

What does City Council's Viner decision mean?

François Bregha

On March 26, City Council rejected the construction of a nine-storey student residence at the corner of Laurier Avenue and Friel Street (the "Viner" proposal.) The proposed building, which would necessitate the demolition of the existing six small apartment buildings on the site, would house some 650 students and offer commercial space on the ground floor. Action Sandy Hill and neighbours had strongly opposed this proposal, at the City's Planning Committee in February, for being out of scale with its immediate surroundings.

So what does Council's decision mean? In the first instance, the story is not over because it is widely expected that the developer will appeal the decision to the Ontario Municipal Board. If they do so, the City will need to hire an urban planner and a lawyer to argue its case. It cannot rely on its own planning staff because they, and the City's Planning Committee, both supported the Viner proposal.

ASH will need to participate in the OMB hearings too because it would be imprudent to rely on the City's efforts alone: Council's decision came as a surprise and may have been motivated more for political reasons (this is an election year) than matters of policy. In such circumstances, it may just not fight very hard to uphold its decision at the OMB. Peter Hume, chair of the City's Planning Committee, for one, expects the City to lose. The timing of an OMB hearing has not been determined but it is expected that the OMB would not be able to render a decision before the municipal elections in October.

Secondly, the Council's decision raises a red flag for developers seeking zoning changes in Sandy Hill. Mayor Watson described Sandy Hill as "an important heritage community that's under a lot of stress," the implications being that developers should be more sensitive to the community's character as well as the zoning requirements in the Sandy Hill Secondary Plan.

This is a red flag as well for the Univer-

sity of Ottawa that, at the end of January, solicited expressions of interest from developers to build one or more off-campus residences. While in a letter to ASH last December the University stated that it was "not interested in ideas that require a significant modification to a land use district at the official plan or zoning level," both this wording and subsequent comments by Mr. Rock in the University's paper, *The Fulcrum*, leave some ambiguity about what the University feels a "significant" modification to the official plan or zoning really is.

Finally, the decision shows that the petition, the media interviews, the countless meetings, the presentations to City officials, the lobbying, the hiring of expertise, have paid off even if the fight is continuing. The community has gained additional leverage with developers waiting in the wings, leverage that should help it win future battles. ASH has launched a fundraising campaign to support its intervention at the OMB hearing and future City Planning Committee meetings.

There is another troubling aspect to the Viner controversy. Under Section 37 of the *Ontario Planning Act*, a municipality can authorize an increase in height and density beyond what is allowed, in return for the developer providing offsetting community benefits. One would think that the Viner building that is to be more than twice as tall as the current zoning and would house about five times as many residents would qualify under this provision. Apparently not. The City and the industry have decided to calculate community benefits based on density alone, not height. And because the Viner property has some empty space at the back and the new building would include a lot of common areas (because it is to be a student residence), these areas do not count in the equation – even though these could disappear in the future (*viz.*, the changes that were made to the former Sandy Hill Seniors Residence on Friel when it was converted to studio apartments). So, if the City and ASH lose at the OMB, Sandy Hill will not only end up with an inappropriately large building on Laurier Avenue but will gain no offsetting community benefits.

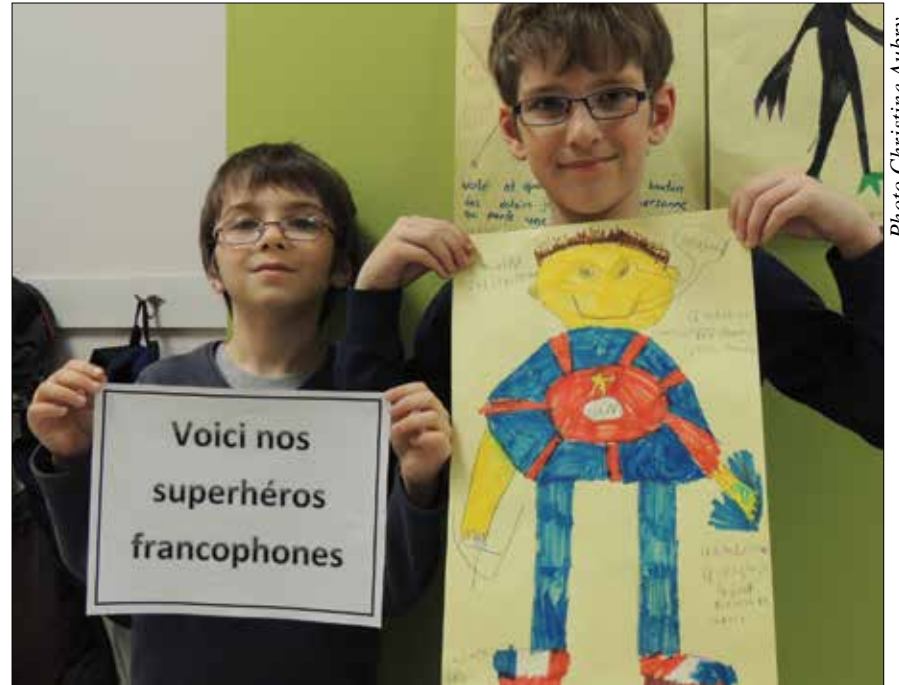


Photo Christine Aubry



Photo Christine Aubry

Les superhéros de la Francophonie auprès des amis de l'École Francojeunesse. Nicolas et Léo (en haut) ont créé un superhéros qui lance des fleurs de lys pour faire parler les autres en français. Veuillez consulter page 12 et page 15 pour de nouvelles au sujet de nos écoles publiques. À ne pas manquer, le Français correct rédigé par l'incomparable, Denyse Mulvihill, page 14.

Planners vs. protesters

The Uptown Rideau caper

Larry Newman

On Wednesday, March 19, in the year 2014, the mountain came to Mohammed. In this case the mountain arrived at the meeting room of the Rideau Library in the guise of a good half dozen City planners and about a dozen nice displays of Rideau Street from King Edward Avenue to Cummings Bridge. The object was to notify the locals that the 2005 Uptown Rideau Community Design Plan is being updated by the City's planners and this is how they are going to do it.

The public meeting on the 19th was very well attended. Nearly 200 people signed in and the room was

crowded much of the time. The procedure is different from that which resulted in the 2005 CDP. At that time, the creation and writing of the plan was a collaborative effort that included planners, business people, residents, and architects. This time, the plan calls for all of these people to be consulted but the project will be managed and the CDP written by the planning department.

This plan affects the area on both sides of Rideau Street, between King Edward Avenue and Cummings Bridge. The area is split between Lowertown and Sandy Hill by a line down the middle of Rideau Street. As seen on the planning department's diagrams, there is a big difference between the two sides. The south side has a

Continued on page 4



Photo Larry Newman

Outside the library on March 19 Sandy Hillers showed concern over the reopening of the Uptown Rideau design plan.

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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Tel: 613-237-8889

E-mail : image22@rogers.com

Website: imagesandyhill.org

Editor:

Jane Waterston

Rédactrices de langue française :

Denyse Mulvihill, Betsy Mann

Advertising: Peter Rinfret, Jane Waterston

Research/admin/translation:

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

Production: Jane Waterston, Bob Meldrum

Photographers: Bob & Jan Meldrum, Larry Newman, Eleanor Woolard

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Tél: 613-241-1059 et 613-237-8889

Courriel : image22@rogers.com

Site web : imagesandyhill.org

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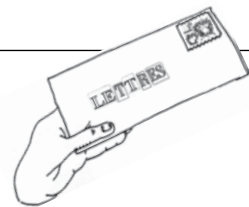
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The coming of spring is always welcome. Visitors to the Strathcona Park pond c1920 (LAC PA-034292). — Submitted by Ken Clavette

**Our readers
write ...**



**Courrier
des lecteurs**

Renovations praised

I'm a bit late congratulating the owner of the vintage, low-rise rental apartment house at 253 Daly Avenue (corner Friel Street). Extensive renovations took place over last summer. Renovators maintained the period look of the original structure while repairing and transforming it, taking it back in time. This is one address that enhances our streetscape. They even kept some grass! I enjoy walking past this lovely building every day.

Kerry Wilson

CNIB Kudos

Canadian National Institute for the Blind thanks its incredible volunteers; we couldn't do what we do without them. Our volunteer team stretches from one end of the country to the other and is made up of Canadians of all ages and from all walks of life. Every day, passionate CNIB volunteers make a difference for our clients. Please remember to take the time to acknowledge the CNIB volunteers you know in Sandy Hill. A simple "thank you" reminds them that their work is appreciated.

Perpetua Quigley
CNIB Ontario - East



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A Sandy Hill resident asks....

Why not a diverse, inclusive Sandy Hill for students, families, the elderly.....a Sandy Hill for ALL?

by Suneeta Millington



Suneeta Millington is raising her family on Augusta Ave in Sandy Hill.

In mid-February, after several months of thoughtful discussions and careful deliberations, ten community associations from across Ottawa joined together in calling on the City to develop a comprehensive city-wide student housing strategy to address the urgent housing crisis facing students and communities alike. In response, the [Ottawa] Citizen's editorial board responded with a quick rebuke that offered no solutions to the pressing problems outlined in the letter but rather painted the signatories as little more than narrow-minded NIMBYs.

Despite the convenient narrative that has emerged—from the University, the City and anyone else who finds it easier to engage in *ad hominem* attacks vilifying the messenger rather than addressing the actual issues raised—most of us who live in these neighbourhoods know full well the benefits of having students in our spaces. Indeed it's often why we choose to live here ourselves. We like the energy and dynamism they bring to the streets, we like the diversity and economic productivity that their presence lends to our areas, we like the enthusiasm and eclectic edge that shape their contributions to our day-to-day lives.

We wonder however, why no one on the [Citizen's] editorial board, at the Universities or in City Hall seems to like the senior citizens who were kicked out of their long-term housing last year when their building was sub-divided to cram in a bunch of international undergrads? Or the couple and their two toddlers who are being pressured to leave their apartment because the landlord can get more money from a combined rent of four students than from a family? What about the young professional looking to buy in the same neighbourhood

who is now completely priced out of the lucrative developers market? And the retirees who have sold their family home and are trying to rent downtown but can't access anything that's not in a bunkhouse? Who's concerned for them? As more and more potential permanent residents are shut out of living in our communities because of unchecked economic forces and bad planning decisions, it becomes less and less likely that the City itself can meet its own goals for revitalizing the urban core, supporting local businesses or attracting healthy long-term investment into these areas. Thus, while pitting residents against students may provide a tempting sound bite or set up an expedient storyline, it is divisive and unconstructive and does nothing to fix the bad development and resultant disequilibrium that is eating away at the streetscapes and social fabric of our neighbourhoods.

But let's suspend reality for a moment and assume that every single one of us does actually hate students – including the hundreds of students themselves who added their voice to a 2013 petition in Sandy Hill that gathered 1100 signatures calling on the University of Ottawa to build on-campus residences. Let's accept that we are merely "ageist", and let's, for the sake of argument, admit that we are a miserable, unfriendly, uncaring lot, more concerned with our property values than anything else (which, as an aside, is a specious argument because I'm likely to profit more from selling my detached 3-storey to a developer than I ever would to another family). But even if all of the above were indeed true, it simply does not negate the realities of the situation on the ground: our historic neighbourhoods are being negatively and irrevocably altered

with no sign of a clear plan or end-goal in sight, and it is the job of the City to examine and respond to significant urban issues impacting thousands of its residents.

The disproportionate impact of university growth on certain communities is not a new issue but it is one to which the City of Ottawa, and the post-secondary institutions it houses, seem to have given little consideration to date. Thus when ten separate communities approached City Hall to flag the fact that these complex problems need multifaceted solutions, one would assume that the City would welcome the opportunity to reflect on these concerns, to study them in detail and to come up with an action plan. But not only has the City declined to take up the concrete suggestions put forward by the group, Mayor Watson also stated that it is "not possible, or practical, to create a one-size-fits-all city-wide strategy because each university and college has its own housing needs and situation." To claim that a comprehensive city-wide strategy is too hard to develop is simply wrong; the Canadian cities of Whitehorse, Hamilton, London, Kingston and Oshawa all have such plans currently in place. Around the world major cities like Belfast, Newcastle, Manchester, Brighton, Sheffield, and Melbourne (to name but a few) do too.

In the absence of any further study or justification regarding how the City and the post-secondary institutions plan on dealing with the problem across Ottawa – particularly with the upcoming and long-awaited arrival of the LRT, this does a disservice to both responsible developers who presumably would benefit from certainty and clarity regarding the rules, and to the communities bearing

the brunt of constant ad-hoc development.

I was at a party recently when a City of Ottawa planner – in reaction to a comment about the slide of parts of Sandy Hill into a student ghetto – dismissively stated, "What do they expect? They moved next to a university." To her and all the others who share that view, I offer this: As the resident of an urban quarter of national historic significance in Canada's capital city, I expect to live in a neighbourhood that is safe, aesthetically attractive and clean; I expect to find my streets peopled by inhabitants from the full intergenerational spectrum; I expect to be surrounded by local services, amenities, programs and businesses that cater to the diverse needs of the community, not just one specific demographic; I expect post-secondary institutions to find innovative, constructive and positive ways to contribute to their adjoining communities both as regards, and separate from, the housing issue; I expect more than mediocrity in the architectural development of the built environment that surrounds me; I expect the heritage value of my neighbourhood to be celebrated not exploited; and I expect the City to show leadership in creating and implementing policies that reflect the overwhelming global evidence that attests to the need for balance between permanent and transient resident populations, that demonstrates the importance of coherent, big-picture planning and that proves that student ghettos benefit no one, not even the students. Perhaps most importantly, I expect not to be ridiculed by the very people mandated to ensure all of the above. If Ottawa is truly going to tap into its potential to become a world-class capital city, no one reading this should expect any less.

You can support this cause by making a donation to Action Sandy Hill's fundraising drive. See Martha Scott's article on page 7 for more information.

Uptown Rideau Caper, continued from page 1

Photos Larry Newman



Planning staff and citizens considered the many conundrums of upper Rideau St.

