

DECEMBER 2013 - JANUARY 2014

DÉCEMBRE 2013 - JANVIER 2014

Photo David Elden

**Accreditation results****Community health thriving at Nelson and Rideau****Christine Aubry**

Here's some good news. The Sandy Hill Community Health Centre has once again received full accreditation from the independent national organization that tests the performance of community-based health and social service organizations. The status stands for four years, until August 2017.

Canadian Centre for Accreditation means that our community health centre meets or exceeds numerous standards relating to governance, risk management and service delivery.

The process of obtaining accreditation is voluntary but extremely rigorous. Staff spent hours retrieving required documents, completing reports, and answering interviewers' questions.

SHCHC was found to be a model of engagement when it comes to health promotion within the community. The accreditation team found it to be clearly responsive to community needs, with clients who feel respected and directly engaged when seeking improved health outcomes.

It also commended the centre for the multiple strategies it uses to improve the social determinants of health, which include income and social status, social support networks, education and literacy, working conditions, social and physical environments, personal health practices and coping skills, healthy child development, biology and genetic endowment, health services, gender and culture.

Sensational gifts on offer close to home

Auntie Loo's Treats, the first vegan bakery in Ottawa, is the new place to go for delicious double chocolate and vanilla chocolate yule logs. Find out what our writer Yvonne van Alphen thought of Auntie Loo's festive peppermint crunch cupcakes in the report from her annual neighbourhood shopping spree, page 8. The Foodnotes column also scoops the Treats, page 16.

"This is a great building, Mr. Viner, but it's in the wrong place!"**Larry Newman**

After Bob Viner finished extolling the virtues of his vision for a student residence in Sandy Hill, he heard variations of this refrain from several of the 80 Sandy Hill residents at the public meeting. They told Mr. Viner that his vision for his one acre property on Laurier Avenue and Friel Street "...belongs on the U. of O. campus!"

It was the evening of November 6, and the biggest meeting room in the Sandy Hill Community Centre was jammed. Bob Viner of Viner Assets brought representatives from CA-Ventures with him to help pitch his vision for redeveloping the property that his company owns on the corner of Friel and Laurier. CA-Ventures is a real estate investment and management firm with experience in building and managing student residences.

Also present at the Sandy Hill Community Centre were people from FoTenn Consultants, an urban planning company; Barry Hobin, architect; and planners from the City planning department, Don Herweyer and Bliss Edwards. Ms Edwards is

lead planner for this application.

The application in question proposes a change to the zoning of the Viner property from R4T(480), which allows buildings with a maximum height of 14.5 metres, to R5. R5 allows height to 28.5 metres. That height would allow a maximum of nine storeys. Viner Assets would also change the Official Plan designation for their one acre site from Low-Profile Residential to Medium-Profile Residential with a site-specific exception zone to permit ground-level commercial use along Laurier Avenue.

The plan is to demolish all of the apartment buildings now occupying the site. Most of the apartments in these buildings are rented by students now, perhaps 120 of them. Although some of the buildings are old enough to merit consideration for heritage status, this is not a heritage district nor are any of the buildings designated heritage. However, the corner building has a lovely columned veranda and Barry Hobin, the architect, has reproduced that and other facades as part of a three storey podium in an effort to integrate such a large building into the surrounding streetscape. An underground parking ga-



Barry Hobin's drawing of the proposed new student residence at Laurier and Friel.

rage for 62 spaces will be created. This is fewer than half of the 146 spaces currently required to satisfy the needs for resident, retail, and visitor parking for this zone.

The attendees at the public meeting had several complaints about this plan. The primary two were:

Too many students. In this acre of land in the centre of Sandy Hill there would be 180 apartments with two to four bedrooms each. Expect a total of 600+ students. Bob Viner and Tony Diabase (CA-Ventures) argued that there will be structural and management controls. The structural controls would be the construction of large terraces rather than balconies. It's difficult to control student behaviour on 180 balconies but managing behaviour on many fewer terraces is much easier. Also, the building would have workout facilities and study rooms

which may help keep student activities inside the building.

The managing of student residences was stressed as CA-Ventures has this experience (since 2004) with student residences on several US campuses. There will be employees on the premises 24/7 with authority to deal with students who cause trouble.

Of course, the students would come from the University of Ottawa, which outgrew their few dormitory rooms many years ago. They can't even house the freshman year, and they are continuing to expand.

Action Sandy Hill organised a 1100-signature petition asking the

Viner proposal, continued on page 2

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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En 2013, IMAGE sera publié en **février, avril, juin, octobre et décembre**. Son tirage est de 7 500 exemplaires. Il est distribué gratuitement partout dans la Côte-de-Sable. On peut également l'obtenir au centre communautaire, à la bibliothèque et dans plusieurs commerces du quartier.

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

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

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Date de tombée

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Sandy Hill Community Health Centre accreditation

Continued from page 1



David Gibson, Executive Director, Christine Aubry, Board of Directors, and Allison Lampi, Director of Planning and Evaluation, with the Certificate of Accreditation.

They also praised its advocacy role in bringing about positive change for clients and the community.

The health centre's directors, myself included, are very proud to be working with an organization staffed by such a dedicated, professional and cohesive team. One need only look at the number of staff who have worked at the Centre for 10, 15—even 25, 30!— years, to see true commitment and devotion.

Public success, private tragedy

The tragic Barrhaven bus-train crash on September 18 left the Sandy Hill Community Health Centre in shock. A member of the Board and two senior staff members— Executive Director David Gibson, a passenger on the bus, and Oasis director Robert Boyd - and their families were personally affected, with Mr. Boyd losing his son. Their professionalism and

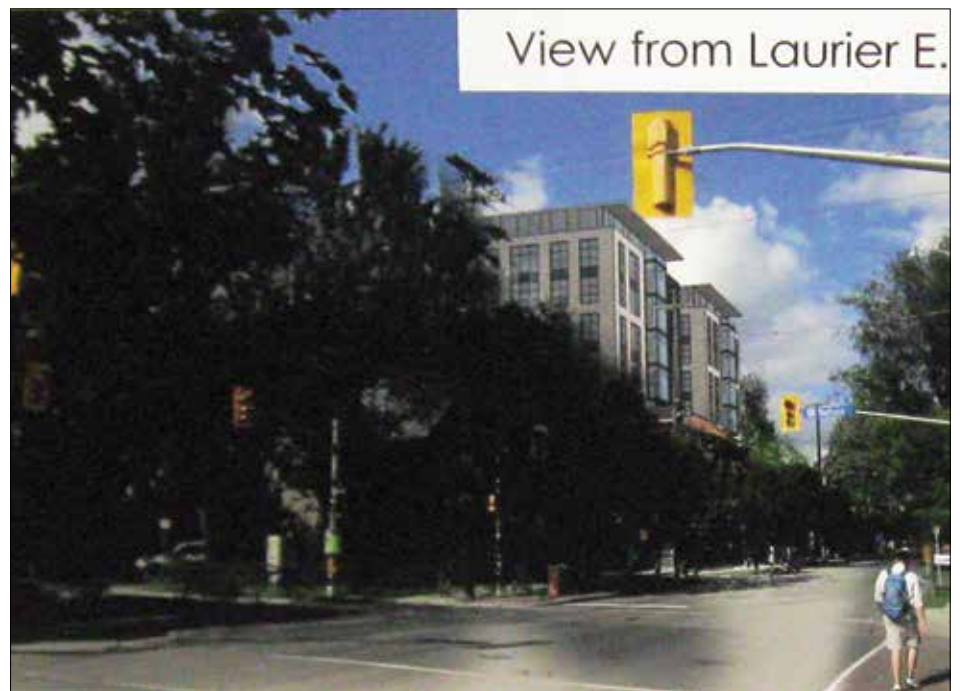
the level of support from their colleagues through the very difficult weeks that followed were remarkable and touching. The staff, as well as employees of Ottawa's other community health centres, truly rallied together to ensure continued service excellence during a very difficult month.

The Centre is still collecting donations in memory of Connor Wesley Boyd. If you wish to contribute, please leave a tax-deductible donation at the Sandy Hill Community Health Centre, 221 Nelson Street, Ottawa, Ontario K1N 1C7.

The challenges for the years ahead are numerous for the SHCHC. The roll-out of electronic health records, the requirements of Ontario's new *Excellent Care for All Act*, and increased scrutiny by funders will tap into already stretched resources. But we have the utmost confidence that this great organization is up to the task.

Viner proposal for a new student residence — comments

Continued from page 1



Architect's illustration of the proposed structure.

University to build more housing on campus. The University's reaction was not encouraging.

Too high. This would be a massive, nine story building in an area currently zoned for a maximum of four storeys. There would be a three storey podium, approximately three metres deep, that will disguise the tall building to some extent by presenting nearly the same streetscape that greets us now. Even so, there is a fear that this tall building would be just a precedent for the acceptance by the city of many more tall buildings in a neighbourhood of mostly two and three storey buildings.

One of the features that some of the residents welcomed was some more retail on Laurier Avenue, especially the possibility of a green grocery. The renderings of the buildings show two signs: DELI and FARMER'S CORNER, implying a delicatessen and a grocery.

If the descriptions of retail offered at the only two buildings shown as completed on the CA-Ventures website are the norm, Sandy Hill will have stores like 7-Eleven, Tim Horton's, No Thai!, Spudnuts, and World of Beer. That kind of retail is not going to win over the residents of Sandy Hill—at least the residents who are not students.

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IMAGE readers speak out

About the neighbourhood demographic

Diane Beckett, Chapel Street

Sandy Hill becoming one large university student housing complex

Between 2013 and 2016 proposals are going to the City for 10 large student housing projects in the neighbourhood of Sandy Hill that will house about 3,000 students. The smallest residence will house about 60 students and the two largest will house about 650 students each. One of the proposed projects is the Viner proposal, which is one building which would cover one acre and be nine stories high. None of these projects are the type of buildings that would fit into any neighbourhood in Ottawa.

These proposed new residences will mean an 18% increase in the population of our already dense urban neighbourhood. In just three years more students will move into Sandy Hill than the 2885 students that the University of Ottawa houses in its on-campus residences.

The university has added more than 10,000 full-time students between 2000 and 2012 for a total full-time student population of approximately 40,000. It is now one of the larger universities in Canada. During that time it has built only one 294 bed residence, and that residence was built off-campus in Sandy Hill. They have no plans to build any new residences, yet they plan to continue to increase the student population attending the university. The result is one of the lowest on-campus student residence to student population ratios in North America. This is why an American company has targeted our neighbourhood as the location for their first Canadian student housing project – the controversial Viner proposal mentioned above.

This increase in off-campus Sandy Hill student housing does not include the smaller student housing projects and bunkhouse conversions that have also been plaguing the neighbourhood. These smaller projects have resulted in beautiful, historic single-family homes being converted into ugly buildings which loom over their neighbours and have upwards of 30 students jammed into one building. They are effectively rooming houses but they are not regulated by the City of Ottawa.

The University of Ottawa’s conversion of Sandy Hill into a student ghetto is happening with the complicity of the City of Ottawa and the Province of Ontario. The province is allowing the city to ignore provincial planning guidelines that require municipalities to respect local neighbourhoods’ character and history in their planning decisions. Nor does the province require the university to provide on-campus student housing although it funds the university. The result is that increasing numbers of students are forced to live in substandard, yet expensive off-campus housing, and, Sandy Hill, a historic, vibrant, diverse neighbourhood, is being destroyed.



The Hunter’s Moon of mid-October left ample room for the imagination, envisioning the hunters of long ago using this special light as their guide.

Photograph by Kathleen Kelly, Sandy Hill

Betsy Mann, Blackburn Avenue

Lack of attachment from students impacts everyday social fabric

Noise. Garbage. Loud parties. These have been part of life in Sandy Hill for the over 40 years I’ve lived here. But now, residents are up in arms because of a change in scale. We see gaps appearing in Sandy Hill’s social fabric, holes caused by increasingly dense pockets of transient student residents. Whole blocks have been turned into student housing where before there were long-time residents. Unlike the conversions that happened in the 50s and 60s, when large houses were divided into flats, these “converted” buildings cannot easily be reconverted to uses other than student housing. Noise, garbage and parties can be kept under control with bylaw enforcement, but this kind of intensification poses a more serious threat in the long term. It undermines the community’s cohesion and social capital.

However serious and polite students may be, they don’t attach to the community they study and sleep in. The address on

their driver’s licence is still their parents’ because otherwise they’d have to change it twice a year. Students don’t join the community association and they don’t vote here.

