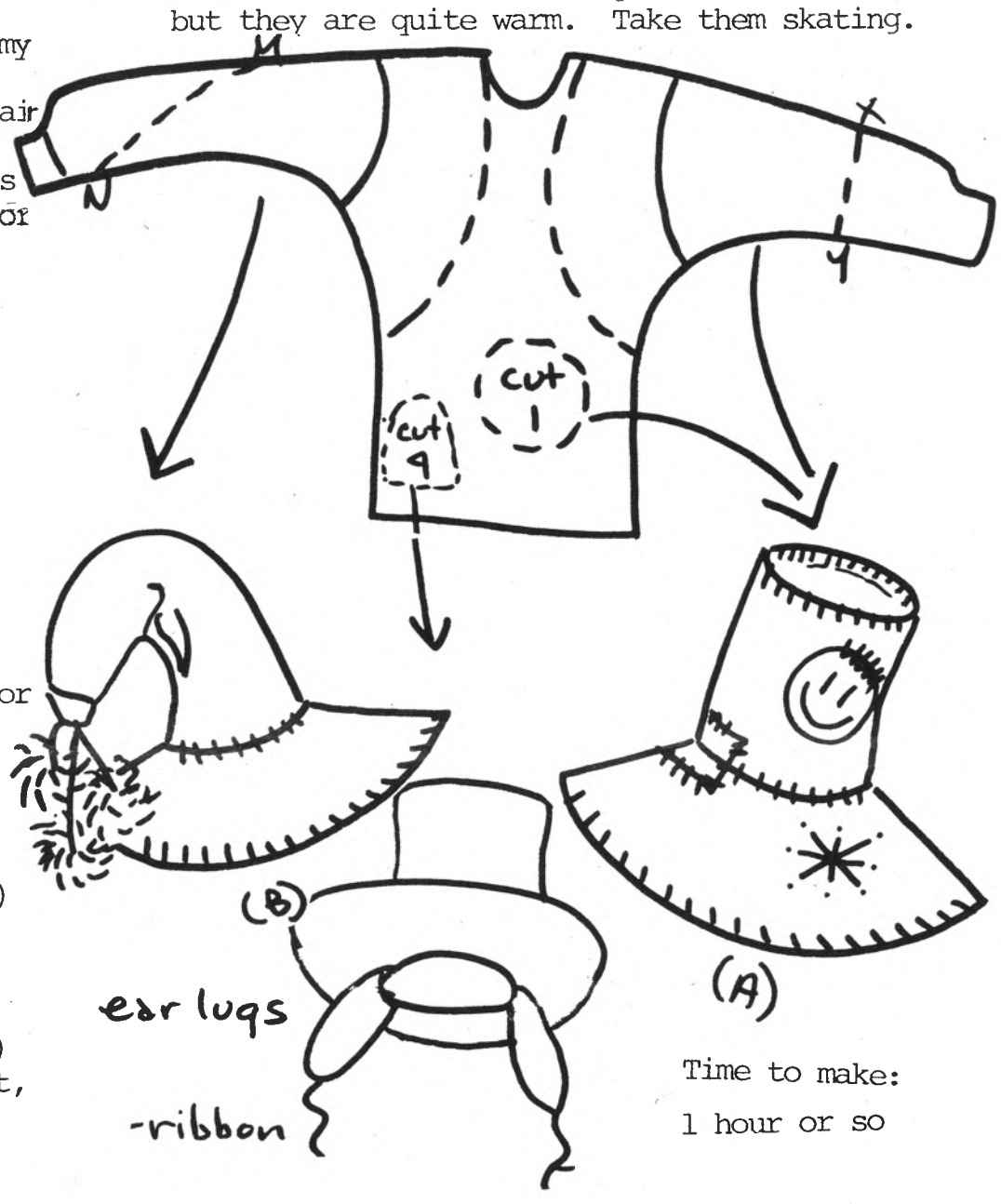


FIG. 5

Arm-pit Hats

Materials: old woollen or flannel shirts or sweaters
needle and thread
ribbons, trim, bells, pompoms
darning needle and bright yarn

1. Cut hats as shown. If stove pipe (A) style, cut a circle to sew at cut XY. If pointed (B) style, either gather in cuffs, or cut MN and sew seam up. Add pompoms or bells if desired.
2. Turn in brim ½" and blanket stitch around with bold C.
3. If earlugs seem good, cut 4 pieces the size of your hand. Sew 2 together, stuff fist with more sweater pieces for warmth and sew shut. Then join to arm-hole seam on either side. Add Tie ribbons for under the chin.
4. Add patches, embroider whimsical characters, sew on trinkets as inspiration dictates. These hats are meant to look rough-sewn and ridiculous but they are quite warm. Take them skating.



