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IMAGE

CÔTE-DE-
SABLE

OCTOBER - NOVEMBER 2013

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Le manque de logement devient de plus en plus problématique pour l'université, les étudiants et les résidents de la Côte-de-Sable

François Bregha

Le 27 juin dernier, Marc Joyal, vice-recteur aux ressources à l'Université d'Ottawa, annonçait lors d'une réunion du comité mixte université-communauté (« Town and Gown Committee ») que l'université avait l'intention de faire construire de nouvelles résidences pour étudiants. La première de ces résidences, d'environ 160 places, doit être construite rue Henderson à côté du nouveau bâtiment de recherche avancée (près de Templeton). L'autre (ou les autres), comprenant 500 à 700 places, serait construite par un promoteur privé hors campus, à un maximum d'une dizaine de minutes de marche de l'université.

L'université compte actuellement 2 885 lits de résidence répartis en sept bâtiments, plus une centaine de lits supplémentaires dans 27 maisons. Le plus récent de ces bâtiments, Hyman Soloway sur l'avenue Laurier, a été construit en 2004. Or, depuis 2000, l'Université d'Ottawa connaît le deuxième taux de croissance parmi toutes les universités ontariennes, avec une fréquentation qui a presque doublé pour s'établir actuellement à 42 000 étudiants (dont 35 000 sont à temps plein). L'université prévoit de continuer à grandir d'environ 750 nouveaux étudiants par année, dont le tiers serait des étudiants du premier cycle. Depuis quelques années déjà, l'université n'est plus en mesure d'assurer une place en résidence pour tous les étudiants de première année et ce manque de logement devient de plus en plus problématique pour l'université, les étudiants et les résidents de la Côte-de-Sable.

Bien que beaucoup dans la communauté accueillent favorablement l'intention de l'université de construire de nouvelles résidences, il n'en reste pas moins qu'ils s'inquiètent aussi des plans annoncés à date. L'université, par exemple, affirme que la résidence proposée pour la rue Henderson rencontre les exigences de zonage du quartier et veut commencer sa construction au printemps 2014 pour qu'elle soit prête à la rentrée de 2015.

L'université se base sur la décision de la Ville d'Ottawa prise en 2007 de permettre un développement immobilier plus dense sur l'avenue King Edward, entre Laurier et Templeton. En quid pro quo pour son appui à ce nouveau zonage, Action Côte-de-Sable avait demandé que le caractère résidentiel de la rue Henderson soit préservé, ce que le procès-verbal de la réunion du 30 janvier du Comité d'urbanisme et de l'environnement de la Ville, semble confirmer : *This amendment will eliminate any institutional uses relating to the University fronting onto Henderson Avenue and will support strengthening the residential character of Henderson Avenue. It will also establish a clear boundary between the mixed uses proposed along King Edward Avenue and the residential community to the east.*

La construction d'une nouvelle résidence universitaire sur Henderson représente-t-elle une utilisation résidentielle ou institutionnelle? Un avis juridique de la Ville semble indiquer que la nouvelle résidence tomberait sous le classement de « maison de chambres », une utilisation que le zonage permet. Il n'en reste pas moins qu'après avoir déclaré que King Edward représenterait la limite est du campus, l'université aura pignon sur presque tout un bloc de la rue Henderson. Mais ce qui soulève la plus vive inquiétude c'est l'intention de l'université de solliciter des expressions d'intérêt du secteur privé en vue de construire une ou plusieurs nouvelles résidences logeant de 500 à 700 étudiants hors campus, parce que cette demande est peu balisée. Pour faire la comparaison, 700 places représentent des bâtiments équivalents aux deux résidences actuelles de 12 étages Stanton-Marchand le long du canal Rideau. Leur implantation hors campus ne peut qu'avoir un effet important sur le caractère d'un quartier résidentiel.

Selon le *Ottawa Citizen*, un promoteur a déjà annoncé son intention de construire une résidence de neuf étages logeant 350 à 370 étudiants au 45 avenue Mann (à l'emplacement d'un petit immeuble

Manque de logement, suite à la page 7



Ahhh the joys of September....reviving friendships and seeing what's new in the neighbourhood—like Café Nostalgica's great new digs (details, page 19).



The Sandy Hill of our dreams

What's important, or missing, in the neighbourhood? Responding to a display at the September community BBQ, Geri Blinick from the Sandy Hill Community Health Centre (pictured above) wrote her vision is: "A diverse, compassionate, vibrant, supportive community where everyone matters."

Other stickies on the board called for

- a diverse neighbourhood welcoming families, students, young professionals and retired people
- a café that sells healthy food like the Wild Oat on Somerset—maybe a co-op

- another bakery and café on the south side of Laurier and a return of the farmers market satellite next summer!

- a grocery store and more trees on Mann Avenue, especially in front of the strip mall
- better front yards, fewer garbage cans and green/blue/black bins, more grass and landscaping

- more trees along Somerset to shade the street — a variety

- a bike lane down Somerset, connecting Strathcona Park to the Corktown Bridge

- the stop signs removed between Chapel and King Edward on Somerset for better cycling. And roundabouts.



Un plus grand bâtiment de neuf étages est proposé pour 45 Mann.

IMAGE

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In 2013, IMAGE is published in **February, April, June, October and December**. 7,500 copies are printed and distributed free of charge to all residents of Sandy Hill. Free issues can also be picked up at the community centre, library and various commercial locations.

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

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

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Tel: 613-237-8889

E-mail : image22@rogers.com

Website: imagesandyhill.org

Editor:

Jane Waterston

Rédactrice de langue française :

Denyse Mulvihill

Advertising: Peter Rinfret, Jane Waterston

Research/admin/translation:

Christine Aubry, Claire MacDonald, Betsy Mann, Jan Meldrum, Jane McNamara, Dodi Newman, Larry Newman, Catherine Pacella, Peter Rinfret

Production: Jane Waterston, Bob Meldrum

Photographers: Bill Blackstone, Bob Meldrum, Jane Waterston

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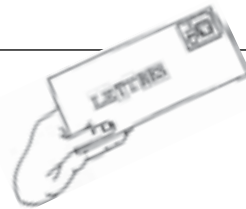
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Our readers
write ...



Courrier
des lecteurs



Photo Bill Blackstone

Passing through the Black Gate of Mordor

Several years back, when the University of Ottawa was talking about building on the lot at the corner of King Edward and Templeton, I imagined what would be a worst case scenario for the design, and described it to the University's chief architect. Given the slope on King Edward and the black building on the west, a building that's not stepped runs the risk of making King Edward look like a dark canyon.

Fast forward a few years and the Advanced Research Complex has been built following the worst case scenario design. The stark black metal of the University Power Plant is now matched with the stark 5-storey black stone walls of the research building. As an entrance to the University, it resembles the Black Gate of Mordor, a huge black stone and iron gate guarding the realm of the dark lord Sauron and his armies of orcs.

I think I get it. This entrance to the University, a tribute to a place where valiant armies of men clash with the more numerous forces of evil, is intended as a contrast

to the opposite entrance, further north on King Edward. That other gateway to the University is a beautiful collection of 19th century houses and churches. There, the rich heritage of Sandy Hill melds with the rich heritage of the University. The message is that while the University is an integral part of society, gathering knowledge that is found in its surroundings, it can not be taken for granted and is also a theatre for vigorous battles. What better symbolism than the Lord of the Rings, beloved of both Arts and Sciences, to tell us that knowledge comes at a price, that one does not simply walk into University?

It's a shame that the architecture of the new research building could not include a large gate across King Edward operated by mountain trolls. But it would be a nice touch to complete the effect with a fiery Eye of Sauron at the top of the Power Plant's chimney, which already looks just like the tower of Barad-Dûr.

Martin Laplante
Templeton St.

City Planning Branch alert

Regarding your article Conversions... (IMAGE, June-July 2013) and the Sandy Hill secondary official plan:

I would add one point to the plan City Planning Branch should consider, "To prevent the paving over of front lawns for parking." This is a big one! Please help get this idea through to the planners!

Kerry Wilson
Daly Ave.

Correction

Two assertions were incorrect in the report on last May's Annual General Meeting of Action Sandy Hill, published in our June-July issue. ASH Director Sam Almsaddi is not a non-resident of the neighbourhood but lived at the time on Stewart Street (since moved to Somerset Street) and Juliet Knapton, who moderated the meeting and election, is not a former ASH director, but is a long-time Sandy Hill resident and volunteer.

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se retrouve
au Marché

Editorial

Time for a safe injection site here

The Sandy Hill Community Health Centre is about to propose to Health Canada that a supervised drug injection facility open in this part of the city.

Injection drug use can, and does, happen in nearby parks, playgrounds, gardens and public washrooms. After dark, children's playgrounds seem to be convenient; backyards, gardens and alleyways with poor lighting serve during the leafy times of year; public washrooms in coffee shops, libraries and stores provide shelter when the weather is poor. Parents, homeowners, shoppers and staff, especially in the north end of Sandy Hill, have learned to be vigilant through the changing seasons.

A youth slumped on the floor of such a washroom is pictured in the summer newsletter published by SHCHC. The photo, taken at a location only 25 metres from the health centre's Nelson Street door, tells the gritty story.

A safe injection site could change that picture.

But we have some distance to travel before we have such a clean and supervised location, with a detox facility and addiction counsellors next door. There is opposition—both national and local.

The Harper government is expected to advance procedural obstacles to safe injection sites in its pending *Respect for Communities Act*.

Some Ottawa police and some Sandy Hill residents fear an increase in break-ins, trafficking, overdoses on front lawns, and trespassing offences.

Reactions and experience around the flagship Insite operation in Vancouver cover a spectrum of responses, but studies have shown a statistically significant drop in vehicle break-ins and theft.

You can look into these questions yourself at the Insite website and in a June 2009 evaluation report published by BC's Centre for Excellence in HIV/AIDS, on-

line at http://uhri.cfenet.ubc.ca/images/Documents/insite_report-eng.pdf.

One year after the return of Centre 454 to St. Albans Church, it seems that a new social/health program whose managers routinely and genuinely consult with neighbours and conscientiously track progress has not warped our community.

What impact would a safe injection site on Rideau Street have on public health? Local HIV rates, linked to the use and reuse of unsterilized syringes, continue to alarm us and drag down the health system.

The Canadian Medical Association says there is overwhelming clinical evidence showing safe injection sites save lives, and fears the proposed federal legislation may create obstacles and burdens for more facilities.

Just two years ago, having been convinced that the flagship operation Insite in Vancouver was saving lives without increasing crime, Supreme Court judges ruled unanimously that the health minister cannot deny a legal protection to addicts and clinical health workers who would otherwise be penalized by federal drug laws. This opened the door to the establishment of new clinics, though the court said there must be solid evidence to support them.

Such evidence is being gathered for our local health centre's proposal, which if successful will result in the country's second safe injection site.

The time has come to speak up for the Sandy Hill Community Health Centre proposal. The community is part of the health centre and collaboration is one of their core values. There will be ongoing consultation.

We have learned to live with drop boxes for used needles. But we are still wearing gloves when cleaning our parks and yards.

Sandy Hill is ready for a well-run, safe injection site.

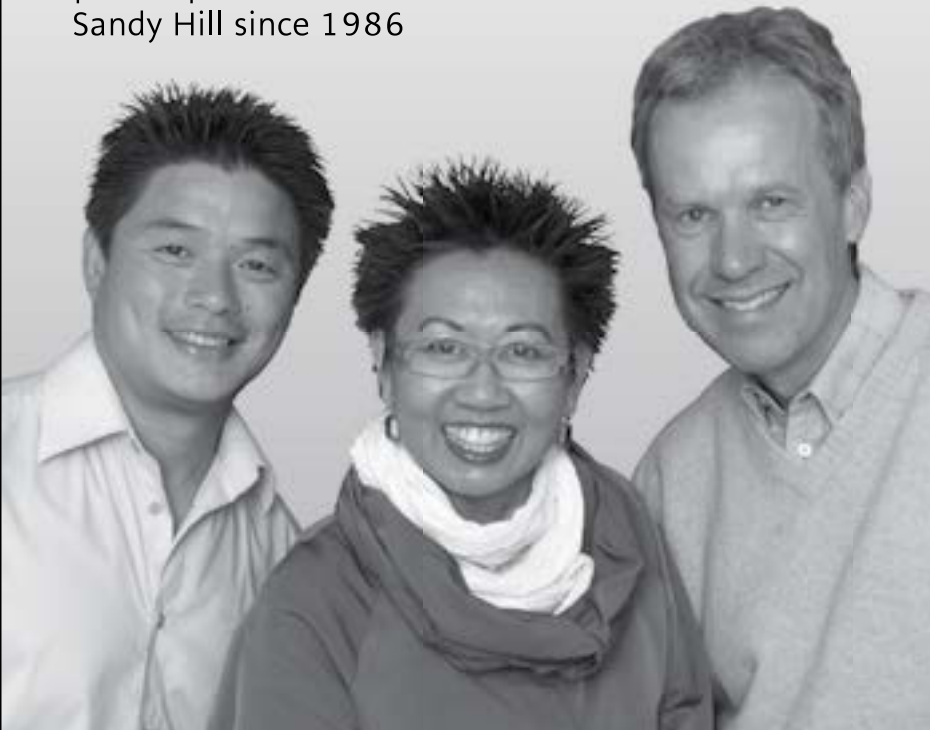
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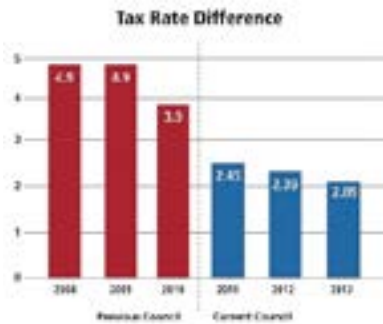
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Mayor/Maire Jim Watson

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Sensplex Est : ouverture en septembre 2014
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Photo Pierre Laroche



A team of Ottawa U Rez Life Community Advisors carry bags of information and welcome gifts to distribute to students living in Sandy Hill. They were accompanied on the third annual neighbourhood Walkabout by Councillor Mathieu Fleury (sixth from left) and his assistant Nathaniel Mullins (second from right), along with police officer Ryan Pierce (in bike helmet), bylaw officer Derek Flett (far right) and Action Sandy Hill member Betsy Mann (fifth from right).

