

FREE  
2nd Issue  
NOV/95  
Vol1/No2

# CENTRETOWN BUZZ

SERVING THE SOMERSET WEST, LEBRETON, DALHOUSIE, CENTRETOWN AND DOWNTOWN COMMUNITIES



## City's Plan for Rescuing the Remnants in Parking-Lot Land

**Photo:** Laurier Ave, even before it was called Laurier, looking east from the corner of Lyon Street. The steeple in the distance is First Baptist Church at Elgin. Poured concrete sidewalks and crosswalks, dirt streets oiled to keep the dust down, and crazy telegraph poles. Those are London Planes, with their distinctive patchy bark. A quiet, leafy, neighbourhood of brick houses, horse-buns, wool knickers and straw hats. About 100 years ago. Ah, nostalgia. (Ottawa Archives).

The City of Ottawa's Centretown Heritage District Conservation Study zeroes in on the area between Elgin and Kent, south of the downtown core - where isolated clumps of historic buildings sit stranded in a sea of parking lots and 1960s towers. Are these fragments important for understanding where we came from? Centretown's Heritage Study surveys the old bits of streetscape, and could propose strategies for holding onto our community history. See P-9.

## FINAL CHAPTER: Arnold/Harris Election Dispute

by BUZZ Staff

Defeated former City Councillor Peter Harris will not be seeking a judicial re-count of last November's municipal election results in Somerset Ward.

The 1994 results that originally had placed Elisabeth Arnold slightly ahead of Harris, were further narrowed by an earlier City recount that reduced her victory to just over twenty votes - when it was discovered that at one polling station the returns reporting for Harris and Arnold had been reversed.

Previously, in the 1991 city election, Harris defeated Arnold in the race for the Dalhousie Ward seat on City Council.

In a letter dated October 25, 1995 to Ottawa's Corporate Law Branch and Arnold's attorney, lawyers for Harris have advised that they have filed a 'Notice of Discontinuance'. The action had alleged election irregularities, and had sought to overturn the vote by a request for a judicial recount before the Ontario Court.

The action brings to a close the long-running dispute, more-or-less. Harris will be claiming costs from the City of Ottawa for his 1994 legal appeal. The matter is to be heard on November 10, 1995 - almost a year to the day after last year's election.

## Community-Based Policing in Centretown: When's it Going to Happen?

by BUZZ Staff

Ottawa Carleton's Deputy-Police Chief Alex Mackie will speak on the issue of community policing at the Annual General Meeting of the Centretown Citizen's Community Association, set for Tuesday, November 7th.

While the Region's Police service has opened a new storefront Community Police Centre at Bank and Somerset Streets, many items remain unresolved. The Centre has yet to elect a Board from the community it is supposed to serve.

These boards are a key element in providing more local input on matters such as setting priorities for enforcement, approving special projects for the area, and greater community consultation on police activities.

Community-based policing was supposed to be a cornerstone of the re-organization of Ottawa-Carleton's urban police forces (Ottawa, Nepean, and Gloucester), which came into effect on January 1st 1995.

The C.C.C.A.'s Annual Meeting is scheduled for 7:00pm at the Ottawa-Carleton Regional Headquarters Building (Colonel By Room), 111 Lisgar Street.

## INSIDE: ISSUE TWO

### We're Still Here! :

The BUZZ Community Team in Centretown and Dalhousie...2

### Urban Coping Updates:

Traffic-Calming Workshops...4

Planned Chaos, Explained...5

### Jobless in the '90s:

A Self-Help Group for Freshly Outplaced Professionals...8

### BUZZ StreetNews:

Good + Bad News from Elgin, Gladstone, and Cartier ...3

### DEPARTMENTS:

Community Association News & School News & Recreation Association News ...All on Pages 5,6,7,8

### TENANTS:

Facing an Uncertain Future...10

### BUZZ EVENT PAGE:

Community Listings ...12

### AND FEATURES:

### The White+Cross:

BUZZBusiness Profile

Forty Years on Elgin...7

### Heritage Streets:

Can We Save What's Left in Centretown?...9

### United Way:

Your Generosity at Work in Centretown ...6

### Mind and Body:

The Good Food Column...11

CENTRETOWN  
COMMUNITY  
BUZZ

101-210 GLOUCESTER ST  
OTTAWA, ON K2P2G4  
PHONE 233-3074

NEXT ISSUE: DECEMBER 1ST  
DEADLINE: NOVEMBER 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

**Dalhousie Community Centre**  
755 Somerset St W/564-1188  
Recreation/Social/Crafts/Rooms

**Royal Canadian Legion  
Montgomery Branch 351**  
330 Kent St/233-7292  
Indoor Sports/Recreation/  
Rental Facilities

**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  
Cambridge St Public School  
350 Cambridge N/239-2216

**Schools-Intermediate:**  
Glashan Public School  
28 Arlington Ave/239-2264  
St. Anthony's School  
391 Booth St/235-0304

**Schools-Secondary:**  
Lisgar Collegiate Institute  
29 Lisgar Street/239-2696  
Adult High School  
300 Rochester St/239-2707

### Housing:

Centretown Citizens (Ottawa)  
Corporation/CCOC-234-4065  
Dalhousie Housing Co-op/234-5500  
Ottawa Housing Corporation  
City Living (City of Ottawa)  
Options Bytown-235-3182  
Daybreak 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 St/563-4336  
Somerset W. Community Health  
Centre/55 Eccles St/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

### Seniors Services:

Seniors Recreation Centres/241-  
7606 King's Daughters Dinner  
Wagon/233-2424  
Good Companions Seniors Centre  
670 Albert St/236-0428

### Youth:

Youth Services Bureau Office  
465 Maclaren/234-7788  
Drop-In 147 Besserer/741-7781  
Sandy Hill Young Women's  
Shelter/789-8220  
The Door/2-755 Somerset St W  
237-3667  
Scouts/Cubs (27th Ottawa) 594-3501  
Brownies/Guides (3rd Ottawa)237-8484

### Women's Services:

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

### Gay and Lesbian:

Pink Triangle Serices  
71 Bank Street-2nd Floor  
Gayline/Telegai:238-1717  
PTS INFO:/563-4818  
Metropolitan Community Church

### Retail&BusinessGroups

**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  
**St. Luke's Anglican Church**  
760 Somerset Street West/235-3416  
**Our Lady of Perpetual Health**  
15 LeBreton Street North/232-6960  
**St. Anthony Church**  
427 Booth Street/236-2304  
**Christ Church Cathedral Anglican**  
Sparks and Bronson/236-9149

### Cultural 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

# 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  
**Phone 233-3074**

**Editor:** Robert Smythe

**Co-ordinator:** Carol Toone

**Advertizing Agents:** Denise Harper, Vera Hrebacka

### Contributors:

Victoria Angel; Claire Aubrey; Jim Bennett; Bruce Bursey; David Carter;  
David Gladstone; Denise Harper; Lewis Hogan; Joan Katz; Jane MacDonald;  
Dan McIntyre; Henry McCandless; Paul Richard; Dave Seaborn; Robert  
Smythe; Carol Toone; Scott Whitfield; Olly Wodin

**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 us.

**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: December 1st. Deadline/Next Issue: November 21st.

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

## A Big Thank-You!

To all of the volunteers who brought you  
the First Issue of the Centretown BUZZ.

### BUZZ Distributors:

Anthony Andriotis, Nick Chadwick, Francine Cloutier, Guy Coulombe, Mark  
Farren, Josephine Fitzgerald and Kids, Judy Forrest, David Gladstone, Judy  
Gerber, Hannah & Gerry Halpern, Vera Hrebacka, Joan Katz, Marie Keasy,  
Michele Kennedy, Gary King, Thomas Marseille, Kitty & Henry McCandless,  
Suzie, Corey & Daphne McDonald, Judy McIlwain, Jean-Lucien Milien, Milo  
Odstricilik, David Seaborn and Family, Mira Shane, Grant Shaw, Robert  
Smythe, Abraham Tarasofsky, Peter Thorn, Kim Walsh, Alex Yanofsky.

**Did we miss your home/apartment building? Give us a call.**

**Would you like to join our team of distributors? Give us a call.**

Can you think  
of a place or  
group that  
should be  
added to the  
Community  
Resource List?  
**LET US KNOW.**

## WHOOPS! Some Corrections From Issue #1 of The BUZZ:

A dropped 'not' from Hannelore Walther's article  
on feline restraint left the impression that she  
favours a cat-control bylaw. She does not feel  
that one is needed.  
The source of the wood pile was actually to  
be found on Page 8 (not 6). Sorry to those who  
reported some frustration in trying to find the  
answer...

# GLADSTONE AVE

## Battle Against Drugs + Prostitution in the Dalhousie Community

by **David Seabourn**  
Dalhousie Neighbourhood Alert Committee

For a few months last summer - it was better. Extra work by the police and pressure from Dalhousie's Neighbourhood Alert Committee in the spring seemed to have reduced prostitution and needle problems along and near Gladstone Ave. But autumn winds have blown prostitutes back into the neighbourhood, and once again used needles are scattered in the leaves on our lawns, lanes, and playgrounds.