Time to make: 1 hour or so

Next month:

Sprouting and eating lentils, alfalfa, beans and wheat berries.

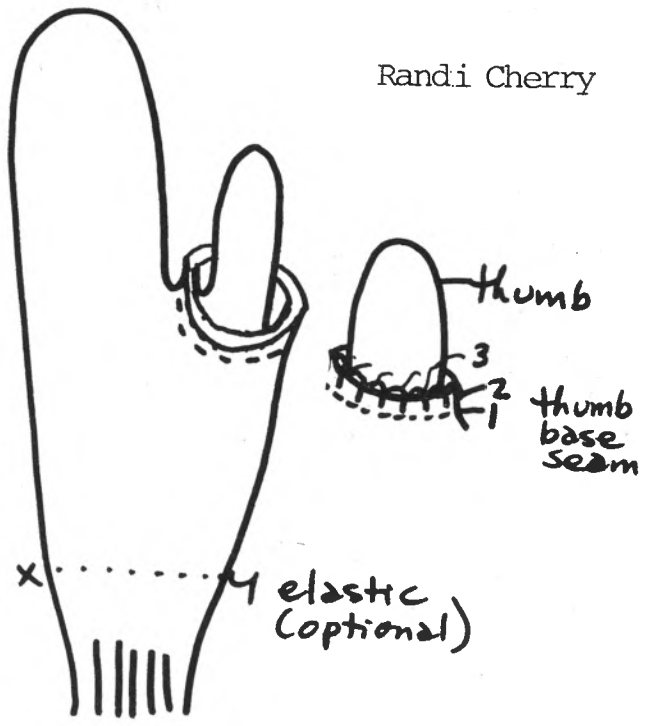
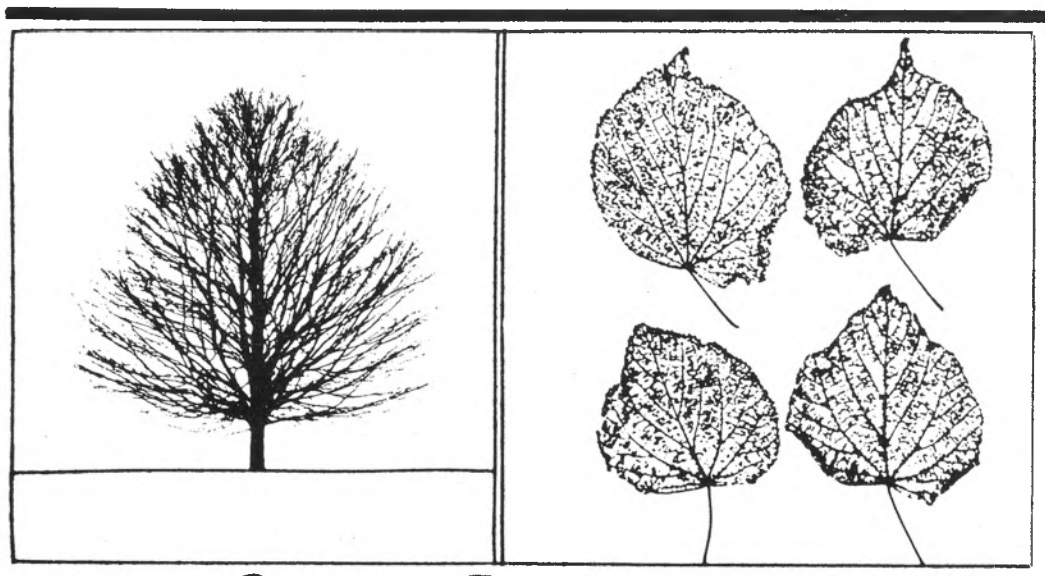


FIG. 6

Randi Cherry



EDITOR.

