

A witness reports

The Ontario Municipal Board's Viner hearing

François Bregha

You probably remember the surprise and excitement in Sandy Hill when, in March, City Council went against the recommendations of both City planning staff and its own planning committee and voted against the proposed construction of a nine-storey student residence at the corner of Laurier and Friel—known as the Viner project. As expected, the developer, Viner Assets Inc., appealed council's decision to the Ontario Municipal Board.

The OMB hearing on the Viner project was held in October. I attended on behalf of Action Sandy Hill. During the four-day hearing nine witnesses were heard (including myself).

The OMB is an administrative tribunal that works like a court but is less formal. A Board member presides over the hearing and hears opening arguments from the lawyers for the various parties. Witnesses are sworn in and cross-examined. Documents are given exhibit numbers.

But if the OMB acts and works like a court, it also differs in important ways. The most obvious is that there is no transcript or formal record kept; the presiding member writes his own notes of the proceedings by hand. (This is why many people speak slowly at hearings.) And he works alone; he may have the power to reverse multi-million dollar decisions made by the democratically elected representatives of a million people but has no staff to assist him in digesting the nine-inch pile of documents filed at the hearing.

Broadly speaking, the OMB hears two types of witnesses: experts and members of the public. While members of the public may have interesting things to say, the real debate is between the experts – in this instance, land use planners, architects and heritage preservation specialists. One might think that this is appropriate because land use decisions often require technical expertise, except that here the experts don't really have a rigorous discipline or set of rules to guide them.

The main issue at the hearing was



Chef Peter Evanchuk's holiday spirit is captured by photographer Philip Owen at the One+Only craft fair on November 16. More shots of the crafters and customers are found on page 17.



Sandy Hill witnesses François Bregha and David Dendooven (4th and 5th from the left) posed at the end of the hearing with advisory committee members Lynn Marchildon, Sally Southey and Chad Rollins, and urban planner Dennis Jacobs.

whether the Viner proposal was consistent with the Provincial Policy Statement regarding intensification and warranted an amendment to the City's Official Plan and the zoning bylaws. A naïve observer may think that such documents would provide clear guidelines and criteria that would allow a reasonable person to conclude whether the proposed development met these tests. Alas, not; these documents are often more aspirational than prescriptive in nature, representing intent rather than clear-cut standards one could use for

decision-making.

As a result, the Viner land use planner could and did argue that the project met provincial and City policy while the urban planner hired by the City, relying on different sections of the same documents, stated the opposite. The heritage experts were similarly divided, one arguing that the Viner properties had little or no heritage value, the other that they were part of a streetscape that needed preserving. While it makes sense for city plans and provincial policy to provide some flexibility, too much

loose language is self-defeating, robs these documents of their intended meaning and is ultimately unfair to the citizenry who hold one expectation while developers pursue another.

For me, the hearing's highlight was the testimony of John Smit from the City's Development Review Services Branch. As Viner Assets Inc. was appealing the City's rejection of its proposal, one might have expected Mr. Smit, a senior City employee, to testify on the City's behalf. However, because Mr. Smit had recommended last February that the Viner proposal be approved, he was summoned by the Viner lawyer to support the developer.

Mr. Smit is a tall, very assured, man who speaks confidently. Viner has asked for an amendment to the Official Plan to allow commercial space at grade in what is now a residential area. Mr. Smit explained on the stand that City planning staff supported this application. Under cross-examination, he revealed that he thought it was such a good idea that he had recommended that designation be extended to the whole street, not just the Viner property. That was indeed the wording of the recommendation City Council defeated last March. The problem is that the 20-page decision document councillors were given to inform their debate nowhere provided a rationale on re-designating all of Laurier Avenue East. I have talked to two City councillors since then, including Mathieu Fleury, and they confirm that they had not known about the broad application of the staff recom-

The season for giving in Sandy Hill

Christine Aubry

The month of December is an incredibly busy time for charities. We hear a lot about food drives and hamper programs and various ways to give during the holiday season. But charities and non-profit organizations operate all year long and rely heavily on

private donations to run their programs. So as you think about how to make a difference this month, I urge you to think about the organizations right here in Sandy Hill that need our help reaching out to those in need in our community.

One advantage of donating money to registered charities is that you will receive a tax credit. December 31 is the cut-off date for making your tax-deductible charitable donations for 2014.

Only Canadian registered charities and other qualified donees may issue of-

ficial donation receipts that qualify for charitable tax returns. Most will issue a tax-receipt for amounts of \$20-25 or more, though this can vary. The Canada Revenue Agency website (www.cra-arc.gc.ca/chrts-gvng/menu-eng.html) provides useful information for donors, including how to calculate your charitable tax credit and a searchable list of Canadian charities.

If neither you nor your partner has claimed a charitable tax credit since 2007, there is another incentive to give this year.

Continued on page 6



A young mother and baby: clients of the Youville Centre on Mann Ave.

IMAGE

Founded in 1972 under the
direction of Diane Wood

22, av. Russell Ave.
Ottawa K1N 7W8

Fondé en 1972 sous la
direction de Diane Wood

IMAGE, a non-profit community newspaper, is supported by its advertisers. Opinions expressed are those of contributors and advertisers, and do not necessarily represent those of the volunteer editorial staff.

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.

IMAGE reserves the right to edit in whole or in part all such contributions.
Tel: 613-237-8889

E-mail : image22@rogers.com

Website: imagesandyhill.org

Editor:

Jane Waterston

Rédactrices de langue française :

Betsy Mann, Denyse Mulvihill

Advertising: Peter Rinfret, Jane Waterston

Research/admin/translation:

Christine Aubry, François Bregha, John Cockburn, Claire MacDonald, Betsy Mann, Jan Meldrum, Jane McNamara, Dodi Newman, Larry Newman, Judy Rinfret, Peter Rinfret

Production: Jane Waterston, Bob Meldrum

Photographers: Kathleen Kelly, Larry Newman, Philip Owen, Ed Zolpis

Deadline

Reserve advertising space or let us know you have a letter, photo and/or article by

January 19, 2015

(target delivery February 6)

Date de tombée

Publicité, articles, photos et autres soumissions

le 19 janvier 2015

(livraison prévue le 6 février)

IMAGE is written, published and delivered thanks to the efforts of dedicated and talented volunteers and the support of our advertisers. Please support local businesses, especially those who advertise in and display IMAGE.

Questions re delivery?

If you live in Sandy Hill, IMAGE is delivered free to your door. Please call 613-237-8889 if you are aware of anyone or any business in our neighbourhood who is not receiving their newspaper.

IMAGE est rédigé, publié et distribué grâce au dévouement et au talent de nombreux bénévoles, mais aussi avec l'appui des annonceurs. Soutenez les commerces locaux, et tout particulièrement ceux qui font de la publicité dans IMAGE ou chez qui vous pouvez le trouver.

Questions au sujet de la distribution?

IMAGE est distribué gratuitement dans la Côte-de-Sable. Veuillez appeler le 613-237-8889 si vous connaissez un particulier qui ne le reçoit pas.



Winter sports in Sandy Hill— circa 1920. Strathcona Park has long been a great place for a mid-day ski or slide. Here's hoping we'll have that much snow by New Year's and it stays cold and snowy for the neighbourhood carnival on January 18.

If you have any interesting Sandy Hill photos in your collection, particularly from the 40s-50s-60s-70s, please get in touch with IMAGE. February is heritage month and we'd love to publish a spread of views through the years in our Feb-March edition and through the rest of 2015. —Ken Clavette LAC PA-034358



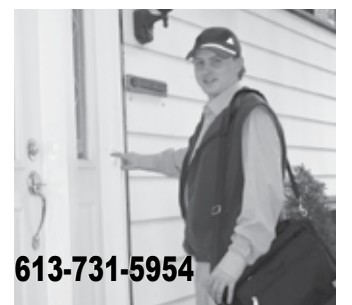
Photo Betsy Mann

IMAGE abroad...in Ephesus, October 2014. Hot climate, hot news.

COMPUTER HELP IN YOUR HOME

WE COME TO YOU TO FIX COMPUTER PROBLEMS.

Compu-Home is a highly regarded family business located right near you. Service is honest, reliable, affordable and prompt.



613-731-5954

HOW CAN WE HELP YOU?

- Computer slowdowns
- Problems with Internet connections
- Spam, spyware and security programs
- Setting up and maintaining home and office networks
- Printer problems
- Helping plan, purchase and use new computer equipment
- Transferring and backing up data
- Using new digital cameras
- Coaching

Compu-Home

613-731-5954

info@compu-home.com
Malcolm and John Harding

Chez Lucien

BAR

137 Murray
@ Dalhousie
Byward Market
241.3533

*Sandy Hill's
place
in the Market*

*Côte-de-Sable
se retrouve
au Marché*

“The ugly”: a cautionary tale for Sandy Hill

Ted Sypniewski

There were three photos of Sandy Hill published together on page 11 of the October/November issue of IMAGE and titled “Sandy Hill is a neighbourhood of extremes: the old, the pretty, the ugly.” I found the photos poignant; in June of 1980 I rented an apartment in “the ugly,” although at that time no one would have regarded it that way.

In 1980 it was a late Victorian house that had been converted into a duplex with an apartment on the ground floor and another upstairs. It had a brick gable with a peaked roof and a decorative bargeboard that complemented the lovely porch that ran across the front of the house. There was a second porch tucked into the side of the house, which at one time must have looked out over a side lawn. By the time I rented my apartment, this side lawn had been converted into a wide driveway for the benefit of the tenants. Even so, the side porch was a pleasant, private place to sit and enjoy a summer day.

I lived upstairs and despite its conversion to a duplex, the house still had plenty of charm, including high ceilings, tall baseboards and the original staircase. It also had a large claw foot bathtub with a rickety shower mechanism attached to the taps that wasn't especially convenient, but which I happily endured in exchange for the pleasure of living in an apartment with so much character.

I wasn't working regularly at the time and indeed eventually had to move to a cheaper place. In the two years I lived there, however, I fell in love with the house and sometimes dreamed that one day when I had money I would buy it and return it to its former glory as a single family home. I



This photo from the October-November IMAGE's “old, pretty and ugly” story by Christine Aubry, reminded Ted of the property's more harmonious days.

did recognize even then how vulnerable it was. The house was on Nelson Street and was surrounded by boarding houses and student housing, but it was also a duplex and a money earner so why would someone wreck it? I assured myself that because it was in good condition and there were several other attractive, heritage homes nearby, no one would deliberately destroy this place. How wrong I was.

I don't remember how long it was before I went to look at my old apartment again, but by the time I did it had been converted into the hideous structure depicted in your photo. I was so shocked I barely recognized it and had to look around to be sure

I was in the right place. The elegant peaked roof and brick gable had been replaced by that giant white carbuncle sitting atop the second floor. The side porch is effectively gone; the view from it is now the wall of a crude external staircase. The attractive front porch with its turned wood columns and balusters has been entirely gutted; the porch roof is still there, but there is no actual porch underneath most of it. Only one elegant column on the left and the archway that supported the porch roof at the entrance remain; the rest looks to have been finished off with whatever scraps were lying around the site. How the city could have approved this monstrous “renovation” is completely beyond me.

Whoever destroyed this minor gem of a house destroyed it so utterly that they wrenched the very soul out of it. If you knew what it looked like before, you would appreciate how much of an insult it is to the entire neighbourhood. Whenever I walk by it, I get the feeling that the building is hurting. A beautiful old house whose charms I remember so well is now regarded as one of the uglies of Sandy Hill. I know it's ridiculous; houses don't hurt. I think it's just me that has my heart broken.

This house is a cautionary tale for all of Sandy Hill. I'm not sure if there is a more vulnerable neighbourhood in all of Ottawa. You have to be vigilant. There are people more than happy to turn that charming house down your street into another irredeemable ugly.



Sandy Hill Bar & Grill spreads pub humour to the street, where people get it.

Over the past few years I have, myself, become increasingly convinced that discrepancies exist between the attention the city pays to snow maintenance on roads vs. sidewalks. At least in my corner of Sandy Hill which is on the “flight path” towards downtown and the Transitway, I see repeated again and again, my street being cleared well before the sidewalks; yet I can say with certainty there are far more people walking along my street than driving. Our City should clearly convey to its residents that “if you walk, you matter.”

As your community representative on Action Sandy Hill, I will make these views known to our councillor and to advocate that he band together with other downtown councillors to ensure that the new council pays more attention to pedestrian priority, not only for winter maintenance, but year round. Who knows, maybe we can convince our leaders that the windfall from a 30% drop in fuel prices might be reason to devote more resources to winter sidewalk maintenance as early as this winter.

No improvements this winter to sidewalk maintenance

John Verbass

Over the past few years there have been increasing calls from across the city to improve the winter maintenance operations on city sidewalks. In response to this, the 2013 Transportation Master Plan proposed to apply a higher level of snow clearing service to sidewalks within 600 m of transitway stations, 200 m of transit priority corridors (e.g. Rideau Street) and within 300 m of schools.

Currently the City has four different levels of classification for the level of service for maintenance on sidewalks. For example, the highest priority, level 1, aims to undertake maintenance on sidewalks within four hours whenever there is more than a 2.5 cm snowfall. Areas targeted for this level of service are primarily the downtown business area and the ByWard Market. The next level targets maintenance to occur within 12 hours whenever there is more than 5 cm of snow. The 2013 proposal to extend level 1 service to the new areas listed above was subsequently costed at \$1.9m extra on the winter maintenance budget and a decision was made to put this on the decision list for the new council.

I had thought, it turns out somewhat optimistically, that there would be a good chance of these changes being implemented for the 2014-15 winter season. However, at a recent meeting of Walk Ottawa (www.walkottawa.ca), a citizens' group which is dedicated to improving the lot of pedestrians throughout the city, I learned that because of this year's election, the budgeting process will be three months delayed compared to a typical year. The implication of this is that any discussion about finding budget money to implement the new proposal would not occur until it is too late to apply to this winter season.



Co-operative Early Learning Centre

Quality Childcare

Looking for bilingual child care in Sandy Hill?

Have your child join us at our beautiful and newly restored Carriage House at the corner of Osgoode and Blackburn. For more info or to register: www.bettyehyde.com bettyehydeottawa@gmail.com 613.236.3108

Service de garde de qualité

Recherchez-vous dans la Côte-de-Sable un service de garde bilingue et de qualité?