Their lack of attachment also impacts the everyday social fabric. With very few exceptions, undergraduates don’t shovel the walk for an elderly neighbour, they don’t help maintain the community rink, they don’t share extra crops from their backyard vegetable garden, they don’t come out to the park for clean-up days, they don’t offer to drive a neighbour to cancer treatments, and they don’t exchange babysitting so a parent can get to a dentist appointment without an infant in tow. Neither do they coach soccer, send children to the neighbourhood schools or join a committee to pressure City Hall to save heritage buildings. All these activities are examples of what I’ve routinely seen happen among my neigh-

bours in Sandy Hill over the decades. On their own, these are simple gestures; taken together they bear witness to the strong commitment to community that makes me want to continue to make my home here.

As an alumna of Queen’s University, I am painfully aware of the disastrous effect an over-concentration of student housing has had on a well-established residential community in Kingston. Sandy Hill is far from a student ghetto, and we can take a lesson from what has happened elsewhere. The City of Ottawa, post-secondary institutions and eventually the provincial government have an opportunity now to make planning decisions to ensure that increasing population in the urban core does not lead to the breakdown of the social fabric. We need to keep our neighbourhoods liveable and vital communities of people who care for one another.

5 House-Hunting Tips for Any Season

1. Write down your most important requirements and Top deal breakers
2. When you walk through a home, take notes. Once you’ve looked at several homes, they may begin to blend together. Jot down a few sentences about what you liked and didn’t like before you leave to help you differentiate between them.
3. Look for damage or areas of improvement. Open the closets and cupboards, lift the rugs and check out each room from top to bottom to check for damage and to make sure there’s enough storage to fit your needs.
4. Drive by the home at different times of day and pay attention to the vibe and noise level of the neighborhood.
5. Imagine the potential of the home. It may be difficult to see the potential of a home with hot pink walls; however, picture the walls with a fresh coat of neutral-toned paint and your personal stamp on them.

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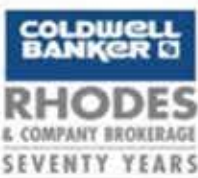
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About the Viner proposal and trucks in the core

François Bregha, Russell Avenue

Viner idea contrary to secondary plan

The objectives of the Sandy Hill secondary plan are: to preserve and enhance Sandy Hill as an attractive residential neighbourhood, especially for family living; to provide for a broad range of socio-economic groups; to accept a modest increase in population, primarily as a way of housing some of the growth in the central area labour force; to maintain and co-ordinate both the local functions of Sandy Hill (primarily as a residential neighbourhood) and the functions that serve a wider area (e.g., the mainstreet mixed uses area along Rideau Street and the University of Ottawa).

The proposed amendment to the official plan to enable the construction of a nine-story building with 180 purpose-built student units (“Viner proposal”) does not meet these objectives for the following reasons.

The proposed building caters to only one demographic group that is already over-represented in the neighbourhood: students. 30% of Sandy Hill’s population is aged 20 to 29 years (more than twice the city average; see Ottawa Neighbourhood Study).

It is part of a trend: 353 Friel, with 98 beds, opened in 2013; 87 Mann, proposing 60 beds, has a zoning application before the City; 45 Mann, proposing 363 beds, has an application filed with the City; uOttawa’s Henderson residence, with 165 beds, will open in 2015; 275 Laurier (Viner), proposing 600-650 beds, has a zoning application before the City; and new uOttawa off-campus residences, with 250-1000 beds, are proposed to open in 2016.

If all these developments go forward, they would represent the addition of some 2000 housing units for students over a 3-year period. Given Sandy Hill’s population of some 11,000 residents, these developments represent an 18% increase in the presence of a single demographic group that is already over-represented in the neighbourhood.

This trend is likely to have a detrimental impact on the quality of life of Sandy Hill residents because the neighbourhood’s current diversity (mix of families, young professionals, students, retired people) will be reduced to the benefit of only one demographic group, and the social fabric will be less tightly woven because fewer people will form long term neighbourhood attachments.

In summary, the Viner proposal does not enhance the attractiveness of Sandy Hill for family living and long term neighbourhood relationships (e.g., “I’ll watch your house while you’re away”). On the contrary, it may contribute to the existing exodus of families with young children from Sandy Hill (Secondary Plan objective 1); does not provide for a broad range of socio-economic groups as it is aimed at only one group, students (objective 2); does nothing to house the central area labour force (objective 3); and is unlikely to alleviate significantly the existing pressure for student housing in Sandy Hill.

As the Viner proposal, a purpose-built student housing project, would be a university residence in all but name, it also constitutes a *de facto* encroachment of the University of Ottawa into a residential neighbourhood.

The main issue here is not the building design or mass: it is the excessive incremental development of new student housing in a residential community that, cumulatively, is upsetting the current demographic balance in Sandy Hill.



A courtship takes place in the trees. No tree house is required for these wood ducks that entrenched themselves in the branches above the Rideau River in late October, getting to know each other before they begin their family in the spring.

Photograph by Kathleen Kelly, Sandy Hill.

William Campbell, former Sandy Hiller (now on George St.)
Politicians Bélanger and Meilleur under fire

This letter was sent to MP Mauril Bélanger by William Campbell; reprinted with permission.

Dear Mr. Bélanger,
I was very annoyed to read [in your fall Constituent Newsletter] your interpretation of the outcome of the proposal to build a new bridge at Kettle Island.

For you to blame the NCC for the ongoing downtown truck problem is ludicrous. It was the determined opposition of you and Madeleine Meilleur which puts us in the position today of not having a plan to get the trucks out of the downtown core. It will probably take another

25 years before the community gets so close again to a real solution.

You and Madeleine Meilleur failed miserably to provide the leadership needed to help marshal the support needed for the best solution for the entire community. It is regrettable both of you did not have the courage to do the right thing and support the recommended route.

Shame on you both.

P.S. – Several years ago at a meeting of the Lowertown Community Association you promised you would buy a bottle of scotch if we did not have the new bridge by 2017. When will it be delivered?

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About the editorial supporting a local drug injection site

Tom Bimson, Besserer Street

Supervised injection site not wanted

I read your editorial in the October/November edition of IMAGE with interest.

There is no doubt that injection drug use is a scourge; that it is a leading factor in the spread of HIV; that used needles carelessly discarded are a health hazard; and that it is a causal factor in street crime.

However, I cannot agree that the creation of a safe injection site in our neighbourhood would be a positive step. My contention is that such sites do not reduce the use of harmful drugs; rather, they legitimize such behaviour. This could result in an increase in the number of addicts in our city and would almost certainly attract existing addicts to our neighbourhood. And where addicts congregate, so do dealers.

You make the case that Insite had had beneficial effects. However, Sandy Hill has almost nothing in common with downtown Eastside Vancouver. Insite was created in response to a crisis; one

can hardly state that there is a drug induced crisis here -- street crime, HIV, and overdoses are hardly epidemic. Our neighbourhood is tidy and well maintained and enjoys an eclectic and vibrant population. Downtown Eastside is a slum dominated by welfare hotels and hapless individuals rendered hopeless by drugs.

I have contacted Jim Watson and Mathieu Fleury by email; neither supports a safe injection site in Ottawa, and Mr Watson maintains that our chief of police is also opposed.

I heartily support harm reduction in the form of needle exchange programs, counselling, outreach, treatment, and education. However, we neither need nor want a safe injection site in Sandy Hill.



Time stands still in Strathcona Park. Along the bank of the Rideau River in early October, a grandson and grandfather shared a window of timeless treasure. Photograph by Kathleen Kelly, Sandy Hill

Denise J. Killick, Besserer Street

Not ready for an injection site

I don't think Sandy Hill is ready for a Supervised Injection Site nor will it benefit from it. As a long time resident, I live right next door to the SHCHC and am extremely concerned about the impact and fall-out should this Site be permitted to move in. If Vancouver's Insite is any example we all need to be concerned. It is bad enough as it is with the drug addicts and dealers already scourging the neighbourhood. Do we really need to add to the already melting pot? The "let's wait and see what happens"

attitude of many is begging for disaster. This project is driven by an over zealous need for self-actualization by those who wish to implement it. I see this as very one-sided. To only consider the addicts' need is one thing, but to completely ignore the needs of the neighbourhood, the community and the city is a whole other matter. There must be an alternative. As one Vancouver addict put it, "It's just another place to shoot up." There is much more to my opinion but the aforementioned are some main points.

Ward Powell, Besserer Street

Injection site will lead to ruin

I take exception to the editorial supporting a drug injection site in Sandy Hill.

In Vancouver something like only 10% of addicts use the [Insite] facility. It's nonsensical to think that the typical addict, who has to use drugs several times a day and spends much of their time trying to get money to buy drugs, will walk several blocks, multiple times a day to the clinic. In Ottawa there are already multiple places where clean, free needles can be picked up. If such programs are not effective enough, it is highly unlikely an injection site will be of any additional

assistance.

What an injection site will do to our neighbourhood, however, is ruin it. Many of us are trying to raise families in the area and are concerned enough as it is about our children's safety with the current levels of aggressive panhandlers and people struggling with addiction issues along Rideau and even Besserer Streets.

A drug injection site will divert money from funds that would be better spent on real treatment, and not on half-hearted band-aid measures that enable continued drug use.

Vivienne Bartlett, Marlborough Avenue

Another voice of support

I just wanted to say, thank you for your article about the SIS idea for the Sandy Hill Community Health Centre. I'm glad someone else, besides me, is supportive of this idea.

George Wilkes, Former Sandy Hiller

Support for supervised injection site

As founding president of Action Sandy Hill / Action Côte de Sable and, also, of the Sandy Hill Community Health Centre, I fully support the Centre's plan to secure authorization to establish a Safe Injection Site in Sandy Hill. Indeed on learning of this intention, I immediately sent a letter to the Board of Directors of the Health Centre, printed in the September 26 edition of the Ottawa Citizen. What impressed me were the positive responses I received from

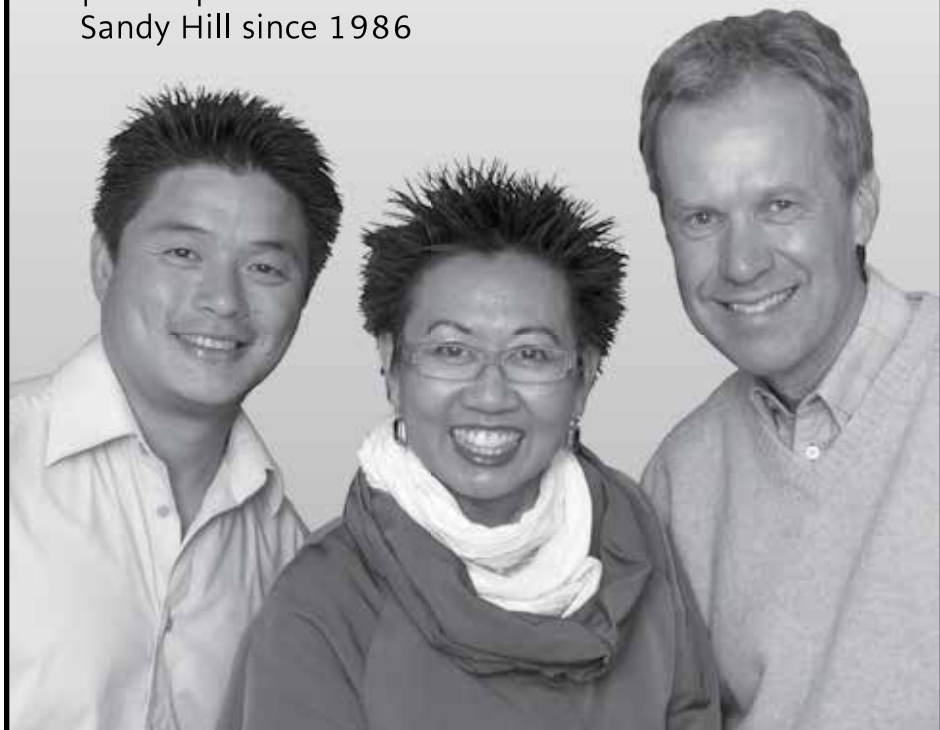
a couple of readers. The first was from a neighbour who is active in St Paul's Eastern United Church. I suggested to him that the Centre would appreciate having their endorsement of the proposed site. The second was from a long-time friend and Ottawa resident, now retired, Dorothy Hepworth. She had become well aware of the positive outcomes of the operations of Vancouver's safe injection site - Insite. Her email to me on reading the Citizen was simply, "Right on, George."

