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IMAGE

CÔTE-DE-
SABLE

FEBRUARY - MARCH 2011

FÉVRIER / MARS 2011

Photo Anglican Diocese of Ottawa Archives 75 07 3



The way we were....In 1945, our neighbourhood was full of children and many of them flocked in their best clothes to our local churches on Sundays. This fine group was the All Saints Sunday School, gathering after lunch each week in Bate Hall. We celebrate our Sandy Hill heritage—plus the grandeur of our parks and historic landscapes—this month. On February 22 at 11:30, you can attend City Hall's annual heritage ceremony and reception. Action Sandy Hill has a new heritage partnership with U Ottawa students (see page 6). Archivist Michel Prévost's annual round up of Heritage Month activities (en français) is also inside. Auld acquaintance should ne'er forget.

Photo Bill Blackstone



The way we are...The current crop of All Saints' youth headed to the Sandy Hill winter carnival on a bitterly cold January 23, to serve (and enjoy) hot chocolate—never once removing their gloves. On the team were Sandy Hill teenagers Mara Monteith, Nick Robinson and Thierry Tremblay-Filion, and their customers included Goulburn Ave. residents Nicholas Sieloff and his resourceful dad Rob.



Photo Vera Etches

Les rues de notre quartier

Betsy Mann

En parcourant la Côte-de-Sable, vous êtes-vous déjà demandé pour quelles personnes illustres les rues de notre quartier ont été nommées? Si vous connaissez l'histoire du pays, il y en a au moins une pour laquelle la réponse est claire. La rue **Laurier** est évidemment nommée pour honorer Sir Wilfrid Laurier, Premier ministre du Canada entre 1896 et 1911.

Pour deviner l'origine de certains autres noms de rue, il faut étudier l'histoire moins connue des débuts du Township de Nepean, plus précisément, l'histoire des personnes qui étaient les premiers propriétaires des terrains à Bytown. La rue **Nicholas**? En l'associant à la rue **Sparks**,

on a le nom de Nicholas Sparks qui est arrivé au Canada de l'Irlande en 1816 et qui a travaillé pendant dix ans à la ferme de Philemon Wright (fondateur de la Ville de Hull) avant de pouvoir acheter une terre de ce côté-ci de la rivière des Outaouais. Sa ferme se trouvait entre les rues actuelles Wellington/Rideau au nord, Waller à l'est, Laurier au sud et Bronson à l'ouest. Il a donné le nom d'une de ses filles, **Maria**, à une rue sur sa propriété.

Un autre grand propriétaire de l'époque était Louis-Théodore Besserer. En reconnaissance de son service militaire pendant la guerre de 1812, il a reçu en 1828 une

Photo John Arthorne



terre qui correspond à la partie de la Côte-de-Sable maintenant bordée par les rues Rideau au nord, Waller à l'ouest, Laurier au sud, et par la rivière Rideau à l'est. Plus tard, il a divisé cette propriété en terrains de 66 pieds par 198 pieds et a donné aux rues son nom de famille (**Besserer**), le nom de son médecin (le docteur James **Stewart**), le prénom de son fils aîné (**Wil-**

Life is no picnic on social assistance

by Paula Kelsall

Three eggs. Two cans of soup. Two boxes of macaroni and cheese. Three single serving sized scoops of rice. If you are living on social assistance benefits in the province of Ontario, you are likely to run out of money for groceries between one cheque and the next. When you do, you may well find yourself visiting a food bank. You will receive a package of food, meant to last for three days, but you may have to make it stretch for longer. And then your food choices become very, very limited.

In the last week of January, a team of Ottawa residents took the **Put Food in the Budget Challenge**. Armed with a list of typical food bank groceries, they shopped for, and lived on, a food bank diet for three days to a week.

Put Food in the Budget is a campaign to raise awareness of poverty-related food issues in the community. Organizers want the provincial government to increase monthly social benefits by \$100 per single adult to ensure better access to healthy food, and they seek a fair and transparent way for the province to set social assistance rates, so that people can meet their basic needs and lead a healthy and dignified life.

The campaign has been a province-wide, annual event since 2009. This year, Ottawa fielded a team of more than 20, including several Sandy Hill residents. The team recorded their experiences in a blog at <http://ottawadtmc.posterous.com>, and a number of common themes emerged quite quickly.

A food bank hamper may contain adequate calories for three days, but its contents came as a shock to many challenge participants who were unaccustomed to perusing the middle aisles of the grocery store for canned fruits and vegetables. "What seems obvious is that much of the food on the list of allowed items is high in salt and low in nutrients. Definitely not the type of food which will help young people grow up to be healthy and of strong mind," reported Trevor Haché, founder of the Sandy Hill Community Garden. There were several reports of low energy and afternoon headaches.

continued on page 16

brod) et le prénom de son deuxième fils (**Théodore**).

Vous n'avez jamais trouvé la rue Théodore lors de vos promenades dans le quartier? Pas surprenant, puisque la résidence de Sir Wilfrid Laurier (maintenant un site historique national) se trouvait au coin des rues Chapel et Théodore. Quand est venu le temps de donner le nom du Premier ministre à une rue, quoi de plus naturel que de choisir celle où il habitait? Et tant qu'à faire, pourquoi ne pas garder le même nom pour le prolongement de cette rue de l'autre côté du Canal, sur l'ancienne propriété de Nicholas Sparks? Elle porte déjà le nom « Maria »? Peu importe, ça se change! Il semble que si on veut que son nom se perpétue sur le plan de la ville, il vaut mieux être politicien que fils ou fille d'un pionnier de Bytown.

Sources: *Ottawa Old and New* (1946) et *Ottawa Past and Present* (1927)

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IMAGE welcomes articles, letters, photographs, notices and other material of interest to its readers in the Sandy Hill community. Name and telephone number of contributor must be included.

If you'd like to write articles, draw cartoons or other illustrations for stories, or take photographs on assignment, please call and leave your name and number at 613-237-8889. No age restrictions.

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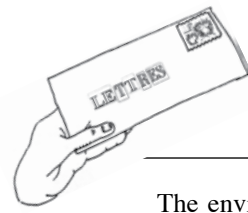
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Our readers write ...



Courrier des lecteurs

Loopy link

The Alta Vista Transportation Corridor (the AVC) is back! For those readers who may be new to Sandy Hill this is a proposed 4-lane arterial road to be built in 3 different stages to take place over the next 10-15 years. By the time it is completed it will involve modifying the Nicholas-417 interchange then extending Nicholas southward via a new bridge across the Rideau River, swinging north of the Ottawa Hospital and terminating at the Walkley/Conroy Rd intersection.

It is back because in the 2011 budget, which the Transportation Committee approved for recommendation to council this month, 5m\$ is included to begin work. A further 50m\$ is proposed for 2012 and this will be used to construct stage 1 known as the "Hospital Link" — a 1.2km connection between Riverside Drive and the bus Transitway (crossing Alta Vista Drive) to a new entrance on the north side of the Ottawa Hospital. If this work goes ahead in 2012 it will represent approximately 1/3 of all city investment in road building in 2012. This is a large project.

Why will it cost 50m\$ to construct just 1.2 km of road? Because it requires shifting Riverside Drive, then ramping up to a new overpass built over the four lanes of Riverside Drive, plus another overpass over the Transitway, plus an underpass under the CN rail line. Some have joked about this being the world's most expensive driveway since all it accomplishes is a new entrance to the Ottawa Hospital.

The environmental assessment for this road was completed and approved in 2005 amid opposition from a number of communities. As part of that process, the City agreed to approve only construction of stage 1 of the road (this hospital link) and to defer a decision on the full roadway until later.

Of course, building such an expensive hospital link really doesn't make any sense at all unless there is a full intention to complete the rest of the proposed road in the fullness of time. And that will also be quite expensive. Modifications of 417 interchanges and new bridges across the Rideau River do not come cheap. Back in 2005, a total end-end cost of 136m\$ was estimated. The 2012 version of this estimate would certainly be a fair amount higher.

So is spending approximately 136m\$ (2005 dollars) to build an approximately 6km long 4-lane arterial road within the greenbelt the right thing to do in the post-2010 world? That is about 300\$ per average Ottawa household. Is that how you want your money spent? Should we have a debate at council about whether this is the Ottawa we want? Right now there is no such debate happening. The City is asking for citizen feedback on the budget. If you want to know more about this road project or how best to register your opinion about it, then send an email to transport@ash-acsc.ca.

John Verbass
Wilbrod Ave.

(John Verbass keeps a watch on transportation issues for Action Sandy Hill)



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If you opened your closet...

To all the Sandy Hillers who brought winter coats to the women's programs (for example, The Well at St. John's Church, Elgin and Somerset or St. Joe's (Laurier E. at Cumberland) so someone who has less could be assured of a little warmth this winter... Thank you, much appreciated! if you see your coat on a lady walking down Laurier or King Edward, it will be a reminder to you of your kindness. Thank you again.

Christine Crawford
Somerset St.
East

Illustration Claire MacDonald



Chez Lucien

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Regulations? What regulations?

by Ralph Blaine

Sandy Hill residents must be pleased to be rid of the sodden slalom obstacle course that was King Edward Avenue this summer and fall. Those of us who live nearby were relieved not to have to greet the morning waiting for the big machines to slam into the earth and literally shake our walls (were those cracks in the plaster there before?). Finally, in December, the gaping wounds lined with the urban intestines of multi-coloured plastic tubes were covered over and sealed with asphalt. Peace reigned once again.

Peace reigned that is until just before Christmas when we awoke at 7:00 a.m. to incessant hammering and the jingle of glasses in our china cupboard as the walls of our house began the all too familiar vibrations. But it wasn't King Edward. It was a pile driver beside the Statesman Apartment building slamming steel I-beams into the ground – over and over again. The workman, with a smile that slyly said “Mind you own business,” told me they were putting up a new apartment building. Not likely.

A call to 311 put me in touch with an equally perplexed city employee. There was evidently no record of a project at this location – no one had applied for a building permit. A day or two later a city inspector visited the site and came away shaking his head. The workers were doing repairs to the apartment building's foundation – and yet the engineering firm in charge had not bothered to get the necessary permission. Still the pile driver never missed a beat. Backhoes dug and welders constructed steel trusses. As the lady from the city said “We can't physically stand in their way.” One can sympathize.



These foundation repairs at Stewart and Nelson Streets in January got going before the firm in charge applied for a building permit. Neighbours beware: these things can happen! Photo Bill Blackstone

On January 5th the city posted an “Order to Comply” notice in the lobby window of the Statesman. This notice cited the failure of the contractors to arrange for proper inspections at critical stages of the construction and required that they do so immediately. The work continued apace. Then on January 7th “Stop Work” notice #2011-0013, signed by Arlene Gregoire, was posted on the building requiring “construction to stop until a building permit is issued” and cited the failure of the contractors to obey the previous “Order to Comply.” Still the cement trucks continued to pour and the welders to weld. Some days later an application for a work permit was made and then shortly after that the piles were removed, the excavation filled and the site cleaned up – the job apparently complete. Peace reigns once again in our little corner of Sandy Hill. And surely the work permit will be issued any time now.

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In the last couple of months there has been a lot of activity at the white house at 283 Chapel Street, behind Laurier House and across from the park. We've seen trucks and other machines parked out front, plastic pipes coming out the windows, bags of garbage on the lawn and workers in hazmat suits. What is going on there?

The house belongs to Parks Canada and has been occupied by renters for a number of years. Now, however, Parks Canada is going to expand the National Historical Site by turning the house into the visitor centre for Laurier House. The planning process has included meetings with the board of Action Sandy Hill, City of Ottawa staff, the councillor for the area, the National Capital Commission and the adjacent neighbours of the property. So far, the necessary pre-construction work has been completed (hence the trucks, pipes, garbage bags and worker protection against whatever might linger in an old house). Architectural plans are complete, and building construction and landscaping work are going for public tender. Parks Canada expects public occupancy in the spring of 2012.

Recently, there has been a large machine working on a mostly vacant area between Henderson Street and King Edward Avenue north of Templeton Street. What is it doing? Also, there is a derelict house surrounded by a high chain link fence on the Henderson side of the site; what is to become of it?

This is land owned by the University of Ottawa. Claudio Brun del Re of the University's Physical Resources Service told IMAGE that routine soils and vibration tests are being conducted on the site. The testing will confirm the structural design requirements for a laboratory building which is planned for the King Edward frontage of the lot.

The University is waiting for a demolition permit from the city for the house. Since it is on the Henderson side of the site it is not tied to the new lab building project.

What is the school that has moved into the Place de la Francophonie building?

Two floors of the building at 450 Rideau now serve as the base for Nunavut Sivuniksavut, an 8-month program for Inuit students. Successful students receive an Algonquin College certificate upon completion. According to one of its five teachers, Robby Qammaniq, there are currently 19 students enrolled. Mr. Qammaniq, who has spent two years developing curriculum for the program, teaches classes in contemporary Inuit issues and the Nunavut land claim agreement. The school's name translates as "Nunavut: Our Future".



Derelict house, 206 Henderson Ave., owned by the University of Ottawa; its demolition is pending city approval.

Photo Jan Meldrum

What can be done to prevent tragic drownings?

by Jane Gerster

Increasing warning signs and fencing in areas are not solutions to accidental deaths in and around the Strathcona Park area, according to Rideau-Vanier councillor Mathieu Fleury.

The issue was raised following the tragic Dec. 21 drowning of 9-year-old Olisadike "Oli" Okoye near Dutchy's Hole. Okoye, a third-grade student, had been playing in the park with a friend over the winter holidays when he fell into the Rideau River.

Someone wrote "OJ you will never be forgotten," on the wall of his family's apartment building, shortly following the accident. The neighbourhood also supported the family financially for a funeral.

Fleury offered his condolences to Oli's family, while maintaining the solution is public education. "It's not just about making a town hall and talking about it, it's engaging the community," he said.

Almost 500 people in Canada die each year in water-related incidents, with drowning being the second leading cause of preventable deaths in children under the age of 10, according to the Lifesaving Society. Fifty-eight per cent of the drowning deaths occur when the person is engaged in a non-swimming-related activity.

Fleury said he received "one or two emails" about increasing signage in the area, but he doesn't think that's a viable solution. "I don't think it's a solution," he said. "Although it might appeal for some to say, 'well yes there was a warning,' it doesn't stop the physical action."

Oli's death is not the first in the area, nor the only tragic drowning in Ottawa's Rideau River. A young Sylvie Lalonde drowned near Strathcona Park after taking a break from tobogganing to look at a bird's nest on Dec. 22, 1982. "I'm always going to be empty," her mother Jeaninne Haley told *The Ottawa Citizen* at the time. "It's like a piece of my heart is gone, dead."

More recently in July 2005, a student at Immaculata High School in Ottawa drowned. King Boloko was a grade eight student just a month shy of entering high school when he died while swimming at the Rideau Falls.

Fleury said the city used to be known for being "progressive" in aquatics, but they've "let the ball drop" recently. He said former initiatives are now gone and "financial assistance is very limited."

"Putting it in the context of Ottawa where we have various temperatures, we're close to the canal, two main rivers and.... with a diverse population and lots of new immigrants" he said the city is not what it once was.

"We're not proactive," Fleury said, although he maintains the solution is not more fences.



A memorial to Oli Okoye, a 9-year old Sandy Hill boy who drowned at Strathcona Park in December, expresses our sadness and dismay. Hundreds of people, including Oli's choir from St. Brigid's public school, took part in his funeral at St. Joseph's Church.