The only building that is designated Heritage is the Wallis House, 589 Rideau, on the north side of the street.

One stated reason for revising the plan is that development pressure has begun now that the Rideau Renewal Project has added infrastructure capacity to both sides of Rideau Street. This means larger and taller buildings can be accommodated. Another reason is the need to accommodate changes in policy made recently; for example, the mandate to increase the population within the city (intensification) and the decision to build the LRT (Light Rail Transit), both appeared after the CDP was finished in 2005.

The project began this January and is expected to finish in a year. During that year, planners will meet with developers, landowners, business owners, associations, and technical advisors. By June, draft strategies will be released and sometime between July and October a second public open house will be held to "refine draft strategies and the draft updated CDP."

Not all of the action was inside the library. In front of the library, at about five

p.m., 30+ people, many with placards, gathered and made plain their dissatisfaction with the City's efforts. This protest was inspired and organized by Martha Scott and Sally Southey, both long time residents of Sandy Hill.

The protesters' chief argument was that this was just a cover to give license to developers to build high rises on Rideau Street. As proof of the planning department's perfidy, the group cited the plan to conduct the CPD unlike the way it was done in 2005 when the first CDP was created by a working group as a collaborative effort among all stakeholders. For this year's exercise, the City planners are keeping the power to decide when to hold meetings, how to accommodate competing desires of the residents, owners, developers, and architects, and how to analyse data. They will write the drafts and final document. This approach accounts for much of the dissatisfaction and distrust voiced by the protesters. And they weren't the only distrustful ones: I heard a passer-by shout, "Death to developers".....surely tongue-in-cheek.

How's your directional intelligence?

Ron Hodgson

For some reason I've always been able to locate myself on the face of the planet. I seem to instinctively know which way is north and hence the direction of east, south and west. When I'm travelling in an unfamiliar area I usually seem to have a rough idea of which way to go and even how long it will take to get to my geographical destination. I have no idea how I achieved this "skill" but I can say that it's sometimes very convenient. It gives me confidence that I will never be truly lost. In fact it sometimes makes me overconfident when, instead of following signs, I ignore them in favour of my knowledge that the objective lies in a certain direction despite the signage. The embarrassing result sometimes finds me on secondary roads and in crowded town centres instead of speeding by on the bypass. Life is full of little adventures!

I've been told that I should rely more on GPS (Global Positioning System) navigation. Once on a trip in Southern England my brother, our navigator, gave me, the driver, instructions which just didn't feel right. They went against my intuitive directional knowledge so I ignored his sage advice and took a different road to the one he was recommending. My road pointed towards our ultimate destination. His road seemed to take us on an unnecessary tangent. The inevitable result was a journey down secondary roads and through crowded town centres and an increasingly restless carload of thirsty travellers pining for the pub near the B&B where we were staying. As the afternoon waned and with our goal still distant, I began to see the error of my stubbornness. British roads are not meant for the faint of heart despite their excellent signage. Next day we bought a GPS navigation aid.

But there can be such a thing as over-use of GPS. In this case it was, perhaps, necessary but I think on a broader scale it might work to the detriment of one's innate sense of direction. Just as over-reliance on computerized math systems seems to be slowly but surely taking away our mental arithmetic skills, overuse of GPS can reduce one's directional intelligence. Mental skills need constant exercise.

Observation is the key to both direction and position. Directions rely on such things as landmarks, signposts, street names,



towns, villages and knowing which way is north. Positioning depends on boundaries such as major roads, railways, rivers, shorelines and the knowledge that they will guide you as if you were in some sort of gigantic pin ball machine.

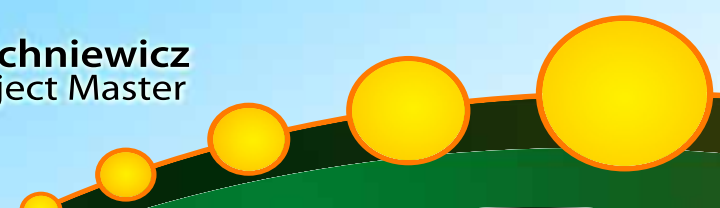
Some people worry about being tracked by location systems. True, some such as commercial fleet tracking systems and OnStar, the General Motors vehicle communications system, use cellular phone networks combined with GPS to keep tabs on vehicles. These 2-way systems do leave a trail. However, the Global Positioning System on its own is simply a one-way signal from a group of satellites to your device allowing it to give you information to accurately position yourself without letting anyone know where you are.

For some, being tracked creates peace of mind. For others it's like an electronic tether. As we increase our need for social networking I suspect that being connected and constantly broadcasting one's whereabouts to others will become more and more acceptable.

Personally I love to navigate using paper maps. Although maps in Canada tend to be rudimentary affairs, primarily road maps, there are very interesting and relatively detailed topographical maps (1 to 50,000 scale) made available through map stores by the Federal Ministry of Natural Resources. The only problem with these is that they were surveyed many years ago and tend to be a bit out of date. But they're still the best type of map to use when you are hiking, biking, canoeing, snow shoeing, or in fact doing any off-road adventuring.

By frequently reading and relying on maps you can develop or improve your own directional intelligence. When was the last time you looked at an atlas? Can you picture other parts of the world in your mind? When someone mentions Crimea do you know where it is and what it looks like? We live in a shrinking world and are increasingly affected by global affairs. There are issues that just can't be answered by the disembodied voice of your smart phone or your GPS device.

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The AGM of Action Sandy Hill



Have your say!

All residents of Sandy Hill are welcome to attend this Annual General Meeting. Membership registration and open house for community organizations will start at 6:00 p.m. while the meeting will begin at 7:00 p.m. Come meet your elected officials, hear the latest issues affecting Sandy Hill, and vote for your new Board Members.

Thursday, May 15, 2014 • Doors open at 6:00 pm

Sandy Hill Community Centre, 250 Somerset St. East

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

New memorial marks hazardous corner



Photos Bob Meldrum



On April 2, the citizen group Walk Ottawa unveiled a memorial plaque bearing an over-size pedestrian walk signal at the corner of Rideau and Waller Streets, where a tractor-trailer fatally struck 26-year old Yvonne Hendriks on February 21. Sandy Hill residents Diane Beckett (above, middle photo) and Martha Scott (bottom right) and others took part in the ceremony along with councillors Diane Holmes and Mathieu Fleury.

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Just Ask IMAGE ...

What is the status of Sandy Hill Co-op subsidies and its lease with uO?
The end date for tenant subsidies is coming soon, in February 2015. At that point, the co-op will also be mortgage free. Residents learned this winter that the co-op will allow their subsidies to carry through until the end of the property’s lease from the university. The lease is set to expire in July 2019.

Are there winter rules for dogs in Strathcona Park?
There have been quite a few people walking dogs in Strathcona Park this winter even though Strathcona is signed as a “no dogs” park. I’m bothered by dogs in the park because of the numerous piles of poop I’ve encountered. One owner told me that dogs are allowed there in winter. Is this true? Is it a new rule?
IMAGE was told by City Of Ottawa staff that Strathcona Park is a “no dogs” area all year, including winter. The owner you encountered was mistaken. Dog owners have a nearby alternative. The Robinson Sports Field, located south of Strathcona Park, is a “dogs allowed” park. Dogs can be on or off leash there.



Mystery bus?
The 16X bus leaves the Rideau Centre stop on the north side of Rideau Street three times a day to return to Sandy Hill. The bus arrives at the stop without a number or destination sign. It is only marked PRESTO. After stopping and letting off passengers the 16X sign usually appears. This means that people waiting for the bus have to be observant and quick to get to the front of the bus, check the sign and get on the bus. Sometimes the bus leaves before the sign is changed, leaving angry passengers stranded. Why doesn’t the bus arrive with the 16X sign showing? Why the mystery?
IMAGE learned a few things when trying to get an answer to this question. Firstly, that the system on buses which tells riders what the next stop will be also controls the external destination/bus number sign. Secondly, that the destination sign automatically changes to 16X “as the bus reaches the bus stop, not before.” However, there is a manual override which drivers could use. Thirdly, it seems that OC Transpo had not heard of this problem before, so has begun investigating and are hoping to have a solution “for the next booking schedule on June 21st.” Fourthly, it is very difficult to get complex questions like this answered through the City’s Media Relations department. The explanations we received were by email, attributed to David Pepper, Manager of Business and Operational Services for OC Transpo but always indirectly via Media Relations. A slow and cumbersome process. IMAGE will continue to investigate this question.

Why is the Sopinka Cup in the neighbourhood?
Congratulations to Reem Zaia & Sarah Sullivan for taking home the 2014 Sopinka Cup. On March 15th, for the first time in the 16 year history of the Sopinka Cup—Canada’s national criminal court competition—University of Ottawa’s Law Faculty emerged victorious. Word from the judges is these two women did not simply inch their way to the prize but rather won it hands-down with brilliant and determined advocacy. In a month replete with issues of sexism on campus, these two rock-stars demonstrate the unstoppable force of smart women; also taking home best chief examination & best overall advocate (Reem Zaia). Congratulations Sarah and Reem, Canada’s brightest rising stars of Criminal Law on the win and on making history! — Jennifer Cavanagh



Dirt piles are already growing near the Queensway. photo Bob Meldrum

Lees Avenue bridge replacement coming our way July-October

Bob Meldrum

The Lees Avenue Bridge over Highway 417 is scheduled to be removed in July and replaced via rapid replacement technology at the beginning of October. The bridge will be closed during this period to complete abutment works and construct a new median pier. Construction of the new bridge has already begun within the staging area next to the highway, and will continue during this time period. Impacts on Highway 417 will be limited to two distinct weekend closures, one in July as the old structure is removed, and one in October when the new bridge is put into place.

Public notices and news/press releases will be issued in advance of the removal and replacement of the bridge.

The sculpted mounds of gravel to the west of the bridge construction will be

used to create a ramp from the construction staging area to the highway. This ramp will provide access to the highway from the construction site for the machinery which will transport the bridge structure.

The Lees Avenue Bridge is a very unique structure in that it has both a horizontal and vertical curvature. The rapid replacement of this multi-span structure that includes two curvatures will be the first in Ontario. Stakeholders will be invited to view the rapid installation of the new bridge in early October.

Weekly construction information, including updates on the Lees Avenue Bridge construction, is available on the LRT project website at www.ottawa.ca/confederationline (choose a construction summary then scroll down to Lees Avenue Underpass.)

Appreciation must be expressed to Courtney at the City of Ottawa Media Centre for her assistance in obtaining this information.



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Larry Newman

This is a quote from an Ottawa Police officer, observing the Beausoleil/Chapel intersection (reported by Diane Beckett). “The problem of cars ignoring the signs at Chapel and Beausoleil has been reported recently by several Sandy Hill residents.”

Just as a refresher, the IMAGE February-March 2014 issue included an article – “Challenge at Chapel and Beausoleil”. It told of an effort by the city to create a legal intersection at Beausoleil and Chapel but limit the access to Chapel to bicycle and pedestrian traffic. Currently, this limited access is not installed and it is unclear why the city has not at least put up temporary barriers to block motor vehicle access between Beausoleil and Chapel. There are stop signs and “no entry for vehicular traffic” signs but, according to reports, many drivers have been ignoring them.

John Verbaas decided to observe the scene himself on April 1, watching traffic between 4:30 and 5:00 p.m. This is what he reported:

“At about 4:40 the first violation happened and it became apparent that there were a couple of unmarked police cars that jumped into action. As a result, for ten or so of the remaining 20 minutes I was there, those police were visible as they had cars pulled over and so the behaviour of other drivers was better than it would have been with no police there. Thus the observations below are probably better than average especially if the police had been there on other days prior to this as well.

With that caveat, this is what I observed:

1. Cars on Beausoleil approaching the intersection from the west: 33 cars over the 30 minutes:

- one car went through the stop without paying any attention to it: the police pulled him over;
- one car turned right to go up Chapel: the police pulled him over.

2. Cars on Beausoleil approaching the intersection from the east: 65 cars over 30 minutes:

- one driver went through the stop without paying any attention to it: the police pulled him over;
- about 4-6 cars slowed down considerably but technically did not really stop: the police didn't pursue them;
- one car turned left to go up Chapel: he got away with it;
- one car started to turn left up Chapel, stopped, backed up, turned around and went back the way he came!

3. Cars on Chapel approaching the intersection from the south: 13 cars total:

- eight of those cars turned around and went back out Chapel again;
- two cars turned right onto Beausoleil, one of those was pulled over by the police;
- three cars turned left onto Beausoleil, all three of those were pulled over by police.

Of the 98 cars on Beausoleil the vast majority, 85-90%, were well behaved and really did comply with the signage and did stop.”

The police contact who spoke to Diane Beckett said that they spent four days at the intersection – from Tuesday to Friday in unmarked cars. They gave out 175 tickets and even more warnings.

One policeman mused why Augusta, which was also opened for construction, can be closed with about 16 big barrels while Chapel cannot?

Save Sandy Hill

Sandy Hill residents dig deep to preserve the neighbourhood

Martha Scott

As you read in the top story on page one, City Council voted against the Viner project on Laurier Avenue at Friel Street. Great but short-lived jubilation ensued among those who opposed the project. While Action Sandy Hill appreciates that council voted the project down, this is but one step in a long process.

It is virtually certain that the Viner Group will appeal to the Ontario Municipal Board and many people are quite certain Viner will win the appeal. A strong voice from the residents of Sandy Hill is the only route to success at the OMB. For that we need to retain legal and planning expertise, just as the developer will.

In addition to this potential OMB appeal, the community will need to respond to development proposals in various other locations, including along Rideau Street. On the Sandy Hill side of Rideau Street (at Cobourg) there is a proposal by Richcraft for a 16 - 18 storey condominium tower. The same developer has plans for a mid rise condo at the corner of Charlotte and Rideau.

Meanwhile on the Lowertown side of Rideau there is a 16 storey condo proposal now being reviewed by the City Planning Department, and the former Jewish Community Centre site will be developed— one proposal suggests three high rise towers on that site.

