OSCAR

OTTAWA SOUTH COMMUNITY ASSOCIATION REVIEW Vol 8 No two Oct '79

MESSAGE FROM OSCA'S NEW PRESIDENT -DO NOT FOLD, SPINDLE OR MUTILATE

Mike Wolfson

At the Ottawa South Community Association, OSCA, General Meeting this past September 27, I accepted the nomination to become President. I have become involved in community affairs mainly as a result of my work with the Neighbourhood Plan. Of course, the concerns with the Neighborhood Plan should be and are a part of the ongoing activities of the Community Association.

Even though most of the Plan was approved by Ottawa City Council this past summer, it remains to be formally implemented. Part of this implementation, however, rests with OSCA and the community. City and Regional governments are committed to consulting community groups and affected residents on an increasing range of issues. If we are to reinforce this trend toward more open and responsive local government, we must as a community press to be informed on a regular basis of important changes and we must be prepared to respond in a reasoned and concerted manner. I hope we can build this role for our Community Association.

Of course, OSCA is much more than a means for dealing with City Hall on issues such as development. The wide range of courses and activities at the Firehall organized by the Social Environment Committee of OSCA represents another important part of our community. I hope you will continue to take advantage of these programs. In addition, if you have any ideas you'd like to try out, don't hesitate to put them forward. An important role of the Community Association is to facilitate a wide variety of community oriented activities.

As you will see elsewhere in this issue of OSCAR, there will be a General Meeting on November 26. There are several important items on this agenda.

First, the September 27th General Meeting did not have a quorum. The OSCA executive therefore felt obliged to call this second General Meeting to confirm the officers elected at the first meeting (assuming that is everyone's wish). These are George Emery, Vice President; George Tillman, Treasurer; Jim Fraser, Secretary; and Daniel Bouse, Membership Secretary and myself. (Did you know that OSCA now has over 500 members?) However, we hope this matter will not take very long.

The other and more important parts of the meeting are the Status Report on the Neighborhood Plan and the discussion of the City of Ottawa budget for 1980. Mayor Marion Dewar has said she would welcome community input for setting spending priorities in our neighborhood. For example, do we want better snow removal, new recreation facilities, or a community health clinic? The November 26th General Meeting is timed to fit in with the relevant budget decisions. Mayor Marion Dewar and Alderman Michelle MacKinnon will be present to discuss community input to the upcoming budget.

The first meeting of the new OSCA executive was held on Tuesday, October 2nd. Future meetings will be held on the second and fourth Tuesdays of every month (holidays excepted) at 8 p.m. at the Firehall. These meetings are open to the public.

A policy was adopted at the October 2nd meeting to post the minutes of all executive meetings, once approved, on the Firehall bulletin board. Also, a summary of each month's executive meetings will normally appear in OSCAR.

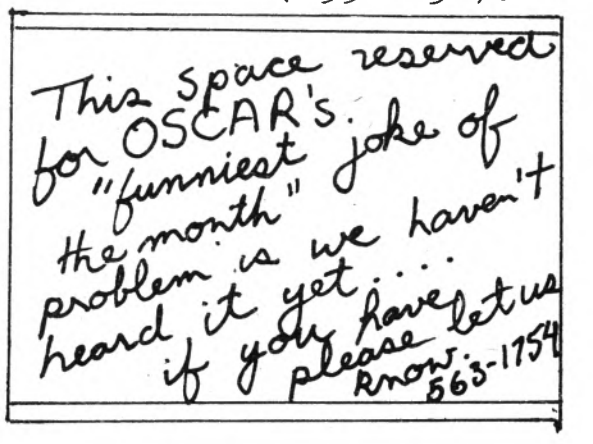
In addition to calling the November 26th General Meeting, the executive also discussed the application for a zoning variance for expansion of Wizrds restaurant and the old Esso gas station. The executive agreed that a deferral of the application was required and I wrote a letter to the Committee of Adjustment to that effect. (Copies of this letter are available to interested members of the community.)

See Michele MacKinnon, page 7, for more information.

I would like to encourage you to be involved in community affairs and particularly to turn out at the November 26th General Meeting. A strong community association means that we will have a strong voice at City Hall. If you have any questions or comments, please don't hesitate to call me (233-1450).

CALL FOR AREA REPRESENTATIVES

The Ottawa South Community Association (OSCA) would like volunteers to act as 'area representatives'. The main task of area representatives will be to act as a liaison between their immediate neighbours and the OSCA executive. This involves two-way communication: informing the OSCA executive of important events in your area (e.g., proposed demolitions) and informing your neighbours of upcoming events of which the OSCA executive has become aware (e.g., applications for zoning variances, public meetings). Normally, this should require occasional phone-calling duties and one or two meetings annually. Individuals who are interested in volunteering should phone Michael Wolfson at 233-1450 or Jim Fraser.



DEADLINE FOR CONTRIBUTIONS TO OSCAR'S NEXT ISSUE: Nov. 12th

contents

About Schools.....2
All in a Days Work.....2
Claude Bennett.....6
Editorial Page.....4
John Evans.....6
Greening/Ottawa South..11
How To Run a Meeting...5
Local Artist.....3
Michelle MacKinnon.....7
Noticeboard.....12
Work-Out.....10

ALL IN A DAY'S WORK?

by Nikkie Schekkerman

When Sid Bren of Bren's Upholstering at 1130 Bank St. says strange things happen in the upholstering business he knows what he's talking about.

There was the loaded revolver he found in a chesterfield he was upholstering several years ago. "Maybe the customer was warning me to do a good job or else," Bren said.

Then there were the 30-year-old chairs he upholstered for a man. Several months later the customer returned to say he loved the chairs but that he couldn't sit in one of them without falling asleep almost against his will.

