



Photo Kathleen Kelly

Lose some, win some—Sandy Hill copes with development pressures

ASH's 45th Annual General Meeting demonstrates continued progress on key issues affecting the community

John Cockburn

On May 14 over 70 Sandy Hill residents attended Action Sandy Hill's Annual General Meeting. Moderated gently by Leanne Moussa and superbly catered by St. Joe's Supper Table the meeting provided lots of information on events of interest to Sandy Hillers.

Enhancing heritage / Prime Ministers' Row

Chad Rollins, ASH's President reported that the City's Built Heritage Sub-Committee had recommended a new heritage plan that proposed over 300 Sandy Hill buildings be added to the Heritage List. If Council approves the Committee's recommendation the prospects for the preservation of the historic character of the neighbourhood would be enhanced. (See "Progress in heritage conservation..." on p. 8)

In the same vein he reported on efforts spearheaded by Suneeta Millington to designate Laurier Avenue as Prime Ministers' Row. This would recognize the historic nature of the street and its former prime ministerial residents and to serve as a focus for contemporary political issues. Details are available from www.pmr-aphm.ca

Mr. Rollins also noted three highlights from last year. First, the enhancement of ASH's website and second, the tremendous success of the Save Sandy Hill fundraising efforts to support the neighbourhood view on the Laurier/ Friel development at the OMB. Un-

fortunately, money can't buy you love, as ASH's and City Council's position on the development was not accepted. Mr. Rollins also noted the tremendous success of last year's winter carnival. He said that these achievements could not be realised without the ideas and efforts of many dedicated volunteers and pleaded for continued support.

Marc Tremblay presented two proposed bylaw amendments for approval. These amendments provided for a majority of the executive of the Board, rather than of the whole Board, to approve expenditures up to \$500 and for board decisions to be made electronically as long as they received support from a majority of Board members. The proposals were approved by the membership.

ASH Board – 2015-16 model

Nominations were then received for Board membership. Members are elected for a two-year term with half the Board positions expiring each year. A full slate of candidates was acclaimed. Ian Anderson, Judy Rinfret, Susan Young, Benoît Bélisle and Willow Scobie are new members; Bob Forbes, John Verbaas and Sally Southey renewed their terms. These members will join Chad Rollins (*President*), Pat Archer, Dennis Forget, Brian Murphy, Jeremy Silburt and Marc Tremblay whose terms expire in 2016.

Retiring members Éric Audet, Yves LeBoutillier and Suneeta Millington were thanked for their hard work over the past two years.

Politicians report

Mauril Belanger, MP for Ottawa Vanier, outlined his efforts with Public Works to implement a plan to abate noise from 1200 Vanier Parkway, a significant concern to the residents of the Robinson area.

Report continues on page 4

New and returning members of the Action Sandy Hill board posed for a photo the end of the 2015 AGM. Left to right, John Verbaas, Bob Forbes, Judy Rinfret, Benoît Bélisle, Willow Scobie, Chad Rollins, Marc Tremblay, Sally Southey, Jeremy Silburt and Brian Murphy. Also serving are Ian Anderson, Pat Archer, Denis Forget and Susan Young.



Photo Kathleen Kelly

Leanne Moussa chaired the annual meeting of ASH.



Photo Kathleen Kelly

St. Joseph's Supper Table provided delicious snacks.



Photo Paula Kelsall

Foodies take note

- New Taco truck on Wilbrod (see Food-notes, p. 18)
- Who to call when you want a pizza, p. 18
- MarketMobile coming to Chapel and Mann, p. 17
- Quebec blueberries expected mid-July, p. 18
- Odyssey Theatre offers Cordon Bleu picnics for your night of Theatre Under the Stars, p. 16



Photo Kathleen Kelly

Suneeta Millington outlined the Prime Ministers' Row concept.

IMAGE

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

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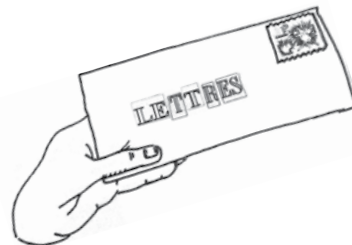
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From Ken Clavette's Album of Bygone Sandy Hill



At the turn of the last century Lacrosse was de facto Canada's national sport. Lacrosse, the French name for a game which the First People of North America played under such names as Baggataway or Tewaarathon, was played widely in Ontario, Quebec and BC. Canada's first national sport-governing body was the National Lacrosse Association of Canada. By the time these young men posed for this photo in Strathcona Park, the Minto Cup, donated in 1901 by Governor General Lord Minto and awarded to the best Junior players, had been won twice by Ottawa teams, in 1901 and 1906. Photo c1920 - Workers' History Museum collection.



RE: City breaks its own rules on outdoor patio approval

I wanted to make sure we took a moment to address some misinformation from a letter that was published in the last issue of IMAGE. The letter stated that the City's procedure was not followed in the issuance of the encroachment permit at La Maison. I want to make sure it is clear that this was not the case. The procedure as described in the letter applies to new patio applications and the encroachment in question has been in place since 1996.

We do however have a procedure to address problematic patios. When complaints are received from neighbours, if it is determined that the patio is the source

of the issue, staff conduct a thorough review, which rises to Council, with a plan on how to address the issue if the permit is reissued. A few years ago, we went through this process with the Sandy Hill Co-op and added a number of conditions to the encroachment permit to prevent further issues. As a result of these conditions, we did not receive a single patio-related complaint last summer.

Following the publication of the letter in the last issue of IMAGE we have received two letters on this topic. One restating the position presented in the letter to the editor and one saying that the issue has been overstated.

We will continue to work with neighbours to ensure that Sandy Hill continues to be a desirable place to live and operate a business. We will be much more successful by working together.

Mathieu Fleury
City Councillor
Ward 12- Rideau-Vanier

Photo Jane McNamara



Special guest: A piliated woodpecker spotted from a Sandy Hill breakfast table in April..

