

Rideau Street renewal ... To bury or not to bury

Larry Newman

Did you ever notice that there are no overhead wires on Wellington Street, downtown? None on Sussex Drive either. For that matter, there are none on Rideau Street from Sussex to King Edward. But -- from King Edward east to Wurttemberg, there are overhead wires - hydro, telephone, cable. Coincidentally, that stretch of Rideau Street is about to get torn up and rebuilt from storefront to storefront and from pavement to - I don't know, 20 feet underground?

Yep, it's Rideau Street's turn to get a makeover, infrastructurally speaking, that is. From Dalhousie to Cummings Bridge, the 100+ years old water and sewer pipes are scheduled to be replaced over a two year period starting in 2012. Some of the sewer pipes are joint purpose pipes: they handle both sanitary and storm effluent. This guarantees that, after heavy rains, the downstream sewage treatment plant will be overcome with storm and sewage effluent, thus releasing raw sewage into the Ottawa River. Now, these dual-purpose pipes will be separated, thus reducing the raw sewage content of our river.

So much for below ground. Wait, there are those unsightly, early 20th Century overhead wires. If there aren't any overhead wires in front of Don Cherry's establishment at Rideau and King Edward, why can't we get rid of them in front of the Rideau Bakery and the Shawarma Palace? There are no overhead wires west of King Edward and on

the north side of Rideau and both sides of Rideau east of Wurttemberg. Why don't we continue the job on the rest of Rideau Street?

The City's case study on "undergrounding" of wires used Bank Street and Elgin Street as examples of downtown main streets. These studies showed a cost that the City viewed as prohibitive and a decision was made to reject further undergrounding. Mat Genest is the assistant to Mathieu Fleury, the councillor for Rideau/Vanier and he told us that Councillor Fleury will argue that the cost of finishing the undergrounding on Rideau is much less than the cost to do Bank or Elgin Streets. This is an aesthetic issue. Rideau Street is unique because of its role as Ottawa's High Street, its history as a link to Montreal, as well as its potential for future development. We await the final decision on undergrounding for Rideau Street.

The City uses the word, "streetscape", to cover all those things on the surface of the street - sidewalk, trees, benches. Randy Dempsey, Senior Engineer for Infrastructure Projects, revealed that the street east of King Edward will be reduced from 5 lanes to 4, eliminating the centre turning lane. This will free up 20% of the street which will then be allocated to sidewalk and other as yet unrevealed streetscape features. The same streetscape design will be employed from King Edward to Sussex to give a feeling of continuity for the length of the street. The streetscape design is slated to complete by fall of 2011 and the whole Rideau Renewal project is planned to finish in 2013.

New faces at the Action Sandy Hill table

Four of the new directors who joined the board of the Action Sandy Hill community association at its annual meeting on May 26 are pictured below -- (left to right) Claire MacDonald (who takes over the Beautification and Heritage portfolios), Louise Saint-André, Eric Crighton and Julie Crêteau.

Continuing on the board until the 2012 AGM are president Robert Stehle, secretary François Bregha and directors Sam Almsaddi, Dave Bagler, Janice Bernstein, Christopher Collmorgen and Jane Gurr. Other directors set to serve until 2013 include Sophie Beecher, John Verbaas, Liz Kessler, Alice Kwong and Marcia George.



Going, going, gone? Wires on upper Rideau Street could go underground in 2012.

Summer sighted in Strathcona Park

Odyssey Theatre, the Company of Fools, Art in the Park and Dusk Dances are all set to return to our riverside park this summer... joining those who enjoy sunning, sports and swanning around.

Park shots by Bill Blackstone



IMAGE

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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.

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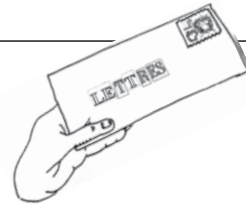
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write ...**



**Courrier
des lecteurs**

Le Centre 454 revient chez lui

Le Centre 454, situé sur la rue Murray près de King Edward, accueille les sans-abri et leur offre des services durant la journée. Ce centre est ouvert depuis bientôt dix ans mais, pour des raisons de bail, il doit fermer ses portes à la fin de l'année. On a donc pensé à le ramener à l'église St-Alban à l'intersection des rues Daly et King Edward au sud de la rue Rideau, là où il avait déjà logé dans les années 90 à 2000.

Comme on pouvait s'y attendre cette annonce a provoqué une levée de boucliers et suscité de vives inquiétudes de la part des résidents permanents de ce secteur qui s'opposent fermement à ce nouveau retour. C'est du moins ce qui ressort des interventions mises de l'avant par la majorité de ceux et celles qui ont exprimé leur opinion au cours d'une réunion tenue dans une salle de l'université à l'invitation du conseiller du quartier, M. Mathieu Fleury.

Voici quelques échantillons de leurs interventions: drogues, alcoolisme, mendicité, interventions policières, dévalua-

tion de la propriété, mauvaise image touristique et commerciale, et, enfin, local et cour extérieure trop exigus.

Il est bien évident que les itinérants ne sont pas tous coupables de tous ces vices car la plupart sont polis et ont une bonne conduite; seule une poignée affichent des écarts de comportement qu'ils soient au Centre ou ailleurs. Au cours de la réunion, une dame a fait ressortir que la toxicomanie chez les sans-abri était proportionnelle à ce que l'on retrouve chez le grand public en général.

En ce qui a trait à la dévaluation de la propriété, soit-disant causée par la présence des démunis, cela reste à prouver. A en juger par les tours d'habitation de luxe qui encerclent la Mission, rue Waller et l'Armée du Salut, rue Georges, cet argument ne tient pas la route. Tous les autres points doivent être considérés comme des dérangements plutôt que des méfaits; ce à quoi j'ajoute que ce retour est tout à fait raisonnable

L.E. Hotte
rue Nelson

Missing identity

I was pleased to see the photo of my neighbourhood coffee shop (T.A.N.) on page 20 of the April/May issue of IMAGE but surprised that the editor did not identify the distinguished Sandy Hill resident who was buying a cup of coffee. Does IMAGE know who he is?

Ralph Blaine
Stewart St.

Yes, we do, and we apologize to Ralph and the rest of you for neglecting to point out that the cheerful coffee drinker was former Senator, Cabinet Minister and Canada's first Deputy Prime Minister, the Hon. Allan MacEachen. - Ed.



Coaxial coach appreciated

A word of thanks--or perhaps reproach--to Ron Hodgson for his article "Over-the-air digital TV" in your April-May issue. Our household recently acquired an HDTV. It was just for movie nights, we told ourselves, going home with a DVD player and not bothering to look into a cable hookup.

Then came the federal election, along with a visit from my out-of-town brother, who naturally assumed that in the nation's capital he'd be able to watch our political future unfolding. Remembering your article, my husband went to a neighbourhood electronics store to look

into an antenna. They were out, they told him, but a length of coaxial cable should do the trick.

It's not elegant, but we now have about 3 feet of coaxial cable anchored at one end to the cable input on the television, and at the other to a large metal floor lamp. CBC and Radio-Canada are coming in with startling clarity. Will we be able to resist the siren call of the news and the hockey playoffs? Thanks to Ron's generously shared expertise, the choice is ours.

Paula Kelsall
Stewart St.



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Calling in problems is never a waste of time

Now that the warmer weather is here, many of us are sleeping with the windows open. While the fresh air is welcomed, the noise from late night gatherings is not. Here is one recent story of trying to get support from the City.

We live across from the beautiful Sandy Hill Park. On Friday, May 20th, people were partying in the park starting around 10:00 p.m. After 11:00, no one is allowed in the park and our municipal noise by-law kicks in. We tried to wait out the party but it continued well past 11:00. I made three calls to 311 in total from about midnight to 2:00 a.m. The first was prompted by the sound of breaking glass; something I hate to think about in the park where children and dogs play. The second call was made after little response to the first call. (By-Law Services did show up after each call, parked at the curb for a couple of minutes then left. The partiers had seen them approach and ran off to hide in the bushes both times and returned. Seemed like a game of hide and seek to them I guess.)

The third time, after the fireworks started, I called 311 again who this time sent police. (The responder at 311 explained that By-Law staff did not usually get out of their vehicles and are not equipped to deal with groups of problem people which made me wonder why they bothered to respond to the first two calls.) By the time the three police cars arrived (about 30 minutes after my third call) the partiers had left.

It all seems like a waste of City resources with little impact.

But as noted by our new Community Police Officer, Constable Ryan Pierce, it is really important to call in the problems. Even though it seems that we get little or late response, without those calls it is hard for the City to know where to put their resources.

So, I guess the three calls were not in vain after all.

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Deadline: Drop off all submissions by July 29th at 134 Marlborough Ave. Make sure you clearly print your name, age, grade level and phone # on each entry. 4 Gift Certificates from Chapters will be awarded to the winning entries.

I look forward to reading all entries and meeting each participant.

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Centre 454 – two months later

Ralph Blaine

In its April/May issue, IMAGE reported on the proposal to move the Centre 454 drop-in facility to St. Alban's Church in Sandy Hill by Christmas of this year. In the past two months, although the divisive debate over the move seems to have deepened, nearly all the principals involved, Councillor Fleury, Action Sandy Hill Chair Robert Stehle and resident spokesperson Keith Nuthall, agree on one thing - the Anglican Diocese of Ottawa handled the dossier very poorly. Unfortunately this seems to be about the only common ground and it will do nothing to finally resolve this controversy. The purpose of this article is to bring our readers up to date on what has happened on this front since the last issue.



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Public meeting – April 18 at Tabaret Hall

About eighty people attended this meeting called by Councillor Fleury to find ways in which the Centre 454 would be acceptable to the community. Everyone seems to agree that the meeting failed to achieve this aim. Instead most of the speakers were insistent on voicing their opposition to the move itself. Mary Martha Hale, Director of Centre 454, allowed that the existence of a group of residents still adamantly against the move makes the search for accommodation very difficult.

ASH general meeting – May 26

"Have Your Say!" That's what the ad for the ASH AGM proclaimed in the last issue of IMAGE. The opponents of the move of Centre 454 did indeed get their say but they weren't allowed a vote on the two motions they presented. The chair, Robert Stehle, told IMAGE that the speakers simply ran out of time. Keith Nuthall claims the motions were referred to committee because the chair ruled that no one from Centre 454 was present to present their side. The two motions stated:

That ASH declare its opposition to the move of Centre 454

That ASH set up a meeting with the Mayor to express our opposition.

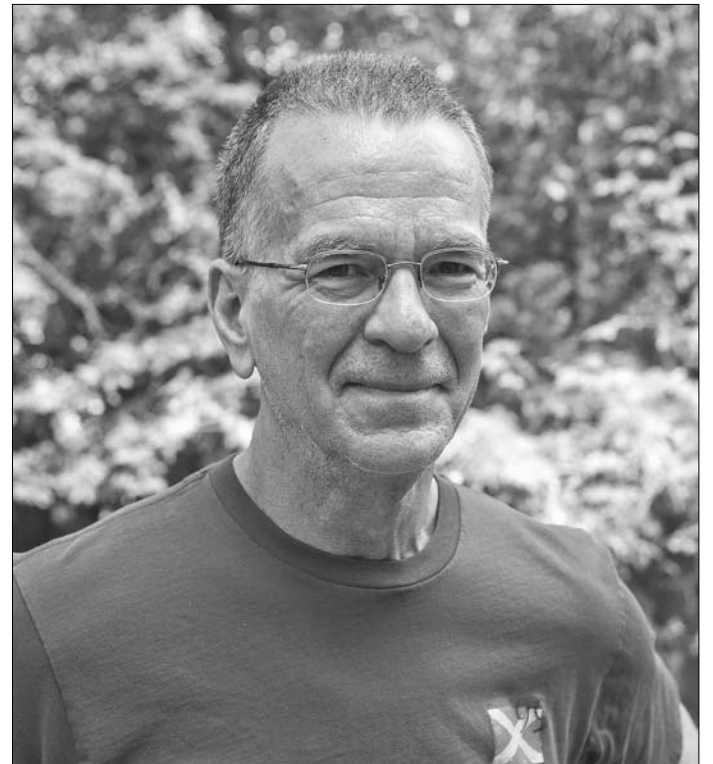
The opponents of the move walked out of the meeting when a vote on their motions at the AGM was denied.

