

OCTOBER - NOVEMBER 2011

OCTOBRE / NOVEMBRE 2011

Our ash trees are dying

Larry Newman

They're dying from a recent infestation by a beetle called the Emerald Ash Borer (EAB to the entomologists among us), an invasive insect that chews through the nutrient carrying passages in our ash trees.

Almost 20% of the trees in Sandy Hill are ash trees, and many are infected and expected to die. However, it is only our native ash trees that are infected, not the mountain ash.

Responding to this problem Action Sandy Hill in cooperation with the University of Ottawa and the City of Ottawa has initiated a public information project to encourage residents to plant trees on the City-owned part of their front lawn. It is estimated that there are

well over 100 front lawns in Sandy Hill where trees could be planted now. If this is done ahead of the death of our Ashes, we have a chance to preserve the tree canopy that enhances our streets.

Trees help keep your home cool in summer, increase property values, clean the air, and provide privacy, just to name a few of the benefits.

Here's how to do it. Call 311 to contact the City's Trees-in-Trust program and tell them you want them to plant a tree on the city portion of your front lawn (i.e. approximately the first 10 feet – 3 metres – in from the sidewalk). New trees must not be planted closer than 7 metres from an existing tree. Applications are now being accepted for planting in 2012.

Should you apply, an inspector from the City of Ottawa Forestry Services Department will confirm the suitability of your property and then you will be asked to choose from a list of tree species. Right now, the following trees are

available: serviceberry, crabapple, Japanese lilac, mountain ash, Turkish hazel, honey locust, prospector elm, sugar maple, hackberry, and ginkgo. They vary in size from 7 to 20 metres tall when mature. Trees are available on a first-come, first-served basis so don't delay.

As a small incentive, anyone in Sandy Hill who applies to the city to have a tree planted will be eligible to win a gift certificate from Cordon Bleu Signatures Restaurant or Shoppers Drug Mart. Just contact Action Sandy Hill director Eric Crighton by email to confirm your application and have your name entered into the draw. (ericj.crighton@gmail.com)

For more information on the Trees-in-Trust program check the City's web site: www.ottawa.ca/env_water/tlg/trees/planting/trees_in_trust_en.html. You can also email forestry@ottawa.ca with questions not answered by the staff at 311.



The Sandy Hill canopy is thinning radically as we lose our stately Ash trees. Lucky for us there are free trees on offer from the City.



Multi-use pathway crossing of the Rideau River inching forward

Two open houses have been held by the City of Ottawa for the proposed pedestrian bridge (artist's sketch above) linking Strathcona Park at Somerset St. East and Donald St. at the Rideau Tennis Club. Public input and comments on the recommended plan unveiled at the end of September are welcomed on or before October 21, 2011. The projected cost, including work on the Strathcona Park parking lot, is \$4,920,000. Next steps are publication of the Environmental Study Report, presentation to City of Ottawa Transportation Committee and City Council – December 2011, and a 30-day public review – starting in December 2011.



Karen Bays: Sandy Hill star

Each year, the Sandy Hill Community Health Centre honours someone whose activities are improving the health and wellness of our community. The 2011 award went to IMAGE contributor and neighbour extraordinaire Karen Bays. Her development of the Viscount Alexander Walking School Bus is a first in the Ottawa Carleton District School Board. The program stemmed from research on physical activity and childhood obesity, and Karen's perception of the neighbourhood as a very "walkable" community. Find out what else Karen has been up to this fall, inside this issue of IMAGE.



Two weeks after a lively all-candidates' debate sponsored by Action Sandy Hill and community-based associations in Overbrook, Vanier and Lowertown, Ontario went to the polls.

Ottawa-Vanier says "Yes!" to Madeleine Meilleur in October 6 provincial vote

And the results were...

Madeleine Meilleur (Liberal) 51.4%, 19,615 votes
 Fred Sherman (PC) 23.4%, 8,931 votes
 Paul Étienne Laliberté-Tipple (NDP) 19.7%, 7,525 votes
 Dave Bagler (Green) 4.5%, 1,719 votes
 Emmanuel Houle (Family) 0.9%, 352 votes.

Compare—2007 results

Madeleine Meilleur (Liberal) 50.8%, 20,951 votes
 Bruce Poulin (PC) 22.3%, 9,169 votes
 Ric Dagenais (NDP) 14.9%, 6,144 votes
 Leonard Poole (Green) 10.4%, 4,287 votes
 Frank Cioppa (Other) 1%, 400
 Robert Larter (Ind.) 0.6%, 256 votes

IMAGE

Founded in 1972 under the direction of Diane Wood

22, av. Russell Ave.
Ottawa K1N 7W8

Fondé en 1972 sous la direction de Diane Wood

IMAGE, a non-profit community newspaper, is supported by its advertisers. Opinions expressed are those of contributors and advertisers, and do not necessarily represent those of the volunteer editorial staff.

In 2011, IMAGE is published in **February, April, June, October and December**. 7,500 copies are printed and distributed free of charge to all residents of Sandy Hill. Free issues can also be picked up at the community centre, library and various commercial locations.

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

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

IMAGE reserves the right to edit in whole or in part all such contributions.
Tel: 613-237-8889

E-mail : image22@rogers.com

Website: imagesandyhill.org

Editor:

Jane Waterston

Rédactrice de langue française :

Denyse Mulvihill

Advertising: Peter Rinfret, Jane Waterston

Research/admin/translation:

John Arthorne, François Bregha, Marie-Claude Jean, Claire MacDonald, Betsy Mann, Jan Meldrum, Jane McNamara, Dodi Newman, Larry Newman, Catherine Pacella, Judy Rinfret, Peter Rinfret

Production: Jane Waterston, Bob Meldrum

Photographers: Bill Blackstone, Sarah Whiteside

IMAGE est un journal communautaire à but non lucratif dont les seuls revenus viennent des annonceurs. Les textes n'engagent que leurs auteurs et annonceurs respectifs et ne reflètent pas nécessairement l'opinion de l'équipe de rédaction, qui est composée de bénévoles.

En 2011, IMAGE sera publié en **février, avril, juin, octobre et décembre**. Son tirage est de 7 500 exemplaires. Il est distribué gratuitement partout dans la Côte-de-Sable. On peut également l'obtenir au centre communautaire, à la bibliothèque et dans plusieurs commerces du quartier.

Tous les articles, lettres, illustrations, photos et autre documentation pouvant intéresser les lecteurs de la Côte-de-Sable sont les bienvenus. Leurs auteurs doivent indiquer leur nom et leur numéro de téléphone.

Les personnes intéressées à collaborer à IMAGE sont invitées à téléphoner au 613-241-1059 ou au 613-237-8889, en indiquant leur nom et leur numéro de téléphone. Nous apprécions la contribution de tous, quelque soit leur âge.

IMAGE se réserve le droit de modifier en tout ou en partie les documents soumis.

Tél: 613-241-1059 et 613-237-8889

Courriel : image22@rogers.com

Site web : imagesandyhill.org

Deadline

Reserve advertising space or let us know you have a letter, photo and/or article by

November 28, 2011

(target delivery December 9)

Date de tombée

Publicité, articles, photos et autres soumissions

le 28 novembre 2011

(livraison prévue le 9 décembre)

IMAGE is written, published and delivered thanks to the efforts of dedicated and talented volunteers and the support of our advertisers. Please support local businesses, especially those who advertise in and display IMAGE.

Questions re delivery?

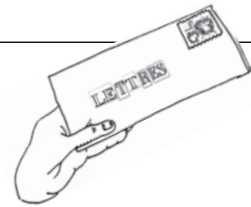
If you live in Sandy Hill, IMAGE is delivered free to your door. Please call 613-237-8889 if you are aware of anyone or any business in our neighbourhood who is not receiving their newspaper.

IMAGE est rédigé, publié et distribué grâce au dévouement et au talent de nombreux bénévoles, mais aussi avec l'appui des annonceurs. Soutenez les commerces locaux, et tout particulièrement ceux qui font de la publicité dans IMAGE ou chez qui vous pouvez le trouver.

Questions au sujet de la distribution?

IMAGE est distribué gratuitement dans la Côte-de-Sable. Veuillez appeler le 613-237-8889 si vous connaissez un particulier qui ne le reçoit pas.

Our readers
write ...



Courrier
des lecteurs

Vandalism tipping point

I am a long time resident of Sandy Hill who is growing increasingly concerned with the increasing lack of respect in this neighbourhood for people and property. I know that living in Sandy Hill can be a fantastic experience. I have enjoyed living here for many years because there is a unique beauty to this neighbourhood that is based on its support for diversity of all kinds, in people, ethnicities, ages and families.

However this September, my faith in Sandy Hill has been tarnished by a particularly nasty encounter with neighbour-

hood vandalism. I woke up one Sunday morning to find that, sometime during the night, someone had walked up to my front porch, picked up one of my very large and full flower pots, and smashed it against the tree on the edge of my property. This flower pot was far from the sidewalk and in no way was obstructing the public walk way. Thus, all I am left with is that this was a very real and deliberate act of unkindness, which is so disappointing.

The flower pot can be replaced but what I would like even more is just for us all to show a little more respect for each other.

Mona Frendo
Chapel St.



Christopher Collmorgen (l) and François Bregha (r) thank Robert Stehle in September.

Changing of the guard at ASH

As I will be away beginning the middle of October for the greater part of the next six months, I am stepping down from the ASH board.

Many changes have occurred in the last six years in Sandy Hill. Many more changes will occur in our neighbourhood in the future. I encourage all of you to stay informed and involved in our community issues, initiatives and proposals for

our neighbourhood. It has been through heightened involvement that we have tried to manage, shape and influence the changes in our community.

We are a very diverse, extremely livable community with the potential to become a Really Great Mixed Neighbourhood.

Robert Stehle

President, Action Sandy Hill
VP Christopher Collmorgen will serve as President until the May AGM. —Ed.

Assainissement de notre environnement sonore

À une certaine époque dans l'histoire, il était normal, même dans les châteaux de jeter par les fenêtres, dans la rue, ses déchets domestiques et sanitaires y compris le contenu des pots de chambre. Tout ça jusqu'au jour, où quelqu'un a eu l'idée que les choses pouvaient être différentes, qu'on pouvait débarrasser l'environnement de ces puanteurs oppressantes et malsaines. Eh oui, il pensa au système d'égouts et à la cueillette collective des déchets que chacun garderait chez lui dans des contenants étanches en attendant de les porter à la rue pour cette cueillette. Enfin, l'odorat des humains était ménagé et les personnes pouvaient désormais profiter de la pureté de l'air et des merveilleux arômes de la nature.

Malheureusement, en ce qui concerne l'environnement sonore, nous en sommes encore à l'époque des déchets et des pots de chambre balancés dans la rue. De fait, les déchets sonores sont déversés non seulement dans la rue, mais dans la cour des voisins et jusque dans l'intimité de leurs demeures.

Quand on parle de pollution, on pense aux déchets, aux toxines, en somme à toutes ces choses qui sont nuisibles, dérangeantes, malsaines, ou à tout le moins, qui ne sont d'aucune utilité. Ainsi, les bruits provenant des voisins (leurs conversations, leurs bavardages, leurs éclats de voix ou de rires, leurs cris, leurs hurlements, leurs chicanes, leurs colères, leur musique, etc.) sont des déchets pour moi (et je présume que les bruits qui proviennent de chez moi ont le même effet sur mes voisins) premièrement parce que d'aucune utilité et ensuite parce que qu'agressants, imposés et dérangeants.

Dans le monde actuel, notre lieu de résidence est le seul endroit où l'on pourrait s'entourer de ce que l'on aime et se retrouver dans un environnement qu'il serait possible de gérer selon ses besoins et ses goûts. On devrait, par exemple, pouvoir ouvrir ses portes et fenêtres et respirer à

pleins poumons dans le silence et entendre les oiseaux et le vent dans les feuilles. Ou encore, quand on en ressent le besoin, pouvoir faire une bonne petite sieste sans être réveillé (ou sans avoir peur de l'être) par l'un ou l'autre des bruits mentionnés plus haut. Et encore pouvoir aller au lit le soir à l'heure que l'on désire et garder sa fenêtre ouverte sans subir la musique des voisins ou autres bruits dérangeants.

C'est beaucoup demander, me direz-vous... mais non, c'est très simple, tellement simple. Il suffirait que chacun conserve ses "déchets" sonores dans un contenant étanche, c'est-à-dire qu'il garde fermées les portes et fenêtres d'où pourraient provenir tous ces bruits... À l'extérieur, il faudrait parler de façon à n'être entendu que par la personne à qui l'on s'adresse. C'est facile, je l'ai fait toute ma vie et beaucoup de gens le font aussi. En plus, c'est gratifiant parce que l'on a l'impression d'accomplir un devoir civique tellement bénéfique pour la société.

Il se peut que pour certains, il paraisse exagéré de vouloir réduire à ce point les bruits environnants causés par nos voisins. On s'entend sur le fait que les bruits de forte intensité sont dérangeants, mais n'oublions pas que les bruits moins intenses et même très faibles peuvent tout autant agacer. L'écoute d'une pièce de musique ou d'une émission de télévision risque d'être gâchée si l'on entend un ronronnement, un buzz, un bruit d'arrière-fond comme celui d'un robinet qui dégoutte. Si l'on s'en tient uniquement aux décibels, le bruit n'est pas important, mais chacun sait comment il peut tout de même être irritant...

Souhaitons que l'assainissement de notre environnement sonore puisse se réaliser afin que chacun d'entre nous puisse enfin CHOISIR ce qu'il veut entendre et à quel moment.

L. Lavoie
rue Sweetland

Chez
Lucien

BAR

137 Murray
Dalhousie
Byward Market
241.3733

Sandy Hill's
place
in the Market

Côte-de-Sable
se retrouve
au Marché



Photo Bill Blackstone

Co-op blues

St. Georges Housing Co-operative is a picturesque combination of new and older buildings stretching along the west side of Henderson Avenue between Laurier and Osgoode. I married into this co-op in 2007, when I left Toronto and moved in with my bride, a long-time member.

My honeymoon with St. Georges continued for several months as I embraced the ideal of a disparate group of people living interdependently and governing themselves. Alas, the honeymoon ended when I saw the distance between the ideal and the reality. St. Georges Co-op is a beautiful place filled with wonderful people, but it is also deeply dysfunctional.

I know several members who have become disillusioned because of the way the co-op is run. A few have been hurt deeply and reluctantly decided to leave. Many members seem to have lost faith in the available processes of co-op governance, and they no longer bother to express concerns or put forward ideas.

Others are simply apathetic, and this is somewhat understandable. There is very little committee activity. General meetings of all members occur only about twice per year (though the bylaws specify four). And the decision-making at these meetings is mostly pro forma.

To some extent, the problems are structural. Co-op governance looks like a model of grassroots democracy. However, in practice there are two interrelated impediments. First, the members elected to sit on the Board of Directors, because they are volunteers who meet only monthly, value highly the advice of those paid to perform

services for the co-op (the staff and the co-op's lawyer). The views of the membership tend to be accorded a proportionately lower value. Second, while in theory the members have the means to organize themselves and to translate their wishes into action, in practice the staff and the Board serve as gatekeepers, deciding which initiatives of the membership will be acted upon.

These structural problems have been exacerbated in recent years at St. Georges by a Board and staff team that is extremely hard-working and conscientious but that has adopted an executive management style which leaves little room for member input.

