

FREE
3rd Issue
DEC/95
Vol1/No3



CENTRETOWN BUZZ

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



THE WOMEN'S MONU- MENT

by **Denise Harper**

In the early 1990s "Women's Urgent Action" was born. This coalition of women was formed to respond to the growing incidence of, and public outrage over, violence by men against women in our community.

In the summer of 1990, following the murder of a 55 year old woman by her husband, a small group of concerned citizens gained permission from the City of Ottawa to dedicate a tree in her memory in Minto Park on Elgin Street. A vigil was organized and a plaque was installed, "To all women suffering from abuse, and to those who have died". Tragically, six more Ottawa

women died at the hands of men and six more vigils were held around that tree in less than 18 months. It was then that the idea of a permanent memorial came about.

Possibly the first of its kind in Canada, **The Women's Monument** was unveiled in Minto Park on December 6, 1992, during the commemoration of the "Montreal Massacre" where 13 young women were killed during a shooting rampage at L'ecole Polytechnique.

'To honour and to grieve all women abused and murdered by men. Envision a world without violence where women are respected and free' are the words engraved on the face of The

Women's Monument (designed by Mary Faught and c.j. fleury) have touched hundreds who have visited over the years. Sally Gose, one of the founders, says the monument, "...provides a sense of hope and strength to women who are in or have come through a violent situation."

At least one visitor to Ottawa was inspired to write about the monument. When the article appeared in the American publication, "The National Clearing House for the Defense of Women", Gose received calls from as far as Alaska for more information about the memorial, and permission to use the inscription.

There are now eighteen markers surrounding the monument, each

one dedicated to a victim of violence. Vigils are held on the occasion of each death, and on the December 6 anniversary of the "Montreal Massacre." This year the annual vigil will begin at 6 p.m. in Minto Park.

To date, the women's community has been very involved. However, as the seriousness of this social issue gains greater recognition, it is hoped that there will be a wider expression of concern and support from the public at large. If you would like to contribute to the cost of a vigil or the purchase and engraving of a stone marker please write to: The Women's Monument Fund c/o of Sally Gose, Family Service Centre, 119 Ross Ave, # 201, Ottawa K1Y0N6.

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CENTRETOWN'S FOOD BANKS:

Growing Demands, Shrinking Supplies

by **Joan Katz**

Two local food banks, the Dalhousie Food Action Centre and the Emergency Food Centre face increasingly difficult challenges in providing enough food to feed Centretown's hungry.

The Centretown community has many people struggling to survive on social assistance, as well as the highest number of homeless persons and psychiatric patients in the region. The Government of Ontario has recently cut social assistance rates by approximately 20%, which is expected to create even further reliance on the food banks.

This is quickly being reflected in the number of new clients asking for help at Centretown's two food centres. On a typical day in October, twelve new clients

requested food at the Emergency Food Centre located at 507 Bank Street. By November, a typical day saw 38 persons request food from the same centre. The Centre's co-ordinator, Carrie Kaiser, noted that "people will generally not use our services if they don't have to". She also explained that they generally can only serve each client requesting food once per month with just two or three days' worth of food.

A recent regional government recommendation to direct the total regional food-bank budget of \$154,000 to the Ottawa Food Bank generated great concern among the six other food banks that currently receive regional funding (which would have included the two food centres in Centretown). If this recommendation was accepted, the Ottawa Food Bank would provide the other centres with food but none of the money needed to pay rent and staff.

On December 7, the issue of funding for food banks will be discussed at the Region's Community Services Committee. Senior regional staff have indicated that the proposal to fund only the Ottawa Food Bank will not be presented to the Committee but rather other alternatives are being explored. On an interim basis, the staff has recommended that each of the seven regionally funded food banks receive 50% of their funding with the remaining 50% to be distributed later in a yet-to-be determined manner.

One option currently being considered is to divide the remaining funds by four, and give it to food banks in the north, south, east and west parts of the region. As Regional Coun. Diane Holmes emphasized however, "the most important thing is to keep the money [for the food centres] in the budget".

Re: Regionally-Funded Food Centres:

Between Jan/Oct '95, the
7 RMOC funded Food Centres:

- Served 83,945 people
- Served 24,876 children
- Distributed food worth \$1,577,432

GOOD ITEMS TO DONATE

TO A FOOD BANK:

Canned Goods in particular --
TUNA, BEANS, PASTA,
SPAGHETTI SAUCE, FRUIT,
PEANUT BUTTER, DRIED PASTA,
DRIED PACKAGED SOUP, RICE,
POWDERED MILK, CEREAL
CASH DONATIONS ARE
ALWAYS HELPFUL
Emergency Food
Centre 232-3059
Dalhousie Food
Centre 230-3982

CENTRETOWN COMMUNITY BUZZ

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

NEXT ISSUE: JANUARY 5/96
DEADLINE: DECEMBER 27/95

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 Services/71 Bank St
Gayline/Telegai: 238-1717
PTS INFO: 563-4818
Metropolitan Community Church
232-0241

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

**Ottawa Distress
Centre 238-3311**

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

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Phone 233-3074

Editor: Robert Smythe

Co-ordinator: Carol Toone

Advertizing Agents: Denise Harper, Vera Hrebacka

Contributors:

Claire Aubrey; David Carter; Cliff Foley; Jane Fox; David Gladstone; Denise
Harper; Catherine Hopwood; Joan Katz; Shelley J. Pearen; Ann Perron;
David Seaborn; Robert Smythe; Carol Toone; Scott Whitfield; Olly Wodin

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Good Companions celebrated its 40th Anniversary for serving Ottawa's seniors by staging 'Nobody Does It Better' on November 17th. The musical and comedy review featured an all-senior cast. Photo: Ann Perron

Ottawa-Carleton's Regional Police: Struggling Towards Community Policing

by Joan Katz

On November 7, 1995, Insp. Peter Crosby, senior officer in charge of the Ottawa-Carleton Regional Police Service's community policing program, was the keynote speaker at the annual general meeting of the Centretown Citizens' Community Association.

Inspector Crosby outlined the five key principles of the community policing philosophy: (1) partnership with the community, (2) problem solving, (3) empowerment of the community, (4) community ownership and (5) decentralization. In the ideal scenario, the community becomes a full partner in every aspect of policing - from problem identification to determining effective solutions. The core approach revolves around opening community based police centres such as 'District 1' centre recently re-located to Somerset and Bank Streets.