Vous pourriez le trouver chez Bettye Hyde dans cette belle maison historique récemment rénovée à l'angle des rues Osgoode et Blackburn. Pour plus d'information et pour vous inscrire : www.bettyehyde.com bettyehydeottawa@gmail.com 613.236.3108



FATHER AND SONS

SERVING SANDY HILL SINCE 1967

112 Osgoode St. (at King Edward)
613-234-1173

We welcome students and the Sandy Hill community for:
breakfast, lunch and supper.
7 days a week.

TAKE OUT MENU AVAILABLE
FREE wireless access

www.fatherandsons.com

Mauril Bélanger

Député / M.P., Ottawa-Vanier



*À votre service!
Working for you!*

www.mauril.ca

**Bureau de comté /
Riding Office**

168, rue Charlotte St.
Pièce / Room 504
Ottawa, ON K1N 8K6

Tél. / Tel. : 613.947.7961

Téléc. / Fax : 613.947.7963

mauril.belanger.c1@parl.gc.ca

Is your Email out of control?

Ron Hodgson

Most of us have at some point gone through the process of setting up a meeting of friends using email. The announcement email is issued to a list of meeting members and the replies trickle in with copies to everyone, thus forming endless threads with no content except maybe, “I’ll be there”, “Count me in”, “Yup”, “Can’t make Tuesday” and so on. Each of these answers is another email with headers, subject titles, addresses, dates, disclaimers, security warnings, emoticons, and more. It’s like sending a bus for a pizza delivery.

And then there are the attachments—video files, photos and pdf documents that relentlessly use up your storage space but that you want to save because they might be relevant to some future business issue, or perhaps a family reference or even a funny joke.

Addresses are another email problem. Trying to keep up with the constant address changes of your contacts can be exasperating. You may be informed of an address change affecting your contact list but are you organized enough to edit your contact files and keep them up-to-date? When you send an email to a non-existent address you’ll get a message from “the postmaster” advising you that your message couldn’t be delivered. Whoops!

The areas we can best control are Input, Storage and Output. There are also many alternatives to email but I’ll have to save that for a future article.

INPUT (Read and delete)

When an email is sent to you make sure you want to see it. Any email that does not come from your list of known contacts should go to your trash or junk mail boxes. Set up your system to make that happen. If you are getting spam from stores, charities, suppliers etc. you can cancel their right to email you by opting to not receive future emails. Look at the bottom of one of their emails and, in fine print, you’ll see an option to cancel future messages. Use it.

Never open junk mail. You should have a control option to erase all Junk Mail in your Junk Mail Box. Use it.

STORAGE (Establish a file system)

When you’ve read an email, delete it unless you want to save the content. In



that case establish mail folders by subject, contact group, month—however you want to organize your mail and file it away. For current items it’s a good idea to have a Pending Folder which should be monitored and cleared out regularly. At the end of the year use an archive system to file away any emails that you cannot throw out. Your archive files can be organized by years, by subject matter, by contact groups—whatever makes sense for future reference.

OUTPUT (Be frugal)

The overall objective here is to be frugal for the sake of your contacts. Don’t send the pizza bus unless there is no other alternative. Give your contacts a break. For example, try to avoid the “Reply All” button unless everyone on the address list needs to see your reply. If there are attachments that have already been sent to your contact, don’t include them in the reply message. In your reply, cut out as much of the original message as possible including other addresses, security messages and emoticons, in other words all the extraneous junk that came with the original message.

Unless it’s important for future reference, don’t save your reply. Many email clients automatically save them until you delete them from a special Reply mailbox or folder. If it is important, file the message in one of your established file folders.

Often messages and files can be transmitted more easily and without the clutter of email by using newer, purpose-built systems and apps such as: Google Groups, Group Websites, Facebook, Twitter, Skype, Dropbox, Instant Messaging Apps and Texting.

I’ll discuss these in my next article. Meanwhile, I hope these straightforward rules will help you organize the flood of emails that generally arrive just as the holiday, shopping and travelling season arrives. Good luck!

Newsbites

Photo Ed Zolpis



No more rooms at the (Quality) Inn

After occupying the tall tower at the southwest corner of King Edward Ave. and Rideau St., the Quality Inn closed on December 1, sold to an undisclosed buyer. According to the Ottawa Citizen, “The sale of the 212-guest room building, and 112 underground parking spots, doesn’t affect the company’s five other hotels in Ottawa...the Comfort Inn Ottawa East, Kanata Comfort Inn, Kanata Holiday Inn, Les Suites, and TraveLodge Ottawa East. A spokeswoman for the University of Ottawa...said it has no involvement in the purchase.” Given that another hotel nearby (the Holiday Inn behind City Hall) is to be converted to a privately-owned student residence, one wonders whether a similar role awaits this building too.



Photo Larry Newman

Change comes to Chapel St. North

The walls of the former Jewish Community Centre aka Heartwood House at 153 Chapel St. have tumbled down, as shown in this photo taken Nov. 11. The site is now clear for new development and it looks like something very large indeed is being proposed. Action Sandy Hill is following the property file closely and IMAGE will bring you updates.



Photo Bill Blackstone

153 Chapel, circa 2012.

How we voted in the municipal election



Photos Christine Aubry



For many of us, casting a ballot is a solo activity — we pop by the poll on our way to or from work, or during a break in our day. Given the low turnout at the October 27 election, however, we should perhaps get in the habit of following the examples of these Sandy Hill women: do it with a friend or two, make it more fun. Pictured above, at the Franco-jeunesse “voting place”, are Ottawa U students Zoriana Priadka and Nicole Rutkowski (top) and Maude Le Bouthillier-Shaughnessy, Gift Okankwu and Erin Laverty (below).

How did it all turn out? For Councillor: Mathieu Fleury 5,526 (elected); Marc Aubin 3,571; Catherine Fortin LeFavre 1,362; David-George Oldham 102; George Atanga 81; Marc Vinette (who pledged to save us from alien gorillas) 79.

For the school boards: OCDSB Shawn Menard (acclaimed). Ottawa Catholic School Board Thérèse Maloney Cousineau 1,347 (elected); O’Neil Brooke 1,175. Conseil des écoles publiques de l’Est de l’Ontario Lucille Collard 2,147 (elected); Ajà Besler 296. Conseil des écoles catholiques du Centre-Est Diane Doré (acclaimed).

CHIROPRACTOR

Dr. Jean-François Gauthier
418 rue Rideau Street

We can help!

- Low back pain
- Headaches
- Arm/leg pain and numbness
- Neck pain

Nous pouvons vous aider!

- Maux de dos
- Maux de tête
- Engourdissements des bras et des jambes
- Maux de cou

613-241-3434

Covered by most insurance plans

CHIROPRACTICIEN

www.spineandfoot.com

Conversion, Infill, Zoning—what's it all about?

Larry Newman

About 30 years ago, concerned about the possible demolition of some of our fine old residential buildings (expensive to maintain for a single family), the City created Section 122 (Conversions) of the zoning bylaw. Adding apartments/units to a building was accepted under certain key conditions. The building:

- could not be enlarged beyond the **full building envelope** (the legal length, width and height permitted for the zone at the time of original construction).
- must, after conversion, continue to meet the original lot area, lot width, height and yard setback provisions. Zoning rules that were followed in constructing the existing building and that violate present zoning would be allowed to prevail. Any new additions would need to follow new zoning requirements.
- must incorporate part of the original structure after conversion; that is, one could not simply raze the old building and build anew.
- was made exempt from the costly site plan approval process required of new construction consisting of four or more units.

In the last twenty years, construction of needed University of Ottawa dormitories did not keep pace with enrolment and students occupied more and more of the buildings in Sandy Hill. Enter the developers who saw the dollar signs and began to buy and then convert buildings of any size to the full building envelope. Twenty or more students could live in these converted buildings.

During this time many Sandy Hill neighbours complained about these conversions. Some of these converted dwellings were large and ugly and the concentration of students resulted in noise and garbage problems. IMAGE wrote about this problem. Action Sandy Hill took on the

cause, writing and briefing City planning officials, City Councillor Mathieu Fleury, and representatives of the University. In the meantime, the planning department began a study on infill (essentially building in a mature, urban area resulting in an increase in population density).

This became the first of three efforts by the City to deal with building problems in Sandy Hill and other urban wards. There were two infill studies and one effort specifically targeting conversions. The first infill study resulted in Infill Bylaw 2012-17, referred to as Infill 1. It was appealed by builders, amended, and is now undergoing another appeal.

Among other recommendations, this bylaw required:

- "Streetscape Character Analysis" added to zoning: four main character types will now define how parking and front yard landscaping is addressed
- removal of parking requirement up to 12 units; front yard parking not allowed
- front yard setbacks (the distance from the front of the building to the front property line) based on the average of adjacent buildings

This recommendation did little to address the conversions problem as height, amenity (recreational space outside of the building, including balconies, rooftop gardens), and massing (general shape and size of a building) issues were not addressed. After more community lobbying, an interim control bylaw was passed by City Council in April, 2013. This suspended the conversion section of the zoning bylaw. No more buildings would be converted to four or more units for a year!

Two things happened in the year between April 2013 and April 2014. The City Planning Committee researched the process and results of conversion, especially in Sandy Hill. Another City Planning Committee group looked harder at infill. We now know the results of both efforts:

Conversion regulations, embodied in Section 122 of the City zoning bylaw, were amended with Bylaw 2014-189. This meant that any conversion application would be treated as a new building, i.e. as infill. Buildings of more than three units would be treated as a low rise apartment building, with appropriate requirements including a detailed site plan which would include public consultation. Also amenity requirements (for example, minimum area for a rear yard of 15 m²/unit), were required for buildings with three or more units.

The second infill study, *Infill 2*, includes, among other things, a re-evaluation of height and rear yard setbacks: that is, the distance between the building and the rear property boundary. The rear yard setback requirement has increased significantly. As well, thirty percent of the rear yard area of buildings with four or more units must be landscaped. The details are revealing and encouraging. To view them on the City web site, go to: <http://tinyurl.com/Infill-II>. The final details are expected to be presented to the City Planning Committee in the spring of 2015.

So far, this is good news. The hope is that the *Infill 2* language will please both the City Planning Committee and Council early next year. If all of these new requirements survive the Ontario Municipal Board, overly large converted dwellings will be much less likely. Now, there will be a real back yard, mandatory public consultation, a lowering of height (by one metre), minimum requirement of 30% of area landscaped. It will be interesting to see the results of the "Streetscape Character Analysis." Godspeed.

With thanks to Diane Whalen for help in understanding the details of zoning changes



After "conversion" – only the street facing wall remains.

SERVING SANDY HILL SINCE 2004

Happy Holidays



613.231.4663



Lynda Cox
Sales Representative

Jimmy Cox
Sales Representative

LyndaCox@HomesInOttawa.com · Jimmy@JimmyCox.ca

Paul Michniewicz
The Subject Master

Phone: 613 234-3734
Cell: 613 302-9029
pmichnie@hotmail.com

Tutor for Elementary, High School, and College Students
Mathematics, Chemistry, Physics, Computer Science, and Study Skills/Strategies

LIVE WELL WITH

PHARMASAVE

**ASTLEY'S
PHARMASAVE**

423 Rideau St. (at Chapel St.)

Tel: 233-8454 • Fax: 233-8691

Fast, Friendly & Professional Service

Free Delivery
Senior & Student Discounts

- | | |
|-------------------------|------------------------------|
| • Prescriptions | • Bus Tickets |
| • Vitamins | • Stationery |
| • Health & Beauty Needs | • Fax & Photocopy |
| • Stamps | • Many More Drug Store Needs |

Monday - Friday / lundi - vendredi
9:00 a.m. - 7:30 p.m.

Saturday / samedi
9:30 a.m. - 5:00 p.m.

Charity giving season, continued from page 1

Some organizations have web sites set up for online donations, while others accept only cheques or cash. While donating online is certainly practical, in some cases a third party takes a percentage of the money, something to keep in mind if you can easily stop by and drop off an envelope. This is also a great way to involve children in making a difference—they can feel proud bringing their donation and seeing the wonderful organizations in their neighbourhood that are making a difference. (Remember—if you are dropping off cash or a cheque, make sure to give your full name and mailing address for your charitable tax receipt.)

Below is a brief description of organizations right here in Sandy Hill that could use your help. I encourage you to visit their websites (see table) to learn more about what these great organizations are doing to support your neighbours. Some charities also have lists of items needed. Please cut out this handy reference table for your year-round giving!

Sandy Hill Community Health Centre (SHCHC)

The pink building across from Loblaws on Rideau Street is home to the Sandy Hill Community Health Centre. SHCHC is a non-profit charitable organization that provides primary health care, as well as addictions and mental health services, chronic disease management, health promotion, drop-in programs, and community development. SHCHC particularly targets its services to individuals and families who struggle with barriers to health and wellbeing.

Donations may be directed to a particular area (e.g. addictions; community development) or program (e.g. Oasis). The preferred method of donation is to mail or drop off a cheque at the reception desk. (Open weekdays; see website for hours of operation.)

St. Joseph's Parish and Sanctuary

Known as St. Joe's, this Catholic parish at the corner of Laurier and Cumberland offers many ministries, including a Healing and Reconciliation Circle to build healing relationships with people on the margins of our society. During the day the parish offers free coffee and juice as well as a food hamper for those in need.

The same building houses **St. Joe's Supper Table** that serves a free hot meal from Monday to Friday and is run by volunteers. It is also the location of **St. Joe's Women's Centre**, a daytime shelter for women in need that also offers social and educational programming.

There are many ways to make a difference through St. Joe's. Each website offers the possibility to donate online and includes a wish list of needed items.

St. Albans Anglican Church

On the west side of Daly Avenue, at King Edward, is St. Albans, a parish of the Anglican Church with many ministries, including ones for children, youth and students. For example, St. Albans hosts The Open Table which provides a home-cooked meal to students the last Sunday of every month.

St. Albans also houses Centre 454, a Community Ministry of the Diocese. Centre 454 is a drop-in program for the homeless and those at risk of becoming homeless. It offers support services, social recreation and assists with meeting essential needs.

Both the St. Albans and the Centre 454 websites provide information on how to donate, including donating online, as well as hours of operation if you prefer to bring a cheque.

St. Paul's-Eastern United Church

Located on the corner of Daly and Cumberland, St. Paul's-Eastern United offers a number of community groups, including several for seniors, as well as programs and support services for the homeless and those suffering from addiction. St. Paul's-Eastern is also the home for Tsegawit, (an Eritrean congregation), a youth program for Chinese young adults, as well as numerous artistic groups. They are supporters of the Open Table, an ecumenical outreach to students and are now also partnering with the Odawa Native Friendship Centre to offer programs and services here in Sandy Hill, including a food bank.

