OTTAWA SOUTH COMMUNITY ASSOCIATION REVIEW

OSCAR

Volume 6 APRIL 1979 Number 7

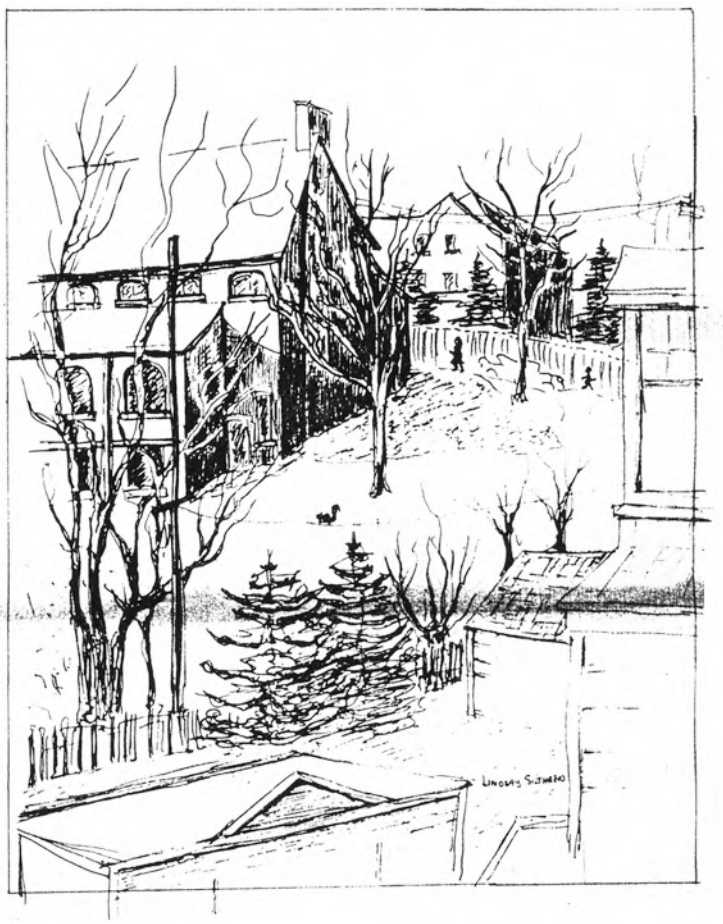
Neighbour Plan

What You Don't Know Could Hurt You

BY ALAN GILMORE

On April 19, the Community Development Committee of Ottawa City Council will hold a public meeting on the Ottawa South Neighbourhood Plan (Place: Hopewell School Time 7:30 PM). The aldermen are seeking advice on what parts of the Neighbourhood Plan should be turned into law. After the neighbourhood-wide public meeting, they will hold meetings three days a week for three weeks to review the plan in detail. The public can attend and participate in these meetings.

(continued on page 3)



Toboggan Hill off Sunnyside between Fairbairn & Bellwood

GERVIN'S OTTAWA SOUTH LANDMARK

by Harold Sprott

Strolling down Bank St. on a balmy spring evening, when you get to the Cameron Ave. area - Trinity Church, Hillary's, The House of Era and the Savannah, you'll see Gervin's - the plumbing and heating business of J. D. Gervin & Sons Ltd. a real Ottawa South landmark. The Gervin firm has been at its present location, 1227 Bank St., at the north-east corner of Bank and Cameron since 1953 - and that's a long time. But the business is much older than that.

Douglas Gervin started to work as an apprentice with J. P. Bond in 1908. In 1915, as a journeyman plumber, he borrowed $300 from his mother, and set up shop as a plumbing and tinsmithing business at 1095 Bank St. near Sunnyside.

(continued on page 2)

OSCAR'S next deadline is APRIL 28

On the lawn

by Nikkie Schekkerman

Great balls of lawn and tennis! The Ottawa Tennis and Lawn Bowling Club is the city's oldest club of its kind in existence since 1881. Before settling at its present four-acre site at 176 Cameron Avenue on June 3, 1923, the club had four previous homes.

It was first located on Elgin Street, between Lisgar and Cooper Streets. Then in 1888 it relocated to Cartier Square in the rear of the former Drill Hall, and in 1902 to Patterson Avenue (between Metcalfe Street and the Driveway). The fourth site was on Third Avenue, west of Lyon Street, where it moved in 1907.

The non-profit club is run by a board of directors elected by the member-shareholders. Each member can vote on all club policies. The board governs two elected executives, the Ottawa Tennis Club executive and the Ottawa Lawn Bowling Club executive.

(continued on page 3)

Half a century

by Lindsay Suthren

Fifty years ago, children growing up in Ottawa South in the neighborhood of the old Firehall enjoyed a wide variety of experiences. There were fewer cars, more trees, vacant lots and several resident horses and cows. As a result, children slid down hilly streets, built tree houses, constructed sand forts in empty lots and were well acquainted with animal life. There was much playing of tennis, joining of canoe clubs and swimming in the river.

Mr George Seal of Bellwood Ave. reminisced the other day about his childhood in Ottawa South. He can remember the sounds of tennis playing on the four courts of the Sunnyside Tennis Club which was

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(Century from page 1)

situated in the ravine behind St. Margaret Mary's Church, formerly Calvin Presbyterian Church. Tennis was very popular as was canoeing. There were a number of canoe clubs on the Rideau River and on the Canal within the Ottawa South area.

While the youths were playing tennis and canoeing, the younger children were sitting on their perches in the 'climbing tree', a large maple at the top of Bellwood. Or they were playing in the sand in the empty lots along Sunnyside near Riverdale, building forts and tree houses with wood acquired from the James E. Wilson & Sons Lumber Mill on lower Bellwood. While they were playing, it was exciting to watch the horses, pulling the steamer from the Firehall, take off at great speed as they practised making the turn off Sunnyside onto Riverdale.

There were other horses in the area for the children to become acquainted with one was stabled behind the church, another in a barn at the northeast corner of Bellwood and Belmont. At the foot of Bellwood on Cameron was the horse used for plowing the sidewalks in the winter. Many horses were on the streets in those days pulling delivery wagons and sleighs.

The winter was a time of great fun for the children. Sliding down the Sunnyside and Fairbairn hills was great sport with sentries placed at intersections so that no mishaps occurred. What cars there were often had skids on the front in order to contend with the foot deep ruts in the snow laden streets.

As the years have passed, George Seal has seen numerous changes in the area of his childhood. The cows on the Convent Ground have disappeared, as have the horses from the streets and residential properties. The Sunnyside Tennis Club disbanded after the war and, for a while, his father grew irises on its site. It is now a quiet ravine, home for squirrels, birds and stray mice. The barn which housed the horse on the northeast corner of Bellwood and Belmont was incorporated with the house into one large house, decorated with stucco and wooden beams. The large Maples and Elms lining Bellwood, giving it the appearance of a boulevard died and were chopped down, one by one. The lumber mill on lower Bellwood shrank until it disappeared, leaving a series of semi-detached houses in its place. The vacant lots and the gardens filled with flowers gradually became occupied by houses and a new generation of young children.

