

OCTOBER - NOVEMBER 2012

OCTOBRE / NOVEMBRE 2012

Preserving the character of southern Nelson Street

Judy Rinfret

Thanks to the extraordinary efforts of stalwart neighbours on Nelson Street, the diversity of the Sandy Hill neighbourhood, bordering the south end of University of Ottawa's campus, has been upheld, at least for now.

The structure at 466 Nelson overlooking Sandy Hill Park was more or less complete even before the owners, Billy and Sylvia Triantafilos, were required to apply for a minor variance to allow six units in a "converted dwelling" (converted from two attached homes to a rebuilt four units).

The committee of adjustment's refusal to allow the increase to six units was reported in the February/March issue of IMAGE.

The Triantafilos appealed that decision to the Ontario Municipal Board. Action Sandy Hill had been a party at the original hearing, arguing that the conversion even to four units was already undue intensification on Nelson Street and "Sandy Hill is a tree-filled, character-rich and established, urban, near-campus neighbourhood with high demand for rental property," but it is also a "neighbourhood of single family homes with a village feel" and balance must be sustained. ASH also questioned the "systemically flawed building permit process". But ASH was not present to up-



Photo Bill Blackstone

hold the committee of adjustment's ruling in favour of the neighbourhood at the OMB hearing in April.

However, Eugene Derenyi, together with his neighbours, Jan Finlay and Mary Sue Ferrari, represented the residents of Nelson Street at that hearing.

Representatives of the owners of 466 Nelson claimed that, although there might be as many as 21 bedrooms in the converted dwelling, the number of bedrooms is irrelevant in assessing density, and that an increase from the four recently converted units on that lot to six was, contrary to the committee of adjustment's decision, a "minor variance".

Mr. Derenyi and other residents hired a planner to argue that the increased number of units was out of keeping with the neighbourhood and was anything but minor and that this project was not subject to what such a development should reasonably provide, viz. an approved site plan clearly indicating garbage and snow storage, park-

ing, landscaping, and amenity spaces. The planner hired was Denis Jacobs, former director of planning, transit and environment for the city of Ottawa. The testimony of Mr. Jacobs persuaded the OMB to refuse the appeal. Mr. Jacobs said the project had not been designed appropriately and was out of character with the neighbourhood. He said this development should have been subject to resident and municipal scrutiny so that site issues and compatibility could have been addressed, i.e. the owners should have filed a much more rigorous application to rezone the property.

Meanwhile the new 5,540 square feet in a four storey (evidently the fourth floor is defined as a mezzanine because it is partially open to the floor below and does not cover the entire building) "converted

dwelling" at 466 Nelson Street is in full operation.

What so far are the impacts? A startling change in the streetscape, more noise, less privacy for immediate neighbours, more parking congestion on the street as the parking in the rear yard at 466 Nelson is difficult or impossible to access, light spill at night and light deprivation during the day, garbage improperly stored, no green bins, and where will the snow go.

Though there was vindication for the efforts of Mr. Derenyi and neighbours, the out of character structure stands and may be a precedent for other development. But as a result of this and other conversions to intensified student housing in south Sandy Hill, the city has set up a pilot project to demand site plans for any conversion over three units.



Photo Robert MacDonald

Over 600 burgers served!

The Action Sandy Hill community barbeque on September 15 brought hundreds of new and seasoned residents out for quality time in the park. More photos, page 18.



Photo Claire Dymont



Photo Jane Waterson

Nouha and Salim Chahine in Ayoub's all-new kitchen on Somerset East at Blackburn.

Ayoub's celebrates business as usual at last

Christine Aubry

It was a beautiful day for the Grand Re-opening celebration of Ayoub's Mini Mart on September 3rd. Many people gathered outside to sample delicious homemade food and watch pitas being made from scratch. I asked several people how they felt about Ayoub's being open again and the reaction was unanimous – overwhelming joy! Those who witnessed the devastating fire three years ago spoke of feelings of loss and sadness. The Chahine family and Ayoub's have been an anchor in the community for over 30 years. Everyone emphasized the Chahines'

warmth and kindness. Families commented that children love to go in and say hello, and parents like to shop there because good healthy food dominates over the typical corner store staples. Everyone commented on Ayoub's great variety, including items that you can't easily find elsewhere, like grape leaves, nuts, dried fruit, and spices. And the new addition of a deli counter, the hot take-out meals, and even the availability of bus tickets had some people even more excited. Last but not least, Halloween in Sandy Hill just hasn't been the same. If you did not get a chance to stop by for the party in September, be sure to drop by for treats on October 31, it's a Sandy Hill tradition!

IMAGE

Founded in 1972 under the
direction of Diane Wood

22, av. Russell Ave.
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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 2012, 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.

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Tel: 613-237-8889

E-mail : image22@rogers.com

Website: imagesandhill.org

Editor:

Jane Waterston

Rédactrice de langue française :

Denyse Mulvihill

Advertising: Peter Rinfret, Jane Waterston

Research/admin/translation:

Paula Kelsall, Claire MacDonald, Betsy Mann, Jan Meldrum, Jane McNamara, Dodi Newman, Larry Newman, Catherine Pacella, Judy Rinfret, Peter Rinfret

Production: Jane Waterston, Betsy Mann, Bob Meldrum

Photographers: Bill Blackstone, Claire MacDonald, Iain MacDonald

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 2012, 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.

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

November 26, 2012

(target delivery December 7)

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.

Date de tombée

Publicité, articles, photos et autres soumissions

le 26 novembre 2012

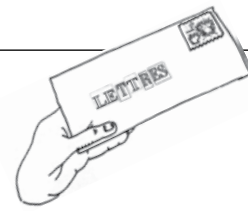
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Our readers
write ...



Courrier
des lecteurs

Listening (dis)pleasure

I have a few tips that I would like to pass on to students who have moved into the neighbourhood.

When a group of you sits outside on your balcony, front porch or back deck to chat in the evening, your voices can get loud and carry across to your neighbours—especially in the night air. Last night, I had the dubious honour of hearing word for word what my next door neighbours were saying on their back deck while I was lying in bed trying to go to sleep. That is tedious at the best of times, but especially unpleasant after 11:00 at night. I asked my neighbours to be a bit quieter and they said they would, but it didn't happen. The excitement of sharing ideas in a

group quickly over-powered their good intentions. At 1:30 at night I was seriously tired of hearing their conversation, so I told them that—and then I told them some of the things that they had been saying. There was not one more word out of any of them as they fled inside to take their conversation to a private space. I could finally go to sleep.

We live in close quarters in Sandy Hill and we need to understand that what may seem to be just a conversation among friends, can be annoying for the neighbours and can mean that they learn more about you than you may want them to.

Diane Beckett
Chapel Street



Photo Bill Blackstone

Letter was unfair to popular T.A.N.

It is extremely tough to start-up a new business in our community and I was saddened by the letter in your last issue that criticized T.A.N. Coffee Roasters on Wilbrod Street. The writer was offended that this start-up had not yet hooked up their fascinating coffee roaster that sits on display among the tables. If the writer had asked he would have learned that the owner's first priority was to expand the seating capacity to meet the growing demands for its fresh coffee and tasty soups, sandwiches and snacks. I understand that

firing up the in-house coffee roaster is still in the cards, but will require a big investment of money and time to obtain the city's OK. In the meantime, T.A.N. and its friendly staff are attracting a wide following, among both laptop-totting U of O students and other local residents, so much so that at peak hours you will be lucky to find a vacant table.

Charles Morrow
Augusta Avenue

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au Marché*



Centre 454 moves to King Edward Avenue

As you read this issue of IMAGE, Centre 454 is transitioning into our new home at 454 King Edward Avenue, in the basement of St. Albans Church. On September 27, 2012, we closed the doors of our Murray Street location to begin the move to our new home. Due to some last minute construction delays, our opening day at St Albans will be later in October. We are all very excited to again be part of the Sandy Hill community and the diverse and vibrant neighbourhood surrounding St. Albans church.

Centre 454 is an award-winning, supervised, drop-in day program that serves individuals living in poverty, homeless, or inadequately housed in Ottawa. Our practice is based on acceptance, inclusion, compassion and respect for all. We provide essential social, practical, counselling and spiritual services to the participants who visit our Centre daily. For the many individuals in our city who do not have a home or who live alone, Centre 454 is their living room, providing a space where they are accepted and respected and can enjoy the company of others over a coffee, over a game of cards or in celebration. Centre 454 offers practical supports including mail pick up, telephone, laundry and shower services. Professional staff counsel participants and assist them in accessing services to needed accommodation and personal resources. As part of the City of Ottawa's Poverty Reduction Strategy, specialized Centre 454 staff help those participants with long-term disabilities to apply for assistance under the Ontario Disability Support Program. Our Centre partners with community organizations and resources to ensure participants can obtain specialized medical and counselling services. Finally, Centre 454 is a place of respite and reflection, a place that allows participants to heal and live to their fullest potential.

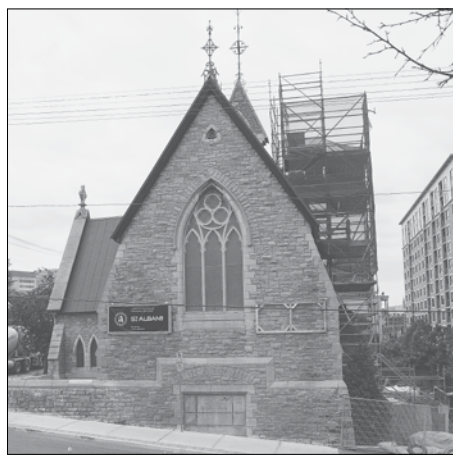


Photo Bill Blackstone

The north face of St. Albans was being restored last June, in preparation for this fall's arrival of Centre 454.

The space at 454 King Edward Avenue better serves the needs of the Centre and our participants. It allows the programs and operations to be located under one roof and has extra green space for the use of participants and staff. It allows the Centre, which is one of four community ministries of the Anglican Diocese, to be more directly connected to a worshipping community. Finally, it is more cost-effective, allowing Centre 454 to reinvest more funds into its programs.

Centre 454 is committed to being a responsible neighbour and to positively contributing to the Sandy Hill and Lowertown communities. Centre 454 is an active member of the Sandy Hill Northwest Neighbourhood Improvement Group, a group initiated and facilitated by Councillor Mathieu Fleury. We are committed to open and constructive dialogue with the city, the police, the neighbours and other service providers to build a strong sense of community and work together to address any community concerns. Centre 454 has set up a community response line (613-236-8228) to respond to any questions/issues surrounding the move. Interested individuals can call and speak to a member of our professional staff. Centre 454 invites anyone who is interested in a tour of the new Centre or in attending the Open House on October 30 to contact us. For more information, visit our website at www.centre454.ca.