In an unusual move, Action Sandy Hill recently embarked on a rare fundraising drive. In the last year there have been unprecedented development pressures and ASH and its committee members as well as other members of the community have been, frankly, run off their feet in responding. ASH cannot effectively fight inappropriate development without planning and legal expertise. At press time, and in the first week of canvassing the neighbours, more than \$7000 has been raised.

So, although a small battle was won at City Hall on March 26, the war continues. The need to raise funds continues. ASH hopes you will consider an investment in your community and encourage your neighbours to do the same. One of ASH's block representatives may have already visited you to ask for your support. You may have seen the letters that are being circulated.

Donations of any size are welcome. Please make your cheques payable to “Action Sandy Hill” with the notation “Save Sandy Hill” in the memo line. A committee of ASH will administer this fund.

Cheques can be dropped off or mailed to: Pat Archer, 192 Marlborough Ave. K1N 8G4. An email box specifically for the fundraising project is: savesandyhill@gmail.com

With your help we can keep Sandy Hill a vibrant diverse community providing a place for families, singles, students, the elderly—in short, a community that continues to welcome all as it has for 150 years!



As the full moon hastened its departure, a contorted replica, branded the waning gibbous moon, eerily appeared in the early morning hours of February 20. Photograph by Kathleen Kelly.



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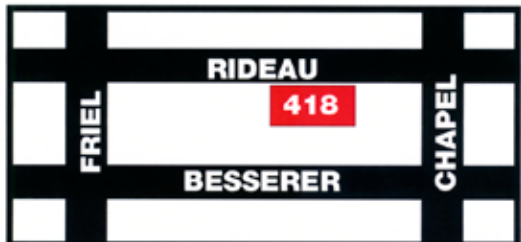


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May I recommend...

A stroll around the campus

Christine Crawford

Living beside the campus of Ottawa University is a blessing for me. There are many winter days when my path leads me through the grounds of the University and over the Corktown Bridge to Elgin Street.



While the sidewalk in front of my home and as far as the Somerset-King Edward intersection can be icy and not shovelled by the overburdened City crew, I always find the campus well-maintained by Ottawa U staff. The walkways are bare - completely free of snow and ice. As I age the fear of falling on an icy patch is a concern, so the distance from the University side of King Edward to the Transitway bus stop is a reprieve from being cautious with every step. The clearing of the walkways is taken over by the NCC at the underpass and this also is well groomed for the walking folks.

Summer and autumn are also a good time for taking advantage of our neighbour, the University of Ottawa. I find the hill from Strathcona Park to my location a bit of a climb on a warm summer evening. What I discovered recently is how pleasant it is to stroll through the campus after dinner. The pathways are interesting, angled diagonally through large expanses of lawn and there are a good number of benches to sit upon and rest. If one ventures over to the area in front of Tabaret Hall there is a different experience of nature. The tall trees provide shade and also hint at a forest environment.

There are a lot of advantages to having the University as a neighbour—these two are the ones that come to mind—I'm sure you know of others.



Food trucks are a bonus when walking around the campus.

photo Bill Blackstone



The link to the library drew at least one resident to Chartwell City Centre.

The selling of yet another seniors' residence...240 Friel St.

Renie Grosser

What! You left Victoria, British Columbia and moved back to Ottawa...are you crazy, nuts, coo-coo, loco, matto, folle, verruckt, meshuggah? Well, most people are too polite to actually say any of those words directly to me, but I can guess what they are thinking. And it is true...at least the moving from there back to here. So why?

I'm something of a rolling stone and have moved several times. After retiring from Algonquin College (Woodroffe Campus), I enjoyed the salubrious climate of Victoria for several years. But I did miss friends in Ottawa and Montreal and the close proximity of New York City. As I have some physical challenges and have lived long enough to have seen 1,000 full moons, I thought that perhaps I should think about a retirement residence.

On a visit to Ottawa, I looked at a few residences and when I saw the one at 240 Friel Street, I was hooked. It had a direct entrance to the charming public library next door. Whether it was raining or even -40C, I could enter the library without going outside. As a cat loves catnip, so I adore libraries.

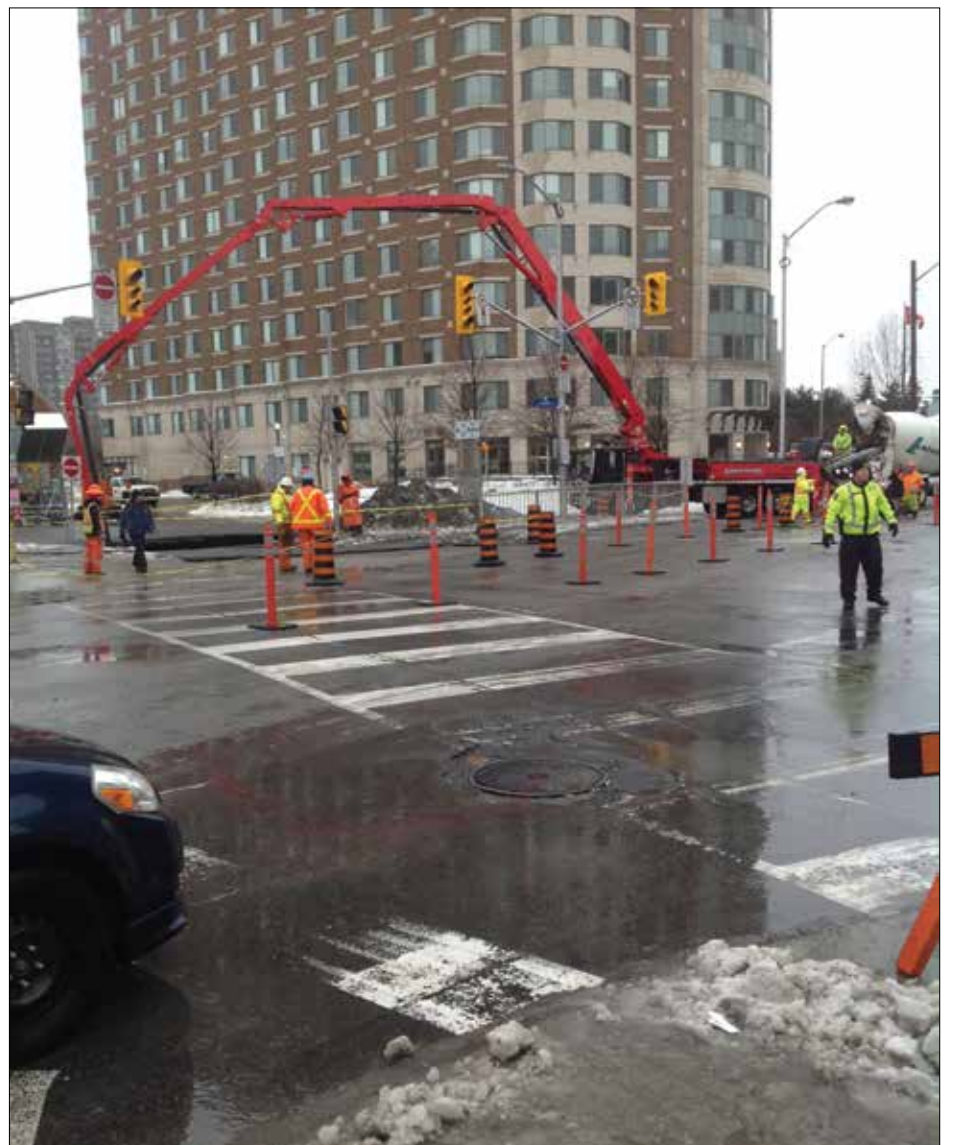
On Oct. 1, 2012, I moved back to Ottawa to a unit at 240 Friel Street and the library has been my second home. Books, DVDs, newspapers, magazines...all available and the obliging staff will order anything that is not immediately at hand. I am there at least four times a week. It is such a treasure, that I had decided that the next time I revise my will, the Rideau Branch of the Ottawa Public Library would be mentioned.

Then, on Tuesday, March 4, 2014, there was a knock on my apartment door and two people entered and told me that my residence, this building at 240 Friel St., had been sold, and all the residents must find other lodgings. Presumably, a number of the employees here (there are about 60) will have to find other jobs. I do give the choosers of the date full credit for a wonderful play on words...

March fo(u)rth!

Yes, of course there are plenty of retirement residences, but not one has the only feature that attracted me to this one. I hope to remain in the Sandy Hill area and will be looking for a regular apartment, as close as possible to my library. Does anyone know of a place with no stairs and a stand-alone shower? If you do, please let me know, and it is possible that you, too, may be mentioned in the next version of my will. Incentive?

photo Claire MacDonald



If you were walking cross-campus on Friday 21 February, you likely saw the extraordinary sinkhole that surprised transitway construction workers at Waller at Laurier.



En attendant la construction du nouvel édifice de La Nouvelle Scène

Anne-Marie White, directrice artistique du Théâtre du Trillium, a mené une discussion avec le public après une représentation de la pièce *Lapin blanc*, lapin rouge sur la scène de l'École secondaire De La Salle. Elle est accompagnée de Philippe Ducros (à droite), directeur artistique des Productions Hôtel-Môtel de Montréal, et du conseiller municipal Mathieu Fleury. Fleury venait de relever le défi d'une lecture à vue du texte de la pièce, tel que prévu par son auteur. En attendant la construction du nouvel édifice de La Nouvelle Scène, les spectacles de ses compagnies de théâtre sont présentés dans divers lieux. Du 29 au 31 mai, vous pourrez voir une production du Théâtre du Trillium dans le café Bluebird Coffee au 261, rue Dalhousie.

—Betsy Mann

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Help your neighbourhood, few meetings, maybe parties: Be an ASH Block Rep

Jane McNamara

Are you looking for an opportunity to meet your neighbours and make a contribution to your community but don't have time to attend regular meetings? Volunteer to be a Block Representative for Action Sandy Hill and you can do both with a manageable commitment of your time.

The Block Rep organization was started up by ASH Board member Alice Kwong and several ASH volunteers in September 2013 and now almost 50% of the blocks in Sandy Hill are represented. However, many streets and blocks particularly in the North and South end of Sandy Hill as well as apartment buildings and community organizations such as All Saints Church, Bettye Hyde Early Learning Centre, Viscount Alexander and Francojeunesse schools are looking for representation.

Block Reps have a few basic duties. They relay information from Action Sandy Hill to their neighbours, mostly by email correspondence. If there is an issue on their block that ASH should know about, they can relay that information to the ASH Board through the Block Rep coordinator, Vivienne Bartlett. Occasionally they post flyers or deliver leaflets about special events like the Annual General Meeting or the annual barbeque. They welcome new neighbours to the block, provide them with essential information about our community and encourage ASH membership.

If there is an issue facing the community, Block Reps make sure their neighbours are aware and engage them on ASH initiatives. Last fall they took a petition around to block neighbours that asked the University of Ottawa to build student residences on campus. Over 1100 people signed this petition in a few short weeks. This winter they have informed neighbours about the Viner proposal to build a nine storey building on Laurier Avenue at Friel Street; they asked for support in letter writing to City Council to oppose this large scale building that would replace six buildings and take away affordable housing for both students and working people. This effort contributed to the success at the Council meeting on March 26 where 14 of 23 councillors voted to oppose this development.

An unexpected and welcome result of the Block Rep initiative has been the increasing number of block parties where neighbours get to know each other and discover what a vibrant and interesting community we live in.



Block Reps meet about four times a year for updates on current community issues and ASH initiatives. A social gathering is held once a year and it's a great opportunity to get to know other community members and find out what's happening around the hood.

A Block Rep report is presented to the monthly ASH Board meeting by Block Rep, Cathy Major. If you (or a friend) are interested in representing your block, check the information table at the ASH AGM on May 15 at the Sandy Hill Community Centre or email info@ash-acs.ca.

Cindy's children on the move...



From the All Saints gate to the Carriage House ribbon: our Sandy Hill nursery school moves down the hill and becomes an Early Learning Centre, February 20, 2014



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photo Jan Meldrum

Co-directors of CAFCO. On left is Dr. Julie Desjardins and right Dr. Caroline Sullivan.

New Family Centre provides wide range of health and social services

Diane Beckett

The Child Adolescent and Family Centre of Ottawa—a bilingual group practice of child psychologists, speech-language pathologists, psychometrists, social workers, a naturopathic doctor and a lawyer—has located in the cosy space in the Carriage House above the Bettye Hyde Co-operative Early Learning Centre on Osgoode at Blackburn.

Dr. Caroline Sullivan, the centre co-director and professor of psychology at the University of Ottawa, says “It’s got a really homey feel.” And after Dr. Julie Desjardins, the other co-director, gave me a tour of the premises, I totally agree. The bedrooms under the eaves have been converted to welcoming and comfortable consultation rooms.

Combining the expertise of professionals from a range of fields in one facility enables CAFCO to provide collaborative services to children, adolescents, and their families. A wide range of issues can be addressed. For example, the psychologists and social workers are experienced in mental health issues such as trauma, depression and anxiety as well as social skills, grief, self-esteem, step families, co-parenting, couple issues, attention deficit disorder and toileting and feeding issues. In addition, the psychologists can conduct socio-emotional, educational and psychological assessments and carry out treatments as well as therapy. The lawyer specializes in education, family and collaborative law. The naturopathic doctor is interested in fertility, perinatal care, labour and lactation support and women’s health. The speech-language pathologists

are experienced in language development, articulation, stuttering and communication disorders including children with special needs experiencing speech-language problems. And, as an added bonus for everyone visiting CAFCO, all of the administrative staff are on their way to becoming helping professionals; they are all psychology students at the University of Ottawa.

In addition to their private practices, all CAFCO professionals are committed to supporting the larger community by providing workshops on topics such as parenting, bullying, social skills, anxiety and depression, as well as professional development training, working with underserved and high-risk populations, and offering services on a sliding scale. I would add that, although CAFCO only opened in January, they have already begun supporting the larger community by providing an extensive list of resources on their website (www.cafco-ceafo.ca) including information on child development, teens, parenting, mental health and nutrition.