That generation of young people has since grown up with its own memories of living in the area. There are now small children playing again on the streets around the Firehall. It is hard to speculate as to the changes that will occur in this neighbourhood in the next fifty years or as to whether there will be someone around to tell what it was like to grow up in Ottawa South now. Presumably there will be happy memories of childhood play but they will lack the sense of freedom and the variety of experience that was usual for the child of fifty years ago.

(Gervin's from page 1)

Mr. J.D. Gervin and his two sons.

The new firm, which operated for a brief period as a partnership, Gervin and Hodgins, soon branched out into warm air heating, and later, to oil burners. With the move to its present premises in 1953, and incorporation in 1954, the business expanded rapidly.

His sons, Walter and Keith, licenced plumbers, were taken into the firm at that stage, and have supported their father in maintaining a tradition of service to Ottawa South and the Ottawa Community at large. Over a period of 64 years, Gervin's has earned a fine reputation for dependability and competence.

A sign displayed prominently in the company office reads: "Goodwill is the one and only Asset that competition cannot undersell or destroy". The Gervins, father and sons, firmly believe that this statement is true, and it has always been one of their guideposts.

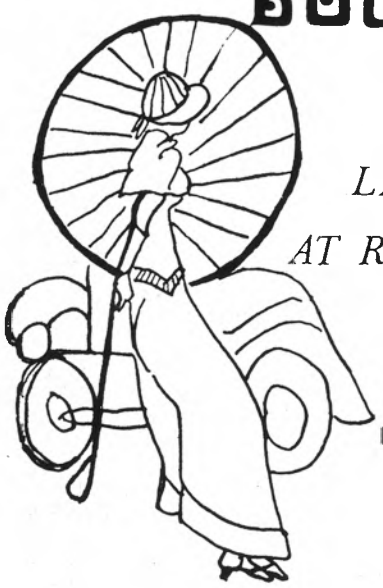
The tinsmithing part of the business was closed out about five years ago, and the plumbing and heating sales and service operation is now catering to renovations and maintenance.

As a reflection of inflation and rising prices over the years, Mr. Gervin provided us with some interesting comparisons. The charge-out rate for labour in 1915 was 60 cents an hour; now it is $24.50.

As to materials: a hot-water heater, $4.75 in 1915, is now $100.00; a bathtub, $15.60 in 1915, is now $148.00. But every doctor, dentist, plumber, charges more, and every worker is paid more. And remember - plumbers still make house calls!

Douglas Gervin, now 85, still comes to work everyday, but allows himself to have shorter hours. May the years continue to rest lightly on your broad shoulders, Mr. Gervin, and our best wishes to you, your sons Walter and Keith, and the staff of J. D. Gervin & Sons Ltd., our neighbours in Ottawa South.

BOUTIK FEMINA



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(Plan from page 1)

At the close of these meetings, the Neighbourhood Plan will be essentially finished and the course of development in Ottawa South fixed for the next ten years or so. As President of the Ottawa South Community Association, I would like to offer you some personal views on the possible impact of the Plan.

The Neighbourhood Plan consists of three parts: proposals by residents of Ottawa South, proposals by Ottawa City planners, and proposals by Bank Street businessmen. Committees of Ottawa South residents met during 1978 and produced recommendations for changes in transportation, land use, parks and social planning. The transportation recommendations may increase or decrease the amount of traffic in front of your house. The proposals on development seek to maintain the single family house character of the neighbourhood by limiting construction within residential areas and on Bank Street.

Bank Street businessmen have recommended that major businessmen have recommended that major business and residential development be allowed to occur on Bank Street. If approved, these proposals would have serious consequences for people living within a block of Bank Street.

City planners have made proposals to increase the population of Ottawa South. They specifically want to increase rooming houses under the new title of "single person housing", allow group homes for people with problems to be established without need for city approval and community consultation, and increase the amount of public housing in Ottawa South.

Although the various groups have tried to make their proposals clear, some proposals are unfortunately worded in technical jargon. Moreover, the effects the proposals could have on the neighbourhood have often not been specifically spelled out.

The planning process tried to involve as many different groups as possible and a range of views was obtained.

However, it is also clear that, as in any situation, the "squeaky wheel gets oiled." Some of the recommendations, including those of the residents, may only benefit a small group of people at the expense of others in the community.

The Neighbourhood Plan was developed independent of Ottawa South Community Association. The Community Association will be presenting briefs on the recommendations in the Plan at the April 19th meeting.

We want to ensure that the views of all residents and merchants are heard. For this to happen we need to hear from you. If you also want to personally present your views at the April 19th meeting we would be happy to assist you. What is important is that you make sure that you identify the recommendations in the Plan which you support and oppose those which you don't.

Read the recommendations of the Bank Street businessmen, the residents and the city planners.

Copies of the Plan can be obtained from city planners Dave McDonald or Eric McSweeney - call 563-3379 or 563-3399. Insist you receive the full plan as well as the summary.

If you have questions or comments, please call me at 234-5864 or Michael Wolfson at 233-1450 after 7:00 p.m.

In any case, come to the April 19th meeting and make sure the speakers explain their proposals to your satisfaction and hear your views.

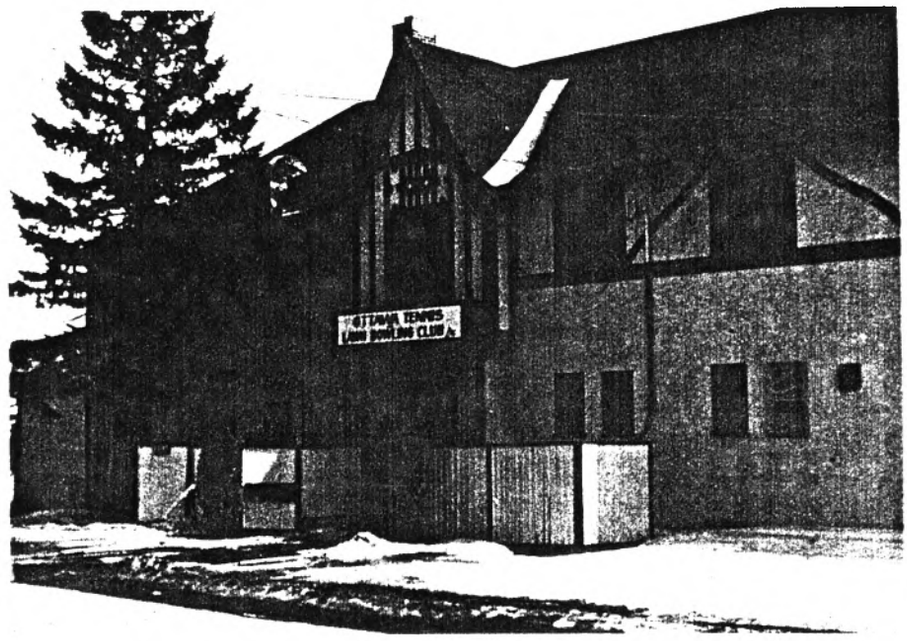

PHOTO BY J SCHEKKERMAN

(Lawn from page 1)

Tennis season runs from about May 1 to Sept. 30 and lawn bowling from mid-May to Sept. 30.

