

OCTOBER - NOVEMBER 2014

Photo Bob Meldrum



Christine Aubry and her son Joel carried a simple message on September 17.

Living in a neighbourhood of extremes

Christine Aubry

This summer, from late June to mid-August, volunteers from Action Sandy Hill (ASH) and staff from the Sandy Hill Community Health Centre surveyed the neighbourhood to gather residents' views on living in Sandy Hill.

Over 260 surveys were completed and many of you took the extra time to provide thoughtful comments. Some very clear themes emerged out of these responses, as well as some interesting and original suggestions.

What do we love about Sandy Hill? Being centrally located, between the Rideau River and the Rideau Canal, able to walk or cycle to just about anything we need. Indeed, for over half of respondents walking is the main mode of transportation, with cycling close behind. We love the vibrancy of an eclectic mix of residents and the historic character of this neighbourhood. Families (especially Francophone and bilingual) love the schools and daycares and we all appreciate the parks and green spaces, though we would love to see even more. We are proud to have unique local businesses (such as Ayoub's and TAN), lamenting however that they are too few.

What are we not so happy about? No surprises here: garbage; derelict properties; large and unsightly rooming houses; noise; trucks; through traffic; undesirable businesses. One respondent echoed the sentiment of many by saying "Rideau and Laurier streets have so much wasted potential."

Most are very distraught by the rapid degradation of our heritage character. As

Vision Côte-de-Sable Des citoyens se prononcent

Près de 70 personnes ont répondu en français au sondage communautaire d'Action Côte-de-Sable entrepris l'été dernier.

Les préoccupations et soucis des francophones de notre communauté sont essentiellement les mêmes que ceux des anglophones : la baisse de la population permanente, le bruit et le caractère esthétique du quartier. Les priorités identifiées sont aussi les mêmes : la création de rues piétonnières et de pistes cyclables, la préservation du secteur patrimonial dans le cadre d'une approche novatrice au développement urbain et l'embellissement du quartier de façon générale. Par contre, certains francophones sont d'avis qu'il n'y a pas assez d'activités parascolaires et de services en français pour les jeunes. Les familles francophones se disent également plus désireuses d'accroître les occasions d'échanges intergénérationnels et interculturels.

Si vous souhaitez exprimer vos commentaires et suggestions ou, encore

one respondent wrote, "Heritage preservation is of top importance; once it's lost, you cannot get it back." Home owners are quite concerned that families and long-time residents are leaving as lovely family homes and heritage dwellings are being converted into monstrous, unattractive,

Continued on page 13

Photo Larry Newman



They were on a heritage march

Larry Newman

Everybody met at All Saints Anglican Church—men, women, children, dogs; placards, banners, some too big for one person to carry. At 4:45 on Wednesday September 17, more than 125 Sandy Hill residents gathered at the church to march to the corner of Laurier and Friel. They stopped at the front steps of the corner apartment building belonging to the Viner Group.

You remember Bob Viner. He leads the effort to demolish five apartment buildings on Laurier and one on Friel in order to construct a nine storey apartment building exclusively to house students. The City's Planning Committee voted in favour of the project but the City Council surprised us all and turned it down. Viner appealed to the Ontario Municipal Board. Starting on October 6, the OMB is hearing his arguments supporting the project as well as those of Action Sandy Hill against it.

Richard Cannings was the leader of the march and gathered the group around him on the front walk of the corner building. Action Sandy Hill endorsed this rally and president Chad Rollins was there to speak about the need to protect our heritage buildings. Richard is a long time activ-

ist and heritage supporter. He is both the former president of Heritage Ottawa and a former city councillor. Richard invited the five candidates for councillor of the Rideau-Vanier Ward to tell the assembly how they would deal with the demolition of buildings like those on Laurier owned by the Viner Group.

The candidates were current councillor Mathieu Fleury, former president of the Lowertown Community Association, Marc Aubin, lobbyist Catherine Fortin-Lefavre, Marc Vinette, and David-George Oldham. Chad Rollins also spoke about the upcoming OMB meeting. The cost for this is expected to be at least \$18,000. This was a subtle pitch for contributions to the Save Sandy Hill fund. (For donation details email savesandyhill@gmail.com or check the ASH website www.ash-acsc.ca/.)

The organisers of the march furnished some impressive statistics on their notice/poster. "Developers are planning more than three thousand new condos and apartments on the sites of more than 20 buildings of heritage interest." A little exaggerated. Not all of the buildings/sites are in Sandy Hill; some are in Lowertown. This would cut the number of new Sandy Hill condos/apartments in half—still impressive. Most of these properties, though part of our heritage, have no official heritage designation. This reveals the lack of interest of the



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In 2014, IMAGE is published in **February, April, June, October and December**. 7,500 copies are printed and distributed free of charge to all residents of Sandy Hill. Free issues can also be picked up at the community centre, library and various commercial locations.

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

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

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November 24, 2014

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Date de tombée

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le 24 novembre 2014

(livraison prévue le 5 décembre)

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En 2014, IMAGE sera publié en **février, avril, juin, octobre et décembre**. Son tirage est de 7 500 exemplaires. Il est distribué gratuitement partout dans la Côte-de-Sable. On peut également l'obtenir au centre communautaire, à la bibliothèque et dans plusieurs commerces du quartier.

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

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

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Found in the in-box ...

Nous avons reçu ...

City sits on over \$12 million in childcare reserve funds while parents pay the price

Did you know the City of Ottawa is sitting on over \$12 million earmarked for childcare? No, neither did I. I am willing to bet neither did our City councillor.

This money has been accumulating over the years in reserve funds, something normally used for capital expenditures. As we watched Bettye Hyde Early Learning Centre, an 80 year old Sandy Hill co-operative, struggle to find funding and a new space to operate, this information would have been useful. Yet our councillor said nothing about it.

A few years ago, with the sale of All Saints church likely, the end of Bettye Hyde's home of 40 years was imminent. So a group of concerned neighbours came together and bought the Carriage House building on Blackburn Ave. Through this group, we worked to preserve an old building and to keep an institution in Sandy Hill.

Retrofitting the Carriage House to accommodate a daycare was an expensive endeavour, one Bettye Hyde hoped the City would partner on. They looked high and low for funding. The City provided

small grants for health and safety but would not partner on the larger project. Bettye Hyde was told the City simply had no money. As it turns out, the City of Ottawa did have money for childcare, just no plans to spend it.

Meanwhile, not just in Sandy Hill but also across Ottawa, families are facing higher fees, and community-based childcare providers who are unable to make the transition are closing.

Not-for-profit childcare providers should have the opportunity to go through a competitive process for these funds, to make sure they are awarded fairly and in the best interest of the entire city.

The role of a City councillor is to push for change when the system doesn't make sense or isn't working. It is to ask the hard questions of city staff. At the very least, it is to be aware of and understand the budgeting process. We need a councillor who will look for creative solutions.

Leanne Moussa

Bettye Hyde Parent and

Small percent cause trouble

Imoved into Sandy Hill in 2013. It was a dream come true. Soon a neighbour informed me of the potential issues regarding some students. I work with young people and have never feared interactions with the young.

I don't remember many issues from last year. This year, however, I actually understood why my neighbour was concerned. Two examples:

I watched a gathering of 10 to 12 students on the corner of Somerset East and Henderson drinking, yelling, and nearly coming to blows. This scene continued for about an hour. I did not call the police. I rarely do as I believe they have more than enough to handle. But it should not be just up to the police to patrol this area, which

is populated with students. I thought that the U of O would be sending their own Security Services to patrol. I read Mr. Fleury's letter about how the police met with the University and that there would be patrols.

Late on another night I could hear things crashing; from my balcony I watched a small group of male students walking along Henderson, but I could not see what was crashing. Next day I discovered that the side mirrors of most of the parked vehicles had been vandalized.

I believe that the vast majority of students are mature and responsible. It is about 10% that make it difficult for all the rest. These are your students, Mr. Rock. They represent your achievements as President of the University.

I know that 90% of the students are good kids looking to have a little fun. The

How did this happen? – the City shares the shame and blame

Thank you for posting the photos regarding the transformation of 139 Henderson Avenue. I passed by that property on a regular basis during the conversion process by Black Iris Developments and Takyan Consulting and couldn't believe that such depravity was not only happening in broad daylight but was officially sanctioned. I mean, Takyan has handed the neighbourhood one god-awful ugly structure despite their website marketing 139 as "Beautiful

brand new renovated apartments less than a one-minute walk to the University of Ottawa!" But even if Takyan itself has no shame, what about the City of Ottawa? Is this really what they want the city to look like? If not, why do they keep signing off on the design?

Scott Walter

Marlborough Ave.





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Guest Editorial

The last of the Confederation era homes on Rideau Street was destroyed in May

Our community lost the last of the Confederation era homes on Rideau Street this past May. The Stewart-Dworkin home at 256 Rideau Street was demolished because it stood in the way of one more high-rise condominium. Sandy Hill residents, indeed all Ottawa citizens, are left wondering why and how this could have happened.

There was a valiant campaign by the Lowertown Community Association to save the building, which met with a positive public response—over 800 people signed the petition against demolition. In the end, however, it failed because the owner and developer had already had City Hall long before, without public involvement.

By saving this home, children would have had an example of the grand homes that lined Rideau. When our city loses a building like this it is gone forever lost to all future generations. This building was one that Macdonald and Laurier would have walked past. It was a link with the early Jewish community centred in the area of Rideau and Lowertown, a home and business for Abraham Dworkin a furrier. It was built in 1877 by John Stewart, an early resident of the city, who as a contractor worked on a number of public buildings of note.

But what truly made the Stewart-Dworkin home special is that it had survived 137 years and a concerted 40 year campaign to remove the historic buildings on Rideau. It was a campaign that began in 1972 with the destruction of the Rideau Street Convent and ended this spring when this home fell to bent rules as much as to the bulldozers.

Reaction in Sandy Hill was fast and strong with Action Sandy Hill (ASH) condemning the destruction, pointing out that the City had not followed its own rules; where a demolition permit is only to be

granted once plans for a replacement have been approved. The city rules are clear yet the approval was given in this case. ASH was also critical of the city for not sharing with the public documents related to their “evaluation” of the home’s heritage nature. The fact that local residents and community associations were not consulted prior to issuing this demolition permit was also wrong.

Forty years of heritage destruction on Rideau Street, our city’s “main street,” said a lot of what our City Council and planning staff feel about our community’s built heritage. ASH has called on the city to do more to preserve our built heritage, calling on them to follow best practices for public consultation and transparency. While I can’t agree more I have to think that we the citizens have to take responsibility. This type of destruction can only happen if we let them get away with it. Deals behind closed door only happen if we don’t care. Demolitions permits without rules, or rules that get bent, should concern us all.

If we care about our built heritage, if we want an open and transparent municipal government we must take action to insure this happens. This municipal election campaign is a chance to let the mayor and council know what we think about our heritage. Let them know that we oppose what they have done to the Stewart-Dworkin home. Let them know that be it Rideau Street, or just down your street, citizens want a city that respects our heritage.

Ken Clavette

Ken Clavette has lived in Sandy Hill for 33 years; he has served on the Board of Directors of Heritage Ottawa and was the first chair of the City of Ottawa Heritage Advisory Committee.



The Stewart-Dworkin home, 256 Rideau Street, circa 1880



All-Candidates Debate for Councillor, Ward 12, Rideau-Vanier

Friday, October 17th

6:00 PM - Meet the Candidates
7:00 PM - Debate

Sandy Hill
Community Centre
250 Somerset St. East

Send proposed debate questions to: info@ash-acsc.ca with the subject line “Debate Questions”.