What happens now?

After the disappointing meeting at Tabaret Hall, Councillor Fleury has decided to organize a Stakeholders' Group. He hopes this group will include representatives from Centre 454, ASH, the police, Sandy Hill Health Centre, residents in the vicinity of St. Alban's, The Mission etc. and that they will be able to discuss ways to ensure that Centre 454 has a smooth transition into the neighbourhood. No meeting for this group has yet been established.

Meanwhile the residents opposed to the move have incorporated themselves into a group called "Neighbours of St. Alban's." For the time being they are boycotting the Stakeholder's Group organized by Councillor Fleury in order to concentrate their efforts on stopping the move. They are organizing a door-to-door flyer campaign to raise awareness about the dangers they see arising from the move of Centre 454 and they vow to fight against the presence of the Centre at St. Alban's even if it does move in. They say they are determined not to give up. Both Judy Armstrong and Keith Nuthall, members of "Neighbours of St. Alban's," have expressed the group's disappointment over the fact that neither Councillor Fleury nor ASH has taken a clear stand on this issue.

Caught in between Centre 454 and the Sandy Hill residents opposed to its move are Councillor Fleury and ASH Chair Robert Stehle. Mr. Fleury says he does not have a position on the move of Centre 454. As he sees it, the move is allowed under city bylaws and whatever the outcome the Centre will be located somewhere in his ward. He suggests that the opponents to the move talk to Centre 454 about alternative locations for the drop-in centre. He also said he would be willing to talk to the Mayor about alternatives to the Centre's



Robert Stehle, President of Action Sandy Hill, says the community association wants to be able to work with everyone in this controversy.

present plans but he is making no promises about the outcome.

Robert Stehle says that ASH "wants to be neutral" in this controversy and be able to "work with everyone." He wonders if the potential impact of Centre 454's presence in the neighbourhood is being exaggerated and hopes that cooperation among the various parties can mitigate any problems once the Centre moves. It certainly looks like ASH will face a formidable challenge pursuing this conciliatory approach. Right now the two sides appear determined to follow diametrically opposed paths on this issue. It will take a mediator of exceptional skill to resolve all the conflicts which have arisen and avoid a continuation of the divisive and emotional debate that has characterized the tempest stirred up over the relocation of Centre 454.

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Development proposal for Wurtemburg Street

Claridge Homes has submitted an application to build an 18 storey, 68 unit condominium with five levels of underground parking at 101 Wurtemburg Street (north of Rideau Street). The photo displays the existing single



101 Wurtemburg St.

family home which is on a lot less than 55 feet wide. There is a 12 storey condominium immediately south and two or three storey residences in the immediate neighbourhood. So far Councillor Fleury has no comment and the city has yet to complete the planning report. The Rideau Valley Conservation Authority has concerns about the need to shore up the unstable river bank to accommodate such a structure. Although the city acknowledges this development should allow a public right of way along the river (for pedestrians and bikes) it is not clear how this would be realized. Some revisions are expected. — Judy Rinfret

Photo Bill Blackstone

Michael's construction update

Construction work on the addition to Michael's Confectionery on Somerset Street East is well underway and is expected to be complete by the end of August. Two storeys are being built above the existing one storey structure. When complete, two new apartments will be rented out and the



Michael's Confectionery, Russell at Somerset East

ground floor restaurant will be re-opened. Sally and Michael, who have operated the store for 21 years, plan to move in to one of the apartments sometime in the future. The construction phase of the project is going extremely well. Sally says the company, Prime Development Group, is doing an excellent job. The store will remain open throughout all the construction but will close for a day here and there when the ceiling is fire proofed. The project started up two and a half years ago when Sally began to do research on the viability of the expansion plan. She discovered that, in 1965, a fire destroyed the existing building which was three storeys with a store and restaurant on the main floor and a residence above. The only negative aspect of the project was the City of Ottawa which has caused the lengthy delay. When Sally applied for approval of the project, the city informed her of the charges and so they budgeted for that amount of money. But later on, with no warning, the City laid new charges, including \$29,500 for cash in lieu of parkland in addition to cash in lieu of parking, all of which had to be paid before the permit was provided. All in all, Sally says she would never develop a project again in this city. She finds it ironic that the city promotes intensification but makes it difficult and too costly for small businesses to afford. — Jane McNamara

Photo Bill Blackstone

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SANDY HILL RESIDENTS

Are you aware that Centre 454, which is presently located on Murray Street, across from Shepherds of Good Hope, is planning to move to St Albans Anglican Church on the corner of Daly and King Edward?

This will be a daily drop-in centre for the homeless serving approximately 250 people a day.

Some of the residents of Sandy Hill are extremely concerned about the safety and security of their families and homes.

Sandy Hill already has 11 social services. We feel this is more than enough concentration in one residential area.

If this is a concern for you, please email neighboursofstalbans@hotmail.com

John's feature property of the month



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Just Ask IMAGE

When will my "smart" meter be activated to monitor my electricity use?

During the several years since we first heard of the province wide conversion to "smart meters" the "smart" seems to have been replaced by "time of use" or TOU. We asked Madeleine Meilleur, MPP and her office reports that the start up time in Sandy Hill is still uncertain as there have been problems with initiating the use of the new meters across Ontario.

When these meters are effective, the cost of our energy will depend on when it is used but the savings are already less than originally laid out when smart meters were mandated. TOU rates now vary from 6 cents to 10.7 cents per kWh.

In any case, stand by for a letter which will explain when your particular TOU meter will be activated.

Meanwhile, believe it or not, we may be receiving rebates to somewhat offset the additional costs of paying off the huge hydro debt, the added cost of HST, and the costs of converting to smart or TOU meters!

Do we know who will be running in the October 6 provincial election?

Dave Bagler, who lives in Sandy Hill, is stepping forward for the Green Party; incumbent Madeleine Meilleur for the Liberals; Carson Grove resident Fred Sherman (www.fredsherman.ca) for the Tories, and the NDP will select its candidate within the next month.

Photo Bill Blackstone



Green leaders celebrate birthday(s) in Sandy Hill. On June 9, Mike Schreiner, the leader of the Green Party of Ontario, launched his party's 2011 election platform at Café Nostalgica on the campus of the University of Ottawa. It was his birthday, and there was cake. Federal leader MP Elizabeth May joined Mike for the festivities — and it was her birthday too! In the 2007 general election, 354,897 Ontarians voted Green. Green Party candidates placed second or third in 18 ridings, with a percentage high of 33.14%.

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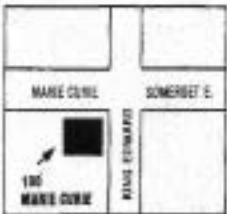
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Only Oscar the Grouch likes trash

Karen Bays

Almost every street in Sandy Hill has locations with chronic garbage problems and this bothers Claire MacDonald, new Action Sandy Hill board member who has been trying to get garbage and debris off our sidewalks and streets. Claire is replacing Celine Heinbecker who has also been a champion for a cleaner community and is now leaving Sandy Hill to work abroad. While Celine will be missed, Claire plans to work hard in her new role with passion and tenacity.

An artist by profession, Claire has lived in Sandy Hill for over 25 years since she first moved here as a student. She loves the mix of people, the history of the area, and the beauty and character of the buildings, streets, and parks. She does not mind trash if it is managed well and often incorporates it into her art work. But what brings her to a boil is the flagrant lack of pride some have in their own environment and how that impacts others. Claire notes, "Garbage is not just about aesthetics but about health, safety, property values, and what we say to each other as a community." She adds, "It should not be that hard to solve some of these issues if we all work together." By "we" she means residents, old and new, the City (specifically By-Law services and our Councillor), and our local organizations such as Action Sandy Hill.

If you share a similar concern about trash and debris and what it does to our community, she wants you to know that you are not alone. She has a thick binder with print outs of e-mails between residents, City staff, and Council officials. She also has photos, of various locations that do not manage the garbage on an on going basis.

Claire admits that the City's garbage system can be confusing for both new and long term residents. Education is continually needed. If education does not lead to action, then immediate enforcement should follow so we do not use community and City resources to deal with certain proper-

ties over and over and over. One only has to walk up and down Sandy Hill streets to see that there are problems with the following:

- Confusion over what goes in blue, black, and green bins and what bins go to the curb on which days.
- Early garbage: people who put garbage out early – sometimes it sits at the curb for days before pick up. (Garbage should not be put on the curb before 6:00 pm the night before garbage day.)
- Garbage that will not be picked up: E-waste, TVs, large appliances, construction materials and items (such as tree limbs) that are not bundled properly.
- Improperly stored garbage: trash not in sealed cans, cans/trash stored in front of homes, accumulated garbage because of missed days.
- Reusable items: Items that could be distributed to charities or organizations that help others. We all win when something is diverted from the landfill and is used by someone in need.

While tenants, and more specifically students, seem to be the major violators of waste management by-laws, Claire, and others concerned about the problem, note that often the landlords are the weak link in the system. They do not provide receptacles for garbage storage, communicate clear expectations about garbage regulations, or address problems on a regular basis. While tenants come and go, the owners are the constant at the various locations. If they do not care about their property, why should others?

Our Councillor, Mathieu Fleury, was not available for input into this article. However, his assistant, Nathaniel Mullin, joined Claire one day on a tour of some offending neighbourhood locations. He agreed that a pervasive problem exists and promised to share what he had learned with the Councillor. Political support is key in getting city resources for education and enforcement in our area.

Ottawa's garbage disposal services, while somewhat complex, are quite incredible. If you have ever lived or visited some third world countries, you will realize that there is little infrastructure for garbage disposal in poor, developing areas. Garbage and litter is abundant along roads and pathways because people simply have no where to put, burn, or bury their waste. For those who move here from other communities, many realize how fortunate we are. Our waste management support is very generous. Some other municipalities limit the amount of garbage you can put at the curb each week. You put out more – you pay extra. Some municipalities charge \$75 or more if you place recyclable items in the garbage and not in the recycle bins. Other municipalities do not pick up large items like sofas and beds and residents have to hire people to

take those furnishings to the landfill. Yet, with the liberal system we have, too many residents of Sandy Hill can not get their trash to the curb each garbage day and can not manage to keep it safe from rodents and the elements the other six days of the week.

What can you do? Start by making sure you manage your waste and recycling correctly. Setting an example is a great motivator for others. When new people move in to your neighbourhood, introduce yourself, give them a copy of the garbage calendar (available through 311 – we are Area A) and offer to explain it or answer questions at any time. When you see people missing garbage day, give them a friendly reminder the night before. For repeat and habitual offenders, call 311 with the location, a bit of history, and ask for a file number. Use this number to check back with the City to see what action has been taken.