Tennis membership are among the most reasonable in town, available on a married couple, senior, intermediate (18-21 years of age) or junior (with or without parent) basis. The lawn bowling contingent offers single or married couple memberships. There are social and swimming only memberships as well.

Twenty per cent of the total 1,400 members comes from Ottawa South.

On a competitive tennis level the club has internal tournaments at all levels of ability as well as open tournaments for allcomers. In addition, along with other clubs, it hosts many National Capital Tennis Association Tournaments. On a competitive level, which the club calls "friendly tennis", are Round Robins, Saturday night mixed doubles, men versus women singles and the Beginners League.

The lawn bowling sector offers inter-club matches along with internal and open tournaments. A series of bridge parties and social evenings entertain bowling members as well. And at least once a season the lawn bowlers invite the tennis senior members for an evening of bowling and refreshments.

Two full-time tennis instructors provide private, semi-private and group lessons. There are also free clinics for beginners and intermediates from late May to Sept. 30.

Today the tennis club houses 12 quick drying Har-Tru (soft) tennis courts (eight floodlit until 11 p.m.) and six Plexi-Pave (hard) all-weather courts (four floodlit until 11 p.m.). There is also one double-sided practice board available.

A 75 by 30-foot swimming pool and complete bar facility provide a relaxing change of pace.

The attractive stucco frame clubhouse boasts modern locker room facilities, a large and small lounge, committee rooms, a renovated pro shop, a canteen with a fully equipped kitchen and an office. Outside, there is a wide verandah and a balcony skirting two sides of the building.

Daily babysitting is provided to members at a nominal shared cost.

While the club has moved with the times and its members no longer sport long white flannels and skull caps and the women ankle-length white dresses, a white-clothes-only policy on the courts does exist.

The club's social scene is almost as active as its athletics. There are dances and parties (with a variety of taped music), the annual boat cruise, barbecues, poolside parties and the season's end dinner dance.

Club publicity chairperson, Mike Kronick, says the public is welcome to visit the club at any time. He also says 1979 will be an exciting year as "the club will be hosting the Canadian National Tennis Championships from July 30 to Aug. 4 and the public is especially invited to attend".

Sheila Coe
THE REPAIRPERSON
for electrical appliances
LARGE & small
234-4726

Ottawa South Community Association Review

260 SUNNYSIDE KISO7R

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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.

Editor	Doyne Ahern	233-7459	Typist	Barb Neilson
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Distribution	Marlene Neufield	733-2625	Business Manager	Dave Baker

TO THE EDITOR

Dear Editor;

Over the past few years, I've found myself in disagreement with the City Planning Branch people on a number of points. Some of the points were minor but many were not. With some reluctance, I now recognize that these differences all point to a basic divergence of philosophy and objectives. Where groups differ so basically there can be no useful compromise. As a holder of a public trust, my philosophy should be consistent with that held by the community at large, where it affects the community. There are several points in the plan on which I cannot bend, and so it's my duty to open these points up for public discussion. Here they are.

REDEFINING R4 ZONING

1. Redefinition of R4 Zoning to increase the allowable number of roomers from 2 to 4.

Redefining R4 is functionaly the same as up-zoning. The only difference I see, is that up-zoning would have to be done out in the open, with public participation, and subject to public approval. Redefinition on the other hand, can be orchestrated from a backroom in City Hall. I believe this sort of meddling with the law is wrong and dangerous.

Wrong for the same reason it would be wrong for your gas station to redefine the gallon as three quarts.

Dangerous because it is an obvious attempt to take power away from the people, and hand it to City Officials.

I can't accept this kind of legal magic. Can you?

GROUP HOMES

2. Group-homes.

Over a year ago, Planning Branch approached OSCA, and suggested that we in Ottawa South show a little social responsibility and allow group homes to be planted in the community at 400 foot intervals. At that time, we knew of three existing group homes, and we were receiving serious complaints about two of them.

Nevertheless, I suggested that if the city would agree to incorporate such homes under the Corporations Act, as non-profit institutions, and provide for a board of directors, with half plus one of the board members picked from the community, we would agree to persue the matter further.

Now, that's social responsability! Not only do we offer a plan with more public appeal - we find a way to involve people in the group homes.

This was apparently too much social responsability for the planners. They have offered an alternative whereby they spot-zone group homes in where ever they choose, subject to some arbitrary spacing rule, and we find out about it later. They don't tell us.

I object for two reasons.

Firstly the spacing rule. While the spacing between group homes would now be a reasonable-sounding 1000 feet, it would in fact allow for a large percentage of Ottawa's group homes to be stuffed into Ottawa South. You may feel I'm unduly cautious, but the recent "Rooming House Report" showed clearly that Ottawa South enjoys a special place in the hearts of the planners. That report suggested that our community be developed into a sort of rooming district.

Secondly, the city plan gives us no guarantees or recourse, should one of the group homes become a sore spot, as has happened in the past.

Yes, I believe in social responsability, but no, I cannot accept the idea of responsibility without control. Can you?

BANK STREET STUDY

3. Bank St Study.

The study seems to have missed some vital points. We have all heard about the possibility of our commercial strip shrinking.

cont. on page 5

OSCA EXECUTIVE

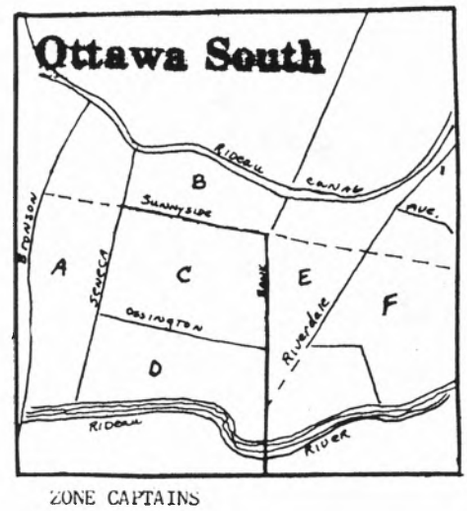
President	Alan Gilmore
Vice president	Derek Harkema
Treasurer	George Strong
Secretary	David Bouse
Past president	Brian McAteer
Chairman, OSWATCH	Michael Wolfson

OSCAR'S FRIENDS

Toni Manson for artwork
Nancy Ross for layout
John Manson for layout
And all the 50 people I forgot, please forgive me and come back next month anyway.
P.S. We need an advertising layout editor and an afternoon of babysitting again.
Contributors--professional journalists all (names on articles)
THE DELIVERERS - Hooray for you.
Ruth Latta - for care and nurture of the editor's offspring as well as some grotty lettrasetting!
Joan Fromer, Jill Porter and Gee Gee Robinson for ad layouts
Brian McAteer for pictures
Jamie Munro for art & layout

help!

Help...Help...when OSCAR's deadline approaches, his demands are insatiable. If you can't do anything else could you please offer to take the editor's girls, for a couple hours some mornings or afternoons during the week April 26. Call 233-7459 if you don't want Peanut butter smudges on your next OSCAR.