Cheques made out to St. Paul's-Eastern United Church can be mailed or dropped off during office hours: Tuesday, 11 a.m.-3:30 p.m.; Thursday and Friday, 12:30 p.m.-6:00 p.m.



Staff of the Sandy Hill Community Health Centre with OASIS clients at the OASIS Cooking Day.

St. Paul Evangelical Lutheran Church

Not to be confused with St. Paul's Eastern-United, this church is located on Wilbrod Street at King Edward Avenue. St. Paul Evangelical is an active church with a multitude of programs and events, including an annual food drive to assist area shelters and food banks. Its Illumine Campus Ministry organizes a rummage sale to help students furnish their dorms and apartments. The church is also soon planning to distribute sandwiches to the homeless in the evenings.

St. Paul Evangelical Lutheran does not expect the community to support its activities, relying instead on its membership; however no donations will be turned away.

Paroisse du Sacré-Coeur

L'église Sacré-Coeur, située sur le campus de l'Université d'Ottawa, au niveau de la rue Cumberland, connaît une présence significative de jeunes, d'étudiants et de francophones et francophiles de toutes provenances. Elle dessert les étudiants par un service de pastorale universitaire et, à travers son Comité écologique, elle promeut de bonnes pratiques écologiques dans notre communauté.

À ce moment-ci de l'année, l'église ramasse des fonds pour donner à différents organismes dans notre communauté, tels que La Mission et Les Bergers de l'Espoir. Il n'est pas possible de faire de dons en ligne, il faut donc poster ou apporter son don en personne du lundi au vendredi entre 10 h et 15 h, ou bien à l'une des messes dominicales: le samedi à 16 h 30 ou le dimanche à 10 h 30 ou 17 h, dans une enveloppe clairement marquée «Partage de Noël».

Parent Resource Centre (PRC)

Located just off Mann on Goulburn Private, the PRC offers a wide range of support services for parents and caregivers. There are drop-ins and playgroups, a toy and book lending library, an Information Resource Line, support groups for new parents, as well as specialized services for parents and children at risk.

One initiative for which the PRC currently needs financial support is their Early Literacy Specialists to purchase new age-appropriate books to be distributed to families through community activities in time for Family Literacy Day on January 27. A visit to the website offers detailed information about all of the services offered by the PRC, as well the option to donate online. The Centre is open Monday to Thursday from 9:30 a.m. to 11:30 a.m. if you prefer to bring a cheque.

Youville Centre

Where Range Road and Mann Avenue intersect you will find the Youville Centre, a place where young mothers (age 15-21) receive mental health counselling and support services, and work towards achieving their high school diplomas, while their children are cared for in a licensed child development program (up to 36 months of age). Attachment-based parenting programs are also offered on-site, providing Youville Centre's young mothers with an opportunity to learn parenting skills and develop a greater attachment with their children.

Although their website is currently undergoing a renovation, you can still donate by clicking on "Please Help". You may also call

to give a credit card number or mail or drop off a cheque, Monday to Friday 8:30 to 4:00.

Bettye Hyde Cooperative Early Learning Centre

Newly located in the Blackburn Avenue "Carriage House," Bettye Hyde is a cooperative daycare for children 18 months to 5 years. The Centre is currently raising funds for two causes: the Bursary Program will allow a young mother studying at the Youville Centre to keep her child over 36 months in local daycare, and the Giving Tree is the name of the continuing campaign to finance the expensive move from All Saints Church into the historical Carriage House.

You can donate online (under "Fundraising") but mailing or bringing a cheque written to Bettye Hyde C.E.L.C. (Monday to Friday between 7:30 a.m. and 5:30 p.m.) is preferred.

École Francojeunesse

L'école élémentaire publique Francojeunesse, école du Conseil des écoles publiques de l'est de l'Ontario, accueille un grand nombre de familles francophones et bilingues de la Côte-de-Sable (ainsi que de la Basse-ville) dans ses deux pavillons sur les rues Osgoode et Wilbrod. Le conseil des parents d'école, le Francoconseil, travaille à l'année longue pour ramasser des fonds qui servent à offrir diverses activités sociales à prix abordable, tel que le déjeuner du temps des fêtes, les danses familiales, le souper multiculturel et le souper carnaval.

Le Francoconseil vient de lancer son nouveau site Internet mais pour l'instant il n'est pas encore possible de faire des dons en ligne. Il faut donc apporter ou poster un chèque (libellé au Francoconseil) au secrétariat de l'école (ouvert du lundi au vendredi entre 9 h et 16 h).

Viscount Alexander Public School

Located on Mann Avenue, Viscount Alexander is a public elementary school of the Ottawa-Carleton District School Board that welcomes students from Sandy Hill and Lees Avenue. Much like Francojeunesse, Viscount is a very multi-cultural school that celebrates diversity. Viscount promotes student success by offering in-school programs (such as a breakfast program, Fruity Mondays and Veggie Fridays) as well as after-school family events (such as a multi-cultural pot-luck dinner, a winter skate-a-thon and a spring-time bike rodeo). Money donated to the school can also be used to buy warm clothing for students in need.

To donate, please mail or bring your cheque to the school office during school hours (Monday to Friday, between 7:30 a.m. and 3:30 p.m.). (Note: tax receipts are issued for \$25 or more.)

University of Ottawa

The university's Campus Campaign is a fundraising initiative that distributes money among some 50 projects aimed at supporting students. Examples include a fund that allows children from families in need in our community to participate in a Gee-Gees sports camp. There are also several scholarship funds, emergency assistance funds, and rewards for academic excellence. The website provides a list of every fund for which you can make an online donation.

Sandy Hill Charities Offering Tax Receipts for Donations

Sandy Hill Community Health Centre

221 Nelson Street, K1N 1C7
613-789-6309 • www.shchc.ca/

St. Joseph's Parish and Sanctuary

151 Laurier Avenue East, K1N 6N8
613-233-4095 • www.st-josephs.ca/

• **St. Joe's Supper Table** (ext.240)
www.stjoessuppertable.com

• **St. Joe's Women's Centre** (ext.224)
www.stjoeswomenscentre.org/b/

St. Albans Church

454 King Edward Avenue, K1N 7M8
613-236-0342 • www.stalbanschurch.ca

Centre 454

454 King Edward Avenue, K1N 7M8
613-235-4351 • www.centre454.ca

St. Paul's-Eastern United Church

473 Cumberland Street, K1N 7K1
613-237-1821 • www.stpaulseastern.com

St. Paul Evangelical Lutheran Church

210 Wilbrod Street, K1N 6L5
www.stpaulottawa.org

Paroisse du Sacré-Coeur

591, rue Cumberland, K1N 7K3
613 236-5743 • www.sacrecoeurottawa.ca

Parent Resource Centre

300 Goulburn Private, K1N 1C9
613-565-2467 • www.parentresource.ca

Youville Centre

150 Mann Avenue, K1N 8P4
613-231-5150 • www.youvillecentre.org

Bettye Hyde Cooperative Early Learning Centre

43 Blackburn Avenue, K1N 8A4
613-236-3108 • www.bettyehyde.com/

Ecole élémentaire publique Francojeunesse

119, rue Osgoode, K1N 6S3
613-232-0020
www.francojeunesse.cepeo.on.ca
www.franconseil.ca

Viscount Alexander Public School

55 Mann Avenue, K1N 6Y7
613-239-2213
www.viscountalexanderps.ocdsb.ca

University of Ottawa (Campus Campaign)

University of Ottawa Development Office
190 Laurier Avenue East, K1N 6N5
613-562-5800 ext.3417
www.giving.uottawa.ca



photos Ed Zolpis



Le Service à l'enfance Aladin ouvrira un nouveau service éducatif à l'enfance à partir du mois d'août 2014 au 235 promenade Beausoleil.

Nous offrirons nos services en français aux familles de la ville d'Ottawa. Nous aurons des programmes pour les enfants âgés de 18 mois à 12 ans, du lundi au vendredi, à l'année longue. Nous aurons un nombre limité de places subventionnées.

Pour de plus amples informations, SVP contactez-nous à info@aladin.pw ou visitez notre site internet à www.aladin.pw.

Not your Mom and Pop organic store

Dodi Newman

When Whole Foods came to Ottawa, I just had to go there. I was interested because when we lived in the Washington, DC, area almost twenty years ago, the Texas-based company bought the Maryland-based Fresh Fields chain, their competitor and my favorite, after a bitter fight.

So I went to Lansdowne. Along the perimeter of the store I found, among other things, a huge variety of mostly organic produce; a full range of meats, many organic; fish; excellent French, Italian and Canadian cheeses, some organic and/or truly local; a bakery station with organic breads, some of them quite good. There are also many prepared food stations and eating areas. I was told all foods are prepared in house, and leftovers are donated to the Ottawa Food Bank (who confirm this “is under way”). Some are excellent (we checked, as Whole Foods likes to say, by sampling).

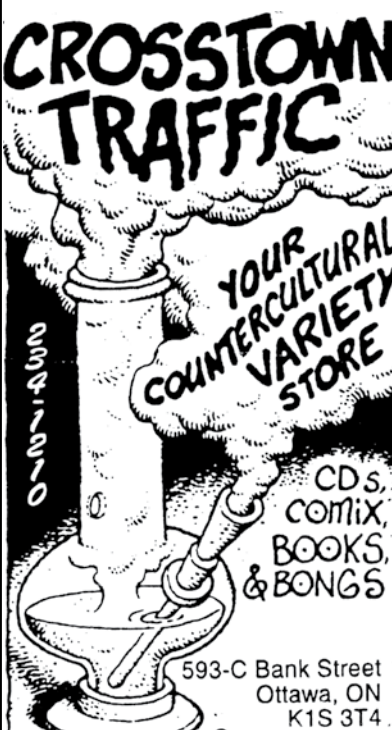
Most interior aisles—and there are many—are given over to cosmetics, nutrition supplements, and a bewildering plethora of trendy canned, bottled, bagged and otherwise packaged foods; just how many varieties of soup mixes, broths, crackers or condiments does anyone need? On the plus side, here I actually found some local foods, even some from Ottawa. Happily, there is also an unusually large selection of Japanese foods. And service is good throughout.

But throughout the store is also an off-putting stream of self-promoting, warm and fuzzy value statements and evocative phrases like “Buy local, support small farms,” writ large on one wall. To paraphrase Shakespeare, Whole Foods doth protest too much, methinks. Just what does “local” or “small farm” mean, I

asked Whole Foods. Consultation with Stefanie Garcia, the “Local Forager” for Whole Foods, who is based in Chicago, obtained this information – “local” is anything in Ontario and parts of Quebec. And “small farm”? Whole Foods does not define them. The company may deal with farms of 10 acres or farms of 1,000 acres. So I am suspicious: how many of Whole Foods’ statements stand up to closer scrutiny and how many of them are manipulative suggestions?

All in all, I don’t think Ottawa’s Whole Foods store will see me often. Most of what I want—organic or not— I can find at conventional supermarkets and small stores locally, none of which subject me to so much smoke and mirrors. Plus I get the satisfaction of maybe even helping to keep them in business and of knowing that profits will stay here.





593-C Bank Street
Ottawa, ON
K1S 3T4



Mrs. Boychuk doesn't just teach drama,
**SHE TEACHES GIRLS
TO FIND THEIR VOICE.**

All of Elmwood’s outstanding teachers lead, inspire and encourage our students’ creativity, growth and academic excellence in our supportive and collaborative environment.

At Elmwood, we go above and beyond to ensure our girls receive a well-rounded, rigorous education that will prepare them for life and work beyond the classroom.

Come for a private tour, meet our faculty and see them in action. You’ll also have an opportunity to speak to our students and hear more about the Elmwood difference.

Call (613) 744-7783 or email admissions@elmwood.ca to set up your tour.

elmwood.ca

Elmwood
School

**SUE RAVEN
PHYSIOTHERAPY CLINIC**

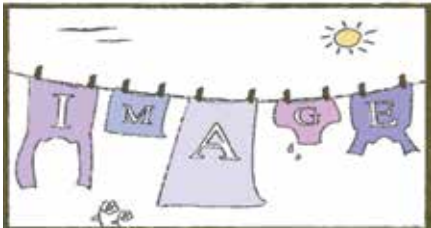
OPEN MONDAY TO SATURDAY

Continuing to help you recover from
Pain, Weakness, Reduced Mobility
Balance and Vestibular Problems
Sports and Work Injuries
Motor Vehicle Injuries

**Full Physiotherapy Services with
Six (6) Physiotherapists**

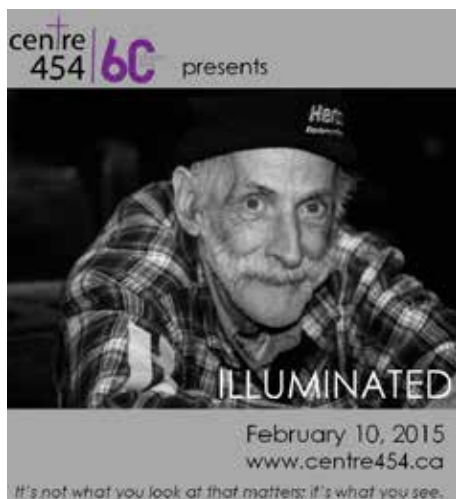
- Massage Therapy (RMT)
- Acupuncture
- Ergonomics
- Home Visits

205-194 Main St., Ottawa K1S 1C2
Phone: 613-567-4808 Fax: 613-567-5261
www.sueravenphysio.com



BULLETIN BOARD

Sandy Hill neighbours are warmly invited to attend the next event in Centre 454's 60th year anniversary program.



La maison Badgley- Pearson

**La résidence de
Lester B. Pearson**



**par
Michel Prévost**

La Maison Badgley-Pearson se situe au 243, rue Augusta, à l'angle de la rue Stewart, au cœur de la Côte-de-Sable. Érigée en 1866, la belle maison s'avère l'une des plus anciennes constructions du quartier historique et constitue un très bel exemple des résidences bourgeoises bâties à Ottawa dans les premières années qui suivirent la Confédération de 1867. Par ailleurs, le bâtiment loge pendant plusieurs années un futur récipiendaire du Prix Nobel de la paix et premier ministre du Canada.



photo Christine Aubry



La Maison Badgley-Pearson, 243, rue Augusta.

photo Ed Zolpis

L'édifice en brique à revêtement de stuc blanc aux volets bleus est conçu selon un plan innovateur en « L ». En effet, il se démarque des autres bâtiments de l'époque qui sont plutôt construits selon des plans symétriques.