Bev Jensen

Centre 454 Management Board

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Karen, Marc and Family






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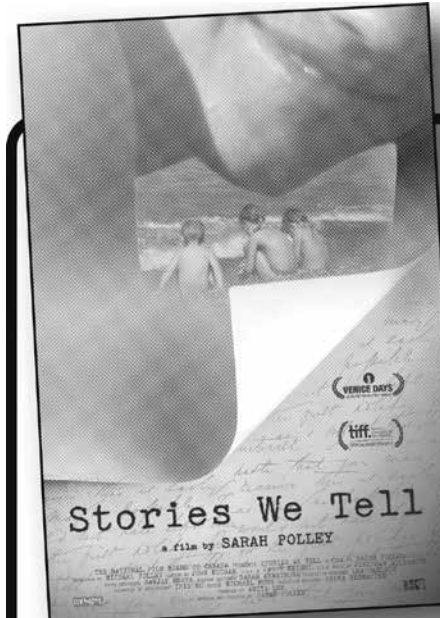
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Photo Larry Newman

Sandy Hill Retirement Residence on the way out?

Larry Newman

Did you notice the foliage starting to consume the house at 365 Friel Street? Members of Action Sandy Hill noticed. They inquired at Revera, Inc., the owner of the building. Revera also owns the retirement centre next door, known as the Sandy Hill Retirement Residence, plus another adjoining building on Laurier Avenue East. "Definitely neglected," said the manager at the Residence, Mr. Peter Kocoris, "and up for sale, too. Also, by the way, all the buildings are up for sale - retirement residence included." This is another change in Sandy Hill and a big one. This institution at 353 Friel was a Catholic school, the École St. Pierre, until at least the late sixties. There are pictures in the building of graduating classes from the twenties to 1966. It was a City of Ottawa Community Centre from sometime in the seventies into the nineties and it even housed IMAGE in a tiny office at one time. It has been a Revera property since 1998. The original school was identified as a heritage property by the Revera manager, but the address appears on no city list of heritage-designated buildings.



Photo Bill Blackstone

365 Friel St.

When asked whether the building will remain a retirement residence, another Revera official told IMAGE that it depended on the desire of the next owner. As it is, there are 68 suites and we were told that only 37 are occupied. It was explained that 40 suites are usually occupied. Stay tuned for more news when IMAGE interviews the next owner, whoever it is.

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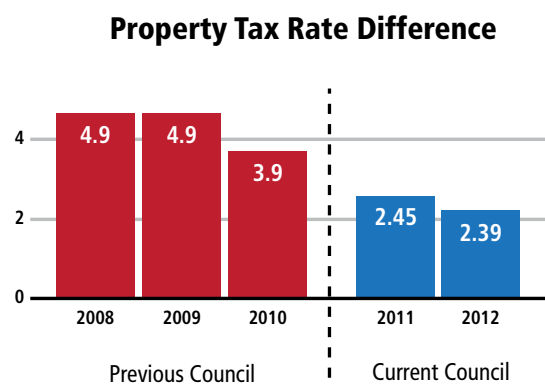
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Mayor Jim Watson

Mid Term Progress Report to Taxpayers

Budgets: Keeping rates below 2.5%



- Recreation fees frozen
- \$14 Million to fight poverty and build new affordable housing
- Ottawa on the Move – A citywide transportation initiative to build and improve our roads, sidewalks and cycling network

Lansdowne Park Revitalization



- Work has begun to revitalize Lansdowne Park
- CFL and pro soccer franchises secured
- Significant increase in green space and trees
- FIFA Women's World Cup in 2015

Transit



- Light Rail tenders are out: Contracts to be signed in December; Construction to start in 2013
- Four-year labour deal signed with OC Transpo
- Expanding O-Train service
- New Double-Decker buses
- Lower fares for seniors
- U-Pass made permanent

Tourism



- Sports Hall of Fame, Rink of Dreams and Barbara Ann Scott Gallery opened at City Hall
- Aggressive plan to attract major events:
 - » NHL All Star Game
 - » JUNO Awards
 - » Women's World Hockey Championship
 - » Men's Basketball Championship
- Canada's 150th Anniversary Task Force created

Safe Communities



- Public satisfaction rate of 81% for quality of police services
- Violent crime rate down 5% between 2010 and 2011
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Just Ask IMAGE

We continue to answer questions from readers— even if we do not find all the answers— and we welcome more. Write to IMAGE at image22@rogers.com



Photo Bill Blackstone



Photo Bill Blackstone

I’ve been waiting for months for the park that was supposed to replace the ugly lot at the corner of Rideau and Charlotte – when will it happen?

The photos above show the derelict property owned by developer Richcraft Homes. Last spring an agreement was signed with the city. In lieu of taxes and, given that it will be some time before this property is developed, Richcraft agreed all buildings would be gone and a small, temporary city park would replace them by October 15 this year. Eventually a condominium project will replace the park.

In mid-August several truckloads of rubble were dumped on the site but nothing has happened since. Councillor Fleury’s office says the park will be built soon. – Judy Rinfret

With changes to our waste collection schedule coming this fall, what help is out there to remind us of what goes on the curb, when?

Beginning the week of October 29:

- Your household garbage will be collected every two weeks.
- Collection days in our neighbourhood are changing, to be confirmed by a letter the City will send you in October. Sandy Hill collection will change from Wednesdays to Tuesdays.

The City of Ottawa now offers a reminder service relating to garbage collection. It will tell you what is being collected on your next pick-up date. You can register and get automatic reminders by phone, Twitter, or email. By phone, call 311 to register; online look under www.ottawa.ca, Popular Information, Garbage & Recycling Schedules. There are additional links that the city has set up with this, so it is a helpful tool in our fight to confine garbage to its rightful place! Sign up, spread the word! – Claire MacDonald



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Whither the community newspaper?

Ron Hodgson

Lately I've been using the internet more and more to read magazines and newspapers via an iPad. It gives greater depth since not only can you read the articles but often video files of photos and sometimes audio excerpts of things like interviews with interesting personalities are provided. It also makes it easy to "clip" and send articles that you think might be of interest to someone you know.

Internet devices have proved a mixed blessing for major publications since the internet tends to reduce the need for full-scale printed versions. I've noticed a major shift in advertising in the newspapers with a marked reduction in the "For Sale" and "Help Wanted" ads and a major increase in flyers, full-page ads and other annoyances such as false covers. Competing internet technologies such as Kijiji and "Ottawajobshop.ca" are reducing the value of small-scale ads in major newspapers, and advertising your old sofa for sale in the paper doesn't seem to get the same coverage as it used to.

It would seem to me that these larger publications are much more on the knife edge between the internet and the traditional print media system than the smaller, local community newspapers. For one thing, much of the news that is found in the larger papers is available elsewhere. Internet news feeds bring in the news from different wire sources on a continuous basis so differentiation must be made not through the news headlines themselves but through the slant that the publication takes in reporting the news. Editorials and opinion columns become much more important. Of course there's no shortage of uninformed opinion on the web and the blogs and internet chatter that go with each opinion column can be wearying.



Photo Bill Blackstone

But for local community news I believe the community papers are still the best way to deliver information, ideas and opinions. They are made available to a much smaller but usually very interested group of people. Not only do you find out about local events now and in the future but you get to know neighbours and what they think, your local retail stores and restaurants, local trades people, and more.

The local paper is an ideal place for small-scale ads. In fact in rural areas where free local papers come out every week, the paper is the go-to location if you want to find anything or get some accessible help to get things done. They often provide very useful ad pages that list providers of local services for easy reference. Payment for advertising is really what keeps the community papers going, that plus the fact that most of the work that goes into writing, organizing and publishing these papers is done by volunteers.

The current contents of community papers can be hard to find on the internet because they are dispersed over different websites. Perhaps for a service or business you'll use a Yellow Pages site. For local events maybe you'll have saved the last IMAGE e-mail or know the site for the event in which you're interested. Opinions and columns can usually be accessed via back-issue web files which are good for reference but usually somewhat out of

date. Back files of IMAGE for example, are at: home.imagesandyhill.org/.

The website of Action Sandy Hill, www.ash-acsc.ca, also covers Sandy Hill news with a special emphasis on the work of ASH and it's another good place to keep track of current events. But to get to this or any other web source you need to go there and *pull* the information from the site. IMAGE and other local papers are *push* instruments. You don't need to do anything to get the information and you don't need a smart phone or a computer either.

IMAGE is a great little paper and it covers things that are of immediate concern to us, the residents of Sandy Hill, in a dual language format. That's rare in itself. But putting out a community paper is a lot of work and so it is only possible to issue it every other month and even less in the summer. And I wonder whether it will be possible to pass on the idea of a paper journal to the next generation of bloggers, Tweeters and Facebookies. It seems to me that will be the challenge in the years to come.

For now, the community paper delivered to your door fills a very important gap between the city or national newspaper and the internet, and should continue to do so as long as keen volunteers and local communities exist.

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Oct. 14th: 4:30 PM

Anniversary Service and Dinner: Nov. 4th
Stairwell Carolers: Nov. 30th: 7:30 PM
Advent event and potluck dinner: Dec. 1st

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Intimate Morning Prayer
Mon. - Thurs. 8 AM in the chapel

COMING SOON:
Youth Nights Oct. 13, Nov. 10, Dec. 8
Night Prayer Weds. 8:30 PM, starting Oct. 17
Snowflake Bazaar Nov. 17, 10 - 1
Advent Quiet Evening Dec. 3, 7:30 PM

317 Chapel (at Laurier Ave. E.)
Phone: 613-234-1686
www.allsaintssandyhill.ca

Town and Gown Committee launched

If you are interested in becoming involved with Town and Gown Committee initiatives or just want additional information, please contact ASH via the website ash-acsc.ca or at 613-241-4646.

Photo Betsy Mann

Put up to three of them in a box, wrap them and send them, free of charge, to Preserve, a company which will recycle the plastic to make new consumer goods. You can get complete instructions and download the postage paid mailing label at www.filterforgood.ca.
En français, au www.filtrepourlavie.ca. — *Betsy Mann*

— *Betsy Mann*

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

Walkabout 2012... more participation, more profile, bigger impact?

A volunteer effort in early September to ring door bells, meet incoming student tenants and widely distribute information about neighbourhood by-laws and community standards can make a big difference in people's awareness and attitudes. Action Sandy Hill found this out after giving it a try in 2011. A second walkabout proceeded, therefore, on September 6, 2012, with an intention to visit 600 households. This time around neighbourhood volunteers were joined by a team of students in green t-shirts organized by Michelle Ferland from the University of Ottawa. Everyone involved agreed that having students on the team of visitors was a great plus.

There were also police officers on bikes, adding a note of sartorial interest to the effort. Councillor Mathieu Fleury took an active role along with organizer Claire MacDonald, president Christopher Collmorgen and a collection of willing and hardworking Action Sandy Hill directors. We will all, IMAGE expects, reap the rewards of this laudable and timely effort.



Photos Iain MacDonald



"Lack of information" is no defence ...