Successful community policing has yet to be achieved in any of Canada's urban centres. As Crosby emphasized, this approach places much higher demands on the police in a time when there is no additional money available for the increased resources necessary to provide the largely front-ended services employed by community policing.

Another major hurdle to achieving success is the need for police forces to overcome their traditional structures and attitudes. Many people in the police community view the work of community based police as purely public relations rather than real police work.

Community members were interested to know what they could do to move this process along. Inspector Crosby suggested that the community needs to be mobilized to move in the direction of community policing and to establish itself as an active participant. They were advised that change would not come quickly and that it will probably take a generation of police officers to become completely comfortable with a full partnership with the community that they serve.



BUZZ Staff

Like every other municipality in Ontario the City of Ottawa will take a 20% hit in the funding it receives from the Province of Ontario. Federal downsizing has reduced the grants in lieu of property taxes paid to the City by the Government of Canada. Permits fees and other city revenue sources are also down.

City Hall has offered a three-scenario strategy to deal with the crunch. Three alternative lists of cuts, if approved by City Council later this month, would reduce spending by \$5, \$7, and \$10 million respectively. In 1995, the City of Ottawa's total annual budget included \$194 million in Operating Expenses, and another \$31 million in Capital Expenses.

Last week, the BUZZ interviewed Somerset Ward Councillor Elisabeth Arnold:

Are you satisfied with the procedures used to set the budget this year? How did the City develop its list of proposed cuts?

'We have made some progress over last year's budget process. The public was consulted ahead of time, and this produced overall parameters and guidelines. The problem is that the list of proposed cuts probably represented Departmental priorities and not necessarily the public's priorities.'

'Unfortunately the survey didn't really give an indication of how much the City spends in each area - say on roads and sewers vs. culture.'

Ottawa's New Year Budget: Beating Up on Communities?

Can you suggest administrative options to cutting community services?

'Some parts of the organization are staff heavy, with too many layers of management. There may be Departments such as Economic Development which are also regional responsibilities. We should question what the actual economic benefits to the City from this Department have been. But the overall savings are not going to be huge - we are talking hundreds of thousands of dollars - not millions. The City can be more efficient, but if citizens want the same levels of service we will have to look for other revenue sources.'

Potential new revenue sources?

'The administration of Lansdowne Park could have more cost recovery. We must use and market these facilities better. I think that the loss of the Ottawa Senators may open up new opportunities to producing revenue from other rentals. I also think that we have to look for new revenue from on-street metered parking. People coming downtown to shop cannot expect to park on residential streets for free.'

What are the long-term results from these reductions going to be?

'There is no doubt that many quality-of-life items are involved. We ought to measure the economic impacts of these reductions in service. These things may be our competitive advantage and necessary to attract new economic development in Ottawa. For this we should know what their direct loss or gain to our municipal corporation will be. We should be capitalizing on our recreational and cultural assets.'

'It is very short-sighted and expensive to defer maintenance on sidewalks, streetlights, and trees. It's important to realize that these will be permanent cuts to the levels of service. There are long-term liabilities, like dead limbs falling off trees, or potential lawsuits.'

Are these cuts being fairly distributed?

'I want to see an 'equity principle' built into our budget considerations. We have to address the various impacts to all elements in our community. If you eliminate sidewalk repairs and winter operations you are unfairly hurting senior citizens. If you decide to run our recreation facilities only as for-profit centres, in effect you are saying that we won't have any city recreation for any low-income areas.'

This has supposedly been a question of following the municipal 'mandate'.

The trend has been to drop anything that is not seen as being directly linked to paving roads or building sewers. But if you actually look at the municipal mandate it says that we must support our municipal policies and official plan principles. The public expects that if we pass policies such as tree-planting, traffic-calming, or encouraging alternate modes of travel, we will implement them.'

What are the prospects for re-instating these items?

'We have a \$3 million cushion which allows us to restore some of these cuts without increasing taxes. It's going to be a matter of negotiating for these things when Council debates the budget.'

The City of Ottawa (Post '96 Budget):



Some of the Cuts Proposed for Services and Residents in Somerset Ward: \$\$\$

Operate Dalhousie Community Centre as Satellite of McNabb (and/or) Eliminate City Programming at Dalhousie C.C.	71,500 54,900
Reduce Plant Pool Operations to Evenings + Weekends (or, Eliminate Plant Pool Operations)	45,000 281,400
Minimize Sidewalk Concrete Repair (or, Eliminate Concrete Sidewalk Repair)	150,000 50,000
Note: in 1995 all new/reconstructed sidewalk work was discontinued.	
Reduce Regular Street Lighting Maintenance	100,000
Reduce Sidewalk Sweeping by 50%	200,000
Reduce Emptying Trash Receptacles by 25%	50,000
Reduce Litter Collection by 20%	100,000
Delay Winter Storm Clean-Up on Streets + Sidewalks by 12 Hours	400,000
Eliminate Snow Removal at Bus Stops, Churches, Community Centres	250,000
Eliminate Transportation Planning for Pedestrians, Cyclists, Neighbourhood Traffic-Calming Projects	294,000
Delete Property Standards Inspection Manager	78,200
Eliminate Heritage Section	116,500
Eliminate Tenants' Federation Housing Grant	30,000
Eliminate City Comments to Committee of Adjustment	52,000
Eliminate Design Committee	126,900
Delete City Advisory Committees	154,900
-Cut Purchase of Service from Women's Place by 50%	42,000
(or cut Purchase of Service from Women's Place by 100%)	81,700
-Cut Purchase of Service/Action Centre for Social Justice by 50%	25,500
(or cut Purchase of Service/Social Action Centre by 100%)	51,000
-Cut Purchase of Service/O-C Immigrant Service Org by 50%	24,000
(or cut Purchase of Service/O-C Immigrant Service Org by 100%)	47,800
-Cut Purchase of Service/Community Health Centres (including Somerset West) by 50%	68,700
(or cut Purchase of Service/Community Health Centres by 100%)	137,400
-Cut Purchase of Service/Centretown Churches Soc Action Cmtee by 50%	9,500
(or cut Purchase of Service/Centretown Churches S.A.C. by 100%)	19,000
-Cut Purchase of service to Daybreak Shelter by 50%	8,150
(or cut Purchase of Service/Daybreak Shelter by 100%)	16,300
-Cut Purchase of Service/Bruce House by 50%	1,800
(or cut Purchase of Service/Bruce House by 100%)	3,600
-General Reduction of Purchase of Service or Sustaining Grants to Yet Keen Seniors Day Centre, Good Companions Day Centre, Good Companions Dining by 5%/ or 10%,	4,125/ 8,250

TURKEY FOR 150? HELP!!!

