

## OMB rules against community

François Bregha

The Ontario Municipal Board has just announced its decision approving the proposed Viner student residence on Laurier Avenue East, in the centre of Sandy Hill. The Viner proposal entails the demolition of six existing low-rise apartment buildings and their replacement by a new nine-storey residence housing up to 650 students.

This decision is outrageous, not only in its content but also its truculent tone. The OMB dismisses the evidence of a City expert witness who spoke in favour of heritage preservation because he spoke as an “advocate”. It lauds the City planner (called to testify on behalf of the developer) for “his extensive knowledge of the City planning framework”, the same planner who did not bother to inform City Council that his recommendation would open up all of Laurier Avenue East to commercial development, not just the development site. It ignores the evidence of Action Sandy Hill that this development would have adverse impacts on the neighbourhood.

The Sandy Hill Secondary Plan put forward a vision for Sandy Hill, whose first objective was “to preserve and enhance Sandy Hill as an attractive residential neighbourhood, especially for family living”. Although amended a number of times, most recently in 2006, Council never repealed this Plan and indeed incorporated it as a sub-set of the Official Plan. In late 2013, faced with the prospect

that one or more university residences would be built in the neighbourhood, 1100 Sandy Hill residents signed a petition asking that such residences be located on the University of Ottawa campus and not in the community. Last March, City Council voted against the Viner proposal by a vote of 14 to 9. Yet, this past month, the OMB gutted the Secondary Plan, disregarded residents’ concerns and repudiated the City’s position.

What’s wrong with this picture? And what is wrong with the municipal planning process? Why can a single person, constituted as the OMB, overturn the decision of the representatives of a city of 900,000 people? Why are the views of over a thousand local residents on this issue ignored? Why are buildings of heritage value that contribute to the historical character of the streetscape, not protected? Is all of Laurier Avenue East now open to redevelopment?

Sandy Hill residents invested a lot of effort in developing the current Secondary Plan and will be called on to do the same when that plan is updated this year or next. What is the point of investing this effort when an unelected official can dismiss it in such a cavalier fashion?

Democracy thrives on accountability. If you destroy trust in the planning process, people will stop engaging and community will be lost. The City should be very concerned about the message that the OMB decision is sending to Ottawa residents. And Sandy Hill residents should all be outraged by the blinkered nature of this decision.

Photo Larry Newman



These graceful houses and apartments on Laurier Avenue East at the corner of Friel will soon be replaced by nine stories of student residence. Despite thousands of dollars raised by Sandy Hill residents to pay for legal and planning expertise, despite the many volunteer hours of blood sweat and tears, despite the support of the majority on city council, despite the wording in the city’s own official plan that Sandy Hill shall be preserved as “an attractive residential neighbourhood, especially for family living”, despite the months of waiting, the final decision about the Viner family’s proposal for a student residence in the heart of Sandy Hill is a devastating blow to community, planning principles and democracy.

Photo John Cockburn



Even during our recent cold weather, construction of the new Rideau River pedestrian bridge continues at Strathcona Park. Though the huge steel sections have been put in quickly there is still some way to go; projected completion of the crossing is the summer of 2016.

## Skates, horses & sleight of hand amused Sandy Hill fun-seekers



Photo Kathleen Kelly



Photo Kathleen Kelly



Photo Kathleen Kelly

## 2015 Sandy Hill winter carnival declared a huge success!

Christine Aubry

On Sunday January 18, Mother Nature brought us an unusually balmy day to encourage Sandy Hillers of all ages to come out and enjoy another Winter Carnival at the Sandy Hill Community Centre.

The carnival has been a popular event for many years. According to long-time Sandy Hill resident Diane Whalen, the first Sandy Hill Winter Carnival was held in 1998; she decided to organize it after realizing that she was taking her children to other neighbourhood festivals and running

into her neighbours. “We were like second cousins,” she explains. In 2003, Barbara Brockmann and Louise Shaughnessy took over and Barbara remained the key organizer until this year, when she decided to see if another brave soul (or souls) would take over the reigns.

Catherine Fortin LeFavre and I, both with young families and a strong attachment to the neighbourhood, decided we would attempt to fill such big shoes.

The Winter Carnival is a key community-building event for Action Sandy Hill, its main sponsor, as it welcomes everyone in the neighbourhood to gather and enjoy family-friendly activities at no cost.

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## IMAGE

Founded in 1972 under the  
direction of Diane Wood

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Fondé en 1972 sous la  
direction de Diane Wood

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

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

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### From Ken Clavette's Album of Bygone Sandy Hill



Pictured above is Theodore Street (now Laurier Avenue East) in 1897. Note the tramway tracks.  
LAC MIKAN 3325993 - PA-027843.jpg



This photo was taken during the 1950's from a balcony on Cumberland Street, south of Laurier Avenue. A horse drawn snow plough is featured (between the trees). All buildings in this photo have been demolished to make way for University of Ottawa's growing campus.

### IMAGE abroad...in St. Julian's Bay, Valletta, Malta, January 15, 2015



Photo: Eric Audet

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## Guest Editorial

### Let's celebrate and defend Sandy Hill heritage

And what a heritage it is! Sandy Hill has been home to more Fathers of Confederation and more Prime Ministers than any other neighbourhood in the country: seven Fathers of Confederation and eight Prime Ministers. Famous people who have lived in Sandy Hill include, not only other politicians (e.g., Tommy Douglas and Ed Broadbent), but also scientists (Sir Sandford Fleming, who first proposed universal time zones), WW1 flying ace Billy Bishop, the poet Archibald Lampman, architect Francis Sullivan and photographer Yousuf Karsh. Their houses are still standing.

East of King Edward Avenue and north of Somerset Street, Sandy Hill includes roughly 800 pre-1950 buildings, five Heritage Conservation Districts (there is an additional district west of King Edward Avenue), 29 designated heritage properties, one National Historic Site (Laurier House) and one heritage landscape (Strathcona Park).

These buildings and places exemplify the architecture and wealth of a bygone era. Many have fascinating histories. In 1895, Strathcona Park was the location of the first Canadian Amateur National golf championship. In 1924, All Saints Church celebrated the only royal wedding ever held in Ottawa, between Lois Booth, grand-daughter of the lumber magnate J.R. Booth, and Denmark's Prince Erik, Count of Rosenborg (a first cousin of King George V). In 1945, the Canadian government temporarily hid Soviet spy Igor Gouzenko in Goodwin House, now the headquarters of Amnesty International.

Many fine mansions survive, including 31 as embassies or legations. The 2010 Sandy Hill Heritage Study noted parts of Sandy Hill "retain a very high percentage of original construction, and this fact alone allows the area to stand as an example of the evolution of urban domestic architecture in central Canada over time."

But, alas, this heritage is poorly protected. While our community includes the first Heritage Conservation Districts in Ottawa, these are not supported by robust

Photo Bob Meldrum



Scene from the Sandy Hill heritage rally opposing the Viner development proposal, October 2014.

conservation tools. The now five-year-old Sandy Hill Heritage Study has yet to result in heritage designations for other areas it identified.

We must protect and preserve our heritage before it is too late. Sandy Hill is one of Ottawa's most pleasant and livable neighbourhoods, its streets lined with homes of generally compatible scale. We count on our elected representatives to ensure that Sandy Hill's built heritage survives for future generations. It is time for the city to designate a large part of Sandy Hill as a heritage conservation district, recognize this fact in the upcoming review of the Sandy Hill Secondary Plan, and use its planning and zoning tools to protect both individual buildings and whole streetscapes.

Our heritage is precious not only for our community and Ottawa but for all Canadians.

Let's make Sandy Hill's heritage a priority this year.

**François Bregha**

### The OMB's Viner Decision, January 2015

On January 27, an Ontario Municipal Board decision approved rezoning of the land at 261, 265, 271, 275 & 281 Laurier Avenue East and 400 Friel Street from low-to medium-profile residential uses to general mixed use (including commercial, institutional and residential uses), in order to permit the construction of the nine-storey building proposed by Viner Assets Inc.

#### How Action Sandy Hill sees the Ontario Municipal Board's decision

In reference to the City and ASH's position on the heritage value of the existing buildings at this site, Mr. R.G.M. Makuch, the lone board member who presided at the OMB hearing, wrote in his decision that, "This was the strongest argument advanced by the City and ASH in opposition to the appeals." but further noted that, "none of the buildings on the subject property are designated under Part IV of the Ontario Heritage Act."

It is clear therefore that the City's failure to implement the recommendations of the 2010 Sandy Hill Heritage Study had a significant impact on this decision. The City of Ottawa could protect our built heritage in accordance with the Ontario Heritage Act, but sadly has not made heritage preservation a priority. As Mayor Watson noted of Sandy Hill when he voted against this proposal, "this is an important heritage community that is under a lot of stress." Hopefully, as we approach the 150th Anniversary of Confederation, we can convince the City to embrace the importance of preserving our remaining heritage resources.

The OMB decision attests that, "The Board puts much weight and reliance on Mr. Smit's evidence, who demonstrated that he has an extensive knowledge of the City's planning framework." Remarkably this is the same senior City planner who endorsed the initial staff recommendation to Council which was written in such a way as to allow a re-designation of ALL of Laurier Ave East to permit commercial uses, not just the Viner's property, without appraising Council. This fact only came to light during the OMB hearing, six months after Council had voted. The fact that the

board preferred the testimony of a civil servant who demonstrated such disregard for transparency and the authority of Council is worrisome.

Makuch says in his decision that, "The Board did not hear any specific evidence of any adverse undue impacts on the immediate area or the larger community of Sandy Hill". In this carefully crafted sentence, the Board dismisses much of the evidence that the City and ASH presented against the development.

The Board's decision states that, "[The proposal] also promotes a mix of housing types within the immediate neighborhood, providing different housing options for individuals of all ages, incomes and life circumstances". This is an odd assertion given the exclusive nature of the proposed building. Only if one believes that the Viner development will reduce the pressure for future housing conversions (for which no evidence was presented) could this be true.

It is a very sad commentary on the state of democracy and urban planning in Ontario when a single appointed individual can, based largely on the evidence of a rogue civil servant, overturn the decision of an elected City Council, effectively approving the demolition of six buildings of heritage value, and single-handedly changing the City's planning framework, despite the fact that it was developed through years of public consultation, adopted by a vote of City Council and endorsed by the provincial government.

**Chad Rollins**

President, Action Sandy Hill

#### What are others saying? Neighbour Larry Newman's view

The Ontario Municipal Board has spoken. Or has it? I have just read the judgement by Mr. R.G.M. Makuch in the case of Viner Assets Inc. vs. the City of Ottawa. Action Sandy Hill was also represented.

The City and ASH lost—decisively!

Mr Makuch heard the case and signed the decision. There was no other OMB member at the hearing and no OMB staff present, so I assume that this was a decision of only one OMB member. It seems strange to me that the supreme court of municipal planning authority, against which there is essentially no appeal, would hear cases using a single judge. How is it that this judicial hearing judge can make a decision without the possibility of a dissenting opinion among his peers?

After I finished reading his finding, I felt Mr. Makuch was contemptuous of the representations by the City and the community.

About Robert Martin, the architect representing the City, he said, "Robert Martin's evidence was particularly troublesome in that he projected more as an advocate than an independent non-partisan witness, and, as a consequence, the Board finds it very difficult to attribute any weight to his opinions." Mr. Martin was representing the city's position. He was not a non-partisan

witness.

Dennis Jacobs was the planner representing the city and Action Sandy Hill. Mr. Makuch had this to say about him, "If one were to accept Dennis Jacobs' opinion on this issue, it is conceivable that the protection afforded to a property on the heritage reference list, created by city staff and not approved by City Council, would be greater than the protection afforded to a property that has been designated under the Act...". Either Mr Jacobs, a professional planner, made a foolish argument and was caught out, or Mr. Makuch wasn't interested in hearing his argument. I tend to think that Mr. Makuch wasn't interested.

There were two residents who spoke in support of the City. Although he congratulated the parties representing Viner Assets and was dismissive of Martin and Jacobs, he did not speak to the presentations of the residents. I can only conclude that he was not interested. This is another problem with the OMB: as can be seen, the information and/or opinions of ordinary or not so ordinary citizens are not given weight in the deliberations of the Board in spite of the knowledge and views that they may bring to the hearing.