In the opening of our own Community Centre a dream of all who worked in the Association has come to reality. From the first founding meeting it was seen that a Centre in Ottawa South would be a great boost to community feeling and provide the focal point we needed. Church halls and empty shops were scouted to see if they would suit our needs as we perceived them then. Usually the cost prevented us developing the idea, but the proposal kept appearing on every agenda. The Bus shelter now torn down that used to be on the corner of Grove at Bank was at one time a prospect, and negotiations were started so that we could make it over into an office and meeting room. Then news of the building of a new Fire Station at Lansdowne Park gave us hope that we could use the old Firehall on Sunnyside. It seems ages ago now that negotiations began. To make this our Community Centre, three Past Presidents of the Association wore themselves out in the 'on-again-off-again' bargaining that took place over the years. Let us say thank-you here to Elinor Reynolds, Nils Larson and John Manson for carrying much of the load of this 'problem'. Their work has borne fruit and we can enjoy The Old Firehall and make it become the heart of the Community it serves. We all have helped pay the $160,000.00 that it cost to rehabilitate it from neglected Firehall to its present glory. Since you pay taxes it's very much YOUR Centre, so we urge you to use it. You can book a room or rooms there for your favourite activity and we hope you will. We hope that calling in at the Centre will become an habit with you.

The new-Old Firehall has enormous potential as our Community Centre. Many of you will have seen it already, but if you haven't, call in soon.

NOTE: If you have a group that will want to use the facilities, you must get a form from the Department of Recreation and Parks and apply. This is true if you want a room once a month or the whole place every week. Once you have approval, no one can take your room, you have use of it guaranteed. Therefore, applying early is important! Please note that booking your space is to be done by everyone - theatre groups, executive meetings, childrens' parties or what ever you might have in mind.

Our new Centre Director is Ted Beaton. We share him with Ottawa East for he works out of the Recreation Branch of the City's Community Development Department. Make a note of it now! The Centre's phone number is 563-3139. If you cannot get Ted at the Centre, phone Rec and Parks at 563-3222 and leave a message. He will get back to you in an hurry!

Ted is really keen to have lots of activities at the Old Firehall and wants to hear about any pet projects you might want to put in there. I was talking to him about local artists exhibiting at the Firehall. There is just one catch. There is no insurance!--on anything a group might leave there! But the walls cry out for paintings, hangings or other artistic decoration and so we will have to work out a solution to this temporary difficulty.

EDITOR.....Gordon Hauser
ASSISTANT EDITOR.....Nancy Ross
BUSINESS MANAGER.....Rob Shotton
HEADLINER.....Carmen Cumming
STAFF THIS ISSUE:.....Lee Menagh
John Manson
Sheila Cottingham
Leslie Roster
Lauren Menagh

EDITORIAL

Though we may be amused at the Carleton University notion that the proposed Ravens Road entrance is a favour to Ottawa South, we can not afford to take the implications of the new road lightly.

I have learned that the Traffic Committee has concluded that Ravens Road exit on to Bronson should be facilitated by having a road built into Brewer Park which would turn to run in front of the Recreation Department's Office, the hockey rink and the swimming pool and exit on to Hopewell Avenue. A neat arrangement - until one remembers that roads breed cars like rotten apples breed fruit flies, and it would not be long before all that area became a car park. Already, there are more student cars parked in the Recreation Department's car park than cars belonging to staff there. It does not take much imagination to see how traffic lights on Bronson and a cross-road would be used by others but the important thing to remember is that it would do nothing for Ottawa South residents and spoil another section of Brewer Park. You can let small children play in the park safely now, but could you, if this new road was built?

When word got out that the Traffic Committee was in favour of the cross-street on Bronson at the proposed Ravens Road a strong rumour started that the road would run across Brewer Park and exit on Cameron. Thus, traffic for Carleton could use Bank Street, an obvious advantage to everyone except the residents of Ottawa South. There is no truth to this rumour. I have been assured by Park Planners that they would be opposed to this suggestion. Therefore, a Cameron extension to Bronson will not happen. Well, let's not be too sure about that. Sunnyside residents were not asked their opinion before the character of their road was completely changed. The O.S.C. Association must be vigilant! Proposed changes that affect Ottawa South must be made known to residents and their opinions sought. OSCAR assures readers that its purpose will be to communicate what is happening in the planning process and to that end we ask you to let us know if you have information of proposals that might affect the quality of life in our Community.

