

# CENTRETOWN BUZZ

1st Issue: Published by the Centretown Community NewsGroup FREE Vol 1/No1-1 October 1995

We were going to start our **FIRST PAGE** with a lot of hard-nosed news about neighbourhood safety problems, traffic congestion, and some community catastrophes. But instead, **THE BUZZ** has decided to launch *issue one* with these pictures of ....

## FALL FUN IN CTOWN



**Above :** Leafy and quiet Dundonald Park is an ideal location for Tai Chi practice. This summer area residents tended the garden and planted flowers. On October 5th at 7:30pm, they'll be conducting a safety-audit of the park.

Photo: Scott Whitfield

**Right:** It's produce time at the corner of Robert and Waverley Streets. Where did all that wood come from. Answer on page 6 of the Buzz.

Photo: Robert Smythe

?...Got a good picture of Centretown neighbours at work, rest, or play. Share it with us!



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### CENTRETOWN COMMUNITY BUZZ

101-210 GLOUCESTER ST  
OTTAWA, ON K1P 1X1  
PHONE 233-3074

NEXT ISSUE: NOVEMBER 1ST  
(DEADLINE: OCTOBER 21ST)



## Centretown's List of Community Services, Resources, Groups

### Community Centres:

**Jack Purcell Community Centre**  
320 Jack Purcell Lane  
(Elgin+Lewis Streets) 564-1050  
Pool/Gym/Recreation/Social/  
Crafts/Seniors/Meeting Rooms

**McNabb Community Centre**  
180 Percy Street  
(Percy at Gladstone) 564-1070  
Rink/Gym/Recreation/Social/  
Crafts/Meeting Rooms

### Other Rentable Facilities:

**Ottawa-Carleton Centre**  
111 Lisgar St/560-1335

### Area Schools:

**Schools-Elementary:**  
Elgin Street Public School  
310 Elgin Street/239-2231  
McNabb Park Public School  
180 Percy Street/239-2275  
Centennial Public School  
376 Gloucester St/239-2277  
**Schools-Intermediate:**  
Glashan Public School  
28 Arlington Ave/239-2264  
**Schools-Secondary:**  
Lisgar Collegiate Institute  
29 Lisgar Street/239-2696

### Housing:

Centretown Citizens (Ottawa)  
Corporation/CCOC-234-4065  
Ottawa Housing Corporation  
City Living (City of Ottawa)  
Options Bytown-235-3182  
Daybreak Ecumenical Non-Profit  
Shelter/236-8070  
Housing Help-Aide Logement  
Bronson Avenue/563-4532  
Federation of Ottawa-Carleton  
Tenants' Associations/594-5429  
Aids Housing Group/235-8815

### Health Services:

Centretown Community Health  
Centre/340 MacLaren Street  
563-4336  
Somerset West Community  
Health Centre/55 Eccles Street  
238-8210

### Child-Care Services:

St. Luke's Infant Care Centre  
320 Jack Purcell Lane/234-3617  
Wellington Ward Child Care Centre/  
258 Lisgar St/236-0921  
Florence Day Care  
79 Florence St/232-4101

### Youth Services Bureau:

YSB Office 465 MacLaren/234-7788  
YSB Drop-In 147 Besserer/741-7781  
Sandy Hill Young Women's  
Shelter/789-8220

### Seniors Services:

Seniors Recreation Centres/241-  
7606 King's Daughter Dinner  
Wagon/233-2424

### Cultural Support Centres:

Chinese Community Centre  
80 Florence Street/232-8403  
Odawa Centre/238-8591  
Inuit Centre/563-3546  
Ottawa-Carleton Immigrant  
Services/238-4256  
Catholic Newcomers Centre/232-9634

### Women's Services:

Rape Crisis/729-7247  
Sexual Assault Support  
Centre/234-2266 TDT725-1657  
Wife Assault/745-4818  
Emergency Housing/234-5181

### Gay and Lesbian:

Association of Gays, Lesbians and  
Bisexuals of Ottawa Centre  
318 Lisgar Street **CLOSED!**  
Pink Triangle Services/563-4818  
Metropolitan Community Church

### Retail & Business Associations:

**Bank Street Business Improvement  
Area/232-6255**  
**Somerset Village Business Improve-  
ment Area/233-7762**  
**Somerset Heights Business Im-  
provement Area/230-4707**  
**Sparks Street Mall Management  
Board/230-0984**  
Place Bell Mall Merchants'  
Association/238-1010  
L'Esplanade Laurier Merchants'  
Association/237-5800

### Centretown Churches:

Dominion-Chalmers United Church  
355 Cooper St/235-5143  
First United Church  
397 Kent St/232-1016  
McLeod-Stewarton United Church  
507 Bank St/232-9854  
Knox Presbyterian Church  
120 Lisgar St/238-4774  
Erskine Presbyterian Church  
343 Bronson Ave/232-3144  
First Baptist Church  
140 Laurier Ave W/234-3261  
McPhail Baptist Church  
249 Bronson Ave/235-8967  
St. Patrick's Church  
Kent & Gloucester/233-1125  
St. Theresa's Church  
Cartier & Somerset/235-5119  
Eglise Christ-Roi  
Argyle at Bank/233-3202  
Eglise Unie St-Marc  
142 Lewis/233-7307  
St. John's Anglican Church  
154 Somerset/232-4500  
St. George's Anglican Church  
152 Metcalfe/235-1636

**Can You think of a place  
or group that should be  
added to the Centretown  
Community Resource  
List? Let us know.**

# THE CENTRETOWN BUZZ

## Published by the Centretown Community NewsGroup

a coalition of community-based organizations, individuals, and businesses  
PO BOX 101 - 210 GLOUCESTER STREET, OTTAWA, ON K2P 2G4

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**Contributors Wanted:** Do you have a story or event that you want  
published? Call The BUZZ and talk to us.

**Photos Wanted:** Would you like to take pictures for The BUZZ? Call  
Scott Whitfield at 233-3074

**Advertisers Wanted: Call BUZZ Ads @ 233-3074**

### Distributors Wanted Too:

Do you want to get to know your neighbourhood a lot better?  
Join the BUZZ Team. Volunteer with Carol at 234-4065x240

The BUZZ is published on the first of each month.

**Next Issue: November 1st. Deadline for Next Issue: October 21st.**

The BUZZ is distributed to households and businesses  
throughout the Centretown, Lebreton, and Somerset Heights  
neighbourhoods.

## BUZZ's FOUNDING VISION:

1. To provide a voice for area residents, organizations, and businesses
2. To build healthy neighbourhoods in Centretown.
3. To gain from the diversity in our community.



Our community includes residents, business, office-workers, and visitors.

Photo: Luncheon at the Canadian Tribute to Human Rights, Elgin St.

Photo: Scott Whitfield



## Flora Street: What's to Come? Queens Park Cancels Non-Profit Housing Re-Development...

by **Henry McCandless**  
CCCA President

At a September 12th meeting with the property owners, Ward Councillors and neighbourhood police officers, Flora Street residents spoke of noise, drunkenness, alleged drug dealings and prostitution over the past few years in a row of rental houses on Flora next to European Glass and Paint on Bank St.

The owners, the Baker brothers of European Glass, told the residents that the Centretown Citizens Ottawa Corp's planned development had received local and provincial government approval, but was cancelled by the new Cabinet of the Government of the Ontario.

This left the owners with the problem of what to do with properties needing face-lifting and landscaping to be presentable to tenants when, they said, "we struggle with the mortgage payments." Sale of the properties, which were purchased in the 1980s, appeared problematic.

Residents expressed scepticism that the owners had been ignorant of these problems. Those residents having their own rental properties pointed out that until the properties could be sold, the owners would simply have to upgrade them sufficiently to attract suitable tenants, and at the same time reform their tenant screening procedures and landlord surveillance.

Councillor Elisabeth Arnold noted, for example, that the owners could ask the city to supply trees for the needed landscaping. City property standards inspections weren't scoped to deal with the problems the residents pointed out, and the Regional police officers, in running through the "incident statistics" for Flora St., told residents they are forced to put noise and disturbances low on their community response priorities.

Following the meeting, residents planned to send a group letter to the owners con-firming residents' concerns and asking the owners to keep them posted on the action the owners said they would take in the next month toward fixing the problems that most affect the neighbourhood. Councillors Elisabeth Arnold and Diane Holmes told the residents at the meeting that they would also follow up on these issues.