Two months ago I wrote to Hon. Madeline Meilleur, asking her if she would "support Peter Milczyn's bill to reduce the authority of the OMB over decisions made by Ottawa city council." She responded by saying essentially that the wheels of government grind slowly. She took no position on Mr. Milczyn's bill.

**Larry Newman**  
Laurier Avenue East

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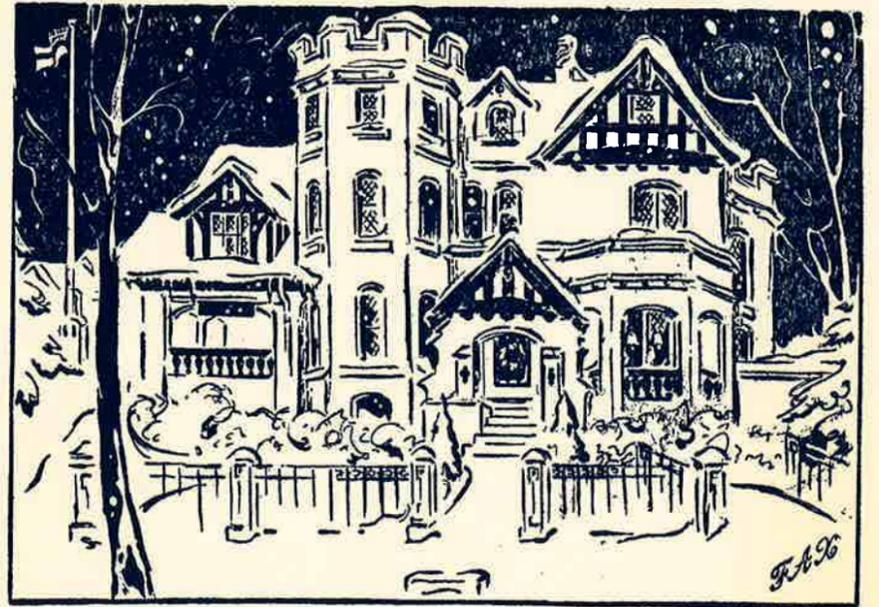
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## Home again...for the sixth time!

### Mary Sinclair

Sandy Hill, what a wonderful place to live. I recently realized that I have been lucky enough to live in this amazing community six times over seven decades!

In 1941, after living in many different parts of Canada and England, our first home in Ottawa was 383 Stewart Street: a beautiful large family home with the owners living on the ground floor and our family renting the second and third floors. What a magnificent garden, with a goldfish pond and terraced lawns down to the Rideau River. But over the years what great changes!

On that location now stands the Rio Vista — a 29-storey apartment building with hundreds of residents, a large swimming pool and lots of great amenities—and still the loveliest view of the river. However, as I visited friends there recently I realized they were living in our goldfish pond!

In 1941, of course, there was no TV, no Internet, no tablets, no smart phones, no Facebook, no Twitter and no texting. Our telephones shared party lines with a number of rings for each family—and what fun it was to have the opportunity to listen to your neighbour's conversations when their code number rang. Stamps cost five cents, but telegrams and overseas cables were used if communication was more urgent. Online delivery arrangements were non-existent, but there were weekly deliveries from the milkman or the fruit and vegetable man. And perhaps the iceman would bring big blocks of ice right to your door because no one had refrigerators.

A year later, in 1942, when I was fortunate enough to join the first class

of the Women's Royal Canadian Navy, I moved around the corner to 453 Laurier Avenue, to Kingsmill House. This was a palatial mansion which had been owned by Admiral Kingsmill and his family. Nearly 70 of us from all over Canada trained there in preparation for our naval responsibilities through the next four years. Living there was a fantastic experience with the kitchen becoming the galley, the dining room the naval mess, the drawing room the fo'c'sle and recreation room, and the top deck our sleeping quarters with four to six of us in each room in bunk beds. Each morning and evening we assembled in the lovely garden to the tune of the bosun's whistle as we raised and lowered the white ensign on the flagpole. Then every day lots of curious bystanders would watch as all of us in navy-coloured wrap-around smocks (still awaiting our uniforms) proudly marched across the street to Strathcona Park for naval drill.

Two years later, after being posted to HMCS Conestoga in Galt (now Cambridge) and having served as a Probationary Wren, a Leading Wren and a Petty Officer Wren, to my great surprise I was promoted again and returned to Kingsmill House for the Officers' Training Course.

Today, all these years later, whenever I have the opportunity I visit there again as Kingsmill House is now Signatures — the Cordon Bleu Restaurant — with a delicious gourmet lunch or dinner. It looks very different now with all its elegant décor, but each time I walk in the door — no longer swabbing the decks and keeping everything ship-shape — I still have that nostalgic feeling of coming home as I relive the many happy memories of *esprit de corps* and lifelong friendships.

After graduating from the Officers' Training Course, more naval experiences and adventures followed in HMCS Stadacona (Halifax) until 1944-45 when once more I found myself back in Sandy Hill walking each day over Laurier Bridge to Naval Headquarters to assist in the demobilization of Service personnel. This time I lived at 443 Daly Avenue in another lovely old home that had become a naval residence. Now it is the Polish Embassy.

Fourteen years later in 1958, after completing university and working in Toronto, Vancouver and Montreal, I was offered a very interesting job in Ottawa and where did I choose to live? Sandy Hill — in an apartment in a beautiful stone-faced home on the corner of Daly Avenue and Chapel Street.

And now in 2014 — 55 years later in another chapter of life and 73 years since I first arrived in Sandy Hill — I'm home again living in a condo at the end of Wilbrod Street overlooking the Rideau River, one block from my first home and that memorable fish pond of long ago, reflecting on my incredible life journey, counting my blessings for this great friendly community and walking each day — at a little more leisurely pace — in beautiful Strathcona Park.

### Paul Michniewicz The Subject Master

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# Le Mois du patrimoine à Ottawa et à Gatineau



par  
**Michel Prévost**

Comme à chaque année, la communauté archivistique et du patrimoine profite du Mois du patrimoine dans la région de la capitale fédérale pour organiser, tout au long du mois de février, une kyrielle d'activités afin de diffuser notre riche patrimoine. À titre d'archiviste en chef de l'Université d'Ottawa et de président de la Société d'histoire de l'Outaouais, je serai encore très actif en février afin de faire rayonner notre patrimoine archivistique et historique.

J'invite toute la population de la Côte-de-Sable à participer en grand nombre à tous ces événements organisés par les centres d'archives, les sociétés d'histoire et les associations du patrimoine de la région de la capitale fédérale.

Je vous invite plus particulièrement à assister à la cérémonie du patrimoine de la Ville d'Ottawa qui aura lieu à l'hôtel de ville le 17 février à 11 h 30. Il est très important que les gens se déplacent en grand nombre afin de démontrer au maire et aux élus municipaux que la communauté du patrimoine est bien vivante dans la capitale et que le patrimoine s'avère un volet culturel essentiel pour notre collectivité.

Enfin, je vous recommande mes deux visites guidées à l'Université d'Ottawa, une grande institution implantée au cœur de la Côte-de-Sable depuis plus de 150 ans. Voir les détails pour les activités « À la découverte du pavillon Hagen, l'ancienne École normale de l'Université d'Ottawa » et « À la découverte des trésors des Archives de l'Université d'Ottawa ».

Je vous souhaite un très beau Mois du patrimoine qui demeure une très belle occasion de mettre en valeur notre riche patrimoine.

## 1. Archives de l'Université d'Ottawa et Re-traite en action

Visite guidée «À la découverte du pavillon Hagen, l'ancienne École normale de l'Université d'Ottawa »  
Conférencier : Michel Prévost, archiviste en chef de l'Université d'Ottawa  
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## 2. Société d'histoire de l'Outaouais et Ville de Gatineau

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Guide : Michel Prévost, archiviste en chef  
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6 \$. Réservation obligatoire : Mme Chantal Richer, 613-860-1099, poste 2

Renseignements : info@retraiteenaction.ca

## 7. Bibliothèque de la Ville de Gatineau et Archives de l'Université d'Ottawa

Conférence : Thomas Foran d'Aylmer, premier diplômé de l'Université d'Ottawa

Conférencier : Michel Prévost, archiviste en chef de l'Université d'Ottawa et président de la Société d'histoire de l'Outaouais

Bibliothèque Guy-Sanche, 855, boulevard de la Gappe, secteur Gatineau, Gatineau

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## 8. Ville de Gatineau et Société d'histoire de l'Outaouais

Visite guidée en patin du ruisseau de la Brasserie. Venez découvrir l'histoire de ce site du patrimoine

Guide : Michel Prévost, président de la Société d'histoire de l'Outaouais

Patinoire du ruisseau de la Brasserie, secteur Hull, Gatineau

**Dimanche 15 février à 14 h**

Renseignements : Michel Prévost, 819-770-5995, prevost@uottawa.ca

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## 10. Ville de Gatineau, Vision centre-ville et Société d'histoire de l'Outaouais

Visite guidée en patin du ruisseau de la Brasserie. Venez découvrir l'histoire de ce site du patrimoine

Guide : Michel Prévost, président de la Société d'histoire de l'Outaouais

Patinoire du ruisseau de la Brasserie, secteur Hull, Gatineau

**Dimanche 22 février à 14 h**

Renseignements : Michel Prévost, 819-770-5995, prevost@uottawa.ca

N'hésitez pas à me joindre pour des renseignements sur ces activités au 613-562-5825 ou à [michel.prevost@uottawa.ca](mailto:michel.prevost@uottawa.ca). Bon mois du patrimoine!

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Photos by Kathleen Kelly



### 2015 Winter Carnival, continued from page 1

So as to not mess with tradition, we made sure to include long-time favourites: John Cundell returned with his horses to provide rides around the 'hood. Local magician Gabe Roberge entertained children and their families with new tricks. Barbara Brockmann remained involved by organizing and running the crafts with her daughter Kathleen. Diane Beckett and François Bregha were on-hand to delight all ages with a Canadian favourite, la tire (aka maple taffy). And thanks to Bryan Dewalt and his hard-working team of volunteers, the skating rinks were in top shape. Although it was warm enough to remain outside all afternoon, many enjoyed the indoor "café" station with coffee from T.A.N., hot chocolate from Timothy's and scrumptious banana muffins made by St. Joseph's volunteers.

There were some new elements to this year's carnival. Catherine recruited her friend David Piccini's soccer team from the University of Ottawa to run outdoor games, and local artist Claudia Salguero to add a unique touch to the event: Claudia and her daughter carved a large block of ice into

a penguin in front of admiring eyes. Also new this year, local moms Entisar Barakat and Nema Mohamed painted beautiful henna designs on children and adults.

In previous years, the carnival ended with a pot luck dinner. We decided to try something new this year by organizing a community dinner at a low cost (\$5 for adults, \$2 for children). The hope was that this might entice more neighbours to come out and break bread together. Much to our relief, Mary Murphy and her team from St. Joe's Supper Table offered to coordinate the meal preparation. Under the supervision of chef Paul Kirijian, St. Joe's served up a delicious meal of chili and macaroni and cheese. With vegetarian, vegan, halal and pork-free options, there was something for everyone. We heard from many that they were very impressed with the quality of the food and ample portions for such a minimal cost (due to popular demand, the mac and cheese recipe is provided on page 7.)

As local guitarist and singer Deb Landry entertained the crowd of about 150 diners, I took the time to check in with my friends and neighbours. Gabrielle commented that it was "so great to see so many new faces, especially the young families of tomorrow." She added that Sandy Hill is clearly "very community oriented. Volunteerism is what makes our community what it is."

Indeed, the carnival would not have happened or been such a success without the support of a large team of volunteers. And in a beautiful example of why I love this community, once diners had finished their meals, everyone pitched in to clear the tables and put everything away. In no time, you could not tell that over 150 people had just shared a meal in the large hall.

Several people asked me when the next community event would be held, a clear testament to the success of the carnival and the need for more opportunities for neighbours to gather. I encourage you to send your suggestions to ASH (info@ash-ac.ca), or even better, gather your neighbours and organize an event!

Catherine and I welcome your suggestions on how to make the 2016 Winter Carnival even better. (We have already noted that we need to order more hot chocolate!) We also thank everyone who came out to partake in the activities, wonderful things happen when the community gathers together. See you next January!

## Mission accomplie : une fête d'hiver pour toute la communauté!

Catherine Fortin LeFavre

Grâce à l'appui d'Action Côte-de-Sable et de quelques organismes et commerces locaux, mais surtout à cause du dévouement de plusieurs bénévoles, le Carnaval d'hiver fut un grand succès!