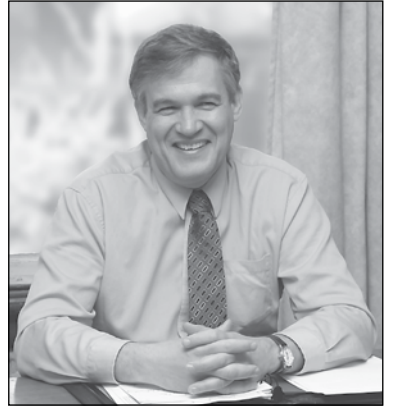
Sandy Hill is truly lucky to have such a broad range of health and wellness professionals dedicated to serving children, teens and families in our neighbourhood. I wish that they had been around 21 years ago when my son was born. I have traipsed all over town over the last two decades accessing just a few of the services that CAFCO provides. It would have been much easier if I could have popped over to the Carriage House and had continuity of care—under one roof and just a few blocks from my house.

A huge thanks goes to Leanne Moussa who rallied the residents of Sandy Hill to save the historic Carriage House and turn it into such an amazing community resource with a day care on the first floor and a health and

Ottawa Carleton District School Board Trustee Report School Play Structures

A year ago trustees were asked by some school community members to largely help finance and pay for a new play structure at their school. This triggered debate about the role of the School Board in school yard amelioration, and specifically with respect to play structures.

Then, during last year’s budget debates, a trustee moved a motion to replace all old play structures in the District at District cost, including ensuring that all schools without one got one. With 120 elementary schools, and structures easily running \$40K, this was a multi-million dollar ask. It was voted down by a majority of trustees, including myself.



Rob Campbell, Trustee
Ottawa-Carleton District School Board

I voted against the motion as serious questions were raised by staff and also colleagues about our strategy re play structures and why we might fund them. We asked staff to do a literature review of the effect of play structures, alternatives to them, and to identify the pro and con issues involved so that we might discuss the policy implications fully outside of a tight budget approval timetable. This past March, we had some of this discussion. The staff report is available on the Board website, attached to the e-agenda for that meeting. Staff will digest what they heard and come back again in a month or two with some specific proposals, for more debate and possibly action.

The pros to District funding of play structures are that it relieves parent school communities from fundraising for them, and can provide greater equity for have-not school communities. The cons are: play structures are only usable during half of the school year, they occupy useful space and encourage competition over access. The literature is divided as to the pedagogical or physical wellness impacts of play structures. Many school districts are moving in the direction of yard greening instead, though this is perhaps no less expensive in the long run and raises some of the same questions. What do you think?

New Trustee

I will not be running again for Trustee in the upcoming election. I’ve accomplished many of the things I set out, and might reasonably have been expected, to do. And, I’ll have been at this for 8 years, not counting some very engaged years before that with the District. It is time to go.

I do hope that Zone 9ers make sure that they elect a community voice with broad interests, and with a special care for the more vulnerable. However, that is up to you.

I will of course continue faithfully to seek to represent and inform you up until the new Board takes over in early December.

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.



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photo Bob Meldrum

Right Bike for Sandy Hill

Danna Leamna

A community bike-sharing enterprise may arrive in Sandy Hill by the time the snow has melted and tulips are blooming this spring.

For readers familiar with BIXI and other popular bike-sharing services available in central Ottawa and other cities around the world, Right Bike is a bike-sharing service of a very different colour indeed!

Let's start with the bikes: they're painted a distinctive shade of purple. They're mostly 3-speeds with sturdy frames – the sort your grandmother can ride – but there are also hand-crank bikes for people with disabilities and adult tri-cycles if you need to do a grocery run. Most of the standard bikes are donated by the community. They are refurbished, kept in good operating condition, and delivered between hubs by the staff, who are primarily clients of the Causeway Work Centre – people with various disabilities – trained and overseen by certified bike mechanics.

Right Bike is currently operating in Westboro, Wellington West, and the Glebe. With a \$30,000 Better Neighbourhoods grant from the City of Ottawa Neighbourhood Connections Office, expansion eastward is planned this summer to Sandy Hill, as well as to Centretown, Dalhousie, Little Italy, Vanier, and Overbrook.

Early in April, representatives of Action Sandy Hill are meeting with Shane Norris, coordinator of Right Bike on behalf of the Causeway Work Centre, and with the Neighbourhood Connections Office, to discuss possible hubs for Right Bike in Sandy Hill. There is already strong support for the program from Ottawa's Envirocentre, Councillor Fleury, and the University of Ottawa bike co-op, according to Norris.

Unlike the stand-alone, high-tech (and high-cost) docking stations used by other bike-sharing enterprises, Right Bike relies on a network of community sponsors to provide hub locations. Existing hubs in

west Ottawa and the Glebe include a mix of community centres, bike shops, and other supportive public and private partners. These organizations are able to provide a space for the bikes (in a conventional bike rack or "corral" provided by Right Bike) and a staff member's time to manage the sign-out process for the bikes.

"It's all as low-tech and low-cost as possible," says Norris. "It's like a lending library."

In addition to the main focus of the Right Bike program – to create employment for people with disabilities and to provide green transportation options – community benefits of the Right Bike enterprise include its flexibility and accessibility. Annual memberships (\$60 for unlimited use of 24-hour loans) or casual use passes (\$20 for 72 hours; \$5 for 24 hours) are available to users with or without a credit card, and to users of any age appropriate for the size of the bikes available (under age 18 with parental permission). Although Right Bikes must be "checked out" during the opening hours of the hub location, they can be returned at anytime using a key drop box. The main limitation, in comparison to other bike-sharing enterprises, is that the borrowing hours depend on the opening hours of the business or community organization sponsoring the hub.

In addition to identifying appropriate hubs in Sandy Hill, Right Bike needs donated bikes for the planned expansion. Right Bike welcomes a donation of any bike, in any condition, of any age. Any bikes that can't be refurbished and used by the Right Bike hubs will be refurbished and sold to support Right Bike, used to train bike mechanics in a program coordinated with Cycle Salvation, or, if beyond help, donated as scrap metal to the Habitat for Humanity ReStore.

How to support Right Bike here:

- Propose a station location for Sandy Hill -- contact info@ash-acs.ca
- Donate a bike (or for more information about Right Bike): Right Bike, 1 McCormick St., Unit A (office and workshop). Tel: 613-722-4440; Email: rightbike@causewayworkcentre.org Website: rightbike.org



Go Canada go! The Viscount Alexander community cheered our Olympic success.

News from Viscount Alexander Public School on Mann Avenue

Michael Barnes

Keeping busy during this winter

Winter may have been long and cold, but Viscount Alexander PS was busy learning, cheering and fundraising! Over the winter our students worked with Éliane Viens-Synnott from Tradansa Dance group to learn dances from around the world. Students and staff worked with Mme. Shankman throughout the week, and presented their class dances to parents in a final recital at the end of the week. There was a surprise mass participation dance at the end of the recital, and the smiles were contagious. Thank you to Mme. Deena for securing a grant to fund the workshops as well as organizing the week for the school. It was a wonderful opportunity for the students to experience various dance forms and music. Check out a dance on our website at www.viscountalexanderps.ocdsb.ca

Olympic spirit thrives at Viscount

Students and staff cheered on our Canadian Team as they traveled to Sochi for the Olympic Games. The students had the opportunity to watch some of the final hockey games for our women's and men's team, with the women winning gold and the semi-final match for the men's team. Go Canada Go!! They learned about the different sports, and the science involved within various events. Students tracked our medal standings, and shared fun facts about the history of the Olympics, awesome moments and athletes demonstrating great character as they competed for our country.

Great skaters on a mission

From January to March students worked hard to learn and improve their skating skills. Classes

crossed the road to Sandy Hill Arena weekly to prepare for our annual skate-a-thon. It is always a wonderful feeling to watch how students improve with each session of skating, and how proud they are about their efforts. Their skating culminated in our final week before March break by having students predict how many laps they could skate around the rink in 15 minutes, and raising money for school programs, and programming enhancements. We raised \$1600 for the school, and are very grateful for all of the donations from our school community. Thank you to all of our school volunteers for helping each week to tie skates, help support new skaters and walk with classes to and from the rink.

Kindergarten registration still open!

Viscount Alexander is pleased to inform any families that are looking to register their child for Kindergarten that the registrations are still open for this coming school year starting this September 2014. The school office is open from 7:30 a.m. to 3:30 p.m., so feel free to drop by and pick up a registration form. If you have any questions please call the office at 613-239-2213



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Directors face fiscal challenge while children enjoy the new Bettye Hyde

Susan McLeod

Cheered on by the community, Bettye Hyde has taken possession of its new quarters in the renovated Carriage House at 43 Blackburn Avenue.

The future of our beloved neighbourhood nursery school has been secured by this move from the basement of All Saints Church to a purpose-designed daycare facility. Now the 70-year old nursery school will be able to meet the evolving needs of its clientele by offering full-day childcare to toddlers and preschoolers. This broadening of focus comes with a change of name, too, henceforth to be known as the Bettye Hyde Co-operative Early Learning Centre.

All of this is terrific news. The future looks as bright as the morning sun flooding into the preschool playroom. Unfortunately, at least one storm cloud looms large, that of finances. Bettye Hyde School has always taken pride in its non-profit, co-operative, parent-owned, and parent-managed status. But converting a house into a daycare institution carries a hefty price tag. Sandy Hill Ottawa Developments (SHO), the incorporated group of neighbourhood residents who banded together to purchase the house, also financed the renovations. Bettye Hyde is on the hook to pay back a large portion of this daycare development debt to SHO. Though SHO has forgiven \$200,000, the debt still remains near 300,000 dollars, much higher than originally planned.

One of the reasons for the high debt lies with the provincial bureaucracy. When plans were first floated to relocate Bettye Hyde nursery school to a new address it was thought that the City of Ottawa could be counted on for financial support to offset the capital costs of converting the house to a child well-ness facility. Given the stringent and demanding building codes for day care facilities, renovations were sure to be costly. This was back in the day when the Ministry of Community and Social Services oversaw regulations governing childcare facilities. The Ministry provided funds to the City, which in turn

dispensed them to qualifying childcare facilities. Grant money was made available to centres where enrolment was directly affected by the implementation of Full Day Learning in elementary schools. Bettye Hyde was confident that it fit the criteria to receive financial support.

However, this past year responsibility for daycare shifted to the Ministry of Education. With this change of government body came rule changes and, alarmingly, a change in funding priorities. Now, daycare facilities attached to elementary schools will be first in line to receive provincial funding. This does not bode well for Bettye Hyde. In this new environment it will be far more difficult for the school to qualify for funds to offset its capital investment in the new facility.

Having so far managed to navigate all of the regulatory hurdles and with the children still excitedly exploring the marvels of their new play space, Bettye Hyde is determined to beat this latest fiscal challenge. And so, cap in hand, the school executive is turning to alumni and the community for financial aid. Through a fundraising initiative called the Giving Tree Campaign, donations are being sought in return for a charitable-donation tax receipt. Donors will be formally recognized in a Giving Tree mural to be painted on the wall of the school entryway by esteemed local artist, Vivienne Bartlett. Placement on the tree will be commensurate with level of contribution, ranging from a leaf to a root or, in the case of big spenders, the distinction of a bird. What a fantastic way to thank Bettye Hyde for its priceless contribution to the formative development of our children and to celebrate its longevity as a pillar of this community.

For details go to Bettyehyde.com or contact the director of the school, Cindy Mitchell, at (613)236-3108 or Bettye-HydeOttawa@gmail.com

Happy Easter ~ Joyeuses Pâques



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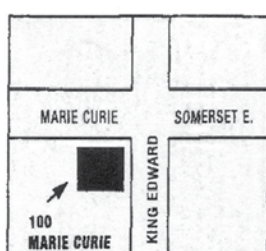
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Le français correct ✓✓✓

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 :

> **Bonne journée**, qui signifie « offrir un vœu simple et court à quelqu'un, au moment d'un au revoir » - non pas - passez une bonne journée, ce qui est calqué sur l'anglais, donc un anglicisme.

Ex. - Lors du départ de chez soi d'un visiteur, il est poli et agréable de le remercier de sa visite et d'y ajouter un vœu de bonne journée.

> **Ceci dit**, qui signifie que « ce qui vient d'être énoncé devient une prémisse à la conclusion du discours qui suivra » - non pas - ceci étant dit, ce qui est un anglicisme.

Ex. - Après avoir annoncé sa démission comme président de la compagnie, celui-ci a vite ajouté que, ceci dit, il avait des raisons personnelles de le faire.

> **Se fier à la parole de quelqu'un**, qui signifie « croire à la sincérité de quelqu'un qui promet quelque chose ou qui exprime une crainte à la suite d'une nouvelle troublante qu'il a entendue » - non pas - prendre sa parole pour le vrai, ce qui est un anglicisme.

Ex. - Dans la vie de tous les jours, il est normal et naturel de se fier à la parole d'une personne chère, même si, éventuellement, on se rend compte que le manque de franchise de celle-ci résulte en une amère déception pour soi.

> **Avoir la certitude que**, qui signifie « avoir l'assurance, la conviction, que quelque chose de bien et d'important se produira pour soi et pour tout son entourage » - non pas - avoir confiance que, ce qui est un anglicisme.

Ex. - À la veille d'élections, qu'elles soient fédérales, provinciales ou autres, chaque chef de parti doit avoir la certitude que la victoire est proche, grâce à sa conviction de pouvoir mener à bien son programme de gouverne bien étudié et bien réfléchi.

> **Monter dans une voiture**, qui signifie « avancer et prendre place dans un véhicule, tel une automobile, un autobus, un train, tout véhicule qui roule sur terre » - non pas - embarquer dans une voiture, qui signifie « prendre place dans une barque, un bateau, un avion, tout véhicule qui ne roule pas sur terre ».

Ex. - Les enfants se font toujours un plaisir de monter dans la voiture de leur grand-maman, car, lors de cette balade, elle leur réserve toujours de belles surprises.

Ex. 2 - À fin d'embarquer aisément et sans hâte dans un navire de grande ligne, tous les voyageurs, qu'ils soient novices ou expérimentés, doivent arriver assez tôt pour procéder à l'embarquement avec ordre et sans crainte d'un incident fâcheux.