Residents planned to meet again with the owners of the Flora Street houses, on October 19th. Stay tuned.

## Cooper Residents Concerned About Impact of Funeral Home Expansion

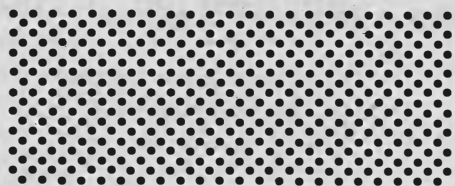
by **Joan Katz**

Cooper Street residents have been fighting Kelly Funeral Home at 585 Somerset Street West over its possible expansion in their neighbourhood. The funeral home wants to tear down two old homes on Somerset Street in order to construct a mixed use, three storey development in which to expand the business. Neighbours contend that any further developments on the Somerset Street site will have a major impact on the residential character of the neighbourhood given the high level of traffic and parking problems the Kelly Funeral Home already brings into the area.

In February of this year, Kelly's asked the City of Ottawa's Planning and Economic Development Committee for approval of their site plan for this development. Residents argued that approval should only be granted if the site plan was amended to close both of Kelly's exits on to Cooper Street in keeping with City by-laws forbidding commercial traffic on residential streets. Therefore, forcing any funeral home related traffic to enter or exit via Somerset. The Committee ruled in favour of the residents - the vehicular exits onto Cooper Street should be closed.

This summer Kelly's chose to appeal the Planning Committee decision to the Ontario Municipal Board. As a result, Planning Committee and subsequently, the entire City Council had to decide to re-confirm their original decision, and agree to provide to fund its defense before the Ontario Municipal Board. Funding is required to hire an independent traffic engineer and a planner to assist in the preparation of the case. On Wednesday, September 21, 1995, the Council voted, by a close margin of 6 to 5, to fund the OMB appeal.

**The appeal of the Kelly Funeral Home expansion and redevelopment site plan is scheduled to be heard before a panel of the Ontario Municipal Board on February 6, 1996.**



## Somerset Heights: Still Waiting for Traffic Calming

by **David Seaborn**  
Chair, Somerset Heights  
Traffic & Parking Task Force

With increasing impatience, the Dalhousie community is waiting for the implementation of the Somerset Heights Traffic & Parking Study Report. Last March, at one of the best attended public meetings in years, Dalhousie citizens enthusiastically and overwhelmingly endorsed the study results.

Seven months later, the report still languishes with the City's Licensing, Transportation & Parking Branch. It has yet to be brought forward for City Council endorsement and so far no money in the City's budget has been allocated to implement its recommendations.

Traffic calming for the Somerset Heights area has had a history of delays dating back to 1988. The study finally took off in December 1993 when community volunteers canvassed door to door with a comprehensive six page questionnaire prepared by the City's Licensing, Transportation and Parking Branch, the Dalhousie Community Association, and the other members of the Somerset Heights Traffic & Parking Task Force.

Last autumn and winter, with a professional traffic engineer hired by the City, the Task Force analyzed the data collected, organized two public meetings and five public workshops to determine what the community wanted and what would be appropriate solutions to the multitude of traffic and parking problems which the neighbourhood has been experiencing for so many years.

Many volunteers, having put years of work towards solving the traffic and parking problems, have become disillusioned with the slow progress. As Lorne St. resident Ida Henderson put it, "Why does it take three years to change a few parking signs?"

The Traffic Calming Plan envisions a variety of measures including roadway narrowings, speed humps, painted parking lines, amended parking time limits and tree planting. The changes are designed to reverse the process of deterioration of downtown neighbourhoods caused by the intensity of traffic and by parking shortages.

These changes are also designed to increase the attractiveness of the Somerset Heights destination by making Somerset Street self-sufficient in parking and more pedestrian friendly. The study encompassed the area bounded by Rochester, Primrose, Bay and James/Christie/EcclesSts.

Some remedial measures (signage, parking stall lines) could be implemented cheaply and quickly after Council endorsement of the Traffic Calming Report's recommendations. Unfortunately the various roadway narrowing and humps, as well as the required budget money, still need detailed engineering design work before contracts can be let and construction actually commenced.

The community's wait is far from over.

## BUZZ: StreetNEWS PAGE 3

## Under the Photo- Radar Gun... Can Ottawa-Carleton's Police Use Them?

by **BUZZ** Staff

Ottawa-Carleton should be given the authority to use photo radar to enforce speed limits, red-light running and other moving violations, according to Regional Councillor Diane Holmes.

'Having a local authority to enforce traffic-laws with photo-radar would give the Region the ability to increase the level of safety on our roads', says Holmes. She adds that it could also address many of Centretown's community traffic concerns - such as the speeding on the RMOC roadways that cut through our residential neighbourhoods.

A recent speed survey done as part of the 'Centretown Traffic Calming Study' found that the majority of drivers on streets such as Lyon, Kent, O'Connor and Metcalfe, are travelling on average, more than 10km/hr above the posted speed limit of 50km/hr

Revisions to Ontario's Highway Traffic Act in 1993 made it possible for photo radar to be admitted as evidence in court. It is these amendments that the Conservative government has promised to abolish.

The province's short-lived experiment with photo detection was limited to major provincial highways in Metro-Toronto, however it may be possible for any municipality in Ontario to apply for permission to employ photo-radar within that city's jurisdiction.

Holmes raised the issue at a meeting of the Region's Police Services Board on July 10, 1995. She is now recommending that Ottawa-Carleton request an amendment to the provincial legislation designating the Region as a photo-radar zone. The RMOC would also ask the Ontario government to allow it to retain the fines recovered from offences. Currently all HTA fines go to the provincial treasury. A third amendment would expand the types of offences liable to photo-radar evidence collection to include failure to obey traffic signals, such as red lights. This could be achieved through fixed camera installations at problem intersections.

Regional Council's support is needed in order to initiate the designation of the RMOC as a geographic area where the police may use photo-rada. On October 4th, a proposal to have the Region formally seek the enabling legislation will be discussed at its Transportation Committee meeting. If approved the matter will go before all of Council, and the request forwarded to the Province of Ontario for its response.

# THE NEWS CAFE

284 ELGIN STREET, OTTAWA, ONTARIO K2P 1M3  
(613) 567-6397



## Centretown's New Police Centre Open for Business

by **Judy Sadaka**  
Community Police Centre Constable

If you have been out and about on Bank St. you may have noticed a change on the NW corner of Bank and Somerset Street West. The new District 1 Community Police Centre which moved over from Somerset St. West has been open for business since mid June this year. We are now at: **277 Bank Street.**

In our new location, we are happy to say that people in the area are taking advantage of the accessibility to our services and we are getting busier all the time. Thus, the move has already proved to be a step in the right direction.

We have a fairly large core of volunteers that not only work in the office, but they also work on the road providing home and business security evaluations free of charge. This has always been a popular service that we offer and can be arranged by Contracting our office for an appointment. We also take reports at this location in person or by phone.

The response to our announcement of volunteers needed has been tremendous and we are filling up very quickly. We are still taking applicants however, and we encourage those interested to feel free to drop in and fill out an application. Our present hours are 9:00am - 5:00pm, Monday to Friday. These will be expanding over the next couple of months to include evenings as well.

We wish to thank everyone who helped make it possible for us to come to this location. Your assistance has been greatly appreciated.

**Phone: 236-0311 ext: 804**

*Dear Elgin Street Public School:*

*Ah yes... It really is the start of a new year. Every morning at 8:40 am, I have the pleasure of hearing 'O Canada' ...all the way from your school to my home on Delaware Avenue. It is as refreshing as a glass of orange juice. What a delight to have this to keep me on track with my tight morning schedule. As a result, I'm never late for work. I love it! Keep up the good work.*

*Sincerely,  
A Patriotic Golden Triangle Resident*

## Elgin Street PS: A Successful Community School

by **Janny Mills**

Ah...September! Somehow in our minds the starting of a school year is the start of a new year. Again this year we have Barry Pratt our Principal at Elgin Street with us. He realizes what a unique school he has, and he's grateful to have such caring and concerned parents putting in so much time to help make it happen for the students. Not only are Elgin St's parents helpful but a good portion of our volunteers are from outside of the school community. Then there are the teachers and the support staff - all of whom we love and appreciate for their hard work and extra efforts.