An example will illustrate these problems. Last winter some members, frustrated that the Board had failed to respond meaningfully to serious concerns about their safety and security, collected enough signatures to request a special general meeting. The Board responded (as the bylaws require) by calling the meeting. Many members attended and voiced a litany of concerns and questions. Then, since there was insufficient time to propose solutions, the members in attendance voted to hold a follow-up meeting within one month. Well, more than six months later, the follow-up meeting has not yet been held, and the Board has made no explicit response to the concerns expressed.

St. Georges has been very good to me, welcoming a newcomer with open arms. Therefore I am reluctant to speak publicly about our internal problems. However, I have decided that it is necessary to talk openly and candidly about the ways in which our co-op is falling short of the co-operative ideal.

John P. Moore
Henderson Ave.

University of Ottawa

Excellence in Education Lecture Series

THE REST IS NO FAIRYTALE



By Joel Westheimer

Once upon a time, not too long ago, teaching was considered a profession, but then came standardization, tests, and value-added merit pay schemes that ate all humanity for breakfast... the rest is no fairytale.

FREE ADMISSION

Educational Centre
Lamoureux Hall
145 Jean-Jacques Lussier,
Room 250
Thursday October 20th 2011
6:30 p.m. to 7:30 p.m.
www.education.uOttawa.ca



Are you a tenant? Come join us for an information workshop on:

“Tenant Rights”

Tues. Oct. 25 @ 3:30 pm

Rideau Branch Library, 377 Rideau St.

The workshop is offered by law students from the University of Ottawa Community Legal Clinic

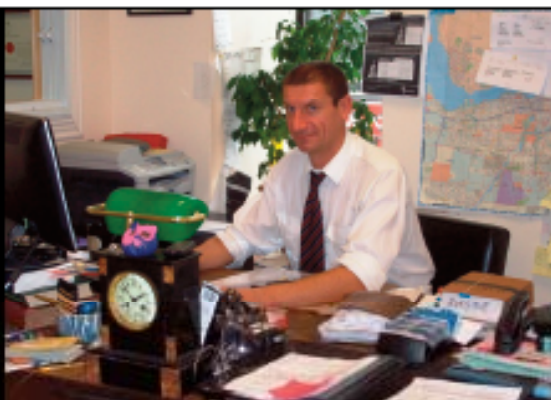
Reesink Law Office

At Reesink Law, our legal team is balanced for your budget and legal needs.

We accept Legal Aid certificates. We are conveniently located only minutes from the Bytown Market.

MARTIN REESINK

Mr. Reesink, called to the bar in 2001, has trial experience at all levels of court in Ontario. That experience helps you cut to the chase of your legal problem.



EVAN CATHCART

Mr. Cathcart is licensed, insured, independent paralegal who provides services before the Landlord and Tenant Board, Social Benefits Tribunal (Ontario Works and ODSP), Criminal Injuries Compensation Board, and Small Claims.



Legal problems are stressful. At Reesink Law, we understand how legal problems weigh on you and your family. We meticulously prepare your case and weigh the pros and cons to reach solutions that work for you and your budget.

Call us for a confidential consultation to pinpoint your legal problem. We can assist you with all criminal charge defences, including impaired driving, fraud, thefts, weapons-related charges and assaults, and family law, including Children's Aid Society. We can help you with affidavits, as a notary public. Tous nos services sont disponibles en français.

209 - 400 Dalhousie St., Ottawa, ON K1N 9J9

T: 613-680-8859 • F: 613-241-3276

lawyer@vianet.ca • evan@reesinklaw.com • www.reesinklaw.com

An Open Letter to University of Ottawa's Board of Governors from concerned citizens

Please accept this letter on behalf of over 100 concerned citizens, who feel the University of Ottawa needs to do more to live up to its responsibility to its students and its neighbours. Residents have endured unreasonable levels of public drunkenness, noise, garbage, broken glass and other undesirable activities at the hands of University of Ottawa students. Of particular note, during the start of this school year, vandalism by University selected leaders in Stanley Park and a loud outdoor party at Tabaret Hall that went well past 11:00pm in contravention of City of Ottawa by-laws reflect poorly on the University of Ottawa and raise the ire of the Community.

Given that the University's Strategic Plan identifies as a core value "an ethic of service and civic responsibility," we call on the University of Ottawa to:

1. Provide adequate on-campus student housing. According to the University's vision 2020 Strategic Plan, enrollment in the University of Ottawa has "increased sharply ... [and is] now a campus of over 40,000 students." Yet the University's web site indicates that there are only "2,850 University of Ottawa students [who] have the privilege of living on campus." Currently less than 9% of first year undergraduates live on campus at the University of Ottawa compared with 38% of first year undergraduates at Carleton University. Further, there is no plan for the additional 500 students expected to enroll annually. This shortage of student housing enables landlords to provide inadequate and often unsafe housing for exorbitant prices.

We appreciate that additional on-campus housing was identified in the University's Strategic Plan. We would like to see the University set targets (such as 25%) of students housed on campus and that these targets be acted upon without delay.

2. Create a Code of Conduct which covers students living both on and off campus. A Code of Conduct would help to establish a high academic and behavioural standard, thereby helping to restore the reputation of the University of Ottawa in the community.

3. Provide a dedicated office to support students living off campus whose mandate includes working with local residents to resolve problems. This would include providing students with increased information on tenants' rights, as well as remind students of their basic civic responsibilities, i.e. garbage collection. The office should include at least one full-time, salaried University employee dedicated to community relations.

4. Provide funding for additional policing in residential areas adjacent to the University. The University of Western Ontario sets an excellent example by paying for dedicated policing during the first eight weeks and the last four weeks of the school year.

All of the above initiatives are in keeping with actions taken by other Canadian universities such as Western and Queens. They reflect the bare minimum requirement to ensure the University of Ottawa contributes positively in a diverse urban setting, and that its students are able to live harmoniously within the broader community.

We will continue to circulate this letter through neighborhoods that are impacted by the University of Ottawa. We will keep the Board updated as support grows.

We look forward to the Board's response and would welcome the opportunity for the community to discuss these issues in a public forum.

**Leanne Moussa,
Paul Michniewicz,
Anne Monahan**

... plus 102 others and counting

Individuals wishing to add their voice in support of this letter to the Board of Governors of the University of Ottawa, please e-mail:
openletter2uofa@gmail.com.



It was a super summer!
Reader Paul Salvatori shares this sublime snap of the fountain at Strathcona Park on a hot day in July when water splashed and spectators snoozed. Alas, just a memory now.

Thank You Sandy Hill!

With your help, our Sandy Hill
food drive collected over 1 000 pounds of
food for the Ottawa Food Bank.

613.231.4663 | Lynda Cox
HomesInOttawa.com | Sales Representative



Sandy Hill Annual Community Awards Program

Action Sandy Hill and the University of Ottawa have joined together to form the Annual Community Awards Program.

The three categories are:

1. Overall best off-campus student rental property

To be awarded annually to tenant(s) and landlord of one residential University of Ottawa off-campus student rental property in Sandy Hill

2. Best kept off-campus student rental property garden

To be awarded annually to a student or students who are tending their rental property garden in Sandy Hill

3. Community involvement award

To be awarded to a University of Ottawa student whose participation in the community makes a better Sandy Hill

Nominations and Awards

For all three awards, nominations must be made in writing to Action Sandy Hill by March 1 annually. Reason and supporting material (where applicable) are required for each nomination. The identity of nominees may be kept anonymous. Final decisions will be made by the Good Neighbours Committee. Awards will be presented to recipients by April 15 annually.

Eligibility

Award recipients must meet criteria for each award. Recipients may only receive one award annually. Recipients must live in Sandy Hill, off campus, and must have valid University of Ottawa student identification.

For more details and criteria visit Action Sandy Hill at
<http://www1.ash-acsc.ca/en/?p=733>



**YOUR
VOICE**

Action Sandy Hill Wanted

Sandy Hill residents willing to invest in our community by joining the Board of Action Sandy Hill (ASH). ASH Board members work with neighbours and community partners to address the issues that concern you and keep Sandy Hill as a pleasant, green and mixed community. Board members participate in monthly meetings (held on the last Monday of every month) as well as contribute to committee work. The current committees are Planning, Communications and Membership, Special Events, Community Relations and By-law and Community Environment.

To express your interest, please send us an email with a short description of who you are and contact information to info@ash-acsc.ca.

You can go to our website for more information, www.ash-acsc.ca.



Si vous êtes intéressé, envoyez-nous un courriel avec une courte description de vos intérêts ainsi que vos coordonnées à info@ash-acsc.ca.

Vous pouvez aussi visiter notre site web (www.ash-acsc.ca) pour plus de renseignements.

Action Côte-de-Sable EST À L'ÉCOUTE Recherchés

Action Côte-de-Sable est à la recherche d'individus qui voudraient s'investir dans notre quartier en adhérant à notre conseil d'administration. Les membres du conseil collaborent avec nos voisins et partenaires pour répondre aux enjeux qui vous préoccupent et maintenir le caractère agréable, vert et varié de notre quartier. Les membres se réunissent une fois par mois (les derniers lundis du mois) et participent à divers comités. Les comités actuels comprennent l'urbanisme, les communications et les membres, les événements spéciaux, les relations avec la communauté, et l'application des règlements et l'environnement.



Before and after

Another loss for our community

Photo Peter Rinfret

A duplex designed by architect Hart Massey at the east end of Besserer Street, formerly owned by long time resident June Rogers, has recently been demolished - nothing was salvaged. All that remains of this elegant residence on Besserer Park is in land fill.



Two \$1.4 million houses will be built on the property that was 608 Besserer Street. Readers may recall that there was a small land slide on the eastern slope of this property during the development of the housing on Rideau Place.

Judy Rinfret

This issue is a problem!

Back in the day, I rarely heard the word "issue" used. I think that was because most of us didn't know exactly what an issue was. It is clear these days that everyone knows what an issue is and that is a problem. I mean that there is no more problem because it is now only an issue. That is, the problem (or is that issue?) is that we don't seem to want to recognize problems so we call them issues. If they are only issues, then of course there is no problem.

Oh wait, there is a problem - whenever I thank a clerk or a waiter I find that he or she has "no problem" serving me. Of course, my thank you wasn't because I was requiring extra effort. It was simply the normal, Canadian politeness. It does brighten the day when I hear an unexpected, "You're welcome" to my "Thank you". It almost makes me feel like I'm "back in the day".

Larry Newman
Laurier Ave. East

Lack of bylaw enforcement forces residents out

I read the letter from "Sleepless in Sandy Hill" [June-July 2011] with great interest. After living in Sandy Hill for twenty two years my husband and I found a solution to the constant noise and disruption caused by students in the area; we moved.

When we moved into our house in 1989 the street was mainly inhabited by working adults. As the years passed the student population multiplied to at least 90% of the homes on the street by the time we moved this summer. We lived in a row house next door to a rental that was inhabited by a constantly changing cast of student characters. We lived with the annoyance of music blasting through the 130 year old walls day and night. Parties were frequent and the weeds in the front and back grew waist high and were strewn with garbage.

The highlight was in the summer of 2010 when a guest of the students next door urinated off the roof onto our property. When we called the police, an officer arrived in his patrol car, got out, looked up at the roof and drove away without speaking to us or speaking to the occupants next door. When we confronted the tenant she was amazed

at our gall and felt that we had an attitude problem.

Calls to the city bylaw department would usually result in no action. When the street was crowded with well over 200 students drinking on the street, yelling, screaming and blasting music for hours the bylaw officer informed me that they were "kids blowing off some steam."

We sold our house to people who have said that they will rent it out. More students will undoubtedly move in. Now I am living less than four miles away from Sandy Hill. There is no music blasting, no screaming. I do not hear the sounds of students vomiting or urinating on the street. There is no broken glass on my front walk or driveway and I don't waste my evenings trying to get Bylaw Enforcement to do what it is supposed to do.

Glad to be Out of Sandy Hill

IMAGE editors agreed to publish this and the "Sleepless in Sandy Hill" letter anonymously because the authors feared reprisals from neighbours and officials.

DESIGN

RENOVATION

CONSULTATION

ADCOR
CONSTRUCTION

"par excellence"

www.adcorconstruction.com

76 Queen Mary Street,
Ottawa, ON K1K 1X7
ph: (613) 422-2128
fax: (613) 422-8263

Mauril Bélanger

Député / M.P., Ottawa-Vanier

À votre service / Working for you!

www.mauril.ca

Bureau de comté / Riding Office
168, rue Charlotte St.
Pièce / Room 504
Ottawa, ON K1N 8K6
Tél. / Tel. : 613.847.7961
Télé. / Fax : 613.847.7963
bafanm1@parl.gc.ca

Manor Park

\$599,000.

MacDonald Gardens

\$549,000.

Orleans

\$479,000.

Quartier Vanier

\$339,000.

What our Clients tell us:

"Thank you Natalie for taking care of our real estate needs. You did a great job at understanding our requirements, and then selling our house quickly and professionally, which is exactly what we had asked. It was truly a positive experience." Cavelle & David

Natalie BELOVIC
Associée / Broker + Courtier immobilier

Direct Line: 613.747.9814
RE/MAX: 613.563.1155
www.nataliebelovic.com

RE/MAX
metro-city realty ltd.

ALL SAINTS SANDY HILL ANGLICAN CHURCH
317 CHAPEL STREET

SNOWLAKE Bazaar

Saturday, November 19th
10 am to 1 pm

Vintage jewellery

Books

Hand-crafted treasures

Home-baked goodness

Silent Auction

PROCEEDS WILL SUPPORT ALL SAINTS COMMUNITY OUTREACH.
ENTER RED DOOR FROM PARKING LOT. ALL WELCOME!

Clearing your cupboards or basement? Donations of gently used goods are gratefully accepted by the Bazaar committee from neighbours and friends. Drop them off at the church during the week of November 14, or call 613 234-1686 to request a pick-up. **Thanks!**

Removing trucks from King Edward Is a new interprovincial bridge the solution?

John Verbass

The next phase (Ph2B) of the study for determining a location for a new inter-provincial bridge in the east end of Ottawa-Gatineau is now underway. After the light rail system, this will be the second largest transportation infrastructure project in the National Capital Region in many decades. In 2008, its complete costs (including associated road modifications), were estimated to be in the range of \$500 million.

In June a number of public consultation meetings were held. These events constituted round one of a proposed four rounds of public consultations. On Sept. 14 a PCG (public consultation group) meeting was called to present the results of the June consultations. Action Sandy Hill participated in the Sept. meeting.

In the PCG meeting a new study team leader from Genivar, the consulting firm hired to do the study, was introduced. After the results of the public consultations were presented, some frustration was expressed by the participants in the meeting that the study team had filtered out many of the relevant comments made by the public. For instance, the detailed minutes of the public meetings show dozens of comments related to potential alternatives and questioning the need for this project, yet this was not mentioned once in the summary that was presented.

After the summary was finished and frustration vented, the public participants again focused their energies on asking for a review of the justification for the project and for consideration of other options (other bridge locations or a downtown tunnel to the existing Macdonald-Cartier Bridge). The study team stressed that those topics were out of the scope of Ph2B as they were considered to have been dealt with in previous phases of the study.