Gordon Hauser

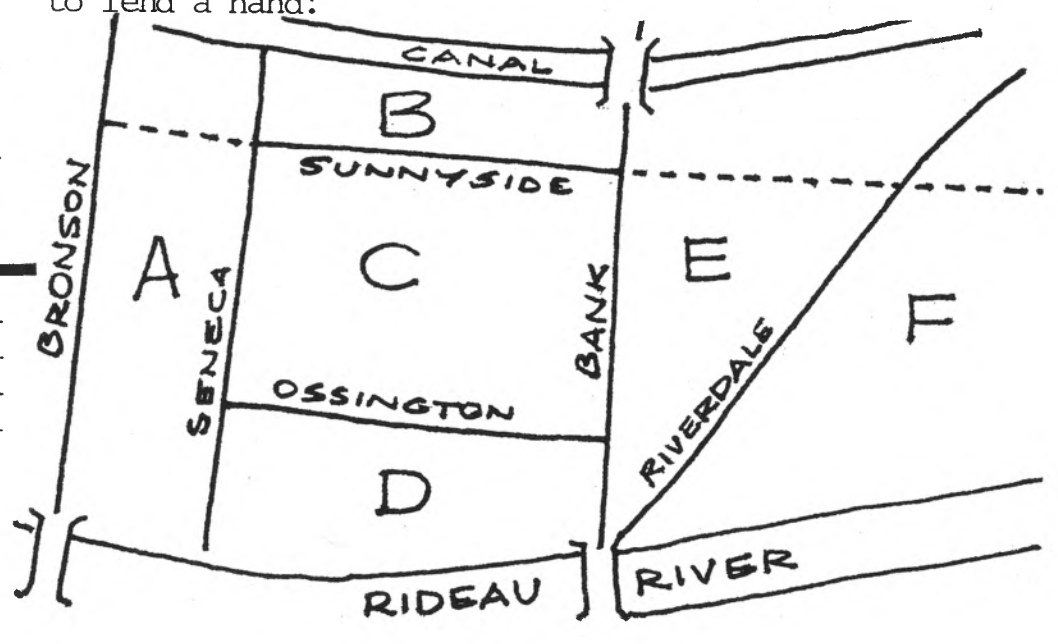
OSCA EXECUTIVE

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

Zone Representatives:

Zone A: Brian McAteer, 236-5773
(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 their Community. They would like to hear from you if you have ideas, or problems, or if you would like to lend a hand!



Letters to the Editor

Dear Sir:

In response to your December and January issues of OSCAR, Numbers 3 and 4, we as the Traffic Planning Committee wish to express our concerns about the reporting of Traffic concerns in the Community. Firstly, we commend you on your Community-minded efforts through your paper and we applaud the coverage of traffic problems. However, we fear that the lack of mention of the Traffic Committee and its studies already in progress could be a disservice to the Community.

With regards to Sunnyside Ave., we have recognized it as a major traffic problem. However, it cannot be treated in isolation because of ramifications to other areas of the Community. With this in mind we have developed proposals which should be comprehensive and acceptable in achieving our aims and some of which have also been expressed by Roman Ozga. We hope that his published letter will solicit response, but we must point out that you would better serve the Community by encouraging Sunnyside residents to participate with this Community committee. For your interest, to-date no Sunnyside Ave. west (Bank St.) residents (except Roman Ozga's presentation) has been involved in any committee meetings.

To illustrate a possible detrimental effect of incomplete reporting on traffic matters, Carleton University's proposed "T" intersection at Ravens Road and Bronson Ave. is a case in point. The Committee is in communication with Carleton University and Regional Planners because a "T" intersection will not meet the requirements of the Community in regards to traffic problems. We propose that this intersection also serve as the access to the Brewer's Park complex thereby eliminating the unnecessary traffic through the Community generated by Brewer's Park.

In closing we would like to express our desire to improve communication between us for the betterment of the Community and to see a successful conclusion to this Planning Study. To this end it is hoped that we can meet in the near future to resolve any misunderstandings.

Members of the Ottawa South Neighbourhood
Study Citizens' Traffic Committee

Dear Sir:

We are writing to register our thanks to our Alderman, Joe Cassey, and the other Members of the City Council, who were responsible for the renovations at Brighton Beach.

The removal of the old chain fence and the derelict buildings and the subsequent landscaping of the Beach area is a magnificent improvement to our neighbourhood - the children really enjoy it, if we may speak for them.