Un nombre impressionnant de résidents—environ 400—ont participé aux activités de l'après-midi et presque la moitié de ceux-ci se sont rassemblés par la suite pour un repas chaud préparé par l'équipe superbe du St. Joe's Supper Table.

Peu importe leur âge, tous les participants de notre communauté se sont divertis en patinant, en dégustant de la tire d'érable, en observant la démonstration de sculpture de glace, en bricolant, en jouant au soccer dans la neige avec l'équipe de l'Université d'Ottawa, ou en bavardant entre voisins avec un chocolat chaud en main.

La vente de billets a permis à l'ACS de faire un don au profit de St. Joe's. De plus, plusieurs articles d'hiver pour ceux et celles en besoin dans notre communauté furent récoltés grâce à votre générosité.

Le carnaval a aussi accueilli quelques élus de notre ville, soit le maire Jim Watson et le conseiller Mathieu Fleury, qui ont chacun fait la tournée des activités.

Mais malgré la belle température, les collations délicieuses et un menu d'activités, c'est une conversation avec ma fille de 6 ans qui m'a rappelé l'objectif réel de tous nos efforts.

« Qu'as-tu aimé le plus? Le spectacle de magie? La promenade en calèche? La salle de bricolages? », lui ai-je demandé.

Oui, elle a aimé tout cela, elle me dit avec un grand sourire. « Mais ce que j'ai aimé le plus au carnaval, c'était de jouer avec Charles, Béatrice et Amaya! »

Donc mission accomplie : plusieurs beaux souvenirs entre amis se sont faits le 18 janvier 2015! À plusieurs autres carnivals remplis d'esprit communautaire.

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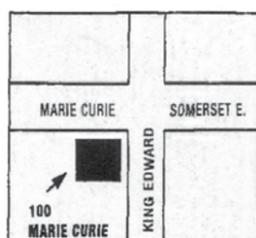
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# Carnival mac 'n cheese

This is the recipe for the macaroni and cheese that was served by St. Joe's Supper Table chef Paul Kirijian at the Winter Carnival. It was a big hit and many people asked for the recipe.

**Serves 12**

- 8 tablespoons (1 stick) unsalted butter, plus more for dish
- 6 slices good white bread, crusts removed, torn or diced into ¼- to ½-inch pieces
- 5 ½ cups milk
- ½ cup all-purpose flour
- 2 teaspoons salt
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon cayenne pepper, or to taste
- 4 ½ cups grated sharp white cheddar cheese (about 18 ounces)
- 2 cups grated Gruyere cheese (about 8 ounces) or 1 ¼ cups grated Pecorino Romano cheese (about 5 ounces)
- 1 pound elbow macaroni (or other small pasta shape)

Heat oven to 375 degrees. Butter a 3-quart casserole dish; set aside. Place bread in a medium bowl. In a small saucepan over medium heat, melt 2 tablespoons butter (or melt butter in the microwave). Pour butter into bowl with bread, and toss. Set breadcrumbs aside. Measure out 1 ½ cups of grated cheddar, and ½ cup Gruyere or ¼ cup Pecorino Romano, and reserve.

Fill a large pot with water; bring to a boil. Add macaroni; cook 2 to 3 minutes less than manufacturer's directions, until the outside of pasta is cooked and the inside is underdone. (Different brands of macaroni cook at different rates; be sure to read the instructions.) Transfer macaroni to a colander, rinse under cold running water, and drain well. Set aside.

Pour the milk into a medium saucepan and heat it over medium heat. In the



Photo Claire MacDonald

Chef Paul Kirijian in his kitchen at St. Joe's Supper Table on Laurier East at Cumberland. Volunteers are always welcome to join the kitchen crew, helping prep and serve food. If you would like to volunteer, St. Joe's has a job for you. Contact them through their web site or simply drop in to talk to them directly. You will be met with a warm welcome. [www.stjoessuppertable.com/volunteers](http://www.stjoessuppertable.com/volunteers).

same pot you used for boiling the pasta, melt remaining 6 tablespoons butter over medium heat. When butter bubbles, add flour. Cook, whisking, 1 minute.

While whisking, slowly pour in hot milk. Continue cooking, whisking constantly, until the mixture bubbles and becomes thick.

Remove pan from heat. Stir in salt, nutmeg, black pepper, cayenne pepper, 3 cups cheddar cheese, and 1 ½ cups Gruyere or 1 cup Pecorino Romano. Stir reserved macaroni into the cheese sauce.

Pour mixture into prepared dish. Sprinkle remaining 1 ½ cups cheddar cheese, ½ cup Gruyere or ¼ cup Pecorino Romano, and breadcrumbs over top. Bake until browned on top, about 30 minutes. If after 30 minutes, it's not browned to your liking, broil the topping rather than leaving it in the oven. Broiling will avoid overcooking the pasta and drying out the sauce. Transfer dish to a wire rack to cool 5 minutes; serve hot.



St. Joe's Supper Table provides a warm and inviting place to volunteer. This photo shows Menasheh Speevak-Sladowski and Maggie Hart, both volunteers, who arrived from South Keys to help one morning when our IMAGE photographer was visiting. They set up on a long table just in front of the glow from the wall fireplace. There was a nice gentle bustle in the background as staff readied the meal in the kitchen. Maggie's mother Minda Bojin says, "St. Joe's has been so accommodating of Maggie's interest in food preparation (she comes from a Greek household - we love food)." According to Menasheh, "Maggie is an All-star at St. Joe's."

Photo Claire MacDonald

The Carnival organizers extend their deepest gratitude to the following volunteers:

Diane Beckett, Francois Bregha - *taffy production*

Jan Finlay - *taffy and pre-event poster*

Charlotte Weber, Anastasia Rogaeva, Geri Blinick, Susan Young, Meline Pilon, Michelle Mazaheri, Glen Kitchen - *on-site organization and supervision*

Kathleen Kelly - *photography*

Entisar Barakat and Nema Mohamed - *henna designs*

Barbara Brockmann and Kathleen O'Keeffe - *arts and crafts*

David Piccini and his men's soccer team (Ottawa U) - *outdoor soccer and games*

Hélène Lacelle - *poster design*  
 Deb Landry - *musical entertainment*  
 Mary Murphy, Paul Kirijian and their wonderful team of volunteers from St. Joe's - *community dinner*

We also extend our thanks to the generous sponsors of this event: Action Sandy Hill; Councillor Mathieu Fleury; real estate agent Lynda Cox; the Sandy Hill Community Health Centre; Erin Cochran of T.A.N. Coffee, and Rideau Bakery.

We are very pleased to report that several bags of winter accessories and outdoor clothing were collected and delivered to the following local organizations: Youville Centre, S. Joseph's Parish, and the Strathcona Heights Homework Club. Thank you to all who donated!

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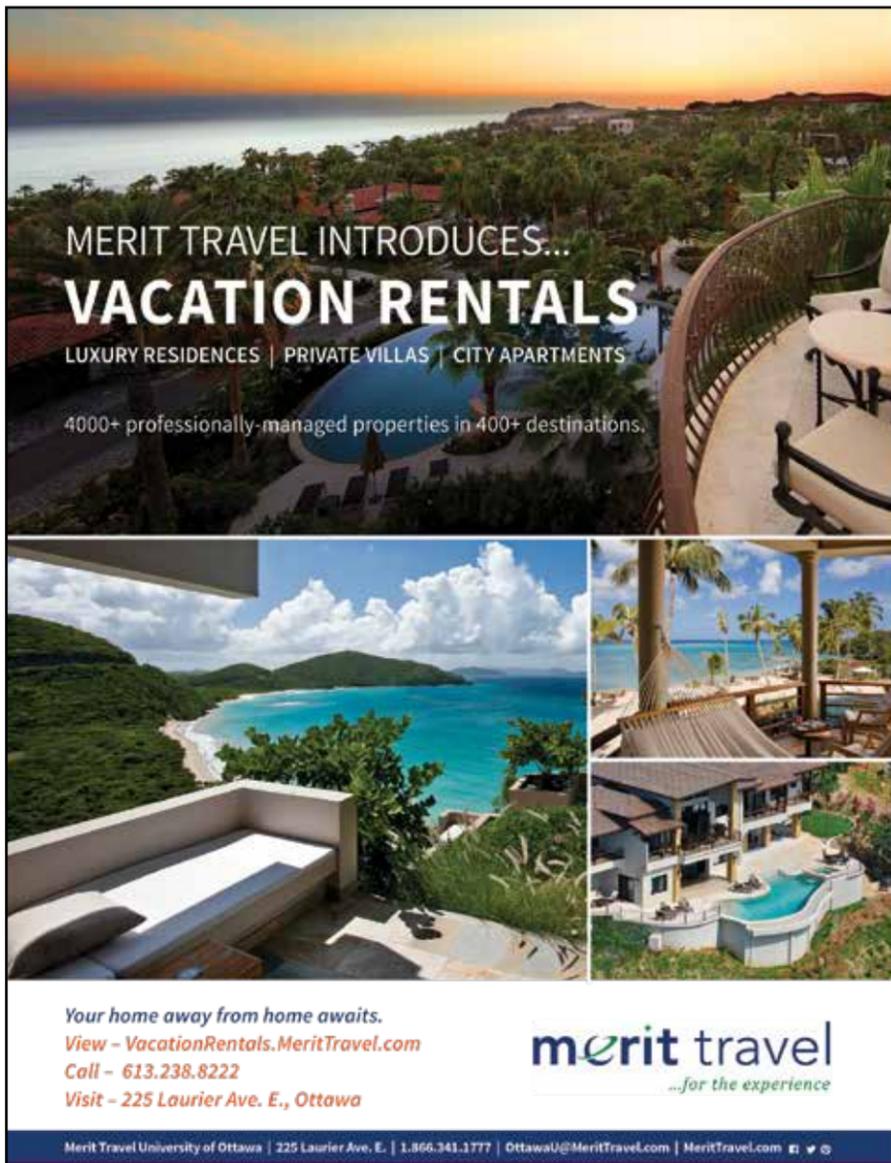
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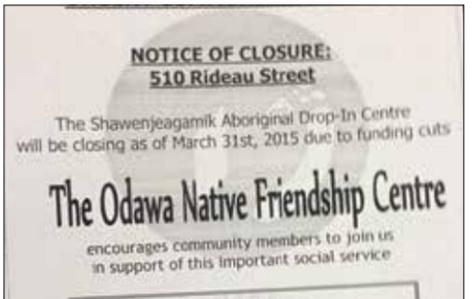
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9:30 a.m. - 5:00 p.m.**NEWSBITE**

Feb. 4— After ten years of operation at 510 Rideau St. (near Cobourg), the Shawenjeagamik Aboriginal Drop-In Centre is to be closed due to funding cuts.

Its parent organization the Odawa Native Friendship Centre also offers outreach to people without a home and a food bank at St. Paul's-Eastern on Cumberland St. at Daly Ave.

At 510 Rideau St., Centre staff and volunteers have been providing meals,



laundry, counselling and transition services to 60-100 people each day.

Photo Larry Newman



Some architectural resources, such as the original structure at 59 Russell Avenue may be at risk because of the City's delay in implementing recommendations of the Sandy Hill Heritage Study.

**When private and social objectives clash...****François Bregha**

A small property owner wishing to redevelop an existing building in Sandy Hill will be driven by a number of considerations, including:

- Demolition is often cheaper than renovation. Demolition avoids both problems that can be anticipated (e.g., shoring up the existing structure during construction), and surprises (anyone who has renovated a house knows how expensive these can turn out to be).
- Changing government rules may lead the developer to hurry his plans and forego timely community consultation. New rules under the Ontario Building Code came into effect on January 1, requiring barrier-free access on every floor for all new construction. As this requirement increases costs, many Ottawa developers filed building plans before December 31 so they would be grandfathered under the old rules.
- Existing rules can also have unintended consequences. Recent changes to the City's Conversion Bylaw and Infill Bylaws designed to protect existing streetscapes, in some instances, also force developers to seek variances that can add risk and cost to their project.

All these factors come into play at 59 Russell Ave.

Under current rules, the owners can demolish the existing house and replace it with a 14.5 m low-rise apartment building (they are in fact proposing a 13.6 m building). They filed their plans in late December to beat the new building code rules. And they proposed demolition because seeking variances added extra steps and risk to the process.