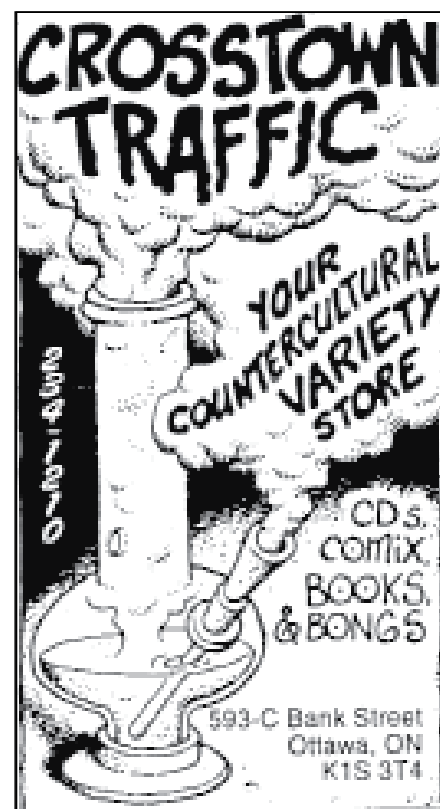
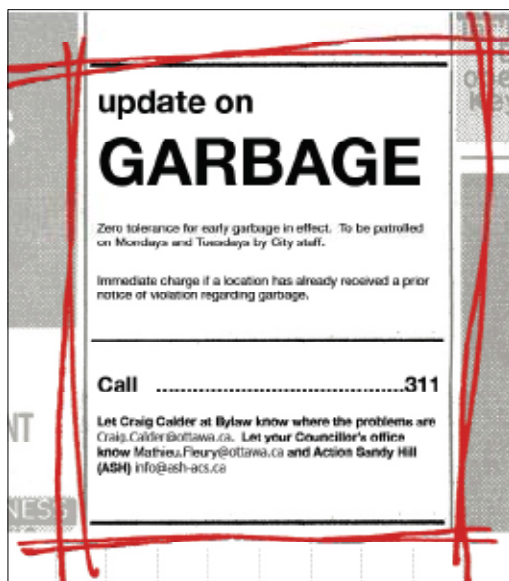
Still no result? E-mail Craig.Calder@ottawa.ca with a copy to ASH info@



Urban Plan / Plan urbain— a watercolour painting and collage by Claire MacDonald. The roads and boundaries of a Korean map have become the organic matter of a plant in this painting. By using torn or cut pieces of the map, roads become plant stems. Organic matter represented in a watercolour intersects with Korean name places and roads, railways and rivers. The ink from the maps becomes recycled colour. The collection of maps was donated to the artist rather than put out in the garbage.

ash-acs.ca and our Councillor, Mathieu. Fleury@ottawa.ca.

You can be part of the solution by acting on some of these suggestions. Officials will not know a problem exists without your input.



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Sandy Hill solar panels spotted on Goulburn Ave.

Three ways to get going on solar

Susan Young

At the end of May I attended an excellent workshop on how to participate, as an individual or with others, in Ottawa's burgeoning solar energy scene. The workshop was organised by Sustainable Ottawa (www.sustainableottawa.ca), Ecology Ottawa (www.ecologyottawa.ca), and Tucker House (www.maisontuckerhouse.ca). Check out these websites for their varied and informative activities, courses and resources on many aspects of sustainable living.

There are essentially three ways by which individuals, homeowners, business owners, and organisations can participate in generating and earning revenue from solar energy via a 20-year contract with the Ontario Power Authority (OPA):

The first is as an individual investor in a solar energy project. You would participate this way if you do not own a roof, do not have enough up-front capital to invest in your own system, and/or wish to make the same return as on the purchase of a bond or a GIC but prefer to invest in a sustainable and long-term renewable energy project. The Ottawa Renewable Energy Coop (OREC) is for you, and their website at www.ottawarenewableenergycoop.ca provides all the info on how to become a coop member.

The second way is to have installed, by a reputable company, an array of panels on your roof. As a residential installation that would generate fewer than 10 kW (kilowatts) per year, you would use the OPA's "microFIT" program to sell your electricity to the grid (for a higher price than what you currently pay for the electricity you consume). There are about 12 steps to

make this happen, and Sustainable Ottawa gives details on those steps, and advice on whether or not this option is for you, here: www.sustainableottawa.ca/?page_id=86. The OPA's website at fit.powerauthority.on.ca/ is also a must-read, as is Ecology Ottawa's Community Energy page at www.ecologyottawa.ca/community-energy.

You can also request from Ecology Ottawa a list of solar panel installers in Ottawa, as it is recommended that you get price quotes for the installation from at least three companies.

For those with larger roofs and the potential to hold more panels and generate more than 10 kW a year, the OPA's "FIT" program is for you. Go to fit.powerauthority.on.ca/ for more info.

The final option is for those of you with 2,000 sq. feet or more of roof, who are not interested in managing a 20-year solar panel project yourselves, but would like to make some revenue from your empty roof. This is done by leasing it to an organisation like the Ottawa Renewable Energy Coop, who will take care of the project and pay you a yearly rent for your space.

There are a number of property, tax (HST, income) and financial implications in going ahead with a solar panel installation. This is a project that needs some up-front time to investigate and implement (the process can take from 2 months to a year to complete, depending on your time investment, your chosen company's installation backlog, and application treatment times at OPA, Ottawa Hydro, and City Hall), but if done properly can lead to returns of 5% to 7% on your initial investment. Know also that you are contributing to a secure and sustainable energy supply when you invest in solar.



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Former Sandy Hiller sings at Carnegie Hall

On Memorial Day, May 30, 2011, MidAmerica Productions (www.midamerica-music.com/bonus) presented their 500th concert in historic Carnegie Hall in New York City. The famous conductor, John Rutter (he composed music for the recent wedding of the Duke and Duchess of Cambridge), conducted his own requiem before intermission and the Brahms German Requiem after it.

The Harmonia Choir of Ottawa was invited to be one of eight choral groups which joined together to sing the Brahms Requiem. Allison Meldrum Cassie who grew up on Blackburn Avenue is one of the sopranos in Harmonia. Allison is a graduate of the Central Choir of the Ottawa Board of Education then conducted by Barbara Clark. Her first major appearance at age nine was on the National Arts Centre stage in front of Queen Elizabeth when the queen was here to sign the constitution.

Since then Allison has sung all over Canada with various choirs. One of her most memorable experiences was singing with the Chorale Saint-Jean from Edmonton at special performances in Quebec City to mark the city's 400th anniversary. A young filmmaker from Edmonton, sponsored by the National Film Board, made a documentary of this group of francophone singers from the west as they toured Quebec.

Allison really enjoyed singing in Carnegie Hall, but especially cherishes the few moments she had talking with Maestro Rutter about the music he composed for the royal wedding. It turns out that both Kate Middleton and Allison were inspired by a Rutter piece entitled “Gaelic Blessing”. — *Bob Meldrum*



Christine Ausman strikes gold

Recovering from a recent back injury, Sandy Hill's Christine Ausman, a grade 12 student at De La Salle, won the senior girls javelin category during the National Capital competition. During her 4th return to Track and Field OFSAA, she ranked 12th provincially (out of 23).

BAMBRICK'S TOSWORD

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. He "mined" for coal as a youth and modeled "_____ " wear on the side.
2. Some were in the "throes" of protesting while "_____" remained calm.
3. The stars and "stripes" is a flag Americans "_____" in honouring.
4. He "abides" by the rules in denying those who are "_____".
5. The "crave" became stronger when she started to "_____" the meat.

Answers on page 13

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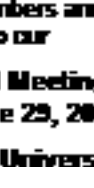
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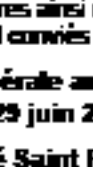
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**Sandy Hill
Community
Health Centre**



**Centre de santé
communautaire
Côte-de-Sable**



We invite our members and community to our

Annual General Meeting
Wednesday, June 29, 2011
at the Saint Paul University

223 Main Street

5:00 – 6:30 p.m.: *Get together with our Staff and Board of Directors, and meet our new Board candidates.*

All former Board and Staff are welcome.

6:30 p.m.: *Annual General Meeting*
Business meeting includes the election of the Board of Directors, presentation and approval of the President's and Treasurer's reports.

Refreshments will be served.

Come and get involved in your Community Health Centre!

Only members may vote.

Tous nos membres ainsi que la communauté sont conviés à notre

Assemblée générale annuelle
le mercredi 29 juin 2011
à l'Université Saint Paul

223, rue Main

17h à 18h30 : *Rencontrez les membres de notre personnel et de notre conseil d'administration ainsi que les nouveaux candidats au conseil.*

Les anciens membres du conseil et du personnel sont les bienvenus.

18h30 : *Assemblée générale annuelle.*
Au programme : élection de membres au conseil d'administration, lecture et approbation du rapport du président et du rapport du trésorier.

Des rafraîchissements seront servis.

Participez à la vie de votre Centre de santé communautaire!

Seuls les membres ont le droit de vote.

We are looking for new Board Members!

Nous sommes à la recherche de nouveaux membres pour notre conseil d'administration !

The Centre serves the Sandy Hill and Orléans East communities and welcomes all people who live or work in our community to become involved as volunteers on our Board of Directors and/or Board Committees. We welcome people with links to the Francophone, multicultural, LGBTQ and senior communities.

If you:

- ◆ are aware of SHCHC's role in the community and support our Mission,
- ◆ are 18 years of age or older,
- ◆ have awareness of current health and social issues,
- ◆ have links with the community we serve,
- ◆ can commit to monthly meetings, advocacy and networking activities for a two-year term,


call Cristina Colicci at 613-789-1500 x 2515, for more information.

Le centre dessert les communautés de la Côte-de-Sable et de l'Orléans-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 des personnes ayant des liens avec les communautés francophones, multiculturelles, LGBTQ et les personnes âgées.

Si vous :

- ◆ connaissez le rôle de CSHCC 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,

contactez Cristina Colicci au 613-789-1500 x 2515, pour obtenir plus de renseignements.



**Ontario's Community
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communautaire en Ontario

Ottawa Carleton District School Board Trustee Report

Multi-year Strategic Plan
Our plan to 2015 is crisper than the previous one allowing at least a rough walk between it and our practice, budget, and balanced performance indicators. The plan provides an inspiring and framing narrative using four organizing pillars: Wellness (new mental health focus, other), Engagement (citizen access), Leadership (governance improvements) and Learning (equity gap reduction in achievement, other).



Rob Campbell, Trustee
Ottawa-Carleton District School Board

Budget 2011-12
The operating budget for next year is approx \$780m. Two aspects of it I found troubling were its use of most of our temporary reserves to fund mostly new permanent spending and our ongoing transport overspend.

Before and After Care
The Province requires all-day kindergarten sites to provide access to before and after school care. As all-day kinder unrolls, before / after school care provision will be running up against established providers. Several legit issues exist such as fee setting, March break and Summer coverage, standards, etc. Consultation in the Fall.

Area Accommodations
We are looking at space, programming and related community building issues in Centretown and Capital Ward. Separately, we are trying to find money for the Viscount Alexander expansion now that its population is on the rise.

If you would like to be added to my e-newsletter list for greater detail on the above and other matters, or have any concerns or suggestions, please contact me.

rob@ocdsbzone9.ca 613 323-7803



Un franc succès à Francojeunesse

Chantal Perrin

L'École élémentaire publique Francojeunesse a tenu, les 4 et 5 mai derniers, sa première édition du Salon du livre de Franco, une vente de livres d'occasion en bon état destinée au grand public. L'événement, qui s'est déroulé dans le cadre de la Semaine de l'Éducation, a connu un franc succès. Au total, près de 2 800 \$ ont été amassés. Le Salon financera ainsi la cérémonie des finissants des élèves de 6e année et le verdissement de la cour du pavillon Wilbrod de l'École Francojeunesse.

Cette nouvelle initiative a été lancée le 4 avril dernier au moyen d'un concours à l'échelle de l'école. La classe qui amasserait le plus grand nombre de livres remporterait un dîner pizza, gracieuseté d'Eastview Pizza à Vanier. Félicitations à la classe de 4e année de Mme Huguette Carrière, qui a amassé à elle seule plus de 1 500 livres!

Grâce à la générosité des familles de l'école, Le Salon a recueilli au-delà de 6 800 livres d'occasion en bon état, en français, en anglais et en d'autres langues. Entre autres catégories : littérature adulte et jeunesse, livres pour enfants, bandes-dessinées, ouvrages de référence et magazines. Une superbe sélection à des

prix incomparables, soit 1, 2 et 3 \$ pour la plupart des livres.