Once Bren was to upholster a chesterfield for an elderly Ottawa South couple who had previously lost an old silver dollar which they had given their grandson. Within minutes of getting the chesterfield to his shop Bren found the silver dollar and returned it.

"We find silverware, scissors and jewelry that have been missing for about 25 years inside furniture we upholster," Bren said. "We always like the customer's look of utter surprise when we return them."

"A customer's employee once brought in a severely fire-damaged Victorian sofa to be upholstered and when we said we could fix it he couldn't stop laughing," Bren said. But fix it they did, with the help of a cabinet-maker.

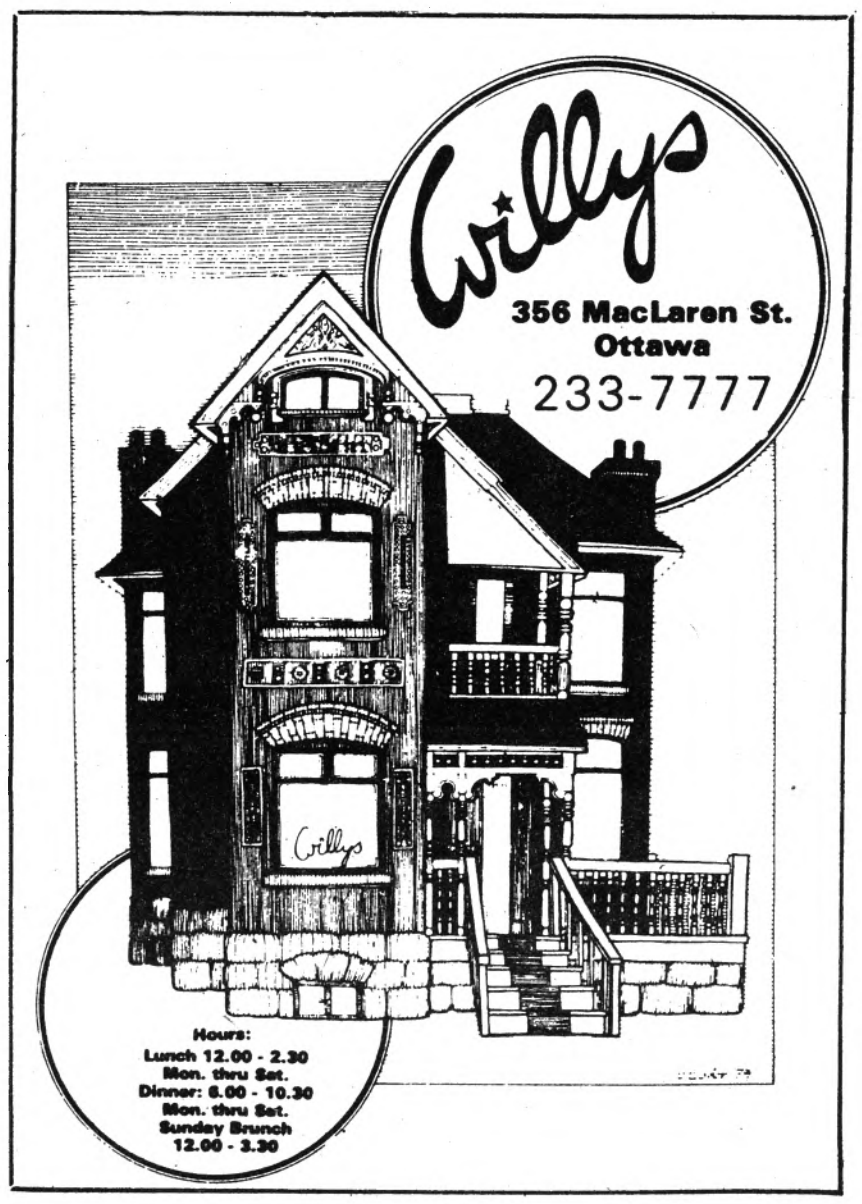
"Upholstering isn't just putting a new cover on a piece of furniture," he said. "It's repairing from the inside out."

The skeleton-like furniture wood frames in the rear of Bren's shop confirme his statement. Sometimes customers don't recognize their own furniture after it's been upholstered, according to Bren.

Bren has been in the upholstering business for over 25 years, ever since he became an apprentice when 15 years old. He apprenticed at Ontario Upholstering in Ottawa.

In partnership with his brothers, Harry and Bill, Bren has been at his present Ottawa South location for 10 years.

Bren's Upholstering operates six days a week from 9 a.m. to 6 p.m.



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ABOUT SCHOOLS

by Rosemarie McNairn

Hopewell Avenue Public School educates many of the children of Capital Ward. The Kindergarden to Grade 8 English programme draws largely on the Ottawa South community but Hopewell also educates children from the Ottawa East and Glebe communities in its grades 7 and 8 English and grades 6, 7 and 8 Early French Immersion programmes.

Hopewell School has an active Parents' and Teachers' Organization (HPTO) which was responsible last year for the construction of two creative play structures in the school yards, which added greatly to the enjoyment of all the children.

This year's plans for the HPTO include further improvements in playground landscaping, the celebration of the 70th Anniversary of Hopewell School, and a detailed study of the effects of declining enrolment on Hopewell.

The HPTO welcomes any interest or assistance from the community at large for these and other projects. Anyone who has old photographs and/or memories of Hopewell School during its 70-year history is asked to contact Bob Nicholson at 233-7296.

This year at Hopewell the staff and students hope to have the following clubs: Fitness, Track and Field, History, Music, Science, Art, Literary and Debating, Chess and Cribbage. Members of the community who would like to participate in these activities are encouraged to contact Liz Bonnell or John Cole at the School for further information.