ZONE CAPTAINS

Zone A: Brian McAteer 236-5773
Zone B: Roy Norton 234-6344
Zone C: Ellis Lindsay 232-8857
Zone D: Leonard Gerbrandt 733-3762
Zone E: Huggett Mabbutt 237-6891
Zone F: Peggy Kinsley 232-4179

If you didn't get your OSCAR, please call your zone captain.

To The Editor **cont. from page 4**

Recent city reports point to the declining population of Ottawa South, to justify an infusion of regional businesses. It seems shrinkage, or "negative growth" is an acknowledged possibility. That possibility is even more relevant in view of coming controls in our community.

Planning Branch recently commissioned a study by an expensive consulting firm. This cost us over $6000 and outlined three "scenarios" for our part of Bank St. The "scenarios" developed, were based on zero growth, moderate growth, and large growth. We were given the report, and asked to "pick one". The picture the report paints of zero growth is depressing, and large growth is frightening. Therefore we're all in favour of moderate growth.

I object.

Firstly, what the report describes as moderate growth, I call massive redevelopment.

Secondly, the report was in my opinion, misinformed.

No conclusions were supported with anything much stronger than opinion, and figures were conspicuously missing.

Thirdly, no serious consideration is given to the possibility of negative growth. I can't swallow a "study" which ignores a 50:50 possibility.

Fourthly, Bank St. is too important to too many groups and people, to be bulldozed through a couple of committees in a few short weeks.

Finally I have come to believe that Planning Branch sees Ottawa South and other central communities, as service areas for the outlying communities. Many of the suburbs have gone to some lengths, to exclude such evils as hospitals, nursing homes, shelters, homes for the elderly, stores, and service businesses.

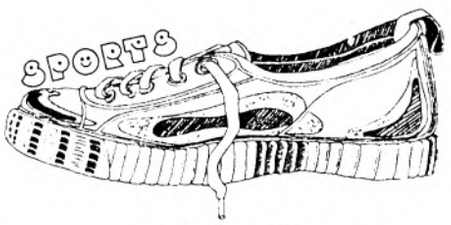
The customary pattern is for such services to expand and slowly take over much of the central city. While this seems perfectly reasonable to the planners, and certainly to the suburbanites, I wonder if its really what we want.

Personally, I think it's a privilege to have hospitals and social institutions in the neighbourhood but is there not a limit to what we can absorb, and still survive as a community? Do we want to encourage new developments to abdicate their own responsabilities, while we take them on.

No, were being asked to pull the wagon, while the suburbs ride in comfort. Are we willing?

In the next decade, the changes to Ottawa South will be drastic. We can't prevent change, but we can steer it in a given direction. So can Planning Branch. Its just a question of whose hand is on the tiller.

Brian McAteer
Past President
OSCA



by Ellis Lindsay

Registration for youth baseball will be in early April. The slates and costs have not be defined at the time of printing. The 7 to 12 year olds will be playing at Lansdowne Park (behind the fire station) and the 13 to 18 year olds will play at Brewer Park. For further information regarding registration and cost, please call Ted Barton at 238-9048. We hope to have more information for next issue.

Registration for youth soccer is still open for the South Ottawa Internationals Soccer Club. Information may be obtained from Earla Gregory at 731-0415.

The OSCA Floor Hockey League has extended its season to April 14. The remaining schedule is:

Date	Time	Team	Vs	Team
Mar 24	School Closed:			
Mar 31	1:30	A		C
	2:30	B		D
Apr 7	1:30	A		D
	2:30	B		C
Apr 14	Playoffs			

The playoffs will consist of the first place team vs the second and third place team vs the fourth. The team with the most goals will be decalred the winner.

Ottawa is one of the few cities in Eastern Canada that participates in the Youth Bowling Council which stretches across the country to B.C.

Some Ottawa South boys that belonged to the Y.B.C. this season are Darryl Lindsay, Darren Lindsay, Ellis Lindsay, Scott Barton, Paul McCarthy and Paul Hopkins. The competition set up is in house, zone, provincial and national which is named the Four Steps to Stardom. This past weekend Darryl Lindsay and Paul Hopkins were members of the team representing the Ottawa Zone in the Provincial Finals in Toronto.

DISCO

Youth Disco - Back by Popular Demand.
Friday - April 20th 7 to 9 p.m.
Ages - 10 to 14 yrs.
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Centre
260 Sunnyside Ave.
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city scenes

by Jamie Munro

It is cloudy dreams
It is city's ugly screams
We are city's ugly smells
While drinking other's wells
It is Woolworth's star attraction
It is supersonic action
It is not a pleasant sight
but
Who are you to say what is right

DROP-IN

Pre-school Drop-Ins will continue throughout the Spring on Monday's (10:30-12 noon) & Thursday's (9:30-(11:30 a.m.)
Come by with the little one(s) for a morning of play & conservation.

CLASSIFIED

FOR SALE: Umbrella stroller with shopping bag, $10, Kantwet Car Seat, $10, Hitch Hiker Baby back pack, $5 Boy's Bauer Skates, size 12, $8 Bob Skates, $2. 236-5579

WANTED Boy's two-wheeler bicycle suitable for 8 year old.
Woman's five or ten speed bicycle phone 236-5579

WANTED: Used radiators, batteries, scrap copper, lead, brass, transmissions. Call 236-7602.

Babysitter Needed: To care for 2 month old baby, twice a week 232-2960.

winners

by Margaret Lawrence

The winners of the Hopewell School French Club Espoir Lottery in February.
1. Mr. Allen - Television Set
2. Mrs. Montgomery - Oil Painting
3. Mrs. Edgyed - Radio
4. Mrs. Morrison - Calculator
5. Miss Crateau - Plate.

The greening of Ottawa South

by Edwinna Von Baeyer

Today roots are in Vogue. Some people search for them, others watch them on television- lets' just talk about them.

Spring is a time of renewed root activity-outdoors as well as indoors. So spring is also a time of repotting indoor plants. The why, how and when of repotting is signalled by the plant's root condition. Basically, roots anchor and support the plant below soil level, in addition to their important function as the absorbers of water and minerals from the soil. On the constant search for nutrients, a root system is continually branching and expanding, and producing miniscule root hairs. They are the primary agents of absorption. These root hairs are the source of trouble when transplanting or repotting as they easily rip off during the process. Thus, when a plant is transplanted it cannot absorb all the water it needs, so it wilts and sometimes dies. (Thats' why one needs to take along a large clump of undisturbed earth around the plant being transplanted.)

Therefore, to live and to function well, roots need room for growth and an adequate water supply.

Here are a few signs your houseplant may exhibit informing you that alls' not well with its roots and that it is root bound:

1. hen you must water a plant daily, you may suspect it has outgrown its pot-that there is more root than soil left.
2. when there is a sudden halt to growth which can't be explained by other reasons, like dormancy.
3. when the plant looks out of proportion to the size of its pot (the plant should be about twice as high and broad as the pot), or
4. when new leaves are too small, and don't grow quickly to their expected size, or
5. when the roots grow out of the bottom drainage holes, and
6. when lower leaves begin dropping from the plant without any sign of an insect infestation, then knock the plant out of the pot and confirm your suspicions.