Information kits distributed to homes and apartments by volunteers on the walkabout included: Action Sandy Hill's neighbourhood flyer and an invitation to the September 15 Community BBQ, a one-pager from the University of Ottawa's Housing Service with community-spirited Do's and Don'ts, a postcard from by-law services and the police — "Don't Invite Us to the Party", the City of Ottawa's noise brochure, a what-to-do-with-your-garbage flyer from the Eastern Ontario Landlord Organization (EOLO), and the Sandy Hill Community Health Centre's fall activity and program leaflet. The Monday after the walk, EOLO separately distributed information on the newly amended noise bylaw as part of its effort to better inform neighbours of their rights and responsibilities.

Photo Iain MacDonald



Free workshop

5 Steps to Impact - Speech Writing

A presentation by
Craig Senior

speaker, consultant and writer

Sandy Hill Toastmasters Open House

Monday, October 29,
6:30 - 8:00 p.m.

Sandy Hill Community Centre
250 Somerset St. E.
in the Games Room

The workshop is free and all
are welcome.



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Park cleaner-uppers included event organizer François Bregha, Paul McCann from the City, Eric and Mael Crighton, Nicole Girard and (r) Susan Young. That's not a bundle of IMAGE!

Piano lessons

Now available at 317 Chapel St., All Saints Sandy Hill

Enthusiastic and experienced piano teacher

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margaret_ashburner@yahoo.ca



PARK CLEAN UP '12

In two hours, two gangs of volunteers came up with 21 bags of garbage plus some large city signs and metal throw-aways. The park is looking so beautiful, amazing natural beauty in the downtown core. Thanks to all who participated.

—Claire MacDonald

Law Office

Martin Reesink - lawyer/avocat

Evan Cathcart - paralegal

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Lively seniors centre knocked out by a summer's drought

Jan Meldrum

Who would have thought that last summer's drought could have given a knockout punch to a local seniors' organization? The Cultural Centre Fifty Plus, affiliated for over 25 years with the University of Ottawa, has had to discontinue its operations this year because the old house on Laurier Avenue where the centre held its activities has been condemned.

In July the group was denied access to the university-owned building and members were told by staff from Physical Resources Services that the house structure had suffered from poor soil conditions caused by the extreme drought and that the university was seeking a permit to have it demolished. Unfortunately, efforts to find an alternative location within the university have failed. In August, a letter to the directors from Ottawa University President Allan Rock stated, "...we are striving to renovate and build new infrastructure to meet our students' needs. As such, we do not have a location available to offer the Cultural Centre at this moment."

For the approximately 120 members of this bilingual centre it was a shock to



The passing of an era.... the former 50+ Cultural Centre at 192 Laurier East.

realize that their lively and welcoming place would not be running this year. It offered people 50 and over a wide variety of activities including language classes, book clubs, writers' workshops, art appreciation, music (choir and an instrumental group), opera and movie videos, political and philosophical discussion groups, bridge, scrabble and a variety of lectures. Most activities were led by the members themselves with a small annual fee covering expenses.

"The centre gave members a safe and comfortable place for intellectual activities and socialization," said President Cate Walsh. "It has had a really good run at the university and it's unfortunate that this particular incident brought it to an end," she added.

A reunion for all last year's members will be held on Wednesday, October 24, from 1:30-4:00 in the basement of St. Joseph's Church, 174 Wilbrod Street at Cumberland. This will give the members, who had fully expected to begin 2012/2013 activities in September, a chance to get together for one last time.

Left - The Cultural Centre 50+ celebrated its 25th anniversary in 2008. At the celebration the anniversary cake was cut by (left to right) Madeline Wright, Tom Monti and Kathleen Kemp



Photo Jan Meldrum

The Sheps are another part of Roger's community

Larry Newman

Roger Louttit, a Cree, can be seen most days panhandling on Rideau Street, sometimes with his brother, Peter. In an effort to better understand their lives, we are exploring the community that offers support to Roger and Peter and other street people. The Aboriginal Centre, at 510 Rideau Street was the subject of our last article.

The "Sheps", has been a hotel to Roger Louttit for over four years. It's not really a hotel and its full name is the Shepherds of Good Hope, which is a faith-based charity located on both sides of Murray Street at its intersection with King Edward Avenue. The building on the north side of the street is an old school and the other is primarily a dormitory. The Shepherds attracts a large number of homeless and/or "at risk" people, many of whom can be seen congregating in the area in small groups during the day, talking and smoking. The Shepherds' doors are always open and, when there are more clients than beds, there are mats and designated temporary sleeping areas. The Shepherds also offers separate bachelor apartments located elsewhere in Ottawa.

The Shepherds is not just a place to flop although this is an important service. There are separate dormitories for men and women, the women's rooms have doors. There are lockers to store valuables. Soap, shampoo, and other personal care items are furnished. Clean bedding is provided every day. Clients must claim a bed between the hours of 4:00 and 6:00 to get their choice. New clients must wait until after 6:00. Most are shown the door after breakfast, but on nasty days, or for exceptional circumstances such as a medical or addiction situation, they are allowed to stay indoors.

All clients are furnished three meals a day. Breakfast and dinner are for clients only but anyone can come to lunch. Lunch is served in the old school to as many as 300 people. Volunteers cook and serve the meals which include food from a vegetarian menu. When I toured the facility, there were two homeless families who were served away from the general crowd and housed together, rather than having to sleep separately in men's and women's quarters. Food is prepared in accordance with the Canada Food Guide.

For those who are poor but not homeless, there is a storehouse of food and clothing that is open at the old schoolhouse on Mondays, Wednesdays, and Fridays from 10:00 to 1:00. In addition to being able to pick up food and clothing, people in need can come for lunch. Many of the donated items here are delivered by the donor. For example, I shop at the Rideau Bakery and I found that day-old bakery items left over after the shoppers have taken what they want are sent to charities, including the Shepherds.

There is a drop-in centre open from 4:30



Photo Larry Newman

Roger Louttit

to 9:30 for everyone, not just the clients. The Shepherds recognise that loneliness is common and drop-in centres are helpful. Karaoke and Bingo are popular pastimes. This is a religious organisation so it's not surprising that chapel is offered in every denomination. For this purpose and others, interpretation is provided by faith-based agencies as well as various city agencies.

There are over 400 volunteers at the Shepherds, who serve in many capacities, not just doing kitchen work. One hundred and thirty staff supplement the volunteer work. Many retired people volunteer, to give back. It's common to have volunteers who have experienced homelessness or who have had friends or relatives who have experienced it. Women predominate as volunteers and staff but there are men, too. They are especially useful with women clients to provide a positive male role model.

People become clients of the Shepherds for a few reasons. Some are addicted to alcohol and/or drugs. Some cannot earn enough to provide the essentials of life due to mental instability, lack of skills, physical barriers. Some people are okay but on the edge until some disaster happens: a death in the family, loss of a job or an accident that disables them. The Province, through the Ontario Disability Support Program, helps those who are disabled and need money for food and housing. Ontario Works will provide money for food and housing and help in finding a job. These programs will provide money to the Shepherds to offset their expenses.

The top floor of the dormitory building is for Low Barrier Housing. This is for people who can partially care for themselves. They can live there communally, learn independence skills and eventually graduate to an independent life. There is a common kitchen where clients often bring in food and cook it themselves. The rooms have doors and windows, unlike in most of the dormitories. There is a Tuck Shop on the floor, which acts like a corner store. Two to five percent might leave the Shepherds and live an independent life.

For four and a half years, Roger Louttit lived at the Shepherds and watched as others were assigned assisted living in an apartment somewhere in town. Five months ago, Roger's name came up and he now lives in a bachelor apartment in Vanier. He also has a bus pass and a cell phone. At the Sheps, he had to get up

at 7:30 and leave the building after breakfast. Now he finds great satisfaction in being able to get up when he wants to and leave his apartment when he wants to and drink a beer in his own place when he wants to. This is the next step in finding his own life.

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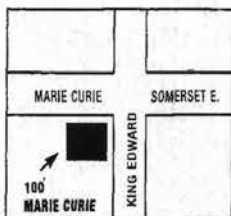
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A hard hat is a must have item for St Alban's rector, Rev. Mark Whittall, during working hours for the contractors renovating the nave of the church.

St. Albans Church to celebrate completed renovations

Jim Robb

There's still work to be done but St. Albans Anglican Church is looking ahead to Sunday, Nov. 18 to celebrate an end to dust, construction chaos and an on again/off again water supply. The historic church at King Edward and Daly Avenues has undergone months-long renovations to exterior stonework and alterations to its nave, or worship space, made necessary by the return of Centre 454, the Anglican diocese's day program for the homeless, to upgraded quarters in St. Albans' basement.

On Nov. 18 St. Albans will dedicate the renovated nave for the growing congregation. An open house from 11 a.m. to 1 p.m. with refreshments will follow the church service at 10 a.m.

“We want the church to be a place where members of the community can gather seven days a week,” said St. Albans rector, Rev. Mark Whittall. “The renovations will make that possible.” He said that new lighting and audio systems, for example, will make the church an ideal venue for concerts and theatrical productions.

Interior renovations focused on installation of wood-framed, glass-walled "pods" at the rear of the nave to provide spaces for church school activities, meetings, accessible washrooms and a kitchenette to compensate for lack of basement space. The beams used in the construction of the pods come from old forest, white pine joists, perhaps 150 years old, which were uncovered in basement repairs.

The rector said St. Albans owes a vote of thanks to St. Paul's-Eastern United Church, a block away on Daly Avenue.

St. Paul's-Eastern made space and wash-rooms available when St. Albans was in need.

Launched in July 2011 as a new congregation in one of Ottawa's most historic parishes, St. Albans is now home to a vibrant mix of students, young adults, family groups and older adults looking to experience a different kind of church. There's a music group that's heavy on guitar and percussion, and a clergy team willing to try new approaches like a Facebook page and Sunday services that use Twitter to get congregation responses and opinions in real time.

Pastoral Associate Peter Cazaly is responsible for St. Albans' ministry to the homeless. He also leads a 6 p.m. Monday meditation and vespers service at the church. Ministry Intern Zack Ingles leads the music group and hosts St Al's Unplugged, a Sundays at 7 p.m. group for students and other young adults that focuses on music, prayer, readings and reflections. He's responsible for campus, young adult and youth (teen) ministries.

There's usually a Sunday noon book study group meeting at the church. The current group, led by Ron Chaplin, is reading and discussing "Christianity After Religion," subtitled "The End of Church and the Birth of a new Spiritual Awakening." Author Diana Butler Bass is in much demand as a speaker and if you are reading this on or before Saturday, Oct. 13, you can catch her in person for "*The End of Church? – An Evening to Discover the Spirituality of Young Adults*" at St. Albans at 7 p.m. on Saturday Oct. 13.

St. Albans Church: 613-236-0342 or 613-793-7355; rev.mark@stalbanschurch.ca; www.stalbanschurch.ca.