First Avenue Public School, although situated in the Glebe, educates a large proportion of the Ottawa South children in its Early French Immersion programme, Senior Kindergarden to Grade 5.

There are many committees and activities at First Avenue that need participants, including two new committees established this year which might be of particular interest. One group is meeting to make recommendations on the expenditure of Home and School funds for the educational benefit of the students. Over fifteen hundred dollars was raised last year by the children's Bike-a-thon.

Also created this year is a committee to study the proposed renovations or rebuilding of First Avenue School. This could become a rather controversial issue as the school has been designated a heritage building by the N.C.C. Anyone with an interest in these or other projects at First Avenue are invited to contact Rick Sheffer at 232-4108.

First Avenue School has an active Home and School Association, and elections for a new executive are planned for October 15th. It is important that Ottawa South parents take an active interest in this School because too often in the past decisions concerning the education of our children have been based on the premise that First Avenue is a Glebe School.

Successful Solo for Local Artist

by Iain Baines

The Chelsea Tearoom and Gallery recently saw the opening of a show of paintings by Ottawa South artist Mary Firth. Titled 'Atlantic Pickup' the exhibition consisted of small, delicately worked compositions which take as their theme various objects found by the artist on a recent trip through the Maritimes - a shard of sky-blue crockery, shells, a fragment of beige lace, a vase.

The paintings are realistic depictions of these objects, arranged as they might be on a mantlepiece as wistful souvenirs of lonely ocean beaches. Their appeal lies in their ability to evoke something of the Maritime landscape shrouded with a sense of stillness and of timelessness. Using prismacolour (a type of coloured pencil crayon) rather than a more dramatic medium, the artis has effectively enhanced this mood, the pencils giving her works the muted, time-worn warmth of an old sepia photograph.

While the paintings could be termed 'still life', they do not easily fit that category. For the most part, Firth has concentrated on pattern rather than the subject matter itself, using bits of flotsam and jetsom as cornerstones in what are often essentially abstract compositions. In the strongest works such as 'Porcelain Princess' and 'Crockery Bits', the overall design is most abstract and forceful, while that languid, timeless mood is allowed its clearest expression.

The artist also demonstrates considerable abilities at exploring texture and the play of light over objects. In one of her most effective works, 'Lace and Jacket', the viewer can almost feel the dry, filmy old lace folded neatly against the jacket. When this heightened realism is contained by a strong composition the works are especially evocative, although when detail is allowed precedence over design, the paintings tend to lose some of that special mood which the artist is capable of communicating.

Photo: Carol Gibson

Mary Firth is originally from Hamilton, and has lived for a number of years in Ottawa South. She has studied at University of Toronto and the Ontario College of Art, and by the time this review reaches OSCAR readers, will have returned to Toronto to continue with courses at the Three Schools Art School. Also, and regretably, by the time this review reaches readers, her exhibition will have been dismantled, the Old Chelsea Tea Room closed for the season, and the fall colours, which provided so vivid an environment for the show, all but finished for another year.

GENERAL MEETING

OTTAWA SOUTH COMMUNITY ASSOCIATION

DATE: MONDAY, NOVEMBER 26, 1979

TIME: 7:30 PM

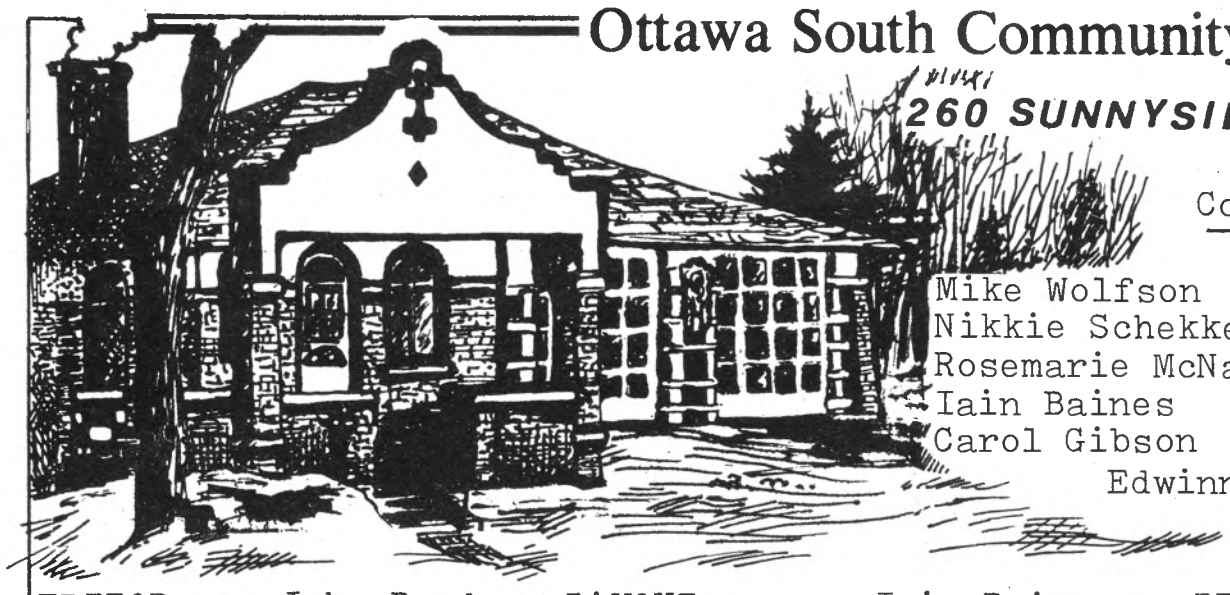
PLACE: Firehall (Community Centre)
Sunnyside & Fairbairn

SPECIAL GUEST: MARION DEWAR, Mayor

AGENDA:

1. NEIGHBOURHOOD PLAN - STATUS REPORT
2. 'SPENDING YOUR TAX DOLLARS'
   A discussion with Mayor MARION DEWAR and Alderman MICHELLE MACKINNON
3. CONFIRMATION OF OFFICERS
4. APPOINTMENT OF AREA REPRESENTATIVES

Ottawa South Community Association Review



260 SUNNYSIDE K1S0T7R

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TO THE EDITOR

Dear OSCAR,

The local grocers in Ottawa South hardly need anyone to come to their defence but the introductory words to the article on the front page of the Sept issue of OSCAR causes me to take the writer to task.