CENTRE 507 is a drop-in centre that provides a safe and supportive environment where people can simply hang out and have a coffee or access services such as counselling, recreational activities, referrals and advocacy if needed.

Located at 507 Bank Street in the basement of the McLeod-Stewarton United Church, CENTRE 507's mandate is to support socially and economically disadvantaged men and women who often face issues such as homelessness, poverty, addictions, abuse and mental illness.

On Thursday, December 14, 1995, staff, neighbours and friends of CENTRE 507 will be serving a Christmas Dinner with

all the trimmings between 12 noon and 2 p.m. They expect to host up to 150 people and could really use your help to prepare and serve dinner. Volunteers can sign-up anytime; those who wish to take advantage of the dinner must get tickets in advance.

Donations of food and baked goods will be gratefully accepted. In addition, contributions of warm clothing and personal hygiene items such as soap, toothbrushes, toothpaste, shampoo and disposable razors are always in demand.

Let's all show our support for Centre 507 in this season of good will. For further information about how you can assist, please contact David Walker at 233-5626.

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


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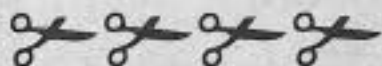
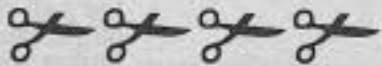
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Slipping and Sliding on those Slithering Sidewalks:

City of Ottawa's Winter Walking Demonstration Project and Community Health Centres' Safe and Active in Winter Program to work towards Safe and Healthy Cold-Weather Walking

It's been snowing for two days. The sidewalks are deep with rutted snow. Steep banks at each intersection make crossing the street perilous. And, underneath all of this is a hidden coating of ice could make our next footstep a one-way ticket to a nasty tumble.

Most able-bodied pedestrians would agree that winter conditions can make getting around a real challenge. Imagine how it is for some of Centretown's seniors, who are often car-less and dependent on walking for hopping, medical appointments, or getting to the bus. Many are fearful of travelling icy sidewalks because the consequences of a fall could be catastrophic, with painful injuries that can result in permanent disability and sometimes death. The fear of falling may seriously limit their lives, leaving them housebound in winter, deprived of social contacts, physical outdoor exercise, and seeing to personal needs.

Should the City of Ottawa be providing a higher level of snow and ice clearance in areas where there are high concentrations of seniors who need to use the sidewalks year-round? Last year the City tried to answer this question with a winter walking demonstration project that designated a twelve-block area of Centretown for special attention by the winter maintenance crews. The demonstration project was a partnership programme involving the Centretown, Sandy Hill and Somerset West Community Health Centres; OTTAWALK Association of Pedestrians and Walkers, IC Transpo, and Ottawa's Engineering and Works departments.

A team of senior 'Snow-Busters' monitored the test area, while consultants provided by the City compared winter sidewalk conditions in the enhanced area against the normal standards for sidewalk maintenance. Ironically, the winter of 1994-95 did not furnish enough bad weather to supply the team with conclusive findings.

This September the City of Ottawa agreed to continue the trial project for another winter. For the upcoming snow and ice season the Winter Walking Project will expand its surveying of sidewalk conditions by recruiting pedestrian commuters, parents taking children to school, and other residents who walk in the test area.

There is also going to be an expanded public education and awareness element in the 'Active and Safe in Winter' project sponsored by the Centretown, Somerset West, and Sandy Hill Community Health Centres. 'Active and Safe in Winter' hopes to reduce the falls caused by winter sidewalk conditions, and keep seniors more active and mobile in the winter months. The project included 'winter-proofing' seniors by providing helpful advice on how to dress warmly, get the right footwear, and navigate ice underfoot. It will include an outreach program to the area's seniors. 'We want to get isolated and housebound seniors out.', said Abe Rosenfeld, Community Worker at the Sandy Hill Community Health Centre, and one of the project co-ordinators. 'Ottawa has a long cold winter, and it's difficult for seniors to spend all that time alone, not socializing or being physically active. If the sidewalks are impassable you just can't get out to do these things - even if they are only a block away.'

Safe and Active in Winter's outreach and education components are set to start this winter in Centretown, Sandy Hill and Somerset West. The three-year project is funded by the Community Injury Prevention Program of the Ontario Ministry of Health. 'The experience gained in the trial communities will provide a model for the program to expand across the region next year' he added. This winter the project will stage an event linked to the Winterlude festival, when it hosts a walk through the demonstration area to provide community leaders and politicians with a firsthand lesson on the importance of year round mobility.

What you can do:

Sign Up as a Volunteer 'Winter Walking Surveyor':



Do you walk your kids to school, commute to work, or just walk regularly through the demonstration area? You can help out by joining the survey teams. They will monitor the winter sidewalk conditions, the quality of snow and ice removal, and report them to the City of Ottawa. For information call Helene Larochelle at 563-4781.

Learn About Becoming Safe and Active in Winter:

If you want more information on the Safe and Active in Winter Project, you can contact the Centretown Community Health Centre (340 MacLaren Street, near Bank) at 563-4336; or the Somerset West Community Health Centre (55 Eccles Street) at 238-8210.

Let the City of Ottawa know Where the problems are:

Call the City of Ottawa's 24-Hour Maintenance Line at 244-5444 to report icy conditions, snow banks that obstruct the sidewalks, or the ponding of slush. Try to be very precise about the location (side of street, nearest intersection, nearest street address, etc.). If you are calling about a problem spot in the test area (see BELOW), let them know.

THE TEST AREA IS BOUNDED BY: CARTIER, LISGAR, METCALFE, AND GLADSTONE



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serving you in 1996.*



Jacquelin Holzman
Mayor
City of Ottawa

**BUZZ
Business
Profile:**



**Preston Hardware's
Mario Gianetti (right);
one of their side-by-side
stores, and just some of
the inventory (below).**
Photo: Denise Harper



**Preston Hardware ...
Where You'll Find Everything
Including the Kitchen Sink (and
the Bathroom Sink)...**

By **Claire Aubrey**
and **Denise Harper**

No one of us is as good as **all** of us.

That's the motto displayed prominently in the office of Mario Gianetti, President of Preston Hardware. And, the credo of this family-owned business which has been operating a top quality hardware store in the same location for 50 years.

It was in 1945 that William Germain and Angelo Locatelli started Preston Hardware which quickly expanded to become Ottawa's first self-serve hardware store. Today, under the direction of co-owners Sam Gianetti, Mario Gianetti and Mario Frangione, the store offers a huge variety to its clientele, with an inventory numbering over 40,000 different items.