Photocopy Bill Calculation


Ribbon cut on new anti-graffiti, pro-youth mural

On Monday, October 4 a new mural was officially unveiled at the corner of Chapel and Mann. Its creators are youth in Strathcona Heights, through the Paint It Up! program of Crime Prevention Ottawa in partnership with the Sandy Hill Community Health Centre.






Sandy Hill
Community
Health Centre



Centre de santé
communautaire
Côte-de-Sable







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We Are Looking for New Board Members!

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

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

If you:

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

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

Si vous :

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

call Cristina Coiciu at 613-789-1500 x 2505 for more information, or visit our website at: www.sandyhillchc.on.ca

contactez Cristina Coiciu au 613-789-1500 x 2505 pour obtenir plus de renseignements, ou visitez notre site web à : www.sandyhillchc.on.ca

You can become a Member of SHCHC by completing and returning the Membership Form below to Sandy Hill Community Health Centre - 221 Nelson St., Ottawa, ON, K1N 1C7. There is no cost to become a Member.

Pour devenir membre du CSCCS il suffit de remplir le formulaire ci-dessous et de le remettre ou de le poster au CSCCS – 221, rue Nelson, Ottawa (On), K1N 1C7. Il n'y a pas de frais à déboursier pour devenir membre.



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Name/Nom : _____	
Address/Adresse: Home or Work Domicile ou travail I confirm that I am over 18 years of age and reside or work in the Ottawa area. I support the mission statement, service and management values of the Sandy Hill Community Health Centre.	Telephone/Téléphone Home/Domicile : _____ Work/Travail : _____ J'affirme avoir 18 ans ou plus et être résident ou employé dans la région d'Ottawa. J'appuie l'énoncé de mission et de prestation de services tel que prévu et autorisé par la direction du CSCCS.
Signature _____	Date _____
Application approved by the Board of Directors at its meeting of / Demande approuvée par le conseil d'administration à sa réunion du: _____	
Secretary/Secrétaire _____	Date _____

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Quelle belle année s'annonce à Francojeunesse!

Christine Aubry

Les 28 et 29 août, près de 600 élèves de l'École élémentaire publique Francojeunesse furent accueillis sous un beau soleil pour débiter la nouvelle année scolaire 2012-2013. Cette année ayant pour thème « En avant les artistes » les élèves des deux pavillons et leurs parents ont assisté à un remarquable numéro de cirque dans la cour de récréation avant de rentrer en classe.

L'objectif cette année est donc de célébrer toutes les formes d'arts.

Une gamme d'activités sera offerte tout au long de l'année autour de l'art, notamment une exposition de peinture, un encan silencieux, la présentation des œuvres du Musée des Beaux-Arts, et un spectacle de talent en fin d'année.

En plus de célébrer les arts, le personnel et les élèves continueront leur bon cheminement avec les autres thèmes centraux de Franco: la sécurité, une bonne alimentation, le développement de la conscience environnementale, et devenir de bons citoyens.

Encore une fois, de nombreuses activités parascolaires seront offertes pendant l'heure du dîner: échecs, piano, guitare, violon, danse, espagnol, yoga, science en folie et magie. Aussi, l'esprit sportif de Franco sera démontré par toutes les classes au long de l'année: course de fond; badminton; Frisbee ultime; intra-muraux; compétitions d'athlétisme; ski alpin; quilles suédoises; sans oublier la course Terry Fox.

Cette année, l'école a le privilège de pouvoir offrir, dans certaines classes, plusieurs nouveaux programmes pédagogiques, dont « Les 5 Au Quotidien »; actualisation linguistique avec des iPod touch; et « la forêt de l'alphabet » en maternelle/jardin pour développer la conscience phonologique.

Sous la direction de Mesdames Chantal Leclerc (Directrice), Caroline Johnston (Directrice adjointe) et Cécile Catalfo (Directrice adjointe au pavillon), et entourées par un personnel dynamique, c'est une belle Odyssée scolaire qui s'amorce pour nos enfants. Francojeunesse: une école de choix dans un conseil de choix!

St. Paul Upcoming Events

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Wednesday's Intro to Christianity @ 10 a.m. & 7 p.m.

Nov. 4 Reformation Festival @ 4 p.m.

Dec. 1 Christmas for Kids

Dec. 5, 12, 19 Advent worship @ 7 p.m.

Dec. 24 Christmas Eve worship @ 7 p.m.

Dec. 25 Christmas Day worship @ 10:15

Mar. 11-15 March Break Camp

* Call (613) 234-0321 or our website www.stpaulottawa.org for info.

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- Why am I here? (*self or others?*)
- Where am I going? (*nowhere, heaven, or...?*)

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Sunday:

Worship: 10:15 a.m.

Bible study: 9:00 a.m.

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Alpha Parenting COURSE

Ages 0-10

12pm to 3pm on
the following days:

Oct. 27
Nov. 3 & 10
Dec. 1 & 8

St. Andrew's Church
(corner of Kent & Wellington)

Lunch & childcare provided!



For details and to register, see
messiahchurch.ca/ministries/alpha-courses/
or email messiahchurch.office@gmail.com



New staff at Viscount Alexander

Michael Barnes

A warm welcome is extended to all our new staff at Viscount Alexander Public School! We have a new Principal, Deborah Woods. This is her first year as Principal, and she comes to us from Rockcliffe Park Public School, where she was the Vice-Principal. She brings 15 years experience and lots of energy so we are very excited to have her come aboard. Our office staff is also new to Viscount. Janice Kreviazuk is our new Office Administrator and Jane Roppovallente is our new Office Assistant. They are very important in keeping our school organized!

Viscount now has three all-day kindergarten classes: an English junior kindergarten taught by Julie Lanca and Rhonda Mills, an English junior/senior kindergarten taught by Mrs. Benjamin, and a French Immersion senior kindergarten, taught by Anyes Babillion.

Our new Early French Immersion teachers are Deena Shankman for Grade 1 and Pierrick Le Monnier for Grade

two/three class. Our English teachers are Coralie Howell for Grade one/two, Janet Thomas for Grade two/three, Joyce Contant for Grade three/four and Kristi Fulford for Grade five/six.

Viscount's staff also includes Paul Potvin for Core French; Kevin Kubusheskie, Learning Support Teacher/Special Education Learning Centre; Justin Moodie, English as a Second Language; Franca Welyhorsky, Library Technician; Gillian MacDonald, Education Assistant, and Alain Hubert, Chief Custodian. Also joining us are new Early Childhood Educators: Maryam Soleimani, Ritsuko Ishikawa, Stephanie Militello and Joelle Mosey.

Welcome to all the new staff, and a welcome back to our Viscount veterans.

The new "cottage"
Because Viscount has been expanding with our new EFI program, there had to be a classroom shuffle and a new portable added. The split grade five/six class is the

lucky recipient of this brand new "cottage" complete with air conditioning!

Our 61st anniversary
On Monday September 24 the school celebrated its 61st anniversary of serving the elementary education needs of generations of Sandy Hill students.

Munchy Monday and Fruity Friday are coming back
Starting in October, our fresh vegetable and fruit programs will be coming back to Viscount. Supported by many parent volunteers, this program is also generously supported by the Sandy Hill Community Health Centre. Thank you so much!

Indigo adopt a school
Indigo has a program that helps schools add books to their library. Chapters on Rideau Street at Sussex Drive was taking donations from September 16 to October 6 for Viscount Alexander, with the goal to give 168 books to the school's library. You can be a supporter for free by signing up and adopting any school. For every 100 adopters, the school receives one book. Please go to www.adoptaschool.indigo.ca to help other schools in need. Next issue we'll let you know how the book drive went.

A new parent resource library
We will be setting up a new library in the front foyer in the next few months. Parents will be able to sign out books on parenting advice, health, education, and support for English language learners. We will also have pamphlets from our community centres and ASH. Look for it in the future.

Would you like to know more about Viscount?
If you are looking for an elementary school from junior kindergarten to grade 6 and would like to learn more about Viscount Alexander programs, please call the school office at 613-239-2213 to ask your questions or arrange a visit.



Photo Bill Blackstone

Alpha Parenting COURSE


Ages 11-18

3:30pm to 6:30pm on the following days:

Oct. 27
Nov. 3 & 10
Dec. 1 & 8

St. Andrew's Church
(corner of Kent & Wellington)

Free supper provided!



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TRAVEL CUTS


WANTED: The Viscount Alexander Walking School Bus needs a Coordinator

You will be a volunteer with the Sandy Hill Community Health Centre and will recruit, train, schedule and support WSB "drivers", coordinate participants' routes and schedules, and support the Coordinating Committee. A great way to serve the school and the community, get to know your neighbours, and help children arrive at school the safe and active way.

For a complete job description or to indicate your interest, please contact: Gerald Dragon, SHCHC, 613-789-1500, ext 2526, gdragon@sandyhillchc.on.ca



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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 :

> **Comprendre une situation**, qui signifie « voir clairement une situation ou un cas précis, en analyser les détails » –non pas– apprécier une situation, ce qui est un anglicisme.
Ex. – Pour bien comprendre la situation financière des organismes sociaux qui desservent la population dans plusieurs domaines, il faut savoir écouter leur appel d’aide pour ceux qui sont dans le besoin et y répondre selon les circonstances.

> **Se rendre compte que**, qui signifie « savoir que » - non pas – être conscient que, ce qui est un anglicisme.
Ex. – Malgré son jeune âge, cette adolescente a vite fait de se rendre compte que son comportement agressif et méchant envers son jeune frère allait lui valoir force réprimandes et punitions de la part de ses parents.

> **Être convaincu que**, qui signifie « être sûr que, avoir la certitude que » - non pas – être confiant que, ce qui est un anglicisme.
Ex. – De façon générale, à l’approche d’élections, beaucoup de politiciens semblent être convaincus qu’il suffit d’élaborer un programme d’action avec force et ardeur, devant un nombre imposant d’auditeurs, pour s’assurer d’une victoire électorale!

> **Analyser l’état de l’économie mondiale**, qui signifie « étudier la situation économique dans le monde et en juger les effets financiers » - non pas – analyser l’état de l’économie globale, ce qui est un anglicisme - (global signifie un ensemble pris en bloc compact).
Ex. – Malgré tous les efforts de spécialistes en finances internationales, il ne leur est pas facile d’analyser avec justesse l’état actuel de l’économie mondiale, vu les ramifications qui ont causé sa chute effrénée dans plusieurs pays du monde.

> **Acheter des articles en magasin**, qui signifie « faire des emplettes, se procurer des denrées ou autres articles nécessaires à la vie de chaque jour » - non pas – magasiner pour des articles, ce que est un anglicisme.
Ex. – Qu’on le veuille ou non, il est toujours sage de se contenter d’acheter en magasin les articles dont on a vraiment besoin, sinon l’on s’aperçoit très vite qu’on a fait des dépenses inutiles.

