

APRIL - MAY 2013

AVRIL - MAI 2013

New traffic calming measures coming to Mann Avenue

John Verbass

Those who have been around in Sandy Hill for some time will know that the volume and speed of traffic on Mann Avenue has been worsening for many years. This situation is all the more serious considering that the Viscount Alexander primary school is located along one of the more challenging stretches of the street where there is a long distance between adjacent crossings and a hill which often increases the speed problem.

There is some good news thanks to funding from the City's Light Rail Implementation office. Although that might seem like an unlikely connection there is a back story which provides the explanation.

The construction of the Light Rail Transit will begin within the next year and the construction consortium will be using Ottawa University's parking lot K on campus as a staging area for some of the construction. As compensation to the University, the City has agreed to allow day-time parking for up to 100 cars displaced from their lot K to the Sandy Hill Arena which is directly across from the Viscount Alexander School. The parking activity is anticipated to be mostly staff, and as a result the peak traffic will occur at the start

and end of the work day, adding close to 100 cars to the already 1000 cars per hour at peak times on Mann Avenue; all this at roughly the same time that students are going to/from the school.

To mitigate the impact of the increased traffic, Viscount Alexander School and Action Sandy Hill requested that the agreement to allow the relocated parking include some measures to slow the traffic on this section of Mann Avenue. A few meetings with the Light Rail Implementation office and Traffic Operations were facilitated by the councillor's office. They agreed that some traffic calming measures will be implemented in September 2013. The funding to implement these measures will come from the LRT project budget.

The specific traffic calming measures that have been planned include flashing lights to be installed on the 40 km/hr school zone speed signs as well as a pair of speed humps along the section of Mann Avenue in the vicinity of Viscount Alexander School. All in all, an outcome that we are hoping will be seen as a win from all sides.

Over the next year Sandy Hill can expect more changes to traffic patterns that will result from the LRT construction (and the coincident widening of highway 417 to eight lanes). Many of these changes will be a result of the need to reroute OC Transpo buses when the Transitway between Lees Avenue and Laurier Station is closed for LRT construction. This will occur later towards the end of the 2014-2018 construction period. Most likely the detours will involve reserving one lane of Nicholas Street for buses as well as some bus turning on Laurier Avenue between Nicholas and the Laurier Transitway station. This may result in some major congestion for cars on Nicholas, which could have the side effect of displacing more traffic to King Edward Avenue. Action Sandy Hill will keep the community informed as the plans are finalized.



Two Mann Ave. parking lots will be accepting extra vehicles during LRT construction.

Community groups, citizens mobilize to voice strong support for Ottawa's Complete Streets policy

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Photo Bill Blackstone

Take A Pew Sale: St. Clement's farewell to Sandy Hill

Some purchasers did indeed take lovely oak pews home from the February 23 moving-out sale of furniture and fittings in St. Clement Church on Mann Avenue. The congregation has moved to St. Anne's church in Lowertown and their building sold for development (see Larry Newman's article inside this issue). The short pews went for \$150; stained glass windows \$200, and brass chandeliers \$125. The Rev. Laurie McKnight-Walker, minister at St Paul's-Eastern United Church, purchased the wooden cross in time for Holy Week. There was no sign of the graceful statue of Mary that calmed traffic for many years from her niche at the corner of Mann and Russell.



Photo Bill Blackstone



Photo Bill Blackstone

Editorial

Where are the families going to live?

Did you notice the housing trend in Sandy Hill the last few years? A three or four bedroom single family house is sold. A developer/investor buys it and extends the house out and up to the extent the zoning allows. A pitched-roof house becomes a box on end, with windows. There are many windows because each bedroom must have a window and there are often 20 bedrooms now, one for each student or "young professional".

Well, this is no news to many of you who live in Sandy Hill with its large complement of these new mini-dormitories. Students, of course, have to live somewhere and the University of Ottawa doesn't build housing. The administration is accepting more students each year but they provide no place for them to live on campus. Sandy Hill is too convenient.

The university is creating demand for housing but neglecting to provide supply. Developers are taking on that role and it's a very lucrative business with perhaps 20 students in a former single family residence. There are no developers converting Sandy Hill houses to two- or three- bedroom residences - not very lucrative. You can't blame them. Building student quarters makes better business sense.

The university is not the only actor in this process of turning Sandy Hill into a neighbourhood of single people. The City of Ottawa plays a substantial role as well. When single family houses are turned into student storage units, the city's parking requirements increase. For every two housing units one parking space is required. For a conversion with four to five bedrooms in each unit that's one parking space for eight to ten students, or "young professionals" as some advertise. Not much, is it?

But that's the rule — and it can be circumvented by the City's very own cash-in-lieu of parking rule. This allows the owner to pay the City a fee for an exemption from the parking requirement. This exemption cannot be appealed and applies to the property in perpetuity. Experience has shown that the City can be counted on to grant the exemption. The fee in Sandy Hill is commonly about \$4000 per parking space.

This amount is supposed to offset the City's cost of building one parking space. Since 1990, the City has built exactly one parking lot—on Preston Street. There are over four million dollars in the cash-in-lieu kitty.

But that's not all. Commonly, the owner takes advantage of the ability to appeal to the ward's city counsellor for relief of the parking requirement - and it's practically always granted. The reduction applied to this fee is approximately 90%, sometimes more.

Virtually no housing for families is being built in Sandy Hill and the existing family housing stock is being decreased. Families need two and three bedroom residences. Families with children need cars for the many errands they run. They need parking for friends and family who visit. Every trend is against the family in Sandy Hill. The City is putting the squeeze on families in the city by not planning for housing (with parking) that would attract them.

So, here is the result. The University creates the demand for student housing in Sandy Hill and the City allows the developer to provide the supply by converting single family houses into four unit blocks that house 20 or more students, and on top of that, it waives the increased parking requirement - forever! This overloads the houses with single people and the street with cars. This is another form of block-busting. How many families want to live next to a 20 bedroom house full of students who live only briefly in Sandy Hill. A neighbourhood that was home to families is turning into a dormitory.

There is a Town and Gown Committee in Sandy Hill whose mandate is to discuss problems that involve the community and the University. As founding members of this committee, the University and the City declared their commitment to the mandate. That gesture was welcomed and community organizations like Action Sandy Hill were encouraged. But if the gesture is not to become meaningless, action must follow and the time for it is now.

Larry Newman

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A lecture based on the work
« In the Light of Truth » The Grail Message
by Abd-ru-shin

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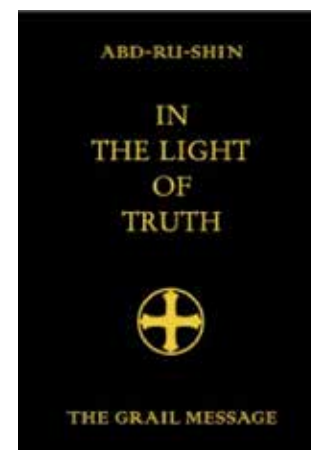
Drawing from the work « In the Light of Truth » the Grail Message, this lecture examines the power of our thoughts and their connection with worry, and present concepts which can open the way to trust and inner peace. *I.J. Hamilton*

Date: April 18, 2013
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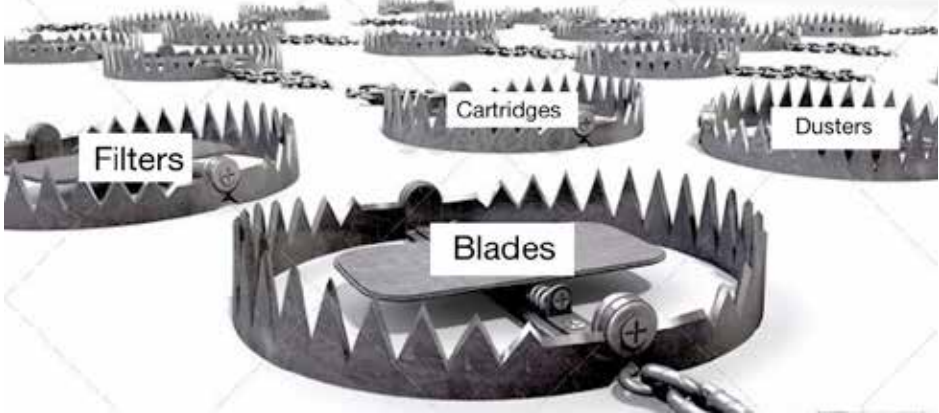
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Replacement traps

Ron Hodgson

The retail business is all about getting and keeping customers. Enticing customers to keep their purchases up-to-date and operating properly creates a lucrative revenue stream whether it be for razor blades or printer cartridges. There’s a marketing strategy at work here. Sometimes it pays for the manufacturer to price the basic equipment quite low or even lose money to set the trap. But once the trap is sprung it’s difficult to escape. However, there are ways to safely minimize the recurring costs despite it being in the best interests of the manufacturer to foil your efforts.

What got me sailing down this stream was when I recently had to replace a filter in a room humidifier. A decent humidifier costs from \$60 to \$80 and basically consists of a water tank, a motor, an adjustable circulating fan system, a water well area from which the water is drawn through a purifying filter and a humidity sensor, all packaged in an attractive shell for interior use. At this price it doesn’t appear to be a loss-leader.

For this product the trap is the paper and plastic purifying filter. Replacing this essential item can cost about \$20 at your local hardware or home products retailer. After three filters (and it’s easy to use 2 or more in a season) you’ve ponied-up the original price of the humidifier.

I made a short list of “trap” items that seem to be priced out-of-proportion to the original cost of the whole item. They are primarily products that require frequent replacement pieces to keep them going. Here’s my list. You may be able to think of others.

- Humidifier filters
- Razor blades
- Printer cartridges
- Carbon filters for drinking water systems
- Power toothbrush heads
- Duster heads
- Food wrap rolls
- Plastic drawers and dividers for refrigerators

Once you’re attracted to the trap or have been caught there are a number of ways to help reduce the pain.

Check on the cost of the replacement

item before you buy the original item. For example, replacement ink-jet printer cartridges can vary by brand from 15% to over 40% of the original printer cost.

Shop online. I found popular Precision Clean toothbrush heads which have a list price of about \$26 at the drug store for \$16 on Amazon.ca and for \$13 on eBay. This is also a good way to save on the purchase of humidifier filters which I have found to be about 25% less than in the store. By purchasing several items at a time and getting your total order above \$25, you can probably avoid the shipping costs, since that appears to be a critical level for obtaining free shipping.

Look for generic items. These generally work just as well as original items and will save you up to 50% of the branded item.

Shop around. Prices vary between retail providers, plus look for sales or loss-leader promotions. Closeout retailers such as Factory Direct often have good prices.

Stock up on replacement items when the prices are lower.

Consider getting printer ink cartridges refilled at refill locations such as Costco or do it yourself for less than \$10 per cartridge.

Watch out for single-use, throwaway items such as duster heads. Is there a reason why duster heads can’t be washed and reused?

The easiest but most costly approach is to ignore it and go along with the replacement system. You can be pretty sure that you will be getting good quality replacement products and that your equipment will serve you well over its intended life span.

Sort of makes you want to get back to the old system of pricing based on production costs doesn’t it?

Comments? You can e-mail me at feedbacktoron@icloud.com or through IMAGE.



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Le jeudi, 16 mai, 2013 • 18h30

Centre communautaire, 250, Somerset est

Élections • Mises à jour • Bénévole de l’année • Tables d’information communautaire

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

Now that the snow is melting, piles of leaf mulch are appearing along the edges of the streets, just waiting to clog drains. Will the streets be swept this spring? And in the fall are they leaving the leaf clearing to us?

City staff replies: Street sweeping will be completed in Sandy Hill during the week of April 8 to 12 (weather permitting). Note that parking restrictions will be in effect for this area. "No parking" signs will be prominently displayed during sweeping operations. For more information, visit www.ottawa.ca, call 3-1-1 or follow @ottawacity on Twitter.

The City does a regular sweeping program in the core area during the summer months on major and minor collector roads only. Residential roads are swept once per year (during spring cleanup). There is no fall sweeping program for leaves. In the fall, residents are encouraged to help by clearing leaves and debris from catch basins near their homes. The City of Ottawa reminds residents to not rake or blow leaves, lawn clippings or other debris onto the roadway.



Photo Jan Meldrum

Street sweeping is coming April 8-12.

What is the city doing about the environment? Was there just a round table to discuss green house gas?

IMAGE attended the city's long promised round table on green house gases on March 23. There were some, as one panelist (inadvertently?) said, "bleeding edge" suggestions.