This proposal has given rise to a number of concerns, particularly related to the protection of the existing streetscape. The house in question appears on the City's heritage reference list but is not officially classified as heritage and therefore not protected. The 2010 Sandy Hill Heritage Study recommends protecting this block

of Russell Avenue but this recommendation has not yet been put into effect.

It is to the owners' credit that in early January, they were willing to reconsider their application in order to retain the original 100-year old building. The alternate proposal would remove later additions on the property, add a four-storey addition on the north side and two-storey addition on top of the existing building and make a number of cosmetic architectural adjustments to reduce the visual impact of the new structure. Both proposals also move the existing front parking to the back of the property and plant new trees.

The number of apartments and bedrooms is still evolving as the building's architectural design has not been completed. The alternate design shows 12 apartments containing a mix of one-, two- and three-bedroom units for a total of 28 bedrooms.

The issue here is the process that biases development towards new-build rather than heritage protection. The City's hefty fee structure discourages major changes to plans because developers have to pay additional fees if they modify their plans so extensively that these need to be reviewed again by City staff. This is a sensible rule in ordinary circumstances but, in this instance, it could lead the developer to demolish rather than retain the existing building.

The City has also been very slow in implementing the recommendations of the Sandy Hill Heritage Study, thereby putting at risk architectural resources that, once demolished, are gone forever. It is a sad state of affairs when an owner can, as of right, demolish a building that contributes significantly to the heritage character of an area - one that was identified as worthy of designation as a heritage conservation district - and replace it with something that is inconsistent with the street's existing character.

Compromise is clearly required here. There are many examples in Sandy Hill of new infills that are well integrated with their immediate neighbours. There are, alas, also many examples that are eyesores. We do not yet know into which category 59 Russell will fall.

# Four townhouses to replace an outdoor swimming pool?

Judith Rinfret

It's hard to imagine how four three-storey townhouses will replace the outdoor pool in front of the apartment building at the northeast corner of Wilbrod Street and King Edward Avenue, but that is what is proposed.

Action Sandy Hill's planning committee and several tenants of 225 Wilbrod met architect Bob Woodman and planner Dennis Jacobs in mid-January.

Tenants will obviously miss the pool; Mr. Woodman proposes a roof top terrace instead. Not everyone is convinced a balcony on the roof will be as amenable as a pool, but they are assured the views are outstanding and the stairway will be improved, though there is no elevator service to that level.

Parking, already in short supply, will be augmented by only two spaces once the garage is somewhat reconfigured.

With drawings of the floor plans, Mr. Jacobs and Mr. Woodman explained what most of us could not fathom. The lowest floor of the new units will be at the basement level and will have below-grade

outdoor terraces. The main floors will be at the lobby/outdoor garage level of the apartment building. Access to each front door will be by a bridge over the terrace below. The third floors of the new units will line up with the second floor of the apartment building, which means that the balconies and views of tenants in the second floor apartments above the pool will be compromised. Mr. Jacobs explained that terraces will replace the balconies, though the views will be of the back walls of the second storeys of the new townhouses.

How the townhouse residents manage garbage is another issue. Mr. Woodman said garbage could be stored on the below-grade terraces, but that suggestion was met with some skepticism. Tenants at the meeting explained that their garbage is stored in a locked room on the ground floor, accessible only from garbage chutes on the floors above, so it would appear that the townhouse residents would be obliged to transport garbage from their front entrances out to Wilbrod Street, into the lobby, and up an elevator to a chute. All agreed this was highly unrealistic. Mr. Jacobs and Mr. Woodman said they would have to rethink the garbage aspect.



Photo Larry Newman

225 Wilbrod as it appears today. The street-level in-ground swimming pool is behind the concrete fence.

The appearance of the new units is another concern. We were told the new buildings will respect the rather nondescript architecture of 225 Wilbrod Street. Front-yard setbacks, though in line with the neighbouring porches, may appear out of sync with other houses on that side of Wilbrod Street.

"ASH is of the view that the addition of these townhouse units could be positive

for the overall streetscape, provided that they are designed to both reflect the style of the existing modernist building and be respectful of the scale and character of the area," says President Chad Rollins in response to the proposal.

Meanwhile, small changes are being made to accommodate concerns but it is almost certain that four new units will replace a pool by late next summer.



A drawing of the proposed new townhouses, to replace the swimming pool.



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Les secrets du chocolat	12, 19 mars 2015	(19 h à 21 h)	Jeu.	50 \$
Organiser, préserver et partager ses photos personnelles	8 avril 2015	(9 h à 12 h)	Mer.	35 \$
Apprendre à voir : la photographie numérique créative	18, 25 avril, 2, 9, 16, 23 mai 2015	(10 h à 13 h)	Sam.	195 \$
<b>LITTÉRATURE ET ÉCRITURE</b>				
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 \$
<b>TRADITIONS BOUDDHISTES</b>				
Initiation à la méditation bouddhiste	4, 11, 18, 25 mars 2015	(19 h à 21 h)	Mer.	110 \$
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<b>SOCIÉTÉ, HISTOIRE ET PATRIMOINE</b>				
Lire et comprendre les actes notariés anciens, de la Nouvelle-France au Québec du 19 <sup>e</sup> siècle : une introduction	20 mai 2015	(9 h à 12 h)	Mer.	35 \$
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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 \$
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## 2015 WINTER-SPRING PROGRAM

COURSE TITLE	SCHEDULE	TIME	DAY(S) OF THE WEEK	COST (plus 13% tax)
<b>ARTS AND CULTURE</b>				
The Wonderful World of the Guitar	April 9, 16, 23, 30, May 7, 14, 2015	(19:00 to 21:00)	Thu.	\$100
<i>"Non, je ne regrette rien..." The unapologetic Parisians</i>	April 13, 20, 27, May 4, 11, 2015	(13:30 to 15:30)	Mon.	\$100
Organizing, preserving, and sharing your personal photos	April 22, 2015	(9:00 to 12:00)	Wed.	\$35
Demystifying Contemporary Art	May 7, 14, 21, 2015	(18:00 to 20:00)	Thu.	\$80
<b>LITERATURE AND WRITING</b>				
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
<b>BUDDHIST TRADITIONS</b>				
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
Buddhist Meditation and the Gentle Art of Letting Go	May 26, June 2, 9, 16, 2015	(19:00 to 21:00)	Tue.	\$110
<b>SOCIETY, HISTORY AND HERITAGE</b>				
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
Italian-American Models of Mediated Ethnicity: From wise guys to wise men?	March 25, April 1, 8, 15, 22, 29, 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
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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
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# Le français correct ✓✓✓

par Denyse Mulvihill

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

On doit dire :

> **Avoir l'obligance de**, qui signifie « avoir la bonté, l'amabilité d'agir d'une certaine manière, de procéder d'une façon différente » — non pas — ne pas hésiter à, ce qui est un anglicisme.

Ex. - *Après avoir transmis ses regrets de ne pouvoir l'aider, l'adjointe au directeur a suggéré au requérant d'avoir l'obligance de s'adresser à une autre firme de comptables.*

> **Avoir confiance en quelqu'un**, qui signifie « croire en un être humain ou divin afin d'obtenir du secours ou un service ou une faveur » — non pas — être en confiance que, ni avoir confiance que, ce qui sont des anglicismes.

Ex. - *À l'heure actuelle où le monde entier vit dans l'inquiétude, menacé qu'il est par de violents conflits d'idées et de croyances, l'être humain s'assagit et retrouve dans son passé l'art, la raison d'avoir confiance en Dieu pour aider l'humanité à survivre.*

> **Mettre quelqu'un au courant**, qui signifie « annoncer à quelqu'un une nouvelle importante, un événement récent » — non pas — lui laisser savoir, ce qui est un anglicisme.

Ex. - *Dès que les nouvelles du sauvetage furent confirmées, les autorités ont vite décidé de mettre les parents au courant que tous les enfants avaient été rescapés et qu'ils étaient sains et saufs.*

> **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.*

> **Avertir quelqu'un de quelque chose de grave**, qui signifie « l'aviser, le prévenir d'un danger imminent » — non pas — lui laisser savoir, ce qui est un anglicisme.

Ex. - *Lors de la récente bourrasque de neige qui a frappé les états de la Nouvelle Angleterre, les autorités municipales se sont empressées d'avertir tous les habitants du danger prochain qui les menaçait et, par conséquent, d'être à l'écoute des règles de conduite à suivre, le cas échéant.*

> **Faire remarquer quelque chose à quelqu'un**, qui signifie « souligner à quelqu'un la présence de quelque chose qui survient ou qui gêne le jugement et la logique » — non pas — lui laisser savoir, ce qui est un anglicisme.

Ex. - *Dès que le professeur constate les erreurs de logique et de raisonnement dans une dissertation qu'un étudiant lui a remise, il doit les lui faire remarquer et souligner que c'est l'inexactitude des prémisses qui fausse le mode de déduction, ce qui mène à une conclusion impossible.*



Photo Christine Aubry

Les élèves de maternelle-jardin furent très fiers de faire visiter à leurs parents leur superbe village de Noël.

## Après les Fêtes, le nouvel an à Francojeunesse

Chantal Leclerc  
Christine Aubry

Le temps des fêtes fut vivement animé par le spectacle annuel de musique et de chanson où de petites saynètes tirées du programme d'expression dramatique furent aussi présentées entre les numéros présentés par les élèves de la 1<sup>ère</sup> à la 6<sup>e</sup> année. Mme Rousseau et M. Bercier ont mis la main à la pâte dès novembre pour mettre sur pied ce spectacle fabuleux avec leurs élèves. Nous avons aussi eu la contribution de plusieurs parents à l'école pour le petit déjeuner du temps des Fêtes. Cette activité annuelle orchestrée par le Franconseil était aussi fort attendue. Plus de 300 personnes ont participé à ce second événement.

Les 35 années d'existence de Francojeunesse ne sont pas passées inaperçues durant cette période non plus. Les élèves du cycle moyen ont créé pour l'occasion un super « LIP-DUB », une capsule vidéo, chantée et dansée, qui contenait des messages puissants et entraînants sur leur fierté au sein d'une francophonie bien vivante. (<http://www.francojeunesse.cepeo.on.ca/eleves/lipdub>)

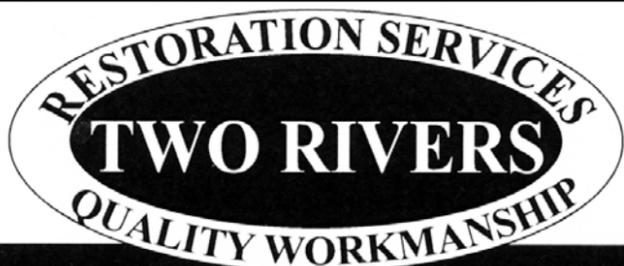
Finalement, notre collecte pour Ami-Jeunesse a permis de rendre heureuses bien des familles dans le besoin. Nous remercions ainsi notre communauté pour leur engagement envers Francojeunesse et profitons de l'occasion pour souhaiter à tous une année 2015 remplie de bonheur, de prospérité et de belles rencontres.

À noter dans vos nouveaux calendriers 2015. Plusieurs activités spéciales se dérouleront lors des mois de février et mars à l'occasion des événements suivants :

- Mois de l'histoire des noirs – tout au long du mois de février
- Semaine du Carnaval – du 9 au 13 février
- Semaine de la Francophonie – du 9 au 13 mars

Appel aux parents : les enseignants ont besoin de nombreux parents (ou autres membres de la famille) pour accompagner les jeunes lors des sorties sur le Canal Rideau (4<sup>e</sup>, 5<sup>e</sup> et 6<sup>e</sup>) et au Domaine des Flocons (Jardin à la 3<sup>e</sup>) le 13 février prochain de 9 h à midi. Si vous êtes en mesure de prendre une journée de congé (ou de bénévolat), veuillez en avvertir l'enseignant(e) de votre enfant.