To repot, you must first find the proper pot size. The best rule is to proceed slowly-only increase the pot size an inch at a time (so a 4 inch potted plant should be repotted into a 5 inch pot.) If you jump sizes too drastically, you may encourage overly rapid growth resulting in elongated, weak roots with matching straggley top growth; or you may create sour, useless soil or root rot from an excess of unabsorbed water.

Next, put a layer of drainage material in the bottom of the new pot, covering this with a couple of inches of soil. Knock the plant out of the old pot (either by thumping the bottom with a good, hard bang, or pushing on the drainage material with a pencil). Then, gently remove old pieces of drainage material from the root ball. Turn the plant upright and gently roll the root ball between your flat palms. Softening the root ball allows tiny air spaces to return to the soil and serves to loosen the texture of the root ball so that the root growth can escape into the new soil. Set the plant into the new pot, carefully adding soil around the root ball. Fill until the soil level is one inch from the top of the pot, assuring yourself that the soil has been firmly packed without leaving any air spaces. Next, water the plant. If the water moves too quickly through the soil mix, then you probably packed it too loose. If the water moves very slowly, then the mix was packed too firmly. Check that sinkholes or uneven settling haven't occurred, then set the plant aside in a cool, dim location for a few hours. When all seems well, place it in its permanent home.

When you've finished repotting think about roots and their silent, relentless voyage through the soil. Or, think about the fact that if you placed all the roots end to end which one squash plant produced, that this would stretch to 24 kilometers. Or, that botantists have estimated the average total daily increase in the length of the root system of a mature rye plant to be 5 kilometers per day!

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SOUP TO NUTS

by James Mabbutt

You will recall that last month we visited the Happy Four Restaurant to enjoy the cooking of the Northern Provinces of China. This month four of us decided to try a different Chinese gastronomic experience. We visited the Wan Wah Restaurant at 1098 Bank Street at noon to have a Dim Sum Meal.

Dim Sum in Chinese literally means "Dumpling", and this gives a good idea of what the meal is. It is a sort of brunch in which several types of buns or dumplings containing a filling of meat, fish or sweet bean paste are offered. Small portions of meat may be ordered as well and the whole meal is accompanied by Chinese tea. I understand that in the large Chinese restaurants of San Francisco and Vancouver carts of Dim Sum delicacies are rolled around the restaurants and customers pay according to the number of selections they make.

With four people we were able to select a large number of items. We started off with two portions of spring rolls ($1.00 per portion), an improved version of the humble egg roll containing chicken, mushrooms and bean sprouts. This was accompanied by a very spicy pepper sauce. We then had Har Gow and Shie Mie, ($1.00 per portion), dumplings containing respectively shrimp and minced pork. Both were delicious. We then had some buns. The Char Shue Bow ($1.00) contained barbequed pork and a mild sauce while the Lotus Seed Bow ($1.00) contained a sweet bean paste. Each portion contained two large buns. In general two portions of each selection was enough for four people.

In addition to the buns and dumplings we had Beef Ball ($1.00) which as the name suggests is a ball of beef served on Chinese lettuce. It is sometimes also served with spinach. An order of pork spare ribs ($1.00) (unlike the spare ribs of "Canadian" Chinese cuisine) in an unidentifiable but tasty sauce and an order of Fun Gar ($1.00), glutinous rice with bits of spicy chinese sausage and chicken, completed the meal.

For the more adventurous there are other items on the menu which I have tried in the past. These are Op Chow, with oyster sauce ($1.00) and beef tripe ($1.00). The former are duck's feet. I have eaten both these items in the past and can say that they are worth trying. The duck's feet do not, of course, have much meat on them and the idea of consuming either item may not please all Canadian tastes.

One should also note that from time to time various desserts are on the menu. These include such things as egg tart and assorted puddings. We usually are unable to have room for these delicacies after the main course.

The Wan Wah Restaurant is clean but rather spartanly decorated, a feature common to many Chinese Restaurants. The walls are decorated with gilt wallpaper in black and red. There are red tablecloths on each table. Service was prompt and courteous despite the fact that the restaurant was crowded with Chinese families. I should note, that unless you ask specially, you will be given chopsticks to eat with!

The cost of the meal for four, including tip, was a very reasonable $17.00. For this we had wonderful food and a chance to converse with friends.

The Dim Sum is offered at the Wah Wah every day from 11:30 to 2 P.M. It is wise to arrive early however as all items are made on the premises and the quantity is limited. No reservations are required and the restaurant is not licenced. Visa is accepted. I should note that Mr. Wah, the manager of the restaurant, is the son of Wah Fatt, who owns a Chinese grocery store on Somerset St.

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CHANGE IN WARD BOUNDARIES

As you know, City Council voted last month to abolish Board of Control. I opposed this action because of the Board's traditional role in Ottawa civic politics of providing a cadre of individuals elected on the basis of their proven experience and city-wide appeal.

However, there is apparently no turning back and, as a result, before the 1980 civic election, four new wards will be created for a total of fifteen in all. Some of the current wards have a population of over 35,000 and are too large for only one elected representative. It is intended that the new wards will have an average of 18,000 voters. Under the new system, Capital Ward will be composed of Ottawa South and the Glebe, while Ottawa East, starting at Avenue Rd., will become part of By-St. George's Ward.

Because of past interest in this subject, there will be a public meeting on Monday, April 19th 1979, at 7:30 p.m. at City Hall to discuss the issue. I would encourage anyone wishing to present a brief or other document relating to the proposed boundary changes to attend the meeting. As well, please feel free to contact me for further details and / or to let me know your views.

PRETORIA BRIDGE

Demolition of the Pretoria Bridge will start sometime this Spring. A new bridge will be constructed in the same location and will be very similar in appearance to the old one. Dr. Harold Kalman, of Heritage Ottawa, advises that the old bridge is unique because of the vertical lift drawbridge and that it was built by Strauss and Bascal, the company that later built the Golden Gate Bridge in San Francisco. Thanks to the concerted efforts of four community associations of Ottawa South, Ottawa East, the Glebe and Centretown, a regional proposal for an elevated six-lane bridge North of the Queensway was rejected. Delegations from the community associations, with the support of their elected representatives at the municipal and federal level, Alderman Joe Cassey and former M.P. Hugh Poulin, persuaded Regional Council to rebuild a new bridge on the same scale and location as the existing structure. This episode has been another occasion where citizens' wishes were heard and respected by elected representatives. Pending construction of the new bridge, work has already started on a pedestrian and bicycle crossing across the canal just South of the existing bridge.

NEIGHBOURHOOD STUDY SCHEDULE

On April 19th, a public meeting of the Community Development Committee will be held in Ottawa South to discuss the recommendations of the Ottawa South Neighbourhood Plan. Prior to the meeting, members of the Committee and other members of City Council will be given a briefing by city planners and will take a guided tour of Ottawa South on April 6th. The briefing and the tour are intended to assist the elected representatives in their consideration and review of the main problems and their location in the neighbourhood.

Both the Committee and the neighbourhood planners are hoping for a large turnout at the public meeting. It is the wish of City Council and especially my own wish as your Alderman that the plans finally adopted truly reflect the hopes and aspirations that residents have for their own neighbourhood.