L'habitation se distingue aussi par ses pignons couronnés d'un comble à forte pente et ses riches bordures de rive ajourées. Bien que d'architecture d'inspiration gothique, la maison Badgley-Pearson se caractérise par son mélange de styles architecturaux avec, entre autres, sa véranda classique typique de l'époque victorienne.

Cette belle résidence accueille d'abord Francis Hayton Badgley, un avocat et écrivain venu de Montréal avec sa famille afin d'occuper la fonction de traducteur en chef à la Chambre des communes.

La maison de Lester B. Pearson

La maison patrimoniale doit cependant sa célébrité au fait d'avoir logé de

1947 à 1954 Lester B. Pearson (1897-1972), alors secrétaire d'État aux Affaires extérieures. Ce dernier reçoit en 1957 le prix Nobel de la paix pour son implication à la création d'une Force internationale de paix lors de la grave crise du canal de Suez, l'année précédente. À ce jour, il demeure le seul Canadien à avoir reçu ce prestigieux prix international.

Pearson sera par la suite premier ministre du Canada de 1963 à 1968. C'est sous son règne que le Canada adopte son drapeau national et son Régime de pension. Ce premier ministre libéral œuvre notamment à l'unité nationale et à un rapprochement entre les anglophones et les francophones du pays.

En 1982, la Ville d'Ottawa désigne la propriété monument historique en vertu de la Loi sur le patrimoine de l'Ontario afin de préserver l'avenir de ce bâtiment patrimonial, lié à l'une des grandes figures de l'histoire canadienne. Veuillez noter que cette résidence privée n'est pas ouverte aux visiteurs.

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



Whatever your wishes...

Beechwood has everything in one beautiful location. You can choose all of our services or only those that you want.

BEECHWOOD OPERATES AS A NOT-FOR-PROFIT ORGANIZATION, unique within the Ottawa community. In choosing Beechwood, you can take comfort in knowing that all funds are used for the maintenance, enhancement and preservation of this National Historic Site. That's a beautiful thing to be a part of and comforting to many.

BEECHWOOD IS ONE OF A KIND. People enjoy our botanical gardens, including our annual spring display of 35,000 tulips and our spectacular fall colours. Others come for historic tours or to pay tribute in our sections designated as Canada's National Military Cemetery and The RCMP National Memorial Cemetery. School groups visit Macoun Marsh, our unique urban wetland. Concerts are hosted in our Sacred Space. Beechwood truly is a special place.

Life Celebrations Memorials Catered Receptions Funerals Cremations Burials



For no-obligation inquiries
613-741-9530
www.beechwoodottawa.ca
280 Beechwood Ave., Ottawa

Open to the public daily. Serving all cultural, ethnic and faith groups. Brochures for a self-guided tour are available at reception.

Owned by The Beechwood Cemetery Foundation and operated by The Beechwood Cemetery Company

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 :

> **Rédiger un horaire**, qui signifie « concevoir, présenter, voire, afficher un tableau de la répartition soit des cours à suivre, soit des activités à faire » — non pas — rédiger une cédule, qui signifie « une ordonnance d'un juge ».

Ex. - Quand on se donne la peine de rédiger un horaire quelconque, on doit s'efforcer de le suivre à la lettre, sinon, on a tout simplement perdu un temps précieux.

> **Résoudre un problème**, qui signifie « aborder une question portant sur un résultat souvent inconnu, puis, discuter de la méthode à suivre à partir de données précises, afin de parvenir à ce résultat » — non pas — résoudre une problématique, qui signifie « la science de poser des problèmes »..

Ex. - Lorsqu'on prend part à une discussion dans un groupe de personnes venant de divers milieux, il n'est pas toujours facile de rester calme et d'éviter les heurts de personnalité, quand on tente de résoudre un problème souvent épineux.

> **Faire face à une échéance**, qui signifie « envisager froidement la situation que présente la date d'expiration du délai accordé pour accomplir un projet ou une obligation de paiement de dettes » — non pas — faire face à un échéancier, qui signifie « le registre des effets à payer et à recevoir ».

Ex. - Pour rester fidèle à un budget qu'on s'impose de suivre religieusement, il faut savoir faire face à toutes échéances, qu'elles soient de dettes à payer ou de revenus à percevoir.

> **S'excuser d'un retard**, qui signifie « agir plus tard que prévu pour terminer à temps une tâche quelconque ou pour se présenter à destination, à l'heure promise » — non pas — s'excuser d'un délai, qui signifie « le temps alloué pour accomplir quelque chose ».

Ex. - Comme la nouvelle employée n'avait pas terminé à temps le rapport budgétaire qu'elle devait présenter ce matin-là, elle a dû s'en excuser auprès de son patron et ainsi, en subir de sérieuses conséquences.

> **Tenir ses promesses**, qui signifie « être fidèle à la parole donnée, ne pas s'en désister, ni l'abandonner en cours de route » — non pas — garder ses promesses, ce qui est un anglicisme.

Ex. - Toute personne loyale et intègre s'évertue à tenir ses promesses qu'elles soient politiques, économiques, sociales ou autres.

> **Ceci dit**, qui signifie « que l'on réfère à ce que l'on vient tout juste de dire, à la thèse qu'on est en voie de développer » — non pas ceci étant dit, ce qui est un anglicisme.

Ex. - L'orateur distingué, qui parle toujours avec éloquence, se fait un point d'honneur de revenir souvent sur son exposé en disant à tout moment « ceci dit », afin de s'assurer que ses auditeurs ne perdent pas le fil de son raisonnement.



Mary Murphy, an active supporter and longtime employee of St. Joe's parish, is now managing the Supper Table. With her own brand of efficiency and warmth.

Dispensing food and comfort at St. Joe's Supper Table

At Laurier and Cumberland, with its relentless flow of people and vehicles, a burgundy awning has become an unlikely beacon of hope.

That's the way in to the administrative offices of St. Joseph's Catholic Church. It's also the entrance to St. Joe's Supper Table, which, for nearly 37 years now, has offered food and comfort to those who need both.

Speak to Mary Murphy, the Supper Table's current manager, and you get an idea of the impressive statistics. Having served more than half a million meals in its lifetime, the service these days provides hot meals or bag lunches to an average of 150 people each weeknight. Every Friday afternoon, it operates a food bank, with diverse supplies donated by the Ottawa Food Bank and local merchants, as well as St. Joseph's parishioners and Sandy Hill neighbours. This summer, it even started a small gardening operation to supply its kitchen.

But while Ms Murphy and those who make the Supper Table their labour of love are happy to talk numbers, they're even happier to talk people.

They'll tell you about someone who initially averted his eyes and wouldn't speak, and how he gradually began to

smile and talk and engage. They'll tell you about how some of those suffering mental illness and addictions began to share their stories over a hot meal. They'll tell you about the clients who wanted to give back, who started volunteering at the Supper Table themselves, learning new skills and gaining a new sense of self-worth.

Eighty volunteers, along with Ms Murphy and one part-time staffer, make sure all this happens like clockwork each day, a remarkable achievement given that the Supper Table receives no government funding, instead relying exclusively on community goodwill.

So they're not shy about asking for help.

Ms Murphy hopes people will consider making donations of cash or food to the Supper Table, or even think of joining its volunteer ranks. When fundraisers are held — there's a special concert at St. Joe's scheduled for February 7 — she hopes for an enthusiastic reaction.

And this Christmas, her fingers are crossed for a vibrant community response to the group's Wish List at www.stjoessuppertable.com.

For more information, contact Mary Murphy at 613-233-4095, x 240, or email to stjssupportable@gmail.com



Upcoming
Events

Free. All are welcome.
No strings attached.

- Dec. 14 Advent 3 worship @ 10:15
- Dec. 17 Midweek Advent worship @ 7 p.m.
"JESUS Where Can I Meet You?"
- Dec. 21 Advent 4 worship @ 10:15
- Dec. 24 Christmas Eve Children's service @ 7 p.m.
- Dec. 25 Christmas Day worship @ 10:15
- Dec. 28 Christmas 1 worship @ 10:15
- Dec. 31 New Year's Eve worship @ 7 p.m.

Sooner or later, everyone asks themselves:

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

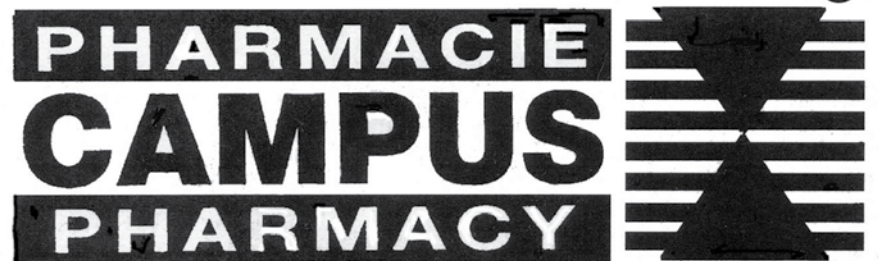
God answers these questions, and more, in His Word the Bible.

Thursday: Worship @ 7:00 p.m. (June 19 ~ August 28)

Sunday: Bible study @ 9:00 a.m. Worship @ 10:15 a.m.

www.stpaulottawa.org

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



100 Marie Curie • Services de santé / Health Services Bldg.

613-563-4000

Welcoming the entire Sandy Hill Community
Les résidents de la Côte-de-sable sont bienvenus

POUR TOUS VOS BESOINS
PHARMACEUTIQUES....

- Prescriptions
- Vitamines
- Soins sportifs
- Produits de beauté
- Tests de grossesse
- Papeterie
- Timbres
- Services de photocopies et de télécopieur

FOR ALL YOUR PHARMACY
NEEDS ...

- Prescriptions
- Vitamins
- Sports care
- Health and beauty needs
- Pregnancy tests
- Stationery
- Stamps
- Fax and photocopy services

et **Plus!**

and **More!**

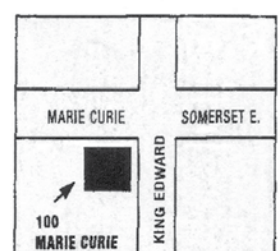
Interac • VISA • Mastercard • American Express

Lundi-jeudi 8h30 - 20h00
Mon-Thurs 8:30 - 8:00

Vendredi 8h30 - 19h30
Friday 8:30 - 7:30

Samedi 10h00 - 17h00
Saturday 10:00 - 5:00

Dimanche 10h00 - 14h00
Sunday 10:00 - 2:00



www.campuspharmacy.com

COURS D'ENRICHISSEMENT PERSONNEL

Grâce à des cours non crédités conçus pour le simple plaisir d'apprendre, nourrissez votre passion pour la connaissance et partez à la découverte du monde : culture, histoire, sciences et sociétés.

PERSONAL ENRICHMENT COURSES

Designed for the pure joy of learning, our non-credit courses will nurture your passion for knowledge and let you explore the fascinating worlds of culture, history, science and society.

PROGRAMMATION HIVER-PRINTEMPS 2015

TITRE DU COURS	HORAIRE	HEURES	JOUR(S) DE LA SEMAINE	COÛT (taxe de 13 % en sus)
ARTS ET CULTURE				
L'art européen et américain au Musée des beaux-arts du Canada	12, 19, 26 février, 5 mars 2015	(18 h à 20 h)	Jeu.	100 \$
Comprendre l'art contemporain	12, 19, 26 mars 2015	(18 h à 20 h)	Jeu.	80 \$
Les secrets du chocolat	12, 19 mars 2015	(19 h à 21 h)	Jeu.	50 \$
Apprendre à voir : la photographie numérique créative	18, 25 avril, 2, 9, 16, 23 mai 2015	(10 h à 13 h)	Sam.	195 \$
LITTÉRATURE ET ÉCRITURE				
Écrivez des livres qui vivront longtemps dans le cœur des enfants	1, 8, 15 avril 2015	(10 h à 12 h)	Mer.	90 \$
Venez squatter l'imaginaire des poètes d'ici	2, 9, 16, 23, 30 avril, 7 mai 2015	(10 h à 12 h)	Jeu.	100 \$
« Non, je ne regrette rien » : ces Parisiens impénitents	21, 28 avril, 5, 12, 19 mai 2015	(19 h à 21 h)	Mar.	100 \$
TRADITIONS BOUDDHISTES				
Initiation à la méditation bouddhiste	4, 11, 18, 25 mars 2015	(19 h à 21 h)	Mer.	110 \$
La méditation bouddhiste et l'art subtil de l'abandon	8, 15, 22, 29 avril 2015	(19 h à 21 h)	Mer.	110 \$
LANGUES ET COMMUNICATION				
<i>Dolce Italia</i> : langue et culture pour les amoureux de l'Italie	Tous les lundis et mercredis du 12 janvier au 30 mars 2015 (pas de cours le 16 février)	(19 h à 21 h)	Lun. – mer.	350 \$
Initiation à l'espagnol II : développer ses habiletés de communication en espagnol	Tous les lundis du 12 janvier au 9 mars 2015	(19 h à 21 h)	Lun.	130 \$
<i>Amor d'Italia</i> : toujours plus pour les amoureux de l'Italie	Tous les mardis et jeudis du 13 janvier au 26 mars 2015	(19 h à 21 h)	Mar. – jeu.	350 \$
<i>Chiacchiere e caffè</i> – cours de conversation en italien, niveau avancé	Tous les mardis du 13 janvier au 24 mars 2015	(18 h à 19 h)	Mar.	100 \$
Initiation à l'espagnol I : se familiariser avec la langue et la culture hispaniques	Tous les jeudis du 15 janvier au 5 mars 2015	(19 h à 21 h)	Jeu.	130 \$
Découvrez votre voix!	4, 11, 18, 25 février, 4 mars 2015	(19 h à 21 h)	Mer.	175 \$
Initiation à l'espagnol II : développer ses habiletés de communication en espagnol	Tous les jeudis du 19 mars au 7 mai 2015	(19 h à 21 h)	Jeu.	130 \$
<i>Amor d'Italia</i> : toujours plus pour les amoureux de l'Italie	Tous les mardis et jeudis du 14 avril au 25 juin 2015	(19 h à 21 h)	Mar. – jeu.	350 \$
Espagnol intermédiaire I : parler couramment l'espagnol	Tous les jeudis du 14 mai au 2 juillet 2015	(19 h à 21 h)	Jeu.	130 \$
SCIENCES ET VIE				
Le sommeil, c'est la santé!	19 mars 2015	(9 h à 11 h)	Jeu.	30 \$
Les problèmes psychiatriques : bien réels!	1, 8, 15, 22, 29 avril, 6 mai 2015	(13 h à 15 h)	Mer.	120 \$
Viellir dans une société en constante transformation : tout un défi	14, 21 mai 2015	(10 h à 12 h)	Jeu.	60 \$

COMMENT S'INSCRIRE

- *En ligne* : rendez-vous au www.continue.uOttawa.ca/enrichissement. Sélectionnez la thématique de votre choix, puis cliquez sur le titre du cours qui vous intéresse. Suivez les directives.
- *Par téléphone* : téléphonez-nous au 613-562-5272 entre 8 h 45 et 16 h 30 du lundi au vendredi.
- *En personne* : présentez-vous au 55, avenue Laurier Est, 12e étage, pièce 12142, entre 8 h 45 et 16 h 30 du lundi au vendredi.