I find many who agree that the wording of the above article is ill-chosen. I have lived in this area for some fifteen years and whether my personal selection of merchandise is above average or not, I can honestly say that I have not, with very few exceptions, paid "good money for rotten fruit."

There are doubtless many ways a business builds up its clientelle but a writer plugging a new business and hinting that the local merchants deal in produce that is not saleable is not one of them.

The words used are, if nothing else, an insult to a customer's intelligence. I woold sugsest that the writer be more diplomatic in future in her choice of words.

W.A.Crawford

Ed. Your point is well taken, but in defence of both the writer in question and the paper I should mention OSCAR's long standing support for local business. It is unfortunate that you and others have taken this sentence as an attack on our local shops and not the broader indictment intended, but as you have I will here offer an open apology to all residents and businessmen in Ottawa South.

Dear OSCAR,

I was advised to write to you concerning a project which was raised at the last Parent/Teacher Association meeting. The question raised was whether Hopewell School should undertake to have a school reunion. I undertook to examine its feasibility. So far, any ex-Hopewellites I have contacted have been positive and some enthusiastic. I have not however tried to organize anything.

It has occured to me that perhaps OSCAR is the best way to spread the word further and find out if there are any volunteers.

To support this request I suggest that you print this letter in the next issue of OSCAR and ask interested parties to phone the principal's office during the weekdays if they are prepared to help. In the evening they can call me or on weekends at my home, 235-3962. If I am not at home my boat family don't speak very good English or French.

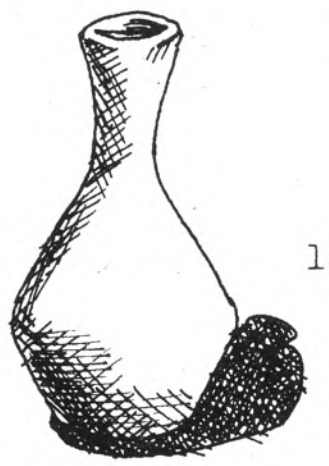
Charlie Walker

THE FUTURE OF HOPEWELL SCHOOL?

A workshop on declining enrolment will be held on November 13, 7:30pm at Hopewell Avenue School to inform the Hopewell community of the problems facing the school. This workshop is crucial to the future of Hopewell, both as a means of informing parents, staff, students, and the community of the facts surrounding the proposal to remove grades 7 and 8 English to Glashen School, and as a means of ascertaining the educational wishes of the community.

How does Board policy affect the quality of educat- at Hopewell? Is Hopewell being under utilized? Is the "consolidation" of grades 7 and 8 the beginning of the end? French immersion, enrichment, 7 and 8 English—what is next?

Everyone is invited to attend. Written background information on declining enrolment — the causes and effects — is available in the office at Hopewell Avenue School.



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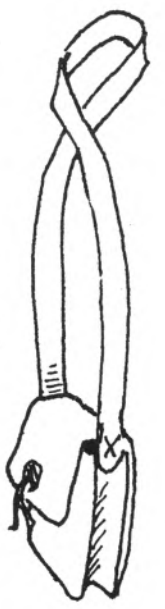

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ON HOW TO RUN A MEETING

(IN HONOUR OF THE UPCOMING GENERAL MEETING OF O.S.C.A.)

PART 1 OF 2

by Dave Baker

The following guidelines are based on the Second Edition of Bourinot's Rules of Order, first published in 1894 by Sir John Bourinot, one-time clerk of the House of Commons in Ottawa. Bourinot's book was revised and brought up-to-date in 1962 by J. Gordon Dubroy.

Starting from Scratch

In starting an organization, the sponsors usually nominate a temporary executive which serves until a General Meeting can be called and an executive elected. The temporary executive usually draws up a Constitution or By-Laws which are presented to the General Meeting for consideration. (See Bourinot, page 77.)

The Quorum

The Constitution or By-Laws should state the minimum number of members that must be present at both Executive and General Meetings to make the proceedings valid. If a quorum is not obtained by thirty minutes after the stated starting time of the meeting, the meeting should be postponed without any business being transacted.

The Executive

Depending on the nature and size of an organization the Executive usually consists of a President or Chairman, Vice-Chairman, Secretary and Treasurer, plus the required number of directors or members to look after the main divisions of the organization.

Duties of the Executive

The Chairman is spokesman for the organization, draws up the agenda for all meetings and in general determines the thrust of the organization. The Chairman presides at all Executive and General Meetings and is responsible for ruling on the acceptability of all motions and amendments to such motions. However, the Chairman can not move or second motions or amendments. (See Bourinot, page 71.)

The Vice-Chairman acts in the absence of the Chairman and may be assigned special duties by the Chairman.

The Secretary handles the correspondence and takes minutes of all meetings. The 'minutes' as the word indicates, are not a transcript of the proceedings, but simply a bare outline of what took place. This includes a list of those present at Executive Meetings, what motions were presented and by whom, and what action was taken. (See Bourinot, page 9).