What is now clear to the PCG participants is that their input is only being solicited to assist in differentiating between the three proposed locations: corridors 5 (Kettle Island-Aviation Parkway), 6 (Lower Duck Island) and 7 (Baie-McLaurin). Any discussions about the needs and objectives for a bridge or other alternatives to the bridges as currently proposed would have to be pursued in other contexts outside of this NCC-led Ph2B study.

The meeting ended with the PCG participants asking to be informed of what studies (truck studies and others) were planned to be undertaken prior to the next round of public consultations. The PCG also asked to be given an opportunity to comment on the content of those studies.

The key issue from a Sandy Hill perspective will be the extent to which a new bridge at any one of the proposed corridors will lead to a solution to the 2500+ trucks daily on Waller, Rideau and King Edward. In Phase 1 of the study the consultants recommended that the existing downtown route and the new bridge both be used as truck routes. In that scenario they estimated that 60% of trucks would prefer to continue to use the downtown route. Meanwhile the City of Ottawa has said that Rideau and King Edward would be de-designated as a truck route. If that isn't confusing enough, the City of Gatineau passed a resolution during the Phase 1 study that it would be unacceptable for 100% of the trucks to be shifted from King Edward to Montée Paiment (which is the street on the Gatineau end of a bridge at Kettle Island). It sounds like a mess to me. Will the Phase 2B study clarify these issues? As the ASH representative on this study, this will be my main focus.

The next public consultations and PCG meeting are scheduled for Feb. 2012. According to the schedule a choice of bridge location is expected in Aug 2012 after which a federal environmental assessment will be conducted for a bridge design at that chosen location. That EA is expected to be completed by Jan. 2013.

After that a funding and cost-sharing agreement would need to be negotiated between the federal and provincial governments. (This is not a City of Ottawa driven project).

More detailed information about this project can be found at www.ssd-ottawa.ca and www.ncrcrossings.ca.

PHARMACIE CAMPUS PHARMACY

100 Marie Curie • Services de santé / Health Services Bldg.
563-4000

Welcoming the entire Sandy Hill Community
Les résidents de la Côte-de-sable sont bienvenus

POUR TOUS VOS BESOINS PHARMACEUTIQUES....

- Prescriptions
- Vitamines
- Soins sportifs
- Produits de beauté
- Tests de grossesse
- Papeterie
- Timbres
- Services de photocopies et de télécopieur

FOR ALL YOUR PHARMACY NEEDS ...

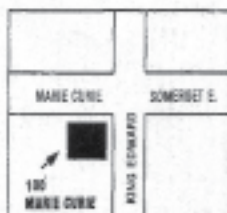
- Prescriptions
- Vitamins
- Sports care
- Health and beauty needs
- Pregnancy tests
- Stationery
- Stamps
- Fax and photocopy services

et **Plus!**

and **More!**

Interac • VISA • Mastercard • American Express

Lundi-jeudi 8h30 - 20h00
Mon-Thurs 8:30 - 8:00
Vendredi 8h30 - 19h30
Friday 8:30 - 7:30
Samedi 10h00 - 17h00
Saturday 10:00 - 5:00
Dimanche 10h00 - 14h00
Sunday 10:00 - 2:00



NEW!

• 1 hour prints and
• Next Day prints
From negatives,
photographs and all
types of digital media
Film developing

www.campuspharmacy.com



16 Pretoria Avenue
613 562-0588

PREVENTIVE HEALTH CARE FOR YOUR PET

- ▼ Vaccinations
- ▼ Dental Care
- ▼ Medical & Surgical Care
- ▼ Nutritional Counseling

OUR NEW BUSINESS HOURS

Mondays, Tuesdays, Wednesdays & Thursdays 8:00am - 7:00pm
Fridays 8:00am - 6:00pm & Saturdays 9:00am - 12:00pm



University of Ottawa Sports Medicine Centre

Open to the public
No referral necessary

Caring for all your orthopedic
and sports medicine needs.

- Sports medicine physicians
- Adult and Pediatric Orthopedic Surgeons
- Registered Bilingual Physiotherapists
- Massage Therapist
- Chiropodist/Orthotics

Special prices for University
of Ottawa full time Students

For sports and non-sport
related injuries. Physiotherapy
coverage is reimbursed by most
extended health care plans.

801 King Edward - N 203, Ottawa
(613) 562-5970

Photo Bill Blackstone



Wilbrod St and Nelson St. The architecture of this three-storey apartment building is integrated with nearby buildings by being the same height, having greenery in front, and no front garage.

“Much of this is old infill, replacing the original mix of large houses row housing,” he explains.

John waves me to a stop at Chapel. He’s found what he’s been looking for. He points four blocks north to Rideau, and there above the old apartment buildings, and a five-storey office building, I see the top half of Horizon Towers, a 22-storey apartment building originally built as Pestalozzi, a student co-op.

“Now we are in the transition zone,” John says, using the 22-storey high-rise as evidence. “Builders will want to push high-rises south. If the city doesn’t forbid it, this will one day be all ‘commercial,’ meaning it is open for tall apartment or condominium buildings.”

As we drive out of Sandy Hill, the tour completed, I ask John again about the impact of small-scale infills on residential streets. He says, “If a taller structure was going in next to my house, the least I’d hope for is that the sight line from my windows is preserved. The best result is an infill that is in tune with the neighbours.”

And why doesn’t it always happen like that? “The bylaw covering infilling controls height, width and yard width of the new building, but not compatibility with the neighbourhood. The exception is heritage properties, where the city has further controls over design.”

“In cases where a builder wants to put up a tall building in a low-rise neighbourhood against the wishes of the local residents the bylaw becomes a political issue. Both builder and local residents, being taxpayers, have a right to be heard. It can boil down to who succeeds in getting the ear of Council.”

As John Leaning states: “It’s up to the local residents to look after their needs by asking themselves ‘How do we want to live?’”

Infills in our neighbourhoods Space partnerships needed

Peter Twidale



Photo Bill Blackstone

How well does infill housing please local residents?

On this September morning I’m driving John Leaning along Goulburn Avenue, heading north from Mann. John is riding with me as an expert commentator. His credentials include former chief architect for the NCC, and expertise on infilling in downtown neighbourhoods.

We’re on a mission to find infills, which happen when a new house or larger structure goes up in an old neighbourhood.

So far we’ve been drawing a blank until we see carpenters at work a few doors before Templeton. They’re putting a two-storey add-on at the back of a cottage, the smallest house on the block.

We pull over and John says, “The size of the house has been tripled but the architect has respected the neighbourhood. The infill is tucked away, off the street.”

I ask John why infills seem to ignite strong and often vocal opinions. “Imagine you’d dyed your hair a new colour – let’s say red – before picking me up this morning. I can assure you I’d have had an opinion,” John says. “Same with infills, they are something new, and something visual. You look and you decide.”

We continue on Goulburn, north of Somerset heading for Osgoode Street. No current inbuilding on this block. But I draw attention to buildings that look as if they were infilled 30-40 years ago, and now, despite their shapes and textures are accepted without comment. “Squeezing a building between a pair of older ones is a way of life,” John says, “There’s nothing new about inbuilding.”

After introducing small-scale infills, John moves on to large-scale ones.

I’m driving west on Wilbrod Street from Charlotte. John explains how Sandy Hill got started. “The first road from the centre of Ottawa to what is now Sandy Hill was Rideau Street. Hard to believe, but in those days Sandy Hill was a suburb. Since then the main expansion of Sandy Hill has been south of Rideau.”

Continuing on Wilbrod, we pass 50-year old houses and apartment buildings.

212 Cobourg St. Here is a new addition to an older building and you’d never know it happened. The add-on filled a back yard fronting on Daly Ave. A seamless fit into the neighbourhood.

Contacts for Sandy Hill residents concerned about potential infills

- Action Sandy Hill (ASH). One of ASH’s 10 goals is to assure, “Sandy Hill’s residential integrity and unique urban heritage in architecture and landscapes.” www.ash-acsc.ca/

- The Urban Planning Department at City Hall offers a consultation service in which it meets separately with builders, architects and concerned residents to advise on plans to build. The planners are skilled in finding an understanding between builders and local residents. The excellent web site titled Small-Scale Housing in Mature Neighbourhoods is found at Ottawa.ca/infill.

- Councillor Mathieu Fleury, our voice on City Council. Tel: 613-580-2482. Mathieu.Fleury@ottawa.ca

Are you a **Landlord?**

Specializing in multi-unit residential

- Rent Collection
- Vacancy Control
- Evictions
- 24hr Service & Maintenance
- Detailed Monthly Statements

Need some help?
613.521.2000
sleepwellmanagement.com

Personal Shopping, Tutoring, Errand Services, Childcare Services, Vacation Services, Elderly Care, Organized Windows Cleaning, Holiday Decorations, Decluttering, Waiting Services, Pet Services, Pet Walks, Organizing Baby's Room, House Cleaning

Outsource Your Stress

TheEverythingGirl.com
613.897.1887

We do EVERYTHING to make your life easier

ONE & ONLY

arts + craft fair

NOV.20

Sunday 10am - 4 pm

Sandy Hill Community Center
250 Somerset St. East, Ottawa

Funky Stuff & **FREE** Food

Christine Crawford Clothing Care

- Sewing Lessons
- Alterations

613- 565-8744

Do You Need an Electrician?

There’s one right here in Sandy Hill !

Electrical / Communications Wiring
No job too small !!

Call Jeff: 569-3900

Licensed Electrician - 95 Templeton St. Ottawa

centre de l'enfance
coop. brin d'herbe

Vous recherchez un milieu
francophone et stimulant
pour vos enfants ?
Venez vous joindre à nous !

Pour les enfants de 2 1/2 à 12 ans

Déservant les écoles
Francojennette, Le Pavillon,
Francojennette et Sainte-Anne

Michel Laffama
Direction

Conseil :
coopdirection@info.net.ca

Aiguisez votre savoir!

Partez à la découverte d'un monde ouvert sur la culture, l'histoire, les sciences et les sociétés grâce à des activités et à de courtes séries enrichissantes et amusantes.

Le thé dans le monde :
survol de pays producteurs du thé
Venez en apprendre davantage sur cette boisson et déguster des thés issus d'édifices touristiques : la Chine, le Japon, Taiwan, l'Inde, le Ceylan et l'Afrique.

Le savoir-vivre contemporain
Familiarisez-vous avec le savoir-faire néo-classique pour rayonner positivement au sein de votre famille et dans votre communauté.

L'Amérique française dans la vallée de l'Ohio
Découvrez une histoire riche en rebondissement qui forme un chapitre important de l'Amérique française aux 17^e et 18^e siècles.

Décryptons le génome humain
Que diriez-vous de vos autres voisines ADN et de repartir avec votre propre génétique? C'est ce que propose cette fascinante série portant sur la génétique humaine et les biotechnologies.

Petit éloge de la sieste
Profitez de cette activité pour approfondir le sujet passionnant de la sieste, un outil efficace pour maintenir son énergie à long terme.

Pour tous les détails sur ces activités et beaucoup d'autres, visitez le www.contra.uOttawa.ca/evénement

Sharpen your knowledge!

Explore the fascinating world of culture, history, science and society through enjoyable, life-enriching activities and short series.

Tea of the world: an overview of countries producing tea

Visit the production areas and taste the wonderful world of tea, from China, Japan, and Taiwan, India, Sri Lanka and Africa.

How do you live all these days?

How do you see modern life in a classical setting? Join the discussion for a social evening, classically inspired activities and interesting and useful discussions about the values of living. *Copyright copy!*

Modern manners

Learn how modern manners can help you get on better with your family and community.

Learning to see through the lens of the past

Learn how to see through the lens of the past and understand the world around you. Develop your sense of vision by learning to see through the lens of the past and sharpening your visual eye coordination.

The theory of evolution says so 1-3-11

Charles Darwin, an eighteenth-century scientist, explains the diversity and complexity of life on Earth. But how does it work? Join the theory of evolution club to discuss and explore.

For details on these activities and many more, visit www.contra.uOttawa.ca/evénement



uOttawa

Centre de formation continue
Centre for Continuing Education

www.contra.uOttawa.ca | contra@uOttawa.ca | 613-562-5772

Your TV—a portal to the internet

Ron Hodgson

In the spring IMAGE I wrote about Over the Air Digital TV. Now that the conversion to digital TV has happened there are many of us who are enjoying a wide range of television fare in High Definition through our set-top or larger antennas. It's not perfect. With the old analog signals you could receive more distant stations even if the signal quality wasn't so good. Now it's either good or non-existent and seems to be more subject to atmospheric disruption. It's a lot like the much earlier switch we experienced when most radio signals moved from AM to FM.

For many, the local OTA (Over The Air) stations provide enough programming. But there are some programs, such as sporting events, movies, perhaps specialty channels, that you would like to obtain from time to time. For these there are other options that are both economical and convenient.

If you've cut the cable link and don't use a satellite system you'll need to be linked to a computer so that you can obtain "Streaming Video." Some new HDTVs can be linked directly to an internet source using Wireless or Ethernet. Others need a supplementary unit such as an internet-connected Blu-Ray player, an Apple TV or LG Smart TV Upgrader box. When you are linked to the internet you are able to get access to Netflix, Vimeo, iTunes, YouTube, MLB.TV, Canadian Network Channels, and more. But wait - - - -!

When you use a computer system to capture programs you can either "download" and save it (to watch later) or "stream" it to watch it as it is transferred to your computer. Downloading tends to avoid nasty delays and interruptions due to mismatch of streaming speeds and playing speeds. For either method you are dependent on the speed and capacity of your internet connection. You will need to match your downloading plans with your internet pro-

vider service limits. Let's start with your downloading plans.

As a rough guideline it takes 1.5 to 2GB to download a 1 hour program in high definition or about 0.6 GB for standard definition. For an HD program it can take a couple of hours of downloading if your internet connection is like mine (5Mb/sec using a DSL modem). So if you calculate that you'd watch 6 HD movies and 10 hours of HD TV programming per month, you'll need to have a capacity of about 65GB per month. If you opted for a lower quality such as standard definition you could get by with perhaps 25GB per month.

Netflix, as an example, has streaming choices. According to Gigaom, a US provider of online media, events and research for global technology innovators, "Canadian subscribers can choose between Netflix's 'good' stream, which eats up about 0.3 GB per hour of video delivered; its 'better' stream, which uses up about 0.7 GB per hour; and its 'best' stream, which typically uses 1 GB of data per hour, or up to 2.3 GB if the video is delivered in HD."

Clearly some research will be necessary to determine what's available and what entertainment you might want to obtain. Netflix provides a decent range of movies and a limited number of TV shows for a monthly subscription fee of \$8. iTunes offers a range of movie purchases or rentals that can be downloaded then viewed within 30 days on an iPad, iPhone etc. or

on your TV using the Apple TV box or an iPad - HDMI connector. They also seem to have a broader range of TV programs than Netflix but they must be purchased as either High or Standard definition (i.e. no rental option).

OK - now we move on to the limits of your internet connection. The major providers are competing vigorously in this area. Rogers have recently been advertising their fast downloads at 12 mb/sec but with a limit of 60GB per month. Bell Internet offers a basic service with 2mb/sec download and 2GB limit per month or a somewhat faster service at up to 6 mb/sec download and a 25GB limit per month. Primus advertises a 7mb/sec service with unlimited downloads. My service provider (NCF- National Capital Freenet) allows me up to 300 GB per month at up to 5mb/sec after which they would charge me 50¢ per GB.