2015 WINTER-SPRING PROGRAM

COURSE TITLE	SCHEDULE	TIME	DAY OF THE WEEK	COST (plus 13% tax)
ARTS AND CULTURE				
Contemporary Environmental and Land Art	January 27, February 3, 10, 17, 24, March 3, 2015	(19:00 to 21:00)	Tue.	\$120
Reggae and the Jamaican Canadian Connection	February 3, 10, 17, 24, 2015	(19:00 to 21:00)	Tue.	\$80
Art and Literature in the Jazz Age: From New York to Paris	February 5, 12, 19, 26, March 5, 2015	(19:00 to 21:00)	Thu.	\$80
The Wonderful World of the Guitar	April 9, 16, 23, 30, May 7, 14, 2015	(19:00 to 21:00)	Thu.	\$100
“Non, je ne regrette rien...” the unapologetic Parisians	April 13, 20, 27, May 4, 11, 2015	(13:30 to 15:30)	Mon.	\$100
LITERATURE AND WRITING				
Screenwriting: The write words are worth a thousand pictures	January 22, 29, February 5, 12, 19, 26, March 5, 12, 2015	(19:00 to 21:00)	Thu.	\$200
Getting to Know “Papa”: The Making of an American Icon, Ernest Hemingway (1899–1961)	February 3, 10, 17, 24, March 3, 10, 2015	(19:00 to 21:00)	Tue.	\$100
Intermediate Life Writing Workshop	February 23, March 2, 9, 16, 23, 30, April 13, 20, 2015	(17:30 to 19:30)	Mon.	\$150
Women who (m)use men: fated attraction	February 23, March 2, 9, 16, 23, 2015	(19:00 to 21:00)	Mon.	\$100
From Ian Fleming to Daniel Silva: Classics and New Favourites of the Spy Novel	April 7, 14, 21, 28, May 5, 12, 2015	(19:00 to 21:00)	Tue.	\$100
BUDDHIST TRADITIONS				
Introduction to Buddhism	March 17, 24, 31, April 7, 2015	(19:00 to 21:00)	Tue.	\$110
Unwind! 20 daily practices for transforming stress and finding meaning and joy in your work life	March 19, 26, April 2, 9, 2015	(19:00 to 21:00)	Thu.	\$110
An Introduction to Buddhist Meditation	April 21, 28, May 5, 12, 2015	(19:00 to 21:00)	Tue.	\$110
SOCIETY, HISTORY AND HERITAGE				
Amerindian and Inuit Stories and Traditions	January 28, February 4, 11, 18, 25, 2015	(19:00 to 21:00)	Wed.	\$100
Cultural Policy – From Theory to Practice	January 27, February 3, 10, 17, 24, 2015	(19:00 to 21:00)	Tue.	\$100
Investing: How to Make Good Decisions	February 18, 25, 2015	(19:00 to 21:00)	Wed.	\$50
Foreign Perspectives: Stories of Travel and Migration	March 2, 9, 16, 23, 30, 2015	(19:00 to 21:00)	Mon.	\$80
Ancient Roman Decor: Visual Arts in Daily Life	March 4, 11, 18, 25, April 1, 8, 2015	(18:00 to 20:00)	Thu.	\$100
The Balkans: Powder Keg of Europe	March 18, 25, April 1, 8, 15, 22, 2015	(19:00 to 21:00)	Wed.	\$100
Ancient Religions of the East: India, China, Korea, and Japan	March 31, April 7, 14, 21, 28, May 5, 2015	(19:00 to 21:00)	Tue.	\$120
LANGUAGES AND COMMUNICATION				
<i>Dolce Italia</i> ...Language and culture for lovers of Italian	Every Monday and Wednesday from January 12 to March 30, 2015 (no course on February 16)	(19:00 to 21:00)	Mon. – Wed.	\$350
Introduction to Spanish II: Building on your Basic Spanish-language Skills	Every Monday from January 12 to March 9, 2015	(19:00 to 21:00)	Mon.	\$130
<i>Amor d'Italia</i> ...Even more language and culture for lovers of Italian	Every Tuesday and Thursday from January 13 to March 26, 2015	(19:00 to 21:00)	Tue. – Thu.	\$350
<i>Chiacchiere e caffè</i> – Advanced conversational Italian	Every Tuesday from January 13 to March 24, 2015	(18:00 to 19:00)	Tue.	\$100
Introduction to Spanish I: Getting Acquainted with the Spanish Language and Culture	Every Thursday from January 15 to March 5, 2015	(19:00 to 21:00)	Thu.	\$130
Introduction to Spanish II: Building on your Basic Spanish-language Skills	Every Thursday from March 19 to May 7, 2015	(19:00 to 21:00)	Thu.	\$130
Voice Training for Better Communication	April 1, 8, 15, 22, 29, 2015	(19:00 to 21:00)	Wed.	\$175
<i>Amor d'Italia</i> ...Even more language and culture for lovers of Italian	Every Tuesday and Thursday from April 14 to June 25, 2015	(19:00 to 21:00)	Tue. – Thu.	\$350
LIFE AND SCIENCES				
From Nebula to Supernova: Life Cycle of Stars	March 3, 10, 17, 2015	(19:00 to 21:00)	Tue.	\$80
Making Sense of Health Stories in the Media	March 3, 10, 17, 24, April 7, 2015	(19:00 to 21:00)	Tue.	\$120
The Theory of Evolution: Easy as 1 2 3!	April 14, 21, 2015	(10:00 to 12:00)	Tue.	\$60

HOW TO REGISTER

- *Online:* Go to www.continue.uOttawa.ca/enrichment. Select the category of your choice, click on the title of the course you wish to register for and follow the instructions.
- *By phone:* Call us at 613-562-5272, Monday to Friday between 8:45 a.m. and 4:30 p.m.
- *In person:* Visit us at 55 Laurier Avenue East, 12th floor, Room 12142, Monday to Friday between 8:45 a.m. and 4:30 p.m.



The treasure

Annegret Hunter

At the very top in the willow’s crown in Mrs. Aitch’s garden lived a red squirrel, a pretty little thing, but timid and quiet, always keeping a respectful distance from her big cousins.

One day a suitor appeared, a handsome fellow in a red coat with grey trimming, a shiny white vest, and a splendid orange tipped tail. Oh, he won the shy lady’s heart instantly, settled down with her, and started looking for a warehouse, for the winter supplies.

He was a busy, practical chap and did not approve of the lax and lazy lives of his neighbours. There were too many loafers and pilferers hanging about his warehouse and supply route. They needed to be taught some respect for a hard working squirrel. Sure, his size was rather unfortunate, but was he not as fast as the wind?

He opened an ambush on the tree trunk, and you should have seen what happened: a black squirrel came scampering down the trunk, and found himself suddenly charged by this tiny creature. The black squirrel stopped incredulously and was promptly bitten right in his haunches. He fell off the tree.

The second squirrel’s carefree stroll ended the same way, and in a very short time there was no more easy sauntering up and down the tree, for everyone looked around nervously, then took wary steps, and broke into a wild run as soon as the red menace was spotted.

And so the little red fellow cleared the passage from his living quarters down the tree to his favourite supply tree: a black walnut, and from there to his warehouse, which was somewhere between the shed and the big box.

In the little garden the visitors stopped coming. The birds learned that this furious fellow was too fast for their liking, and



even the cats, who were used to having peaceful naps in the sunshine on the big box, could not endure the endless scolding in protest to their presence.

Many times did the professor come out of his study and complained: “How am I supposed to work with this racket outside? It’s been clicking and clacking for an hour and a half.”

When winter was not far off, Mrs. Aitch came to clean up the garden and the big box. On a branch, just out of her reach, sat the red squirrel, chattering in an absolute frenzy.

Mrs. Aitch lifted the lid, peered into the box, and burst out laughing. “I found your treasure, you rascal,” she said to the squirrel, who was having an apoplectic fit, “all right, calm down!”

‘Where your treasure is, there will your heart be also’. Yes, the red chap’s heart was surely with his treasure. He was too busy to even sit still once in a while and enjoy a sunbeam.

And then one day the red squirrel simply disappeared,

“He probably died of apoplexy!” the professor said, “his heart cracked, naturally. No pity from me, and good riddance to that obstreperous rodent!”



Nous sommes fiers de nos jeunes qui ramassent des fonds pour lutter contre l’ébola

L’esprit des fêtes à Francojeunesse

Christine Aubry

Dans la dernière édition d’IMAGE, nous vous avons annoncé que Francojeunesse avait récolté son objectif de 3 500 \$ pour la Fondation Terry Fox. C’est avec grand plaisir que nous vous annonçons que ceci était une grosse sous-estimation. En fin de compte, la communauté de Francojeunesse a ramassé 6 355 \$!! Les élèves étaient non seulement très fiers, mais surtout bien excités de voir six de leurs enseignant(e)s se faire entarter devant toute l’école!

Il n’est donc pas surprenant d’apprendre que les élèves de Franco continuent à démontrer leur grande générosité ainsi que leurs grands cœurs. De leur propre initiative, des élèves ramassent des fonds pour aider l’organisme Médecins sans frontières à lutter contre l’épidémie d’Ebola en Afrique de l’Ouest, ceci en vendant des tablettes de chocolat. Et comme chaque année au temps des fêtes, Francojeunesse et le Conseil des écoles publiques de l’Est de l’Ontario appuient la Coopérative AMI JEUNESSE, un organisme qui travaille au soulagement de la pauvreté et de ses effets chez les familles francophones d’Ottawa.

Les dates à réserver ce mois-ci sont le 16 décembre en après-midi pour le

Concert des fêtes des élèves de la 1^{ère} année à la 6^e année, ainsi que le matin du 18 décembre pour le Déjeuner du temps des fêtes (de 8 h à 9 h 30 au grand gymnase au 119, rue Osgoode).

Les classes de maternelle et jardin n’offriront pas de concert en décembre mais préparent à la place une exposition très originale : le gymnase du pavillon Wilbrod sera transformé, par les élèves et leurs enseignant(e)s, en village de fêtes. Tout en travaillant les concepts pédagogiques de l’architecture, des sciences sociales, des mathématiques et des métiers, ils construiront et décoreront des maisonnettes en carton. Les familles seront invitées à visiter ce mini-village le dernier jour de classes, soit le vendredi 19 décembre.

Pour rester à l’affût des nouvelles de Franco, plusieurs sites Internet sont à votre disposition : le journal écolier des élèves (www.journalfrancojeunesse.wordpress.com), le tout nouveau site web du conseil des parents (www.franconseil.ca), ainsi que le site principal de l’école (www.francojeunesse.cepeo.on.ca) où vous trouverez les photos de toutes les activités spéciales.

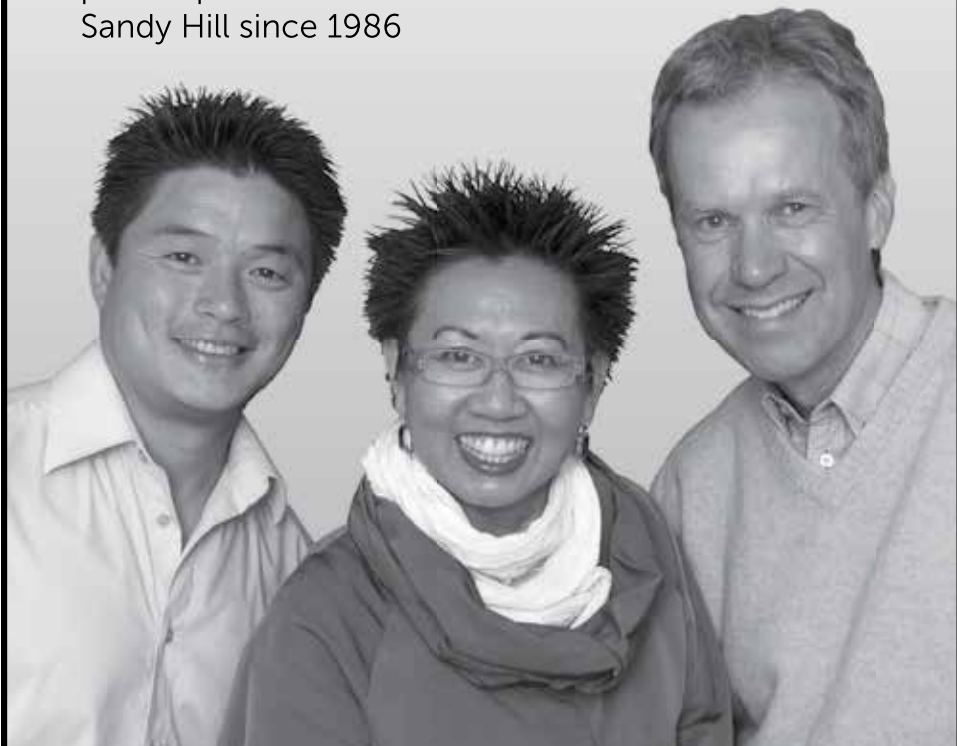
De la part de l’équipe de Francojeunesse, des élèves et de leurs familles, nous souhaitons à tous nos voisins de la Côte-de-Sable un merveilleux temps des fêtes et surtout, un bon repos!

Straightforward · Caring · Dedicated

Janny, Jeff & Shan...

The Power of Three... Working for You!™

proven performance in
Sandy Hill since 1986



JannyMills · JeffRosebrugh · ShanCappuccino
Sales Representative Sales Representative Sales Representative

ROYAL LEPAGE
Performance Realty
Brokerage, Independently Owned and Operated

613.238.2801
jannyjeffandshan.com

Pretoria Pet Hospital

16 Pretoria Avenue
(613) 565-0588

**PREVENTIVE HEALTH CARE
FOR YOUR PET**

- ♥ Vaccinations
- ♥ Dental Care
- ♥ Medical & Surgical Care
- ♥ Nutritional Counseling

OUR NEW BUSINESS HOURS
Mondays, Tuesdays, Wednesdays & Thursdays 8:00am - 7:00pm
Fridays 8:00am - 6:00pm & Saturdays 9:00am - 12:00pm



**DENYS
BUILDS
DESIGNS**

I am an Ottawa based renovator that specializes in everything from modern renovations to historic restorations. As a creative designer who also builds, I have a passion for combining historical elements with new technology.