The Treasurer receives, records and deposits all money received. In the interests of good bookkeeping, a receipt should be issued for all money received, including cheques - whether required or not - and all money received should be deposited in the Bank. All expenditures, including Petty Cash Advances, should be by cheque - signed by two officials.

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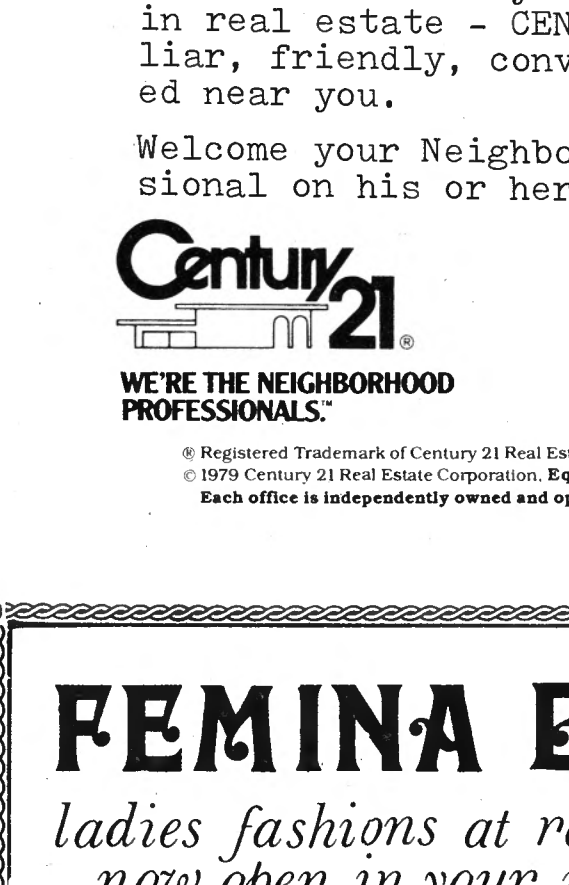

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JOHN EVANS

FROM THE HILL

The editor of OSCAR, Mr. John Bond has asked me to contribute, on a regular basis, a column to your community newspaper. I welcome this opportunity to keep in touch with you. In this first column I would like to inform you what I, as your Member of Parliament, can do for the residents of Ottawa South.

One of my major functions is to act as a link between the various government departments and agencies and the people of my riding. In this way, much of the frustration which arises with attempts to cut through government 'red tape' and obtain clear answers from the bureaucracy will be eliminated.

I can also be of assistance to community groups and individuals in my riding with regard to information on federal grants which are available. Far too frequently people are unaware of the services which are available for them and how these services can be accessed. After consultation with interested individuals or groups I will recommend those eligible for assistance to the appropriate government department or agencie.

One of my goals is to establish community clinics in the various parts of the riding. These will provide me with the opportunity to meet and talk with you on an individual basis, to pass on information on government activities, to answer your questions and to obtain your suggestions and complaints. Through these clinics I will be able to maintain close contact with the mood of my constituency and be kept aware of those emerging issues which are important to you. As your elected representative it is essential that I know your thoughts and feelings on the many issues dealt with by your federal government.

Should you face a problem which is not within the jurisdiction of the federal government, I will undertake to direct it through the proper channels to the proper authorities whether it is provincial, municipal or private. My staff is knowledgeable concerning the full range of services and agencies available in the community. If you require help or advice of any kind, do not hesitate to call on us and we will do our best to guide you quickly to the appropriate agency.

Getting in touch with me should never be a problem. My constituency office was opened recently at 427 Gilmour Street. My staff is there from 9 to 5, Monday through Friday, and I intend to be personally available there most Friday afternoons. All constituents are welcome. At times when the office is closed, an answering service is available for you to leave messages. The phone number at the constituency office is 238-6295. My number on Parliament Hill is 995-1757.

In the future I will use this column to keep you up-to-date on federal issues which will be of interest to you.

CLAUDE BENNETT

FROM QUEEN'S PARK

At the end of May I released a document entitled 'White Paper on the Planning Act'. This paper sets out the framework for a new Planning Act, which could be introduced next Spring. Before that happens, I will be releasing draft legislation for public review, so that the version of The Planning Act to be taken to the Legislature reflects as much as possible the requirements of the times.

The present Act is over thirty years old and was drawn up at a time of rapid expansion and growth throughout the province. This Act gave order to that development and has served us well - but times do change.

Although the White Paper proposes that municipalities be given more responsibility for their own development, the Government has by no means abandoned the field. Provincial control will be maintained in areas where it is still required, such as in the preservation of heritage sites and agricultural land.

As with any important piece of legislation, the Bill to reform the Planning Act will be subjected to the scrutiny of an all-party committee composed of members of the Legislature. Interested groups and individuals will be invited to appear before the committee and comment on the Government's Bill and the planning process in general.

In essence, what we propose to do with The Planning Act is to refine the interests and roles of the municipalities and the Province in order to protect the interests of both, as well as streamline the planning process. The amount of 'red tape' inherent in the present Planning Act will be reduced - but not at the expense of limiting public appeal. The White Paper proposes that the Ontario Municipal Board become the main appellate body, and will enable the OMB to deal with all appeals in a much more swift and effective manner.

The White Paper and its associated legislation is designed to make the Provincial Government the ally of the municipalities on all questions of development. The Government will be present, not as an obstacle to development, but to provide advice and assistance to the municipalities in deciding what kind of growth is best for the community as a whole. The Ontario Government will not be abdicating its interest in local development but will work with local authorities for the betterment of the province as a whole.

MICHELLE MACKINNON

FROM CITY HALL

BANK STREET: MORE NEW SHOPS?