Thanks for enlightened civic government.

Michael and Jan
41 Brighton Avenue
Ottawa, South

Dear Sir:

I would like to clarify several aspects of the neighbourhood planning process as it relates to Ottawa South, O.S.C.A., and the city-side policy.

Neighbourhood planning is a relatively new planning process. It shifts the input phase of planning from "professional planners" to the people who will be affected by the planning decisions. Only an handful of Canadian cities have adopted this "grass roots" type of planning. The process is by no means without flaws. The alternative of bureaucrats making decisions for us is however, somewhat less attractive. Ottawa is fortunate in having one of the most advanced forms of citizen participation in the neighbourhood study process.

When a neighbourhood study is introduced into a neighbourhood with an existing community association, there are often problems. The community association often goes through an "identity crisis". The neighbourhood study often deals with matters that the community association has in the past or is presently involved with. The community association then begins to examine its role in the community and may often view the study as competition. Such is not the case. The study is capable of involving people who were previously uninvolved in the community. Some participants are community association members but they most often make up less than 50% of active participants.

When the neighbourhood study ends, not only will it have created a plan to better the way of life in the neighbourhood, but it will also have created greater community self-awareness, heightened community spirit and greater participation.

There have been difficulties however, when the City of Ottawa proposes a city-wide policy at the same time a neighbourhood study is underway. Whereas neighbourhood study groups have input into city-wide policy, there is the danger that they become over indulgent and neglect the business at hand.

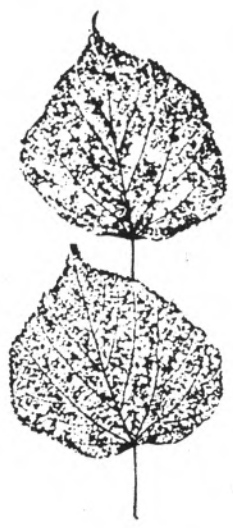
The deficiencies in the process of participation into city-wide policies must not discolour the City's ability to carry on a neighbourhood study. The City has provided resource people to act as catalysts in helping the community realize its aspirations. This opportunity will not take place very often, so let's make good use of it now. How much benefit Ottawa South derives from the neighbourhood study depends upon how much the community is willing to put into it.

Politicians in the end make the decisions. However, they are greatly influenced by the extent to which citizens are involved in the neighbourhood study.

Eric McSweeney
Community Animator
Ottawa South Neighbourhood Study.

It is always a pleasure to serve you!

ARTS MARKET 1261 Bank St.



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Notes:

GREAT CANADIAN THEATRE COMPANY - presents "For Love - Quebec" - a new play by Robin Matthews, January 24, 25, 27, 28, 29 at 8:30PM. Theatre 'A', Carleton University, $3.50.Students and Senior Citizens $2.50. Sponsored by Carleton University Fine Arts Committee.

Library program

PROGRAMMES FOR CHILDREN by Marilyn Joseph

Pre-school story hour will recommence its regular schedule starting on Wednesday, January 11, 1978. Held every Wednesday at 10:15 am and again at 2 pm. Tots aged 3 to 5, come and enjoy stories, films,songs and games!

Wednesday, February 1 at 2 pm an adult's programme will be held while the children enjoy their stories. "New Ideas for Children's Birthday Parties" will be presented and discussed.

Votre Succursale Sud commence une nouvelle heure de contes pour les enfants ages de 3 a 5 ans chaque vendredi a 14:30 heures. Si vous etes interesse a cette heure de contes en francais, veuillez telephoner a 236-0301 ext.270 pour vous inscrire ou bien venir en personne. On vous attend!

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Monday to Thursday - 4 pm to 1 am
Friday & Saturday - 12 noon - 2:30am
Sunday - 4 pm to 12 midnite
FREE DELIVERY ON ORDERS OVER $3.00
Our Pizzas are TOPS

Hillary's LTD.

SUEDE & LEATHER can be beautifully cleaned by
Hillary's Suede Life SYSTEM

1235 Bank St.
733-3070

KOCHCO CAR CARE PROGRAM

KOCHCO Parts Discount

If you need work done on your car take it to our affiliated garage. Your membership card is good for at least a 15% discount! Need a tow? Your membership card will get you a 15% reduction there too!