Bayard Jeunesse était également de la partie, avec un kiosque présentant une trentaine de magazines pour enfants, dont Popi, Les Belles Histoires, Pomme d'api, J'aime lire, Les Explorateurs, Les Débrouillards et Okapi. Une excellente occasion pour tous de feuilleter les magazines et de s'abonner.

Pour clore l'événement, l'école a procédé au tirage, auprès des élèves, de vingt magnifiques livres neufs en français, généreux dons de la Librairie du Centre.

Un événement culturel et communautaire, Le Salon du livre de Franco a pour objectif de faire la promotion de la lecture. Il s'agit de plus d'une initiative à caractère écologique, en ceci qu'il permet de donner une deuxième vie à un grand nombre de livres.

Une telle réussite aurait été impossible sans la collaboration de la direction, du personnel enseignant et du personnel d'entretien de l'école ainsi que l'aide précieuse des élèves de 6e année et de nombreux parents bénévoles.

Le comité organisateur invite les familles de l'école et la communauté entière à appuyer de nouveau ce projet en 2012.

Au plaisir de vous y revoir en grand nombre!



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David Gibson, Executive Director, Sandy Hill Community Health Centre; Michael Barnes, Community Representative School Council, The Honourable Madeleine Meilleur, M.P.P. Ottawa-Vanier; Gayle Singer, School Principal; Nancy Mayer, Treasurer, School Council; Rob Campbell, Trustee Zone 9, Ottawa-Carleton District School Board.

News of Viscount Alexander Public School

Michael Barnes

Viscount gets Gold! Viscount Alexander has just been awarded the EcoSchools gold level accreditation. Ontario EcoSchools is an environmental education and certification program for grades K-12 that helps school communities develop both ecological literacy and environmental practices to become environmentally responsible citizens and reduce the environmental footprint of schools. For more information visit otarioecoschools.org.

In summing up teacher Janet Thomas put it this way, "We absolutely earned it. I filed for the points that I felt we deserved, but the review team, in their walk-around, decided to award us higher points than I had claimed, in many areas. The kids were called together and asked questions by the EcoSchools Auditor: What was the best change they made? What were some

challenges? What do they think we should continue? What should we add next year. They did an awesome job of answering. Then two students escorted the team on a walk-about and they were SO enthusiastic and thorough. The auditors told me that they had never seen a school with such wide-spread commitment. They were very impressed with our year-long focus on world water issues, which culminated in raising money for the Ryan's Well Foundation."

In 1999, 7 year old Ryan Hreljac, learned of the great need for clean and safe water in developing countries in his 1st grade class. The first well was dug and the Foundation was formed in 2001. It has helped build 667 water projects and 715 latrines bringing safe water and improved sanitation to 714,118 people.

Mrs Thomas also noted, "Five students accompanied me to the EcoSchools Conference on May 25: Monica Purification, Avani Mookerjee, Dawit

Adugna, Ledte Gesese, and Robyn Colbran. We spent the morning attending workshops about environmental issues and initiatives. We received the award after lunch."

The plaque will be hung with pride in the school hallway.

Madeline Meilleur visits and supports expansion at Viscount Alexander

Madeleine Meilleur, M.P.P. Ottawa-Vanier visited Viscount Alexander on April 27th. The visit gave Mme Meilleur the opportunity to see first hand how a new permanent addition to the school would benefit students and the school community by providing much needed space for the future Full Day Kindergarten as well as the steadily growing Early French Immersion program. Rob Campbell, OCDSB Trustee for Zone 9 and David Gibson, Executive Director of the Sandy Hill Community Health Centre, attended the visit and noted the benefits of this thriving, health conscious dual track community school. It is encouraging to say that Mme Meilleur wholeheartedly supports the request for an addition at Viscount.

After the visit David Gibson said, "Our organization views the expansion proposal to be an essential opportunity for local families in providing an equitable and accessible French language educational curriculum in the downtown core of Sandy Hill. Building a stronger and more vibrant community depends on maintaining inner city schools that reflect and respond to the needs of its residents - The Sandy Hill Community Health Centre strongly encourages the OCDSB to recommend this expansion."

Bikes For Kids Project Viscount received a generous grant from the Kiwanis Club of Bytowne and the Education Foundation to purchase a bike, lock and helmet for every student (grade 3 to 6) who declared that they do not currently own a bike: 20 students in all. In line with the school's commitment to the environment, we have ordered good quality reconditioned bikes through Cycle Salvations.

These bikes will be delivered to the students in time for the Bike Safety Rodeo on June 21! Cycle Salvations owner, Paul Wylie, has provided the required number of bikes regardless of the cost to

his business. Similarly, Eric Kundstadt of Kundstadt Sports on Bank St. has shown great generosity by providing the locks and helmets. The support from all is very much appreciated.

Circus Arts are coming! Thanks to the Ontario Arts Council and Mini Cirque our 2/3 and 3/4 classes will be taking part in a series of circus workshops. They will have the opportunity to explore various circus arts and learn some fundamental techniques of prop manipulation such as juggling, and hula hoop as well as basic acrobatics. Circus Arts have been shown to motivate children to adopt an active lifestyle by teaching them games that they can continue to practice at home or on the school yard

Starr Gymnastics Thank you to Starr Gymnastics' "Satellite School Experience" who provided an expert instructor, gymnastic equipment, and a multitude of activities, team challenges and routines that kept our student athletes moving and learning. Our students were left with a lasting positive impression about gymnastics and physical activity.

June 9th Clean Air Day By foot, bike and inline skates they came to school. All students at Viscount were encouraged to do their part to come to school in a way to keep the air that much cleaner for all of us to breathe. Three walking school bus routes operated and picked up students as they pounded the pavement towards Viscount. Walking is catching on! One young Viscount student put it this way when he wrote to our Principal: Hello Mrs. Singer, My name is Yosief. Ever since "Winter Walk to School Day" me and my brother started walking instead of going in my Dad's car. I am happy to walk because I am not polluting the earth. Sincerely, Yosief. Thanks to all our students, staff, volunteers and parents for doing their part!

Thank you to Johanne Parent, a special teacher The students and staff at Viscount extend best wishes to Mme Parent as she embarks on her next life's journey. Mme Parent is retiring after a long, very satisfying and successful career. Johanne, we will miss you. Thank you for being the lead in our Early French Immersion program.

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par
Michel Prévost,
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de l'Université
d'Ottawa

Profitez de l'été pour découvrir le riche patrimoine archivistique, historique et bâti de l'Université d'Ottawa et l'histoire de la Côte-de-Sable, un des plus beaux quartiers d'Ottawa.

Nous avons le plaisir de vous offrir pendant la saison estivale trois activités qui vous permettront de découvrir le patrimoine bâti et les trésors des Archives de l'Université d'Ottawa et l'histoire de votre quartier. Ces visites d'une durée d'environ deux heures sont gratuites pour les groupes de dix personnes et plus. Contactez-nous au 613-562-5825 ou par courriel à : michel.prevost@uottawa.ca.

1. « À la découverte du quadrilatère historique de l'Université d'Ottawa »

Le Collège de Bytown, fondé en 1848, quitte la Basse-Ville en 1856 pour venir s'établir dans un nouveau quartier, la Côte-de-Sable. Plus de 160 ans plus tard, l'Université d'Ottawa occupe toujours le même site, mais le campus s'est considérablement agrandi depuis.

La visite fait découvrir le patrimoine bâti du campus, notamment le pavillon Tabaret qui symbolise depuis plus d'un siècle l'institution, la Salle académique où l'on retrouve la plus ancienne salle

de spectacle de la région de la capitale, et le Juniorat du Sacré-Coeur, le plus ancien pavillon de l'établissement construit en 1893. La tournée met également l'accent sur les belles maisons de style victorien et Second Empire de la rue Séraphin-Marion.

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

Venez découvrir les trésors des Archives de l'Université d'Ottawa accumulés dans les voûtes depuis plus d'un siècle. Venez voir des documents, photographies et artefacts qui témoignent de l'histoire de la troisième plus ancienne institution de la capitale fédérale. Pour l'occasion, nous sortirons les clés du premier collège, le premier annuaire, le premier journal étudiant, ainsi que des anciens plans architecturaux, des pièces textiles, des médailles et bien d'autres trésors. La présentation se terminera par une visite des voûtes.

3. « À la découverte du patrimoine bâti de la Côte-de-Sable »

À partir du pavillon Tabaret et des maisons patrimoniales de la rue Séraphin-Marion, venez explorer le patrimoine bourgeois de la Côte-de-Sable. Venez voir la richesse historique et archi-

tecturale de l'un des plus anciens quartiers de la capitale concédé en 1828 au notaire Louis-Théodore Besserer. Vous découvrirez aussi les maisons Panet, Côté, Besserer,

Moore, Pearson, les Terrasses Philomène et la maison Laurier, ainsi que plusieurs plaques commémoratives de ce beau secteur d'Ottawa.



La collation des grades devant le pavillon Tabaret en 1968.

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Les rues de notre quartier

Betsy Mann



Vous êtes-vous déjà demandé, en parcourant la Côte-de-Sable, en l'honneur de qui les rues de notre quartier ont été nommées? Chose certaine, pour avoir une chance d'avoir une rue portant son nom, il valait mieux être anglophone, sinon britannique, et de préférence, mâle. Qui donc était mieux placé pour cela que le roi d'Angleterre? C'est ainsi que Edward VII, fils de la reine Victoria et roi d'Angleterre (et du Canada) de 1901 à 1910, a laissé son nom à l'avenue **King Edward**. Avant son règne, la rue s'appelait simplement « King ». Après avoir vécu sous le règne d'une reine pendant 64 ans, peut-être voulait-on souligner le changement de monarque.



Les Britanniques chérissaient aussi leurs héros de guerre. La rue **Nelson** doit son nom à Horatio Nelson, commandant naval durant les guerres napoléoniennes. C'est à la bataille de Trafalgar en 1805 qu'il a connu son plus grand triomphe et où, malheureusement, il est tombé sous les tirs de l'ennemi. La rue **Marlborough** commémore, pour sa part, le Duc de Marlborough, commandant des armées de l'Angleterre et de la Hollande à la Bataille de Blenheim en 1704. Selon son illustre descendant, Winston Churchill, il s'agit d'un des plus grands soldats de l'histoire britannique.

Et les femmes là-dedans? L'honneur d'avoir une rue à son nom pour les femmes semble se limiter aux membres de la famille royale, comme c'est le cas pour la Princesse Charlotte qui a laissé son nom à la rue **Charlotte**. Elle était bien-aimée du peuple britannique, la seule petite enfant légitime du roi George III. Elle est morte en 1817 après avoir donné naissance à son premier enfant, mort-né. Sans ces décès dans la descendance directe, la couronne ne serait pas passée, vingt ans plus tard, à Victoria, une femme dont le nom a été donné à plusieurs rues, ponts et édifices, mais cependant pas dans la Côte-de-Sable.

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FW: You must read this

Tips for sensible e-mail

by Ron Hodgson

FW: You Must Read This. If you received an e-mail with this title what would you do? Would you hit “Delete”? Perhaps read it and forward it? Or ignore it? Many such e-mails come from your friends so the message may not be automatically routed to the junk mail file.

If you're like most of us you probably often receive e-mails that have been forwarded numerous times to long lists of people. Sometimes they even come with a "threat" that if you don't pass it on you'll break a chain and receive bad luck. By continuing the chain you can create a very valuable file of e-mail addresses just waiting for someone to take advantage.

Did you know that there are those who make a living out of “trawling” the internet to find e-mail addresses? The addresses can be very valuable to identity thieves, spammers, scammers, phishers, network marketeers - in fact a whole new global array of network “terrorists.”

