

Photo Kathleen Kelly



Amazing amounts of snow and ice this winter inspire young and old to put on the Gortex and tramp, slide or ski to the park.

Neighbourhood petition ineffective

University launches search for a firm to develop new off-campus residences

François Bregha

When the University of Ottawa announced its intention last June to ask developers to submit expressions of interest in building new off-campus university residences, Sandy Hill residents spoke loudly: 1,100 (10 per cent of Sandy Hill's population) signed a petition asking the University to build such residences on campus. Action Sandy Hill (ASH) communicated this opposition in numerous meetings with University officials, including in presentations to the Town and Gown Committee and to its Board of Governors.

In December, the University issued the

request for expressions of interest (RFI) anyway. The RFI did not include the possibility of a private developer building a new residence on campus (as Carleton had considered).

In a letter to ASH, University President Alan Rock states that the University is "interested in ideas which support the City of Ottawa Official Plan and Secondary Plans ... and [is] not interested in ideas that require a significant modification to a land use district at the official plan or zoning level. For example, the stability of the neighbourhood fabric, from a social and esthetic perspective, is important to these districts and the university does not want to participate in modifications to these areas. We are however very interested in ideas on main streets or districts intended

for multiple unit housing projects within the official plan that might require zoning adjustments through the normal zoning process".

Mr. Rock identifies these streets as Laurier Avenue, King Edward Avenue, Rideau Street and Mann Avenue. In a subsequent interview with the University's newspaper The Fulcrum, Mr. Rock is quoted as saying "If there's a lovely structure on Rideau or Laurier which looks like an apartment building which has 150 units, why not?"

The RFI closed on January 31 and, at the time of publication, IMAGE did not know how many proposals the University had received. It is important to note that the RFI does not affect the residence the University will start building on Henderson Ave. this year nor the two private proposals

Challenge at Chapel and Beausoleil

Larry Newman

The intersection at Chapel Street and Beausoleil Drive has history. For many years prior to the exercise called "Rideau Street Renewal" it was not a vehicular intersection. There was a barrier at the north end of Chapel Street so that only pedestrians and bicyclists could cross to Beausoleil from Chapel. It attracted children attending the three schools nearby: York Street, Sainte-Anne, and De La Salle. It also attracted pedestrian/auto accidents, making it a dangerous crossing.

That danger had been brought to the attention of Councillor Fleury, and Councillor Bédard before him, by the school boards of the three schools, parents of school children, Lowertown Our Home, and WalkOttawa. Both councillors felt stymied by language in the Highway Traffic Act (HTA) that restricted stop signs to street/highway intersections. Early in 2013, Mr. Fleury investigated the possibility of modifying the HTA to allow mid-block stop signs in order to create a crosswalk.

With last year's opening of Chapel Street to aid construction on Rideau Street, however, an intersection was created. Councillor Fleury asked for a delay in closing up Chapel Street in order to pursue the opportunity to add three stop signs and thus legally create a crosswalk at the intersection. At the same time, the councillor asked the Province to use this situation as a pilot project, anticipating that they would eventually amend the HTA to allow mid-block stop signs in circumstances such as this. So far, the Province has not granted Mr. Fleury's request.

Many residents were unhappy with the re-opened intersection and suspected that the stop signs were an indication that the intersection opening would be permanent. Sandy Hill residents were especially concerned about drivers choosing to avoid King Edward traffic by speeding from Beausoleil through Sandy Hill to highway 417.

Mr. Fleury held a public meeting at the

Continued on page 3

Photo AUO-PHO-38A-4-60



IMAGE celebrates Sandy Hill heritage with Michel Prévost's round-up of Heritage Month activities, an electrified heritage photo from Ken Clavette, and a profile of Confederation-era Sandy Hill congregations ca 1867.



Photo Bob Meldrum

Plus, scenes from our January carnival; news from the shops; updates on winter programs in our schools, churches, library and the health centre. Ron Hodgson muses to amuse, Dodi Newman tempts us with apples and cream. Keep reading!

IMAGE

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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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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.

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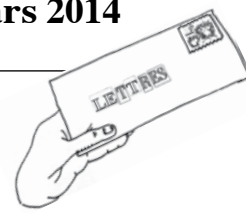
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Our readers
write ...



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In defence of Bélanger and Meilleur

In response to William Campbell's letter to the Editor in the December 2013 – January 2014 issue of Image, [Politicians Bélanger and Meilleur under fire], the following should be considered:

M. P. Bélanger and M.P.P. Meilleur have, from the outset, stated that the downtown's truck route had to be corrected and that they would not support a bridge that would result in transferring the problem to another community.

Having participated in the environmental phase of the NCC study and in my capacity as a social sciences statistician, I felt that the study was manifestly biased. (The Kettle Island option was openly referred to as "the preferred route" but the results would be hard to quantify, at best.)

The correct approach would have been to quantify and analyse stakeholders' responses to a survey.

Christine Charette

Two Lovers Walking In a meadow

Bush brushed velcro burrs
touch plush wire pores latched spurs
snared mesh shoulder shrugging her rash
allergic prick itch sneeze blush
unfortunate witch drip
drivel of nostril
an eccentric impulse
spontaneous pulsed a flush of cheeks
forgive me the annoying cuddle hug
secret coat pluck mulch pod
tossed the shrapnel bulb, popped bubble
scar pock irritating helix of shards
surrounding her in a thug rug
tickle prickle a pickle thorn kiss
rough skid for his chetty chin skin
Dragonfly wings purr

Workshop

Perspire weaving needle and thread
through fatigued fabrics hiding mistakes,
the stitch scars
on the inside fold hemming a frayed skirt
for schools cut with scissors humming in
halls
she shivers moulding recycled materials
into original pieces she is satisfied
moving on manipulating fusions
of fashion under incandescent
desk light dreaming

Colin Quin
Wilbrod St.



With all the traffic jamming up on Laurier for the O-train construction I thought people would like this photo of streetcars on Laurier Ave. at Nicholas—all

frozen in place during an ice storm in 1942. Traffic jams, then and now, in the same location.

Ken Clavette
Henderson Ave.

Let's save Sandy Hill!

Concerned citizens and Action Sandy Hill are joining together to fight the construction of large off-campus student residences in our community. On February 25, the City Planning Committee will decide on the first of these proposals (Laurier at Friel). We need immediate funding to engage an urban planner to help defend our interests.

For more information or to pledge support, please write to savesandyhill@gmail.com. Thank you for your support

Sauvons la Côte-de-Sable !

Des résidents du quartier et Action Côte-de-Sable unissent leurs efforts pour lutter contre l'implantation de plusieurs grandes résidences universitaires hors-campus. Le 25 février prochain, le comité d'urbanisme de la Ville se prononcera sur la première de ces propositions (Laurier angle Friel). Nous avons un besoin immédiat d'argent pour engager un urbaniste qui nous aidera à protéger nos intérêts.

Pour tout renseignement ou pour indiquer votre appui financier, veuillez nous écrire à savesandyhill@gmail.com. Merci de votre appui



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Guest Editorial

Social media and a community-led solution on Chapel

The surprise opening of the intersection at Beausoleil Drive and Chapel Street to car traffic this December ignited a powerful social media debate as locals went online to express shock at the unannounced change - when no notice was given to residents nor was there any mention on the Councillor's website or December progress report.

The news came to local blog www.sandyhillseen.com via an email from Diane Beckett and its editor immediately contacted Councillor Fleury via Twitter to verify facts and start a dialogue with Ottawa's social media community. A spontaneous flurry of Facebook messages, tweets and emails alerted residents, focusing concern, and pressuring the Councillor to find a solution.

Councillor Fleury told [sandyhillseen](http://www.sandyhillseen.com) that the change was necessary to acquire a stop sign at Beausoleil where it meets Chapel. The stop sign had been requested by parents to ensure safety on the popular pedestrian route - which had seen near misses and collisions with students of De La Salle, York and Ste-Anne schools.

The Councillor's staff repeatedly stated that car traffic at that intersection was necessary for a stop sign, as mid-block signs are not allowed. On Dec 18, Fleury tweeted "currently there's no way aside from full light signal, expensive & can't implement now."

The notion of increasing car traffic, through the creation of a new intersection, to increase pedestrian safety provoked incredulity online. The Councillor's tweets did little to quell the growing online unease that an important issue languishing for years had an "urgent solution" imposed.

Without challenging the safe crossing, questions quickly arose as to whether due diligence had been done in exploring solutions.

As passions and online debate grew, the Councillor proposed a next-day, December 20, meeting at the intersection, with a City planner in attendance. A small clutch of Sandy Hillers gathered at 8 a.m. in a snowstorm to propose solutions that would legally and inexpensively secure the stop sign without increasing traffic.

This list included: a crossing-guard; proper traffic signals; re-implementing the closure at the opposite end of the block—as done during the summer construction; installing a mid-block barrier and making Chapel/Beausoleil a bike-only intersection.

While acknowledging the legality of a bike-only intersection, the official from City Planning disparaged it, arguing that motorized vehicles ignore stop signs erected for pedestrians and cyclists. "Cars won't stop for intersections without cars."

It is inconceivable that a City official would consider bowing to illegal drivers running a stop sign, when the appropriate action is enforcement. The transformational power of pedestrians and cyclists in reinvigorating neighbourhoods is being embraced worldwide and it is unconscionable to discourage forward-thinking visionary approaches for urban improvement.

The lack of firm commitment following the on-site gathering meant the community felt it necessary to stay involved to ensure a green, inclusive approach. Twitter, blogs and emails kept the discussions alive and Sandy Hill joined forces with Lowertown to encourage an inclusive decision. More blog postings and an invitation from the Lowertown Community Association for the wider area to attend their meeting on January 13 all featured on www.sandyhillseen.com.

On January 14, a month after the initial Tweet, an email letter released from Councillor Fleury's office stated: "*staff will convert the opening of Chapel Street at Beausoleil Drive into a 'cyclist access only' intersection, as proposed by community members.*"

It is unfortunate the community needed to challenge a fait-accompli and provide legal and cost-effective alternatives to the City professionals who should be the ones to lay-out viable options. However the outcome heralds the power of social media, of active, joined-up communities and City representatives willing to listen, to shape the best, most vibrant neighbourhood.

Jennifer Cavanagh
Stewart Street

Challenge at Chapel and Beausoleil, Continued from page 1



Photo David Elden

In mid-December, to the surprise of the community, this intersection near three schools reopened to cars.

Mr. Fleury held a public meeting at the site on December 20th and explained that the opening of Chapel was temporary and that it would be closed again as soon as the Province changes the HTA. Several suggestions to mitigate the danger were made by attendees at the meeting and Mr. Fleury agreed to bar Chapel Street to vehicular traffic again.

Next spring, when a barrier can be erected, the north end of Chapel Street will be narrowed to accommodate pedestrian and bicycle traffic only. This will create the intersection with a bicycle path, thus, it is hoped, legalising the stop signs but not creating a (motor) vehicular intersection.

A follow-up public meeting will be held at 6 p.m. on February 12 at the Rideau Library where Councillor Fleury will address the situation and announce this solution suggested by residents.

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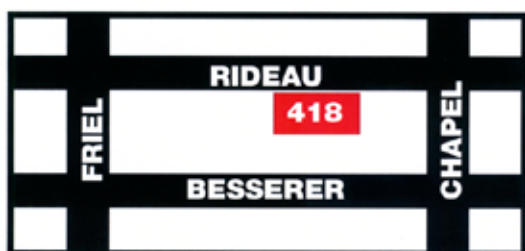
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How do you spend your free time?

Ron Hodgson

How many hobbies do you have? Sorry, TV watching doesn't count. Nor does social networking on your cell phone.

According to the Concise Oxford Dictionary a hobby is "A favourite subject or occupation that is not one's main business." Although many people classify sports as hobbies, I would characterize them as pastimes, in the same realm as games. Hobbies are by nature, creative in that one is actually creating something, whereas with sports and games the creativity is in the process, not the product, and at the end of the day result in a remembered experience.

Before TV and smartphones, hobbies were the way to constructively pass time. Children were encouraged to develop hobbies and in many cases, the early hobbies of childhood became lifelong pursuits. I'm not talking here about the very intensive, parent-pushed, interests that are aimed at making a child eventually into a professional skater, gymnast, violinist or hockey player. No one needs to be driven to pursue a hobby, in fact just the opposite, since the hobby once established, pulls the happy hobbyist along.

There is so much variety to the world of hobbies. As a boy (which I admit was before the age of television) I was given a book called The Boys' Book of Hobbies that launched me into a world of collecting, learning, and doing. There were so many activities available to me for next to nothing so my limited budget could easily handle them. I learned how to develop collections of stamps, minerals, foreign coins, baseball and hockey cards. I could build working models using Meccano and Lego sets or plastic and balsa wood model kits. I solved puzzles, entered contests in the paper or developed a scrapbook of sports heroes and the latest car models.