> **Descendre de voiture**, qui signifie « sortir d'un véhicule, mettre pied à terre, et avancer vers un endroit précis, après être sorti d'un véhicule soit d'une auto, d'un autobus, d'un train, de tout véhicule qui roule sur terre » - non pas - débarquer de voiture, qui signifie « sortir d'un véhicule, soit d'un bateau, d'un avion, ou de tout véhicule qui ne roule pas sur terre ».

Ex. - Pendant l'hiver, alors que le sol est couvert de neige ou de glace, il faut doubler de prudence quand on doit descendre de voiture, mettre le pied par terre et avancer vers son lieu d'arrivée sans craindre de faire une mauvaise chute.

Ex. 2 - Quand l'avion atterrit et que tous les voyageurs se précipitent vers la sortie, on doit procéder avec ordre et calme pour débarquer de l'avion, surtout si celui-ci s'arrête au beau milieu de la piste, plutôt que de s'avancer vers le bâtiment des voyageurs; où l'entrée par un couloir contre les intempéries y est situé.

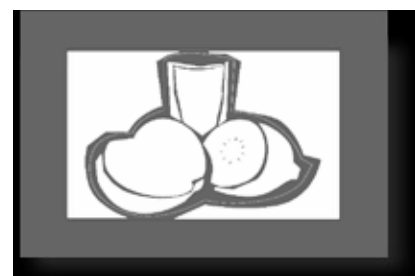
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Christine Aubry

Tout plein de « semaines » à souligner

À Francojeunesse, pas question d'avoir le cafard après une semaine de vacances avec toutes les activités prévues pour souligner la Semaine de la Francophonie, du 17 au 21 mars.

Les couloirs des deux pavillons resplendissent de couleur grâce à nos jeunes artistes. Les plus petits ont créé bracelets et macarons verts et blancs; les élèves de la 5^{ème} ont dessiné de beaux oiseaux faisant décoller la Francophonie; et les élèves du cycle primaire ont inventé des super-héros de la Francophonie—héros verts et blancs, ou bleus, blancs, rouges, etc., ayant le pouvoir de vous faire parler en français ou encore de vous transformer en Franco-Ontarien avec un seul coup de baguette magique!

Le 19 mars a eu lieu le tant attendu Talenmania! En tout, 120 enfants de la 1^{ère} à la 6^{ème} année se sont impliqués comme participants et organisateurs du spectacle, sous la direction d'Alex MacInnis, bénévole et tuteur à l'école. La motivation et le dévouement des enfants ont été contagieux tant pour les adultes organisateurs que pour les petits spectateurs.

Pendant ce temps, au pavillon Wilbrod, ce sont les parents qui divertissaient les jeunes en leur lisant des livres (en français bien sûr!) et en montant des spectacles pour la Francofête! Les petits ont aussi commencé chaque journée de la semaine en chantant l'Hymne et Ode à la Francophonie.

Puis, le premier jour de printemps, les élèves du cycle moyen se sont réunis pour applaudir leurs camarades (10 filles et 10 garçons) participants au concours d'art oratoire ayant comme thème « Le bon côté de moi-même ». Nous souhaitons bonne chance à Jacob Miller, Léo Seror, Elie Creighton et Clara Duceillier qui



représenteront Francojeunesse au concours « Art de s'exprimer » du Club Optimiste de Vanier.

Nous souhaitons aussi bonne chance à nos athlètes, filles et garçons, qui représenteront l'école lors du tournoi de mini-basketball à l'école Louis-Riel les 16 et 17 avril.

Les mois d'avril et mai s'avèrent tout aussi occupés puisque l'école soulignera les occasions suivantes:

- Semaine de la conservation de la faune, du 1 au 5 avril
- Semaine du développement durable, du 1 au 5 avril
- Journée de la Terre, le 22 avril
- Semaine de l'éducation, du 5 au 9 mai
- Journée du commerce équitable, le 10 mai
- Semaine de la diversité du 12 au 16 mai

Sur ce dernier point, la Direction tient à communiquer que le 15 mai aura lieu la grande soirée multiculturelle. Tous nos élèves et leurs familles sont invités au repas communautaire et encouragés à présenter leurs pays d'origine en apportant un met à partager ainsi que costumes, photos, et objets culturels divers. Si vous souhaitez participer, veuillez communiquer avec Mme Caroline Johnston à l'adresse suivante: caroline.johnston@cepeo.on.ca ou par téléphone au 613-232-0020.

Pour terminer, la directrice du pavillon maternelle-jardin, Mme Cécile Catalfo, vous invite à prendre rendez-vous avec elle dès maintenant pour inscrire vos jeunes à la maternelle pour l'année scolaire 2014-2015. Vous pouvez la joindre par courriel au cecile.catalfo@cepeo.on.ca ou par téléphone au 613-241-0988.

Bon printemps à tous nos voisins de la Côte-de-Sable!



Illustration Skye Bradie

The Davis Art School

New art school to open in Sandy Hill

Marcia Lea

In May 2014, *The Davis Art School* will be officially opening in Sandy Hill. The new art school is designed to offer quality creative education for children, adults and professional artists.

Many parents have chosen to look for extra art lessons for their children because they feel that school board budget restraints have severely limited the amount of art education in the public school system. *The Davis Art School* has been designed to encourage children's creativity by offering children's art courses and a summer art camp. Qualified art instructors, trained with degrees in both art and education, deliver the children's art lessons. The wonderful thing about art is that children can have incredible fun while learning art techniques that will last them a lifetime.

The Davis Art School was also founded on the principle that adults deserve time to be creative too. The school will be offering adult interest courses that will be taught by peer-recognized experienced artists.

The school is very fortunate to be able to begin classes in the former Bettye Hyde location at All Saints Sandy Hill, 317 Chapel Street at the corner of Laurier Avenue East and Chapel Street. The school's director, Marcia Lea, is a long-time resident of Sandy Hill and she brings to the school her talent as an artist, her experience as an educator, a degree in education and a Masters Degree in Fine Art. I cannot wait for this year's summer art camp. There is nothing like the smile on a child's face when they complete a piece of art that they are proud to say is theirs!

For more information:
www.davisartschool.com or director@davisartschool.com

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Awards ceremony coming to Sandy Hill on April 27

Alain G. Chauvin

The *Prix Rideau Awards* were founded in 2006 to celebrate, encourage and promote French and English locally produced professional theatre work and its artists.

Last month, artists and supporters gathered at *Le Petit Chicago* in Gatineau for a 5 à 7, where the 2013 nominees for outstanding achievements in theatre in the Ottawa-Gatineau area were unveiled. Thirty-nine English productions and 15 French productions were considered for this year's awards.

The *Prix Rideau Awards* will be handed out on Sunday, April 27, in Sandy Hill's Bate Hall, which is connected to All Saints Sandy Hill. Tickets are on sale now at www.prixrideauawards.ca.

This year's English nominees for Outstanding Production include plays about the corporate ladder (*We Glow*); critiquing Shakespeare (*Goodnight Desdemona, Good Morning Juliet*); parental obligations (*God of Carnage*); flying aces (*Billy Bishop Goes to War*); and yes, vibrators (*The Vibrator Play*).

Du côté francophone, les finalistes pour la production de l'année incluent des pièces concernant un couple auto-destructeur (Fool for Love); l'espoir de croire dans l'avenir (Ik Onkar); l'implosion d'une jeune femme (Je n'y suis plus); la pluralité de la voix féminine (À tu et à moi); ainsi qu'une tragédie festive (Porc-épic).

Leading the English nominations in individual achievement is Emily Pearlman,

who was nominated four times (twice in the same category). Pearlman may take home awards in the following categories: Outstanding Direction (*Hroses*); Outstanding Performance, Female (*We Glow*); Outstanding New Creation (for *Collapsible* and for *We Glow*—with Brad Long).

French multi-nominee Magali Lemèle may leave the ceremony with three awards. This year, Lemèle comes in as a triple threat for *Je n'y suis plus*, a coproduction with *Le Théâtre français du CNA*. Lemèle's nominations come in the following categories: *Interprétation féminine de l'année*; *Production de l'année*; and *Mise en scène de l'année* (with Louise Naubert).

If you're putting up a locally produced professional production in Ottawa-Gatineau, your production can be considered for the *Prix Rideau Awards*. However, it's not just the traditional categories like Direction, Design and New Creation that are recognized at the ceremony.

Emerging artists in the Ottawa-Gatineau area are also recognized. These artists are in their first years of establishing themselves in the theatre community or have redirected their focus to a different discipline in the theatre and have been recognised for their actions.

This year's English nominees for the Emerging Artist Award include: Melanie Karin – Actor; Steven Lafond – Sound Design; Tim Oberholzer – Actor/Director/Playwright; Jess Preece – Set/Costume/Stage Manager.

French-language nominees include: Catherine Boutin – *comédienne*; Benoît Brunet-Poirier – *éclairages*; Marie-Ève Fontaine – *comédienne*; Lissa Léger – *comédienne*; Tania Levy – *mise en scène*.



Oneness – Guatemala founders, Susan and Richard Schmaltz, with some of the children that Oneness supports.

From Sandy Hill to Guatemala!

Wayne and Aileen Moyle

It was in 1999 that Richard Schmaltz, former school principal with the Ottawa Catholic School Board, and his wife Susan, Early Childhood Education instructor (Algonquin College) felt called to take early retirement to work with the poor of Guatemala. The desire to serve prompted them to sell their comfortable home in Pembroke Ontario, and move to Guatemala, a beautiful Central American country with an underbelly of extreme poverty and some of the most deplorable living conditions in the world.

In the first two years Richard led teams to build homes for poor families, while Susan set up preschools and trained teachers. In the evenings, they would make up to 75 lunches a night and walk the dangerous streets to feed the homeless. "It was the hopelessness we saw in their eyes that kept us going" recalls Susan. They soon realized that a few sandwiches, though very welcomed by those with empty stomachs, were not changing their day to day circumstances, or improving their chances of escaping their cycle of poverty. They knew that the only way they could seriously impact the future of the children and the country was through education.

In 2005 Richard and Susan were recruited by Hanley Denning, the dedicated founder of Safe Passage which is an organization working with the poorest of the poor at the Guatemala City dump. In the hope of convincing them to set up a quality preschool for Safe Passage, Hanley took them to a bluff high above the Guatemala City dump where they observed hundreds of men, women and children methodically sifting through the mounds of garbage for anything they could use or sell to support their meager existence. Moved to tears by the horrific scene, the

couple knew immediately that they could not turn their backs on these families.

Partnering with Safe Passage, Richard and Susan established a daycare program on land adjacent to the dump. They focused the learning, not on copying, rote learning and memorization, which is common in Guatemalan schools, but on child-centred, activity-based learning that developed critical thinking skills. The first class they established blossomed, and so the Schmaltzes recruited work teams from Ottawa and the Ottawa Valley to travel to Guatemala to build classroom furniture and bring learning materials.

Today there are over 300 students in 22 classrooms at seven Guatemalan sites in urban centres, as well as in remote mountain villages supported by "Oneness Through Service-Guatemala" the charitable organization founded by Richard and Susan. In 2013 the Guatemalan ECE Teachers Association that Oneness started four years ago became an official Guatemalan NGO. The "Planting Seeds" methodology designed by Susan, is now accredited by the Ministry of Education.

The Schmaltzes have recently returned from Guatemala to take up residence in Sandy Hill where both Richard and Susan spent many of their formative years. As founders of Oneness-Guatemala, they continue to direct the activities of the organization from their base here in Ottawa.

Would you like to help? A fundraising event is being held in Sandy Hill on Saturday, May 24, at St Joseph's Parish Hall, 174 Wilbrod Street. The evening will include a silent auction, buffet dinner, cash bar, and a presentation by Susan and Richard. Tickets in advance are \$40 per person and are available at the front desk at St Joseph's Parish or by calling 613-795-8183.

If you are unable to attend our fundraiser and wish to make a donation you may visit our website: www.oneness.ca, or find us on Facebook.



We Glow was produced by THEATRE 4.669 at the Ottawa Fringe Festival last June. Pictured here are cast members Emily Pearlman and Brad Long.

Snails, slime and stilts

Throughout March, young artists in The Ottawa Stilt Union rehearsed a new production, *à la recherche des escargot / searching for snails* in Bate Hall at All Saints. The play, for children of all ages, is a brightly coloured, bilingual spectacle combining puppets, live actors, stilt walking, music and movement.

Conceived by Guy Marsan in collaboration with the troupe, *à la recherche* tells the story of a young businessman, Max, sent by his Boss to round up the snails of Snail Town, whose slime is the key to perpetual youth. The residents do their best to distract Max from his mission and capture his cell phone, which regularly relays harangues from The Boss to get those snails! Along the way, Max meets Harold and Maude, who bicker and wheedle like the old married couple they are, the mayor, assorted citizens, as well as the Snail Master, none of whom make his life any easier.

The production debuted at the ODD Box in Arts Court from March 25-30. As the first OSU production created specifically for a theatre environment, it marked another stage in the growth of the young company.





Students find what they need at the University of Ottawa's "Free Store" at 647 King Edward, a waste diversion initiative to encourage reuse and recycling.

"Dump and Run": making Reduce, Re-use, Recycle easy

Betsy Mann

April is here and soon we will see that sure sign of spring: the annual "move out" when students migrate from their academic-year lodgings to their summer homes. In the past, that has meant lawns piled high with discarded belongings left out for garbage pick up, including many articles that still had lots of useful life in them.

Ottawa U's Office of Campus Sustainability has been working to reduce the volume going to the dump by encouraging students to use its "Dump and Run" program. "It was horrible to see all those things going to waste," says Brigitte Morin, the university's Recycling and Waste Diversion Coordinator. "We make it easy for students to donate what they don't want to take with them. We now succeed in diverting eight to nine metric tons of goods every year."