> **Faire la queue**, qui signifie « se tenir debout les uns derrière les autres en formant une ligne droite et unique » - non pas – faire une file, ce qui est un anglicisme.
Ex. – Comme il arrive souvent, lors de la première d’un film récemment couronné à un festival ou un autre, beaucoup de cinéphiles doivent faire la queue pendant de longues minutes avant de pouvoir entrer dans la salle de projection.

New locks on the Rideau Canal



Photo Bill Blackstone

8 Locks’ Flat raised during the summer of 2012

The NCC encouraged some projects to animate the banks of the Rideau Canal this summer, and Sandy Hill lucked into a beauty at its doorstep. 8 Locks’ Flat, a lovely cedar patio with adjoining mini-beach/sandbox, was tucked in next to the footbridge that connects us with Centretown. The summer-only restaurant will be back in May 2013, with a vigorously local menu and cold drinks for hot days. Another good reason to look forward to the start of next year’s biking season! - Paula Kelsall

Photo Bill Blackstone



Padlocks over tranquil water

Late last spring, near the end of the university and high school year, these padlocks appeared on the pedestrian Corktown bridge that joins Sandy Hill and Centretown at Somerset St. An eye-catching and intriguing installation by any measure. The *Globe and Mail* has conjectured they were placed by lovers pledging fidelity while tossing their key into the canal. Can this be true? If so what is the significance of the combination locks? Faithful until opened and removed? Does any IMAGE reader know?

Leek — the poor man’s asparagus



Photo Larry Newman

Dodi Newman

The reportedly French sobriquet “poor man’s asparagus” is not as far-fetched as it sounds: leek and asparagus are both members of the lily family. And while some people think this is a derogatory term, I like to think of it as high praise. Right now Quebec leeks are plentiful, at their best, and reasonably priced.

I love to combine leek with potatoes (think vichyssoise, a culinary cliché, but oh so good, French, of course), carrots (try a gratin of leek, carrots, cream, a bit of tarragon, all topped with grated Gruyère), and red peppers. It also goes very well with beef, lamb or shrimp. Parmesan, Gruyère and Cheddar are wonderful flavour enhancers, as are tarragon, thyme and curry. Lemon juice cuts leek’s earthy flavour a bit, and, like almost everything else, it tastes better with cream.

To prepare leeks for cooking, cut off and discard the dark green portion at the point, where the leaves begin to fan out. Remove the tough outer leaves and slice the leek in half lengthwise. Wash thoroughly by holding each half aslant under

running water, root end up, fanning out the leaves and letting the water wash all the sand away. Trim off the root ends and cut the halves crosswise into any length you want.

Here is a good start to cooking with leeks.

Baked leek and roasted pepper omelette

Served hot with a green salad, this makes a light entrée. Or, cool it for an hour or two, cut into 1” squares and serve at room temperature as an hors d’oeuvre.

Serves 4

- 4 teaspoons fresh lemon juice
- ½ cup whipping cream
- 1 teaspoon butter, plus enough to grease the casserole
- 1 tablespoon olive oil
- 3 leeks, well-washed, cut very thinly - about 4 cups, lightly packed
- 2 red bell peppers, roasted, peeled, seeded, and cut into thin slices
- 1 or 2 red Anaheim peppers, roasted, peeled, seeded and cut into thin slices (optional)
- Salt and black pepper to taste
- 2 whole large eggs, lightly beaten

Preheat the oven to 350° F.

Stir the lemon juice into the cream and reserve.

Generously butter an 8x8x2” ovenproof glass casserole or a 9” deep-dish pie plate.

Heat the butter and oil in a heavy-bottomed sauté pan over medium heat. Add the leeks and cook slowly, stirring often, for 10 minutes, or until tender. Do not brown. Add the red peppers, salt and black pepper to taste, stir. Cook for 2 minutes, remove from burner.

Combine the eggs with the cream and lemon juice mixture, pour all over the vegetables and stir to blend. Pour the mixture into the buttered casserole, or pie plate, and place it on the centre rack of the preheated oven. Bake for 20 to 25 minutes, or until the centre is golden brown and lightly puffed. Do not overcook, or it will become dry.

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

Ayoub’s, 322 Somerset St. E.

What a pleasure to have the corner grocery with the home-cooked Lebanese treats back in business! Fresh cheese bread is a Saturday lunchtime staple at our house, with eggplant salad or another vegetable dish on the side. Ayoub’s falafels are small and crisp, and reheat beautifully for a pita sandwich with baba ganouj or hummus and tabouleh. The leftovers are also very consoling on Monday when lunchtime at the office rolls around.

Ever Afters
319 Rideau St.

The restaurant in the Days Inn at Rideau and King Edward has had a cozy renovation, and is now sporting a six-page menu of festive non-alcoholic beverages, along with

breakfasts, desserts and a few main courses. Iced green tea with pomegranate syrup is beautiful to look at and a refreshing accompaniment to curry noodles with chicken. After a movie at the Bytowne, consider stopping by for a piece of cake and something fancy to sip.

Marc’s Mags, 420 Rideau St.

The neighbourhood magazine stand now has a smoothie bar in its front window, featuring all kinds of healthy, muscle building, stress-busting combinations, as well as good old frozen fruit, mixed up with a choice of ice cream or frozen yogurt and garnished with fresh garden mint.

Main St. Farmers’ Market 223 Main St.

There are still a couple of weeks to visit the St. Paul’s University parking lot, where vendors from within 100 miles of Old Ottawa East are selling their wares on Saturdays from 9:00-2:00. From now until October 27, take a bike ride along the canal and fill your panniers with apples, squash in a bewildering array of shapes and sizes, and jars of jams and pickles with which to remember the harvest of 2012.

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Fine street food right here

Diane Beckett

The lack of decent street food options in Ottawa has long been a source of irritation for local foodies, but we in Sandy Hill luck out. Of the 14 gourmet food trucks that have been identified in one of Ottawa's trendiest blogs, *Apt 613*, two are in Sandy Hill. Stone Soup Foodworks and Relish Gourmet Food Truck have parked on the U of O campus since September.

Stone Soup Foodworks has returned after a summer of doing the festival circuit. Jacqueline Joliffe, owner of the bright green truck painted with the motto "Slow Food. Fast," serves up delicious soups, chilies, tacos, sandwiches, wraps and comfort foods. The latter are served on Mondays, tacos are served Tuesdays and Thursdays (days that start with a "t") with sandwiches being served on non-"t" days. There are meat, vegetarian, gluten-free and vegan options as well as fair trade coffee.

The neighbourhood is obviously thrilled that she is back as business is up more than twice the level of last year. Although some workers from downtown make the trek to U of O to buy from her, most clients are students, professors and staff from the university as well as people from the Sandy Hill neighbourhood.

Relish Gourmet Food Truck was launched in May and, like Stone Soup, did the festival circuit over the summer. Paul Bergeron, the owner of the bright blue truck, worked at Fraser Café in New Edinburgh as a sous-chef before he launched this mobile adventure with its changing menu of Canadian, Mexican and Asian food as well as creative homemade (non-alcoholic) drinks. His truck has been parked on campus for only a few weeks, but he is already busy serving repeat clients from the law building across the street from where the truck is parked, and people who work along Laurier.

Paul and Jacqueline are friends and Jacqueline provided Paul with advice as he was developing his plans for his foodie venture. They are pleased to be located across the same campus from each other and even share a food supplier.

Both trucks source as much as possible locally and use seasonal ingredients. Stone Soup tries to source organic, as well. Her meat is antibiotic and hormone free and some is from heritage breeds. All her meat is sourced locally except the chickens which come from near Montreal. She has started pickling her own kim chi and jalapeños.

Paul focuses on bringing a world menu to our neighbourhood. He has a changing selection of two drinks, three mains and a dessert every day. Popular items are on frequent rotation. (For instance, mac and cheese with jalapeños, crispy bacon and crispy fried onions.) He can always serve a meat, vegetarian, vegan and/or gluten-free option, even if it isn't on the menu. Just ask. For instance, he makes gluten-free tortillas with Mexican or Thai flavours, a vegan and gluten-free chickpea fritter salad, a gourmet burger with bacon, jalapeño and cheddar with crispy onions, a salad with red grapes, walnuts and feta cheese, and a cheese and bean pusa with a Mexican coleslaw, pickled onions and cilantro. He makes his cinnamon sugar donuts fresh to order and serves them with homemade blueberry compote. In keeping with the name of his truck, he makes a lot of relishes and chutneys. His creative drinks include cranberry lemon fizzie, thyme-infused lemonade and mint fizzie. In the winter he will serve a Mexican hot chocolate and hot cider.

In addition to being a foodie, Jacqueline is also a keen environmentalist. The food containers are compostable and the cutlery is recyclable. (You can pass the empty containers and used cutlery back through the window, and Jacqueline and her staff will recycle them for you.) In addition, the meat scraps are fed to pigs and the compost is delivered to a local farm, so there is no garbage. And, as there is no deep fryer, she uses little propane and due to her conscientiousness, electricity consumption is also low.

The University of Ottawa is environmentally conscious and bilingual – both of which are attractions for Paul. He conserves on water and propane and has a recycling system outside the truck for cardboard, garbage and plastics. His oil and grey water are recycled by the university. The university has a revenue stream from selling the oil – a mutually beneficial transaction for Paul and the university, with additional benefits for the environment.

Stone Soup Foodworks has extended its hours this year. It is open on Monday from 11:00-5:00, on Tuesday, Wednesday and Thursday from 11:00-7:00 and on Friday from 11:00-3:30. Prices are \$5 to \$10 with many of these options being combos such as a soup and sandwich. The location is the same as last year, at the corner of Marie Curie and Jean-Jacques Lussier, across from the biology building near the OC Transpo station.

Relish Gourmet Food Truck's hours are 11:00-5:00 from Monday to Wednesday and from 11:00-3:00 on Thursday and Friday. Prices range from \$3 to \$10 for drinks, mains, and desserts. The truck is parked at the corner of University and Copernicus.

Photo Bill Blackstone



Relish Gourmet Food truck is found near the law school, at the western end of Osgoode.

Photo Bill Blackstone



Stone Soup Foodworks is back, near Pavillon D'Iorio and the pedestrian bridge.

Paul Michniewicz
The Subject Master

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World Hepatitis Day recognized in Sandy Hill with free testing, displays and BBQ



The Canadian Society for International Health organized an event to recognize World Hepatitis Day on July 27 at St. Paul's-Eastern United Church. The community health awareness event included health displays, testing for Hepatitis C, music and a free BBQ lunch. Some of the church volunteers (pictured above) were Brent Reid, Rev. Laurie McKnight-Walker, Bernice Aye, Val Johnston and Wayne MacWhirter.