A Sandy Hill Walkabout, or A Tale of Two Tours

Ralph Blaine

I’ve seen nearly forty Septembers come and go in Sandy Hill and I still feel the boost of excitement from the influx of students coming back. I love the light-hearted chatter from the groups of young people going by as I work in the garden and the zooming skate boards making their claims to the street. Sometimes, though, I wonder if it’s a bit like a climber heading for the top of Everest—great thrills but a shame about all those oxygen bottles, discarded tents and other detritus left behind by those who couldn’t be bothered to carry it all out.

Those of you around in the last days of August and the first few days of September no doubt winced at the monstrous stacks of green garbage bags, shattered chests of drawers and shredded bedding that spread like warts on our streets. These to be followed over the next few months by red plastic beer cups, broken bottles, fast food containers, plastic water bottles and soft drink cans and the odd serenade of all too resonant bellows and screeches at 2:00 a.m.

This writer has heard increasing complaints over the past few years. So have Action Sandy Hill and the University of Ottawa. They have decided to do something about it. At its meeting of August 28 the Sandy Hill Town and Gown Committee recently celebrated its first anniversary and, in conjunction with representatives from the Ottawa police, bylaw enforcement and local landlords, they made preparations, among other things, for the third annual community Walkabout.

The idea is to send teams of students, community members, police and bylaw officers into the neighbourhood to knock on doors, welcome student residents and introduce them to some of the services available at the University and in the neighbourhood and to explain the rules concerning things like garbage pick-up and noise. The city provided each team with a list of addresses which had generated complaints in past years. These addresses and others in the immediate vicinity were to serve as the main focus of the door-to-door canvas.

So it was that at 3:00 p.m. on September 3 I found myself at the Sandy Hill

Community Centre in the midst of about 30 lively students ready to start the 2013 Walkabout. The students, it turned out, were members of the “Rez Live” team at the University and serve as monitors in various university run residences in return for which they get a break on their own rent. After a brief address from Councillor Fleury thanking all the volunteers and emphasizing the positive message we were bringing to the community, the students, university administrators, community representatives as well as a few police and bylaw officers broke up into three groups and headed out to knock on doors.

I chose to go with the “green” team assigned to the area of Sandy Hill between Laurier Avenue and Rideau Street and led by Michel Guilbeault, Director of Housing Services for the University of Ottawa. I was impressed with the students on the team. They were all pleasant, well-spoken and friendly and when we did find residents at home they handled their interviews with confidence and warmth. Alas, for some reason, no police or bylaw officers participated in the “green” zone

Walkabout but there was one community representative. We began on Wilbrod Street and over the next two hours made a loop over to Charlotte and then back down Stewart Street. We encountered a few errors in the address list and were also directed to some large apartment buildings which we were not always able to get into. The final interviews occurred at 200 Stewart St., a low-rise apartment building we were able to enter and where the students did an effective job speaking to several residents.

As we headed back to the community centre for the wrap-up it seemed to me that given the time and people involved we should have been able to contact more residents in the “green” sector. So I wasn’t surprised when Mr. Guilbeault, after thanking the volunteers, acknowledged that not many students had been found at home and wondered if there was a problem of timing.

Timing, however, didn’t seem to be a problem in the “yellow” zone between Laurier Avenue and Osgoode Street. Betsy Mann, the community representative, reported that our city councillor Mathieu Fleury and his assistant led a systematic canvas of this part of our neighbourhood, speaking to students encountered on the streets and in their apartments as well as long-time residents in the same area. The students had no problems with the list of addresses and made a point of knocking on other doors, especially those with garbage out front. Betsy was also pleased to note that the bylaw officer that came along with their group, Derek Frett, had a number of fruitful conversations with both students and long-term residents. She was pleased with the number of people the “yellow” team had been able to contact and was confident that a real impact had been made. Perhaps the yellow zone simply has more students than the green.

So while there may be room to refine the tactics of the annual Walkabout to fit the requirements of the different zones of Sandy Hill, it’s clear that the efforts of Action Sandy Hill and the University of Ottawa, working together on the Town and Gown Committee, are making progress in bringing together the different groups in Sandy Hill in order to shape this vibrant space into a community that we can all enjoy.

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What's new in Sandy Hill?

Strathcona Heights flagpole

The Silver Heights Tenant Association at Strathcona Heights celebrated the inauguration of their new flagpole on July 22 with a barbeque and flag-raising ceremony.

Right - Councillor Marianne Wilkinson, Chair of the Board of Directors, Ottawa Community Housing, raises the Canadian flag with the assistance of volunteer Andy Newton (partially hidden).

Below - Volunteer organizers pictured are, left to right, Bernie Gervais, Jean Sharpe, Linda Logan and Nadine Aldrich



Photos Bill Blackstone



Curious strip of gravel under the Queensway Bridge



Photo David Elden

In late September, next to the bicycle path on the Sandy Hill side of the Rideau River, workers were busy filling the river channel between the path and the first Queensway bridge abutment with truckloads of gravel. IMAGE was told that the filled area would be used by construction machinery during widening the bridge/Queensway. Not surprisingly there will be detours for bicyclists when the heavy machinery moves in. The fill is temporary. After the construction the rocks will be removed to allow the Rideau to flow in its whole channel.

Rideau Street reconstruction is complete as far as Chapel Street



Photo Bill Blackstone

A month ago, one still needed courage and patience to get across this stretch of Rideau Street, but those days are over, at least west of Chapel St. On September 26, the completion of Phase 1 was celebrated with refreshments provided by local businesses that were surely glad to see the end of the trucks, trenches and dust at last.

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This stretch of apartment buildings on Laurier East at Friel may provide a facade for the first large scale student residence in Sandy Hill built by private investors.

Large student housing project on Laurier: problem or solution?

Larry Newman

Bob Viner came to the June Action Sandy Hill Planning Committee meeting and spoke eloquently about a building proposal at the corner of Laurier Avenue East and Friel Street. His company, Viner Assets, a family firm, owns a block of apartment houses, nearly one acre in size, most of them facing onto Laurier. His controversial project would replace four apartment houses (six separate addresses) with a nine-storey building housing 750 students in 180 apartments. This is the first large-scale student residence in Sandy Hill built by private investors. Mr. Viner, who grew up in Ottawa, said that he has met with officials of the University of Ottawa but specifically stated that there is no connection between the University and Viner Assets. This is exclusively a private investment. Mr. Viner has applied recently to the City to build the project. Signs, announcing proposed Official Plan and Zoning

Bylaw amendments, are up on the properties but no details had appeared on the City web site before this issue's deadline. (The signs propose 180 student units and 62 parking places but don't mention the total number of occupants.) Barry Hobin is the architect for the project. Two views of the proposed structure are illustrated. About half of the ground floor will be taken up by retail space. Much of the other half will be a fitness centre and other amenity spaces. The 600-metre radius from an LRT station, for which the city has planned for higher-than-average density, passes through about half of the building. This fact as well as the realisation that students need only walk to any university destination is the rationale for constructing only 60 parking spaces. There is a lovely wrap-around veranda on the old house on the corner of Friel. Unfortunately for us, it appears that this veranda is no longer structurally sound, that is, it is pulling away from the main building. Mr. Viner, seeing the aesthetic and market value of the veranda, will create a replacement. It will be a modern structure to remind one of the former veranda without being a duplicate and it will be part of a reproduction saltbox house, similar to the current one at the corner. In addition to this historical recognition, there will be other three-storey facades on both Laurier Avenue and Friel Street, reminiscent of the existing buildings. Attendees at the Planning Committee meeting were a bit shocked by the size of the project. Concerns were expressed about the nine-storey height of the building. The current zoning is R4 with a 15 metre height limit. Nine storeys would increase that to almost 35 metres. Heritage concerns were mentioned although the property is not in a Heritage Conservation District. Perhaps the major concern expressed was the fact that it is more off-campus student housing. Count on this project to stir great debate in Sandy Hill. On the one hand, it relieves the University of the need to build accommodations on campus for 750 students. On the other, providing all that rental space may take some of the pressure off the conversion of single family homes to student rentals, which we have seen so much of in Sandy Hill.



Drawings from the Viner Assets proposal, of what the residence's south side would look like (top) and the view from Friel St.

Manque de résidences

Suite de la page 1

Un autre explore la possibilité de démolir de vieux appartements à l'angle de Laurier et Friel pour y construire des bâtiments de 5 à 9 étages comptant 700 places. Un troisième promoteur voudrait bâtir des immeubles d'appartements de quatre étages sur Somerset entre Sweetland et Russell, où se situent actuellement des maisons. Ces derniers serviraient principalement à loger des étudiants. Toutes ces propositions visant à situer de nouveaux logements pour étudiants au cœur du secteur résidentiel inquiètent, d'autant plus qu'elles s'ajoutent aux conversions de l'église St. Clement's (Mann et Russell), de la résidence pour aînés Revera (Friel et Laurier) et de plusieurs maisons particulières. Action Côte-de-Sable demande à l'université de justifier sa démarche et de démontrer qu'elle ne dispose pas de terrains convenables sur son campus. Pourquoi pas King Edward qui a été rezoné précisément pour rencontrer les besoins de l'université? Et le terrain de l'ancien collège Algonquin, sur Lees, ne pourrait-il pas lui non plus faire l'affaire? Action Côte-de-Sable note aussi que l'université sera bientôt desservie par



À la place de cette maison de la rue Henderson qui est actuellement en train d'être démolie, on prévoit qu'une résidence universitaire ouvrira ses portes pour la rentrée 2015.


deux stations de train léger et que tous les étudiants de l'université reçoivent un laissez-passer pour OC Transpo en payant leurs frais de scolarité. Une résidence pourrait-elle donc être construite dans une zone institutionnelle ou commerciale le long de la ligne de la Confédération? Ce sujet est loin d'être classé et demeure à suivre.

Photo Bill Blackstone



Un troisième promoteur voudrait bâtir des immeubles d'appartements de quatre étages sur Somerset entre Sweetland et Russell

Photo Bill Blackstone



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TRAVEL CUTS

St. Georges Co-op – a tale from the beginning

Christine Crawford

It was 1992, some of the units at St. Georges Housing Co-operative were occupied, some not quite ready for folks to move in.

Three of the units in the apartment building had been set aside to serve as a group home for people leaving institutions like Rideau Regional to live in regular society. Danielle Allen, who ran a Y program for people with cerebral palsy where I volunteered, had started such a group home a few years earlier and called it Foyer Portage.

St. Georges had a sub-group called Chez Nous and was hoping it would receive funding to form a group home within the co-op.

Nevertheless, I was asked one day to interview a young couple who would qualify for one of those units if our bid was rejected. The meeting with Sharon and Stephen Babineau is etched in my mind: a beautiful young man stricken with ALS and his vibrant, brave wife. They had one child, a girl named Maddison, then eight months old.

Stephen asked, "If you do not realize your dream of a group home, can my fam-

ily please live here?" A few days later, the province decided not to fund Chez Nous and the family was invited in.

The Babineau family benefitted from having accessible housing at a difficult time in their lives. The co-op was young and the dream of a bright future still strong.

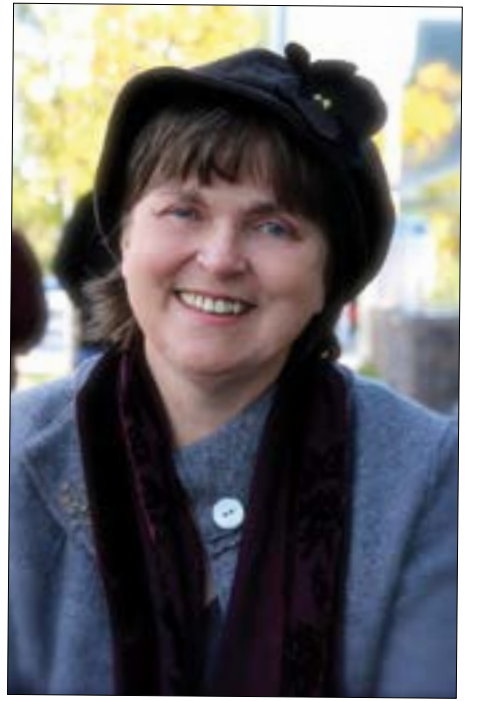
When Maddison began school she was baptised. I accepted the invitation to be her godmother—a decision that would bring a depth of joy and sorrow to my life.