In the summer I was able to learn about nature, plants and gardening and later in the year how to make pickles and chutneys from the produce in the garden. Some of the outdoor hobbies were unique, for example, "tickling

trout" in order to catch them. I learned how to fly a kite so that later in my life when someone told me to "go fly a kite" I knew how. Learning to love the outdoors was a fantastic benefit as it not only helped me learn but it made me healthy and introduced me to like-minded people who would become life-long friends.

The developing years of youth are so very important and not to be wasted. This may sound a bit preachy but don't young people need to experiment and expose themselves to as many different ideas and constructive activities as possible so as to work out what their skills and interests really are? I have great difficulty in agreeing with parents who decide for a child and then push them into a lifelong pursuit of a narrow field of interest. True, it takes years to develop professional-level skills but taking the wrong early path can lead to devastating results.

As one grows older the hobbies grow too. The world of collectors can become very serious as you realize that your collections are competitive and you can join groups that meet regularly to compare notes, ideas and trade items to complete your collections. Model train collections are universally admired and great care is taken in building landscapes to complement the miniature mechanical trains. Baseball cards become "collectors' items" and can be worth hundreds of dollars. I once had a 1952 Mickey Mantle card that I had obtained in a 5¢ pack of Topps Gum that I eventually sold to a collector in Pennsylvania for a large sum - enough to pay for my dental bills that resulted from chewing the sugary gum that came with the cards.


Hobbies train you for mature activities such as teaching, investing, photography, genealogy, writing, business management, even in developing a penchant for electronics and computers. The basic skills learned as a young person are totally adaptable to adult interests and they become the basis for free-time spent constructively. It's nice to look back on a day of hobbyist activity with satisfaction for having accomplished something.

Here's a short list of hobbies to get you started. See how many more you can think of to add to this list.

- bird spotting
- bonsai
- bread-making
- carpentry
- collecting – e.g. stamps, cards, minerals, rocks
- drawing & painting
- electronics
- gardening
- genealogy
- ham radio
- home brewing
- investing
- jam & pickle making
- knitting & sewing
- mechanical tinkering
- model building
- model trains
- music
- photography
- reading
- scrap booking
- writing
- wood working
- wood burning



Now, pick one and get going. If you need it you can get lots of help from the City of Ottawa Recreation Guides.



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Forty-two years later an even more massive tower to be built at the end of Daly Avenue (aka 400 Stewart Street)



Architext Roderick Lahey's bird's-eye view of the proposed new tower.

To the astonishment of even those residents resigned to developer's over the top ambitions, the Montreal owners of the Rio Vista apartment building (on the Rideau River at the dead end of Stewart Street) have applied to erect a 31 storey tower in the parking lot and "parkette". The tower would front on Daly Avenue next to a single family home. The 21 storey Rio Vista was constructed in 1972; the arbitrary and unprecedented mass and height of this and other apartment buildings of that era, was motivation for Sandy Hill residents to set up a community association.

The high rise would obstruct the views of the Rio Vista tenants and have significant impacts on the light and sun for a swath of neighbouring properties. Most of the houses in the enclave east of Charlotte Street are two and a half and three storey structures, many of heritage distinction.

The six levels of underground parking would have serious implications for the water table in the area. Even the construction activities during the building of such a tower could have catastrophic results in the neighbourhood and will present perhaps insurmountable challenges for delivery of machinery and materials.

The website to view the application is Ottawa.ca/devapps (file nos. D01-01-13-0020 & D02-02-13-0101).

The city's planning department says this application is "on hold" until the developer modifies and/or clarifies plans, after which there will be a public meeting to explain the project and answer questions. Meanwhile comments are being received by city planner Nina Maher: nina.maher@ottawa.ca, or Ms. Nina Maher, Planning and Growth Management Department, 110 Laurier Ave. West, 4th Floor, Ottawa K1P 1J1.

— Judy Rinfret



Photo David Elden

The owners of the Rio Vista hope to erect a 31-storey tower over this parkette.

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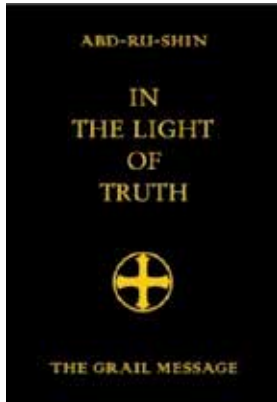
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Michelle Ferland, responsable du secteur de logement hors campus

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Betsy Mann

Vous avez déjà pensé à louer une chambre dans votre maison, mais vous hésitez à savoir comment vous y prendre? Michelle Ferland, responsable du secteur de logement hors campus du Service du logement de l'Université d'Ottawa, est prête à vous aider. « Nous sommes un centre de ressources non seulement pour les étudiants, mais aussi pour les propriétaires, explique Michelle. Kijiji et Craig's List sont des outils électroniques à l'échelle mondiale, mais moi, je suis une vraie personne et on peut me parler, soit par téléphone ou en personne dans mon bureau sur le campus. »

Au cours de ses 10 ans de travail au bureau de logement hors campus, Michelle a développé une expertise qu'elle se fait un plaisir de partager avec les gens qui utilisent les services. Par exemple, elle peut suggérer des sujets dont on doit discuter lors d'une première rencontre entre l'étudiant et le propriétaire. « Quand les deux vont occuper la même maison, il est important qu'ils aient des habitudes et des attentes similaires, dit-elle. Il faut avoir une discussion franche au début. Parfois les décisions sont prises trop rapidement et le 'fit' n'est pas bon. » Michelle connaît aussi les tendances et peut mettre les gens en garde contre les fraudes courantes.

Le secteur de logement hors campus a été mis sur pied en 2002, dans le but d'aider les étudiants à faire la transition de la résidence universitaire à la communauté. En plus de fournir un babillard où les maisons, appartements et chambres sont annoncés, il sensibilise les étudiants à leurs droits et à

leurs responsabilités dans la communauté. En cas de besoin, le bureau offre de l'aide à résoudre des conflits et oriente les gens vers d'autres ressources dans la communauté.

Ce n'est pas tout le monde qui se sert des services personnalisés offerts par le bureau. Le babillard électronique du logement d'étudiant (au www.residence.uottawa.ca/fr/och/index.html) est très complet et facile d'usage, tant pour le propriétaire qui veut passer une annonce que pour l'étudiant qui cherche à se loger. Les grands propriétaires ont le tour, mais pour ceux qui en ont moins l'habitude, Michelle Ferland peut répondre à leurs questions, et surtout faire l'écoute de leurs besoins. Elle aime développer une relation à long terme avec ses clients.

Quel type de personne veut accueillir un étudiant chez elle? « Il arrive que des gens qui sont restés longtemps dans le quartier trouvent leur maison très grande après le départ de leurs enfants, mais ils ne veulent pas déménager, dit-elle. Il y a des jeunes professionnels qui ont acheté une maison ou un condo et qui aimeraient de l'aide à payer leur hypothèque. Quelqu'un qui vit seul veut peut-être avoir une autre présence dans la maison. Dans tous ces cas, la location d'une ou deux chambres peut être une solution. » Des fois les propriétaires hésitent parce qu'ils ne veulent pas s'engager pour une longue période. « La demande est très variée, explique Michelle. On a des étudiants qui font un échange qui veulent louer pour seulement quatre mois, par exemple. La possibilité de louer une chambre meublée est un grand avantage pour eux. » Il y a des familles qui aiment louer à un étudiant venu de l'étranger pour l'enrichissement que cette présence apporte à leurs enfants. Certaines personnes vont prendre un locataire pour huit ou douze mois. D'autres pour encore plus longtemps. « Une fois j'ai eu un appel d'une dame qui ne m'avait pas contactée depuis quatre ans, se souvient Michelle. Je lui ai demandé pourquoi et elle m'a dit que la même étudiante avait logé chez elle pendant toutes ces années-là! »

Alors si vous regardez une chambre vide chez vous et que vous pensez peut-être ouvrir votre porte à un étudiant de l'Université d'Ottawa, n'hésitez pas à communiquer avec Michelle Ferland au 613-564-5400, poste 45061 ou au mferland@uottawa.ca. Son but est de rendre possible une bonne expérience pour tout le monde et elle a des outils pour faciliter l'affaire.

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Union Smoke Shop...soon to be an empty storefront

Larry Newman & Paula Kelsall

The Union Smoke Shop, on the ground floor of the Constitution Building at 307 Rideau Street, is 35 years old this year. Sadly, on January 31 the Smoke Shop said goodbye to its many loyal customers and closed its doors.

Owner Eddie Haddad says, “Four hundred people signed a petition to keep the store here.” Public Works, the owner of 307 Rideau, was unmoved. As the Department of National Defence employees who make up most of his clientele will be moving out of the building to other locations later this year, Eddie knew that the lease that’s just ending would be his last.

Eddie took over the smoke shop from his uncle when it was located across the street, where Steve’s Music Store is now. The music store expanded into the shop’s space in 2010 and Eddie re-opened across the street at 307 Rideau and added Nini’s Panini Bar.

Eddie comes in every day at 6:30 and sets up, then leaves for his day job as an Information Technology consultant. Eddie’s assistant, Barbara, is in charge for the rest of the day. She shops for groceries and serves the Panini Bar’s customers. The Smoke Shop reserves a small corner of its space for Bernie Tremblay, the barber, who has been with the Smoke Shop for all of its 35 years. Neither Eddie nor Bernie will continue their businesses after the Smoke Shop closes its doors.



Photo David Elden

Eddie’s lease stipulated no tables or chairs for the Panini Bar, to protect the viability of a cafeteria located inside the building. This pretty much restricts his clientele to the public servants whose offices are in the building. When Eddie renewed his lease last year, he asked Public Works to allow him to put some tables and chairs on the sidewalk to attract some passersby. “They finally said yes”, says



Photo Larry Newman

Owner Eddie Haddad moved across the street to 307 Rideau in 2010



Photo David Elden

307 Rideau St.

Eddie, but “by the time construction [on Rideau Street] no longer blocked customers from using the sidewalk outside the shop it was September.” At \$400 per year for a city license, it would not have been money wisely spent for a couple of months of cafe business, so Eddie gave up that idea and reconciled himself to riding out the lease without the cafe.

Eddie says that the Department of Public Works will sell the building. He suspects that the buyer will demolish it and build more condos. It’s on the corner of King Edward and Rideau, an area that’s currently seeing a lot of high rise development.

Goodbye Eddie. We will really miss this local business.

Meet Rideau Pharmacy’s new owner: Amir Kamel



Born in Egypt, Amir Kamel graduated in 2002 with a bachelor’s degree in pharmacy from Cairo University. In 2010 he was an International Pharmacy graduate from the University of Toronto. Last November he obtained his Ontario Pharmacists’ Association certification in geriatric and pediatric pharmacy. He is currently studying for an American exam in geriatric pharmacy.

Amir is married to a pharmacist and is father to a young daughter. In his spare time he loves reading, is passionate about soccer and is learning to play the violin.

Amir is a strong believer in the proactive and comprehensive approach to seniors’ health care delivery. As owner of Rideau Pharmacy, he plans to set up, in the upstairs quarters, a one-on-one yearly assessment and re-evaluation of Rideau Pharmacy clients’ medications.

— Lise Ausman

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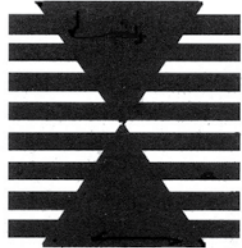
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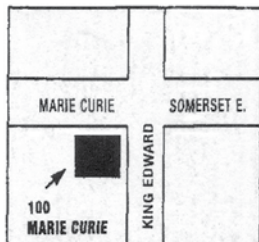
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www.campuspharmacy.com

Campus Master Plan: consultants launch blog

Ottawa University has engaged a team of consultants to assist in the creation of a Campus Master Plan and they have also created a blog (uottawamasterplan.ca) to tell us all about it. There is nothing on the site to tell us exactly what is being planned yet but the consultants include George Dark, architect of some renown, urban planners, infrastructure and transportation people, etc. It sounds like buildings. The blog is in its early stage right now but there is a section that outlines the project schedule. The Campus Master Plan project will involve four phases of work over approximately two years, ending in summer 2015. Work on Phase 1, the Lees Station design framework, was undertaken over the past 6 months. Conceptual design scenarios and a preliminary design framework were prepared. The city's TOD (Transit Oriented Development) plan for Ottawa's Light Rail Transit system was also reviewed and commented upon. Phase 2, which is called Campus-Wide Analysis and Visioning, is scheduled to take from January to April, 2014. Stakeholder interviews (both internal to the University and external) will be done, then campus conditions, issues, and opportunities will be analyzed. There will be a community

open house to expose information gained prior to preparing a campus vision. Phase 3 (from May to December 2014) will result in the Strategic Campus Master Plan. A draft master plan will be prepared, the community will be consulted, the draft will be revised and refined and finally it will be presented to the Board of Governors. Phase 4 from January to July 2015 will prepare precinct plans. It's not clear exactly what precinct means in this context but the same procedure will be followed as that for the Master Plan. A draft will be written, stakeholders and community will be consulted and the final precinct plans will be written. There are two events planned for February. On the 25th, there will be two half-day workshops for faculty, staff, and students. On the 26th, there will be a Campus Open House all day at the Agora Stage, University Centre. This will be to acquaint everyone with the Campus Master Plan project. Stay tuned and check the website for notices of dates when the consultants consult with the community.