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The problem in our house is that we have too many books, especially the paper variety. Storing them out of the way in boxes is a self-defeating proposition since in most cases they need to be available to be useful. Books stored incorrectly will deteriorate due to dampness, mice, insects and so on unless the storage conditions are carefully managed.

So what are the options open to a would-be down-sizer who wants to reduce the number of such books in their possession? There are really only three or four practical choices — 1) Throw them out; 2) Give them away; 3) Sell them; 4) Keep them.

Let's look at each option.

Throw them out

Certain books are not really wanted by anyone—old, dog-eared paperbacks, out-of-date text books, mildewed or water damaged books, books with missing pages or covers, defaced books or ones with excessive margin notes, old encyclopedias. The best option for these old tomes is the recycle black box. According to the City of Ottawa guidelines both hard and soft cover books are accepted. There are other uses too. One idea is to use an old hard cover book as a secret storage place by hollowing out the pages and placing your secret items inside. There are plenty of ideas to be found if you Google "Recycle Old Books".

Give them away

There are plenty of places that will accept books in good condition. Two of the better ones locally are "Friends of the Ottawa Public Library" (www.ottawapubliclibraryfriends.ca) and "Friends of Library and Archives Canada" (www.friendsoflibraryandarchivescanada.ca/en/recycleyourbooks.php). They welcome donations of old books

and use the proceeds to raise funds for library materials and services not covered by their municipal or federal budgets. Church bazaars such as our own "Snowflake Bazaar" are happy to receive book donations. As well, there are numerous charities that willingly accept decent books for sale in their own stores or to send overseas to places where books are not readily available. For example, there's a special need in many countries for medical text books.

Sell them

There is a large second-hand book market represented by library sales, bazaars, used book stores and web sellers. Often books that you donate (see previous option) will find their way to one of these outlets. There is virtually no old book that cannot be bought from a web reseller. Just visit bookfinder.com to start a search for used books and you'll be surprised at what is available. The site allows you to search by various criteria: specify new, used, paperback etc. and create a list of all the booksellers that have the book. They claim their database contains 150 million books and you'll be surprised at how much some resellers are asking for these old books.

However, if you want to sell them directly your best bet is Kijiji or eBay. Alternatively an old fashioned garage sale sometimes gets results if you have a good display and low prices.

Keep them

Any book lover knows that having a few shelves of books, especially non-fiction and reference books, is gratifying. One knows instinctively which book to pull out to find a special quote, illustration or map. The pictures in some of the old coffee table books may get a little stale but it's comforting to leaf through them from time to time. And I haven't even mentioned the core selection of cook books that contain special recipes passed down from previous generations. Flavour-of-the-day books get stale in a few years but some standards (think *Joy of Cooking*) are just a fixture on our kitchen bookshelf. Often a book in itself contains precious memories. Just looking at a special book can bring back memories of your life when you read it. Or perhaps it holds an inscription of one you hold dear. Some books contain margin notes or dedications which bring to mind the person who was reading it years ago. Others contain illustrations that are no longer available. I have a book called *A Spring-Time Saunter Round and About Bronte-Land*

written by Whitely Turner that was published in 1913. It is full of sketches and old photographs of the era along with vivid descriptions of the West Yorkshire countryside where I was born. My version has an inscription in the fly-leaf saying it was presented to Trooper J.W.T. Wilson of the Yorkshire Dragoons after five years' service in the Army. It was given to me by my father. How could I ever sell or give this treasure away?

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The Transportation Master Plan and Sandy Hill

John Verbass

November has seen the final touches being put to the 2013 version of the Transportation Master Plan. This document is updated every five years and sets the long term direction for transportation strategy in Ottawa. It defines the policies and guiding principles that the City will use in its ongoing transportation related decision making and it also sets out the 20 year vision of infrastructure investments the City will undertake in transit, roads, cycling, and walking. So what are the most notable changes between this plan and the 2008 version?

On the policy side it introduces the notion of "complete streets". This is a commitment to think of the space along a roadway more broadly in terms of all its users (walkers, cyclists, and drivers/transit users). It recognizes that by removing some space for cars and reallocating it to cycling and/or walking that the street may in fact be capable of moving more users than previously. To support this the City plans to introduce ways of measuring the street performance that incorporate these ideas and in theory they are committing to design new streets and re-design existing streets which are being "renewed" (usually due to sewer work) to give more space to walking and cycling.

In practice this may not always be an easy thing to achieve when it comes to the difficult decision to take space away from cars (parking, turn lanes, driving lanes). We will have to watch how this works itself out street by street as we go forward.

On the infrastructure side there are a number of changes. Firstly, previous plans tended to be more like "wish lists" whereas this plan is constrained by a more thorough analysis of what we are most likely to be able to afford over the next 18 years. As a result, the plans for building and expanding roads have been reduced by over half (from \$2.1 billion to about \$900 million over the next 18 years) from the previous plan.

Meanwhile, on the transit side, a more ambitious plan has been put together since 2008 which sees a wider expansion of the LRT system accomplished sooner (by 2023) based on taking on debt more quickly and on the assumption of 2/3 funding from higher levels of government. The expansions include extending the LRT from Blair Road to Place d'Orleans in the east as well as on a new branch in the west between Lincoln Fields and Bayshore. This plan also commits to rail to the south by extending the O-Train south to the edge of the Riverside south neighbourhood (It also adds some new stops along its current route).

On cycling, the plan is more detailed than the 2008 version including specific financial commitments (\$70 million over

the next 18 years) towards cycling infrastructure, along with a detailed list of cycling specific projects to be implemented with that money. To complement this, a further \$40 million is set aside for "active transportation" (walkers and cyclists) bridges over waterways in the inner area, and \$26 million for sidewalks mostly in areas outside the core of the city. All of these plans are summarized in more detail at the City Centre Coalition website www.ccc-ottawa.ca

Impacts on Sandy Hill in 2013

What is the impact of the 2013 Transportation Master Plan on Sandy Hill in particular? Starting with the \$40 million for "active transportation" bridges is the bridge across the Rideau River from Somerset Street in Sandy Hill to Donald Street in Overbrook. There is a commitment to construct this in 2014 and it should be open for use in 2015.

Next, a trickle down from the reduced road expansion plan is experienced in Sandy Hill by the delay of the Phase 2 and Phase 3 sections of the Alta Vista Corridor (AVC) until sometime beyond the 2031 horizon of this plan. This pushes back these construction dates by up to 10 years or more compared to the 2008 plan.

This is excellent news for those of us not too keen on building new high volume arterial roads from the suburbs direct to the downtown (in this case arriving at Nicholas and the 417). This change of plan has the side effect of making Phase 1 of this road, which received a budget commitment of \$55 million in 2011, seem all the more untenable. This Phase 1 (known as the Hospital Link) is the middle section of the eventual AVC and is a 1.5 km stretch of new pavement between Riverside Drive and the north side of the Ottawa Hospital. It is expensive because it requires the building of an overpass over Riverside Drive, and over the Bus Transitway, followed by an underpass of the CN rail line. After all that, what it will be for the next 18 years (or more) is basically a back door driveway connecting to little else but to the Ottawa Hospital. That is what you call poor benefit to cost ratio!

For some reason construction has not yet begun and we can only hope now that further phases of the AVC have been delayed by at least 10-15 years, and that wisdom will rise to the occasion and find better uses for the \$55 million that was set aside in 2011.

On the cycling front, we will see extensions of the Laurier cycling lane east into Sandy Hill as far as Cumberland Street as well as a counterflow cycling lane (southbound) on the one way section of Cumberland to enable cycling from Byward Market/Lowertown back up to the Wilbrod/Stewart and Laurier cycling lanes in Sandy Hill and onward to U of O.



Photo Bill Blackstone

These cycling enhancements are in fact already committed work that we should see materialize within the next year or two and are not explicitly mentioned in the 2013 Plan.

Finally we have the thorny issue of the interprovincial trucks on Waller, Rideau, and King Edward. Past Transportation Master Plans have stated that these streets would be removed from the truck route network once a new bridge was built in the east end. However, with the collapse in June 2013 of the 6 year long Interprovincial Crossings Study, we seem to be no further ahead than we were 20 years ago. Unexpectedly, the 2013 master plan draft, which was released on Oct 9, mentioned that a long term solution that the City may explore was a downtown tunnel connecting the 417 to the Macdonald-Cartier bridge.

This idea had been raised by some members of the public in the early phases of the Interprovincial Crossings Study but had been rejected without very detailed consideration.

Action Sandy Hill among other groups lobbied to no avail at that time for a more detailed assessment to be undertaken as part of the study/planning process.

Fast forward to today and the Transportation Committee public review on Nov. 15 of the draft plan. Our ward councillor Mathieu Fleury had obtained sufficient support to introduce a motion that

the City make an official request to the Province of Ontario to co-fund a detailed feasibility assessment for such a tunnel. That motion passed and subsequently, on Nov 29, the Province announced its intention to co-fund the cost of a study, estimated at \$750,000. In his announcement the Honourable Glen Murray, the Minister of Transport and Infrastructure indicated they intend to move quickly and finish the study before the end of 2014. He also affirmed that the Province would not be committing this kind of funding if they were not serious about this approach as a potential option for solving the downtown interprovincial truck problem.

If such a tunnel is seen to be feasible we are still a long way from a real project. But at this point, a new interprovincial bridge would seem to be an even more distant prospect. With construction of the downtown Confederation line LRT tunnel now in full swing, Ottawa will have the opportunity to accumulate firsthand experience of the ins and outs of tunnel construction through our geology.

We are about to enter a transformational decade for transportation in Ottawa. With the rising popularity of cycling and the continued investment in cycling infrastructure together with an extensive and rapid deployment of the LRT, and perhaps a downtown truck tunnel, the way we get around is bound to look a lot different—sooner rather than later.

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Wishing you and yours a happy and healthy year to come. Thank you kindly for all your business and referrals again during 2013. I look forward to working together in the years to come.

Meilleurs vœux de bonheur et de santé à vous et aux vôtres pour l'année prochaine. Je vous remercie d'avoir fait affaire avec moi et de m'avoir recommandé vos proches au cours de l'année 2013. J'espère avoir le plaisir de travailler avec vous dans les années à venir.



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'Tis the season

Gifts bought in Sandy Hill deliver pleasures for the senses

Yvonne Von Alphen

It's snowing, Christmas is nearly here, and it's time to get Christmas shopping in Sandy Hill.



Photos by David Elden



Garden of Light ... is stocked with ideas. New, bamboo Koshi wind chimes, made in France \$54.99, or pluck a musical note from a kalimba thumb piano, \$54.99. Singing bowls, 20% off. Small lanterns, ready to burn a candle, etched in the tree of life, \$22. Big vibrant coloured silk scarves from India, now \$7.99, were \$20, coupled with a striking coloured glass ring, \$15.

Tried it: a bottle of Ecocert rose petal floral water, \$10.49, feels like I've stepped into a rose garden. Small gift packs of pure tea from Nepal in a multitude of colourful handmade silk string bags, \$11.99. Non-slip yoga mat towels \$32.99. Elephant, heart and butterfly wrapping strings, \$4.99 - \$7.99. Daily discounts on different merchandise.

163 Laurier East

Perfection-Satisfaction-Promise is cooking up the perfect Christmas dinner. Their popular vegetarian and vegan tasty Herb and Nut Loaf, made of lentils, nuts, seeds, vegetables, rice, served with a mushroom gravy and cranberry sauce. It's got quite a reputation and serves 5, \$23. To order, telephone 613-234-7299.

167 Laurier East



Auntie Loo's Treats, the first vegan bakery in Ottawa, is the new place to go for delicious double chocolate and vanilla chocolate yule logs, coated in holly berries, \$50. There is also a gluten-free option. Save 10% by ordering before December 15.

Tried it: Festive peppermint crunch cupcakes – so yummy, \$36 a dozen.

112 Nelson Street, Unit 101C
Facebook www.facebook.com/AuntieLoosTreats
or telephone 613-238-2566



Marc's Mags

Who doesn't like a magazine - holiday cooking ideas or a personal gift for a hobbyist?

Tried it: Face Moisturizer, Dead Sea Fortune, \$30, so soft on the face. Foot Cream, \$35. Chocolate Body Butter, \$25. Different coloured mineral nourishing bath salts from unscented to green sage, lemon grass, and rose, \$10-\$40, makes for the perfect winter bath. New, jewellery by local artist, Lorraine Clavell, a variety of necklaces in colorful stones, around \$40/piece. Christmas pieces coming.