I'm sure this competition will result in the future in better service to users but there is an obvious conflict of interest if your internet service provider is also your entertainment provider. A merging of TV and computers is happening so that flexible entertainment systems will be available in your home without the need for repetition and unwanted channels. By combining streaming video with your own antenna for local stations you should be able to conveniently organize and pay only for TV programming to meet your personal entertainment needs. Pennies in the stream? Who knows?



Photo Sarah Whiteside



SANDY HILL JOB OPPORTUNITY

Our growing Sandy Hill-based company (www.analytica-advisors.com) is hiring a bilingual part-time administrative professional to manage our relationship information system and to communicate with clients.

This opportunity is perfectly suited to a semi-retired person who enjoys working in an international environment but prefers to work from home.

Please send résumé and a short introductory letter to HR@analytica-advisors.com

Our thanks to all applicants. Only successful candidates will be contacted.

Photo Bill Blackstone



Time for a campus cycling strategy?

The configuration of one-way streets at University of Ottawa is regularly ignored by cyclists heading north-east to south-west across the campus. A series of sensible bike paths and routes would help keep us all out of jail. —Jane Waterston

Photo Bill Blackstone

Your old shoes can have one more kick at the can....

When track shoes have bitten enough dust, don't throw them away.... follow Laleah Sinclair's example and pitch them into one of these great containers in the lobby of Montpetit Hall. They will be crushed and recycled into a new surface for Matt Anthony field.



Photo Sarah Whiteside

SUE RAVEN PHYSIOTHERAPY CLINIC

Helping you to recover from:

- Pain in Muscles, Joints; Neck & Back
- Fractures; Orthopaedic Surgery
- Sports, Musicians & Work Injuries
- Stroke; Weakness
- Balance & Vestibular Problems
- Motor Vehicle Injuries

Full Physio Services, plus:

- Acupuncture -Ergonomics
- Massage -Hand & Arm Splints

205 - 194 Main St., Ottawa K1S 1C2
Phone: 613 567-4808 Fax: 567-5261
www.sueravenphysio.com



DENYS BUILDS DESIGNS

I am an Ottawa based renovator that specializes in everything from modern renovations to historic restorations. As a creative designer who also builds, I have a passion for combining historical elements with new technology.

Please feel free to take a moment and explore some of our exceptional spaces at Denys.ca.

Paul Denys

EXPERIENCE THE DENYS DIFFERENCE



Childcare Spaces Still Available

School Age - Gr 1-3
After School - JK & SK
(both half and full day)

Waitlisting for:
Morning Program
(ages 2-5)

www.bettyehyde.com
(613) 236-3108
BettyeHydeOttawa@gmail.com



FATHER AND SONS

SERVING SANDY HILL SINCE 1967

112 Osgoode St. (at King Edward)
613-234-1173

We welcome students and the Sandy Hill community for:
breakfast, lunch and supper.
7 days a week.

TAKE OUT MENU AVAILABLE
FREE wireless access

www.fatherandsons.com

Le français correct

par Denyse Mulvihill

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

On doit dire :

> **Avoir une bonne santé, jusqu'à maintenant**, qui signifie « se sentir bien physiquement à l'heure actuelle, au moment où l'on se parle » - non pas - avoir une bonne santé jusqu'à ce jour, ce qui est un anglicisme.

Ex. - Après sa dernière consultation avec examen, chez son médecin, la jeune femme fut fière d'affirmer avoir une bonne santé, jusqu'à maintenant.

> **Être le meilleur de son groupe**, qui signifie « se situer au premier rang, à la première place de son entourage dans certaines situations » - non pas - être le numéro un, ce qui est un anglicisme.

Ex. - C'est à l'occasion d'une joute de tennis à laquelle il participait que cet adolescent a prouvé être le meilleur parmi tous les joueurs.

> **Faire connaissance avec quelqu'un**, qui signifie « rencontrer quelqu'un, entrer en contact avec une personne, jusque là inconnue, grâce à l'entremise d'une tierce personne » - non pas - faire bonne connaissance - (aucun qualificatif n'est requis dans cette expression.).

Ex. - Ce n'est qu'après plusieurs tentatives manquées, que ce diplomate a enfin fait connaissance avec son successeur, au poste de Consul général.

> **Présenter les sujets de l'heure**, qui signifie « donner l'information urgente sur des sujets qui commandent une attention immédiate vu la gravité de l'évènement » - non pas - présenter les sujets chauds de l'heure, ce qui est un anglicisme.

Ex. - C'est avec une urgence évidente que toute autre communication fut interrompue, afin de présenter le sujet de l'heure concernant l'attaque terroriste sur les tours de New-York, le 11 septembre 2001.

> **Faire un don à des oeuvres de bienfaisance**, qui signifie « apporter une aide financière à des organisations humanitaires » - non pas - faire un don à des oeuvres de charité, ce qui est un anglicisme.

Ex. - Vu le nombre de demandes d'aide que l'on reçoit chaque jour, il faut souvent choisir les oeuvres de bienfaisance auxquelles on décide de faire un don.

> **Faire grand plaisir à quelqu'un**, qui signifie « procurer de la joie à quelqu'un, causer une sensation agréable à quelqu'un » - non pas - faire très plaisir à quelqu'un - (l'adverbe "très" ne peut qualifier que des adjectifs.)

Ex. - Se revoir entre bons amis, après des longues années d'absence, est toujours une occasion rêvée de se faire grand plaisir mutuellement en repassant ensemble de bon souvenirs.

Action Sandy Hill stages a fall "walkabout"

On Sept 1, a fall Community Walkabout included members of the ASH board, the police, bylaw services and the University of Ottawa, along with our City Councillor. From 4:30 p.m. until 8 p.m. participants knocked on doors and welcomed new tenants to the area with an invitation to the ASH September Community BBQ. Newcomers were reminded that this is a friendly, mixed neighbourhood; they were given the new ASH flyer with a standing invitation to be active members of the community. Material given out at the door included the city collection calendar for garbage, a handy flyer about what recycling goes into which bin, the noise bylaw flyer, information from the Student Federation including the Foot Patrol and upcoming workshops, like tenant rights, provided on campus. Another nice piece of information was the Sandy Hill Annual Awards program for most improved property or best community involvement by students, also known as Marcia's Challenge. The program is jointly sponsored by ASH and the University of Ottawa who are contributing \$600 each toward prizes. Check out the ASH website for more information.

Text
Claire MacDonald
Photos
Bill Blackstone



Preparing the kits to be handed out at the door: Christopher Collmorgen, Acting President of Action Sandy Hill; Claire MacDonald, Bylaw and Community Environment Committee of ASH; Mathieu Fleury, City Councillor; Alistair Mullin, Director of Government Relations, University of Ottawa. Not featured here but present were ASH board member Marcia George and neighbour Leanne Masood with infant in tow, Karen Bays, Neighbourhood Watch Captain for lower Sandy Hill Park, Constable Ryan Pierce, our community police officer, Sgt. Matt Skof, Craig Calder, Bylaw Coordinator and Nathan Lelièvre, Property Standards Officer.



September 1 proved to be an excellent time to meet parents helping their university-bound children settle in to Sandy Hill rooms and apartments, as well as owners of rental properties, and of course the new tenants, the students. Parents were happy to know that Sandy Hill has such great community spirit and city support. Seen at bottom of photo is Sgt Matt Skof. His experience and attention to detail encouraged us to knock and wait, even when we thought no one was home, so that we could connect personally with more people.



Karen Bays, far left, was amazingly adept at gathering people on the street so that they could meet directly with police and bylaw officers. Constable Ryan Pierce our community police officer is to the right of Councillor Mathieu Fleury, and at centre second row you can just pick out Property Standards Officer Nathan Lelièvre. Bylaw Coordinator Craig Calder was also present, though he doesn't appear in this photo.

The Garden Of Light



163 Laurier East
Ottawa K1N 6N8
Tel. (613)235-2727
Fax. (613)235-4842

1099 Bank Street
Ottawa K1S 3X4
(Near Sunnyside)
Tel. (613)680-5727

www.gardenoflight.ca

Recumbent chairs, Balance ball chairs, Karma chairs
Meditation cushions, Yoga mats...

Nepalese jewellery, Incense from all around the world, Essential oils
Electric essential oil diffusers...

Pashmina, Scarves, Natural soaps, Creams, Perfumes...

Unique selection of Singing bowls, Tingshas, Bells, Chimes...

Fountains, Statues, Specialty teas, Mugs, Notebooks, Cards
and more

Bylaw enforcement a priority for ASH

Claire MacDonald

With the continuing rapid growth of Ottawa University our neighbourhood has had an influx of students in rental accommodation. Population density combined with absentee landlords has increased in the past several years. Action Sandy Hill is acting on several fronts so that Sandy Hill remains a healthy mixed neighbourhood of families, seniors, students, owners and lodgers, new Canadians and diplomats. Here is a summary of recent activities concerning items such as property standards, noise, garbage, and the need for more on-campus housing.

Noise bylaw amendment

ASH has been pushing for a noise bylaw amendment so that the leaseholder or owner of a problem address would be responsible for the noise or nuisance occurring on the premises. Currently it is difficult for enforcement officers to act on complaints because someone in violation of the noise bylaw must be identified. An amendment to the bylaw could also let police and bylaw officers follow up on noise-based complaints the next day, when they are not having to deal with priority situations. The police have indicated this is a game changer.

To get behind this change send an email to or call our Councillor Mathieu Fleury. The amendment has been waiting for some time now for Council to review it. The review was to be this fall but our latest information is indicating summer 2012. We're trying to push it to the front of the line.

University-community example set at University of Western Ontario

Our community police officer, Constable Ryan Pierce, and Sgt. Matt Skof will visit London toward the end of October to meet with officials from the University of Western Ontario, community association members, and the Community Oriented Response (COR) unit of the London Police Service. Constable Pierce explained, "Our hope is to gain a better understanding of what's working and what is not with their [community-university] model. Based on these findings we will be reporting back to all of you with the hopes of bringing these best practices to Sandy Hill."

The police have also invited ASH to join them in this important fact-finding mission. Pierce and Skof have supported the ASH-sponsored walkabouts (see photos, left) in our neighbourhood not only by participating in the walks, in good weather and rain, but also by making return visits to the more difficult problem spots along with the Coordinator for Bylaw Services, Craig Calder, in a collaborative police/bylaw approach. They have compiled their own premise-histories for some problem addresses, with a view to being better equipped when calls come in.

Expansion of service regarding property standards and noise

Bylaw Services is considering extending their property standards response to weekends and possibly evenings by early 2012. Let them know you want it! Send an email to, or call Councillor Mathieu Fleury or contact ASH.

An expansion of their responses to noise and disturbances is also expected. We identified a gap in service between bylaw and police monitoring which the city is working to correct.

Zero tolerance

What can I say about zero tolerance for noise or garbage complaints? Not a lot. It is a confusing system from our perspective as the end user and the zero doesn't seem to have the bite we'd like. The good thing is, we are all working on it. We have included in these discussions Councillor Mathieu Fleury, Bylaw Services' Craig Calder and Linda Anderson, Waste Collection's Peter Ross, and Susan Jones, General Manager for Emergency and Protective Services. Another councillor who has also been helpful in this matter is Environment Committee chair Maria McRae.

Response

When you make a call or email 311 or you can expect an officer to call you back regarding the action that was taken. The City has provided officers with cell phones precisely for that purpose. If you don't get a call back, do call again yourself. Let ASH and your Councillor know if there is a problem in getting a response. Don't forget to get a reference number as proof of your call. It is a handy tool as well when you want to reference the date or check on a history of repeat calls.

Landlords / Owners

The City will consolidate landlord responsibilities with respect to rental properties in a one-page format and put it up at the City website. There, it will be easily accessible to tenants and owners so we can all know what to expect if a topic is not covered in the lease. For example: Who provides the garbage receptacle and schedule? Who shovels? If green bins are in use, is there a hose available? Who does what for property maintenance?

We are looking for ways to better include landlords/owners in maintaining their properties in Sandy Hill. For the most part they have been absent from the discussions.

New ASH flyer

We have a new ASH flyer which you can pick up at the Sandy Hill Community Centre on Somerset East or download from the ASH web site.

What next?

- Landlord Registry: this could help us better manage the poor practices we see in Sandy Hill when developers buy properties to house students but show little or no regard to safety, maintenance or property standards. The City has the authority to create a registry of landlords but is not convinced of its usefulness. We need to make the case. Anyone wishing to contribute to this effort let us know; happy to have you on board.

- Initiative to interest CMHC and a developer or group of developers to make a proposal to the University of Ottawa to create additional student residences on campus in a way that takes the financial burden off the shoulders of the university (which does not receive provincial funding for new accommodation). If you have any insight to provide we would like to hear from you.

Contact numbers

Action Sandy Hill info@ash-acs.ca 613-241-4646
Councillor Mathieu Fleury mathieu.fleury@ottawa.ca 613-580-2482

Claire MacDonald is co-chair of the Bylaw and Community Environment Committee of Action Sandy Hill.

Our church is about lifting burdens...



St Paul
Evangelical
Lutheran Church



Serving God and Man
Since 1874

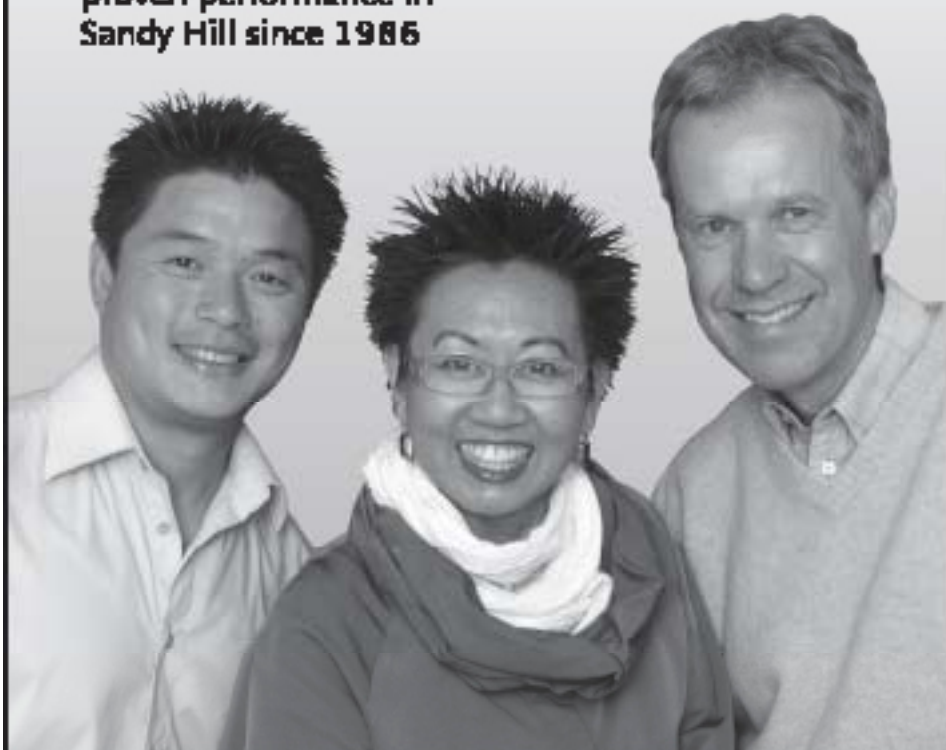
210 Wilbrod (one block north of King Edward & Laurier) 234-0321

Straightforward · Caring · Dedicated

Janny, Jeff and Shan...