Inscriptions maternelle et jardin pour l'année scolaire 2015-2016 : les journées portes ouvertes seront le 28 février (de 10 h à 14 h) et le 26 mars (de 16 h à 20 h). C'est l'occasion pour les familles et les enfants de se familiariser avec l'école et le Conseil et aussi pour le personnel de rencontrer votre enfant. Au pavillon maternelle-jardin, il est impératif de prendre rendez-vous et de venir avec votre enfant. Après ces dates, les inscriptions se feront sur rendez-vous seulement et en cas par cas. Nous tenons à vous rappeler aussi que Francojeunesse ne peut accepter que les enfants qui résident dans le secteur de fréquentation de l'école (délimité par la rivière des Outaouais au nord, la rivière Rideau à l'est et au sud, et l'avenue Bronson à l'ouest).



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## News from Viscount Alexander Public School




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**Michael Barnes**


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**Looking for a neighbourhood school? Kindergarten registration is underway.**

Do you have a child that is 4 years old, or will be 4 years old before December 31, 2015? Then Viscount Alexander PS is the right place for you! We are now accepting kindergarten registration forms for the upcoming school year (2015/16). There are two ways to start the registration process: visit the school office between 8 a.m. and 3:00 p.m., or fill out the forms online ([www.ocdsb.ca/programs/ki/Pages/default.aspx](http://www.ocdsb.ca/programs/ki/Pages/default.aspx)) and drop them off at the school with the proper documentation: birth certificate, immunization forms, and proof of address.

School age student registrations are always welcome! Whether you are new to the neighbourhood or perhaps have a child who will be starting school in the fall, you are invited to call the school and to find out what it offers each child. The school office can provide information and arrange for a visit so you can see the school in action. We welcome your call at: 613-239-2213.

**Seeking French language books**

Viscount Alexander is collecting French language books! Do you have children's French language books at home that you no longer need? Please consider donating your gently used books to our library to support our French Immersion program. During the month of February we will be placing boxes in different spots in the neighbourhood, including TAN Coffee and Bettye Hyde Early Learning Centre, and, of course, we will accept donations at the school. Thank you for supporting our students.

**"Light up your Life"**

Our first week back after holidays may have been cold, but the Scientists in School ([www.scientistsinschool.ca](http://www.scientistsinschool.ca)), light presentation, helped to heat up the

Grade 3 and 4 classroom. In the workshop "Light up your Life," students experienced an adventure in optics, seeing around corners and over walls. They searched for translucent objects and bounced light to learn about reflection. All the material they used in many hands-on activities supports the school curriculum. Scientists in School is a practical and interesting activity that students thrive upon and just might spark a student's interest in science for life. The school has several presentations booked. Be sure to check with your child to find out what they are learning in science. Thanks to past supporters of the Annual Skate-A-Thon, which is the fundraiser that finances these sessions for each class at school.

**Student quotes about our trip to the National Art Centre**

Here is what several students had to say about the school trip to the NAC:

Today we went to the NAC to watch *Beethoven Lives Upstairs*; many other schools went too; we got front row seats! (Samuel) There were only two people; the actors were Christoph and his Uncle. They were talking by letters. (Aya) Christoph was mad because Beethoven was making a lot of noise. (Azar) I liked the background music. It was made by Beethoven. (Ahmed) The orchestra helped me understand if they were happy or sad. (Christine) (Leah) Beethoven was deaf; he couldn't hear but he can imagine music in his head. (Ahmed) Beethoven had five pianos. He took off the legs because he wanted vibrations. I liked Beethoven's 5th Symphony. (Maida)

**Let the skating begin**

All of our classes have now walked over to Sandy Hill Arena and started to practice their skating for our annual Skate-a-thon. This weekly activity is one more benefit of the school's favourable location. Perhaps a student from Viscount with a pledge form may ask neighbours they know to support them in the Skate-a-thon. Over the years it has supported several activities: Scientists in School, gym equipment, and our ukuleles.

# Is your Email out of control? - part 2




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**Ron Hodgson**


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In the last issue of IMAGE I gave some tips to help you get your email under control. This time I'm going to outline some email alternatives which you may want to consider to reduce your email volume. These are basic concepts intended for those who may not have grown up with a computer environment and want to extend their knowledge level and perhaps experiment a bit.

Take the situation where you want to organize a group activity. You might want to consider Google Groups or a special group website. These allow a small group to easily work together by having a common shared internet site for file sharing, a single email address to enable planning of events or having a common group discussion. Generally there is no charge for small groups under 50 members.

Social Media systems are very good for our mobile society which is increasingly characterized by people who are always in touch using smart phones or tablets. Facebook allows you to establish a retinue of friends where it's possible to effectively share ideas as well as pictures, videos and more. You'll quickly determine which friends post interesting material and which ones use it for kitten videos or other less useful content. If you want to stop receiving posts from someone you can do it by just blocking them without their knowledge and avoiding hurt feelings.

Although it's free you have to put up with ads that are inserted in the flow of material so that they might be mistaken for input from one of your friends. Many people use it to send messages or pictures to their friends from wherever they are.

Twitter allows you to make brief public statements and read those of other people or groups that are interesting to you. It's not so much a two-way communication but instead it allows you to share ideas with the world at large, a bit like a Blog. It's a way to let people know what you're thinking and what you're doing. Subjects and ideas can be accessed through the "hashtag" system by typing a hashtag symbol (#)

followed by the subject or idea in which you're interested.

One of my favourite email alternatives is online file sharing. At home we have a shared family iCloud account that allows us to share pictures, messages, music, videos and even apps. A similar system is DropBox ([www.dropbox.com](http://www.dropbox.com)). Subscribers get 5GB of free cloud-based file space which can be used to store all sorts of digital material. Once uploaded to the Drop-Box cloud the user can elect to privately share some or all of the stored material.

As an example, when I send a photo to the editorial staff at IMAGE, I often upload a full size photo file to DropBox then use its sharing facility to enable the IMAGE editors to download it. As these photo files can be quite large it's a much more efficient way to share than sending it as an attachment to an email since the file is stored in a secure, cloud-based server away from your computing device. Cloud-based systems have the big advantage of being available from anywhere that you can access the internet.

Some of you might use the free Skype service to have video chats with people in distant places. Though the pictures and sound can be a bit rough at times since they depend on the quality of the broadband systems at both ends, they are extremely useful. But did you know that you can also send files and use Skype as an instant messenger system without using the video at all? If you are talking to someone and want to discuss a file or show them a photo you can just use the Skype system to quickly and securely transmit the file to your correspondent during your conversation. Much better than using an email client system.

Instant messaging apps and cell phone texting are more or less equivalent. For short person-to-person chats they are ideal but are less efficient within groups. Use them when you can instead of email.

These systems are improving all the time and there are more starting up. Many are more specialised. For example, one that's quite popular for people with business contacts is LinkedIn which bills itself as "The World's Largest Professional Network." Spend an hour or so and look up these systems. Then decide if any of them can help you reduce your email headaches.



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# Police record checks —no problem? Well....

Dodi Newman

For a while now I have been looking for volunteer jobs on the net, and I was dismayed to find how many agencies require a police record check (PRC) as a matter of course. I have been leery of PRCs ever since I heard rumours that they show charges, but not necessarily their outcome. (For the record, I believe my own PRC is squeaky clean.) So when I received an invitation to attend a workshop titled “On the Record. What you need to know about police record checks in Ontario”, I decided to go. The workshop was given by Crime Prevention Ottawa in partnership with the Canadian Civil Liberties Association and the John Howard Society of Ontario. I am very glad I went.

The presentation gave a wealth of information, much more than it is possible to pass on here. But you can read it at [www.johnhoward.on.ca/wp-content/uploads/2014/11/On-the-Record-2-FINAL.pdf](http://www.johnhoward.on.ca/wp-content/uploads/2014/11/On-the-Record-2-FINAL.pdf). It is worth the trouble of finding it on the net.

I was impressed, if not positively, by the fact that, according to the presentation,

- A police record, and by extension a PRC, may include instances where a person had informal contact with a police officer and provided their name; called 9-1-1, or was present when officers responded to a call; called 9-1-1 for themselves or someone they know experiencing a mental health crisis; was involved in a police investigation as a witness, victim or suspect; was arrested; was charged with a criminal offense (but not convicted); was found guilty of a criminal offense; or was convicted of a criminal offense.
- There is no consistency across Ontario which of these data may or may not be entered on a PRC. What to disclose is up to individual police departments.
- Only in very few instances are employers/volunteer agencies legally required to obtain a PRC, yet many employers/volunteer agencies routinely request one, even though most of them have no clear idea of what it is they are asking for.
- Research has shown that a PRC is not predictive: a person with a shaky PRC is just as likely to be a good employee as a person with a clean one.
- In an effort to standardize PRCs across the province, the Ontario

Association of Chiefs of Police has created voluntary provincial LEARN (Law Enforcement And Records-managers Network) Guidelines. Many of Ontario’s police departments have adopted these guidelines.

The LEARN Guidelines’ PRC levels as presented at the workshop, and slightly abbreviated here, are:

**Level 1 - Police Criminal Record Check.** This is typically used for employment opportunities where a basic criminal background check is requested. It is generally the least intrusive level of check and includes unpardoned criminal convictions, summary convictions for 5 years where identified, and findings of guilt under the Juvenile Criminal Justice Act within the applicable disclosure period.

**Level 2 - Police Information Check.** This includes everything shown on a Level 1 PRC, plus absolute and conditional discharges for 1 or 3 years, respectively; and outstanding entries such as warrants, peace bonds, and pending charges.

**Level 3 - Police Vulnerable Sector Check.** This is used when applicants want to work directly with vulnerable people, such as children, the sick, or the old and infirm. Information disclosed on this level of check will include, among others: Everything shown on a Level 1 and a Level 2 PRC, plus “Not Criminally Responsible by reason of Mental Disorder” (for five years); suspended (pardoned) sexual offences that are flagged in the Canadian Police Information Centre. In very exceptional circumstances, non-conviction dispositions, such as withdrawn charges, can be disclosed.

Keep in mind that the LEARN Guidelines are voluntary, that not all police departments comply with them, and not all police departments offer all levels of PRCs. Furthermore, even if they adopt the guidelines, each police department may interpret them in their own way. It is a really good idea to find out how the police department in your area puts together a PRC before agreeing to a request for one. From now on, I will agree to a PRC only when I know the position I am interviewing for will be mine, subject to a satisfactory PRC. Before that, I will ask what kind of record check will be requested, why, and who will have access to it. Having gone to the workshop I am, if anything, even leier than I was before.

## Guilty until proven innocent?

The stories of how the lives of nine people were shockingly affected by police record checks are here: [ccla.org/recordchecks/humancost/](http://ccla.org/recordchecks/humancost/).

One of them is “The Story of John and Jane” which tells what happened to their daughter—let’s arbitrarily call her Jill.

Jill had completed three years of nursing school and had to provide a police record check at the beginning of the fourth year. She had done the same for the three previous years without any problem. This time the check showed two police contacts of a violent and aggressive nature and she was not allowed to return for the final year. How did that happen? It turned out that both incidents had happened three years earlier. Both were the result of Jill having had too much to drink.

In the first instance she said, in the presence of police, she felt so sick she wished she were dead; in the second she told her ex-boyfriend “if you don’t come back I’ll kill myself” and he reported it to the police. Both times the police took her to the hospital under the Mental Health Act. Both times the same psychiatrist said that Jill was not suicidal and was not a danger to herself or others. The reason these events were not reported for three years, but were reported the fourth year, was a procedural one: In the first three years, the police recorded the incidents under the Mental Health Act, which made them not reportable on a record check. In the fourth year, they changed the category from “Mental Health” to “Violent and Aggressive” because they felt that Mental Health was too discriminatory.

Now they were reportable. It was that simple.



Photo Larry Newman

The ByTowne Cinema was where eleven community groups chose to screen, together, Jan Gehl’s new documentary about urban planning.

## A human scale for Ottawa

Ralph Blaine

Where were you at 6:30 pm on Thursday, January 29? If you were passing by 325 Rideau St., you might have thought there was a Hollywood premiere being staged. No, there were no red carpets or scintillating flash bulbs, but over 300 people were streaming into the ByTowne Cinema for the free film being shown, and more than a few had to migrate up into the balcony for a seat.

They had all come for a 77-minute documentary film about the Danish urban planner Jan Gehl titled *The Human Scale*.

It is surely a tribute to the 11 local groups, which organized this screening (including our own Action Sandy Hill), that such a large and obviously excited crowd turned out. The evening began with greetings from two local councillors – one of whom was our own Mathieu Fleury, who told the crowd that the film had inspired him with new ideas for the direction our city might take. After the director of the Sandy Hill Health Clinic made his introductory remarks, the film began.