Our school offers English/French Immersion starting from junior kindergarten to grade 6. The school shares some of its facilities with the Jack Purcell Community Centre next door, and this gives the children a good sense of belonging to the local community.

We are fortunate that the students at Elgin Street Public School get a well-rounded outlook on life, as children come from all parts of the world. That truly represents the multi-cultural element of Canada. Not only are they well-rounded, they are happy! We have fun sports days, pyjama day, hat day, environmental day, skating trips, trips to museums, and all over the city.

Let's just give you a taste of some of our fundraisers: wild frozen blueberries; scholastic books; pizza day; hot dog day; yard sale; plant sale, and the list goes on. If you are thinking of enrolling your child in our school, you will not be sorry. We feel that Elgin St. Public School has accommodated all those involved in the Centretown neighbourhood, and has adapted to the 1990s lifestyle.

Speak to Principal Barry Pratt and find out what's in store for you and your child at Ottawa's friendliest public school

**320 Elgin St, at Lewis  
(Phone 239-2231)**

**Juggler's Jam at the Jack Purcell Community Centre Gym. Keeping his eyes on the flying pins, Dave Buchanan has been a juggling regular at the Purcell JJ for two and a half years.**

Photo:  
Scott Whitfield



## Jack Purcell's Pool Programmes:

**Preschool Swimming**  
Cost \$32.50 to \$35.00/session

**Tuesday + Thursday Evenings**

Class Duration - 30 minutes during the 5:00-7:00pm session of 9 lessons  
Session Dates:  
October 17 - November 14  
December 16 - December 14  
December 19 - January 23  
(no class December 26 or 28)

**Saturday Mornings:**

Class Duration - 30 minutes during the 9:00-12:00noon session of 9 lessons  
Session Dates:  
October 21 - December 16

**Sunday Mornings:**

10:00 to 12:00noon  
Session Dates:  
October 22 - December 17  
Please Contact the Facility for the Exact Time of the Classes

**Childrens' Swimming Red Cross Programme**  
Cost \$32.50 to \$38.50/session

**Tuesday + Thursday Evenings:**

5:00-7:00pm Session Dates:  
October 17 - November 14  
December 16 - December 14  
December 19 - January 23  
(no class December 26 or 28)

**Saturday Mornings:**

9:00-12:00noon Session Dates:  
October 21 - December 16

**Sunday Mornings:**

10:00 to 12:00noon  
Session Dates:  
October 22 - December 17  
Please Note: Class duration ranges from 40-50 minutes.  
Contact the facility for exact times of classes.

**TAKE THE PLUNGE!  
Elgin at Lewis  
564-1050**

**Adult Swimming, con't:**

**Wellness Pool Programmes**  
Ongoing All Year

**Arthritis Society Aquatherapy Programme:**

Monday/Tuesday/Thursday 1:00 - 2:00pm  
October to April  
\$3.50 Drop-in, or..  
\$26 for 1 Month Pass, or..  
\$72 for 3 Months Pass

**Chronic Pain Exercise Class:**

Monday/Wednesday/Friday 2:00 - 3:00pm  
October to April  
\$1.25 Drop-in, or..  
\$12 for 1 Month Pass, or..  
\$30 for 3 Months Pass

**50+ Aquafitness:**

Monday & Wednesday 3:00 - 4:00pm  
Tuesday & Thursday 2:00 - 3:00pm  
October to April

**'Aquaback' Water Exercise:**

This programme is designed for individuals suffering from acute or chronic neck, mid or lower back pain. The programme content was developed in consultation with Dr. James Emmett. The design of the programme provides for the participants simple, relaxing exercises designed to stretch, plus maintain or help develop some flexibility and fitness.

Monday 9:00 - 10:00am  
Tuesday 3:00 - 4:00pm  
Friday 1:00 - 2:00pm  
October to April \$5 Drop-in, or..\$40 for 9 Classes

**BUZZ Wet-Tips:**

**Many people are amazed to learn that there's a swimming pool in the lower level of the Jack Purcell Community Centre... Yes, it's Centretown's own swimming spot.**

**ELISABETH ARNOLD**  
City Councillor / Conseillère municipale  
Ward OT6 / Quartier OT6



111, promenade Sussex Drive  
Ottawa, Ontario K1N 5A1  
Tél./Tel.: (613) 244-5361  
Télex./Fax: (613) 244-5371





Bay and Lisgar: Townhouses

### Federation of Ottawa-Carleton Tenants Associations (FOCTA)

## We Have a FREE INFORMATION LINE FOR OTTAWA & AREA TENANTS

by **Kimberly Walsh**

More than 60% of Ottawans are renters and an even higher percentage in Centretown live in rented accommodation, (where it's closer to 90% of residents).

Despite the number of people who rent, there continue to be many misunderstandings about the rules that govern the landlord-tenant relationship," according to Dan McIntyre, Executive-Director of the Federation of Ottawa-Carleton Tenants Associations. For instance many tenants believe that they must sign a new lease every year in order to ensure that they have a place to live or that they and not the landlord are responsible for repairs.

Many people, particularly first-time renters, are often unsure of their legal rights and obligations as a tenant. In many instances, the tenant will accept at face value anything the landlord says or does. The Federation of Ottawa-Carleton Tenants Associations helps tenants clear up these misconceptions through its Tenants Hotline @ 594-5429. Tenants can call the Hotline, Monday through Thursday from 2:00 pm to 7:00 pm and Fridays from 3:00 pm to 6:00 pm. They will receive immediate advice and information. This is a bilingual service.

This month, the Federation marks 13 years of serving the tenants of Ottawa-Carleton. The eight founding member Associations have grown to more than 45 Associations.

In addition to the Tenants' Hotline, the Federation assists tenants to organize Associations in order to deal with issues that may arise in their building or complex, such as a decline in main-tenance or rent increases above the guideline. The Federation also has speakers available to address groups interested in learning more about Tenant-Landlord law. Anyone wishing more information can contact us via the Hotline at 594-5429.

(Kimberly Walsh is the General Agent with the Federation of Ottawa-Carleton Tenants Associations)



CCOC's Lisgar Street Apartments



Lewis and Robert: Townhouses



Cartier Square Co-op: Cooper St.

## BUZZ-NOOZ on the Development Front

by **David Gladstone**  
CCCA Development Review Committee

One constant feature of Centretown life is that someone's always building something, and despite our constant worrying it's usually residential in nature. Some examples that you can look out for while wandering around:

**Robert and Lewis:** Domicile Development is putting up 13 freehold townhomes on a site previously owned by the NCC; this is in place of an unsuccessful attempt by the Canadian Nurses' Association to expand its headquarters onto this site;

**Cartier Square Housing Co-op:** After some costly foundation problems, this 70-unit apartment building is nearing completion on Cooper Street near Kent;

**Ault-Dairies Site (Kent & Cooper):** Across the street from the Cartier Sq. Co-op, work is underway by Claridge to build an 11-story apartment building for City Living (the City of Ottawa's non-profit housing) on the former dairy property, with 32 free-hold townhouses on the rest of the site;

**280 Bay Street:** Minto is hard at work building stacked townhouses on the site known as the Old Fire Hall; the word on the street is that all the attractively-priced units have been completely pre-sold;

**451 Lisgar Street:** Down the street from the Minto rowhouses, the Centretown Citizens Ottawa Corporation is finishing a six story provincially-financed apartment, probably the last of its type for a while given Ontario's announced housing policies.

**Kelly Funeral Home (Somerset & Percy):** The funeral home was expanded last fall by about the 25% allowed in the Centretown Plan's zoning; an additional 3-story residential building, with casket storage in the basement, has been approved by the City, provided that parking access from Cooper to the site be closed - a condition that has been appealed to the OMB;

**CS Co-op (Slater & Bay):** After a full hearing, the OMB has OK'd a planned high-density development on the site owned by the CS Co-op on the block bounded by Bay, Albert, Lyon, and Slater Streets; despite opposition from the CCCA and the Condo Corporation at 151 Bay, the OMB agreed with the City of Ottawa that a development consisting of a 14-story office building, and two condo towers was appropriate and consistent with Ottawa's Official Plan;

**Century Building (Lisgar Street):** This building's owners have recently applied to the City for approval of a first and second-floor expansion of 25,000 sq. ft in order to meet their tenant's stated future requirements; the City's Planning and Economic Development Committee will have to decide whether to approve this expansion in an area covered by the Centretown Plan.