### What Do We Do?

#### #1: File a complaint with the Ottawa Carleton Police (236-0311).

When you phone the police, complaints are logged by a civilian dispatcher, but there may be no written record. Police work responds to statistics. These figures are based only on filed complaints and reports. The police then use these statistics to determine their priorities. The stats are not based on the usual phone-in complaint. Citizens must ask for the complaint to be filed.

#### If you observe soliciting, drug deals, drug houses, call the police, and...

- ★ State that you want to file a complaint...
- ★ Give your name and address, or you can choose to remain anonymous.
- ★ Request to speak to an officer,
- ★ Describe the complaint.
- ★ If you want to follow up on a complaint, ask for the report number, then record the report number, the exact time, and the date of your call.

#### #2: Let the Landlord Know

If you observe any drug, prostitution or noise problems from tenants or visitors to your building, or to a neighbouring house or apartment, let the landlord know.

Encourage landlords to take the appropriate legal actions against unsuitable tenants, and to carefully screen prospective tenants. Dalhousie's Neighbourhood Alert can provide detailed advice on how to go about this.

If you cannot find out who the landlord or building owner is, contact the City Councillor's office for assistance (244-5361). If the landlord is not co-operative, or you do not wish to confront a particular individual, let the Councillor's office and the Neighbourhood Alert Committee know what the problem is. They can approach, or if necessary assist in pressuring owners to properly manage their building.

#### #3: Light UP:

Keep your front porch light on. Make your street safer for your neighbours as well as you and your family. The prostitution and drug business prefers the darkness. Deny it to them! While you are at it, install security lights to illuminate lanes and backyards. Persuade your neighbour or your landlord to light up too. May you can help with the work.

And if a street-light is burned out, call Ottawa Hydro at 738-6411.

#### #4: Nuke the NOISE

Where there is unreasonable noise, there is trouble. Call the City's complaints line (244-5444). Call the Police at 9-1-1 if violence or threats are involved. Let the landlord know. And don't forget to file that complaint.

#### #5: Communicate

Talk to your neighbours. Get together with them to share the phone calling. Call, write, or come to one of the Dalhousie Neighbourhood Alert Committee's meetings with your concerns.

- ...If you are apprehensive, your complaints can get to the police more discretely if you:
- ...Let the Neighbourhood Alert know, so that they can collectively make a complaint.
- ...Phone Councillor Arnold's office. They will pass the complaint on to the appropriate authority as a 'resident's' complaint, or
- ...Talk privately to a Community Police Officer, or...

Phone the Community Police Centre (236-0311, ext 804 or 805).

#### #6: Never Give Up!

Crimes, prostitution, and drugs flow to the area of least resistance. So each person's efforts can make a difference.

Part of the Dalhousie Neighbourhood Alert Committee's role has been to channel citizens' concerns directly to the local police who attend our meetings. Problems include vandalism, theft, children's safety, illegal liquor sales and 'social clubs', as well as drugs and prostitution. The next regular meeting is

**Monday, November 20th - 7:00pm**  
**Somerset West Community Health Centre, 55 Eccles St**  
To find out more, call Sue McLatchie, Somerset West C.H.C. (238-8210).

# On-the-Street-BUZZ

## Cartier Street Gets Slimed

by **David Gladstone**

It's six weeks and counting for residents coping with the reconstruction of storm sewers on Cartier between Waverley and Frank Streets. While many neighbours have commented on the fringe benefits of eliminating through-traffic on Cartier, the reasons for this protracted length of time remains a mystery. For those familiar with the City of Ottawa's official policies for encouraging walking and cycling, it is discouraging to observe the absence of attention paid to keeping these intersections open to foot traffic.

The deep mud, pools of water, and heavy equipment left to obstruct safe passage over the street has made navigation through the slippery ruts and holes at these corners an adventure.

Good news on the way: When it is finally finished the City has agreed to resurface the street in a way that will permit the easy installation of any Cartier Street traffic-calming measures proposed by the Centretown Traffic-Calming Study.



Cartier's sticky slippery gooey challenge to walkers and cyclists

Photo: David Gladstone



Photo: Scott Whitfield

## Elgin Theatre: Still Vacant

How much longer will the street be blighted by this unappetizing, empty eye-sore?

by **BUZZ Staff**

The former Famous Players Theatre on Elgin Street has been vacant and boarded up for close to a year and the marquee makes a promise it will not fulfil for several more months. While most of the interior of the 13,000 square foot building has already been demolished and the electrical wiring upgraded, re-building will not begin until February 1996.

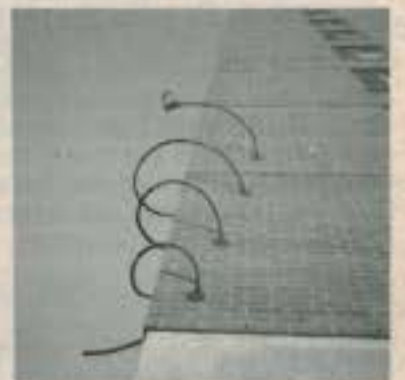
John MacDougall of Uniform Commercial Real Estate is representing a group of local investors who hope to attract four or five tenants to their building at the corner of Elgin and Lisgar. He and his clients are developing a design concept that will incorporate a mix of restaurants and retail outlets.

While MacDougall would not confirm the rumour that McDonald's will be one of those tenants, he did say, "There is a strong possibility that a national fast-food chain may set up on a small scale. We are in negotiations with a number of companies but no firm commitments have been made."

Some area residents question the need for more restaurants along the Elgin strip, however, most agree that by now, any plans are preferable to the current peeling plywood facade.

Artist Mary Faught bolts her electric blue wave to the side an apartment building at Lisgar and O'Connor Streets. The work is part of a public art installation mandated by the City of Ottawa. Below: c.j. fleury's wall-mounted spirals appear to weave through the towering brick walls.

Photos: Robert Smythe





From the days when traffic was truly calmer. Elgin Motors at the 1954 Ottawa Motor Show (City of Ottawa Archives).

# Traffic Calming Report:

by **Bruce Bursey**

Co-Chair, Centretown Traffic Calming Working Group

Since my last report, the Ottawa Citizen and CBC-TV both did stories on the Traffic Calming Project. The Ottawa Freenet traffic-calming newsgroup has started an active daily exchange. And the first of two public meetings has been held. The public debate on the Project has begun.

The Citizen article reportedly documented a residents vs business battle. However, contrary to this report, evidence of this battle was not seen at the Jack Purcell public meeting nor on the CBC-TV coverage. Furthermore, the discussion on Ottawa Freenet (go ottawa, 2) is focused more on trying to understand what Traffic Calming is; there is no evidence of an intra-community conflict in Ottawa cyberspace. The fact of the matter is no such battle is underway.

If there is a battle, it's a battle to reject the notion that residents must accept the status quo because the problems were here when we chose to live in Centretown. Attitudes and misconceptions like "if you want quiet, move to Kanata" or "this is just those Centretown radicals who want to ban cars downtown" or "if you leave it up to the residents, Kent Street would have a speed limit of 10 kph" are also on the hit list.

I say this because the traffic calming of Centretown isn't about trying to create our own piece of "suburbia" in downtown Ottawa. (After all, I too chose to live here not there.) Its also not about the banning of cars or the closing down of roads for that matter.

People who live, work, have businesses or just drive through, all seem to agree that Centretown has traffic problems. But while there may not be a battle, there are differences of opinion between each of these groups on the definition and the solutions to the problem. The Traffic Calming Project is a community driven project which seeks consensus building rather than the simplistic polarized confrontation approach to solving common traffic problems.

Business representatives fear anything which they perceive will reduce the number of potential and real customers. But residents and businesses alike respond positively to the idea of increased on-street parking. Residents find streets with speeding cars on Lyon, Kent, O'Connor and Metcalfe hamper their access and safety to getting to retail/commercial streets like Bank and Elgin. Commuters object to anything which will add time to their scurry to and from work each day, but they too are concerned with hazardous intersections like those at O'Connor and Catherine or Kent and Catherine.

Instead of accepting Centretown road problems as a given, I think what we should really accept is that the existing traffic management regime isn't working. Instead of helping the community of Centretown to be

a vibrant desirable place to live, the current traffic management regime is contributing directly to its slow demise.

Based on the public debate to date, there seems to be more agreement being expressed than disagreement. The issue is not about too many cars on the streets, but rather too many speeding cars and too many car drivers who do not respect the fact that they are driving through a residential neighbourhood when they drive through Centretown.

The achilles heel of the current regime is its dependency on police to enforce traffic violations. It is clear there are not enough police officers to enforce the existing traffic management regime.

Traffic calming is about changing the physical shape of the roadways so that enforcement is not something we depend upon the police to do. Instead traffic calming changes the roadway so the roadway itself causes drivers to change.

Obvious objections to traffic calming include questions like how much will this cost and how long will it take? Or more to the point, will traffic calming raise taxes and will we see results sooner than later? These questions cannot be answered with site specific accuracy at this time, (that's what the Project will be looking at over the next few months). The final report will include costs and an implementation plan which will be open for public comment before it goes to City and Regional Council.

Without any doubt the current fiscal realities at the municipal and provincial governments makes cost a real issue. It is clear that both the political and economic environment have changed since this project began 21 months ago. Again there is agreement among residents and business that neither want to see taxes increased.