ECHO DRIVE FREEZE

Earlier this year, Planning Board approved an application for three housing units to be added to the former Indonesian Embassy on Echo Drive.

At the same time, because of concerns expressed by residents about the preservation of the Canalscape, Planning Board established a temporary freeze on rowhouse and infill housing construction for that area. The existing R4 zoning allows single

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family homes, duplexes and row-houses. It will be up to the Neighbourhood Plan to finally recommend which zoning would be tha most appropriate for that area. One of the advantages of R4 zoning is that it would allow, for example, an older couple whose children have moved away to convert their second floor into an apartment, thus producing a revenue for their retirement years and also enabling them to remain in their own home. This does help people on fixed incomes faced with rising taxes and maintenance costs. On the other hand, the flexibility of the R4 zoning does allow new townhouse construction as is being built by Timberlay Development and which has been opposed by nearby residents.

APPLICATION TO DEMOLISH

The City has received an application to demolish the following properties : 35-37 Cameron Avenue and the block consisting of 1223-1225-1227 Bank Street, on the North-East corner of Cameron Avenue.

During the course of the Neighbourhood Study, residents stated their objectives as follows:

Housing and Residential

1. To encourage the preservation and enhancement of the existing housing stock.

Commercial

1. To encourage small-scale shops that serve the immediate residential community and to have them distributed along Bank Street;
2. To encourage commercial activity which is oriented to a city scale, but which would anhance the local community and would not be incompatible in size/scale with the locally oriented shops;
3. To discourage the type of commercial activity which is incompatible with the community lifestyle of Ottawa South;
4. To encourage the development of a pleasing streetscape which facilitates pedestrian shopping, and which presents a frontage harmonious with the adjacent residential community.

Although both properties are currently zoned Cla (2.0), a temporary holding action passed by City Council last month prevents the demolition of housing units (35-37 Cameron) and of commercial properties which includa residential units. (1223-1225-1227 Bank St.)

35-37 Cameron

The Neighbourhood Study's recommendation for the Northwest corner of Willard and Cameron, on page 25 of the Draft Raport, reads as follows:

(1) That the residantial properties of the northwest corner of Willard Street and Cameron Avenue presantly zoned commercial be changed to a residential zoning of R4. There are two double units located on the site.

RATIONALE:

The change in land use would be consistent with the adjacent residential area to the south and east. There is sufficient potential for commercial expansion on Bank Straet such that there is no need for it to encroach onto Cameron and Willard.

As Capital Ward Alderman, I fully agree that the zoning should be changed from commercial to residantial.

1223-1225-1227 Bank Straet

Brenda Small, formar Chairman of tha Land Usa Committaa of the Ottawa South Neighbourhood Study baliaves "those buildings should not ba demolished to make way for a parking lot or for any othar uses prasently prohibited undar tha holding action, such as automotive uses, car washes, pubs, discothequas, fast-food outlets."

It is generally agreed that this type of commercial activity is incompatible with the immediately adjacent rasidential araa.

Concarning presarvation of existing housing stock, the City of Ottawa's "Capital Ward Single Persons Housing Study" demonstrates a raal need for low to medium priced rental accomodation in innar city neighbourhoods.

The City's Planning Branch is now studying the demolition application. Comments will be received from myself, the naighbourhood plannars, representatives of OSWATCH, the City's Proparty Standards Branch. The Branch will then make a racommandation to the Planning Board around mid-April. Delagations are invited to appear to speak on tha application and each speaker is usually allotted 5 minutes. Planning Board then makes its own decision, to be ratified or rajacted by City Council.

YOUR ALDERMAN IS ACCESSIBLE

If you have a concarn that you think I may be able to help you with, call me or my Exacutive Assistant, Mrs. Toni Mitchell at 563-3165 at City Hall, or at my homa (234-7503). I will also ba happy to visit you in person.

I wish to thank the Ottawa South residents who visitad ma at my Open Housa last month.

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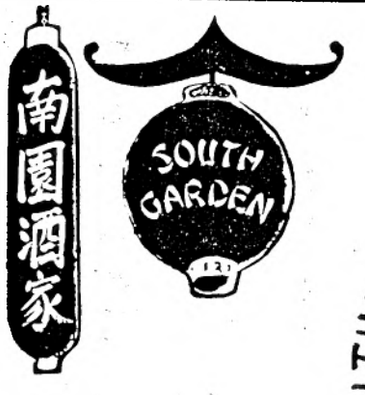

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Cardinal virtue

by Lindsay Suthren

With eye-catching paintings in its front window, The Mazarine Gallery, located on the north corner of Bank St. and Glen Ave, adds aesthetic interest to the Ottawa South Shopping district. The gallery, in existence since October '76, is run by a mother and daughter team, Norah and Martha Connelly. They are dedicated to providing a place for Ottawa Artists to exhibit their works.

Norah, a former analyst with the government, has been a 'silent partner' until last November when she began working full time in the shop. Martha, with a background of: art courses, primarily from Fred Maheux, a talented local artist and inspirational teacher, worked full-time in the store until recently when she found a new outlet for her creative abilities. As well as working part-time at the gallery, she has become a gourmet cook at the William St. bar.

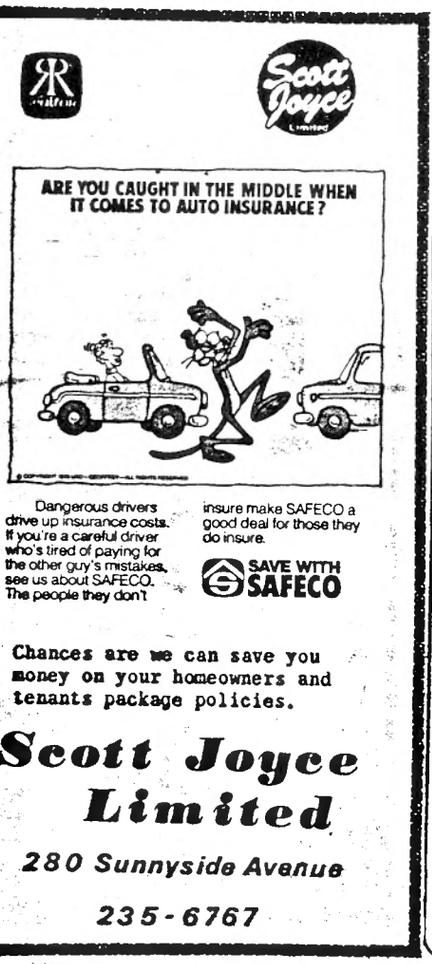
When Martha and Norah opened their gallery two and one half years ago, they were one of only a few galleries in Ottawa willing to exhibit works of local artists.