Several years ago, there were 2 gas stations on the West side of Bank Street between Euclid Avenue and Aylmer Avenue. The station closest to Euclid closed and was replaced by a series of businesses, the last of which was the Rustic Cedar. It was replaced by the Wizards restaurant and, after the Esso Station closed last year, many residents wondered what would happen on the site.

Last month, plans were submitted and applications were made in three City departments by the new owner, Mr. Ken Creppin of Shipman Real Estate. An application was made to the Buildings Branch for a permit to build three stores inside the old Esso gas station. Development control was sought for a small shopping plaza to be located on the site, composed of Wizards plus a 29'x29' addition, and five shops to be located within the old Esso station and a 31'x31' addition to it. A jean shop, a record shop, a convenience store and possibly a doughnut shop were mentioned as possible future tenants.

In order to build the plaza, the owner had to seek from the Committee of Adjustment a minor variance to allow extensions to the two existing non-conforming structures. Under present regulations, any new building must be located no closer than 12 feet from the lot line. Since both stations were built right on the line and before AZ-1964 (the City's comprehensive zoning by-law), they acquired legal non-conforming rights. It was the intention of the owners to build the two new additions in line with the existing structures, i.e. on the lot line itself and not 12 feet from it as required.

The Committee of Adjustment heard the request for a minor variance on Thursday, October 4th. Neighbours directly affected by the expansion appeared before the Committee to express their strong opposition. I supported their position and requested an adjournment, as did the Executive of the Ottawa South Community Association. The granting of a minor variance would be the first step leading to a chain reaction of events. (It is worth mentioning that, had the owners not asked to build on the lot line a and decided to build 12 feet from it, they need not have appeared at all before the Committee of Adjustment. They could have sought from the Planning Branch a development control to which they are fully entitled under existing by-laws.)

There were many valid reasons to oppose the application and an adjournment was requested so that the following questions could be answered: the present and future use of 2 laneways on the property, the proposed use of a residentially zoned patio which is part of the property, the future parking requirements for a restaurant and five shops and the application of an Ottawa South Neighbourhood Study proposal that "there be no further expansion of entertainment uses on Bank St. north of Sunnyside".

In my request for adjournment, I pointed out the radical change undergone by that block through the replacement of 2 very low-traffic generating uses (Rustic Cedar and Esso) by Wizards, a popular and high traffic-generating facility. This particular location has the dubious honour of offering SEVEN entertainment and night-life establishments all within 50 feet of each other.

After listening to arguments from Mr. Creppin's architect, from the residents and from myself, the Committee reserved its judgement until a later date. I will keep you informed of the decision and of any future developments. If you are interested and wish more details, please phone me at 563-3165 or 234-7503.

SUNNYSIDE AT WILLARD: A SPOT-REZONING

The owner of a property located on the south-east corner of Willard and Sunnyside has applied for a rezoning which would allow for the use of a portion of the ground floor for professional office space (e.g. doctor's or lawyer's office). Every property owner within 400 feet has been officially notified and invited to comment. For details, please call Tom Flynn, the planner processing the application at 563-3193.

BARTON STREET: A PARKING PROHIBITION?

A request from some Aylmer Avenue residents who have access to their homes through a laneway running perpendicular to Barton Street, just south of Aylmer, has obtained approval from the Physical Environment Branch for a parking prohibition on the east side of Barton Street between Aylmer Avenue and Euclid Avenue.

As your alderman, I have been asked to comment on the recommendation. My policy in this case is to defer until the item appears in my column in the community newspaper and until I receive input from affected residents. There is also a long-standing request, but only by ONE person, that parking also be prohibited on Barton between Woodbine Place and Euclid Avenue.

If you support or oppose the implementation of this parking prohibition, I urge you to write to me at: 111 Sussex Drive, Ottawa. K1N 5A1. BEFORE NOVEMBER 5TH.

OMB HEARING: BOARD OF CONTROL ABOLITION

On September 20, 1979, the Ontario Municipal Board advised Mr. Donald Hambling, City Solicitor that November 19, 1979 has been set as the date for the OMB hearing with respect to the abolition of Board of Control and the redistribution of wards.

PERLEY HOSPITAL: UPDATE

On October 4th, City Council voted unanimously to rezone from P (public use) to R4-x (residential, low rise, low density) the homes which form the residential component on the west side of the site. A second recommendation "that the institutional component of the Perley Hospital site be rezoned to prohibit any further development", along with similar proposals for the Civic, Grace and St. Vincent Hospitals, was deferred until March 31, 1979.

MY SCHEDULE

As a member of City Council, Regional Council, Ottawa Planning Board, Regional Transportation Committee and Regional Social Services Committee, I must attend many meetings and it may sometimes be difficult for you to reach me at the office. If I am not available, please speak to Mrs. Toni Mitchell, an Executive Assistant I share with 2 other aldermen, indicating, if possible, the nature of your call and especially the best time for me to call you back.

My job is always made easier when I receive input from the citizens I represent on city-wide and local issues. Please do not hesitate to contact me if you have a special interest or concern.

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Weather is expected throughout the month of November. Keep posted for further developments.....