The Power of Three... Working for You!

proven performance in
Sandy Hill since 1986



JannyMills · JeffRosebrugh · ShanCappuccino
Sales Representative Sales Representative Sales Representative



613.238.2801

jannyjeffandshan.com

Bylaw enforcement blitzes

Blitz by Bylaw, September 2-3, 2011

Seven charges were made for noise and parties, not as loud as weekend as envisaged, possibly due to extra bylaw officers moving things along and the impact of the walkabout.

Joint blitz by Bylaw & police 9-10 Sept. 900 tickets were issued by police in the ByWard Market and Sandy Hill (27%). Our portion included several relating to open alcohol on the street.

Bylaw Services issued 31 Provincial Offence Notices for noise, 2 to taxis, and 17 parking tickets. In addition, the Univer-

sity of Ottawa was issued a ticket on the Friday for a live band performing past 11 p.m. on the grounds of Tabaret Hall.

A University representative accompanied bylaw officers for a time during the blitz to observe the process first hand.

Garbage blitz during student move-in The Solid Waste department was instructed to remove early curb side garbage and attempt to charge back costs of the removal to owners.

Garbage on private property was to be acted on with a violation notice to the tenant or owner with a deadline for removing debris. If not met, the City would do it and charge back to the owner.

Les Archives de l'Université d'Ottawa participent aux Retrouvailles 2011



par
Michel Prévost,
archiviste en chef
de l'Université
d'Ottawa

L'Université d'Ottawa a de nouveau organisé, du 21 au 25 septembre dernier, des Retrouvailles pour ses milliers d'anciens et d'anciennes. Cette rencontre annuelle permet aux unités scolaires et aux associations étudiantes d'organiser diverses activités pour leurs anciens étudiants ou membres.

Encore une fois, les Archives de l'Université d'Ottawa ont été invitées à collaborer de près à l'événement. Ainsi, Jacinthe Duval, archiviste, a préparé une exposition pour célébrer le 70e anniversaire de l'École de psychologie et une autre pour le département d'Histoire afin de rappeler la participation de la population étudiante et des anciens à la Seconde Guerre mondiale.

Visites guidées

De mon côté, j'ai offert pour le Centre de formation continue deux visites guidées du pavillon Tabaret de l'Université d'Ottawa. Ces tournées permettent à la population de découvrir l'histoire fascinante de l'institution, créée en 1848 sous le nom de Collège de Bytown, ainsi que son riche patrimoine bâti au cœur de la Côte-de-Sable. Rappelons qu'une partie du patrimoine architectural du pavillon Tabaret lui-même date de la deuxième moitié du XIXe siècle.

Au cours de la dernière journée, j'ai eu le plaisir d'accueillir la classe de 1961 de l'École normale de l'Université d'Ottawa pour une visite guidée du pavillon Hagen, sur la rue Séraphin-Marion, où se trouvait autrefois cette école des maîtres. L'École normale fondée en 1927, dans le cadre de la lutte contre le Règlement XVII qui interdisait l'enseignement en français dans la province après la deuxième année, a formé plusieurs générations d'enseignants francophones de l'Ontario.

Thé d'honneur

La grande fête des Retrouvailles s'est terminée par un thé d'honneur regroupant les anciens et anciennes qui ont reçu leur diplôme en 1961 ou avant. Chaque année, c'est toujours très émouvant de rencontrer ces pionniers qui étaient présents avant la Restructuration de 1965, lorsque les pères Oblats ont cédé leurs pouvoirs à un Bureau des gouverneurs.

Soulignons plus particulièrement la présence de l'une des plus anciennes, Mme Denyse Barrette-Mulvihill, une collaboratrice de longue date de votre journal IMAGE.

J'ai encore une fois sollicité les personnes qui ont conservé des documents, des photographies ou des artefacts liés à leurs études à l'Université d'Ottawa. Espérons que ce rappel porte ses fruits, puisque notre centre d'archives compte beaucoup sur nos anciens pour enrichir ses collections.

Ci-dessous — Le pavillon Tabaret en 1914.
AUO-PHO-NB-38A-2-292



La première collation des grades de l'Université d'Ottawa en 1890.
AUO-PHO-NB38-A-3-92

Bref, les Archives de l'Université d'Ottawa s'avèrent un partenaire important pour le Bureau des relations avec les anciens en vue de l'organisation des Retrouvailles. De plus, il s'agit d'une autre occasion d'enrichir nos fonds et collections liés à la vie étudiante de la plus ancienne et importante université bilingue de l'Amérique du Nord.

Les Retrouvailles 2012

L'an prochain, les Retrouvailles auront lieu pour la première fois au printemps, soit du 11 au 13 mai. Si vous désirez participer à cette rencontre, veuillez communiquer avec le Bureau des relations avec les anciens, tél. : 1-800-465-1888, courriel : anciens@uottawa.ca.



613 254 6580

Robert Horwitz
SALESPERSON
SUTTON GROUP-PREMIER (2008) REALTY LTD.
OVER 20 YEARS EXPERIENCE ASSISTING
BUYERS & SELLERS

rhorwitz@sutton.com

TODRICS... *on everyone's lips!*



FINE CUISINE AND CATERING BY EXECUTIVE CHEF ERIC PATENAUDE.

- SERVING DINNER FROM WEDNESDAY TO SATURDAY, OPEN FROM 5:30PM
- WIDE SELECTION OF AWARDED ONTARIO WINE FROM PRINCE EDWARD COUNTY
- CASUAL AMBIENCE
- SEASONAL AND REGIONAL CUISINE

Special table d'hôte for \$15.00*

* see detail at the restaurant

10 MCARTHUR AVE., OTTAWA
(RESERVATIONS) 613.321.0252
(ONLINE MENU) WWW.TODRICS.COM



Photo Bill Blackstone



The new Ayoub's at Blackburn and Somerset East looks much the same as pre-fire.

What's (going) up on Somerset?

Karen Bays

It has been a busy construction season on Somerset Street East at three local business sites. The first notable project has been the rebuilding of **Ayoub's Mini Mart** at the corner of Blackburn and Somerset. A fire destroyed the building and business over two years ago and there have been numerous delays preventing Nouha Chahine and family from returning to Sandy Hill. Nouha reports that the building should be finished soon and the business should be up and running by December. A great holiday present for us all.

The new store will be similar to the last but they plan to have more baked and prepared foods for take-out. As before, the family will live upstairs and once again they will be part of our Sandy Hill community.

Further west on Somerset at the corner of Russell, on a lot that once had a building four stories high (until destroyed by fire decades ago), construction of a two storey addition on the top of **Michael's Confectionery** progressed quickly. After a series of long and challenging delays, Sally and Malek Daoud have added two apartments to their one storey building.

In spite of the upheaval, the store was able to remain open most days for the regular hours causing little disruption for customers who depend on Michael's for service and convenience.

As one gazes at the new structure, it is obvious that the Daoud's and their building designers made great effort to fit the structure and its details in with the surrounding streetscape. The area that was previously occupied by the Casa Mia Restaurant is also undergoing extensive renovation. Plans for that space are still up in the air so stay tuned.

The final busy business location is at the corner of Sweetland and Somerset. The bar/grill previously known as Steph's and later as Kimos has a new owner - **Anton** from Anton's roofing. The inside is undergoing extensive remodelling and updating. Anton hopes to launch this new enterprise before the end of October. Plans are to open from 7:00 a.m. to 7:00 p.m. serving breakfasts, brunches, lunches, snacks and suppers. He is eager to welcome students, families, and neighbours looking for good food and a cheery setting.

So, the dust is starting to settle along Somerset leaving us with some new opportunities to shop locally and meet the neighbours.

New St. Alban's holds official opening

Jim Robb

The new St. Alban's Anglican Church held its official opening Sunday, September 18, drawing some 80 parishioners, friends and neighbours for the service and a celebratory reception that followed. The turnout was a welcome sign for new rector, Rev. Mark Whittall, evidence that the church (corner of King Edward and Daly Avenues) was up and running hard just weeks after it was reclaimed by the Anglican Diocese from a breakaway congregation, following lengthy mediation and negotiation.

"The new St. Alban's community gathers at 10 a.m. Sundays and it's there for Sandy Hill residents to discover," said Rev. Whittall in an interview. "It has an arts-based kids program and a great music group to liven things up."

Contemporary songs by artists like Leonard Cohen, Van Morrison and Bob Dylan are routinely on the hymn list for Sunday services.

This fall the church is hosting a series of public lectures. Speakers have included retired senator Lois Wilson, former moderator of the United Church of Canada, Dr. Rodger Nishioka, of Columbia Theological Seminary, Decatur, Georgia and Dr. Steven Scott.

Dr. Scott is a St. Alban's member and is conducting a free lecture series that examines and raises challenging questions, about the four Gospels and the Book



Photo Kevin Bush

Isaac Garner, one year and a bit, with father Mike Garner, was a keen observer of proceedings at the Sept. 18 service."

of Acts of the New Testament. The series is a less formal version of a third-year course he gives at Concordia University. The lectures are 7-9 p.m. Tuesdays, and conclude December 13.

Anglican Bishop of Ottawa John Chapman has said he is determined that the new St. Alban's will be a "vibrant renewed community in a Spirit-led, Christ-centred and contemporary urban church."

VRTUCAR

The only good car is a shared car
La seule bonne auto c'est celle qu'on partage

50 stations 613-798-1900

www.vrtucar.com

PIEDS SENSIBLES!  **SORE FEET!**

ORTHÈSES RIDEAU ORTHOSES

<p>Nous pouvons vous aider!</p> <ul style="list-style-type: none"> • Douleurs aux talons • Arches affaissées • Douleurs aux genoux • Douleurs aux chevilles • Maux de dos • Fatigués par la marche 	<p>We can help!</p> <ul style="list-style-type: none"> • Heel pain • Fallen arches • Knee pain • Ankle pain • Back pain • Tired feet when walking
--	---



<ul style="list-style-type: none"> • Orthèses fabriquées sur mesure • Évaluation biomécanique de pointe • Orthèses spécialisées (diabète, sport...) 	<ul style="list-style-type: none"> • Custom-made foot orthoses • Computerized gait analysis • Footwear assessments
--	---

Dr. Jean-François Gauthier B.Sc. (Kin), D.C., C PED (C)
Certified Pedorthist ♦ Pedorthiste certifié

(613) 241-3434

418, Rue Rideau Street, Ottawa, Ontario K1N

MEMBER OF THE CANADIAN PEDORTHIC ASSOCIATION

Live well with

PHARMASAVE

ASTLEY'S PHARMASAVE

423 Rideau St. (at Chapel St.)
Tel: 233-8454 • Fax: 233-8691

Fast, Friendly & Professional Service

Free Delivery

Senior & Student Discounts

<ul style="list-style-type: none"> • Prescriptions • Vitamins • Health & Beauty Needs • Stamps 	<ul style="list-style-type: none"> • Bus Tickets • Stationery • Fax & Photocopy • Many More Drug Store Needs
--	--

Monday - Friday / lundi - vendredi
9:00 a.m. - 7:30 p.m.

Saturday / samedi
9:30 a.m. - 5:00 p.m.



News from Viscount Alexander Public School

150 and counting!

Michael Barnes

Viscount Alexander Public School welcomed 150 students to school this September. From junior kindergarten to grade six the school is once again humming with activity. The playground is getting a workout as well.

A nice surprise

Good things grow in Ontario! That's certainly the case about the Ontario EcoSchools Program. From just 13 schools in one school board in 2003 the program has now spread to 1,518 schools and 44 school boards across the province. Viscount got its gold certification last spring. It was a nice surprise to see the Viscount Team featured on the cover of the new Provincial Certification Guide. The guide states, "Viscount Alexander Public School's large and diverse EcoTeam gathers in their eco-themed hallway during their site visit in May 2011. VAPS certified for the first time in 2010-11 and have implemented a few key actions that have contributed to their success including: daily report cards on energy and waste practices and 2 vermicomposters. Beyond these actions, VAPS has focused on a year-round walk to school program and has started greening their school grounds. Congratulations on all your achievements!"

In an audit conducted by the Toronto School Board, certified schools were found to use 12% less electricity and 7% less natural gas than non-certified schools. Across more than 1500 schools these students are saving resources and reducing the costs of running their schools. That helps all of us in terms of dollars and sense.

Meet the Teacher and School BBQ

October 5th was Meet the Teacher evening. At Viscount this event is combined with a BBQ that Viscount families enjoy. Well attended and a lot of fun, it gives new students a chance to show their families their school and their home classroom and meet their friends' families.

Clean the Capital

Where does all that garbage come from? October 7th was yet another Clean the Capital day and our students were out cleaning up the garbage that the fall winds blow in Sandy Hill. As always, some pretty substantial items were removed. Thanks to all Viscount students for making Sandy Hill quite a bit cleaner.

A Special Note of Appreciation

Rachael McKinley, who has been Co-Chair of the Viscount Alexander School Council for several years, is stepping down from that position to let others have their turn in this important part of the life of the school. Rachael will remain a member of council so her experience won't be far away. Our Treasurer, Nancy Mayer is moving on as well. Viscount was very fortunate to have had these two wonderful volunteers and we're thankful for all they have given to Viscount Alexander over the years. Thank you!!

New School Council

At the first School Council meeting on October 3rd elections were held. Cristine Elrick is the new Chair, Susan Green takes on the position of Secretary and Pail Michniewicz is Treasurer.

The Addition to Viscount Committee

A new committee with nine members has been formed to encourage the Ottawa-Carleton District School Board to approve and proceed with the construction of a new addition to the school. When completed, such an addition would provide day care space for full-day learning that starts at Viscount September 2012 as well as additional classroom space needed as a result of the growing enrolment and the introduction of the Early French Immersion program (EFI). Currently EFI is offered from senior kindergarten to grade two with one new class added each year up to grade six.

Consider the humble carrot

Dodi Newman

We have enjoyed the harvest of gorgeous summer vegetables fresh from the markets—think sun-ripened tomatoes, peppers, zucchini—and Thanksgiving has come and gone. Now it is time to turn our attention to local produce that may be less glamorous but will be our loyal companion for the next season or two - winter squash, root vegetables, all sorts of cabbages, and more.

Carrots, an under-appreciated vegetable, come to mind. They are wonderfully versatile: a must-have aromatic vegetable (can you imagine making any kind of broth without them?); a crunchy appetizer on a platter of crudités; great for soups, entrees and even desserts. They are good for you too. Eating carrots reduces the risk of cardiovascular disease; gives you lots of beta-carotene, which is metabolized into vitamin A (essential to good vision) when eaten with a little bit of fat - butter is especially good; and, carrots are rich in fibre.

Carrots are most tender and sweet right out of the ground, but they store very well, just wrap them in moistened paper towel and refrigerate them in a plastic bag; they'll keep for several weeks that way. For a basic but excellent side dish, cut raw, peeled carrots into even pieces—on a slant or into sticks 1 1/2" long and 1/2" across - and steam them until just tender for best flavor. As they get older, add a bit of sugar or a teaspoon of honey to replace the sweetness they lost in storage and steam them a little longer. Serve hot, with or without a bit of butter and chopped parsley or dill.