— Larry Newman



Mark Patton, workshop facilitator and Counsellor with Family Services Ottawa, with colleagues from the Sandy Hill Community Health Centre: Julie Tessier, Program Facilitator and Health and Wellness Coach, and Zamzam Tani, Health Promoter

Our Community Health Centre offers help to those struggling with mental health issues

Christine Aubry

For many people, the new year is a time of renewed optimism and resolution-making to improve our lives and follow-through on positive changes. Unfortunately for many people, their goals are affected by living with mental health challenges.

According to the Centre for Addiction and Mental Health (CAMH), 1 in 5 people will have some sort of mental health problem in their life. Major depression, for example, can occur in 10-25% of women, almost twice as much as men, though men have higher rates of suicide. Symptoms of depression include : changes in appetite and weight; sleep problems; loss of interest in work, hobbies and relationships; agitation; irritability; trouble concentrating and fatigue, among others. The CAMH recommends that if you have such symptoms for more than two weeks that you speak with a health care provider. (You can visit their website www.camh.ca for more information on depression, anxiety, and other mental health issues).

As we all know too well, not everyone in Ottawa is fortunate enough to have access to a physician or private counsellor. Here in Sandy Hill we are lucky to have our local Community Health Centre offer programs and services to people in our community struggling with depression and anxiety. The Sandy Hill Community Health Centre (SHCHC) (situated at the corner of Rideau Street and Friel Street) houses addiction and mental health counsellors who can not only provide counselling but also community resources to help those struggling with mental health issues as well as the family members who support them.

As well, the Centre has been partnering with Family Services Ottawa to offer free workshops to help those living with mental health challenges. Mark Patton, a counsellor from Family Services Ottawa, has been facilitating these workshops for more than 7 years. In January he facilitated the workshop series "Living Beyond De-

pression and Anxiety". According to Mr. Patton, what is unique about the Centre's workshops is that they are open to anyone, "no one is screened out and people can come for one session or attend them all." The January workshop was well received by participants. Mr. Patton explained that "the participants like that it's interactive. We are engaging them in a process, not just speaking to them. Participants often have good knowledge already but they need help to work through challenges."

In February, the Centre is offering a "Working With Emotions" workshop series that will explore how to manage emotions that may be creating some obstacles to living a full life. The purpose of this workshop is to give participants tools to regulate their whole range of emotions, such as anger, shame, anxiety and sadness. Mr. Patton explained, "The goal is to leave people with skills and ideas on how to follow-through on reaching their goals. We'll look at questions such as: how do we respond to overwhelming feelings, and how do we get unstuck?"

The workshop starts on February 6 and runs every Thursday in February, from 2:00 to 4:00 p.m.. For information or to register please call Madeleine Bluteau at 613-789-1500 ext.2516. You can also visit the Centre's website www.sandyhillhc.on.ca or call 613-789-1500 about programs and services as well as hours of operation.

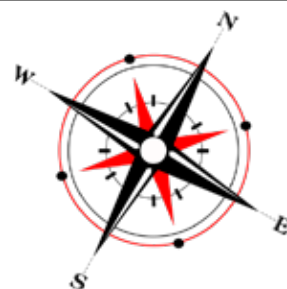
We are also fortunate to have in our vicinity the Youth Services Bureau (at 147 Besserer street, corner of Nicholas) that offers a crisis hotline and walk-in or appointment youth and family counselling services. You can call 613-562-3004 to find out more about their services.

Too often we struggle alone. If the thought of joining a group or making an appointment is too overwhelming, the first step can be making a phone call. If you are in crisis and need someone to speak to, Brittany Morris (Addiction and Mental Health Counsellor at SHCHC) recommends calling the local Crisis Line at 613-722-6914 (www.crisisline.ca).

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Le Mois du patrimoine à Ottawa et à Gatineau



par
Michel Prévost

Encore cette année, la communauté du patrimoine d'Ottawa et de Gatineau vous invite à célébrer le Mois du patrimoine. Profitez bien du mois de février pour découvrir notre riche patrimoine archivistique et historique, particulièrement celui de la Côte-de-Sable, l'un des plus anciens quartiers de la capitale. La plupart des activités sont gratuites ou offertes à bas prix.

Nous vous souhaitons un très bon Mois du patrimoine et nous vous invitons à participer aux diverses activités qui se déroulent tout au long de février dans la région de la capitale fédérale. Devenez des ambassadeurs de notre patrimoine, une

richesse unique à découvrir et à préserver pour les générations à venir.

Pour des raisons d'espace, nous ne vous présentons cette fois-ci que les activités où les Archives de l'Université d'Ottawa sont engagées. Cela dit, si vous désirez une liste complète du Calendrier pour le Mois du patrimoine, n'hésitez pas à communiquer avec moi.

Le patrimoine culturel de l'Ontario français... À l'avant-scène

Je vous invite aussi à consulter le superbe calendrier du Mois du patrimoine préparé par le Réseau du patrimoine franco-ontarien (RPFO) à www.rpfo.ca ou à communiquer avec le secrétariat provincial du ROPFO à Ottawa au 613-729-5769. On y trouve une quinzaine d'activités liées au patrimoine francophone d'Ottawa.

Enfin, veuillez noter que Guy Mignault, comédien bien connu et directeur du Théâtre français de Toronto, a accepté d'être l'ambassadeur du Mois du patrimoine 2014 en Ontario français.



Déblayage de l'avenue Laurier, en face de l'Université d'Ottawa, après une grosse tempête de neige à l'hiver 1912. AUO-NEG-NB-38-4-4

Ottawa Historical Association et Archives de l'Université d'Ottawa

Conférence : 400 ans de présence francophone dans la Région de la capitale nationale / 400 years of francophone presence in the National Capital Region (surtout en anglais)

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

Archives de l'Université d'Ottawa, 100, rue Marie-Curie, salle 012

Mardi 11 février à 19 h

Renseignements et réservation : Jennifer Anderson jennifer.anderson@civilisations.ca

Réseau du patrimoine franco-ontarien

Remise du Prix Michel-Prévost pour le meilleur article de la revue *Le Chaînon*

Centre de recherche en civilisation canadienne-française de l'Université d'Ottawa, Pavillon Morisset, 65, rue Université, salle 040

Jeudi 13 février de 17 h à 19 h

Réservation : 613-729-5769 ou projets@rpfo.ca

Salon du patrimoine de l'Outaouais

Tables d'exposition des centres d'archives et sociétés d'histoire, de généalogie et du patrimoine de la région, Réseau du patrimoine gatinois et Conseil régional de la culture de l'Outaouais

Centre commercial Les Galeries de Hull, 320, boulevard Saint-Joseph, secteur de Hull, Gatineau

Samedi 15 février, de 9 h à 16 h 30, et dimanche 16 février, de midi à 16 h 30

Renseignements : 819-771-8391, poste 237, direction@reseau patrimoine.ca

Cérémonie et réception de la Fête du patrimoine de la Ville d'Ottawa

Hôtel de ville d'Ottawa, Place Jean-Pigott, 110, avenue Laurier Ouest, Ottawa (Ontario)

Mardi 18 février à 11 h 30

Renseignements : 613-562-0405 ou www.chocopo.ca

Bibliothèque de la Ville de Gatineau et Société d'histoire de l'Outaouais

La préservation du patrimoine religieux de l'Outaouais, faut-il croire au miracle?

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Société d'histoire de l'Outaouais et archiviste en chef de l'Université d'Ottawa
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Retraite en action et Archives de l'Université d'Ottawa

Visite guidée du pavillon Tabaret, le symbole de l'Université d'Ottawa

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

Départ dans la Rotonde du pavillon Tabaret, 550, rue Cumberland

Vendredi 21 février à 13 h 30

6 \$. Réservation obligatoire : Mme Chantal Richer, 613-860-1099, poste 2

Renseignements : info@retraiteenaction.ca

Conférence et visite guidée : À la découverte des trésors et des voûtes des Archives de l'Université d'Ottawa

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

Archives de l'Université d'Ottawa, 100, rue Marie-Curie, salle 012

Jeudi 27 février à 13 h 30

6 \$. Réservation obligatoire : Mme Chantal Richer, 613-860-1099, poste 2

Renseignements : info@retraiteenaction.ca

Des aînés de la cabane en bois rond

Conférence : Les trésors des Archives de l'Université d'Ottawa

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

Cabane en bois rond, 331, boulevard de la Cité-des-Jeunes, secteur de Hull, Gatineau

Vendredi 28 février à 10 h

Gratuit pour les membres, 8 \$ pour les non-membres

Renseignements et réservation : cabanecorpo07@gmail.com

Pour plus de renseignements, n'hésitez pas à me contacter à michel.prevast@uottawa.ca ou au 613-562-5825.

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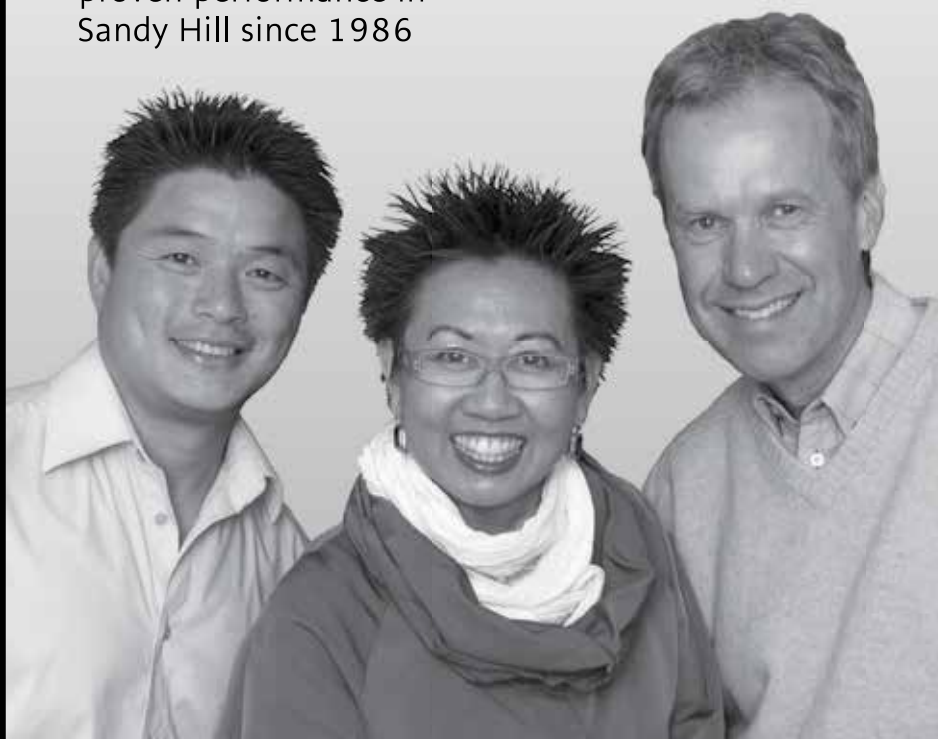
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Ottawa Carleton District School Board Trustee Report

X-Day / Pre-school Policy

The District has been unrolling Full-Day Kindergarten (FDK) and is required by the Province to offer Extended Day (X-Day) before and after care (NB: fee-based with subsidies). The Board decided that existing third-party daycares in schools could continue to provide the before and after services instead of the Board itself. The Ottawa English Catholic board has taken a different approach, doing away with third party providers in their schools.

OCDSB X-Day has a play-based curriculum provided by Early Childhood Education graduates who carry on during the school day with the classroom teacher. With half-day kindergarten disappearing, the resulting financial model for many third parties no longer works. Some are closing and some starting to provide pre-school care only.

As OCDSB X-Day expands to meet demand, should this be required of third parties also? The school board is responsible for before and after care curriculum, so what oversight does the Board have for them? If we have contractual oversight, what is OCDSB liability if something goes badly wrong at a third party site? What appeal mechanisms or standards should the OCDSB commit to for its own before and after care programs? If existing third parties expand to meet demand then what effect does this have on community use of gym space after school? These questions and more are up for policy discussion soon.

To note, the City of Ottawa soon may be moving to a new daycare subsidy system wherein the subsidy follows the child (like most other Ontario municipalities) and is not 'owned' by the operator. Also, the Province is revising the governing Day Nurseries Act.

The Board recently absorbed a major multi-site daycare provider that provided before and after care and also pre-school care. Strategically, should the Board now look to expand equitably into pre-school care everywhere, or is this something to avoid?

I remain comfortable with the idea of third parties operating in our schools, if it works. However, our responsibility is not only to families with children enrolled in third party care, but to all parents who want access to school-integrated before and after care. If a third party is allowed to charge significantly more than we do, and we offer a non-compete guarantee, a barrier to equitable access is created.