Correction

In the April-May issue of IMAGE, a page 4 article under the headline "The end of the Shawenjeagamik Centre?" stated that Councillor Mathieu Fleury agreed with the neighbours that there shouldn't be a drop-in centre at St. Paul's-Eastern. This was not a quote from Councillor Fleury; it was reported to IMAGE by the Reverend Laurie McKnight-Walter of St. Paul's-Eastern United Church.

IMAGE apologizes to M. Fleury for the attribution.

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King Edward Avenue looking north toward Laurier. The building, now the Angola Embassy, was a City Living owned building. Ottawa developer and heritage activist Sandy Smallwood did a round of work on it, bringing back the mansard roof line we see now. When we landed in Sandy Hill in 1981 the porches were already removed.

— Ken Clavette

Democratic reform

At the May 2015 Action Sandy Hill Annual General Meeting, many residents of Sandy Hill expressed interest in learning more about democratic reform at the municipal level. I am happy to announce that Ontario is taking steps towards giving municipalities the option of using ranked ballots in future municipal elections.

As outlined in the 2014 mandate letter for the Ministry of Municipal Affairs and Housing, the province is reviewing the Municipal Elections Act, 1996, to explore how ranked ballots could be implemented by municipalities across the province. Ranked ballots allow a voter to rank candidates in order of preference instead of voting for a single candidate. The option to use ranked ballots would give municipalities an alternative to the current municipal voting system.

Ranked ballots give voters more choice at the ballot box. For example, if there are three candidates in a race for one position, you could mark a "1" next to your first choice, a "2" next to your second choice and a "3" next to your third choice. If your first choice candidate is eliminated,

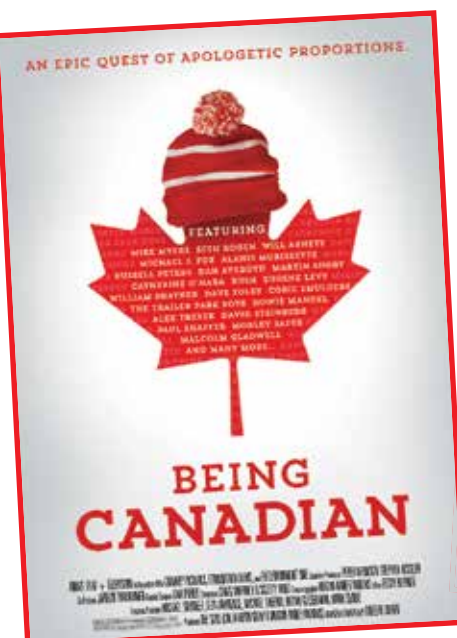
the next choices on your ballot are taken into account. This helps to ensure that the winning candidate receives support from a majority of voters more often.

The Municipal Elections Act is reviewed following each municipal election, and in addition to considering ranked ballots, the review will also assess whether the rules about electing municipal leaders are clear and simple and whether the Act reflects how modern campaigns and elections should be run. To that end, the review will evaluate the current effectiveness of rules about campaign financing, third-party advertising, enforcement and accessibility in municipal elections.

Ontarians can provide their input on the Act in several ways, including by email at MEA.info@ontario.ca or by mail at: Municipal Elections Act Review, Ministry of Municipal Affairs and Housing, Local Government Policy Branch, 777 Bay Street, 13th Floor, Toronto, ON M5G 2E5. More information on the Act can be found at ontario.ca/municipalelections. The deadline for comments is July 27, 2015.

Madeleine Meilleur, MPP
Ottawa-Vanier

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Action Sandy Hill Annual Meeting
Continued from p. 1

He has also been engaged in encouraging Ottawa U to make a decision on renewing the land lease for Sandy Hill Coop. M. Belanger also noted his support for the Youth Substance Abuse Prevention Program, especially those phases of the program that focus on prevention rather than intervention. As a closing note he expressed his support for the Prime Ministers' Row proposal and has enlisted Ottawa University president, Allan Rock, as a supporter.

MPP Madeleine Meilleur was unable to attend due to Cabinet business; Thérèse Garneau provided her report. Mme Meilleur continues to support affordable housing and the promotion and expansion of urban cycling opportunities. Minister Meilleur, throughout the consultations on the Smart Growth for our Communities Act- Bill 73, has been highly supportive of changes to the Planning Act that would give residents more say in developments that affect their communities, make the rules more transparent and enhance the responsibilities of local governments in decision making. She also encouraged residents to participate in upcoming consultations on whether to extend Toronto's prohibition of corporate and union political contributions at the municipal level across the province.

Councillor Fleury was out of town on City business and his report was provided by Mat Genest of his office. The new Rideau River pedestrian bridge is on schedule to be fully completed in spring 2016 and a naming process is soon to commence. Eastern Rideau Street construction will finish this year with work on the Sussex/Dalhousie section to commence soon. The Hurdman to Blair Transitway will close June 28 with buses rerouted to the newly completed 417. Some buses Campus to Hurdman will be affected by this —see John Verbaas’ article on p.7. City-wide Town and Gown meetings are ongoing and productive with best practices being collected from throughout Ottawa neighbourhoods and across Ontario. The redevelopment of Arts Court will be commencing soon. Finally, Council will be soon approving its four-year term priori-

ties. These include cycling and pedestrian investments, downtown truck tunnel feasibility study, ByWard Market revitalization, and environmental sustainability.