But the cost of doing nothing is all too apparent to those of us who are watching and living what seems to be the demise of the viability of Centretown as a healthy mixed residential/business community. The challenge is therefore to be smarter in the way we spend our tax dollars on roads. Traffic calming is a start but we also need to carefully reexamine the ways we are spending current tax dollars on roadchanges, like widening intersections, which only make the situation worse.

Over the upcoming weeks the Traffic Calming Project will continue to move through the public consultation stage of its work. During November, we will be holding small neighbourhood workshops to look at individual streets and their redesign needs. Many residents have already signed up for these - if you haven't give us a call at any of the numbers below and we will make sure you get the information about when and where. This is a key step in the Traffic Calming Plan and we can't do it without you.

If you have traffic problems you want to discuss and resolve at the neighbourhood workshops or are interested in participating in the Working Group, please contact J.P. Braaksma + Assoc. at 723-1264.

**Nancy A. Luitwieler,**  
LL.B.,  
Barrister, Solicitor, Notary Public

Suite 503 - 251 Bank Street  
Ottawa, Ontario K2P 1X3  
Phone: 563-0934  
Fax: 563-4691

## WHITE + CROSS

DISPENSARY (OTTAWA) LTD.  
264 ELGIN STREET

**233-4029**

DELIVERY SERVICE

Denise Allan, B.Sc. Phm.  
Deborah Charron, B.Sc. Phm.

**Open:**

Monday - Friday 8am - 8pm  
Saturdays 9am - 5pm  
Sundays & Holidays 10am-4pm



**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

Audrey J. Starkes, B.S.W., M.S.W., C.S.W.

Social Worker

20+ years of general practice  
Women, young adults, non-traditional families  
Tel: (613) 233-0192

### KEEP YOUR PORCH LIGHTS ON!

For only 3 cents a night (or \$12 a year)\*, you can help make your neighbourhood safer. (\*40 watt bulb)

**S'IL VOUS PLAÎT, GARDEZ VOTRE ENTREE ÉCLAIRÉE.**

Pour seulement 3 sous par nuit (ou \$12 par année)\*, vous pouvez garder votre quartier bien en sécurité. (\* ampoule de 40 kw.)

From: Lights On..For a Safer Neighbourhood  
Dalhousie Community Association



## The Bank Street Beat

by **Const. Lewis Hogan**  
Centretown Community Police Centre

There is a growing problem, not just on Bank Street, but across the region with the spray painting of graffiti on everything from OC Transpo transit stations, Queensway underpasses, to the brick walls of business and private homes.

This type of graffiti is called TAGGING.

This is usually the spray painting of one's TAG NAME on as many places and hard to reach places as possible.

This practice, of playing TAG is costing property owners thousands of dollars to repair, paint over or in the case of a brick wall, sandblasting.

To aid in combatting this type of property destruction, I have contacted OC Transpo to enlist the TranSecure Program. The drivers have been made aware of the problem and if they see anything suspicious, they will call the police. Most of the tagging is done at or near bus stops.

Some paint and hardware stores have been contacted to watch for kids who either shoplift or purchase unusually large amounts of spray paint.

I am also requesting that should anyone observe someone causing this damage to call the Police. After all, the next time they PLAY TAG, it may be your business or home.

Working with the Police is the only way that we will be able to stop this crime.

**23/24 Division-Ottawa**  
**Call: 236-0311, ext. 360**  
**or call CRIME STOPPERS**  
**at 233-TIPS (8477)**

## C'TOWN Yesterday and Today, Mixed & Messy - But Stable!

by **David Gladstone**  
CCCA Development Review Committee

Ever wonder why Centretown looks the way that it does - with its seemingly random mixture of stately (or more modest) Victorian houses, stores, and modern office buildings? Why doesn't our neighbourhood have the kind of strict separation between residential and commercial areas that you see, and perhaps admire, in the Glebe?

There are good reasons why Centretown has that 'mixed' look. You can be reasonably comfortable in the confidence that our community will keep its familiar image for the foreseeable future.

## McNabb Recreation Facility Events:

**180 Percy Street  
at Gladstone Ave  
564-1070**

**Holiday Craft Sale**  
**Saturday, December 2nd**  
**10-2 pm**  
**\$25/20 Members per table**

**Note that registration begins on Monday, November 13th.**

**Family LifeSaver + CPR**  
For Parents/Guardians/Aunts/Uncles  
Grandparents Together with a Son/  
Daughter/Nephew/Niece

- What to do when breathing stops.
- What to do then a person is choking.
- How to control serious bleeding.
- How to care for an unconscious person.
- First aid for burns.
- Intro to CPR and hypothermia.

**Cost: \$20/adult \$10/child or teen**  
Option \$10 more for testing and certification (HeartSaver Level A)  
**Saturday, Nov 25th - 1-5pm**  
**McNabb Preschool Room**

The McNabb Recreation Facility has successfully started their After-Four program and needs some assistance to make it better. Donations of time or 'stuff' would go a long way. The After-Four Program (Monday-to-Friday), designed for children ages 5-12, needs volunteers for one-to-one help for a wonderful special needs child. They would also appreciate any pots, pans, plastic cups, utensils, a toaster, reading books, board games, dress-up clothes, or any watches or machines and small appliances that could be taken apart. Drop by at McNabb and say Hi to Mary K., Kelly, and Cyndi, our dedicated After-Four staff.



### 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 you 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.



**BOOK YOUR  
CHRISTMAS  
PARTY  
NOW!!**

**ORGANIZERS  
GET FREEBIES**

**Call Manager  
563-4700**

**JAMES STREET  
FEED COMPANY**  
**390 BANK STREET**  
(BANK & JAMES)

Service de transport aux aines  
**ACCOMPAGNEMENT  
JP  
ESCORTING**  
Transportation Services for Seniors  
**Jean-Paul Paulin**

Page/Pager: 751-0133

Nous avons votre securite  
et votre bien-etre a coeur.  
We have your security and  
well-being at heart.



**OPEN 24 HOURS**

374 ELGIN STREET  
OTTAWA, ONTARIO  
K2P 1N1  
(613) 237-9700

Centretown was one of Ottawa's first residential suburbs, sprouting out of fields south of the existing city between 1880 and 1910, much the way the City of Nepean grew 80 years later. As a more-or-less planned area, albeit largely by land speculators and developers, Centretown was built on a fairly consistent street-grid pattern, with feet, horse-drawn vehicles, and electric railway streetcars as the major modes of transportation. The Bank Street corridor was and remains the major commercial zone, with an early warehouse district next to the Rideau Canal. Dotted in the residential sector were neighbourhood stores.

Ottawa's explosive growth in the 1950s and 1960s led to commercial and residential development of chunks of Centretown, adding the tall office blocks and apartment towers that mark Centretown, particularly close to the downtown. This would have continued to change the neighbourhood into a highrise jungle if the Centretown Plan, with its key principle of maintaining and enhancing the residential character of the neighbourhood, had not been developed by residents' groups, including the forerunner of today's

Centretown Citizens' Community Association. After several years of vigorous lobbying and political struggles, the Plan came into effect in 1976, designating Centretown as primarily residential, and limiting any further expansion of these office and commercial uses in the residential zones, now termed as non-conforming, to a maximum of 25%.

The Centretown Plan gave homeowners and residential developers the long-term security to invest in their properties, adding gentrification to the Centretown mix. The end product is the community we love - with its restored homes, aging apartment blocks, new condominiums and townhouses - now interspersed with those office buildings and stores.

It may look messy to others, but we have grown used to seeing cranes constructing new housing in Centretown, and not office developments or malls. Nothing on the horizon says that this happy state of affairs won't continue - especially as the business community joins us in supporting increased walking and cycling for shopping and commuting.

## City Councillor's Report Elisabeth Arnold

111 Sussex Drive,  
Ottawa, ON K1N 5A1  
Phone: 244-5361/Fax: 244-5371

October and November have been busy months in Centretown.

One of the most important projects currently underway in our community is traffic calming. The Centretown Traffic Calming Plan aims to reduce the negative impact of commuter roads like Kent, Metcalfe, Lyon, O'Connor and to provide for a welcoming and safe environment for all residents, our business neighbours, their customers, downtown workers and visitors. There have been community open houses meetings throughout October to solicit input from residents and business people. Detailed plans will be developed on a neighbourhood basis, and presented to the larger community for comment before being submitted to the City of Ottawa and the Regional Municipality of Ottawa-Carleton.

The City budget process will continue throughout the month of November with a draft budget being presented to the public in the middle of the month. Public input on the draft would be welcome throughout the month until the Council approves the budget by December 20, 1995.

Plant Bath pool is in need of some repairs. The City of Ottawa has prepared a report for public consultation which presents several options for the facility. If you would like to contribute to the discussion on the future of the pool please come to a public meeting on Wednesday November 22 at the Dalhousie Community Centre.

Many people in the community are working hard to make our streets safer. Two safety audits have taken place within Centretown this fall. The Elgin St. Safety Audit and the McNib Safety Audit (Gladstone area from Bronson to Kent) have been completed and are in the follow up stages. Congratulations to those who have participated. The community will benefit from your efforts.