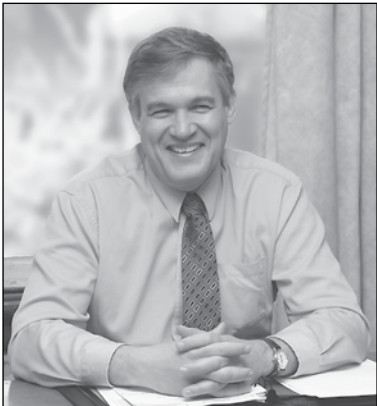
I also want to bind the Board's own X-day care to the public posting of all policies and procedures, appeal pathways, standards. I want principals held accountable for the quality of the play-based curriculum in before and after care at their schools. I am dubious about expanding into the pre-school business everywhere, and favour conversion of our inherited pre-school sites into third party lease-holders.

However, what do you think about all of this?

Rob Campbell, OCDSB Trustee Zone 9 - Rideau-Vanier / Capital

Have a comment or question? Mail me at rob@ocdsbzone9.ca

For OCDSB policies, upcoming Board of Trustees meeting background docs, and other material, please visit www.ocdsb.ca.



Rob Campbell, Trustee
Ottawa-Carleton District School Board



News from Viscount Alexander Public School on Mann Avenue

Michael Barnes

A great visit to the National Arts Centre All classes from Grade 1 to 6 walked to the NAC on January 15th and 16th to hear Roch Carrier read his story, *The Hockey Sweater*. The performance included a dance troop from the Special Olympics, a slide show of winter Olympic sports and a talk by Ken Dryden before the once-in-a-life-time reading by Roch Carrier. Students were all smiles on their arrival back to the school, sharing highlights from their field trip and special moments that will stay with them for years to come.

Skate – A – Thon

Our once a week skating outings have students walking across Mann Avenue to the Sandy Hill Arena. During the final week, students will try to do as many laps around the rink as they can to raise money for our school initiatives. Thank you to our staff and parent volunteers for their countless hours tying skates, and their on ice help with beginners to this sport.

Kindergarten

Kindergarten registration for 2014-2015 is ongoing throughout the year. In order to register your child, you need to bring the child's record of immunization and, a document providing proof of age (e.g. birth certificate, baptismal certificate, passport.) If you have a neighbour with a child 4 or 5 years of age by the end of 2014, please invite them to register at Viscount Alexander Public School. For further information call the school office at 613-239-2213.

Extended Day Program 2014-15

As we plan for next year we remind families about our extended day program. This program provides before and after

school programming to students registered within the school. The program will operate from 7 a.m. to the start of the school day and from end of our school day until 6 p.m. Parents may register their child for the morning, afternoon, or both. The fee for the program is \$20.00 per day for both before and after school care. There is limited financial assistance available to families that meet the criteria for eligibility for a child care subsidy. Parents can contact the City of Ottawa to apply for the subsidy at 613-560-6000. Applications for our Extended Day Program are available in the office.

Gearing up for our Annual Bike Rodeo

Viscount will be holding its 4th annual Bike Rodeo, where children learn the biking rules of the road. Many organizations and individuals help to make this event a success. As we prepare for this fun-filled event we are putting out a call for any donations of gently used bikes from families in the community. Bikes that are donated will be provided to children in need. This initiative supports our healthy living and our environmental philosophy. It is a great example of our community partnerships and their awesome impact on student safety and learning! Donations can be brought to our main office at the school during the regular school day.

Good things to eat at snack time

Viscount Alexander students are fortunate to have many volunteers whose helping hands prepare their morning snacks. On Fruity Fridays and Veggie Mondays a wide variety of fruit and vegetables are offered to all students. This initiative has been in place for a few years thanks to the generous support of the Sandy Hill Community Health Centre. It's quite a sight to see the large platters of wholesome food head off to each classroom only to return a few minutes later, empty. This program is very much appreciated. Thanks SHCHC!



Manotick Waterfront



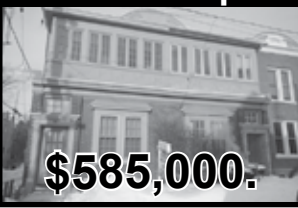
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Nouvelles de l'École publique Franco-jeunesse, rue Osgoode et rue Wilbrod



Le 3 février, les élèves de Maternelle, Jardin et 1ère ont chanté et dansé aux rythmes d'Afrique de l'Ouest en compagnie de Masabo et Fana Soro, pour souligner le Mois de l'histoire des Noirs.

Christine Aubry

Bonne et heureuse année à tous nos voisins de la Côte-de-Sable! Voici quelques nouvelles de Francojeunesse en ce début de l'année 2014.

Le mois de décembre fut bien animé, comme à toutes les années. En plus des activités annuelles telles que les concerts de musique et les petits déjeuners du temps des Fêtes, la chorale de Francojeunesse, composée d'élèves des 4^e, 5^e, et 6^e années, a participé à un concert avec la chorale de l'École secondaire De La Salle, le 5 décembre dernier. Cette première fut une très belle soirée pour nos jeunes ainsi que pour les spectateurs.

Sous le thème de l'école « Recycl'Art », et pour souligner la journée de l'enfant, les élèves de tous les niveaux ont fabriqué plus de 10 000 roulettes de papier journal et de revues pour créer une mosaïque de 8 pieds de long et 5 pieds de haut avec le message « S'unir dans la diversité ». La mosaïque est fièrement mise en exposition dans le couloir principal du pavillon Osgoode et une photo paraît sur notre site web www.francojeunesse.cepeo.on.ca.

Nous vous encourageons à visiter aussi le site web du journal écolier (www.journalfrancojeunesse.wordpress.com) où vous pourrez lire les éditions des 15 novembre, 3 décembre et 24 janvier. En plus d'actualités et d'informations intéressantes, vous y trouverez des renseignements sur les concours pour les élèves et des critiques littéraires de livres pour enfants, écrites par les enfants. La prochaine édition sortira à la fin février.

Le 23 janvier ont eu lieu les tournois de volleyball et de volley-lancé des écoles élémentaires du conseil. Nos deux équipes de volley-lancé, les filles ainsi que les garçons, ont remporté la 3^{ème} place. Félicitations à tous nos joueurs.

Nous espérons que le mercure montera un peu (mais pas trop!) d'ici le 14 février, journée prévue pour les sorties de Bal de neige, lors de la Semaine Carnaval. Les 4^e, 5^e et 6^e années iront patiner sur le Canal, alors que les plus

jeunes s'amuseront au Domaine des flocons du Parc Jacques Cartier. Le Franconseil propose aussi un souper traditionnel du carnaval le 13 février.

L'école commence maintenant les préparatifs pour le grandiose spectacle tant apprécié des élèves : le Talentmania! Ce spectacle, qui met en évidence les multiples talents de nos jeunes, a pour but de faire « rayonner » les riches couleurs francophones et artistiques des enfants. Danseurs, gymnastes, musiciens, magiciens, acteurs et autres sont invités à préparer un petit numéro et à se présenter aux auditions organisées par un comité d'élèves de la 6^e année.

Pour terminer, un appel à votre aide : Francojeunesse bénéficie d'un conseil d'école qui cherche toujours à contribuer à la réussite des élèves en fournissant des ressources additionnelles. Les collectes de fonds du Franconseil ont permis cette année d'acheter du matériel supplémentaire pour le gymnase, des romans jeunesse pour les bibliothèques de salles de classe, des jeux de mathématiques et un piano électronique pour les concerts. Maintenant, le conseil appuie la demande du personnel d'avoir un tableau blanc interactif dans chaque classe. L'école en a déjà 15 mais la moitié des classes attendent encore impatiemment le leur. Si vous désirez contribuer à ce projet ambitieux, vous pouvez envoyer en chèque au nom de E.E.P. Francojeunesse (tout don de plus de 20 \$ recevra un reçu pour les impôts). Un gros merci à toutes les familles de Francojeunesse qui démontrent à maintes reprises leur soutien pour le personnel et les élèves.



Nos joueurs de volley-lancé regardent l'équipe des filles.



Photographe en herbe Alexis Lapointe-Bernier, élève de Francojeunesse, a capturé la charme des chevaux, lors du Carnaval d'hiver de la Côte-de-Sable le 19 janvier dernier.

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Le français correct

par Denyse Mulvihill

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

On doit dire :

> **Avoir l'occasion d'agir, de faire quelque chose**, qui signifie « avoir la chance, la raison, le temps, le loisir d'agir » - non pas - avoir l'opportunité, qui signifie le caractère de ce qui tombe à propos, qui arrive au bon moment.

Ex. - De nos jours, il n'est pas toujours facile d'avoir l'occasion de rendre service à quiconque dans le besoin, même si l'on croit que l'opportunité du moment existe réellement.

> **Trouver un moyen différent d'agir**, qui signifie « trouver une façon, une méthode, un procédé d'action qui diffère de tout autre » - non pas - trouver un moyen qui fait toute la différence, ce qui est un anglicisme.

Ex. - Dans la situation économique actuelle, le Ministère des finances pourrait certes trouver un moyen différent de celui qu'il préconise pour équilibrer le budget national, puisque les changements majeurs que le Ministre veut opérer frapperont durement bon nombre de Canadiens.

> **Tenir parole**, qui signifie « observer fidèlement et accomplir ce que l'on a promis de faire ou de ne pas faire » - non pas - honorer sa parole, ce qui est un anglicisme.

Ex. - Afin d'être sûr et certain de pouvoir tenir parole, il est primordial de s'assurer que ce que l'on promait de faire ou de ne pas faire ne tient pas de l'imaginaire ni du chimérique.

> **Attendre d'agir, de faire quelque chose**, qui signifie « se tenir quelque part, en un lieu quelconque dans le but de poser un geste, d'accomplir quelque chose » - non pas - attendre pour, ce qui est un anglicisme.

Ex. - Au moment où l'agent de police en service attendait de traverser la rue, il s'est senti poussé par derrière et projeté fortement devant une voiture en voie de faire un virage illégal.

> **Aller chercher quelqu'un, quelque part**, qui signifie « se déplacer pour aller prendre quelqu'un qui attend un certain service de notre part » - non pas -aller ramasser quelqu'un, ce qui est un anglicisme.

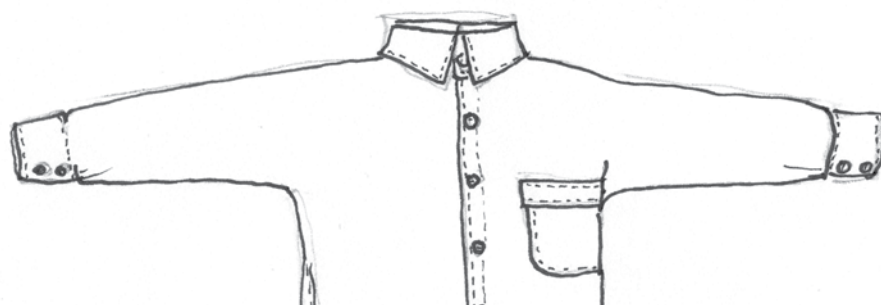
Ex. - Grâce à l'organisation de bienfaisance qui l'avait averti, c'est à l'heure dite que le jeune homme bénévole est allé chercher le vieillard à la clinique afin de le ramener chez lui en toute sécurité.

> **Aller chercher quelque chose**, qui signifie « faire certaines démarches dans le but de se procurer un objet quelconque » - non pas - aller regarder pour, ce qui est un anglicisme.

Ex. - Dès qu'on annonce la mise en marché d'une nouveauté quelconque, bien des gens s'empressent d'aller chercher cet objet nouveau dont ils ont besoin ou qui leur fait envie, tout simplement.

> **Passer de bons moments**, qui signifie « se délasser, s'amuser, être heureux lors d'un événement agréable » - non pas - avoir du bon temps, ce qui est un anglicisme.

Ex. - À son retour d'un récent voyage en France, la voisine d'à côté s'est fait un plaisir de raconter à ses amis qu'elle y avait passé de bons moments à visiter des endroits pittoresques, témoins d'événements historiques, à échanger des opinions avec d'autres voyageurs et même à assister à des représentations artistiques.