Please feel free to take a moment and explore some of our exceptional spaces at Denys.ca.

Paul Denys

EXPERIENCE THE DENYS DIFFERENCE



News from Viscount Alexander Public School

Michael Barnes

An addition to the school is needed

Over the past few years, enrolment at Viscount Alexander has almost doubled. The current enrolment of some 170 students now exceeds the school's capacity. Whether it's the staff room that can't accommodate a full staff meeting or the need to shuffle activities to accommodate competing demands on space, it's a real challenge. Two portables sit in the school yard and another is needed for the next school year. With this in mind the Viscount Alexander School Council unanimously adopted a resolution calling on the Ottawa-Carleton School Board (OCDSB) to approve the construction of an addition to the school. Viscount Alexander has been on the capital priorities list and is currently the 6th highest project for the OCDSB. This busy community school is a hub of activities and the only dual track school in the central part of Ottawa. Hopefully, school trustees will see the merits of investing in the school, and that in turn will help maintain a healthy, vibrant and diverse community in Sandy Hill.

The School Council will be promoting its view that it's time for the OCDSB to invest in a new addition that has both modern facilities and adequate space.

Homework Club is growing!

On Wednesday November 12, Strathcona Homework Club announced that, thanks to donor George Gaty and community partners (pictured above), it will now serve Sandy Hill students in grades 1-6. This expansion will provide students in our area with a safe space to go after school to access homework support and one-on-one tutoring. Currently approximately 58 students from our

community access the homework club between 3:00 p.m. and 4:45 p.m. Monday to Thursday.

The Strathcona Homework Club is a partnership between United Way Ottawa, the City of Ottawa through the Sandy Hill Community Health Centre, Ottawa Carleton District School Board and Ottawa Community Housing. The expansion is possible thanks to a generous donation over three years by George Gaty, CEO of Andridge, an Ottawa-based real estate investment company. Thank you.

And thanks to the tutors at the club, including Maksuud Hashi, Faduma Ahmed, Najma Juma, and Ruweida Shire.

Remembrance Day activities

The Remembrance Day Ceremony was held in the school gym, which was filled to capacity with students, parents and staff. The moving ceremony involved participation by most classes in the school as well as the talented horn player, Sarah Groves from Canterbury High School, who played Taps and Reveille. Thank you to staff and students for their preparation and presentations in our ceremony.

Movie Night

One of the highlights of the school year are the "movie nights" that are held twice a year. The evening starts at 5:30 p.m. and there is no charge to see the film. This is a school fundraiser; therefore pizza, drinks and other snacks are offered for sale, with the proceeds supporting upgrades in our technology and library resources. On November 14th, the gym filled up with students and a hush filled what can often be an otherwise noisy place as the movie "Polar Express" began. With the evening underway it wasn't long before the pizza was sold out. A special evening out was enjoyed by all. Thank you to our staff and school council for organizing/supervising the evening. It was a great team effort!



Mural unveiled in Sandy Hill— Under the direction of Gerald Dragon, the Community Health Centre's youth engagement worker, this neighbourhood bright spot across from 731 A Chapel Cres. was officially launched on November 7. Photo Kathleen Kelly



Madeleine Meilleur
MPP/députée Ottawa-Vanier

Meilleurs vœux de santé et de bonheur à vous et votre famille.

Wishing you and your family a healthy, happy holiday season.

Bureau de circonscription/
Constituency Office:
237 ch. Montreal Road
Ottawa ON K1L 6C7
613-744-4484
mmeilleur.mpp.co@liberal.ola.org
www.madeleinemeilleur.onmpp.ca




SLEEPWELL
PROPERTY MANAGEMENT

Need an Apartment?

We can help.

613.521.2000

sleepwellmanagement.com





Our local and organic food store

Diane Beckett

The Sandy Hill People Food Coop is a convenient and friendly source of natural, organic and local food right in our neighbourhood. You can pop in and pick up quality produce when you have time to cook, and ready-made foods when your schedule is tight or unexpected company arrives.

The coop carries a wide range of products from local producers that sell at the popular farmers' markets, including: Little Stream Bakery's regular wheat and gluten-free breads; the Bread Lady's pumpkin, pecan and apple pies, and vegan tourtières; free-range Beking Farm eggs; and Bryson Farm's chilies, stews, pasta sauces, vegetarian lasagnas and shepherd's pies, vegan mashed potatoes, and soups such as squash apple cider soup. They will be carrying Bryson's meats and pizzas soon.

Other local food as well as personal care eco-products include: Pulse Food's curries, chilies and jambalayas; Alska Farm maple syrup; Ottawa Valley's nut, fruit and honey bars and Baroness chocolate bars; Pinchedge yogurt and kefir; Texas Heat salsa, marinades and hot sauces; Zoe's Corner bath bombs and soap, bees wax candles, deodorants and facial care products; and Littlest Bird Workshop soaps, beard tonic, scrubs and moisturizers.

Many of the other products are Canadian, fair trade or sourced from other co-operatives such as Organic Meadow – an Ontario farmer's cooperative – which supplies ice cream and frozen vegetables, No Go Coffee Co. and Green Beaver personal care products.

Many people drop by just to buy Jackie's delicious home-made treats. The chocolate chip cookie bars, rice crispy squares and miniature single-serving banana bread loaves are the perfect size. If you drop by on Sunday, Jackie herself will be behind the cash.

They also carry fresh produce, fresh and dried fruits, snack food, teas, vinegars, soya sauces, juices, oils, pastas, noodles, dairy and non-dairy milk, and cheese as well as organic bulk grains, beans, flour, nuts and seeds and eco home cleaning products.

Sandy Hill People Food Coop is co-located with the Pet Food Coop, and across the street from T.A.N. Coffee Shop. It is a workers' not a consumers' cooperative so you do *not* need a membership to shop there. It is open to everyone.

Location	304 Wilbrod Street
Monday - Friday	9:30 a.m.-7:00 p.m.
Saturday	10:00 a.m.-6:00 p.m.
Sunday	Noon-5:00 p.m.
Holidays	Closed



Awesome Arts: In association with MASC (Multicultural Arts for Schools and Communities), the Sandy Hill Community Health Centre staged a performance on November 28 by the youth of Strathcona Heights and professional artists. They were communicating global issues using body shadow theatre, video, dance and urban music.

Help in your home with

Internet	Email
Software	Shopping
Instruction	Setup
Viruses	Slowdown

Helping you **CHOOSE** and **USE** your computer.
Problems solved in your home.

John Harding info@compu-home.com	Malcolm Harding 613-731-5954
--	--

www.compu-home.com

Volunteer voices: Brenna Wright Inside the Sandy Hill Good Food Market

Stephanie Pantal

Once a month, a few Sandy Hill community members meet to decide on what produce will be sold at the Good Food Market. A few hours before the market opens, everyone works together to weigh and price the food, set up the display, and then run the market starting at 11 a.m. sharp. (The markets are usually on the first Saturday of the month but January's market will be held on **January 10th, 11 a.m. to 1:30 p.m.** at **731A Chapel Cres. at the corner of Wiggins Private**, in the community room; use Wiggins door.)

This month I caught up with Brenna Wright, a volunteer with the Sandy Hill Good Food Market.

SP: Thanks for doing the interview with me Brenna!

BW: Ha, ha; thank you again for choosing me to do the interview!

SP: How did you get started with the GFM?

BW: I saw one of the flyers posted in my building and decided to go and check it out. When I got there I saw what everyone was doing and asked if they need an extra hand. I started volunteering that day and

have been ever since.

SP: How long have you been a volunteer with the GFM?

BW: I have been a volunteer for almost two years now. I can't believe it's been that long.

SP: What keeps you coming back market after market?

BW: I keep coming back to the market because I love helping out, I enjoy the talking with the people who come and shop, and I love being with, and engaging in conversations with, all the other volunteers

SP: And what's the most rewarding thing about being a volunteer?

BW: For me, the most rewarding part of the Good Food Market is being able to give back to the community and helping to make the community better.

SP: What are some of your favourite foods that are sold at the market?

BW: Some of my favorite foods sold at the market are mushrooms, potatoes, bananas, grapes (my son loves grapes!), and pepper. There are so many more but these I like the most.

Stop by the market next month to check out the good food and to say hello to Brenna and the other volunteers. See you there!

Customers and volunteers at the late-September Good Food Market. Shopping, signing (petitions), schmoozing.



Photo Kathleen Kelly

Ottawa's acclaimed vegetarian restaurant

The Green Door

25th anniversary renovation and expansion

198 Main Street
www.thegreendoor.ca
Tuesday to Sunday: 11 to 9
Monday closed

HAPPY HOLIDAYS!

Follow us on Twitter at @mathieufleury

City Councillor / Conseiller municipal

Mathieu Fleury

Ward / Quartier Rideau-Vanier

mathieufleury.ca | (613) 580-2482 | mathieu.fleury@ottawa.ca



What’s in a name?

Dodi Newman

Frittata, eggah, kuku, or omelette? What these dishes have in common is that their ingredients are held together with egg, they are quick and easy to make, can be finished on the stove or in the oven, and are enjoyed the world over. Experiment - check out your fridge and pantry, and pick ingredients that might go together. Add plenty of chopped fresh herbs, combine with beaten eggs, and cook. Serve hot with or without a sauce - yogourt mixed with fresh dill, for example, goes very nicely with a beet and walnut frittata.

Tips

Fresh ingredients taste best; shred root vegetables or squash and use them raw; sauté onions and garlic before adding; precook fresh leafy vegetables until just done and squeeze out most of the moisture; use nuts for texture; baking is easier than frying; make a frittata small for one person by frying it like a pancake, or large for up to 12, depending on the size of your pan.

Check out these links to get an idea of what’s possible:

From Australia: www.taste.com.au/recipes/collections/frittata+recipes;

From a Persian kitchen, several wonderful recipes: mypersiankitchen.com/potato-kuku/;

From Italy, a frittata dissertation: www.delallo.com/articles/la-frittata-egg-dish-endless-possibilities.

One of my favourite recipes is one that my daughter created:

Baked Red Chard and Feta Frittata

Serves 4 for lunch or 3 as an entrée

- 3 eggs (large), beaten lightly
- 1 bunch red Swiss chard
- 3 shallots, peeled and cut into 1/4-inch pieces
- 1 1/2 tablespoons olive oil
- 1 large clove garlic, minced
- 150 g feta cheese, from cow’s or sheep’s milk, crumbled
- 1/4 cup chopped fresh parsley
- 1 tablespoon chopped fresh dill
- 1/4 teaspoon lemon zest, or to taste
- Freshly ground black pepper
- 1 tomato, cut into 7 thin slices
- extra olive oil for the pie dish and to brush on the frittata

Preheat the oven to 350°F.

Coat a 9-inch pie plate with olive oil.

In a large bowl, lightly beat the eggs.

Remove the big stems for the chard, steam it until just done in the water that clings to the leaves. Drain, squeeze it as dry as you can, and chop it roughly. Add to the bowl.

Sauté the onions in the olive oil over medium heat until translucent, add the garlic and sauté a few minutes longer until they start to brown. Add to the bowl.

Add all other ingredients except the tomato slices to the bowl and mix thoroughly. Place mixture in the pie dish and level. Arrange the tomato slices evenly over the mixture and brush all generously with olive oil.

Bake at 375°F for 25 to 30 minutes, or until the frittata is nicely mounded and beginning to brown.



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



Pretty teapots are available at Fleur Tea on Somerset E. at Russell.

Fleur Tea House, 287 Somerset St. East

The food menu has expanded at Fleur Tea, and there’s a cosier atmosphere than last time we visited. The four-cheese panini (\$5.75) and a generous bowl of dahl soup (\$4.50) hit the spot for lunch. There’s also a lot of interesting merchandise for sale; it’s worth a visit if someone on your Christmas list would appreciate a pretty teapot or mug, some unusual tea or coffee, or a book about tea in Jane Austen’s novels. And who would not be glad to get a locally made chocolate bar with a witty name? Subversive Squirrel (dark chocolate with peanuts and peanut brittle), anyone?

Kothu Rotti 408 Dalhousie St.

Fans of Sri Lankan food will be happy to know that the family that runs the two Ceylonta restaurants on Somerset Street West and Carling Avenue 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

Brunch is now served here on Saturdays and Sundays from 10:00-3:00. Prices are reasonable and portions are generous; \$5.00 will get you the reliable eggs with bacon or sausage, and it’s \$10.00 for the Eggs Benedict. The potatoes seem to be more roasted than fried; they are large and delicious chunks with their skins still on and just the right texture. There are also some imaginative mains, such as a Lobster Benedict and a scrambled egg dish with pulled pork and salsa.

Relish Food Truck has taken over Stone Soup’s former spot on Marie Curie at the University near the Transitway, and is dishing out “gourmet comfort food” from 8:00-9:30 and 11:00-3:00, Monday through Friday. Their last day of 2014 will be December 17, and they’ll be back in early January with more of that great Mac ‘n Cheese, along with other imaginative takeout. Relish is good about posting each day’s menu on Facebook, if you want to check it out before heading out into the cold.



Todric’s... on everyone’s lips! Seasonal. Fresh. Slow food cuisine. Local producers.

St. Andrew’s Ottawa

The Presbyterian Church in Canada

Music, Worship and Activities for all ages throughout Advent, Christmas Eve and Christmas Day

Come and celebrate a light at night

82 Kent (at Wellington) across from the Supreme Court
613-232-9042 ~ StAndrewsOttawa.ca



FREE TRAVEL TALKS



Costa Rica Travel Talk
Tuesday,
December 16 at 6 p.m.
Merit Travel, 225 Laurier Ave. E.
Get inspired! Maryse has just returned from an amazing trip to Costa Rica with G Adventures and will share her experience and highlights of the trip.



Contiki Holidays, trips for 18-30's
Wednesday,
January 7 at 7 p.m.
Merit Travel, 225 Laurier Ave. E.
Learn about the legendary trips that are Contiki! Get info straight from Justine and Nathan who have both returned from Europe and the USA, and find out how you can save 10%!



Peru and the Inca Trail
Tuesday,
January 20 at 6:30 p.m.
Sandy Hill Community Centre, 250 Somerset St. E.
One of the most popular destinations right now, we will share our first-hand travel experience and inspire you to go!