Débat des candidats pour le poste de conseiller, Quartier 12, Rideau-Vanier

Vendredi le 17 octobre

18h - Rencontre avec les candidats
19h - Débat

Centre Communautaire
Côte-de-Sable
250, rue Somerset Est

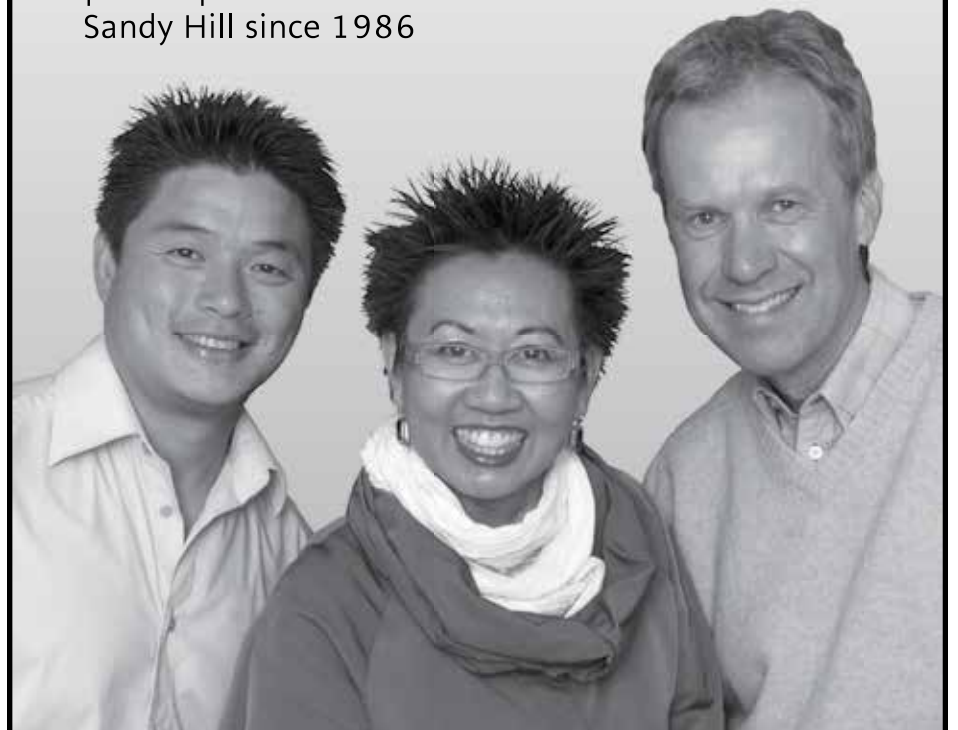
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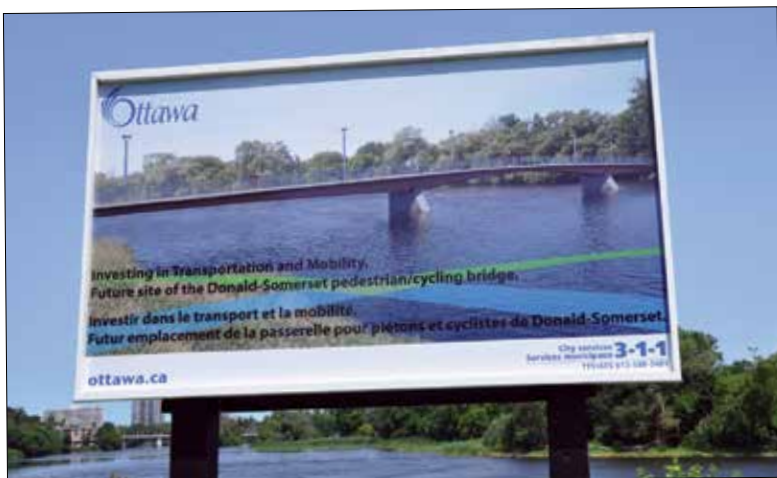
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Ottawa-Carleton District School Board
133 Greenbank Road
Ottawa, Ontario K2H6L3
Or by e-mail: pic@ocdsb.ca



www.ocdsb.ca



Pedestrian/ Bike bridge underway



Photos
Bob Meldrum

Signs went up and ceremonial shovels down at the end of July, as construction began on the \$9.2 million Somerset-Donald Street Bridge that will provide a pedestrian and bike link between Strathcona Park and Vanier. It should be completed in the summer of 2016.



Dams and infill bring the east side of the Rideau River closer to Strathcona Park at the rapids, September 2014. Rideau Tennis Club bubble in the background.

Just Ask IMAGE ...

photo Ed Zolpis



Is there news of plans for the former Jewish Community Centre on Chapel at Rideau?
IMAGE has received a notice from the City indicating that the developer is proposing a massive project at that location—including two towers of 27 and 32 storeys. The site currently allows heights of 6 storeys on our “traditional main street.” City planner Doug James says there will be a public meeting (probably in December) to explain and illustrate this development. Meanwhile comments may be filed by October 20 and more may be filed after the meeting. For more information visit www.city.ottawa.on.ca and search D02-02-14-0107 (date received August 22, 2014). Don't be daunted by the search tool at the top of the page: scroll down the page to the PDFs.

When will we see the church on Mann Avenue turned into student residences?
The developer is calling the small suites, which will be created in the former St. Clement Catholic church and adjacent property, suitable for “young professionals.” However, given the locale and the built-in furniture, not to mention the shortage of student housing, it seems reasonable to assume that this will be the use. City Council, despite cogent objections from the community and Action Sandy Hill, approved, with some minor site plan modifications, the project several months ago.

However, that approval has been appealed to the Ontario Municipal Board by at least one nearby resident. No date for a hearing has been announced.

We note there is a For Sale sign outside All Saints church at Chapel and Laurier. Can we expect the building to be demolished?

That outcome is very unlikely at this juncture: the exterior of the church, including its windows (but not including Bate Hall) is a designated heritage property. With the church's Anglican congregation now based at St. Margaret's on Montreal Road in Vanier, the building is surplus to the needs of its owner, the Anglican Diocese of Ottawa. The asking price is \$1.75 million, with a hefty additional investment needed for capital improvements. The diocese is very anxious to preserve the buildings and their intended uses with the least impact on the community. It is willing to consult with representatives of Sandy Hill about goals for future use of the property. Meanwhile, Siempre Tango, Garden Gate, River of Life and other tenants continue in the building, at least until the end of the year. The Thursday night AA meetings are now convened at St Joseph's church.

Photo Art Babych



The Rt. Rev. John Chapman, Bishop of Ottawa, presided at the farewell celebration in All Saints Sandy Hill, Sept. 18, 2014. Former incumbents, the Rev. Katherine Wallace (far left), the Rev. Joan Riding and the Ven. Roger Briggs (far right), took part along with the choir, the Rev. Rhondra MacKay (back, centre) and many past and present parish members. Bishop Chapman's grandparents lived on Blackburn Ave. and were members of All Saints church when he was young.

Photo Art Babych



A longstanding friendship between All Saints and St. Paul's-Eastern United Church was witnessed in a musical offering by the Rev. Laurie McKnight-Walker and her church choir. Mary Murphy from St. Joe's, Cindy Mitchell from Bettye Hyde, Pastor Wong from Ottawa Mandarin Alliance and many other community neighbours attended the service.

Dear neighbours,

I'm a proud resident of Sandy Hill and I chose to raise my family here because of its historic charm, its bilingual neighbourhoods, its proximity to downtown and its diverse residents.

Over the past 10 years, I have been successfully leading advocacy and communications initiatives on behalf of businesses, local, provincial and federal non-profits and within the public sector. My diverse skills and experiences make me ready to advocate as your councillor on day one.

Chers voisins et chères voisines,

Je suis fière d'habiter dans le quartier de la Côte-de-Sable. J'ai choisi d'élever ma famille ici en raison de son charme historique, de ses communautés bilingues, de sa proximité au centre-ville et de la diversité de ses résidents.

Au cours des dix dernières années, j'ai joué plusieurs rôles de leadership dans les domaines des communications et de la défense des intérêts en représentant des entreprises privées, des organismes à but non lucratif, et au sein de la fonction publique. Grâce à mon expérience et à mes compétences diversifiées, je serais en mesure de vous représenter dès mon premier jour en poste.

ELECT | ÉLISEZ

CATHERINE FORTIN LEFAIVRE

I will work hard to make our community cleaner, safer and more livable. I will advocate for Complete Streets, landlord accountability, responsible development, and access to affordable and quality housing and childcare.

As your councillor, I will never lose sight of the fact that the community comes first and that my job is to represent **YOUR** interests at City Hall.

I hope to earn your confidence and your vote on October 27.

Je travaillerai fort pour rendre notre communauté plus propre, plus sécuritaire et plus conviviale. Je lutterai pour l'adoption de rues complètes, pour une planification équilibrée, pour l'imputabilité des propriétaires ainsi que pour l'accessibilité à des logements et à des garderies abordables et de qualités.

En tant que votre conseillère, je ne perdrai jamais de vue que mon rôle primaire est de **VOUS** représenter à l'Hôtel de ville.

J'espère gagner votre confiance et votre vote le 27 octobre.

Catherine Fortin LeFavre



CATHERINE
**FORTIN
LEFAIVRE**
CONSEIL MUNICIPAL D'OTTAWA
OTTAWA CITY COUNCIL **2014**
RIDEAU-VANIER

Photo Christine Aubry



Seeking your vote in the October 27 municipal election are (l-r) George Atanga, Mathieu Fleury, David-George Oldham, Catherine Fortin-Lefaiivre, Marc Vinette and Marc Aubin.

IMAGE asks Rideau-Vanier candidates what they will do for Sandy Hill

Based on the results from the Vision Sandy Hill Community Survey, IMAGE posed the following five questions to all six candidates for City Councillor for Ward 12. We received responses from four of those candidates.

Election story coordinated by Christine Aubry

One of the strengths of Sandy Hill is its demographic diversity. What do you propose to do to maintain a healthy diversity where all groups can find the housing they need?

Marc Aubin: aubin2014.ca

The strength of many downtown communities, including Sandy Hill, is their diversity. This is likely connected to the variety of housing that is currently available in the neighbourhood. However, there has been much concern about the increasing student population and its effects on the diversity that everyone cherishes. Without a doubt, some landlords and the city have exacerbated the problem with poor development and lack of enforcement of bylaws. However, even more important, there is no plan for student housing and other plans affecting Sandy Hill are antiquated and lacking teeth. I support the efforts of the Town and Gown committee, but I would ask that we need to do much more. I would continue to advocate for the creation of a student housing strategy with a broad enough scope to include the issue of diversity.

Mathieu Fleury: mathieufleury.ca

Sandy Hill is a vibrant and diverse community and I will continue to ensure that the proper policy measures are in place to make it a great place to live for families, young professionals, students and seniors. It is important that we continue to engage residents in discussions about our community and work together to identify areas where there are opportunities for growth, while also protecting the character of our mature neighbourhood.

Catherine Fortin Lefaiivre: cf2014.com

As many of you, I choose to raise my family in Sandy Hill because of its diversity and historic charm. I am concerned that with no strategy in place to preserve these unique aspects, our neighbourhood will eventually turn into an extension of the university, rather than a family neighbourhood next to a university. As examples from many other university neighbourhoods have shown, the solution involves a multi-pronged approach, including the cooperation of all parties, better enforcement of regulations, and the availability of viable and safe options for student housing. Without a doubt, Sandy Hill and other neighbourhoods in Ottawa need a city-wide student housing strategy. The lack of such a plan not only contributes to reducing the offering of family homes in Sandy Hill, but also fails to ensure our students have access to affordable and safe housing.

I will work closely with all stakeholders to create a student housing strategy based on best practices, despite the Mayor's opposition to one. While Town and Gown and the city's current study of a rental licensing system are steps in the right direction, they are not sufficient in protecting our neighbourhood. Implementation of such a strategy will be key and should therefore include specific measurable objectives.