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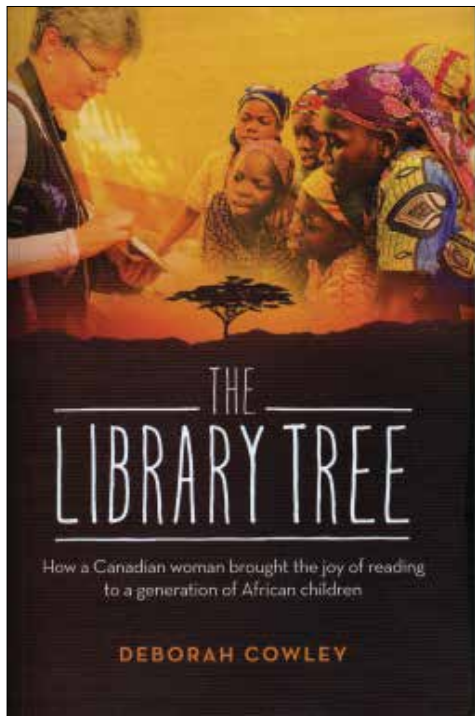
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Read, and be inspired

Betsy Mann

Have you ever wondered what one person in Canada can do to change the lives of people an ocean away, in Africa? Sandy Hill resident Deborah Cowley has written a book that will answer your question. *The Library Tree*, recently published by Great Plains Publishers in Winnipeg, tells the story of Kathy Knowles, founder of the Osu Children's Library Fund. She was named a "Transformational Canadian" in 2012 in recognition of her achievements. To date, the Fund has built seven large libraries and has assisted over 200 community libraries in several African countries. An amazing accomplishment, given that it all started with Kathy as a young mother reading to her children under a tree in her yard in Accra, Ghana. Definitely a case of, "Mighty oaks from little acorns grow."

In *The Library Tree*, Deborah Cowley tells the story of how Kathy, her husband John and their three young children moved in 1989 from rural Ontario to Accra, where John had taken a position with a Canadian mining company. Not long after the move, Kathy gave birth to their fourth child and settled into her new life. Her family reading circle soon expanded to include neighbour children, and when Kathy realized these children had no books in their homes, she began lending them hers. One

thing led to another and before she left, in 1993, she had set up a community library in a converted shipping container and had trained her former housekeeper, Joanna, to be the librarian. The emphasis continued to be on reading storybooks to children; the organization's motto is "Sharing the joy of reading with an African child."

In addition to libraries, Osu Children's Library Fund now supports, among other projects, adult literacy, community theatre and music, scholarships to disadvantaged students, and the publication of culturally appropriate children's books. Kathy works closely with municipal and national authorities to ensure the sustainability of the libraries and other projects. The other part of her work is fundraising in Canada. Because all the work in Canada is done by volunteers, administration expenses for this registered charity are kept at 2% of the budget.

Deborah Cowley is able to recount this exciting story because she herself has been to Ghana several times and has spent months volunteering her time in support of Kathy Knowles' numerous and varied initiatives. She quotes many of Kathy's friends and collaborators over the years, but it is her first-hand descriptions of Accra and of the efforts involved in accomplishing even the smallest task that bring the story to life. This is a fascinating read and a good gift for anyone interested in development work, literacy or just finding out what one determined and inspiring person can accomplish with patience and hard work.

Find more information about the Osu Children's Library Fund and *The Library Tree* by Deborah Cowley at www.osuchildrenslibraryfund.ca. The book is available at Books on Beechwood, www.amazon.ca or from the author (613-241-3947).



Author Deborah Cowley, who lives in Sandy Hill, spends part of each year in Ghana, helping with Osu Children's Library projects.



In 2005, International Human Rights Day at Amnesty headquarters at 312 Laurier East was celebrated as a luminous event.

Read a book, make a difference

Danna Leaman

Sandy Hill is home to two venerable institutions – the neighbourhood book club and Amnesty International – that come together in this new project: the Amnesty International Book Club.

The first book is Joseph Boyden's *Three Day Road*, recommended by the inaugural book club host Nino Ricci (author of *Lives of the Saints*, and *The Origin of Species*). *Three Day Road* tells the story of a Cree soldier returning from World War I wounded and addicted to morphine, and of Niska, the Cree healer who brings him home. Ricci chose this book to support Amnesty International's campaign for the human rights of Canada First Peoples. Registered members of the book club will receive an e-mailed discussion guide with information about Amnesty International's concerns about indigenous rights in Canada, a bibliography for background reading, letter-writing actions, and traditional book group discussion questions posed by Ricci.

In Sandy Hill, book club members are invited to gather to discuss *Three Day Road* on the evening of Thurs., February 13 at the Amnesty International National Office, 312 Laurier Ave. East, 7:00-8:30 p.m. This particular event is linked to Have a Heart Day on February 14, supporting education for native children (www.fncaringsociety.com/have-a-heart), sponsored by the First Nations Family and Caring Society of Canada.

How the book club works: At the end of February and every subsequent month in 2014, a new host author will announce the featured book in an e-mail message to registered members. A second monthly e-mail from Amnesty International will provide the discussion guide and the related human rights case supporting participation in letter-writing and other action. There are plans for online discussion groups and chat rooms, engagement with local public libraries and bookstores, and additional Book Club nights throughout the year. Registration is free: amnestybookclub.ca

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This neighbourhood at the time of Confederation

Irish accents, sporting attitude and an unusual social mosaic in the new Anglican church

Janet Uren &
Glenn Lockwood

In Confederation-era Ottawa when 350 civil servants – that's all it took to run Canada in 1865 – dragged into town with disgruntled wives and families in tow, a new neighbourhood sprang up in Sandy Hill.

The new Sandy Hill was a complex community with French, Irish, English, German and Polish families living cheek by jowl. These neighbours lived on the same streets, but they did not attend the same churches. Irish Catholics built St. Joseph's, their French-speaking neighbours Sacré Coeur and German Lutherans St. Paul's. As for the British, they started collecting money almost immediately to build St. Alban's.

People began to push for a new parish to serve the influx of government workers arriving from Quebec City. In January 1866, the *Canadian Churchman* newspaper argued forcefully for the construction of a new Anglican church in Sandy Hill so that "the souls of civil servants, soon to be arriving in Ottawa...might not be lost."

Ottawa in the mid-19th century had a distinctly Irish cast, unlike Montreal – which was dominated by the Scots – and Toronto – by English and American Loyalists. At the outset, St. Alban's had an Irish rector, the Rev. Thomas Bedford-Jones,

and there were quite a few Irish families attending as well.

Bedford-Jones was a dab hand at raising money. He must have been an athletic fellow, because when he got to Ottawa, he helped ring in Canada's first national celebration on July 1, 1867 by winning a sporting bet. He didn't call it a bet in front of the children at the celebratory picnic but that's what it was. "We were all in high spirits," he wrote, "and it occurred to me to challenge [Judge Armstrong] to a race of a peculiar kind." Bedford-Jones ran the race handicapped with a man on his back but with only half the distance to run, and the judge wagered \$5 to the building fund if he lost. "The ground was duly measured," Bedford-Jones later recalled, "our coats were stripped off...and amid shouts and cheers we started, and I won the five dollars easily."

At least one famous Irish Catholic – Thomas D'Arcy McGee – contributed to the building fund. In fact, he ran into Bedford-Jones on the street in 1868 and in an act of Irish solidarity offered him everything he had in his wallet, which turned out to be \$5. He was dead a month later from an assassin's bullet.

The new St. Alban's was meant to be open to rich and poor people alike, since there would be no pew rent, and all seats would be free. A notice printed up by Mr. Bedford-Jones in 1867 stated this altruistic goal very clearly.



St. Alban's exterior, at the end of its first century.

A new church is to be built in the city of Ottawa. It is to be dedicated to St. Alban, the first Englishman martyred for Christ [in] A.D. 303. The estimated cost is £3,000, barely sufficient to provide a plain church with accommodation for 600 persons. It is to be a Free Church, ever open to Christian worshippers, and its ministers & services are to be wholly maintained (if possible) by weekly offerings of grateful hearts. It is to be a church in which daily prayer and praise shall ascend to the throne of grace and in which the reformed ritual of our ancient Anglican faith shall be conducted in full and strict accordance with sanctions of the Book of Common Prayer – nothing more but nothing less."

—Thomas Bedford-Jones, first rector

Fine words, to be sure, but fine words butter no parsnips. This idealism ran into problems. The free will offerings at St. Alban's proved inadequate, whereas at Christ Church west of Parliament Hill, the prominent members paid for pews to keep the finances on an even keel.

Parishioner literacy and status

Inequalities between men and women are evident in looking at the first fifty marriages to take place in the new parish, between 1866 and 1870. Sixteen (16 per cent) of the 100 people getting married were illiterate. By contrast, a generation later, everyone was able to sign their name in the parish register.

When William Henry Smith married Isabella Leckie in 1869, neither one of them could sign their name. That same year Thomas Ridgway married Margaret Courtney and neither could sign their name. An exceptional marriage was that of William Little to Jane Loney in 1870, for she could sign her name whereas he had to make an X mark. Out of the sixteen people who could not sign their names, three were men and thirteen were women. So there were illiterates attending St. Alban's, but illiteracy did not necessarily reflect one's status.

If we look at the first fifty baptisms at St. Alban's, between 1865 and 1867, we can gauge whether or not there were any poor, because the occupation of the father was listed. It was generally assumed at the time that no respectable women would dream of being occupied otherwise than keeping house.



The Rev. Thomas Bedford-Jones

Of course, we are not surprised to find members of the highest and professional classes represented at St. Alban's: people such as barrister-at-law Frank Badgley; clergyman, Thomas Bedford-Jones; Doctor William Wilson; no less than ten gentlemen: Arthur Harvey, James Browne, Alexander George Taylor, Henry Grist, Benjamin Fisher, Baron von Koerber, Charles Thomas Higgins, George Jarvis, P. Eustace Bucke and Edmund Allen Meredith; and a merchant – Robert Blackburn. These professionals accounted for thirty percent of baptisms.

Continued on page 15

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SANDY HILL IN 1871

Sandy Hill during the Confederation era was known as the St. George's Ward of the city. It was described in 1871 as consisting of 500 acres. It had 563 houses, 54 uninhabited houses, and 15 houses under construction.

It was home to 3,474 people, who were members of some 599 families. As was normal in towns, females outnumbered males, because the town was a magnet for young women looking for work.

In St. George's Ward there were 1,861 females to 1,613 males. Women tended to outlive men, as shown by the fact that there were 26 widowers to 129 widows.

Sandy Hill was religiously diverse. In St. George's Ward there were:

- 2 Lutherans
- 2 Unitarians
- 3 "Protestants,"
- 3 Irvingites
- 5 members of the Christian Conference
- 6 people who did not give their religion
- 8 who claimed to have no religion
- 8 Universalists
- 12 members of other more obscure denominations
- 48 Baptists
- 65 Congregationalists
- 73 "Brethren"
- 373 Methodists
- 542 Presbyterians
- 1077 members of the Church of England, and
- 1247 Roman Catholics

It is also not surprising to find literate semi-professional men having their children baptized at St. Alban's – such as the architect of the East and West Blocks of Parliament Augustus Laver; commercial clerk George Alfred Hopkins; contractors Thomas Painter and George Taylor; esquires William White, William Henry Carr and Thaddeus Patrick; landowner and farmer Robert Ogilvie; hotelkeeper John Graham; the keeper of the nearby county prison or gaol Charles Thomas Higgins [previously listed as a gentleman]; and storeman or storekeeper Thomas McAndrew. These literate semi-professionals accounted for 28 per cent of baptisms.

Skilled tradesmen were to be found in the pews of St. Alban's in the early years. They included butcher Samuel Harrett; cabinetmakers George Cummins and George Coulson; carpenter John Webster; carriage builder William Stockdale; civil engineers James Hill Rowan, Charles Ed-

ward Perry, and George Brownly Kirkpatrick; hatter Thomas Kirby; plumber John Fentiman; printers Joseph Stopellben, Edward Smith Pooler, and Henry Leslie; and tailor James Kirkpatrick. These skilled tradesmen accounted for another thirty per cent of early baptisms at St. Alban's.

There were many fewer unskilled tradesmen attending St. Alban's. Those who had children baptized were carter Samuel C. James; groom Samuel Horton; and lumberman John F. Schneider – together accounting for only six per cent of baptisms.

And yet, we find three representatives from the lowest classes having their children baptized at St Alban's in 1867: – labourers John McCallaher and William Hamilton, and servant Samuel Greenfield.

That sixteen percent of people getting married at St. Alban's could not write their names reminds us that this snapshot shows a society where some pre-industrial norms such as land ownership trumped wealth and literacy. Although the Rev. Thomas

Some Confederation-era parishioners at St. Alban's

Lord Monck

Absolutely the most prestigious parishioner for the first period of St. Alban's was Lord Monck, last Governor General of British North America and first Governor General of the Dominion of Canada. Charles Stanley Monck and his wife and children were part of the St. Alban's congregation until 1868, when St. Bartholomew's was built in New Edinburgh.

Susan Agnes Bernard

Susan Agnes Bernard married John A. Macdonald in 1867, at the height of the Confederation drama, when he was in London to witness the passing of legislation that would turn Canada from a handful of British provinces into a united country. John was 52 years old at the time; his bride was just 31.