KOCHCO Referral Service

If you are going to buy a used car but don't know much about them, call us! We'll send a staff member out to help you. Believe it! He knows cars: and he's always on **your** side.

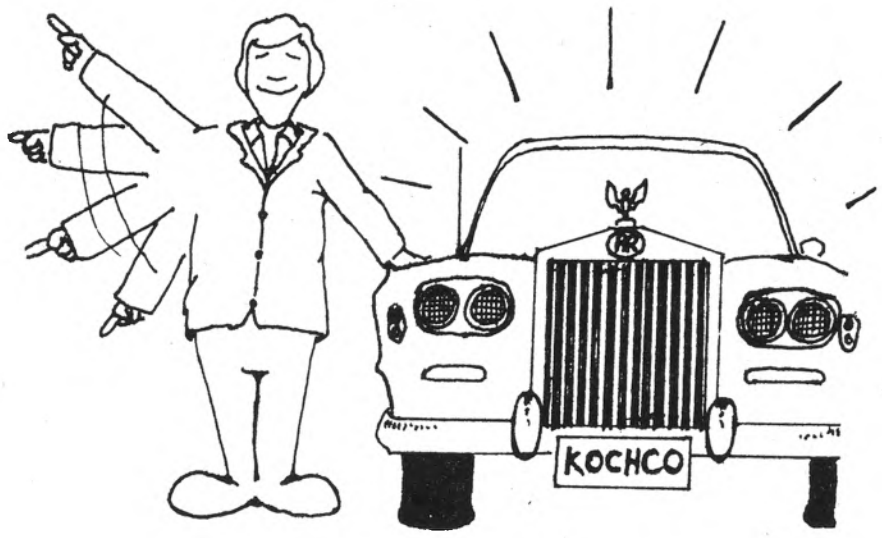
KOCHCO Emergency Road Service

Subscribers may call on the program staff to help them in an emergency. When your car won't go, our staff is there to help. Call us from anywhere in the city.

KOCHCO Telephone Troubleshooters

Trouble with your car?
Not too serious, but you could use some expert advice? Call us! We can probably tell you what's wrong and how to correct it, right over the phone.

DOES $30.00 A YEAR SOUND LIKE TOO MUCH ... FOR SO MUCH PEACE-OF-MIND??



For More Information Call 234-4323

KOCHCO Educational Service

- Want to learn how a car works?
- Want to learn how to save money on those costly maintenance and repair charges?
- Want to learn how to talk to a mechanic in his own language?
- Want to avoid being "ripped off" by service shops?

KOCHCO will teach you!
It's informative, it's helpful, and for all members, it's **FREE!**

EL DORADO
STEAK HOUSE

Eldorado

LICENSED UNDER L.C.B.O.

Steaks

RIB STEAK 12 oz.	7.50
ELDORADO STEAK 11 oz.	5.50

(Served with Salad and Potatos)

FRIED SHRIMPS	4.50
FISH & CHIPS	2.35
HALF BAR-B-Q CHICKEN	3.50

(Served with French Fried and Cole Slaw)

CLUB SANDWICH	3.00

SMOKE MEAT SANDWICH	2.10
HAMBURGER ROLL	2.10
CHEESEBURGER ROLL	2.25

(Served with French Fried & Cole Slaw)

HOT BEEF SANDWICH	2.75
HOT CHICKEN SANDWICH	2.75
HOT HAMBURGER SANDWICH	2.75

(Served with French Fried and Vegetables)

Italian food

SPAGHETTI with Meat Sauce	2.65
SPAGHETTI with Meat Balls	3.25
SPAGHETTI with Green Peppers	3.25
SPAGHETTI with Mushrooms	3.10
RAVIOLI	2.75
LASAGNA	3.50
CANNELLONI	3.50

TAKE OUT PRICES ONLY

Pizza Delicious

		Small	Medium	Large
1–	PLAIN (Tomato & Cheese)	1.80	2.90	3.60
2–	PEPPERONI	2.25	3.50	4.25
3–	GREEN PEPPERS	2.25	3.50	4.25
4–	MUSHROOMS	2.25	3.25	4.25
5–	OLIVES or ONIONS	2.25	3.60	4.25
6–	BACON	2.35	3.60	4.25
7–	HAM	2.35	3.60	4.35
8–	SALAMI	2.35	3.60	4.60
9–	ANCHOVIES	2.35	3.60	4.60
10–	COMBINATION (Mushrooms, Green Peppers & Peppe.	2.65	4.10	5.40
11–	COMBINATION with Olives	2.75	4.35	5.80
12–	HAWAIAN PIZZA	2.75	4.35	5.40
13–	PIZZA - BURGER	2.75	4.35	5.40
14–	**ELDORADO SPECIAL** (Fresh Tomatoes, Onions, Olives, Mushrooms, Green Peppers & Bacon)	**3.65**	**5.25**	**6.25**
Extra or Double		.40	.60	.85