Les candidat(e)s avaient le choix de soumettre leurs réponses en anglais ou en français mais devaient respecter certaines contraintes d'espace. Mme Fortin Lefaiivre, M. Marc Aubin et M. Mathieu Fleury vous proposent donc de consulter leur site Web bilingue pour obtenir plus de renseignements sur leurs positions respectives.

How can the objectives of the Secondary Plan be supported given the development pressures on Sandy Hill?

Marc Aubin:

The current city council has been criticized as being too pro-development. Everyone agrees that development is good, but what is reasonable? The secondary plan affecting a community like Sandy Hill should reflect what the vision is for that area. Unfortunately, other city planning documents and the Ontario Provincial Policy Statement are often at odds or have too many loopholes. These holes are creatively used by developers and lead to much frustration on the part of communities. It is clear that residents want predictability in planning and that exceptions or adjustments to zoning should be on an exceptional basis. This has not been the case and I am committed to supporting the zoning currently in place unless there is a strong consensus on changes. I am also committed to the renewal of the secondary plan in a way that will reflect the vision of residents.

Mathieu Fleury:

The Sandy Hill Secondary Plan is a vision for Sandy Hill. The original Secondary Plan is now out of date and needs to be updated. I have placed this project at the top of the priority list for the City's Planning Department. We will work together as a community in early 2015 to set out a renewed vision for Sandy Hill that respects our mature and diverse neighbourhood.

Catherine Fortin Lefaiivre:

Sandy Hill's Secondary Plan will soon be up for review. I will work closely with the community to ensure that the new plan is in line with our neighbourhood vision. The recent ASH survey as well as community consultations will guide me to understand what matters most to residents. Through the creation of the plan, it will be my role to advocate for the community, and not to make excuses on behalf of the city.

For Sandy Hill to thrive, it must be able to continue to attract families and young professionals of different income brackets. We need to encourage responsible development which can accommodate families (not just one or two bedroom units) and which will contribute to the true revitalization of Rideau Street, where a diversity of businesses and housing can be found.

I will be in dialogue with all stakeholders to advocate for new development that is community-endorsed. It is the role of the councillor to push back on requests for unacceptable variances on behalf of residents and promote a long-term view of Sandy Hill. I will also seek to inform the community of upcoming developments before applications are submitted.

Traffic calming is a controversial topic amongst Sandy Hill residents. How do you propose to address the needs of pedestrians, cyclists and motorists?

Marc Aubin:

I have volunteer and professional experience in transportation. For eight years, I have worked in policy at Transport Canada. I also started volunteering in 1998 and later was chair of the King Edward Avenue Task Force, a transportation advocacy group. I support fact-based traffic calming. We live in a community that should be oriented to the needs of pedestrians and cyclists. Motorists in our community should have reasonable access outside rush hours and our roads need to be designed for the posted speeds. I would like to see a renewed traffic area management plan for Sandy Hill. I want a review of the standards used to operate pedestrian signals, so that they prioritize pedestrians first. I want to see the minimum cycling network in our community completed sooner than is currently proposed – almost 20 years. Finally, I want consideration given to reducing the speed limit to 40 km/hr on residential streets.

Mathieu Fleury:

During the last four years, we have worked together to find innovative solutions to traffic problems, including speed humps on Mann Avenue which reduce traffic speeds near Viscount Alexander School, adding new pedestrian lights at the Transitway, placing bulb outs on Chapel Street and ongoing proactive speed limit enforcement.

It is important that we continue to be innovative about traffic calming because resources are scarce. This can be as easy as painting bulb outs, adding on-street parking, painting crosswalks or working with Safer Roads Ottawa to provide public education campaigns. Safety is an important matter and I will continue to work with the community to address concerns and find effective solutions.

Catherine Fortin Lefaiivre:

One of my priorities in council will be to implement tangible measures to make our streets safer for pedestrians of all ages, cyclists and drivers. It is an issue that is close to my heart. Specifically, I support reducing speed limits on all residential roads to 30 kilometres per hour.

I will also push for implementation of immediate pedestrian and cycling safety measures along the downtown truck route. The city has failed Rideau-Vanier residents in assuring that core pedestrian and cyclist infrastructure is in place to keep up with its intensification policy. I also believe in an aggressive marketing campaign to raise awareness to drivers, pedestrians and cyclists about sharing the road together.

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Marc Aubin



Mathieu Fleury



Catherine Fortin-Lefavre

Photos Bob Meltrun

Why are you the best person to represent Sandy Hill? What positive changes have you contributed to Sandy Hill?

Marc Aubin:

In May, I stepped down as president of the Lowertown Community Association and took a leave from my position at Transport Canada to seek election to city council because I am convinced of the need for real representation of this ward's interests – better representation is one of the key elements of my platform. Since then I have become even more aware of the issues in Sandy Hill – especially development and bylaw enforcement. I have no connection to the development industry so I will strongly advocate for this community's values.

Although most of my 15 years of community activism has been in Sandy Hill's adjacent neighbourhood, Sandy Hill and Lowertown share most of the same urban pressures. I have worked with and supported Action Sandy Hill on transportation issues. Since 1998, I have advocated for the removal of the downtown truck route and road safety improvements among many other initiatives. I have been a strong advocate for reasonable development and heritage protection. For example, I collected over 800 signatures and raised awareness about the Stewart-Dworkin building on Rideau Street this year. I was also responsible for a coalition that saved two heritage buildings from demolition on Sussex Drive. I represented residents at the Ontario Municipal Board against an overdevelopment proposed by Claridge for the Byward Market. As part of my campaign, I have released a set of 52 goals that reflect the kind of vision that I have for Rideau-Vanier. My experience would be an asset in representing all three neighbourhoods in Rideau-Vanier.

Mathieu Fleury:

Sandy Hill is a wonderful community made up of passionate residents. Together, we have already made significant improvements to our community. We have seen great progress in protecting the integrity of our mature neighbourhoods from the effects of growth, through the conversions moratorium that resulted in zoning changes, the approval of the Infill 1 policy to ensure that new developments are in line with our community, and changes to the Property Standards and Noise bylaws to ensure that all residents are respectful of the quality of life of our neighbours.

We also introduced more strict property standards specific to heritage and vacant properties to ensure that they do not fall into disrepair.

I have demonstrated that I can effectively engage and work with the community on issues that matter most to residents, while bringing effective change at City Hall. I am very proud of this work and I look forward to continuing our efforts in the years to come, especially in creating a sound vision in the Sandy Hill Secondary Plan renewal in 2015 that supports our community going forward.

Catherine Fortin Lefavre:

I am proud of the work that I have done to further the interests of many non-profits throughout my career, including securing an unprecedented amount of private funding and awareness for the Amethyst Women's Addiction Centre, located in Sandy Hill. I am also proud to contribute to my daughter's school, Francojeunesse, through my involvement in the parent advisory group for the afterschool program.

The ballot question in this election is not who has the most years of community experience. The ballot question is who is the best person to get the job done. I am the candidate with the most diverse and relevant experience and skills set. I have 10 years of advocacy and communications experience, I have managed staff and budgets and held leadership roles within non-profit, private and public sector organizations.

Sandy Hill is especially important to me because I live here. I am raising two children and understand the issues facing the neighbourhood first-hand. I hope to have the chance to earn your confidence and become your champion for positive change.

Residents have expressed strong concerns with what they call the City's lack of enforcement of bylaws (such as noise, garbage, property standards) as well as absentee landlords and derelict properties. What additional steps would you recommend to address these issues?

Marc Aubin:

The Broken Window theory should apply in Sandy Hill. When things go wrong, we need to enforce the bylaws promptly. A lack of action encourages more of the same negative behaviours. We have a reactive bylaw system in place except where parking is concerned. A year ago, I started advocating for a pro-active bylaw enforcement strategy. If it means more costs for the city, then my response would be to up the fines. After knocking at most of the doors in Sandy Hill, I am encouraged by the positive response of residents to this idea. There is likely to be work to further adjust some of the bylaws affecting the quality of life of Sandy Hill and I am willing to pursue this. The specific issue of derelict properties might include additional planning tools, such as expropriation, closing loopholes in plans and zoning, a landlord registry and further heritage designations.

Mathieu Fleury:

We have already taken great steps in the right direction when it comes to bylaw enforcement. We have introduced a more common-sense approach to dealing with noise violations and as a result the volume of complaints have decreased (and continue to do so) since the policy came into effect. We have also introduced more strict requirements for property standards and increased proactive enforcement in the community. Next term, I will push for better and quicker response times to 3-1-1 calls and continue to demand proactive bylaw enforcement in our community.

We have also worked with members of the community to create the Sandy Hill Town and Gown Committee – now in its second year. This committee has brought the University of Ottawa, the City and the community around the same table to discuss campus community issues and proper long term planning. We have enjoyed great success with this committee already and I look forward to continuing our work together.

Catherine Fortin Lefavre:

Other Ottawa communities have experienced such issues and successfully dealt with them through an aggressive task force led by the councillor. I will create such a task force, made up of community police officers, bylaw, and other city services, to ensure that irresponsible landlords are pressured to take action. I also support fining landlords who cause their properties to become derelict.

Garbage has become a very visible and serious problem in Sandy Hill. This issue needs to be addressed head on with simple but immediate measures, including the implementation of adequate trash and recycling receptacles throughout the neighbourhood that would be emptied regularly. Both the university and the city should play a role in funding these.

Marc Vinette submitted the following single response

I have the experience in cat herding and bridge building, perspective to see common sense lateral solutions and resolve to see goals achieved. If a workable solution to an issue in the public interest exists, that's what we do. I like to keep it simple, so instead of trying to master each arcane nuance of public policy I focus on information flow, accountability and pro-social leadership. It's not for me to decide what the public wants done. When that is decided, it's for me to get it done in the most reasonable, timely and cost effective manner. There is no need to reinvent the wheel, and there's certainly no need to accept the deplorable standards of infrastructure, city bureaucracy, etc. etc. etc. that have made Ottawa an international laughingstock and known around Canada as the "capital". If you want positive change then don't forget to vote Vinette!

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Them's the brakes

Ralph Blaine

I use my bike all the time but I don't show it much love. This summer I was riding around with dangerously sloppy front brakes, a frayed brake cable and worn brake pads. The rear brakes were not much better. I kept meaning to head over to a bike shop in the Market and pick up the parts or let them do the work; but what with fresh corn, field tomatoes and strawberries I kept letting it go. Then one morning when the pads were screeching metal on metal I finally steered over to Pecco's. Except I didn't because all you'll find there now are pizzas. Nice pizzas probably but no substitute for brake pads and cables. And there is no other commercial bike shop in the immediate area that I know of.

But the very same week as I was passing through the Ottawa U. campus a student slipped me a handbill advertising the "Bike Coop Vélo." It promised seminars, free parts, advice on bike repairs and a fully equipped shop. All of this is free to Ottawa U. students and \$5.00 per year for community members. I decided to check it out.

The "Bike Coop Vélo" is located at 200 Lees Avenue. Sounds simple enough

but 200 Lees Ave. turns out to be a large complex with at least five different interconnected buildings that used to be part of Algonquin College. To get to the Coop just ride east in front of the complex until you get to the football field. Turn right between the field and the Annex A and go all the way around the building until you reach a large open space to your right which faces the river – you'll see bike wheels in the window as you pass by. The Coop will be on your right just as you reach the open space. Turn the corner and up a few stairs and you will find the shop in room A105.