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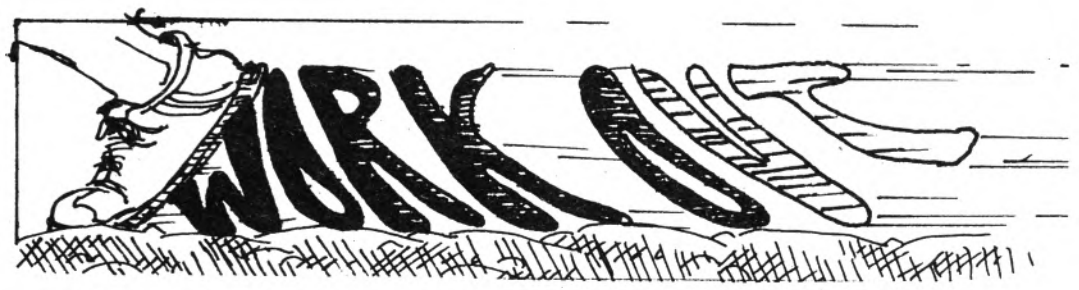

by Mike Dupuis

In this issue I would like to talk a little about muscles and weight training.

Growing muscles is a lot different from developing endurance. While endurance concentrates on being able to repeat over and over a submaximal exercise, strngth exercises concentrate on being able to do more work in a short span or few repititions. In general, any exercise that is repeated over 10 times in succession begins to stress the aspects of endurance as opposed to those of strength, and hence muscle size. The idea in strength exercises is to contract the muscle against resistance. As the resistance is increased the muscle develops strength and grows.

Developing the bicep muscle is a classical example of a strength routine. In general, the opposite ends of muscles or sides of muscles attach to bones, and there is a joint in between the attachments. The elbow joint is between the two opposite ends of the biceps. As you contract or shorten the biceps, the elbow bends. You can increase the resistance to contraction by holding a dumbbell in your hand during the contraction. The heavier the dumbbell, the greater the resistance. Using a systematic program of progressively increasing the weight, and hence the resistance, you can cause the biceps to grow and gain strength. You can apply this basic principle to any muscle.

How much weight should you use to train the muscle? Use a weight that can be moved during the contraction at least 3 times in succession without undue straining, and one that is not so light that you can do the contraction over 10 times in a row without difficulty. You will get some benefit from light weights which will help muscles grow a little more than their natural size would be. But for the best effect, the weight should be as defined above. The maximum weight you can lift 3 times in a row is termed a 3 RM load. Lifting a 3 RM load 3 times is called a set.

Do not try to repeat and repeat the contraction under load. Rather, 3 days a week do the contractions as many times in a row as you can, up to 10 contractions. It is not neccessary to repeat the set again after resting. You can wait until the next exercise session.

You can use other means of loading the muscle or contracting it against resistance other than lifting a dumbbell. Tension springs are one way. The body weight is a good way of loading a muscle. A simple pushup is a resistance exercise. So are knee bends or modifications of knee bends and pull ups. The basic principle applies, that once you can do 10 of any exercise without strain you will have reached the maximum effect that exercise will have on increasing strength and muscle size; after this the exercise is developing the endurance of that muscle and the whole body.

One final note. Isometric exercises, such as tensing the arm without moving it, is a form of muscular contraction against resistance. As long as the muscle is not moved though, and simply tensed, there are some limitations on what you can expect. The contraction of a muscle through its full range of movement against resistance is an isotonic exercise and tends to put more muscle fibers under increased tension.

Claude Bennett
MPP Ottawa South

The Ottawa South constituency office is located in the lower level of the tower building at Billings Bridge Plaza. Feel free to give Jean Bushfield or Donna Houlton a call for information, assistance or to set up a meeting with me.

Office Hours: 9-12 - 1-4

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CHARGEX VISA

The greening of Ottawa South

by Edwinna von Baeyer

Stop whatever you're doing! If you haven't begun your Christmas Cactus' winter schedule then start right now - that is, if you're interested in producing beautiful flowers this season.

The trick to induce bloom is centered on light and water - much less of both. During the summer the plant should have soaked up lots of sun, been fertilized a couple of times, and watered enough to prevent wilting and to produce new strong leaf growth. But now all fertilizing should stop, as well as watering. If the leaves begin to shrivel, then water a bit, but really the cactus needs this neglect to better marshall its flowering forces. Also the amount of light the plant is exposed to must be drastically cut. The most light the plant can have is 12 hours of illumination. If it gets any more than that, then it will not flower. Some growers cover their plants every day at a specific time, not allowing even a little crack of light to penetrate. And don't think it is just sunlight which must be curtailed - even if the plant is exposed to extra light from a streetlight or table lamp it will not flower. Some growers also recommend a slight chilling for the plant to set bud. This is easily done in the home by placing the pot on a windowsill which is covered by a curtain at night (but remember to keep it away from streetligths). It takes about 8 to 12 weeks of this treatment to bring a Christmas Cactus into bud, and another 4 to 6 weeks for it to bloom. So if you follow these rules of neglect and deprivation your Christmas Cactus will thank you by bursting into beautiful pink, orange or white blooms!

Just a reminder - don't forget to visit the Ornamentals Greenhouse at the Experimental Farm to see the annual Chrysanthemum Show. It will run from November 3rd to November 18th, 7 days a week, from 9 a.m. to 10 p.m. It's well worth the ride to see these beautiful flowering plants!