What we see are some of the results of the urban planning consultations conducted by Mr. Gehl and his associates out of their offices in Copenhagen. We see a traffic-clogged Times Square in New York City being transformed into an inviting public space for walking and just hanging out. We see the dirty, dumpster-strewn back alleys of Melbourne almost magically repurposed into a vibrant, intimate café scene, and we see the people of Christchurch, N.Z. struggling to ensure that their earthquake-ravaged downtown is rebuilt to a low-rise standard of no more than seven storeys. Most impressively, we see throngs of bicycles coursing through the many miles of dedicated lanes that thread through the heart of Copenhagen and beyond.

Mr. Gehl says he aims to listen to what the people want and then find a consensus. According to his firm, what people want is a city with lots of inviting public spaces, in

which they can walk, sit and chat, and safe transportation routes for pedestrians and cyclists – in short, a place where people feel comfortable and sense the presence of a real community on the streets and open areas of their cities; a human scale.

One might ask if there are hidden resources on the streets of Ottawa that could be similarly transformed into more effective public spaces.

That’s the question the panel of experts that followed the film were asked to address. Two of the four panelists underlined the desirability of expanding and improving Ottawa’s grid of bike lanes. Councillor Catherine McKenney expressed her excitement over the new light rail system coming soon, and she challenged the audience to find ways to make taking public transport and riding bikes seem the “cool” thing to do. She didn’t have any suggestions on that score but it is surely a worthy goal.

Alain Miguelez, a planning professional for the City of Ottawa, urged the city to imagine possibilities for developing a more vital everyday winter urban scene and cited Oslo as a good example. He also underlined the need for a better understanding among the urban, suburban, and rural sectors of our city, and the necessity to constantly improve coordination between them.

This evening highlighted the inspiring efforts of a contemporary planner who emphasizes the importance of public input in the remaking of our urban spaces. In this respect then, it was unfortunate that the time allotted after the film only allowed for three questions from the audience. But the fact there were many others who wanted to have their say indicates that the evening was a success in getting people to think about building a better, more people-centred Ottawa. We can look forward to the next effort from these community groups to keep this discussion going, and all of us will want to hear from Mr. Fleury about how the film inspired his vision for a better Ottawa.

(Note for those who missed the film. It is available on Netflix)



Photo Ralph Blaine

The evening’s panelists were Professor David Sweanor (University of Ottawa), City Councillor Catherine McKenney, Alain Miguelez (City planner) and Inge Roosendaal (Ottawa Public Health).

# How to hit the gym

Paula Kelsall

How are those new year's resolutions coming along for you? If you're like me, any notions you had of personal reform began to fade around the second week of January, when life resumed its normal pace after the holidays and the weather outside made it so very easy to stay cosy indoors during your free time.

I've been haunted by a nagging memory, however, of a gentle cross-country ski at Christmas that left me huffing and puffing at the top of a pretty modest hill. Clearly I am not getting enough aerobic exercise. I'm also aware that I'm heading into prime years for bone density loss, years when I should be engaging in that dreary-sounding pursuit, "weight-bearing exercise".

So this month, I decided it was time to look into the local gyms. We are blessed with lots of choices here in Sandy Hill, what with the weight room in the Champagne Fitness Centre on King Edward Avenue, the facilities at the University of Ottawa, and commercial options. While I haven't exactly transformed my life yet, I've done a little reconnaissance. Here's what I've found out.

**The Champagne Fitness Centre** is both compact and comprehensive, with a gym and a swimming pool. The poolside atrium with Mimi Cabri's mosaics is one of our neighbourhood's hidden gems. Upstairs in the weight rooms there is no attention to decor; four modest rooms contain a dozen cardio machines (treadmills, stationary bikes, cross trainers) and an assortment of free weights and weight machines. There are aquafit classes three times per week, and it's also possible to register for boxing classes.

**The University of Ottawa's sports facilities** are much larger, located in two main centres that offer good access to both the southwestern and the central areas of Sandy Hill. The Minto Sports Complex near the foot of King Edward Avenue includes an 8,000-square-foot "health and lifestyle centre" with dozens of machines, and the old athletic complex in Montpetit Hall, further north, also contains a fitness centre as well as an Olympic size pool. Becoming a member here also brings access to squash courts, ice rinks, and lots of fitness classes and intramural sports. The first day I visited, there was a heartwarming bustle of men of all ages coming in with their hockey bags.

Both the city and the university centres offer a large array of membership options with access to different combinations of facilities and activities, different time periods, and discounts for seniors, students, families and, in the case of the university, alumni and Sandy Hill residents. They also have drop-in rates. In both places, a one-year membership is the best deal, but for those who just want to see how they like the experience, or who may be away for large segments of the year, it's handy to be able to join for just one or a few months.

An all-inclusive, one-month adult membership for the Champagne Centre costs \$70.75, and at the University you will pay \$67.00 for a month's use of all the facilities. One-year adult memberships are \$471.00 at the Champagne Centre and \$458 at the university (for Sandy Hill residents).

Gym neophytes are going to need help from a professional to understand how to use the equipment, avoid injuries, and settle on a workout routine that will fill their needs. It seems to me that the phrase "personal trainer" is one of those off-putting obstacles that make the trend-averse shrink from the idea of ever setting foot in a gym. If you're not athletic, the thought of meeting one-on-one with a fitness expert to discuss your physical activity is right up there with anxiety about what to wear.

The Champagne Fitness Centre has an easy-going and inexpensive approach to this dilemma. New members are entitled to a free hour of orientation with a staff member who will talk with you about your exercise objectives and walk you through a basic routine, showing you how to use the machines, demonstrating helpful warmup exercises, and leaving you with a detailed list, illustrated with stick figure diagrams, of reminders about weights and settings. The same staff member is often on hand to offer advice when you come in to exercise; if you want more personalized sessions, they cost \$45.25 per hour. You should be able to arrange an orientation session with a few days' notice and to set up your membership to start the same day so you'll be ready to go for the full membership period.

At the university, personalized advice costs extra and takes a little longer to arrange. Members can fill out a training request form and, in a week or so, one of the trainers will contact you to set up a meeting time. A first consultation to discuss your fitness objectives is \$36.00 plus tax and your first actual training session will be \$41.00. There are lots of young staff in blue T-shirts, patrolling the fitness room, who can answer questions about the machines, but if you are truly a beginner and want to start your membership with a thorough



briefing, it would be good to find out how to coordinate this when you're signing up.

I also dropped in to the **GoodLife Fitness Centre at the Rideau Centre**, where I was given a tour by an extremely upbeat young woman who spoke very, very fast. The space was pleasant, with lots of machines and two large rooms for classes. GoodLife has more wood and mirrors than the other gyms I had visited, and massage chairs and little cafe tables add a sense of leisure to the workout scene.

I was presented with a free book, *Living the Good Life: Your Guide to Health and Success* (over 1,600,000 in print), with a photograph of GoodLife's smiling founder and CEO, "Patch", on the cover. What the cheery folks at GoodLife would not give me, for some reason, was a price list. Nor does the GoodLife website go into detail about the cost of its membership packages. However, I gathered that one pays \$29.50 every 14 days, or \$60 every 30 days, for a membership, and that there's usually a \$100 registration fee, which was being waived during the month of January. Three sessions with a trainer and a "LifeChange" consultation to discuss health issues would cost \$149. There was no mention during my tour of any option for a shorter set of training sessions, although the website says you can have two sessions for \$75.00 and also mentions free orientation. In general, if you want to check out the GoodLife experience it would be worth starting with their website, which offers a 14-day trial for \$14 that was not discussed during my

visit. The website also offers three free trial visits.

GoodLife's strength seems to lie in its large selection of classes; they offer many different variations on yoga, weight training, and aerobic exercise, which could be a big motivator if you found an activity and a group that clicked for you. Another advantage to a GoodLife membership is the possibility of using gyms in more than one neighbourhood; near both home and office, for instance. There are 17 GoodLife Clubs in Ottawa, including one for women only above the Loblaws on MacArthur Avenue that will be handy for many Sandy Hill residents once the new pedestrian bridge across the Rideau River is open in 2016.

Here, at the end of January, I've barely dipped my toe into the world of organized exercise, so only time will tell if I'll be navigating the cross-country ski trails with a stronger set of lungs next year. I'm here to report, however, that getting started is not as intimidating as I thought it might be. If you too are feeling that it's time to get moving, dig out a comfy T-shirt and a pair of shorts, and head out to the neighbourhood exercise centre that's most appealing to you. Wherever you go, the staff will make you welcome, and nobody will look at you funny; they'll all be too busy working on their own visions of a stronger, healthier self.



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# The secret of video shorts

Peter Evanchuck

It's rather amazing how Jung's concept of synchronicity can affect one's creative life. When I met Nelson Adams in Fredericton through a friend, I had no idea he would restart the film career that I had long before self-terminated due to the tiresome, annoying control others had of my work. But he did and once again I'm making films or rather videos. All due to the advent of Nelson and digital technology – now that's a living example of synchronicity.

Like many independent filmmakers, I always admired artists whose work is very personal; from beginning to end, they create it according to their own self-awareness. "I wish filmmaking was like that," I often thought. Well, with digital it is – no question. We now can make a movie like an artist makes a painting, – completely alone using all our talents and skills to arrive at our view of the subject through our experience. It's not tainted by the big shots, the boys in the back room, the majors, the broadcasters.

We can arrive at a finished creative piece of art and then screen it on YouTube or, more professionally, on Vimeo. This freedom is astounding for me and for all independent, highly creative people who dislike compromising their creations. So for the past few years I've been back at it – making my movies using digital technology.

The second occurrence that shaped my present way of looking at movies could



Photo Hélène Lacelle

Peter Evanchuck with his new Panasonic DSLR camera on location in the Maritimes

be construed as negative but I saw it as a positive. We all want to make feature fiction films not shorts not docs, but the big one - Feature Films. We want to see our movies in theatres and get the recognition and compensation. Well of course that was my folly as well.

Then I learned that it was shorts and short docs shot on video that one can make like an artist, not the big features which depend so much on so many.

When cancer struck me again last summer, I decided to put that theory into practice and make a series of five or six short docs fast and furiously using digital technology. Then while convalescing from surgery and 42 days of radiation, I could use my time completing those shorts while upgrading my skills using great professional editing software called FinalCutPro7.

So far I've managed to put four shorts "in the can," as we used to say in the film world, and have two more to complete. I should mention they are such fun to make – such fun and after all life lived fully is the best life of all.



Photo Anthony Knox

Hélène Lacelle and Peter Evanchuck on location for Beautiful Bachelors shoot in Toronto.

Peter Evanchuck's recent docs called *Peter's Shorts* are at [movieshandmade.com](http://movieshandmade.com). Scroll down to the bottom of the web page where you'll see the posters and the links to YouTube and Vimeo.



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Tony Knox and Peter Evanchuck on location near the Government Conference Centre, surrounded by New Brunswick artist John Hooper's wooden sculptures.

Photo Hélène Lacelle



Rising by Sandy Hill artist Stephen Quinlan will be part of an upcoming art exhibition in east end Ottawa.

## Dutchie's Hole heron on display

At art exhibition in Shenkman Arts Centre, Orleans  
12 February - 17 March

Included in Arteast's upcoming Mosaic-Mosaïque exhibition at the Trinity Gallery (245 Centrum Blvd, Orleans), this painting of mine entitled *Rising* celebrates a crepuscular experience at our beloved Dutchie's Hole shoreline.

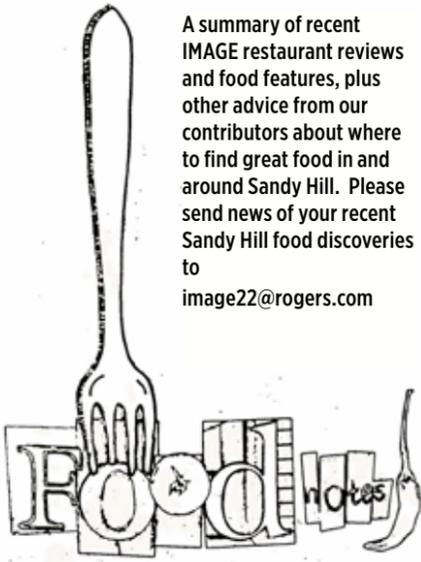
Simple in composition but intricately detailed using vividly dappled colour contrasts, mirroring glosses and iridescent copper-bronze outlines, the depiction seeks after tranquility, healing and transcendence.