Edmund Meredith

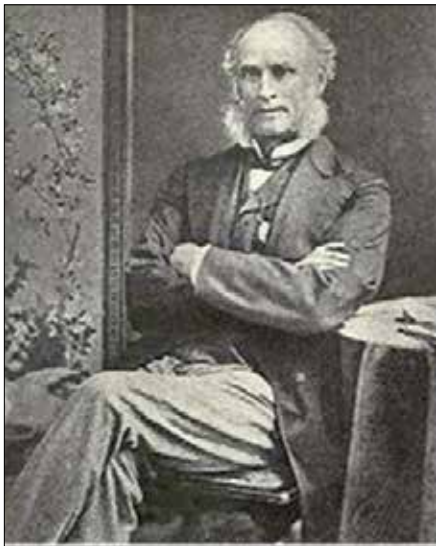
The main protagonist in Sandra Gwyn's wonderful book *The Private Capital*, Edmund Meredith was born in South Dublin but had family roots in Wales. In 1865, he was serving as Undersecretary of State for Canada. He had a beautiful voice and he gave recitations to raise money for the church building fund. He was a bit of a dandy and liked to wear long sideburns and sport a lambskin pillbox. Meredith's wife was Fanny Jarvis, a pedigreed Family Compact Canadian, Toronto-born with impeccable Loyalist roots. Her father was the famous Sheriff William Jarvis who drew up a line of militia across Yonge Street in 1837 and faced down the rebels under William Lyon Mackenzie.

Thomas Ross

Another Scot in the congregation, though he was born in Canada, was Lt.-Col. Thomas Ross who, after joining the Montreal Rifles in 1838, began to work in the government in 1839 and in his day served in every capital – Kingston, Montreal, Toronto and Quebec before finally pitching up in Ottawa where he was Accountant of Contingencies in the Finance Department. The wife who accompanied him to St. Alban's was Ellen Creighton, the daughter of a military man.

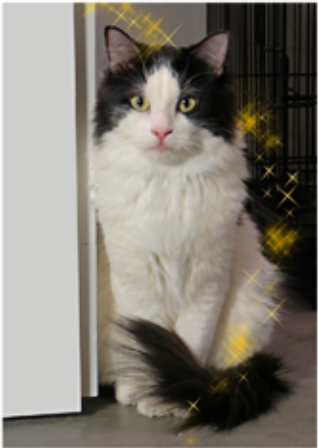

John Langton

In 1833, a 25-year-old John decided to emigrate to Sturgeon Lake near Peterborough, where there was a virtual colony of



Edmund Meredith

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Dazzle & Jazz are a talented father-son duo available for immediate permanent booking. Dazzle, 9 months, is an agile performer whose Chalinesque antics play off Jazz' (19 months) calm demeanour.

These affectionate guys love to cuddle and purr in diatonic harmony. Having bounced all over the Circuit, they are desperate to settle down with someone who wants a lifetime's love and snuggles. Children welcome!

Both are fully vaccinated and sterilised. Jazz needs special food and medication, which he is used to, for Irritable Bowel, so a covered litterbox is recommended.

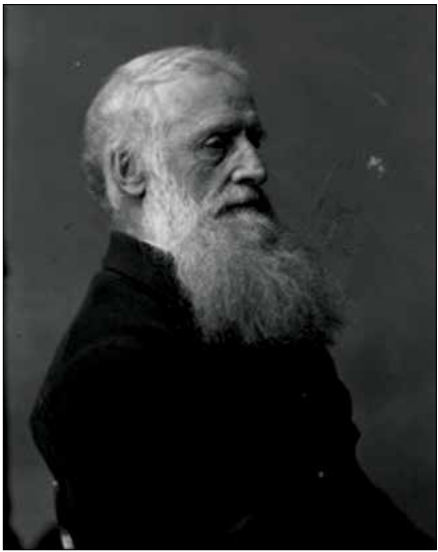
Interested? More info? 613-234-3949/613-600-1735 noon to 9:00 P.M., and ask for Cathrine.

~The Sandy Hill Crabby Old Lady Ad Hoc Cat Rescue ~



Bedford-Jones would fail to sustain his ministry on the free will offerings of people attending the church, and although labourers and servants would be only six per cent of those having children baptized in the church, we already can see society reluctantly beginning to change. The significant point is not that there were so few labourers and servants at Saint Alban's, but that there were any.

This article comes from a presentation, by Janet Uren, a writer with an interest in history, and Glenn Lockwood, historian and archivist, that served as prelude to the IODE Laurention Chapter's historically-themed house tour of Sandy Hill in June 2012. Ms. Uren is author of History of the Minto Skating Club. Dr. Lockwood is Archivist of the Anglican Diocese of Ottawa.



John Langton

"gentlemen" farmers. A few years later, his parents and his artistic sister Anne joined him. As an adult, he was universally admired for being tall, handsome, well educated and well spoken. Shortly after moving from Quebec to Ottawa, Langton was appointed head of the Federal Bureau of Audit. Even in the 1860s, Langton described the finances of the state as being in a "curiously complicated state."

Fennings Taylor

One of the memorial windows in St. Alban's honours John Fennings Taylor, long-time Clerk of the Senate, who died in 1882. When young Fennings arrived in 1836, he used his uncle's influence to find work as deputy clerk of the Legislative Council of Upper Canada. At Confederation, he was

promoted to Clerk of the Senate, where he remained until his death. He is best remembered, however, as the author who collaborated with Montreal photographer William Notman to produce an illustrated book of sympathetic but balanced mini-biographies called *Portraits of British Americans*, which was grounded in a sense that "events of great national importance [were] hourly passing into history." The biographies that Taylor wrote were sympathetic but they were also balanced. For example he observed of the Minister of Finance Sir Francis Hincks – whom he knew from St. Alban's—that he was a "statesman who had the courage to utilize to patriotic ends qualities that were base as well as... noble, and...dared to fuse good with ill for the permanent advantage of Canada."



Fennings Taylor



Bright winter nights at the movies

Every year the Canadian Film Institute runs a series of festivals that open windows onto cinematic worlds outside of Hollywood. The Bright Nights festival, which focuses on films from the Baltic and Nordic countries, is in its fourth year, and comes around during Winterlude to remind us of other countries living through this dark season of the year.

This year's Bright Nights festival began on February 1, but there is still time to take in its last couple of days. Saturday, February 8 brings three films. At 4:00 p.m. *Mother, I Love You* tells the story of a 12-year-old boy teetering on the edge of delinquency in Riga, Latvia. At 7:00, *Moonrider* is a documentary about Danish bicycle racer Rasmus Quaade, which takes an unusually in-depth look at its subject's state of mind as he pushes himself along the grueling and sometimes dangerous road to world-class performance. Finally, at 9:00 p.m., the Icelandic film *The Deep* promises to send us all home feeling grateful for our warm living rooms, after watching a based-on-a-true-story account of a young fisherman who survived six hours' immersion in the icy North Atlantic after the sinking of his trawler in 1984.

The festival wraps up at 7:00 p.m. on Wednesday, Feb. 12 with *The Last Sentence*, a historical drama set during World War II that recounts several crucial years in the life of anti-fascist Swedish journalist Torgny Segerstedt. This film was directed by Jan Troell, who made the sweeping epics *The Emigrants* and *The New Land* in the 1970s, and features a sterling Swedish cast including the lovely Pernilla August, who is probably best known to North American audiences as Luke Skywalker's mother.

All of this year's Bright Nights screenings are Ottawa premieres, and take place in the auditorium of Library and Archives Canada, 395 Wellington Street. Admission is \$8.00 for Canadian Film Institute members, seniors and students, and \$12.00 for the general public. —Paula Kelsall



Photo Kathleen Kelly

OLÉ SAID THE SQUIRREL This tortilla-eating squirrel found in December was perhaps thinking of going south for the duration of the winter.



Upcoming Events

Free. All are welcome.
No strings attached.

God gave us the most unexpected Christmas present. . . Himself. Christmas may be past, but come and find out why.

Feb. 9	"Best Sermon Ever" series starts
Mar. 2	"Only 50 Days to Live" series starts
Mar. 5	Ash Wednesday worship @ 7 p.m. Midweek Lenten worship the following five weeks @ 7 p.m.
Mar. 21	MLS Choir @ 7 p.m.
Apr. 5	Easter for Kids; 9 a.m.-1 p.m.

Sooner or later, everyone asks themselves:

- Where did I come from? (*chance or design?*)
- Why am I here? (*self or others?*)
- Where am I going? (*nowhere, heaven, or...?*)

God answers these questions, and more, in His Word the Bible.

Sunday:
Worship: 10:15 a.m.
Bible study: 9:00 a.m.
www.stpaulottawa.org



Serving God and Man Since 1874

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



Tom Waller and Allaine Nordin of Elm Tree Farm and Sandy Hill

Weekly basket of produce direct from the farm available in Sandy Hill

Diane Beckett

Eating locally sourced food is becoming increasingly popular. Luckily, in Sandy Hill, we have access to fresh organic produce delivered right to our neighbourhood from spring until fall by farmers Allaine Nordin and Tom Waller of Elm Tree Farm. If you are like me, and love being able to get farm fresh produce just a few blocks from home, you will be eager to sign up for their weekly baskets.

Every basket contains a broad range of vegetables, most of them heirloom varieties selected for their great taste. Spring baskets typically contain a variety of greens, rhubarb, potatoes, onions and asparagus, among others. From late spring onwards, the variety increases as carrots, beets, kale, cilantro, parsley, lettuce, peas, cabbage, beans, turnips, tomatoes, peppers, squash and much, much more come into season. I especially love the fall baskets. What a treat to get fresh greens so late in the season and the carrots are especially sweet once they have been hit by a light frost.


Why, you may ask, am I telling you about their weekly baskets now, in the depth of winter, when they aren't available until May? By signing up now, you are developing a relationship with the farmers. You are committing to buying their produce and they are committing to providing you with a weekly basket of food - for the duration of the season. They can better plan their crops and their cash flow, and you know that you will have a convenient and reliable source of delicious, fresh, local, organic food. This arrangement between farmer and customer is known as Community Supported Agriculture (CSA). Tom and Allaine run the oldest CSA in Ottawa. This will be their 18th season and I have been eating their delicious CSA produce for 6 of those years.

New in the 2014 season, they will take pre-orders for pastured chicken and pastured pork. Chickens will be available

Weekly Produce Baskets

Demeter (Biodynamic) Certified since 2007.
24 week delivery from May 20 - October 28
2 basket sizes available: Small basket - \$35, Large basket - \$52 (size guide: small basket suitable for two people)
Pick-up Tuesdays 3-8 p.m. @ 185 Augusta Street
For CSA sign-up information email: tom@elmtreefarm.ca
For additional information including the content of a typical basket each week over the season visit their website

Elm Tree Farm



Ottawa's Longest Running CSA

(community shared agriculture)

Food Basket Deliveries Begin May 20, 2014
24 week season ~ Winter Shares
Pick up location in Sandy Hill

Sign up now and become part of the 'nutritional food alternative' in your neighbourhood.

Elm Tree Farm is Demeter (Biodynamic) Certified
www.elmtreefarm.ca
Tom@elmtreefarm.ca
613 335-3361



Elm Tree Farm

Ottawa's Longest Running CSA

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Tom@elmtreefarm.ca
613 335-3361

Thank you, Mr. McIntosh!

Dodi Newman

In 1811, John McIntosh found a young wild apple tree on his farm in Dundela, South Dundas Township, Ontario - only an hour south of Ottawa. It bore very good red and green apples that were slightly tart, very tender, and ideal for making desserts. His sons, Allan and Sandy, propagated the tree through grafting, selling the first trees in 1835. They were named "McIntosh Red" in 1836, and would become the most popular apple in Eastern Canada and New England.

Especially in winter, just thinking about a piping hot apple dessert makes me want to go into the kitchen, turn on the oven and start peeling. On one of our recent -20°C days, I did just that. The result warmed our place, gratified our senses, and didn't do too much damage to our waistlines. Maybe you would like to try it on the next really cold day.

Baked Apples with Rum-flavoured Cream

Serves 6

The cream:

- 2 eggs, separated
- 2 tablespoons sugar or more to taste
- 2 tablespoons cornstarch or potato starch
- 2 cups milk
- pinch of salt
- 1/2 teaspoon vanilla extract
- 2 to 3 tablespoons gold or dark rum (not spiced)

Beat the egg whites until stiff.

Bring 1 1/2 cups of the milk and a small pinch of salt to a boil. Meanwhile, whisk together the remaining 1/2 cup of milk, sugar, starch and egg yolks. Whisk the mixture into the boiling milk, bring all back to a boil and cook for 1 minute, stirring all the while. Add the vanilla extract



and rum, remove the pan from the heat, and fold in the beaten egg whites.

This can be served hot or cold. If you want to serve it cold, prepare it 2 to 3 hours ahead of time and refrigerate it, covered with saran wrap to prevent a skin from forming.

The Baked Apples:

- 6 large, evenly-sized McIntosh apples, peeled and cored
- 6 tablespoons cranberry sauce or tart red jelly, like red currant jelly
- 1 tablespoon butter
- 1/2 cup dry white wine
- 1 tablespoon sugar

Preheat the oven to 350°F while you prepare the apples.