Please give my office a call for more information on any of these activities.

VANILLA

256 Elgin Street  
Ottawa, Ontario  
K2P 1L9

(613) 238-4022

## Parent+Child Street-Front Drop In..

The Parent Preschool Resource Centre will receive \$20,000 from United Way/Centraide in order to offer a safe, stimulating and low stress environment where socially and economically disadvantaged parents can drop-in with their children.

The overall goal of the "Parent Child Street Drop-In" project is to enhance the quality of life for the parents and preschool children.

### THE DOWNSTAIRS PLAYHOUSE

DO YOU WANT A SAFE AND STIMULATING PLACE FOR YOU CHILDREN TO PLAY?  
DO YOU NEED TO GET OUT AND MEET NEW FRIENDS?

DO YOU WANT TO TAKE PARENTING COURSES OR FIND OUT ABOUT RESOURCES FOR YOURSELF AND YOUR KIDS?

VISIT THE FREE DROP-IN FOR PARENTS AND CHILDREN 0 TO 5 YEARS OLD.

LOCATION: 254 ARGYLE AVENUE (SIDE ENTRANCE OF CHRIST ROI CHURCH)

OPEN: MONDAY 12:00 P.M. TO 2:00 P.M.  
WEDNESDAY 10:30 A.M. TO 1:30 P.M.  
FRIDAY 9:30 A.M. TO 1:30 P.M.

INFORMATION: MYCHELE 237-6440

WANTED BY THE BUZZ: NEWSPAPER DISPLAY RACKS. PLEASE CALL US IF YOU HAVE ONE TO SPARE 233-3074

613-233-9651  
254 ELGIN OTTAWA  
K2P 1L9

MAGS & FAGS

## How the United Way Helps Our Community: Putting a face on people's gifts

There are so many ways members of this community benefit from United Way/Centraide. If people ask you how, don't just give them stats—match a face to their donation. The following are just a few of the important things that their money can buy:

### Total\$/Per Pay\$ Will buy ...

**\$78/\$3** One month of a drop-in program that helps women reintegrate into the community after serving a prison sentence. (*Elizabeth Fry Society of Ottawa*)

**\$13/\$5** One month of daycare for a disabled, frail senior. (*Good Companions Seniors Centre*)

**\$200/\$10** Twenty hours of crisis intervention for suicidal callers. (*Distress Centre of Ottawa and Region*)

**\$520/\$20** Ten days of support for a single mother and her two children to help them deal with the predicament that put them in emergency accommodation. (*YM/YWCA of Ottawa-Carleton*)

**\$1,300/\$50** A special friend and mentor to visit a high risk girl, four to six hours each week. (*Big Sisters of Ottawa-Carleton*)



## ROYAL CANADIAN LEGION MONTGOMERY BRANCH 351

# A DATE WITH CENTRETOWN'S LEGION

Get acquainted with the choice of opportunities it offers you!

### Membership Eligibility

- All service personnel
- Ex-service personnel
- Wife/Husband of service personnel
- Son/Daughter of service personnel
- Brother/Sister of service personnel
- Grandchildren of service personnel
- **General public** (as Fraternal members)
- AGE OF MAJORITY

### Fellowship

- 65 Club
- Bingo
- Dancing (lounge)
- Entertainment (FRI., SAT.,/SUN.)
- Special Events

### Ladies' Auxiliary

### Sports

- Curling
- Golf
- Bowling
- Cards
- Darts
- Sandbag
- Pool
- Shuffleboard
- Tournaments of all sorts

### Rental Facilities

- Banquets
- Wedding
- Parties
- Receptions
- Group mtgs.
- Full catering
- Fully licensed

CONTACT: Royal Canadian Legion, Montgomery Branch, 330 Kent Street, Ottawa, K2P-2A6 Telephone (613) 233-7292

## BUZZ Business Profile



Pharmacists Denise Allan and Deborah Charron dispense friendly and useful advice to their many long time customers.

Photo: Denise Harper

## Forty Years at Elgin & Somerset: White Cross Dispensary

by **Claire Aubrey**  
and **Denise Harper**

If you need a prescription filled, an aspirin, or merely advice, the White Cross Dispensary can help.

Conveniently located on the corner of Elgin and Somerset, this service-oriented dispensary has been helping customers in Centretown and throughout the region for forty years. Its two young entrepreneur-owners are Deborah Charron and Denise Allan. While they are both graduates of the renowned University of Toronto School of Pharmacy, they first met while working at White Cross for Bernie Helgason and Bill MacKenzie, founders of the store. And Bill and Bernie can sometimes be found behind the White Cross counter, still helping after all these years.

Deborah and Denise bought the store in 1990 and that's when they stopped counting the hours they put in to ensure the store's continuing success. "We don't just dispense drugs -- we also dispense information about drugs -- both prescription and over-the-counter -- and we monitor drug interactions carefully. We also have to be familiar with all the new drugs -- we spend a lot of time, as often as twice a month during the winter, at seminars run by our local Pharmacists' Association. And our night table reading is often one of the many journals we subscribe to. It's a responsibility we take very seriously."

We asked Denise and Deb what makes the White Cross Dispensary so special. Without hesitation, the answer was, "Our staff and our service. Our service is client-based and a great many of the customers we serve have been loyal to the store for many years. They place their confidence in us and we try to never let them down."

"Also, we're now offering a number of extra services, focusing on prevention and early detection of health care problems. For example, every second Wednesday afternoon, we have a registered nurse on hand to monitor high blood pressure, blood sugar levels and offer a foot assessment, especially important in diabetes where there are often associated circulatory problems. We emphasize, though, the tests are there to supplement the health care provided by physicians and other health care professionals, not to treat specific conditions."

The staff of the store is remarkable, too. Many of them have been with the dispensary for years - at least one from the very beginning. It is their friendly faces and helpful attitudes that make White Cross customers come back again and again. That loyalty remains even as customers move away from the city. Deb told CENTRETOWN BUZZ that she has mailed prescriptions to clients as far away as Australia!

What's ahead for the White Cross? Deb and Denise agreed that they wanted to keep up their program of steady improvement in service. For example, the Dispensary now has a video lending library for the use of its customers, offering easy-to-understand educational tapes on subjects as diverse as asthma, hypertension and migraine.

It's obvious, at White Cross, customers always come first.

For information on up-coming clinics at the White Cross, See Page 10 of **THE BUZZ**.



## Glashan School Report

28 Arlington Avenue  
Phone: 239-2264

### Glashan's Personalized Pupil Environment Means Students Counseled Daily

by **Jim Bennett**

The personalized student environment at Glashan Intermediate (Grades 7/8) School does not "just happen". Rather, it is the product of deliberate and strategic choices about organizational structures and educational philosophy that recognizes the unique nature of the early teen-ager.

Garry McCaffrey, Glashan Principal, builds into the student timetable provisions for sustained contact each day between 8 classes of students and its adviser or counselling teacher.

A Glashan teacher instructs classes on a modified rotary timetable. However, each Glashan teacher meets for 20 minutes daily with the same group of students to provide social and academic support. Support activities include conferring with students on personal problems, giving career information and guidance, developing student self-confidence and leadership, and discussing issues related to academics, family, peers, health, ethics, morals, values, multiculturalism, and intergroup relationships.

Having a counselling teacher or adviser means that each Glashan adolescent has an adult to whom to turn. As Grade 7 and 8 students strive for autonomy, grapple with regulating their own behaviour, and learn how to make responsible choices, their need for close, caring adult supervision and guidance is paramount.

Each of the 14 counselling classes at Glashan develops its own personality, but what the classes share is the sense of being havens - safe ports in the storms of early adolescence. Being members of a group that meets daily gives Glashan students a feeling of belonging and community. This group also serves as a focal point for social and athletic events.

Often the teacher adviser acts as an ombudsperson, contacting other Glashan teachers on a student's behalf. Also, the adviser receives information from a student's teachers and keeps Glashan parents abreast of pupil progress.

Backing up the counselling class system is Glashan's professional support staff: a schools psychologist, a guidance counselor, a social worker, a multicultural advocat, a police liaison officer, and three substance abuse resource teachers. Glashan teacher advisers turn to them with questions and often refer students to them.

Glashan's counselling class structures provide a caring, student-centred orientation that personalizes the school environment for each Glashan pupil and encourages student engagement in learning processes.

### OUR TENANTS ENJOY AND DESERVE "SPECIAL" CONSIDERATION

Centretown Citizens Ottawa Corporation (CCOC) is a non-profit housing corporation serving Ottawa since 1974.

Just listen to what our tenants have to say:

"I have never lived in a cleaner, more well kept building."

"It has been our pleasure living with CCOC, keep up the excellent service in the Ottawa area."