Photo Bill Blackstone



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L'École Francojeunesse loge maintenant à deux adresses

Marie-Claude Jean

Le 4 janvier dernier, le pavillon Francojeunesse, situé au 339 Wilbrod, ouvrait ses portes aux 173 élèves de la maternelle et du jardin de cette école. Le Conseil des écoles publiques de l'Est de l'Ontario est en effet devenu propriétaire de cet édifice qui avait abrité l'École Odyssee puis l'École Parsifal durant les dernières années. Neuf classes en tout pour le moment se trouvent à l'intérieur de cet édifice qui, au dire de la directrice, madame Danielle Caron, répond très bien aux besoins du cycle préparatoire.

Plusieurs parents se rappelleront sans doute le déménagement des 7e et 8e années à l'École secondaire publique De La Salle en septembre 2003, devenu nécessaire en raison de l'augmentation de la clientèle. Encore une fois, l'école ressentait depuis quelques années l'impact de la surpopulation dans ses installations du 119 Osgoode. Avec le départ des élèves de la maternelle et du jardin, elle pourra reprendre possession des locaux qu'elle avait concédés en raison du manque d'espace et disposer à nouveau d'un laboratoire informatique, d'une salle de musique, d'un local d'anglais, d'une plus grande surface pour sa bibliothèque et d'une classe supplémentaire. Les quelque

350 élèves de la 1^{re} à la 6^e année, qui occupent désormais de façon exclusive l'édifice de la rue Osgoode, pourront jouir des commodités améliorées qu'on leur offre.

On se rappellera que l'École Francojeunesse accueille les élèves francophones de cinq quartiers de la ville : Côte-de-Sable, Basse-Ville, Glebe, Centre-Ville et Ottawa Sud. Pour un nombre croissant de familles attirées, semble-t-il, par la vie stimulante du centre-ville, cette école qui jouit d'une excellente réputation s'impose comme le choix tout indiqué.

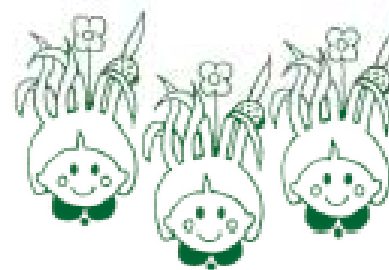
Lors de l'entrevue que j'ai réalisée avec elle récemment, madame Caron mentionnait que déjà il y a trois ans, à son entrée en fonction comme directrice de l'école, des pourparlers étaient déjà entamés pour répondre aux besoins grandissants de la population. Des membres de l'équipe de direction ainsi que des parents faisaient partie du comité chargé du dossier, soit le Comité des examens des installations (CEI).

Bien sûr, cet aménagement dans les nouvelles installations de la rue Wilbrod a occasionné du travail supplémentaire pour les enseignants-es, mais ceux-ci ont pu compter sur l'aide que des parents, généreux de leur temps et de leurs efforts, leur ont apportée. Quant aux enfants, ils

semblent bien s'adapter au changement grâce au soutien de tout le personnel de l'école et de leurs parents. Ils ont retrouvé le mobilier auquel ils étaient habitués, ils profitent encore d'une cour de récréation agréable à laquelle on ajoutera éventuellement une structure de jeu en bonne et due forme. À proximité de l'école se trouve un parc dont ils pourront aussi profiter durant la belle saison. Enfin, les élèves du jardin ont gagné un nouveau statut en devenant les « grands » de leur nouvelle école!

Pour ce qui est des parents qui ont maintenant des enfants à l'École Francojeunesse elle-même ainsi qu'au Pavillon Francojeunesse, on a ajouté un arrêt d'autobus à l'édifice de la rue Osgoode sur le trajet en direction de la rue Wilbrod et le même arrangement est prévu au retour. Finalement, on a ajouté un autobus pour le trajet entre la rue Wilbrod et le Centre communautaire de la Côte-de-Sable où certains enfants se rendent à la garderie qui s'y trouve. Une autre vingtaine d'enfants continuent, quant à eux, de fréquenter la garderie Brin d'herbe qui offre aussi ses services au Pavillon de la rue Wilbrod.

La clientèle de l'École Francojeunesse continuera-t-elle d'augmenter? Devrait-on envisager un jour la construction d'une école supplémentaire qui serait sise quelque part entre l'école Charlotte Lemieux et l'École Francojeunesse? Il en est question...



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New partnership on Sandy Hill heritage

Ottawa U students and Action Sandy Hill get together on walking tours, online information, and possibly more

The Heritage Committee of Action Sandy Hill works to protect and showcase the built and cultural heritage of Sandy Hill. The committee has teamed up with the Experiential Learning Service (ELS) of the University of Ottawa to work with students during the 2011 winter term. Through the ELS, two undergraduate students have volunteered to conduct a historical research project in our neighbourhood.

The students are currently working to design one heritage walking tour each. One walk will focus on the political newsmakers who have called Sandy Hill home over the years; the other will focus on an architectural period in the northern section of Sandy Hill.

The students are conducting their research through secondary sources, with support from ASH and other heritage resources in Ottawa. ASH encourages any residents with interesting anecdotes about the political and architectural history of the area to write to info@ash-acs.ca, to the attention of the Heritage Committee, or to Action Sandy Hill Heritage Committee, 250 Somerset Street East, Ottawa, ON K1N 6V6 to share their information with the students.

ASH will post the text, maps and photos of the walking tours on its web site so that people can use them for self-guided tours. ASH will also seek to have other organizations link to the walking tours to help promote knowledge of and appreciation for the history of the neighbourhood. In addition, ASH volunteer guides will use the tours during the annual participation in Jane's Walk (www.janeswalkottawa.ca/) in the spring.

ASH welcomes and encourages student interest in leading walking tours for their fellow students and permanent Sandy Hill residents (during orientation week in the fall, for example) so that, together, we can build links between Ottawa U students and ASH (and the larger Sandy Hill community) and promote the built and cultural heritage of this beautiful neighbourhood.

ASH plans to work with students in future terms to develop walking tours based on additional themes, such as the economic history of the neighbourhood.

The two students are designing the walking tours in English. ASH would be very grateful if two volunteers in the community would step forward to translate the walking tours into French.

— C. H.

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Sandy Hill Star: ELIZABETH ANN KINSELLA



IMAGE congratulates Sister Elizabeth Ann Kinsella, who received Ontario's highest prize, the Order of Ontario, from Lieutenant-Governor of Ontario David C. Onley at Queen's Park on January 27. She is the founder and driving force behind Mann Avenue's Youville Centre - the first charity in Canada to address the need for education, child care, housing and support services for young, single mothers and their children. A Grey Sister, Elizabeth Ann (Betty) taught at Immaculata High School before founding Youville Centre. Other recipients with Sandy Hill connections among the 30 new inductees were Dr. Gail Beck (Youth Services Bureau); Huguette Labelle, Gilles Patry, and David Staines (UOttawa), and Elizabeth Le Geyt, whose Citizen birding columns enhance so many of our weekends. MPP Madeleine Meilleur and Premier Dalton McGuinty were on hand to congratulate them all at the ceremony and banquet. Photo Jane Waterston

Besserer to Osgoode, King Edward to the river

Heritage overlay, cultural heritage impact assessments recommended

by Ralph Blaine

In the 1970's two determined residents of Sandy Hill seized upon the burgeoning North American spirit of community activism and began a pioneering effort to recognize, document and protect the character and heritage treasures of their neighbourhood. Mary Roaf and George Wilkes were truly ahead of their time on the heritage front and the fact that in 1982 the City of Ottawa recognized five distinct Heritage Conservation Districts and twenty-nine individual heritage buildings in Sandy Hill (the first designations of their kind in Ottawa) is a testament to their determination and tenacity as well as to the political skill of a young city alderman, Georges Bédard, the architectural expertise of Barry Padolsky and the volunteer efforts of many other Sandy Hill residents.

The houses in these five Heritage Districts and the specifically designated heritage buildings have been afforded some measure of protection over the past thirty years by special zoning rules which are collectively known as a "Heritage Overlay" in that they are overlaid onto the standard zoning rules for the neighbour-

hood. As one example, the city can demand a 60-day delay prior to the demolition of any building with a heritage designation. Ottawa also offers matching grants of up to \$5000 per year to owners of designated buildings to help with exterior maintenance or for restoration or rebuilding of original exterior elements.

Stuart Lazear, Ottawa's Co-ordinator of Heritage Planning, is confident that these municipal measures have done a lot to protect the architectural heritage of Sandy Hill but he had a vision of a more comprehensive look at heritage planning in Sandy Hill that would make the city's efforts even more effective. Then several years ago, while a contractor was working on a large high-rise near the Nicolas/Waller intersection, a heritage disaster inadvertently opened the way. Adjacent to the building site there was a heritage house that the contractor had pledged to keep intact. It was destroyed during the construction. The contractor was fined \$250,000.

About half of this amount was used to fund a new study that would prepare an inventory of 850 pre-1950 buildings in the Sandy Hill area, identify possible new Heritage Conservation Districts and prepare a Heritage Conservation District Plan to manage the five Heritage Districts and any new ones that might be created.

This study has now been completed. It recommends that the five previously designated Heritage Districts be kept. Instead of adding any new districts at this time the report recommends that the entire area be designated as a "Cultural Heritage Character Area."

This will facilitate a homogeneous treatment of the entire area while providing increased protection for the five designated areas. In effect, the study recommends that a "Heritage Overlay" be developed, not just for the five designated areas, but also for the entire area roughly bounded by Besserer Street, the Rideau River, Osgoode Street and King Edward Avenue. Changes to all buildings in this area would be subject to a special "Cultural Heritage Impact Assessment."



Replacement buildings, such as the Stewart St. coachhouse on the left should approximate the original buildings and maintain more or less the same footprint as the origi-

For example, the study recommends that where buildings are destroyed in this area any replacement buildings would have to be rebuilt in forms, details and height to approximate the original buildings and the replacement would have to maintain more or less the same "footprint" (e.g. setback) as the original. This approach would enable planners to more easily maintain the character of Sandy Hill by being able negotiate the nature of any new building or any proposed addition to an existing building in the area. The study is also recommending that the city consider giving tax relief to owners of designated buildings in order to assist and encourage approved conservation work on these properties.

In the process of this review the City has also been able to prepare a much more detailed documentation of the buildings in the existing heritage areas. Mr. Lazear states that this new information will enable

the City to do a better job of managing change in the study area and to ensure that we have the tools to maintain the character of the designated zones. In addition, if the new Heritage Overlay is adopted, the City will be in a better position to ensure that housing stock in the entire study area will be able to continue in its supporting role in maintaining the "look" of Sandy Hill.

This new Heritage Study was presented to the residents of Sandy Hill at two public meetings but it has not yet been formally adopted. Mr. Lazear points out that it will probably take several months to review the study with our new councillor, pass it through committee and then bring it to a final vote at City Council. If you would like to take a look at the study's June 2010 draft report and express your opinions the entire report can be seen at: www.ottawa.ca/residents/public_consult/sandy_hill_heritage/final_study_draft_en.pdf

Does cash-in-lieu of parking ever make sense here?

by Ralph Blaine

My neighbour Sheila grew up in Sandy Hill and still lives in her parents' home. Like all of us, she has noticed many changes in the neighbourhood. One of them is parking. More and more she finds on-street parked cars intruding into her driveway. So she was concerned when the notice from Phoenix Homes went up on King Edward Avenue asking for a zoning exemption for the "Daly Square" condominium ("90% sold") slated for 130 Daly Ave. Phoenix is asking for a cash in lieu of parking settle-

ment so that they can avoid city requirements to provide four guest parking spots. They wish to sell these spots to the occupants instead.

This reporter would have thought that most people in the northern section of Sandy Hill are feeling enough parking pressure as it is but a call to Erin O'Connell at City Hall (ext. 27967) revealed that they had received only one submission on this zoning request as of January 28th. None the less, Erin says that the City has concerns about this request and has put it on "indefinite hold" as discussions proceed with the owners.



IMAGE was interested to hear from Ms. O'Connell that the final decision is made by city staff and is not referred to Council or its committees. There are plans for many more condominium units in Sandy Hill. Let's hope their guests aren't competing for the few parking spots available on our streets.

THANKS!

Thank you to all my friends and clients who contributed to making 2010 a record breaking year. Your business and referrals are always appreciated. I am privileged to work in and be part of such a wonderful community! My website is full of great information and news. I encourage you to visit it regularly.

Merci à tous mes amis et clients d'avoir contribué à faire de l'année 2010 une année record. Je vous suis reconnaissante de faire affaire avec moi et de me recommander à vos proches. Je me sens privilégiée de travailler et de faire partie d'une communauté aussi formidable!

Mon site Web est rempli de renseignements et de nouvelles. Je vous encourage à le visiter régulièrement.



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Georges Bédard our former councillor

His mentor instilled a sense of direction

by Peter Twidale

How's this for a start in life? You're born into a poor family, the youngest of nine siblings, and one year later your father dies of a heart attack. Your mother—her name is Annette—tries her best. She takes in laundry, mops the floors of the Parliament Buildings. Not enough to feed and house the eight boys and a girl. Then a second family tragedy. Triplets are born to Annette but die within weeks. She goes on welfare.

Jump ahead 56 years to 2003. Ottawa City Council approves the budget for the pedestrian and cyclist bridge across the Rideau Canal at Somerset Street.

The official term for allotting the funds is "moved that the bridge is to be approved in the budget." As a reward for his efforts the councillor for Rideau-Vanier (i.e. Lower Town, Sandy Hill, and Vanier) stood up to place the bridge in the budget. That councillor was Annette's ninth child, Georges Bédard.

What inspired Georges Bédard to move forward in life? Now 65, and no longer on council after losing the recent election to Mathieu Fleury, Georges names two influences, and maybe it's really one.

"I grew up in the same home as my mentor. Our mother was the leader for all nine of us. She lead by example. She was always busy, cooking, cleaning, helping neighbours. She expected my siblings and me to pitch in, and we did without question. You might say she instilled a sense of direction in us. I spent my first 18 years seeing my mentor every day. I was the last to leave home and I left with her drive to succeed."

The other factor is energy, and maybe that too came from the mother. "All the kids were hot-wired. We had boundless energy," says Georges.

Georges' energy, or maybe political energy, was already evident by the time he was 16. He founded a youth group for 16-18 year olds at Sacré-Coeur Church on Laurier Avenue. He organized dances and picnics, and homework clubs where the kids had a quiet place to do their homework.

After leaving home at 18, Georges began a "double life" of working during the day and studying at night. His jobs at this stage varied from parking lot attendant, to office clerk, to lumber salesman.

His first education assignment was to get grades 12 and 13. Next was a side trip to Ryerson College in Toronto which certified him as a registered health inspector, his first professional ranking. Then it was Carleton University for his degree in public administration. "In those years I was married with two young children, and a full-time job," he says with some wonderment.

What took Georges into city politics?

"I'm not an activist, but having worn hand-me-down clothes and skates from the St. Vincent de Paul thrift store, helped me understand poor people," he says, noting that Rideau-Vanier, his ward from 1974-80, and 2003-10, has the lowest household income in Ottawa.

In the year leading up to his election in 1974 Georges had been a key member of a neighbourhood committee working on a community plan for Sandy Hill. He says one of several reasons he ran for Council was to publicize an idea in the community plan, the then novel idea of a footbridge across the canal.

In the 23 years between his sessions on Council, Georges kept up the busy tempo as president of the Tulip Festival, and helped found the Franco-Ontarian Festival and the local pollution probe. He also held down day jobs, as president of Heritage Canada, and later as a land negotiator for the federal government.

What skills does Georges Bédard take pride in from his years on Council? "I take pride in learning to be an active listener," he says. "A general comment takes on new life when I dig into the speaker's particular interest. I want to know what motivates the person. I ask if it's the children, the neighbours, money—that sort of question. At times I've uncovered hardship cases, like the man who lost his job and can't pay the utility bills. There are relief programs. You could help them out over the short period."