However you can reduce the chances that you'll become a victim of e-mail network terrorism relatively easily. Before you forward that message or hit "Reply All" think about this common sense list of simple precautions that will help secure your privacy and protect your security.

1. Be sensible with the use of e-mail addresses, both yours and other people's. For example, when forwarding a message that has been sent to a list, erase the inevitable list of e-mail addresses and use a privacy address such as "undisclosed recipients," or make a list, give it a name and make sure the list members are not identified when the e-mail is sent. You can usually check this off in your e-mail "composing preferences." The worst thing you can do is to proliferate and make public a long list of e-mail addresses. Anyone can capture this list and use it to their advantage.
2. Don't include bank accounts, bank statements, credit card numbers, passport numbers, social security information, pension information or, in fact, any information that might be valuable to identity thieves. In other words don't send critical data by e-mail. Better to use letter mail. Likewise, don't respond to requests from any source for any such confidential information.
3. Use strong passwords (letters and numbers) for your e-mail accounts. Once someone has your password, they can use your account to send e-mail.
4. Use encrypted connections. Use SSL (Secure Sockets Layer) data transmission. You don't need to understand what this is but you can turn it on in your e-mail



Illustration Claire MacDonald

account preferences. Look for a checkbox that specifies “Use SSL” and check it off.

5. Don't open attachments from unknown sources. By doing so you may be inadvertently opening your computer to viruses and worms that can take over your computer.

6. Use "Alias" e-mail addresses when corresponding with commercial organizations. Most Internet Service Providers offer an "alias" service which allows you to establish a temporary and expendable address which is easy to change without changing your permanent address and thus avoid unwanted spam.

7. Don't reply to spam if you can avoid it. By replying you're simply letting the sender know that they've found a legitimate address which they will then add to their lists.

8. Don't allow your e-mail address to become publicized by letting it be put in blogs or websites.

Here's a simple example that I received as I was writing this article. What would you do?

Message: "Just wondering if you could take the time to vote for 'A Town in Onta-rio' as the ultimate fishing town in Canada. We are presently in

first place across Canada! Once you vote and “confirm” your e-mail I can vote for you throughout the day. Everyone in ‘A Town in Ontario’ is reaching out to ‘friends and family’ to vote. Our town could win \$25,000!! Only 10 days left.”

If you think it's OK to reply to this you fail the test. Go back to letter mail, do not pass go, do not collect \$200.



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(on page 9)

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Photo Bill Blackstone



Cinnamon Xpress, now open on upper Rideau St., has a sister location on Bronson Ave.



A summary of recent IMAGE restaurant reviews and food features, plus other advice from our contributors about where to find great food in and around Sandy Hill. Please send news of your recent Sandy Hill food discoveries to image22@rogers.com

Cinnamon Xpress Crêpe Café
521 Rideau St.
The crêpe griddles are ready to go and this new café will soon be serving up crêpes with fruit, yogurt, and other sweet fillings. They plan to have a service window on Rideau Street for the convenience of evening passers-by who feel a hankering for dessert. Coffee, soup and sandwiches are also available, along with cinnamon buns and home-made squares and cookies. Stop in now and get a two-for-one coupon for banana and Nutella crêpes.

Café Nostalgica
603 Cumberland St.
Fans of the cosy café / bar run by the Graduate Students’ Association at the University of Ottawa should plan to visit soon, since the brick house it’s located in is slated for demolition sometime this winter. The new building that goes up in its place will include space for a new and larger lounge, but it won’t have half the Sandy Hill ambience as the current premises do. The old hardwood floors, cheerful bartender, live music and the

vigorous conversations going on at the next table will cheer you up on a drizzly evening, and it’s easy to find something you’d like to try on the menu, with several imaginative takes on burgers, mini-pizzas and salads with a pleasant citrus flavoured house dressing.

Freshii, 50 Laurier Ave.
This latest entry in the campus takeout scene offers customizable wraps, noodle and rice bowls, salads and burritos. You can choose your own combination from a bewildering variety of ingredients, or go for one of their “best sellers.” For \$8.59, the Asian chop salad is a large bowl of spinach and romaine, topped with roasted chicken, carrots, mandarin orange segments, edamame, and crispy wonton fragments, with a sesame dressing. The Bangkok burrito (\$6.99) features a whole wheat tortilla stuffed with brown rice mixed with mushrooms, chicken, carrots, cucumbers, bean sprouts and a warm peanut sauce. Both dishes have a nice balance of sweet and savoury flavours, and are generous enough for a satisfying supper that won’t leave you feeling as though you’ve committed an assault on your arteries.

Le Cordon Bleu Bistro
@ Signatures, 453 Laurier Ave. East
From Wednesday to Friday lunch is served at the restaurant of the Cordon Bleu cooking school. For \$26, the 3-course table d’hôte offers two choices of entree and main course, plus dessert. Cream of celery soup is rich and velvety; duck with pepper sauce is crisp on the outside, melt-in-the-mouth tender within. Mackerel terrine with candied tomatoes offers up many surprising and delightful flavours. The restaurant’s terrace is set back far enough from Laurier that the traffic is not too intrusive if you’re in the mood for an al fresco lunch, and the fountain across the street is pleasant to contemplate with the trees of Strathcona Park as a backdrop. The dining room is also a lovely space in which to enjoy a special meal.

The shawarma scene
Sandy Hill is blessed with access to a huge array of places to find the garlicky sandwich that is Lebanon’s greatest gift to Ottawa. How to choose? One neighbourhood family sends this list, courtesy of their sons, two young men with large appetites.
Biggest sandwich: **Maroush Shawarma, 160 Rideau St.**
Best tasting sandwich: **Castle Shawarma, 178 Rideau St.** (especially with the spicy garlic sauce)
Best combination of taste and size: **Shawarma Palace, 464 Rideau St.**
Friendliest service: **Garlic Corner, 321 Dalhousie St.**
Bonus: these shawarma places are all open to 4 a.m. every night
You can count on good garlic potatoes, no matter where you go!

T.A.N. Roaster Café, 317 Wilbrod
It was a smart idea for the People Food Co-op to team up with this fair trade coffee shop. There’s plenty of space for the new venture, especially in the warm weather when tables can spill out on to the sidewalk, and it is heart warming to see people hanging out here with their books and laptops. It seems to be an ideal spot to study, chat with a friend, or possibly wait for a washing machine at the laundromat next door to be freed up. There are sandwiches, samosas, salads and soup, and an iced tea or latte with a “B. Good” cookie will brighten any afternoon.

Todric’s, 10 MacArthur Ave.
There are lots of brunch possibilities, from classic bacon and eggs to imaginative variations on French toast and grilled cheese, at this cosy restaurant just across the Rideau River from Sandy Hill. The Cajun Chicken Poach features two nicely poached eggs on a slice of rye bread with slices of chicken, bathed in gravy flavoured with roasted red peppers and ancho chilis for \$11.50. Todric’s also offers a tempting variety of baked goods, frozen entrees, sauces and condiments to take home.

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Peaches are back

Dorothy Newman

Ontario peaches are on the way. Every year the luscious local peaches that appear in Ottawa markets in July and August make my mouth water and I want to buy them by the bushel. I particularly like the small, aromatic and juicy Red Havens. They make great eating - succulent, sweet with a touch of tartness, not a bit of stringiness or mealiness; no other peach is quite like them. True, eating them raw gets a bit messy - just keep a napkin handy.

Of course, you don’t have to eat them raw, wonderful as that is - you can also freeze, grill, bake or cook them. Who doesn’t have a favorite recipe for peach pie, peach crumble or peach jam? If you are looking for something a little different, here is a delicious duo of dessert and drink, perfect for a summer day.

But first some basics:

- To peel a peach, immerse it in boiling water for a minute or so - the riper the peach, the less time it will take. Remove and immerse in a bowl of cold water. Now you can slip the skin right off; if not, very briefly put the peach back in the boiling water and then back in the cold water. Do not put more than 3 or 4 peaches in boiling water at a time.
- Once the flesh of a peach is exposed to air, it will brown very quickly. To prevent that, drizzle some lemon juice over the peach or peach pieces, or drop a whole peach into acidulated water until you are ready to use it.



The dessert - Cream Puffs with Peaches

Makes 8 servings

- 8 medium pâté à chou puffs, unfilled - homemade or from a good bakery*
- 4 - 6 ripe Red Haven peaches, peeled, pitted and sliced
- ½ lemon, the juice
- 6 tablespoons sugar, divided
- 3 tablespoons best-quality orange liqueur or kirschwasser**, optional
- 1 cup heavy cream
- ½ teaspoon vanilla extract

• Sprinkle the lemon juice, 3 tablespoons sugar and the orange liqueur or kirschwasser, if used, over the peach slices, stir and let the fruit macerate, covered, for 30 minutes to two hours.

• Whip the cream until it holds a peak, add 3 tablespoons sugar and the vanilla extract while beating.

• Slice each cream puff in half, fill the halves with whipped cream, arrange the fruit over the cream, drizzle the liquid from the peaches over all, and serve immediately.

*Cream puffs are really quite easy to make. To make your own, you could follow this excellent recipe from the net: www.youtube.com/watch?v=LPZZNvfWM3tM. They can be made up to three days ahead if kept in an airtight container. Leftover, unfilled cream puffs freeze very well.

**Kirschwasser is an eau-de-vie. Do not use a cherry liqueur.

The drink - Peach Cooler

Makes 6-8 servings

- 1 (750 ml) bottle of white wine (Moselle or Pinot Grigio), chilled
- 3 tablespoons sugar
- ½ pound ripe peaches, peeled, pitted and sliced thinly
- ½ (750 ml) bottle dry or semidry champagne, chilled

• Four hours before serving, pour half the white wine in a glass bowl large enough to hold all ingredients, add the sugar and stir gently until the sugar is dissolved. Add the sliced peaches, cover with saran wrap and refrigerate.

• Just before serving, add the remaining white wine and the champagne. Stir once or twice and ladle into stemmed wine glasses. Serve immediately.

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DUSK DANCES



George Blake – a centred man

Karen Bays

He may claim to be an “under the radar” kind of guy, but George Blake, Director of the Sandy Hill Community Centre on Somerset Street, has been a fixture in our community for over 20 years. With a degree in urban planning from Ottawa U and studies in law at Carleton University, one would wonder how George ended up as a community centre director and why he has stayed in Sandy Hill so long. Perhaps it was the understanding of the importance of community from his urban planning background or the complexity of rules, regulations, and policies of running a centre that fit with his law interests. Whatever it was that made him a good fit with this job, he has provided residents of Sandy Hill with a steady hand at the helm of one of our most important public spaces.

George has seen the community change over the past two decades and has tried to help the centre and its programs change with it. When it was decided to close the Centre Communautaire St-Pierre on Friel Street (now the Sandy Hill Retirement Residence), he worked hard to make sure his centre expanded francophone programs to accommodate the void left when the other facility locked its doors. Over the decades programs at the Old Town Hall and Sandy Hill Arena also came under his wing and presented George with new challenges and opportunities for the community. During his tenure, programs have doubled to 357 a year with about one third being offered in French. He notes proudly, “We have succeeded in offering residents some of the most economical programs in the city - programs like after school, camps, tennis lessons, and martial arts - while maintaining the high standards residents expect.”

George acknowledges that while we still have a number of social issues that affect our neighbourhood, Sandy Hill has greatly improved from the community it was a decade ago. He points out that the growth of the university has also brought more students to live in Sandy Hill and acknowledges there are some negative impacts on neighbourhood living. However, he is quick to note that the increase in students has added vibrancy to the centre. To meet their needs, there is staff

who work hard on day camps, after-four programs, and facility supervision. “I think it’s worth mentioning that most of the special events we organize like the Halloween party, Christmas spaghetti dinner or spring BBQ are planned on staff time. But when it comes to conducting these events, we volunteer our own time for the kids and community. It shows the dedication and enthusiasm that exist here.”