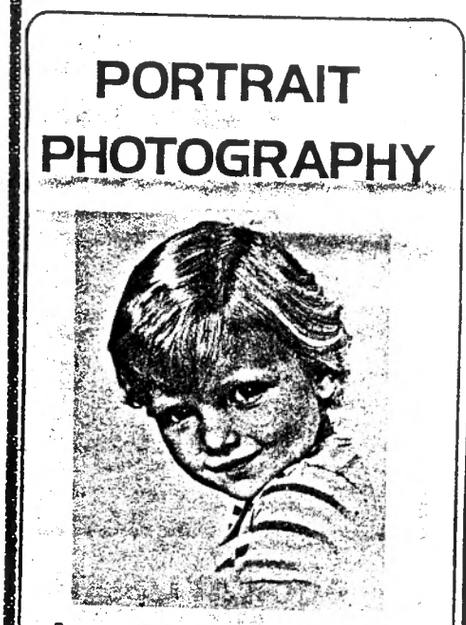
"Everyone else had to hang artists from Montreal and Toronto," said Martha recently. As a result of their feeling that there were Ottawa artists of merit worth presenting to the public, several artists have "taken off" as Martha says. Paul Cederberg, Fred Maheux, Toni Manson are only a few of the artists that have benefited from the Connelly's farsightedness.

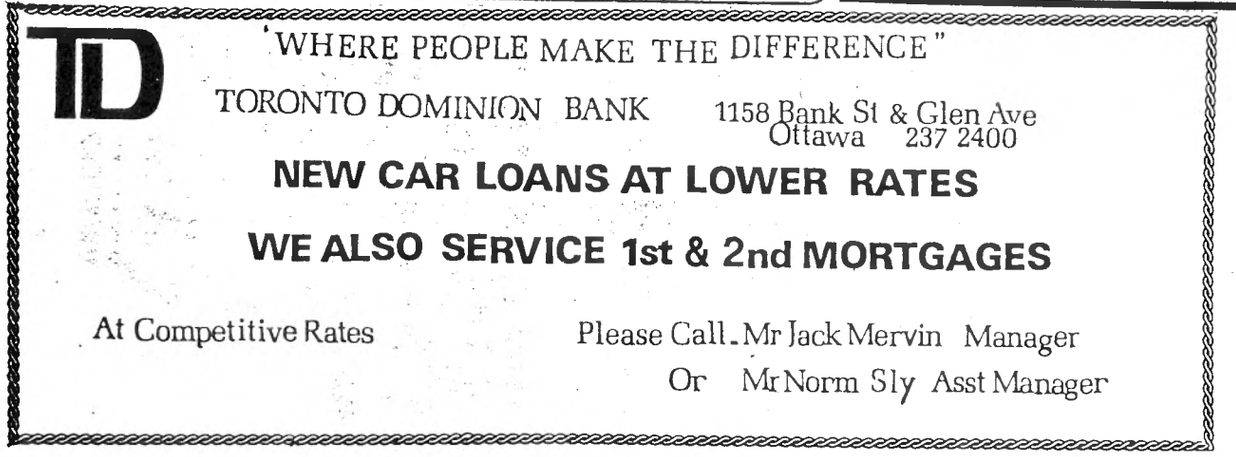
As well as serious private art collectors, this pleasant and intimate gallery, which also provides a framing service, attracts clients from business and industry. Lawyers have come in to buy paintings for their offices. Also welcome are the people who come in to browse. "A lot of men come in while their wives are shopping at Tallmire's" says Martha.

Over the years that the gallery has been open Martha has noticed a trend to more conservatism in the art works. The gallery reflects the thinking of the artists of the area and, as such, deserves its name, Mazarine Gallery. La Rue Mazarine in Paris was named after Cardinal Mazarin (1602-1661), a Cardinal of France, who appreciated new works and amassed a vast collection in his lifetime. La Rue Mazarine, in Picasso's young days was the gathering place of innovative local artists. At the present time, it is a street of galleries, one of which is also known as La Gallerie Mazarine.

Aside from allowing artists a place to display the results of their creative energies, galleries give a responsive public the chance to examine reflections of themselves and perhaps to see into the future. Ottawa South residents are fortunate to have this opportunity for learning within walking distance at the Mazarine Gallery.







Are you a waste-watcher? Over the past two years of this column's existence it has been heartening to find so many people are really interested in reducing their waste. One reader with a family of three now puts out garbage on alternate weeks, and a family of five has reduced their garbage to two large shopping bags each week.

IT'S NOT ALL GARBAGE

There are things put out at the curb for garbage pick-up that should never see the dump. Consider the dump as the last resort! Agencies such as Ottawa Neighbourhood Services 728-3737 Men's Social Service Centre of the Salvation Army 232-1538, and St. Vincent de Paul Society 722-7166, provide employment and at the same time recycle our cast-off items by repairing and refurbishing them for re-sale. Stoves, Dryers, washing machines, dishwashers, are all acceptable; if the machine cannot be repaired the parts may be useful. Lawn chairs, ski equipment, small appliances, furniture are only a few of the things they will take. Clothing is always acceptable and if it is fit only for the rag-bag they will sell the rags! The Unitarian Service Committee 234-6827 requires spring, summer and fall clothing with a year's wear for projects in Asia, Europe and Africa (some winter clothing for Nepal). Community thrift stores are usually interested in clothing of all kinds in good repair.

Books can be re-sold to second-hand book stores and of course your local church, school or community rummage sales are always glad to receive donations of books. Magazines in good condition are usually welcomed by senior citizen homes, hospitals, community clinics, or your next-door neighbour. Wire coat hangers can be returned to dry-cleaning companies or sent to rummage sales for displaying clothes. Waste baskets can be harmonised with the new colour scheme by applying adhesive paper available in all colours and designs. Straw waste baskets might be adapted as pot-plant holders. Broken plastic laundry baskets can be given a new life by cutting off the solid bottom part for use as a wet-boot drainer in the vestibule, or for holding pot-plants. The lattice sides of the basket can be put over seedlings in the garden to keep off hungry birds.

Set aside a bag for kitchen items such as aluminum tops from frozen orange juice containers, wax-paper rolls, egg cartons, white styrofoam trays, green or purple cardboard trays, to provide a surprise grab-bag for children who are tired of their toys, or take the bag to your local nursery school or day-care centre, or elementary school. Egg cartons can be re-used if you shop at a small food store or if the egg-man calls, but supermarkets are unable to accept egg cartons for re-use because of health regulations.

GARBAGE AS FERTILIZER

The most valuable part of your garbage is the organic part; food wastes constitute approximately 19% by weight of our garbage. Vegetable peelings, egg shells, apple cores are all capable of a second career by returning their nutrients to the soil. One way to do this is to soak such tidbits in water for a few days, then use the water for your plants. Blemished vegetable pieces as well as egg shells, and other kitchen waste, are ideal for composting (in winter, store in a special garbage can), along with vacuum cleaner dust, hair clippings, wood shavings, grass clippings, etc. Apartment-dwellers with balconies and garden plots can compost their vegetable wastes in specially-designed non-smelly bins, obtainable at garden centres and seed stores. If you have no garden but still hate to throw out food wastes, freeze them for your friends' compost boxes!

If you have an unusual item to recycle (10 gallons of chicken soup?) phone Community Information Centre 238-2101 for help in finding it a home!