**We presently have bachelors, 1 and 2 bedroom apartments and beautiful 3 bedroom townhouses. Locations vary from the Heart of Centretown to the Historic Market area and the East and West end of Ottawa.**

**Want to find out more? Call our rental office at 234-4065 ext. 233 Monday to Friday from 9 AM to 5 PM.**

**CALL  
BUZZ  
ADS@  
233-  
3074**

## Jack Purcell Recreation Association JPRA

320 Jack Purcell Lane  
Elgin at Lewis/564-1050

by **Paul Richard**, JPRA Board Member

*You are invited to JPRA's  
COMMUNITY HOLIDAY PARTY on  
Saturday December 2nd from 3-6 p.m.*

*With all of the cutbacks that we are  
being bombarded by these days we  
need some good news and to come  
together in a more positive climate. In  
this light, JPRA would like to invite all  
of our staff, our user groups, our  
partner community associations and  
Centretown residents to a party with a  
Holiday season theme.*

*We are planning games, storytelling,  
the making of a giant card. It's an  
opportunity to meet your neighbours,  
and much more, for all ages. This  
event will follow a craft sale that will  
run from 10 a.m. until 2 p.m. Both  
events are free of charge and are to be  
held at the Jack Purcell Community  
Centre located at 320 Jack Purcell Lane.*

*Craft Sale tables are available for rent  
at a cost of \$20 per table. Please book  
in person at the Community Centre.*

*JPRA aims to maintain and improve  
the quality of life of Centretown  
residents by focusing on recreation  
and leisure activities. To become  
involved with JPRA. Call 564-1050.*



Elgin Street School pupils and guests gather to plant 400 Dutch tulip bulbs on October 23rd. The bulbs were won by Pat Derrick, an Elgin Street parent who won them with her prize-winning Canadian Tulip Festival essay in *Canadian Living* magazine. The bulbs join other frontyard landscaping at the school, including shrubs and a decorative iron fence. We'll have to wait till next spring to see the flowery results of this community beautification project on Elgin. Yeahh!!! Elgin Street Public School!!!

## NOTWorking? Try NetWorking: TAG's Self-Help for Unemployed Professionals

by **Leo Molina**, TAG Co-ordinator

Downsized? Re-engineered? Disheartened?

Welcome to the '90s.

Are you stuck? Do you feel beaten down by a plague of polite rejection letters? Have you been pink-slipped and feel that you've got only three months' grace before you are forced to take to the streets, going door-to-door, resume in hand, desperate for recognition of your education and work experience?

Have you started to think that a new job could be worse than the one you have, and dread having to start a job search before this one has even begun? Has the economy got you so down, it's beginning to look like up?

If you have been downsized, re-engineered, or outplaced from your job, or you know someone who has - then TAG (The Technical and Administrative Group) can help you.

TAG is a group of professionals who meet weekly to help one another to get a grip on life as the newly 'outplaced'. The group provides a warm, supportive atmosphere where members assist one another with resume writing, interview techniques and skills assessment.

We share ideas and information about job vacancies and provide vital contacts with people from our own networks. As well, there are opportunities to discuss the psychological and emotional aspects associated with unemployment.

TAG meets each Thursday evening at 7:30pm, in a location near the Merivale Road. It's free. You can call the co-ordinator, Leo Molina, for more information at: 523-5632. Or, you can reach us by e-mail at: ag587@freenet.carleton.ca.



BISTRO AND WINE BAR

360 Elgin Street, Ottawa, Ontario K2P 1M8  
Tel: (613) 236-5915, Fax: (613) 236-2679

### 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

## Flora Street: Residents Follow Up

by **Henry McCandless**

Flora St residents of the block between Bank and Kent met again mid-October to work on the problems in their neighbourhood (see story in October BUZZ). Somerset Ward Councillors Elisabeth Arnold and Diane Holmes and the owners of the properties in question attended.

Since the residents' meeting in September, the owners, the Baker brothers of European Glass and Paint at Bank and Flora, have evicted disruptive tenants from 66 and 72 Flora, reporting that those units were empty, the noise should have been reduced significantly, and that they were working on improving their screening of tenant applications. They also indicated that they had been making interior renovations to these properties until the cash for this work ran out.

Residents acknowledged that the street was quiet, but attribute it most to the colder weather. One continuing problem, said a resident, is that a former-tenant prostitute is still in the neighbourhood. All acknowledged that the circumstances in the area hamper the resurrection of the Flora neighbourhood: the pawn shop, money mart and Regional welfare office have the effect collectively to depress the spirit on the neighbourhood. Two home owners felt their properties were virtually unsaleable.

The issue is how to get back the residential atmosphere that Flora once had. Ways have to be found that involve the city, property owners and the tenants. Residents and councillors feel strongly that the single most important first step must be taken by the Baker brothers, as owners of the row of houses on the street abutting Bank. Those properties set the image for the street.

Trees are being supplied by the city for the Bakers' properties, and residents and councillors again stressed that the owners must act on the landscaping to attract the type of tenant needed to save the street.

No further developments have occurred in the Baker's aim of selling the properties.



Look carefully at this picture. It's an aerial shot of Centretown taken in April '61, just before the building boom that erased most of the Centretown Heritage Study Area. The Queensway is under construction. The downtown stops at about Gloucester Street. Can you see your house from here?



## HERITAGE STUDY IN THE Middle Zone: Planners, Consultants and Citizens Consider What to Do with the Blocks in the Shadow of Ottawa's Central Business District.

by **Victoria Angel**  
Centretown Heritage Conservation District Study Evaluation Team Member.

A stranger to Centretown might be baffled by what confronted him or her on the first visit. This neighbourhood eludes simple description. Certain streets, especially those of the Dundonald Park and Golden Triangle areas present typical, older residential neighbourhoods. Most houses date from the late-19th century. Despite the range of late-Victorian residential designs seen on any block, the streets themselves exhibit a certain uniformity.

Travelling towards the centre the view changes. Rows of houses found on either side of Bank and Elgin are replaced by apartment buildings dating from both the early and late twentieth century. The scale of the buildings varies as much as the age of the structures. Often, it is the trees that provide a sense of cohesion to the streetscapes of this area. The most jarring characteristic of the central area, however, are the gaps and the parking lots. The neighbourhood has proven to be remarkably flexible in terms of the kind of building form it can comfortably accommodate. Parking lots, however, are having a devastating effect on the character of the area.

A study initiated in the fall of 1994 to consider the heritage character and resources in Centretown, will enter its third and final phase this winter. Although previous heritage studies, following similar guidelines, have been carried out for the downtown core of Ottawa, the Centretown study is unique in the extent to which local residents and concerned citizens have been involved.

Municipal funding for the study had been ear-marked by city council in accordance with the Central Area Plan, prior to 1993. In November 1993, the Centretown Community Council produced a 'Centretown Plan report card' which identified not one but three issues which it was felt required immediate consideration. These weaknesses included the commuter traffic passing through the neighborhood, the increase in vacant lots/parking lots in the central core, as well as heritage and the environment. At the request of the community, the \$225 000 allocated to the heritage study was divided three ways, for separate studies on traffic, heritage and parking lots.

The decision to re-allocate funds left a budget of \$100 000 for Centretown's study. The City's most recent heritage district study in Sandy Hill West was conducted with roughly the same funding and consisted of a district of 110 buildings. Centretown is comprised of over 1500 buildings. It was evident that priorities would have to be established as to where the money could most effectively be spent.

In order to get community ideas on how to set these, Councillor Diane Holmes established a Citizen's Task Force, whose responsibility it was to establish the terms of reference for the district study. Although a more democratic approach has been advocated in recent years with respect to urban planning, this was the first time in Ottawa's history that the process had been opened up to such an extent. During the winter of 1994, members of the Centretown community, representing a variety of interests, met with city planners, and Councillor Holmes. It was during these meetings that it was decided to study the most endangered portion of the district, the area bounded by Kent, Elgin, Gloucester and Catherine Sts.. The Dundonald Park area appears to have been protected in recent years through heritage zoning. The Golden Triangle, likewise, is a stable neighborhood given the market demand for older residential properties of their character. The task force decided that \$10 000 be allocated for a separate report on design guidelines for the Golden Triangle, to be carried at a later date.

Although the boundaries had been drastically reduced through the task force's recommendations, the area to be studied had only been reduced to 900 buildings, a number which remained unmanageable with the constraints of the reduced budget. The next step was therefore the establishment of a task force subcommittee, who conducted a pre-screening of the buildings within the central area, in order to further whittle down the number of buildings to be considered in the study. In addition, the task force, with input from L.A.C.A.C. (The Local Architectural Conservation Advisory Committee) and Heritage Ottawa, modified and pared down the terms of reference for the study itself. In June 1994, the terms of reference were approved by city council.

In September 1994, a selection committee, which included a member of the citizens' task force, hired Julian Smith and Associates Architects as the consultant for the project. Other members of his consultant team include Margaret Carter (Heritage Research Associates), the project historian, Jane Ironside (Oliver Mangione McCalla and Associates, Planners), the project planner, and Joanne Latremouille and May Faight, who are researching landscape/streetscape history.

The first public meeting in February 1995, at Dominion Chalmers Church was well-attended and allowed the consultants to present the initial findings of the research carried out to date. The evening also provided a forum for citizens' input on both the process and the findings. The presentations by the consultants were enhanced by maps and presentation boards displayed around the hall which illustrated the patterns of use and development in Centretown historically, providing the audience with a framework for understanding how and why Centretown came to be what it is today.