The above has been compiled from information provided to the CCCA's Development Review Committee; comments, updates, and descriptions of new projects are most welcome.

For further details contact David Gladstone, CCCA Development Review Committee at 232-8282



## Gerald Halpern

Trustee, Zone 6, Downtown Ottawa Board of Education

Telephone: 231-5765

Fax: 231-3334

e-mail: [bb116@freenet.carleton.ca](mailto:bb116@freenet.carleton.ca)

*I seek communication with you. Call me if your want to share your views.*

*Call me if you would like to have education issues discussed with your group.*

*Involved communities get better schools.*

Paid for by the Trustee's personal communications budget.

## Hong Kong Market Fire Site to be Rebuilt

by **David Seaborn**  
Chair, Dalhousie Community Association Planning Committee

Last January's spectacular fire at Arthur and Somerset Street West left 25 people homeless and the three storey Hong Kong Market building in ruins.

Plans are now under way to replace the building with two storeys of apartments on top of ground floor retail space. Unfortunately, under the City's by-laws if the rebuilt building is basically the same as before, no parking spaces will need to be provided for the replacement building since none existed prior to the fire.

The new development will also replace the existing two storey frame house at 96 Arthur Street with three storeys of apartments over underground parking. This parking will be connected to and accessed from the existing 16 space surface parking lot at 15 Bell Street. A total of 30 apartment units and 24 parking spaces will be provided in the overall project.

The Dalhousie Community Association has recommended to City planning staff that the plans be adjusted to preclude commercial deliveries and garbage pickup from narrow, steep, one-way Bell Street.

The D.C.A. has asked that these business activities occur only on the commercially zoned portion of Arthur Street, which would be to the north of the roadway narrowing of Arthur Street recommended in the Somerset Heights Traffic Calming Study.



## McNabb Recreation Complex

180 Percy Street  
(at Gladstone)

**564-1070**

**SOME LISTINGS FROM THE FALL '95 PROGRAMME...**

### Adult Pottery Classes:

Tuesdays 7:00-10:00p/Oct 24+31 - Dec 19

Thursdays 7:00-10:00pm/Nov 2 - Dec 21

Fridays 9:00am-12 noon / Nov 3 - Dec 22

Fridays, 7:00-10:00pm / Nov 3 - Dec 22

Cost: \$80/\$85

### McNabb Co-operative Playgroup:

Weekdays from 9:00 to 11:30am

Adults with young children are invited to be part of the McNabb Co-op Playgroup. It's a great time for moms, dads, and care-givers to come with your pre-school children for a couple of hours in a friendly and informal atmosphere. The pre-school room at the McNabb Community centre is equipped with many large and small toys for all age groups. A special strength is the inclusion of all area residents from all cultures, incomes, family status, or age levels.

The Playgroup also has activities like sing-songs, crafts, and story-reading. It's a great opportunity for your children to develop social skills in a safe setting, and to make new friends in your neighbourhood. We also have special events like a Christmas Party (with a great multicultural pot-luck lunch), and field trips.

Adults need to stay on site with the children. Since this is a co-operative, once a month each member is required to bring snacks (eg, crackers, cheese, or fruit). Juice for the kids and coffee or tea is provided for the adults. All adults help in taking out and putting away the toys, and cleaning up at the end of the morning.

Monthly fee for the Playgroup is \$10, or \$8 for members of the McNabb Recreation Organization (which has an annual family fee of \$10).

The Playgroup runs from September to the end of June. For more information drop into the McNabb Community Centre any weekday morning.

## How Can Housing Help Help You?

by **Laura McFarlane**

For the first time in 15 years, the rental housing vacancy rate has climbed to over 3% for the Ottawa area. The Canada Mortgage and Housing Corporation's spring 1995 survey found apartments vacant at a rate of 3.4% for the region - (34 vacancies per 1000 apartment units), and at 3.1% for Centretown.

While this may mean good news for some people looking for an apartment, it does not tell the whole story. What the CMHC survey doesn't measure is how affordable the vacant apartments are.

Housing is generally considered to be affordable if costs are less than 30% of a person's or household's income. Rents in the Ottawa area are the third highest in the country, behind only Vancouver and Toronto, and consequently over 34,000 renter households in the region pay more than 30% of their incomes on housing. Advertised vacancies are often for units at the high end of the market, since affordable places frequently end up being re-rented by word of mouth. All this makes looking for an apartment on a limited income not as easy as it may appear.

If you are looking for a place to live or if you are a landlord wanting to advertise a vacancy, there is more than just the daily newspaper out there to help you. In addition to bulletin boards and signs on buildings, you can call or visit Housing Help.

Housing Help is a non-profit organization located at the western edge of Centre-town that provides region-wide listings of housing vacancies of all types: bachelors, rooms, apartments, houses, and shared accommodation.

Housing Help also offers information, assistance and advocacy services for tenants with any kind of housing problem from getting repairs done, rent increases, moving, eviction, discrimination, and applying for subsidized housing, to finding emergency shelter.

**All services are free. Drop by at 520 Bronson (just south of Gladstone) between 9 & 5 weekdays or call 563-4532. Caseworkers are available to speak with you individually from 10-12 and 1-4. No appointments are needed.**

### Saturday Socials At McNabb:

**OCTOBER 14th - International Day: International Foods, Crafts from Around the World; Flags**  
**OCTOBER 21st - Trip to Canadian Museum of Nature (McLeod and Metcalfe) ParaTranspo**  
**OCTOBER 28th - Halloween Party: Pumpking Carving Apple Bobbing Mask Making**  
 Please meet at 1:00pm at the McNabb Community Centre. The programme finishes at 4:00pm. Participants must arrive by 1:10pm sharp for the outings...

## City Councillor's REPORT:

# Elisabeth Arnold

111 Sussex Dr, Ottawa, ON K1N 5A1

Phone:244-5361 Fax:244-5371

## The City of Ottawa's 1996 BUDGET: Consultation with the Community

Congratulations on the first issue of your community newspaper! As you know there are lots of issues coming up this fall - including traffic-calming, the heritage study, as well as City wide issues like the Markets by-law and casinos.

But the most important issue facing City Council is the Budget. The 1996 Budget process for the City of Ottawa has begun. I know most of you will yawn and say so what does that have to do with me? Well just about everything.

This time around, the consultation process begins in September with Members of Council leading community meetings. These meetings will help to determine the policy priorities before the Budget is actually prepared.

If you are now wondering what services the City provides you are not alone. The City of Ottawa is responsible for fire protection, recreational facilities and programs, roadway maintenance and traffic control, business development, local sanitary and storm sewers and tax collection. The City also provides more than 84% of the Public Library's budget.

You can't turn on the news or open a newspaper without hearing about the federal and provincial cuts facing the City. These reductions make this budget even more challenging. We will be asked to determine priorities that benefit people and communities.

The process includes public consultation in September, our Ward meeting was held September 26th, however, I'd be pleased to hear your concerns if you weren't able to attend.

Results will be considered throughout October. The budget guideline will be released in late October. In mid-November the draft budget will be released to the public and public input on the draft will be received throughout December until the Council approves the budget by December 20, 1995.

The budget decisions that are made over these few months will impact on what kinds of services we can provide our communities. So please get involved by letting me know what your priorities are.

You can get more information about the budget or the process by calling my office at 244-5361.

## Centretown Citizens' Community Association: Heard about the CCCA?

by **Henry McCandless**, CCCA President

**CCCA's Annual Meeting: November 7th, '95 - 7:00pm**  
**Champlain Rm, RMOB Bldg-111 Lisgar St**  
**Everyone Welcome!**

Our aims are summed up in the first objective in our by-laws, which is also the main goal of the Centretown Official Plan: "to maintain and improve the residential character of Centretown."

This means not only working to bring about the right type of development in the right place, and prevent wrong development. It includes environment, heritage, traffic calming, local business improvement, safety, and the full range of citizens' effort needed to build and protect healthy communities.

To help build community, we develop networks of informed people working collectively and with City and Regional agencies, identifying issues and problems and proposing solutions. The BUZZ will help us do this.

On the community protection side, when proposals by developers or City Hall would affect Centretown in important ways, CCCA will ask them to tell us their reasoning behind their intentions. We will ask those making proposals to give citizens a fair and complete

answer on who would benefit from the proposal and who would bear what costs, immediately and down the road. We want the City's achievement objectives built into its budgets for public challenge.