The shop is located in an old chemistry lab. It's bright, clean, and airy with high ceilings and lots of working space. In fact there are 1600 square feet of floor space as I was informed by a friendly Phil Chiasson, the Coop Coordinator. There are plenty of professional quality bike stands in the shop and a bench of tools that includes anything you might need for getting your bike in shape. For the novice there is always a knowledgeable mechanic on hand to get you started and offer assistance along the way. In the drawers of the old chemistry lab the flasks and beakers have ceded their place to used bike parts of all types that are available free to members. But if you want new parts the coop places an



The Bike Co-op Vélo workshop on the former Algonquin campus is open to community members, for \$5 per year. Worth seeking out!

order with a Montreal wholesaler (Babac) every Wednesday and members can add their requests and buy the parts without a markup. If you want to give your bike a fresh look there is also a paint station. You can also work on building your own bike and keep your project in the shop until complete.

The Coop also runs workshops every second Tuesday from 6:00 to 8:00 p.m. (see the Web site - sfuo.ca/bikes/) I'm thinking of looking in on the next one. It will concentrate on brakes! Coming up in October there will be a Bike Brewery Tour/October Fest. Later in the month a Bike Rave – Vélo Disco will take place. The coop welcomes volunteers. They will also pickup your unwanted bikes which they will dismantle and use for parts.

After getting a tour of the shop I paid my five dollars and got down to work. Thanks to some useful pointers from Phil and a few used parts I left the shop an hour later with my front brakes in perfect working order. Maybe next year I will see about the rear ones.



photo Ed Zolpis

Opening hours.....

The web site and the handbill give conflicting information on opening hours. Just as well because neither one seems to be right. The notice on the door of the shop says they are open Monday through Friday from 3:00 p.m. to 8:00 p.m. and this seems to be correct.

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Action Côte-de-Sable à la CAMO

François Bregha

Le 6 octobre dernier, Action Côte-de-Sable comparaissait devant la Commission des affaires municipales de l'Ontario (CAMO) pour s'opposer à la proposition faite par Viner Assets Inc. de construire une résidence de neuf étages pour étudiants sur l'avenue Laurier à l'angle de la rue Friel. En mars 2014, Viner avait fait appel de la décision du conseil municipal de rejeter cette proposition.

Ces audiences, réparties sur cinq jours, ont permis d'entendre les témoignages de cinq représentants de la compagnie Viner, de deux de la ville d'Ottawa et de deux d'Action Côte-de-Sable. Une décision n'est pas attendue avant plusieurs semaines.

ACS milite contre la construction de cet édifice depuis un an et durant cette période a soumis ses objections aux fonctionnaires de la Ville, les a présentées directement au Comité d'urbanisme, a fait du lobbying auprès des membres du conseil municipal, a organisé des collectes de fonds et a participé à la manifestation de septembre dernier (voir article ci-contre). Pour appuyer son intervention auprès de la CAMO, ACS a engagé une avocate, Emma Blanchard, et a mis sur pied un comité pour préparer les arguments et la documentation nécessaires à la défense du dossier.

ACS s'oppose à la construction du bâtiment pour plusieurs raisons, notamment : celui-ci ne cadrerait pas avec le caractère historique de la rue; il dépasserait la limite de hauteur permise qui est présentement de quatre étages; il introduirait des activités commerciales dans une zone résidentielle; il serait très massif et surplomberait les propriétés avoisinantes; et il créerait un précédent pour la construction éventuelle d'autres bâtiments semblables sur l'avenue Laurier.



photo Larry Newman

Il est à noter que les six bâtiments actuels qui seraient démolis représentent un ensemble architectural qui témoigne de l'évolution de la Côte-de-Sable depuis la construction des grandes maisons cossues de la fin du 19^e siècle jusqu'à celle d'appartements plus modestes des années vingt et trente. Quoique ces bâtiments n'aient pas été homologués en tant que propriétés patrimoniales, leur taille et leur apparence s'harmonisent bien avec l'avenue Laurier. Leur démolition changerait non seulement à jamais le caractère historique de l'avenue, mais entraînerait aussi la perte d'une partie de l'héritage du quartier.

ACS accepte encore les dons pour financer ses activités dans ce dossier. Même si son fonds spécial s'élève actuellement à 26,000 \$, ACS aura à faire face à d'autres propositions de développement controversées après celle de Viner, dont celle de Trinity sur la rue Rideau (angle Chapel) qui implique la construction de deux hautes tours et de magasins à grande surface. Vous pouvez appuyer les démarches déjà entreprises en faisant une contribution à savesandyhill@gmail.com. Pour plus d'information, consultez le site d'ACS site d'ACS (www.ash-acsc.ca/)

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 :

> **Croire que certain évènement est vrai ou non**, qui signifie « penser que, être persuadé ou presque certain de quelque chose » - non pas - deviner que, ce qui est un anglicisme.

Ex. 1- À la question que lui posait son voisin, le jeune homme a répondu croire que la nouvelle d'une catastrophe prochaine, répandue par les médias, était fause et non fondée.

> **Prendre garde de**, qui signifie « surveiller son comportement, sa démarche, son entourage afin d'éviter un malheur » - non pas - prendre soin de, ce qui est un anglicisme, et a un autre sens en français.

Ex. - Beaucoup d'adolescents, avides de nouvelles sensations, doivent prendre garde de ne pas s'aventurer vers des endroits inconnus lesquels pourraient leur être dommageables.

> **Faire attention de**, qui signifie « être sur le qui-vive, remarquer les obstacles devant soi, autour de soi et même par terre, afin d'éviter les accidents de parcours » - non pas - faire attention pour, ce qui est un anglicisme.

Ex. - Les enfants qui marchent souvent le nez en l'air doivent faire attention de ne pas se frapper sur un mur, ou de trébucher sur un caillou ou encore de mettre le pied dans un trou du pavé.

> **Faire attention à quelqu'un ou à quelque chose**, qui signifie « être sur ses gardes en société, y être conscient de ses paroles et de ses gestes » - non pas - surveiller pour, ce qui est un anglicisme.


Ex. - Lorsque, par hasard, on se trouve dans un groupe où une calme conversation va bon train, il faut faire attention à ce que l'on dit, tel des remarques ironiques et blessantes envers quelqu'un et aussi à ce que l'on fait, tel s'opposer fortement à l'opinion d'un autre, laquelle opposition peut se traduire par un air furieux et souvent menaçant.

> **Prendre une décision**, qui signifie « déterminer une façon d'agir, de procéder vers un but précis » - non pas - faire une décision, ce qui est un anglicisme.

Ex. - Ce n'est qu'après avoir analysé toutes les possibilités de succès ou d'échec que l'étudiant a pris la décision de changer de discipline à l'université et de s'inscrire plutôt à la faculté des Sciences politiques.

> **Être sur le point de**, qui signifie « être près à faire quelque chose, s'apprêter à agir ou à poser un geste quelconque » - non pas - être pour, ce qui est un anglicisme.

Ex. - Comme la dame était sur le point de partir en voyage, elle a vite décidé de remettre son rendez-vous chez le dentiste à une date ultérieure.



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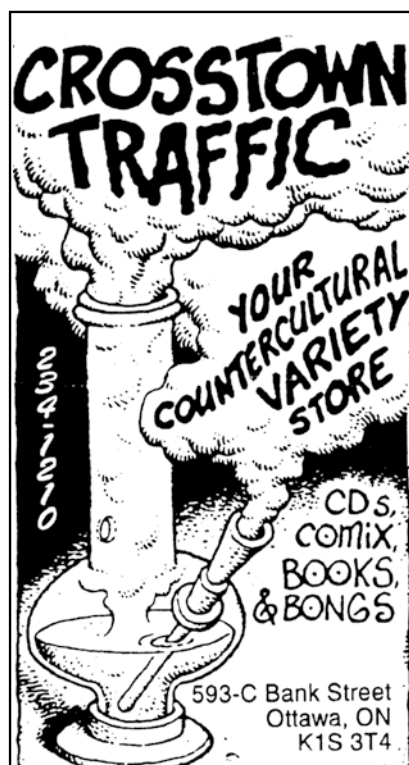
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La Maison Laurier Résidence de deux premiers ministres du Canada



par
Michel Prévost

La Côte-de-Sable ne compte que trois lieux historiques nationaux : l'Université d'Ottawa, le canal Rideau (aussi site du patrimoine mondial) et la Maison Laurier, sise au 335, avenue Laurier à l'angle de la rue Chapel.

Érigée en 1878-1879 pour la famille du bijoutier John Leslie, un commerçant prospère d'Ottawa, cette très belle résidence que constitue la Maison Laurier est construite en brique jaune, un signe de richesse au 19^e siècle, puisque contrairement à la brique rouge, on n'en fabrique pas dans la région et qu'il faut donc la faire venir à grands frais des États-Unis.

Cet édifice se distingue par son style Second Empire, très en vogue à l'époque, avec son toit mansardé et ses nombreuses lucarnes finement sculptées. Notons que la grande véranda ouverte qui s'harmonise si bien avec le reste de la maison d'origine fut ajoutée plus tard, au début du 20^e siècle. Malheureusement, la résidence a perdu quelque peu de son prestige en raison du haut édifice à appartements situé tout juste à ses côtés qui vient en quelque sorte lui faire ombrage.

Propriétaires et visiteurs illustres

La Maison Laurier constitue l'un des bâtiments les plus significatifs du patrimoine d'Ottawa et de l'histoire du Canada. Deux de nos grands premiers ministres y ont en effet habité pendant des décennies : Sir Wilfrid Laurier, de 1896 à 1919, et William Lyon Mackenzie King, de 1923 à 1950.



La Maison Laurier, sise au 335, avenue Laurier

Il faut savoir qu'à cette époque, le 24, promenade Sussex, n'était pas encore la résidence officielle des premiers ministres du Canada. Ces derniers habitaient plutôt dans leur propre demeure. En fait, ce n'est qu'en 1897 que l'actuelle Maison Laurier fut donnée au couple Laurier par de fidèles amis, également militants libéraux, qui estimaient que le premier ministre du pays devait habiter une demeure digne de sa fonction. Le fait que cette somptueuse résidence revienne au premier ministre rejoignait sans doute bien le rêve que Laurier lui-même entretenait à cette époque, soit au cours des années 1896 à 1911, de faire de la capitale fédérale le Washington du Nord.

En 1921, comme elle n'avait pas d'enfant, la veuve de Sir Wilfrid, Lady Zoé, décide de léguer la maison au successeur libéral de son mari, William Lyon Mackenzie King. C'est d'ailleurs lui qui baptisa la demeure du nom de son célèbre prédécesseur à qui il vouait une grande admiration.

Au moment où les deux hommes occupaient le poste de premier ministre, la vaste maison ne servait pas uniquement de résidence privée, elle faisait également office de bureau. C'est d'ailleurs ce qui explique que d'illustres visiteurs comme le président

de la France, le général Charles de Gaulle, et le premier ministre du Royaume-Uni, Sir Winston Churchill, soient venus au 335, avenue Laurier.

Aujourd'hui, la Maison Laurier est devenue un musée qui met en valeur non seulement l'architecture de ce magnifique bâtiment, mais aussi l'époque où y vivait le premier francophone à devenir premier ministre du Canada et le 10^e premier ministre du Canada.

Après sa mort en 1950, William Lyon Mackenzie King, se trouvant lui aussi sans enfant, lègue la magnifique propriété au peuple canadien. Depuis, Parcs Canada gère ce lieu historique national et y offre des visites guidées et diverses activités d'animation.

La Maison Laurier est protégée pour les générations à venir puisqu'elle est désignée monument historique en vertu de la *Loi sur le patrimoine de l'Ontario*.

Je vous rappelle que j'offre des visites guidées du quartier de la Côte-de-Sable pour les groupes de 10 personnes et plus. Vous pouvez me joindre au 613-562-5825 ou par courriel à Michel.Prevost@uottawa.ca



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Sandy Hill is a neighbourhood of extremes



The old, the pretty, the ugly

photos by Christine Aubry

Sandy Hill Vision Survey, from page 1

Although some may take exception, most permanent residents enjoy the student presence in the neighbourhood. However the growing imbalance is cause for concern. “Don’t let one demographic dominate,” pleaded one respondent.