Sharon and Stephen also had a son, Derek, who was born at St. Georges. The family moved away when Sharon retired from the military and built closer to Sharon's family. Stephen passed away a few months later, so Sharon was a widow with two children in her care.

Four years later the news came that Maddison had cancer. She would live for another three years. During that brief time she managed to change the world.

Maddison was asked by the Children's Wish Foundation if she would like a gift of \$5,000 to do whatever pleased her. She gave this careful thought and then said yes. She wanted to work with Craig Keilburger and the group he founded when he was 12, Free the Children.

Maddison's wish was to build a school



Christine Crawford wears many hats in our Sandy Hill community. She is a seamstress, poet and now regular contributor to IMAGE. She worked very hard for the development of St. Georges Co-op on Henderson Avenue and currently resides in the Sandy Hill Co-op.

in Kenya. You will find the details of Maddison's journey in the book *The girl who gave her wish away*, by Sharon Babineau, her mom.

St. Georges was a haven for this family.

What will the future be for Sandy Hill co-ops? Two of them, St. Georges and Sandy Hill, are on land leased from the University of Ottawa. Both leases will need to be renewed. It's hard to imagine where families like the Babineaus, and so many others, would live without our co-ops.

Young Maddison Babineau enjoyed the garden outside the St. Georges Co-op.



Data on Sandy Hill will help us work for a better neighbourhood

Diane Beckett

The Ottawa Neighbourhood Study is a web-based searchable database of information on Ottawa neighbourhoods. At neighbourhoodstudy.ca you can click on one of the more than 100 neighbourhoods on the map of Ottawa and get a range of information about the neighbourhood's demographics, resources, strengths and challenges. You can also compare data between neighbourhoods.

Increasingly, we know that where people live affects their health and well-being. Some neighbourhoods are more walkable than others, some are "food deserts" with limited access to grocery stores, and others have a wealth of parks and recreation facilities. The neighbourhood information that the ONS has collected and organized is designed to provide the City, health service providers, social service agencies, community organizations and residents with information in order to help us identify what is working well and what needs more work.

Already the ONS has had results. The neighbourhoods defined by the study have been adopted by the City, the Ottawa public English-language school board is using the information to determine at-risk pre-school populations before they enter the school system so appropriate resources can be targeted at specific schools, and health providers have used the information to develop a community action strategy to mobilize residents to develop innovative solutions to issues they had identified.

Each neighbourhood profile includes a description of the physical area, its development and a map. Other major sections include People, Employment, Neighbourhood Resources for Health, and Neighbourhood Health Outcomes.

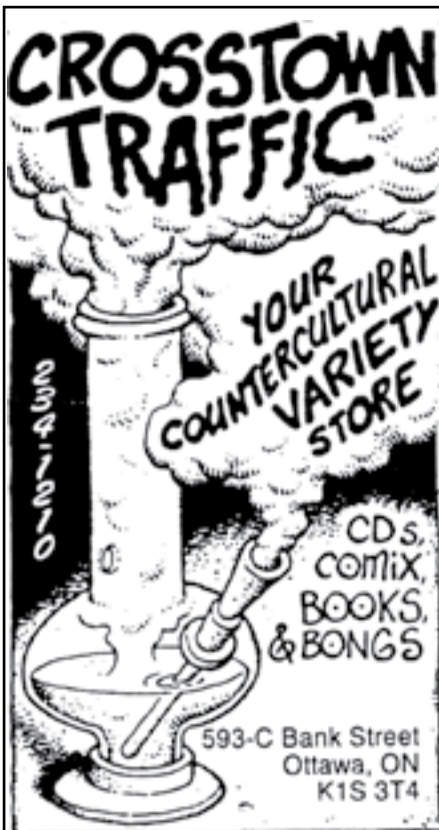
The Sandy Hill profile provides a wealth of information including a map showing every building, street and park in Sandy Hill; a brief history; the total population as well as the population by age cohort; housing types; community gardens; voters in the city election; walkability; access to financial, recreation, social and

health services as well as restaurants, convenience stores and the good food box.

Everyone is encouraged to contribute information – either by going to the site, using the free EnvirONS app or by volunteering to maintain your neighbourhood profile. There is even a way for a group of neighbours to work together to build new data sets.

The website provides links to local organizations and groups providing data and information. There is also a news feed which, when I visited the website, had an article about a City program that funds neighbourhood initiatives and another article about strategies to improve public health. The project is located at the University of Ottawa, and a resident of Sandy Hill, Dr. Eric Crighton is a member of the project team.

I encourage everyone to become familiar with the website and the Sandy Hill section in particular. The ONS will assist all of us as we move forward to create a more vibrant and stronger Sandy Hill community.



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What’s new in Sandy Hill?

A restaurant and property upgrade at 244 Laurier East

Photo Bill Blackstone



The Hilltop Restaurant has opened at the corner of Laurier East and Nelson, where once there was the Urban Well, the Dunvegan and Astley’s Pharmacy. The renovations are successful, the servers attentive, the beer list impressive and the food prepared on the spot (see Food Footnotes page 19 for more comments. When you are ready to step out, head to the top of the hill.

Sign-ificant change at Russell and Somerset East

Photo Bob Meldrum



The family-run Michael’s Confectionery is now a Quickie, as demonstrated in this photo taken on August 14.

Chartwell brings new hue to Rideau gardens

Photo Bill Blackstone



The Chartwell chain of retirement residences now has two Sandy Hill properties: Chartwell Classic Rideau-Place-on-the-River on Wilbrod St., and Chartwell City Centre at the corner of Friel and Rideau.

353 Friel on the market again

Photo Bill Blackstone



Meanwhile, the former retirement residence that sold for \$5,015,000 in the winter of 2013 and was converted to a 91 unit apartment building (88 studio apartments, one 5-bedroom, one 4-bedroom and one 1-bedroom) is for sale again, asking price \$15 million.

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The weather was frightful, but the party great!

Scenes from a community barbeque

In a month of fine weather, the one day it rained from start to finish was the Saturday set aside for our community yard sale, the final farmers market of the season, and the welcome-back BBQ where thousands of year-round residents and three-season university students mingled in 2012. Those great ASH directors proceeded however. Conversations were longer and deeper, and we all had a chance to fetch seconds of the Hilltop hamburgers and the Rideau Bakery brownies.

Right—ASH President Christopher Colmorgen had a chance to actually sign that petition they've been talking about for weeks!



Petition Text (posted at the ASH website). Goal: 1000 signatures by the end of October.

Save Sandy Hill. Build on Campus. We, the undersigned, call upon the University of Ottawa to develop new student residences on their Main Campus west of King Edward Avenue and/or at their Lees Avenue Campus, and to refrain from any further development in Sandy Hill.

Sauver la Côte-de-Sable. Construire sur le campus. Nous, soussignés, demandons formellement à l'Université d'Ottawa de construire de nouvelles résidences étudiantes sur son campus principal à l'ouest de l'avenue King Edward et/ou celui de l'avenue Lees, et de s'abstenir de tout nouveau développement dans la Côte-de-Sable.

Les parapluies de la Côte-de-Sable

Action Sandy Hill directors Sophie Beecher and Eric Crighton have no trouble keeping the grill from getting too dry.



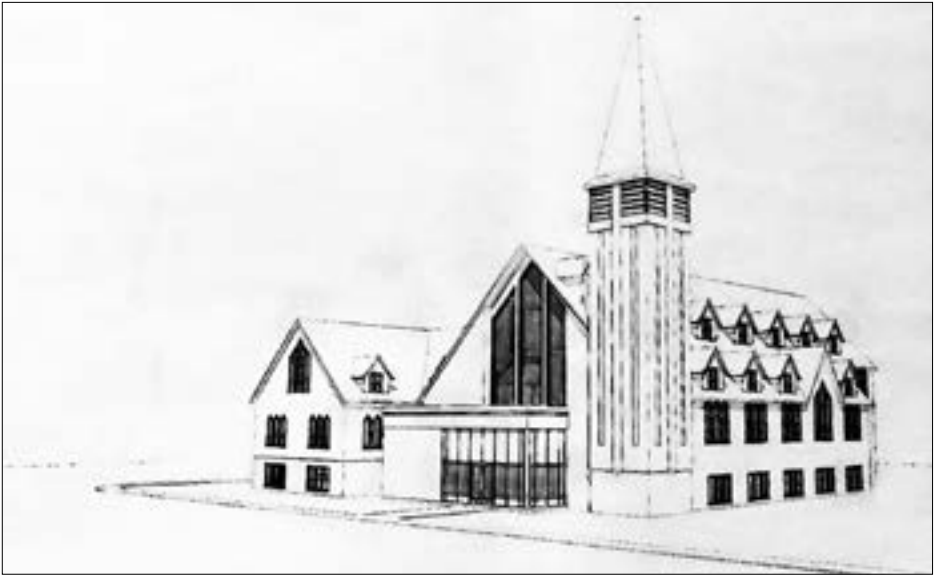


(Right) MPP Madeleine Meilleur had a chance to catch up with local constituents eager to discuss the new premier and sundry local issues. There was time for more than a handshake.

Photos by Jane Waterston. There are more on page 20.

Cindy's day off...
The Bettye Hyde preschool's devoted director Cindy Mitchell met up with many alumni kids and their parents, including Diane Whalen whose son Ryan Laverty was in one of the bands.





Bait (November 29, 2012)



Switch (September 18, 2013)

Bait and switch

Larry Newman

The second shoe just dropped. The development company and owner of 87 Mann Ave., the former St. Clement church, has applied for a zoning change and has revealed plans for the “re-purposed” church.

In February of this year, there was a public meeting, very well attended, to reveal who had purchased the church and what would happen to it. Robert Martin, architect, and Katherine Grechuta, planner, spoke. Among other things, we learned that it was Black Iris Developments who had bought it.

Mr. Martin announced, “The bones are good,” which meant that the builder wouldn’t tear the church down. However, the concept was to turn it into another student rental or, to use Mr. Martin’s phrase, “young professionals.” The associated buildings wouldn’t remain but the replacement building would be a three-storey structure with a roofline mirroring the church. One could see from the drawing shown by Mr. Martin that the new building would even have the same style windows as those of the church, nicely reflecting the church’s architecture. It also gave the project a scale that is proportionate with the surrounding houses and neighbourhood.

The neighbours, however, weren’t entirely satisfied. There was this issue of parking, a bone of contention in Sandy Hill. With so many student renters now living in Sandy Hill, curbside parking had increased substantially. Mr. Martin initially said that there would be 47 units but soon changed that to 63 small units in the two buildings, five of which would contain two bedrooms, the remainder to be single rooms. There would be six parking spaces.

That was then. Now the update to the plan; as revealed by Mr. Martin at the last ASH Planning Committee meeting on September 18 it shows a different picture—except for parking. There are still six parking spaces. But other things have changed. Gone is the modest three-storey building with a church-like roof line. Gone are the windows that mirror the ones on the church. Gone are any hopes that the exterior of the new building would blend architecturally with the church. This is now a rather industrial looking building, four storeys, flat roofed, with a great box rising out of the middle of this muddle to house an elevator.

Mr. Martin explained the current look by saying that there were two ways to design this building. One is to reflect the style of the church and/or the buildings around it. The other is to go with a totally different design that “should reflect its own time and place.” It’s different all right. The “playful” windows are three different sizes, oriented in two different directions. Their placement looks random but is almost surely driven by the need to provide one window to each of the 60 units (a reduction of three units, noted Mr. Martin).

In order for this building to be its own place, the look of the cladding sets it apart from any of the neighbouring buildings. There are two materials: fibre cement rainscreen panels and pre-finished metal siding. Both are products commonly used to cover industrial buildings and now used to give any building a different, modern-ish look. They are cheaper than brick and are advertised to last 40 years (perhaps more for the panels as they haven’t been used long enough to gauge their life accurately).

Now for the units themselves: units is the appropriate term as they are certainly not apartments. They are smallish, measuring between 250 and 300 sq. ft. each. Mr. Martin calls them “microsuites.” And the five, two-bedroom units? Well, they had to go. But this building also contains amenity spaces. There will be a large gathering place on the roof of the building, ideal for parties. In the basement will be more amenity space as well as rental space and space for indoor parking of 30 bicycles and indoor garbage storage.

There is a great deal of controversy over this project. The investors, Black Iris Developments, have some other projects in Ottawa. Neighbours have been particularly upset over a conversion in Old Ottawa South, another neighbourhood housing students. Councillor Mathieu Fleury has said of the City’s view of the application, “I’m very sceptical of the outcome here.” The Action Sandy Hill Planning Committee is not pleased about the change in plans that took place since February. Neighbours are quite suspicious about the assumption that tenants will not have cars and that there will therefore be no parking congestion.