C2C Peace Bus: Halifax to Victoria via Sandy Hill

Sam Shaughnessy LeBouthillier

If you were around Sandy Hill during the first week of August this summer you may have noticed Doris, aka CISV's C2C Peace Bus, parked in our driveway on Blackburn Avenue. Sandy Hill was one point along a grand journey across Canada that started in Halifax and ended in Victoria. We were thirteen teenagers, ages 15 to 17 and two leaders in their 20's. During 38 days, we visited all the major cities and several fascinating sites (some of which tourists wouldn't know about). We also did a lot of volunteer work along the way.

What was great about this trip was getting to know so many very open-minded people who want to actively do something for their community. The things we would talk about at the end of each day would range from group dynamics, to etiquette while eating with a Mennonite community, to what it felt like doing yoga, to how to interpret the photographs of Arnaud

Maggs, to interacting with people living in nursing homes, to debriefing after an amazing talk with a holocaust survivor, to the challenges facing former drug users.

All of these topics came up because of our volunteer experiences, people we met and places we visited. In Sandy Hill Daniel Boswell, Ryan Laverty and Jacob Weber all met the Peace Bus kids during their stay.

One of our major highlights in Ottawa was Sandy Hill's own Laurier House. We not only enjoyed learning about the house and its architectural history but also the fascinating personalities of the two Prime Ministers who called this house their home.

I have such great memories from this summer and am in pretty constant contact with all the amazing other teenagers I met. I would recommend this program for anyone who has an open mind, a spirit of adventure and a will to learn and take action.

Check out CISV's (Children's International Summer Villages) website at cisvottawa.ca.

Rideau bikeway - more temporary closings

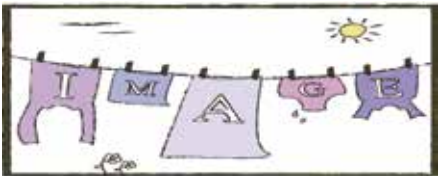
Construction by the Ontario Ministry of Transportation on the Hurdman Bridge pier as part of the 417 widening project has caused the temporary closing of the Hurdman pedestrian and cycling bridge ("Old Rail Bridge") and a portion of the multi-use pathway along the west bank of Rideau River under Highway 417. On Oct. 5 the city announced the closing would begin Oct. 9.

There are detour and notification signs for pedestrians and cyclists. People traveling southbound are re-routed via Robinson onto the Transitway bridge and north-west users are re-routed via the south-west bank of the river to the Transitway bridge.



The pedestrian/cycling bridge over the Rideau River is temporarily closed to allow construction on highway 417.

The Hurdman pedestrian bridge will re-open in November and a revised detour for the multi-use pathway will be in place, via the new uOttawa sports field, until the pathway is re-opened in December, 2012.



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Wanted: An older receiver/amplifier. Are you not using your old receiver/amplifier? I am looking for a replacement. Call Peter at 613-241-6326.

Wanted: Garage space to rent for winter 2012-13, small car. Contact greeneg@uoguelph.ca

Wanted: Boy's grey flannels and navy blazer size 28 inch waist and 34 inch chest. Please call Peter at 613-241-6326.

Wanted: New members for Convivium Cohousing – a group of senior adults now planning an ecologically sound condominium project for those who would also like to share skills and society. Visit: Canadian Cohousing Network, www.cohousing.ca (Ontario, Convivium) or contact convium@gmail.com

Wanted: The Choir at Saint Paul's-Eastern United Church in Sandy Hill is always happy to have new members. Right now we are starting work on a Cantata for Christmas. We rehearse on Thursday evenings at 7:30 pm, downstairs in the parlour.

Wanted: Viscount Alexander School's Walking School Bus is looking for a new Coordinator. See notice page 13.

Wanted: New or gently-used blankets, towels, winter coats and boots for women at Cornerstone Housing for Women. If you can help us, please contact Patricia Davis at 613-254-6584 Ext. 503. Please see our "wish list" at: cornerstonewomen.ca

Sandy Hill singing opportunity: All Saints' Sandy Hill invites you to join its Community Choir. Our enthusiastic group welcomes singers and would-be singers of all levels. Rehearsals are Thursday evenings from 7:00 to 8:00 with four performances during the year. Contact Music Director Nicholas Piper at music@allsaintssandyhill.ca

Auction - Saturday October 13 10:00 Includes antiques, crafts, coffee and baking too. Congregation formerly at St. Clements Church in Sandy Hill. St. Anne Church, 528 Old St. Patrick St.

Annual Knox Harvest Bazaar. October 20, Knox Church, corner of Lisgar and

Elgin Streets, 9:30 a.m. to 13:30 p.m. Beautiful jewellery, crafts, collectibles, household and gift items, books for all ages, homebaking, home-cooked deli foods. Lunch: ham, scalloped potatoes, carrots, and pumpkin pie \$9, 11 to closing

Eco-gala, Ottawa's environmental networking annual event Wed. October 24 at St. Elias Banquet Centre, 750 Ridgewood Avenue. Join the conversation, and 400+ concerned citizens and environmental leaders. Learn more at ecologyottawa.ca/eco-gala-dinner/, or call 613-860-5353.

Virtual Wall of Honour: The Royal Canadian Legion will build a "Virtual Wall of Honour and Remembrance" to honour all deceased veterans, to coincide with the national Remembrance Day ceremony. Canadians are invited to forward a photograph of a deceased veteran along with his or her name, years of service, element or force or regiment/unit. Mail to Dominion Command, 86 Aird Place, Ottawa, ON K2L 0A1. No originals please as they cannot be returned. Or send electronically to RememberingThem@legion.ca or ALeurMemoire@legion.ca . Info: 613-591-3335 or www.legion.ca

Upcoming programs
Sandy Hill Community Health Centre
221 Nelson Street

A.C.E.S.S. Smoking Cessation Program: Are you ready to quit? Join our 8-week A.C.E.S.S. cessation program, Monday evenings, October 15 – December 3, 2012. Our program will offer free NRT. Offered in English to all adults who want to quit smoking. Space is limited, register with Madeleine at 613-789-1500 x 2516.

Healthy Eating, Healthy Weight: Are you struggling with your weight? Are you thinking about eating better? Gentle group support; all nutrition questions answered; taste some new recipes. Offered to all adults, on Monday evenings, October 15 – November 5, 2012, 6:00 – 8:00 p.m.; in English. Call Olly Wodin, Dietitian, at 613-244-2792.

Healthy Changes, Healthy Choices: Monthly educational workshops and action plan/goal setting support, offered the 1st Tuesday of the month, 1:30 – 3:30 p.m. in English. Please register for all or just one of the following workshops: November 6: Lung Health; December 4: Coping with Holiday Eating Challenges. Follow-up with Goal Setting drop-in sessions every 2nd and 4th Tuesday of the month, 1:30 – 3:30 p.m. For more information, call Madeleine at 613-789-1500 x 2516.

Eating Well with Colitis: Two Monday evenings in November, 6:00 – 8:00 p.m. November 19 – Dietitians with special interest in Ulcerative Colitis and Crohn's Disease; November 26 – practical solutions to eating challenges and cooking demonstrations with Sonia LeBrun, who is living with colitis, as facilitator. In English. For more information call Olly Wodin, Dietitian, at 613-244-2792.

Un Monument de la francophonie sur le campus de la Côte-de-sable de l'Université d'Ottawa



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

En 2005, la Fondation des Monuments de la francophonie lance le projet ambitieux d'ériger des monuments afin de reconnaître le rôle positif joué au fil des ans par les Franco-Ontariens et les Franco-Ontariennes dans le développement de la province. Lors du lancement officiel, j'ai tout de suite manifesté le désir de voir l'un de ces monuments aménagé sur le campus de la Côte-de-Sable de l'Université d'Ottawa, puisque notre établissement entretient, depuis 1848, des liens privilégiés avec la communauté franco-ontarienne.

Il faudra toutefois être patient, puisque douze autres monuments seront érigés partout en Ontario français avant celui de l'Université d'Ottawa. Ce beau rêve devient toutefois enfin réalité, le 28 juin dernier, lorsque le Comité organisateur des Monuments de la francophonie lance en grand, au pavillon Tabaret, la campagne de financement en présence notamment du recteur Allan Rock et de la vice-rectrice à la gouvernance, Diane Davidson, du président d'honneur du Comité directeur du Monument de la francophonie de l'Université d'Ottawa, maître Daniel Boivin, du promoteur des Monuments de la francophonie, Alain Vachon, et de nombreux artisans du projet.

Un Monument riche en symboles

Soulignons que les matériaux utilisés pour la création du Monument de la francophonie évoqueront les secteurs traditionnels canadiens, comme l'exploitation forestière, l'industrie minière ainsi que l'agriculture. Par ailleurs, les bancs faisant partie du monument seront faits de pièces de bois d'œuvre, évoquant les barrages flottants, un matériel choisi pour sa durabilité et sa facilité d'entretien. La coupe des montants et des poutres fera référence à la drave si importante pour le développement de la grande région de la capitale fédérale. Les bases de granite, ainsi que la structure en acier et en acier inoxydable rappelleront l'industrie des mines et de la métallurgie. De plus, l'aménagement paysager fera référence aux récoltes traditionnelles et aux marchés frais. Enfin, les ma-

tériaux de support des panneaux porteront les couleurs franco-ontariennes, soit le vert et le blanc.

Un volet historique important

Depuis ce lancement, notre Comité s'est réuni à deux reprises et il a été décidé que j'étais pour rédiger des capsules sur l'histoire de l'Université d'Ottawa qui seront envoyées régulièrement aux personnes intéressées par le Monument, aux anciens et aux futurs donateurs. En effet, ce Monument de la francophonie, tout comme les autres, sera érigé grâce à la générosité des organismes et des donateurs fiers du fait français au sein de notre institution qui s'avère la plus ancienne et la plus grande université bilingue en Amérique du Nord.

Veuillez noter que j'ai déjà rédigé les textes pour les plaques qui orneront le Monument de la francophonie. Ces plaques retraceront la place exceptionnelle que l'Université d'Ottawa occupe auprès de la francophonie ontarienne depuis près de 165 ans.

Le dévoilement du Monument de la francophonie, qui se trouvera au cœur du campus principal entre le pavillon Pérez et le pavillon Simard, tout près du Monument Félix-Leclerc, un de nos plus illustres anciens, sera inauguré, le 25 septembre 2013, soit le Jour des Franco-Ontariens célébré partout en province.

Vous pouvez contribuer à l'érection de ce monument en faisant un don de 250 \$. Votre nom sera alors gravé sur le granite. L'objectif pour la première étape est de 100 000 dollars. On prévoit aussi faire flotter

un immense drapeau franco-ontarien sur un autre site du campus, près de l'autoroute 417, au coût de 25 000 \$. Vous pouvez devenir un bâtisseur du Monument de la francophonie de l'Université d'Ottawa en remplissant le formulaire suivant : <http://www.donner.uottawa.ca/pdf/monument-de-la-francophonie-formulaire-individu.pdf>



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Karina Kraenzle blooms

Barbara Cuerden

Several times in the studio when I was working on something, I just felt like I was in contact with something... in the studio and in the chemical baths and watching the images coming ... I mean you feel like you are uncovering a spirit, you are in contact with what was there. It really does feel that way ... I don't know ... But that is where the photographic got under my skin. (Kraenzle)

In one of her latest series, Sandy Hill artist Karina Kraenzle offers tangible evidence of an underworld of spirits. However, the work no longer unfolds in developing trays but above and below the glass of a digital scanner. I interviewed her a few months ago for her show *Bloom* at Cube Gallery. Just lately, Karina has been awarded a City of Ottawa Project Grant.