TAKE OUT PRICES ONLY

STEAK HOUSE

NEW YORK CUT SIRLOIN	8.25
TOP SIRLOIN STEAK	5.85
FILET MIGNON	8.25
PETIT FILET MIGNON	5.95
RIB STEAK	5.95
CHINESE STYLE PEPPER STEAK	5.95

2 LOBSTER TAILS	*9.95*
SURF & TURF	*8.95*
DANISH SCAMPIS	*8.95*
COHOE SALMON STEAK	*3.75*
BREADED SHRIMPS	*4.65*
RAINBOW TROUT	*3.95*

All above served with choice of

Potatoes & tossed Salad.

EL DORADO LUNCHEON

SPECIAL

RED BRAND RIB STEAK 8 oz. $ 3.75
Served with Salad.

BROILED PETIT FILET 5 oz. . . $ 3.99
topped with Mushrooms in red wine
& Salad

BREADED DEEP FRIED
SCALLOPS $ 2.75
served on Pilaff of rice, Potatoes
& Cole Slaw.

SMOKED MEAT SANDWICH . . . $ 1.90
Served with Cole Slaw & French Fried

From 11 A.M. to 9 P.M.

1069 BANK ST.

Ottawa South's family restaurant has undergone a face-lift. As can be seen from the photograph, the ELDORADO has been transformed with an interesting blend of Mediterranean and Western styles that will reflect the bill-of-fare where steaks and Italian cuisine are specialties. Nor are all the changes on the outside: interior renovations have enlarged the dining area making it even more comfortable and enjoyable. Check it out for yourself - tell them OSCAR sent you!

Then, take that moment you have been promising yourself, and visit your very own, NEW Community Centre at the OLD FIRE HALL!

TEL. 238·3120

OPENING HOURS :
Monday to Saturday
11.00 A.M. TO 1.00 A.M.
Sunday
4.00 P.M. TO 10.00 P.M.

It is always a pleasure to serve you !

FREE PARKING at corner of Sunnyside and Bank EXCLUSIVE to our customers

Introducing

Ted Beaton . . .

The Director of our newly renovated Community Centre is Ted Beaton. Ted is hired by the City Department of Recreation to run both the Ottawa South Community Centre and the Ottawa East Centre, which is termed a "seasonal" centre. He works out of the Firehall. He came to Ottawa in 1972 and took the Recreation Leadership course at Algonquin. After graduation he went to work for the City and was in charge of the programming at the Bellvue Community Centre for three years. He was transferred last May to our Area and worked till November with a "table and chair" set up at Brewer Park. In November he moved into the Firehall. He is responsible, in conjunction with committees of O.S.C.A., for the administration, maintenance, and programming of the Centre. He and his wife live in the Glebe, and his wife is Childrens' Program Coordinator at the Glebe Community Centre.

Hopewell hopes for playground equipment

Mr. Stephen Higgens of Hilan Play Equipment, Inc. of Almonte will make a presentation of creative play structures at the Hopewell School Advisory Committee meeting on February 7, 1978.

One of the most exciting projects considered by this year's Advisory Committee, the drive to revamp the outdoor play areas arose from the Committee's belief that what goes on outside a school building should be as interesting and exciting as what goes on inside a school building. Also, the physical location of Hopewell School lends itself to Community use. Located at the opposite extremities of Ottawa South, both Brewer and Windsor parks are not situated to easily serve the whole Community. Good outdoor play equipment placed in the geographical centre of the Community at Hopewell School would fill in this gap. Also, the proximity of the school to the new Community Centre at the Old Firehall offers fantastic possibilities for after-school use. Speaking of this meeting, Advisory Committee Chairman, Margaret Lawrence stated, "We at Hopewell School are very fortunate to have three good-sized yards available for our use . The existing conditions in the play yards do not provide adequate opportunities for the educational, physical, and/or social development of our children, either during school hours or after school hours. It's about time these spaces were exploited in a creative, attractive, educational, and socially valuable way.". For anyone unfamiliar with the layout of the Hopewell School grounds, the available spaces are: (1) the primary grades (K-3) yard on the west side of the building (2) the elementary grades (4-6) yard bordering on Bank St., and (3) the "grass" yard south of Hopewell Avenue which is used by the grades 7 and 8 and for outdoor gym classes.