Next step—we’ll see if the City planners listen to the developer or to the neighbourhood. The City planner in charge of this application is Nina Maher, 613-580-2424 x29406. You can also see more information at app01.ottawa.ca/postingplans/ap-pDetails.jsf?lang=en&appld=__9TXW6A

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Ottawa Carleton District School Board Trustee Report

Viscount Update and Upcoming Motions

Viscount Alexander update

Not many OCDSB students are transported into and out of Sandy Hill given that the local OCDSB school there now offers both English and French Immersion. Sandy Hill truly is an island neighbourhood community which relatively speaking, highly walkable.



Rob Campbell, Trustee
Ottawa-Carleton District School Board

Previously a school struggling to survive, and with accommodation review sharks beginning to circle it in a bid perhaps to close, the school now is above rated capacity, continuing to grow and requiring two portables. The school is thriving.

In the facilities upgrade jostle to gain an addition for Viscount, portables are very good to have. This keeps the school high on the capital priorities list amongst our 150 schools. It retains a position in the 8-10 top capital priorities reported annually to the Ministry. Ministry money however is very tight, and each project has to be argued with Ministry mandarins who have their own tight budgets.

Worth watching will be the development of a capital priorities setting process based on criteria to be debated this year and unrolled next. Currently planned projects could move up or down the list as a result, or more than one list created. All this remains to be seen.

Kudos also to Viscount as it recently sought and got a major third-party technology grant—apparently one of only 15 schools Canada-wide to get this \$10,000.

Upcoming motions

On September 19, we discussed additional ways of reporting graduation rates at the OCDSB. My concern has been that our reporting criteria do not become too diluted in an effort to honour every student's efforts, while still fully endorsing every student's efforts. Holding the District to account for its performance with respect to student outcomes must depend on continuing to pursue a do-able but very real challenge.

Late in September, we received a staff report on a cross-Ottawa survey concerning unmet demand for the alternative elementary program (Montessori-like). This is in response to a successful motion of mine from two years ago. The alt-ed program is the only one in the OCDSB that is offered to families only if they live within a certain part of the city (i.e. inside the Greenbelt). To me, this is a major embarrassment as concerns equity of access, whatever one may or may not think of the program. Franchise expansion elsewhere had been put off pending this survey. The staff's answer is simple—not a lot of unsatisfied demand out there—and they are not supportive of another alt-ed centre. To me, this makes the matter quite simple and a natural next step would be to expand catchments to include outlying areas, finally providing the sort of equity of access enjoyed by Arts Canterbury, the International Baccalaureat program and others. If staff does not recommend this, I will move it at a future meeting, and we will see what the Board wants to do.

This school year we also will be debating, among other topics, a first policy for ODCSB-provided daycare and for third party daycares in OCDSB schools; socioeconomically-based resource allocation; District objectives measurement and accountability (including how to act on my motion to start to monitor and annually report the public equity gaps in student outcome by poverty); Director performance review, and of course budget, accommodation reviews and other matters.

Recently passed measures will also be implemented this school year, including some more binding financial restrictions for School Councils, which may also be addressed in a forthcoming purchasing policy draft.

Provincially, expect much ink spilled on how to move the sector towards a new model of collective bargaining, and whether and to what extent either local Boards or Federation locals remain non-trivially involved.

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



News from Viscount Alexander

Michael Barnes

Viscount selected as grant recipient
Viscount Alexander Public School is a Future Generation Tech Lab Grant recipient! Future Shop announced that \$210,000 will be divided among 15 elementary schools across Canada to improve their classroom technology and elevate student learning. We are one of the fortunate schools who will be receiving grants this year. We were selected out of a pool of 150 applications, and the only recipient in the Ottawa area.

At Viscount the grant will go initially to outfitting each classroom with a multimedia centre. To ensure that the remainder of the funding is spent wisely the school will consult with the Business and Learning Technologies department, as well as Future Shop consultants before deciding on further spending – one idea being tablets and other portable devices.

Walking to School tradition
Viscount Alexander formally graduated from the three-year school travel plan program. The school was presented with an awesome banner which now hangs in our front foyer. A huge thank you to all of the partners who helped to make this initiative successful including Green Communities, Jamie Stuckless, Wallace Beaton, Gerald Dragon and Public Health nurse, Bev Wilcox.

Even though the formal partnership has ended we plan to keep active transportation alive and well. Our walking school bus is underway, and we will be participating in more walk-to-school days this year. And who could forget our bike rodeo; we have already started to connect with our volunteers for the upcoming spring.

Speed bumps outside the school
The speed bumps on Mann Avenue are a

welcome addition to keeping our road safe for our students. We have noticed a significant decrease in the speeds on Mann Avenue with their arrival. Thanks to the collaboration of the City of Ottawa, ASH and our School Council.

Viscount Alexander moves up Capital Priority List

Viscount Alexander has moved up the School Board's priority list for capital funding from 15th to 8th position. The OCDSB recognizes the need for a new addition to our school. As Viscount continues to grow with some 180 students and enters its 63rd year the school looks forward to serving the educational needs of the community for many years to come. A new permanent addition would be welcome.

Thanks to Cristine and welcome to new staff

Our School Council Chair, Cristine Elrick, is retiring after two years on the job. The good news is that Cristine will be the Office Assistant at the school so her insights and knowledge will be put to good use. Thanks Cristine it was a pleasure to work with you and the School Council offers its best wishes in your new job. Our school team is growing with the addition of other new staff members. Welcome to Mme Denise (Grade 1 EFI), Mrs. Katy Galvin (ESL), Ms. Laura Bruin (Grade 4/5 English), Ms. Jamie Vance (ECE and Extended Day PM). We are very excited to have you joining our team.

Grow with us!
If your child is looking for an elementary school from Junior Kindergarten up to Grade 6 in English and currently up to Grade 4 in Early French Immersion, please call the school office at 613-239-2213 to find out more and arrange a visit. Come and join us.

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La rentrée

Christine Aubry

C'est sous un beau soleil chaud estival plutôt tardif que les élèves de Francojeunesse furent accueillis le 27 août dernier, pour débiter la nouvelle année scolaire 2013-2014.

Les élèves du pavillon Osgoode étaient surpris et bien excités de rentrer dans une école fraîchement repeinte aux couleurs vives, et où figure le nouveau logo de Francojeunesse qui signifie « Tous différents et tous unis. » Ce grand arbre qui s'épanouit avec des mains tendues et ouvertes dans toutes les directions symbolise l'ouverture et l'accueil de tous les membres de la communauté, de tout âge, vers l'extérieur. Les mains de différentes couleurs et de différentes tailles représentent les enfants, les parents, les tuteurs, le personnel de l'école, les bénévoles et toutes les personnes de la communauté scolaire qui œuvrent sous un même toit. Les couleurs éclatantes rappellent l'audace, la créativité et l'enthousiasme émanant de tous et chacun. Ce beau logo démontre la volonté naturelle de vivre et de grandir en interdépendance avec et pour les autres.

Poursuivant le bon cheminement de l'année précédente, les deux grands thèmes pour cette année scolaire demeurent les artistes et le recyclage. Rassemblant ces thèmes, l'école a choisi de présenter aux élèves ainsi qu'à leurs familles un spectacle extérieur bien original le matin de cette rentrée : CRÉASON, un spectacle de musique constitué d'instruments faits de matériaux entièrement recyclés.



Lors de la première rencontre avec les parents, tuteurs et tutrices d'élèves, la Direction de Francojeunesse était fière d'annoncer que, grâce aux efforts de tous les élèves, l'école est maintenant certifiée ISO 14000 et 14001, depuis le mois de juin dernier. La première certification mise sur la diminution de consommation d'énergie et sur la réduction des déchets tandis que ISO 14001 implique le conseil scolaire (le Conseil des écoles publiques de l'Est de l'Ontario) à fournir aux écoles des moyens de réduire l'impact de ses établissements sur l'environnement.

Comme d'habitude, le premier grand événement de l'année scolaire est la célébration de la Journée des Franco-Ontariens tout de vert et blanc suivie de la course Terry Fox, prévue le 26 septembre. L'école s'est donnée l'objectif ambitieux cette année de ramasser 5 000 \$, soit 1 200 \$ de plus que l'année dernière. De plus, cette année deux enseignantes ont choisi de sacrifier leur belle chevelure afin d'inspirer les élèves à atteindre ce but. Mme Anne Essiembre (nouvelle enseignante d'éducation physique au pavillon Osgoode) se rasera la tête devant toute l'école, alors que Mme Aline Bard (titulaire de 6e année) fera don de ses longs cheveux. Les résultats vous seront transmis lors de la prochaine édition d'IMAGE. Bonne année scolaire à tous et à toutes!



Photo Bill Blackstone

Carriage House transformation

Susan McLeod

Check out the construction site at 43 Blackburn. The transformation of this heritage house into a daycare and child wellness centre is in full swing. In fact, things are moving along so well that Bettye Hyde Cooperative Nursery School hopes to occupy the converted space by December. While the renovation of the interior began some months ago, work on the exterior had to wait for the commercial building permit to be issued. Now the garage has been demolished and an addition is being built. This conversion of the house into an institutional facility will permit 39 children to be accommodated in full-day care and a cadre of child health-care practitioners to serve clients from offices upstairs. It means that Bettye Hyde will be able to meet the needs of its evolving client base that increasingly seeks full-day childcare.

Known as the Carriage House, the property was purchased late last year by a group of community residents intent on keeping Bettye Hyde nursery school in the neighbourhood. Incorporated as SHO Developments, the group of investors has successfully scaled the hurdles of financing and of zoning changes to arrive at the construction stage. However, converting a residential dwelling into a daycare facility is no small task. The Ministry of Education imposes strict building requirements on daycare facilities, requirements that are much more stringent than for the nursery school Bettye Hyde currently operates in the basement of All Saints' Sandy Hill church.

Cindy Mitchell, director of Bettye Hyde, is positively thrilled with the development. She knows that this move into full-day childcare is necessary for the school to remain viable into the future. The oldest of its kind in the Ottawa Valley, Bettye

Hyde has thrived for more than seventy years as a cooperative nursery school. By adapting to market forces the school will be well positioned to enjoy another seventy years. In addition to accommodating more children and at a younger age, the school will now provide services bilingually. Also, more spaces will be subsidized. For young mothers with infants in care at the Youville Centre on Mann Avenue, that spells a welcome chance to keep their children in the neighbourhood once they've outgrown the Youville Centre. Already, there is a waiting list for enrollment. With an increase in student numbers comes an increase in staff, and so Bettye Hyde is hiring. Cindy is seeking to hire four bilingual early childhood educators on a full-time basis, along with a cook.

Leanne Moussa, president of the investment group developing the property, is thrilled to be retaining Bettye Hyde in the neighbourhood as it provides a key service to families of young children. Given the wave of rooming houses currently washing over Sandy Hill, many residents are concerned that the shift in population from permanent to transient is negatively affecting their quality of life. Bettye Hyde represents an investment in the health and vibrancy of the neighbourhood as a family-friendly place to live.

The directors of Bettye Hyde are hopeful that the school can become a shareholder in the enterprise. With luck the government will provide a grant, but fundraising is well underway. On November 23 a Trivia Night fundraiser will take place and in March the event, Savour Sandy Hill, will direct its fundraising proceeds toward the daycare. For details visit the Bettye Hyde website (bettyehyde.com).

For information on the investment initiative contact Leanne Moussa at 613 282-8900 or leannemoussa@gmail.com.



Photo Jan Meldrum

Bettye Hyde needs your votes!

Bettye Hyde Co-operative Nursery School is competing for a grant from the Aviva Community Fund. The money would help finance the school's start-up in the Carriage House. In this competition thousands of ideas compete for a part of one million dollars during the course of a three month competition. The winners of the grants are decided by votes from supporters. Voting is done online and you can vote once a day for your favourite project. Sign on to www.avivacommunityfund.org/

ideas/acf17563 to see the Bettye Hyde application and add your vote. There are three rounds of qualifying voting then semi finals before the judging. The first round of voting has begun and goes on until October 14. If you like the idea of helping to support Sandy Hill as a family friendly neighbourhood then you can sign on and vote each day. There is terrific competition for the money and winners need thousands of votes.



Photo Bill Blackstone

Paul Michniewicz
The Subject Master

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Le français correct

✓✓✓

par Denyse Mulvihill

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

On doit dire :

> **Souhaiter un « Bons Anniversaire » à quelqu’un**, qui signifie « offrir de bon voeux à quelqu’un pour souligner une date de naissance, de mariage, d’obtention d’un titre universitaire ou autre » - non pas - souhaiter une « Bonne Fête » à quelqu’un, qui signifie « offrir de bons voeux lors d’une journée spéciale de congé public, pour marquer un évènement associé à un fait religieux ou national.

Ex. 1 - Il est toujours agréable de se réunir en famille ou entre amis pour souhaiter un « Bon Anniversaire » à la personne chère qui est à l’honneur, ce jour-là.

Ex. 2 - Chaque année, à l’occasion du premier juillet, tous les Canadiens se réjouissent et aiment se souhaiter mutuellement et avec beaucoup d’éclat une « Bonne Fête du Canada ».

>**Offrir ses bons voeux à quelqu’un**, qui signifie « assurer quelqu’un de son amitié sincère et profonde » - non pas - offrir ses bons souhaits à quelqu’un, ce qui est un anglicisme.

Ex. - Dans la vie, toute occasion est bonne pour offrir ses bons voeux de santé, de bonheur, de prospérité et de longue vie à quelqu’un qui nous est cher et en le faisant de près ou de loin, selon les circonstances.