We will ask the City and Region to tell us their performance standards (City Council's approved policies, by-laws and regulations) for enhancing the community, and whether they are living up to them. And we will ask Councillors to demonstrate that they properly inform themselves before making important decisions. In short, we plan not just to be activist, but to hold fairly to account. By working "smarter, not harder," we conserve the limited time we each have individually, after work, to work with others to deal with the issues.

**The CCCA needs Centretowners to join us, volunteering their time and interest. Plan to attend our Annual General Meeting on November 7th, at the RMOB Building, 111 Lisgar St.**



# So, You, WANNA BIKE in Centretown?

by **Paul Davis**,  
Centretown Cyclist

There you are trudging down to the store to pick up some Parmesan cheese for the pasta, when a sleek figure races silently down the street, her breath just audible over the ticking of the gears as she signals a turn and a stop, and leaps off her bike just in front of you.

You wonder how fleet of foot a bike would make you as she grabs a red plastic basket and strides into the supermarket, reflective tape flashing on her shoes and bike tights. As you stand in line at the checkout counter you wonder how these sleek two-wheeled creatures scoot through traffic many times their size and weight...Well, it's easier than it looks.

Sleek cyclists have usually taken a Can-Bike Defensive cycling course to teach them how to act as visible, predictable vehicles in heavy traffic. These road and class courses are what the bike cops get, and are available through Citizens for Safe Cycling, the local bike lobby group, at 567-1288.

Bike gear has got to be a lot more comfortable now, particularly helmets, which are scheduled to become mandatory some time later this fall. The microshell helmets are so light you that you're wearing one - don't worry, people at the cinema will let you know if you forget! Some even have built in flashing red tail-lights, as well as the usual reflective tape. But you don't have to look like a dropout from Batman to bike. Some never wear black Lycra tights. Many wear nylon shorts, or nylon hiking pants with elastic knit cuffs on the bottom to keep hungry chains from snatching pant legs. Bike jackets are available with a rainbow of colours and fabrics, and zippers in every possible place, and even some in impossible places!

Ugly is good. In bikes that is. Ugly black bikes with the owner's driver's license engraved on the frame all over the place, positively repel thieves. Who wants to pass stolen parts that clearly have your number on them? Pair a trusty old bike, even a three-speed, up with a community police engraver, and two good locks, and a little smarts, and your bike will repel most bad guys.

Why two locks? Well, the bad guys are impatient. If you have a top-of-the-line 'U' lock, and a cable lock, you'll force them to have to use two separate tools. They won't. They're too lazy! They'll go for the pretty bike which is only locked by its front wheel to the rack.

You'll still need to buy a bike lighting system before you can cruise down to the Byward Market for pate on your gleaming steed, as Ottawa's fall darkness comes early in the afternoon. By law you have to have a white front light from one hour before sunset, until one hour after sunrise.

Riding to work in the spring and fall you'll get good use out of a detachable light with a rechargeable battery pack. There is nothing worse than being out on the road and seeing your bike light dim out to a feeble glow worm, just as a big truck signals a left hand turn across your path!

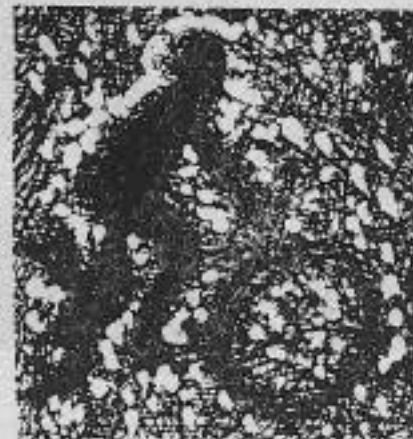
Two rechargeable battery packs mean you always have a bright light. Some use helmet lights that they never have to worry about leaving on the bike to darken the pockets of the light-fingered.

While you're at it, choose a well-lit spot with a solid steel pole - some traffic signs pull right out of the ground! And if you're at the cinema, park outside to park right under the theatre marquee - where the thieves know you won't be back before the end of the double feature!

So, as you grab your Parmesan and put it into your backpack and get your change, another sleek Lycra clad cyclist flows out the door, reaches down with the keys and slips both locks into a backpack, clips on a front light, and signals, moving into the traffic.

Soon, all you can see is a blinking red helmet light. Your trudge home, and somehow the Yellow pages fall open under 'B' for 'bikes' right into your hand....

Photos: Paul Davis



**Diane Holmes**

**Regional Councillor  
Conseillère régionale  
R14**

Phone (613) 560-1220 FAX 560-1230  
Regional Municipality of Ottawa Carleton  
111 Lisgar Street, Ottawa, Ontario, K2P 2L7

## Join Citizens for Safe Cycling and Support:

- CfSC's efforts for bike routes, lanes, paths and parking
- A professionally staffed Cycling Education & Safety Program
- CfSC's quest for better traffic laws and enforcement
- The Region's most effective independent voice for cyclists

### CfSC's Membership Form:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Prov: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Occupation: \_\_\_\_\_

Additional Name: (Household Membership)

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Occupation: \_\_\_\_\_

#### Membership Choices:

<b>New:</b>	<b>Renewal:</b>
\$20/Household	\$10/Low Income
\$15/Single	\$50/Corporate
Join or Renew for two years and save!	
\$35/Household	\$25/Single

Memberships don't cover all the costs of our work. Please help with a donation if you can.  
\$100 \$50 \$35 \$25 Other: \_\_\_\_\_

300 - 171 Nepean St Ottawa ON K2P 0B4  
Ph: 567-1288  
e-mail: cfsc@ve3pak.ocunix.on.ca  
on FreeNet: 'go cfsc'

**Tell CfSC You Heard About Them in  
The BUZZ**







## HANNAH'S CORNER The Kanine Kolumn

by **Hannah**, Canine Correspondent

*Dear Centretown Canines,*

My name is Hannah, your canine voice for Centretown.

I'm here to discuss Centretown issues that concern us, our canine friends, and our human companions (HC's). I've lived in Centretown since I was a puppy. I'm 1 1/2 year's old. Some of you may know me. I'm small, white, and wear a red and white bandanna. I'm well known for my dancing, and waving at people. Life is great (pant)! I've done a lot of sniffing around. I know all the favourite doggy places, where I can hang out and where I can't. Like St. Luke's Park. That's reserved for people, particularly little people. We all need our own space. But back to our canine issues.

I think it's high time that canines had a forum. I want to hear from you. What is your pet peeve? (no pun intended). How can Centretown become a better place for us? What is good about Centretown? I personally like the new traffic lights on Elgin Street. There are always people waiting to cross and I get a lot of attention while we're waiting. There's also the added bonus of more poles to sniff. I always know if Harley or Amigo have been by. I feel connected.

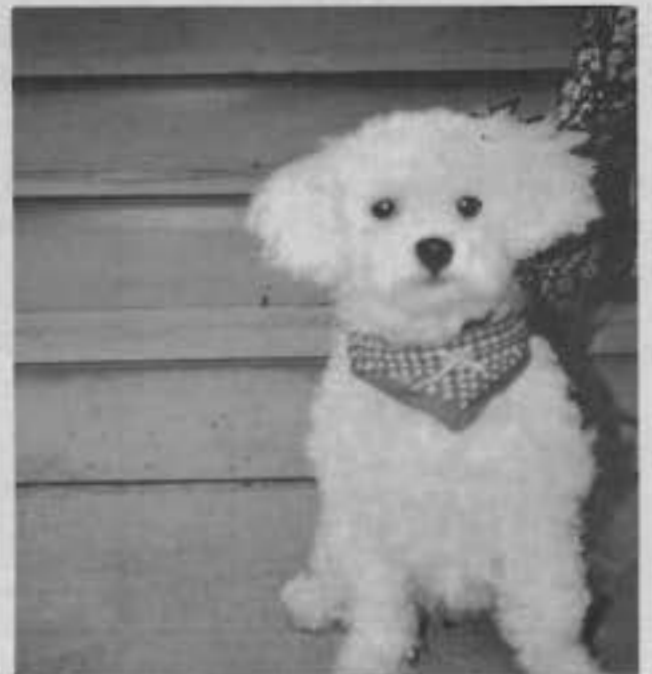
But I want to hear from you. Write and tell me what's on your mind. I can also advise human companions. I know lots about puppyhood, having just become an adult dog. I remember that time very well. Growing up was fun. To my Human Companion (herein referred to as HC) it had its challenges. You see, teething was hard. I chewed a lot of things, like the area carpet in the living room. HC had to get a new one. Then she discovered what made teething easier. She would take a rope, dip it in water and freeze it. She kept a few going so I always had one going to relieve the pressure. Now I love ice cubes.