Questions from residents

Questions directed to the councillor from the floor concerned:

- late-night street noise.
- garbage storage and property standards on Nelson Street where there appears to be some indifference on the part of City officials.
- the propriety of a City official providing testimony, at the OMB hearing, that contradicted policy decisions of Council. In answer, Mat Genest explained that this was a professional opinion of the individual and did not constitute grounds for disciplining the employee.
- gangs in Strathcona Heights. In part answer M. Bélanger said that Ottawa Police were fully engaged and he had hopes that the prevention efforts he was involved with would have some positive impact.
- City involvement in the removal of rest areas on Besserer Street around the Shoppers Drug Mart because they were being used by transients. It was noted that they also have rights and needs. Mat Genest subsequently responded that the benches were removed at the request of the owner after complaints from residents and police services. The Councillor's Office is looking into options on this issue.
- accessibility issues in heritage buildings. Mat later indicated that provincial legislation does not apply retroactively i.e. applies to major development only but there are some City programs that may be helpful and information is available at accessibilityoffice@ottawa.ca.

\$10,000 for community projects

Big news came in the Treasurer's report as Chad Rollins announced a deposit of \$10,000 from Homestead Developments (the owners of 85 Range Rd.) as their community benefit support mandated by the OMB. Ideas are being solicited from the community on what projects these funds could be allocated to.

Committee reports were presented and progress was noted on many fronts. Members were encouraged to continue to use the 311 service and track the requests for bylaw enforcement. Volunteers with expe-



ASH Chair Chad Rollins presented Claire MacDonald with the Volunteer of the Year award for her work on bylaws, environment, enforcement, IMAGE and rink maintenance.

rience in social marketing and electronic payment systems were being sought by the Communications Committee. The Governance Committee focussed on transparency improvements and ways to transfer corporate history to new Board members. On the development front, 400 Stewart, 560 Rideau and Trinity Developments were identified as issues for the upcoming year. Ottawa University seems to be getting the message on housing as a number of close-to-campus repurposed residences have been announced. Perhaps more importantly the University's newly released strategic plan identified their interest in north-south development along the LRT route rather than further incursion into Sandy Hill. The results of a 23-question visioning survey responded to by over 175 residents is available on the ASH website. Similar high interest was demonstrated by 600 attendees braving a January snowstorm to view and discuss *The Human Scale*, a film on innovative urban design that puts people first.

Questions to the Board

Jon Legg queried why residents should have to contribute funding to hire consultants to fight developers. He was of the view that this was supposed to be a focus of the democratic process.

A petition about the routing/timing of the #16 bus was announced.

The membership was advised of upcoming meetings with the City Forester to identify Sandy Hill forestry priorities.

Volunteer of the year

The volunteer efforts of many Sandy Hill residents were recognized throughout the meeting. To name a few: Christine Aubry, François Bregha, Gabrielle and Bryan Dewalt, Susan Young, and Judy Rinfret. Claire MacDonald was recognized as the Volunteer of the Year by the ASH Board for her work on bylaws, environment, enforcement, IMAGE and rink maintenance. When asked what drives her commitment to the community Claire responded, "It takes a village."

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Bridging the Rideau: the old and the new

Jan Meldrum



The old—from the 1920s

The rickety-looking wooden foot bridge in the photograph was installed in summers for many years by the Rideau Tennis Club as a quick way for its members to get from Ottawa to the club on the east side of the river, then part of the Township of Gloucester. People could walk from the street cars on Laurier over the bridge to the club and to Overbrook in general.

The Tennis Club was started in 1912 but we couldn't find out when the bridge was first installed, although the picture dates from the 1920s. There are accounts of two washouts during the life of the bridge, the last one proving fatal to the structure which was described by one club member as "substantial but fragile," and another as "not too good."

The first washout was in the fall of 1945 caused by stray logs in the rushing river. Although the club directors appealed to

the township for funds to help in paying for a replacement there were none forthcoming and the club funded a new bridge which was installed in 1946.

There is drama attached to the story of the second and final washout on May 26, 1952. According to *The Rideau*, a history of the club published in 1987, club member Bonnie McIntosh, a non-swimmer, was on the bridge when it "broke loose on the club side and overturned." Fortunately she was rescued by two boys in a leaky boat. There were two other women on the bridge near the Strathcona Park side who were assisted by a "young man who jumped in to the river with his clothes on."

Club members salvaged most of the bridge pieces from near the Russian Embassy but an appeal for funds to the City of Ottawa and the Federal District Commission (forerunner of the NCC) from the club and residents of Overbrook was to no avail. The bridge was never replaced.



The new—to be ready next year

Our new pedestrian/bicycle bridge over the Rideau River is proceeding apace. It looks nearly ready to go but we'll most likely have to wait until next year. IMAGE received this update from the City's Carina Duclos, Manager of Design and Construction (West).

"Construction of the Donald/Somerset street pedestrian and cycling bridge is progressing well. In the coming weeks, the bridge deck will be poured. After that work is completed, a significant amount of work is still required to complete the project, including sewer and utility work, curb and sidewalk construction and railing installation. The bridge is scheduled to open to the public in spring 2016."

What we found under St. Albans church!

Larry Newman

Last issue we congratulated St. Albans for receiving an Award of Merit for a restoration project on this Heritage Gothic Revival church. The project involved foundation repair and rebuilding. Exposing this stone foundation for repair revealed more than just cracks in the stonework. Workers discovered that this large stone church was resting on two inch cedar planks! That's right, the footing of the church was not concrete but wood.

On one side of the church the cedar planks were still in place; on the adjacent side, there was a two-inch gap under the foundation. I asked John Cooke of John

G. Cooke & Associates, Consulting Engineers, how common the use of a plank for a footing was and he said it was not uncommon at the time. The foundation was begun in 1866 when concrete was not used in foundations. It was common practice to lay large stones on an acceptable bearing material, and build the stone foundation walls from there.

There was a stream running down what was to become King Edward at the time of the construction. Mr. Cooke suspects that the area had a high water table and the practice of building the stone foundation on wood was common. As long as the area continued to be wet, there would be no deterioration of the wood. And the wood is still there.