Another politician's skill that Georges says he has mastered is patience. As he explains, "There's an ebb and flow in the political world. It's worthless to zealously expect council to approve a favourite project when council's interest is elsewhere. I've learned to wait until the flow has picked up. A good example is the pedestrian bridge. It took 18 years to get the money to build it. I kept on it for those 18 years because the bridge made sense to me. I had the patience to wait until finally Council and the public were calling it a great idea."

Does Georges Bédard have the patience to wait four years until the next civic election?

"I have the patience, but you never know what's going to happen," he says.



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Georges Bédard on the Corktown Bridge that he guided from a Sandy Hill plan to the graceful and heavily used structure it is today. Interesting that Georges was raised in an apartment at 318 Cumberland St., a five-minute walk from the bridge. Number 318 is long gone, replaced by the University of Ottawa library.

Photo Bill Blackstone

Le français correct ✓✓✓

par Denyse Mulvihill

Améliorer son français, c'est la responsabilité de chacun. Attention de ne pas confondre le sens français avec le sens anglais de certains mots.

On doit dire :

> **Avoir l'appui de quelqu'un**, qui signifie « recevoir l'aide, le soutien, l'accord de ses collègues, de ses associés ou d'autres personnes informées » — non pas — avoir le support, ce qui est un anglicisme.

Ex. — Lors de la présentation de son programme d'action, le directeur de la nouvelle compagnie a eu l'appui enthousiaste de tous les membres du comité d'administration.

> **Proposer quelque chose**, qui signifie « soumettre une idée, un projet, un choix » — non pas — faire une proposition, ce qui est un anglicisme.

Ex. — Comme participant à un comité de travail auquel on veut proposer un projet quelconque, il faut d'abord s'assurer que le plan d'action est clair et que tous les détails d'opération sont réalisables et durables.

> **Prendre une décision**, qui signifie « déterminer la voie à suivre, la façon d'agir dans une situation précise » — non pas — faire une décision, ce qui est un anglicisme.

Ex. — À la suite du scandale d'un détournement de fonds dans l'Association, le comité de direction a dû prendre la décision de démissionner en bloc et de se soumettre à l'enquête qu'une telle situation nécessite.

> **Adopter un règlement**, qui signifie « approuver une idée, un choix, une demande que l'on met à exécution » — non pas — passer un règlement, ce qui est un anglicisme.

Ex. — À la demande formelle du Syndicat des travailleurs, la Direction de l'usine a accepté d'adopter un règlement visant à protéger tous les employés contre les accidents de travail.

> **Voter une loi**, qui signifie « décider et contribuer par son vote à adopter une loi et à la mettre en vigueur » — non pas — passer une loi, ce qui est un anglicisme.

Ex. — Après leur long congé à l'occasion de Noël, les députés de tous les partis politiques se sont remis au travail, en comités d'étude, bien entendu, et ils semblent maintenant vouloir voter certaines lois qu'ils avaient laissées en suspens avant leur vacances.

> **S'opposer à quelque chose**, qui signifie « refuser une proposition, être en désaccord avec une idée suggérée » — non pas — objecter (verbe qui n'a pas de forme pronominale, en français).

Ex. — Malgré toute la publicité que l'on fait pour promouvoir certains produits d'alimentation, de santé ou de guérison miraculeuse ou de beauté instantanée, le tout agrémenté de photos et de témoignages, bien des gens s'opposent à ce mode de séduction et refusent carrément d'en faire l'essai.

> **Formuler une objection à quelque chose**, qui signifie « exprimer son désaccord, refuser un jugement, une méthode, une décision » — non pas — avoir objection à quelque chose, ce qui est un anglicisme.

Ex. — Pour formuler une objection quelconque, soit à une procédure, soit à un raisonnement ou à un point de vue, il faut savoir le faire avec tact et respect, afin d'obtenir gain de cause.

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IMAGE SURVEY — Here are the answers we received when we asked the directors of our community association, ACTION SANDY HILL...

What was the biggest surprise for you when you joined the ASH board?



Dave Bagler

I was surprised by the number of issues where Action Sandy Hill was involved. Until joining the board I didn't realize the scope of our involvement in the community. One thing that I'm trying to accomplish with the ASH website is providing board members with the ability to add information easily, with more structure and to allow for more committee content. The goal is to provide an online portal to better communicate the issues and areas where ASH is taking action.

- Dave Bagler



Janice Bernstein

When I became a board member of ASH, the diversity and the size of our neighbourhood surprised me. As a child I lived on Daly Ave., believing that my neighbourhood was bounded only by Rideau, Charlotte, Chapel and Laurier. Over the years, I have enjoyed meeting and working with people who live in all the different parts of Sandy Hill.

- Janice Bernstein



François Bregha

My biggest surprise was to find how little I really knew about the neighbourhood where I have been living since 1988. Sure, I know the names of the streets and some of Sandy Hill's history and diversity but I was unaware of many of the issues some of our neighbours face, issues related to nuisance, property standards and development pressures. Although we may all say that we live in Sandy Hill, most of us really live on one particular block and generalize from it and the few routes we may take to walk downtown or to the park. Over the last six years at ASH, I have learned just how restrictive that narrow view can be: our neighbourhood is both richer and more challenged than most of us realize. - François Bregha

Sandy Hill Community Health Centre / Centre de santé communautaire Côte-de-Sable

We Are Looking for New Board Members!
Nous sommes à la recherche de nouveaux membres pour notre conseil d'administration!

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Le centre dessert les communautés de la Côte-de-Sable et de l'Ottawa-Est. Nous invitons toutes les personnes qui y vivent ou y travaillent à devenir membres bénévoles de notre conseil d'administration et de nos sous-comités du conseil. Nous cherchons particulièrement des personnes ayant des liens avec les communautés francophones, multiculturelles, GLBTQ et les personnes âgées.

Si vous :

- connaissez le rôle de SHCHC dans la collectivité et appuyez sa mission,
- avez 18 ans ou plus,
- êtes au courant des enjeux sociaux et de santé actuels,
- entretenez des liens avec la collectivité desservie,
- pouvez vous engager à assister à des réunions mensuelles, à faire la promotion et la défense des causes du centre et à participer à des activités de réseautage pendant un mandat d'une durée de deux ans,

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Vous pouvez devenir membre du SHCHC en complétant et renvoyant le formulaire d'adhésion à l'Action Sandy Hill Community Health Centre - 221 Nelson St., Ottawa, ON, K1N 1G7. There is no cost to become a Member.

Pour devenir membre du SHCHC il est aussi de remplir le formulaire d'adhésion et de le renvoyer au de le poster au SHCHC - 221, rue Nelson, Ottawa (On), K1N 1G7. Il n'y a pas de frais à débiter pour devenir membre.



Chris Collmorgen

I was not so much surprised as impressed when I joined the Board last year. I was pleased to see the diversity of views and voices the 16-member Board represents and how this results in rich dialogue on the issues and concerns in our neighbourhood. This has undoubtedly contributed to the strong relationships ASH has cultivated over the years with our Ward Councillor and City Hall, Ottawa Police Services, developers, the University of Ottawa, and other community organizations. I am impressed that ASH has the power to consistently bring key players to the table for fruitful discussions, especially on challenging matters such as new developments and a growing University of Ottawa. I think these relationships are a testament to the credibility, commitment and professionalism of ASH. I am proud to be on the Board. Whether you have a little or a lot of time, consider investing it in ASH - you won't be disappointed on your return.

- Chris Collmorgen



Jane Gurr

I joined the Board of ASH in mid-2010 through my work on the community response to the development proposed for 85 Range Road. Once seated at the table I was surprised by the multitude of important Sandy Hill issues that ASH is working on, the planning of new buildings, traffic, garbage/recycling, noise, beautification, community-building, just to name a few. And all lead by community volunteers! It surprised me to realize that many of these issues are fundamental to what the long term future of Sandy Hill will be. ASH has an important role to play as a focal point for community efforts to shape that future.

- Jane Gurr



John Verbass

As someone who joined ASH and became involved for the first time in municipal issues, I was surprised (pleasantly) with the efforts the City goes through to consult with and listen to the views of community groups. However, at the same time I was equally surprised (unpleasantly) by how meaningless zoning bylaws appear to be when it comes to new major development projects. It seems that in almost every single case the developers apply to build projects that significantly increase the height and footprint of buildings beyond which the zoning allows, and in almost all of those cases the developer is granted approval for their proposal regardless of how the community feels. It seems the rules are the rules, except if you are a developer.

- John Verbass

Photo: Bill Blackstone

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J'affirme avoir 18 ans ou plus et être résident ou employé dans la région d'Ottawa. J'appuie l'énoncé de mission et de prestation de services tel que prévu et autorisé par la direction du SHCHC.

Signature _____ Date _____

Application approved by the Board of Directors at its meeting of / Demande approuvée par le conseil d'administration à sa réunion du: _____

Secretary/Secrétaire _____ Date _____



Most of the Viscount Green Team and Principal, Mrs Gayle Singer.

News of Viscount Alexander Public School

by Michael Barnes

Board supports addition to school

In January the Ottawa Carleton District School Board requested that the Ministry of Education fund a permanent addition to Viscount Alexander Public School. Since Viscount is phasing in a French Immersion program and will need to accommodate a full-day kindergarten program in 2012, it will be necessary to construct additional permanent pupil space. If the Ministry of Education supports the funding request, the current OCDSB plan calls for the addition to be completed in 2013. Sandy Hill's dual track community school with an onsite day care would be a great addition to public education in Sandy Hill.

Towards a "Garbage Free" school

Viscount is applying for ECO School recognition and funding from the Ministry of Education. A first step is to become a "Garbage Free" school. With the addition of Green Bins to our recycling, we are now able to recycle just about everything - even pencil shavings! What we can't recycle here, such as pre packaged items, our students will continue to take home as a part of the on-going Litterless Lunch project.

To put this in perspective, the 140 students had been generating four to five bags of garbage daily. But thanks to the recent introduction of the green bin program, the contents of five bins, which formerly ended up in landfill sites, are now being rerouted to composting. To-day, the whole school produces less than 1/2 a bag of garbage per day. That is quite an achievement. Thanks to our busy Green Team members.

More trees sought for Viscount

Teacher Janet Thomas has been active in the effort to green Viscount's school property and in applying for a Toyota School Ground Greening grant. The school could be awarded several trees that would be planted to provide more shade on the play ground, shade that would allow for increased use of the outdoor classroom and shade for the benches by the play structure. The trees would be a different species in case our Ash trees were to succumb to the Emerald Ash Borer beetle that is destroying Ash trees in eastern Ontario.

Golden Boot Award

Viscount Alexander is participating in a unique "School Travel Planning" pilot project involving eight elementary schools across Ottawa. Viscount, with its fully operational Walking School Bus is a leader in the project and continues to encourage our children and families to walk to school. February 9th will be a school wide effort to walk to school, with the class with the most walkers being awarded the "Golden Boot." Thank you to our volunteer "drivers" Judy, Peter, Geoff, Soumalia and Karen.

Reading comes alive

A big thank you to our community volunteer, Richard Kelly, for donating his time to read to our students over the lunch hour. Richard is a retired actor which makes him uniquely able to bring the characters alive.

Having fun with words Starting Soon! Scrabble Club and spelling bees will allow students to have fun learning about words and guidelines for successful spelling.

Public speaking

The French Public Speaking club and contest which is open to all of our Gr. 4/5/6 students will take place by March 11.

Curling and volleyball are back!

Thanks to the Ottawa Valley Curling Association who are once again sponsoring a learn to curl clinic and on ice experience at the Ottawa Curling Club for our grade 5/6 class. Both boys and girls volleyball teams are back to practice as the season is underway.

Kids helping kids

Viscount Alexander thanks Rockcliffe Park Public School for a donation to fund a series of Hip Hop dance workshops for our students in grades one to six. As well, a big thank you to Trillium Public School, who will be joining us at Winterlude, for providing additional funding for enrichment in the school.

Anonymous help

From time to time people help Viscount and chose to remain anonymous. Your support is special and we are thankful for it.

Cleaning the Capital award

Every spring and fall the City of Ottawa runs the Cleaning the Capital Award. At Viscount 100% of the students and staff participate. The primary classes clean up the school yard. The junior classes also clean up the Sandy Hill Arena area, the parking lot, the baseball diamond, etc. Many, many bags of garbage are collected including some interesting items, such as tires and a washing machine!

It appears Viscount's efforts were noticed and on February 7th a teacher along with a few students were invited to City Hall to receive a Cleaning the Capital Award. Well done!

Registering for school?

If you are looking to register for Kindergarten or just want to learn more about this little school that's on the move, please call the school office at 613-239-2213 to arrange a visit to come and see what makes Viscount Alexander a special place to learn and grow.

Testimonial



"Selling our home with Faulkner Real Estate through the personal service of our agent, Lynda Cox, could not have been easier or more pleasant. Lynda was very helpful and responsive with any changes we wanted or questions we had. The end result was we sold our home in less than 3 weeks. We would highly recommend Lynda to anyone. The service she gives is exceptional both pre and post sale. Very impressed and grateful!"

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KINDERGARTEN OPEN HOUSE FEBRUARY 24 VISCOUNT ALEXANDER

Kindergarten Registration is underway at Viscount Alexander Public School. So parents looking for a Kindergarten class for September 2011 are invited to attend the Kindergarten Open House on Thursday, February 24th starting at 6:30pm at the school, 55 Mann Avenue across the street from the Sandy Hill Arena.

This small dual track school with some 140 students offers both the Regular English Program from JK to Grade 6 as well as the Early French Immersion program (currently Senior Kindergarten and Grade 1 and adding an additional grade each school year until it serves SK to Grade 6). The Open House is a great opportunity to meet the Kindergarten teachers, tour the school, ask questions and learn about the many special activities that students enjoy at Viscount.

Many parents will be pleased to learn that Full-Day Kindergarten starts at Viscount in September 2012. Just one more reason to find out more about Viscount and all that it has offer your child.

For more information on Kindergarten and the school please call the school office at 613-239-2213.

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InterPares on Laurier Ave. East sports some landmark artwork in its lane.

Mural routes

The Beautification Committee of Action Sandy Hill has teamed up with the Ottawa U Experiential Learning Service (ELS) as a community partner in an attempt to deal with graffiti in our neighbourhood.

Through this connection, the Beautification Committee is working with a group of five students, led by a fourth year Arts major. They have taken on a murals project for Sandy Hill and will spend 30 hours identifying spaces that are high targets for graffiti tagging, researching City of Ottawa regulations regarding murals, identifying potential sources of funding, canvassing the student community for artists and ultimately creating at least one 3D mural by the end of winter term. The murals will most likely be historical in nature, highlighting Sandy Hill's rich past. We hope that this will become an ongoing project for our neighbourhood, that we can develop a walking tour of our murals, and one day be part of the Mural Routes Canada (www.muralroutes.com).

To have a look at existing murals in Ottawa follow this link... web.ncf.ca/bf250/murals.html Please contact Joanne Neate at jojoneate@rogers.com for further information regarding the murals project, and to volunteer funding, resources or expertise.



Grffiti at Daly Square. ASH's beautification committee says that when companies buy property in Sandy Hill, they should respect the neighbours -- by not letting their properties get covered in graffiti.



Upcoming Events

Free. All are welcome.
No strings attached.