Those who attended were almost certainly already committed to ecological stewardship and their knowledge and credentials were impressive. The best part of the event was the smaller group open discussions. Will we see responsible changes? Will the city actually monitor and enforce those changes?

It will take great energy and will to make a difference and that motivation may not be assumed unless we insist that our councillor and mayor care as much as we do and take appropriate action.

What action?

- assigning city staff to climate change mitigation
- acting upon what is already in Ottawa's 2004 official plan
- making the environment for active transportation (walking, biking, skiing) the priority - more, safer, wider sidewalks; more and safer and better bike lanes along with more and better public transit
- ensuring the right to light as part of our property development law
- best practices - importing and adapting the ecological successes in other cities



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Elections • Updates • Volunteer of the Year • Community information tables

Is Sandy Hill the neighbourhood for carless young professionals?

Judy Rinfret

The Sandy Hill Retirement Residence on Friel Street near Laurier East was a “repurposing” of a “repurposed” community centre, formerly a school. Situated close to small shops and adjacent to Sandy Hill Park, 353 Friel Street was, until it was recently sold, a pleasant retirement residence. The sign outside now advertises “luxurious studio” units for students and “young professionals” in “one of Ottawa’s most sought after neighbourhoods, Sandy Hill”.

Evidently the two other retirement homes in or very near Sandy Hill are enough accommodation for senior residents, but with continual increases in the student population at the University of Ottawa, there is a shortage of housing for students who, we may hope, are steadily becoming “young professionals.”

Wit Lewandowski is the new owner of the former retirement complex. Readers of IMAGE may recall that Mr. Lewandowski owned and operated the Rideau Pharmacy and was also the owner/operator of Rideau Gardens Retirement Residence across the street from the pharmacy. He suddenly sold both businesses and left the community several years ago.

Rebranded as Sandy Hill Apartments, Mr. Lewandowski’s enterprise offers one room studios with basic kitchen, bathroom, and pull down beds. This conversion is ongoing as suites are confidently rented for next September. There has been only one glitch in Mr. Lewandowski’s project—a severe shortage of parking.

The new apartment complex will accommodate 91 one-room suites. According to the city’s zoning by laws, 62 parking spaces will be required (1/2 space per unit plus visitor parking). There are in fact 22 surface parking spaces at 353 Friel/301 Laurier East. The former owners acquired 10 cash-in-lieu of parking spaces which is registered on title so the property is credited with 32 parking spaces. It would be difficult and expensive to provide the net shortage of 30 spaces on site so Mr. Lewandowski has applied for “cash-in-lieu of parking” or a certain payment for eternal exemption from any more parking requirements for the Sandy Hill Apartments.

The city’s planning department recommended accepting the application with a cost to the applicant of \$128,400 for 30 long term parking spaces not provided.

Why? According to city planner Bliss Edwards, using the data supplied by the applicant, there is enough street parking in the area to allow for any shortfall, there is reliable public transit in the immediate area, and there are nearby shops and services. The owner’s parking study says “it is anticipated that the majority of tenants will not own a car.”

Several neighbours who live in the vicinity of Sandy Hill Apartments petitioned Councillor Fleury to oppose the cash-in-lieu application. Alan O’Sullivan writes, “why should this one developer be assigned such a large share of a public asset?” He also points out that there is no consideration for seasonal parking. “Good planning surely requires some check in supply” to accommodate future development and variations in local demand for street parking, especially on week nights when parking on local streets is hard to find.

Bliss Edwards says that since there is no parking strategy for Sandy Hill, her department



ment relies on the parking study provided by Mr. Lewandowski. She agrees that Sandy Hill needs a parking strategy based on a study of public parking spaces, where they are located, and how and when they are used.

Action Sandy Hill president Christopher Collmorgen says he will continue to insist on the need for a parking study in Sandy Hill but he is constantly told that funds for such a study are not available. Mr. O’Sullivan points out that Sandy Hill has needed a parking study for 20 years and, during that time, monies collected for all cash-in-lieu applications in this neighbourhood could easily have funded it.

If a cash-in-lieu of parking arrangement in Sandy Hill is acceptable to Councillor Fleury, then planning staff are authorized to arrange payment and an agreement with the owner. In this case, Councillor Fleury was urged by neighbours to oppose the application, while the owner asked him both for support and a reduction in the cost of not providing sufficient parking.

Councillor Fleury chose to support the application and seek a cost reduction on behalf of the owner, recommending that instead of over \$128,000, Mr. Lewandowski will pay a total of \$3,000 for the right to provide a maximum of 22 spaces on this property. Two councillors at the planning committee meeting of March 26 voted against this reduction but the motion carried and will almost certainly be ratified by City Council on April 10.

Councillor Fleury says neighbours raised “tough and legitimate concerns” — “the nerve of the issue is now to create a shift to active transportation” (almost any method of getting from one place to another, except the private car). “There are no slam dunk simple answers.”

He says that the city’s cash-in-lieu parking reserve fund is rarely applied to create

Sandy Hill Apartments on Friel Street, now seeking carless tenants.

more public parking, which was the original intent. “My role is to mitigate the impacts,” he says. He has been assured that there will be ample, secure bike parking and two car rental spots on site. His rationale for significantly reducing the cost of the cash-in-lieu of parking arrangement at 353 Friel/301 Laurier East is his confidence that feet and bikes and public transit will be the transportation modes for the young and fit who will reside in Sandy Hill Apartments.

Mr. O’Sullivan is baffled by what he perceives as this “defence of private investment returns” and he asks what “public interest is being served” by this advantage to the owner. He says facilitating this use, with such an advantage to the property owner, will diminish residential diversity in Sandy Hill.

Mr. O’Sullivan’s written opposition on behalf of the neighbourhood was included in the departmental report to planning committee under the heading Notification and Consultation Process. The objections to the parking study were simply noted as follows:

“The majority of the community took issue with the parking study submitted by the applicant. The report was reviewed by the city’s traffic engineer and no issues with the conclusions were found.”

Ironically, the city is now hosting meetings on meaningful public participation.

Another large cash-in-lieu of parking application for the proposed “repurposing” of the former St. Clement Church on Mann Avenue will present yet another challenge to the parking supply in Sandy Hill. Councillor Fleury says he has not decided whether or not to support such an application; he favoured the continued use of this property as a religious institution.



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Photo Bill Blackstone

Robin MacAndrew and David Gibson of the Sandy Hill Community Health Centre.

Opposing a casino in Ottawa

Ralph Blaine

They say a new casino is coming to our city. Where should it be located? Who should build it? To what extent should the Province of Ontario subsidize the construction and how much of the profit should be left on the table for Ottawa itself? You're probably aware that all these questions are being debated as if the casino itself was a fait accompli. As far as David Gibson is concerned the real question is: **Should there be a casino in Ottawa at all?**

In fact, that was the question considered recently by nine community organizations including the Sandy Hill Community Health Centre (SHCHC) of which David is the Executive Director. The boards of all nine groups have passed a resolution asking that Ottawa reject the idea of building a casino in the city. At a news conference held on March 25th Jeff Morrison, president of the Centretown Community Health Centre, decried the paucity of community consultation on the casino project and added:

"Our centres have all seen the devastation wrought by problem gambling on individuals and their families. By calling on the City to turn down a casino, we are hoping to eliminate that risk."

He went on to say that, while gambling is not an illegal activity in Ontario, the nine community organizations he was speaking for feel that every effort should be made to limit access to all forms of gambling in Ontario – just as we limit the access to alcohol and tobacco. In addition, he cited studies that indicate that the revenue supposedly generated by casinos is, in large part, money that would have been spent in other local businesses.

Mr. Morrison was asked if he thought a new Ottawa casino would add significantly to problem gambling in the area given that the Leamy Lake casino has been operating successfully in the area for a considerable time. He replied, in so many words, that just because there was a casino in Gatineau didn't mean that we should have one in Ottawa as well. He added that while the nine community groups have not at this point developed a joint strategy to continue the fight against the construction of an Ottawa casino, he was sure that each of the individual groups would be working within their own communities to promote opposition to this OLG proposal.

When asked about the strategy our local Health Centre was planning to develop for Sandy Hill, David Gibson said that his board would be in contact with the other eight organizations and would probably be following initiatives similar to the ones adopted by them, although he added that his staff were seeing more problems with internet gambling than those associated with casinos. Robin McAndrew, who deals with addiction treatment at the SHCHC, added that gambling accounts for about 15% of her clientele and she singled out cases where some patients are spending significant portions of their weekly income on lottery tickets. Clearly there is much work to be done dealing with problem gambling and we will no doubt be hearing soon from Mr. Gibson and his team at the SHCHC as they work to develop an effective opposition to casino gambling in Ottawa.

IMAGE'S images...

Photographer: Rob Sinclair



Dancing ice in Sandy Hill. Rob Sinclair of Marlborough Ave. writes, "Last month we heard and felt some blasting coming from Strathcona Park." He ran out with his camera and caught a spectacular ice show, courtesy of a crew of drillers and blasters.

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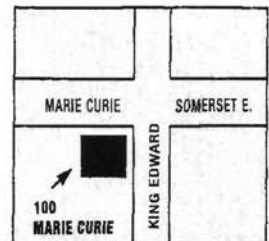
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IMAGE’S images... Photographer: Bill Blackstone



Urban pseudo-forest renewal: Utility poles throughout Sandy Hill are being replaced this year, causing short power interruptions.

Reuse for St. Clement church at Mann and Russell

Building retained but parking is seen to be a problem

Larry Newman

St. Clement Church at 87 Mann Avenue is about to be “reused”. The architecturally proper term is “adapted reuse,” which means that the structure of the former church will remain but it will serve a quite different purpose - that of an apartment building.

St. Clement’s congregation had relocated last year to St. Anne’s in Lowertown. The majority of the families that formed the St. Anne parish had been displaced due to urban renewal and thinning of the parish ranks. St. Anne’s is a large, stone building, built in 1873, practically empty now and needing substantial repairs. St. Clement’s 57-year old building was facing a \$1.5 million repair as well, so the decision was made to sell St. Clement, move the 400+ member parish to St. Anne’s, and use the approximately \$2 million from the sale to help renovate St. Anne’s.

The investors who bought St. Clement are called Black Iris Developments. They presented their “re-use” plan to the Action Sandy Hill (ASH) Board back in January. ASH then wrote a letter supporting the concept with caveats: (www.ash-acsc.ca/wp-content/uploads/2013/02/87-Mann-Letter-Final-11-Feb-13.pdf).

On February 28, the investors made a presentation to the public at large at the Sandy Hill Community Centre. Both of these meetings were voluntary. There is no City requirement that the public be made aware of a pending property purchase. This is a good example of transparency that ASH, and others had long championed.

There were 40 to 50 people at the public meeting who listened to Robert Martin of Robertson Martin Architects and Katherine Grechuta of FoTenn Planning & Urban Design describe their proposal. It’s fair to say that many voices and opinions were heard. The idea of retaining the church’s exterior was lauded but the idea of converting it to 60+ bachelor apartments was not. It was clear to most of the audience that apartments of 200 to 300 sq. ft. in size were tailored to students. The description of the apartments as “high end” with granite counters, etc. didn’t seem to allay

the fears that their neighbourhood church would become a dormitory.

As with many of the recent conversions in Sandy Hill, parking is seen to be a problem. Although the presenters asserted that the presence of services such as OC Transpo, stores on Rideau Street, and entertainment in the Market will discourage car-owning renters, most of the attendees didn’t buy it. The idea of a developer being able to buy scarce or non-existent parking spaces from the city was not received well either.

There was a request from some in the Muslim community to abandon the developer’s plan to build apartments so that they could buy the church for use as a mosque. They use quarters over the Quickie on the corner of Mann and Chapel now. There was no answer to this request.

OK, it’s going to happen, so what will this property look like after the transformation? Aside from the several dormers on the east and west sides of the church, this building will be basically unchanged. The residence and garage will be razed and a three-story building will be built to contain more bachelor apartments; the roofline of the new building will mimic that of the church to create a compatible design. The basement may include some commercial space or space for community activity; no firm plan yet. Because of the increased residential use, the plans call for a refrigerated garbage room to replace outside garbage storage. Parking - there is room for one or two Vrtucar spaces and another two to four private parking spaces. The rest will park on the street. What to do with the steeple? One of the suggestions - how about an inside climbing wall?

Construction will await rezoning to residential as the property’s present zoning is split between institutional (the church) and residential (the former residence of the priest).

It looks like we’ll still have our church in modified form and we’ll have to wait and see whether the adjoining structure looks good to us. We understand that there were other buyers in the wings who would destroy the church buildings and rebuild a structure that would surely be used to house students, too. The best thing about this buyer’s design is that it may be better than what we could expect from other developers.