City Councillor/Conseiller municipal
Mathieu Fleury
Ward/Quartier Rideau-Vanier

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With the end of the academic school year, we thought that it would be a great opportunity to provide our community with an update on the Town and Gown Committee. Last term, in collaboration with the University of Ottawa, City of Ottawa and Action Sandy Hill, our office created the City of Ottawa's first Town and Gown Committee. The concept of a Town and Gown Committee is not new and has been established in cities throughout Ontario, including Kitchener-Waterloo, London, and Windsor. After researching the success of the committee in other regions, we decided that Sandy Hill would be the perfect fit for a Town and Gown Committee. The Town and Gown Committee creates a forum that allows the Sandy Hill neighbourhood and the University of Ottawa to come together to discuss, highlight and address issues and plan strategically for our community's future. The Committee is comprised of City staff, community members, and the administration and student leaders from the University of Ottawa. Councillor Fleury chairs the Committee and we report back to the Community and Protective Services Committee and Council annually.

The committee has worked collaboratively over the last few years with community stakeholders to bring light to neighbourhood issues, including noise enforcement and property standards. Through this, the committee has been successful in advocating for changes to the Noise By-law, Property Standards By-law, zoning By-Laws, and created an effective student Move In/Out strategy in collaboration with By-Law and Solid Waste Services. As a result, we have seen marked improvements to noise and property standards in the community, with a 21% reduction in noise and a 10% reduction in property standards complaints from 2011-2014. We have also seen better coordination between By-Law Services and Solid Waste Services in addressing community needs. The Town and Gown Committee has been so successful that my Council colleagues representing other areas of the city are creating committees of their own.

The Town and Gown Committee works hard to improve the lives of residents in our community. If you would like to get involved or have any questions about the Town and Gown Committee, please contact our office anytime by email at mathieu.fleury@ottawa.ca or by telephone at 613-580-2482.

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What we found under Sandy Hill cedars!

Leaves of three, let them be!

Poison-ivy (*Rhus radicans* L.) is extremely variable in both its habit of growth and kinds of habitat. You are not safe even in your own garden, and you may be surprised to find it growing in your flower beds or shrubbery. Check the website of the Ontario Ministry of Agriculture Food and Rural Affairs for advice on avoiding contact with and controlling poison ivy.
—Jan Meldrum



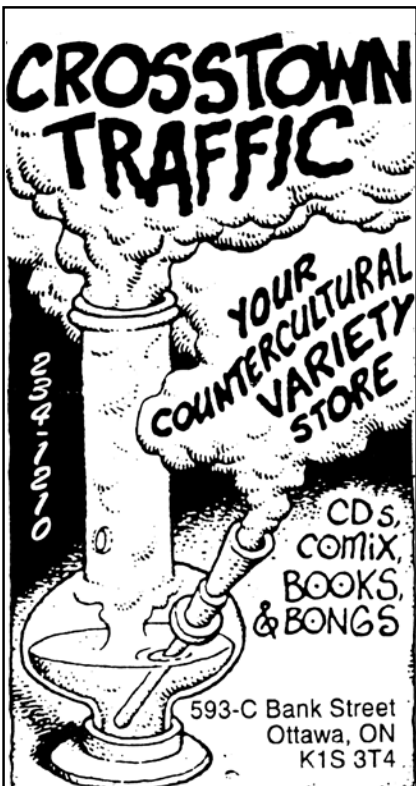


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Parking for cars—is less better than more?

Judy Rinfret

For those of us who imagine Sandy Hill with more green and less mean streets, we must be struck by the amount of very valuable land devoted to the car. Imagine even some of our residential streets without pavement. We could have gardens, ski trails, skating rinks, fountains and pools, tranquility and neighbourliness, rather than ugly, black, heat producing, salt infested, water impermeable—asphalt.

But I digress

The City is undertaking another ad hoc study with a view to further reducing parking requirements. Under the direction of planner Tim Moerman, the focus of the study is parking minimums or “minima” in Ottawa’s core and areas well-served by public transit.

Why?

A few years ago the downtown parking requirement for various uses was generally reduced by 50 percent (e.g. to half a space per dwelling unit). Cash-in-lieu of parking applications are no longer necessary and rarely resulted in more public parking, partly because the “cash” was applied to other City programs and partly because it was so often waived. (One recent exception is the Glebe’s nine and a half million dollar parking garage, at a cost to the City of over \$60,000 per parking spot, to placate Bank Street merchants and to provide parking for the overflow at Lansdowne.)

Rezoning applications often include parking exemptions on the assumption that more and more of us are walking, biking and riding buses. Is this really the case?

Invariably, parking studies paid for by developers demonstrate that Sandy Hill has plenty of on-street parking capacity. Is this valid after so many exemptions?

“.... It’s clear that the existing rules actually make it less likely that we’ll get what we actually want, and more likely

that we’ll get what we don’t particularly want,” says Mr. Moerman, and “it’s better to change [the rules] for everybody, after broad consultation, not ad hoc, one project at a time.”

Certainly it appears that just as a community plan is long overdue, so is a parking study for Sandy Hill.

Does anyone know:

- what we need and what we have?
- how parking limits and meters affect supply?
- how many permits have been issued to allow on-street parking for residents of Sandy Hill? (Should on-street parking permits not also be reduced or eliminated to allow enough casual and visitor parking?)
- what is the capacity of our streets to accommodate cars?
- how to handle winter parking so that we maximize snow clearing?
- if parts of Sandy Hill are more car congested than others?
- if a change in permitted parking times (e.g. one hour, three hours or no parking) affects parking availability?
- what effect the City’s strictures for on-street parking have on residents, schools and commerce?
- how many cars can be accommodated on our streets, in public lots, private lots and private property?
- if there is enough parking for deliveries, visitors and residents?
- if new developments include more than enough parking, does this encourage more cars?

According to the parking study, the average cost of owning and operating a vehicle is \$9,000 per year. Will that motivate drivers to give up cars?