March 30	Sacred Concert. 7 p.m. Wisconsin Lutheran Seminary
April 16	Easter for Kids. 8:30-Noon. "Road to Emmaus" video. 1:00 p.m.
June 4 & 5	Doors Open Ottawa
July 9	Family Fun Festival. 10 a.m. - 2 p.m.
July 11-13	Family Vacation Bible School. 6-8 p.m.
Sept. 10	uOttawa Yard Sale
Oct. 30	Reformation Festival worship. 4 p.m.
Nov. 26	Christmas for Kids. 8:30-Noon.

Sunday:
 Worship: 10:15 a.m.
 Bible study: 9 a.m.
 Sun. School: 9 a.m.

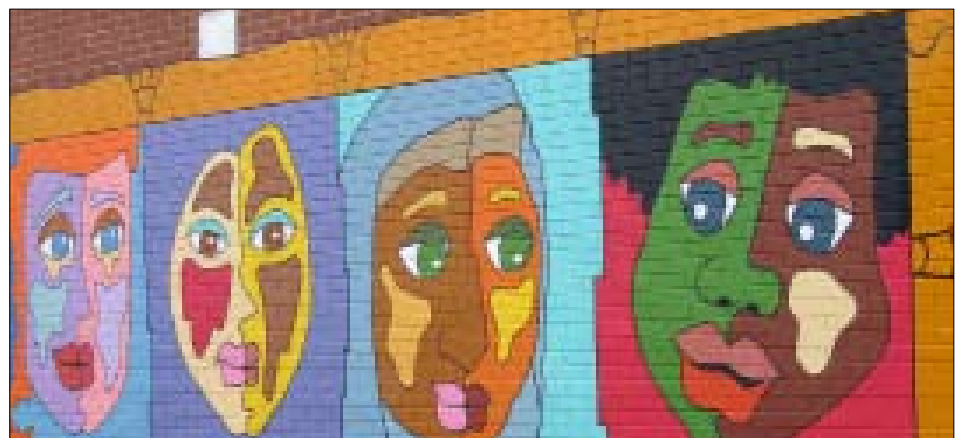


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Murals in Reykjavik, Iceland and Kitchener, Ontario— could look good in Sandy Hill too!



David and Goliath

by Lise Fournier Ausman

Those of us who live in Sandy Hill are keenly aware of the heritage value of our community. We are proud of the old residences - of former Prime Ministers and lumber barons - the embassies and the traditional small businesses that have served our needs for generations. It has been sad in recent years to witness Ayoub's grocery suffer a serious fire and Nate's Deli close permanently. With the increased attention to living lightly and shopping locally for environmental reasons, we should be careful not to allow owner-operated businesses to fail.

me with a smile of recognition and remember me by name. It's like I grew up there. Some wonderful employees came and went; some had children and grandchildren. I even got to introduce my own children to the Rideau Pharmacy family.

Many area residents are familiar with Rideau Pharmacy because of its post office outlet. It is so handy to be able to drop by there, within walking distance, and pick up or drop off your package or special letter. In February this year the postal outlet will remain open as it undergoes a two-day renovation to convert it into an even more welcoming and efficient area.



Achille was born in Cameroun, studied in Belgium and came to Canada in 1998. He has been working at Rideau Pharmacy for 11 years. Married and a father of 3 young children, he is passionate about aquariums. Kim was born in Vietnam and came to Canada in 1982. She lives in Sandy Hill and has been a Rideau Pharmacy employee for 24 years. She loves exercising and is an avid walker. Photo L. Ausman

A 112 year old landmark business, Rideau Pharmacy, at Rideau and Friel, is in its toughest fight for survival since its creation. Another large chain pharmacy outlet is being erected at the old Nate's site. There are currently six pharmacies serving the small area between Rideau River and Rideau Centre. Why does one need to add to the concentration of large companies' drugstores? Most importantly, how will Achille Konga, small business owner of Rideau Pharmacy and employer of 15, compete with the six conglomerates? Achille is to the large chain drugstores as David was to Goliath.

Rideau Pharmacy has been part of my life since my university days in the seventies. At that time it was known as O'Sullivan's pharmacy as Mr. O'Sullivan had bought it from the first owner in 1946. It changed its name back to Rideau Pharmacy when a young pharmacist, Wit Lewandowski, bought it in 1980 and convinced Mr. O'Sullivan to remain on as a pharmacist/employee. In 2004 Wit moved away and sold it to Achille, his pharmacist/employee. Whenever I walk into that establishment, I feel right at home in its bilingual environment where they greet

Achille has been doing his part to make his pharmacy competitive. Last summer he acquired an automated drug dispensing machine which increases accuracy and allows him and his staff to be more efficient and available for greater interaction with customers. His dispensing fees, which are built into the price consumers pay, are as much as \$3 cheaper per drug dispensed than at some other outlets. As of the end of March, Achille will provide seniors, 55 and over, a 20% discount on most items on the last Wednesday of every month.

If the local population does not encourage the owner-operated business by shopping in his/her store, it will be swallowed up by conglomerates. As the old saying goes, use it or lose it.



Il n'y a rien de plus important pour les familles que de passer du bon temps ensemble.

Ce 21 février, jour de la famille, fêtez cette journée spéciale avec vos proches.

Madeleine Meilleur
députée

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Vie de quartier

Certains gestes contribuent non seulement à notre propre bien-être, mais aussi à l'harmonie du quartier, dont les rues s'animent de nouveaux résidents, et parfois jusque tard dans la soirée. Que vous comptiez habiter la Côte-de-Sable pendant des années ou seulement quelques mois, vous pouvez en faire un milieu où il fait bon vivre.

Éclairage

Gardez votre lumière extérieure allumée (une ampoule compacte fluorescente vous permettra d'économiser l'électricité). Vous pouvez aussi installer des détecteurs de mouvement sur les côtés et à l'arrière de la maison.

Déchets et recyclage

Les déchets attirent les rats, les mouffettes et autres animaux indésirables. Lorsqu'ils ne sont pas ramassés, ils montrent aux passants que la propriété est mal entretenue et risquent d'attirer les intrus et les vandales. Consultez le règlement municipal sur les déchets et appliquez-le. Pour obtenir le calendrier de collecte des déchets et des matières recyclables, composez le 311 ou passez à l'hôtel de ville et demandez le calendrier A, ou encore consultez le http://ottawa.ca/online_services/recycling/index_fr.html.

Bouteilles et canettes consignées

En entreposant dehors vos bouteilles et canettes consignées, surtout dans une cour, vous risquez d'attirer les rôdeurs. Veillez donc à les entreposer à l'intérieur et à les rapporter assidûment. Si vous souhaitez les donner à ceux qui les ramassent pour les vendre, sortez-les le jour de la collecte. Vos bouteilles et canettes trouveront vite preneur.

Le bruit

Le règlement sur le bruit s'applique à partir de 23 h et jusqu'à 7 h en semaine, 9 h le samedi et midi le dimanche. En général, tout le monde est prêt à accepter un certain bruit, quelle que soit l'heure. Mais ceux qui tentent de dormir ou d'étudier peuvent trouver déroutant le bruit d'une musique forte, de cris, d'objets lancés, de machines ou du vrombissement des véhicules. Le son d'une tondeuse ou d'une souffleuse tôt la fin de semaine peut être aussi déroutant que les hurlements de fêtards en pleine nuit. Apprenez à connaître vos voisins et discutez avec eux des problèmes de bruit. N'oubliez pas que le respect est crucial. Normalement, personne ne souhaite froisser ses voisins, mais il se peut que les voisins bruyants ne se rendent pas compte qu'ils dérangent les autres.

Ensemble, formons une communauté chaleureuse

Quand on connaît ses voisins, on peut les aider au besoin. On peut surveiller leur résidence lorsqu'ils s'absentent, agir si on remarque des activités suspectes, s'offrir pour déblayer l'entrée d'étudiants pendant les examens ou aider un voisin qui peine à transporter ses paquets. Et pourquoi ne pas contribuer à la propreté du quartier en ramassant ce déchet qui traîne sur le trottoir?

Devenez membre d'Action Côte-de-Sable, notre association de quartier (www.ash-acs.ca), lisez IMAGE, notre journal communautaire, et participez aux activités de nettoyage des parcs et autres activités communautaires.

Gardez ces numéros sous la main

911 urgence mettant la vie de quelqu'un en danger ou crime en cours
613 230-6211 toute autre urgence du ressort de la police
311 information sur les services qu'offre la Ville ou ses règlements

D'autres choses encore peuvent améliorer la sûreté du quartier et de ses résidences. Pour savoir ce que vous pouvez faire de plus, consulter le www.ottawapolice.ca et cliquer sur l'onglet « La prévention du crime ».

- Karen Bays (tr. Louise Saint-André)



Photo Bill Blackstone

Renovating a Sandy Hill home for sale

by Elizabeth Davies

Sandy Hill is blessed with a wealth of older homes. They give our neighbourhood a character that can't be found elsewhere. Each home is different - some carry ornate facades, some have imposing verandas, and some feature detailed glass work - but all show the hand of committed craftsmen.

Aside from pockets such as the Glebe, and New Edinburgh, few Ottawa neighbourhoods can boast of the architectural treasure trove that is Sandy Hill. In turn, the unique features of these homes give their owners a competitive boost when selling.

In spite of this advantage, astute Sandy Hill home sellers realize that a bit of effort, well placed, will make a big difference to the sale price and might make the distinction between a buyer choosing their home, rather than a neighbour's.

Curb appeal goes a long way

Potential Sandy Hill buyers are looking for cachet. Sadly, many Sandy Hill homes suffered from the removal of many of their decorative features during the postwar years, when home owners wished to modernize their houses. The good news is that a lot of the original look can be returned at a reasonable cost.

Contractors who specialize in heritage renovations have all the modern equipment to replicate the ornamental facades of a Victorian or Edwardian look, without the labour intensiveness of the original build. The key is to establish, at a firm price,

exactly what you wish to achieve, and to verify, via references, that the contractor has the skills required.

Windows and fences, in particular, are two elements that "pop" for what real estate agents call "drive-by" buyers.

Many Sandy Hill homes feature wrought iron fences. They were a status symbol a hundred years ago, and their impact has not lessened over time. Today, a wrought iron fence is a strong selling feature, so you may wish to consider replacing it, if it has been removed. This is one area where cutting corners by using aluminum would diminish the property. Instead, if the fence is rusting, rather than replacing it, consider repairing sections. Don't hesitate to ask your contractor to leverage their buying power for your benefit, in order keep costs down for bigger ticket items like this.

For windows, inexpensive solutions can be as simple as adding mullion work to modern windows, to create the heritage effect, while maintaining energy efficiency.

Renovate only what you need to

In each of your main rooms, choose one architectural element that stands out and build around it. For example, the great rooms in many Sandy Hill homes have high ceilings, but have lost the high baseboards and ceiling mouldings, that were once there. Bring those back!

A creative contractor will show you how to take store-bought mouldings and couple them with techniques such as texturing (for example, inserting a band of raised wallpaper between rows of mouldings to create the impression of greater depth) in order to keep your renovation affordable.

Consider modern needs

The few places where potential buyers will not be looking for a Victorian experience are the washrooms and the kitchen. Consider spending one to two percent of the value of the home, or higher, for renovations to either of these rooms. The upside is that renovations to kitchens and washrooms yield the biggest return on investment when reselling the property.

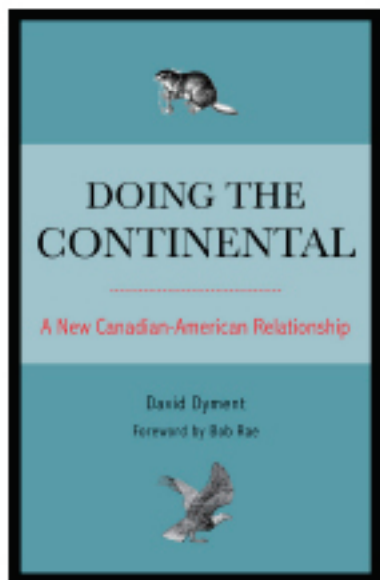
As well, heritage homes were not built with modern "wants" such as family rooms and home offices in mind. If your property is large enough, consider adding an addition. If not, consider finishing the basement. Again, adding to the living space, pays dividends when it is time to list.

Elizabeth Davies can be reached at Hint of Heritage Renovations 613-858-5499.

Photos:
The author recently helped renovate this heritage property on Rideau Street.



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Live well, Sam: Quik Way closes

Photo Bill Blackstone



The Quik Way/ Quickway Market on Somerset St. E. is closed, after 15 years of supplying movies and more.

by Karen Bays

On December 31st, while many of us were planning to ring out the old year and welcome 2011, Sam, of the Quik Way on Somerset Street, was preparing to close his door for the last time. The Quik Way Convenience Store and Laundromat was a fixture in Sandy Hill for over 15 years. The store carried a wide variety of staples, dairy products, magazines, and treats but was probably best known as a place to rent movies.

Over the years, the movie rental business declined and when the end of the current lease was imminent, Sam decided it was time to retire. After long shifts at the store, seven days a week, month after month, he will now have the time to spend with friends and family scattered here and there in Canada and the US.

Many of those who rented movies at the Quik Way on a regular basis will miss Sam's uncanny way of recommending a movie which you would usually end up enjoying. If you picked one that he felt was not geared to your tastes or your mood, he would say, "You can rent this but you won't like it." He was usually right about that too. Even though he rarely saw the movies he rented (he is a self-confessed Bollywood fanatic), he based his opinion on people's feedback and from knowing his customers' likes and dislikes. This personal service does not often happen at the bigger movie stores.

Sam, who declined to tell me his real name and wants to just be remembered as "Sam," enjoyed the Sandy Hill area. For Christophe Py and Marika Michalska and their children Mila, Stefan, and Lena, the closing of Quik Way means an end to an era. "Our children have known Sam all their lives." They could count on the store to be open when they needed something, to have a good supply of popsicles, and to own a good selection of children's movies. It would be hard to tally up the number of trips the Py family made to this convenience store over the years.

The space occupied by Quik Way is being converted into two apartments. For now only one store on Somerset, Michael's Confectionary at the corner of Russell remains. Fortunately, Michael and Sally Daoud are not planning to go anywhere. In fact, they are awaiting final approval to add two stories on top of their store so they can live as well as work in the community.

And Ayoub's?

Some may be wondering what is happening with Ayoub's Minimart which was destroyed by fire in April 2009. Nouha Chahine recently confirmed that they hope to start to rebuild at their previous location (Somerset and Blackburn) in mid-March and be open for business in the summer. As before, they will live above the store. Nouha wants everyone to know how much they are looking forward to being back home in Sandy Hill. It has been a long, difficult two years since the fire.

While many welcome Ayoub's return and appreciate Michael's continuing presence, Sandy Hillers wish Sam well on his new path and hope he enjoys the freedom and leisure he deserves. As Stefan Py so aptly put it, "Happy retirement, Sam, and live well."

A remedy for failing memory

by Ron Hodgson

Most people now use a digital camera to take photos and since they're so easy and cheap to use they take a lot of them. The images are captured by a CCD or Charge-Coupled Device which is exposed through the lens of the camera. The CCD converts the light values to electric charges which can be stored using an electronic storage device such as an SD (Secure Digital) Memory Card.

These SD cards are quite sturdy and can be locked if necessary to ensure that the contents are not erased or overwritten. However, they are not infallible. Most casual photographers take some photos, load them into their computers and then delete them from the card so it can be reused. Trouble is, that over time, unless the card is reformatted regularly, the data on the card can get corrupted. SD Cards work in a similar way to computers in that they don't always *completely* delete files. They simply mark the available space as usable again and then later write over it. The only way to "clean up the card" properly is to reformat it.

The other day I took some especially precious pictures of family members and discovered when I went to put them on my computer that some of the files were "corrupted." There was no way that the computer program was going to read these files and the recommendation on my computer screen was that I should reformat the card. However, I knew that if I reformatted the card I'd never see the photos I'd taken, so some other course of action was necessary.