Place the apples in a buttered casserole, fill each apple with a tablespoon of cranberry sauce or jam, dot with a bit of butter. Dissolve the sugar in the white wine and pour it around the apples. Bake, covered, until done, about 30 minutes. Serve hot, sprinkled with:

The topping:

- 6 tablespoons sliced almonds
- 1 tablespoon brown sugar
- 1 tablespoon butter

In a small frying pan, roast the almonds in the butter and sugar over medium heat until golden. Scatter over the baked apples.

Top the plated hot apples with the hot or cold rum-flavoured cream and serve.

Service par excellence

Not too long ago, I had a superb "Saskatoon Berry Chutney", compliments of VIA Rail, that made me look for Saskatoon berries everywhere— with no results. But I thought I'd write to VIA Rail to request the recipe anyway.

Imagine my surprise when only a week later I got reply from Stephanie at VIA Rail's Customer Service Desk. She wrote: "This not something that we have access to from this department. I will get in contact with someone who may have an answer and if it is possible, I will forward the recipe to you. Either way, I will let you know whether or not it is possible. It may take a couple of weeks because if the chef I am contacting is on the road it may take

time to get an answer." She got a nice thank you note in reply.

Stephanie was as good as her word. Only four days later, she wrote again: "I was able to get the recipe for you and have attached it to this email. I hope that it turns out as good as you remember." The recipe, straight out of the VIA Rail "On-Train Services Catering Manual Specifications" sounds delicious, and my return note was positively fulsome. In these days, when the phrase "Your call is very important to us!" has become meaningless, Stephanie, long may she live, gave real customer service, and her employer gave her the time to do it. A sincere thank you to both of them.

PS: Meanwhile, I have found a source for Saskatoon berries and cannot wait to make the chutney! — Dodi Newman



Star admired in Sandy Hill: All Saints Sunday School children celebrate Epiphany 2014.

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

Auntie Loo's describes itself as Eastern Ontario's first 100% vegan bakery. Its chewy and delicious oatmeal-raisin cookies do not suffer from the absence of butter or eggs, and its cupcakes are sweet and pretty. Located in the Depot complex on Nelson Street, just slightly north of, and across the street from, Loblaw's, Auntie Loo's is open Tuesday-Saturday 10-6, Sunday 10-3.

Finally Gluten Free Foods, 112 Nelson St., Unit 101D

The aroma of fresh-baked bread fills this shop, where you'll find pumpernickel 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 flavourful gluten-free products in the neighbourhood. Open Monday-Friday noon-6:00, Saturday noon-5:00.

Pharaoh's House, 506 Rideau St.

The new restaurant in the premises formerly occupied by Famous Frenchy's has a very ambitious menu. Can one small place do a good job on burgers, pizza, poutine, kebabs AND an extensive offering of traditional Egyptian dishes? Maybe so; their falafels are crisp and flavourful, the misakaa is a delicious Middle Eastern take on ratatouille, and the kanafa is a soothing homemade dessert of custard layered with fine, crispy wisps of pastry. Portions are generous and accompanied by fresh green salad. Open Tuesday-Sunday from mid-day onward for take-out, delivery or dining in.

University of Ottawa Farmer's Market, 1st floor, University Centre

The University of Ottawa's first market of 2014 had an even bigger range of both food and non-food items than the fall markets. There are oodles of food options for vegans, vegetarians, gluten-free, raw food and carnivores alike including sweet and savory baked goods, fresh apples, apple cider, maple syrup, preserves, ready-to-eat hot foods, and Ethiopian and Korean specialties.

The non-food items are beautifully handcrafted. There are First Nations items including smudges and potpourris made from natural plants, herbal 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 as well as a variety of yarn, batik silk scarves and hand-made cards.

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

SpiritArt Studio

In the heart of lovely Sandy Hill, SpiritArt studio is a place to meet **stimulating people**, try something new, **play** with art supplies and found objects ... to **nurture** your spirit.

Come spend **an evening or afternoon** in a small and congenial group. Come alone or with a friend.

No experience necessary. We focus on the process rather than skill and product.

Please visit our website **SpiritArtProgram.ca** for a list of our **Winter 2014 workshops.**

317 Chapel St. at Laurier Ave. East

SpiritArtProgram.ca





No pet is free

Eleanor Woolard

Puppies and kittens on the way...and with them, appeals from friends, neighbours, or children to adopt one of the too many babies born annually to animals whose owners did not get them sterilised.

Before you say yes, know what you are getting into. Whatever the kids promise, it will be parents who do the work when the cute baby turns into a gawky teenager, then a serious adult.

Aside from food, there are vaccinations, licensing, microchip, equipment, parasite prevention, sterilisation, toys: the Ottawa Humane Society estimates the initial cost of a "free" dog is \$726, of a cat \$626, including sterilisation.

And there is time. Every pet needs time and love. If you can't afford the money or the time: DO NOT ADOPT!

Okay, you can afford it, and you swear to devote the time.

What are the basic needs for a new cat or dog?

Both cats and dogs

Vaccinate annually. This is vital to avoid diseases that bring a long, painful death or costly treatment. Failure to vaccinate against rabies is illegal, as is failure to get the municipal licence. Both are excellent investments, one for your pet and your wallet, the other if the animal gets lost. A microchip is even better.

Cats

Contrary to legend, cats do not need to go outdoors. Indoor

cats live longer, healthier lives. Every cat, indoor or not, needs at least one litter pan, with litter cleaned daily and changed weekly, an accessible dish of fresh water changed twice daily, age appropriate food combining kibble and soft food, one or two dishes, something to scratch instead of the furniture, toys to work out its hunting instincts, a couple of shelves to sit on, at least one by the window, and a private space to withdraw to when things are just too much.

Long haired cats needs daily grooming. Some need face cleaning. Failure to properly groom a long haired cat can result in skin disease, respiratory infection, even blindness.

Dogs

Cats come potty trained. Puppies don't. That takes time; and newspapers; and cleaning supplies; and patience. Further, dogs need to be taught what is and is not acceptable behaviour in your family, and among the neighbours, canine and human. This, too, takes patience; and time; and, if you mess it up, money to hire a professional to fix the problems. If you are getting a puppy, learn first how to train it into the kind of dog you want it to be.

Dogs need the same supplies, minus litter pan, scratching post and shelves, plus leash and harness/leader/collar and a couple of beds. They do need to go outdoors, not just in a back yard, but for walks, at least an hour daily. Regardless of the weather.

As always, Google is your friend. Do your research before making that commitment. As a friend says, "It's not a Barbie; it's a life."



Kids' skates needed

The Lowertown outdoor skating rink (Jules Morin) is located near two schools, York Street Public School and Ecole Ste Anne, that plan to use this facility that has recently been improved by the Sens Foundation. Many children attending these schools are new immigrants and/or are from low-income families and do not have skates, however, so they may not be able to take advantage of this wonderful activity.

We are hoping to collect a number of skates in a range of sizes so that they can be left at the changing hut for children to use.

If you have some skates at your house that are no longer being used, please consider donating them so that they can serve many children who would not otherwise have the opportunity to skate. Skates can be dropped off at the temporary change hut of the rink (park in the Ste-Anne parking lot at the east end of York Street) or at my back door (438 Daly). Or you can make arrangements with me (grace-tremblay@rogers.com) to pick them up elsewhere.

February 17 will be the grand opening of the new change hut, so it would be ideal if you are able to drop off the skates before then. There will likely be an on-going need for skates, so keep this in mind for the future as well. Thank you in advance for your generosity.



Avez-vous des patins usagés?

La patinoire Jules Morin, située dans la Basse-ville d'Ottawa près des écoles Ste-Anne et York Street, a récemment été améliorée considérablement grâce à la Fondation des Sénateurs. Plusieurs des enfants du quartier, qui viennent souvent de familles immigrantes et/ou défavorisées, ne peuvent malheureusement pas en profiter car ils n'ont pas de patins.

Nous cherchons à amasser un bon nombre de patins usagés de toutes les grandeurs pour les mettre à la disposition des enfants dans la cabane.

Si vous avez des patins chez vous qui sont trop petits pour vos enfants, veuillez songer à les donner afin qu'ils puissent servir aux enfants qui n'auront pas autrement l'occasion de patiner. Les patins peuvent être laissés à la cabane temporaire de la patinoire (stationner à l'école Ste-Anne à l'est de la rue York) ou à la porte arrière chez moi (438, avenue Daly). Ou bien communiquer avec moi (grace-tremblay@rogers.com) afin que je puisse les ramasser ailleurs.

Idéalement, nous aurons un grand nombre de patins avant le 17 février, date d'ouverture de la nouvelle cabane qui déservira la patinoire. Mais tous les dons après cette date seront acceptés avec plaisir. Merci à l'avance de votre générosité.



BULLETIN BOARD

Free DVD player: Phillips DVD player complete with remote and cables. Tel: 613 241-3947.

Skate sharpening: The Ottawa East Minor Hockey Association operates the Sandy Hill Skate Shop upstairs at the Sandy Hill Arena. Hours: Thursday 5:30 p.m. to 8:30 p.m.; Saturday 8:30 a.m. to 1:30 p.m., Sunday 4:00 p.m. to 8:00 p.m.

New Community Garden Project: A community garden at the corner of Laurier and Blackburn Avenues is in its initial start-up phase! The project is supported by a network of residents in Sandy Hill and pioneered by inhabitants of Faith House, a multi-faith group of young people. Basic idea - A communal gardening space where any and all members of the community get together to garden twice a week and take home any produce there is. The project will go ahead based on grants and soil-testing results. Contact Caroline John at caree1987@gmail.com for more information. www.ash-acsc.ca/community-garden-project/

Concert for Centre 454, Feb. 15: Marking the 60th milestone of the Sandy Hill based community ministry is a benefit concert by the University of Toronto's Hart House Orchestra. The concert of music by George Butterworth, Carl Nielsen and Felix Mendelssohn will be performed in one of Ottawa's best venues for classical music, with guest violin soloist Arkady Yanivker of the Toronto Symphony Orchestra. Saturday, Feb. 15, 7:30 p.m. at Dominion-Chalmers Church. Regular tickets are \$60 (in recognition of the Centre's 60th!) and include a charitable donation tax receipt for \$30; tickets are \$20 for students and those who cannot pay \$60. 613-235-4351 Ext 301; centre454events@gmail.com; www.centre454.ca

50+ Short Story Contest: The Ottawa Public Library is hosting an annual Short Story Contest for older adults. This contest was formerly called the City of Ottawa 55+ Short



Rideau Branch Library

Programs, February-March 2014

377 Rideau St., 613-241-6954

Family Storytime / Contes en famille

Feb 11, 18, Mar 25, Apr 8, 15, 22 + - 10 sessions, 10:30 a.m. No registration. 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. Portes ouvertes.*

Magical Manga and more / La magie des mangas et plus...

March 10, 2014 - 2:00 p.m. No registration. Crafts and activities that bring graphic novels to life. Ages 10-12. / *La B.D. prend vie à travers bricolage et activités. Pour les 10-12 ans.*

Storytime Magic / Contes enchantés

March 11, 2014 - 10:30 a.m. No registration. Stories, rhymes and songs for children of all ages and a parent or caregiver. Family

Story Contest. Adults 50 years or older, who have a Library card, are eligible to enter. They are invited to submit a maximum of two short stories either in English or French. Stories must be original and unpublished works and under 2000 words. The contest opens February 11, 2014 and the deadline for submissions is March 11, 2014. Participants can win a cash prize which will be presented at An Afternoon of Storytelling on Wednesday, May 14 during which these authors will each read from their winning stories.

Contact: BiblioOttawaLibrary.ca; 613 580-2940; InfoService@BiblioOttawaLibrary.ca

Performances of Les Misérables will take place at Code's Mill on the Park, located at 17 Wilson St. E. in Perth, on February 6, 7, 8, 13, 14, and 15 at 8 p.m., and February 9, and 16 at 2 p.m. A number of Orpheus alumni from Ottawa have joined with Orion including Lawrence Evenchick, Barbara Seabright-Moore, Andrew Galligan, Michael McSheffrey, and Erynn Paton. They are joined by a host of names well-known to Perth theatre-goers. Ticket prices range from \$24 for a single reserved seat to \$160 for a table of 8, and all seats are \$15 on opening night (plus HST and ticket vendor fees). Tickets are available through Tickets Please (in Jo's Clothes at 39 Foster St.), by calling 485-6434, or by visiting www.ticketsplease.ca.