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La Nouvelle Scène fait peau neuve

Betsy Mann

Les résidents de la Côte-de-Sable sont chanceux de vivre à proximité de plusieurs salles de théâtre qui présentent des pièces autant en anglais qu'en français. À part le Centre national des arts, il y a le Ottawa Little Theatre, la Cour des arts, la Salle académique de l'Université d'Ottawa et la Nouvelle Scène. Récemment ce dernier a entamé un projet de grande envergure qui verra la démolition des lieux actuels, un ancien garage converti en théâtre, et son remplacement par un édifice tout neuf de trois étages.

On parle d'un concept architectural moderne « vivant et vibrant » qui animera la rue King Edward au nord de Rideau, près de la piscine Champagne. Les fonds nécessaires proviennent en partie des gouvernements fédéral et provincial, qui ont déjà octroyé plus de 5,4 millions de dollars à l'initiative. La Nouvelle Scène attend maintenant l'approbation par la Ville d'Ottawa de sa demande de modification du zonage. Les plans prévoient une salle de théâtre et une cour intérieure au rez-de-chaussée, avec des bureaux administratifs et des salles de répétition et de réunion aux 2^{ème} et 3^{ème} étages. Quand la Nouvelle Scène a ouvert ses portes en 1999, l'édifice logeait quatre compagnies de théâtre : le Théâtre du Trillium, le Théâtre de la Vieille 17, la Cie Vox Théâtre et le Théâtre la Catapulte. Avec le temps, l'espace ne suffisait plus à leurs besoins, certains ont dû chercher des locaux ailleurs. À la fin des travaux, prévue pour septembre 2014, la superficie

sera deux fois et demie la superficie actuelle, permettant aux quatre compagnies fondatrices de revenir sous un même toit.

« Le public sera invité à contribuer des idées au projet, explique Claire Watier, présidente du conseil d'administration du Théâtre du Trillium. Plus tard, nous serons en mesure de présenter la maquette du projet et nous voudrions savoir ce que les gens cherchent quand ils viennent au théâtre. Souhaitent-ils y trouver un bistro? Un coin café où ils peuvent discuter du théâtre? »

Madame Watier précise que bien que le dernier événement aura lieu dans l'ancien édifice à la fin mars, les compagnies résidentes ne chômeront pas pour autant. « On dirait que pour nous, perdre notre salle nous a portés à jeter un regard ailleurs, dit-elle. Les compagnies de théâtre ont déjà à leur horaire des tournées à l'extérieur, notamment dans d'autres provinces. On pourra aussi voir leurs productions dans plusieurs salles de la région, dont la 4^{ème} salle du CNA et à l'Université d'Ottawa. » En plus, la Nouvelle Scène a conclu une entente avec l'École De La Salle en vue d'utiliser l'auditorium de l'école pour la majorité des spectacles produits par les quatre compagnies pour la saison 2013 - 2014. L'école se trouve sur l'Ancienne rue St-Patrick, pas loin du théâtre actuel.

Pour connaître la programmation de la prochaine saison, surveillez le site internet nouvellescene.com. Et quand vous ferez une promenade de l'autre côté de la rue Rideau, suivez le progrès de la construction de ce qui deviendra sûrement une destination incontournable pour les amateurs du théâtre dans notre quartier.

The Lowdown on Franceska

Karen Bays

Once a Sandy Hiller, community activist, president of Action Sandy Hill, and councillor's assistant, Franceska Gnarowski has transplanted herself in the rural community of Low, Quebec, about 45 minutes north of Ottawa. The shift from urban dweller to country living has been an interesting and comfortable one for her.

She and her partner, Chris Ladurantaye, now live in a heritage home built in 1859 which they purchased in 2009. The house was once owned by Grete Hale (of Morrison Lamonth Inc. fame) who had bought and restored the home-stead in 1967 and owned it until the mid-1990s. Franceska and Chris share the home and four acres of land with their two dogs, Caspar and Mitsuo, and a variety of birds and wildlife.



Franceska Gnarowski at home in the non-sandy hills.

Franceska is now the Director General/Secretary Treasurer for the Municipality of Low—a job she admits has had a steep learning curve even with all her past experience in municipal affairs in Ottawa. But she has welcomed the challenge and is thriving on the many opportunities that both the job and country living have presented her.

Low is comprised of about 250 sq. kilometres and has a population of around 1000 residents. Having been settled by Irish immigrants in the mid-1880s, it is rich in history and tradition. Franceska, along with a few committed area residents, has been instrumental in starting a cultural association to celebrate and preserve these roots. She is proud and supportive of Low's library and is active in helping the community save its local school from closure. (The school is part

of the heart of the community and has an outstanding scholastic achievement record in the province.) While local affairs can be challenging, she finds dealing with the provincial bureaucracy requires a lot of energy and time. She admits that her job is never routine and is glad to be part of Low's bright future.

She is very much at home in this community and appreciates the slower pace and natural beauty that surrounds her. She is developing her green thumb and cannot wait until spring to see the bulbs she planted in the fall come to bloom. Living in an older home also means a never end-

ing "to do" list for her and Chris but they pace themselves and take time to enjoy their new home and neighbours.

What does she miss from her Sandy Hill days? She sometimes wishes she could walk to places like restaurants and coffee shops and be able to just pick up and go to do things on the spur of the moment. She also misses many of her city friends and plans time for visits so she does not lose touch when she makes the occasional trip into the city. Franceska also misses the diversity and vibrancy of Sandy Hill but admits she is happy not to live with the noise and garbage issues and other problems of urban living.

While Sandy Hill is home to many fond memories, it is obvious that Franceska has established new roots in the Gatineau Hills and is thriving!

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Michelle Linseman is our new Recreation Supervisor

Michelle Linseman started working as Recreation Supervisor at the Community Centre in September 2012, replacing George Blake who held that position for thirty years. Michelle has a wealth of experience working for the City of Ottawa, most recently working at the McNabb Community Centre for two years and the Rideauview Community Centre for seven years as the Recreation Supervisor.

Baseball to be included in this summer's camps

Andrew Cockburn

As the weather warms up and the snow slowly melts everyone is reminded that summer is just around the corner. For parents this means that the frantic search for summer camps is about to begin. The Sandy Hill Community Centre has always been a reliable place for neighbourhood children to attend summer camp. This year the Community Centre is offering a variety of different camps and for the first time this year a baseball camp will be available.

In recent years, the Community Centre has offered a ball hockey camp for three weeks in the Sandy Hill Arena. But because of renovations which will last throughout the summer, the ball hockey camp will not be offered. This left a gap in the summer programming, so I suggested a baseball camp to the program coordinator, Bruno Crites. Mr. Crites was happy to approve this new programming since it will be the only baseball camp offered by the City of Ottawa this summer. Not many community centres have the opportunity or resources to run such a camp. The camp will operate at a very low cost for the Sandy Hill Community Centre because all of the baseball equipment has been donated by the Carlingwood Frank Ryan Baseball Association. One of the camp objectives will be to increase the levels of participation in baseball by Ottawa children by introducing them to this entertaining and inclusive game.

There will be two one-week sessions beginning July 8. The camps will be based at the Community Centre but most of the day will be spent at the softball field beside the Sandy Hill Arena. There will be eighteen openings each week for boys



Andrew Cockburn of Marlborough Ave. is an alumnus of the Centre's rec program and now works there part time while attending university.

and girls between the ages of eight and thirteen. The camp will consist of drills in throwing, catching and fielding the ball, hitting and base running, and will wrap up with a game each day. No previous knowledge of the game is required.

I will be one of two camp counsellors for the baseball camp. Many Sandy Hill campers will already know me as I've been a counsellor at the Centre since autumn 2011. I have played baseball all my life; currently I'm a pitcher with the University of Ottawa Gee Gees Baseball team. This spring the camp will be promoted during the Gee Gee training workshops with Little League teams around Ottawa.

Another new camp this summer will be a camp for preschoolers. The Junior Camp is for four and five year old children and is designed to provide an alternative camp for the younger children that is a fun environment but not as tiring or busy as the general camp that is attended by children up to 12 years of age. It will be available every week of the summer.

The Centre will continue to offer the general summer camp every week, the tennis camp for two weeks, and the soccer camp for five weeks. Registration for most camps is full by mid-June so interested parents are encouraged to register soon. Registration can be completed at the front desk or online at www.ottawa.ca under "recreation registration."

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par Denyse Mulvihill

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On doit dire :

> **Démissionner d'un poste**, qui signifie « renoncer à une charge, à une fonction, à une situation quelconque » - non pas - résigner, ce qui est un anglicisme.

Ex. - *Le monde entier, de quelqu'apport religieux qui soit, a été saisi de surprise quand, pour la première fois dans l'histoire de l'église, le Pape Benoît XVI a démissionné de son poste d'Évêque de Rome et de Chef de l'Église catholique romaine.*

> **Appuyer quelqu'un**, qui signifie « encourager, soutenir, épauler quelqu'un » - non pas - supporter quelqu'un, qui signifie, en français, « endurer quelqu'un, ses défauts, ses manèges. »

Ex. - *La majorité des contribuables n'ont certes pas appuyer le Ministre des finances, lors de la présentation de son dernier budget fédéral, à cause, bien sûr, des ramifications économiques qu'il y prône, sans pour autant, en préciser le processus d'instauration ni de l'évolution qui en découle.*

> **Se procurer des actions**, qui signifie « acquérir des titres, représentant une fraction du capital monétaire investi par une compagnie ou par une société anonyme » - non pas - se procurer des parts, ce qui est un anglicisme.

Ex. - *Avant de se procurer des actions offertes par des institutions boursières ou privées, il faut s'assurer que l'on aura le temps et la patience de suivre la fluctuation financière de leur valeur, puis d'agir en conséquence.*

> **Partager de bons moments** qui signifie « participer, prendre part à des instants, des heures agréables en compagnie d'êtres chers » - non pas - partager du bon temps, ce qui est un anglicisme.

Ex. - *C'est surtout à l'occasion d'un anniversaire ou d'une fête quelconque, lors d'une réunion de famille ou d'une rencontre entre amis, que l'on peut partager ensemble de bons moments.*

> **Manquer de sécurité**, qui signifie « être inquiet, être préoccupé, se sentir mal à l'aise » - non pas - être insécuré, ce qui est un anglicisme.

Ex. - *Dans le contexte économique précaire actuel, beaucoup de diplômés d'université manquent de sécurité quant à ce que l'avenir leur réserve dans la profession qu'ils ont choisi d'exercer.*

> **Être perdu**, qui signifie « être désorienté, troublé, égaré dans le temps ou l'endroit où l'on est » - non pas - être confus ce qui est un anglicisme.

Ex. - *Lors de sa dernière visite à son père, la jeune femme fut frappée d'inquiétude et de peine, en constatant avec tristesse que celui-ci était complètement perdu, par moment, ne sachant plus qui elle était, ni où il se trouvait, ni à quelle époque il vivait.*

> **Aller voir l'instituteur**, qui signifie « rencontrer la personne responsable de l'instruction des jeunes dans une école primaire ou secondaire » - non pas - aller voir le professeur, ce qui est réservé à l'enseignement supérieur.

Ex. - *Quand les parents vont voir l'instituteur à la fin de l'année scolaire, ils désirent ardemment recevoir un bulletin de notes qui indique pour leur enfant le succès attendu et nécessaire pour le passage à la classe suivante.*

IMAGE's images... Photographer: David Elden



Ash trees, farewell!

Neighbours, dogwalkers and others passing through Robinson Park at the extreme south end of our river walk mourned the loss in March of trees affected by the destructive Emerald Ash Borer. Photographer Dave Elden counted the annual growth rings on one of the larger trunks and found there were about 50 rings visible.



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Photo Bill Blackstone



Cory Thibert, Tony Adams and Madeleine Boyes-Manseau enjoying their “porch couch”.

Prix Rideau Awards nominees are sharing digs in Sandy Hill

Élise Gauthier

Somewhere in Sandy Hill, there’s a four-bedroom apartment with some very creative and successful theatre artists. Tony Adams and Cory Thibert, founding members of May Can Theatre, share this Sandy Hill apartment with local actor and director Madeleine Boyes-Manseau. The three roommates are currently nominated for several Prix Rideau Awards, a local theatre awards program celebrating theatre in the Ottawa-Gatineau region.