Once the research was completed, the project entered its second phase, the evaluation of buildings in the central area based on the architectural, historical, and contextual assessments made by the consultants. The evaluation team, whose final meeting is scheduled for December 1995, includes representation from the consultants, L.A.C.A.C., the city's heritage planners, and members of the Centretown community. Around ten people from the team have been scoring the buildings being evaluated. The results of this process will be made public at the next public meeting for the study, in January 1996.

A third public meeting is anticipated for March/April 1996, when the consultants will discuss the recommendations. This will include any proposed heritage designations under Part IV (individual buildings) or Part V (districts) of the Ontario Heritage Act, or the adjustment of heritage zones, or changes to the status of buildings on the Heritage Reference List. The study will help in future assessments of the area, including general planning recommendations. These will form the basis of future secondary studies to be carried out.

### What's the Heritage Character of Centretown?

Margaret Carter, of Heritage Research Associates, has been conducting extensive research on the historical development of Centretown, an area defined by the boundaries of the Queensway, the Canal, Bronson Ave, and Laurier. Her findings provide us with a framework for understanding the district in its current form.

According to Ms. Carter, one of the unique aspects of Centretown is the fact that it has, until recently, been almost exclusively dedicated to residential use. Where other neighbourhoods in Ottawa's central area have supported light industries, Centretown has, historically, functioned as a residential suburb to Upper Town, and is therefore composed almost exclusively of houses and apartment buildings. Due to its links with areas existing outside its boundaries, it has responded, over the years, to initiatives taking place beyond its own borders, such as activities relating to Upper Town's role in Ottawa as Canada's capital.

Photos: Victoria Angel



**252 Lisgar St.**  
**Date of Construction:**  
**between 1879-1901**

Built during the initial period of Centretown development, this late Victorian residence reflects Centretown's early role as a residential area for civil servants. Its first owner worked for the Department of Marine and Fisheries. It exhibits Queen Anne-style detailing, popular during the late nineteenth century.



**168 O'Connor St/Heck's Variety Store**  
**Date of Construction: 1878**

This house was built for a carpenter, and had a stable and a shop in the rear. It was constructed when Centretown had just opened for development. In its uses as a livery stable and store, during the early twentieth century, it reflect O'Connor St.'s role as an access route from Centretown to Parliament Hill. The front gable design of the house was a common mid-nineteenth-century vernacular form, seen frequently in Lowertown.



**110 Gloucester St/ The Wendell Arms**  
**Date of Construction: 1912**

This pre-World War I apartment replaced a double house on its lot, reflecting the increase in density of Centretown during the period when the civil service was rapidly expanding. It was the first modern apartment building to be built on Gloucester St. Note the classical handling of the entrance, reflecting the revivalist spirit of early twentieth-century buildings.

**Regional Councillor's Report**  
**Diane Holmes**  
 111 Lisgar St, Ottawa ON K2P 2L7  
 Phone: 560-1220  
 Fax: 560-1203

**Difficult Budget Decisions Ahead...**

Provincial Government funding for the region has been cut drastically - not just for social services but for all departments. The Harris cut-backs will force Council to make difficult decisions for 1996.

**Downtown Residents**  
 Phone the Regional Budget Information Line 235-1996 with your suggestions and comments

The region is sponsoring an open house on the budget on November 29. I will be holding a public meeting for our ward. For more information, please contact my office.

Constituents tell me that they want me to work to support:

- the valuable work of social agencies and community groups
- OC Transpo, especially services for the disabled
- Blue Box Program, tree-planting and traffic-calming
- revenue generating projects like:
- recouping funds from the sale of recyclables,
- photo radar on regional roads and intersections
- use reductions in water and sewer rates to fund community needs

Constituents have suggested the following ways to reduce costs:

- fighting costly infrastructure needed for urban sprawl,
- reducing bureaucracy,
- stop building and widening of intersections and roads

**Photo Radar For a Safer Community**

The Transportation Committee agreed to ask the Province for the go-ahead to install photo radar on Regional roads and intersections. Photo radar is being used in more than 40 countries to make roads and intersections safer. The Canadian Association of Chiefs of Police has passed a resolution in support of photo radar.

Many people call my office to complain about red-light running, which seems to be rampant in our Region. Cameras at intersections have proven to reduce this dangerous practice.

Photo radar also makes money and we have asked the provincial government to allow the Region to keep money from fines to help balance the loss of provincial funding.

*Involved Communities Get Better Schools*



**Gerald Halpern**  
 Tel 231-5765 Fax 231-3334  
 Trustee, Zone 6, Downtown  
 Ottawa Board of Education

◆ Amalgamation ◆

The interim report of the Ontario School Board Reduction Task Force has recommended that the Public School Boards of Ottawa and Carleton be merged into a single school system with more than 80,000 students. Further, the Separate School Boards of Ottawa, Carleton and Renfrew would merge into a single system with more than 38,000 students.

There is general agreement that the impact on Ottawa will be higher taxes and a reduction in the services provided to the inner-city schools.

The report clearly states that amalgamation should not proceed without tax reform. We can only hope that the Task Force will be listened to on this point. Still, we must recognise that education can and must become more efficient. Amalgamation is one of several ways to do this. Our challenge remains, as always, to find best answers to two questions: (1) "Do students get quality education?" and (2) "Is education being cost-effectively delivered?"

◆ The 1996 Budget ◆

The Ottawa Board of Education has now begun the task of setting the next budget. Trustees are seeking advance information about program and service benefits and costs. We will be examining the assumptions on which to base the budget -- e.g., assessment base, provincial changes to the rules, examining discretionary programs and services, capital building requirements. With that information, the Comptroller will be able to provide a draft budget for detailed review. This process will go on for some time. Please ask for information at any point along the way -- the sooner the better. We will be seeking formal public input but you don't have to wait for an invitation. The 1996 budget is due by March 31, 1996.

◆ Be Good To Yourself - Be A Volunteer ◆

Are you interested in the arts, environment, computers in education, education for the gifted, support for the disadvantaged, multiculturalism, status of women, special education or the world of work? The Ottawa Board of Education benefits from Advisory Committees operating in each of these special interest areas. Feel free to join and contribute. Call me if you want an introduction.

Perhaps you would like to volunteer in one of our schools. Read a book? Help in the library? Referee on sports day? Monitor during lunch break? Teach a special lesson in art, in science, in music? Share your enthusiasm for your hobby? Tell your local school principal. She or he will welcome you and find a place for your skills. We do need your help.

**Canadian Legion's Montgomery Branch Invites Centretown to Share Remembrance Day**

by **David Carter**  
 Branch Public Affairs

*Immediately following the November 11th Remembrance Day ceremonies at the National War Memorial, Centretown residents are invited back to the Canadian Legion Montgomery Branch at 330 Kent Street, to meet Veterans and enjoy a 'free' hot stew dinner.*

*We ask all visitors to the Branch to wear a poppy in Remembrance of those who gave their lives, or were disabled, during World War I and II, in Korea, and while on Peace-Keeping duty. There will be lots of live entertainment and dancing until 1:00am.*

*Open to the Centretown public during the month of November, there will be Bingo every Thursday night from 6:00pm. Euchre every Friday afternoon after 1:00pm. And a Seniors' Dance, November 21st beginning at 1:00pm.*

*On November 26th the Branch welcomes everyone to enjoy an afternoon fun and dancing to the 1940s - 1960s Live Band Music, beginning at 2:00pm. All proceeds, food and money will be donated to the Shepherds of Good Hope... a truly worthy cause deserving support.*

**TENANTS: UNCERTAIN FUTURE**

by **Dan McIntyre**, Executive Director  
 Federation of Ottawa-Carleton Tenants Associations

Tenants in Ontario face a very uncertain future. Never before has there been such a need for tenants to be active. The new Ontario Government has been and will be hearing from landlords. They must hear from tenants. People have to tell the new Government that they need certainty in their housing.

Tenants need to know that rents won't be allowed to escalate while our incomes are frozen or decreased. They need to know that there will be adequate laws to ensure that rental housing is maintained. Tenants need to know that they will have some choice and some say in the housing they occupy. Tenants need to know that there will be effective Tenant Organizations to work on their behalf.

The Federation of Ottawa-Carleton Tenants Association's action plan is simple and it involves all tenants. Over the next 8 to 10 weeks we want to meet with as many tenants as possible to talk frankly about the present and the future. We want to encourage all tenants to write or call the Housing Minister, the Premier, and their own MPP to let them know what is on our minds.

We will be hosting a series of meetings throughout Ottawa, to talk about Rent Control, to talk about maintenance, and to talk about our future together. We will have prepared letters for those who otherwise would not compose their own. We will have lots of literature and lots of ideas as will the tenants who come to the meetings.

The new Government is talking out loud about ending rent control and about ending funding for Tenant Organizations. They have told us that our funding will end in 1996. They have already acted on some of their campaign promises. We can't afford to allow tenants to lose more ground. The status quo is unsatisfactory and we must act to make things better for tenants. After all, that is why the Federation was formed!