The student dynamic is indeed a sensitive issue on top of everyone’s mind. While many permanent residents love the youthful vibe of being situated close to a university, the students that do not respect their neighbours are tarring the reputation of the whole. Unfortunately, those students that do care about the neighbourhood told us they feel “demonized.” They suggested that the community needs more ways to engage the student population and encourage them to uphold their civic responsibilities.

Who else feels marginalized? Those living in Strathcona Heights and on the south side of Robinson field; individuals and families struggling on low income; those who depend on public transportation. Sandy Hill does not feel well served by OC Transpo, especially with recent route changes and reduced services. There were also comments that teenagers and francophone children are not well served by community organizations.

So what do we want for Sandy Hill? We all seem to want more amenities: coffee shops, nice restaurants (not pubs!), bookstores, bakeries, fresh and organic food shops, affordable sport facilities and cheaper grocery stores. We want more opportunities and non-commercial spaces for the community to gather. And on a positive note, we want to promote and build upon Sandy Hill’s many wonderful strengths.

Although many respondents pointed to neighbourhoods such as Westboro and the Glebe as their vision for Sandy Hill, not all agree. Some want to create a unique neighbourhood that stands out, as the oldest heritage neighbourhood in the nation’s capital ought to.

There is also controversy over traffic calming measures: some like them and want more, others say they would not be needed if laws were better enforced with more patrolling and ticketing of violators.

In fact, enforcement of bylaws came out as the main issue overall. Respondents clearly stated that if rules around garbage, traffic, and property maintenance were strictly enforced, this would go a long way toward making Sandy Hill more desirable. Although there was some praise for recent initiatives around noise control, for the most part respondents do not have a very flattering opinion of our City staff and elected representatives.

The main message for ASH is that it needs to be more proactive and creative in promoting innovative growth and development. Some asked whether our collective energy might not be better used to promote quality, low-density, affordable housing rather than oppose all development projects. Respondents want ASH to nurture constructive relationships with all partners, preserve Sandy Hill’s heritage and protect and enhance green spaces, especially pedestrian and cycling pathways.

So what now? IMAGE and ASH have already used these key messages as the basis for questioning candidates in the upcoming municipal election. Sandy Hill residents clearly want and need a strong voice on City Council and strong advocate at the City of Ottawa.

ASH will also look at this data to determine where to focus its energy for setting priorities and concrete deliverables in the coming years. Respondents provided good ideas that could immediately beautify Sandy Hill and enhance our sense of community. Examples include: promoting Sandy Hill as a biking community, finding places for street art, organizing more festivals and events, and enhancing green spaces and parks.

The survey may be completed, but it is never too late to share your ideas with ASH. The Vision Sandy Hill team will need many volunteers to make these suggestions a reality. We were extremely pleased to see so many survey respondents tell us they want to be involved. If you have not already done so, you can contact visionsandyhill@gmail.com to provide your thoughts or let us know how you would like to help out.



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Ottawa Carleton District School Board Trustee Report
Community must stay vigilant

I am leaving the Trustee role after several successes and some failures, and I believe it is likely in the hands of a good successor. Here are some issues that our constituents should continue to watch as the next mandate unfolds ...

At Board level

- a) The so-far largely internal debate about the proper role and powers of the Board of Trustees (BoT), versus staff and other entities such as the Board's Audit Committee, the Ottawa Student Transportation Agency and even the Ontario Public School Boards Association (re labour negotiations). If constituents continue to want trustees they can call on to act on behalf of the community, they will want to make sure that not too many powers are delegated away to committees, agencies and associations, leaving the BoT ineffective when direct intervention is needed.
- b) Capital priority planning framework version 1 implementation now in progress—make sure that the BoT does not surrender all decision-making ability to an opaque, staff-only process.
- c) New metrics to track the achievement and graduation rates of at-risk students — my motion directing this is now being implemented.
- d) Equal access at the elementary level to alternative education — my motion, passed a while ago, is now finally at the initial stage of implementation.
- e) Ensuring that play space trumps parking space—my most recent motion.
- f) Ensuring that the right things are protected as provincial austerity starts to bite —especially services for special education students, the focus of many budget amendments over the years.
- g) The continued roll-out of the new special education framework for congregated classes, as per a multi-recommendation report delivered to the BoT by a committee of trustees— I was the report's lead author.
- h) The roll-out of before-and-after-care and full-day kindergarten, with a view to ensuring that those who can least afford or might benefit most from the programs are included in an equitable manner, and that the focus stays on all the students who might benefit, not on OCDSB or third-party staff.
- i) Needs-based staffing allocations—started this year with high school VPs after years of my pushing and spreadsheet demonstrations.

Locally in Zone 9

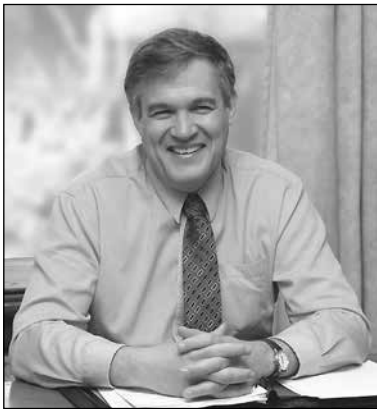
- a) Ensure that there is sensitivity to community needs as the "switch" of First Avenue PS and Mutchmor PS occurs in the Glebe.
- b) Get an addition built at Viscount Alexander PS to replace the portables, and resist accommodation options that direct students out of neighbourhood.
- c) Ensure that the have-not school communities in Vanier and Lowertown get the staff and other resources they need.
- d) Try to get decision-makers to recognize the need to put full air conditioning into Glebe Collegiate and to ensure generally that older facilities get retrofitted over time to the same standard as more recent schools,
- e) Make sure that local organizations have continued and fair access to gyms.

There is never a good time to leave. I would have welcomed an opportunity to extend my term by one more year to see some matters through, but the position of trustee is a four-year commitment. Many thanks to those citizens and those staff members who have helped and supported me through my eight years as a trustee. And thanks also to everyone I have met who cares enough about public ed to step up at the local level or centrally, and make a difference.

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

To Dec 1: rob@ocdsbzone9.ca, after Dec 1: rob_campbell@sympatico.ca

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



Rob Campbell, Trustee
Ottawa-Carleton District School Board



News from Viscount Alexander Public School

Michael Barnes

New school year and new staff at Viscount Alexander Public School!

Our year has started off well, and it is great to have our building filled with students and staff again. The renewal of friendships and starting into new learnings with our children has brought an awesome energy to Viscount! We have a few new additions to our staff this year, Taryn Jotham (Grade 2/3), Joumana El-Hallak (ECE/EDP), and Farah Kabir (ECE/EDP). We are excited to have them join our team!

The ALS Ice Bucket Challenge

During the month of September we have participated in a couple of familiar events and our staff members were challenged to boost awareness of the disease Amyotrophic Lateral Sclerosis (ALS) with the Ice Bucket Challenge. This challenge involves dumping a bucket of ice water on someone's head to promote awareness of ALS and encourage donations to research. Remarkably, ALS Canada's website shows this "activity" has already raised more than \$14 million dollars when the ALS target for this year was \$10 million. Our Grade 5/6 students were the ones to dump the buckets of water on staff. And the smiles on those students' faces, as you can imagine, were ear to ear!

The Welcome Games

We ended our second week with our Welcome Games where students are placed in groups of mixed grades to learn games they can play in the school yard with their friends. It is wonderful to see all of the

smiling faces as they learn, through play, the elements of fair play and sportsmanship. Our Grade 6 student leaders lead the groups to their stations and help younger students meet new friends and learn the activities.

Students step up for Terry Fox

We took time at the end of the month to remember and support another important foundation by running for cancer research in memory of Terry Fox. It has been 34 years since Terry started his run and each year his bravery and perseverance reminds us of his heroism. Our students ran laps in our yard, cheering each other on, working hard and doing their best to support his cause. Thank you to our staff for making all of our opening activities a huge success! We look forward to another great year at Viscount!

A Big Thank You to Trustee Rob Campbell

For several years Rob Campbell has served as Trustee for Zone 9 of the Ottawa-Carleton District School Board (OCDSB). Zone 9 includes seven elementary schools and Glebe Collegiate. Rob has spent countless hours at board meetings, as well as working with OCDSB staff and management, school councils, parents and others to improve public education.

His interest in Viscount Alexander Public School has been very much appreciated by the School Council, staff, parents and residents over his time in this important public office. Our school has grown and the community is richer with the dual track English and Early French Immersion programs offered at Viscount Alexander. On behalf of the School Council, students, parents and staff we want to say a big "Thank You" for a job well done. Viscount Alexander appreciates all of Rob's efforts and wishes him the best in future. Viscount has been fortunate to have had such a devoted Trustee for so many years. Thank you Rob!



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Canada's Bletchley Park

Diana Pepall

When World War II broke out and Britain established its Government Code and Cipher School, it chose as its site an estate called Bletchley Park. When Canada decided it needed its own cryptography unit it housed it right here in Sandy Hill, in a stately Victorian house at 345 Laurier Ave. E, next door to Prime Minister Mackenzie King's residence, now called Laurier House.

This cryptography unit got off to a very shaky start. Since Canada had no experience in running a code breaking operation it hired Major Herbert Osborn Yardley from the United States to come to Canada for six months and establish what came to be called The Examination Unit (XU). Major Yardley was the founder of the US cryptography bureau. In 1931 he had published a bestselling book about the inner workings of American signals intelligence during World War I. Both the British and Americans were furious that their top secret activity had become public knowledge. Once the British found out that Yardley was helping out in Canada, they refused to cooperate with the Canadians. Canada had no choice but to not renew his contract. Yardley resisted and even contacted Eleanor Roosevelt to intercede on his behalf. Meanwhile Britain offered to send someone in his place from Bletchley Park. Oliver Strachey, brother of Bloomsbury author, Lytton Strachey, and former head of the Bletchley Park team working on German intelligence cyphers, was recruited. However he refused to set foot in Canada until Yardley had left the country. Finally Yardley did so, and on January 15, 1942 Strachey took up his duties as director of the Examination Unit and they moved into 345 Laurier Ave E on March 26, 1942.

The Examination Unit began by monitoring the activities of the Vichy (French) Legation in Ottawa and the Germans in South America. However, once Strachey arrived the responsibilities of the British and Canadians were clarified and the XU was divided into three sections – French, who went on to monitor the Free French as well, the Japanese Diplomatic Section, and the Japanese Military Section. The bulk of the material they decoded came from British Security Coordination, based in the US, and headed by William Stephenson. Administratively the Examination Unit was part of the National Research Council, but it reported to the Department of External

Affairs. The staff had job titles such as lab assistant and researcher presumably to hide what they were really doing.

The Examination Unit would go on to have 50 staff. They started with just four people, however, and so had room to spare. The Army's Discrimination Unit (DU) moved in, occupying the first floor. They were mainly concerned with monitoring Japanese troop movements in the Pacific by decoding their military messages. The DU moved to 25 Guigues Ave. (now the Canada School of Public Service) in the autumn of 1942. On the top floor of the Laurier Avenue house External Affairs established the Special Intelligence Section which interpreted the material produced by the XU. This section was headed by E. Herbert Norman. Norman is remembered for being the brilliant Canadian diplomat and author who was repeatedly accused of being a Communist by the Americans. Not being able to withstand the pressure he leapt to his death in Cairo in 1957 while he was the Canadian Ambassador to Egypt.