I decided to pay a visit to a well-known local camera store and ask their advice.

They said that for \$20 they would recover as many pictures as possible and so I decided to leave it with them overnight. The next day I returned to find that they had done nothing and it seemed were unable to help me. Well, at least there was no charge.

Downcast I returned home and was just about to reformat the card when it occurred to me that I should first do a search on my computer for any sort of image retrieval system (you never know what your computer contains until you ask it!). To my

delight I found a program called "Image Rescue 3" which claimed to be able to read and restore any SD card and many types of files (image, video, audio etc.). This program must have been obtained with the software that came with my camera. All I had to do was to insert the card in my card reader or equivalent and follow the steps outlined in the program.

Within 30 minutes I had scanned the 1 GB card, recovered almost all the

pictures and had saved them to a separate file folder. A couple were missing pieces of the picture and one was distorted but otherwise there was no problem. Interestingly, I found one picture that had been taken in 2007 and which I thought I had erased years ago.

So - don't give up when your "memory" begins to fail. Before doing anything drastic, like reformatting or spending your hard-earned dollars, do a search in your computer for retrieval software or consider downloading one of the many programs available on the web. And, in future to avoid similar problems, download your photos and reformat your memory cards regularly.



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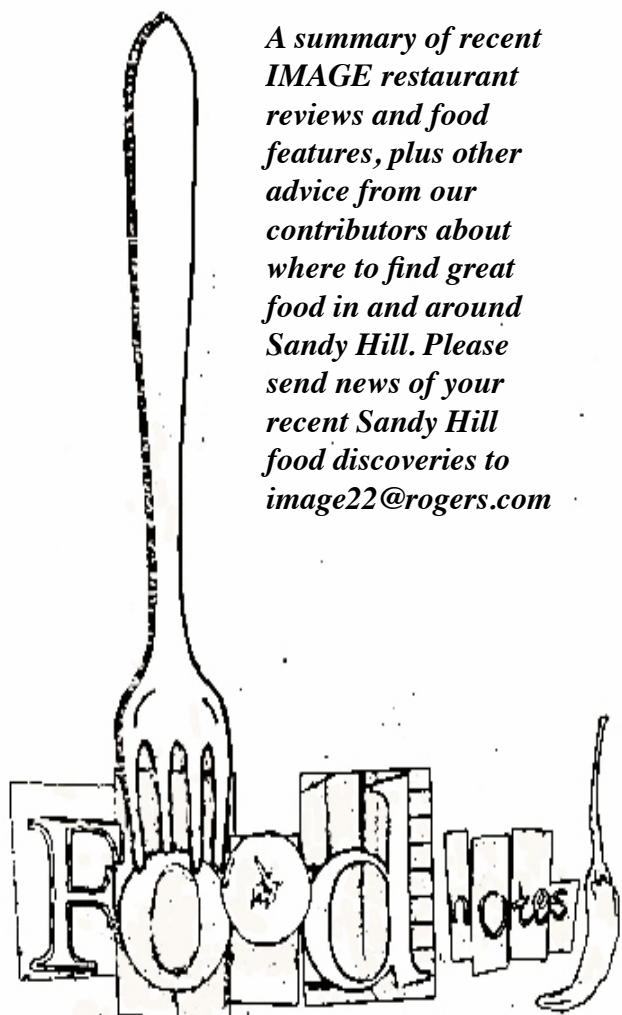
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Desh, 103 Mann Avenue Garam masala, jaggery, a clutch of fresh curry leaves? Until recently, virtually any ingredient for Indian cooking could be had at Desh Grocery on Rideau Street. And then, in a flash, the store disappeared - no warning, no notice of relocation. Just gone. Not to worry; it's turned up again in the south end of the neighbourhood. Same owner, same great inventory of Indian groceries and spices in a new, shinier location. It's great to have a secure source of fresh okra once again!

People Food Coop, 317 Wilbrod Street The co-op has been closed for a while, but plans a grand re-opening on Thursday, February 17. Their extra space will be rented out to a micro-roaster-café, and their hours will be expanding, to 7 a.m.-7 p.m. on weekdays, 8-6 on Saturdays, and 9-5 on Sundays, so we can look forward to a morning cup of freshly roasted, fair trade coffee along with our organic food shopping.

Pick Up & Go Turkish Cuisine, 354 Rideau Street The familiar shawarma counter across from Loblaws has new owners and an ambitious new Turkish-Persian menu, featuring many kinds of kebabs, salads and a daily soup. A grilled kebab platter with rice makes a generous (I had enough leftovers for lunch), tasty, and healthy meal, and the spicy carrot salad is delicious. They also promise Turkish coffee to go with a fine display of pastries.



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de l'Université
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À chaque année, la Fondation Héritage Canada souligne la Fête du patrimoine qui a lieu le troisième lundi de février. Cette année, la Fondation nous invite à célébrer le 21 février les parcs et paysages historiques. Notons que le thème de la Fête du patrimoine 2011 coïncide avec le 100^e anniversaire de Parcs Canada, le premier service des parcs nationaux au monde. Pour les détails voir : <http://www.heritagecanada.org/fre/fete.html>.



Le pavillon Tabaret, le symbole de l'Université d'Ottawa, au début du XX^e siècle. Seule la partie centrale est alors construite. AUO-PHOI-38AH-4-28

Dans la région de la capitale, cet événement a pris au fil des ans de l'ampleur, de sorte que l'on célèbre maintenant pendant tout février le Mois du patrimoine. Les organismes d'Ottawa et de Gatineau, particulièrement les Archives de l'Université d'Ottawa, présentent cette année une douzaine d'activités en français pour bien célébrer le patrimoine. Pourquoi ne pas profiter de ce mois pour mieux connaître notre patrimoine archivistique, historique, bâti, muséal et généalogique. Voici ce que l'on vous offre d'ici au fin du mois :

Conférence « Les croix de chemin, un patrimoine oublié? »

Mardi 15 février, à 19 h
Les conférences de la bibliothèque de Gatineau. Conférence donnée par Michel Prévost, Président de la Société d'histoire de l'Outaouais. Bibliothèque Bowater de la Maison de la culture, Salle des conférences, 855, boulevard de la Gappe, secteur de Gatineau, Gatineau. Renseignements : 819-243-2345, poste 7461

Visite guidée du pavillon Tabaret, le symbole de l'Université d'Ottawa

Mercredi 16 février, à 10 h
Retraite en action; visite guidée par Michel Prévost, Archiviste en chef. 550, rue Cumberland, (départ de la Rotonde), Ottawa. Frais d'entrée et inscription obligatoire : Mme Chantal Richer, tél. : 613-860-1099, poste 2. info@retraiteenaction.ca

Séance d'archives à voix haute. Lettres d'amour et autres sentiments

Mercredi 16 février, de 19 h
Muséoparc de Vanier. Groupe d'archives à voix haute. 300, avenue des Pères Blancs, secteur Vanier. Contribution volontaire. Renseignements : 613-580-2424, poste 32001. info@muséoparc.ca.

Atelier sur la gestion des documents électroniques

Judi 17 février, de 8 h 30 à 16 h
Association des archivistes du Québec, région Ouest. Atelier présenté par Claude Minotto. Maison de la culture de Gatineau, 2^e étage, local 211. 855, boul. la Gappe, secteur

Gatineau, Gatineau. Tarif : membre 73,37 \$, non-membre 112,88 \$, rabais pour les étudiants. Renseignements et inscription : 819-243-2345, poste 3205. frederic.laniel@banq.qc.ca

Conférence « Les patriotes de 1837-1838 : recherche et généalogie »

Le jeudi 17 février, à 19 h
Société de généalogie de l'Outaouais. Conférence donnée par Jonathan Lemire, de Saint-Eustache. Maison de la culture de Gatineau, 855, boulevard de la Gappe, salle 211, 2^e étage nord, Secteur de Gatineau, Gatineau. Activité gratuite. Renseignements : 819-243-0888 ou sgo@genealogieoutaouais.com.



Des étudiants patinent dernière les ruines du bâtiment principal de l'Université d'Ottawa incendié le 2 décembre 1903. AUO-PHO-NB-38A-2-304

Conférence « À la découverte des trésors des Archives de l'Université d'Ottawa »

Vendredi 18 février, à 13 h
Centre de formation continue de l'Université d'Ottawa. Conférence donnée par Michel Prévost, Archiviste en chef, Archives de l'Université d'Ottawa. 100, rue Marie-Curie, salle 012, Ottawa. Gratuit mais inscription obligatoire, tél. : (613) 562-5272, courriel : continue@uOttawa.ca.

Tables d'exposition – centres d'archives et sociétés d'histoire, de patrimoine et de généalogie de la région

Samedi 19 février, de 9h30 à 16h30, et dimanche 20 février, de 10 h à 16h30
Bibliothèque et Archives nationale du Québec en

Outaouais. Centre commercial Les Galeries de Hull, 320, boulevard Saint-Joseph, secteur de Hull, Gatineau. Renseignements : Mme Mélanie Plouffe, tél. : 819-568-8798, poste 6347.

Cérémonie et réception de la Fête du patrimoine de la Ville d'Ottawa

Mardi 22 février, à 12 h
Hôtel de ville d'Ottawa, Place Jean-Pigott, 110, avenue Laurier Ouest, Ottawa. Renseignements : (613) 562-0405 ou www.choocopo.ca.

Conférence « Le roman historique : un tour du monde, un devoir de mémoire »

Mercredi 23 février, à 19 h 30
Société Gatineau Monde, Les Grandes Conférences de l'Outaouais.

Conférence donnée par Paul Ohl, auteur. Maison du Citoyen, Salle des fêtes. 25, rue Laurier, secteur de Hull, Gatineau. Frais d'entrée. Renseignements : 819-663-2480, poste 231; ngilbert@tjo.ca

Pour des renseignements généraux au sujet de ces activités, n'hésitez pas à me joindre par téléphone au 613-562-5825 ou par courriel à michel.prevest@uottawa.ca.

Bon Mois du patrimoine!



Étudiants devant la patinoire de l'Université d'Ottawa en 1908. À cette époque, les étudiants doivent nettoyer la glace. AUO-PHO-NB-38A-2-3

Put Food in the Budget challenges Mathieu Fleury & other local celebrities

Continued from page 1

Photo Kevin O'Donnell

Many remarked on feelings of food envy, and how hard it was to be around friends and coworkers enjoying something good to eat. All participants were deeply aggravated by the restrictions that went along with being able to eat only what came with the typical food hamper. People who might normally forget to eat lunch because they were busy with work found they became distracted by feelings of hunger when they knew they had nothing on hand for an afternoon snack. Everyone longed for favourite foods that weren't available to them.

Rideau-Vanier City Councillor Mathieu Fleury took part in the challenge, along with a team of three of his staff. On Day 1, he inadvertently used up his only optional food choices for the three days by bringing a modest salad for lunch. "We have so much choice in our daily lives," says Nathaniel Mullin, Councillor Fleury's assistant, who also took part in the challenge, "whether it's buying healthy groceries or going out for lunch because we didn't have time to make one; we forget others don't have those options."

There are plenty of Ottawa residents who grapple with these issues every day. The Ottawa Food Bank distributes groceries to agencies throughout the city that serve their local neighbourhoods. In Sandy Hill, the food bank agency is the Supper Table at St. Joseph's Church, which gives out groceries every Friday

afternoon from 1:00 to 3:00. Supper Table manager Dave Ro says they have about 300 clients on their books, and serve 80-85 people in a typical month, mostly single men and women, many of whom may not have cooking facilities. St. Joe's, which also runs a very busy soup kitchen five days a week, focusses on giving out basic staples; cereal, crackers, peanut butter and canned foods. "When you're stuck, this is where you'll get help; it's for emergencies," says Dave Ro.

There is also a food bank at the University of Ottawa. Run by the students' federation, the SFUO Food Bank serves anyone in the U of O community, whether they are students, staff or alumni. In January, they served 361 clients, including several families. Volunteer coordinator Julie Brezden is proud of the SFUO food bank's community outreach program, which solicits donations from many local small businesses and allows the food bank's clients to choose from a variety of produce, meat and baked goods along with the packaged staples of the typical food bank diet.

If you're curious about the Put Food in the Budget experience, there's still time to check it out. Valerie Stam, Community



Day One: Oatmeal, bread and peanut butter. Reports Kevin O'Donnell, "Between work and daycare pickup I went home and 'lunched' quickly on the last two oatmeal packs. My plan had been to interleave them with PB+toast throughout the week for breakfast. Oh well. 3-up, 3-down."

Developer at the Sandy Hill Community Health Centre and one of the campaign organizers, says the challenge will continue through the month of February. You'll find guidelines at <http://putfoodinthebudget.ca/challenge/individual-challenge/>. If

you send an email to ottawadtmc@posterous.com, you can report on your experience; the subject of your email becomes the title of your post, and the body and attachments of the email become the content of your post.



This Is My Witness

A new film by a Sandy Hill resident follows Burmese women who challenge the international community

by Jane Gurr

Have you noticed that from time to time, at the corner of Range Road and Templeton Street, a crowd gathers carrying colourful banners and bull horns? The first time I noticed them, many years ago, it seemed clear to me that they were protesting something but I wasn't sure what. I soon learned that their anger is directed at the military government in Burma and its Embassy staff, in their offices located in the Sandringham apartment building.

What I have learned since about Burma is difficult to comprehend. For the past 40 years the country has been run by a brutal military dictatorship bent on wiping

most of its ethnic minority groups off the map. More than 3,500 villages have been destroyed. More than one million people have been forced to flee their homes to uncertain futures as refugees in neighbouring countries. Killings, rape, torture, forced labour are a few in a long list of human rights abuses that are tragically common and have been well documented. Those who speak out against the regime and work for democratic reform are routinely jailed without due process. Aung San Suu Kyi is one example among thousands.

A new film that will be shown in Ottawa on March 9th tells the stories of two women who experienced the brutality of the Burmese military and decided to speak out. *This is My Witness* follows the women as they participate in the first International Tribunal

on Crimes Against Women of Burma and as they challenge the international community to take action on Burma. (Full disclosure...I am the writer and co-producer of the film, and a Sandy Hill resident)

This is My Witness will be shown on Wednesday, March 9th, 7:00-9:00pm at the Ottawa Public Library Auditorium, 120 Metcalfe Street. The event is being organized by the Nobel Women's Initiative, an Ottawa-based group dedicated to supporting the work of human rights activists worldwide. They have invited a panel of guests, including Nobel Laureate Jody Williams, to discuss the current situation in Burma following the film screening. Kate Heartfield of the *Ottawa Citizen* will moderate.

If you would like to know more about what is happening in Burma and are curi-

ous about the protests that take place at Range and Templeton, please come out on March 9th!

The Nobel Women's Initiative and other Ottawa-based groups are actively working for change in Burma. You can find out more at: Nobel Women's Initiative, 613 569 8400, www.nobel-womensinitiative.org; Canadian Friends of Burma (613) 237-8056, www.cfob.org; and, Interpares www.interpares.ca.

An affinity for winter:

Cold weather meals for hungry people

by Dorothy Newman

Some vegetables have an almost tangible affinity for winter. Brussels sprouts, for example, are best when picked after a fairly hard frost; so is kale. The winter cold mellows their crotchety cabbage flavour and gives it a pleasing distinction. I once dug carrots from under 18 inches of snow here in Ottawa, sweeter and crispier than any summer harvest. Leeks, dug in late fall, heeled in and heavily mulched with leaves or straw, can be had fresh from the garden for most of the winter months. And if you don't have a garden, all of these are readily available locally.