420 Rideau St.



Yarns, etc.

Classes in knitting, crocheting, or embroidery, \$30 per project. Or, get someone started with some woolly yarn and needles. Patterns for hats, scarves, socks, and cushions. Multitude of yarns, in a variety of colors and thicknesses. Put it all in a project mini messenger bag, \$89.99. Tie it up, in a colorful ribbon 50 cents/yard.

1 Nicholas –
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Get someone cooking in one of the many scheduled cooking classes – from Newfoundland dishes like Lobster Poutine, Duck Confit, and Bread Pudding and White Chocolate, Cranberry Raisins and Crème Anglaise, \$60, January 14 – to brunchables (Jan. 18), Italian charm (Jan. 21) and French cuisine (Jan. 28). Or, gift wrap a bottle of my favorite New Zealand wine, Giesen, Marlborough Riesling 2012, \$16/bottle. Won Best of Show at the Ottawa's Food and Wine Show.

Merry Christmas everybody!

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City throws a Catch-22 at Bettye Hyde

Larry Newman

The 2014/2015 school year will see the final rollout of full day kindergarten in Ontario. For Bettye Hyde Co-operative Nursery School, the 70-year old facility currently housed at All Saints Church, this means that they will lose clients who will now be able to send their children to kindergarten all day. Recognizing that this will happen all over the province, Ontario is providing transition funding for daycares so that they may adapt to the new childcare reality. Bettye Hyde's plan to adapt includes providing full time daycare and introducing a much needed toddler program. This project has been in the works for over a year. Bettye Hyde has developed a business plan and worked extensively with the Centralized Waiting List to identify the high need for full time daycare in Sandy Hill and surrounding neighbourhoods.

Bettye Hyde director, Cindy Mitchell, has applied for transitional funding so they may expand and purchase the new equipment required by the provincial Day Nurseries Act. As the space at All Saints Church is insufficient to care for the anticipated number of children, Bettye Hyde plans to move their operations to the ground floor of the historic Carriage House, on the corner of Blackburn and Osgoode.

Now it gets complicated and Cindy tells a long story, full of twists and turns. She also applied for capital funding available through the City of Ottawa. The funding was needed to prepare the quarters at the Carriage House to meet the standards of the Day Nurseries Act. It needed lighting, flooring, new plumbing, electrical



Photo Bill Blackstone

Cindy Mitchell

upgrades, interior walls to be built, etc. Before coughing up any money, the city required Bettye Hyde to present a signed lease. This was a large order, moneywise. After much effort, they borrowed some of the money. Now they have paid for space a year in advance. But it's just space.

Cindy re-applied, providing proof of lease payment. Now they're okay, right? Nope. Three weeks later, the City informed Cindy that she needed proof of a license. Not a license for their current school at All Saints, of course, because they already had that license. The City wanted a license for the Carriage House property.

Whoa, this doesn't make sense. Bettye Hyde can't get funding until they have a license but the Province can't issue a license for the Carriage House until they see that it's properly equipped. It can't be equipped until the City advances funding to equip it. **CATCH-22!**

Attempts by IMAGE to reach Aaron Burry, Manager of Ottawa Social Services have failed. Maybe Councillor Mathieu Fleury will ride to the rescue. Councillor Fleury, board members of Bettye Hyde, and Aaron Burry will meet on December 11th to try to resolve this situation. Recognizing that the end of the fiscal year for the city is December 31st, we hope they are able to agree on an approach that will free up some funding for our long serving neighbourhood nursery school / daycare centre.

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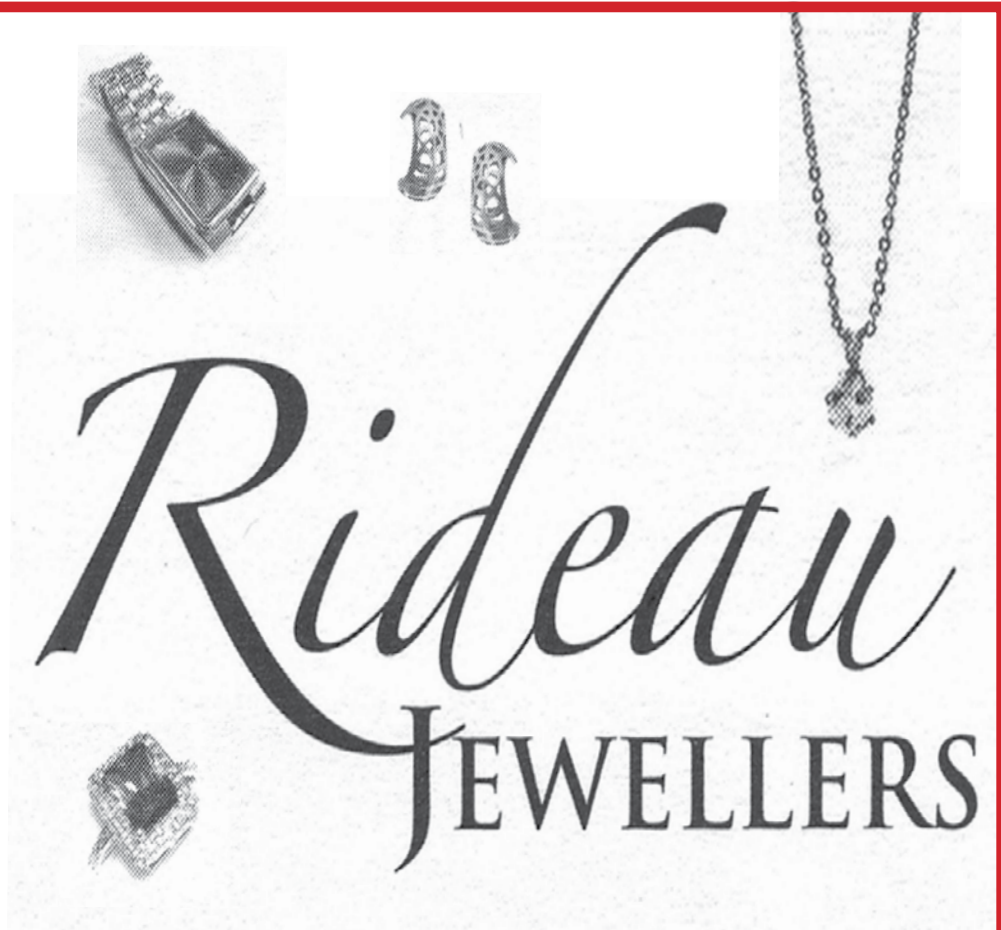
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Dr. Caroline Andrew of the University of Ottawa was inducted into the Order of Ottawa in November. One of 15 recipients, she is professor emeritus and Director of the Centre on Governance, co-chair of the Women and Leadership Speaker Series and former dean of the Faculty of Social Sciences. Dr. Andrew has chaired the executive committee of the Ottawa Local Immigrant Partnership, helping to build capacity to welcome immigrants and improve their integration into society.



Photo Sean Kyle

Women's Gee Gee's lined up ready to fight for the cause on the ice
The rink was filled with pink at the uOttawa Minto Sports Complex on November 9 for a match that saw the uOttawa Gee Gees face off against their crosstown rivals the Carleton Ravens. The third period saw end to end action with Carleton clawing back into the game late with a goal from Ainslee Kent. The Gee Gees were able to fight back and add an empty netter by Carolann Upshall. Mercier recorded the win for the GeeGees with 34 saves on the night. Pink the Rink is all about raising breast cancer awareness in the community. As soon as the puck was dropped you could see the passion from both teams and the audience, as the crowd cheered on with every play, and the players gave it all on the ice. More than \$1000.00 was raised for Breast Cancer Action, which surpassed the goals set for the first year of this event.
Pink the Rink events have been increasing in popularity across the country with all levels of women's hockey becoming involved, and has even spread to other sports. This event, hosted by Human Kinetics students, is a unique, ground-breaking opportunity to increase marketing and event planning experience for U of O students. Many students participated by wearing pink to the game, with the distribution pink rally rags and the players adding pink to their uniforms, the rink was filled with pink! — Anneke Winegarden



Mike Milligan installed this beautiful railing in the hood (on Besserer St.) in early November. Others may want to contact the creator, so here is the information: Mike's company is Milligan Iron Works and he can be found at milliganironworks.ca, mike@milliganironworks.ca, cell 613-324-5342, phone is 613-727-5342. What a nice fellow and beautiful unique design which incorporates two branches intertwined. —Claire MacDonald

Photo Bill Blackstone



Chartwell City Centre's food drive brings donors a chance to win some free groceries
As summer leaves us and autumn introduces herself with her short days, cool nights...soon enough another season will follow, should I dare to say Winter. We are reminded how lucky we are to have a roof over our heads, food on the table and family and friends to share them with.
Yet some of us aren't so lucky and struggle to keep that warmth and food on the table.
This is why for this year's Food Drive, the Chartwell City Centre retirement residence has partnered with Loblaws Rideau to help the Ottawa Food Bank.
From Tuesday November 5 to Friday December 20, for every donated food item you drop off at Loblaws Rideau, you will have a chance to win \$400 in groceries from Loblaws. Isn't this wonderful? But it doesn't stop there,... if you drop off any food item in the Bistro at Chartwell City Centre (Friel, north of Rideau), you will have a chance to win \$200 in groceries from Loblaws and a dinner party for yourself and seven guests.
Please help us feed more families this Christmas, by helping them fill their cupboards.
—Lucie Lafleur, Chartwell City Centre

The province wants to hear from you about how to improve municipal planning

Diane Beckett

The Government of Ontario is reviewing the way municipalities plan for development and how to help pay for it. They want to ensure that the land use plan and appeals systems, including the Ontario Municipal Board (OMB), and the development charges system are predictable, transparent and cost-effective. It is quite a broad review but it has a specific scope and will not involve an overhaul of the planning act nor abolish the OMB.
As part of the review, they are consulting with the general public, municipalities, community associations, businesses and other stakeholders. And, as part of their consultation process, I attended a workshop on November 21, in Ottawa, that was hosted by the Ministry of Municipal Affairs and Housing. The Minister, herself, attended the workshop and a deputy minister sat at my discussion table, listening intently to the involved and concerned citizens' experiences with the troubled planning system – and our ideas for improving it. The discussion at my table centred on the need to ensure that the public good and not just private interests are reflected in planning decisions.

I talked to the deputy minister after the workshop and she emphasized how important it is that the public be involved in the review process and asked me to encourage people to submit their suggestions by e-mail or on the Ministry website. It doesn't have to be a long or complicated submission. I encourage you to submit something, as it was clear to me that the Deputy Minister is open to hearing concerns about specific issues from impacted citizens as well as suggestions for improving the system. Write a new submission or dust off the letters that you have sent to the editor, our councillor and the mayor about the planning problems in Sandy Hill, and the comments that you submitted to City Hall on proposals for conversions and new buildings - and submit them to the Ministry.
It's a chance for us to change the system! Let's do it.
(For more details on the scope of the changes that will be considered, please go to the Ministry of Municipal Affairs and Housing website www.mah.gov.on.ca/Page10355.aspx. You can submit your comments on the website or by email: planning-consultation@ontario.ca. They are due by January 10, 2014.)

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Sandy Hill Stars



Photo Bill Blackstone



Danny Gerges, salon owner at Riccioli on Rideau Street near Friel, has received an award from the mayor for being in business 15 years. He tells us the salon has a mitten tree for the Snowsuit Foundation this winter, where clients can donate winter gear.



Lise Fournier Ausman, résidante de la Côte-de-Sable, a publié deux livres en généalogie cette année (ses lignes Fournier et Lee). En mars elle a honoré la famille de son défunt père en partageant sa recherche sur sa famille et ses ancêtres, dont le premier fut issu de la Normandie. En novembre elle publia sa clarification des origines controversées de son arrière-arrière-grand-père paternel, l'Irlandais George Lee, qui fut adopté au Nouveau-Brunswick lors des années 1840s.

En août 2014 Lise présentera ses découvertes en généalogie lors des réunions Fournier et Lee qui auront lieu à Edmundston au cours du Congrès mondial acadien.