COMING SOON: Solar Panels

Anyone who has installed solar panels for home heating or for heating the water supply is asked to contact Hazel Mackenzie 236-9054

Your tin and glass are needed

Why? To reduce waste, to save energy, to conserve resources

Where? Glebe IGA Recycling Depot, rear of store 754 Bank St. (accessible through car park between 2nd & 3rd Aves). Look for orange oil drums - deposit material beside rear drums.

How? Glass must be clean: paper only to be left on: all metal/plastic/ribbon/straw/etc. to be removed.

Tin must be clean: no paper left on cans; flatten by removing other end, insert both ends inside can, step on it.

N. B. Newspapers are not recycled.

Who is responsible? The Depot is checked each day volunteers (approx. ½ hr's work). Help to keep their visit short by delivering only clean tin and glass ready for delivery to Hamilton (tin) and Montreal (glass).

For more information, or if you wish to volunteer, telephone

Hazel Mackenzie, Co-ordinator, 236-9054
Edna Halliwell, 237-5416

STOP PRESS - 1. City Council approved the Recycling Budget of $34,000 ensuring the continuation of the three City works-yard depots and our community depot for the coming year.
- Glass collected: 3½ tons January, 3 tons Feb.
- Tin collected: 3/4 ton Jan. 1 ton Feb.

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MPP Ottawa South

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Office Hours: 9-12 - 1-4

Claude Bennett

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Flash! ---- ---no flood

by Nancy Ross

By the time the OSCAR is in your hands, one of two things will have happened. The Rideau River will have flooded in which case you may be too busy shoveling mud from your basement to read OSCAR, or it will not have flooded in which case you will not be interested in an old-hat article on spring flooding.

My assignment for this issue was to do the annual report on the possibility for spring flooding in Ottawa South. I conscientiously phoned Doug Menagh and Cliff Craig of the Rideau Valley Conservation Authority, the provincially appointed group which monitors the Rideau River watershed and predicts the spring flooding situation. Both said that although there had not been a lot of snow this past winter, there was a lot of water on the ground. Depending on the amount of rainfall and the speed of runn-off, there was the very excellent possibility of minor flooding similar to last year, although nothing like the flood of 1976 was being predicted. They said at least up until March 21st we had had excellent conditions for avoiding a ~~disaster. The bag-stuffing and filling~~ had gone quickly and easily, the sandbags were in place in the Marco Lane area at least a week before the expected crest of the river, which predicted sometime around the 27th. Sunshiny days had allowed a lot of water to evaporate and warm days had been followed by cold ones which meant a slow run-off.

So I had my information for an article. It wasn't till I sat down to write it that I realized I had a non-article. Since the river would crest between deadline and delivery, I would be either wrong or obsolete in predicting the situation. I could write two articles and insert the right one during paste-up, I could do a history of flooding in Ottawa South, an analysis of the old argument about hazard lands, a look into the Rideau Valley Conservation Authority, but all of these required (inaddition to more research), some idea or not if there was flooding in 1979. So I exercised my final option, that-is to write a article on why it's impossible for me to do an article on spring flooding. Next year maybe OSCAR's deadline will be after the deluge.

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ALL ABOUT FITNESS

Here are the last 5 fables about keeping and being fit:

1. Never Exercise in the Noon Sun. If the sun is not unbearably strong, it can be the safest time to exercise. With the sun overhead, all you need to shield yourself is a hat. In midmorning or midafternoon, however, your body is exposed to the sun's rays coming at an angle.

2. Avoid Sex Before Athletics. The popular notion that abstinence somehow stores strength has no scientific basis. Athletes, in fact, seem to do better after sexual intercourse. Enlightened coaches encourage players to bring their mates along with them.

3. Use Salt Tablets to Prevent Fatigue. Never! Salt tablets are worse than no salt at all. A salt tablet is a solid piece of brime, and resting on the mucous membrane of the stomach, it can cause nausea and vomiting.

If you feel you are going to perspire, take a little salt with your food beforehand. During the contest take some salt with water, or salt a piece of fruit. You might take salt after the contest. Don't overdo it. The body can't store salt, and you may induce the cramps and muscular weakness you were trying to avoid.

4. Women Who Exercise All The Time Develop Unattractive Bulges. Not necessarily so at all. They are more lithe, they move with greater strength and develop the athlete's sense of relaxation. Those who lift weights and do gymnastic exercises develop firm muscles, but because of their thicker subcutaneous layer of fat, they don't form bulges the way men do. The body retains its female contours, and the hips and thighs, the main trouble spots for women, are slimmed by exercise.

5. Most Fitness Teachers Are Experts In Their Field.

Unfortunately there are many fitness teachers and instructors who are not satisfied unless their students' tongues are hanging out at the end of a workout. Some of them possess an almost obnoxious enthusiasm for exercise.

Body types can be divided into 3 categories-mesomorphs, ectomorphs and endomorphs. Mesmorphs are the heavily muscled, heavy-boned, often square and stocky individuals. They love strenuous physical activity, thrive on competition, and often become fitness instructors. They often have no sympathy for the ectomorphs and endomorphs.

Ectomorphs are the thin, frail, nervous types. They can't stand still and will cooperate in a gym or a physical-fitness program because they're active by nature-but they are easily driven to exhaustion.

Endomorphs are the round, soft people who love ease and comfort and hate exercise and all its proponents.

They may have a point.

by Mike Dupuis

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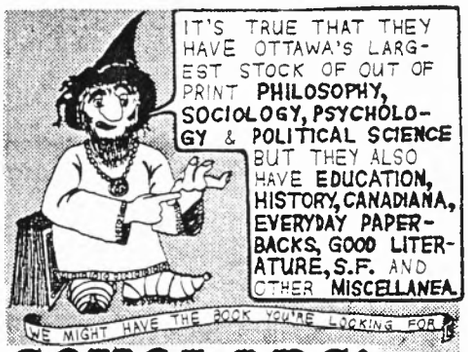

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DISCO SUCCESS

by Arlene Harkema

The first SEC-sponsored youth disco was a success! Approximately 50 youtha, ages 10-14, attended the dance and, by all accounts, had a great time. Due to the overwhelming positive response, the SEC is sponsoring another youth disco on Friday April 20 (see ad thia issue).

The members of the Sec realize that simply sponaoring disco does not come near to tapping the capabilities and interests of thia age group. In an attempt to rectify this aituation, there will be a meeting at the Firehall during the first week in May. Any people interested in attending this meeting are welcome. The tentative agenda includes a ahort introduction to the Firehall and responsibilities of the SEC. The briek of the meeting will be spent discussing the youth group. We are desperately in need of volunteers, ideas, support, and interest. If you can offer any of these, please call the Firehall (563-3306) or myaelf (234-5708) for the date and time of the meeting.

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The City of Ottawa Community Development Committee invites you to attend a public meeting to receive verbal and written comments on the Ottawa South Neighbourhood Plan.

Hopewell Public School
Gymnasium
Thursday
April 19, 1979
7:30 p.m.

PUBLIC MEETING

The politicians will soon be meeting to approve the plan and would like to know the community's feelings before making decisions.

Your feedback at this time is crucial to the future of your neighbourhood. For more information call the Capital Ward Planning Office at 563-3379.