Dogs, particularly puppies, don't like to be alone too long, pack animals that we are. Sometimes I get to stay overnight with a friend when HC is busy, or when a 'special' friend is coming over. I know I kind of get in the way. I love to nuzzle between two people. Sometimes when someone is visiting (us) I get put on the floor, repeatedly. Eventually I get tired of jumping back up again and go to my crate, which I love. A room of my very own. I also love lots of toys. At last count I have: eight balls; stuffed toys that I love to shake and chew; oh, and a frisbee, it's all chewed up and doesn't fly very well.

Walks are great. I know we're going when I hear a plastic bag being rustled. That's the stooop-and-poop bag. All sorts of people, especially children, and other dogs like to sit on the grass or play in the snow. It's important to clean up after us. It keeps Centretown's environment clean. Got to go now. I hear a bag being rustled.

I may see you on my walk.

*By for now - have to go.*  
**XXX HANNAH**



## How Much Do You LOVE FLUFFY? Restrain Your Feline Companion!

by **Hannelore Walther**

Your cat **Fluffy** rubs against your legs like a silky purring machine when you come home from work. Or maybe she snuggles in your lap as you curl up to watch Friends. However your four-legged friend shows her affection, you know she loves you. But how do you love her? You give her food and water. You provide a warm, cosy place to sleep. You give her toys and time permitting, play with her. You take her to the vet for a check-up and shots once a year - or as often as you can afford it.

And - you let her roam free, because after all, cats love to roam free...

Wait! You let her roam free? Does that show her that you love her? We've all heard that cats love to roam, but is encouraging this behaviour good for your cat? Not according to the Ontario SPCA, or Ottawa-Carleton Humane Society's Administrator Lisa Danso-Coffey. The truth is that letting your Fluffy roam can be a nuisance at best, and hazardous to her life, at worst.

She may get a serious disease like feline leukemia or rabies. (Did you know that cats are the most likely intermediaries between rabid animals and humans?) She may get infested with fleas or parasites, need to be anaesthetized and shaved to remove the knots in her fur that you can't comb out, produce a litter of unwanted kittens that have to be destroyed - or end up killed or badly injured by car or a fight with another animal. In Toronto, there are more cats killed on roads than any other animal - wild or domestic.

Fluffy may also cause your neighbours to stop speaking to you. Or have them return those stinky little presents she left behind in their flower garden - that is if they were speaking to you in the first place after you'd hauled Fluffy off their roof at 4:00am for the 10th time!

If you care about wildlife think about this: in Canada cats could be responsible for the deaths of up to 140,000,000 wild animals annually. Cats may hunt even if they are well-fed. The little bell that you've attached to Fluffy does nothing to warn her prey. Birds and small animals do not equate a ringing bell with a predator.

The sad reality is that each year 3000 of the 7000 cats brought to the Ottawa-Carleton Humane Society are destroyed, often because of life-threatening injuries. This shocking figure does not include those unfortunate felines who drag themselves away to die a slow painful death, out of sight.

### What is the alternative? Ms. Danso-Coffey advocates:

1) Have your cat spayed or neutered. This not only prevents another litter of cute but unwanted kittens, it can curb the instinct to roam and reduce spraying by male cats.

2) If you have the space on a balcony or in a yard, build a run for your cat.

3) When outside with you, harness Fluffy or Morris. A harnessed cat is frequently happy to be outside alongside you. If you're patient you might be able to teach her/him to go for walks on a leash. Teaching older cats requires even more patience. But remember, they will never heel like a dog.

4) Finally, keep your cat indoors when you're not around. This can be more effort. Isn't one of the reasons you got a cat is that they are supposed to be a lot less bother than a dog? But if you love your cat, you are her guardian and you owe it to her that make sure that she's safe, healthy, and not harmful to neighbours or wildlife.

Cities are dealing with the problem of roaming cats in different ways. Some require cats to be restrained like dogs. Others have requirements for cat owners to lock their pets up between 8:00pm and 6:00am, or face a fine. If cat owners voluntarily take responsibility for their pets, perhaps the City of Ottawa will need another animal control by-law.

To reduce the number of companion animals who go missing the Ontario SPCA has produced a fact sheet with information on how to reduce the chances of losing your pet. It also provides helpful tips on how to look for a lost pet. For a free copy of this fact-sheet write to:

**Ontario SPCA-Publications Department**  
16640 Yonge Street, Newmarket Ontario, L3Y 4V8

**The Small  
Furry Facts  
Pet-Page**



# It's VERKEHRSBERUHGUNG\* Time in Centretown

## CALM's the Word... Community, City & Region Working Together to Solve Our Local Traffic Problems

**Bruce Bursey**

Co-Chair, Centretown Traffic Calming Working Group

The latest buzz word for traffic control in Ottawa these days is "Traffic Calming". If you call in or write a letter of complaint about local traffic problems to the offices of City Councillor Elisabeth Arnold or Regional Councillor Diane Holmes, don't be surprised if they reply with information about traffic calming or forward your complaint to the Centretown Traffic Calming Working Group. This very Nineties New Age sounding term is the latest answer to growing concerns about local traffic problems.

More people are calling and writing complaints about their local traffic problems than ever before. The list seems to be common in almost every neighbourhood from Centretown, to Kanata and Orleans - speeding on residential streets, cross-town through traffic, unsafe intersections for pedestrians, bicyclists and cars alike, parking, noise and air pollution. These issues seem to be on just about everyone's list. **There is a growing sense that ENOUGH IS ENOUGH!**

Traffic calming projects are now underway in Sandy Hill, Somerset Heights and Centretown. In each neighbourhood local residents and business have worked with the City of Ottawa and Regional Municipality of Ottawa-Carleton, and professional traffic consultants to redefine the ways the streets are managed in their neighbourhood. The common goals are to: 1) make roads safer, and 2) find ways for our roads to support a strong and vibrant community.

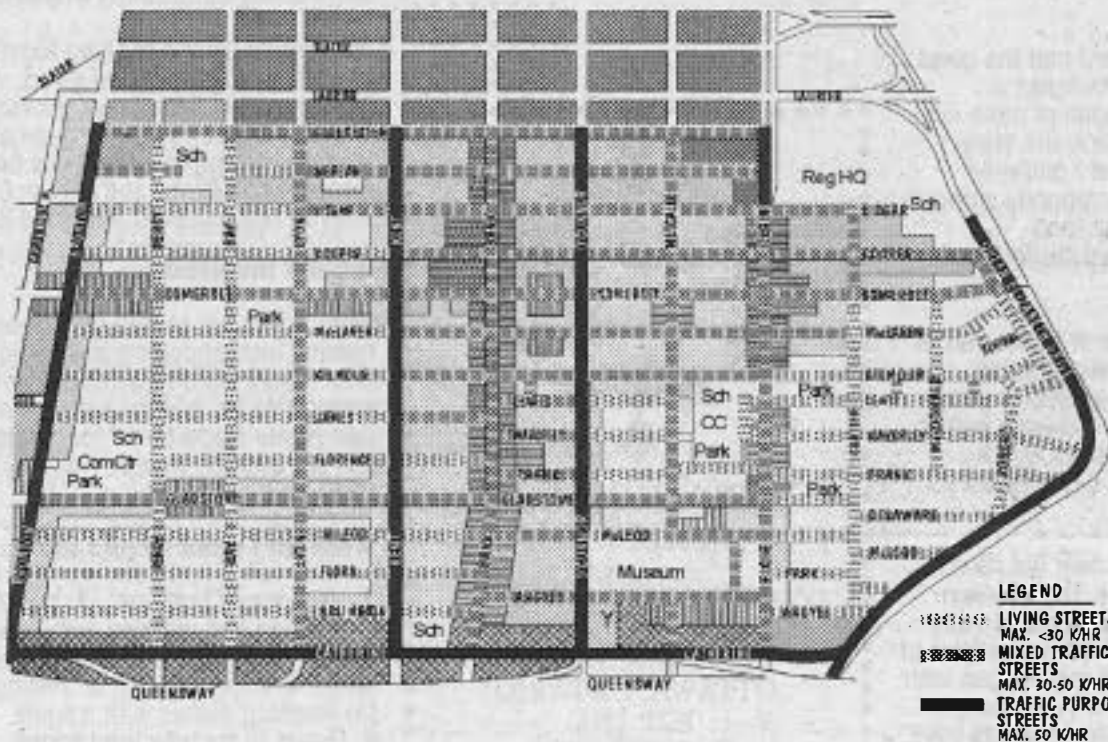
The Centretown Traffic Calming Working Group has been meeting for the past eighteen months. What initially started out as a group of area residents with common traffic complaints has evolved into a unique opportunity for local residents and business to work together to define changes which make the most sense for Centretown roads.