Photo Marianne Duval

Le 8 novembre une foule s'est rassemblée sur la rue King Edward pour l'inauguration du projet de construction de la Nouvelle Scène (LNS). On prévoit que le nouveau centre de théâtre francophone ouvrira ses portes en septembre 2014. Mettant la main à la pelle pour la cérémonie, on voit (de gauche à droite) Albert Gabbay, président du conseil d'administration de LNS; Jean-Daniel Lafond, ambassadeur de LNS; Royal Galipeau, député fédéral d'Ottawa-Orléans; Pier Rodier, directeur artistique de la Cie Vox Théâtre; L'honorable Madeleine Meilleur, députée provinciale d'Ottawa-Vanier; Mathieu Fleury, conseiller municipal Rideau-Vanier; Suzanne Matte, directrice générale intérimaire de LNS; Anne-Marie White, directrice artistique du Théâtre du Trillium; Esther Beauchemin, directrice artistique du Théâtre de la Vieille 17; Jean Stéphane Roy, directeur artistique du Théâtre la Catapulte. — Betsy Mann

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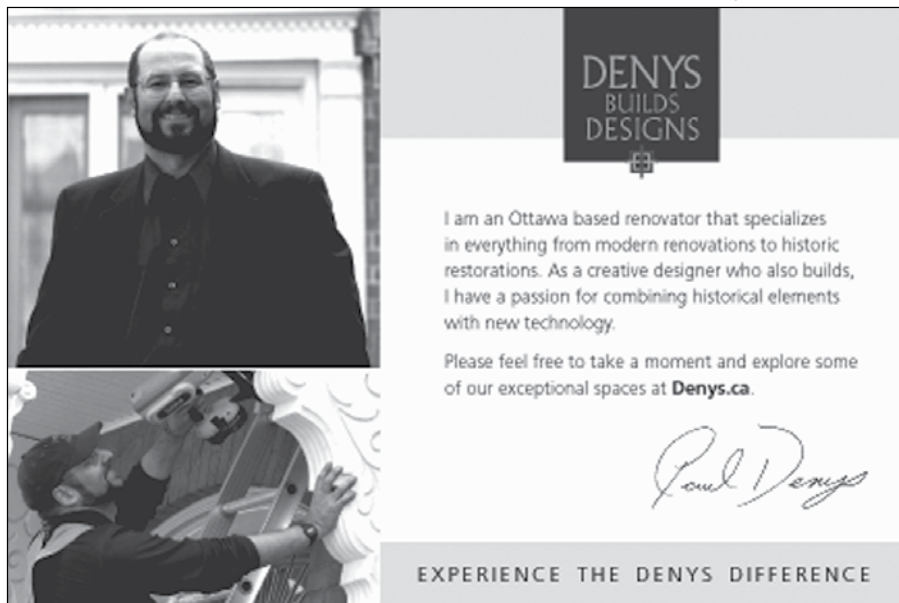
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**Zoning Study on
Local Shops and Services
in Residential Neighbourhoods**

Is there a corner store or shop in your neighbourhood?
Would it be convenient to have a neighbourhood store providing goods and services in your community?

Online questionnaire

We want to hear your views on this important zoning study that will determine appropriate locations for local commercial zoning within existing residential neighbourhoods.

Existing small shops, such as convenience stores, barbers, laundromats, florists and cafés, are often located in residential areas. Current zoning may not permit these businesses beyond what currently exists. This study will consider rezoning these sites, where appropriate, to permit the businesses to continue to contribute to their community.

The study will also consider possible new locations for, scale of, and provisions for, neighbourhood-focused commercial uses that might fall between a home-based business and a full-fledged retail store.

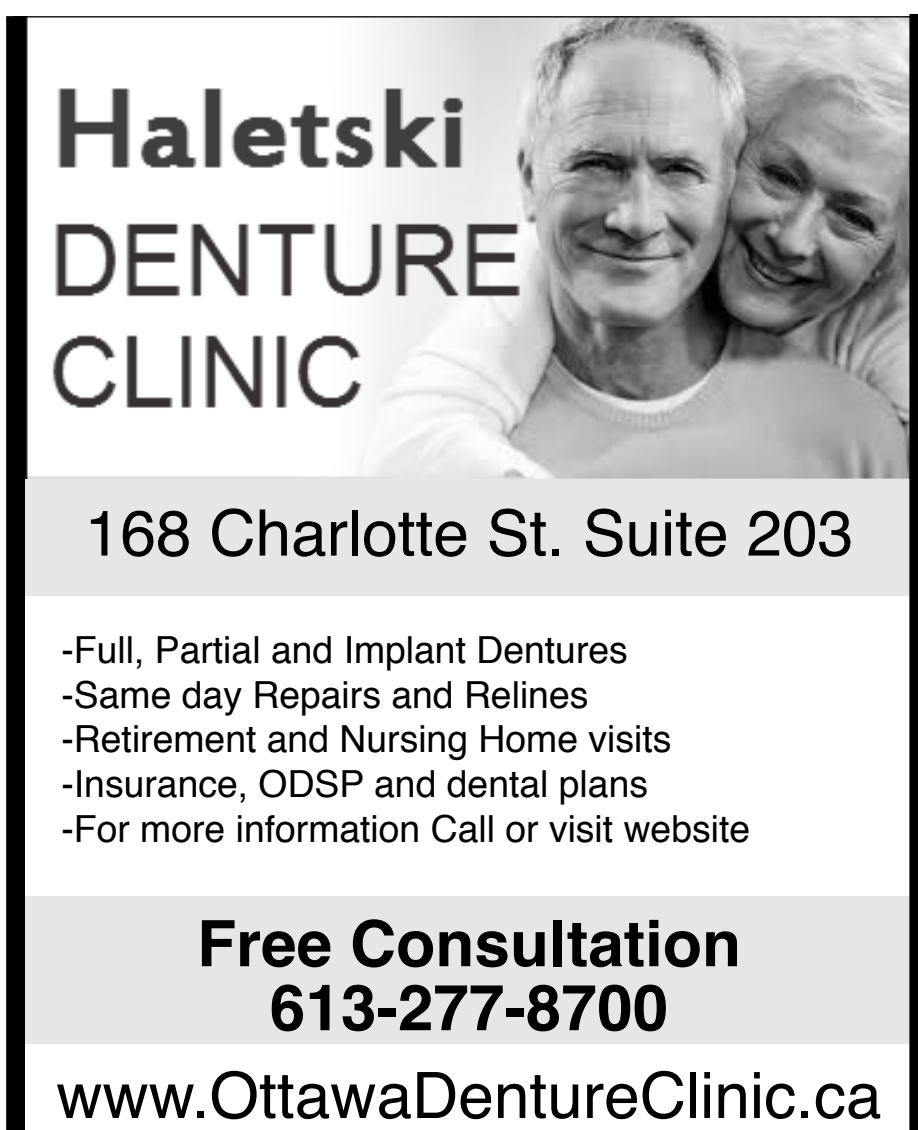
You are encouraged to visit the website at ottawa.ca/neighbourhoodstores for more information, and to provide your views through an online questionnaire from November 21, 2013 to January 31, 2014.

Your participation is an integral part of this study.

For further information contact:

Andrew McCreight
Planner
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Photo Bill Blackstone



Sandy Hill artist Marcia Lea

Found her true niche at five and has never compromised

Peter Twidale

Marcia Lea, a well-known Sandy Hill artist, never had the worries of trying to find a career. She was five years old on the day she publicly announced her dedication to art. The audience that day was her Grade 1 classmates.

Before that announcement Marcia was already in the footsteps of her mother, an artist who found time to paint and draw with four children in the house.

In the decades since, Marcia's talent and drive has attracted mentors whose approach has not been unlike that of Mrs. Adams, Marcia's art teacher at Nepean High School. As Marcia recalls, "Mrs Adams had a fun side, but when it came to art she was all business and would not accept anything but your best work."

Let's jump to today for comment by Penny Cousineau-Levine, a University of Ottawa professor who knows Marcia. The professor says artists like Marcia are blessed with "perseverance, tenacity, and a belief in their work. They do it because every fibre in the body needs to do it."

Cousineau-Levine was Marcia's thesis advisor for her recent Master of Fine Arts degree. Marcia's previous undergraduate degrees are also from uOttawa, one in Education, specializing in Visual Art and History, and the other in Studio Art. All three degrees were accompanied by scholarships.

Marcia was asked, "Why study education, when you're an artist?"

She replied, "Teaching can have a huge influence on a student and how they feel about a subject. I studied education because I want to give my students the best possible experience. But education aside, I can offer a student my example of someone living their dreams."

Currently Marcia is working on paintings based on equestrian statues she researched on a trip to Europe. "I view these statues as symbols of power and my artistic research investigates methods of transforming these statements into contemporary discussion," she says.

The topic comes up when we are in Marcia's studio in Bate Hall of All Saints



Marcia Lea, There is No One in Charge, 2009, acrylic on paper, 30" x 41"

Church. She opens a leather folder of her recent paintings then stops at one of a king on a horse. "Equestrian statues like this were typical in Europe up to 200 years ago," she says.

Her painting reveals a look of defiance and anger in the horse's eye. "I've reduced the role of the king. I subvert the power struggle. The horse, this symbol of the dominated, has the upper hand in the battle."

It's said that artists, except for the superstar millionaires, have to scramble to pay for the necessities of life. Marcia agrees. She has built up sources of income beyond her art shows and sales. Recently she's had a one-year contract as the curator of the Brantford Art Gallery. She also curates other painters' art, and teaches art (see end of this article for upcoming sessions). Among many other activities, she's been a teaching assistant at uOttawa, and once filled in temporarily for a professor, also at uOttawa.

Marcia has also been busy showing her art with exhibitions in Canada, the United States and Great Britain.

And then there's the future. Marcia's daughter, Skye, age 8, is showing talent and perseverance as an artist, like her mother and grandmother.

Marcia Lea is offering workshops in art beginning in January. These are small group and solo sessions at Bate Hall, All Saints Church on Laurier E. at Blackburn. Openings for Saturdays, weekdays and evenings. For more information visit the website www.marcialea.com or phone 613-878-9310

La Maison Fleck-Paterson

Le château de la Côte-de-Sable



par
Michel Prévost



La magnifique Maison Fleck-Paterson est située au 500, rue Wilbrod.

La Maison Fleck-Paterson située au 500, rue Wilbrod, s'avère l'une des plus somptueuses résidences de la Côte-de-Sable. En fait, il s'agit d'un véritable petit château avec sa haute tourelle à toit conique et tous ses éléments décoratifs.

Ce magnifique bâtiment, de style Queen Anne, est construit entre 1900 et 1902, selon les plans de l'illustre architecte ottavien John W.H. Watts pour l'homme d'affaires Andrew Fleck. Ce dernier y réside pendant une quarantaine d'années. À sa mort, survenue en 1942, la vaste propriété, qui domine la rivière Rideau, passe dans les mains du sénateur Norman Paterson qui y réside lui aussi pendant de nombreuses années.

Cette construction unique dans la capitale s'avère liée à la francophonie puisqu'elle accueille aujourd'hui l'Ambassade d'Algérie.

Les attributs patrimoniaux

L'imposant édifice construit en grès mul-

ticore habillé d'appuis et de linteaux en grès rouge, compte plusieurs attributs patrimoniaux. Il attire particulièrement le regard par son toit en tuile rouge et ses décorations en cuivre. De plus, une porte cochère du côté ouest retient l'attention. De fait, bien peu de maisons ancestrales de la ville ont conservé cet élément d'un passé bien révolu.

L'intérieur de la résidence princière se distingue, entre autres, par ses riches boiseries sculptées, ses motifs peints à la main, ses riches cheminées en marbre et son grand escalier en spirale. Enfin, le vestibule d'entrée et l'aire de l'escalier à l'avant se révèlent tout à fait remarquables. Bref, le visiteur ne peut rester insensible devant tant de beauté.

Une double protection

Il importe de souligner que la Maison Fleck-Paterson est l'un des rares exemples dans la Côte-de-Sable dont l'intérieur et l'extérieur sont protégés en vertu de la Loi sur le patrimoine de l'Ontario. En effet, dans la très grande majorité des cas, seul

l'extérieur des bâtiments historiques est protégé. En réalité, cette double protection patrimoniale témoigne fort bien de la valeur exceptionnelle de ce joyau du patrimoine bâti d'Ottawa.

On peut découvrir la Maison Fleck-Paterson la première fin de semaine de juin, puisque l'Ambassade d'Algérie participe presque à chaque année aux Portes ouvertes Ottawa. Nous avons eu le privilège d'explorer l'intérieur et les jardins de la propriété en juin dernier et cela en vaut vraiment la peine.

Michel Prévost offre des visites guidées pour les groupes de 10 personnes et plus sur le patrimoine franco-ontarien de la Côte-de-Sable. Vous pouvez réserver au 613-562-5825 ou par courriel à michel.prevost@uottawa.ca.