RSVP on our Facebook page or MeritTravelOttawa.Eventbrite.ca, or email us at OttawaU@MeritTravel.com or Carleton@MeritTravel.com



Merit Travel | 225 Laurier Ave. East, Ottawa | 613.238.8222 | 1.866.341.1777 | MeritTravel.com

ON-4493356/4493372 | BC-34799 | Canadian owned

SANDY HILL ALBUM October-November, 2014

HALLOWE'EN
The community of Sandy Hill enthusiastically welcomed trick or treaters and spectators as we celebrated our favourite October tradition.
Photos by Kathleen Kelly

Innkeeper Ken Armstrong watches out for tpumpkin bandits, who have swooped down on McGees' Hallowe'en display over the past few years. Judy Armstrong alerted IMAGE: Once again our mystery pumpkin carvers showed up last night. We [now] have 10 carved pumpkins on our stairs. One actually has McGee's Inn carved into it. This year they left a note, saying thanks for providing many enjoyable years of pumpkin banditry.

On stillness, and community

Janet Jury

In the eddy and swirl of everyday life, there seems to be scant time for that endangered state: stillness. Whether by choice or circumstance, we are engulfed by competing demands for our attention. But occasionally, things happen that are so momentous as to disrupt the routine flow and force us into deeper reflection.

The events of October 22 struck at the very core of our community, providing ample reason for public congregation and private contemplation, making manifest that paradoxical condition of being together yet separate, united yet alone. In the days that followed, people gathered in large numbers at the cenotaph, yet the area surrounding the monument was an island of quietude amid the rumble of the passing city. Some came in groups and spoke quietly among themselves; many attended in silence.

On October 27, our municipal elections were held. Election day is a grand affair—we must not be fooled by its seeming banality. The act of voting itself is predictable in a most reassuring way: you complete a few formalities, and next thing you know, you're in a little oasis of calm behind a cardboard screen, with only your final innermost thoughts to guide you. We come together in common cause, and contemplate alone, however briefly, before making our mark.

Stillness can be one response to what poet Ben Okri referred to as "our cry for meaning". "I think we need more of the wordless in our lives. We need more stillness, more of a sense of wonder, a feeling for the mystery of life," he wrote. We may actively seek out that stillness, or embrace it when it visits us, unbidden, in the course of events vastly larger than ourselves. The absence of any one of us—however small our presence, however seemingly inconsequential our actions—leaves a void. And in stillness, each of us reaffirms our place in community and our contribution to it.

Maycourt Bargain Box on Laurier East: a great source for costume accessories. This volunteer put aside her pink duster to model some season-appropriate items.

Ottawa Cenotaph, November 11, 2014. There is nothing like the quiet, stillness and alert of a crowd on Remembrance Day.

Classic family fare on the boards (rails) at Ottawa Little Theatre on King Edward Ave.

Director Jim McNabb (below) and an entertaining cast pleased theatre goers this month with a new version of The Railway Children. IMAGE photographer Philip Owen reports: "This was a most enjoyable production and I will be remembering the characters for weeks to come."

photo Kathleen Kelly

photo Harlequin Studio

One + Only Craft Fair and Buffet • November 16, 2014

Photos by Kathleen Kelly

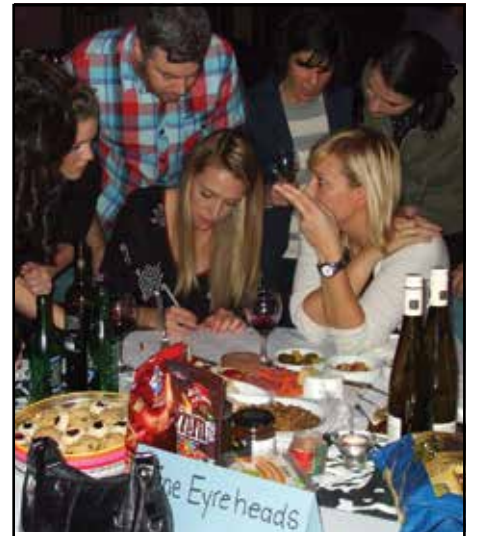
This year's much-anticipated event did not disappoint the many from our neighbourhood and beyond. Once again, there was multimedia art, innumerable crafts, eco-friendly and organic products and a free buffet of gastronomical delights.



Peter Evanchuk, film maker, and his partner Hélène Lacelle, artist, are the creative and generous organizers of what is now a highly-anticipated Sandy Hill event.



Chef Pierre and cuisine assistant Bianca Bertrand



Bettye Hyde Trivia Night, 2014

Trivia Night was another great success. We made over \$10,000 and we sold out the 200 tickets. People really had fun. Let's hope we can have it in Bate Hall again next year!

—Cindy Mitchell

The success of Trivia Night is largely due to so many of our new families, alumni and teachers. A huge thank you goes out to Adrienne Blair, Mark McLaughlin, and Zeke Hagar who generously donated their time and talents to help make the evening a hit. Thanks also to supportive local businesses, artists and community members!



The lobby as well as hall were filled with crafts and other items for sale.



Sharing a booth were Sandy Hill's Lynn Murphy, Artisan (Honourable Mention, The Ottawa Guild of Potters) and Carol Waters, Artisan, Fund Raiser (Project Hope for Africa)

Hélène and I worked away about 120 hours from beginning to end and had a grand 'ol time for this our 8th year of making the ONE&ONLY happen.... We purchased/prepared/served: 120 tacos, 270 chicken burritos, 7 dozen devilled eggs (thanks to Joanne Lockyer), 250 spring rolls, 120 cheese sandwiches, 100 perogies with sour cream, 180 samosas, various salad ingredients, 200 home baked fruit muffins, 8 boxes of cookies, never-ending canapés, too many snacks to list, 8 bars of cheese trays/pickles/olives, 5 crates of mandarin oranges and 100 apples..100 lbs of potatoes, 40 lbs of carrots, 20 lbs of onions, 300 water bottles, 5 large cans of coffee making about 350 cups of coffee. tea, milk, pop, over 1,000 plastic plates/cups/cutlery, 30 table rentals, etc., etc., gallons of home made sausage/beans, chicken catch-a-tory, chilli, potato salads, rice with veggies, rice with chicken and peas, pasta dishes, etc.....Made/printed and distributed 1,000 flyers (Hélène made 'em Alice Kwon distributed them with help of ASH block reps) —Peter Evanchuk



Joanne Lockyer, Artisan, Event Planner/Fund Raiser at Crafting with Company

January 22, 5-7 pm

Photo exhibit launch at Saw Gallery

Beauty in the Middle: Women of the Congo Speak Out is coming to Sandy Hill! This stunning collection of photographs by New York Times photojournalist Peter Muller tells the story of women in the Congo and their courageous resistance to rape as a weapon of war. The exhibit debuted in London (U.K.) last June at the Global Summit to End Sexual Violence in Conflict. It is an inspiring blend of art and purpose.

Its next stop is our own SAW Gallery with a launch and fundraising event on January 22, with proceeds going to the Fond pour les Femmes Congolaises. The SAW showing is sponsored by Nobel Women's Initiative, the MATCH International Women's Fund, the International Campaign to Stop Rape and Gender Violence in Conflict, and the School of Photographic Arts of Ottawa (SPOA).

Please come out to see it and support the women of Congo. For more information and tickets: matchinternational.org/events-campaigns/ - Jane Gurr

January 29, 6-8:45 pm

Free screening of *The Human Scale* at the ByTowne

Action Sandy Hill and other local associations invite you to a free screening of the documentary, *The Human Scale*.

The film challenges status quo notions of urban planning and explores how we can build cities that are more sustainable and livable for all. You will hear from thinkers, architects and urban planners from across the globe who demonstrate what happens when we put people into the centre of our planning.

Stay for 30 minutes after the film as a panel of experts discuss what the City of Ottawa has done well and what it can do better related to urban planning, sustainable transportation, and creating a more liveable city. Questions from the audience will follow.

This event is supported by the Sandy Hill Community Health Centre, Action Sandy Hill, the Healthy Transportation Coalition, Ecology Ottawa, Sustainable Living Ottawa East, Ottawa East Community Association, Lowertown Community Association and Right Bike. More info at: www.healthytransportation.ca

January 29, 2015, 6-8:45 p.m., at the ByTowne Cinema, 325 Rideau St. — Diane Beckett

New Year Pleasures — For Your Calendar



January 7, 8 pm

The Big Soul Project concert at St. Joe's, 174 Wilbrod

The Big Soul Project, with its choir of 100-plus singers and musicians, performs a fresh, upbeat brand of choral music with roots in R & B, gospel, rock and Motown. Their incredible on-stage energy has had audiences dancing in the aisles.

The Ottawa based choir started performing in 1999 and has gained increasing recognition for its lively and entertaining music. They have performed at Bluesfest and Westfest and in the fall of 2012, sang in the finale of the Barbra Streisand show in Ottawa. Their annual Christmas Concert always sells out.

Tickets for this event are \$20 and can be purchased at the Church Rectory at 151 Laurier Ave East or online at st-josephs.ca/big-soul/. All funds from this concert will go to the St. Joe's Supper Table which helps to feed the hungry in our community. —Terry Byrne



January 18, 2-6 pm • Le 18 janvier de 14 h à 18 h


Join us for family fun at the Sandy Hill Winter Carnival!

Save the date! At the Sandy Hill Community Centre, 250 Somerset St. East. There will be many indoor and outdoor activities for the whole family, including an ice carving demonstration, horse-led wagon rides, a family winter game led by the Ottawa U Men's Soccer Team, a magic show and a community dinner. Stay tuned for more details coming soon via the ASH Web site: www.ash-acsc.ca

Venez vous amusez en famille au Carnaval d'hiver de la Côte-de-Sable qui aura lieu au Centre communautaire, 250 rue Somerset est. Plusieurs activités extérieures et intérieures pour toute la famille seront offertes, incluant une démonstration de sculpture de glace, des promenades en chariot à foin, un jeu de famille animée par l'équipe masculine de soccer de l'Université d'Ottawa, un spectacle de magie, en plus d'un repas communautaire. Consultez le site Web d'ACS d'ici les prochaines semaines pour en apprendre davantage: www.ash-acsc.ca.



photos Bob Melnum



Rideau Branch Library
January - February 2015
377 Rideau St.,
613-241-6954

Programs for children
Family Storytime / Contes en famille
Tuesdays* at 10:30 am / Les mardis à 10h30
Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in./Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Inscription non requise.

Homework help & reading circle / Aide aux devoirs et cercle de lecture
Saturdays* at 10:45/ Le samedi* à 10h45 pour les 5-10 ans
Help your child become a better reader through stories and games led by Frontier College volunteers. Ages 5–10. / Aidez votre enfant à devenir un meilleur lecteur à l'aide d'histoires et de jeux animés par des bénévoles du Collège Frontière. Pour les 5 à 10 ans.

**Please note that there will be no children's programs between December 20 and January 10*
**Veuillez noter qu'il n'y aura pas de programme à l'intention des enfants entre le 20 décembre et le 10 janvier*

PD Day program, @ the library! / Journée pédagogique, vite @ la biblio!
Fridays January 16 and 23, 2015 at 1:30 pm for ages 6–12/ Les vendredis 16 et 23 janvier 2015 à 13 h 30 pour les 6 à 12 ans

For adults/Pour adultes
Evening book club, Mondays at 7 pm
December 1 - *The Return* by Danny Laferrière
January 5 - *The Dinner* by Hermann Koch

Morning Book Club, Thursdays at 10:15 am
January 15 - *Swimming Home* by Deborah Levy

Groupe de lecture Mille-Feuilles, le mercredi à 18h45
le 21 janvier – à déterminer



BULLETIN BOARD

Fabric needed to take to Kenya for sewing project.... teaching young women to sew sanitary pads so that the girls stay in school instead of missing school for 60 days a year....Less than a yard is needed.....I will take the fabric myself.....for projectchanceafrica.ca contact carolannwaters@gmail.com — Carol Waters, Goulburn Ave.

My band performs @ The Brass Monkey Saturday, Dec 20
Get in the spirit of the season with a night of soulful and energizing live music by The Funktion, Ottawa's premier Motown, 70s Funk and R&B band. We perform at The Brass Monkey. The party starts at 9:30! Check out our new website: <http://www.thefunktion.ca> — Mark Vukas, Somerset St. E.

LocoTruck offers Ottawa residents help with Christmas tree delivery
When buying a real Christmas tree, it can often be a hassle or expensive to bring it home. For \$25, the friendly drivers at LocoTruck will deliver it to your place of choice or to your Ottawa-area home. A portion of the proceeds will be used to provide a Christmas tree and ornaments to families in need. The LocoTree Special ends on December 23rd. For more information and to take advantage of this low price, simply visit www.locotruck.com and enter promo code "LOCOTREE" when creating an ad. They guarantee Sandy Hill is in their catchment area.

Monarch Butterfly Gardening - January 15, 2015, 7pm to 9 pm
Bldg 72 Canadian Experimental Farm Arboretum; FCEF members \$12, non-members \$15. Presented by the Monarch Teacher Network of Canada, Ottawa Chapter. Turn your garden into a monarch butterfly oasis. Info on choosing a garden site and making a plan, planting suitable nectar and host plants. Planting a monarch garden can help this species at risk survive and thrive in any Ottawa garden. 613-230-3276 info@friendsofthefarm.ca



RESTORATION SERVICES
TWO RIVERS
QUALITY WORKMANSHIP

BOARDING . TAPING . PATCHING . PLASTER . REPAIRS
BRICK REPLACEMENT . BRICK POINTING . FOUNDATION REPAIRS
references available

Chris Christie Tel: 613-869-4978



Jimmers Slimeytongue, left, now seven years old, has night terrors from his experiences as a pup. Despite that, when his humans come home, he dances with his giant loofa toy. Magic Daintyfoot, right, just turned eight, has learned to trust her human, although she's not sure about the postman.