>**Savoir dire: « Excusez-moi! »**, qui signifie « exprimer ses regrets d’avoir fait une erreur, d’avoir eu un manque d’attention ou de courtoisie » - non pas - dire « Je m’excuse! », qui signifie « trouver des raisons pour se disculper, pour se blanchir de toutes responsabilités.

Ex. 1 - Lors d’une séance de formation plusieurs participants ont entamé une discussion fort animée laquelle a vite tourné en véritable dispute orageuse pleine d’animosité, jusqu’au moment où l’un d’eux a eu le courage de se lever et de dire, avec le plus grand calme: « Excusez-moi de vous avoir parlé sur ce ton agressif et d’être ainsi la cause de ce malaise actuel entre nous ».

Ex. 2 - Chaque fois que cet adolescent irresponsable subit des remontrances ou des reproches pour sa conduite ou son comportement répréhensible, il répète sans arrêt et avec désinvolture: « Je m’excuse ... mais...!! » et puis, s’ensuivent une série de prétextes erronés.

>**Enseigner quelque chose à quelqu’un**, qui signifie « instruire quelqu’un, le mettre en possession de connaissances nouvelles, en le guidant dans son raisonnement » - non pas - apprendre quelque chose à quelqu’un, qui signifie « initier quelqu’un à un apprentissage quelconque, lui montrer à produire ou à accomplir quelque chose de précis. »

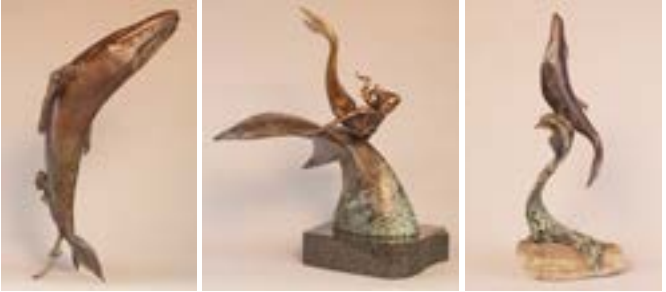
Ex. 1 - Quand il enseigne, l’instituteur s’évertue à transmettre à ses élèves certaines connaissances, de façon à ce qu’ils les comprennent en réfléchissant et que par déduction intellectuelle, ils puissent les assimiler.

Ex. 2 - Bien des parents se souviennent des moments précieux passés à apprendre à leurs jeunes enfants, d’abord à se trainer à quatre pattes, puis à se tenir debout, puis enfin à marcher, pour, éventuellement, en arriver à maîtriser, un peu à la fois, tous les éléments d’apprentissage de l’être humain.

>**Cela promet pour l’avenir**, qui signifie « cela est de bon augure, cela est signe de bons résultats, cela mène à un but heureux » - non pas - ça regarde bien, ce qui est un anglicisme.

Ex. - Lorsqu’un enfant démontre un enthousiasme véritable pour l’étude et que son travail assidu lui rapporte un succès constant et bien mérité, il progresse rapidement, ce qui promet pour son avenir, surtout s’il bénéficie d’un soutien continu et d’un encouragement calme et paisible de la part de ses parents.

Whales spotted in Sandy Hill!



Yes, you read it correctly. Whales have arrived right here in our neighbourhood. A pod of bronze humpback whales is now residing at Worldview Studio at 210 Blackburn Ave. Local artist, Janet MacKay, inspired by seeing these whales on her trips to the Maritimes, has transformed the awe and beauty of these magnificent creatures into bronze sculptures.

This summer, Janet and Mitchell (Janet’s life partner and fellow Worldview artist) walked along the shores of the St. Lawrence while dozens of pods of humpbacks passed by. It seemed as if the whales were acknowledging the artists and expressing their appreciation for the art that they had evoked. The ocean has inspired much of the art produced lately at Worldview Studio.

Worldview Studio has been creating art in its Sandy Hill location for over 10 years. Janet and Mitchell both sculpt and paint. Their home and studio is filled with a wide range of art. Janet’s paintings reflect the beauty of Canadian landscapes, and lately have focused on water’s reflections. Her sculptures, prior to her whale series, focus on the beauty of the human form. Mitchell’s paintings depict the serenity of both inner and outer landscapes and he sculpts in bronze, stone and found objects.

Drop by the studio anytime (by chance or appointment) to meet the Sandy Hill whales, or join Janet and Mitchell to see the whales and much more at Worldview Studio’s annual open house, November 22 to 24. Check out their website for details and more photos: www.worldviewstudio.com.

SpiritArt Studio opens at All Saints Church



On September 15, the congregation of All Saints Sandy Hill launched a major new community program, the SpiritArt studio. Formerly the setting for weekday prayer, piano lessons, childcare and choir practices, the church's lovely chapel has been transformed into a community art space, "for the exploration of connections between the arts and spirit". Louise Lalande (above, left) has been hired as director of the new SpiritArt program, that offers a smorgasbord of workshops, in October mostly on Tuesdays and Saturdays. You can sign up for one, or a bunch, at the same time; no previous experience is required. Check out the schedule on page 15; full program details and artist/facilitator bios are at the SpiritArtProgram.ca website. IMAGE illustrator Dawna Moore is offering one, "Create your Place in Nature", the morning of November 22.



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Welcome students...and dogs

Eleanor Woolard

It's going to be an awesome year; new friends, new freedom! When you finish it, you will be a new person. Don't ruin the year by getting your best friend in trouble.

Ottawa is not dog friendly. Your best buddy is subject to restrictions s/he was not at home. Failure to abide by these can cost a large fine and result in the loss of your dog. To avoid this, know the rules. Follow them, and you'll be fine. Ignore them, and it can be expensive, or worse.

First: all dogs must be licensed. The license from home is not enough; you need to register your dog here and be sure s/he wears its tag. It's not expensive, \$17 a year for a sterilised, microchipped pet. The forms are online at: ottawa.ca/en/residents/animals-and-pets/registration-and-regulations/cat-and-dog-registration.

This applies to cats. If you let your cat outside, you want a license; there are raccoons, skunks, dogs and cars in Sandy Hill. If your cat is injured and ends up at the Humane Society, you want to know. Otherwise, he could be euthanized.

Second: dogs must be leashed when not at home or in designated areas, of

which Sandy Hill has two (Dutchy's Hole/Robinson field area by the river, and the north 2/3 of Sandy Hill Park off Somerset) plus another nearby in Lowertown (MacDonald Gardens just north of Rideau at the end of Charlotte.) If you don't leash your dog, any person can take her to the local pound. It costs money to get your pet back; the release fee goes up for every day the Humane Society has to care for your dog.

Sure, it's intellectually satisfying to let your dog loose. However, there are less skilled, sometimes inebriated drivers on the roads. There are dogs not friendly to other dogs. And there are residents who don't like dogs.

Leash your dog, for his sake and yours.

Third: dogs are not allowed within 5 metres of a play area, wading pool or spray pad. Sure, it's silly; Canada Geese can go where they like, and their poop is really gross. But it's the rule.

Fourth: if your dog has ever bitten anyone, anywhere, you must muzzle her when

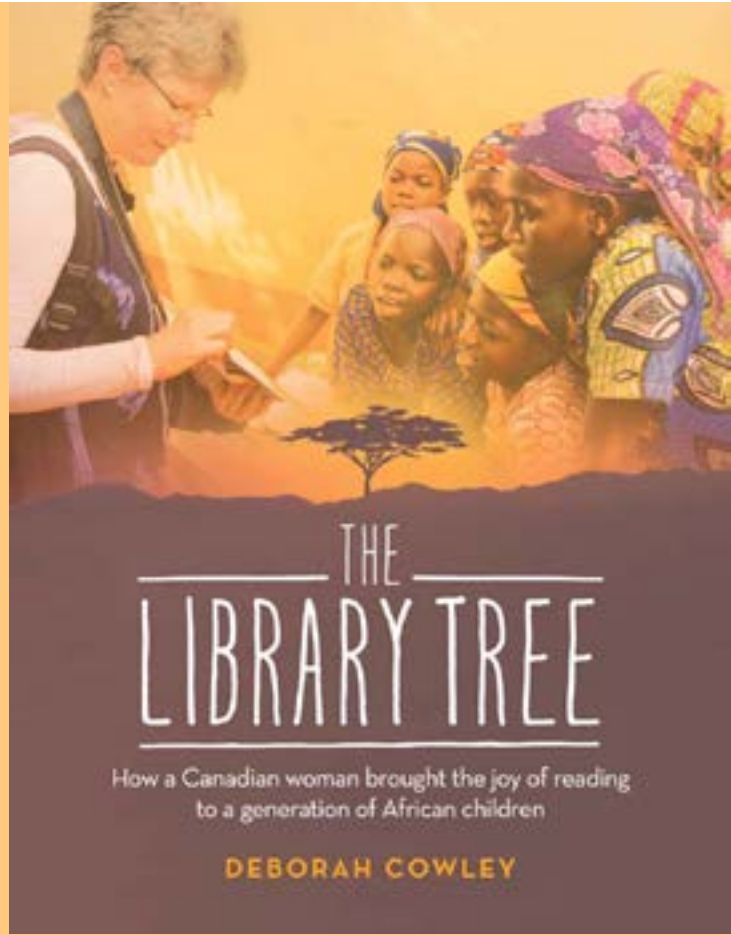


not at home. Otherwise, your dog can be taken and destroyed.

Finally: Pick up the poop. Spring here stinks of unscooped poop. Conversely, summer is almost poop free, which tells you who is not scooping, doesn't it? Along with broken beer bottles and all night parties, not scooping makes students very unpopular.

Unscooped poop not only spreads e. coli, salmonella and giardia, it gets into puddles and waterways, spreading disease to other animals, including humans, and killing fish and birds. It spreads intestinal parasites and is gross on the bottom of your shoes and boots. If you get a ticket, no mercy. Responsible dog owners will cheer, because we are the ones who get yelled at about your dog's poop. So, stay in shape: stoop and scoop.

The full animal bylaw can be read at: ottawa.ca/en/residents/laws-licenses-and-permits/laws/respecting-animal-care-and-control-law-no-2003-77



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By
Deborah Cowley

Sunday, October 20th, 2013 at 4.00 p.m.
Rockcliffe Park Public Library, 380 Springfield Ave.

Kathy Knowles, who is the subject of the book, will join Deborah who will be happy to sign her book. There will also be copies of Kathy's children's book available.

Admission is free. Light refreshments will be served.

For more information, contact Deborah at
debcowley@sympatico.ca or 613-241-3947.

Sandy Hill resident Deborah Cowley will be holding the Ottawa launch of her new book on Sunday, October 20. All are welcome.



Photos Bill Blackstone

Yard bombing ...École Francojeunesse students have beautified the neighbourhood this fall with string art on their fences.



SpiritArt Studio Workshops•Fall 2013

Register now for one or
more sessions: your
choice!

INTRO TO ART & SPIRIT
Living Aligned with Creativity & Spirit, Oct. 16
Intro to Art and Spirituality, Oct. 28
The Artist's Rule, Nov. 7-28
Awaken Your Creative Spirit, Nov. 30

COLOUR, ARTS & CRAFTS
Walk on the Wild Side: Outdoor Foraging and Wreath-making, Oct. 19
Masked Meanings, Oct. 22
The No Face Doll, Nov. 3
Mandala Discoveries, Nov. 12
Create Your Place in Nature Collage, Nov. 22

MOVEMENT & DANCE
Dancing the Divine Within, Nov. 18
Move. Create. Discover. Nov. 27
Preparing for Winter, Dec. 6

MUSIC & SOUND
Sing! An afternoon of vocal discovery, Oct. 26
Painting to Music, Oct. 29

WRITING
Write to the Heart, Oct. 21
Writing in the Body: Freeing Your Authentic Voice, Nov. 9
Paying Attention: Poetry and Spirituality, Nov. 16
Art Journaling as Spiritual Discipline, Nov. 19
Writing Through the Ups and Downs of Life, Nov. 24

SACRED GEOMETRY
Discerning the Inner Form of Sacred Geometry in Nature and Human Life, Oct. 30

SPECIAL GUEST
K.S. Sreehanth (from India)
Martial Arts - Calm heart at peace, Nov. 13

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SpiritArtProgram.ca



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A pedaller’s politics

Graeme Hunter

Everyone likes diversity these days. It’s the thing to do. We’re supposed to value every perspective. Cyclists don’t have to pretend. Every day they leave home at a new angle of departure and look for a different angle by which to return. Each successful outing reveals home and city in a fresh light and from a new perspective.

Ottawa, of course, is all about politics. So here are one cyclist’s perspectives on politics.

As everyone knows, history began in a garden where Adam and Eve refused to be ruled. But they didn’t look carefully enough at the alternative. The punishment for not agreeing to the rule of God was that we would be ruled by one another. This time our agreement would be optional.

Thru a Garden Darkly



As a result, politics looms large in our lives, and rulers build majestic structures upon a hill in hopes of filling their subjects with awe. Sometimes, as you cycle back from Gatineau, the sight of Parliament Hill can take your breath away. That’s one perspective.