The friendly staff of 53 (many of whom are family members) can serve customers knowledgeably in English, French, Italian or Portuguese and customers can spend hours browsing and buy anything from a fully-fitted bathroom to an ordinary ten-penny nail.

Just recently they became one of the first hardware businesses to offer a gift registry for soon-to-be-married couples or to mark other celebratory occasions. As Mario Gianetti put it, "It's a new idea but timely as people move away from the traditional gifts. With travel and world-wide communication, people want the unusual -- things they've seen on TV and on their trips." At Preston Hardware, they will always try to accommodate the customer.

The do-it-yourself trend has long been acknowledged at Preston Hardware. More and more of their customers are self-reliant women doing the work themselves for monetary reasons or just because they enjoy the challenge. "Television programs promoting home repairs and maintenance are immensely popular and there are no gender barriers at all. We're there not only to sell our

products but to help the user as well. Our customers can view videos on simple home repair projects and we can often advise on the best approach to take. We do not, however, recommend anyone but a skilled person deal with anything but the simplest electrical repairs."

When asked what he thought had contributed to Preston Hardware's longevity and success, Mario replied, "There are three main factors: our knowledgeable sales staff, our selection and depth of choice, and our commitment to excellent service. We see ourselves as a leader in the industry, not a follower. And because the owners are in the store, we can make decisions right here ... there's no waiting for head office to respond."

Unusual for a hardware store, Preston Hardware offers a complete range of services for the connoisseur of home-made wine. Supplies are on hand, from the grapes (which they will press for you) to the corks which seal the bottles. "We recognized the need and started the service years ago. It's been growing ever since as more and more people discover the pleasure of making their own wines."

The store's owners have long been dedicated to the Centretown community, sponsoring sports teams and quietly helping fundraise for many charities. Co-owner Mario Frangione chaired the 1995 Kidney Foundation Dinner, which raised \$25,000 for that worthy organization. "The loyalty of our customers is one of our greatest assets and we feel a tremendous responsibility to them."

"We're proud of our successes in supplying top quality products and service over the past 50 years and look forward to the next fifty with enthusiasm."

ELISABETH ARNOLD
City Councillor
Conseillère municipale
Ward OT6 / Quartier OT6



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



Diane Holmes

**Regional Councillor
Conseillère régionale
R14**

Phone (613) 560-1220 FAX 560-1203

Regional Municipality of Ottawa Carleton
111 Lisgar Street, Ottawa, Ontario, K2P 2L7

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**At the GCTC
236-5196**

Diane Holmes

Regional Councillor, Ward R14
Conseillère régionale, Quartier R14

My best wishes to all for a very happy and safe holiday season. I hope to see many of you at festive occasions throughout our ward this month.

BOOTH ST. AREA RESIDENTS GROUP:

Residents in the Primrose, Albert, Lorne and Booth area met on November 28, to discuss problems in their community. Community members, clearly frustrated with traffic problems, met with RMOC and City transportation staff, Regional Police, City Councillor Elisabeth Arnold and me, to discuss issues related to Booth Street traffic including:

- * speed of traffic
- * cabs going to Hull from 1 to 3 am
- * drunk drivers returning from Hull
- * tractor trailers which should be using Albert
- * screeching brakes from OC Transp - 5 a.m.
- * drivers using Lorne Avenue as a shortcut from Booth to Albert
- * intersections which are poorly designed for access for disabled

David Seaborn, a representative from Dalhousie Community Association spoke to the group about recommendations for Booth Street in the Somerset Heights Transportation and Parking Study.

REGIONAL POLICE BUDGET MEETINGS:

The following timetable has been announced for the review of the Regional Police budget.

Budget Tabled at Police Services Board Meeting, RMOC Haydon Hall, Monday December 4, 5pm
Community Meeting - Somerset Ward, McNabb Community Centre, Monday, December 11, 7pm
Open House - RMOC, Honeywell Room, Monday, December 11, 2 pm - 9 pm
Budget Voted on by Police Services Board, Public Meeting, RMOC, Champlain Room, Monday, Dec. 18, 2pm

KENT STREET TRAFFIC CALMING WORKSHOP:

Saturday, December 9, at RMOC,
111 Lisgar Street, Colonel By Room, 9am-noon

Two public meetings and a number of community workshops have been held as part of the Centretown Traffic Calming Study. Slowing traffic on Kent Street to the legal speed limit has been a major priority of the community for many years. I urge all interested residents and businesses to attend this workshop.

Contact my office by phone at 560-1220,
or by FAX at 560-1203 or
write me at 111 Lisgar Street, K2P 2L7

Involved Communities Get Better Schools

OBE Report Card

Gerald Halpern

Tel 231-5765 Fax 231-3334

Trustee, Zone 6, Downtown

Ottawa Board of Education

◆ Technology for Students ◆

Some 55 computer labs have been authorised for the elementary and secondary schools. These, together with in-class computers, are a concrete sign of the OBE objective to prepare students for an increasingly technological future.

◆ School Budget Time ◆

Should we first decide how much money we have to spend and then keep the budget within that limit? Should we determine the real needs of students for programs and services and then raise the funds to provide this? These two questions will be argued in the next weeks and months as we strive to set the 1996 budget. Let me know your views.

◆ Reading and Writing Tests ◆

The provincial report on reading and writing has been released. These scores are the result of learning up to grade 9. OBE students have scores close to the provincial averages. In the Ottawa Board schools, 94% of students were at level 3 or higher in reading (compared to 96% province-wide) and 90% were at level 3 or higher in writing (compared to 93% in the province). If you would like more information on what this means or if you would like to see the results for specific schools, please contact me.

◆ Have You Time To Volunteer? ◆

Do you have time to volunteer in one of our schools? There are lots of useful things to do: help in the library; supervise during lunch break; help individual students; share your enthusiasm for your hobby. Ask the principal at your nearby school. He or she will welcome you and find a place for your skills. We will appreciate your help.

Elisabeth Arnold

City Councillor/Somerset Ward

111 Sussex Dr Ottawa ON K1N 5A1

Phone: 244-5361 Fax:244-5371

City Budget The budget process is underway with proposals for cuts totalling approximately \$10 million. The City will have to make about \$7 million in cuts to have a zero tax increase, and Council will have to decide which services should be preserved and where cuts, savings and increased revenues should come from. Our Ward could be especially hard hit if the proposals for cuts are not changed. Plant Pool is proposed to be closed. Essential community services such as outdoor rinks, wading pools, maintenance of parks and roads, agencies such as Women's Place, Community Developers and the Tenants Federation face cuts or elimination. The possibility of fee increases hit those who can least afford to pay.