Morin explains that the program doesn't have the space to accept large furniture or appliances. "Mostly we handle clothing, school supplies, books, lots of kitchen wares and small electronics," she notes. "We also accept leftover detergent, shampoo and unopened food. Then we sort it, clean it and decide where it should go." About 75 per cent of the donated goods are redistributed to local

organizations like women's shelters and the Ottawa Mission. "We have lists of what these organizations need, and we can deliver to small organizations," says Morin. "We don't pass goods on to places that resell."

The other 25 per cent of donations become the stock of the "Free Store," located at 647 King Edward, between Osgoode and Somerset. Here people can come and pick up what they need or want for free. "Some of our main customers are international students," Morin says. "They arrive with no supplies and not much money either. In the first week of September, we can get as many as 500 people coming to the store over just a couple of days. Often, when the international students leave at the end of their exchange, they bring things back so it's like they just borrowed it." The store is open during the academic year on Tuesdays, Wednesdays and Thursdays from 9:30 a.m. to 3:30 p.m..

Goods can be left in the donation box on the porch of 647 King Edward at any time, even when the Free Store is closed. For anyone bringing donations by car, there is an unloading zone in the parking lot next door. In addition, students living in residence can leave things on the tables that will be set up for that purpose in the main entrance of their buildings. "We'll start putting the tables out April 7," says Morin. "It's our big 'Dump and



Run' event; the tables are there 24/7. We want to make this really convenient for students because we know it's a busy time of year for them."

Sandy Hill residents are also welcome to make donations or use the Free Store. If you have student neighbours who are moving out, let them know about the service too. Together we can reduce waste and help the community.

Enthusiastic staff from the University of Ottawa's Office of Campus Sustainability sort through donations left by departing students. Goods are distributed to local organizations like women's shelters and the Ottawa Mission or made available for reuse through the "Free Store."



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Pepper, the vagabond feline

Christine Aubry

If you live in lower Sandy Hill, chances are you have crossed paths with a friendly black cat named Pepper. Perhaps he has followed you home, even run into your house before you had a chance to stop him. Maybe he has jumped into your car as you were unloading groceries. Indeed, our vagabond feline has quite a reputation in Sandy Hill. When he follows me and my boys on our way to school, I overhear other children exclaiming to their parents “Look, there’s Pepper!”

My stories about Pepper abound: one time I had to retrieve him from the office of the Dean of Engineering at Ottawa U; another time I spotted Pepper in the back of a police cruiser because he was running in and out of traffic on Laurier Avenue; and I have had phone calls from neighbourhood schools and daycares that find him trying to sneak in. Alas, our Pepper is either very adventurous, or not very

bright. On numerous occasions (usually a nice sunny day), we have watched frustrated motorists drive around our lazy cat who refuses to move from the middle of the road, regardless of loud honks. I often wonder how many lives he has left. As you can imagine, being Pepper’s owner causes me stress (and ensures a small dose of marital tension!)

Although I always express my sincere thanks to the people who “find” him, to be honest, I wish they would just let him be. Most of the time he is quite close to home, and we know he is capable, when willing, to make his way back. As Pavlov’s dogs, I suspect Pepper’s shenanigans are rewarded by so many caring humans who, thinking he is lost, cuddle him, take him in and feed him tuna and milk.

Don’t get me wrong, I am immensely grateful to be surrounded by so many caring, cat-friendly neighbours (and for the most part that means students.) I am always very touched (and a bit embarrassed) when someone interrupts their busy day to either wait with him until I arrive, or to deliver him straight to our door.

I know what you are thinking: “Why don’t you just keep him inside?” There are strong opposing camps amongst cat owners (much like the on-leash/off leash debate with dog owners) – those who think no cat should roam freely because it is too dangerous, and those who think it is cruel to keep a wild animal indoors. I have tried the middle ground with numerous cats; the leash in the backyard is said to work marvellously for some cats, but I have yet to be successful. And as for keeping him indoors, well, I have to admit that, cute as he may be, I value my furniture, my plants, and my marriage more than him! (In case you have not guessed, my other half is not so fond of cats.)

So for now, Pepper retains his freedom, and I will keep chasing him. But please do me a favour: if you hear the clanging of his cat tags following you, don’t take him in and feed him. Tell him to go home, or call me, I’m used to it.



Photo Bob Meldrum

L’église anglicane All Saints, un joyau du patrimoine religieux de la Côte-de-Sable



par Michel Prévost

La Côte-de-Sable compte plusieurs églises patrimoniales, mais l’église anglicane All Saints située au 315-317, rue Chapel, à l’angle de l’avenue Laurier Est, s’avère parmi les plus remarquables.

Ce magnifique bâtiment en pierre calcaire grise provenant d’une carrière de Gloucester est érigé en 1899-1900 afin d’accueillir les fidèles de la haute société anglicane de la capitale. Ce lieu de culte est conçu selon les plans de l’architecte ottavien Alfred Merigon Calderon (1861-1936), qui s’inspire du style gothique. L’église ne sera toutefois consacrée officiellement qu’en 1914.

Un extérieur sobre et un intérieur exceptionnel

L’extérieur assez sobre de l’édifice religieux se distingue par sa grande fenêtre, sa vaste abside polygonale, ses contreforts et son imposante tour carrée et crénelée. Notons que cette tour cache un petit carillon à neuf cloches qui s’avère unique à Ottawa et très rare au Canada.

Par ailleurs, l’intérieur de l’église All Saints se démarque par le magnifique vitrail de sa grande fenêtre située à l’ouest et son autre vitrail consacré à l’ancien premier ministre du Canada, de 1911 à 1920, sir Robert Borden.

Les nombreuses fenêtres sont décorées

au début du XX^e siècle par l’entreprise Colonial Art Glass Company d’Ottawa. Le chœur de l’église avec ses massifs blochets de chêneau saillants attire aussi le regard.



Des cérémonies importantes

Plusieurs cérémonies importantes se sont déroulées au sein de ce lieu de culte, notamment le mariage royal, le 11 février 1924, de Lois Frances Booth, la petite-fille du riche baron du bois John Rudolph Booth, avec S.A.R. le prince Erik du Danemark. Ce dernier doit renoncer à ses prétentions au trône danois pour épouser une roturière. C’est aussi dans ces murs que se sont déroulées en 1937 les funérailles d’État de l’ancien premier ministre Borden.

L’église anglicane All Saints, un des joyaux du patrimoine religieux d’Ottawa, est inscrite au Répertoire des biens patrimoniaux de l’Ontario. Il est rassurant de savoir que ce bâtiment historique est protégé pour les générations à venir.

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

L’église anglicane All Saints est située au 315-317, rue Chapel, au cœur de la Côte-de-Sable

Église en deuil, avant les funérailles de Sir Robert Borden, 1937





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OTTAWA

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ALL SAINTS SANDY HILL ANGLICAN CHURCH

The Reverend Rhondra MacKay
allsaintssandyhill.ca • 613-234-1686
Chapel St. at Laurier Ave. East

PALM SUNDAY, APRIL 13
10:00 am Blessing of the Palms, Procession,
Choral Eucharist

HOLY TUESDAY, APRIL 15
8:30 pm Night Prayers in the Chancel

MAUNDY THURSDAY, APRIL 17
8:00 pm Institution of Last Supper,
Footwashing, and Stripping of Altar.
Prayer Vigil from 9:30pm (Thursday
evening) to 9:30am (Friday
morning).

GOOD FRIDAY, APRIL 18
11:00 am Meditation for Good Friday

EASTER DAY, APRIL 20
5:45 am Sunrise service. We meet at the
Laurier Ave. door at 5:45, light
the first fire of Easter and proceed
to Strathcona Park for prayers at
dawn. Potluck breakfast following.

10:00 am Choral Celebration of the
Resurrection. Join us after the
service for festive treats and
fellowship downstairs in the lower
hall.

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Back garden confidential

Danna Leaman

Wednesday, 05 March 2014

It's another in a long winter of cold days with a stiff wind. Downtown, I climb stairs to the sixth floor space called the "Hub Ottawa," a collaborative workspace where all sorts of local organizations cluster around tables. I meet Katrina Siks, with Hidden Harvest Ottawa (ottawa.hiddenharvest.ca). Minutes later I'm headed down the stairs with a bag of tree seeds: morello cherry, shagbark hickory, Thomas black walnut, butternut, ginko. At home, I put the butternut and walnut seeds into cold storage in the garden shed, and pop the rest into the refrigerator. In a few weeks I'll plant them in small pots indoors, waiting for spring.

Tuesday 25 March 2014

There has been a brief snow squall outside my window this late afternoon at the end of March. The snow is still deep in the garden – nearly covering the black plastic compost box near the back stone retaining wall. It's packed into a drift still high enough against the fence between our garden and our neighbours to the south that Walter-the-dog can put his large floppy-eared head over the fence to be patted and loved by that family's two young daughters – his ardent fans. I've decided to put off starting seeds indoors for another three weeks, anticipating a later planting date than the 24th of May, and to accommodate a 10-day business trip, during which any started seedlings would surely wither away from lack of TLC. But I've heard water gurgling in the downspouts, and watched the snow pack melt above their outlets extended into lawn and garden beds. A pair of Cardinals is searching for a nesting site, and Juncos have reappeared. Why are they ignoring the small bundles of sunflower seeds dredged in bacon fat that I've strung on several tree branches? The busy squirrels will feast on them.



Danna Leaman and Walter hang out in their garden on Russell Ave



Pet dental health : tooth brushing ... or not

Eleanor Woolard

February was Pet Dental Health Month. We got emails, postcards and SMS reminders that dental health is vital to overall pet health, mostly focussed on tooth brushing. Somewhere near the end, it always mentioned that you should start brushing when your pet is a toddler, so s/he will learn to accept it.

Unless you start when your pets are young, brushing their teeth is as easy as filing your income tax from Jupiter. Often, cats and dogs stop co-operating the first time you accidentally hit a nerve or brush too hard.

But gum or tooth disease can lead to serious health complications for your pet. What can you do if the sight of the toothbrush sends him/her into the farthest corner under the sofa? None of our animals has shown any enthusiasm for having his/her teeth brushed. I have asked vets and vet techs, and not ONE brushed her pets' teeth either.

There are options. No single one is as effective as brushing, but combining several will improve your pet's dental health dramatically.

The easiest is dental treats. These are tasty snacks with textures and shapes that help scrape tartar and plaque off teeth and stimulate the gums. However, more treats claim to clean teeth than actually do. Look for the Veterinary Oral Health Council seal on the package; these have been clinically tested and shown to do what they promise.

Be sure that at least half your pet's diet is kibble. Kibble requires biting and chewing, which stimulates the gums and scrapes the teeth. Any good quality kibble will help, but for best results, buy a veterinary kibble specifically made to promote



When buying treats, watch for this seal on the packaging.

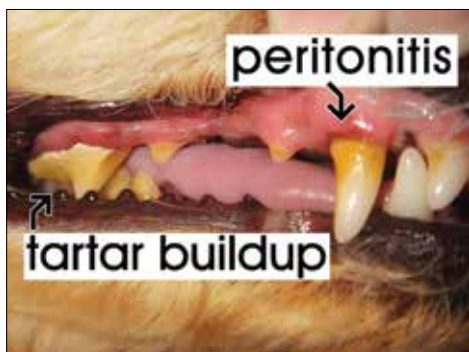
dental health. It is more expensive than regular kibble, but if you avoid one tooth extraction at the vet, you will have paid for more than a year's kibble right there.

Then, there are water additives. These are available at pet stores, from various makers. Putting a few drops in your pet's water dish every time you change the water makes every drink a way to kill mouth bacteria. Do not use human mouthwash! There are chemicals in human mouth washes that other animals cannot tolerate.

For those who want to add extra protection, and I recommend it, you can get tooth gel from the vet. This is not applied with a brush, but with a syringe, a drop or two on each side of the mouth once a day, preferably well away from feeding time; we give it right before bedtime. These gels are a more concentrated treatment that spread through the mouth in the saliva.

Finally, when it comes to your pet's annual vaccinations and health check, be sure to have a dental check done, too. If there is a tartar build up or signs of gum disease, these can be taken care of in a day visit. Since it involves anaesthetising the pet, s/he emerges with no unpleasant memories and beautifully clean teeth.

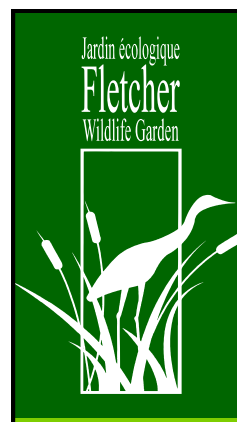
I wish my dentist used the same technique!



Bad Teeth: If your dog's mouth looks like this, you will soon be facing a big vet bill.



Good Teeth: A seven year old dog's newly cleaned teeth.



Go native!

Say good-bye to lawn grubs, fertilizers, sprinklers, pesticides.

Fletcher Wildlife Garden Annual Native Plant Sale

Saturday, 7 June, 9:30 am - 12:30

East side of Prince of Wales Drive, just south of the Arboretum

Hundreds of beautiful wildflowers are native to the Ottawa region. We can tell you which ones suit your backyard. Plant a wide variety of native plants to grow a garden that changes from month to month and that creates an ecological balance making herbicides, pesticides, and chemical fertilizers unnecessary. Most of our plants attract butterflies and birds that bring your garden to life.

See our demonstration backyard garden, and pick up free plant lists and "how-to" info on gardening for butterflies, attracting birds, building a backyard pond, and more!

Information : www.ofnc.ca/fletcher



We invite our members and community to our

Annual General Meeting
Thursday, June 26, 2014

at Sandy Hill
Community Health Centre

221 Nelson Street

5:00 – 6:30 p.m.: BBQ with our community! Get together with our Staff and Board of Directors, and meet our new Board candidates.

All former Board and Staff are welcome.

6:30 p.m.: Annual General Meeting Business meeting includes the election of the Board of Directors, presentation and approval of the President's and Treasurer's reports.

Come and get involved in your Community Health Centre!

Only members may vote.

Tous nos membres ainsi que la communauté sont conviés à notre

Assemblée générale annuelle
le jeudi 26 juin 2014

au Centre de santé
communautaire Côte de Sable

221, rue Nelson

17h à 18h30 : Barbecue avec notre communauté ! Rencontrez les membres de notre personnel et de notre conseil d'administration ainsi que les nouveaux candidats au conseil.