The Advisory Committee welcomes all Hopewell parents and interested Community members to this demonstration of creative play equipment and feels confident that the residents of Ottawa South will also look forward to the challenge of a project such as this.

Leslie Roster

Windowsill Herb Garden

Have you ever tried to grow herbs indoors? It's quite rewarding - not only are the plants decorative, but they also taste good! A real treat now when all our vegetables have that winter storage flavour.

The basic ingredients for herb-growing are seeds, soil, sun, and low temperatures. You may order herb seed from any large seed company such as: Stokes Seeds Ltd., Box 10, St. Catharines, Ont. L2R 6R6; Dominion Seed House, Georgetown, Ontario, L7G 4A2; William Dam Seeds, West Flamboro, Ontario, LOR 2KO. OR, try an herb specialist: Le Jardin Du Gourmet, Box 404-HP, West Danville, Vermont 05873. Catalogue - 25 cents.

I like to start my seed in shallow pans of vermiculite. The trick here is to keep them moist until germination has occurred. (Most herb seeds germinate within a two-week period) Many herb varieties grow quite rapidly and have large root systems so you will need large pots to graduate the plants into - probably 8-10" ones.

Herbs like a rich loamy soil mixture. Equal parts of soil, sand or perlite, and leafmold are ideal. Keep the mixture continuously damp but never soggy. These plants need constant moisture at their roots to grow abundantly. The next requirement is sun - LOTS OF IT - at least four hours a day in a south, east, or west window. Cool temperatures are also a needed element. Herbs can grow confortable with a night temperature of 10°C and a day temperature no higher than 22°C. Any variation between the two would be suitable.

They also require an high humidity level - between 30 - 50%. This can be maintained by misting the plants with lukewarm water at least once a week. Or by setting the plants on a pebble tray filled with water. The evaporation of the tray water keeps the humidity level up. (Kitchens and bathrooms are popular places for herbs because of their normal high humidity levels. Never set the pot itself into water or you will cause root rot. Daily fresh air is also necessary. Just open a window in an adjacent room for a few minutes then let the fresh air circulate into the herb room. Feed your plants every 3-4 weeks with a vegetable plant food. Never spray them with insect sprays which are poisonous to most of us. Lastly, remember the more you cut and trim the plants, the better they grow and the better your food tastes.

From the different herbs I've grown indoors and outdoors, the following I've found the easiest and most reliable: chives, parsley, basil, summer savory, marjoram, rosemary, and thyme. For chives, I would recommend that you buy a plant already started as the seed sometimes take weeks to germinate. Parsley is so decorative, you may want it in your livingroom. There are many different varieties. I like the curly-leaf parsley best, although I've heard it's not as nutricious as the common Italian form. Parsley seeds germinate much faster if you first soak them in lukewarm water overnight before planting. Basil can grow quite large and bushy, so keep pruning. Never allow it to bloom as all growth stops and the plant begins to die. Summer savory is a very delicate looking plant which can also be used as an hanging plant. The same is true for sweet marjoram and it only grows 12" high. Thyme comes in many varieties also. It especially likes a well-draining soil - so mix a bit more sand or perlite into your mixture for this plant. Rosemary has grey-green leaves, grows to 15", and has a spicy, piney fragrance. It is a lovely as well as delicious plant. You should feed this plant every two weeks.

With these few herbs you can start an herb collection. There are many, many more varieties, so read the catalogues carefully for the rarer types and experiement a bit. Any good vegetable-growing manual will outline growing preferences for the other herbs. Also, explore the library for books on herb lore, legends, and medicianl attributes. There's a wealth of good reading and good eating when one succumbs to herbs!

Edwinna von Baeyer

EDITOR'S NOTE: Edwinna has kindly offered to counsel owners of sick plants. So if you have a plant that you've almost given up talking to , talk to Edwinna at 236-5184 between 5 and 7 pm only, please.