Here are some of my favorite carrot recipes.

Carrot and Apple Salad

Serves 4

A refreshing salad for a time when more traditional salad ingredients are hard to find. I find that a box-type grater works best here.

4 carrots, peeled and shredded
1 crisp, tart apple, peeled, cored and shredded
1/2 grapefruit, the juice
Mix all the ingredients together, cover and refrigerate for up to 2 hours. Serve cold.

Carrot Nut Loaf

Serves 4

This recipe is my adaptation of a recipe in "Cooking for the Vegetarian, Traditional Lebanese Recipes" by Aida Karaoglan. Even non-vegetarians love this dish.

1 cup medium bulgur
1 cup boiling water
1 large onion, finely chopped
1 tablespoon olive oil
2 cloves garlic, finely chopped
2 cups grated carrots
1 cup finely chopped mixed nuts (walnuts, almonds, pine nuts)
3 eggs
2 cups finely chopped whole, fresh tomatoes (canned will do in a pinch)
1/4 teaspoon pepper
1 teaspoon salt
1/4 cup parsley, finely chopped
Soak the bulgur in the boiling water for 20 minutes, or until the water has been absorbed. While it soaks, prepare and chop all the vegetables and nuts.
Stir-fry the onion in the olive oil over medium heat until soft. Add the garlic and continue frying for another minute. Place the mixture and all other ingredients in a bowl in the order given, mix well. Distribute the mixture evenly in a greased ring-mold and bake in a 350°F oven until it becomes firm, about 40 minutes. Unmold and serve hot.



Juicy carrots in abundance.

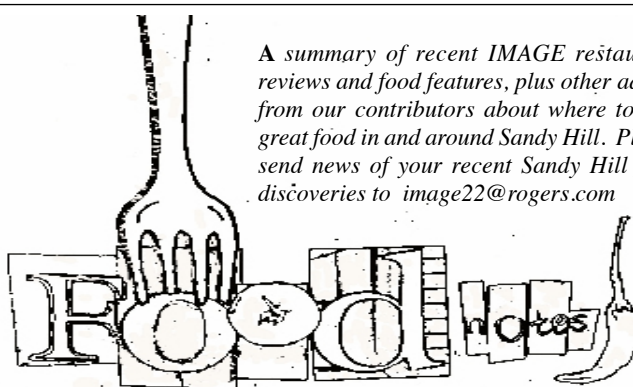
Photo Bill Blackstone

Carrot Halwa

4 Servings

This recipe is from my friend, Fethia Desai, a wonderful cook!

8 large carrots
1/2 cup whole milk
1 cup loosely packed medium brown sugar
1/4 teaspoon ground cardamom, optional
1/4 cup unsalted butter, cut in 6 to 8 pieces
1/4 cup walnuts, chopped coarsely
1/4 cup almonds, blanched and chopped coarsely
1/4 cup small raisins
Grate the carrots finely and place them in a small, heavy-bottomed and preferably teflon-coated pot, add the milk, sugar and cardamom (if using) and cook over high heat, stirring constantly, until all the liquid has evaporated, about 20 minutes to 1/2 hour.
Add the butter and stir until it has been absorbed by the carrot mixture. Add the walnut, almonds and raisins and mix in well.
Serve at room temperature.



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

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 chilly 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.

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, and the menu, which changes weekly, can be viewed on the Bistro website. Both the terrace and the dining room are pleasant spaces in which to enjoy a special meal.

Stone Soup, corner of Marie Curie and Jean-Jacques Lussier

After a busy summer on the festival circuit (Elvis Costello reportedly loved their tacos), the bright green truck with the fresh local ingredients is back in its spot on the U of O campus, across from the Biosciences Complex. Drop by on weekdays from 10 in the morning until supplies of soup, chilli and tasty tacos run out, around 6:00.

T.A.N. Roaster Café, 317 Wilbrod

The students are back in town and taking advantage of this ideal spot to study, chat with a friend, or wait for a washing machine at the laundromat next door. There are sandwiches, samosas, salads and soup, and lately their sandwich board is advertising such decadent-sounding treats as New York cheesecake and chocolate-dipped cream horns.

Timothy's, 234 Laurier E.

If you arrive at this popular coffee shop late one evening just as the decaf runs out, don't despair - order a decaf Americano. It's a decaf espresso elongated with extra water and it is delicious. Really nicer than the ordinary cup.

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 brunch plates are pretty to look at, with beautifully browned potato chunks and a generous and festive fruit garnish. On Sundays, there's a happy crowd that seems to include a good number of regulars enjoying a cheerful meal out. Todric's also offers a tempting variety of baked goods, frozen entrees, sauces and condiments to take home.



The Neusys: over half a century of bicycles, piano tuning and Sandy Hill living

Karen Bays

Esther Neusy is not sure if she was brave or foolish when she agreed to marry Pierre Neusy, a young man from France, leave her Swiss village, and move to Canada. That was over fifty years ago and their life together has been a steady journey of simple living and hard work. They have lived in their Somerset Street Sandy Hill home for over half a century. It was there that they raised three children and they have seen this community experience many changes.

Pierre is known to many as the bicycle repairman extraordinaire. He has tuned and fixed bicycles since 1994 in a shop behind his home. But his work with bicycles started many years earlier when he and his father owned and operated FIC Cycles (French Italian Cycles) located on Dalhousie Street and later on Rideau Street. Pierre observes, "Bicycles have not changed like cars have. They have stayed much the same. A good bike well looked after can last decades." Many who have used his services can attest to that.

Once the family cycling business was up and running, Mr. Neusy senior (Pierre's father) decided to open a music store on Rideau which specialized in pianos. It was then that Pierre learned to tune pianos to help with the music store.

Between the cycling shop and the piano tuning services, Pierre Neusy was a busy man.

His demanding life outside the home meant Esther Neusy was busy inside the home raising three children and managing a household. She also supported the family enterprises by serving as bookkeeper. Not an easy task in pre-computer days.

Their strong Christian faith has often guided the Neusys through life. At several points, it was their religion that helped them juggle the balance between work and family. They both recall the days when their children were young and life was hectic on the home front. They realized through prayer that the children needed their father and Esther needed her husband home more. In the era when Sunday openings were expanding to all sectors of commerce, the Neusys decided not to follow the trend and keep Sundays for family days. A decision they are glad they made, even though it meant some sacrifices.

Now, with the children grown up with families of their own and developing careers, the Neusy's enjoy time with their six grandchildren and living "gently." At 75 years of age, Pierre admits that he would not be happy to sit around and not be working. He still repairs bicycles in the shop behind his house and tunes pianos here and there but not as frequently as when he was supporting a family of five. He sets his own pace and works as much as he feels like taking on.

Idleness is not for Esther either and she is occupied with a number of things. With encouragement, she reveals her felt animal creations, note cards made with local flowers, and ingenious vibrant gift bags made from old calendars; all examples of her patience and resourcefulness.

Sandy Hill is a mosaic of people from all over the world celebrating life in many different ways. Like the bicycles Pierre repairs, the Neusys have changed little over the years leading to lives that have been constant and consistent in an ever-shifting environment.

Upcoming Events

Free. All are welcome.
No strings attached.

Oct. 30	Reformation Festival worship @ 4:30 p.m.
Nov. 26	Christmas for Kids. 8:30-Noon.*
Nov. 30	Midweek Advent worship @ 7 p.m.
Dec. 2	Advent by candlelight @ 7 p.m.*
Dec. 7, 14	Midweek Advent worship @ 7 p.m.
Dec. 24	Christmas Eve worship @ 7 p.m.
Dec. 25	Christmas Day worship @ 10:15 a.m.
Mar. 31	Easter for Kids. 8:30-Noon.*

3rd Saturday of each month @ 1-3 p.m.: Boy & Girl Pioneers (ages 5-13).

* Call (613) 234-0321 for info or to register.

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

210 Wilbrod (one block north of King Edward & Laurier) 613-234-0321



U of O Gee Gees midfielder and Sandy Hill resident Brittany Harrison, right, moves the ball past Queen's Gaels defender Melissa Jung at a soccer match held on October 5. The Gee Gees lost the game 3-2 but remain second overall, just three points behind Queen's, with just four games remaining in the season. The next home games are Oct. 16, 22 and 23 at 1 pm at Matt Anthony Field on Templeton Street at King Edward. The soccer pitch boasts new state-of-the-art artificial turf and grandstand seating.

Photo Bill Blackstone

FINE CHINESE ANTIQUE FURNITURE & REPRODUCTIONS

Centuries Old Chinese Craftsmanship
All natural, hand rubbed finishes

WATERMELON SEED
 503 Rideau St. (613) 789-3120
 watermelonseed503.spaces.live.com
 Between Augusta & Cobourg
 Tues.- Fri. 10-4; Sat. 11-6

**BUSINESS CLOSING SALE
UP TO 70% OFF**

THE GREEN DOOR
 Ottawa's acclaimed vegetarian restaurant
 198 Main Street 613-234-9597

Tuesday to Sunday 11:30 till 9:30 Monday closed
 Ever wonder how we make our food so good? You'll want to download our information pamphlet.
www.thegreendoor.ca

Rent-A-Wife Household Organizers

"Every working person needs a wife!"

- Regular & Occasional cleaning
- Pre & Post move cleaning and packing
- Pre & Post renovation cleaning
- Blitz and Spring cleaning
- Organizing cupboards, basements . . .
- Perhaps a waitress?

Laurel 749-2249



Barbeque chefs and ASH Board members, Sam Almsaddi, left, and Christopher Colmorgen prepare hamburgers for volunteer "waiter" provincial Green Party candidate Dave Bagler.

Fall community BBQ

Music, food and fun in Sandy Hill Park

Janice Bernstein

The Third Annual Sandy Hill Fall BBQ took place on a beautiful September day in Sandy Hill Park. The sun was shining, children were playing, the music was hopping and the BBQ was cooking. This year's gathering was the most successful to date with 600 people in attendance, representing the diverse make-up of our neighborhood. Organized by Action Sandy Hill (ASH) and the Student Federation of the University of Ottawa (SFUO), the Fall BBQ is the place to hang out with neighbours new and old and to mark the start of a new school year. This year boasted a varied line-up of musical acts, including Foolsplay, a band of neighborhood high school students; a jam session with seasoned jazz musicians; an impromptu four-person chorus; and a solo performance of traditional folk songs. Thank you to all our volunteers: members of the ASH board (Liz, Sam, Robert,

Christopher, Eric, François, Dave, Julie, Sophie, Alice, Claire, Marcia, Janice), Randy Innes for organizing the music, the cooks (Christopher, Dave, Sam, Kyle, Chad), volunteers from Sandy Hill Community Health Centre who staffed display tables, the Ottawa Mission, Centre 454 and St. Alban's, SFUO, and City of Ottawa Police Services and Bylaw Services. A special thank you to Ruweida Shire and her group of youth who helped out with set up and clean up, organized soccer games, and applied henna to many hands! Thank you to our generous sponsors: Paul Boyer at Loblaws Rideau; Linda Cox of Faulkner Real Estate; Eric Thibault at the new Shoppers Drug Mart on Rideau; SFUO; ASH; Michael and Sally at Michael's Confectionery; Chris Hall, the generous apple farmer from Hall's Apple Market; and Councillor Mathieu Fleury's office. Stay tuned for announcements regarding next year's event - we look forward to yet another wonderful fall BBQ!



Photos by Bill Blackstone

Left - ASH Board member Claire MacDonald (r) discusses the intricacies of garbage collection in Sandy Hill with the president of the U of Ottawa Student Federation Amalia Savva.

Right - Jane Simpson receives a Henna "tattoo".



The Sandy Hill Boys—aka (l-r) Sam Shaughnessy-LeBouthillier, Eamonn Cuerden-Conboy, Jacob Weber, Ryan Laverty and Aidan O'Keeffe—were one of the great acts scheduled by Randy Innes. We also heard Dean Pallen's jazz, Newfie folk, and some Bob Marley from Kathleen O'Keeffe and friends.

Christine Crawford: With sewing, helps herself and others

Paula Dugdale

Christine Crawford has owned and operated a small Sandy Hill business called Clothing Care for the last fifteen years. While she works to help herself, she also uses her skills to help local women improve their lives through sewing.

Her vision is to teach garment repair skills to women who are on disability pensions, particularly ones over 50 who, after working for many years, have become unemployed because of illness. It is commonly acknowledged that both federal and provincial disability pensions fall far below the poverty line. It follows that with financial insecurity, illness, and social isolation, these disempowered women lose self esteem and have little hope of ever re-entering the workforce.

Asked how she got started in this field, she explained that when she herself had to leave the workforce because of a disability, she decided to develop her sewing skills in the hope that they would bring in some income. This led to the establishment of Clothing Care and a realization that sewing skills can be advantageous to women with disabilities who are having difficulty surviving on meagre incomes.

Caring about the needs of others comes naturally to Christine: it is no surprise that she is sharing her resources to help other women.

"When we are doing our best to participate in productive labour, we are happier, healthier citizens," says Christine. "Let me tell you about Barb. She has worked hard all her adult life. Now at 57 she finds herself a breast cancer survivor and is dealing with the effects of a stroke. She needs my help remembering previous sewing skills and needs a quiet, safe environment to work in. By journeying with her and sharing my resources she can establish a client base. Clothing Care is supportive and respectful of people's abilities. If a woman can manage hemming

Photo Bill Blackstone



Christine Crawford at work.

two garments and then needs to rest, that's fine! She is living up to her ability and doing what is possible with her skill. This is a seed planting venture entered into with much thought and prayer."

In 1994 Christine started a sewing group at a women's drop-in centre, encouraging the women to develop the skill of mending and sewing garments for themselves as a tool to strengthen self esteem and socialization. She also helped a franco-phone group in Vanier establish a sewing room, which continues to be a place where women, newly arrived in Canada, sew and learn English. In addition, she has helped send sewing machines to proposed sewing groups in Mexico and Tanzania.

When I first met Christine in the 1980s she was involved with the creation of St. Georges Housing Co-op which provides secure, low-income housing for many families. She came up with the idea for the project, then worked with the University of Ottawa, the City of Ottawa and one of the city's top architects, Barry Padolsky, to develop and build the co-op.

Now she says, "Thank you, neighbours, for being my customers. I offer this as an opportunity to help others grow in their personhood. Bring in your mending, repair work, ironing and we will give back our love and our skills."

Clothing Care is available by appointment by calling Christine at 613-565-8744.

There is a need in the city for volunteers to teach sewing to disadvantaged women. If you are interested Christine can give you information on whom to contact.



Chris Osler, left, and Gerald Dragon of the Sandy Hill Community Health Centre discuss their work to promote a healthy community with Diane Beckett.

Photo Bill Blackstone



Creating colour on silk

Yvonne van Alphen

I enjoy watching the colours move across the silk as they take on a life of their own. - Mina Hanbury, Silk Artist

Mina Hanbury, a local Sandy Hill teacher of silk painting, returned to Ottawa in 2006, after living in Africa for 30 years. It was in Franceville, Gabon, where she discovered the love of creating colour on silk. "I heard of a French woman who was teaching silk painting. I have always loved art and was curious to learn more about this style of painting."

Since then, she has been stretching silk and using a wheel of colours to paint her own scarves, cushion covers, lamp shades, table runners and framed pictures. "Each colour is beautiful and they mix so easily with one another, resulting in a stunning painting of countless shades. It is an expression of my belief in 'unity in diversity' and portrays a beautiful picture of humanity."