The city’s amalgamation in 2001 brought on more challenges as the new municipality harmonized its policies and there was a shift in the recreation culture. George saw his role as helping the centre adapt to these changes while keeping the Sandy Hill flavour alive. He points out that many of the programs at the centre serve local residents (interest programs, seniors, play-groups, etc) but the centre is also used by a number of groups that draw people from across the city. In 2009, over 80,000 people walked through the doors to attend an event or activity. That same year, he and centre staff managed 1,421 bookings.

The construction of the sewer flooding prevention measures and rehabilitation of the park was an interesting time for George. He and the staff worked hard to maintain programs for the community while basically operating in a disaster zone. But he admits that it was worth it to see the dust settle and a new award winning park at the centre’s back door.

George knows the value of recreation in people’s lives and has leisure interests of his own. In the winter he skis and in the summer, during his free time, you will find him on the golf course. He and his wife, Monique, enjoy travelling and they have spent several weeks in Italy the past few years. They also really enjoyed their trips to Croatia and Turkey. Very much a family man, he is the father of three: two of his adult children are already launched into busy, professional careers and he has a son finishing high school this year. In spite of their ages, they still enjoy travelling with Mom and Dad and would be upset if they got left behind.

Whether he is monitoring programs, dealing with community issues (like dogs in the park), flipping burgers at a community BBQ, or implementing city policies, George is working hard to make sure our busy centre meets the needs and wishes of our community. George - a big thank you to you and your staff for your years of service.

Barbara Cuerden’s latest compost

At the end of June, Sandy Hill Artist Barbara Cuerden will be starting a studio residency at the Gardener House Studios, a new City of Ottawa artist studio facility—some tiny rooms in a house across from the Ron Kolbus Recreation Centre at Britannia Bay. Her work-in-progress is pictured at left.

Barbara is composting her Master’s thesis, and also “de-colonising” the site by growing a traditional Iroquois garden of corn, beans and squash. She has built a planter out of books, some donated by All Books and one of the other artists in residence, some are her own (recycled), and others are discards donated by the Rideau branch library.

The project blog is at <http://creaturality.wordpress.com>



Theatre under the Stars celebrates 25 seasons in Strathcona Park

Ian MacKillican

Odyssey Theatre’s 25th Anniversary season is sure to be a special one. Proud to have called Sandy Hill home since 1986, Odyssey’s open-air venue along the banks of the Rideau River creates a majestic setting for one of the most unique live theatre experiences around.

This year’s presentation, *The Fan* - Carlo Goldoni’s masterpiece of farce - brings one of the largest casts in the company’s history together with award-winning director David S. Craig.

“David will create a boisterous and lusty production that captures the sweat, heartache, and magic of village life,” says Odyssey founder and Artistic Director Laurie Steven. “*The Fan* also introduces audiences to a play that has never before been performed in Ottawa.”

The cast includes acclaimed Ottawa actors Pierre Brault, Andy Massingham, and Alix Sideris, as well as nationally recognized artists including Stratford Festival veterans Nicolas Van Burek and Jay T Schramek. Not to be missed is Ottawa native and Shaw Festival alumni Robin Craig. Odyssey’s unique style of performance, inspired by the Italian Renaissance street theatre of *Commedia dell’Arte*, has found its perfect match in *The Fan*. As the undisputed master of classic Italian comedy, Goldoni’s work showcases the physicality of masked theatre.

The company’s Anniversary Season runs from **July 21 to August 21** with 8 p.m. performances Tuesday through Sunday, as well as 3 p.m. matinees each Saturday and Sunday.



In addition, the popular Youth Matinee series takes on a different look this year as Odyssey teams up with **Rag and Bone Puppet Theatre** to present *The Flying Canoe*.

First published in 1900, this well-known French Canadian tale is a fantastic and fun introduction to the culture, music, and language of the early Canadian voyageurs. The unique play will appeal strongly to both Odyssey’s English and French speaking audiences. It is designed to appeal to children 5-12 and young-at-heart adults. This limited engagement takes place **Wednesdays at 1p.m. – July 27 and August 3, 10, & 17 only!**

The Fan – \$24 adults; \$19 students and seniors; Saturday & Sunday Matinees – pay-what-you-can. *The Flying Canoe* – \$5 for children, \$10 for adults. All performances take place in the Willow Grove at the north end of Strathcona Park.

To reserve tickets or to ask about early bird and anniversary specials, call **613-232-8407** or visit www.odysseytheatre.ca



Odyssey Theatre started producing plays in Strathcona Park in 1986. You can count on there being intriguing masks in an Odyssey show, and sometimes there is the bonus of sumptuous costumes like those in the court scene above.

Sandy Hill NGO’s 17th Embassy & High Commission Dinner



Fakhri Akbar Zeb, wife of Pakistan High Commissioner Akbar Zeb serves Pakistani delicacies to guests at WaterCan’s annual “Buffet of Nations” in support of clean water and basic sanitation projects in developing nations. The event was held on May 6 at the Aberdeen Pavilion at Lansdowne Park.

Bill Blackstone photo

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 :

> **Consulter un conseiller juridique**, qui signifie « choisir une personne réputée et consciencieuse qui sait indiquer clairement ce qu’il faut faire ou ne pas faire pour obtenir gain de cause, tout en procédant par voies légales dans toutes circonstances » –non pas– consulter un aviseur légal, ce qui est un anglicisme.
Ex. – L’entraîneur sportif, jugé trop sévère dans l’exercice de ses fonctions, a consulté un conseiller juridique pour bien comprendre ses droits et devoirs et pour l’aider à prendre la décision de réplique qu’il jugerait nécessaire de faire.

> **Consulter un conseiller financier**, qui signifie « choisir une personne fiable et avertie qui sait expliquer à son client les diverses façons de procéder et, par la suite, qui sait le guider pour faire des placements de fonds sérieux et fructueux » - non pas – consulter un aviseur fiscal, ce qui est un anglicisme.
Ex. – Après avoir consulté un conseiller financier et, après avoir suivi, à la lettre, ses conseils judicieux, la jeune avocate a fait des placements de fonds immobiliers importants qui lui ont été profitables et avantageux.

> **Donner sa procuration à quelqu’un**, qui signifie « offrir gratuitement à quel-qu’un, avec ou sans restrictions, le pouvoir de parler, d’agir, de prendre une décision au nom de la personne qui en a signé et daté le mandat, avec témoin » - non pas – être l’avocat légal, ce qui est un anglicisme.
Ex. –Pour éviter des ennuis possibles avec le fisc et pour éviter plus tard des dissensions dans la famille, l’agriculteur a donné la procuration de ses biens et avoirs à sa fille aînée, le tout en bonne et due forme.

> **Faire partie d’une collectivité**, qui signifie « appartenir à un groupe de citoyens, vivant dans un même quartier, ou à un ensemble d’individus regroupés pour l’obtention d’une faveur ou d’un bénéfice, ou bien pour obtenir de l’autorité en faction, la reconnaissance de leurs droits acquis. » - non pas – faire partie d’une communauté, ce qui est réservé à un groupe social, vivant sous un même toit, en communauté de biens, comme les ordres religieux en cloître, monastère, couvent.
Ex. – Aussitôt que la nouvelle d’un projet controversé, proposé et accepté par la Ville, fut publiée, tous les membres de la collectivité touchée par cette décision se sont réunis en vitesse pour rédiger ensemble leur opposition officielle et pour l’acheminer sans retard à la Ville.

> **Participer à quelque chose**, qui signifie « prendre une part active à des discussions sur des sujets concernant le groupe réuni et touchant certains détails à éclaircir avant de présenter une résolution finale » - non pas – s’impliquer dans quelque chose, ce verbe n’est jamais pronominal. De plus : être impliqué dans quelque chose signifie être mêlé à une histoire compromettante, à une affaire louche.
Ex. – De nos jours, plusieurs jeunes adultes participent régulièrement à toutes sortes d’assemblées civiques ou autres, surtout en temps d’élections, afin de se renseigner sur le fonctionnement de la machine électorale et sur les ramifications de la politique en général !



Photo Bill Blackstone

Dispatch from the future: my personal sustainability challenge (*Part 2*)

Alexandra Wilson

At a sustainability conference in 2009 Alexandra agreed to take actions to further sustainability. She promised to do one new thing a week for 52 weeks to reduce her family’s carbon footprint. Last issue we reported on what she did; part 2 sets out what she didn’t accomplish and what she learned from the experience.

What I didn’t accomplish

It was harder than I had expected to come up with a new action each week. Hardly paragons of sustainability beforehand, we’d nonetheless taken many of the obvious steps (opting to live in less space in order to be closer to the centre of town; walking to work; signing up with Bullfrog Power; forswearing air conditioning; programming the thermostat to bring the temperature down when we’re out or in bed; using the train for short-haul trips out of town; turning down the temperature on the hot-water heater; shutting off the lights when we aren’t in the room; bringing our own bags when we go shopping; washing and reusing plastic bags; using the dishwasher only when company comes; giving up plastic wrap and Ziploc bags; donating old clothes to charity; recycling paper and plastic and metal containers; running the washing machine full; and so forth). The task got simpler with the discovery of *Ecoholic Home* by Adria Vasil, an indispensable guide to sustainable home management. An unexpected difficulty was lining up contractors. My best efforts weren’t sufficient to get someone in to re-caulk our windows and replace those with leaking thermo panes. Another obstacle was winning the co-operation of the children, who announced that organic milk doesn’t taste good (we don’t agree), campaigned for meat when presented with more vegetarian meals, and still can’t remember to put used Kleenex in the compost.

What I learned

- ✓ Converting to a more sustainable lifestyle takes determination, time, money, and, above all, discipline. Conservation is a habit of mind. If it accomplished nothing else, my project served to ingrain new habits and heighten my awareness of how my family and I live.
- ✓ It’s hard to get snail mail out of your life. Some suppliers don’t yet offer online billing, but the bigger offenders are charities, who persist in sending solicitations and newsletters by mail, despite my regularly asking them not to. We kept one newspaper subscription (*Le Droit*), which gives us something to wrap the compost in.
- ✓ Finding green products is easier said than done. A good source is Market Organics on York Street. The Metro supermarket in Gatineau (formerly Loeb) is another. (We make infrequent visits, buying large quantities and timing our trips to coincide with other errands across the river.) Our

neighbourhood Loblaws has lately begun stocking some products. *Ecoholic Home* will help you puzzle out which brands are best.

- ✓ Car sharing is cheap and convenient. If you live in Ottawa, I can’t recommend VirtuCar highly enough.
- ✓ The economic reward for cutting water or energy usage isn’t big enough—not by a long shot—to entice either the busy or the sceptical to reduce their footprint. Our electricity consumption has dropped by one third, our total cost of living scarcely at all. It’s time for a carbon tax!
- ✓ It’s all but impossible to live a plastic-free life. Despite our many efforts, there is still more plastic coming into our house today than entered my parents’ home 40 years ago, most of it in the form of non-recyclable packaging.
- ✓ We own too many gadgets. Where do all those batteries come from? Why don’t rechargeables work well?
- ✓ If you try hard enough, you can remember to bring your own shopping bags and plastic containers with you when you go grocery shopping.
- ✓ Despite rinsing very few things and pouring a minimum of water into the sink when we do dishes, absent a drought, we can collect more dishwater than we can possibly use keeping the house plants and garden alive.
- ✓ There is almost nothing in a house that can’t be cleaned with baking soda or vinegar. (But do heat the oven before trying to clean it with water and baking soda.) If germs worry you, add Borax to your baking soda (dishwasher) and green laundry detergent.
- ✓ Laundry and other household chores take a little longer than they used to. I needed to slow down, so I don’t mind.
- ✓ Sustainable eating is a complex matter. We’ve made some progress. We’re determined to make more.
- ✓ Upping the number of vegetarian meals one eats easily offsets the higher cost of eating organic and avoiding factory-farmed meat, eggs and poultry.
- ✓ Enough elastics wander into our home from regular broccoli purchases and a single newspaper subscription to keep both our household and a 20-person office continuously supplied.
- ✓ The 3-litre flush serves all purposes. Don’t let any plumber persuade you to buy a 6-litre single-flush toilet.
- ✓ One tank-less heater in the basement meets all of our hot water needs. It takes a little longer than it used to for hot water to reach the second storey. We notice only a momentary delay in the kitchen.
- ✓ Without regular power outages or Great-Depression-era parents, it’s hard to convince children to turn out the lights.
- ✓ Solar-powered Christmas lights die early on grey days.