These vegetables bring to the kitchen some of the same forthrightness and sturdiness with which they withstand the cold. Think of the radiant orange of carrots on a grey winter day. Compare the healthy green and plump solidity of Brussels sprouts to the listless string beans offered now. And the elixir of their flavours! But those cannot be described, they can only be experienced in the eating of these miracles of winter. So if you are chilled to the bone, and the never-ending winter is getting you down, bring some of these flavours inside by making lamb braised with leeks and carrots.

Lamb Braised with Leeks and Carrots

Serve this richly flavoured curry with rice, or scoop it up with warmed pita bread. To prepare the dish ahead, do not add the sour cream until the curry has been re-heated and you are ready to serve.

- 2 pounds lean lamb, trimmed of fat and cut into 1-inch cubes
- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 3 tablespoons imported Indian curry powder
- 1 tablespoon ground cardamom
- 3 large leeks, white and yellow parts only, washed, cut into 1/8" rings
- 6 large carrots, peeled, cut into 1/2" diagonal slices
- 1 1/2 teaspoons salt, or to taste
- 1/4 teaspoon black pepper, freshly ground
- 1/4 cup sour cream

Over high heat in a heavy-bottomed Dutch oven, brown the lamb in butter and oil, add curry powder and cardamom, stir. Turn the heat to medium and cover the pot. Cook, stirring often, about 10 minutes. Add leeks, carrots and salt, stir well, cover tightly and simmer for 1 hour, stirring occasionally, or until the meat is very tender. The meat and vegetable juices usually are enough to make a lovely gravy, but check the liquid level occasionally and add just enough water to prevent burning. Just before serving, remove from the burner and stir in the pepper and sour cream.

Serves 6

BAMBRICK'S T O S S W O R D

by James Bambrick

Reorganize all the letters of the words in quotations in order to make appropriate words for the blank spaces.

Example Did Adam sense "_____" in the "garden"?

Answer: Danger.

1. "Paris" is a popular city for romantic "_____".
2. It is upsetting "indeed" to be always "_____".
3. There was a "triple" blockage in the "_____".
4. At an "auction" one should exercise "_____".
5. The head "master" unleashed a "_____" of commands at his charges.

Answers on page 22



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The Maltese Cross

by Bruce Levine

The Goodwin Mansion, at the corner of Laurier and Russell Avenues was the national headquarters of 'St. John's Ambulance Canada' from 1978 until quite recently. The Maltese Cross appeared on the organization's logo, superimposed on a Maple leaf. A long history leads up the appearance in Sandy Hill of this distinctive eight-pointed cross.

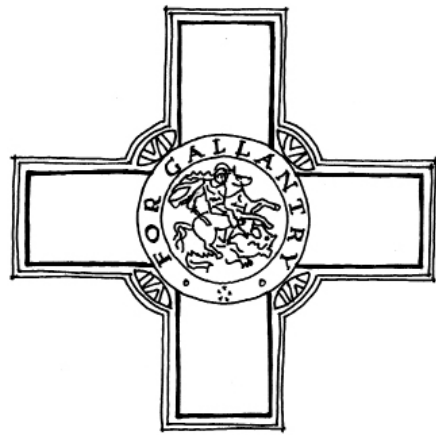
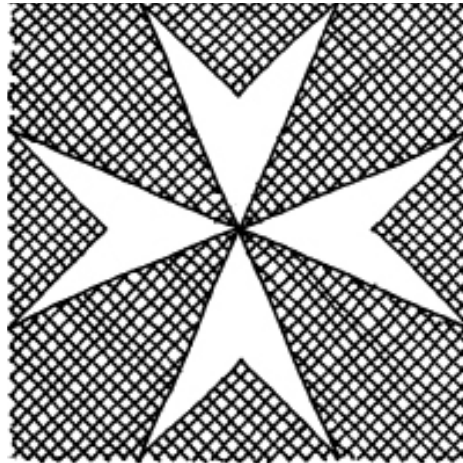
Its origin dates back to the first crusade (1113 CE), when the Blessed Gerard, an Italian monk, founded a hospital in the old St. John's monastery in Jerusalem to care for ailing pilgrims. Its operation was financed by merchants from Amalfi and Sorrento, who were in the business of ferrying pilgrims between Italy and the Holy Land. The new 'hospitaller order' adopted the eight-pointed 'Amalfi Cross' as their emblem.

The so-called Knights of St. John later added the military function to their original hospitaller focus and maintained their presence in Jerusalem until the end of the 13th century when they were driven out by the Arabs. They operated out of Cyprus for 20 years until they were able to establish themselves on the Island of Rhodes, where they stayed for another 200 years. Eventually the Ottoman Turks grew tired of the Knights' persistent attacks on their shipping and drove them out of the Eastern Mediterranean altogether. After knocking about for a few years with no place to call home, the Order was given the choice between Tripoli (in Libya) and the Maltese archipelago. In 1530 they accepted Malta and made the Three Cities of Grand Harbour their home base.

The Order's expulsion from Rhodes had only increased their desire to attack Turkish shipping, so the Ottoman Emperor decided to remove this thorn from his side and ordered the destruction of the Order. The Knights of St. John and the Maltese people successfully withstood the Great Siege of 1565, which firmly established their distinctive emblem - the eight-pointed cross - as MALTESE.

The Knights governed the Maltese Islands and controlled the central part of the Mediterranean for over 250 years, until Napoleon unceremoniously tossed them out. The Order of St. John was gone, but the eight-pointed cross remained as part of Malta's heritage.

Illustration Bruce Levine



But what about the English Knights of St. John? The original Order of St. John was a pan-European fraternity organized into eight 'langues' from various European nations; each of which depended on revenues from properties in its native land to support its presence in Jerusalem, Cyprus, Rhodes or Malta. However, by the time of the Great Siege (1565) the Order consisted of only seven langues. Between 1536 & 1541 King Henry VIII of England had succeeded in dissolving the Catholic monasteries throughout his realm and confiscated their assets, so the English langue no longer had the financial resources to maintain Knights in Malta. Only one English Knight, the Grand Master's Latin secretary, was present at the Great Siege.

The confraternity known as 'The Most Venerable Order of the Hospital of St. John of Jerusalem', is a British royal order of chivalry founded in 1831. Its largest and best known service branch - the St. John's Ambulance Association - was founded in 1877. St. John's Ambulance Canada was founded twenty years later in 1897. St. John's ambulance brigades operate



Bruce Levine is a former Sandy Hill resident. During his Ottawa years, he was a board member of Action Sandy Hill and Odyssey Theatre, and a much appreciated contributor to IMAGE.

in Commonwealth countries around the world, and the Maltese Cross is widely used in their insignia.

Curiously, the so-called Maltese Cross does not appear on the national flag of the Republic of Malta. The banner is equally divided vertically, white on the 'hoist' and red on the 'fly', with the George Cross badge in the 'canton'.

King George VI had instituted the George Cross medal in 1940 during the London Blitz as the highest civil decoration for bravery in the U.K. Individual recipients of the George Cross have the right to use the postnominal letters 'GC'. The people of Malta were awarded the George Cross in 1942 in recognition of their steadfast resistance to the incessant bombing by the German & Italian air forces during the spring of that year. Malta suffered through 154 days of continuous day & night bombing raids; by comparison London experienced only 57.

When asked why the Republic of Malta uses a British device on its national flag, someone answered, "First of all, because we earned it, and second because no other nation has been awarded it." Well answered, I say!

However, the so-called Maltese Cross figures prominently on the Maltese civil ensign (white cross on a red field with white border) worn by ships registered in Malta. (Malta is a popular 'flag of convenience' for commercial vessels.) It also is emblazoned on the 1 & 2 Euro coins of the Maltese set, as well as on the tail fins of Air Malta planes.

Both the Maltese Cross and the George Cross are solidly part of Malta's heritage, which has legitimate claims to both. Next time you see the distinctive 8-pointed cross think of tiny Malta, and if you care to send us a letter, please address it to 'Malta GC'.

Community works together for a great rink

by Karen Bays

Way back last fall, Bryan and Gabrielle Dewalt and their children were chatting at the dinner table about the Sandy Hill Park, the rink and how it would be nice to have clean, smooth, safe ice this year. Then, the light bulb went on and they realized that in this community, like most communities, almost anything is achievable when people come together to make them happen. They looked around the table and said, "We can do this! We can have a great rink in Sandy Hill." And that is exactly what they have done - with the help of a lot of other people.

They approached Action Sandy Hill, our community association that is eligible for the City's outdoor rink funding, and proposed to take over the coordination of this year's rink. ASH was delighted to hear of Bryan and Gabrielle's offer. The fact that they had no experience with forming and maintaining a rink was diminished by their sheer enthusiasm and determination. ASH liked their approach which was to draw on the energy and commitment of the community. Robert Stehle, ASH President, helped them get the wheels in motion and a meeting was called to test the support in the neighbourhood.

Twenty-five people attended that meeting and at least another ten contacted the Dewalts to volunteer. Bryan and Gabrielle acquired the title of Rink Coordinators and they helped form eight teams of 4-6 people. Each team takes over flooding, clearing, and maintaining the rink for one week. The City offered training sessions on ice making and rink management and many of those involved participated. Six youth were hired to be Rink Attendants and are paid by ASH out of the grant money from the City. When the rink needs clearing, shovels are laid out on the ice and everyone pitches in to remove the snow. Because participation is high, burn out is low.



The Goodwin House is a Sandy Hill landmark. Before Amnesty International moved in, it was the headquarters of St. John Ambulance, whose emblem is the Maltese Cross. Bruce used to live just up the street on Russell Ave. IMAGE file photo



Gabrielle is eager to point out that the teams are made up of families, neighbourhood groups, university students, dog walkers, and individuals who just wanted to help. Volunteers have also been involved with publicity and obtaining additional financial support for things like mats for the stairs. Our MP, Mauril Bélanger, helped recruit additional support for the purchase of a heavy duty bright orange snowblower.

The result of all the work is what Gabrielle claims to be one of the finest outdoor rinks in Ottawa, of which there are 247. We also have a puddle rink (an adjacent ice surface without boards for those learning to skate, younger children, and those who want to skate on the smaller surface) that is twice the suggested size. People of all ages, skill levels, and skating interests can be found on the rinks night and day. For the most part, people have been respecting the rules but on some nights, you can hear the odd puck hit the boards at 2:00 a.m. long after the lights have gone out.

Weekdays are open ice time and people play pick-up hockey or just come to skate. But you can book the rink for more formal games on weekends. Coordinators are trying to organize a permit for family skate time on Saturdays and Sundays from 12:30 pm – 1:30 p.m. on the big ice.

Gabrielle and her family have worked hard on the rink. On Christmas night, when most of us were relaxing after our holiday feast, they were out completing the first flood until the wee hours of Boxing Day. For the Dewalts, they could not think of a better way to have spent Christmas night. As Gabrielle is quick to point out, the rink is the result of many people making it happen. She says, "It takes a village to raise a child, but it takes a community to make a rink."

Reflecting on rink duty

by Scott Puddicombe
Marlborough North Ice Crew-Hoser

Earlier this winter I was approached by my neighbour Rob MacDonald and asked if I would be willing to help with his "Ice Crew." He explained the initiative to organize the flooding duties for the community centre rinks into one-week time slots. Volunteers would choose a winter week in which it would be their responsibility to complete the nightly flooding of the rinks; to make this possible, they would also have to recruit and manage other volunteers. To be honest, my first reaction was "Why bother? My kids don't play hockey and our family skating time is spent on the canal where you can enjoy a Beaver Tail." But then I thought, "This could be a fun way to get together with our neighbours." So I told Rob that I would join in and that my wife Alison would probably join as well. However, much to my surprise, by the time I asked Alison she had already been recruited by her sister for the Range Road South Ice Crew!

Our first night was our training session and we all quickly realized that this task could be easily handled. Even though it was the first big freeze of the winter and the temperature dropped to -25 that night, everyone showed up, properly dressed, and the activity of clearing the snow off the rinks combined with hauling out the hoses kept everyone moving and warm. The flooding hoses are actually fire hoses and require two or three people to keep them moving across the ice. We started at nine o'clock and were finished our task, and our training, by a little after ten o'clock.

As a top notch Crew Chief, Rob understood the value of positive reinforcement and had arranged a training night dinner at his house. With toques and scarves re-

moved, introductions were made and our circle of friends within the neighbourhood widened. It was a lovely night of food and conversation with some time spent discussing our flooding technique and how it could be improved. Rob also drafted a rough schedule of when people were available which he later emailed out to the crew.

Except for a few minor glitches, our week ran like clockwork. The longest it took to complete our duties was 50 minutes and that was when we were down to a crew of three. Our best time was 35 minutes! Some skaters did question the logic of flooding the rinks at 9:00 p.m. They pointed out that with their school and work schedules, the only time that they could get out to the rink was from 9:00 to 11:00. Once we explained that the flooding duties were being performed on a volunteer basis their tone quickly changed; one student actually offered to call in and volunteer himself! On the other hand, there was not a night that went by without someone coming up and sincerely thanking us for looking after the ice. That in itself was a sufficient reward for the effort made.

Looking back at the week, I realized that it offered up far more rewards than I had originally thought it would. It turned out to be a week of camaraderie where a simple task became a common bond, not to mention a source of pride (based on the reports of "great ice" this year.) I felt a stronger connection to the community and it was nice to know that our actions were

appreciated. I got out in the fresh air for some activity six nights out of seven, which felt great and to top it all off, I enjoyed a couple of social gatherings with both old and new friends.

I have already committed to another tour of duty in 2012 with the Marlborough North Ice Crew; it really was that much fun. Until then, my efforts will be concentrated on developing a Beaver Tail franchise in the park!



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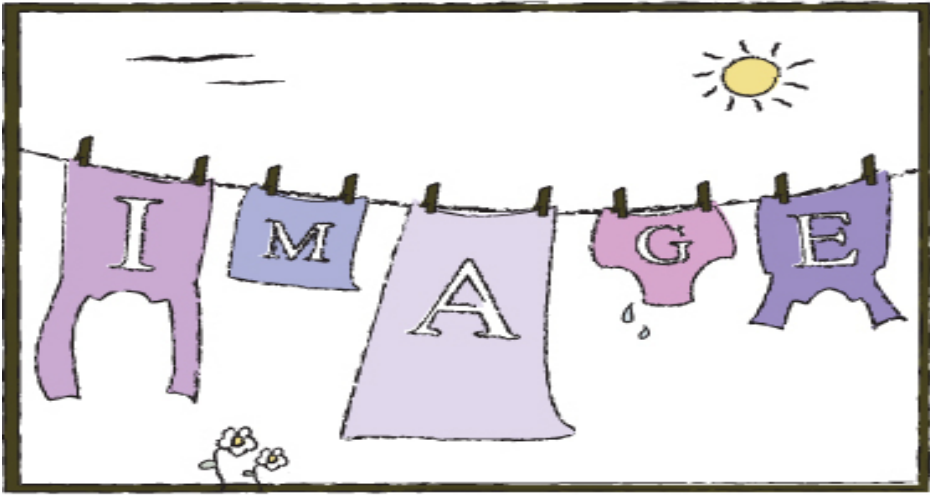
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The Capital Chamber Choir, Sara Brooks, director, presents *Lux Aeterna* by Morten Lauridsen with works by Tallis, Victoria, Eleanor Daley, Mark Sirett, Jeff Enns, Stephen Chatman, and U of O's own Edward Enman Friday, April 8, 2011 - 8p.m., First Baptist Church, 140 Laurier Ave West, (Corner of Laurier and Elgin)

Tickets in Advance (at the Leading Note): Students \$10, Adults \$15: At the Door: Students \$12, Adults \$20. www.capitalchamberchoir.ca

Capital Vox Jazz Choir, under the direction of Elise Letourneau, presents "Capital Vox Gets The Blues", National Arts Centre 4th Stage, Feb. 25 & 26, 7:30 p.m. The 30-voice choir performs a mix of blues and blues-infused music with Brian Browne on piano, Mike Tremblay, saxophones, Tim Bedner, guitar, Mark Alcorn, bass and Marilee Townsend, drums.