Founded in 2006 to celebrate, encourage and promote locally produced French and English professional theatre work and artists, the Prix Rideau Awards is the only bilingual awards program in Canada. These awards aim to foster artistic excellence and to encourage communication between both theatre communities, establishing a greater sense of belonging to a united artistic community and increasing awareness of theatre in the community at large. Every year, theatre artists and theatre lovers gather together at a gala where awards are given for outstanding achievements from the previous year. This year’s gala will be held on April 21. Tony Adams and Cory Thibert are both nominated for the Emerging Artist Award, while Madeleine Boyes-Manseau is nominated for Outstanding Performance, Female, for her role in Theatre Sasa’s production of *The Open Couple*. All three also share a nomination for their work on May Can

Theatre’s *Wolves>Boys*, nominated for Outstanding New Creation.

The three roommates and co-nominees enjoy living in Sandy Hill, partly because it is so convenient, close to “some sweet parks,” as Cory puts it. As for Madeleine, she says she enjoys living “at a five-minute walking distance from two convenience stores that sell sour key candies.” The roommates are looking forward to summer in Sandy Hill, when they’ll be able to sit on their very own porch couch. They add that they also enjoy the convenience of living so close to their rehearsal spaces and to their work. Of course, living in Sandy Hill isn’t all sour key candies and convenience. Madeleine recalls being overwhelmed by the piles of garbage left by the side of the road by students moving out, “though we did score a dish rack from one of the piles,” she adds, always looking on the bright side. Cory, who grew up in Gloucester, was happily surprised to find that the neighbourhood wasn’t as loud and full of parties as he’d expected, finding it “surprisingly quaint,” while Tony, who grew up in Overbrook, is happy to live a short distance away from his mother’s place. Madeleine, on the other hand, has moved a lot over the years, most recently living in Aylmer Quebec, and she’s now happy to call Sandy Hill home.

Cory, Tony and Madeleine are all passionate about theatre. “We’d love to continue doing what we’re doing now, have it progress,” say the two co-founders of May Can Theatre. “It’s awesome that we can

create our own shows, put them on and have people enjoy them. We’d like to keep making shows, get better as we do it and get to bring the shows to other cities and countries.” Expressing her goals for the future, Madeleine says: “I’m interested in finding more and more ways of integrating my creative work into how I live my life on a day-to-day basis. I love all the people I am creating with currently and I hope we continue to be inspired by one another.” She dreams of building a home out of shipping containers and growing her own food.

When asked what brought them to the world of theatre, Tony and Cory explain that they took drama and writing classes at Immaculata High School together, after which Tony suggested they take the Algonquin theatre arts program. After their first year at Algonquin, in 2009, they started May Can Theatre, and have been garnering critical acclaim since then. On their website, they explain, “We aim to put on shows that are high energy, heartfelt, engaging and accessible. We like to tell layered stories that play off of the liveness of the audience.” Madeleine recalls that her love of theatre began with the Québécois duo Sol et Gobelet, and went on with a deep love of creating with and for people.

The Prix Rideau Awards will be handed out on Sunday, April 21, 2013, 7:30 p.m. at the Maison du citoyen, 25 rue Laurier in Gatineau, just across the Alexandra Bridge from Ottawa. Tickets to the event can be purchased via the Prix Rideau Awards’ website: www.prixrideauawards.ca

To learn more about future shows of May Can Theatre, visit their website: maycantheatre.webs.com. And of course, don’t forget that the Ottawa-Gatineau area is always full of theatre, just a few minutes away from your doorstep, so why not go out to see some Prix Rideau Awards future nominees?

Photo Sébastien Pierroz



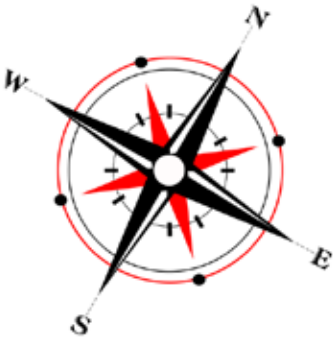
Michel Prévost reçoit le Prix Albert-Boyer

L’association Richelieu Fondateur a remis son Prix Albert-Boyer 2013 à Michel Prévost collaborateur à IMAGE. Dans cette photo, prise à la cérémonie, M. Prévost est accompagné de sa femme Sylvie Jean.

En l’annonçant, le président Gilles Ménard a loué le bénévolat de M. Prévost, qui semble n’avoir aucune limite. Archiviste en chef à l’Université d’Ottawa depuis 1990, M. Prévost est aussi président depuis 1997 de la Société d’histoire de l’Outaouais. Depuis plus de 35 ans, il se voue professionnellement et bénévolement à la préservation et à la mise en valeur du patrimoine archivistique, historique et bâti de la région de la capitale fédérale, de l’Est ontarien et de l’Outaouais. « Pour moi, il s’avère essentiel de rappeler la présence des francophones dans la région depuis 400 ans et de préserver toutes les traces qui en témoignent. Défendre notre patrimoine n’est pas toujours facile et ce prix va certainement me donner de l’énergie pour poursuivre dans la même voie ». L’association Richelieu Fondateur (Association des clubs Richelieu de la région des Fondateurs) regroupe les clubs Richelieu de l’Ouest québécois, d’Ottawa et de l’Est de l’Ontario.

— Gilles Ménard

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David Temple and Sarah Stinson (absent: Dennis Whitfield).

Winter Cycling : just another season

Peter Twidale

I don't bicycle in winter. But I walk my dog. And that's how I met the three "crazy winter cyclists," as they're sometimes called, who live in the neighbourhood.

I already knew one of them. David Temple lives three doors from me. He worked through the winter as a bicycle courier (nothing new, he's also done it in Vancouver, Toronto and Montreal).

One morning at 8:30 I flagged down the second cyclist in front of my house. He gave me his business card, and told me to get in touch. The card reads Dennis Whitfield, scientist, National Research Council.

While walking my dog up Marlborough to Mann I kept running into Sarah Stinson, as she was about to head out to work, in this case Foreign Affairs which, like Dennis' NRC is on Sussex Drive.

That was the roster—two commuters, Dennis and Sarah, and one courier, David. Now I had to find out why they chose to bicycle in Ottawa winters.

The first question had to be, "Why? Why bike in winter?"

For Sarah, it's because she likes the outdoors: "It's being active, being out in the air. I need that," she says.

Dennis likes to be efficient. He can bike to work in 20-25 minutes, which is a big improvement on riding two buses for 45 minutes.

Second question: How deep is your know-how of winter biking?

As expected, all three are experienced: Sarah, four winters, Dennis 10, and David 20. Here's how David got his start.

"I was 15, attending Merivale high school. I was inspired by an English teacher who was biking to school in the snow. I had to give that a try. At first it was just a few blocks, home to school and back. I fell a few times until I got the feel of ice and snow. Once I learned to go slower on corners I was all set. Soon I was biking all around the city. You can credit me with 20 years of winter biking, but it was really 15. I spent four bike-free winters while at the University of Guelph, and one as a bike messenger in Vancouver where it rained but didn't snow."

Third question: Let's talk about equipment and clothing.

Dennis: "You have to organize yourself and invest in your bike and your clothing. In late fall I have a bicycle shop install heavier winter tires with studs."

Sarah is not ashamed of investing in sheep mitts and boots. She calls them "a necessity." She mostly rides a regular bike in winter, but also favors mountain bikes, which are popular in Ottawa.

David has several bikes that he can ride in any season. When it's minus 20 he'll wear six layers of clothing.

Question: Do you also drive a car?

Sarah: "Yes, but one reason we bought a house in Sandy Hill was to be less car-dependent. As an example of putting our bikes to work, last fall my husband Alex and I came back from a supermarket with Alex pulling the child trailer loaded

with our two children and 50 pounds of groceries. Didn't burn any gas that trip."

Dennis and David: Neither has a car, with Dennis noting that his wife Gwendolyn, a non-cyclist, has a car.

Question: Anyone ride on the sidewalk this winter?

For Sarah and Dennis it happened once. They remember the same amazing day when snow was cleared off the sidewalk BEFORE the street (To pedestrians reading this: Yes, it did happen!). It gave Dennis a carefree sidewalk ride along five blocks of Somerset Street.

David, who is out all day making deliveries, will use sidewalks when the street is unsafe. His first concern is major arteries like Carling Avenue, and the Portage Bridge to Gatineau, where traffic can be heavy and fast moving. His first choice for the Portage Bridge is a bike path, but on occasion he was forced onto the sidewalk when the bike path was left unplowed.

Question: What's the feedback from non-winter bikers?

David: "Once or twice it's been suggested that I'm one of the crazies ... an opinion to which I would respectfully disagree."

Sarah: "I can tell by the question. One like, 'Aren't you cold?' tells me the person has a mixed opinion which is not favourable. But when the questions are curious and even admiring, I welcome the person as a friend of winter cycling."

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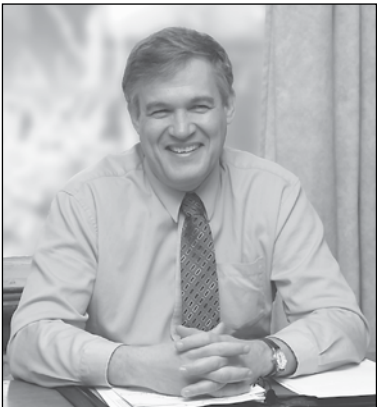
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Ottawa Carleton District School Board Trustee Report

The OCDSB “Extended Day”

The Province requires school boards to offer “extended day” (ED) programs, before and after school care, at those schools which offer Full-Day Kindergarten (FDK). Next year will be Year 4 in a 5-year roll out of FDK, eventually to all primary schools.

FDK has a specific curriculum, taught by a teacher alongside an Early Childhood Educator (ECE). The optional ED program has a specific play-based curriculum meant to be integrated with the classroom one. The same room is used. A seamless day occurs as the same ECE provides the ED program.



Rob Campbell, Trustee
Ottawa-Carleton District School Board

The evidence is clear that investment in early learning, especially for the socio-economically marginalized, is crucial. This general move by the Province has been rightly hailed as progress. However, there are serious implementation flaws.

First, ED is fee-based, and Boards must charge on a cost-recovery basis. The service can be provided therefore only in schools with sufficient demand for it. Many schools have legacy third-party day cares in them already. ED should, however, be superior, given its seamless staffing and curriculum training, etc.

The pedagogical and public policy purpose of ED and FDK was to ensure a better chance in education and life, especially for the socio-economically disadvantaged. As ED is fee-based, it is hard to provide in a school serving a lower income population, or a school with a pre-existing care centre that is already largely catering to fee-payers. If a family could not afford day care or get a subsidy before, they still can't now. This means ED largely is provincially-mandated care for those who can afford it.

If the Province's ED program, integrated with classroom curriculum and staff, is so vital to offer, then how is this not part of public education, and how can it be fee-based at all?! Now families with resources are able to pay for improved public services from our schools, versus those who do not.

Secondly, while third-party providers in the schools continue to provide great services to children, they have their own wait list criteria, family seniority provisions, hours, and charges, plus they are not required to accept all comers, or to expand to meet demand, etc. This means that we have a crazy quilt of service standards across our schools.

Thirdly, we are at the expensive part of the 5-year FDK phase-in, where schools without sufficient space are now getting it. The Province is not increasing capital grants to match. So this will mean more portables at schools, and shifts in catchment areas, whether it makes intrinsic community sense or not.

A motion at the Board recently called on staff to develop service standards across ED programs, including third party providers. I amended the motion to require these changes be approved as Board policy, for the sake of accountability. I also will continue to push to equitably provide ED to all comers.

If you have a suggestion or a concern, then please contact me via rob@ocdsbzone9.ca or at 613-323-7803. Meeting and document info available at www.ocdsb.ca



Winter Walk Day, 2013

News from Viscount Alexander

Michael Barnes

Viscount Alexander had its annual Winter Walk Day on February 6. Out of the whole school, some 125 students or 75% of the children walked to school! Once again, the Golden Boot Award was won by Mrs. Contant's Grade 3 and 4 class who had the highest percentage of walkers. Honourable mention goes to Mme Deena's Grade 1 French Immersion class with a close second. During the first recess, the school celebrated with a hip hop dance led by the Grade fives and a victory lap by the Golden Boot winners.

Afterwards, hot chocolate and home-made muffins made by Erin of TAN coffee were served to the children outside. It was particularly considerate that she took the time to note that if any students had allergy issues with the food provided they would offer substitute snacks. So a big thank you goes out to TAN Coffee, Green Communities, Public Health, and Sandy Hill Community Health Centre for supporting the school's efforts to keep healthy and active!