In July 1945 a top secret internal history of the Examination Unit was written. One of the XU staff, Mrs. Mary Oliver, had this to say about working at 345 Laurier Ave. E.:

The period spent at 345 Laurier will be an unforgettable interlude, I think, in the lives of all who worked there. Discipline was not very rigid and working conditions were ideal. We had all the convenience of home, a kitchen with grill and icebox, three tiled bathrooms, bright airy rooms to work in, a lovely enclosed garden where we could enjoy sun baths at noon or a game of ball at the tea break. Tea in the kitchen was a wonderful institution. When we were advised that the working day was to be shortened and that, if we wished, we could shorten it ourselves still further, we almost thought of giving up 'tea' but decided it would be a mistake. It had become such an institution that we considered it unwise to discontinue the habit until the entire staff had been disbanded.

In July 1945, two months after the war in Europe ended, the Examination Unit was shut down and the remaining staff joined the Discrimination Unit on Guigues Street. Everyone was sent the following official notice by External Affairs which reminded "... all persons who had any contact with the work, that their Oath of Secrecy is not affected by the cessation of hostilities and continues permanently." Thus the people who worked at the Examination Unit were never able to tell anyone about their work; as a result, their contributions were never recognized. Attempts are now being made to rectify this.



Do you recognize any of these people who served the war effort from 345 Laurier Ave. East, next door to Laurier House? If so, they should be added to the Bletchley Park Honour Roll.

Library and Archives Canada/ PA 178055

In 2009 the British Government created the Bletchley Park Commemorative Badge to recognize those surviving veterans who worked at Bletchley Park and its Outstations. In Canada the Examination Unit, the Discrimination Unit/Joint-Discrimination Unit and Camp X are considered for this purpose as Outstations of Bletchley Park, as well as those who worked in signals intelligence during the Second World War. All are eligible to receive this badge. Those who are deceased are eligible to have their names added to The Bletchley Park Honour

Roll. There is a group presently trying to track down these individuals. If anyone has any information about someone who worked for any of these organizations please contact me at Diana.pepallottawa@gmail.com.

As for the house, unfortunately it has been replaced by a nondescript apartment building. However, an application will be going to Parks Canada to have a plaque to commemorate the men and women who performed such important work during the War.



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Sandy Hill at the People’s Climate March

Diane Beckett

The biggest climate march in history took place in New York City on September 21. The People’s Climate March, to demand that world leaders take action on climate change before it’s too late, was held just before these leaders attended a climate summit at the United Nations. I was among the estimated 400,000 people who were stretched out for more than six kilometres along the route - 80 city blocks crammed with people!

Marchers included the United Nations Secretary General Ban Ki Moon; former Vice President and Nobel Peace Laureate Al Gore; primatologist Jane Goodall and actor Leonardo DiCaprio who are also United Nations ambassadors for peace and climate change; as well as an astonishing array of people from different walks of life.

There were people who are already feeling the negative impacts of climate change including the Filipinos who, in 2013, were hit by super-typhoon Hayain, the most powerful storm in history; citizens from Pacific Island countries which are slowly disappearing beneath the rising oceans caused by melting glaciers; First Nations from the Canadian Tar Sands who are experiencing the destruction of their way of life and land as well as higher than normal levels of human and animal cancers; Americans who had been hit by super-storms Sandy and Katrina; and those ravaged by a lifetime of extracting fossil fuels including coal miners suffering from black lung disease.

There were also those who work to build a better future including families,



Diane Beckett met up with neighbour Elizabeth May on Sept. 21 in New York.

students, elders, renewable energy advocates, peace and justice organizers, labour, faith groups, public health advocates, farm workers, environmentalists and scientists. The scientists wore lab coats and pushed a ten foot tall chalk board covered with graphs and facts showing the scientific evidence that climate change is happening. Their slogan: “Science for climate action.”

The atmosphere was festive. There were marching bands, giant puppets, human-propelled floats, costumed people, and thousands upon thousands of creative signs and banners. The energy was positive because the marchers knew that the world already has the knowledge and technology to address climate change while at the same time addressing equity, justice, jobs, health and environmental issues – and at a lower financial cost than “business as usual.” We only need the political will – and we were there to let the politicians know that it was time for them to develop the political will.

The statistics describing the march are staggering. About 100,000 marchers were expected but four times that number turned up. However, everyone was patient and so excited because the numbers exceeded all expectations. The march began at 11:30 and the last marchers reached the end of the route a full six hours later.

The People’s Climate March wasn’t the only climate event that day. There were 2,646 solidarity events—in 162 countries including 70 in Canada. People joined together to demand politicians take quick and effective action to stop climate change.

Ottawa campus clubs offer us a consumer base and assets

Benjamin Miller

With another school year beginning, thousands of new students are being introduced to the Sandy Hill community. The relationship could be a positive one—with these new residents, consumers, and volunteers contributing to the economic and cultural life of Sandy Hill—or it could be negative punctuated by loud, obnoxious parties, litter, and tension among neighbours. In all likelihood, the relationship will fall somewhere in the middle. But as a fourth year student, I have a simple recommendation to push things in the positive direction: reach out to clubs.

By reaching out to campus clubs, Sandy Hill businesses and community groups could build key relationships that will result in a dedicated consumer base and greater contributions by students to the communal life of Sandy Hill. What does this mean in practice?

Campus clubs are always on the look-out for event venues close to campus accessible to new students. As a club executive, I have personally seen single events turn into long-term relationships that brought hundreds of patrons to businesses, and

provided a great location and service for us. If you have a space that you think might be good for a coffee house, talent show, poetry reading, or some other kind of event, don’t wait for clubs to take the first step let them know! It costs nothing but a bit of time to send an email to a few of uOttawa’s more than 200 clubs and the pay-off could be big.

Sandy Hill is a vibrant community filled with various kinds of groups. From book clubs to cultural associations, it is likely your group could find a kindred spirit on campus. Besides just having more people to share your passion, working with campus clubs will help community groups gain access to the enormous assets clubs have access to through the university, from professors to A/V equipment.

There is no reason Sandy Hill groups couldn’t benefit from these resources, but it does require reaching out. Students don’t always realize what’s out there in Sandy Hill or how they can make the most of it, but Sandy Hill businesses and groups have the advantage of a one-stop shop where they can see all uOttawa clubs sfuo.ca/clubs/clubs-listing/. So this academic semester, why not reach out to a club or two? There’s much to gain and absolutely nothing to lose.

Photo Kathleen Kelly



A big thank you goes out to the Environmental Law Student Association, Faculty of Law, University of Ottawa, for picking up refuse along the Rideau River in Strathcona Park on September 20.

— Kathleen Kelly



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À l'École publique Francojeunesse, on trouve toujours son compte!

Christine Aubry

Pas de doute en effet, les élèves de Francojeunesse qui entament l'année scolaire 2014-2015 auront tout à gagner de leur fréquentation de cette école remarquable. Un personnel enthousiaste a déjà préparé pour nos 620 enfants une année riche en activités et en défis de toutes sortes (nouveaux apprentissages à maîtriser, problèmes à résoudre, jeux mathématiques...).

Au mois de septembre, les élèves ont poursuivi la tradition établie depuis quelques années de participer à une course organisée dans le parc Strathcona pour souligner la journée Terry Fox. Cette activité coïncidait également avec la Journée du drapeau Franco-Ontarien, soit le 25 septembre dernier. Bravo aux élèves et aux familles qui ont récolté à cette occasion la somme de 3,000 \$ pour la Fondation Terry Fox!

Voici d'autres dates importantes à inscrire à votre calendrier:

17 octobre : journée «Brisez le silence», en appui à la situation des enfants victimes de mauvais traitements.

7 novembre : danse familiale

20 novembre: journée mondiale de l'enfant

Soulevons également qu'au mois de septembre, le Franconseil (le conseil des parents de l'école) a lancé un nouveau site internet qui vise à favoriser le partage d'information entre parents ainsi qu'à



Djordje, Chloé, Chloé et Luke, lors des célébrations franco-ontariennes et la marche de Terry Fox au parc Strathcona

encourager ceux-ci à s'impliquer au sein de la communauté scolaire. Les parents sont par ailleurs invités à s'abonner à l'infolettre: www.franconseil.ca.

Enfin, Francojeunesse, fière de se définir comme une école "écolo", promeut la réutilisation de matériel divers dans les salles de classe. Si vous avez du matériel à donner (liste fournie plus bas), on vous invite à le déposer au Secrétariat d'une des 2 écoles (119 Osgoode ou 339 Wilbrod). Les enfants et enseignants vous en sont à l'avance très reconnaissants!

Exemples de matériel réutilisable recueilli par l'école:

- Journaux (de grand format, tels que *La Presse* ou le *Ottawa Citizen*) qu'on utilise pour les bacs verts
- Magazines, revues, images, livres
- Tissus, boutons, laine, rubans
- Costumes, déguisements
- Ustensiles, serviettes, assiettes, verres (plastique ou papier), etc.
- Rouleaux de papier, bouteilles en plastique, boîtes en carton



La course organisée dans le parc Strathcona pour souligner la journée Terry Fox.

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| TBA | Christmas for Kids (call for details) |
| Dec. 3 | Midweek Advent worship @ 7 p.m. |
| Dec. 5 | Advent by Candlelight for women. |
| Dec. 10 | Midweek Advent worship @ 7 p.m. |
| Dec. 17 | Midweek Advent worship @ 7 p.m. |
| Dec. 24 | Christmas Eve Children's service @ 7 p.m. |
| Dec. 25 | Christmas Day worship @ 10:15 |

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

Students jazz up Lowertown's Anglesea (Angel) Square

Photo Ed Zolpis



Paula Kelsall

An environmentally conscious angel came to rest last month in the cul-de-sac at the end of York Street, at the front of York Street School. Dark-haired, smiling sweetly and surrounded by a whirl of blue, gold and yellow fish, she fills the entire circle of pavement. Her wings stretch north and south along the walkways that link Beausoleil and the Lowertown Pool complex, while a fabulous giant carp and an enormous blue-winged bird head off in either direction, trailing stars and feathers.

The design was developed last year by sisters Christine and Sarah Lauzon, students at De La Salle High School, for the school's submission to a City of Ottawa project called Paint the Pavement. The angel echoes the original name of the nearby park, Anglesea Square, as well as the title of *Angel Square*, Brian Doyle's novel set in Lowertown. Her aquatic companions remind passersby of the nearby rivers and the importance of keeping them clean and healthy.

The street painting was done in a single day, Friday September 12, by students from De La Salle, York Street School and

De La Salle, York St. and Ste-Anne kids beautify the path they regularly use on the way to and from school.

École Sainte-Anne. The original design had to be somewhat simplified, since the durable highway paint that was used for the finished work comes in a limited range of colours. Stencils were made so that the outlines of the art work could be painted in quickly first thing in the morning. Then teams of students worked in shifts throughout the day, with De La Salle students taking the lead. Parent volunteers and teachers also took part.

Grant Holmes, a visual arts teacher at De La Salle who attended the same school himself not so long ago, says he watched his students maturing right before his eyes on painting day as they led teams of kids aged 6 to 16 in painting sections of the design. About 275 people participated altogether, with as many as 100 working at once during the middle of the day.

By 3:00 in the afternoon there were still about 20 tired and happy people in smudged smocks and coveralls painting eyes on the fish and adding other finishing touches. Among them was Action Sandy Hill's Suneeta Millington. She said that ASH had worked with the Lowertown Community Association, the Lowertown East Residents Association, the Lowertown Good Neighbours House and the Lowertown Community Resource Centre, among others, to help this project happen. Students from three different school boards were involved in this truly bilingual event; a beautifully cooperative effort adding a joyful feature to the neighbourhood.



Photo Ed Zolpis



A satisfaction of pickles

Ron Hodgson

Find it very satisfying to make pickles, chutneys, jams, sauces and syrups. To me there's something magic about taking a local product, whether home-grown or bought at an outdoor market, and turning it into a tasty condiment.