Tickets \$20, available from the NAC box office, Alcorn Music Studios on Carling, The Leading Note on Elgin, Herb & Spice on Wellington, or from choir members. www.capitalvox.ca for more information

Company of Fools delivers sweets and sonnets

Feb. 14, 8:30am - 7 pm

Do you ever feel like a fool when you try to express your true feelings? Don't be a fool - let us be the Fools! On Valentine's Day a costumed Fool will deliver the Shakespeare sonnet of your choice to a loved one at home, at the office, or in a public place. A sure fire way to earn brownie points with the one you love!

Information: Gertrude Wilkes, Media Fool at 613.523.8869 or media@fools.ca

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Dr. Jean-François Gauthier, chiropractor, has moved to 418 Rideau St. (between Friel and Chapel) from 445 Cumberland St. this month. The Gauthier practice has been operating since 1962, opened by his father, the late MP and senator Jean-Robert Gauthier. The Cumberland St. building (at Besserer), as well as its neighbour the National Bank on the corner of Rideau, will soon be demolished.

Fold, Spindle, Mutilate: Photographs by Karina Kraenzle

Part photography, part sculpture, and part collage, these works use advertising as their source material.

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168 Dalhousie Street, (613) 562-3824 WWW.SPAO.CA info@spao.ca

Jin Shin Do acupuncture therapy

Allaine Nordin is back in Sandy Hill with her practice of Jin Shin Do Acupressure. Jin Shin Do uses specific point function to give the recipient a sense of physical wellbeing. An hour session is done wearing clothes on a soft massage table, while the practitioner checks pulse and assesses areas of tension in the body, then systematically applies a steady firm and pleasant pressure to a series of points. The result is a very deep movement of stress and tension out of the body. Allaine teaches awareness, simple breathing techniques, and how to 'get more joy' in what you do. You can contact Allaine at her clinic on Augusta Street.

613 241-2369. allainenordin@bell.net

Organic food boxes

Elm Tree Farm, Ottawa's longest-running CSA (Community Shared Agriculture) location, is now serving Sandy Hill. Allaine Nordin and Tom Waller are back for their 15th year, with a new concept and new offerings to those of you who are truly interested in a sustainable lifestyle.

This year we are offering a limited number of 'Farm Share' Memberships.

- Summer seasonal CSA vegetable baskets
- Off-season custom and bulk orders
- Expanded food services
- One free farm participation weekend at the farm

Become an advocate for the small family farm. 1-613 335-3361. elmtree@kos.net

Ottawa Theatre Challenge

Saturday March 26, 2011 National Arts Centre's Fourth Stage, 7:30 pm

In celebration of World Theatre Day, theatre companies from across the region compete in a Contest of Creation. Each theatre company has 48 hours to write, rehearse and produce a brand new piece of theatre. Who will win the coveted Rubber Chicken Award?

Information: Gertrude Wilkes, Media Fool at 613.523.8869 or media@fools.ca

Walking School Bus drivers wanted

Need some exercise? Want to get to know the community? Believe that physical activity and safety are important to children? Then why not join the Viscount Alexander Walking School Bus? The Walking School Bus weaves through the neighbourhood and collects students so they arrive at school the active, green way. The "bus" is sponsored by Sandy Hill Community Health Centre in partnership with Viscount Alexander School and Action Sandy Hill. The bus operates five days a week but we currently need "drivers" for approximately half an hour - one or two mornings a week. On snowy Feb. 3, it was the only school bus operating.

Contact Karen Bays for more information at 613 565-8460.



Jazz musician Dean Pallen at the Nov.27 launch of his new CD "Strathcona Park". Artist Vivienne Bartlett (right) organized a simultaneous show of artwork based on the park, at her Marlborough Avenue salon.

It's all local: Literary & musical settings, eye-popping art

by Claire MacDonald

No need to search if you are looking for some local colour. Sandy Hill abounds in talent.

Recently published is Roy MacSkimming's *Laurier in Love*, set in the time of the illustrious Prime Minister's beginnings in Ottawa circa 1896. It's a book of fiction based on hard research. Walking about Sandy Hill will provide you with the backdrop. You can visit the Laurier House Museum to get an insider's view, even a candlelight tour by a trusted butler. You can go to the museum's web site to plan a visit or check out their virtual tour. In the winter months you can purchase your copy of *Laurier in Love* at the side door of the Museum if that is convenient to you.

And talking politics, you might want to check out David Dymont's *Doing the Continental: A New Canadian-American Relationship*. I bought my copy at Nicholas Hoare on Sussex but you can order a copy online or find it in bookstores everywhere.

And I just ordered R.J. Harlick's *Arctic Blue Death* at the "Proudly Canadian Fiercely Independent" Perfect Books on Elgin Street. Harlick's murder mystery series features Meg Harris and the endless forests of West Quebec. Harlick's characters come alive on her website, a clear invitation to read their stories. You can even find an interesting menu for two online including venison medallions and wild mushroom risotto created by Meg's good friend Eric Odjik, Band Chief of the fictional Migiskans.

Finally, if you want music to accompany your Strathcona Park walks, always a favorite destination for Sandy Hillers, you can buy Dean Pallen's latest album *Strathcona Park*. CBC Radio did a great interview with Pallen just before the CD launch in November. The chat in the Park provides you with insight into the inspiration for the album which is entirely based on original compositions. You can hear the crunch of their footsteps as they walk through the park. It all makes you feel the rhythms of the park, in a lively jazzy sort

of way. You can even get Pallen's work on vinyl if you so wish.

A lot of talent is grounded in little old Sandy Hill. Enjoy!

To reach the musicians and writers — our local museum — mentioned here:....
Dean Pallen - www.majungamusic.ca
David Dymont - www.dundurn.com/books/doing-continental
R.J. Harlick - www.rjharlick.ca
Roy MacSkimming - roymackimming.com
Laurier House, Parks Canada - www.pc.gc.ca/lhn-nhs/on/laurier/index.aspx

R.J. Harlick's book cover for *Arctic Blue Death*...and to follow in its path, *A Green Place for Dying*.



For your reading and listening pleasure: *Laurier in Love* by Roy MacSkimming, *Doing the Continental*, by David Dymont and *Strathcona Park* CD by Dean Pallen.

CALENDAR

February, March, April

Activities taking place at Rideau Branch Library

We are especially excited about our "Talk about Art" program, held in partnership with the Ottawa Art Gallery. Art can be intimidating, but it doesn't have to be. Using works by Ottawa artists on display at the Rideau Branch as a starting point, this March 14 event will focus on different ways to look at and interpret visual art. Please note that although the event will be in English, the facilitator is bilingual and can easily respond to questions or clarify information in French. On other news, our homework club has been suspended until further notice due to low registration.

— Alexandra Yarrow, Librarian

Programs for adults — Feb./fév.

Feb. 16 at 3 p.m.
Legal aid clinic, Workers' rights
16 fév. à 19h
Groupe de lecture Mille-Feuilles - Quatre soldats par Hubert Mingarelli

Feb. 17 at 10:15 a.m.: Morning Book Club discusses Through Black Spruce by Joseph Boyden

Feb 17 at 7 p.m.: Workshop on "Aggressive plants." Master Gardener Rebecca Last will share some tips on what plants not to buy this coming spring.

March/mars

March 7 at 7 p.m.
Evening Book Club discusses The Shadow of the Wind by Carlos Ruiz Zafon

March 14 at 7 p.m.:
Meet the Firestones: The Ottawa Art Gallery is home to the Firestone Collection of Canadian Art. Come meet the family behind the Collection: who they were, how they lived, why and what they collected. Hosted by the Ottawa Art Gallery.

March 15 at 7:00 p.m.
Pen and Paper, Writers' Workshop

March 17 at 10:15 a.m.
Morning Book Club discusses Nikolski by Nicolas Dickner

March 18 at 2 p.m.
Coffee with a police officer

March 23 at 3 p.m.:
Legal aid clinic - Income maintenance for the elderly. With Community Legal Services.
23 mars à 19h
Groupe de lecture Mille-Feuilles - Tante Julia et le scribouillard par Mario Vargas Llosa

April/avril

April 4 at 7 p.m.
Evening Book Club discusses Mr. Pip by Lloyd Jones

April 19 at 7:00 p.m.
Pen and Paper, Writers' Workshop

April 21 at 10:15 a.m.
Morning Book Club discusses People of the Book by Geraldine Brooks

March Break programs for families

March 14 at 2 p.m.
Paper printing - Join the Cumberland Heritage Village Museum in creating your own print and learning about the printing technology used in the 1920's. *Online registration. Ages 6-12

March 14 at 10:30 a.m.
Family storytime for all ages

March 15 at 2 p.m.
Pen to Paper - Show off your writing or drawing talent. *Online registration. Ages 6-12

March 16 at 2 p.m.: Fold it Right There - Origami workshop. *Online registration. Ages 6-12

March 17 at 2 p.m.
Rock out with Billings Estate! Explore some of Elkanah Billings' findings, learn about fossils and make your own to take home. *Online registration. Ages 6-12

March 18 at 3 p.m.
Teaching Rocks - Learn how to do petroglyphs or rock art with Aboriginal Experiences. *Online registration. Ages 6-12

Our Family Storytimes on Tuesdays at 10:30 continue as follows: Jan. 18 – Feb. 22
April 12 - May 17 (we take a March "Break" in the middle!)

And the Reading circle/ Cercle de lecture continues on Saturdays at 10:45 for ages 5-10.

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My favourite books of 2010

by Alexandra Yarrow

For adults:

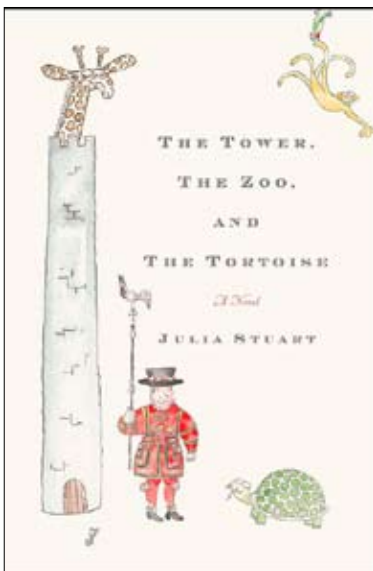
The Tower, the Zoo, and the Tortoise by Julia Stuart. Beekeeper Balthazar Jones and his wife mourn the death of their young son while Balthazar struggles to keep in line the new menagerie of animals at the Tower of London, and his wife seeks to reunite items lost on the Tube with their owners. A quirky, unique, complex novel.

Room by Emma Donoghue. I am a fan of Donoghue's other work (especially *Slammerkin* and the magnificent *Life Mask*); *Room* was an interesting departure for her. I couldn't put the book down, and I could hardly take a breath.

The News Where You Are by Catherine O'Flynn. Frank Allcroft, a middle-aged television reporter is caught in the middle of a possible secret regarding the death of a former colleague, and also caught between his daughter and his mother.

Non-fiction:

The Book of William: How Shakespeare's First Folio Conquered the World by Paul Collins. Read it so we can share surprise over Japan's love of Shakespeare in puppet form, and the people who devote their lives to creating spreadsheets of every copy of the First Folio! Collins writes with humour and an appreciation of both history and human behaviour.



For young children:

Over at the castle by Boni Ashburn, an inventive re-telling (re-singing?) of the song "Over in the meadow," featuring an excellent cast of characters to diversify a child's vocabulary. Wonderful illustrations.

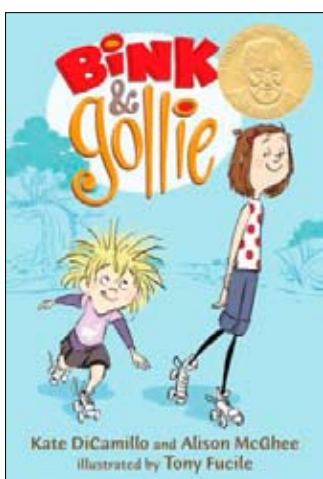
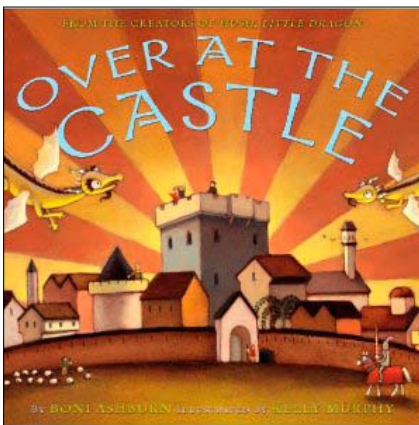
Art & Max by David Wiesner, a brilliant, post-modern take on art and artists. Wiesner has now won three Caldecott medals (for art in picture books.)

The heart and the bottle by Oliver Jeffers, about the love between a little girl and her father, who dies. To protect herself from her grief, the daughter takes out her heart and puts it in a bottle. A touching story about letting go, and moving on.

For middle grades:

Bink and Gollie by Kate DiCamillo, a simple story about two very different best friends; many nuances in their friendship are conveyed in the rich illustrations; this is a great story about differences and compromise.

Layla, Queen of Hearts by Glenda Millard is a sensitive depiction of an



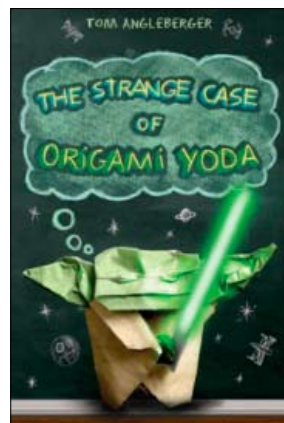
elderly woman with Alzheimers, and her friendship with young Layla.

The Night Fairy by Laura Amy Schlitz (it would make a great bedtime read-aloud). This book harkens back to the classics of children's literature, those fairy tales and folk stories with devious little people battling real dangers.

For readers 8-12:

The Strange Case of Origami Yoda by Tom Angleberger. Sixth-grader Dwight is essentially a loser, and frankly rather odd, until he crafts a Yoda figure out of origami and perches it on his finger. Origami Yoda spouts words of real wisdom, and soon students who once mocked or ignored Dwight are seeking Yoda's wisdom.

Watching Jimmy by Nancy Hartry: Watching Jimmy is the job of his best friend, Carolyn, even before Jimmy had a mysterious accident that left him with brain damage. What Carolyn knows about this "accident," and the implications for Jimmy and his family, is revealed in this deeply moving historical novel



set in Canada in 1958. Winner of the 2010 CLA Book of the Year for Children Award (BOYCA), for which I am a judge.

For teens:

I guiltily enjoyed *Heist society* by Ally Carter: teen chick lit with some serious art history in it. Katarina Bishop has to clear her father's name after he ends up the prime suspect in a major art heist involving stolen Nazi art.

Wildthorn by Jane Eagland: After her supportive father's death, seventeen-year-old Louisa Cosgrove, a (mostly) respectable Victorian girl who wants to be a doctor is committed to Wildthorn Hall, a home for lunatic women, by her disapproving family. *Wildthorn* is inspired by true stories of women who were incarcerated in asylums in the nineteenth century.