The draft budget will be released to the public on December 1. I would like to hear your ideas and comments. Please write, fax or phone my office. If you would like to make a presentation to Council the dates are December 14 and 15 and to register call Laurie Norris (info centre) at 244-5464. Council will approve the budget Dec.18-20.

Plant Pool I am working very hard with the users and the community to keep Plant Pool open in 1996. If you are interested in becoming involved please call my office or the Friends of Plant headed up by Judy Girard at 233-1217. There will be a rally in support of the pool on December 10, 1995 at 3:00pm in front of Plant Pool followed by a free swim from 3:30 - 4:30pm.

The Centretown Traffic Calming open houses were a great success. Thank you to everyone who participated and brought ideas. Neighbourhood workshops are underway for the Centretown Traffic Calming Plan. There are five workshops being held beginning November 21 and ending December 9, 1995. For information on the workshop in your area please call Nancy Mitchell at 234-3413.

Kelley's FuneralHome I am happy to report that there has been a successful mediation between the City and Kelly's funeral home with regard to the expansion of the facility on Somerset St. If the revised site plan is approved at Planning and Development committee meeting next week we will avoid an OMB hearing. For more information on particulars please call my office.

Winter has arrived and the winter parking regulations are in effect. Motorists are prohibited from Parking on City streets and Regional roads in the winter months from November 15 to April 1 between the hours of 1am. and 7am. Regulations will only be enforced when we are expecting between 5-7cm of snow and the City has issued a public service announcement on local radio and tv.

Happy Holidays! Please come and celebrate with me at an open house at Jack Purcell Community Centre Room 31 between 5:00pm and 7:00pm on Friday December 8.

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377 Churchill ave.

SHOP/EXPLORE AT HOME ON ELGIN

by **Shelley J. Pearen**
Our neighbourhood is always in transition. Skip a block for a month or so and there's bound to be a new face, technically facade, to explore when you return. This month I'll explore **Elgin Street's** newest ventures.

The **Blue Parrot** cafe has joined the popular **Baker's Street** on the Elgin and Gladstone corner. Think three cheese, scallop, shrimp and pesto pizza.

Across Elgin joining the **Hair Shoppe**, **Getaway Travel** and the ever popular **2 for 1 Pizza** is **Bulldog Pub**, **Cue Cafe**, and **Nescalero** restaurant and bar. This would be a great corner to be stranded in a snowstorm.

Something new and useful over the **Manx Pub** is **A+Accounting**. **The Globe** is home to a Sunday reading series and a very tempting menu. Nearby, **Reality Bytes** is a cappuccino and desert bar cum multimedia business centre. While in the neighbourhood bound upstairs to **Ragtime Vintage Clothing** to renew your wardrobe.

At **Bousheys** busy corner is **Nutri-Chem Pharmacy's** The Store for Health Fans! whose name says it all. **Salvatore Fine Jewellers** always has a unique window display. **Al's** has made major renovations and does look smart and serious.

Jack Purcell Community Centre, an off-Elgin necessity since 1974, has recently undergone renovations. This great facility jointly run by community volunteers and the City of Ottawa is one of the busiest centres in town. Stop in for a swim, fitness workout or a course.

Think "shop locally" as you admire the new **Elgin Street School** front yard landscape. The school's business neighbours contributed generously to this street improvement project. The school and adjacent community centre remind us this is a real vibrant living neighbourhood.

A & H or Art and Home is a great new interior accessory boutique. A & H is just what the neighbourhood has been lacking and is the place to find "that something" you must have. **Nyala Convenience** has replaced the **Mike's Milk** as the place to pop into enroute anywhere for a staple or treats. I tested their convenience and found not only pencils but a sharpener.

The new **MaLaren** stoplight is anchored by the delectable **White Mountain Ice Cream**. So good it's worth ordering a coffee here in order to warm up to order ice cream. Adjacent is **Sunshine Bicycles, Boards and Blades**, practical **Zesty Market**, fragrant **Boko II Bakery**, and **Perfect Books**. One could happily spend an afternoon on this block alone.

Ottawa Computer Services is located in the former framing shop home of our favourite dog. The ever active interactive computer screens here are spell binding. Farther north, past **Scrim's** famous windows, new windows lure you into **Vanilla** and neighbour **Mags and Fags**. Ex-Baskin Robbins, now **ROCS**, a recycled paper products shop has a potential gift for everyone on your list.

If you haven't strolled Elgin lately, come on down, or if you speed walk it every day to work, slow down and smell the coffee. **Next Month: Somerset Street West**
Next Next Month: Bank Street

Shelley is a Centretown resident who fervently attempts to supply all the needs of her family locally. She can always be found roaming the streets. Contact her at the Buzz if you find a piece of C'town for her to explore.

St. Anthony School
391 Booth Street
Ottawa ON K1R 7K5
235-0340

A Community Challenged: A Community Responds!

by **Cliff Foley**,
Principal, St. Anthony School

There is an expression that states that 'it takes a whole village to educate a child', and an excellent example of this educational philosophy is the community that surrounds ST. ANTHONY'S SCHOOL in Ottawa.

When it became painfully obvious that very few students in this 'inner-city' school could afford to play organized sports - or could afford to take music, dance, or karate lessons, the school's community decided that it would do something. It decided to level the playing field by assisting these students to gain the same kinds of experiences enjoyed by their peers in other communities. Our local Ottawa Roman Catholic Separate School (St. Anthony) and the local Ottawa Board of Education School (Cambridge Street Public) joined forces to lobby for after-school opportunities for their students. The result was a community partnership that proved, beyond a shadow of a doubt, that when there is a will...someone will find a way.

The St. Anthony/Cambridge St. After-School Community Program was initiated through the co-operative efforts of the Somerset West Community Health Centre, the Trustees of both School Boards, the Principals of both schools, and the parents from the two boards. The achievement of this organizational structure was the receipt of a New Initiatives Grant from the United Way, with additional fund-raising by the Italian-Canadian Community Association of the National Capital Region. Parents and teachers volunteered their weekends to raise money for the project, and community members donated their time to teach in the After-School program.

Our joint school-community project has established excellent after-school programs that are accessible to all students, providing them with a wide range of new experiences. For example, students can now sign up for karate lessons. These run through the entire school year, and include at least two testing periods, and two weekend tournaments, for \$30 per year.