**IF YOU'D LIKE TO HELP SET UP A MEETING FOR YOUR BUILDING CALL THE TENANTS HOTLINE AT 594-5429.**

**IMPORTANT ADDRESSES:**  
 The Honourable AJ Leach  
 Minister of Municipal Affairs and Housing  
 777 Bay St., 17th Floor  
 Toronto, Ontario  
 M5G 2E5

**Garry Guzzo**  
 MPP, Ottawa Rideau  
 2435 Bank St.  
 Ottawa, Ontario  
 K1V 8R9

**John Baird**  
 MPP Nepean  
 301 Moodie, Suite 119  
 Nepean, Ontario  
 K2H 9C4

**The BUZZ Mission:**

**To provide a voice for area residents, organizations and businesses.**

**To build healthy neighbourhoods in Centretown.**

**To gain from the diversity in our community**

THE GREAT CANADIAN THEATRE COMPANY PRESENTS

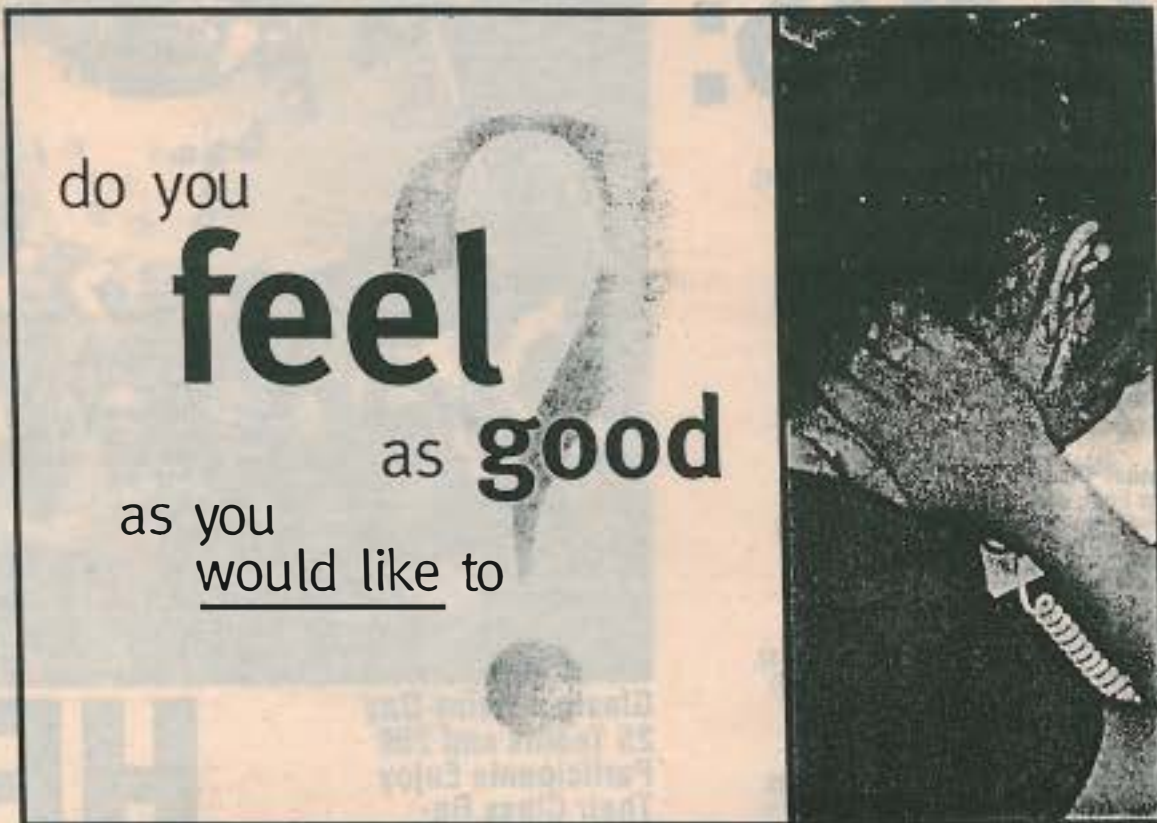
**Summer of the Aliens**  
 by Louis Nowra  
 Directed by Richard Rose  
 Nov. 8 -25, 1995

**WALT IS BACK!**

STARRING  
**ROD BEATTIE**  
 Letter from  
**Wingfield Farm**  
 Jan. 8 & 9, 1996 at 8 p.m.  
**Wingfield's Progress**  
 Jan. 10 & 11, 1996 at 8 p.m.  
**Wingfield's Folly**  
 Jan. 12 & 13, 1996 at 8 p.m.  
 plus Jan. 13, 1996 at 2 p.m.

TICKETS:  
**\$25 PER SHOW**  
 No Refunds. No Exchanges.

**INFO: 236-5196**  
 910 Gladstone Ave. Ottawa K1R 6Y4



do you  
**feel**  
as good  
as you  
would like to

EVERY DAY THOUSANDS OF CANADIANS TRY CHIROPRACTIC,  
AND GET THE RELIEF THEY ARE LOOKING FOR.

If you experience health problems such as headaches, neck stiffness, fatigue or back pain, Chiropractic could be the solution for you. Many everyday discomforts can be cured effectively through Chiropractic care without drugs or surgery. To find out if Chiropractic is for you, attend an open house at DR. BARBARA RODWIN's office, Saturday, November 18, 1995 and learn about modern Chiropractic care. In exchange for a donation to Chiropractic research you can find out if chiropractic can help you. Dr. Rodwin will perform a consultation, x-rays (if needed), an examination and then let you know your current health condition. Join us as we celebrate 100 years of Chiropractic care. A half hour spent could mean an end to your chronic discomfort and could set you on the road to feeling good.

*Wouldn't you really like to feel good again?*

COME TO OUR CENTENNIAL  
OPEN HOUSE PARTY!  
SATURDAY, NOVEMBER 18  
1995, 10-4 P.M.  
HELP US CELEBRATE 100  
YEARS OF CHIROPRACTIC

DR. RODWIN'S OFFICE  
240 CATHERINE ST. STE.100  
AT THE CORNER OF BANK  
FREE PARKING  
237-3306

## CENTRETOWN Eats Italian

by Joan Katz

On Friday nights, I always intend to eat at home but never do. A couple of Friday nights ago, I had the opportunity to visit **Fettucine's** on Bank Street. When you first walk into **Fettucine's**, you see the take-out counter filled with colourful homemade pasta, sauces, salads and wonderful desserts.

My dinner companion and I each decided to begin our meal with an *insalata verdi*, a mixed salad for \$3.95. Our generous salads arrived beautifully displayed in large soup type bowls with separate little glass containers filled with dressing. I chose the gorgonzola dressing and my friend opted for the creamy garlic. They were both delicious - rich and creamy.

For a main course, I chose *linguini pizzaiola*, pasta with a spicy, light tomato sauce. This dish was reasonably

priced at \$8.95. I have had this many times before and it is always great. The sauce is spicy but not overpowering. The pasta has that special texture that you only get when it is truly fresh.

My friend had *frutti di mare piccante*, shrimps and mussels sauteed in a spicy garlic tomato sauce served on a bed of linguini for \$14.95. Since my friend prefers wider noodles, they happily switched the linguini for fettucine. This dish arrived in the same large wide rimmed soup bowl used for the salads. The mussels were attractively displayed around the edge. The sauce was good but a bit runny.

The portions were so generous that neither of us had room for dessert. Next time, I may have to start with dessert first.

**Fettucine's is located at 199 Bank street. It is open for lunch Monday through Friday and dinner Monday through Saturday. It is always closed on Sundays. The phone number is: 230-4844.**

Joan Katz is a Centretown resident. Her mother still cannot understand why she likes spaghetti for breakfast.

## FOOD & HEALTH BUZZ

### RENAISSANCE FINE TAILORING

MEN'S AND WOMEN'S  
TAILORING  
OFFERING CUSTOM SUITS  
& SHIRTS  
REMODELLING, RELININGS  
& ALTERATIONS  
346 SOMERSET ST. W.  
OTTAWA  
230-3726

## The Good Food Column

by **Olly Wodin**,  
Centretown Community Health  
Centre Nutritionalist

**Terri Purcel** is a woman on the move.

Twelve years ago she was suffering from a variety of health problems including poverty, severe asthma, bronchitis and a variety of allergies. Gradually she has worked to improve her health through paying more attention to what she eats. Along the way she's met a few helpful guides.

"The employment counsellor I met at Women's Career Counselling 2 years ago told us to write down what qualities and skills we already had. I started to realize how many skills I had to have in being a mother. In little steps I was getting better and starting to feel more motivation. Later on I read about people working as personal chefs in the United States. It seemed like a good idea." With the help of the Community Enterprise Centre and the First United Church (providing a kitchen space) Terri has now started her own business.

Vegetable Patch Cookery caters to people with food sensitivities, allergies and special diets. She prepares vegetarian, vegan and macrobiotic foods. She accepts orders for weekly contracts or for special gatherings. One of Terri's special recipes appears below. She can be reached at 738-3131.