This summer I've been scouring the countryside to find alternatives to the plastic berry containers and tasteless tomatoes that one finds on the supermarket shelves. One doesn't have to go far. Our local Sandy Hill or Main Street market or, for more volume and variety, the Byward Market delivers as the season progresses. First it's maple syrup, then asparagus, then greens, then strawberries, raspberries, blueberries, red and black currants, corn, peaches, apples, tomatoes, garlic - the list goes on. They are almost invariably more expensive than the mass-produced imported variety despite the fact that they haven't been delivered in temperature-controlled transports over thousands of miles. But oh, the taste! Fresh and luscious, the local produce is undeniably superior to what we find in the plastic boxes. The imported fruits and vegetables are often altered by the use of additives and they're often bred with tough skins just to ensure that they look fresh on your supermarket's shelves.

A couple of generations ago the only way to experience nature's summer bounty year-round was to learn how to make pickles and jams. The ample use of sugar and vinegar enhanced with spices such as cloves or cayenne pepper and mixed with onions and ginger used to fill the house with wonderful odours when they were

being prepared in the big pot on the stove. There are few older households that don't have a supply of Mason jars with snap lids or even the glass lidded jars with rubber rings. The sterilized jars were filled with the hot tasty condiments using a special funnel and then treated to a boiling water bath for a few minutes to eliminate germs and allow shelf storage. Then, in the depths of winter it was still possible to withdraw a jar from your stash and experience the taste of summer all over again.

Nowadays it's a bit more difficult to gather the ingredients. And oh, the cost! Definitely not competitive with the Kraft version. For example, we priced out a small container of whole cloves the other day at \$8.79. If a rebuild of all the spices, jars, lids, pots and pans is required the price will be high and likewise the vehicle mileage just to do the search and find. Canadian Tire, Walmart, the Bulk Barn and the dollar store are your best bets.

By comparison I came across an envelope of my mother's pickle recipes the other day. In it was a recipe for Green Tomato Figs that had been passed down to her by her mother (my grandmother) who died in 1953. Curious as to what green tomato figs were I read the recipe. It called for 8 quarts of small green tomatoes, a quart of vinegar, 3 lbs of brown sugar and "5 cents worth of mixed whole spices." A nickel went a long way in those days.

When all the pickles and preserves are done they can be arrayed very artistically on narrow shelves and enjoyed as kitchen art. As the season progresses the preserves are used up making the display an evolving show.

In the end pickles satisfy all the senses.

Centre 454 welcomes new executive director

Last summer, Centre 454 was very pleased to welcome Jennifer Crawford as its new executive director.

Ms. Crawford has been an advocate for individuals experiencing homelessness for more than 10 years. She joined Centre 454 from the Ottawa Mission, where she was Manager of Client Service. "Jennifer brings an infectious energy and optimism for addressing issues of poverty and homelessness," says Gina Grosenick, chair of the Centre 454 Management Board. "This will maintain and build Centre 454's position as a community leader for those who are vulnerable in our society."

Centre 454 is an award-winning, drop-in day program for people who are experiencing homelessness, inadequate housing, or poverty. It is one of five community ministries of the Anglican Diocese of Ottawa, and one of eight City of Ottawa day programs. It is at 454 King Edward Avenue.

"We are excited to welcome Jennifer into the community ministries as executive director of Centre 454," says PJ Hobbs,



Photo Onno Kremers

Jennifer Crawford

Director of Mission for the Anglican diocese. "Jen's work over many years has been marked by creativity, energy, vision, and a palpable commitment to address issues of homelessness and poverty."

For her part, Ms. Crawford is thrilled to have arrived at the Centre. "I feel so blessed to be part of the Centre 454 team. I am dedicated to continuing the amazing work being done within the Centre walls and beyond. It's a beautiful thing when your passion and career come together."

Centre 454 continues to celebrate its 60th anniversary of service to the community. Stay tuned for news of the 60 Ways to Make a Difference campaign. Learn more and get involved by visiting the 60th anniversary page at www.centre454.ca.

- Beverley Ensom

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What I found when I visited the Sandy Hill Good Food Market

Stephanie Pantel

The first thing that drew me to the Sandy Hill Good Food Market in August was the kale. I was running low at home and couldn't believe that such a large bunch of kale was selling for only \$2! When I walked through the market and realized that all the fresh produce had low prices, I vowed to come again. So I went to the next market a month later. That time, I noticed something other than the food and the prices; I noticed the volunteers. They were all wearing red aprons, smiling, and helping people. That struck me.

There is something admirable about a non-profit market in the community. And the people who attend the market, many of them my neighbours, all seem delighted by the experience. I wanted to know more. I approached a woman with bright fuchsia hair and glasses sitting on a bench looking at a receipt book. Turns out she was the market coordinator, Indigo Holley.

I asked if the market needed volunteers, and she enthusiastically answered, "Yes!" She introduced me to Geri, a community developer, who gave me information. She invited me to the next organizing meeting and soon I was a volunteer at the market, along with many of my neighbours. A few months later, I would become an intern.

The Sandy Hill Good Food Market has been bringing healthy, affordable food to the Sandy Hill area since 2012 and will continue through at least April 2015. I urge you to come to the next market, on November 1st. Hopefully the experience will be as memorable for you as it was for me.

The Sandy Hill Good Food Market takes place every first Saturday of the month 11 a.m.-1:30 p.m. at 731A Chapel Crescent (off of Wiggins Private through the bright orange door).

Good Food Markets are an initiative of the Poverty and Hunger Working Group. Working with the Good Food Box program at the Centretown Community Health Centre, they purchase fresh fruits, vegetables and dried food at wholesale prices and re-sell them to the community. The markets give customers more choice about what and how much they can buy right in their neighbourhood.

The time has come, the walrus said...

Dodi Newman

...to talk of cabbages and kings.

Let's skip the kings – cabbages are much more interesting! What other family of vegetable is so varied, nutritious, reasonably priced, and widely available all winter long? Whether green or red, Savoy or Napa, cauliflower, kale or Brussels sprouts; whether pickled (kimchee, sauerkraut) or fresh, cooked or raw, people the world over make an almost unlimited number of dishes that are loaded with vitamins, fiber and cancer-fighting ingredients. What more could anyone ask?

I like them all: kale, cooked, chopped up finely and added to freshly mashed potatoes with some heavy cream and lots of black pepper; sauerkraut, cooked until very tender with a chopped onion sautéed in butter, a grated apple, a few juniper berries, a glass of left-over champagne or white wine, and water to barely cover; or Napa cabbage, raw, shredded and served as a salad with a cream, dijon mustard, salt and pepper dressing and coarsely chopped walnuts. Find other ideas here: www.theguardian.com/lifeandstyle/2014/feb/08/cabbage-recipes-10-best.

My favourites are Brussels sprouts – cleaned, washed, cut in half lengthwise, steamed until just tender, then swirled in melted butter with a touch of nutmeg and black pepper; Savoy cabbage – shredded, sautéed in butter with a bit of onion until it begins to wilt, finished with cream, salt, pepper and nutmeg or a bit of caraway, and carefully simmered until done to taste. Then there is cauliflower (www.huffingtonpost.ca/2014/02/21/cauliflower-recipes_n_4831987.html). Often rejected because it is usually overcooked and then tastes awful, and also said to be too bland. But try it this way and see if you can't make some converts.



Photo Dodi Newman

Cauliflower with herbs, garlic and lemon zest

- 1 medium head cauliflower, cut into to 1-inch florets
- 2 tablespoons extra virgin olive oil
- 1 clove garlic, finely chopped
- 1 tablespoon finely chopped fresh parsley
- 1 teaspoon fresh thyme leaves or 1/4 teaspoon dried
- 2 teaspoons chopped capers, optional
- salt and pepper to taste
- 1 lemon, the grated zest of

In a large frying pan, steam the florets in a little water for 3 minutes, or until they are al dente. Do not overcook! Drain, push the florets to one side, add all the remaining ingredients but the lemon zest to the pan, and sauté for a minute or two. Be careful not to burn the cauliflower which is still in the pan. Add the lemon zest and then gently stir the florets into to herb mixture until coated with the fragrant oil and herb mixture. Serve immediately. Leftovers are excellent at room temperature the next day.

Bon appétit




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

Food Trucks of Ottawa U. After three years of brightening the lives of students and neighbours of the university, **Stone Soup Foodworks** has retired their pea-green truck from regular service. The owners will continue to cater and to show up at special events, but are focusing their energies on the West End Well food co-op, a new venture in Hintonburg. Meanwhile, **Relish Food Truck** has taken over Stone Soup's former spot on Marie Curie near the transitway, and is dishing out "gourmet comfort food" from 8:00-9:30 and 11:00-2:00, Monday through Friday. Their Wednesday mac 'n cheese is a popular favourite.

Kothu Rotti, 408 Dalhousie St. Fans of Sri Lankan food will be happy to know that the family that runs the Ceylonta restaurants on Somerset and Carling now has a take-out place in our neighbourhood. The dishes are styrofoam, alas, but the food is just as delicious as at the main restaurants. \$5.99 will get you a vegetarian combo with rice, raita and your choice of three curries; be sure to try the richly sauced green beans. Open Monday-Friday for lunch and dinner; Saturday for dinner only.

Laurier Social House, 244 Laurier Ave. East The owners of the former HillTop Resto Bar have opted for a more down-home look and a more burger-dominated menu. There's still a fine selection of draft beers; the fries are hand-cut and come with home-made sauces; and the \$5.00 burger special on Wednesdays is a juicy, flavorful deal. Open daily until late.

Saffron, 426 Rideau St. Saffron opened its windows to the street this summer, adding a sidewalk patio and creating a much more welcoming vibe. On Mondays they now feature a vegetarian buffet at both lunch and dinner time. The menu varies, but is sure to include several tasty variations on Persian-style rice and noodles, and for \$10.99 you will come away full and happy. Open daily for breakfast, lunch and dinner.



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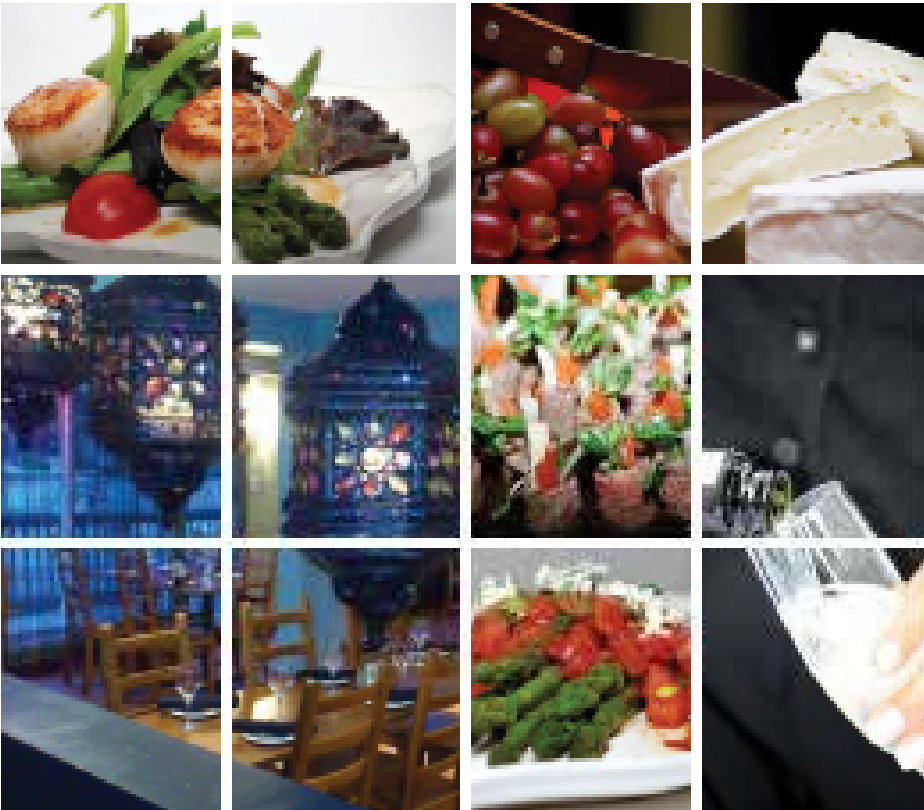
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Back garden confidential

Danna Leaman

Monday, 29 September 2014

It's a warm end-of-summer afternoon with a breath of fall in the gold and red leaves. Large fuzzy bees comb through white and pink petalled spikes of black cohosh. Without leaving my chair on the patio I spot several other species of bee busily doing what bees do best – pollinating the late summer flowers as they make their bee lines from plant to plant, then lumber off, pollen-laden, to ... somewhere. Where exactly is an Ottawa inner-city bee when it's at home?