That Majestic Hill

But it is also true that our buildings are only specks on the surface of the earth, and momentary apparitions in the rise and fall of nations. The natural world, on whose quiet self-renewal all our efforts depend, pursues its ageless course in the background, mocking our pretensions to greatness. That is a second perspective.

Politics from a Suitable Distance



And doesn’t the value of political action also depend on the light in which you choose to see it? In one light politicians are our defenders, who save us from an endless war of all against all in which everyone’s life would be solitary, nasty, brutish and short.

That light can dim, though, and then we may view our leaders as alpha predators, who relieve us of the terrible burdens of freedom and doubt, but demand the right to tax us, and direct our lives, in exchange.

Photos by Graeme Hunter



Photo Bill Blackstone

Two lights on one reality. Yet others are also possible. Why do we assume that the money and power political leaders pursue is something real and valuable? We cyclists often see it in another light.



All that Glisters is not Gold

Suppose, for instance, that it was not the Ottawa River, sweeping by Parliament Hill, but instead the River of Time. All the buildings, political parties, bigwigs, with all their ceremonies and antics, would be of no more lasting importance than the shards of ice that flow away in spring ...

Winter’s Twilight



or the light vessels floating by like clouds on a summer’s day.



Light Vessels

The cyclist’s vector takes him out of town to quiet places where he gains perspective. It may be to country fields, where he can meditate with Thomas Wolfe about time and the river or with Thomas Hardy about scenes of rural life that go onward the same ...

Fallowfield and Away



though dynasties pass.

Curses upon the Thief or Thieves Who Stole the Old Blue Couch from my Front Porch during the Early Hours of June 7, 1986

by Seymour Mayne

May you lie on it
with a splitting headache.
May you moan upon it
with a migraine throbbing
into full strength.
May your veins bulge
and your vessels swell
behind your brigand's brow.
May you toss and turn
In excruciating torment.
May you fall off
and break your arms
and legs in a dozen places.
May you groan upon it
with aching wounds
and bruises and plaster casts.
May you finally expire on it.
May you be stretched out
on it as upon your bier.
May you be buried with it
--the blue couch on top--
so you will never crawl out
to steal any other treasure!

Such was the imminent impact of the poem that three days later there was a knock at the door and the contrite thief returned the couch from where he had hidden it.

Seymour Mayne's collection of short fiction, *The Old Blue Couch and Other Stories* (Toronto: Ronald P. Frye & Co.), is available both as a paperback and as e-book. The title story is set in Sandy Hill.

For further information: <http://ronaldpfrye.com/printed-work/ronald-p-frye-co-books/old-blue-couch-detail.html>

La Maison Odell, un joyau du patrimoine bâti de l'Université d'Ottawa



par
Michel Prévost

La Maison Odell est
située au 180, rue Waller.

La somptueuse Maison Odell, située au 180, rue Waller, au cœur du campus de l'Université d'Ottawa dans la Côte-de-Sable, est construite en 1883-1884 pour loger la famille de l'homme d'affaires ottavien Clarence Odell.

La magnifique résidence s'inspire de l'architecture Second Empire. Elle se distingue particulièrement par sa haute tour en saillie au milieu de la façade, ses toits en mansarde et ses belles portes et fenêtres décoratives. La construction en brique rouge s'avère également remarquable par sa riche ornementation avec ses clefs en pierre grise et son habillage en brique blanche.

Le bâtiment accueille en 1969 le nouveau Département de musique de l'Université d'Ottawa dirigé par François Bernier, pianiste et chef d'orchestre de réputation internationale. Cinq ans plus tard, un incendie force le département à quitter l'immeuble. Par la suite, on restaure soigneusement l'édifice qui est encore aujourd'hui occupé par l'Université d'Ottawa.

En 1982, la Ville d'Ottawa désigne le bâtiment monument historique afin de le protéger pour les générations à venir. Cette désignation, faite en vertu de

la Loi sur le patrimoine de l'Ontario, n'empêchera pas toutefois la détérioration de son environnement. En effet, la Maison Odell s'avère désormais enclavée à la pointe des rues Nicholas et Waller et difficilement accessible. Il ne fait pas de doute qu'elle a perdu sa prestance d'autrefois.

Cela dit, sans cette protection patrimoniale, ce témoin de l'habitation de la bourgeoisie de la capitale au tournant du 20^e siècle serait peut-être tombé sous les pics des démolisseurs, tout comme ses voisines détruites il y a quelques années pour la construction d'un édifice résidentiel en hauteur.

Michel Prévost, archiviste en chef de l'Université d'Ottawa, offre des visites guidées pour les groupes de 10 personnes et plus sur le patrimoine franco-ontarien d'Ottawa notamment dans la Côte-de-Sable. Vous pouvez réserver au 613-562-5825 ou par courriel à michel.prevost@uottawa.ca

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Winter squash - edible gold

Dodi Newman

Fifty years ago, I ate winter squash for the first time; for my welcome-to-North America dinner, my mother-in-law served baked ham, mashed potatoes, broccoli and Butternut squash—it was love at first taste. Here is how she prepared it:

Cut peeled, seeded squash into large chunks and cook in water to barely cover until done, 20 to 30 minutes. Drain well, mash, whisk in a generous dollop or two of butter, salt, and a fair amount of black pepper. Serve hot.

That excellent recipe was the only one in Mrs. Newman's squash repertoire. North American cooks have become more sophisticated since then, and on the web there are countless squash recipes for every course of a meal. To begin, you can look up the following recipes: squash as an appetizer: Butternut squash tart with fried sage; as a soup: roasted squash, pear and ginger soup; as main course: savoury pumpkin pie from Liguria, using Butternut squash instead of pumpkin; or as dessert: just substitute mashed squash for

the pumpkin in your favourite recipe for pumpkin pie.

Winter squash is not just versatile, it is good for body and soul. Any winter squash, but especially Butternut squash, is a nutritional powerhouse. Low in calories and high in fibre, it is an excellent source of vitamins B6 and C, beta carotene which your body converts to vitamin A (essential for good vision), cancer-fighting carotenoids, folate, and trace minerals like zinc, selenium, magnesium and potassium. What's more, its rich flavour and lovely golden colour will cheer you up even on the gloomiest winter day.

Last but not least, winter squash is local. Butternut, Buttercup, Acorn, Hubbard, and more squash varieties are available at Ottawa's farmers' markets throughout September and October. My favourite is Butternut because it has fine flesh, yields the most edible squash, and is relatively easy to peel. Select a squash with a long, thick neck, heavy for its size, without any blemishes and with the stem firmly attached. You can store a squash like that for up to three months in a cool, dry room. Stock up now, while prices are relatively low, and enjoy it for months to come.

Organizers happy with the satellite Farmers' Market pilot project

Christine Aubry

Although we are fortunate in Sandy Hill to live in close proximity to the Byward Market and other neighbourhoods that have weekly farmers' markets, for many of us the distance proves inconvenient.

This past spring, Susan Young (resident of Sandy Hill and director on the Main Street Farmers' Market Board) had the idea of trying out a satellite market of the Main Market in Sandy Hill. She rallied fellow neighbours (aka "the market ladies") to brainstorm questions such as when and where to hold these Saturday markets, as well as to flesh out the logistics.

Because the farmers themselves needed to be at the Main Farmers' Market, the Sandy Hill satellite depended on a strong (in a number of senses!) team of volunteers to set up the tables and tents, bring the produce over from Main Street and sell it, as well as do some accounting at the end. The purpose of this pilot project was to test the demand for a neighbourhood farmer's market; 100% of the proceeds went to the producers.

After several Thursday night meetings at the Sandy Hill Lounge and Grill, the first market took place on Saturday June 1, alongside the Bettye Hyde Spring Fair. Although it was too early in the farming season to offer a wide selection of fresh produce, the market was a hit with those looking for baked goods, jams, condiments, and basil and tomato seedlings.

The volunteer organisers tried to coincide market dates with other Sandy Hill events; the July 6th market was the only one that was run solo. Susan had the idea of using this opportunity to invite Action Sandy Hill to begin consultations on the City's zoning moratorium and infill consultations. Many neighbours came out to chat with Chad Rollins and Sophie Beecher of ASH, as well as Councillor Fleury, and went home with baskets of strawberries and fresh lettuce.

The August market took place in Strathcona Park during Art in Park. This time fresh produce was plentiful, almost



Susan Young minds the shop at the June market.

too much so! Unfortunately everything had to be packed up at 1:30 p.m. to be returned in time to the farmers on Main Street. This left several potential customers disappointed that they had not had the chance to stock up on greens, peppers, beans, peaches, corn, etc.

Unfortunately the final Sandy Hill market was cancelled due to inclement weather. However the Main Farmers' Market does run until October 28th, so all is not lost!

Overall, this was a successful pilot project. Sandy Hill residents proved that they welcome the opportunity to buy from local farmers and producers right at their doorstep. A dedicated team of volunteers with a strong leader made it happen, but not without challenges. We are now looking at other possible models for next year, as well as partners to make it happen. For example, should we hire a couple of summer students? Could we partner with the Good Food Market? If you have ideas, we and the farmers would like to hear them. Please contact Susan Young at suseric@hotmail.com.



The Good Food Market continues to serve us fruits and veg — through November

I have lived in Sandy Hill for nine years and last year I heard of the Good Food Market in Sandy Hill. To learn more I became a volunteer alongside many of my neighbours who work together to bring a food market into our community. I have purchased lots of quality fresh fruits and vegetables at our market at affordable prices, right in our neighbourhood.

This year I became a market coordinator, alongside Indigo Holley, another resident of Sandy Hill, and now work with Sandy Hill Community Health Centre, through funding from the Community Foundation of Ottawa and the Coalition of Community Health and Resource Centres' Anti-Poverty Project. As coordinators we support Sandy Hill residents who hold a monthly Good Food Market,

through training, promotions, volunteer coordination and support on market days.

We have had Good Food Markets at least once per month since June and we will continue until November. The next good food market will be on October 19, from 11 a.m. to 2 p.m.

The Sandy Hill Good Food Market takes place at 731A Chapel Street at Wiggins Private. Our October/November market dates are to be decided, so look out for our flyers in your friendly neighbourhood. For more information please email Sylvie at sroussel@sandyhillchc.on.ca, or Indigo at iholley@sandyhillchc.on.ca, call Geri at 613-789-1500 ext. 2507, or visit our webpage at www.gfmottawa.ca.

- Sylvie Roussel



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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

Photos Bill Blackstone

Café Nostalgica 603 Cumberland St.

The new Graduate Students' Association building at Ottawa U is finished, and Café Nostalgica is open again in bright new premises. There is plenty of space both inside and on the large outdoor terrace, lots of room on the walls for the works of student artists, and much improved sight lines for the café's musical evenings. Breakfast features a full choice of egg dishes, pancakes, French toast and breakfast sandwiches for \$5-\$11, all accompanied by coffee in cheerfully mismatched mugs, mellow music and prompt service. Open weekdays only, from 7:30 a.m.-2:00 a.m.

Culinary Conspiracy

Many in our neighbourhood will mourn the closure this summer of the Rideau Street café that was a reliable source of tasty lunches and decadent teatime treats,



The Grad Student Association's restaurant, bar and entertainment venue is back in an all-new building next to Sacré-Coeur church — definitely reasonably priced and cheerful.

as well as catering, take-out meals and kitchen-oriented gifts. For those wanting to seek out Culinary Conspiracy's particular brand of food magic in a new neighbourhood, they have opened a new store and lunch counter near the Ottawa Trainyards, at 855 Industrial Avenue.



Food trucks of Ottawa U

Fall has brought students back to the neighbourhood, and along with them have come the food trucks that are presenting some of the freshest, most imaginative food to be found in Sandy Hill. **Stone**

Soup (corner of Marie Curie and Jean-Jacques Lussier) and Relish (corner of University and Copernicus) are both open on weekdays from 11:00 a.m.-4:00 p.m., or whenever their supplies run out, offering their own individual takes on comfort food. A new addition to the campus scene is the **Flatbread Pizza Company**, which is operating its wood-fired oven across the street from Stone Soup from 11:00 a.m.-1:30 p.m. on Wednesdays and Thursdays. Individual pizzas are \$10 each, and you can check out their weekly toppings on Facebook.

Hill Top Resto Bar 244 Laurier Ave. East

The new restaurant in the premises formerly occupied by the Urban Well is sleek and black inside, with a rhythmic electronic musical backdrop and a menu featuring lots of starters and salads as well as hearty sandwiches and some substantial main dishes. There are interesting beers on tap (the Barking Squirrel was a big

hit) and several wines by the glass. Their burgers (\$12) are well seasoned and juicy, and the falafels (\$9) are delicious, though they'd benefit from being more warm and crisp when they come to the table. Sitting by the window on a rainy night and looking out on the busy Laurier scene, you might find yourself suddenly transported to a more sophisticated urban scene than you normally associate with Sandy Hill.

Premiere Moisson 120 University Private

You'll find unusual breads (such as a crusty walnut sourdough), sticky pastries and healthy lunches or supper dishes to take away at this bakery-café in the lobby of the University of Ottawa's new Social Sciences building. Open from 7:30 a.m. to 8:00 p.m. Monday-Thursday, 7:30 to 5:00 on Friday, and 10:00 to 3:00 on weekends.