### THE VEGETABLE PATCH COOKERY

**This delicious vegan pate has been passed down the line and is great as a meal with a salad, and garlic toast, or on crackers.**

**There are many ways to enjoy this pate.**

#### INGREDIENTS:

- 1 cup Raw Sunflower Seeds
- 1 1/2 cup Wholewheat, Spelt, or Kamut Flour
- 1/2 cup Nutritional Yeast Flakes
- 3/8 cup Vegetable or Olive Oil
- 2 tbsp. Lemon Juice
- 1 cup Very Hot Water
- 1 Large Onion, minced
- 1 Medium Potato, grated
- 2 tsp. Basil, dried
- 2 tsp. Pepper
- 2 tsp. Sea salt
- 1 tsp. Sage, dried
- 1 tsp. Thyme, dried

#### COOKING PROCEDURE:

In a large bowl mix the ground sunflower seeds, flour and yeast flakes. Add the next three items (you can mix them together: oil, lemon juice + hot water). Stir until all is well blended. Then mix in the grated onion and potato, mix again, finally adding the spices and herbs.

Bake at 350 for 1 hour in a large bread loaf pan, oiled and lined with wax paper. Let it cool before turning the pate out and peeling off the wax paper. ENJOY!

#### WHITE CROSS DISPENSARY EVENTS:

Thursday, Nov 2nd: Herbal Remedies  
Friday, Nov 3rd: CUSTOMER APPRECIATION DAY  
Coffee, Tea and Cake from 11:30 am  
Wednesday, Nov 15th: CLINICS From 1-4pm  
Blood Cholesterol, Blood Glucose, Blood Pressure, Foot Assessment  
264 ELGIN ST/PHONE:233-4029 FAX:235-1483

# BUZZEVENTS:

## November 1

**Downstairs Playhouse** (drop-in for 0-5 yrs), 10:30 am to 1:30 pm, 264 Argyle, call Centretown Community Health Centre for information (563-4336).

**Dalhousie Neighbourhood Alert Committee**, St. Anthony's Hall, 7 pm

## November 2

**BINGO**, 6:30 to 10:00 pm, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street.

## November 3

**Downstairs Playhouse** (drop-in for 0-5 yrs), 9:30 am to 1:30 pm, 264 Argyle, CCHC.

**Seniors' Movies - Legend of the Fall**, 1 to 3:15 pm, \$0.50, Jack Purcell C.C. (564-1050), 320 Elgin Street.

## November 4

**Lounge Entertainment** (free): Don Villeneuve, 8 pm to midnight, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street.

## November 5

**Christmas Craft Sale**, 9 am to 2 pm, free admission + parking, Sandy Hill Community Centre (564-1062), 250 Somerset St E.

## November 6

**Downstairs Playhouse** (drop-in for 0-5 yrs), 12 to 2 pm, 264 Argyle, CCHC

## November 7

**Creative Collective Workshops** (by Popular Theatre Workshops), 9 am to 4 pm, Somerset West Community Health Centre (238-8210), 55 Eccles St

**Taking Charge of Your Health Workshops: Talking to people Who Are Supposed to be Helping Us**, 1 to 2:30, Centretown Community Health Centre (563-4336) 340 MacLaren Street.

**Annual General Meeting, Centretown Citizens' Community Association**, RMOC Bldg, Champlain Rm, 111 Lisgar St, 7 pm.

## November 8

**Downstairs Playhouse** (drop-in for 0-5 yrs), 10:30 am to 1:30 pm, 264 Argyle, CCHC (563-4336).

## November 9

**BINGO**, 6:30 to 10:00 pm, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street

## November 10

**Downstairs Playhouse** (drop-in for 0-5 yrs), 9:30 am to 1:30 pm, 264 Argyle, CCHC

## November 11

Cliff Oldridge, 2 to 6 pm, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street.

**Lounge Entertainment** (free): Gloves McGinty, 8 pm to midnight, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street.

## November 13

**Downstairs Playhouse** (drop-in for 0-5 yrs), 12 to 2 pm, 264 Argyle, CCHC (563-4336)

## November 14

**Taking Charge of Your Health Workshop: Getting what you need from your pharmacist**, 1 to 2:30 pm, Centretown Community Health Centre, (563-4336) 340 MacLaren

**Massage & Reflexology**, 6 to 9 pm, \$45, Jack Purcell C.C. (564-1050) 320 Elgin St

## November 16

**BINGO**, 6:30 to 10:00 pm, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street

## November 15

**Downstairs Playhouse** (drop-in for 0-5 yrs), 10:30 am to 1:30 pm, 264 Argyle, CCHC (563-4336)

## November 17

**Downstairs Playhouse** (drop-in for 0-5 yrs), 9:30 am to 1:30 pm, 264 Argyle, CCHC (563-4336)

**Seniors' Movies: The Madness of King George** \$0.50, 1 to 3:30 pm, Jack Purcell C.C. (564-1050) 320 Elgin St.

**Massage & Reflexology**, \$45, 6 to 9 pm, Jack Purcell C.C. (564-1050) 320 Elgin Street.

## November 18

**Lounge Entertainment** (free): Randy Rankin-Karaoke, 8 pm to midnight, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street.

## November 20

**Downstairs Playhouse** (drop-in for 0-5 yrs), 12 to 2 pm, 264 Argyle, CCHC (563-4336)

## November 21

**Take Charge of Your Health: Community Policing: How to make it work for you**, 1 to 2:30 pm, Centretown Community Health Centre (563-4336) 340 MacLaren St.

## November 22

**Downstairs Playhouse** (drop-in for 0-5 yrs), 10:30 to 1:30 pm, 264 Argyle, CCHC (563-4336)

**Booth Street Area Residents Meeting**, 170 Booth St (Meeting Room), 7 pm

## November 23

**BINGO**, 6:30 to 10:00 pm, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street

## November 24

**Downstairs Playhouse** (drop-in for 0-5 yrs), 9:30 am to 1:30 pm, 264 Argyle, CCHC (563-4336)

## November 25

**Lifesaving and CPR**, 1 to 5 pm, McNabb Recreation Centre (564-1070) 180 Percy Street.

**Lounge Entertainment** (free): Al Visser, 8 pm to midnight, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street.

## November 26

**Women's Self Defense**, \$60, 9:30 am to 1 pm, 13+ years, Jack Purcell C.C. (564-1050) 320 Elgin Street.

## November 27

**Downstairs Playhouse** (drop-in for 0-5 yrs), 12 to 2 pm, 264 Argyle, CCHC (563-4336)

## November 28

**Taking Charge of Your Health: Choosing a medical practitioner**, 1 to 2:30 pm, Centretown Community Health Centre (563-4336) 340 MacLaren Street.

## November 29

**Downstairs Playhouse** (drop-in for 0-5 yrs), 10:30 am to 1:30 pm, 264 Argyle, CCHC (563-4336)

## November 30

**BINGO**, 6:30 to 10:00 pm, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street

## December 1

**Seniors' Movies: Losing Isaiah**, \$0.50, 1 to 3:00 pm, Jack Purcell C.C. (564-1050) 320 Elgin Street.

## December 2

**Christmas Craft Fair**, 10 am to 4 pm. Table rentals \$25 non-members, \$20 members; Free admission, Registration begins November 13, McNabb Recreation Centre (564-1070) 180 Percy Street.

**Christmas Craft Fair**, 10 am to 2 pm. Table rentals \$20, free admission, Jack Purcell C.C. (564-1050) 320 Elgin Street.



**Glasgow Relay Day**  
25 Teams and 250  
Participants Enjoy  
Their Class Re-  
lays!

## December 9

**Christmas Crafts for Children**, \$5 + supplies, 3 to 5 year olds, 9 to 10 am, Jack Purcell C.C. (564-1050) 320 Elgin Street.

**Lounge Entertainment** (free): Al Visser, 8 pm to midnight, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street. Montgomery Branch (233-7292)

## December 14

**BINGO**, 6:30 to 10:00 pm, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street

## December 15

**Senior's Movies: Nobody's Fool**, \$0.50, 1 to 3 pm, Jack Purcell Recreation Centre (564-1050) 320 Elgin Street.

## December 16

**Lounge Entertainment** (free): Gloves McGinty, 8 pm to midnight, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street

## December 21

**BINGO**, 6:30 to 10:00 pm, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street

**Community Holiday Party**, 2 pm to 4 pm, free admission, Jack Purcell C.C. (564-1050) 320 Elgin Street.

**Lounge Entertainment** (free): Gloves McGinty, 8 pm to midnight, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street

## December 27

**BINGO**, 6:30 to 10:00 pm, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street

## December 23

**Lounge Entertainment** (free): Don Villeneuve, 8 pm to midnight, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street.

## December 28

**BINGO**, 6:30 to 10:00 pm, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street.

**DO YOU HAVE AN EVENT  
THAT YOU WANT LISTED  
IN THE BUZZ? PLEASE  
LET US KNOW.  
CALL 233-3074**

**HEY!**  
Centretowners  
IT'S THE  
CENTRETOWN  
CITIZENS'  
COMMUNITY  
ASSOCIATION  
ANNUAL MTG  
TUE/NOV 7th  
7:00PM  
RMOC BLDG  
COLONEL BY RM  
111 LISGAR ST  
GUEST:  
DEPUTY-CHIEF  
ALEX MACKIE

OTTAWA-CARLETON POLICE  
COMMUNITY  
POLICING IN  
CENTRETOWN

ELECTION OF NEW BOARD  
SPECIAL PRESENTATION  
JOHN LEANING  
The Centretown Plan Chronicles