In other words, it attempts to express as a picture the spiritual nourishment the riverbank so readily offers.

The scene has a primordial heron at the Hole about to take wing. The great bird stands eastward, but its eye searches out the viewer. Perhaps it is seeking a partner to journey past the shimmering stream and into the mysterious realm beyond? The image is an allegory of Soul's flight from the temporal and mundane in quest of the cosmic source that both engenders and unites all being. RISING therefore refers at once to the twilight orb as it moves aloft and separates from the horizon and, correspondingly, to the elevated state of consciousness that obtains when one experiences a transpersonal encounter with nature. — Stephen Quinlan

To view similar scenes please visit Stephen Quinlan's website at: [www.stephenbasil.com](http://www.stephenbasil.com). The artist lives in Sandy Hill near Dutchie's Hole (at the south end of Strathcona Park).

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](mailto:image22@rogers.com)



### Flavours of the Caribbean

259 York St. (photo below)

Pixy's Place closed last fall (sigh), but a new restaurant is serving up island flavours in the same space at York and Nelson. If you're craving a little spice in your life, drop by after your next Loblaws outing for some jerk chicken or rotis served up in a sunny space with a friendly greeting from owner Frederick White, who used to run Caribbean Flavours on Somerset West. The restaurant also offers catering and cooking lessons; see their website at [flavoursofthecaribbean.com](http://flavoursofthecaribbean.com).

### 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.

### Fleur Tea House

287 Somerset St. East

All day breakfast, generous bowls of soup or chili, and a cosy ambiance make this a welcome spot for a casual meal, and there's an enjoyably eclectic selection of merchandise if you're looking for a gift for a coffee or tea-loving friend.

### 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.

### Sandy Hill Eatery & Diner (The Shed), 274 Somerset St. East

The team that runs the Sandy Hill Lounge and Grill has taken over another property a little further west on Somerset, the restaurant most recently known as Cali Bar-Lounge-Tacos. The menu of the new eatery is a little fluid at the moment, but the focus is on the flavours of the American South. Look for all-day breakfast specials, including waffles with a cornmeal batter for a nice touch of crunch, and po'boy sandwiches filled with tender pulled pork, crab cakes or homemade sausage patties. Open from 10:00-8:00 on Friday; 10:00-6:00 the rest of the week.



## The bountiful chicken

Dodi Newman

A single chicken poached with aromatic vegetables is a great beginning for a number of delicious meals, providing up to 12 servings per chicken plus a generous supply of flavourful homemade chicken broth. Not bad for a small bird!

### Poaching a whole chicken

Wash a 4-pound chicken, place it in a stockpot just large enough to hold it with a bit of room to spare, add a whole onion studded with 3 cloves, 2 medium carrots, 2 celery ribs, one bay leaf, some peppercorns and thyme, and 1 teaspoon salt. Add other aromatics if you wish: 1/2 leek, 1/4 celery root (celeriac) and/or 1/2 parsnip. Cover with water by about 2 cm (roughly 2 1/2 litres), bring to a boil, skimming off the foam as it rises to the top. Turn the heat to low, cover and simmer 1 1/2 hours. With the pot off the burner and with the lid off, cool the chicken in the broth. Place the chicken on a large baking dish, remove the skin and discard, remove the leg and breast meat, taking care to keep the meat from the breast halves as whole as possible, pull every bit of meat off the wings and carcass, set all aside. Strain the broth and reserve.

### Storing the chicken

The meat and broth can be refrigerated for up to three days or frozen for three months. To freeze the meat, place it in a snugly fitting container and cover it with some of the broth to keep it from drying out. To freeze the broth, defat it once it is cold, then freeze it in containers or freezer bags.

### Serving the chicken

To serve 12 people from one poached chicken, go to the list below and select three recipes, one using breast meat, another using meat from the legs, and the noodle soup, using the rest. And after that, you'll still have enough homemade broth to make risotto or use as a base for vichyssoise.

Detailed recipes for this list can be found at: [tinyurl.com/ChickenFiveWays](http://tinyurl.com/ChickenFiveWays)

- Chicken Fricassee with capers - an easy twist on a classic.
- Chicken shepherd's pie - old fashioned comfort food.
- Chicken breast with Turkish walnut sauce - lovely with a glass of white wine of a summer's evening.
- Chicken and apple salad in pita pockets - great picnic food.
- Chicken noodle soup with vegetables - a great way to use up the meaty scraps of the chicken.



Flavours of the Caribbean is a few blocks north of Loblaws, on Nelson at York St.



### WANTED:

Viscount Alexander's Walking School Bus is looking for a new driver (walking leader). You will be a volunteer with the Sandy Hill Community Health Centre and will walk children to Viscount Alexander Public School one day/week. A great way to serve the school and the community, get to know your neighbors, and help children arrive at school the safe and active way.

For a complete job description, more information, or to indicate your interest, please contact: Gerald Dragon, Sandy Hill Community Health Centre, 613-789-1500, ext 2526, [gdragon@sandyhillchc.on.ca](mailto:gdragon@sandyhillchc.on.ca)



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## Rideau Branch Library

February and March 2015

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### Programs for children

#### Family Storytime / Contes en famille

Tuesdays at 10:30 am / Le mardi à 10 h30  
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.

#### PD Day program, @ the library! / Journée pédagogique, vite @ la biblio!

Friday, February 13 at 1:30 pm for ages 6-12, Valentine's Day theme. Registration required./ le vendredi 13 février à 13 h 30 pour les 6 à 12 ans, sur le thème de la Saint-Valentin. Inscription nécessaire.

#### March Break Programs for ages 7 to 12 / Programmes de la semaine de relâche pour les 7 à 12 ans

Lost in Space, Monday March 16, 2 pm. Explore the final frontier. Stories, activities and crafts. / Perdu dans l'espace, le lundi 16 mars, 14 h. La dernière frontière à franchir? Contes, activités et bricolage.

Living in Space, Tuesday, March 17, 2 pm. Join us for a series of hands-on, fun and engaging experiments and activities related to living in space delivered by of the Canada Science and Technology Museum guides. Registration required./ Vivre dans l'espace, le mardi 17 mars, 14 h. Des expériences et des activités touchant la vie dans l'espace, présentées par des guides de la Musée des sciences et de la technologie du Canada. Inscription nécessaire.

Buck Rogers : Become a Space Ranger Wednesday, March 18, 2 pm. Become a Space Ranger and join Buck Rogers on his interplanetary journey. First introduced in 1928, Buck led the way exploring space on his rocket. Presented in English by bilingual staff. Registration required./ Présenté en anglais par un personnel bilingue. Inscription nécessaire.

UFO Invasion, Thursday, March 19, 2 pm. Are they really out there? Stories, activities and crafts. Registration

required./ L'invasion des OVNI, le jeudi 19 mars, 14 h. Mythe ou réalité? Contes, activités et bricolage. Inscription nécessaire.

### For adults/Pour adultes

#### Evening book club, Mondays at 7 pm

February 2 - *Life After Life* by Kate Atkinson

March 2 - *Marianne*

#### Morning Book Club, Thursdays at 10:15 am

February 19 - *February* by Lisa Moore

March 19 - *How It All Began* by Penelope Lively

#### Groupe de lecture Mille-Feuilles, le mercredi à 18 h 45

Le 4 mars - *La vérité sur l'affaire Harry Québert* par Joël Dicker

#### Pen and paper writing group, Tuesdays at 6:30 pm

Get feedback on your writing (any genre) and ideas from the group. Hear the work of other writers and offer your feedback. Discuss issues about writing and publishing. Share your triumphs, trials and tribulations with a supportive, informal group.

#### Effective Tax Strategies

Wednesday, February 4, 6:30 pm. This timely workshop is addressed to all who want to better understand the Canadian tax system and the amount of tax that they need to pay. Registration required.

#### How to start a business

Wednesday, February 25, 6 pm - 8 pm. Invest Ottawa business advisors present this information-packed workshop on starting a business and business planning. Registration required.

#### Protecting your computer

Thursday, March 26, 6:30 pm - 8:30 pm. The average time it takes for an unprotected computer to be compromised after connecting to the Internet is under 15 minutes. Don't let it be yours. Registration required.

\*\*Visit [www.BiblioOttawaLibrary.ca](http://www.BiblioOttawaLibrary.ca) for more information about our programs.

\*\*Visitez [www.BiblioOttawaLibrary.ca](http://www.BiblioOttawaLibrary.ca) pour en savoir davantage sur nos programmes



This is a lucky cat who only lost the tips of her ears to the cold.

## The dead of winter

Eleanor Woolard

On the night of 11 January, 2015, Shadow froze to death.

Shadow was not old, or a stray; his family fed him, took him for his annual vaccinations... and put him outside to do his business. Maybe they believed cats needed to go outside to be fulfilled, or maybe they were just too lazy to clean a litter box.

If you are a regular reader, you know I do not encourage people to allow cats outside in the city. The dangers are too great: cars, predatory wild life, competitors ready to fight for territory, strays carrying disease, humans who think it is funny to torment a cat.

And winter.

Shadow's family thought he could take care of himself. He tried. When he could not get back inside, he curled up in the coziest corner he could find, out of the wind. But it was not enough. Gradually, in great pain, he froze solid, almost in reach of the warmth of the home in which his family slept, unheeding.

Every year, in The Capital of Winter, thousands of cats and some dogs die or suffer permanent injury because they are put outside, or are homeless, in the

aply termed Dead of Winter. They suffer agonies, as you would, as the cold bites into their ears, their tail, their toes, their noses, and gradually climbs until it stops their hearts.

Even cats that survive the cold can suffer painful and crippling frostbite, especially on their ears, nose, tail and paws. The cats in the photos are lucky: the cold only got their ears before they were rescued, brought in, and had the dead tissue removed before it began to rot.

Most are not so lucky. Frostbite survivors usually face amputation, of toes, legs, ears, tails. Since those photos are truly disturbing, they are not reprinted here, but a quick Google search will show you, in glorious gore, the terrible cost of being put out in the cold without shelter.

It does not have to be this way. You can save your cat's life by keeping it indoors. You can save the life of a stray by building a cheap and easy winter shelter. There are several versions you can copy at: [www.neighborhoodcats.org/how\\_to\\_feral\\_cat\\_winter\\_shelter](http://www.neighborhoodcats.org/how_to_feral_cat_winter_shelter)

If you find a cat, owned or stray, shivering outside, show your compassion and take it in or take it to its home.

If you own a cat, think before you decide to put it outside; just how much would you like to be forced to do your business in the snow and wind of the dead of winter?



Le Service à l'enfance Aladin offre présentement des services éducatifs à l'enfance à l'école Sainte-Anne, au 235 promenade Beausoleil.

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Pour de plus amples informations, SVP contactez-nous à [info@aladin.pw](mailto:info@aladin.pw) ou visitez notre site internet à [www.aladin.pw](http://www.aladin.pw).



## ILLUMINATED In photos and words

Tuesday, February 10, 2015

4:00-8:00 p.m.

Ottawa City Hall • Jean Pigott Place  
110 Laurier Avenue West



### COMMUNITY NOTICES

Centre 454 presents ILLUMINATED in Photos and Words, an exhibit of black and white portraits taken by photographer Onno Kremers during Centre 454's 60th anniversary year. The portraits highlight the humanity of our community and break down some of the stereotypes often associated with homelessness. Tuesday, February 10, 4:00-8:00 p.m., Ottawa City Hall. Admission is free; donations are welcome. For more information: 613-235-4351; [centre454@ottawa.anglican.ca](mailto:centre454@ottawa.anglican.ca); [www.centre454.ca](http://www.centre454.ca). It's not what we look at that matters. It's what we see.

"Living Aligned With Change" arts-based course, Mon., March 9, 16, 23 and 30, 6-9 p.m. @ Spirit Art Studio, All Saints Church, 317 Chapel St. In the midst of a change or about to embark on one? We'll explore the nature of change and our responses to it. Through the use of art and creative activities you'll have an opportunity to learn ways to live aligned with whatever change is going on. Participants have found these sessions to be full of laughter, soulful insights and opportunities to refresh their sense of purpose. Info or to register: [www.lindavanderlee.com](http://www.lindavanderlee.com) or contact Linda: 819-459-3580.