Les anciens membres du conseil et du personnel sont les bienvenus.

18h30 : Assemblée générale annuelle. Au programme : élection de membres au conseil d'administration, lecture et approbation du rapport du président et du rapport du trésorier.

Participez à la vie de votre Centre de santé communautaire!

Seuls les membres ont le droit de vote.

We are looking for new Board Members! Nous sommes à la recherche de nouveaux membres pour notre conseil d'administration !

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

If you:

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

call Cristina Coiciu at 613-789-1500 x 2505, for more information.

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

Si vous :

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

contactez Cristina Coiciu au 613-789-1500 x 2505, pour obtenir plus de renseignements.

What are we doing to our Earth?

April is Earth month, April 22nd is Earth Day and June 5th is World Environment Day. We are being asked to think about what we are doing to and for our planet. The Earth's natural processes are under stress and changing. The chairman of the UN's Intergovernmental Panel on Climate Change recently said, "Nobody on this planet is going to be untouched by the impacts of climate change."

Two Sandy Hillers have specific ideas on particular things we can do to help us survive.

Do you really “need” to buy that item? One purchase can hurt.

Eleanor Woolard

We live in an increasingly unbridled capitalist economy. Criticism of this economic jungle has focused on the actions of corporate predators: a more basic problem is the market.

As long as we, the consumers, insist on SUVs, individually packaged snacks, disposable razors, entertainment centres, and the panoply of labour saving, time saving goods, corporations will produce them. As long as we insist on the latest thing, cute boots, the hot road bike, the cell phone that gets live streaming from Saturn, we will continue to exhaust the globe's resources and distort our environment.

I can hear you now: I don't have time! I can't afford it! My job, the kids, my class load, midterms, the mortgage! One purchase can't hurt!

One purchase *can* hurt, because your one is not the only one. If each of us insists that one purchase is exempt from responsibility for the future, right out of the gate 13.4 million purchases (one per Canadian household) or 27 million (one per

adult Canadian) are made without thought to the looming consequences.

Think of this as a landfill, dug in your front yard. If each exempt purchase takes just one litre more water, petroleum, minerals, and/or biomass to make, package and transport than the world can renew, 13.4 million purchases make a hole big enough to take 268,000 full garbage bags.

This is how much we are taking away from the earth with every unconsidered acquisition.

This is not an exercise in imagination: The Jet Stream is failing, letting polar air escape south. Summers are increasingly hot and dry: Animal populations are on the move, trying to keep up with the displacement of their habitats. Disease pathogens are spreading to places they were once unable to live.

Can we avoid catastrophe? No. We have allowed ourselves to be lulled into complacency by better gas mileage, civic recycling and clever advertising.

But we *can* ameliorate what's happening. We can buy time for humans and the other creatures on the planet to adapt. Think of that purchase for what it really is: a life lost, or a life saved.

And make your decision.



Formations of ice and water in the Rideau River, mid-March.

Tar Sands oil potential threat to Sandy Hill

Diane Beckett

TransCanada Energy wants to convert a gas pipeline to carry tar sands oil from Alberta through Ottawa on its way to the east coast for export. Sandy Hill is at risk as the pipeline crosses the Rideau River. If the pipeline breaks at the river crossing, toxic bitumen would surround our neighbourhood. The Rideau Canal on one side and the Rideau River on the other would be polluted with tar sands bitumen.

A number of toxic chemicals have to be added to thin out the oil so that it can be pumped through pipelines. The thinning chemicals have had serious negative health impacts in past tar sands oil spills. Even after being thinned, the tar sands oil is thicker and heavier than conventional crude. When it hits water, it sinks, making it impossible to fully clean up.

TransCanada had 12 spills in their first year after building a similar pipeline in the US. For the subject project, TransCanada is proposing to turn a 40 year old gas pipeline into an oil pipeline. Thus a pipeline that was designed to carry light

natural gas will carry a heavy, thick and corrosive product. There are concerns that the old pipeline will not be up to the task.

Enbridge Gas warns that the conversion of the existing natural gas line could send winter heating bills higher and perhaps cause gas shortages.

As well, fossil fuels are a major contributor to climate change, which is already causing devastating destruction. The TransCanada pipeline will allow for the expansion of the Alberta Tar Sands, which have been called a ticking time bomb for the climate.

To learn more about TransCanada's Energy East pipeline proposal join Ecology Ottawa, Council of Canadians and First Nations at the "Our risk – their reward" information event at the Mayfair Theatre on April 13 at 7:00. Admission is free.

I encourage you to get involved. Learn about the project and let your city, provincial and federal politicians know how you feel about TransCanada's Energy East pipeline proposal. Sign the Tar Free 613 petition at: ecologyottawa.nationbuilder.com/tar_sands_oil Contact Ecology Ottawa for more information or to volunteer on their campaign, 613-860-5353.

PARENTING ON PURPOSE

LOOKING FOR ANSWERS? ...TIPS? A PLACE TO START?

Whether you're trying to remodel a family falling apart or find more ways to add additions to a mansion of a home, join us as we see how **grace**, **forgiveness**, and **love** can sustain any family both now and into eternity.

WHAT: Free parenting seminar. Free lunch. Free daycare provided.

WHO: For parents (incl. single parents) and couples thinking about parenthood

WHEN: May 24, 10AM-2PM

WHERE: St. Paul Lutheran, 210 Wilbrod, Ottawa

WANT MORE DETAILS? www.stpaulottawa.org

Jardin écologique
Fletcher
Wildlife Garden

Vente de plantes indigènes

Le samedi 7 juin 2014

9h30 à 12h30

Jardin écologique Fletcher, Ottawa
(Promenade Prince of Wales, au sud du rond point de l'Arboretum)

La région d'Ottawa est riche de centaines de plantes indigènes plus belles les unes que les autres. Nous vous aiderons à trouver celles qui se plairont dans votre jardin. Vous verrez votre parterre fleurir et se transformer au fil des saisons, sans engrais ni pesticides. Les plantes indigènes feront aussi revenir les papillons et les oiseaux.

Visitez notre jardin, derrière le centre d'interprétation, pour vous faire une idée de ce que votre cour arrière pourrait devenir. Des fiches techniques sont à votre disposition pour vous aider à créer une haie, jardiner pour les papillons, composter, etc.

Merci de nous aider en donnant vos pots carrés de 10 cm.

Si vous avez des questions à formuler ou plus d'informations, merci de contacter Sandy au 613-730-0714 ou fletcher@ofnc.ca

www.ofnc.ca/fletcher

Le jardin écologique Fletcher est un projet à long terme du Club des naturalistes d'Ottawa

EGGS—delicious, nutritious, expeditious

Dodi Newman

What is infinitely variable, packed with nutrition, quick and easy to prepare, tasty, and relatively cheap to boot—the egg, of course. But—there always seems to be a but—aren't eggs very high in cholesterol and really, really bad for you?

Good news: recent research has given healthy egg lovers a cautionary green light: it is OK to eat eggs in moderation, or up to four eggs per week. For inspiration on how to cook eggs, google “egg recipes” and then check out “Images”—positively mouth watering!

One of the quickest and best ways to eat eggs is to make a basic omelette. Since it is so simple, the ingredients have to be extra good—really fresh, locally produced eggs and the finest Parmigiano you can find. Vary the basic omelette by adding some of your favourite fresh herbs, filling it with tomatoes, ham, onions, sweet and hot peppers, or a combination of all of those. And come May, remember the basic omelette—it is the perfect partner for lots of fresh, local asparagus!

Basic omelette for two

4 large eggs
1 tablespoon water
1/4 teaspoon salt, or to taste
pinch of freshly ground black pepper
1 generous tablespoon butter (may substitute olive oil)
4 tablespoons freshly grated Parmigiano Reggiano cheese
1 teaspoon chives



In a small bowl, beat the eggs, water, salt and pepper with a fork until they are well combined but not foamy.

Heat a well-seasoned 10" frying pan over medium-high heat, add the butter to the pan, let it melt and swivel the pan about so the butter coats the entire bottom of the pan. When the butter begins to bubble, add the eggs and distribute them evenly over the bottom of the pan. After the eggs have begun to set—in about 10 seconds—lift an edge up with a fork and tilt the pan to let the uncooked egg run underneath, repeat this all around the pan.

When the omelette is still creamy in the centre, turn the heat to very low, spread 3 tablespoons grated cheese and the chives on one half of the omelette, fold the other half over it, cover the pan with a lid and continue to cook for 20 seconds. Turn the omelette over, cover the pan again and let it cook for another 20 seconds. Cut in two and serve immediately, sprinkled with the remaining 1 tablespoon cheese.

Auntie Loo's Treats

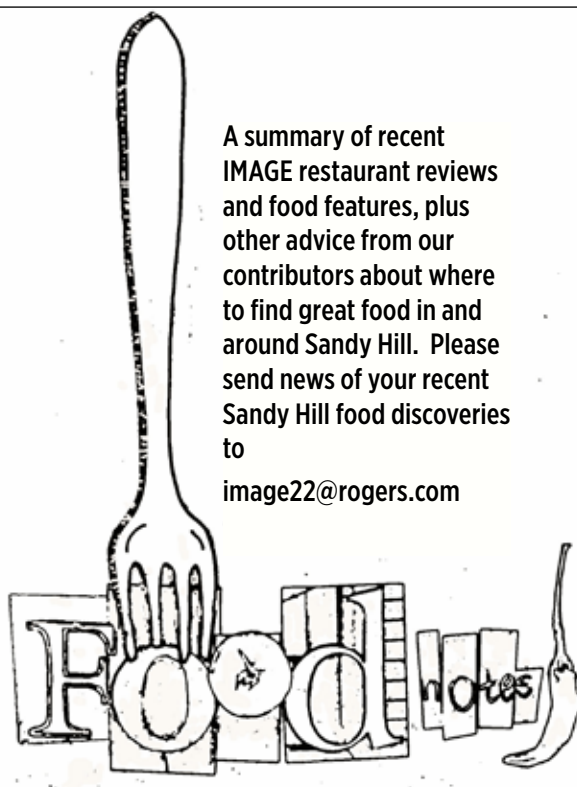
112 Nelson St., Unit 101C

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 cinnamon-walnut cake will bring back memories of childhood treats. Located in the Depot complex on Nelson Street, just slightly north of, and across the street from, Lo-blaws, Auntie Loo's is open Tuesday-Saturday 10-6, Sunday 10-3.

Cali Bar Lounge Tacos

274 Somerset St. E.

This cheery little taco bar at the corner of Somerset and Sweetland is well worth a visit. Tacos and tostadas are served with assorted meat, fish and vegetarian fillings, all fresh and flavourful. There's a delicious cumin and garlic-flavoured aioli sauce served with the yucca fries and with the fish tacos. The service is friendly and there's local beer on tap. Open daily from 11:00 a.m. until late.



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

Kasa Grill, 332 Wilbrod St.

After a delayed opening, the Kasa Grill is now serving up traditional food from eastern and central Africa. Highlights of the menu include a richly-sauced beef stew served with cassava dumplings and moist grilled chicken with grilled plantains. Open Tuesday-Saturday at 11:00 a.m. Sunday at 2:00 p.m. Closed Mondays.

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. Open Tuesday-Sunday from mid-day onward for take-out, delivery or dining in.

Pixy's Place, 259 York St.

A lovely smell of fresh baked patties greeted me as I entered this little Caribbean restaurant at the corner of York and Nelson. At \$4.00 each, the warm pastries stuffed with beef or spinach and cod were a savoury and filling bargain, and they were served with a smile by the very friendly cook. I'll be back to check out her rotis, jerk chicken and curried goat. The restaurant is primarily serving food to take out, but also has a few tables. Open Monday-Thursday from 10:30-9:00; Friday 10:30-6:30 and Saturday 11:30-6:30. Closed Sundays.



Holy Week @ St. Albans Church

Palm Sunday
Apr 13th, 10am & 5pm

Maundy Thursday
Apr 17th, 7:30pm

Good Friday
Apr 18th, 11am

Easter Sunday
Apr 20th, 10am & 5pm

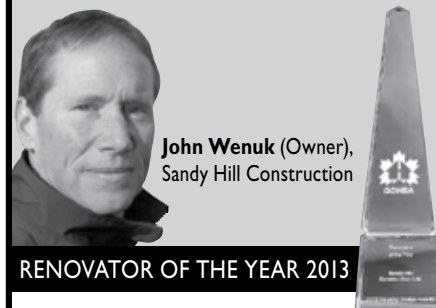
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454 King Edward at Daly

www.stalbachurch.ca

All are welcome

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QUALITY HOME RENOVATION
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please visit our web site:
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or contact John at
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FOR OVER 20 YEARS**



BULLETIN BOARD

Exercise classes for seniors at Sandy Hill Community Centre, 250 Somerset St. East at Nelson. Free parking. Cardio and Strength: No bounce movements and resistance training to strengthen bones and prevent osteoporosis. Thursday mornings 10-11 a.m., \$70.50, April 10 - June 12, 2014, City of Ottawa course no.904742.

Walking Club: Join our friendly walking group for low impact exercise which will take place outdoors or indoors. Mon-Fri, 9-10 a.m., \$10, Apr 22-June 27, 2014, City of Ottawa course no. 904743.

Yoga for 18+ years: Slow physical movements to increase strength, flexibility and decrease stress. Tuesday mornings from 9:30 to 11:00, March 18 - May 20, \$79.50, City of Ottawa no. 903443.