Skate-a-thon success

During the week of March 4-8, Viscount Alexander held its annual Skate-a-thon. The students had been skating for the previous 10 weeks at the Sandy Hill Rink, with the last day being the Skate-a-thon, where the skaters found out how many laps they could do in 15 minutes. The students received pledge forms to raise money for Scientists in School. That organization brings a hands-on experience of science to enhance the current science curriculum. Thank you to the school council, particularly Racheel McKinley, for organizing and displaying all of the prizes in our showcase at school. They were quite the show-stopper prizes causing many a student to stop and take a look as they entered the school. Besides the prizes which have been won, every student will benefit, as close to \$2500 was raised to fund the Scientists in the School program. Thanks to everyone who contributed and to all our skaters!

National Gallery of Canada

Mrs. Contant's 3/4 class and Mrs. Fulford's 5/6 class headed to the National Gallery. The students went on a tour that took them all over the gallery learning about how to read paintings and sculptures through visual clues. They looked at art ranging from 500 years ago all the way into the present, including abstract art, Inuit art, and the Group of Seven. Thanks to the National Gallery of Canada!

What a difference a volunteer makes!

One of the hallmarks of Viscount Alexander is the steady stream of volunteers who give their time, energy, talent and resources to enrich our students' total educational experience. So many interesting opportunities arise that can foster an interest students may take with them all their lives. New opportunities, such as a chance to curl at a young age; or perhaps a visit to a museum could set some youngster off on a course to becoming Canada's next dinosaur hunter. Student teachers and nursing students from the University of Ottawa, retirees, service club members, Sandy Hill Community Health Centre staff, parents cutting fruit or helping with the milk program and many others from across our community enrich the educational experience for every student at Viscount. It's a long list; over the course of a school year well over 100 volunteers come to Viscount and they make a big difference! Their presence, energy, enthusiasm all contribute to make it a great place to learn. They open avenues of new interests, fun and fascination. The School Council appreciates each and every volunteer activity. As a whole it really lets each student know that "I count at Viscount." Thanks to our volunteers.

Like to know more about Viscount Alexander?

For families looking for an elementary school for September 2013, please phone the school office at 613-239-2213 to have your questions answered and/or arrange a visit.

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A Hidden Harvest in your backyard?

Susan Young

"And then, once we've picked all we can, we give a quarter of the harvest to the property owner, one quarter is delivered to the nearest food agency (often the Ottawa Food Bank), and the harvest team shares the remainder ... to take home, or make jam!" So enthuses Katrina Siks, as she describes one of the principal activities of her social enterprise, Hidden Harvest (ottawa.hiddenharvest.ca). The Hidden Harvest volunteers head out at the end of summer and into the fall, to harvest what's growing on City-owned trees, and on those fruit and nut trees and bushes that property owners have registered on the Hidden Harvest web site. There's an impressive map inventorying many City fruit- and nut-bearing trees, all part of the urban forest that Hidden Harvest hones in on to fulfill its mission: "By revealing and sharing the fruit and nuts around our city, we seek to make good use of local food and inspire community members to plant trees for tomorrow which will feed us as well as mend our environment."

Do you have a tree producing more fruit or nuts than you can handle? Under the Offer/Volunteer rubric of the Hidden Harvest web site is where you can register your tree. After a date has been agreed upon, a team of volunteers will show up to harvest your gift, returning a quarter of what they've picked to you. Or join a harvest team, by volunteering your time and reach!

Hidden Harvest's principal revenue source is the sale of trees. The Buy/Donate rubric on their web site is where you can order an Asian Pear or Heartnut tree, or a Serviceberry bush, all proven to thrive in our clay soils and particular climate. Katrina is working on researching more species for Hidden Harvest to offer— this winter she began an apple tree nursery on her balcony.

Gardeners of all stripes will be interested in a Hidden Harvest workshop on Fruit Tree Propagation, on Saturday, April 6 at Ecclesiast Church (2 Monk Street, Ottawa; OC Transpo bus stop #6847 at Bank and Fifth Ave.). This is our chance to turn our gardens into part of Ottawa's food forest by learning a number of techniques (such as grafting) to make fruit trees even more productive. And each participant will leave with an apple tree ready to plant! Register for the workshop at the Hidden Harvest web site.



Madeleine Meilleur

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En ce moment de l'année.. à l'école Francojeunesse

Christine Aubry

Alors que la plupart des adultes trouvent le temps long en ce moment de l'année, les élèves de l'école Francojeunesse sont bien trop occupés et divertis pour s'ennuyer! Les deux derniers mois furent remplis d'activités excitantes et engageantes grâce à de nombreux parents bénévoles et à un remarquable personnel dédié et enthousiaste. En voici un petit survol :

Activités sportives

Fin janvier ont eu lieu les tournois de volley-ball lancé du Conseil des écoles primaires de l'Est de l'Ontario (CÉPEO). Le volley-ball lancé est une adaptation du volley-ball qui permet aux élèves du cycle moyen de jouer un sport adapté à leur niveau. Vingt-six élèves de la 6e année (13 garçons et 13 filles) ont représentés notre école. Même si aucune équipe n'a réussi à se rendre en finale, les élèves ont tous travaillé très fort et ils ont beaucoup aimé l'expérience.

Au mois de février, près de 41 élèves de la 5e et de la 6e année, se sont rendus au centre de ski Vorlage pour faire du ski de soirée (une fois par semaine pour un total de quatre sorties). C'était une première et belle expérience en ski alpin pour plusieurs élèves.

Depuis quelques semaines, les élèves intéressés de la 5e et de la 6e année (filles et garçons) peuvent participer aux intra-muros à l'heure du dîner. Trente à quarante élèves se présentent pour des matchs des quilles suédoises qui est une adaptation du jeu de « handball ». Il y a énormément d'ambiance lors de ces matchs. À l'heure du dîner les élèves de Francojeunesse dévorent les sports!!!

Le tournoi des quilles suédoises du CÉPEO aura lieu le 12 avril. Ça fait déjà quelques semaines que nos équipes s'entraînent et progressent rapidement.

Carnaval

Les 31 janvier et 1 février s'est tenu à Francojeunesse le Carnaval annuel. Malheureusement, Dame Nature a empêché à la communauté scolaire de se rendre sur le Canal Rideau et au Parc Jacques-Cartier. Qu'à cela ne tienne: danse avec la Wii, bingo au gymnase, pièce de théâtre des enseignants et légendes amérindiennes présentées par les élèves de 6e ont quand même su bien les occuper! Et pour souligner le tout: un souper communautaire où rayonnaient les ceintures fléchées et la musique folklorique. Bravo aux organisateurs! Un autre franc succès!

100ème journée d'école

Les élèves avaient 100 bonnes raisons de faire la fête le 8 février dernier. Célébrant la centième journée d'école, les élèves et le personnel se sont réappropriés le « 100 » en s'habillant, en comptant, en bricolant en utilisant le nombre 100!

Concours d'architecture

Il était une fois une boîte de Shreddies et du glaçage à la vanille... qu'est-ce qu'on peut bien faire avec ça? Un concours



d'architecture bien sûr! C'est tout ce dont les élèves ont eu besoin pour faire appel à leur imagination et leurs connaissances. Le concours leur demandait de construire quelque chose qui "tient debout" en utilisant des matériaux complètement périssables. Aucun gaspillage, aucun déchet. Tout dans le bedon quand c'est fini!

Mois de l'histoire des noirs

Dans le cadre du mois de février, le CÉPEO a lancé le concours "Qui sait, gagne", qui s'avère être un concours en lien avec les festivités entourant le Mois de l'histoire des Noirs, en partenariat avec la commission canadienne pour l'UNESCO. Les deux classes de 6e ont participé au concours en créant des tableaux d'affiches pour sensibiliser tous les élèves à des personnalités de descendance africaine ayant marqué l'histoire, tel que Mathieu Da Costa, celui qui a accompagné Samuel de Champlain à titre d'interprète il y a plus de 400 ans.

Semaine de la Francophonie

Plusieurs activités ont été organisées aux deux pavillons de Francojeunesse pour souligner la semaine de la Francophonie, du 18 au 22 mars., mais sans doute la plus amusante fut les rassemblements aux gymnases pour danser la zumba francophone!

Les élèves du cycle primaire ont aussi eu la chance de gagner des livres en participant à un concours d'illustration sous le thème « la joie de vivre des francophones. » Les 5e et 6e participent au concours oratoire organisé par le club OPTIMISTE de Vanier. Chaque élève a dû rédiger un texte sur le thème "Pourquoi écouter les autres". Les gagnants de chaque classe se présentent aux semi-finales de l'école et Francojeunesse choisira un garçon et une fille pour représenter l'école lors des finales.

Journée du chandail rose

La première journée du chandail rose a eu lieu en février 2007, en Nouvelle-Écosse. Chaque année des écoles partout dans le monde célèbrent cette prise de position lors de la semaine contre l'intimidation en octobre ou en février ou encore à ces deux périodes. Garçons et filles se sont fièrement vêtus de rose. De superbes photos figurent sur le site Web de l'école. Visitez francojeunesse.cepeo.on.ca/ecole/album-photo, pour voir leurs sourires rayonnants, ainsi que de superbes photos de toutes les activités mentionnés ci-dessus.

Finalement, le Conseil des parents de l'école organise le 30 mai prochain une soirée multiculturelle. Il y aura une dégustation de mets apportés par les participants ainsi qu'une exposition d'objets culturels. Les familles intéressées doivent confirmer leur participation d'ici le 15 avril.

10 good deeds you can do

Good Turn Week (April 13-21) was established to encourage Canadians of all ages to reach out and make a difference in the lives of other people and contribute to the development of stronger, friendlier communities. A York University study has found that people who perform acts of kindness see a marked increase in their happiness and self-esteem.

These 10 good turns are easy to do:

1. Donate blood, clothes, furniture, toys, books or food—or give money to charity.
2. Volunteer for a community program, or at a local food bank or shelter.
3. Help an elderly neighbour with grocery shopping or a household chore.
4. Write a letter to the Canadian forces thanking them for their service.
5. Feed or adopt an abandoned animal.
6. When shoveling snow or raking leaves, do the same for your neighbour.
7. Visit a nursing home just to chat with one of the residents.
8. Bring a special snack or lunch for your colleagues/classmates.
9. Buy a homeless person a meal.
10. Help someone who is short of change at the store checkout.

To see what good turns Canadians are doing visit scouts.ca/goodturn, and follow @scoutscanada on Twitter and on facebook.com/scoutscanada.

Scouts Canada offers programming for children and youth aged 5-26 in more than 19 languages, reflecting Canada's multicultural landscape and communities.

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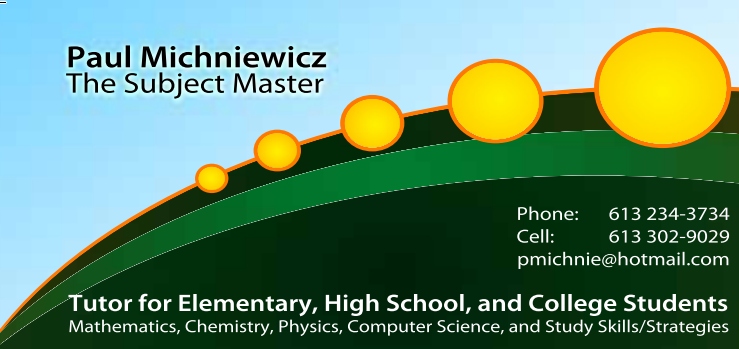
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Quick, delicious meals—cooked at home

Dodi Newman

There was an article in *The Ottawa Citizen* recently about how fast food leads to obesity in children - lots of children. This is hardly news, and it made me wonder why more people don't cook at home.

You say it is too complicated and too time consuming to cook at home and eat meals in? But think of what you are missing if you don't: money saved, tastier and fresher food, and all those wonderful aromas coming from your kitchen. You'll also miss, or rather benefit from the lack of, food additives, high salt content, and empty calories, to mention just three of the health benefits of home cooking.

The internet can help with menu planning - just Google "menu planning" and you will have a bewildering choice of sites. Check out these two: www.realsimple.com and www.cookinglight.com.

Save time by cooking enough of the main course so you can freeze a meal or two. Have on hand pre-washed vegetables like spinach or lettuce. Or cook something that is ready to serve quickly. And do consider the lowly and maligned ground beef - preferably lean and ground in-store to avoid those nasty additives.

Here are two ideas to get you started (each suggestions serves 4).