Students are also offered an opportunity to participate in: Arts and Crafts; Cooking Lessons; Gymnastics; Sports and Recreation; Dance; Story-Tellers' Club; the Science Explorers' Club; and the Homework Club. At St. Anthony's School, approximately 200 students are eligible to join the after-school programs, and we presently have almost 190 of the spaces filled.

These numbers show that our students really need these programs. It's very gratifying to see that our entire community has assisted us in getting them.

BUZZ Event List

You Have an Event to List? Call 233-3074

Winter Break Programming for Children:

Jack Purcell Recreation Centre, 5 to 12 year olds, \$80 per week or \$25 per day, 8 am to 5:30 pm. (560-1050), Jack Purcell Lane.

Public Skating, Dec 27 to Jan 7, Wednesday 2 to 3:30 pm, Friday 4 to 4:50 pm, Saturday 5 to 5:50 pm, Family Skating Thursday 5 to 5:50, McNabb Community Centre (564-2070) 180 Percy Street.

NB. McNabb Recreation Centre closed Dec 25 to Jan 5 for renovations

December 1: **Senior's Movies:** Losing Isaiah, \$0.50, 1 to 3:00 pm, Jack Purcell Recreation Centre (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 St.

Christmas Craft Fair, 10 am to 2 pm. Table rentals \$20, free admission, Jack Purcell Recreation Centre (564-1050) Jack Purcell Lane.

Community Holiday Party, 2 pm to 4 pm, free admission, Jack Purcell Recreation Centre (564-1050) Jack Purcell Lane.

Holly Tea and Bazaar, 1 pm to 4 pm, Christ Church Cathedral, Cathedral Hall, Sparks Street at Bronson.

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

Concert Cafe: Madeleine Owen & Richard Spitz, Classical Guitar. Stone Angel, 314 Lisgar Street. 8:00pm. Adults \$7/Students and Seniors \$5

December 3: **Gloria - a Choral Concert by the Choir of Knox Presbyterian Church**, 4 pm, \$5.00, Knox Presbyterian Church (594-3642), corner of Elgin and Lisgar.

December 6: **Women's Candlelight Vigil - We Remember**, 6 pm, Minto Park, Elgin at Gilmour (free child care available, call 596-5626 to register)



December 5: **Coalition of Community Resource Health Centres**, Workshops on Popular Theatre techniques, 9 am to 4 pm, Somerset West Community Health Centre (238-8210), 55 Eccles Street.

Centretown Traffic Calming Plan Workshop (area: between Elgin and bank, north of Gloucester), 7 pm to 10 pm, Shefford Apartments (723-1264 or 234-3413) 300 Cooper.

December 7: **BINGO**, 6:30 to 10:00 pm, Royal Canadian Legion, Montgomery Branch (233-7292) 330 Kent Street

Technical and Advisory Group (TAG) for Unemployed Professionals. Ottawa Public Library. Call 523-5632.

December 9: **Centretown Traffic Calming Plan Workshop** (area: Kent Street), 7 pm to 10 pm, Regional Municipality of Ottawa-Carleton Headquarters, Colonel-By room (723-1264 or 234-3413) Lisgar at Elgin.

December 10: **Save the Plant Bath Rally**, 3 pm at the Plant Bath, corner of Somerset+Preston Free swim and refreshments at 3:30pm.

December 11: **Discussion on Police Services Budget**, 7 pm, McNabb Community Centre (564-2070) 180 Percy Street.

December 13: **White Cross Blood Pressure Clinic.** 264 Elgin Street (1-4pm)

December 13: **Dalhousie Community Association Meeting**, 7:30 pm, Dalhousie Community Centre (238-8210) 55 Eccles

December 14: **Hearts and Mistletoe Tea and Concert** featuring the Unforgettable Hearts, \$4.00, 1 pm to 3 pm, National Library of Canada (234-8044) 395 Wellington St

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 17: **Community Carol Sing and Christmas Story**, 4 pm, Knox Presbyterian Church (594-3642), corner of Elgin and Lisgar.

December 21: **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.

TENANTS' QUIZ!

TEST YOUR TENANT KNOWLEDGE

The Questions:

1. A lease is binding only if it is in writing. TRUE/ FALSE
 2. A landlord cannot require post-dated cheques from a tenant. TRUE/ FALSE
 3. The landlord is responsible for maintaining and repairing your apartment and the common areas. TRUE/ FALSE
 4. A tenant does not have to sign a new lease every year. TRUE/ FALSE
 5. The landlord must pay their tenants 6% interest each year, on the last month rent deposit. TRUE/ FALSE
 6. The last month rent deposit can be used as a damage deposit. TRUE/ FALSE
 7. Once a tenant has given 60 days notice to vacate, a landlord may show the apartment without notice to the tenant. TRUE/ FALSE
 8. A tenant can break the lease if he/she has been transferred (by the employer) to another city. TRUE/ FALSE
 9. Once a tenant has properly assigned his/her lease to somebody new, the vacating tenant is no longer responsible for the apartment or the new tenant. TRUE/ FALSE
 10. A tenant cannot be evicted during the winter. TRUE/ FALSE
- BONUS QUESTION:**
There is no organization in Ottawa that works exclusively for tenants. TRUE/ FALSE

Now, the Answers:

1. FALSE - A verbal lease is as binding as a written lease, it is just more difficult to prove. In the absence of a lease, the Landlord and Tenant Act will impose the terms that govern the relationship.
 2. TRUE - A tenant may choose to give the landlord a series of post-dated cheques, however the landlord cannot insist upon them.
 3. TRUE - According to section 94 of the Landlord and Tenant Act, a landlord must provide a tenant with premises that are in a good state of repair and properly maintained. The only exception to this rule is for damage done by the tenant or his/her guests.
 4. TRUE - Once a lease expires, it automatically reverts to a month to month tenancy. Neither the landlord nor the tenant can impose a lease on the other. The Federation generally recommends that tenants do not sign a new lease. If you choose to leave, you need only give 60 days notice and you do not need to worry about subletting and assigning.
 5. TRUE - Section 82(2) of the Landlord and Tenant Act, makes it clear that landlords must pay 6% annual interest. If you have not received this money contact the Tenants Hotline (594-5429) to find out how to recover your interest.
 6. FALSE - The last month rent deposit is to be used for last month's rent only. Once you have given your 60 days notice, pay one more month's rent and then do not pay the last month - you have already paid. Do not let the landlord tell you that he will refund it to you once you have moved out.
 7. TRUE - Once a tenant has given 60 days notice to vacate, a landlord may enter the unit, during reasonable hours, in order to show it to prospective tenants. The landlord DOES NOT have to give the tenant notice.
 8. FALSE - A lease is a contract. In order to make changes to it, including ending it, both parties must agree. A tenant can apply to the court to have the lease broken, but there must be a legal reason. (Being transferred is not a reason.) If you would like more information, contact the Tenants Hotline at 594-5429
 9. TRUE - When a tenant wants to leave before the end of the lease, he/she must assign (more commonly referred to as subletting) the lease to somebody new. The landlord usually reserves the right to approve anyone you wish to assign to. Once the landlord has approved a new tenant, that person steps into your shoes and assumes all your rights and responsibilities. You are no longer responsible.
 10. FALSE - If the landlord follows the proper court procedures and obtains a writ of possession then a tenant can be evicted regardless of the season. Remember however, that only the sheriff can evict a tenant and only if he has that writ of possession.
- BONUS QUESTION:**
FALSE - Since 1982, the Federation of Ottawa-Carleton Tenants Associations has been working for the rights of tenants in the Ottawa-Carleton region. We run the Tenants Hotline, 594-5429, we help organize Tenant Associations and we represent the interests of tenants at all levels of government.
- SCORING**
10-11: Super Tenant!
7-9: Average Tenant - you may want to brush up a little on your tenant landlord law.
0-6: Call the Tenants Hotline ASAP, at 594-5429.

Regional Government 24-Hour Information & Service: 560-1335

WE'RE LISTENING...

HAVE YOU GOT IDEAS ON HOW YOUR 1996 REGIONAL TAX DOLLARS SHOULD BE SPENT? WE'D LIKE TO HEAR THEM.

1996 BUDGET PUBLIC MEETINGS

You use Regional Government services everyday. These services directly influence the quality of our lives in Ottawa-Carleton. The Region provides services in the areas of roads, public transit, police, water, sewage treatment and garbage, public health, social services and planning. We need your input as we discuss the 1996 Regional Budget.

Budget Estimates - As of Wednesday, November 22, 1995, the **Departmental Draft Estimates** for the 1996 Regional Budget will be available for public review. Copies will be available from Window on the Region, 111 Lisgar Street in Ottawa, or by calling the Region's 24 hour information and service line at **560-1335**.

Open House - Regional Staff will be available to answer questions relating to Regional services and their associated costs at an open house - everyone is welcome to attend.

Wednesday, November 29, 1995

11:00 a.m. to 9:00 p.m.

Ottawa-Carleton Centre, 111 Lisgar Street, Ottawa

Public Meeting - Regional Councillor Diane Holmes (Ward R14) would like to invite you to a public meeting to discuss your views on the 1996 Regional Budget.

Monday, December 11 - 7:00 p.m.

McNabb Community Centre, 180 Percy St., Ottawa

For more information on this meeting, please call 560-1202.

BUDGET HOTLINE - 235-1996 - You can also call the region's budget hotline for a listing of public meetings and open houses related to the budget, to order any of our budget publications, and to leave us your comments, questions and suggestions.



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JACK PURCELL COMMUNITY CENTRE WINTER REGISTRATION



Registration: January 2nd to January 12th.

Classes begin January 15th.

A brochure listing all Programs is available at the Jack Purcell Community Centre.

For further information, please call 564-1050.

Sponsored by the Jack Purcell Recreation Association.

CANADIAN LEGION'S MONTGOMERY BRANCH CHRISTMAS DINNER...

Honouring Veterans Now Alone
by David Carter,
Branch Public Affairs
Montgomery Branch will host a Christmas Dinner on Monday, December 11, 1995- 6pm to honour widowed veterans and widows of veterans, who are members of the Branch or Ladies Auxiliary. This is an important annual get together to assure Centretown Branch veterans and spouses that they are not forgotten. A veteran is a significant member of Canada's community, and enjoys a special status in Canada's Remembrance in having brought peace, and continues a peacekeeping role in a troubled world. Qualifying veterans and spouses who have not received an invitation are asked to visit the Branch Office at 330 Kent Street or phone 233-7292 immediately to ensure they are included.

CENTRETOWN. COME AND WELCOME IN THE NEW YEAR !!!

Kick Up Your Heels And Dance In The New Year. Fifteen Dollars a Head will give you an evening of festivities: Entertainment, Dancing, a Hot and Cold Buffet, plus all the trimmings beginning at 6 p.m. and ending in the wee hours. Bring your friends and join us at Montgomery Branch and "We'll tak a cup o'kindness yet, For auld lang syne", and let us together in good spirit see in the New Year.

SATURDAY MIXED DART LEAGUE

Montgomery Branch has started a Saturday Mixed Dart League, and its open to all Centretown dart players. Whether you're a novice or one who can regularly get double top, there's a place for everyone in the Saturday Mixed Dart League!! Registration is each Saturday between 1:15 and 1:45 p.m. Play begins at 2 p.m. Entry fee is \$3.00 and includes a 50/50 draw. Come and throw darts, Centretown!!

MONTGOMERY BRANCH LADIES' AUXILIARY Plans 50th Anniversary in 1996

Calling all members and others who have, or have had a relative as a serving member of the Canadian Armed Forces, to celebrate Branch 351 Ladies Auxiliary's Golden Anniversary next April, 1996. To celebrate the anniversary to its full potential, President Helen St. Amour seeks the support of Centretown residents to get involved in planning the celebrations. Donations of time and money would be much appreciated to promote the role of the Ladies Auxiliary in our immediate community. For details contact the Branch Office at 330 Kent street, or phone 233-7292. The Ladies are planning a bang up party to remember, and they need your help right now.

Season's Greetings from the BUZZ

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

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

Centretown EATS BRUNCH

by Joan Katz

About two months ago, the Ritz on Elgin Street started opening for Sunday brunch. This restaurant's approach to brunch is truly innovative and makes a great change from the more typical brunch fare. Three of us decided to meet there for brunch a few weeks ago.

One of my dining companions chose the crepes con chevre, crepes stuffed with marinated eggplant and goat's cheese, topped with three berry coulis. This meal was well priced at \$6.95. The crepes arrived with a salad decorated with apple slices and a light vinaigrette. The crepes were light and delicious.

My second dining companion selected the colazione al Ritz for \$5.95. This dish consisted of two panfried cakes mixed with prosciutto, egg white and white bread crumbs, topped with a blueberry chutney and mixed greens on the side. These savory pancakes were so tasty that my companion would have liked a third one.