Why minimum parking? The study points out that parking spaces may ruin the continuity and walkability of traditional main streets.



School day parking in Sandy Hill.

While reductions in parking requirements may be needed and justifiable, there is no consideration of maximum parking: the other side of this issue. Is too much parking not as important? There are three large developments proposed in our neighbourhood and all of them will provide more parking than the zoning bylaws require which will mean more cars on our streets and adverse effects on soil and water tables to excavate and build several levels of underground spaces for cars.

Tim Moerman says there will be a maximum (“maxima”) parking study after council has decided on “minima.” “This is a project we will be tackling with equal vigour once *Parking One* is done, probably in mid-2016,” he says.

Stand by for an open house next fall to explore and contribute to this study. Meanwhile, to read the report and voice your ideas and concerns, visit ottawa.ca/minimumparking or contact Tim Moerman: minimumparking@ottawa.ca.

AND changes to overnight winter parking regulations are also on the City’s agenda. Contact Dean.Johnson@ottawa.ca 613-580-2424, extension 17924.



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Transportation in Sandy Hill and beyond

John Verbaas

Last year was a busy one on the transportation front. Last issue I reviewed transportation topics in and around the neighbourhood. Highlights included: Rideau Street renewal (both east of King Edward and the upcoming changes in front of the Rideau Centre); the footbridge across the Rideau River; the completion of short sections of bike lanes; the stop sign at the intersection of Chapel and Beausoleil; and the start of a technical feasibility study for a tunnel to connect trucks and traffic between the 417 and the Macdonald-Cartier bridge under Lowertown/Sandy Hill.

Bus detours – this year and next

I also mentioned that more bus detours were on the way for this year as the eastern Transitway is shut down to buses in order to begin the conversion to rail. Since then, the details have become clearer and this shutdown will occur in two steps.

The first step, beginning this June 28, diverts buses from the Transitway east of Hurdman onto what will by then be newly completed additional lanes on the 417. Buses will continue to use the existing Transitway between Hurdman and Laurier (where it travels alongside U of O) for this next year.

The second step, starting a year from now, will have the section between Hurdman and Laurier closed and those buses will be diverted onto Nicholas Street for the portion of their journey between the 417 and Laurier Avenue.

What this all means for bus routes and transit riders is reasonably complicated and if you are a transit user towards the east then I encourage you to consult the OC Transpo website for details. For example, the 94 bus will not serve the Lees and Hurdman stations after June 28 so if you are used to using this bus you will have to go to Campus station to get it.

The 94, 95 and 96 routes will all be between 4 and 15 minutes slower than they are today and to mitigate this impact there will be a new bus route 91 introduced that will be faster; however, that route will not stop anywhere between Campus and Blair stations and it only runs until 7 p.m. on weekdays. There are numerous other planned changes. For example, some will have impacts on routes such as 6, 101, 124, 126, 127, 128 so be sure to check the OC Transpo website looking for “On Track 2018” for details.

Beyond our boundaries

I have also been involved in preliminary consultations on two other City transportation projects outside Sandy Hill.

The first is a proposed design to add segregated cycling lanes on O'Connor Street between Wellington Street and the Glebe. O'Connor Street is to be re-paved in 2016 and the intention is to implement a bi-directional cycling lane on the east side of O'Connor at that time by taking one traffic lane away.

The second project is a proposal to 4-lane the Airport Parkway and Lester Rd. This project was included in the 2013 Transportation Master Plan to be implemented in three different phases between 2019 and 2030 at a (preliminary) estimated total cost of 81 million dollars.

Along with community members from the Glebe, Old Ottawa South, and Centretown, meetings have been ongoing to discuss the impact this would have on traffic along the already congested section of Bronson Avenue north of the canal. Discussion has also focused on trying to make the case that the plan to extend the O-Train (now officially called the Trillium Line) beyond the Airport to the southern suburbs should be completed first (current plan is for 2023) and only to proceed with the road widening if congestion on the Parkway was not relieved by the O-Train expansion.

We have also been asking them to quantify more precisely just exactly what would



be the benefit of this road project relative to its costs. Realistically, any extra lanes added here will sit empty 20-21 hours of the day. They are only needed at the peak rush hour. Furthermore, how much of this extra peak traffic flow from a doubled rush hour capacity will end up on the already congested Bronson Avenue, thus increasing the congestion delay for all the other existing users of Bronson, thereby reducing some of the benefits gained from the Parkway widening.

All of the above involve analysis that the City does not normally undertake before releasing the funds and initiating a road project that has been written into the Transportation Master Plan so it remains to be seen if our efforts will have any impact on this project.

How the City of Ottawa evolves its transportation network matters. It matters because of the large sums of money we are spending on it. It matters because of the way it impacts how the City evolves as a place to live over the next decades, and it matters because of how it impacts the levels of climate-changing greenhouse gas emissions we produce.

John Verbaas lives on Wilbrod Street and follows the transportation file for Action Sandy Hill