A different meatloaf

Mix a pound of ground beef with 1 cup of softened whole wheat bulgur (add 1/2 cup bulgur to 1/2 cup boiling water and let it sit while you chop the onion), an

egg, chopped onion and garlic, chopped parsley, whole coriander seeds and a bit of ground cumin, salt and pepper to taste. Mix well, mould it into a mound in a 9 1/2" glass pie dish, leaving a 1/2" space between it and the edge of the dish, pour over it a 28 oz. can of diced tomatoes, sprinkle some fresh or dried basil and a little olive oil on top; microwave for 10 to 15 minutes (follow the directions of your MW cookbook) and let it stand, covered, for 5 to 10 minutes. Serve with a green vegetable or salad. The bulgur serves as a starch—no other starch needed.

Spinach and beef pockets

In a bit of olive oil, over medium high heat, sauté a pound of ground beef with a chopped onion, a clove or two of garlic, some crushed coriander seeds, whole sesame seeds, salt and pepper. When the meat is fairly dry and no longer red, add one or two packages of rinsed, well drained spinach (or a package of defrosted frozen chopped spinach), stir well and cook, uncovered, until the spinach is done, stirring periodically. There should be very little liquid left in the pan. Add plain yogurt to taste and stir lightly. Cut four heated, whole wheat pita breads in half (Mid East Bakery on Somerset Street West or Hanna's Bakery are local and excellent), stuff each half with the mixture and serve with sliced tomatoes, drizzled with a bit of olive oil and sprinkled with salt and pepper.

I promise you—these taste much better than a fast-food burger or a meatball sub!

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



Al Basha Shawarma, 233 Laurier Ave. E. Word on the street has it that the latest arrival in the spot formerly occupied by Johnny Pizza makes a very tasty falafel sandwich, as well as irresistible potatoes.

Ayoub's, 322 Somerset St. E. Besides the delicious cold Lebanese food like cheese bread and eggplant or tabouleh salad, Nouha makes wonderful hot dishes daily. It's a perfect place to stop for a take-out meal when rushed after work or when cooking at home is just not on the menu. Last week we enjoyed: piquant vegetarian shepherd's pie - lentils, spinach and walnuts with fluffy potato topping; eggplant stuffed with ground beef and pine nuts; fasoulia - tender chicken, kidney beans, carrots and potatoes in a lovely sauce; and rice two different ways, with vegetables and with lentils. Everything was beautifully seasoned. We'll be back to try other tastes such as kibbe in yogurt sauce or cabbage rolls. The food is priced by weight, ranging between \$1.25 and \$1.70 per hundred grams.

Farmers' Markets The Main Farmers' Market will be starting up on May 4, and will continue to host local growers through the summer and fall, on Saturdays from 9:00-2:00 at Immaculata High School in Old Ottawa East. In the meantime, check out the last University of Ottawa farmers' market of the season on April 11 from 9:00-4:00 in the Agora of the University Centre.

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Just ask IMAGE ... About your pets

Eleanor Woolard

Q. My Maltese has runny eyes, like they all do. I've been babysitting my friend's Persian cat, and now he's got them! How can I cure this before my friend sees it?

A. If the discharge is milky with a yellow or green tint, get to the vet, pronto. This is a sign of infection, and needs immediate attention. If you mean the dark brown discharge seen in many short-faced dogs and cats, these are tears. Dog and cat tears contain a high level of iron. That colour is rust!

Many things cause tears: temporary irritation, allergies, blockage of the duct, rolled eyelids dragging lashes over the eyes, shallow sockets pressing the duct closed. Short-faced dogs and cats have been bred for short jaws and shallow sockets: the jaws might be short, but the tear ducts are not, and easily twist and block, lids roll into the eyes, and fur grows very close.

None of these conditions is contagious. It is possible the cat is allergic to something in your house, or has an irritant in its eye. If the tearing does not clear up in



Susan Turansky's Maltese, D.J., has quite a lot of staining.

a day, or if the eye becomes puffy or reddened, a trip to the vet is in order.

Your Maltese is another matter. This is not a temporary irritation, and should be seen by a vet to rule out rolled eyelids or other conditions that can damage the eye and lead to blindness. Since this has been going on for a while, the eye may already be damaged.

With regular tearing, it is important to clean the eyes daily. Dried tears form crystals that can irritate the eye and surrounding tissue, leaving them vulnerable to infection. Pet stores sell an enormous range of products for cleaning eyes and removing tear stains. There is no need to spend this kind of money. A box of cotton swabs, some distilled water or artificial tears and a few minutes a day are all it takes to prevent costly vet bills later.

To clear your pet's eyes, seat it in your lap facing out. Wet one end of the swab. Hold the jaws gently but firmly from below. Place the wet swab against the lid just below the inside corner of the eye. Allow several seconds for the water to loosen the debris, then, pressing slightly, slowly turn the swab away from the eye. You will see rust and debris on the swab as you turn it. Once the swab is outside the stain, remove it and use the dry end the same way to pick up stray bits you did not get on the first pass. If there is a lot of debris, repeat before going on to the other eye.

Although most pets struggle at first, even cats get used to this routine quickly. Bribery with treats helps. And the cost of a few treats nightly over a lifetime is far less than the cost of an eye operation even once.



Lay the swab below the inside corner of the eye, then slowly turn it out, picking up debris.



Al Basha Shawarma — "Moe" the manager.

Première Moisson, 120 University Private. A branch of the Quebec boulangerie/artisanal takeaway food emporium has opened on the main floor of the new Social Sciences Building at the University of Ottawa. Drop by for lunch or a pastry, or for a loaf of bread, a quiche or jar of sauce with posh pasta to take home. This is also a good place to keep in mind for gifts of jam and preserves, chocolate and cakes for special occasions. Hours vary with the academic year; but in general it is open from early morning to late afternoon, every day except holidays.

Relish Food Truck, corner of University and Copernicus. There are still a couple of weeks to enjoy Relish's fabulous Mac'n

Cheese in our neighbourhood before the blue truck rolls away for the summer. This satisfying mix of perfectly cooked pasta, creamy cheese sauce, and unbelievably tasty garnishes will set you back \$8.00. Open Tuesday-Friday from 11:00-3:00 until April 24; then back in September.

Silver Spoon Express, 503 Rideau St., 613-688-8889.

The former Spring Roll King offers an assortment of Asian dishes for nights when only delivery will do.

General Tao's Chicken (\$9.95) and Thai Panang Curry Tofu, (\$8.95), both feature crisp, bright vegetables along with the main ingredients in their tasty sauces. Portions are generous and will likely leave you with leftovers for lunch.

Stone Soup, corner of Marie Curie and Jean-Jacques Lussier. For \$7.50, a large bowl of Stone Soup's fiery vegetarian chili with a hunk of crusty bread makes a substantial lunch that will keep you warm while you're waiting for spring to gain the upper hand. Drop by in the beginning of April; on the 24th, Stone Soup will take up a new spot in Hintonburg until university starts up again in September. Open Monday-Friday from 11:00 to 6:00 or until supplies run out.

Stadacona Hall, au cœur de notre histoire



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

La Côte-de-Sable cache un riche patrimoine bâti et historique lié aux francophones. Nous vous invitons à découvrir dans cette chronique la magnifique propriété de Stadacona Hall.

On trouve au 395, avenue Laurier Est, l'un des plus anciens bâtiments de la Côte-de-Sable et une des plus imposantes maisons d'Ottawa. Il s'agit de Stadacona Hall, une immense résidence en pierre calcaire grise, entourée de verdure, qui rappelle les beaux manoirs néogothiques. De plus, cette maison possède un lien avec la francophonie canadienne et mondiale

La résidence de Joseph-Édouard Cauchon

Un riche baron du bois de la capitale, John A. Cameron, fait ériger en 1872 cette grande demeure, louée trois ans plus tard à l'un des politiciens, journalistes et hommes d'affaires les plus en vue de son époque, Joseph-Édouard Cauchon.

M. Cauchon devient, en 1867, le premier président du Sénat canadien. Au cœur de sa fructueuse carrière, il occupe plusieurs postes de prestige, notamment comme président du conseil privé du

Photo Bill Blackstone



La magnifique propriété de Stadacona Hall rappelle les manoirs de style gothique.

Canada, ministre du Revenu et lieutenant-gouverneur du Manitoba. Les dernières années de ce politicien éminent sont toutefois pas mal moins joyeuses. En effet, le riche homme d'affaires finit sa vie totalement ruiné à la suite du crash financier de 1882 et il meurt sans le sou, dans l'Ouest, trois ans plus tard.

En mémoire de la Vieille capitale

C'est la seconde épouse de M. Cauchon, Marie-Louise Nolan, qui donne son nom actuel à la demeure, lors de son passage au domaine. Mme Cauchon demeure très attachée à la Vieille capitale où son mari était maire avant d'arriver à Ottawa. C'est pourquoi, elle lui donne le nom Stadacona qui s'avère être le nom algonquin de la Ville de Québec.

Par la suite, Sir John A. Macdonald, le premier premier ministre du Canada, en

1867, et Lady Macdonald occupent les lieux de 1882 à 1888.

Au 20^e siècle, Stadacona Hall devient une résidence privée pour l'ambassade de France, puis l'ambassade de Belgique. Aujourd'hui, le manoir qui a conservé son apparence extérieure d'origine accueille le Haut commissariat du sultanat du Brunei.

En 1978, la Ville d'Ottawa désigne Stadacona Hall propriété historique conformément à la Loi sur le patrimoine de l'Ontario. Les générations à venir pourront admirer encore longtemps ce joyau du patrimoine bâti et historique d'Ottawa.

J'offre des visites guidées pour les groupes de 10 personnes et plus afin de faire découvrir le riche patrimoine francophone de la Côte-de-Sable. Pour réserver une visite, composez le 613-562-5825 ou envoyez un courriel à Michel.Prevest@uottawa.ca.

Sandy Hill's Grace Duern to perform at Children's Theatre Festival

Grace is a local Sandy Hill bright young talent. She is performing in an upcoming play and has written another for Canterbury High School's delightful Children's Theatre Festival taking place on Saturday April 13 at Canterbury High School, 900 Canterbury Ave. You are invited!

The Festival is intended for the young set, ages 4-10, parents, family and friends of all ages, who will be treated to a whole range of age-specific performances written, directed and acted by Canterbury art students. The festival is free but donations are welcome. The student enthusiasm for their craft is unlimited

Performances are scheduled for 10a.m., 11a.m., 12p.m. and 1p.m. Each time slot offers you a gamut of six plays from which to choose, and each play is 30 minutes in duration. Creative signage from yet more art students will get you to the right place for the right time with your child in hand. Families will also be treated to games and face painting and there will be food on sale for those little big appetites. This is a festival signaling: Winter is toast, get on with the fun!

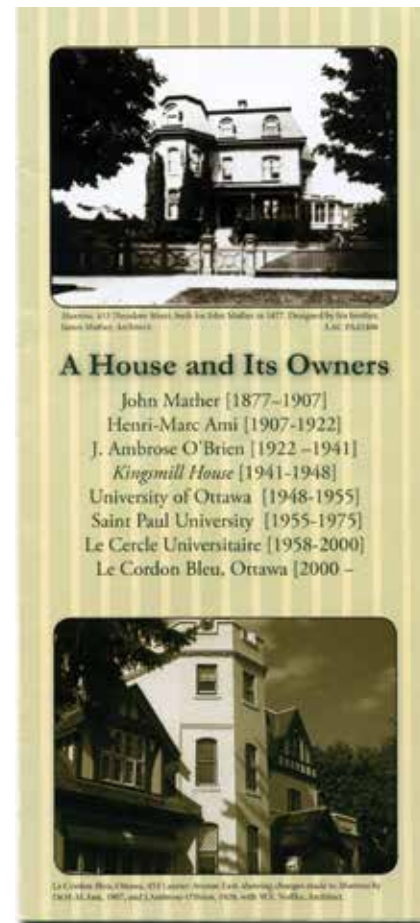
Adventures in Dreamland is written by Grace with children ages 4-6 as the intended target group. You can catch Grace with her seven-member troupe performing in *Sidekick*, which is full of fast-paced superhero change-ups, intended for an older audience of 8-10 year olds.

Additional performances include *Grumpalumps* (ages 4-6); *Stubborn Spencer's Space Adventure* and *Arden is Afraid* for the 6-8 age category; and finally, *Baba Yaga* for the 8-10 audience.

For more information contact Emily Mayo or Sydney Hartford, Children's Theatre producers at childrens.theatre2013@gmail.com or call 613-731-1191 ext. 525 or check it out on Facebook: [facebook.com/#!/pages/Childrens-Theatre-Festival-2013/371022453005950](https://www.facebook.com/#!/pages/Childrens-Theatre-Festival-2013/371022453005950)



Grace Duern grew up in a musical household on Marlborough Ave. We remember boisterous songfests at Bettye Hyde school led by her parents Frank Duern and Martha Milne. Photo Claire MacDonald



Brochure tells the story of a Sandy Hill landmark renowned for hospitality

This elegant brochure, available at Le Cordon Bleu at 453 Laurier Ave. East, commemorates the contribution of brothers John and James Mather to the economy and streetscape of Ottawa.