If you register after the start date, the cost will be pro-rated to the number of classes left. To register: (613) 564-1062 or on City of Ottawa's web site ottawa.ca/recreationguide

Spring football: Drop the game controller & come learn how to play football (using Football Canada's Safe Contact program.) Learn the basics of football in a safe & fun environment. \$125; equipment is provided. For BOYS & GIRLS age 7 to 12, 5 weeks, Tuesdays at 6 p.m. & Sundays at 2 p.m., Tuesday May 20th to Sunday June 22nd; to register email: eastottawagenerals@gmail.com

Glebe Little League registration now open for spring recreational baseball. Glebe Little League offers spring house league (May and June) and summer competitive (July and August) programs for boys and girls aged 5 through 18 years. Glebe Little League serves residents of the Glebe, Centretown, Lowertown, Old Ottawa South, Old Ottawa East, Sandy Hill, Vanier, Rockcliffe and Gloucester. Registration forms as well as details about programs are available online at www.glebelittleleague.ca, sign up now – the season starts in May!

The Prix Rideau Awards will be handed out on Sunday, April 27, in All Saints Sandy Hill's Bate Hall. Tickets are on sale now at www.prixrideauawards.ca.

Jane's Walk Ottawa: May 3-4; Jane's Walk is a festival of free neighbourhood walking tours given by locals who care passionately about where they live, work and play. It is a pedestrian-focused event that improves urban literacy by offering insights into local history, planning, design, and civic engagement

through the simple act of walking and observing. Find out more at www.janeswalkottawa.ca or call 613 563-4922

Oneness-Guatemala fundraiser: Saturday, May 24, at St Joseph's Parish Hall, 174 Wilbrod Street, silent auction, buffet dinner, cash bar, and a presentation by founders Susan and Richard Schmaltz. Tickets in advance are \$40 per person and are available at the front desk at St Joseph's Parish or by calling 613-795-8183.

Crowns, Clowns and Curses: The English Graduate Students Association of Ottawa U. is hosting a charity gala in honour of William Shakespeare's 450th birthday on April 24 from 7 – 10 p.m. at Club SAW, 67 Nicholas St.. Highlights include performances by Glassiano Productions and a silent auction. Local literacy group People, Words & Change is the beneficiary of the proceeds. Tickets are \$15 in advance, and \$20 at the door. Please contact Katherine Andrews if you want tickets or more information: kandr069@uottawa.ca



Upcoming Events

Free. All are welcome.
No strings attached.

Apr. 5 Easter for Kids; 9 a.m.-1 p.m.
Apr. 9 Midweek Lenten worship @ 7 p.m.
Apr. 13 Palm Sunday @ 10:15 a.m.
Apr. 17 Maundy Thursday @ 7 p.m.
Apr. 18 Good Friday Tenebrae @ 7 p.m.
Apr. 20 Easter Sunrise @ 6:30 a.m.
Easter breakfast @ 7:30 a.m.
Easter Festival @ 10:15 a.m.
Apr. 30 Christian Strength potluck @ 5 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




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Photo Bill Blackstone

Graeme Hunter

Rinse cycle



Photo Graeme Hunter

Zeus lay with the earth.

If you're going to cycle regularly, some of the time you'll get wet. It just happens. Bound to, if you go in spring. But even in summer. Clouds come up out of a clear blue sky. Or you get one of those summers with hardly a dry day. You set out anyway and live with the consequences. Twenty kilometers from anybody's doorstep and you're soaked through.

A plastic poncho would keep the rain off, but you sweat through your clothes and are just as wet, and more stinky than you would have been if you'd never put the darn thing on. Light rain is good. You can find a speed where your body heat evaporates the drops as fast as they fall, and you whiz along, cool, dry, and bike-blessed.

Rainy days win no converts to cycling, but neither do they discourage anyone really susceptible to its charms. One attraction is the rich green look of fields on a dripping summer's day. Another is the way a puzzled robin takes to his treetop post at noon, to sing his evening melody.

Then there are the wild gardens of the road, in their rainy splendour. You may recover in a mile of roadside ditches all the glories absent from the sky. There'll be long patches of hawkweed suns and

sky blue chicory, garnished with Queen Anne's lace. Or a bank of azure bugloss with daisy handmaids – little clouds and suns in a deep field of blue.

Don't expect an enthusiastic welcome when you tramp into your chosen restaurant for lunch, flecked with mud and mould from the road and dripping like a cloud. But an unassuming eatery– the only worthwhile kind – will seat you without much fuss and give you somewhere to dry out and be fortified for the road.

After lunch it's raining even harder. No choice but to don the poncho now. You'll be soaked inside and out but never mind. Let the old railway line, turned bike-trail, slant you back toward home. Umbrellas are provided by trees that overarch the path, each tending a shrinking dry spot near its trunk. Stop there and listen as the grateful, drinking forest offers up birdsong to heaven.

You don't meet many bikes in this weather, but there are always a few joggers, crazy as you are – thud, thud, splash, thud, thud, puff, puff, puff. Fellow travelers on the trail. Good people to call out a greeting to or acknowledge with a wave. The fools of the forest, the tender community of the mad, the beauty-lovers.

When the trail gives out you're on the streets again, getting wetter and dirtier, but also nearer home. At the end of the road is a cleansing shower and a change of clothes. All your second thoughts about biking on rainy days go gurgling down the drain. What remains is a travelogue to be stored up for some depressing winter's night: to recall a beautiful world unreeling on your left and right, the beckoning mystery of a trail, the reassuring flex of muscles in thigh and calf, a satisfying whish and splash of tires on a puddled path.

Graeme Hunter lives in Sandy Hill, cycles most places, and is accustomed to being all wet.

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Fridays 8:00am - 6:00pm & Saturdays 9:00am - 12:00pm



Sandy Hill Toastmasters prove that 40 is NOT “over the hill!”

Lynda Joyce

Our club, which has been based in the Sandy Hill Community Centre since the 1990s, celebrated 40 years of existence on March 8 with a party attended by over 50 guests. As well as current club members, previous members and members from other clubs attended, including our District 61 governors. District 61 is an officially bilingual district

which includes all the Toastmasters clubs in eastern Ontario, southern Quebec, and the northern New York State.

But, the celebration is just a small part of what takes place in Sandy Hill Toastmasters. Most of the value of the club comes in our Monday meetings from 6:30 to 8:00 at the community centre. We work the Toastmasters program, a gradual progression of speeches for which you receive immediate feedback, including in our case, a video posted on a private

YouTube site, where you can monitor for yourself gestures, vocal variety and the reception of your speech. In addition, you are assigned an experienced mentor, to help you prepare and practice your speeches.

There are over 40 Toastmaster clubs in Ottawa. What is special about Sandy Hill Toastmasters?

We have a wide variety of members. Being close to the University of Ottawa, our members include graduate students from many different countries who come to the club to improve their English and presentation skills. We have members from the Sandy Hill area, who appreciate being able to walk or bicycle to the club. Professionals, such as accountants, computer programmers, dentists, chiropractors, customer service reps come to practice presentations that they will give as part of their work. At our club, several retirees have found a way to stay connected, meet people of all ages, work on speaking and leadership skills and contribute in a meaningful way to the club. Everyone feels welcomed and encouraged to develop their skills in a positive way.

We include many short speaking functions in our meetings, such as telling a joke, sharing a quote that has inspired you, ranting or raving passionately about something important to you (the Soapbox), quizzing the meeting about the

speeches given, or monitoring people's “crutch” words (words, such as ah, like, so, used to fill empty spaces) and giving positive feedback on good word usage. Our Table Topics component gives you a chance to practice speaking on the spot without preparation.

Every meeting includes several formal speeches and all are evaluated orally and in writing with the emphasis on positive feedback pointing out your strengths with a few suggestions for improvement. In addition, each meeting has a theme and a roundtable in which EVERY person, including guests, is invited to speak for 30 seconds to a minute.

Come and join us. You can attend up to 3 meetings without charge. Just show up or contact us through our website: toastmastersottawash.ca/. You will be welcomed and we will explain the program to you.

At the low price of \$132 for a whole year, what have you got to lose?





Left— Susan Young and others organized a Sandy Hill satellite for the Main St. market last summer.

Below— The Good Food Market on Wiggins Priv. has support from the Community Health Centre.

Buying Local Food

Susan Young



Photo Good Food Market

There are more and more ways get locally-grown food into your fridge, and here's the low-down on a few of them that are close to home.

Order on-line

As a member of the Marché de solidarité régionale de l'Outaouais (MSRO - www.marcheoutaouais.com/index.php?lang=EN, there is also a French site), with a few clicks of your mouse you'll see what's on offer, choose your food items (produce or prepared food) and quantities, and pay on-line. The ordering period is a week between Tuesday morning and midnight of the following Monday; on the Thursday after the ordering period closes your bags of food will be waiting for you to pick up – between 3:00 p.m. and 8:00 p.m. on the Thursday, or between 8:00 a.m. and 6:00 p.m. on the Friday, at 41, rue Frontenac (tel. 819-771-2915) in Hull (a 10-minute drive, just a few streets in from the Museum of History aka Civilization.) The MSRO is a co-operative of 42 local Quebec farmers, bringing you a wealth of choice, particularly in the summer months, and a very easy way to make your own choices.

Bike on over!

The bike trail along the Rideau River (west side) leads you to the Main Farmers Market, (www.mainfarmersmarket.org) which will open on May 3rd, at its usual spot in St. Paul University's parking lot (also easily accessible by the #16 bus from Sandy Hill). Lots of choice, from the Swiss cheese man to the Scottish bread baker, and lots of local veggies in between.

The Good Food Market will return to Strathcona Heights this summer— look for the posters in Sandy Hill for dates (usually once or twice a month). While not necessarily local, fresh vegetables and fruit are for sale at very reasonable prices.

A little farther afield, the Ottawa Farmers Market (www.ottawafarmersmarket.ca) will remain at Brewer Park this summer.

Deliveries to your door

Bryson Farms (www.brysonfarms.com) delivers organic vegetables and some fruit to Sandy Hill households every Tuesday. You leave a cooler out, say, by your back door - you specify this when you register. This means you don't have to be home for your delivery! Basket sizes are for 2 people (\$55 a week), 4 (\$70 a week) or 6 (\$95 a week); delivery is flexible - bi-weekly, monthly, suspend delivery if you are away. Some tailoring of the basket items is permitted and prepared foods are also available to order with your basket, via their website.

Pick up in Sandy Hill

Diane Beckett wrote about Elm Tree Farm (www.elmtreefarm.ca) in the February-March IMAGE. Pick up on Tuesdays between 3 - 8 p.m., at 185 Augusta St. Deliveries start in May, and go until the end of October. Full baskets, 21 weeks's worth - \$1,092; partial baskets - \$735 for the season. This is Community Supported Agriculture (CSA) - you buy a share in this farm early in the year, and then pick up what it produces every week over the season.

Luxy Farm (www.luxyfarm.com) pulls in to the Youville Centre parking lot (at 150 Mann Ave.) every Wednesday between 5:30 and 7 p.m. This is another CSA, so you pay upfront. A full share (16 weeks) feeds 2-4 people, depending on your vegetable consumption and cooking habits, and is \$544; \$448 per additional share for a family/group of 5-7 people living in the same household.

Savour Ottawa

There are lots of local farms! You can find them on the Savour Ottawa website (www.savourottawa.ca/); Savour Ottawa represents about 90 Ottawa-area farmers. The Savour Ottawa logo at restaurants, retailers and caterers means those businesses source at least a minimum percentage from local farms.



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Rideau Branch Library

Programs, April - May 2014

377 Rideau St., 613-241-6954

Frontier College Reading Circle/Cercle de lecture Frontier College

Saturday, April 5, 2014, 10:45 – 11 :45 am, drop-in program, 13 sessions remaining. Help your child become a better reader through stories and games led by Frontier College volunteers. Ages 5–10. /Aidez votre enfant à mieux lire au moyen de contes et de jeux, animées par des bénévoles du Collège Frontière. Pour les 5 à 10 ans.

Pen and Paper group

Tuesday, April 8, 2014, 6:30-8:30 pm, drop-in program, 12 sessions remaining. Get feedback on your writing (any genre) and ideas from the group. Hear the work of other writers and offer your feedback. Discuss issues about writing and publishing. Share your triumphs, trials and tribulations with a supportive, informal group.

Family Storytime / Contes en famille

Tuesday, April 8, 2014 - 10:30 – 11 :00 am, drop-in program, 7 sessions remaining. Stories, rhymes and songs for children of all ages and a parent or caregiver./Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Pas d'inscription nécessaire.

Groupe de lecture Mille-Feuilles

Mercredi 23 avril 2014 – 18 h 45 à 19 h 45, dernière rencontre de la série, pas d'inscription nécessaire. *Un jour ils entendent mes silences* par Marie-Josée Martin.

Morning book club

Thursday, April 17, 2014 - 10:15 – 11 :45 am, drop-in program, 2 sessions remaining. April 17 - *The Mistress of Nothing* by Kate Pullinger; May 15 - *The Elegance of the Hedgehog* by Muriel Barbery.

Evening book club

Monday, April 7, 2014 - 7:00 –8 pm, drop-in program, 3 sessions remaining. April 7 - *Waiting for Robert Capa* by Susana Fortes; May 5 - *Mill on the Floss* by George Eliot; June 2 - Alice Munro stories (each member to choose a story or collection).

How to Buy a PC

Thursday, May 1, 2014 - 6:15 – 8 :15 pm, registration required. When buying a PC, you are faced with a lot of choices, laptop or desktop, dual or quad core processor, AMD or Intel, how big a hard drive, how big a monitor, is it better to buy a faster processor or more memory ... Chris Taylor, President of the Ottawa PC Users' Group will help sort out the choices so you can buy the computer that is right for your needs. Call for info and to register, 613-580-2940





Introducing the first crop of Sandy Hill Block Captains. These committed Sandy Hill residents undertake to keep you in touch with neighbourhood issues and programs by distributing documents and chatting with you on your doorstep from time to time. Pictured above are about half of those who have signed up for duty so far: Front l-r— Vivienne Bartlett, David Collister, Betsy Mann, Camille Lechasseur, Charlotte Forbes, Natalie Lipson. Back: Camille Ainslie, Hugh Ferguson, Terry Shea, Chris Bradshaw, David Dendooven, Marcia Clements, Cathy Major, Karina Kraenzle. More information on the program and how to get involved is found on page 10.



SpiritArt Studio

317 Chapel St. at Laurier East
SpiritArtProgram.ca

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.

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