I know generally that, apart from the occasional honeybee, most of the bees cruising my garden do not live in colonies or hives, but make their solitary homes in small tunnels or holes in the ground, in old wood or crumbling mortar, or in hollow plant stems. I've never dropped in on a bee for tea, having never thought to look up a solitary bee's particular address in my particular garden.

If you regularly read or listen to news, you'll have heard that honeybee colonies, especially the ones in commercial hives, are dying off in great numbers in North America, South America, Europe, and Asia, threatening not only honey production but also the production of many cultivated fruits, nuts, and other crops that rely on honeybee pollinators. Less well reported is the decline and disappearance of many native species of solitary bees, like the ones that pollinate the native and ornamental species in my garden, and many of the wild plant species out there, in what's left of nature.

Bee experts, including the Bumblebee Specialist Group of the International Union for Conservation of Nature, at-



A bee condo designed in the UK.

tribute these declines in bee populations in large part to human activities, such as using pesticides, transferring diseases from one place to another, and wrecking good places for bee house-building and flower foraging (www.xerces.org/iucn-bbsg/). Banning the use of one particularly suspect pesticide – the fun-to-pronounce neonicotinoids (a.k.a. “neonics”) – is the focus of a Friends of the Earth Canada campaign, “The Bee Cause” (foecanada.org/en/environmental-justice/the-bee-cause/). Friends of the Earth advises gardeners to plant bee-friendly plants, and to insist that the garden centres selling these plants are not treating them with bee-killing pesticides.

While visiting Germany last June, I found my friend Hugo making what at first I took to be garden art with a great round cross-section of a large tree and a power drill gone mad. Not art, he told me, but a condo for solitary bees. And just last week, in the Paris Museum of Natural History's botanic garden, I discovered an enormous bee hotel made of various types of wood, bamboo, and clay, as artful as any garden sculpture. What would it take to add a bee abode to my garden of bee-friendly black cohosh, bee balm, and purple cone flowers? Heading back to the Friends of the Earth “The Bee Cause” website, sure enough, there are instructions for creating a variety of bee housing. Now, where's the power drill?

Carty House raffle raises big smiles and more than \$4,000 for refugee housing

Don MacDonald



Lorna Book presents Diba Hughes with her prize: a Via Rail voucher.

Carty House, located in Sandy Hill, is a registered charity operating a transitional home for refugee women. It was established by Sr. Maureen Killoran (CND) in 2001, and is supported by donations, grants and fundraising events.

One of its most broadly supported events is an annual raffle. This year interest in the raffle was greatly enhanced because the first prize was a round-trip VIA ticket for four to Quebec City. Diba Hughes, a realtor at Keller Williams, was the delighted winner of this prize who had to decide which lucky people to invite along on the trip.

The popular Dinner-for-Six prize was won by Joseph Sebhatu who looked forward to enjoying the special meal before leaving on a new posting.

The residents and board members of Carty House greatly appreciate the generosity of those who sponsored the raffle and those who purchased tickets. In all, \$4,020 was raised from the raffle – the most successful to date.

The mission of Carty House is inspired by the life of Sister Mary Carty CND, former leader of the Congregation of Notre Dame in Ottawa, who had a strong sense of justice and a commitment to

improve the lives of disadvantaged women. Sr. Maureen's original goal was to help refugee women when they moved into the community by offering inexpensive housing, thereby helping them save enough money for first and last month's rent.

It quickly became apparent, however, that more comprehensive support was needed. The women came from many backgrounds and situations. All had experienced significant hardships and challenges in trying to rebuild lives that had been shattered by violence, political upheaval, famine and war. The majority of women come from Africa, many with similar stories of families torn apart by war, personal abuse and emotional alienation.

With support from the Congregation of Notre Dame, volunteers and friends, Sr. Maureen expanded her original goal to provide a comprehensive range of supports for the women as they journey from refugee to citizen. To date, Carty House has facilitated the settlement of approximately 90 women who have come to Ottawa seeking a stable, secure life.



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Citizen Advocacy in its 40th year is a registered charity dedicated to helping people with disabilities participate fully in the

community. It establishes matches between volunteers and people living with a disability to ensure participation in weekly activities, offer companionship, involvement in community life, provide emotional support and practical everyday help. As a result, those supported through a match experience reduced isolation and vulnerability. Citizen Advocacy supports all people of all ages and with all types of disabilities: physical, intellectual, mental, psychiatric or age-related. We encourage community members to become involved. There are currently 300 people with disabilities waiting to be matched with a volunteer. Email: rkoch-schulte3583@rogers.com; 613-230-3583; #1202 - 100 Bronson Ave.

Ottawa Little Theatre, 400 King Edward Ave., 613 233-8948 www.ottawalittletheatre.com
• The MouseTrap by Agatha Christie, Oct. 21 – Nov. 8, 7:30 p.m. Matinee Sun. Oct. 19, 2 p.m., \$20, a benefit for St. Joe's Supper Table
• E. Nesbit's The Railway Children, Nov. 25-Dec. 13, 7:30 p.m.; matinee Sunday Dec. 7, 2 p.m.

A new blog “Parenting Adult Children” www.parentingadultchildren.ca
“Parents need a forum to discuss their concerns, from employment issues to weddings.” Patricia Paul-Carson, a mother of three adult children and two sons-in-law, in their twenties and thirties, holds a Master of Social Work degree and has worked as a reporter. Paul-Carson hopes parents will add their own ideas to the blog so they can learn from one another; information, 613-722-7232.

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We really have enjoyed putting this show on for the past eight years and will do it for many more years. — *Host/artist Hélène Lacelle*



To declaw or not to declaw

Eleanor Woolard

You adopted a cat, and your sofa is shredded. The cat is trying to fix that by making sure the matching chair really matches.

Simple solution, right? Get the cat declawed.

Before you make that vet appointment, there are things you should know.

Cat claws grow from the bone. Declawing amputates the first digit of the toe -- yes, you read that right -- removing the claw's root, but also disabling the foot. Declawing is veterinary mutilation.

Declawing is invasive and requires a long recovery. A human in the same situation would spend weeks in a wheelchair undergoing intense physiotherapy. Cats are expected to walk and use the litter within a day or two of the amputation.

Complications develop in 50 to 80 percent of declawed cats, ranging from chronic pain and infection to permanent damage to the radial nerve, joints and spine, to regrowth of deformed claws inside the paw. It is no wonder that declawed cats often undergo dramatic personality changes, from refusal to use the litter box to biting: they are in pain. A large US study found that over 30% of declawed cats were surrendered to a shelter for re-homing or euthanasia due to these changes.

For the sake of furniture?

Declawing is generally confined to North America and wealthier Asian countries. Because of the terrible risks of an operation that benefits only the owner, it is considered abuse and outlawed in the majority of European countries, west and east, Brazil, Australia, and Israel, and severely restricted in more. In North America, many veterinarians refuse to do it, or place strict limits on the conditions under which they will declaw, and an increasing number of jurisdictions are legislating against it.

There are better solutions. Get a couple of scratching



Cats need their claws for hunting, running, digging and grooming.

posts and teach the cat to use them. Pet stores sell dozens, with cat nip spray to make them enticing. Teaching a cat to use them usually takes one or two demonstrations.

There are clippers. Get a demonstration from your vet before beginning to clip: the claw is a living organ, not just dead protein. Once you know how, clipping is easy, especially if you start during kittenhood.

There are artificial claw covers, in many colours. These last a month before being shed, but, hey, you can apply a different colour for the next month.

Then, there is the good old squirt bottle. If you are not home all the time to squirt, the internet is full of excellent tips about making furniture unattractive for scratching. Google, as always, is your friend.

If you feel you have no choice but to declaw, don't call the vet: call a cat rescue. Surrender your cat and get a companion more suitable to your life style.

I recommend a chia pet.

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Sandy Hill Health Watch

Improve your sleep for better health

by Madeleine Bluteau, SHCHC



A good night's sleep does more than help you feel rested the next day: quality sleep speeds up your metabolism, helps you fight off infections, improves your focus and increases your body's ability to build muscle.

Sleep is critical for memory, mood regulation and daytime efficiency. According to Laval University, 40% of Canadians suffer from sleep disorders such as insomnia, sleep apnea and restless leg syndrome. Even if you don't have a sleep disorder, trouble staying asleep or waking up too early can significantly impact your quality of life.

You can take action to improve the quality of your sleep. *Sleep hygiene* is a set of simple strategies that promote a good night's sleep. By practicing these habits, you can greatly improve your chance of a restful night.

Routine: A consistent schedule promotes good sleep. Go to bed and wake up at the same time each day. Avoid daytime naps, and if you do nap, nap early or not at all. Try a soothing pre-sleep routine that can include things like a bath or gentle stretches. Avoid stressful conversations before bed that might keep you up.

Save your bed for sleep: If you use your bed only for sleep, it will create a stronger link between your bedroom and bedtime. Try not to read, listen to the radio, watch television or use a laptop in bed. Pets may be cuddly companions, but their movement can keep you awake, so keep them outside the bedroom.

Food, drink, and stimulants: Avoid caffeine, alcohol and nicotine, as these can all disrupt your sleep. If you do drink caffeine, save it for early in the day. Lighten up your dinner, as heavy meals before bed can keep you awake, and go easy on fluids before bed to avoid disruptive trips to the washroom.

Exercise: An active lifestyle helps you sleep at night, but make sure to avoid vigorous activity before bed. If you want to exercise in the evening, try some gentle stretches or yoga to relax your body and mind.

Light and sound: Use light to your advantage. Bright light during the morning can help set your "sleep clock" and a dark bedroom at night will make it easier to sleep. Try light blocking curtains if outside light is an issue. The light from electronic devices can make it hard to sleep, so turn them off a few hours before you turn in. If you have noisy neighbours or roommates, try earplugs, a white noise device or a fan to block the sound.

Relax: Try this deep breathing exercise at bedtime to help you unwind. Lie on your back with knees bent, with your hand resting on your lower belly, to feel your breath. Relax your shoulders down your back. Breathe in slowly through your nose, feeling the air expand into your sides and ribs, filling your diaphragm and lower back, and pushing out your belly. Exhale in the reverse order from your inhale, first by dropping your lower belly, then feeling the ribs pull in and last by dropping your chest. Repeat ten times.



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Caroline Ramirez
Doctorante, Université d'Ottawa

"Marc Aubin is a community activist and leader - professional, courteous, ideas and solutions oriented. He gets it, he gets the long perspective. Marc Aubin understands that change has to happen but the community has a right to influence that change. He knows our collective past, how to mobilize it, and fashion it to our future. I endorse and support Marc Aubin to represent me at city hall."

Will Murray
Bruyère Street Task Force



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