### You can take part...

Public Information Centres will be held on October 18th, 1995 at the Jack Purcell Community Centre (Elgin at Lewis Streets) and on October 24th, 1995 at the McNabb Community Centre (180 Percy Street, at Gladstone). Each session will include an Open House from 4:00 to 7:00pm, with a presentation and discussion to follow. If you have local traffic problems on your Centretown street and want to make sure they are addressed; or if you want to learn more about traffic calming and the proposals to be submitted for approval to City and Regional Councils later this year (see the proposed street designation map), then you should not miss one of these two sessions. Plan to attend the one nearest you.

Bruce Bursey can be reached at 231-5738 or by e-mail at [bbursey@ottawa.net](mailto:bbursey@ottawa.net) for more information about the Working Group.

Watch for the official newsletter of the Traffic Calming Project - being delivered this week to homes and businesses throughout Centretown.



## Traffic Calming Plan?

Centretown is crossed by many regional and city streets. These roads allow local residents, commuters, and shoppers to travel within the neighbourhood, and to get in and out of the downtown core. For Centretown residents, the current speed and flow of this traffic has a real impact on our community's quality of life and its goals for a healthy and attractive urban environment.

The purpose of the Centretown Traffic Calming Plan is to reduce the harmful impacts of road traffic, and to provide a safe and livable environment for the people who live, work, shop, and visit here. A distinct component of the Plan will look at Kent Street and its role as a major commuter route and its potential to become a more integral part of the community.

The City of Ottawa and the Regional Municipality of Ottawa-Carleton are co-funding the Plan. The work is being guided by the Centretown Traffic-Calming Working Group, chaired by two area residents - Shelley Pearen and Bruce Bursey.

### What's Traffic-Calming?

Traffic calming would change the design and the atmosphere of our streets, so that drivers will want to slow down. The 50/km speed limits on arterial roads like O'Connor, Kent, and Lyon are not being respected. This is dangerous for both the children and adults of Centretown who want to walk or cycle to work, schools and community centres, or shopping on Bank and Elgin Streets.

Traffic Calming does not constrict or divert vehicular traffic. It does encourage car drivers to operate safely, with consideration for others on the street. That creates safer circulation for walkers, cyclists, and other drivers. In the long term residents can reduce their own use of cars. These improvements also benefit local retail business by shopping areas more pleasant. People can walk to shop, and enjoy the experience.

As a first stage in the community-wide consultation process, a status report on current traffic conditions (speed, volumes, direction, etc) will be presented in two public open houses. Centretown residents and business will be able to look at this data, examine some of the preliminary conclusions and make comments.

This will set the stage for the next step, which will be a series of neighbourhood workshops held during November, when residents will be able to help the traffic-engineers and consultants hired by the City and RMOC to 'design their own street'.

These proposals, including the general principals and suggestions of residents will be brought back to the whole community early in the New Year with a proposed plan. The Centretown Traffic-Calming Plan study would be completed by April 1996 for a presentation to both Ottawa and Regional Councils.

### \*Translation: Traffic-Calming





## Centretown Community Health Centre CCHC

340 MacLaren St (near Bank)  
563-4336

The Centretown Community Health Centre (CCHC) is a non-profit community agency that offers a variety of services to the residents of Centretown and area. CCHC began in 1969 as a drop-in youth clinic and incorporated as a community health centre in 1974.

Community Health Centres are set up to meet the specific health and service needs of the communities they serve, and help clients address all aspects of their physical, social, emotional, and spiritual well-being. Within the 'holistic' approach they deliver services that promote individual and community health, encourage community participation in planning and evaluating the health services and public policies that contribute to good health.

### Centretown Community Health Centre's Services:

**Health Services** including medical care, counselling and community education;

**Infant Development Program (IDP)\*** for families with infants at risk for development delays;

**Lifestyle Enrichment for Senior Adults (LESA)\***, providing support to seniors with alcohol or drug problems;

**Seniors Health and Interest Program (SHIPS)\***, a health pro-motion and medical outreach program for seniors;

**Personal Social Services;**

**Health Promotion Program**, to support healthier Centretown residents & a healthier Neighbourhood;

**Legal Advice** on marital issues, tenants' rights, personal claims, and other matters;

**Service d'entraide communautaire**, qui cherche a favoriser le bien-etre physique, social et affectif des aine/e/s francophone.

\* Services Available in English and French

For information, drop in anytime to pick up more detailed pamphlets on the CCHC's services.

**Other Services Available:**

**Addiction Assessment and Referral** on Tuesdays and Thursdays, for clients of CCHC.

**Anonymous HIV/AIDS Testing** - on Tuesdays; Call 560-AIDS and ask for an appointment.

**Chiropody Services** on Wednesdays; Call 563-4771 for more information.

**Home Management Counselling**

**Many Special FALL Programs, Courses, and Events now starting! Contact CCHC for complete list.**

## CENTRETOWN EATS THAI

by Joan Katz

Centretown is filled with a variety of wonderful eateries. This column will explore some of these places from fast food to fine dining.

Recently, at lunch time I had the good fortune of being able to select a restaurant for a colleague of mine who was in Ottawa from Sackville, New Brunswick. From what I gathered Sackville is a small community without too much variety in the food department. He wanted something interesting and spicy.

I chose Coriander Thai at the corner of Cooper and Kent Streets. A small, intimate setting, this restaurant serves delicious Thai cuisine. A bonus is that at lunch they have specials which include soup and cost between \$6.95 and \$8.95.

My colleague debated over his choice but finally decided on a Thai chicken curry at \$6.95. I chose seafood with chili and basil leaves (not for the faint of taste!!!) at \$7.95. Our meal began with a aromatic bowl of Tom Yum soup. This soup has a lovely lemongrass base, mushrooms throughout and a wonderful spicy/sour/sweet taste. If you can imagine that all in one bowl of soup!

The chicken curry arrived inside a beautiful blue and white bowl covered with a lid. (You know that presentation can make the meal!) On the side was a mound of white rice. The chicken, cut in fairly large chunks, was in a velvety curry sauce. My colleague said it was excellent.

My seafood with chili and basil leaves was attractively displayed on a small rectangular plate with the rice mounded to one side. The seafood consisted of both shrimps and squid. The chili and basil indeed added a nice bite to the dish. One negative note was that the squid was on the rubbery side, but this is a common problem in many restaurants.

We finished our meal with some pleasant lemongrass tea. The tea was served in a small teapot with two dainty, handle-less cups.

Coriander Thai is located at 282 Kent Street. The phone number is 233-2828. It is open for lunch Monday through Friday, 11:00 a.m. to 2:00 p.m. They are also open for dinner, seven days a week.

Joan Katz is a Centretown resident. Her mother said that she was always a very good eater.

## Food & Health BUZZ



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## Baste, Bake and Beat Those COOKING Blahs ~ Do It In Groups

by Olly Wodin

Are you getting tired of your own cooking? Would you like to cook together with three or four other people each month? Then you want to know more about **Community Kitchens**.

The idea of people cooking together is to save time, money and effort, while having a good time, is an ancient one. Over the last ten years, groups of people who've cooking together have been formed in Montreal and across Canada. They've rediscovered this good idea.

**What's involved?**

Eight hours per month for planning menus, food shopping and cooking time. You'll learn new recipes and cost-saving tips for healthy eating. You can take home ready-to-eat foods that you can put into the freezer. And, you'll make new friends.

**What do I need to join in?**

1. A sense of humour...
2. Interest in meeting and working with new people.
3. Ability to share the food costs
4. Dependability.
5. Willingness for washing dishes with a smile.
6. Desire to try new food tastes...