T.A.N. Roaster Cafe 317 Wilbrod St.

After a brief closure over the summer, TAN is back in business, buzzing with customers enjoying coffee, sandwiches and delicious date squares while they do their homework and meet their neighbours. Open from 7 a.m. to 9 p.m. (7 to 7 on weekends) for eat-in, take-out and to sell you their delicious coffee beans.

U of O Farmer's Market returns!

Diane Beckett

The Farmer's Market at the University of Ottawa is returning this fall with one or two markets every month during the school year. The U of O Farmer's Market features some of the same awesome local vendors that frequent the Main Farmers' Market, which had a subsidiary market in Sandy Hill this summer. I am so glad to be able to buy delicious, healthy, local products year-round in my own neighbourhood!

Many vendors from last year are returning to the U of O market including two of my favourites, Log House Country Kitchen and Hall's Apples. Log House makes baked goods and preserves including pickles, jams, apple butter and pasta

sauces as well as hand-knitted woolen hats and scarves, and homemade soaps. Hall's Apples has fresh apples all winter long that taste as if they just came off the tree, baked goods including fruit pies and cookies, and non-alcoholic apple cider, both fresh and sparkling in large jugs, festive bottles and individual servings. My son, his friends and I especially love Log House's apple butter and tomato pasta sauce, and Hall's sparkling cider in a range of real-fruit varieties including apple, peach-apple, cherry-apple and mulled (cinnamon)-apple.

There will also be new vendors selling produce, baked goods and wild teas that I am keen to try and will review in future editions of IMAGE.

The dates of the markets are October 22, November 14, November 28, January 16, February 14, February 27, March

13, March 27, and April 10. They will be located outside the book store and the alumni theatre on the first floor of the University Centre. The hours are officially from 9 a.m.-4 p.m.. However, from my experience last year, the vendors tended to arrive about 10:00 and leave about 3:00, as they had few customers before or after those times.

The Student Federation, which runs the market, is creating a day-before reminder list-serve. To be put on the list, please e-mail sustainable@sfuo.ca.

The market is always looking for new vendors, so if you know any farmers or local craftspeople, please let them know. The Sustainability Centre which organizes the market is also keen to partner with community groups on events that promote sustainability, so please keep them in mind when organizing your sustainability events. The contact for the farmer's market and sustainability events

is Gabrielle Arkett, Coordinator, Sustainable Development Centre, Student Federation, University of Ottawa, 613-562-5800 ext. 4898 sustainable@sfuo.ca

The U of O is becoming a foodie destination with the Farmer's Market as well as two gourmet food trucks and an artisanal food shop. Stone Soup Food Truck is located at the corner of Marie Curie and Jean-Jacques Lussier, across from the Bio-Sciences Building and the OC Transpo Campus Station. Blue Relish Food Truck is located on the corner of University and Louis Pasteur across from Fauteux Hall, the law building. Premiere Moisson, the artisanal food shop and bakery which also carries gourmet take-out food is located on the ground floor of the new Social Sciences Building at 120 University Private, across from the University Centre. And as mentioned above, the Farmer's Market will be located outside the book store and the alumni theatre on the first floor of the University Centre.

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The Birks live in the Sandy Hill Coop and sit out most summer days, in the early morning, in their delightful garden. During frosh week a group of students approached them and asked if they could rub Nathaniel's lovely bald head! Their task was to find a bald man on their scavenger hunt. Nathaniel was pleased to oblige! — Christine Crawford



Le 26 août dernier au New Edinburgh Pub, le nouveau 94,5 Unique FM dévoila sa programmation, son logo et son site web. Située sur McArthur en plein coeur de Vanier et anciennement connue sous le nom de CJFO, Unique FM a pour mandat de desservir la communauté francophone d'Ottawa et de l'Est ontarien. Des personnalités connues de la région animent des émissions branchés qui portent sur les gens d'ici. De gauche à droite dans la photo on voit Michel Bénac (chanteur du groupe Swing), Joanie Charron et Véronique Soucy (résidente de la Côte-de-Sable). Unique FM est aussi la radio officielle des Sénateurs d'Ottawa et diffuse donc tous les matchs.— Christine Aubry

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Fitness check

What is functional training?

Corbin Williams

Your core integrates the muscle systems of your body, protects the spine and hips from injury, can be weakened by sitting too much and is made less efficient by poor training. Functional training is the answer to good core function. This article will explain my own definition of functional training.

Functional training should cover two important bases:

It should take into account that in the body, certain groups of muscles work together to create movement.

It should consist of movements that are specific to each exerciser on account of their jobs, sports, and any other activities they take part in.

Let's start by talking about the first point. Throughout the body are systems of muscles that work together to facilitate movement, and there are virtually no movements that use only one muscle at a time. Most forms of exercise prevalent in gyms consist of "body-part" training; that is, aiming to train one muscle group at a time. Consider a "full-body" workout that consists of doing an exercise for the front of the thighs, then one for the back of the thighs, one each for the chest, the back and the shoulders, a couple for the arms, and finally a few abdominal and low back exercises to finish off. While this may seem like a full-body approach on paper, the arms aren't actually separate from the shoulders, the shoulders aren't separate from the back, the back isn't separate from the core, and so on. They should be integrated, as opposed to isolated, when working out in the gym. I'm not against "body-part" training in every case, but since most movements used on a daily basis require the use of many different muscles at once (squatting down, lifting objects, twisting, and so on), this needs to be taken into account when one is exercising.

As for the second point, the physical demands of people vary wildly. A construction worker operating a jackhammer has a huge oscillating force resonating from his hands, through his shoulders and back, right down his legs into the ground. A nurse pushing a gurney with a body

on it has to generate forward momentum against a load. An office worker may repeatedly stand up and grab something off a high shelf on a daily basis. A good workout takes into account these unique lifestyle factors.

Even something like picking up a child, taking the groceries out of the trunk, and getting into and out of a car are complex movements that can be made easier for the body through training logically. Furthermore, such training may be key to preventing injury when performing an everyday activity. ("I just turned, and my back went out!")

Everyone has different needs, and this is the basis of functional training: simulating everyday movements to condition one's body to better handle one's own experience outside of the gym. The more one correctly performs these movements through exercise, especially movements that are repeated on a daily basis, the stronger the core gets, the more integrated the core becomes with the rest of the body, and the better one's body handles the tasks of everyday life.

Corbin Williams is a local Personal Trainer specializing in fat loss, general strength, postural correction, and chronic low back pain. Contact him at corbin-williamspt@gmail.com, (613) 204-0206.

Free Thinking

events, book

launches, films

and alley

What's a Free Thinking Alley, you ask? It's a place where people attending the Free Thinking Film Festival can buy books and DVDs, and enjoy food and drink.

On October 31, the Ottawa-based Free Thinking Film Society will kick off a film festival that celebrates liberty, freedom and democracy. The Festival will feature four major events, two book launches, and over 20 films and events, between October 31 and November 3 at Library and Archives Canada.

"This year we pay particular attention to free speech," says Free Thinking Film President Fred Litwin. "Get ready for four days of challenging films and discussions with absolutely no political correctness." On October 31, the Festival will open with the film Collision: Free Speech and Religion followed by a panel discussion with Danish human rights lawyer Jacob Mchangama.

On November 1, there is an evening with noted Canadian journalist Barbara Kay.

On November 2, the topic will be cyber-spying in China, first with a film and panel discussion, and the Festival will end with an evening looking at how Muslims, Jews

and Christians work together in Uganda on a coffee coop. The head of the Ugandan Jewish community will be on hand for Q&A and coffee will be served.

Other films include *Powerful as God*, about abuse within Children's Aid Societies; *Fracknation*, *The Ambassador*, a dark comedy that exposes the business of selling diplomatic titles, *Jihad in America*; *Grand Deception* about the Muslim Brotherhood in the US, *Transcending Fear: The Story Of Gao Zhisheng* about a Christian lawyer who challenges the Communist Party in China, *Changing Lives* a documentary about the impact of economic freedom, *The Sheik and I*, about an independent film maker who tests the boundaries of free speech in the United Arab Emirates, *Broken Soldiers*, a Canadian film on how our veterans struggle with PTSD and homelessness, *SARS: Coverup and Aftermath* on how the Chinese government covered up the true problems of the SARS epidemic.

Festival passes are available for \$80 and can be purchased either online or at the following retailers: Compact Music (785 Bank, 206 Bank). Tickets will also be available at the door at the event. Day passes will also be available for sale.

Community Barbeque sights and sounds



Devoted servers were neighbourhood enthusiasts Élie Crighton, Maël Crighton, Stefan Bjelakavoc, and Sofia Cazorla-Bak



Gabielle and Brian DeWalt (right) were pleased to make the acquaintance of families likely to be interested in using the outdoor rink this winter.

Action Sandy Hill, and the hungry and thirsty folk who turned out for the Community Barbeque on September 21, thank the following companies and individuals for their generous contributions to the event.

Hill Top Resto-Bar
Councillor Mathieu Fleury’s Office
Student Federation of the University of Ottawa
The House / La Maison Resto-Pub
Rideau Bakery
T.A.N. Coffee
Byward Market Management
Sysco Foods
Shoppers Drug Mart
Loblaws

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All of the wonderful volunteers who helped organize the event in advance and on the day itself.



Sandy Hill boys before they disperse for the school year (Ryan Laverty and Jacob Weber) and Canada World Youth (Eamonn Cuerden-Conboy)

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Coming next ... coming next month!

Sandy Hill’s One and Only arts + crafts show

This November 17 will mark Lacelle and Evanchuck’s seventh year hosting the popular arts and crafts show, THE ONE & ONLY, in Sandy Hill’s Community Centre, with the support of ASH (Action Sandy Hill). This annual event is one of Sandy Hill’s major attractions with over 50 creative, local vendors and with hundreds of guests enjoying the free buffet and the excellent local art and crafts. Host-artist, Helene Lacelle likes the unique atmosphere and good feeling provided by the friendly folks who attend and the almost endless free buffet food provided by chef Evanchuck and his amazing volunteers who keep the tables full of delicious snacks and desserts.

“This atmosphere helps make one feel a vital part of a supportive, thriving community. The artists and crafters are encouraged to keep their prices reasonable so that everyone may go home with a one-of-a-kind gift for their friends and loved ones for Christmas or something local, handmade for their own homes,” said Ms. Lacelle. Chef Evanchuck is not shy to state, “We’ve been blessed to have excellent, unselfish volunteers who help me cre-

ate tasty food items. With the full support of the good folks in ASH and Michelle Linesman at the Community Centre this event really becomes outstanding.”

Mr. Evanchuck, a cancer survivor, sees this event as something that helps keep him happy and hopeful and fat. “Too much good food in my belly.” So Sunday the November 17 is a day to mark on your calendar to “come on down” to 250 Somerset Street East to have a tasty snack or three and support a great community event. Mayor Jim Watson marks it down on his calendar and shows up every year for a treat.

Website:
sandyhillsoneandonly.blogspot.com/



Scenes from the 2012 edition of the One and Only show. Something for everyone and delicious food to boot.



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Diplomatic losses ... Intrigued by this notice on Wilbrod St. announcing the removal of the Embassy of the Socialist Republic of Viet Nam to MacKay St. in New Edinburgh, IM-AGE has checked up on the extent of the diplomatic presence in Sandy Hill. In fact, the head count of embassies in our neighbourhood dropped from 31 to 29 during the past year. Myanmar has moved from Range Road to Island Park Drive. Looking back four years, two additional losses are noted: Ivory Coast and Niger both closed their Sandy Hill operations, and have left the local Diplomatic Contacts list completely.



The Rideau Centre is launching a \$360 million multi-year redevelopment and revitalization project that will continue until 2016 and include a Simons store. A four-level expansion will add 230,000 square feet of leasable area as well as a three-level underground parking garage. There will be facade improvements along Rideau St. Pictured above are Councilor Mathieu Fleury, Peter Simons (La Maison Simons), Sal Iacono (Cadillac Fairview Corporation Limited), Mayor Jim Watson, and Hon. Mauril A. Bélanger at the ground breaking ceremony on September 26. Photo Denis Drever.



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Borrow unlimited DVDs & CDs: Library users are now able to borrow an unlimited number of DVDs and CDs from the Ottawa Public Library's collection. The limit of 10 items at a time is no more! The loan periods remain the same, as well as the fees and fines associated with these items.

Seniors' Network - A Seniors' Network is forming in Sandy Hill. Join others to create a network of support in Sandy Hill. Inaugural meeting was on September 25 at St. Paul's-Eastern United Church. Call Mary Murphy 613-233-4095, ext 227 for more information.

St. Clement Bazaar will be held at the Patro this year on Sat. October 26 from 9 a.m.-2 p.m., 40 Cobourg St.

Notre Dame Cathedral Bazaar, Sat. October 26 (9 a.m. - 4 p.m.) and Sun. October 27, (9 a.m. - 2 p.m.) Entrance 50 Guigues St. Baking, books, crafts, knitting, treasures, knickknacks, tea room, white elephant. Free parking - Parent St. lot. For more information, call 613-241-7496.