Photo : gracieuseté de Portes ouvertes Ottawa 2013



Finally: neighbourhood exercise classes for people 50 and over!

Exercise classes for those 50+ are being offered this winter within walking distance of home. Twenty-five per cent of Sandy Hill residents are in this age range, and the classes will take place just down the street at the Sandy Hill Community Centre (250 Somerset Street East). These are excellent new programs for seniors. Participate and bring your friends!

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SANDY HILL HERITAGE — photo submitted by Ken Clavette



Kids and parents "coasting" down Range Road in Sandy Hill c1920. Good winter fun.

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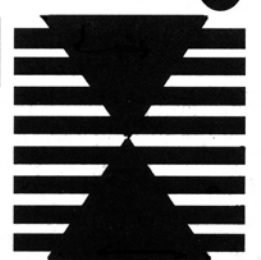
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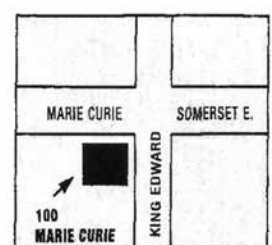
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Dimanche 10h00 - 14h00
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U of O market is better than ever

Diane Beckett

The U of O's Farmer's Market is better than ever this year with a bigger range of both food and non-food items. The first market this fall had lots of fresh locally grown produce including small \$5 baskets already assembled containing carrots, kale, broccoli, potatoes, Swiss chard, beets, eggplant, tomatoes and mint. Quite a bargain! And perfect for one person, as it provided an amazing variety of vegetables in one small package.

More recent markets have had oodles of preserves such as tropical hot sauce, sugar and sugar-free all-natural jams and spreads, baked beans, pickles, salsa, pasta sauces, apple sauce, apple butter and a range of fruits in syrup including brandied plums and spiced pears. Everything I bought was so good that I have totally run out of some items and I am running very low on all the rest. I can't wait until the next market to stock up on my favourites and try new items.

There are always ready-to-eat hot foods such as pumpkin and squash soups, veggie and lentil stews, home-grown chicken noodle soup, ethnic foods including Ethiopian sandwiches, sweet potato cinnamon buns, vegetable dumplings and bread (injera), and raw food such as pizza and flax crackers. So when you drop by to do your shopping, you can grab a quick bite to eat. I have learned the hard way that it is best to go to the market hungry, because the ready-to-eat food is too difficult to resist.

The treats range from decadent fudge to delicious dessert balls made only from fruit and nuts, and everything in between including a range of desserts containing apples such as pies and cookies, and gluten-free, organic, nut-free vegan baked goods. I bet you will not be able to resist grabbing a treat to eat at the market and taking a few home for later.



There is apple cider and a large variety of fresh apples. You will never buy these products from the grocery store again, once you taste how good they can be all winter-long when you buy them at the Farmer's Market.

It is such a cornucopia of food that no matter your inclination, there will be something to grab your fancy!

The non-food items are beautifully handcrafted. There are First Nations items including smudges and potpourri made from natural plants, herb al bath salts with healing and relaxing properties, and traditional crafts. There are knitted items made from wool, mohair, silk and acrylic including hats, scarves, and fingerless mitts. There is a variety of yarn - such as wool and a type of silk from algae - dyed with food grade natural dyes. There are batik silk scarves and hand-made cards. Some items are perfect pick-me ups for the busy mom and others are wonderful gifts for the special people in your life.

The best part about the market is talking to the vendors. They are all so passionate and knowledgeable about their products - and you will come away from your shopping feeling invigorated, informed and happy that your dollars are going to people who are working so consciously to earn their living in an ethical and responsible manner.

The market runs from 9 to 4 on January 16, February 14, February 27, March 13, March 27, and April 10 on the first floor of the University Centre outside the book store and the alumni theatre.



Ella Bryan-Hopkins with food donations she collected at the end of September from porches in the south end of Sandy Hill. Photo Sareena Hopkins

“You Can Change the World!”

Diane Soucie

It was Mandela Day, the international celebration of Nelson Mandela's birthday that inspired Ella Hopkins-Bryan, a local ten year old, to spearhead a food donation drive. The enterprising fifth grader at Hilson Avenue Public School along with her friends, Mara and Jane, distributed flyers to 200 homes in Sandy Hill encouraging donations of food to support some of Ottawa's most vulnerable citizens. At the urging of her church, All Saints Sandy Hill, the proceeds would be delivered to St. Joe's Supper Table.

Each weekday, St. Joe's Supper Table serves over 150 culturally diverse guests from all religious backgrounds including men, women, children, the elderly, working poor and the disabled. Volunteers come in as early as 4:00 p.m. to prepare hot food, juice and coffee, and then serve guests with warmth and respect. In addition to a daily meal, The Supper Table maintains a Food Bank and offers a Food Hamper Program each Friday afternoon for our Sandy Hill neighbours most in need.

When Ella heard about the work of The Supper Table, she got to work! One week after distributing her flyers, Ella and her mom collected boxes and bags of food. Some of those donating left encouraging notes like, "Keep doing what you're doing. You will change the world!" In the end, Ella's family car was overflowing with food donations twice over and filling the shelves of the St. Joe's Supper Table Food Bank.

This was the second food donation campaign Ella has conducted and she is not stopping now. She is currently leading her school in a campaign to gather warm clothing for Centre 454. "I just like the feeling that volunteering gives me," says Ella, "And, it helps to remind me how lucky I am."

During this holiday season, Ella, a ten-year old girl who organized this donation drive on her own, is truly an inspiration to us all. How can you make a difference in

your community? Perhaps you would like to make food or monetary donations to St. Joe's Supper Table. Or, you may be hosting a holiday celebration. Instead of gifts, ask your guests to bring food items or donations for The Supper Table. To learn more, donate or to volunteer, visit The Supper Table at 151 Laurier Avenue East, Ottawa or at www.stjoessuppertable.com Article reprinted from the St. Joe's Supper table website

Ella's collection for Centre 454

Sandy Hill residents invited to help!

Ella Hopkins-Bryan is circulating this note to her schoolmates and the All Saints congregation. She would be delighted to include your contributions in the delivery to Centre 454 in mid-December.

There are many people in Ottawa who are homeless and who do not have basic things we take for granted. Centre 454 helps these men, women and children and they REALLY need certain items right now. Can you help?

Please read through the list below and drop off any of these items to All Saints church (if not Centre 454 itself, at 454 King Edward - St Albans) between now and **December 18**. Ella and family will collect all the items and deliver them to Centre 454.

- Towels
- Socks
- Toothbrushes and tooth paste
- Stamps
- Bus tickets
- Office supplies
- Mugs
- Pencils
- Toiletries (any size – even hotel giveaways!)
- Seasonal clothing items – such as toques and gloves
- Games, puzzles, cards

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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 :

> **Faire sa prière**, qui signifie « se recueillir et invoquer Dieu, lui demander ses grâces et le remercier de ses bontés » - non pas - dire ses prières, ce qui est un anglicisme.

Ex. - *Sous la tutelle et l’influence calme de ses parents, tout enfant s’habitue très vite à faire sa prière, matin et soir.*

> **Faire ses devoirs**, qui signifie « accomplir ses obligations scolaires de lecture, d’écriture, de mathématiques et d’autres » - non pas - faire son devoir, ce qui est un anglicisme, ou bien, qui signifie « accomplir une obligation familiale, religieuse ou civique ».

Ex. 1 - *Dès qu’un enfant entre à l’école pour la première fois dans sa vie, ses parents, consciencieux de leurs responsabilités, doivent lui faire comprendre petit à petit et avec une grande douceur qu’il est important pour lui de faire ses devoirs scolaires tous les jours.*

Ex. 2 - *Chaque fois qu’il y a des élections municipales ou autres, aller voter devient un devoir civique à faire pour tous ceux dont le nom apparaît sur la liste des électeurs.*

> **Se bien préparer avant d’agir**, qui signifie « avoir bien étudié et analysé un cas ou une situation, afin d’en connaître les causes et les effets » - non pas - avoir fait ses devoirs, ce qui est un anglicisme.

Ex. - *Tout orateur sérieux qui se respecte doit toujours s’être bien préparé avant d’adresser la parole à son auditoire afin de capter l’attention complète et sans réserve de ceux qui l’écoutent, puisque selon lui, son travail de recherche est fort bien documenté et qu’il est d’un intérêt général.*

> **Payer des droits de scolarité**, qui signifie « déboursier le coût des études collégiales ou universitaires, lequel coût est nécessaire à la survie et au fonctionnement continu des institutions d’études supérieures » - non pas - payer des frais de scolarité, qui signifie « s’acquitter des dépenses occasionnées par les études, tel le coût des instruments de travail, ainsi que le coût du déplacement, du logement et de l’alimentation. »

Ex. - *Quand un étudiant décide de poursuivre des études supérieures, il lui faut prévoir non seulement le coût des droits de scolarité, mais aussi le coût total ou approximatif des frais de scolarité qui y sont rattachés, et qui forment ensemble la totalité d’une instruction supérieure.*

> **Faire un appel téléphonique à frais virés**, qui signifie « offrir le coût de l’appel à son interlocuteur » - non pas - faire un appel à charges renversées, ce qui est un anglicisme.

Ex. - *Comme cette étudiante habite loin de son foyer et comme elle en a fait la promesse à ses parents, elle leur fait son appel téléphonique régulièrement et à frais virés.*

> **Avoir un appel en attente**, qui signifie « entendre un signal répétitif qui indique un autre appel alors qu’on est déjà en conversation au téléphone » - non pas - avoir quelqu’un d’autre sur la ligne, ce qui est un anglicisme.

Ex. - *Il arrive quelque fois qu’une conversation doive être interrompue pour un moment, à cause d’un appel en attente que l’on reçoit et qui pourrait révéler une urgence.*

Enfin des cours d’exercices pour les gens 50+ ans sont offerts dans la Côte-de-Sable!




Le Centre communautaire de la Côte-de-Sable (250, rue Somerset est) offre enfin des cours d’exercices à proximité pour les aînés de la Côte-de-Sable, d’autant plus que 25 % des résidents de ce quartier ont plus de 50 ans. Ces nouveaux cours pour aînés sont excellents. Participez-y avec vos amis!

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TRIVIA NIGHT

On November 23, over 200 parents, friends and Bettye Hyde alumni attended this year’s big Trivia event. It was a night filled with music, laughter and of course some brain bending trivia. Thanks to the generous support of community members and alumni, the event raised just over \$12,000!

Bettye Hyde Nursery School is preparing for the big move to their new location in the Carriage House at 43 Blackburn Avenue. The funds raised from Trivia Night will go directly towards the completion of the daycare.

A huge thank you goes out to Jarad Pesner and Kimberly Ryan, Adrienne Blair, Mark McLaughlan, and Trevor Walker who generously donated their time and talents to help make the evening a hit.

Bettye Hyde Co-Operative Nursery School would like to thank the following local businesses, artists, and community members who generously donated to our fundraising event.

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News from Viscount Alexander

Michael Barnes

Remembrance Day

Viscount Alexander Public School took the time to remember and honour those who have served our country in the past and to reflect on the role we can play in promoting peace.

A variety of classes took part in our special ceremony. A special thank you goes to Cecily, and Anthony for being our Masters of Ceremony, as well as our Grade 5/6 teacher, Kristi Fulford, for coordinating this well attended ceremony for the school and parents.

What is WITS?

On November 14th Viscount Alexander PS hosted our WITS kick off assembly. The WITS program is a research-based program from British Columbia that teaches children to use four simple conflict resolution strategies: **Walk** away, **Ignore**, **Talk** it out and **Seek** help. This program links schools, parents, and community members to show children that we are working together to help them deal with conflict and bullying. We would like to thank our community members, Gerald Dragon from Sandy Hill Community Health Centre, Beth Goslett from Ottawa Library, Indigo Holley, one of our Walking School Bus drivers and Najma Jama from Strathcona Homework Club for joining us at the assembly. We also had members of the Ottawa Police in attendance and two members from the Ottawa University Women's Hockey Team. For more information about this literacy-based program,

and resources please go to www.witsprogram.ca/

Rolling Rampage

On Thursday, October 10th, Viscount Alexander's grade 5/6 class joined hundreds of elementary students on Parliament Hill to participate in The Rolling Rampage on the Hill. The 8th annual event is designed to raise awareness for sport and athletes with a disability. The 10 kilometre wheelchair course in front of Parliament Hill drew world class athletes to compete for a prize purse worth \$30,000. The grade 5/6 class enjoyed watching the race and accumulating a lot of autographs after the competition. Viscount students also participated in a 4 x 500m running relay around Parliament Hill against various schools in our region. Overall, it was a great day and students left with the message that sports are accessible to all.