Mina draws inspiration from her travels, her love of Africa and African art, and her love of nature and wild species. Her inspiration hangs in the pictures in her living room. In one picture, she has created a beautiful illusion of a tiger wading through white water, while another tiger emerges from the leafy green bush. In another picture, of a mask with gold accents, she has captured triumphantly the hard angularity of the face within the softness of the silk. The end result is its own reward.

Mina has taught silk painting for over ten years. She loves watching the wonder and joy on her students' faces as they discover hidden talents. In her classes, students are taught the different techniques of painting on silk. These include the use of gutta or resist, aquarelle on dry and wet silk, the use of anti-fusant (anti-bleeding agent) and colour thickener, wax and batik, stencil and paint spray and effects of salt, sugar and alcohol. Mina says it is helpful if students can draw but it is by no means essential. Most students prefer to start out by copying a print.

Mina has built up an extensive body of silk artwork. From time to time, she unveils its beauty to the general public. If you are interested in seeing some of these unique pieces, her next scheduled exposition is Saturday, October 29, from 11 a.m. to 5 p.m. in the lobby of the Sandringham Apartments, located at 85 Range Road.

Silk painting brings a lot of joy and is not expensive. If you would like to explore the idea of taking private lessons, contact Mina at 613-321-1484 or mina_hanbury@hotmail.com. Classes are available in both English and French.

Bettye Hyde Coop Nursery School is changing with the times

Karen Junke

"A great school for your terrific child" – you have seen the sign for the Bettye Hyde Cooperative Nursery School but did you know what a wonderful community institution we have, housed in All Saints' Church at the corner of Chapel and Laurier?

Established some 69 years ago, Bettye Hyde School (www.bettyehyde.com) has succeeded by continuing to evolve with the times to meet the changing needs of children and families in the community. The emergence of full-day kindergarten in our elementary schools recognizes what pioneers like Bettye Hyde, always knew – the importance of those early years to the healthy development of children.

For many years, the City of Ottawa has acknowledged the importance of this neighbourhood school by subsidizing a few spaces each year for children who were otherwise unable to attend. There is currently a \$10,000 limit on the total subsidy that can be claimed by the school.

"We have three children with subsidies," says director Cindy Mitchell, "which will eat up more than that \$10,000, and we have a waiting list with 20 families needing a subsidized spot. Our board is trying to find a way to help these families in need."

Time spent in a nursery school can be one of life's best experiences. At Bettye Hyde, the philosophy is "learning through play." From the age of two children enjoy and benefit from playing with others. Development is enhanced and socialization is stimulated. The programs are child-centred; the curriculum and activities are thematic, yet flexible to respond to children's interests – allowing time for things the youngsters are passionate about. Around Hallowe'en, you may find a play structure converted into a pirate ship in full sail, flags flying, and young pirates in full costume – the thespians of tomorrow in full pantomime.

Consider the programs: preschool mornings are designed for children aged 2 to 5 years. A kindergarten enrichment

program is offered in the afternoon for older students (3.5 to 5 years of age) where activities complement those taught in the school curriculum. There is a lunch program with chaperoned school-bus pick up by qualified educators. The school also offers an early drop-off and late pick-up program.

Bettye Hyde school is now also offering afterschool programs for youngsters, in both the Sandy Hill and Rockcliffe neighbourhoods. Each program runs until 5:45 p.m. offering families uninterrupted care for their children.

The Sandy Hill afterschool program called the Clubhouse is for children in grades one through three. School buses drop youngsters off each day from four area schools – Viscount Alexander, Lady Evelyn, Rockcliffe Park, and St. Bridget's. Educators meet the buses, provide a nutritious snack and supervise art, games, and outdoor play.

At Rockcliffe Park Public School, the afterschool program is for grades one through six. Children simply walk from their classrooms at 3 p.m. to the library, where four educators are waiting to offer an opportunity to do homework, art projects, play in the gym, and many more creative activities.

The Bettye Hyde programs are carefully planned by a team of qualified teachers with many years of training and experience. All programs run September through June following the elementary school calendar. There are still a few places available for this fall in all programs in Sandy Hill.

Bettye Hyde Co-operative Nursery School is a registered non-profit charitable corporation, owned and operated by the parents of its students. Parents contribute their time and talents to the program and to raising funds for equipment and school improvements. The Bettye Hyde experience is a passport to the community, where both youngsters and parents make friends for life and incubate volunteerism that makes a qualitative difference in our community.

If you want to meet up with school staff, parents and community support-

ers, come out to their annual Trivia Night fundraiser on November 19. Cindy Mitchell, the school's director, picked up the idea while living in Australia a few years ago – and attending school fundraisers down under. It (including a silent auction) is a great source of fun and funds for this great school and its terrific neighbourhood children.

Who was Bettye Hyde?



Bettye Hyde, 2003

Polly Hill and Jo Adams, the two mothers who in 1943 started the groundbreaking nursery school now based at Chapel and Laurier streets in Sandy Hill, had the inspired luck to hire Bettye Hyde as their first assistant. Because Bettye stuck with

the school and embraced early childhood education as a profession, the school will soon celebrate its 70th anniversary.

She had worked as a journalist, but had no teaching experience and no children of her own when she answered their ad. Before long she had both: experience that convinced her of the need for "fruitful play" allowing children to learn and develop their curiosity, and two boys, Anthony and Christopher, who became successful thriller and action-adventure writers.

Her expertise earned her an invitation in 1948 to study at Yale University for a year. At the end of her career she helped establish Algonquin College's early childhood education program.

For 25 years she served as director of the school and when she left in the late 1960s it was renamed in her honour.

Bettye Hyde spent her life fighting for the things she believed in – big or small – and her interest in children and her fervour about the importance of early childhood education continued until her death in 2006.



STRATHCONA PARK
Dean Pallen's jazz/blues CD
Inspired by a regular stroll in our park
Enjoyed day and night by IMAGE editors
100% Sandy Hill content — Order your copy now.
When ordered through Dean, the cost is \$15 for the CD, \$20 for vinyl!
You can reach Dean Pallen at
159 Marlborough Avenue
Tel: 613-565-0660 skype:dean.pallen
majunga@magma.ca

CROSSTOWN TRAFFIC
YOUR COUNTERCULTURAL VARIETY STORE
CDs, COMIX, BOOKS, & BONGS
593-C Bank Street
Ottawa, ON
K1S 3T4

SANDY HILL CONSTRUCTION
John Wenuk (Owner)
Your neighbourhood
QUALITY HOME RENOVATION
and restoration specialists
For a comprehensive overview,
please visit our web site:
www.sandyhill.ca
or contact John at
(613) 832-1717
BBB, Home Depot, etc.
"There is no place more important to you and your family than your home."

Coming soon to doors across Sandy Hill
Bottle Drive
Dec 4th
150th Scouts

Piano lessons

Now available at 317 Chapel Street All Saints' Sandy Hill

Enthusiastic and experienced piano teacher.

All ages welcome.



Please contact
Margaret Ashburner (M.Mus.)
(613) 680-6267
margaret_ashburner@yahoo.ca



For sale: One Step Fitness Platform, adjustable, durable, non-slip surface. \$80. Phone: 613-565-4611.

Adult amateur pianists group: I am an adult amateur pianist, originally from UK and currently residing in Ottawa. I've established a piano group similar to those I previously attended in the UK. A group of adult pianists periodically gather informally to socialize, to practice performing in a non-judgmental environment, and to have tea/coffee and biscuits! If interested, please contact Liz Watford at e_j_watford@yahoo.co.uk.

What's on @ Rideau Library in Oct. / À l'affiche @ la biblio Rideau en octobre

- Tuesday, October 18 at 6:30 p.m., Pen and Paper Writers' Workshop
- le mercredi 19 octobre à 18h45, Groupe de lecture Mille-Feuilles: Ru de Kim Thy
- Wednesday, October 19 at 10:30 a.m.: Children's musician Charlie Hope entertains. For children ages 0 - 6.
- Thursday, October 20 at 10:15 a.m.: Morning book club - *Mr. Shakespeare's Bastard* by Richard B. Wright.
- Tuesday, October 25th at 3 p.m.: Legal Aid Clinic: Maintenance & Repairs Succursale Rideau Branch, 377 Rideau St., 613-241-6954

Health programs

Sign-up for our six-week **Living a Healthy Life with Chronic Conditions** group (Sanford C.D.S.M.P. program) starting Nov. 2 and ending on December 7, 2011, 5:30p.m. - 8:00p.m., Sandy Hill Community Health Centre, 221 Nelson Street. Please visit the Living Healthy Champlain website www.livinghealthy Champlain.ca/register/index.aspx to register or contact Julie Tessier directly at 613-244-2812.

Successfully Parenting Children with ADHD and Social Skills for 8-10 Year Old Children Diagnosed with ADHD: A free 10-week group for both parents and their children aged 8 - 10 years, or for children in grades 3 and 4. Increase parenting skills while children increase their social and life skills. Offered in English at 88 Main Street. Mondays, 5:30 - 7:30 p.m., from February 6 to April 30, 2012. Child-care and light dinner at 5:30 p.m. will be provided. To register, call Julie Tessier at 613-789-1500 x 2519.

Living Well with a Chronic Disease: A six-week program aimed at helping people living with a chronic condition (ex. arthritis, COPD, diabetes, heart disease). Participants will learn new ways to improve their health, one step at a time. Offered on Wednesday evenings, 4:30 - 7:30 p.m., from Nov. 2 to Dec. 7, at 221 Nelson Street, in English. A French group may be offered if there is sufficient demand. As well, our centre can guide clients to other possible French groups in the region. For more information, or to register, call Julie Tessier at 613-789-1500 x 2519.

A Gardener's Reflections

Roses are the most glorious of flowering shrubs

Deidre Green



David Austin 'Wild Eye' an English rose cultivated in Canada. Photo Deidre Green

Sweet spring, full of sweet days and roses - G. Herbert

Roses are the most glorious of flowering shrubs. Their lush, exquisite blooms burst open in May and continue into November if autumn is gentle enough. Though many believe that roses are difficult plants that only experts can maintain, in fact roses are easy shrubs that will provide great joy with a little regular attention. It isn't too late to plant roses now, so watch for sales at nurseries and choose plants with sturdy stems and no evidence of disease.

Roses need space for roots, good air circulation and several hours of sunlight per day. Those of us with filtered shade or morning sun only can still count on some dewy blooms. The roots need their own space for spreading; this will ensure a strong plant. Some varieties will react badly to competing with other shrubs and vigorous perennials so choose a spot where there is 36 inches distance from herbaceous interlopers. For a stunning floral display, plant 3 shrubs of the same variety together; these roses can be 18 inches apart from each other. If the plants are bare-root, soak them in water overnight before planting. Dig a generous hole, deep enough that the bud union (where the rose emerges from the roots) will be 2 inches below ground level. Create a mound of soil and compost in the hole, set the shrub on top of it, and spread the roots over the mound. Fill the hole with soil, and water in slowly. Press the soil down firmly. If planting in the fall, layer soil and compost up against the canes to a height of several inches, to protect the basal buds from cold damage. This should be removed in spring.

If a shrub rose is potted, water thoroughly the day before planting. No need to mound soil in the planting hole but place the bud union 2 inches below soil level even if the packaging says not to do so. Such instructions are for warmer climates.

Never let roses dry out; water them deeply as least once per week and more often during high summer heat. This will encourage multiple blooms and also develop resistance to pests. Every three weeks, feed roses with manure tea; make this by adding 1 cup bagged cow/sheep manure to 1 gallon of water and letting it steep for two days. Only apply it when the soil is moist, never dry.

But he that dares not grasp the thorn should never crave the rose - A. Bronte

Pruning or cutting back in the autumn is extremely satisfying but must be resisted if you want to maintain healthy roses. At this time of year, pruning can encourage growth that will die back in the inevitable deep frosts. In spring, the bloom of forsythia signals that it is time to prune roses. Examine the entire shrub and imagine its shape to be like a fountain of soaring water. Prune from the centre, opening the shrub so that good air circulation and light can enter fully. All diseased or winter-damaged wood must be removed with a 45 degree angle cut. If you are uncertain if a cane is diseased or not, cut until you see white wood. The cut should be made about half an inch above a visible bud. Prune back any shoots that are more

slender than a pencil. Rose shrubs can be reduced down to as little as one-third of their height; they grow vigorously and will appreciate the rejuvenating haircut.

O rose, thou art sick, the invisible worm - W. Blake

Roses are victims of a number of pests and diseases. The bushes seldom succumb entirely but their appearance and number of flowers can be devastated by organisms and insects. In our area, Black Spot fungus is endemic and persistent. It appears first as small black spots on healthy leaves. The spots enlarge and the rest of the leaf turns yellow and eventually falls to the soil to overwinter and get ready to attack again the next spring. While active, Black Spot spreads through splashing rain and watering. Most roses have some Black Spot, especially evident in autumn. Remove any infected leaves and don't compost them. Ensure any leaves on the ground are removed. A harmless control method is the generous application of insecticidal soap.

Mix up your own insecticidal soap and spray liberally: Add 1 part liquid soap (not detergent) to 40 parts water (1 tablespoon soap to 20 oz water). Leave on the leaves and canes for 10 minutes, then rinse off with clean water. This treatment can work well for aphids and the voracious sawfly larvae.

We've all seen rose buds that look full of promise but when the bloom opens it is stunted and malformed; these are the victims of aphids that suck juices from leaves, buds and shoots. They hatch from tiny black eggs laid the previous year. Small sticky aphid traps can be placed in the shrub but the easiest control is to hose away the pests, then spray with insecticidal soap.

The most destructive pest in my garden has been the rose grub or larvae of the sawfly. The sawfly resembles a small bee or wasp; it has a flat brown body and four clear wings. It saws into rose stems and lays rows of eggs; this scar on the stem will become blackened. If you see this mark, cut the stem below it and don't compost it. The green caterpillar-like larvae/worms bore their way out of the stems leaving them distorted and shrunken. The worms populate each bush in profusion, gobbling leaves while they hold their tail end up to resemble a green letter S. Pick them off and kill them before they completely skeletonize each leaf. Leaves where the larvae were feeding should also be discarded since they may contain tiny eggs too. Any that fall to the ground may carry eggs for the next generation of sawflies. Spray leaves constantly with the insecticidal soap and don't forget the soil around the rose shrub. Good garden hygiene is just as important as water and sunshine to a



Pruning guide.

rose. There's still time this fall to give your roses a healthy start for next spring. They will thank you with a glorious burst of fragrant beauty that will make it all worthwhile.

PHARMACIE RIDEAU PHARMACY
Since 1898 - Depuis 1898

390 RIDEAU STREET AT FRIEL

OPENING HOURS:
Monday to Friday 9AM to 9PM
Saturday 9AM to 6PM
Sunday & Holidays 12 to 6PM

789-4444

OUR PHARMACY:

- . Prescriptions
- . Vitamins
- . Health and body care
- . and MORE !

NOTRE PHARMACIE:

- . Prescriptions
- . Vitamines
- . Produits de beauté
- . et PLUS !

789-1796

OUR POSTAL SERVICES:

- . Stamps
- . Mailbox for rent
- . Fax & photocopy
- . and MORE !