General meeting: Canadian Federation of University Women-Ottawa, speaker Russell Mills, chairperson National Capital Commission, Monday Oct. 7, 7:30 p.m. Riverside United/Church of the Resurrection Anglican, 3191 Riverside Dr. (across from Mooney's Bay). Free lecture, general public welcome. www.cfuw-ottawa.org

Action Sandy Hill seeks volunteers

Community environment and bylaws portfolio - Action Sandy Hill is looking for a community volunteer to work with board members on environment projects and matters related to bylaw compliance. The goal is to keep our streets and parks clean and safe. Would this be a good role for you? There are people prepared to help you out. If you are interested, please send Action Sandy Hill an email at: info@ash-accs.ca.

French Translators - Do you have a strong grasp of both the English and French languages and have time to volunteer 5 hours per month? ASH is seeking individuals who will be willing to help translate information provided in the bi-monthly updates and on the ASH website from English to French. If you are interested, please send Action Sandy Hill an email at: info@ash-accs.ca.

Traducteurs français pour l'Action Côte-de-Sable - Avez-vous une bonne compréhension du français et de l'anglais, et avez-vous le temps de faire du bénévolat, pour environ 5 heures par mois? L'Action Côte-de-Sable est à la recherche d'individus qui sont disponibles pour traduire les informations qui se retrouvent dans nos mises à jour bi-mensuels et sur le site internet de l'Action Côte-de-Sable de l'anglais au français. Si vous êtes intéressé, veuillez envoyer un courriel à l'adresse: info@ash-accs.ca.

ASH Block Representatives - ASH has developed a system of block representatives to connect the residents of Sandy Hill and engage them in community issues and neighbourhood events. Suggested roles for block reps:

1. welcome new neighbours;
2. distribute special events flyers and neighbourhood information pamphlets;
3. field enquiries, directing neighbours to appropriate services;
4. provide property profiles to assist planning and zoning committees;
5. encourage ASH membership and AGM attendance, etc. ASH is still seeking representatives for most streets.

Areas of the neighbourhood that are missing representatives include Strathcona Heights, Robinson Village, and the NE, NW and SW sectors. If you are interested in representing your block please send Action Sandy Hill an email at: info@ash-accs.ca.



October-
November
2013

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2013

Frontier College Reading Circle / Cercle de lecture Frontier College. 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.

Family Storytime / Contes en famille. Bilingual/Bilingue. Tuesday mornings, 10:30-11:00 am 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.

Evening Book Club, English. Monday, Oct. 7, 7:00-8:30 pm Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of *We Need to Talk about Kevin* by Lionel Shriver.

Volunteer Fair / Salon du bénévolat. Bilingual/Bilingue. Wednesday, Oct. 9, 2:00-7:00 pm Learn about Library & City of Ottawa services, as well as community-based organizations. Come network and discover volunteer opportunities in your community! Drop-in. / Découvrez les services de la Bibliothèque et d'autres services municipaux, ainsi que d'autres services d'organismes communautaires. Venez faire du réseautage et découvrez des occasions de bénévolat dans votre communauté! Inscription non requise.

Morning Book Club, English. Thursday, Oct. 17, 10:15-11:30 am Share the enjoyment of good books in a relaxed atmosphere. Today's Book: *Gold Diggers* by Charlotte Gray.

Pen and Paper Writers' Workshop. 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. From more information, contact Marilyn at: the_moo@sympatico or (613) 746-3077.

Groupe de lecture Mille-Feuilles, français. Le mercredi 23 octobre de 18 h 45 à 20 h 15 Partagez avec nous le plaisir des livres dans une ambiance détendue. Joignez-vous à nous pour une discussion sur *Une femme aimée* de Andrei Makine.

Evening Book Club, English. Monday, Nov. 4, 7:00-8:30 pm Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion of *February* by Lisa Moore.

How the Internet works and doesn't. English. Wednesday, Nov. 20, 6:15-8:15 pm Did you ever wonder how your computer communicates with servers on the Internet? Chris Taylor, President of the Ottawa PC Users' Group, will explain in simple terms how computers find each other and connect so they can exchange information. As well, Chris will give some hints on how to troubleshoot things when they don't work as they are supposed to. Registration required.

Rideau Morning Book Club, English. Thursday, Nov. 21, 10:15-11:30 am Share the enjoyment of good books in a relaxed atmosphere. Today's Book: *Caleb's Crossing* by Geraldine Brooks.



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Illustration Dawna Moore

CALENDAR

October - November 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. In short, 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. (and every fourth Sunday of the month). Visit theopentable.ca.

Wednesdays, Fridays

and Saturdays in October – Haunted Walks of Ottawa Halloween Season, offering nightly walking tours starting at 7 p.m., Bytown Museum, 1 Canal Lane, call 613 232-0344 to book, www.bytownmuseum.com/en/Information/Haunted_Walk.html

Now until Jan. 5 – Sell Out? Exploring the work of the Group of Seven artists and many of their contemporaries, this exhibit asks the controversial question, "Can an artist sell out?", The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, www.ottawaartgallery.ca.

Now until Jan. 26 – Dave Heath: A Heritage of Meaning, An Introspective; also, Sook-Yin Lee: We Are Light Rays, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, www.ottawaartgallery.ca.

Oct. 8 - Casino Day at Chartwell City Centre retirement residence, 240 Friel St. (at Rideau), 2 - 5 p.m., try your luck at roulette, high cards wins and black jack, free admission, reserve your spot: 613 789-7137.

Oct. 12 and Oct. 13 – Fall Colours Family Workshop, drop in workshops inspired by the beautiful fall colours, at the Bytown Museum, 1 Canal Lane, www.bytownmuseum.com/en/calendar.html.

Oct. 15 – Nov. 2 – Deadly Murder, a thriller by David Foley, Ottawa Little Theatre, 7:30 p.m., \$25, \$22 (seniors), \$12 (students), Oct. 27 matinee, 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com.

Oct. 19 – Good Food Market from 11 a.m. to 2 p.m., 731A Chapel St.

Oct. 20 – Ottawa launch of The Library Tree: How a Canadian woman brought the joy of reading to a generation of African children, by Sandy Hill resident Deborah Cowley. 4 p.m., Rockcliffe Park Public Library, 380 Springfield Rd., all are welcome. See notice page 15.

Oct. 22, Nov. 14, Nov. 28 – Farmer's Market at the University of Ottawa, located outside the book store and the Alumni Theatre on the first floor of the University Centre, 9 a.m. – 4 p.m.

Oct. 22, Nov. 12, Nov. 26 and Dec. 10

– The Tree Reading series meets the second and fourth Tuesday of each month, featuring all open mic and Tree Chapbook Launch with Mary Lee Bragg (Oct. 22), Barry Dempster and Don Domanski (Nov. 12), Sara Peters and Stewart Cole (Nov. 26), Local Lights (Dec. 10), Arts Court Library, 2 Daly Ave., doors open at 7:30 pm, free admission, 613 749-3773, the Tree Reading Series also offers free one-hour poetry workshops, 6:45-7:45 p.m., www.treereadingseries.ca.

Oct. 23

– Rosemarie Tovell, former curator of the Canadian prints and drawings at the National Gallery of Canada, will discuss how the Group of Seven and the National Gallery of Canada influenced the beginnings of serigraphy in Canada, 7 p.m., Firestone Gallery, free admission, 2 Daly Ave.

Oct. 28 – Action Sandy Hill meets the last Monday of the month, 7 p.m., Sandy Hill Community Centre, 250 Somerset St. E.

Oct 31 - Nov 3 - Free Thinking Film Festival, four days of enlightening films, speakers and panel discussions, Library and Archives Canada, www.freethinkingfilmfest.ca, see ad page 20.

Nov. 1 – Free concert and reception with Sandy Hill's Ernie & Linda Cox with the London Trio Plus, St. Timothy's Presbyterian Church, 2400 Alta Vista Dr., 7 p.m., reception to follow, sponsored by Good News in the Morning CFRA.

November 16 - All Saints Sandy Hill Snowflake Bazaar, 11 a.m. to 3:30 p.m., this community-focussed and environmentally great bazaar features: home-baked goods, attic treasures (gently used household items), books and DVDs, "vintage" jewellery, a silent auction and much more. Prices are kept low, low, low. Visit the calendar at allsaintssandyhill.ca.

Nov. 17 - One & Only arts and crafts show featuring 48 outstanding vendors, 10 a.m. to 4 p.m., Sandy Hill Community Centre, 250 Somerset St. E.

Nov. 23 – Bettye Hyde Co-Operative Nursery School's 7th Annual Trivia Night, 8 – 11 p.m., tickets \$20. See notice at right. bhtvianight@gmail.com

Nov. 23 – Mark Forward Live! At Ottawa Little Theatre, tickets \$15, 400 King Edward Ave., visit www.ottawalittletheatre.com under Current season, Special events for more information and to purchase tickets online, or call the box office at 613 233-8948.

Nov. 25 - Action Sandy Hill meets the last Monday of the month, 7 p.m., Sandy Hill Community Centre, 250 Somerset St. E.

Nov. 26 – Dec. 14 – Christmas Belles, a comedy by Jessie Jones, Nicholas Hope and Jamie Wooten, Ottawa Little Theatre, 7:30 p.m., \$25, \$22 (seniors), \$12 (students), Dec. 8 matinee, 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com.

For programming at the Rideau branch library, please see page 22.



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TRIVIA NIGHT

Bettye Hyde Co-op Nursery School 7th annual Trivia Night Fundraiser

Nov. 23, 5:30 - 11:00 in Bate Hall, All Saints Sandy Hill

Cocktail party and silent auction, 5:30-7:30 p.m. (free admission - cash bar - come even if you can't stay long) Test your trivia skills and enjoy friendly trivia competition beginning at 8:00 p.m.

Tickets \$20 per person - lots of great prizes and a chance at the coveted Trivia Night Trophy! Funds raised for the Carriage House project.

To make a donation (prizes and services for the auction are welcome) or to purchase tickets please contact the organizers at bhtvianight@gmail.com.

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Nature’s actors put on local show in wake of Odyssey Theatre season



The Wood Duck, extended to ceremonial form somewhat resembles an actor taking his final stage bow. This was the impression given when the photograph was taken this September in Strathcona Park, along the Rideau River by Kathleen Kelly of Sandy Hill.

Photo Bob Meldrum



Rester jeune avec
Retraite en action

Marie-Claude Jean

Septembre marque le début d’une nouvelle année scolaire pour les jeunes et pour plusieurs d’entre nous, les retraités, c’est aussi le moment de revoir notre calendrier et d’y inscrire les activités qui nous occuperont au cours de la prochaine année. En ce qui me concerne, je suis toujours aidée dans mes décisions par la programmation que nous propose Retraite en action, une organisation à but non lucratif destinée aux retraités francophones de la région de la capitale nationale. Elle a fêté ses 15 ans d’existence en mai 2012 et compte déjà cette année plus de 1 300 retraités actifs.

Basée à Ottawa, avec la majorité de ses activités se déroulant au Patro, rue Cobourg, Retraite en action est composée en majorité d’une clientèle provenant de l’Ontario (78%) et, par ailleurs, d’une majorité de femmes (68%). Il va de soi cependant que les activités sont offertes à tous. En accord avec sa devise « Pour ses membres, par ses membres », cette organisation compte sur plus de 140 bénévoles qui se servent de leur expérience et de leur expertise pour élaborer la programmation des activités qui paraît à l’intérieur d’un bulletin publié trois fois par année.

Regroupées sous cinq volets différents, à savoir : social et récréatif, voyages et excursions, culturel et éducatif, implication communautaire, et enfin plein air, sports et santé, le total de ces activités dépasse la centaine. Il y a donc là une offre très variée pouvant satisfaire tous les goûts. Ainsi, on pourra participer à des ateliers d’écriture, se joindre à un groupe pour faire de la raquette, apprendre l’espagnol, assister à des pièces de théâtre, jouer au bridge ou découvrir des possibilités de bénévolat à l’étranger.

Les frais annuels d’adhésion pour les membres sont de 35 \$ et pour participer à certaines activités on doit fournir un montant supplémentaire s’appliquant, entre autres, à des coûts de location de locaux, des dépenses d’impression de matériel, équipement ou autres. Ces frais peuvent varier de 5 \$ par session pour quatre rencontres sur l’actualité politique et économique à quelques milliers de dollars pour un voyage en Amérique du Sud.

En ce qui me concerne, Retraite en action m’apporte beaucoup sur différents plans : stimulation intellectuelle, connaissances et informations, mise en forme physique, détente et divertissement ainsi que contacts sociaux. Je considère que nous sommes privilégiés, en tant que retraités, d’avoir dans notre région et, en ce qui concerne les résidents de la Côte-de-Sable, littéralement à notre porte, ce réservoir riche d’activités et de contacts contribuant à notre mieux-être et à notre épanouissement. Pour en apprendre davantage sur la programmation de l’automne, je vous invite à consulter le www.retraiteenaction.ca.

Photo David Elden



An overnight fire, with flames reaching 50-60 feet, disturbed the peace in Sandy Hill’s Robinson Village and brought out the IMAGE photographers. Firefighters responded at 2:07 a.m., after several neighbours called 911. Four of the fourteen townhouse units at 211 Lees Avenue were destroyed, six others suffered water damage and 35 people have been displaced. No residents were injured. It is believed the fire started in one of the carports, climbed an exterior wall and entered an attic.

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