What’s next? Other than keeping up my new habits and working harder to eat sustainably, the biggest thing I can still do to reduce my environmental footprint is to buy fewer new goods. With apologies to Canada’s finance minister, that’s what I intend to do.

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From the Rideau Library

What your library staff are reading....

Cathie:

When You Reach Me by Rebecca Stead: Amidst helping her mother practice for the 'Ten Thousand Dollar Pyramid' game show, keeping safe in her New York neighbourhood and staying clear of the 'crazy man,' 6th grader Miranda begins to receive mysterious notes. Miranda is disturbed and distressed as she struggles to figure out what it all means. Puzzling, intriguing, and mesmerizing. Winner of the John Newberry Medal. For ages 9 and up.

One Crazy Summer by Rita Williams-Garcia: Summer 1968: Delphine (11 yrs.), Vonetta (9 yrs.) and Fern (7yrs.) fly to Oakland, California to spend the summer with their mother who abandoned them 7 years before. Their father believes that the girls and their mother should get to know each other. When they arrive, they are shocked and disheartened to realize that their mother is not at all interested in having them there. The girls continue to persevere throughout the summer in hopes of finding the mother (and the love) they are so desperately seeking. Poignant and funny; a non-stop page turner! This book won numerous awards, including the 2011 Coretta Scott King Award and the Scott O'Dell Prize for Historical Fiction. For ages 11 and up.

Alex:

Hand Me Down World by Lloyd Jones: An interestingly-constructed novel that portrays one woman's cross-continent search for her son through the eyes of the people she meets along the way.

Great House by Nicole Krauss: A book about a desk – a desk passed on to various people whose lives are anchored by its presence. *The Telegraph* says that Krauss, in this novel, "gives us her tragic vision pure. It is a high-wire performance, only the wire has been replaced by an exposed nerve, and you hold your breath, and she does not fall."

The Good Man Jesus and the Scoundrel Christ by Philip Pullman: Despite the simplicity of the text, this book is a deeply thoughtful examination of truth, fact, mythology, faith, fame and envy. Christ



Alison Blackburn is Supervising Librarian, Rideau Branch

and Jesus are here portrayed as brothers. While Jesus is the one with the fan base, Christ records his travels and preachings, embellishing and manipulating the facts of their story to allegedly get at the "truth" of things.

Something Missing by Matthew Dicks: A strange and thoroughly entertaining story of a professional thief who begins to feel that he should help the people from whom he steals. Mayhem ensues, of course. A quick read.

The Hand That First Held Mine by Maggie O'Farrell: In the 60s Lexie runs away from home to Soho. Elina, is a new mother in modern-day London. Twists and turns in the two women's stories reveal that they are, in fact, linked. An interesting examination of the evolution of women's roles in society, and the impact our childhood has on us as adults.

I also really enjoyed *Major Pettigrew's Last Stand* by Helen Simonson (multiculturalism in English village life), and *Holy Fools* by Joanne Harris (an abbey of nuns – with a few secrets thrown in – in 16th century Europe).



Harvey Pearce, 1925-2011

Longtime resident of Sandy Hill (most recently, the Sandy Hill Retirement Residence), Harvey Pearce died suddenly on May 24. As noted in a Citizen obituary, Harvey was in some respects our own Forrest Gump, not in outstanding exploits, but his innocence, good humour and contribution to the Ottawa community.

A brain operation at the age of 3 left Harvey handicapped but notwithstanding that he gave a lifetime of service through the Boys & Girls Club, the Shepherds of Good Hope, Centre 454 (where coffee is served each day at Harvey's Place). He was devoted to Nate's and the Lord Elgin coffee shop. At All Saints Church, he carried the wooden processional cross each week, including Easter Sunday 2011.

Question Period The Musical!

Raising the roof of the House of Commons

Sandy Hill residents join all-Ottawa cast in FringeFest musical comedy

Ed Gillis

If you thought the sparks were flying in the federal election campaign, look out for *Question Period The Musical!* – making its world debut June 17th, 18th and 25th at Alumni Auditorium in the University of Ottawa's Jock Turcot Centre.

This "political musical comedy" explores the cynical and hopeful sides of Canadian Parliament and politics in a non-partisan and light-hearted romp.

After a rousing Broadway opening number, our protagonist Finn Opatowskopoulos is elected as the Member of Parliament for Forestview-Riverside-Peacetown-Mukluk-StJean-Hippville-Yumivegiburg. When he arrives in Ottawa, Finn meets a cast of crazy characters who rhyme, sing, slam-rap and rock the House of Commons with an eclectic mix of scandal-hungry gamesmanship and hopeful, constructive idealism.

Finn's personal political goal to "make poverty history" is met with dismissive scorn, until a sympathetic government minister offers her support and a maverick MP from another party rocks a classic Bon Jovi-esque love ballad to the GST.

Question Period the Musical

Where? Alumni Auditorium in the Jock Turcot University Centre, University of Ottawa, main floor, 85 University Private

When?

Friday, June 17th 6:30pm
Saturday, June 18th 3:45pm
Saturday, June 18th 8:30pm
Saturday, June 25th 3:30pm
Saturday, June 25th 8:00pm

Length? 75 minutes

Cost? \$10. + \$2 Fringe pin



Photo Bill Blackstone

Cast members posing before a rehearsal include Sandy Hill residents Marigold Edwards (playing the Minister of Health), Ed Gillis (who wrote the script and plays several parts) and Maryanne Pentick (MP and Senator).

Finn almost ruins his chance at non-partisan cooperation when his potty-humour mind misinterprets an overheard conversation and gets his minister friend fired. But he gets one last chance, as the government offers to include his poverty plan in the federal budget in exchange for his vote.

Unelected, unaccountable, un-sober Senators perform a Muppet-like chorus line in the show's signature number, before the Finance Minister raises the roof with a hip-hop take-off of the 1990s House of Pain hit *Jump Around*, and Finn must decide whether to abandon his party and his principles in order to realize his dream policy.

The audience becomes Finn's constituents and YOU decide how it all ends... or do you?

Question Period The Musical! has an all-Ottawa cast led by Eric Kendrick, Danielle Hoegy, Alnoor Allidina, Brent Rouleau and Jillian Wolfe, with cameos by Andy Moggridge, Jessica Lax and Maryanne Pentick. Directed by Darrell Harvey, it's the first full-length script and production by me, Ottawa activist and political satirist Ed Gillis.

For show times, videos and tickets, see qpmusical.wordpress.com or check out *Question Period The Musical!* on Facebook!

Bibliothèque Rideau Library What's on in June & July

Saturdays at 10:45
Reading circle for children ages 5-10; held in partnership with Frontier College.
Les samedis à 10h45
Cercle de lecture pour les enfants de 5-10 ans; un partenariat avec Collège Frontière.
Tuesday June 21 at 6:30 p.m.
Pen and Paper Writers' Workshop
mercredi le 22 juin, 18h45
Groupe de lecture Mille-Feuilles – Loubianka de Travis Holland
Tuesday, June 28 at 10:30 a.m.
Family Storytime
Mardi le 28 juin à 10h30: Contes en famille
Tuesday, July 19 at 6:30 pm
Pen and Paper Writers' Workshop

TD Summer Reading Club for ages 6 to 12 / Club de lecture d'été TD pour les 6 à 12

Wed. June 29 at 2 p.m. / mercredi le 29 juin à 14h
Camp Wannagoodbook / Feu, feu, joli feu
Wed. July 6, 2 p.m. / mercredi le 6 juillet, 14h
Something's Fishy at the Library / Poissonneries
Wed. July 13 at 2 p.m.
Monet's Mottled Masterpieces (English only)
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Wed. July 20 2 p.m./mercredi le 20 juillet 14h
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Wed. July 27 at 2 p.m. / mercredi le 6 juillet à 14h
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A Gardener's Reflections

A Visit to the Chelsea Flower Show



Deidre Green

For five glorious days in May, the extraordinary Chelsea Flower Show draws in 157,000 garden-mad, flower-obsessed visitors who spend much of their day “gob-smacked” at the beauty, ingenuity and artistry of garden designers and plant growers. I’ve been fortunate to have attended on two previous occasions so can truly say that 2011’s event was the best yet. Not only did the weather cooperate but the crowds, though dense, moved gracefully through the aisles of show gardens. No one seemed to mind the jostling while in the midst of luscious blooms, majestic trees and even the occasional spot of garden humour. The Magistrate’s Association garden had a prominent bench of pale wood; instead of legs it was supported by large wooden letters spelling BENCH and the large pink roses were the variety “Justice of the Peace.” Like all gardens at Chelsea, this one was created with environmental planning. It was a replica of the actual garden in central London which offers an oasis for those waiting to enter the courthouse. The paving is water-permeable and rainwater is collected in a tank which feeds a vertical green wall. The garden is maintained by young offenders who have a “payback” to provide to the community.

Canadian design applauded

The Royal Bank of Canada sponsored the **RBC Wild Garden** that garnered a prominent location on Chelsea’s Main Avenue. This was the first full-scale “rain garden” which could capture every drop of water and put it to use. Considering Ottawa’s weather in April and May, this struck me as especially appropriate! The Wild Garden was beautiful and entirely practical; an artist’s garden studio was made from a refurbished shipping container. Rain fed its green roof while excess water slid slowly down a “rain chain” into two lovely circular reflecting pools. Any excess moisture spread to nearby plants. Curving and sloping stone walls, suggesting waves, were planted with softly coloured perennials. Along the walls were attractive wooden or fibreboard rectangles that had been drilled to provide insect habitats. Like all garden designs, sources of influence are important and always indicated. The RBC Wild Garden, by Nigel Dunnett was inspired by William Robinson, the Victorian gardener who abandoned formal “carpet” plantings for wild, meadow-like swaths of blooms. Dunnett’s use of recycled material was influenced by the Arts and Crafts movement.

Best in Show Award

Many gardens receive Chelsea gold medals for their designs and choice of plant materials. Only one can win the Best in Show designation; this year it was the *Daily Telegraph* garden by Cleve West. West said he was inspired by scenes of the struggle for freedom in Libya earlier this year. The garden is sunken, with broken Roman columns, rough road stone paths and short irregular stone walls which divide the spaces. Waving perennials in brilliant yellow, grey and deep red fill the beds. Bronze fennel and giant thistle hybrids added architectural details. Parsnips were let to flower to provide a distinctive shade of yellow. Water dripped from simple black



Meditative garden



Throngs of gardeners at the Chelsea Flower Show, 2011 editions



Green wall

pipes (suggesting artillery) to irrigate the plants then flow through stones to form a stream. Yew hedges suggested permanence. The perennials chosen are ones that self-seed readily, indicating that change is ahead.