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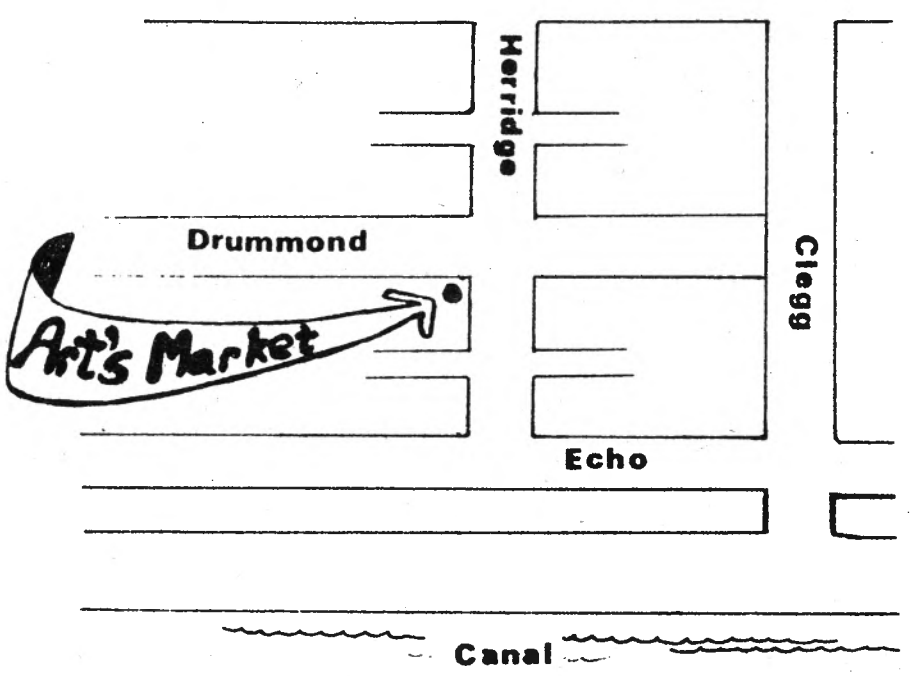

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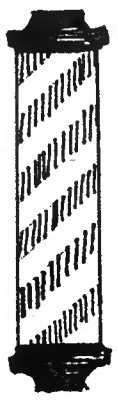

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NOTICEBOARD

Want to know about YOUR Community Centre? Contact Ted Beaton, Centre Director 563-3306, Sue Aubin, Program Co-ordinator, or Mary Ellen Mallett, Chairman of the Social Environment Commitee 232-4484.

YOUTH BASKETBALL ASSOCIATION: a new community basketball program for boys and girls 8-13. Y.B.A. emphasizes fun, fitness, fair-play and teamwork and puts competition in a different focus. For info call Mike Dupuis at 235-4226 (home) or 237-1320 (wrk)

Christmas Crafts for Kids!
Saturdays, Nov. 17 & 24 and Dec. 8 & 15, from 10:30 til noon. The fee is $8 for OSCA members and $10 for non-members. There is a minimum registration of 10.

Sock 'n' Buskin Theatre Company is pleased to announce its major production for the fall season, Com' On Smile, by Roger Peace and Leo Stacey. The musical, directed by Leo Lacey, will run from Nov. 20 - 24 at 8pm at the Alumni Theatre, Southam Hall, Carleton University. Admission is $2.00.

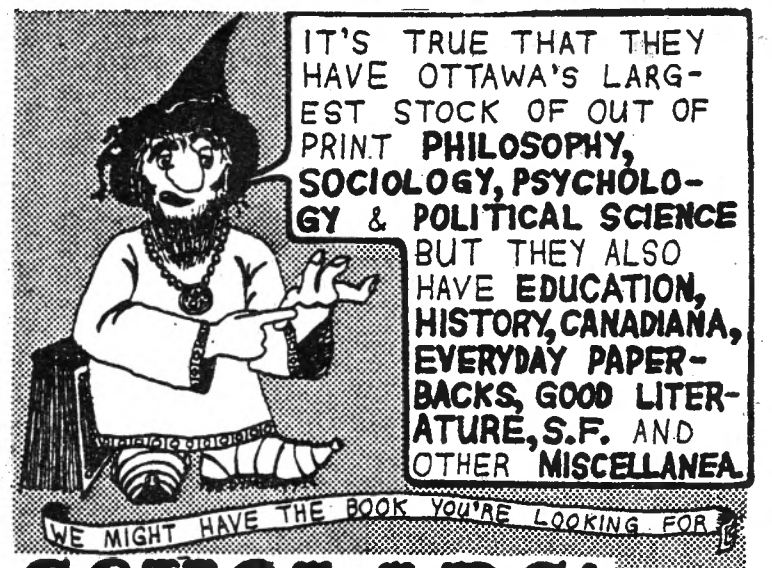
The Ottawa South Community Assoc. 2nd Annual Christmas Craft Sale will be held Dec. 1st and 2nd at the Firehall, from 10 am to 5 pm.

In conjunction with the Christmas Craft Sale, the Social Environment Committee and the craftspeople are sponsoring an Art Contest for children. Prizes to be awarded will be gift certificates redeemable in merchandise at the Craft Sale.

Contest Rules:

1. Contest is open to Ottawa South residents only.
2. Only one entry per person will be accepted.
3. All entries must be 16"x24" size.
4. Age groups: under 6; 7, 8 and 9; 10, 11 and 12; and 13 to 16.
5. All entries must be brought to the Fire hall. Please include your name, address, phone number and age on the back of your entry.
6. Deadline for entries is Nov. 16, 1979.
7. Winners will be notified by Nov. 29, 1979.

For further information contact Susan Aubin at the Firehall, 563-3306.



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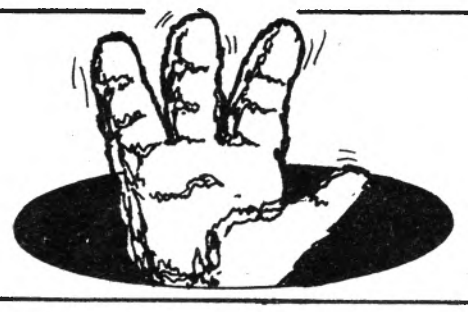

OSCAR COULD USE A HAND!!

...or four. As a matter of fact he needs a couple of entire human beings. Someone to help round-up advertisers each month and someone who will look after the Noticeboard section.....if you can help call 563-1754