Our School

Viscount Alexander Public School is a dual track school with a Junior Kindergarten to Grade 6 English program and Senior Kindergarten to Grade 4 Early French Immersion program that opened its doors in 1951. The Sandy Hill location is ideal for our students because we are located in the vicinity of the University of Ottawa, close to a number of community resources as well as the longest skating rink in the world. Many of our volunteers come from the surrounding neighbourhood. Some 180 students attend the school. For further information please call the school office at 613-239-2213 and/or visit the school website at www.viscountalexanderps.ocdsb.ca/



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



Auntie Loo's Treats, 112 Nelson St., Unit 101C

Billed as Eastern Ontario's first 100% vegan bakery, Auntie Loo's recently moved from Bronson Avenue to The Depot complex on Nelson Street, just slightly north of, and across the street from, Loblaw's. Those of us who know and love Auntie Loo's cookies, squares and whoopie pies from Farm Boy or the Bytowne Cinema snack counter will be delighted to have direct access to the source of these treats, plus scones and extravagantly iced cupcakes, all priced at \$3.00 each. You can also book a private cupcake-making party or order a special cake, a pan of squares and numerous other delights. Open Tuesday-Saturday 10-6, Sunday 10-3.



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. The new space has 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 \$5.00- \$11.00, 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.

Nouvelles de Francojeunesse



Christine Aubry

La dernière édition de ce journal est sortie avant de pouvoir annoncer les résultats de la collecte de fonds Terry Fox. C'est avec grande fierté que Francojeunesse vous annonce que plus de 8 9000 \$ ont été ramassés par les élèves, leurs familles et le personnel. Un record, en effet ! Tel que promis, les enseignantes Mmes Essiembre et Bard se sont bel et bien fait raser la tête devant tous les élèves lors d'une cérémonie bien émouvante. Des élèves et parents ont aussi fait dons de leurs cheveux.

Les mois d'octobre et novembre furent bien occupés à Francojeunesse : nombreuses sorties pour toutes les classes (fermes, musées, théâtre, camp de Leadership à Air-Eau-Bois, etc); des compétitions pour les sportifs (course de fond; course relai Rolling Rampage sur la colline parlementaire; frisbee ultime); et un concours du meilleur costume d'Halloween (fait de matériel recyclé, bien sûr !) qui fut un divertissement créatif pour tous.

Une fois les bulletins de progrès remis, élèves et enseignants ont pu se défouler un peu lors de la semaine du 18 novembre pendant laquelle plusieurs activités furent organisées pour souligner la Journée internationale des droits de l'enfant ainsi que la Semaine contre l'intimidation. Au programme : spectacles, musique, décorations de portes de classes, ateliers divers, tirage, journée rose et impressionnante création d'une énorme mosaïque collective illustrant notre slogan école :

Mme Aline, Mme Anne, Zoé et Perséphone sont fières de montrer leurs nouvelles coupes cheveux!

« S'unir dans la diversité »

Le 18 novembre, l'école a accueilli 16 stagiaires en éducation de l'Université d'Ottawa qui seront répartis parmi tous les niveaux jusqu'au 19 décembre. Les enseignants seront certainement soulagés d'avoir deux mains et une voix de plus pour gérer les activités académiques et celles du temps des fêtes! Les plans se concrétisent petit à petit, mais vous pouvez déjà noter à vos calendriers les concerts du 16 décembre (pavillon Osgoode) et du 18 décembre (pavillon Wilbrod) ainsi que le petit déjeuner, organisé par le Franconseil, le 19 décembre.

Dans l'esprit de générosité et de partage, Francojeunesse appuiera encore une fois cette année l'organisme Ami-Jeunesse en ramassant des aliments non-périssables, des articles de toilette, et des jouets neufs. Les résidents de la Côte-de-sable sont les bienvenus pour venir déposer un don devant le Secrétariat du Pavillon Osgoode.

Finalement, l'école est très fière d'annoncer le lancement du Journal écolier (conçu et maintenu par des élèves de 5^e et 6^e avec l'aide de plusieurs parents et enseignants). Vous y trouverez, entre autres, des rubriques sur le sport, l'actualité, l'environnement, les arts et la culture. Nous vous encourageons à le consulter en suivant ce lien journalfrancojeunesse.wordpress.com

Un très joyeux temps des fêtes à tous et à toutes ! — L'équipe de Franco

Foodnotes, continued from page 16

Finally Gluten Free Foods

112 Nelson St., Unit 101D

The aroma of fresh-baked bread fills this shop, where you'll find pumpnickel and raisin as well as Pete's Amazing Sandwich Bread, along with croutons and crumbs for garnishes. The shop also stocks sauces, frozen entrees and desserts, such as chicken cacciatore, lasagne, cheesecake, pies, and imaginatively topped pizzas, all prepared in their gluten and peanut-free kitchen. At \$7.00-\$7.50 a loaf, you probably aren't going to make this your regular bread unless you really need to keep your diet gluten-free, but with so much interest in this way of eating, it's great to know there's a source of fresh and flavorful gluten-free products in the neighbourhood. Open Monday-Friday noon-6:00 p.m., Saturday noon-5:00 p.m.

Food trucks at the University of Ottawa. Flatbread Pizza Company has packed it in for the winter, but **Stone Soup** (corner of Marie Curie and Jean-

Jacques Lussier) and **Relish** (corner of University and Copernicus) are both carrying on with their high-quality takes on the quick, comforting lunch. You'll find both open on weekdays from 11:00 a.m. to mid-afternoon, or whenever their supplies run out.

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 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 with us) and several wines by the glass. Their burgers (\$12.00) are well seasoned and juicy, and the falafels (\$9.00) are delicious, though they'd benefit from being more hot and crisp when they come to the table. Sitting by the window on a snowy night and looking out at the busy Laurier scene, you might find yourself suddenly transported to a more sophisticated urban scene than you normally associate with Sandy Hill.

Illustration Dawna Moore



Table Talk

University Tavern 50 years old!

Christine Crawford

I am sitting at a corner table at the University Tavern and letting my thoughts go to an earlier time in Sandy Hill. Fifty years ago a young man, 19 at the time, and two family members bought this property, and a gathering place for students and community was born. Sam Haddad became the sole owner of the University Tavern a few years later. His future wife, Najla remembers it very well, she a young girl of 16 and Sam Haddad became husband and wife and then the business became part of her life. When Sam passed away about twenty years into their marriage, Najla was a widow with four children; she stayed home for a year after his passing and then came to work to manage and serve at what was now her restaurant.

How many generations of students have sat at these tables and considered their futures? If only tables could tell their stories! Najla still hears from many of her customers—they drop in with new generations to continue the tradition. If she needs advice she can just call one of her former customers/students and they give her all the time she needs. The University Tavern is a popular meeting place for professors, as well. They have had many good discussions and Najla, with the help of her family, has hosted them through the years.

There is no indication that Najla is retiring any time soon. Faithful to her customers, on the coldest winter day, she and her brother arrive to open the door and put on the coffee. She might then water the beautiful indoor plants that add to the home like charm of the place. Her welcome to customers is sincere and clear. After a couple of visits she knows who you are and what your favorites are.

This is a place where students, professors, staff, construction workers and the neighbouring folks are welcome. Congratulations on your fifty years of service! We celebrate your contribution to the neighbourhood.

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.

Photo Bill Blackstone



A bowl of great chips, in the kitchen at Chez Lucien.

Photo Bill Blackstone

When the chips are down

Ralph Blaine

Fifty years ago when I was a kid, going out to eat was a big deal. My father would tell anyone proudly that his favourite restaurant was McDonald's. He was a big fan of the "Quarter Pounder", though I'm not sure it still exists. I loved to look through to the kitchen and watch the potatoes being cut into thin strips and fried into golden shoestring fries. Well I **know** those don't exist anymore. They've long since been replaced by the kind that come partially cooked (by McCains, etc) and frozen and then stuffed into plastic bags. I bet it has been thirty years since a fresh potato has come through the door of a McDonald's.

I'm a big fan of real fries and if you don't live in Quebec it's not always easy to find them. Now there is a place not too far from Sandy Hill that serves great French fries but what about right here in our neighbourhood? Recently I have tried two restaurants within a few blocks of my house. Both of them have opened or reopened in the last few weeks and I was naturally curious to try them out.

The first one we tried out for dinner. Several of the meals came with fries so I ordered one of them but not before taking my usual precaution (and embarrassing my dear wife). I have learned from experience never to trust the menu descriptions of French fries. So I ask the waitress directly: "Are these fries made from potatoes that are cut in the kitchen of this restaurant?" The response was a confident "Yes". Well! This cook must be a magician. For if he was using fresh potatoes he managed to fry them so cleverly that they perfectly resembled the desiccated, stiff sticks that one now expects in most fast food joints. Hmm.

A few days later I had a business lunch at the second restaurant. I took the same precaution with the waiter and received the same confident "Yes" affirming that their fries were cut right there on the premises. He seemed like a nice guy. I was looking forward to chewing away my disappointment of the previous restaurant by chomping down on a few particularly well browned chips with succulent, moist centers sealed by a tasty crisp exterior unsullied by the flavoured coatings concocted by those laboratories in New Jersey who use streams of focus groups to fine tune their chemical cover-ups. It was not to be. I was served a huge pile of golden elongated parallelograms that resembled light weight Styrofoam in texture and served as an excellent vehicle for the taste of salt and, yes, a hint of stale potato. They even had a few strips of potato skin attached for verisimilitude. I ate a few. We finished our meal. Then the nice young waiter came with the bill. And I asked him a favour. Could he take me back into the kitchen and let me see the potatoes used to make these fries (thank goodness my wife was not there). Off we went to meet the cook who was not at all ashamed to say that not a single potato had been cut in that kitchen to make my fries. They were reheated frozen chunks of what had once been spuds.

Is it possible that the real French fry in Sandy Hill has gone the way of fried to order falafel (Sam's on Somerset) and knishes (Nates) or swimming in Dutchey's Hole? IMAGE appeals to its readers to answer this question. Is there a sit-down restaurant in our neighbourhood that serves real French fries? Please let us know. And while you are exploring, head down to the market and sample the fries at Chez Lucien. Ca! Ca vaut le voyage!

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Vivaldi's Gloria, Labyrinth - Dec. 22nd, 3pm, 4pm
Family Worship & Pageant - Dec. 24th, 6:30pm
Candlelight Carols - Dec. 24th, 10pm
Christmas Day - Dec. 25th, 11am

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ADVENT GARDEN SPIRAL

A small labyrinth experience that the whole community is invited to enter into. We will walk the spiral pathway in silence while carrying candles. People may join or leave at anytime. Followed by Night Prayers at 8:30.

TUESDAY DECEMBER 24

8:30 pm Christmas Eve, Candlelight Choral Eucharist

WEDNESDAY DECEMBER 25


10:00 am Christmas morning service

SUNDAY DECEMBER 29

10:00 am Brunch Eucharist in Lower Hall

SUNDAY JANUARY 5

10:00 am Epiphany Celebration

 ANGLICAN DIOCESE of OTTAWA

www.allsaintssandyhill.ca

The pleat in the back of your coat is called a kick pleat, meant for ease of walking. You are meant to remove the thread x that holds the pleat together—it is not part of the function or design of your garment.

Pockets in jackets and coats are also sometimes stitched down. This is meant to keep the item flat when being shipped. Take a small pair of scissors, or ask your seamstress to remove this line of stitches, and you now have purposeful pockets!

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Easy party appetizers

Dodi Newman

Recently, I spent a few hours playing in the kitchen, trying to come up with some easy-to-prepare appetizers that would need no cooking and could be made ahead. I ended up making the following four, which could be varied at will: one could add chopped cold-water shrimp to the deviled eggs and top them with a whole small shrimp; one might use aged cheddar instead of manchego, dry-cured beef (Bresaola or Bündnerfleisch) instead of Prosciutto, mini bagels instead of rye crackers - the list could go on. Have fun playing in your kitchen!