Look up

Vertical gardening was a popular feature this year and inspiring to anyone with small urban spaces. The B&Q company, a chain of garden centres, presented the “tallest ever” garden. It was created by company staff, young students and youth clubs, with a focus on city gardening. B&Q aimed to convince everyone that they can grow at least some of their own food; every plant in the garden was edible. Their garden summary noted that Londoners could survive for only four days should food supplies be cut off. A garden tower nine metres tall, named the **Polanter** has an integrated system for capturing and disseminating rain water. The garden included a potting shed that harvests rainwater for ground plants and shrubs, a thermal chimney, photovoltaic panels to capture energy and a wind turbine. Children created 40 insect hotels to assist pollination and also to feed bats and birds. The Polanter tower with its many rectangular planters contained tomatoes, strawberries, salad vegetables, lavender and dozens of herbs. On a smaller scale, a green wall was seen often as a beautiful addition to even a small backyard plot. Mesh was available with openings large enough to insert small pots containing succulents, herbs, small perennials, miniature grasses, pansies or mosses. The effect of these was dramatic and truly something we could create. Some walls were set up with irrigation systems that count on rainfall. However, it would be easy to simply take water from a rain barrel and use it to spray the plants. Besides its beauty, the green wall has insulation potential and can feed us with salad greens, radishes or lavender.

Bringing Chelsea home

It was hard to resist buying seeds, tubers, rose bushes, bulbs or corms at Chelsea. The fact that these weren’t going to be allowed into Canada saved me money but I still long for some of the extraordinary auriculas or Austin roses on display. The pergolas dripping with wisteria in violet bloom were too stunning to believe and alas, unlikely to grace my city lot. The many environmental tips for water collection, solar power and maximizing plant growth were truly valuable. I noted techniques that I could implement here, accepting that most of the stunning display gardens could only survive in temperate Britain on properties with much land and prosperous owners. Of all the gardens, one in particular struck me as the most “doable” because it was small, shady, meditative and led the eye to the Buddha who was almost hidden in the leaves and white flowers. This captured the serenity and calm that we all seek, especially in our own leafy refuge. If it has been your dream to go to Chelsea, do it! Tickets can be purchased online next spring and it will be an unforgettable experience. Just to join the throngs of people who adore plants and gardening, who will turn and exclaim to you in astonished delight makes it all most worthwhile.



Cornus kousa Japanese Dogwood

Photos Deidre Green

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Shared space
in Strathcona
Park,
June 2011.

Photo by Bill
Blackstone



Illustration Dawna Moore

CALENDAR

June - September 2011

Events and shows taking place in or near Sandy Hill

Until July 7 – *Take me to your leader* >>> *lead me to your taker* is part of the NAC's Prairie Scene, Saw Gallery, Arts Court, 2 Daly Ave., www.artscourt.ca.

Until July 8 – *A Mask Odyssey* presented by Odyssey Theatre in partnership with the Ottawa Public Library, features an exhibition of Odyssey's signature masks, including children's workshops (ages 6-12 years) on July 5 (Sunnyside Branch) and July 7 (Main Branch) from 1 – 2 p.m., as well as professional actors bringing the masks to life in special performances held on June 16, 20 and 27 from 11 a.m. to 2 p.m. at the Main Branch, for more information visit www.odysseytheatre.ca.

June 9, 10, 11 and 16, 17, 18 – *BODYspeak Episode 11*, new dance works by Yvonne Coutts, Justin Gionet, Jasmine Innes, Marilou Lépine, Ottawa Dance Directive, Studio A, Arts Court, June 9-11 at 7:30 p.m.; June 16-18 at 9:30 p.m., \$22, 2 Daly Ave., 613 233-6266, www.artscourt.ca.

June 14 – The Tree Reading Series meets the second and fourth Tuesday of each month, featuring Adam Sol and Andy Weaver, Arts Court Library, 2 Daly Ave., doors open at 7:30 p.m., 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.

June 16 – 26 – Ottawa Fringe Festival, various locations throughout Sandy Hill, for full schedule visit www.ottawafringe.com. 613-232-6162.

June 23 – July 27 – CUSP 2011 Grad Exhibition, Ottawa School of Art, ByWard Campus Gallery, opening reception June 23 from 6:30-8 p.m., free admission, 35 George St., 613 241-7471.

June 27 - Action Sandy Hill meets the last Monday of the month, 7 p.m., 613 241-4646, Sandy Hill Community Centre, 250 Somerset St. E.

June 28 - The Tree Reading Series meets the second and fourth Tuesday of each month, featuring, Julia McCarthy and Carolyn Smart, Arts Court Library, 2 Daly Ave., doors open at 7:30 p.m., 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.

June 29 – Sandy Hill Community Health Centre's annual general meeting, Saint Paul University, Amphitheatre, reception from 5 – 6:30 p.m., meeting begins at 6:30 p.m., 233 Main St., RSVP by June 25 to Cristina Coiciu at 613 789-1500 x 2505 or ccoiciu@sandyhillchc.on.ca.

June 30-July 3 – Dusk Dances 2011, five unique dance performances set in different areas of Strathcona Park, performances will feature two works by local artists: choreographers **Cathy Kyle Fenton** (*Storm/Dawn*) and **Chantal MacLeod** (performed by contemporary dance students of The School of Dance). A Pay-What-You-Can performance; nightly at 7 p.m., bring your own chairs and blankets; for information: 613-266-2365 or www.duskdances.ca

July 4, 11, 18, 25 and Aug. 1, 8, 15 – Company of Fools presents *Antony and Cleopatra*, Strathcona Park, performances start at 7 p.m., admission is "pass-the-hat-pay-what-you-can"

with a minimum suggested donation of \$10, for full schedule of performances across Ottawa, visit <http://fools.ca/wordpress1/>.

July 13 – 30 – *Secrets of a Soccer Mom*, by Kathleen Clark, Arts Court Theatre, 8 p.m., matinees on Sundays at 2 p.m., \$25, \$20 for students and seniors, pay what you can matinee on July 16, 2 Daly Ave., www.artscourt.ca.

July 13 – Aug. 27 – *Summer Fling – A Theatrical Affair!* is a festival celebrating Ottawa's unique performing arts community in Downtown Rideau, including comedy, drama, dance, improv and music, for full details go to www.downtownrideau.com.

July 18, 25, Aug. 8, 15, 26 – *My Summer Crush Improv: An Improv Show to Fall For*, featuring members of Crush Improv, Arts Court, all shows at 8 p.m. except 10 p.m. show on Aug. 26, \$12, 2 Daly Ave., www.artscourt.ca.



July 19 – 30 – *Spider's Web*, by Agatha Christie and directed by Tim Ginley, 8 p.m., matinee 2 p.m. on July 24, Ottawa Little Theatre, 400 King Edward Ave., 613 233-8948, ottawalittletheatre.com.

July 21 – Aug. 21 – Odyssey theatre celebrates 25 years with *The Fan*, by Carlo Goldoni, in Strathcona Park, Tuesday through Sunday at 8 p.m., Sunday pay-what-you-can matinee at 3 p.m., also *The Flying Canoe* by Rag and Bone Puppet Theatre for children 5-12 years old on Wednesdays at 1 p.m., visit www.odysseytheatre.ca.

July 25 – 29, Aug. 8 – 12, 22 – 26 – Art in the City is the art camp for youth 8-16 years old offered by the Ottawa Art Gallery, for full details visit www.ottawaartgallery.ca.

Aug. 6 – Art in Strathcona Park, featuring the work of over 100 artists and artisans, Laurier Ave. E. and Range Rd., local performing talent are welcome to attend and "pass the hat".

Aug. 16 – 27 – The Patrick Pearse Motel, by Hugh Leonard and directed by Richard Elichuk, 8 p.m., matinee, 2 p.m. on Aug. 21, a Tara Players and Ottawa Little Theatre production, 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com.

Aug. 25 – 27 – Series Dance 10 / Programme #5 presented by Ottawa Dance Directive, featuring three Canadian male dancers, 7:30 p.m., Arts Court, Studio A, \$25, \$15 for students, 2 Daly Ave., 613 233-6266, www.artscourt.ca.

Aug. 29 - Action Sandy Hill meets the last Monday of the month, 7 p.m., 613 241-4646, Sandy Hill Community Centre, 250 Somerset St. E.

Sept. 13 – Oct. 1 - *Inherit the Wind*, a play by Jerome Lawrence and Robert E. Lee and directed by Tom Taylor, Ottawa Little Theatre, 8 p.m., matinee on Sept. 25, 400 King Edward Ave., 613 233-8948 www.ottawalittletheatre.com.

Sept. 26 - Action Sandy Hill meets the last Monday of the month, 7 p.m., 613 241-4646, Sandy Hill Community Centre, 250 Somerset St. E.



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Upcoming Events

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July 9	Family Fun Festival. 10 a.m. - 2 p.m.
July 11-13	Family Vacation Bible School. 6-8 p.m.
Aug. 14	New Pastor installation & ordination @ 5 p.m.
Sept. 10	uOttawa Yard Sale
Sept. 11	Education Sunday
	9 a.m. Sunday School & Bible class resume
	10:15 worship
Oct. 30	Reformation Festival worship. 4 p.m.
Nov. 26	Christmas for Kids. 8:30-Noon.

Thursday:
Worship: 7 p.m.

Sunday:
Worship: 10:15 a.m.
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Bettye Hyde’s spring fair a crowd-pleaser

The Bettye Hyde Co-operative Nursery School’s spring celebration and fundraising event held May 28 at the corner of Blackburn and Laurier, morphed into a community-wide event and was re-named Sandy Hill Spring Fair.

Many local and family-themed organizations, artists and businesses participated. The Spring Fair committee members extend their gratitude to the following sponsors, performers and organizations for supporting the very enjoyable community event.

Action Sandy Hill, Allison Duncan, Canadian Organic Growers, Culinary Conspiracy, Fitness with Jules, Jamaal Rogers, Let’s Talk Science, Loblaws, Metro, National Capital Dance Educators, Ottawakiosk.com, Ottawa East Community Association, Ottawa Fire Services, Ottawa Police Services, Ottawa Stilt Union, Parent Resource Centre, Patrick Glémaud, Rideau Bakery, Sandy Hill Community Health Centre, Sandy Hill People Food Co-Op, Spring Action Trampoline Club, T.A.N. Coffee, University of Ottawa – Gee-Gees, Viscount Alexander Public School, Waldorf Nursery School, Winchester Warm, and all vendors.

Thank-you to everyone who came out!
— Rosa Mordasiewicz



Sandy Hill juggler Gabriel Roberge loves to entertain, and can be booked for public and private parties, fundraisers and festivals by calling (613) 562-2474.

Catch Gabriel Roberge at Art in the Park

For most of us, the skill required to perform even the simplest magic trick is daunting. However 12-year old Gabriel Roberge of Cobourg St. has been dedicated to mastering the magician’s art for as long as he can remember. He is a talented juggler, able to juggle 4 balls/rings/clubs...and yes...toilet plungers! Audience reaction, he claims, is the payoff for all the hard work. He was given his first magic kit at the age of five and remembers his friends’ amazement when he produced candy from an “empty” box. Since then his repertoire has grown to include some very sophisticated sleight of hand manoeuvres, performed with effortless good humour and a professionalism which belie his years.

On Saturday August 6th we will see Gabriel at Sandy Hill’s Art in Strathcona Park where he will be giving hourly performances throughout the day. This show, a fundraiser for the Schizophrenia Association, not only showcases artistic talent, but also welcomes local performers of all kinds who are free to “pass the hat.”

Art in Strathcona Park is the neighbourhood event of the year. Plan to enjoy the work of over 100 fine artists, the barbecue, the silent auction, and talented local performers like Gabriel. —Rosemary Scragg



Clean Air celebrated with enthusiasm by Viscount school community

Viscount Alexander School students, parents, volunteers, and school board trustee, Rob Campbell, joined Phyz (Bethany McKinley-Young), the Ottawa Public Health physical activity mascot, to celebrate Clean Air Day June 9th. Over half the school walked or wheeled to school to show support for active living and the environment.

— Karen Bays

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