I was intrigued by the advance reviews for *Red: A Haida Manga* by Michael Nicoll Yahgulanaas, and found it an engrossing work. Haida manga is a hybrid art form that combines classic Haida design and storytelling techniques with manga (Japanese-style cartoons.) *Red* was constructed as a single giant mural; in other words, if you put every page together, they compose a single artwork. Each double-page spread also has its own image. The story itself comes from the oral tradition of the Haida Gwaii, and features a young man, the titular Red, seeking revenge.



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ANSWERS TO BAMBRICK'S TOSS WORD

(on page 17)

1. PAIRS
2. DENIED
3. FILTER
4. CAUTION
5. STREAM

A Gardener's Reflections READY FOR SPRING

by Deidre Green

Despite the bitter cold, gardeners can already feel warmth in the sunshine and long to see spring's early buds. Now is the time for garden planning and dreaming that will make a flower-filled oasis a glorious reality. If the plants were put to sleep for the winter with plenty of compost and mulch, there will be a wondrous explosion of growth in just a few months. It is always a wonderful experience to see what pops out of the ground from March onwards; this year, try taking a picture of it every week. The progression of colours, shapes and textures is astonishing. Keep the flowers coming

Flowering shrubs are essential for every garden. Whether yours contains shade, filtered light or total sunshine, there are vigorous shrubs available that guarantee blooms, shining leaves and interesting architecture. Soon after the appearance of the first spring bulbs, shrubs quickly fill in garden gaps with an emerald backdrop. Once they start to flower, keep an eye on them for the opportunity to deadhead spent blooms. Remove these before they have a chance to make seeds; when the plants direct energy to seed production, overall growth recedes and further flower production slows or ends. If deadheading is neglected over several seasons, shrubs will present fewer blooms. Those that do appear will be smaller and paler in colour. In time, there may be no blooms at all.

All of the early flowering shrubs need cutback of faded blooms, including Forsythia, Spirea, Kerria, Weigela, Philadelphus and Syringa. Each requires a specific technique:

Forsythia x intermedia Forsythia's stalks of bright yellow flowers are usually the first splashes of sunny colour seen after the dreary days of late winter. Remove the long section of shoots just past where the last bloom appeared. New growth established during the summer will guarantee a richer display the next year.

Spirea x vanhouttei Bridalwreath Spirea is resplendent with cascading shoots of bright white clusters against dark blue-green leaves. These shrubs planted as a hedge provide a magnificent contrast to the multi-coloured perennials of early June. Cut back the Spirea stems just beyond the last of the blooms, then resist the urge to prune again in late summer. Buds made in summer for the next spring will be eliminated if there is any pruning late in the season.

Kerria japonica Japanese Kerria loves shade and lights up the dusk with yellow ball-like flowers. The twigs and branches remain green and provide a spot of colour during the snowy winter. Once

blooms appear, look for winter die-back within the shrub and cut it back to healthy wood. When the flowers are spent, cut back without removing any foliage. Be sure to prune to just above a leaf node so there won't be a stump that pests can attack.

Weigela florida Weigela blooms in late spring with red or pink trumpet-like flowers. Weigela variegata has light pink blooms with leaves bordered by pale yellow. If Weigela is cut back early, once flowering is over, it may bloom again in late summer. Prune the shoots back to the site of the last flowering then leave it alone until next summer.

Philadelphus Mock Orange, with its dark green foliage and sprays of creamy white fragrant flowers, thrives in partial shade or full sun. On summer evenings it sends a jasmine scent that is truly divine. It is a vigorous shrub that can reach 12 feet in height and expand as far or more in width. Besides pruning it back after flowering, don't hesitate to cut some shoots back to the ground to encourage healthy new growth.

Syringa vulgaris Lilacs are in almost every garden and their lovely fragrance evokes childhood more than any other flower. Many of us have old lilacs with blooms too high to enjoy or no flowers at all. Lilacs need sunshine and regular 'renovation' if they are to produce lush and plentiful flowering. Feed them with garden compost and collected rainwater. After blooming, remove the spikes right above the two leaves that grew at the base of the flower. For each spike removed, a double set of blooms will appear next year. If the lilac is an old one with very tall barren shoots, cut one quarter of the branches out, right down to ground level, each summer. The following year, new shoots will grow to replace those removed. Take out a second quarter of the old shoots, continuing over four years until the shrub has been completely renewed. It will reward you with spectacular blooms.

Any room for an exotic stunner?

If you have a sunny spot for an elegant newcomer that will burst into glory when spring begins, a Magnolia is the one. Magnolia x soulangeana, Saucer Magnolia is a hardy multi-stem beauty that shoots out luscious blooms before it produces a single leaf. The flowers can be as wide as 10 inches in diameter and the bush itself can reach 20 by 20 feet unless reined in. Look for it at nurseries early this spring, either in a pot or wrapped in burlap. It may already be flowering in the garden centre, eager to be planted immediately. If it tries to take over the garden, reduce it in size as with a Syringa, over a 4 year period.



Third fastest 13-year old girl in Canada

Bethany McKinley-Young of Marlborough Ave is a speed skater with the Ottawa Pacers Speed Skating club. She was recently selected as a member of the Ontario Long Track Speed skating team and travelled to Winnipeg to compete in the Canadian National Age Class Championships. Bethany competed in the 100m, 300m, 500m and 2400m distances as well as the 2000m team pursuit and a 5000m race. Bethany returned home with a gold medal (2400m) and two bronze medals (500m and team pursuit). Bethany finished third overall in the competition, earning herself the title of 'the third fastest thirteen year old girl in Canada'. The photo shows (l-r) Adrienne Gaudreault, Paisley Perrie, Bethany McKinley-Young and Jasmine Chase.



All Saints' Sandy Hill cordially invites you to 2 sweet events on the same day (come to both if you can!):

All The Saints Sing Tea & Spaghetti Supper

Saturday, February 19, 2011

3:00 p.m.
Tea and singing in the church --Old and new favourites --everyone welcome!

5:30 p.m.
Spaghetti Supper in the lower hall, presented by All Saints' Youth Group (and friends!). \$10 suggested donation; supper tickets available in advance (this helps us plan but are not strictly necessary). ALL proceeds will go to support Centre 454, Anglican Social Service Centre. This supper is part of a Diocesan Youth Challenge, help us succeed!

Where?
All Saints Church, 317 Chapel St. at Laurier Ave. E., Ottawa 613-234-1686 • allsaintssandyhill.ca

Illustration Dawna Moore

CALENDAR

February - March 2011

Events and shows taking place in or near Sandy Hill

Until Feb. 26 – *The Long Weekend*, a comedy by Norm Foster, Ottawa Little Theatre, 8 p.m., Sunday matinee (2 p.m.) on Feb. 20, \$24, \$21 (seniors), \$10 (students), 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com.

Until Apr. 3 – Susan Feindel: See below, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, www.ottawaartgallery.ca.

Until Apr. 3 – Barbara Gamble: Development Series, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, www.ottawaartgallery.ca.

Until Apr. 3 – Marian Scott: *Abstracted Notions*, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, ottawaartgallery.ca.

Feb. 16 - Workers' rights session at Rideau Library Branch, join the University of Ottawa Community Legal Clinic for an information session on your rights in the workplace, the presentation will look at Ontario's Employment Standards Act and discuss some of the rights to which people are entitled, areas addressed in this presentation include hours of work, rest periods, overtime, wages, public holidays and termination, free admission, 3 p.m., 377 Rideau St.

Feb. 16 – Heritage Ottawa's Sixth Annual Bob and Mary Anne Phillips Memorial Lecture, "Changing Approaches to Theory and Practice in the Conservation Field: A Willowbank Perspective," by Julian Smith, Old Firehall, 260 Sunnyside Ave., lecture is in English, free admission, heritageottawa.org/en/20102011_lecture_series.

18 fév – Conférence « À la découverte des trésors des Archives de l'Université d'Ottawa » Centre de formation continue de l'Université d'Ottawa. Conférence donnée par Michel Prévost. 100, rue Marie-Curie, salle 012, Ottawa. Gratuit mais inscription obligatoire, tél. : (613) 562-5272, courriel : continue@uOttawa.ca.

Feb. 19 – All The Saints Sing Tea & Spaghetti Supper. 3:00-8:00 p.m. Tea and singing in the church, old and new favourites –everyone welcome. 5:30 p.m. Spaghetti supper in the lower hall, presented by All Saints' youth group. \$10 suggested donation. All proceeds to support Centre 454, Anglican Social Service Centre. All Saints Church, 317 Chapel St. at Laurier Ave. E., 613-234-1686. allsaintssandyhill.ca

Feb. 19, Mar. 5 & 19 - Articulation: Critical Art Writing Workshops, offered by the Ottawa Art Gallery, for more information call 613 233-8699, ext. 228 or visit http://www.ottawaartgallery.ca/public_programs/articulation/2011/index-en.php.

Feb. 21 – Heritage Day, celebrating especially our parks and historic landscapes.

Feb. 22 – Heritage Day ceremony and reception. 11:30 a.m. at City Hall, 110 Laurier Ave. W.

- The Tree Reading Series meets the second and fourth Tuesday of each month, on Feb. 22 it's all open-mic, Arts Court Library, 2 Daly Ave., doors open at 7:30 pm, free admission, 613 749-3773, the Tree Reading Series also offers free one-hour poetry workshops, 6:45-7:45 p.m., www.treereadingseries.ca.

Feb. 28 - Action Sandy Hill meets the last Monday of the month, 7 p.m., 613 241-4646, Sandy Hill Community Centre, 250 Somerset St. E.

Mar. 1 – Bettye Hyde Nursery School Open House, 6:30-8 p.m., 317 Chapel Street. • Meet the teachers • Tour the nursery school • Learn about the program • Hear from other parents. www.bettyehyde.com

Mar. 8 – 13 – VERSeFest, organized by The Tree Reading Series, go to www.treereadingseries.ca for more details.

Mar. 9 – Amnesty International – Everyone is welcome at the monthly meeting of Group 56, Sandy Hill's community AI group. This month observing International Women's Day. 312 Laurier Ave. East, 7:00 p.m.

– Screening of Jane Gurr's film *This is My Witness*, 7:00-9:00 p.m., Ottawa Public Library Auditorium, 120 Metcalfe St. Organized by the Nobel Women's Initiative; panel discussion following.

Mar. 14 – 18 – March break camp at Ottawa Little Theatre, for kids 9-12 years of age, for full details visit www.ottawalittletheatre.com, 400 King Edward Ave., 613 233-8948.

Mar. 15 – Apr. 2 – Observe the Sons of Ulster Marching Towards the Somme, a drama by Frank McGuinness, Sunday matinee (2 p.m.) on Mar. 27, \$24, \$21 (seniors), \$10 (students), 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com.



Mar. 16 – Heritage Ottawa Lecture Series, "Victoria Memorial Museum Renewal: Competing Stakeholders' Interests", by Maria Somjen, Ottawa Public Library Auditorium, 120 Metcalfe St., 7 p.m., 613 230-8841, lecture is in English, free admission, http://heritageottawa.org/en/20102011_lecture_series.

Mar. 22 – The Tree Reading Series meets the second and fourth Tuesday of each month, featuring Elise Partridge and Di Brandt, Arts Court Library, 2 Daly Ave., doors open at 7:30 pm, free admission, 613 749-3773, the Tree Reading Series also offers free one-hour poetry workshops, 6:45-7:45 p.m., www.treereadingseries.ca.

Mar. 23 - Income maintenance for the elderly at Rideau Library Branch, with Community Legal Services, free admission, 3 p.m., 377 Rideau St.

Mar. 28 - Action Sandy Hill meets the last Monday of the month, 7 p.m., 613 241-4646, Sandy Hill Community Centre, 250 Somerset St. E.

Mar. 30 – The Seminary Chorus (Wisconsin Lutheran Seminary), directed by Prof. James P. Tiefel, presents a Sacred Concert, 7 p.m., at St. Paul Evangelical Lutheran Church, 210 Wilbrod. The chorus is on a biannual concert tour to Illinois, Ohio, Michigan and Ontario. All are welcome.

6 avril - Successions & testaments: Quelle est l'importance d'avoir un testament? Qu'arrive-t-il lorsqu'une personne décède sans en avoir? Peut-on faire un testament soi-même sans l'aide d'un avocat? Avec la clinique juridique francophone de l'Est d'Ottawa à 15h, Bibliothèque Rideau, 377 Rideau.

Apr. 12 – The Tree Reading Series meets the second and fourth Tuesday of each month, featuring Gillian Jerome, Arts Court Library, 2 Daly Ave., doors open at 7:30 pm, free admission, 613 749-3773, the Tree Reading Series also offers free one-hour poetry workshops, 6:45-7:45 p.m., www.treereadingseries.ca.



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Samedi 10h00 - 17h00
Saturday 10:00 - 5:00
Dimanche 10h00 - 14h00
Sunday 10:00 - 2:00



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Poème d'amour à ma ville

Élise Gauthier

Ma ville est un village
un village dans une ville
Un village où j'ai grandi
une ville qui m'habite

Petite
mon village était un quartier
série de rues et de maisons familières
où je tissais mes histoires
avec l'aide de mes complices

Et puis
j'ai grandi et mon village aussi
s'est élargi
s'est ouvert sur le monde
et mes yeux
se sont ouverts à sa beauté

Et puis
j'ai encore grandi et j'ai appris
l'histoire de ma ville

et j'ai rêvé
que les murs pouvaient parler
me raconter
ce qu'ils avaient vu

et les arbres
et les pierres
m'ont aussi chuchoté leur histoire

histoires de labeur
de sang et de sueur

L'histoire d'un colonel britannique
ingénieur de génie
homme sans pitié
fondateur d'une ville
mort dans le déshonneur

L'histoire des Canadiens-français
L'histoire des Irlandais

forcés à travailler pour une pitance

L'histoire de la mort de centaines
d'hommes
pour construire un canal
qui ne servirait jamais
à l'armée qui l'avait conçu

L'histoire d'un géant à la force légendaire
et de sa bataille sur un pont

L'histoire des Shiners et de la terreur
qu'ils ont semée
dans mon village
sans foi ni loi

Dans mon village devenu ville
des hommes se sont battus
divisés par la langue la religion



Montage photo par C. MacDonald, des archives IMAGE

Dans mon village devenu ville
des feux ont ravagé
des quartiers tout entiers

Dans mon village devenu ville
des inscriptions sur les maisons
m'orientent
dans les dédales du temps

Ici, un politicien a vécu
Là, un autre est mort

et les fantômes d'un temps
révolu
nous rappellent que l'histoire
est vivante

Dans mon village devenu ville
j'inscris ma propre histoire
mes propres repères
mes propres repaires

Et mon histoire est bien vivante
et les lieux que j'ai hantés
petite fille
résonnent encore des échos
de mes histoires de mes complices

Ma ville est un village
et j'y ai pris racine
Ma ville est une histoire
que je découvre en marchant
Ma ville est un amour
que je tiens à partager
Ma ville est une maîtresse
que je ne peux pas quitter

Ma ville est une adolescente
en pleine crise d'identité
sa poussée de croissance
lui cause des douleurs
elle ne sait plus que faire
de ses longues extrémités

Maladroite, ma ville se cherche
cherche à être aimée
Ma ville aimerait tellement
être comme les grands

Mais ma ville est ce qu'elle est
belle dans sa maladresse
Ma ville se découvre
et s'ouvre à de nouvelles idées
Ma ville grandit s'épanouit

Ma ville est un village
une petite grande ville
Ma ville a une histoire
que je veux vous conter.

Élise Gauthier travaille comme guide
avec le Haunted Walk of Ottawa depuis
4 ans et elle a comme projet d'écrire un
recueil de poèmes à l'honneur de la ville.
Pour ses autres poèmes : delirezseliens.
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