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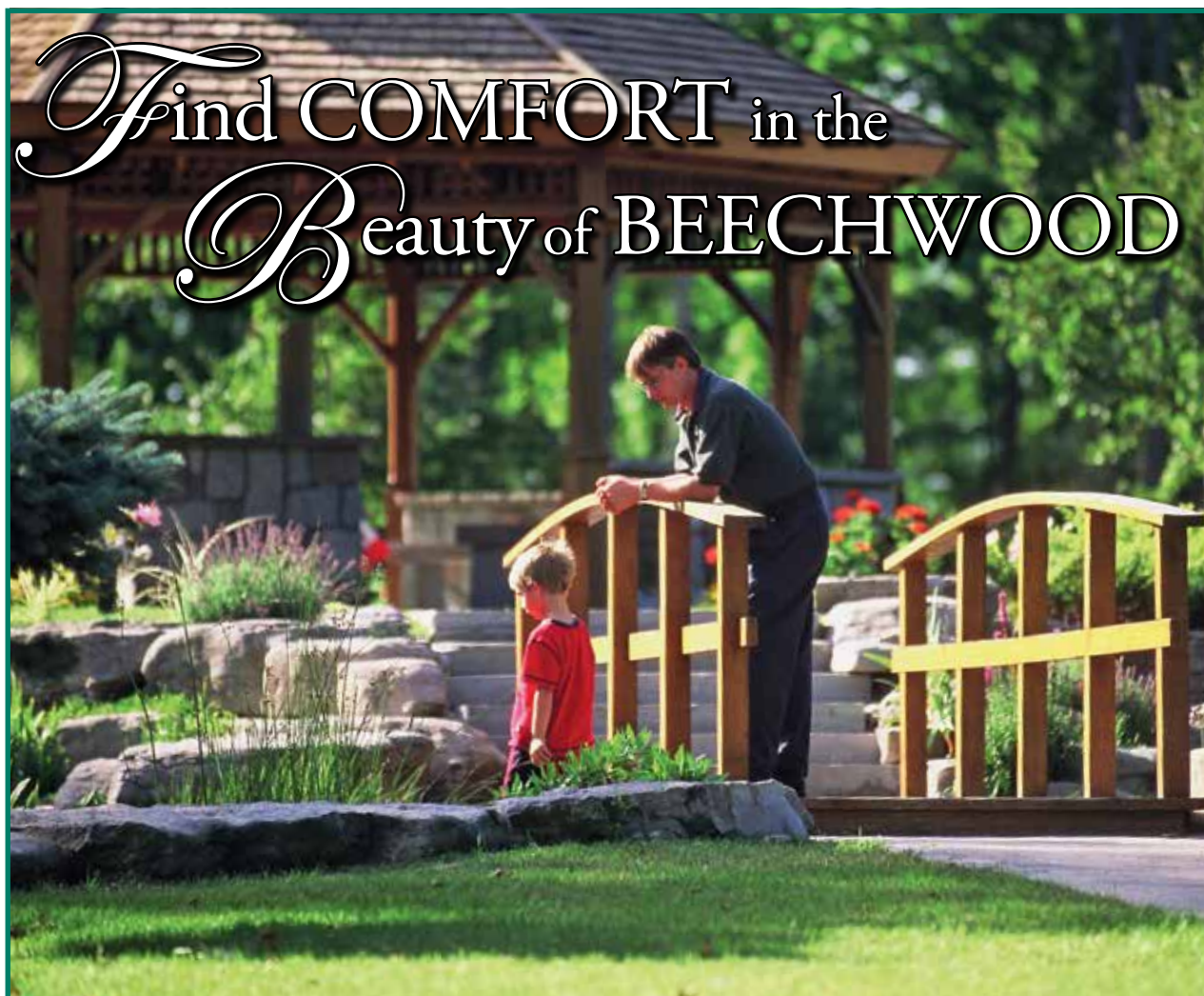
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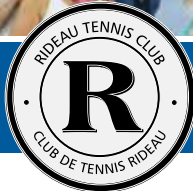
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Progress in heritage conservation

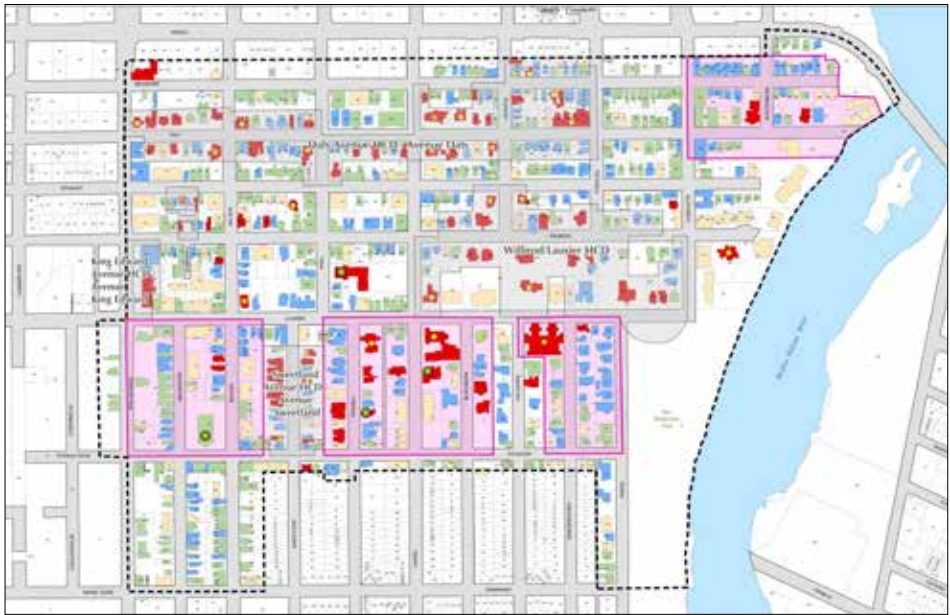


Illustration Ottawa Planning and Growth Management

François Bregha

Those of us who live in Sandy Hill know that our neighbourhood features many fine heritage buildings and streetscapes. Several of these were recognized in the early 1980s and awarded some measure of protection. But other streets, particularly between Laurier and Osgoode east of King Edward, that feature many fine buildings have no heritage protection. Last month the City's Built Heritage Sub-Committee voted to:

- Approve the creation of the Sandy Hill Cultural Heritage Character Area (see map). This designation excludes houses along King Edward, south of Laurier, which the University has announced its intention to demolish as part of the implementation of its new master plan. The designation is also a bit of an experiment as the level of heritage protection afforded is unclear. There is only one other such Cultural Heritage Area in Ottawa, the Village of Richmond.
- Adopt the Sandy Hill Cultural Heritage Character Area guidelines. While these have no legal force, city staff and developers are meant to apply them in reviewing development proposals.
- Adopt Heritage Conservation District Plans for the five existing Heritage Conservation Districts in Sandy Hill. These will be given legal force through new bylaws.
- Approve the addition of 332 buildings in Sandy Hill to the City of Ottawa Heritage Register. The Register, which was created according to Section 27 of the *Ontario Heritage Act*, does not protect a house *per se* but rather flags its heritage value as a factor to consider in any development application.
- Direct staff to initiate Phase II of the Sandy Hill Heritage Study to examine the possible additional designations of four new buildings (55 Russell, 323 Chapel, École Francojeunesse and the Sandy Hill Apartments [formerly the

Over the next year, City staff will consider extending heritage designation to the four areas in pink on this map, to complement the existing heritage districts on Sweetland, Daly, King Edward, Stewart and Wilbrod/Laurier.