Two black dogs, one miracle

Eleanor Woolard

You've probably seen them: two lean black dogs in white vests, one muzzled; an older woman weighed down by treat pouches and poop bags. Magic Daintyfoot and Jimmers Slimeytongue are refugees. Rescued from abuse, they arrived in Canada at dog middle age. The woman, a trailing spouse, trailed to a recovering war zone. Horrified by the abuse of street animals descended from abandoned pets, she set up a rescue. When it was time to leave, there were two dogs not even the most dedicated rescuer would take. Magic is the only survivor of a brutal attack in which men beat a litter of puppies to death with metal pipes. She quickly demonstrated why she survived: Magic would attack anything that *might* be a threat. She is smart: she knows the biggest opponent will be brought to her level if she gets the hamstrings. By eight months old, Magic was Alpha. The largest dogs rolled over and offered her their throats. Then Jimmers arrived. Four months old, very sick, he was snatched from a man burning dogs alive. Every dog who died had heard the screams of the dogs before. Jimmers hid under a woodpile, ate there, and cowered in terror when his waste was cleaned. When he finally crept out, the other dogs tried to kill him. The street has no room for the weak. But Magic roared in and drove them off. From that day, he was her devoted slave. When the family moved to South Asia, they had their first dog, and that dog had a dog. Poor countries have no dog trainers; the dogs arrived in Canada with what their inexperienced custodian could teach. They were overwhelmed: skateboards, joggers, other dogs, buses, children, construction noise. Every walk was a nightmare of fear, reaction, lunging, and barking. Scooping the poop was an ordeal, since the guardian had to take her eyes off the dogs and their environment. "Half the time," she laughs, "I ended up wrapped in leashes and wearing poop." She frantically sought help. Her first choice, a dominance trainer, made the situation worse. Abused dogs do not need more bullying. The next trainer was the turning point. Expert in positive re-enforcement, Nicky Barham of Carolark spent eighteen months teaching the dogs and their guardian the basics. Given the depth of trauma, the routine was built on medication but, as the training takes hold, those have been reduced.

"The biggest problem," says the owner, "was space where the dogs could get used to the new stimuli." The answer came from an online outlet for vests proclaiming DOG IN TRAINING: GIVE ME SPACE. "The first order backfired: people scurried up to ask what they were training *for*." The next order dropped the DOG IN TRAINING. The second problem was rewards. Jimmers is allergic to all animal protein. In the whole world, there is only one dog food he can safely eat. Rewards must be hypoallergenic or vegetarian. Some people have criticised spending so much money and effort on dogs when there are "you know, starving children in Africa, homeless people on the street, whatever they can think of to belittle the importance of the dogs." Of course, she does not agree. "There's this assumption that if you care about animals, you don't care about humans. It's a self-serving myth. Most people I know in animal rescue are also active on human social issues. And most of the critics, when cornered, have to admit that they are active in neither." "When you rescue someone, you implicitly promise that you can be trusted, that you will not let them be harmed again. There is no greater betrayal than killing someone because they are difficult or inconvenient or expensive to keep alive. And the reward for being trustworthy is being trusted, because I know exactly what it costs my dogs to trust. There is nothing that can compare to the moment that my dog gently lays a head on my lap, and falls asleep." Where are things now? "They will always be special needs dogs. But, in the past year, we've hit so many milestones I thought we would never achieve. Buses and cars pass without getting a look. Skateboarders and bicyclists are boring. The only joggers that get reaction are the ones who think it's cool to cut close because they own the sidewalk." "And we pass dogs across the street without incident, always provided, of course, that the dogs get their rewards for being restrained!" The biggest achievement has been to meet other dogs and not react. "It's happened twice, in the off leash area. I thought there was no one around and let them go. The first time, there were two small dogs I didn't see because the owners were around a corner and some way back. The dogs were doing all right, wary but sniffing each other, but when the owners showed up Jimmers got anxious and barked, and the woman got aggressive at him. Took three days to get him to go near the place again." They were luckier the second time; an understanding young woman and her dog entered the park from the opposite side. While there was tension the three dogs managed to stay calm. "Magic sat down, one metre away from a strange dog, and looked up at me as if to say 'I'm going to get *lots* of treats for this one!' I had to drag her away, because she knew that being near that dog meant rewards!" Now, they are looking for dogs, preferably very calm dogs, to assist in desensitisation training. "It just means allowing my dogs, on leash and under my control, to approach your dog, on a leash, while I feed them treats to make it a good experience. We'd start across a park, for maybe 5-10 minutes, and see what develops." If you can assist, please email janus@magma.ca with contact information.

Rent-A-Wife Household Organizers

"Every working person needs a wife!"

- Regular & Occasional cleaning
- Pre & Post move cleaning and packing
- Pre & Post renovation cleaning
- Blitz and Spring cleaning
- Organizing cupboards, basements . . .
- Perhaps a waitress?

Laurel 749-2249

Sam's lot

A Christmas story

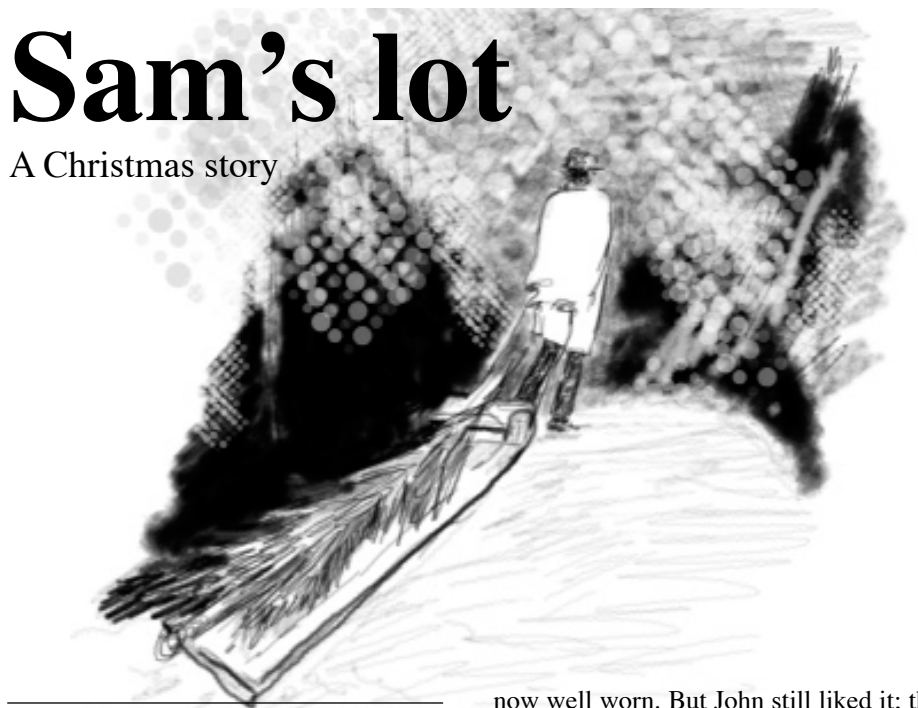


Illustration Claire MacDonald

Scott Puddicombe

The falling snow tickled John's face. He had started his annual pilgrimage to purchase the family Christmas tree from the same man he bought his Christmas tree from every year: Sam. Sam ran the Kiwanis Tree Lot down on Wellington Street; it was only two blocks away, which made for a nice walk on a snowy night. John couldn't remember how many years he had been buying his Christmas tree from Sam. "It must be ten years by now," he thought to himself as the tree lot started to take form through the falling snow. John could've gone to any tree lot in the city. There was one by his work, one at the mall, and even trees at the grocery store. But there was something about Sam's lot that John liked; and the fact that it was two blocks away had nothing to do with it.

It was the experience. Stepping onto Sam's lot was like stepping back to his youth when Christmas seemed to be a simpler time. Maybe that was because it reminded him of what Christmas was like as a child, before the stress and pressures of being an adult: before mortgages; before car repairs; before careers. A time when Christmas took up every ounce of your cognitive strength for the month of December. Maybe it was the fact that for the 20 minutes he spent sizing up trees and making his decision, every ounce of his cognitive strength was focused on Christmas. He didn't overthink it; he just enjoyed walking down his street, empty toboggan in tow, as Sam's lot came into view.

As he approached the corner he could now read the sign, the same sign that Sam put up every year. "All Proceeds To Benefit The Youth of our Town" the hand-painted sign read. And just underneath it in slightly smaller writing were the words "Merry Christmas", and at the bottom, "God Bless". The sign had originally had fluorescent green and red letters hand-written with spray-paint on a brilliant white background, but after many seasons of selling trees and raising money, it was

now well worn. But John still liked it; the wording of the sign echoed his own feelings of the season.

"Benefit the youth." That's right. It was about the children. Too many people had forgotten that. "Merry Christmas." Just the sound of that phrase warmed his heart. So few people said it anymore. It seemed to only be used in the home on Christmas morning now. People seemed to have forgotten that you can say it anytime in the month of December as a greeting or a farewell or just to wish someone well. Sam hadn't forgotten. And finally, "God Bless." Christmas was originally a religious holiday, and for a good number it still is, but it seemed more and more these days that it had become mostly about exchanging gifts, attending parties and hopefully getting a whole week off work. John was not a religious man but he still appreciated the good will intended in such a phrase.

By the time John was pulling his toboggan up over the curb and onto Sam's lot his mind was solely focused on Christmas. And after their short annual chat, the same chat that he and Sam had every year, John put his seven foot Fraser fir onto the family sled and started on his way home. This was his favorite part of buying the tree. He would wait until he had crossed the street and walked thirty or forty feet and then turn back to face the Christmas tree lot. The thin veil of coloured lights, some blinking, some burned out, the trees leaning up against the snow banks frozen and misshapen, the white ground speckled with endless pine needles, and Sam standing next to the portable construction trailer. Sam knew what was coming; it had become a ritual. And so, like all the previous years, he waited for John to turn. Even from that distance their eyes could meet, and slowly John's hand would rise up and start a large sweeping wave and he would yell to Sam in a long slow shout, "Merry Christmas." And Sam would wave back, with a slightly smaller wave, and then yell back with a slightly quieter shout, "God Bless." And then John would turn and start on his way home. No longer thinking, nor remembering; just walking, completely content, with the falling snow tickling his face.

Sandy Hill Health Watch

Physical activity for seniors all year long!

by Madeleine Bluteau, SHCHC



The nights are long and the streets are icy – hello, winter! You may be tempted to hibernate, but staying active all year is important for your health. Experts recommend we do at least 150 minutes of physical activity each week, with a balance of strength building, aerobic and flexibility exercises.

Seniors may find it challenging to stay active in the winter as walking outside can be treacherous, but keep moving. Physical activity is the best way to help prevent falls, and seniors who exercise are able to live at home for longer. There are safe ways to stay active in the winter. Read below for some tips:

Winter safety

Snow and ice increase your risk of falls, so make sure your property is cleared and salted regularly. Shovelling snow is very physically strenuous, so it is OK to ask for help – find a friend who can help you with snow removal, or call 311 and ask about the City's Snow Go Assist program, a snow removal subsidy for low-income seniors.

Carry salt or grit with you when walking outside, to sprinkle on icy sidewalks, steps and bus stops.

Consider purchasing assistive devices for the winter: a cane with an ice tip, grippers for your shoes or a hip protector can help keep you safe in icy conditions.

Schedule an appointment for an eye exam. Glasses with an up-to-date prescription can help reduce the risk of falls.

Dress for the weather. Wear layers, keep your mouth covered to protect your lungs from cold air, and choose boots with rubber treads and a wide, low heel to help prevent falls.

Get moving!

Walking outside is a great way to get sunshine during the short winter days, but is not always practical during extreme winter conditions. Here are some suggestions for indoor activities.

You have many options in Sandy Hill! Visit the Tuesday morning Seniors Chair Exercise program at the Sandy Hill Community Centre, 250 Somerset St. East, (613) 564-1062. On other weekdays, you can try Nordic Walking, where you use poles that help you balance and improve your posture. All levels are welcome and sessions are bilingual.

If you would like to shop while you exercise, try the Rideau Centre Mall Walkers group. They meet on Monday and Thursday mornings for exercise and socializing.

Do you ever worry about falling? Join one of the City of Ottawa's free Fall Prevention programs, intended for seniors over 65 years of age.

Swimming is a great way to get some low-impact exercise. If you would like a warm dip, visit the Jack Purcell Community Centre on Elgin Street in Centretown and try their heated pool.

You can exercise, even at home! Remember, activities like vacuuming and dancing to the radio all count toward your weekly 150 minutes of exercise. For a little inspiration, request a Chair Exercise video from the Ottawa Public Library, or search "Chair Exercise" on YouTube.com.

For more information about any of the programs listed above, call Madeleine at the Sandy Hill Community Health Centre, (613) 789-1500.



ST ALBANS

Christmas Eve

5pm, The Christmas Story

9pm, Candlelight Eucharist

Christmas Day

10am, Holy Eucharist & Carols

stalbanschurch.ca

454 King Edward at Daly

613-236-0342

info@stalbanschurch.ca



**PHARMACIE
RIDEAU
PHARMACY**

Since 1898 - Depuis 1898

**390 RIDEAU STREET
AT FRIEL**

OPENING HOURS:

Monday to Friday 9AM to 9PM

Saturday 9AM to 6PM

Sunday & Holidays 12 to 6PM

789-4444

OUR PHARMACY:

- . Prescriptions
- . Vitamins
- . Health and body care
- . and MORE !

NOTRE PHARMACIE:

- . Prescriptions
- . Vitamines
- . Produits de beauté
- . et PLUS !

789-1796

OUR POSTAL SERVICES:

- . Stamps
- . Mailbox for rent
- . Fax & photocopy
- . and MORE !

NOTRE COMPTOIR POSTAL:

- . Timbres
- . Location boîte postale
- . Fax et photocopie
- . et PLUS !

Get your 6/49 & Super 7 tickets in store !



photo Harlequin Studio

Season’s Greetings Sandy Hill!

A number of the stalwart contributors to our Sandy Hill newspaper gathered on December 8 in a quiet Sandy Hill stairwell, to raise a glass to our readers, colleagues and the future of this fine and ever-changing neighbourhood. The coming year promises to inspire many more columns, stories and photos...watch for us in early February, April, June, October and December, 2015. If you have the inclination and, even better, experience of a journalist, please get in touch—we are always looking for good writers, thoughtful perspectives and interesting stories. And we warmly welcome new and returning advertisers of local goods, services and public decisions—you make it possible for this paper and our Sandy Hill economy to thrive.

Pictured above are (men, left to right) Bob Meldrum, Ralph Blaine, Frank Heilingbrunner, John Verbass, Larry Newman, Ron Hodgson and François Bregha (who doesn't even like sherry.) Women (above, left to right) Jane McNamara, Christine Aubry, Jan Meldrum, Denyse Mulvihill, Diane Beckett (green trousers), Paula Kelsall, Dodi Newman, Jane Waterston.




Thinking of Selling?

Find Out What Your Home is Worth

Call Wayne today to receive a Complimentary Market Evaluation of Your Home

613.567.1400



sutton group-premier realty (2008) Ltd.
Brokerage, Independently Owned and Operated

WAYNE GORDON

BROKER OF RECORD

wgordon@sutton.com