The day of this meal I had actually gone to the YMCA early in the day and did not want to totally ruin my effort. For this reason, I chose the Ritzoise salad for \$8.25. This beautifully presented salad included a piece of poached salmon, lightly steamed green beans and new potatoes, fresh fruit and mixed greens. Every bite was terrific.

We accompanied our meal with coffee (not included with the brunch) which as one of my companions explained is "always good" at the Ritz. When you visit the Ritz next make sure to notice the new decor, green, textured walls, and the new art work. The tables have also been rearranged and a new small bar area added at the front of the restaurant.

The Ritz is located at 274 Elgin Street. It is open for brunch on Sundays only from 11:00 a.m. to 2:00 p.m. It also serves lunch from Monday to Friday and dinner seven days a week.

Joan Katz is a Centretown resident. Her mother's first rule of a balanced diet is that you cannot count a dill pickle as a green vegetable.

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The Good Food Column

by Olly Wodin

Healthy Holiday Treats Tomato Pick-Me-Up:

Combine 250 ml tomato juice, 30ml sugar, dash of Tobasco, a dash of celery salt and a grating of fresh pepper. Stir to blend. Pour over ice cubes in a large glass. Add a celery stick.

Cranberry Nog:

3 egg yolks
124 ml cold milk
500 ml cold cranberry juice cocktail
3 ml vanilla
6 ice cubes
3 egg whites
50 ml sugar
Freshly Grated Nutmeg

Combine egg yolks, milk, cranberry juice, vanilla and ice cubes in a glass blender. BUZZ until well-blended.

Beat egg whites until foamy. Add sugar gradually beating constantly until egg whites are thick and glossy. Pur cranberry mixture into a bowl. Fold in beaten egg white. Sprinkle with nutmeg. Serve immediately. Serves 6.

Party Munchies:

4 cups Shreddies
2 cups Puffed Wheat
2 cups Cheerios
2 cups small thin pretzels
1 cup unsalted peanuts/mixed nuts
1/3 cup vegetable oil
1 tbsp Worcestershire Sauce
1 tsp garlic powder

Combine dry cereals, pretzels, and nuts in a large bowl. Mix together oil, Worcestershire, and garlic. Sprinkle over cereal mixture and toss to lightly coat. Spread out in a large shallow cake pan or roaster. Toast in a 250 degree oven, stirring every 15 minutes for 1 hours. Makes 10 cups.

You've probably heard about the shopping list recommended by Provincial Social Services Minister David Tsubouchi. You may have wondered whether this 30-day list recommended for people on a limited income really works. No, for most people it does not represent an adequate list of what we need to stay alive, active, and healthy.

Nutritionally speaking this food would not provide enough energy for most working males, nor could it provide enough fat to support healthy growth and development in children. The shopping list is also lacking in the iron, calcium and folic acid that is need by pregnant and breastfeeding women.

From a practical prospective there would be no baked goods - as there's no flour, spice, sugar, oil, butter or margarine, vinegar, condiments, or salt included. No birthday cake for anybody this month. Not even any tomato sauce for the pasta when you invite a friend over. Or, any tea or coffee to warm up after a Sunday afternoon in the cold weather.

Food has a social and emotional meaning in our lives. Having a choice of what to eat, and ensuring that each Canadian has adequate nutrition is a basic human right. Without it children will not perform well in school, adults will not have the gusto that it takes to find and maintain a job, and more people will develop illnesses that are costly to cure.

The Ontario Dietetic Association, representing 1700 Dietitians across the province has expressed these concerns about the shopping list to the Minister. Now I'm expressing them to you. If you want to discuss these issues, please call me at 563-4336.

Over the next few months I will be including information on 'Eating Well on a Low Budget'. If you have any information that you would like us to include (cheap sources of food, ways to stretch your food dollar, tasty inexpensive recipes), please contact me at the Centretown Com. Health Centre.

Bosom Buddies: SUPPORT FOR BREASTFEEDING MOMS

by Jane Fox, RN, B.Sc.N.

From its location at 55 Eccles Street, Somerset West Community Health Centre helps local residents make their lives good and healthy. While the services of the Health Centre are available to everyone in the Somerset West Community, special attention is given to people who don't have enough money, come from other countries, are raising children alone, are disabled, don't have any family, or have other special needs. Community, social, health, and senior services are all available at the Health Centre.

The Somerset West Community Health Centre in partnership with the Ottawa Carleton Health Department has launched a one-year campaign entitled "Breast is Best", to encourage all women to breastfeed their babies. We are hoping to increase the number of breastfed babies in our community. There are many health benefits to both mother and infant, as well psychological and financial advantages. The latest figures tell us that formula costs a family \$110.00 per month! With the current state of affairs in the economy and the health care system, it makes sense to breastfeed.

A mother to mother support program called 'Bosom Buddies' has begun in English, and a similar program is planned for Vietnamese women in their own language. Mothers who have successfully breastfed their own babies make great teachers! Studies show that support from family, friends and the community is an factor in encouraging women to start and continue with breastfeeding. Without this support, many new mothers could give up when problems arise that might easily have been prevented. In societies where breastfeeding is the norm, there is a lot of help from extended family and friends. Bosom Buddies will provide the support and information a pregnant and new mother may need.

The 'Bosom Buddies' Support Program is looking for more volunteers to participate as well as pregnant women who want to learn about breastfeeding in this personal way. Volunteers could be any interested women who have breastfed, or are breastfeeding their own babies and who are enthusiastic about the experience. Training will be provided for them before they are paired with an expectant mother. As requests come from pregnant women who wish to have support, they will be matched with a volunteer before the baby is born. Contact will be maintained between the two as it's needed to help establish breastfeeding. With an increase in breastfeeding rates we'll see healthier babies and happier parents who will appreciate the savings in time and money.

For further information on becoming a volunteer mother or to get help from a volunteer for yourself or someone you know, call the Ottawa Carleton Health Department at 722-2242 and ask for the 'Bosom Buddies' Program.



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Saturday Sports

Hockey Night at James Street! All of the excitement starts at 5 pm! Half price appetizers with your meal. Gordie recommends you try our steak for your game day dinner! Our pasta, mexican food and pizza are terrific!

The Sunday Games

12:30pm The NFL/CFL Football kicks off! Gordie loves our Sunday Steak Special while he kicks some !#@*!! at NTN & QBI -- Start at 5pm with a half price appetizer, then relax with a great menu choc full of meals your mother would be proud of. See ya there!



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