BookFest, Elmdale Public School's annual celebration of books, combines a second-hand book sale with special appearances and readings by some of Ottawa's best-known authors:

FRANCES ITANI: latest novel *Tell* was short-listed for a Giller Prize

MARK SUTCLIFF: Editor of *iRun* magazine and author of *Why I Run*

BOB PLAMONDON: Author of many political books, most recently *The Truth about Trudeau*

ROBERT MCMECHAN: Author of *Allison's Brain*

CHARLES GORDON: Journalist and author of

*At the Cottage* and *The Canadian Trip*

9:00 a.m. to 9:00 p.m. Fri. Feb. 27th, and 9:00 a.m. to 4:00 p.m. Sat. Feb. 28, 49 Iona Street, gym. Info: [elmdalecouncil.com/](http://elmdalecouncil.com/), or email [elmdalebookfest@gmail.com](mailto:elmdalebookfest@gmail.com)

ACORN's Tax Clinics, Ottawa ACORN (Ottawa Association of Community Organizations for Reform Now) provides one of the largest free income tax preparation services in the city. This project is focused on using free tax preparation to ensure that low-income Canadians receive all the benefits that exist in the tax system as well as connect them to other unrealized benefits and services. We also run a second service: the ACORN Tax Collective for those who are above the income cut off (set by the CRA, CVITP Program) for the free service; the Tax Collective is affordable and helps moderate-income families avoid paying hundreds of dollars to a corporate preparer.

Appointments from Feb. 17 to end of May, Mondays to Fridays 3 p.m.-7 p.m. and Saturdays 10 a.m.-2 p.m. Book appointments by phoning - 613-746-5999. We also run some monthly clinics after May to help late filers. For more information about ACORN Canada, [www.acorncanada.org](http://www.acorncanada.org).

Sandy Hill Health Watch

**Meditation for better health**

by Madeleine Bluteau, SHCHC



**E**xercise, eat right and meditate? A few minutes of meditation each day can support your health!

Stress has an effect on our brains and bodies. A stressful lifestyle contributes to illnesses like heart disease, hypertension, anxiety and depression. Long-term effects of stress can include memory loss, heart disease, ulcers and asthma. But don't get stressed by this news! Anything that stress can make worse, meditation can help alleviate.

Meditation does not just make you feel good – it can actually change your brain for the better. A recent study by Harvard-affiliated researchers confirmed reports that people who meditate feel long-lasting effects of their practice, beyond immediate feelings of calm after meditating. In that study, brain scans of meditators showed increased areas of brain density in the hippocampus, an area important for learning and memory, and decreased density in the amygdala, an area that plays an important role in anxiety and stress. This study showing physical changes in brain density means meditation actually "rewires" our brains for better health and wellbeing. Other studies have shown that meditation can lower blood pressure, improve your memory and even support immune function.

Curious, but not sure where to start? Images of monks in lotus position can be intimidating, but meditation truly is for everyone. Start small – a new habit is most likely to be successful when you start with tiny, easy-to-achieve steps. Even 30 seconds of mindful breathing can help calm

the mind and let go of stress in the body, so start as simply as you like.

Here's an example of a short, mindfulness-based meditation – try it, for your health!

Find a comfortable, seated position, either on a chair or on a cushion on the floor, in a room with minimal distractions. Take a moment to notice your body. Notice any areas of tension in your body, without judging them. Bring your awareness to your breath. Notice the in breath and out breath, and feel your belly expand and contract with each breath cycle. Take a few moments to stay with your breath and, if you like, bring your awareness to a particular spot, like where the breath comes into your nose, or how your belly expands. Once you are comfortable, you can let go of the breath, knowing that you can always return your awareness to your breath to refocus. When thoughts come up, notice them, and let them go, without judging.

Start small – five minutes is a great place to start. Add time to your practice as it feels right to you. If you are not ready for a sitting meditation, try bringing awareness to your daily routine – walk down the street or even do your dishes noticing the world around you, instead of getting lost in your own thoughts. When you notice thoughts, let them go, and bring yourself back to an awareness of the moment.

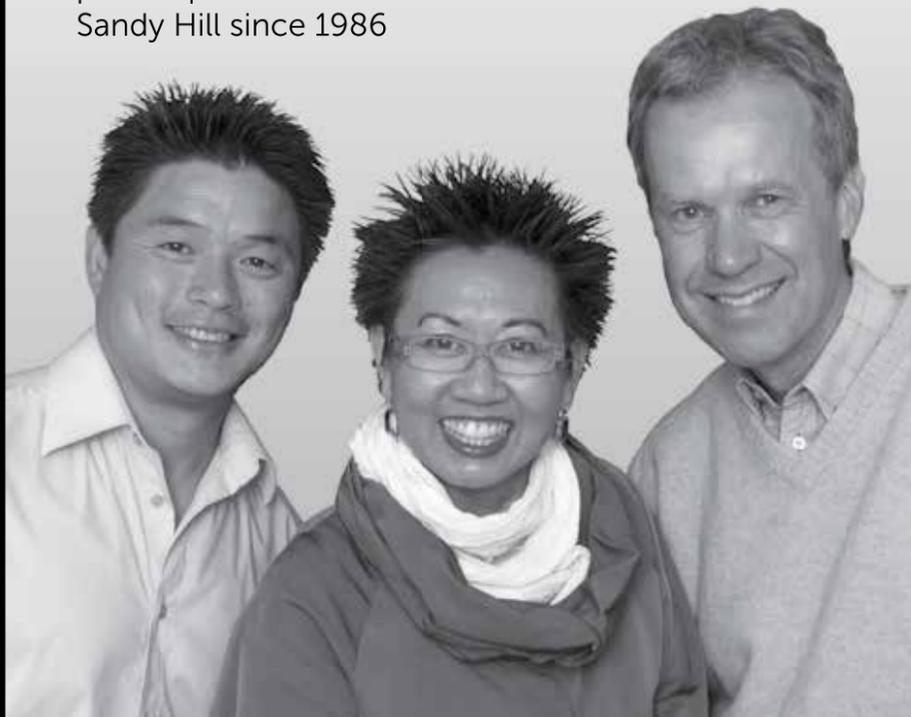
Would you like more meditation support? Sandy Hill Community Health Centre offers a free meditation group each Tuesday, 10:30 – 11:30 a.m. Call 613-789-1500 x 2521 for more information.

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**Sandy Hill Teamwork, January 2015**

photo Susan Young



Last spray of the puddle (Sandy Hill's volunteer-maintained outdoor rink) on its first Saturday. Great work by Rowan and Mark Salter, Willow Scobie and Éric Audet (cheering).



Community Carnival organizers Geri Blinick, Christine Aubry, Catherine Fortin Lefaivre and Jennifer Cavanaugh pause for a moment with Mayor Jim Watson on January 25.



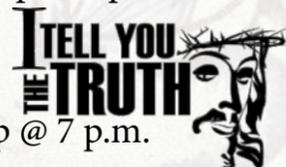
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Visit our website for info and to register.
- Feb. 18 Ash Wednesday worship @ 7 p.m.  
"I Tell You the Truth"
- Feb. 25, Mar. 4, 11, 18, 25  
Midweek Lent worship @ 7 p.m.
- Mar. 28 Easter for Kids, 10-1.
- Apr. 2 Maundy Thursday worship @ 7 p.m.
- Apr. 3 Good Friday worship @ 7 p.m.
- Apr. 5 Easter worship @ 6:30 & 10:15 a.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...?*)

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Stéphane Poulin

## Musician and man-of-all-trades on Rideau Street, north side

Larry Newman

Stéphane Poulin is a musician. He's also a construction worker, building designer, movie maker, and author. But now he spends his day (when the sun is out) warming up a spot on the sidewalk by the Rideau Library gathering coins in his hat. Stéphane sells CDs of his music for \$5 a pop and engages with passers-by in a friendly way. He's a friendly guy.

But he's on the street—in a way. Stéphane rents an apartment in Lowertown but can't stand to just sit there and do nothing. He's waiting for an insurance cheque to come so he can get a medical fix for his spinal injury. He was in a car accident two years ago and now gets around with a cane and a limp. So he suns himself on Rideau

Street, picking up a little coin to tide him over until the insurance money comes in.

I asked him about his musical career. He can't wait to get back to it. He loves performing and said that he has had 30 gigs in Quebec alone. He's bilingual so he sings in both languages—plays the piano and guitar, too. Outdoor venues are his favourite and he and his band mates have to go south in the winter to play outdoors. He's played in various warm places in the U.S. including Hollywood.

Panhandling is not always a pleasant and safe experience. Stéphane has been attacked twice by gangs and has been able to beat them off in each case. He's not afraid, he says but he doesn't spend as much time on the street these days in the evening hours, when the danger is highest. Stéphane is 39 and I asked him what his plans are for financing his retirement. "I'll work until God is ready to take me," he says.

### Back Garden Confidential

## Ash borer aftermath

Danna Leaman

This winter, there are fewer skeletal tree branches screening my view of neighbours' windows across the back garden fence. The summer before last, a green wall of foliage along the fence line between my back garden and adjacent back gardens thinned with the loss of three large ash trees, and more trees disappeared further up and down the block. These weren't sudden or unexpected deaths: my neighbours and I marked the slow replacement of leafy with bare branches over several years, the result of our local infestation of the Emerald Ash Borer, aka the EAB.

If you've been paying attention to your urban forest, dear reader, you will know that the EAB is a small metallic-green beetle native to eastern Asia, who, having hitched a ride to Michigan in a wooden shipping crate in the 1990s, has spread its many descendants into Ontario. Its larvae are happily munching their way through the soft and juicy under-bark of our native ash trees—green, black, white, and blue—on what you can legitimately call a mass killing spree. If you haven't been paying attention—watching too much YouTube, perhaps?—click on a short YouTube posted by Natural Resources Canada (<https://www.youtube.com/watch?v=WAOEaLGm-Ic>). It will make you an instant expert on the EAB and its North American invasion.

Here in Ottawa, you can find informa-

tion about the EAB, its impact and control, on the City of Ottawa website, along with maps of each ward showing the percentage of ash trees in city parks and along streets. (<http://ottawa.ca/en/residents/water-and-environment/trees-and-community-forests/emerald-ash-borer>). The map of Rideau-Vanier shows that we may escape the worst-case levels of EAB infestation in our parks. None of them appear in bright red, the colour used to indicate that more than half of the trees in a park are ash. In most of our parks, less than a quarter of trees are ash. The exception is a band along the Rideau River at Dutchie's Hole and Robinson Field, where 25% – 50% of the trees were ash. Here, the city has already cleared out many of the small ash and some large dead ash. It has also monitored EAB activity and inoculated surviving large ash trees with TreeAzin™, an insecticide produced from the seeds of the Neem tree (also the source of anti-malarial drugs).

The City website tells a different story about the potential for diseased trees along our streets. There are more than a dozen streets in Sandy Hill, and another in Robinson village, where more than half the trees on City property are ash trees, and about the same number of streets where they make up from a quarter to a half of the trees. That's a lot of our community's tree canopy at risk, if not already lost.

Nobody knows how many ash trees in private gardens and along the streets of



Photo Danna Leaman

Although Danna laments the shade and privacy lost with the demise of three large ash trees at the end of her garden, there are some compensations: woodpeckers, for one.

Sandy Hill have fallen, or will soon fall, to the EAB; and nobody knows how many ash trees Sandy Hill residents are trying to save with TreeAzin™ injections. The Sandy Hill Tree Group, under the auspices of Action Sandy Hill, is promoting strategies to protect and improve the tree canopy in Sandy Hill, including replacing our lost ash trees with other native tree species resistant to the EAB (see <http://www.ash-acs.ca/sandy-hill-tree-group>). The group is also working with Ecology Ottawa's Tree Ottawa campaign (<http://ecologyottawa.ca/tree-ottawa>). More about this in upcoming issues of IMAGE.

In my back garden, although I lament the shade and privacy lost with the three large ash trees, it isn't all bad. While the trees were still alive, there were frequent visits of woodpeckers hunting the yummy EAB larvae. And then there was the entertainment of watching the several tree-removal crews, ranging from an aerial ballet-with-chainsaws worthy of the Cirque du Soleil to the DIY job with too-short ropes and no hard hats that made me fear to look. Finally, this past summer, the remaining trees—maples, pines, my own blue beech—appear to be thriving, thanks to less competition for sunlight and space. Tree life, rising from the ashes.

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