Photo Dodi Newman

Devilled eggs
Cut 6 hard-boiled eggs (size small) in half lengthwise. Cut a small piece off the ends of another 6 hard-boiled small eggs and cut them in half crosswise. Mash and beat the yolks with 3 tablespoons real mayonnaise (the “lite” kind does not work well here) and 1 heaped teaspoon Dijon mustard until the mixture is very smooth. Fill the egg white halves with the mixture, sprinkle the upright halves with paprika, arrange thin anchovy filet strips cross-wise on the other halves. Cover with food wrap and refrigerate until ready to serve. Can be made a day ahead.

Smoked salmon Smörgås
Cream together 250 grams cream cheese (without emulsifiers - I used Western’s “cream cheese product”), 3 tablespoons heavy cream, and a tablespoon finely chopped fresh dill. Spread butter evenly and thinly on 15 “Finn Crisp” rye crackers, then spread the crackers generously with the cream cheese mixture right to the very edge. Cut each cracker in half, top each half with a piece of smoked salmon, top that with a small sprig of fresh dill and a caper. Best served immediately but can be stored, covered with food wrap and refrigerated, for up to 1 hour before serving.

Open prosciutto sandwiches
Thinly and evenly butter 25 thin slices of French bread. The slices should be bite-sized - cut them in half if necessary. Top each piece of bread with half a slice of imported Italian Prosciutto gathered up to fit the bread - this will take about 100 grams of paper-thin slices. Drizzle each with a few drops of extra virgin olive oil. Serve immediately, or cover with food wrap and keep cool for up to 2 hours before serving.

Manchego and pimento wedges
Remove the rind from a wedge of Manchego cheese that is about 1” at the thick end. Lay the cheese flat on a board and cut it into wedge-formed slices about 1/8” thick. Place a wedge shaped pimento piece, slightly smaller than the cheese wedge, on top of each piece of cheese. Serve immediately or cover with food wrap and store at room temperature for up to 2 hours.



Our own Egyptian restaurant

Julie Swettenham

Sandy Hill has a first! Pharaoh’s House, Ottawa’s only Egyptian restaurant, opened this fall at 506 Rideau St., between Augusta and Cobourg, right beside the Quickie. Run with warmth and dedication by Hassan Ghanim, the ever-present and welcoming owner, it is indeed a welcome addition to the culinary fare of Sandy Hill.

Pharaoh’s House is also a testament to the perseverance of Ghanim. A fire temporarily closed the restaurant the day after it opened, and now that Pharaoh’s House has happily reopened, construction on Rideau St. is taking place outside. But don’t let the construction—nor the modest decor of the restaurant—deter you. Pharaoh’s House’s food is delicious and not to be missed.

If you’ve never tried Egyptian food, as we had not, this is your chance to experience it. The menu offers full descriptions and photos, to help you choose your dish.

Pharaoh’s House offers 12 traditional Egyptian plates, including the popular **Koshari**, a mix of rice, macaroni, spaghetti, chickpeas, fried onions, lentils, tomato sauce and any kind of meat, if desired. Also on offer is **Mahshi**, a vegetarian dish of rice with traditional spices and vegetables. Vegetarians and others will also be tempted by various bean dishes (**Egyptian Beans** and **Falafel and Beans**), and **Kosaa**, a zucchini dish.

Meat-eaters will be tempted by **Bamia with Meat**, an okra dish that is described as having a “unique” taste, **Egyptian Chicken Bane** and **Egyptian Steak Style**.

Our permanently hungry family of four adults found the food absolutely delicious. We ate well and healthily, happily savouring new flavours and foods. We liked everything we tried, including the Koshari, Mahshi and Chicken Bane. We found it all very tasty, without being overly spicy. The food was distinctive and unlike anything we had tried before. The flavouring was subtle and sophisticated, and all the dishes were prepared with care. Even the salad came with a home-made dressing. Our only disappointment was that we had no room for dessert!

And so, we just had to return. Reviewers, after all, must be thorough! Pharaoh’s House offers no less than seven desserts, one for each day of the week. We tried **Konafa**, a warm pistachio-based dessert covered with phyllo shreds and soaked in a light and not-too-sweet syrup (guaranteed no calories!) and **Kataief**, which looks like a dumpling but is not. I wanted to try **Mohalabia**, a riceless rice pudding, but my husband restrained me. Next time!

We’ll be back, and hope you will, too. Beyond Egyptian dishes, Pharaoh’s House offers gourmet burgers of all varieties, kabobs and gourmet pizza. Prices are reasonable (nothing over \$15, and most well below). Pharaoh’s House is not licensed, but offers non-alcoholic beer and fresh fruit juices, along with **Egyptian tea**, **Egyptian Anise** and **Karkadih**.

You can eat in, or you can take food out and have it delivered. With Pharaoh House’s reasonably priced dishes, why cook at all? Welcome to many years in the ’hood, Pharaoh’s House!

Lord of the ringworm/ bathing the cat

Eleanor Woolard

Sooner or later, most cat owners face ringworm. Ringworm is a skin fungus, highly contagious and hard to cure. Cats, dogs, humans and livestock catch it. It appears first as a circle of bald, flaky skin, although long-haired pets can hide it if hairs tangle and stay in place. The best way to prevent ringworm is to keep your cat indoors. If you do let him out, check regularly for bald, scaly patches. Keep your place vacuumed and wash pet beds and linens regularly. Be careful about introducing other cats, whether room mates’ pets or a new kitten. You do not want to treat your cat for ringworm. It takes six weeks or more of oral medication and medicated baths two

or three times a week! You have to launder or junk everything the cat comes in contact with, and disinfect the place with bleach. Ringworm is not the only reason you might bathe your cat: any cat can get into something too sticky, smelly or toxic to clean on her own. You need to know what to do to survive. Dress for success: sleeves, loose pants and gloves protect you from scratches or bites. This is best done with a friend: one holds the cat and the other does the bathing. Make sure that there is a rubber mat for firm footing on what might become a slippery floor. Have lots of towels ready, a comb, and a blow dryer. If you are not using a prescription shampoo, use a pet shampoo. Human shampoos can be destructive to cats’ skin. Read the label and follow the instructions.



If your cat is impossible to bathe, you can put him in a large mesh laundry bag.

Don’t just drop the cat in a full tub! This will cause immediate panic. Use a

hand held shower hose or a bucket. Make sure the water is warm, but not hot. In the tub, use the hose or bucket to wet the cat. Avoid water in his ears or eyes, and don’t forget the underside. When he’s good and wet, put the shampoo on and work up a lather from tail to ears. If your cat is impossible to bathe, you can put him in a large mesh laundry bag. Close it tight. He might yowl and strike out, but he can’t escape or do much damage. This is a last resort, because it is hard on the cat. If you have to let the shampoo work, wrap the cat in thick towel, with only the head out, to keep her warm. Afterwards, rinse until there is only water in the runoff. Gently squeeze out excess over the tub. A brisk towel dry should follow, then comb and blow dry on low, lifting the fur and blowing from behind, to be sure there is no moisture remaining. This is especially important if you are bathing against ringworm. If you get through with only a scratch or two, congratulations. You are ready for a career as a day care worker!



BULLETIN BOARD

Wanted / Available

Items needed for Bettye Hyde Nursery School / Daycare's new location: stove, small freezer, laundry tub, double stainless steel sink, single stainless steel sinks. If you can help, please contact Cindy at: 613 236-3108.

Winter storage available for car or motorcycle in private garage. \$85 per month. Sandy Hill area. Call: 613-565-7593 (leave message) or e-mail: housekeeping45@gmail.com

Rink helpers sought—Gabrielle and Bryan Dewalt are seeking volunteers to help with the maintenance of the ice rinks at the Sandy Hill Park (behind the Sandy Hill Community Centre). You are also welcome to form your own team to maintain the rink for one week of the season, which will be coordinated through the organizers. This year, Bryan and Gabrielle would like to organize a dedicated rink start-up crew. Laying down the base ice is the biggest job of the season and usually falls right around the time everyone is thinking more of Christmas dinner than ice making. They have always taken on start-up as a family project, with the welcome assistance of a few friends in the neighbourhood, but it's always been hit or miss on whether they would have help when they needed it. So this year, they wish to have a list in place before Christmas. Please let them know if you can sign on for a few hours over the holiday break. To volunteer or for more information, please contact Gabrielle and Bryan at sandyhillrinkW@gmail.com.

Looking for an inexpensive gift? Friends of the Farm offer the perfect solution - two informative and entertaining books for the naturalist or historian on your Christmas list. For the Love of Trees celebrates the heritage

collection of trees in the Central Experimental Farm Arboretum. Ottawa's Farm is about the men and women who lived and worked at the farm during its first hundred years. Both are available on site, 613-230-3276

Events

Write for Rights Tuesday, December 10, 4:00-8:00 p.m. 312 Laurier Ave. East. Celebrate International Human Rights Day at the Amnesty International office. Drop in any time between 4:00 and 8:00 p.m. to write a letter for the protection and promotion of human rights, or to send a message of hope to a prisoner or an activist.

4th Annual Christmas Gospel Celebration with Rev. Ernie Cox, his band and Ottawa's best Black Gospel Ensemble the "London Trio Plus". Special Guests- Mike Webster of NYC on sax and Ottawa vocalist Iyona Ede. Don't miss this exciting evening of Black Gospel music Dec. 13th and 14th at the National Arts Center 4th Stage. Tickets on line or at the NAC box office. Visit www.erniecox.com for full details.

Blue Christmas / Noel Endeuille: an Ecumenical Worship Service of remembrance and hope. Sunday, December 15, dimanche le 15 décembre, 3 p.m./15h00. Église Sacré Coeur. Sponsored by / parrainé par All Saints Anglican Church, Église Sacré Coeur, St. Albans Anglican Church, St. Joseph's Church, St. Paul's-Eastern United Church

"A Conversation with Grete Hale" at the Canadian Federation of University Women Ottawa's General Meeting. Free and open to the general public. Come listen to a respected business person and community leader. Monday January 6, 1:00 p.m. Riverside United/ Church of the Resurrection Anglican, 3191 Riverside Dr., 613-421-1370 cfuw-ottawa.org

Sandy Hill Winter Carnival The Annual Sandy Hill Winter Carnival will take place on Sunday January 19, 2013, in the afternoon at the Community Centre Park. Please join us for part or the whole of the afternoon! Dress warmly!

Workshops

Food and Mood A workshop exploring the link between what you eat and how you feel. Practical tips to manage your mood by changing how you eat; share information & resources and identify solutions; learn how to make realistic health goals and action plans. Tuesday, February 4, 2014, from 2 - 4 p.m. at the Sandy Hill CHC, 221 Nelson Street. For more information or to register, please call Oily at 613-244-2792



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❄️ Sunday/dimanche janvier 19 January 2014 ❄️

Sandy Hill
Community
Centre 2-4 pm
Potluck 5-7pm

Carnaval d'hiver

Centre
communautaire
C-de-S, 14-16 h
Souper partage
17-19 h 5-7pm

Come all ! ❄️ Soyez des nôtres ! ❄️



Programs at the Rideau Branch Library, 377 Rideau St., 613 241-6954)

Frontier College Reading Circle / Cercle de lecture Frontier College. Bilingual/Bilingue. Saturdays: 10:45 a.m. – 1:45 p.m. 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 à l'aide d'histoires et de jeux animés par des bénévoles du Collège Frontière. Pour les 5 à 10 ans.

Pen and Paper Writers' Workshop. English. Every Tuesday evening, 6:30–8:00 p.m. 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.

Family Storytime/ Contes en famille. Bilingual. Tuesday morning, Dec 10, 10:30 a.m. – 11:05 a.m. 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.

Holiday Craft Program / Bricolage des Fêtes Bilingual. Friday, Dec 6, 4:00 p.m. – 5:00 p.m. Crafts and activities to celebrate the season. Drop-in. For children aged 6 – 12./ Bricolages et activités pour fêter la saison. Inscription non requise. Pour les enfants âgés de 6 à 12 ans.

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

Dec. 25 Christmas day worship @ 10:15

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

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Photo Bill Blackstone



A few—barely half—of the people who brought you IMAGE during 2013 gathered on the last day of November for this *Merry Christmas, Sandy Hill!* photo. Pictured, clockwise from bottom left are: François Bregha, Dawna Moore, Jane McNamara, Peter Rinfret, Bob Meldrum, Ron Hodgson, Peter Twidale, Claire MacDonald, John Verbass, Larry Newman, Bill Blackstone, Christine Crawford, Paula Kelsall, Diane Beckett; centre Jane Waterston and Judy Rinfret. Bonne année à tous!



Joyeuses Fêtes • Happy Holidays!

Mathieu Fleury

Quartier • Ward 12 Rideau-Vanier

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