NOTRE COMPTOIR POSTAL:

- . Timbres
- . Location boîte postale
- . Fax et photocopie
- . et PLUS !

Get your 6/49 & Super 7 tickets in store !

Illustration Dawna Moore

CALENDAR

October - November 2011

Events and shows taking place in or near Sandy Hill

Until Nov. 6 – *Sweet Crude* by Cal Lane, presented by The Ottawa School of Art, free admission, 35 George St., www.artottawa.ca.

Until Nov. 13 – *The Seasons* by Takao Tanabe, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., talk with curator Catherine Sinclair (in English) on November 4 at 12:30 p.m., 613-233-8699, www.ottawaartgallery.ca.

Until Nov. 20 – *Decolonize Me*, featuring six contemporary Aboriginal artists, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, www.ottawaartgallery.ca.

Oct. 11, Nov. 8 – The Tree Reading Series meets the second and fourth Tuesday of each month, featuring Daniel David Moses and Roger Nash (Nov. 8), 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.

Oct. 13 – 16 – The 22nd annual One World Film Festival, this festival brings together filmmakers, activists, students and members of the public concerned about human rights and environmental sustainability, Library and Archives Canada, 395 Wellington St., www.oneworldfilms.ca.

Oct. 15 & 16 - 1:00 p.m. & 3:30 p.m.;

Oct. 21 - 7:00 p.m., The Opera Lyra Ottawa Opera Studio singers present *The Barber of Bytown* - a madcap opera for young audiences! Rossini's opera adapted to 50 minutes for elementary school audiences and families, 4th Stage, NAC, \$15/children, \$25/adults, \$60/family of 4; Tickets - Justine - 613-233-9200, ext 221

Oct. 17 – Ottawa Guitar Society presents a concert with Pavel Steidl, "simply one of the greatest guitar talents of any era", 7:30 p.m. All Saints' Sandy Hill, 317 Chapel St.; \$30, \$15 for OGS members, online at www.ottawaguitar.com, at Ottawa -Folklore Centre, by phoning 613-454 2028 or at the door in limited numbers.

Oct. 18 – Nov. 5 – *Dr. Cook's Garden*, a thriller by Ira Levin and directed by Jim McNabb, Ottawa Little Theatre, 8 p.m., \$25, \$22 (seniors), \$10 (students), matinee on Oct. 30 at 2 p.m., 400 King Edward Ave., 613-233-8948, www.ottawalittletheatre.com.

Oct. 20 – Joel Westheimer lecture "The rest is no fairytale" in the Excellence in Education Lecture Series, University of Ottawa. Room 250 - Lamoureux Hall, 145 Jean-Jacques Lussier, 6:30 – 7:30 p.m. www.education.uottawa.ca/news/lecture-series, free admission

Oct. 25 – "Tenant Rights" a workshop offered by law students from the University of Ottawa Community Legal Clinic, Community Legal Education and Outreach Division, at 3:30 p.m. • Rideau Library (377 Rideau St.)

Oct. 20 – 29 – *Dreams of Whales* by Dean Hawes, a New Theatre of Ottawa production, directed by Diana Fajrajil, Arts Court Theatre, 8 p.m., \$30, (\$25 students and seniors), matinees on Saturdays and Sundays at 2 p.m., 2 Daly Ave., 613-564-7240, www.newtheatreottawa.com.

Oct. 31 – Action Sandy Hill meets the last Monday of the month, 7 p.m., 613-241-4646, Sandy Hill Community Ctr, 250 Somerset St. E.

Nov. 1- 5 – Département de théâtre, Université d'Ottawa, La Comédie des Deux Rives présente *Méphisto* d'Ariane Mnouchkine, 20 h, Salle Académique, 133 Séraphin-Marion, 15 \$ / Étudiants et aînés : 10 \$

Nov. 14 – Eat 2 Defeat Diabetes Gala; enjoy a delicious four-course meal; guest speaker Chris Jarvis, World Champion Canadian Rower, who lives with Type 1 Diabetes. Proceeds support the work of the Canadian Diabetes Association including Camp Banting, a two-week summer camp for children / youth with Type 1 Diabetes, 5:30 p.m. pre-dinner reception, 6:45 Welcome and dinner, Westin Hotel Ottawa, For ticket info visit www.eat2defeatdiabetes.ca

Nov. 16 – 26 – *In the Eyes of Stone Dogs* by Daniel Danis and translated by Linda Gaboriau, an Evolution Theatre Production, directed by Chris Bedford, Arts Court Theatre, 7:30 p.m., \$25, (\$20 students and seniors), pay-what-you-can matinee on Nov. 20 at 2 p.m., 2 Daly Ave., www.evolutiontheatre.ca.

Nov. 19 – *Snowflake Bazaar*, All Saints Church 10-1:30 – Bake sale, books/CDs/DVDs, attic treasures, vintage jewellery, home-baked lunch, silent auction. www.allsaintssandyhill.ca Donated goods very welcome. 317 Chapel St.

--- *Trivia Night* - Bettye Hyde Cooperative Nursery School fundraiser 6:30 - 11 p.m. Tickets \$20 613-236-3108, 317 Chapel St.

Nov. 25 – The Capital Chamber Choir presents *Pax In Terra*, featuring Timothy Corlis' Missa Pax, director Sara Brooks, All Saints' Anglican Church, 8 p.m. (doors open at 7:30 p.m.), 317 Chapel St., tickets are available in advance at The Leading Note, \$10 (students), \$15 (adults); at the door \$15 (students), \$20 www.capitalchamberchoir.ca.

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



Madeleine Meilleur
MPP/députée
Ottawa-Vanier
Merci / thank you!

Bureau de circonscription /
Constituency Office :
237 ch. Montreal Road
Ottawa, ON K1L 6C7
(613) 744-4484
mmeilleur.mpp.co@liberal.ola.org



Pharmasave celebration
There were flowers, cake and smiles at Astley's pharmacy at 423 Rideau Street September 19, when Anil Radia (l) and his staff Hana Hussein and Anca Vapit celebrated the 30th anniversary of the Pharmasave chain. The shop at Rideau and Chapel streets enjoyed a facelift this summer, with new flooring, cabinets and signage installed.
- Jane Waterston

Rideau River DENTAL
General and Cosmetic Dentistry
613-789-0800
A beautiful smile and healthy teeth.

Whiter and brighter your teeth in one visit with **ZOOM** whitening

Please come see us for a **SMILE** consultation.

New patients and emergencies always welcome.
Appointments available on evenings and Saturday

388 Rideau St. (at Erie) FREE PARKING

- Invisible braces with laseralign
- Intra-oral x-ray using digital video technology
- Treatment of sensitive teeth
- Full digital X-ray, less radiation - **WE CARE**
- Bilingual services

Nov. 29-Dec. 17 – *I Hate Hamlet*, a comedy by Paul Rudnick and directed by Sarah Hearn, Ottawa Little Theatre, 8 p.m., \$25, \$22 (seniors), \$10 (students), matinee on Dec. 11 at 2 p.m., 400 King Edward Ave., 613-233-8948, www.ottawalittletheatre.com.

Dec. 2, 3 – The second annual Christmas Gospel Celebration with Rev. Ernie Cox Band and Choir, featuring the best of Black gospel

music and Christmas carol sing-along, NAC Studio, tickets available from the NAC box office starting in November.

Dec. 4 – Bottle drive by 150th Scout troop.

Dec. 6-10 – U of O Drama Guild presents *The Three Sisters* 8:00 p.m., Academic Hall, 133 Séraphin-Marion, \$15 / Students and seniors: \$10.

John King Broker

Lowertowne Sold in 76 days!

Just Sold!

Kingsview Park sold in 76 Days!

Just Sold!

Sandy Hill: Sold in 19 Days!

Faulkner Real Estate
Representing Clients Since 1982

613.231.4663 - John@HomesInOttawa.com



Sandy Hill boulevards

Ralph Blaine

What would you call a metre-wide strip of no man's land where Fagin-like clumps of urban weeds battle for supremacy in a rock-hard gumbo laced with cigarette butts, plastic bags and, lately, discarded TV sets? The City of Ottawa calls these unforgiving plots that exist between the sidewalk and the road on certain Sandy Hill streets "boulevards" This I discovered last summer when someone filed a complaint about the state of the strip in front our house on Stewart Street. In a letter dated July 16, 2010, the City stated that I was not properly maintaining my "boulevard" and ordered me to put it right or risk being charged with a bylaw offence. Well, at first I couldn't quite imagine where this grand sounding "boulevard" was. Then, when that became clear, I wondered who had filed the complaint – it took me a year to find out.

Now most residents of Sandy Hill may not be familiar with these boulevards. In fact they seem to exist only on certain stretches of Stewart and Daly. If you walk along these streets you will find that individual property owners have taken a variety of approaches to this intractable terrain. Most of the old timers seem content to leave the weeds in peace. Others, often newcomers, scratch up the soil and plant seed in a vain attempt to establish green turf. On Daly Avenue a few of the strips are filled in with brick. My own favourite treatment is the boulevard in front of the Swiss Hotel on Daly. Here the owners have planted a harmonious mix of shrubs, perennial and annual flowers in raised beds set in wooden boxes. Inspired by the Swiss Hotel, I began to cultivate my own little strip some years ago. So what was the city objecting to? Were my day lilies too rangy? Should I have cut back the columbines sooner? Maybe the hostas were just too plain-jane for someone's taste. What did the city want me to do? A call to the bylaw department was no help. All they could say was that there had been a complaint and I had to put things right or risk a fine if there was another complaint – and no, the lady on the phone said, no one from the city had come out to verify the problem after the complaint had been made.

That morning on the way to the market I stopped to talk to my neighbour down the street. He and his wife were out working,

red-faced with anger, on their "boulevard". Yes, they had received a letter from the by-law people as well. Not more than a week later I was talking to another neighbour who lives less than a block in the other direction. She too had received the same letter from the by-law people. Was there a "boulevard vigilante" on the loose? In any case I decided to ignore the whole thing. But when another neighbour began to work on her "boulevard" I began to feel uneasy. Were all these people wondering who had filed the complaint? Maybe some of them thought it was me.

Over the winter, as the boulevards became heaped with the usual dirty ice and snow, I gradually forgot about the whole affair. Forgot, that is, until I read Scott Puddicombe's humorous article about his dealings with the bylaw officers in a recent issue of IMAGE. I wondered if I could pry any more information from the city bureaucracy. So on August 2nd I spoke to Jan in the bylaw department who told me that the letter I had received was a "courtesy letter" but she was not allowed to tell me who had filed the complaint. Then, after a second look at the file, she was able to tell me that the same letter had been sent to every household on Stewart Street between King Edward and Friel! What a relief to know that a few of us had not been singled out. But who would have filed such a complaint? Eventually Jan spilled the beans. It turned out that it was a member of the Ottawa Roads Department that had filed the complaint. Not surprisingly, there was no record of a follow-up visit.

The story doesn't quite end here though. Last summer King Edward Avenue was torn up for sewer and water main work. In the process the boulevards on Stewart Street were widened so that they bulge out as one approaches King Edward. The bulge was a muddy mess most of the summer but then one morning a transport truck carrying a fresh load of sod trundled down the street. That afternoon, starting at King Edward, a fifteen-metre stretch of fresh grass had been installed - ending abruptly, for no apparent reason, in front of the Cascade apartments. There, if you spend a bit of time, you will note the motley tangles of plantain, dandelion and Johnson weed peering out from behind colourful Tim Hortons coffee cups and Pizza Pizza wrappers at the hopeful, virginal blades of grass. They are plotting strategy for next spring. It ain't going to be pretty.

Window on the Rideau

The ubiquitous Canada Goose

Robin Harlick

People seem to either love Canada geese or hate them, depending on how frequently they have had to pick their way through the slimy droppings. Apart from the winter months, flocks of geese can be found on or near most bodies of water in the Ottawa area, including our Sandy Hill section of the Rideau River. I've even seen a few in winter gobbling up seed that has been strewn in Strathcona Park.

I myself sit on the fence with these large, noisy birds, particularly when they wake me up in the wee hours of the morning with their boisterous honking, as the newest models practice take-offs and landings on the river in preparation for their flight south. But I am also one of those who hurry outside at the first sound of their distant cries and watch in awe as their V formations fly high overhead on the annual spring and fall migrations. I remember one particular spring morning, when I stood on my balcony and watched flock after flock after flock fly past on their 1500-kilometre or more journey to their breeding grounds in the lowlands of Hudson Bay.

Canada geese migrations follow four basic routes over North America and we in Ottawa lie directly under the Atlantic flyway. For the most part these geese winter along the eastern seaboard of the United States. Once tramping near an inlet in the Chesapeake Bay area, my husband and I surprised what must've been several thousand geese. Within seconds the skies were alive with their beating wings and honking cries as they rose into the air. It was a magical moment.

They fly their signature V formation to cut down on wind resistance with the following bird smart enough to know that staying close to the slipstream of the bird in front will make flying a lot easier. Most flocks are made up of several family groups. The strongest adult birds take turns being the leader, while the weaker youngsters pull up in the rear. The birds call out to keep track of each other with the whiny kids with their lower body fat tending to be the noisiest because they are starving. They fly at an altitude of 300 to 900 metres at a speed of 65 km/h to 85 km/h and usually fly continuously for 300 or more kilometers before landing on fields, small bodies of water and the like, for some R &

R and replenishment of energy. No doubt in spring you've seen flocks of them south of Ottawa gorging on the remnants of the previous year's corn harvest.

The Canada geese that breed along the Rideau River are considered resident geese. Doubtless they decided this flying long distances was for the birds, so they keep their migrating to the closest open water with a nearby source of food. They are vegetarians, eating grasses, sedges, eelgrass, berries and seeds and of course corn. They are particularly adept at extracting kernels from dry corncobs.

Canada geese mate for life, although the man of the family is not adverse to a bit of fooling around. But he knows his duty and follows it diligently, guarding the female and her nest of eggs. I should know.



Photo Sarah Whiteside

Once, after walking too close to a nest, I was chased by a very angry gander. They usually have about 4 to 6 offspring and generally don't start raising a family until they are about 4 years old. Canada geese can live up to 25 years.

Another curious aspect about Canada geese is they moult. During an 8-10 week period, starting in mid-June, the adults lose their outer wing feathers and regrow new ones. Unable to fly they congregate in areas that are safe from predators, such as ponds and lakes. Even resident geese moult. So in mid-summer if you happen to notice that the numbers of a particularly bothersome flock have dwindled don't get your hopes up. Chances are they have only flown to a safer area for their moulting and will be back once their feathers have regrown.

As I have been writing this article, I have been enjoying the sounds of their passing as they head south to much warmer climes than Ottawa. I find this year the migrating geese seem to be particularly numerous and earlier than I recall from previous years. Maybe they are trying to tell us that the coming winter is going to start sooner than we'd like.

Writing as R.J. Harlick, Robin is the author of the Meg Harris mystery series. Her next book, *A Green Place for Dying*, comes out in February 2012.

BRUCE FAULDS
BROKER

bruce@sutton.com



Thinking of Selling?

Find Out What Your Home is Worth

Call Bruce or Wayne Today to receive a

Complimentary Market Evaluation of Your Home

613.567.1400



sutton group-premier realty (2008) Ltd.
Brokerage, Independently Owned and Operated

WAYNE GORDON
BROKER OF RECORD

wgordon@sutton.com