Assembling surface topographies of ephemera, Kraenzle winds and then unwinds her subject matter. "Binding is what I started out with, but not what I ended up with," she says of the work in *Bloom*. What's pictured are loosely bound bits of "nothing"—dryer fluff, string, cotton or wax paper.

Kraenzle's works maintain an exquisite tension contained within the space between the scanner's glass surface and the back of the frame. The photographic and printing processes trace exchanges between what I want to call positive and negative transpirations. Between what is tangible and intangible, a ghostly imprint breathes between surfaces.

Kraenzle talks about the "ephemera" of the materials she uses as subject matter. "It's flimsy stuff that doesn't last ... in the end it goes in the garbage." Exhaled from nothing in particular, the 'referent' goes missing while its image lives another life. The artist refers to a "weird pixellated shifting" that can take place during the scanning process, which is heightened by any moving shadows that you might reflect back onto your side of the glass frames. Encased under glass, the ephemera appear to float as light as air in an inky blackness, taking on a life of their own.

There's that anticipation of that image coming out on the film, or on the contact sheet, or in the developing trays, and in



A beautiful image from Kraenzle's Bloom series, purchased by the City of Ottawa for its public art collection.

a way it's kind of hard to say what it's going to look like. ... And sometimes it looks, well, really different than what I thought, and from how I pictured ... Once I get a registration of that image and I make a slight change, a tweak of it on the glass, it can be shockingly different, or surprising ... the image seems to "bloom" organically. It's the closest I've been to the darkroom experience ... there's no chemistry, no safe light, no chemicals or pans, but there's little echoes ... When I write about Bloom, I've talked about a specimen-like quality, this ephemeral quality "pinned-down" ... they read as very organic. It's a little bit like the butterfly specimen or plant stuff [in the specimen box] that adds to that aspect. I mean there's no actual pinned down stuff.

When Kraenzle talks about moments of anticipation or of the "aaah" or "aha" or of "drawing out the revelatory instant," she unconsciously refers to the physical inhalation and exhalation of breath, or the tension in a breath suspended between unexpected events. Like the draft in a room, a puff of air can blur the edges of her materials. The breath of air that shifts things can indicate a spectral contact with what was once 'there'.

The simplicity of the materials she uses, along with her plain description of the effects of the process, belie the real complexity of Kraenzle's subject matter. During the refined choreographies underlying the work, Kraenzle literally has to hold her breath at times in order to let the images "speak".

Trying to figure out how the images work, I hold my own breath and become aware of the strange spaces that I contain on my side of the glass.

Happy encounters at the Sandy Hill community barbeque, September 15



Above - Diane Beckett, Diane Whalen, Barbara Brockmann, Louise Shaughnessy-LeBouthillier and Mary Egan catch up after a busy summer.

Left — Florquestra Brazil, Kathleen and Jasmin Lalande of Marlborough St. and a musical friend played some wonderful music that appealed to young and old.

Backyard beasts Those cute and pesky squirrels

Jan Meldrum

It's amazing how many four-legged creatures wander about the backyards of the neighbourhood. Your main backyard beast may be the family dog or perhaps your cat, as it heads off to carouse through the neighbourhood. However, there are many more wild creatures which are out and about, day and night.

Racoons and skunks are the main night stalkers in summer, often advertising their presence by the activation of motion sensor lights. Less noticeable mice and unpopular rats are also mostly out at night. On a winter morning we can sometimes see tracks in the snow made by a mouse on its nightly forage. In our yard the rat showed itself by gnawing a hole in the heavy plastic composter and one evening startling the unfortunate person who opened the lid to add more kitchen scraps.

The daytime wildlife includes ground-hogs, also able to gnaw holes in composter lids, cottontail rabbits, so cute and hungry, and, of course, squirrels; squirrels by the dozen, racing through trees, along fences and through lawns and gardens.

They are very engaging and entertaining little fellows, really, despite the battle necessary to keep them from replanting bulbs (that single tulip suddenly growing in the middle of your lawn), chewing holes in October pumpkin decorations, or harvesting crops just before our planned gathering. In winter, the challenge of trying to outwit the little critters as they find new and clever ways of emptying our recently filled bird feeders can be looked at as a fun game of strategy – so much more real and exciting than a game on a computer screen!

Most of our backyard squirrels belong to the species eastern grey squirrel (*Sciurus carolinensis*). Don't be confused by the fact that the majority of the "grey" squirrels in Ottawa are black! These are just a colour phase of the grey squirrel; the black phase is common in the northern parts of the grey squirrel's range. The eastern grey is found all over the eastern U.S. from Florida north into Canada; Ottawa is near the northerly border of its range in Ontario. Despite the preponderance of the black phase, we still often see grey coloured individuals, although even they seem to be of a more brownish-red hue than grey.

The other squirrel species which sometimes appears in Sandy Hill backyards is the red squirrel (*Tamiasciurus hudsoni-*



Photo Jan Meldrum

Grey squirrel on a Blackburn Ave. windowsill in early October.

cus). This squirrel is a rusty red and is much smaller than the grey – 270-385 mm to the grey's 430-500 mm length. I have seen the red squirrel more often in the winter than the summer. I assume this is because of the attraction of our bird feeders.

Grey squirrels den in trees all year, sometimes using natural holes and sometimes making big round nests of leaves, which are most visible when the trees are bare in winter. My young granddaughter taught me recently that these nests are called "dreys." As many of us are sadly aware, holes in houses also provide wonderful places for the always adaptable squirrel to nest. (Dealing with this problem is another subject; start by checking information from the Ottawa Carleton Wildlife Centre www.wildlifeinfo.ca/)

At this time of year squirrels are busy burying all kinds of food – nuts, seeds, acorns, bulbs, cones – for consumption during the winter. Later they locate this buried food using both memory and smell. They can even smell the food under the snow. In very deep snow they tunnel under the snow surface to get closer to the food scent. Obviously they don't find everything they hide (remember that single tulip growing in the lawn).

I'm looking forward to watching squirrels trying out my latest attempts to thwart their access to my bird feeders. Climbing poles and leaping around baffles, jumping from the flimsiest branches, running along clotheslines and sliding down wires are among the accomplishments of our backyard acrobats. Their persistent attempts to get to the seeds are fascinating to watch and it's even more fun when they give up these efforts and resort to that super sense of smell to find buried treasures under the snow, instead of gorging on my sunflower seeds.



Photo David Elden

RIDEAU LIBRARY PROGRAMS October-December 2012

CHILDREN / ENFANTS

Tween gaming! / Jeux pour préados
Bilingual/Bilingue. Wednesday, Oct 24: (3:00 pm-5:00 pm) For ages 9-13. No registration required. Card games, board games, Wii and other fun activities...just for tweens!
Pour les 9-13 ans. Inscription non requise. Jeux de cartes, jeux de société, jeux Wii et autres activités!

Frontier College Reading Circle / Cercle de lecture Frontier College.

Bilingual/Bilingue. Saturdays: (10:45 am-11:45 am) Help your child become a better reader through stories and games led by Frontier College volunteers. For ages 5-10. / Aidez votre enfant à devenir un meilleur lecteur avec histoires et des jeux animés par des bénévoles de Collège Frontière. Pour les 5-10 ans.

ADULTS / ADULTES

Junkyard Symphony. English. Thursday, Nov 8: (2:00 pm - 2:45 pm)
The Junkyard Symphony demonstrates how we can rejuvenate our youthfulness simply by

playing, using all sorts of instruments and props fabricated from junk. Each participant is given a reused instrument to help feed the rhythm. **Adults 50+.** Registration required.

Groupe de lecture Mille-Feuilles

français. (18 h 45 - 20 h 15)
mercredi 17 oct : *Le bonheur à la queue glissante* de Abia Farhoud; mercredi 21 nov: *Louis Cyr* de Paul Ohl.

Rideau Morning Book Club

English. (10:15 am – 11:30 am) Oct. 18: *The Hare with Amber Eyes* by Edmund De Waal; Nov. 15: *The Uncommon Reader* by Alan Bennett.

Evening Book Club

English. (7:00 pm-8:30 pm) Nov. 5: *To the End of the Land* by David Grossman; Dec. 3: *The Great Gatsby* by F. Scott Fitzgerald

Pen and Paper Writers' Workshop

English. (6:30 pm-8:00 pm) Nov 20 and Dec 18. Sponsored by the Ottawa Independent Writers. All are welcome. Information: the_moo@sympatico or (613) 746-3077

Protecting Your Computer

English. Dec 4: (6:15 pm - 8:15 pm)
Chris Taylor, President of the Ottawa PC Users' Group, will show you the simple steps you need to take to keep your computer from being hacked.

ABCs of Fraud

English. Dec 5: (2:00 pm - 3:00 pm)
Tips to protect seniors against identity theft, internet fraud, investment scams, bogus charities and illegal telemarketing. Presented by the Rotary Club of West Ottawa and endorsed by Ottawa Police Services.

Illustration Dawna Moore

CALENDAR

October - December 2012

Events and shows taking place in or near Sandy Hill

Now until Nov. 24 – *Extreme Self: Art in the Radical First Person*, featuring nine Canadian and international artists, Galerie SAW Gallery, free admission, 67 Nicholas St., 613 236-6181, galleriesawgallery.com.

Now until Jan. 6, 2013 – *Freedom of Association: Dennis Tourbin and Other Artists*, featuring the work of Edmund Alleyn, André Biéler, James Boyd, Fritz Brandtner, Bertram Brooker, Ghitta Caiserman, Margaret Doell, Petra Halkes, J. Heywood, Al Neil, Dennis Tourbin, York Wilson, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, www.ottawaartgallery.ca.

Now until Jan. 13, 2013 – *Expeditions*, featuring the work of Katie Bethune-Leamen, Daniel Young & Christian Giroux, Penny McCann, Cecilia Nygren, Peter Michael Wilson, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, ottawaartgallery.ca.

Oct. 17 – Deadline for nominations for two of the positions on our new Town and Gown Committee, seeking a resident-at-large and representative of Sandy Hill landlords. Application information available from mathieufleury.ca.

Oct. 18 – The Reel Food Film Festival presents two films, *Rebecca's Wild Farm* and *Seeds of Freedom*, Ottawa Public Library Auditorium, 120 Metcalfe St., doors open at 6 p.m., screening starts at 6:30 p.m., free admission with suggested donation of \$5. reelfoodfilmfestival.ca.