École St-Pierre) under Part IV of the *Ontario Heritage Act* and four new districts (see map) under Part V.

While Action Sandy Hill supported the City staff recommendations, it would have liked the City to go further in protecting the heritage attributes of the neighbourhood. ASH emphasized the importance of enforcing property standards to prevent demolition of heritage properties by neglect, increasing awareness of the benefits and responsibilities of heritage preservation, and increasing the modest financial incentives now available for heritage preservation.

The City's Planning Committee endorsed the Sub-Committee's recommendations, with amendment, on May 26. Council will vote on them June 10.

Prime Ministers' Row

This is not the only area where progress in heritage conservation is being made in Sandy Hill. Particularly exciting is the community-led proposal to create a Prime Ministers' Row anchored by Laurier Avenue East to honour the eight Prime Ministers and seven Fathers of Confederation who have lived in Sandy Hill. The proposed designation would celebrate the individuals who helped create our national story, and would commemorate the legacy that each Prime Minister has left the country.

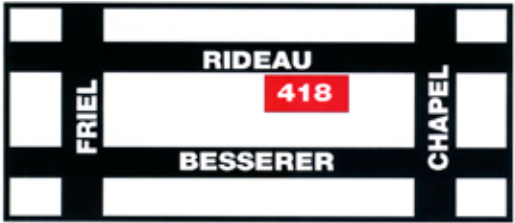
Prime Ministers' Row would include a variety of components such as plaques, interactive displays, ceremonial banners and light fixtures, seating areas, an interpretive centre and/or interpretive programming, ceremonial sidewalk hardscaping and related infrastructure and a tree canopy. The goal of this proposal is to launch the precinct for Canada's sesquicentennial in 2017. More information is available at www.pmr-apm.ca.

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Natalie Belovic

Old photographs

Ron Hodgson

It was only about 15 years ago that the rapid transition to digital photography really took off. It didn't take long for simple cameras to be incorporated into mobile phones and then with the introduction of Smart Phones around 2007 the era of the film-based camera was over.

The era of "snapshots" lasted for over a century. It began with the invention of photographic film by George Eastman followed by the introduction in 1888 of the box camera which he called the "Kodak" followed in 1900 by the "Brownie." These inventions made it economical and convenient for almost anyone to take snapshots of people and events and to save the images for posterity.

Light-sensitive film on a roll in the camera was exposed in sections with each roll being sufficient for perhaps 12 pictures. When the roll was finished it was sent to a photographic store for processing. The photos were returned as prints along with the negatives resulting from the processing of the film. The pictures were often mounted in black-papered photo books or just left in the envelope from the drug store or photo developer. Here's an example:



Unlike digital photography where one takes many pictures and perhaps deletes all but the best, the old black-and-white photos were carefully taken with fingers crossed hoping that they would turn out well when the roll was finished, processed and returned. The negatives were carefully stored in case duplicate pictures were later needed. Today many of us have some of these pictures and negatives stored away, hopefully in a suitable environment just waiting for the chance to once again bring back some of those faded memories.

Old prints get worn and bent, even the ones stored in old photo books. Making a copy of these is not the best way to recover the original picture. If you can find the original negative it's possible to scan and obtain a very good digital image using a decent scanner and computer. In fact, even without a scanner it's possible to bring old negatives back to life.

With a purpose built photo scanner—I use an Epson 2400 which I've had for over 10 years—you have the tools to deal with positive transparencies (slides), and inverse transparencies (negatives). They are usually able to deal with standard size pictures but not necessarily larger ones. To ensure you end up with a good print you should scan at a minimum of 1200 dots per inch (dpi) using high quality jpeg or tiff scans.

Obtaining a scanner of your own for the non-standard sizes or having them done by a photo shop can be an expensive proposition. Here's a non-scanner solution that should work with most if not all, of your negative sizes. I tried it with a glass plate negative from the 1890's and it worked just fine (see below). For this you can use a lightbox (a translucent surface illuminated from behind) which you can obtain through photography stores such as Henry's. Perhaps a more accessible alternative is to use a tablet such as an iPad.

To use a tablet you need a Flash-light app. Turn the brightness up to the maximum and then arrange your negatives on the screen. If using a lightbox you will have a larger screen but the process is essentially the same. Using a DSLR or good point-and-shoot digital camera with macro capability, take a picture of the negatives. (Don't forget to use white cotton gloves when handling negatives to avoid finger prints.)



You now have a digital picture of the negative. Next you will need to use a computer photography application such as Photo-shop Elements to import the picture and use the "Inverse" command to turn the negative into a positive. Sounds a bit complicated but in fact it's relatively straightforward and if you do it in batches it shouldn't be too onerous.

There is a lot more information on the web. Google some of these terms that I've mentioned and you'll get more tips and ideas. Get yourself set up over the summer and by next winter you'll be ready to start discovering and archiving all those ancient family photos.

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- Election of the new Board of Directors

RSVP by June 10, 2015, to ccoiciu@sandyhillchc.on.ca. Everyone is welcome, but only members may vote at the AGM. For more information, visit our website at www.shchc.ca.