John Mather came from Scotland in 1857 to direct the woods operations of the Gilmour and Hughson timber holdings, making them a "famously successful lumber operation." He went on to found companies through the district of Keewatin and support the expansion of the CPR.

His brother James arrived in Ottawa in 1872 and opened an architectural practice. He designed many prominent buildings, among them Laurier House, First Baptist church, the original Rideau Club, Beechwood Cemetery structures, and the Bank of Ottawa. Most famously, in 1874, he built Munross house, overlooking Strathcona Park.

It housed his family until 1907 and then passed through a number of hands (described in the text), continuing to "offer fine dining in the most pleasant setting in Ottawa" as Le Cercle Universitaire and now Le Cordon Bleu.

Jane Mather, a descendent of the Mather brothers, has produced this welcome brochure with support from several donors and Heritage Ottawa.



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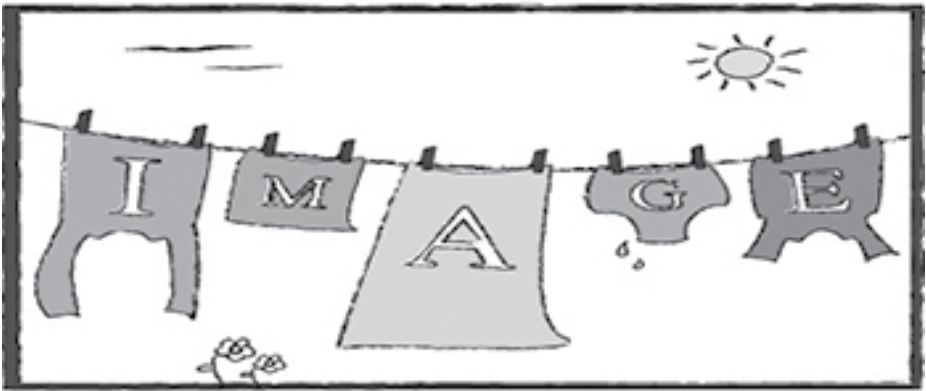
Get your 6/49 & Super 7 tickets in store !

A Farmers’ Market for Sandy Hill

Susan Young

As visions of spring tantalize us at this time of year, a group of Sandy Hillers is imagining, planning, and talking up a new addition to our neighbourhood. This year, it’s the Main Farmers’ Market appearing in Sandy Hill! Local foodies will be thrilled to learn of a pilot project that will see, one Saturday a month, farm fresh fruit and vegetables delivered to a Sandy Hill satellite market. “As well, we plan to incorporate the satellite market into events Sandy Hillers already love to attend: the Bettye Hyde Spring Fair on Saturday, June 1st will be the first of a number of neighbourhood favourites to include tables laden with farm fare,” says Susan Young, volunteer Board member of the Main Farmers’ Market and a Sandy Hill resident. “We’re anxious to see if Sandy Hill will take advantage of

farm produce close at hand, just as we are keen to support local, hardworking farmers,” she added. The season’s revenues from both the Main and satellite markets not only ensure viable farming in our region, but also serve an additional social purpose: a share goes to help low-income residents access locally-grown food. The Sandy Hill organisers will be evaluating to see if a satellite market could work every Saturday in the summer of 2014. In the meantime, the Main Farmers’ Market will continue to take place every Saturday from May 4th to October 26th, this year at a new location: Immaculata High School on Main Street in Old Ottawa East. Interested in helping out with either market? Visit the website mainfarmersmarket.org to see how you can support community-based action for local food. And watch this space for the July, August and September Sandy Hill satellite market dates and sites.



BULLETIN BOARD

Adult programs

Family Services Ottawa: Gathering Strength group for women 55 + who have been controlled/abused by partners or adult children, starting on Wed., April 10, from 2-4 p.m., for 8 weeks. Cost: Free. Please call, 613-725-3601 ext 102 to arrange a pre-group meeting in March.

Family Services Ottawa: Exploring Mindfulness group, for Women 60 +, an introduction to the practice of Mindfulness, starting on Tue. April 9, from 2-3:30 p.m. for 8 weeks. Cost \$80.00. Family Services à la famille Ottawa, 312 Parkdale Avenue. Please call 613-725-3601 ext 102 for more information and registration.

The Ottawa Public Library is hosting an array of specialized programming for adults and adults 50+ this spring. Topics include health and wellness, poetry, personal finance, computers and technology, hobbies, writing as well as home and garden. The Library has enlisted a variety of experts as program partners. Online registration is required to attend these free programs. For more information, contact InfoService at 613-580-2940 or InfoService@BiblioOttawaLibrary.ca. (For a list of all library programs, visit www.BiblioOttawaLibrary.ca/programs).

Garden and home

Fruit tree propagation. Gardeners of all stripes will be interested in a Hidden Harvest workshop on Fruit Tree Propagation, on Saturday, April 6 at Ecclesiast Church (2 Monk Street, Ottawa; OC Transpo bus stop #6847 at Bank and Fifth Ave.) ottawa.hiddenharvest.ca/category/events/

Orchidophilia, Ottawa Orchid Society 32nd annual orchid show with orchid displays, art gallery and orchid vendors. April 20 & 21, Sat. noon - 5 p.m., Sun. 9 a.m. to 5 p.m. Photographers: tripods welcome Sunday 9-11 a.m. General admission \$10; Seniors (60+) \$8; Children (8-12) \$8. Nepean Sportsplex, 1701 Woodroffe Ave. www.ottawaorchidsociety.com

Native plant sale at Fletcher Wildlife Garden on Sat., June 1, 9:30 - 12:30 at the garden on Prince of Wales Drive, just across from the Agricultural Museum.

IODE Annual House and Garden Tour, June 21st and 22nd, 10 a.m. to 4 p.m., Tickets \$30, available early May; “Rockcliffe Park, Then and Now”, at least 5 houses ranging in age from 1907 to 1959, and one especially spectacular garden; for more info contact Jo Brodie at 613-842-5304 or laurentian.ioda.ca

Craft Sales

OAG Spring Craft Show, over 40 local juried artisans selling original handcrafted items, April 6 and 7, 10:00 a.m. to 4:00 p.m., Lester B. Pearson High School, 2072 Jasmine Crescent at Ogilvie Road; free admission, free parking, early bird gifts for first 20 people, door prizes; Food Bank donations welcomed, www.OttawaArtisans-Guild.ca; www.facebook.com/OttawaArtisans

Spring Art and Craft Sale, 31 local artists, artisans, makers and crafters, everything from violin making, jewelry, knit and crochet, sewn clothing, original artwork, card makers, beekeeper produce, popcorn maker, jams and jellies, woodworking, soaps, miniature gardens, and animal paraphernalia; Bronson Centre, MAC Room, 211 Bronson Ave., Sun. April 14, 10:00 a.m. to 3:00 p.m.; Parking free at Bronson Centre (while spaces last) & at old Ottawa Technical High School 2 blocks north in football field lot; proceeds from table rentals go to the Crohn’s and Colitis Foundation of Canada (CCFC), Contact person: Sue Taylor-Davidson, 613-737-1099, sueknits@lycos.com; Facebook page www.facebook.com/events/272260102907945/?context=create.

Music and art

Inside the Music with the Ottawa Symphony Orchestra and OrKidstra, an afternoon of free activities and an open rehearsal for music fans of all ages, including a peek at how the orchestra prepares for a concert, followed by activities lead by OrKidstra musicians, National Arts Centre, Southam Hall, Apr. 7, 2:30-5 p.m., visit www.ottawasymphony.com for more information.

2 Concerts for the Price of 1. Special offer from the Ottawa Symphony Orchestra: Buy a ticket for April, get a ticket for May. Offer expires April 8. All performances at 8 p.m. in NAC’s Southam Hall. Valid on new purchases only. Quote Spring Deal to redeem this offer. Tickets available at the NAC box office, or from ticketmaster.ca; Concerts: April 8, A Russian Celebration. Works by Rachmaninov, Prokofiev and Schafer; May 13, The Rite of Spring; works by Stravinsky and Murphy

Pro Organo Ottawa, The Royal Canadian College of Organists - Ottawa Centre presents Wesley Warren in the third recital of the 2012-2013 series, Fri. April 12, 7:30 p.m. St. Barnabas Church, (Corner of Kent and James) where our featured artist has been Organist and Choirmaster since 1987; tickets will be available at the door: \$20, \$15 and \$10. Info: 613-728-8041 or www.rcco-ottawa.ca/pro_organo.html.

Music and Beyond and Ashbury College are pleased to present When Words Leave Off... Celebrating Music and Youth, a fundraiser in support of a range of initiatives by Music and Beyond and Ashbury College to introduce young people to music; featuring Canadian Jazz musician Oliver Jones, Canadian cellist Stéphane Tétreault, Canadian cellist and director of Music and Beyond Julian Armour, Ashbury music students, and Ottawa Catholic School Board Children’s Choir, an elegant reception in Ashbury’s Maclaren Hall will follow the event, \$150 per ticket (includes a \$100 tax receipt), only 200 tickets available, Apr. 16, 7 – 9 p.m., Ashbury College, 362 Mariposa Ave., www.musicandbeyond.ca.

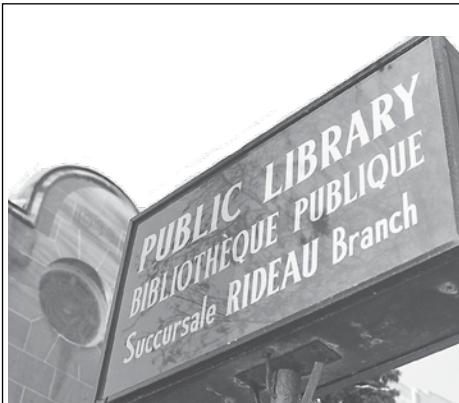
Sobey Art Award nominated Yukon artist Charles Stankievecch presents the premiere of his new work, a film and sound installation recorded during his residency at the Canadian Forces Station Alert (Ellesmere Island, Nunavut), the installation is part of a series of fieldworks looking at remote outpost architecture, military infrastructure and the embedded landscape, Apr. 26 – June 2, City Hall Art Gallery, 110 Laurier Ave. W., open daily from 9 a.m. to 8 p.m., presented by SAW Video Media Art Centre, Ottawa Art Gallery, the City of Ottawa, and the NAC’s Northern Scene.

Theatre

The Ottawa Stilt Union (OSU) is holding its first fundraiser to raise enough money to continue to create quality theatre for all ages, the OSU uses stilts, acrobatics and music to bring magic and wonder to their audiences; fundraiser to be held May 10 at the New Edinburgh Community and Arts Centre, Memorial Hall, 255 MacKay St., featuring food, music, stilt try-outs, acrobatic try-outs, and a special performance of Kleo’s Wake, tickets are \$20 in advance, \$25 at the door. For more information visit www.ottawastiltunion.ca.

Salamander Theatre camps, register your child for one of our exciting outdoor drama camps, online (salamandertheatre.ca) or by calling (613) 569-5629. Performances are held under the stars at the beautiful Billings Estate! Space is limited - book early to avoid disappointment. Shakespeare Camp led by Eleanor Crowder, Twelfth Night - July 2-19 Performance Camp led by Kate Smith, Wicked - August 19-30

Odyssey Theatre’s 27th season under the stars, in Strathcona Park. They have an electrifying show prepared as Andy Massingham returns to direct a beloved classic with a whole new twist. This summer, Odyssey presents George Bernard Shaw’s Arms and the Man—in mask! This will be the first professionally produced masked rendition of a Shaw play. Arms and the Man, July 25 - August 25, Tuesdays through Sundays.



PROGRAMME

Family Storytime/ Contes en famille Bilingual/Bilingue. Tuesday mornings, 10:30-11:05am, April 9, April 16, April 23, April 30, May 7, May 14 Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in. / Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Inscription non requise.

Morning Book Club English. Thursday, April 18, 10:15-11:30 am Share the enjoyment of good books in a relaxed atmosphere. Today’s book: *The Headmaster’s Wager* by Vincent Lam.

Frontier College Reading Circle / Cercle de lecture Collège Frontière Bilingual/Bilingue. Saturdays, 10:45-11:45 am Help your child become a better reader through stories and games led by Frontier College volunteers. Ages 5-10. / Aidez votre enfant à devenir un meilleur lecteur au moyen d’histoires et de jeux animés par des bénévoles du Collège Frontière. Pour les 5 à 10 ans.