Oct. 20 – *Ottawa Dance Live*, part of The Canadian Dance Assembly, Canada Dance Festival at Arts Court, 7:30 – 10 p.m., \$12.50 in advance, \$15 at the door, Arts Court Box Office 613 564-7240, 2 Daly Ave., artscourtottawa.ca/en/events/.

Oct. 20 – Dec. 1 – Ottawa Little Theatre's "Actors Gym", a weekly ongoing "drop-in" workshop on Saturday afternoons from 2-5 p.m., beginners welcome, pay-as-you-go \$20, 400 King Edward Ave., visit www.ottawalittletheatre.com.

Oct. 23 – Nov. 10 – *The Hollow*, a mystery by Agatha Christie Ottawa Little Theatre, 8 p.m., \$25, \$22 (seniors), \$12 (students), 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com.

Oct. 23 and Nov. 13 – The Tree Reading series meets the second and fourth Tuesday of each month, featuring Lise Downe and Peter Sanger (Oct. 23) and Glen Downie and Oana Avasilichioaei (Nov. 13), Arts Court Library, 2 Daly Ave., 7:30 pm, free admission, 613 749-3773, treereadingseries.ca.

Oct. 28, Nov. 25 – The Open Table free community meal for university and college students. Come and join us for good food and good company at All Saints Sandy Hill, Laurier Ave. E. Beginning 4:30 p.m. theopentable.ca.

Oct. 29 – Action Sandy Hill meets the last Monday of the month, 7 p.m., 613 241-4646, 250 Somerset E.

Oct. 29 – *5 Steps to Impact*, a workshop about speech writing by Craig Senior at Sandy Hill

Toastmasters Open House, 6:30 to 8 p.m., free, Sandy Hill Community Centre, 250 Somerset E., games room.

Oct. 30 – Centre 454 open house at St. Albans Church, 454 King Edward

Nov. 1 – 3 – Ottawa Dance Directive, Studio A, 2nd Floor, Arts Court, 7:30 p.m., \$25 for adults, \$20 for students, tickets available at the door, cash only, 2 Daly Ave., 613 233-6266, artscourtottawa.ca/en/events.

Nov. 3, 4, 9 – Opera Lyra Ottawa presents *Cinderella*, a one-hour English-language (abridged) version for schools and families, performed with piano accompaniment, 1 p.m. and 3:30 p.m. (Nov. 3 and 4), 7 p.m. (Nov. 9), \$25 for adults, \$15 for children 18 and under, \$60 for family (2 adults/2 children), Arts Court Theatre, 2 Daly Ave., operlyra.ca

Nov. 9 – A concert of inspirational singing with Marc Coderre, Karen Lahaise and more at St. Joseph's Church, 7:30 p.m. Tickets \$10 each. Proceeds to help the St. Joe's Supper Table, visit circlenine.org

Nov. 17 – Trivia Night, a Bettye Hyde Cooperative Nursery School fundraiser, from 6:30 – 11 p.m., tickets \$20, get your team together! Call 613 236-3108.

Nov. 17 – Snowflake Bazaar, All Saints Sandy Hill, 317 Chapel St. (at Laurier Ave. E.). Come one, come all. From 10 a.m. to 1 p.m. (book sale continues until 2 p.m.). Donations of gently used housewares, books, toys, costume jewellery are most welcome and can be dropped off on November 16 from 9 a.m. to 6 p.m. or by appointment (call 613 234-1686).

Nov. 18 – St. Albans Church open house, 11 a.m. – 1 p.m. with refreshments (after 10 a.m. service) to dedicate the renovated nave.

Nov. 18 – The One and Only Art & Craft Fair at Sandy Hill Community Centre, 250 Somerset E., featuring 60 vendors and a free buffet, from 10 a.m. – 4 p.m.

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

Nov. 27 – Dec. 15 – *Mr. Pim Passes By*, by A.A. Milne, directed by Joe O'Brien, Ottawa Little Theatre, 8 p.m., \$25, \$22 (seniors), \$12 (students), 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com.

Nov. 29, 30 and Dec. 1 – The School of Dance/Contemporary Dance Programme *Dances By Youth for Youth*, Arts Court Theatre, 12:30 and 7:30 p.m. (Nov. 29 and 30), 7:30 p.m. only (Dec. 1), \$15 for adults, \$10 for students and seniors, \$5 for children, 2 Daly Ave., 613 564-7240, artscourtottawa.ca/en/events/.

Dec. 14 – 15 – The School of Dance/Contemporary Dance Programme presents *Traces*, Arts Court Theatre, 7:30 p.m., \$25 for adults, \$20 for students and seniors, \$10 for children, 2 Daly Ave., artscourtottawa.ca/en/events/.



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Artist/organizer Hélène Lacelle and chef Peter Evanchuck in their workshop.

Annual art and craft fair coming next month – art and food, a great combination

Peter Evanchuck

Hosted by artist/organizer Hélène Lacelle and chef Peter Evanchuck, the One & Only arts/craft fair is coming again to the Sandy Hill Community Centre, on Sunday, November 18.

The One & Only's 48 vendors are all booked up and ready to show their creative works to the hundreds of guests who come to gaze and purchase gifts for friends and family at Christmas, as well as to view the enormous creative talent that the Sandy Hill community has on exhibit. This annual event "really brings the community together as they focus on local arts and crafts" says co-host Helene Lacelle. Evanchuck is already gathering tasty eats for his free buffet to feed the almost one thousand guests they expect. "If this year is as successful as the previous five years expecting a thousand visitors is now the norm, so having good volunteers as we've had in the past allows things to run smoothly in the kitchen and on the floor. We try to please all tastes by having not only meat dishes but also

vegetarian dishes." One of Evanchuck's favourite signs is "vegetarian chili ... with meat" – "Nothing wrong with a little humour to brighten everyone's day."

Both hosts make a special effort to treat their fellow artists/crafters as special guests making sure that they are pleased with the event. The first thing they do is walk around while things are being set up offering one and all free bottled water and snacks to brighten their efforts.

When asked, "Why volunteer to do all the work such an event takes?" both hosts agree: it's a lotta fun. Food and art, what a great combination that pleases the tummy and the talent.

"Without the amazingly fine support of the Sandy Hill Community Centre and Action Sandy Hill, this event would not be possible," says Lacelle. "They have always been very co-operative and pleasant to help us make this event happen. We all want Sandy Hill to be place where all feel welcome and creative."

The 6th Annual ONE & ONLY Art & Craft Fair, Sunday November 18, 10 a.m. to 4 p.m., at the Sandy Hill Community Centre, 250 Somerset Street E.

Urban gardening, Year One

Martin Reesink

Carrots swish-scrunch as you pull-ease them from the soil. Rummaging through their velvet leaves makes tomatoes whip up a pungent perfume. And rustling for potatoes, fingers crawling for hardness, squeezing a hard spud in the soft soil, is a gold rush. This all grows from an idea I had this past April, to grow an urban garden, urbden for short. My Mother had much to do with this, as did my high school history teacher, Mrs. Morican, who bought my first potatoes when I was growing up on a farm in Manitoba.

The other catalyst was noticing several empty driveways in Sandy Hill that were neither paved nor occupied. I asked one owner if I could rent his chunk of weed and gravel: about 35 metres by 15 metres. He agreed. Next, I rented a roto-tiller for a couple of hours, at a cost of \$62. I stuck it in the back of the Vrtue car van I borrowed. Next day, I ordered a truckload of soil, 12 cubic yards of black soil for \$275. Our son Max, 14 at the time, spread the soil on the garden. It squelched him off his Ipod for about an hour.

Eulalie, our 5-year old daughter, and I then went to the local hardware store and bought four boxes of seed potatoes for \$16.00. On a sunny May Sunday, Eulalie and I planted our seed potatoes, and several rows of yellow, green and purple string beans. Our other daughter, Charlotte, 11, and I then planted orange and purple carrots. Anyes, my partner, and I planted sunflowers, cucumbers, tomatoes and pumpkins. Our dog Fenouil, watched, amused and snap-catching flies. So far so good. Family is involved, outdoors. Healthy, greening of the community.

Then the squirrels arrived. Dozens of them. We had planted one row of potatoes, the next day we found half a dozen

squirrels squatting on their haunches, their little hands revolving our seed potatoes as they munched away. Eulalie and I tried to chase them away, but they carried the spuds with them. I decided to set some spring-loaded rat traps. Bad idea. Eulalie and Charlotte asked what they were. Try as I might to disguise my intention, the girls knew the traps were squirrel killers. So, each time I set the traps, the girls would sneak in behind me with a stick and un-snap them. I also had concerned neighbours ask me if their pets were safe, should they wander into the urbden.

I bought chicken wire. The first roll was \$27, but it was too small. It covered only a half row of potatoes so I bought three large rolls for \$274. But by the time I had buried wire along the two sides of the urbden, to prevent the racoons - who had joined the spud party - from entering, I was watching the squirrels climb over and into the potatoes again. I knew then I would have to make a full cage, up and over the urbden. So on another day, I bought three more rolls of squirrel wire. Another \$274. I had lots of wire. I spent the next two week-ends wire-sewing the 6-foot wide chicken wire into a broader metal blanket that covered the entire urbden.

The potatoes that remained, did grow. Up and through the wire. But the year was dry. Amused neighbours asked wryly, "So, how's the garden?" "Oh, coming along," I lied, unsure. But, I did harvest eight kilos of potatoes from what the squirrels had left. We had them in four suppers: fried, mashed and as French fries. The potatoes I mean. Today, I harvested eight kilos of bright orange and purple carrots plus ten kilos of green tomatoes. The carrots are a bit stubby, but look tasty all the same.



Photo Bill Blackstone

Eulalie's beans did best; we harvested these four times, bagging almost a kilo every time. Fried in butter with garlic, they were fat and tender. Even Max had some. Usually Max does not eat greens.

The sunflowers struggled under the wire mesh, but never flowered through. The cucumbers and pumpkins crawled, extended tendrils through the mesh, seeking water I was not there to give, shrivelled, even flowered, but died before yielding any fruit.

Lessons I learned urbdening:

1. Growing food takes time and effort. I did not know the scope of my sloth: kneeling in the soil rather than hunching over, as my Mother does for hours in her huge Manitoba garden.
2. My enthusiasm for urbdening was somewhat greater than the children's, but having them in the garden for a few minutes was a treat;
3. Patience: I weeded the garden several times, and watched our brave beans struggling in the sun; I surveyed our skinny carrots fighting for light, and hoped for the greening of our tomatoes, hiding under their pungent leaf canopy. All of this growth was an urban marvel.
4. Was the \$872 investment on soil and squirrel-wire worth it? You bet. These two are re-usable resources. As for my time: I spent 15 hours out of the office, growing food that made us four full, home-grown meals, with more to come. I will do it again next year and I'm on the lookout for other vacant lots.

Fenouil and Martin Reesink under the squirrel wire at their north Sandy Hill urbden.



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