Gardener Ed Lawrence at the library: Saturday, March 15; 1:30 pm; the Centretown Citizens Community Association in partnership with the Ottawa Public Library at Main Branch, 120 Metcalfe St. presents: Urban Gardening with Ed Lawrence: Grief and Glory. Intensifying our city can present challenges to gardens which are squeezed into small lots or containers on decks and balconies. In the city core the shade from beautiful trees and buildings limits choices of plants; the wind on balconies means watering daily or more often and then the constant sun on those south-facing decks exacerbates these challenges. Fortunately Ed Lawrence has solutions to help you bask in the blooms. Donations to the CCA Trees & Greenspace Committee are welcome. Ed will have his book Gardening Grief and Glory for sale and signing. More information: Bonnie Mabee, 613 237-1056

Friends of the Farm: Master Gardeners Lecture Series

- April 8- Vegetable growing possibilities in the urban landscape by Judith Cox
- April 29 - Practical pruning techniques (you can tackle this gardening task!) by Lee Boltwood

Lectures are available individually or as a series. Individual lectures \$12 FCEF members, \$15 non-members. Lectures are from 7 to 9 p.m. located at Building 72 east of the Prince of Wales roundabout; 613 230-3276

Program. / *Contes, comptines et chansons pour les enfants préscolaires et un parent ou gardien. Programme familial.*

The Duke of Magic / La magie de Luc Leduc

March 12, 2014 - 10:30 a.m. Registration required. Join Luc Leduc for a colorful and action packed show featuring a dove, a rabbit and lots of audience participation! Ages 4-12. / *Rejoignez Luc Leduc pour un spectacle stupéfiant, très interactif et bourré d'action avec une colombe et un lapin!*

Witches, Wizards and Ogres / Sorcières, enchanteurs et ogres

March 13, 2014 - 2:00 p.m. No registration. Your all-time favourite magical characters and creatures. Ages 7-9. / *Rencontre tes créatures et personnages fantastiques préférés de tous les temps. Pour les 7-9 ans*

Amazing Science / Drôlement scientifique !

March 14, 2014 - 2:00 p.m. No registration. Stories, activities and crafts that show the magic of science. Ages 4-6. / *Découvre la magie des sciences à travers les contes, activités et bricolage. Pour les 4-6 ans.*

Achieve Your Ideal Weight

March 20, 2014 - 6:15 p.m. Registration required. During this talk, Nathalie Breton, Holistic Nutritionist at the Integral Health Clinic will: bust a few nutrition and weight loss myths; give you her top 12 tips for holistic weight loss; talk about how food sensitivities can have an effect on your weight; explain many factors which may have an impact on weight gain and retention; help you determine your ideal weight; give you a few tips to help with emotional eating - and more!

CALENDAR

February-March 2014

Events and shows taking place in or near Sandy Hill

Now until Mar. 23 – Bringing it Home: Abstractions and the Painters Eleven looks at a group of artists from the 1950s, Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699. www.ottawaartgallery.ca

Now until June 6 – Front by Rémi Thériault is an exhibit that explores the physical transformation of European sites where Canadians fought in the First World War, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, www.ottawaartgallery.ca

Now until June 6 – David R. Harper's *Entre le chien et le loup*, The Ottawa Art Gallery, Arts Court, 2 Daly Ave., 613 233-8699, www.ottawaartgallery.ca

Feb. 8 and Apr. 5 - Healing Service, a quiet service of reflection, prayer and anointing with oil that is open to anyone in the community in need of healing and support. This will be an ecumenical service with leadership provided by the healing ministries of St Joseph's Parish, St Paul's-Eastern United, All Saints Anglican and St Albans Anglican. At St Joseph's Church, corner of Wilbrod and Cumberland, 11 a.m.

Feb. 9 – 15th annual Reconciliation Day in Ottawa, remembering President Nelson Mandela (1918-2013) & Elder William Commanda (1913-2011), 1:45 p.m., St. Albans Church, 454 King Edward Ave. at Daly. For further information, please email junegirvan@rogers.com

Feb. 11, Feb. 25, Mar. 11, Mar. 27, Apr. 8 - The Tree Reading series meets the second and fourth Tuesday of each month, featuring Mark Abley and Sharon McCartney (Feb. 11), Jon Paul Fiorentino and Steven Heighton (Feb. 25), Elana Wolff and Ian Williams (Mar. 11), David McFadden and Sue Goyette (Mar. 27), Glosa Anthology Launch and open mic (Apr. 8), Arts Court Library, 2 Daly Ave., doors open at 7:30 pm, free admission, 613 749-3773, the Tree Reading Series also

offers free one-hour poetry workshops, 6:45-7:45 p.m., www.treereadingseries.ca

Feb. 12 - Meeting with Councillor Fleury about Chapel-Beausoleil traffic issue, 6 p.m., Rideau Public Library.

Feb. 13 - First meeting of the Amnesty International Book Club, book club members are invited to gather to discuss *Three Day Road* by Joseph Boyden, meeting to take place at the Amnesty International National Office, 312 Laurier Ave. E., 7-8:30 p.m.

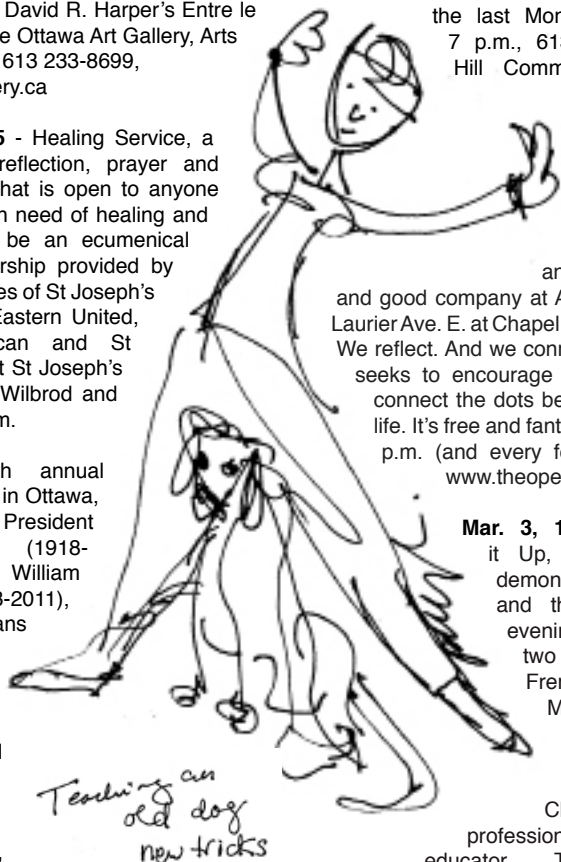
Feb. 15 - Centre 454 benefit concert —see Bulletin Board, page 18.

Feb. 18 – Mar. 8 – Half Life, a drama by John Mighton, Ottawa Little Theatre, 7:30 p.m., \$25, \$22 (seniors), \$12 (students), March 2 matinee, 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com

Feb. 24 – Action Sandy Hill meets the last Monday of the month, 7 p.m., 613 241-4646, Sandy Hill Community Centre, 250 Somerset St. E.

Feb. 23 and March 23 - The Open Table community meal for students. Come and enjoy good food and good company at All Saints Sandy Hill, Laurier Ave. E. at Chapel St. We eat. We meet. We reflect. And we connect —our community seeks to encourage one another as we connect the dots between faith and real life. It's free and fantastic. Beginning 4:30 p.m. (and every fourth Sunday). Visit www.theopentable.ca

Mar. 3, 10, 17, 24 - Cook it Up, four free cooking demonstrations, watch first and then taste! Monday evenings, 6-7:30 p.m., two in English, two in French. **Mar. 3** - Chef: Mary Cleary, owner of Pixie's Place. Theme: Caribbean food. **Mar. 10** - Chef: Susan Jessup, professional chef and food educator. Theme: Seasonal elegance - Lamb with seasonal vegetables. **17 mars**, Chef: Tess Prud'Homme, *bénévole communautaire et cuisinière extraordinaire*. Thème: *Mets végétariens pour les lundis*. **24 mars**, Chef: Tamara Sarkisian, *étudiante en nutrition, l'université d'Ottawa*. Thème: *Mets traditionnels de l'Arménie*. Register for one or all. For more information or to register call Olly our dietitian at 613-244-2792. Sandy Hill Community Health Centre, 221 Nelson St., corner of Rideau.



Teaching an old dog new tricks

Cross training to beat the cold

Neil McKinnon

Yes, it's been a long and cold winter. For some (including this writer), the temptation to sit inside, eat chips and stream favourite online TV shows is still overwhelming. But whether or not you kept active or turned into a couch potato, we researched a few enjoyable activities that will help get you moving again before spring!

Fencing

"Fencing is a super technical sport but people don't often get injured while doing it," says Paul ApSimon, fencing coach for University of Ottawa GeeGees.

Fencing is a dynamic sport. It is like ancient sword fighting except that it uses lightweight swords and contestants are well padded. It's also a plyometrics exercise, with lots of stops and goes and bounding directions.

"Fencing has a lot of fitness benefits," ApSimon says. "One of the things people lose later in life is stability. Fencing is always done in seated stance, or a half squat. We also use a ton of core work, which on its own has a lot of benefits for stability and balance."

"Before your first fight happens, people need to condition themselves; at first by developing power, speed and balance. And do core work. Otherwise, you're looking at being 'gassed' after only a few minutes of fighting."

"You really get into (fencing). After a period of having someone with a weapon in front of you, you step back and realize how much work you've done," says ApSimon.

Chinese Boxing

Practical Chinese boxing is Chinese martial arts without the trendy North American name. Chinese Boxing instructor Sinisha Gajic says that martial arts takes the balanced, over the fast, approach to fitness, resulting in less disappointment and injury.

"Martial arts is not boot camp. We are not looking for maximum fitness. We lead people to gradual fitness and skill development over time," says Gajic.

Martial arts can be practiced at any age or skill level. To get and stay fit, Gajic says people should be prepared to dedicate about an hour per day towards focused exercise (proper form, no distractions, goal in mind etc.). The first lesson Gajic teaches his clients is how to use breath as a means of relaxing and increasing energy.

"People are often already stressed. Pushing yourself to your limits all the time is counterproductive. Many people look for activities that increase tension on their body (i.e. running). I think we are already tense because of all the stress in our daily lives. So you want to relax when you train," says Gajic.

Walk More

Walking is the most common physical activity but we don't do enough of it, says Statistics Canada. Apparently 41 per cent



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Mar. 15 – Trent McClellan performs at the Ottawa Little Theatre, 7:30 p.m., \$35, 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com

Mar. 22 – Sean Cullen performs at the Ottawa Little Theatre, 7 p.m., \$25, 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com

Mar. 21 – Choral concert: The Concert Choir of Michigan Lutheran Seminary will present a concert of sacred songs at St. Paul Lutheran Church (Wilbrod at King Edward). The thirty-five voice choir, composed of students training to be pastors and teachers in the church, has toured annually since 1955. The concert is open to the public. There is no admission fee; however, since the group is self-supporting, a freewill offering will be received. For more information, call 613 234-0321

Mar. 25 – Apr. 12 – Drama at Inish, a comedy-drama by Lennox Robinson, Ottawa Little Theatre, 7:30 p.m., \$25, \$22 (seniors), \$12 (students), Apr. 6 matinee, 400 King Edward Ave., 613 233-8948, www.ottawalittletheatre.com

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



Photo Ottawa Fencing (Paul ApSimon)

of Canadians walk less than one hour per week, meanwhile the Canadian Community Health Survey said to keep moderately active one should do at least 30 minutes to an hour of walking per day. It might be worth noting that the Canadian Centre for Occupational Health and Safety recommends more walking to help improve mental health, lower blood pressure and cholesterol, ease back pain and reduce risk of heart disease and stroke. Also, adding on at least an extra 30 minutes of walking per day will help you lose about five kilograms of fat per year.

The Ontario Ministry of Long Term Health offers these ideas that people can easily add to their daily routines:

- Add 10 minutes of movement to your morning routine.

- Park the car 10 minutes from where you are going.
- Dance to your favourite music for 10 minutes each day.
- Take the stairs instead of the escalator.
- Take a 10-minute stretching break at work.
- Walk or bike to work.
- Get off the bus 10 minutes from where you work

For more information about Paul ApSimon's fencing classes: 613-852-3832, paul@ottawafencing.ca. For more information about Sinisha Gajic's martial arts classes, call him at 613-233-9878.

P.S. The writer of this story lost 20 pounds last year simply by walking more!



Event organizer Barbara Brockmann (Russell Ave.) was assisted by her family — Michael, Aidan and Kathleen O’Keeffe), Éric Audet and many Action Sandy Hill directors.



Non-stop action on the hockey rink, where everyone shoots to win!



Above - Four-year-old Cole volunteers for duty at the hot chocolate table.

Photos from the Sandy Hill Winter Carnival by Bob Meldrum, Jane Waterston and Alexis Lapointe-Bernier

Left - Three happy participants - Chloe, Mathilda, and Samara

January 19, 2014 • Sandy Hill Park

Sandy Hill celebrates winter!

Thank-you to Action Sandy Hill, the Brockmann/O’Keeffe family, local businesses and churches that donated goods and services, many volunteer helpers and—especially—all you fun/snow/ice-seekers, young and old!



Nelly, Patricia and Johan from Sigma Beta Phi Sorority move tables. Ottawa U’s Greek Council also helped out.



Above - Councillor Mathieu Fleury greets new arrivals.



Sandy Hill star Gabe Roberge puts on a great magic show for the young and young at heart.




Sandy Hill elegance! Left - Anne Melrose (Blackburn Ave.) and her children and friends enjoy the horse-drawn carriage ride.

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