Evening Book Club English. Monday, May 6, 7:00-8:30 pm Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of a classic in translation, TBD.

Pen and Paper Writers’ Workshops English. Every Tuesday evening, 6:30–8:00pm Sponsored by the Ottawa Independent Writers. All are welcome; it is not necessary to be a member of OIW. For more information, contact Marilyn Oprisan at: the_moo@sympatico.ca or (613) 746-3077.

Groupe de lecture Mille-Feuilles Français. Mercredi le 17 avril de 18h45-20h , Partagez avec nous le plaisir des livres dans une ambiance détendue.

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TRADES SHOWCASE

Illustration Dawna Moore

CALENDAR

April - May - June 2013

Events and shows taking place in or near Sandy Hill

Every Sunday – The Ottawa Art Gallery presents Creative Sundays, hands-on art-making activities for children and adults, free, no registration required, from 1 – 3 p.m., The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, ext. 228., ottawaartgallery.ca.

Every fourth Sunday - The Open Table community meal for students. Come and join us for good food and good company at All Saints' Sandy Hill, Laurier Ave. E. at the corner of Chapel St. We eat. We meet. We reflect. And we connect – with each other, with God, and with the community. Our community seeks to encourage one another as we connect the dots between faith and real life. It's free and fantastic. Beginning 4:30 p.m. (every fourth Sunday). Visit theopentable.ca.

Now until Apr. 29 – Brew: Beer, Conversation & God, a weekly event designed to encourage participants to read and discuss issues of culture, God, science, art, business and politics and be challenged in different faith-filled ways, each week we will examine five questions or thoughts and the discussion is open, 8:30 p.m., Royal Oak, Laurier Ave. E. between King Edward and Cumberland, downstairs, for more information visit: theopentable.ca/brew-beer-conversation-god/.

Until May 19 - (Ta·ku·shur·nai·tuk) n.

1. Things Never Seen Before
2. Aisa Qumaaluk Sivuaapik and Others, featuring the work of artists from the community of Ouvirmituk, on the northeast coast of Hudson Bay in Nunavik (Northern Quebec), presented in collaboration with the NAC's Northern Scene, the Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, ottawaartgallery.ca.

Apr. 10 – Amnesty International Group 56 and the Secretary General of Amnesty's Canadian Section, Alex Neve, present "Indigenous Populations at Risk in Colombia," a presentation on the humanitarian crisis caused by the armed conflict in Colombia, T.A.N. Coffee, 7 p.m., \$5 at the door (includes coffee and snacks), 317 Wilbrod St. at Friel St.

Apr. 15, 22, 29 and May 6 - Cook it Up! Four free cooking demonstrations 6 – 7:30 p.m. at the Sandy Hill Community Health Centre, 221 Nelson St. (corner of Rideau), Mediterranean cooking (Apr. 15) with Chef Malek Batal, Professor of Nutrition, University of Ottawa; Healthier desserts (Apr. 22) with Chef Debbie Morris, nurse & professional chef; Gluten free cooking (Apr. 29) with Chef Margaret Hughes, dietitian at Loblaw's; Couscous et les mets algériens (6 mai), Chef: Asmaa Rouabhi, étudiante en nutrition l'université d'Ottawa, 18h – 19 h30, for more information or to register call Oily at 613 244-2792.

Apr. 18 – The Power of Thoughts and Worry, a lecture based on the work In the Light of Truth: The Grail Message by Abd-ru-shin, Sandy Hill Community Centre, 250 Somerset St. E., 7 – 9 p.m., \$5 admission, free parking, RSVP to 613 822-6346 or email info@alexander-bernhardt-canada.com.

Apr. 18 – May 24 - Larger Than Life: Contemporary Art from the Yukon, an exhibition of work by contemporary artists based in the Yukon, Partners: Yukon Arts Centre and Galerie SAW Gallery, presented in association with the NAC's Northern Scene, the Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, ottawaartgallery.ca.

April 19 – The Ottawa Guitar Society proudly presents Scottish classical guitar virtuoso Matthew McAllister, 8 p.m. All Saints' Anglican Church Sandy Hill, 317 Chapel St, \$15 Students/OGS members; \$20 General; info and ticket reservation: 613-325-1542; Matthew McAllister is widely regarded as one of the most exciting and talented classical guitarists in Europe.

Apr. 20 – Great live Reggae music with The Roots Movement Band, at St. Paul's-Eastern United Church 473 Cumberland St., downstairs hall, \$7 per person, 8 p.m.-12 a.m., all proceeds from the door will be distributed to African Missions, information: Val, 613-236-8690.

Apr. 20 and May 14 - The Garden Gate, early childhood program for 3.5 to 6 year olds led by Waldorf-trained educator Yasmeen Osman, open houses April 20 from 9:30-11:30 a.m. and May 14 from 6:30 - 8:30 p.m., 317 Chapel St., gardengateprogram@gmail.com.



Apr. 23 – May 11 – Come Blow Your Horn, a comedy by Neil Simon, directed by Sarah Hearn, Ottawa Little Theatre, 8 p.m., \$25, \$22 (seniors), \$12 (students), 400 King Edward Ave., 613 233-8948, ottawalittletheatre.com.

Apr. 23, May 14, 28, June 11, 25 - The Tree Reading series meets the second and fourth Tuesday of each month, featuring Mary Dalton (Apr. 23), Asa Boxer and Carmine Starnino (May 14), Natalee Caple and Rob Colman (May 28), Amanda Earl and Dawn Kresan (June 11), Kate Cayley and Paul Vermeersch (June 25), Arts Court Library, 2 Daly Ave., doors open at 7:30 p.m., free admission, 613 749-3773, the Tree Reading Series also offers free one-hour poetry workshops, 6:45-7:45 p.m., treereadingseries.ca.

Apr. 24 – 26 – The Faculty of Medicine Class of 2016 at the University of Ottawa will host their annual fundraiser MedShow - Down to the Bone. This is a fundraiser for the Canadian Sudden Arrhythmia Death Syndromes (SADS) Foundation, 7 p.m., Jack Turcot Alumni Auditorium, 85 University Private, visit uottawamedshow.com for more information.

Apr. 27 – Spring garage sale, St. Paul's-Eastern United Church hall, corner of Cumberland and Daly, 8 a.m. to 1 p.m., proceeds will be shared with Multifair Housing Initiative in their search for a new building.

Apr. 27 – Learning about sound design at Ottawa Little Theatre, instructor: OLT sound designer Andrew Hamlin, 10 a.m. to 5 p.m., \$60 (plus HST), \$40 (plus HST for OLT members), 400 King Edward Ave., 613 233-8948, ottawalittletheatre.com.

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

May 16 – Action Sandy Hill (ASH) Annual General Meeting, evening includes election of new board members, Volunteer of the Year award, and attendance of Councillor Mathieu Fleury, Ottawa Police Services, and by-law enforcement services, doors open at 6:30 p.m., Sandy Hill Community Centre, 250 Somerset St. E.

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

May 28 – June 15 – Steel Magnolias, a comedy/drama by Robert Harling, directed by Tom Taylor, Ottawa Little Theatre, 8 p.m., \$25, \$22 (seniors), \$12 (students), 400 King Edward Ave., 613 233-8948, ottawalittletheatre.com.



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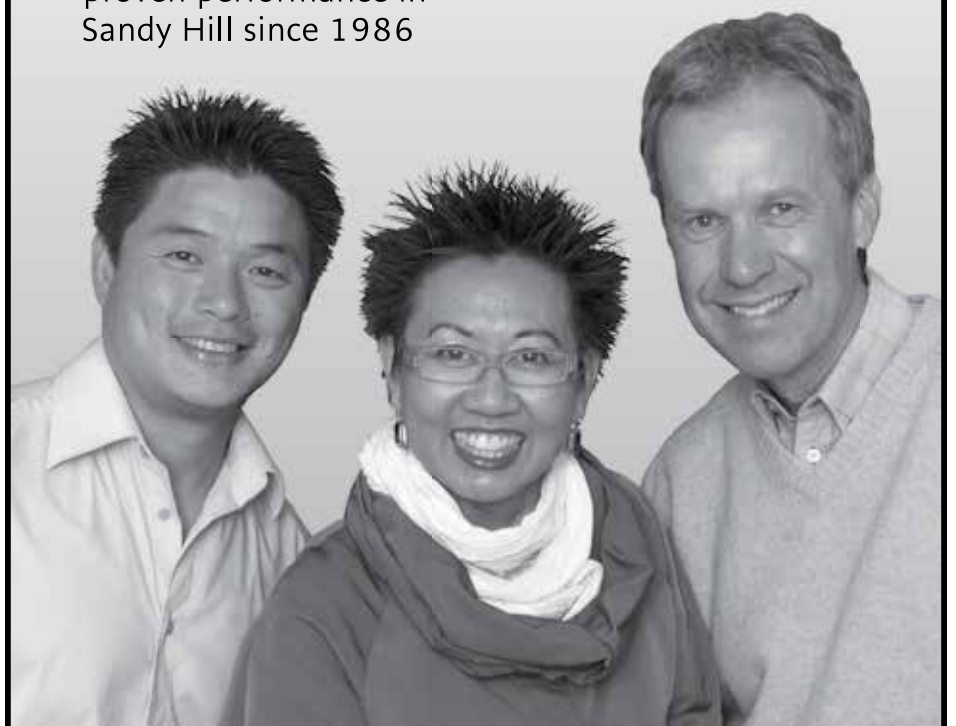
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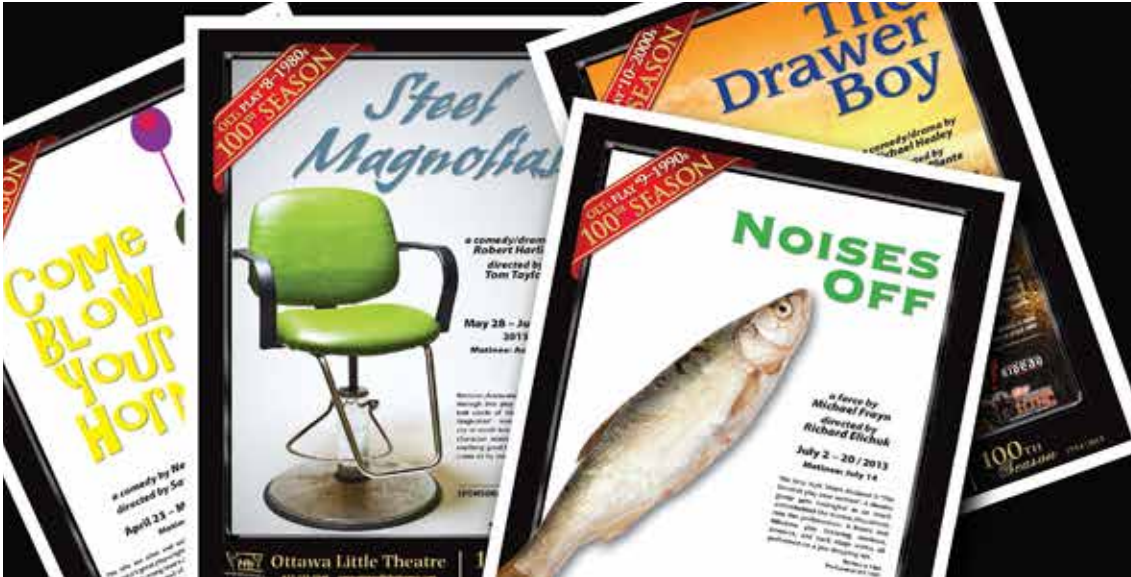
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Winter warriors. It was another season of great ice on the outdoor rink behind the Sandy Hill Community Centre. These are some of the many people we need to thank for the weeks of checking conditions, shovelling snow, setting up and putting away equipment, enforcing rules and, especially, the late night flooding and more flooding. Their effort was organized by the DeWalts, shared between households and was for the most part voluntary (the teenagers earned some pocket money, provided by Action Sandy Hill, for their lifting and lugging). The result: lots of pick-up or scheduled games, great memories, wonderful times in the hood. Thanks to all workers, whether in this photo or not! Front (L to R): Dean Pallen, Rob MacDonald, Matthew Laker, Gabrielle Dewalt, Susan Young, Francine Lecours, Doug Ainslie, Bryan Dewalt. Back (L to R): Ryan Laverty, Claire MacDonald, Simon Dewalt, Daniel Boswell, Eric Audet, Jacob Weber, Kieran Pallen, Iain MacDonald.



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