There are now two community kitchens already operating in our community. As the Community Nutritionalist at the Centretown Community Health Centre, I am getting ready to start another one in October. There will be a general information session held:

Tuesday, Oct. 17th - 7:00-9:00pm  
Centretown Community Health Centre  
340 MacLaren Street (near Bank)  
3rd Floor, Program Room

If you need more details or are interested in taking part, please come to the information session, or call me at 563-4336.

Recipe of the Month -  
donated by Bea Chapman  
Squash Bake

- 2 Cups squash, cooked & mashed
- 1 Tablespoon butter or margarine
- 2 Tablespoons brown sugar
- 1 Cup crushed pineapple
- 1/2 Teaspoon salt
- 1/4 Teaspoon nutmeg
- 1 Egg, beaten
- 1/2 Cup chopped nuts

Combine all ingredients in a baking dish. Bake for 30 minutes at 350 degrees.  
Serves 4 people.

## The Gift Gallery

Albums, Lotions, Hand-Printed Fabrics, Aromatic

272 Elgin Street  
(at the Ottawa Women's Book Store)



## Regional Councillor's REPORT: Diane Holmes

111 Lisgar Street, Ottawa, Ontario K2P 2L7  
PHONE: 560-1220 FAX: 560-1230

### A Quiet Summer? Don't You Believe It!!

Residents have been working hard all summer to improve their neighbourhoods. Neighbours have been meeting to work in issues such as safety, property standards, traffic and community policing.

### McNIB: McNabb Neighbourhood Improvement Bunch

The 'Bunch' got started in response to safety concerns of both the Centretown Citizens Community Association and the Centretown South Neighbours Association in the area around McNabb Park. Their sub-committees include - Safety Audits, Prostitution, Property Standards, Gladstone Improvement and Special Events. The 'Bunch' is working with Elisabeth Arnold and myself, Regional and City staff, and the Centretown Community Police. Andrew Cardozo is the Chair of the McNIB Bunch (Daytime number : 230-8284).

### Several Blocks of Flora Street Residents:

Residents along Flora Street have been struggling with one or two out-of-control buildings in their neighbourhood. They have banded together to work with the Community Police, Elisabeth Arnold, and me to deal with property standards, and safety issues.

### Booth Street Residents:

Booth Street and nearby residents are meeting to discuss community action and safety in their neighbourhood. Their first meeting will be on Tuesday, October 3rd, at 7:00pm at 170 Booth Street. I will be attending with City Coun. Arnold, and a representative from the Ottawa Community Police.

### Dalhousie Community Association:

#### Property Standards Committee

The group has been working since the Spring to increase inspections for noise, pollution, health standard and property standards in the area between Bronson and Preston. For more information contact Fernando de Toro at 567-8495.

### Neighbourhood Alert:

'Neighbourhood Alert' is a group working out of the Somerset West Community Health Centre. It includes representatives of the Booth/Gladstone seniors, community and business groups, local schools and churches, the Community Police, Councillor Arnold and myself. The work focusses on safety and security issues in the Somerset Heights area.

### Community Associations Work On..

The traditional community associations in our area, the Centretown Citizens Community Association (CCCA) and the Dalhousie Community Association (DCA) continue to work on broader issues to protect and improve our residential areas and local business communities.

### Friends of Dundonald Park:

Residents using Dundonald Park have organized to replant the Park. There is also a hope that residents will attend a 'safety audit how-to' night on October 5th at 7:30pm and do a safety audit of Dundonald Park that night.

If you would like more information about these groups - or if you have community issues that you would like to work on with your neighbours, do not hesitate to contact my office.



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# WOMEN'S SAFETY: Is No News Really Good News?

## Ottawa's Mainstream Press Ignores *Take Back the Night* March

by Nick Van der Graaf

You would think the safety of women living in Ottawa would be important to the local media; apparently it was not.

On September 6th, 450 women walked in the annual 'Take Back the Night' march through downtown Ottawa, protesting the cultural climate which keeps violence against women an intolerable problem in society.

Only the *Ottawa XPress* saw fit to take notice of the women's march. Amazingly, the *Sun* and the *Citizen* considered the march to be a non-event.

The situation is absurd. If Ottawa's streets are safer for women, they are going to be safer for men as well. Statistically men represent the greatest percentage of violence victims in Canada. Yet men are never cautioned not to walk alone at night, and how often do you hear an adult male in this town express fears about being out late? Urban safety still remains very much a women's issue.

The theme of this year's Take Back the Night march was 'Demand Our Rights', a reflection of organizers' concerns about not only street safety, but also the economic, social and political barriers to women's health and security.

The Women's Action Centre Against Violence is an activist organization which makes women's safety a full-time concern. Amongst their other activities they conduct "safety audits" of key areas of Ottawa.

"I think everyone agrees that public spaces are less safe for women," says Marie Saikley, a worker with the centre. She says that often public areas are fashioned in a way which could leave women vulnerable and isolated.

But it is people's attitudes which matter most. Saikley is concerned that an incident of violence or potential violence on a crowded sidewalk would not actually induce anyone to interfere.

"People expect other people are going to do something. You could easily end up with a situation here no one does anything."

While Bytowners are notoriously reluctant to speak up in public, Saikley herself isn't. When confronted by an ugly 'domestic' incident happening right out on the street, she was moved to action. You could tell by his shouts, his whole body language, that he was going to hit her. I telephoned the police and waited at the scene, and told him someone was watching."

The Women's Action Centre Against Violence works with other women's organizations to create a safer city. Together they work with the Ottawa-Carleton Police Department to assess urban safety and educate the public on safety issues.

Amongst activist groups cooperating with the police can be pretty controversial, but Saikley does not appear to have any qualms about it. However, different theories and expectations of policing can cause problems. Take the much bandied-about idea of 'community policing.'

There are several definitions of what community policing might be, and as far as Saikley is concerned "the structure is not necessarily there" to support it.

"Public expectations of the police is usually not what the police can actually do" says Saikley, "and the police say they don't have enough resources."

Which neatly dovetails with the concerns of the Take Back the Night marchers. A main focus of the demonstration was the funding cut to the Region by Ontario's new Tory government.

They are worried that all the support services that people in Ottawa-Carleton, especially women, depend on will be cut back or eliminated. That includes rape crisis centres, housing and shelter, for abused women, and Regional policing services.

Statistics Canada's 1994 report showed reports of sexual assault were down by 10% and robberies down by 5%. On September 6, several hundred Ottawa women marched to see those figures further reduced.

They will see what the future holds.

## Gerald Halpern

Trustee, Zone 6, Downtown

### Ottawa Board of Education

Tel: 231-5765 Fax: 231-3334

e-mail: bb116@freenet.carleton.ca

Trustee, Zone 6, Downtown

Ottawa Board of Education

### The Summer Months

- ◆ Schools were closed but my summer has been busy planning for the coming year.
- ◆ I hope that you had a good summer season with opportunity to enjoy the hot weather and time for leisure and renewal.

### Computers in Education

- ◆ I am striving to ensure that computers are used as a normal part of the students educational day, to support student performance.

### Focus On The Classroom

- ◆ In line with my commitment to use our resources directly in the classroom, we shifted dollars away from non classroom use to two special needs of the elementary schools.
- ✓ Teacher aides were added to large kindergarten classes.
- ✓ The number of mental health workers was increased at a number of schools.

### Amalgamation

- ◆ A Toronto-based committee has said that the Ottawa and Carleton Boards of Education should be merged. This would reduce the use of our tax dollars for in-city spending needs. If it does happen, I want to empower individual school communities to maintain their identities. Equity of program resources will be the priority. Parent and school councils need the power to work directly with and for their community school.

Involved communities  
get better schools.  
Gerald Halpern

OBE  
Report  
Card



A New Noise in the Neighbourhood  
**THE CENTRETOWN BUZZ**

**WHAT'S THE BUZZ?**

The Centretown BUZZ is a monthly tabloid published by the Centretown Community NewsGroup. We cover Centretown! **Events**, **People**, **Neighbourhoods**, **Centretown's Culture and Community**. Watch for it on the beginning of each month starting October 1st.

Delivered door-to-door throughout Centretown. Also available at community centres, businesses, and selected shops across the neighbourhood.

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**you're invited!**

**OPEN HOUSE**

**Wednesday, October 18th  
 Jack Purcell Community Centre**

**Tuesday, October 24th  
 McNabb Community Centre**

**4-7 pm Open House  
 7:00 pm Presentation**

**and...**

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