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- Modifications du Règlement administratif
- Élection du nouveau conseil d'administration

RSVP avant le 10 juin à ccoiciu@sandyhillchc.on.ca. Tout le monde est bienvenu, mais seuls les membres peuvent voter lors de l'AGA. Pour plus de détails, consultez notre site web à www.shchc.ca.



Le pavillon Tabaret en construction en 1904-1905

Portes ouvertes Ottawa, le 6 et 7 juin



**par
Michel Prévost**

Les Archives de l'Université d'Ottawa participeront, pour la quatorzième fois, aux Journées Portes ouvertes Ottawa qui se dérouleront durant la fin de semaine du 6 et 7 juin 2015. De nombreux bâtiments et sites seront ouverts de 10 h à 16 h, le samedi et le dimanche. Vous devez cependant vérifier auprès des participants afin de connaître les dates et les heures d'ouverture car certains lieux ne sont pas accessibles pendant les deux jours.

Portes ouvertes Ottawa se veut une fin de semaine consacrée à la découverte de notre patrimoine. Plus d'une centaine d'immeubles et de sites d'importance historique et architecturale ouvriront gratuitement leurs portes au public. Plusieurs se trouvent d'ailleurs dans la Côte-de-Sable, l'un des plus anciens quartiers de la ville. Notons que plusieurs bâtiments, notamment les ambassades, ne sont habituellement pas ouverts.

Les Journées Portes ouvertes voient le jour en Europe. Depuis, cet événement connaît un grand succès dans une quarantaine de pays où des millions y explorent des joyaux du patrimoine historique et architectural. Au Canada, les Portes ouvertes sont organisées pour la première fois à Toronto, en 2000. Depuis, plus d'une cinquantaine de municipalités y participent à chaque année.

Les Journées Portes ouvertes se tiennent pour la première fois

à Ottawa en 2002. Le succès est instantané et se renouvelle à chaque année. En effet des milliers de personnes, soit un total de plus de 700 000, ont visité pendant deux jours les divers lieux accessibles au public. On estime qu'environ 60 000 personnes participent maintenant à cet événement du patrimoine qui s'avère le plus populaire de la capitale.

Le Quadrilatère historique de l'Université d'Ottawa

De mon côté, je ferai découvrir le magnifique Quadrilatère historique de l'Université d'Ottawa. Je vais offrir les deux jours, en anglais à 11 h et en français à 14 h, des visites guidées pour parler de l'histoire remarquable de mon établissement fondé en 1848. Par ailleurs, je vais explorer avec les participants notre riche patrimoine bâti, notamment le pavillon Tabaret, le symbole de l'Université d'Ottawa depuis plus d'un siècle, la Salle académique, l'ancienne École normale et les belles maisons patrimoniales de la rue Séraphin-Marion.

Par ailleurs, je ferai des arrêts aux nombreuses plaques commémoratives et au monument du père Joseph-Henri Tabaret, notre bâtisseur au XIX^e siècle et à celui dédié au poète Félix Leclerc, un de nos plus illustres anciens.

Pour la liste complète des lieux à découvrir, voir le site web de la Ville d'Ottawa : www.ottawa.ca/portesouvertes. Vous

pourrez également consulter les encarts distribués dans les journaux. Renseignements : Mme Amy Kudrinko, tél. : 613-580-9674, courriel : portesouvertes@ottawa.ca.

Enfin, pour avoir plus de renseignements sur la participation des Archives de l'Université d'Ottawa, vous pouvez me joindre au 613-562-5825, ou : michel.prevast@uottawa.ca.



La collation des grades en face du pavillon Tabaret en 1968 AUO-PHO-Col-6-564

Photo Kathleen Kelly



Year after year, Rob Sinclair answers the call to clean up the Strathcona shore in spring.



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Learning to swim at Dutchys...

A glimpse of Sandy Hill in the 1940s and early 50s

Peter Twidale

Leo Labelle and I were strolling together and chatting about Sandy Hill in 1940, when Leo was seven. I wanted to know if the city cleaned snow off the sidewalks. "Sure, with a wooden blade." He put his hands in the shape of a ship's bow. "And a horse to pull the plow." In 1940 snow wasn't removed from streets, just ploughed aside. What ever remained, remained. "Lots of car ruts after a snow storm, but everyone had chains on the drive wheels. This was before snow tires," says Leo, who had lived on Goulburn Avenue until his late teens. The family of a mom and dad, four girls and four boys, had moved to Ottawa when the dad was transferred from Cornwall by the Ontario Provincial Police.

We'd chosen a sunny day to start our walk heading west on Somerset Street East. Leo's job was to compare the use of buildings he remembered from the 1940s and early 50s.

Our route along Somerset took us past many buildings that were the same after 75 years, but as expected some of the merchants had gone into different businesses. We stopped at 322 Somerset, half a block east of Sandy Hill Lounge & Grill, and Leo said when he was a kid it was a shoe repair shop then a drug store. In recent history, from the 1980s, the little building was a health food store, then an office, and currently empty.

Down the street at 315 Somerset is what has to be Sandy Hill's tiniest house. "Maybe today but not when I was a kid," Leo says. "Not too small for a one-chair barber shop, where a Mr. Acheson cut hair in the 1940s."

Now, we were looking across the street to the recently rebuilt Ayoub's Mini Mart. Question: What occupied that piece of land in the early 1940s? Answer: Dominion, the grocery chain. Single storey, flat roof.

Leo notes that the site of Suds and Duds, where students wash their clothes, was



Photo Claire Macdonald

Leo Labelle was a boy loaded with action while growing up in Sandy Hill.

once a rival grocery store.

I should mention that relatives had told me the young Leo, who learned to swim at Dutchys was, well, a boy and loaded with action.

We've been out for a while, when that being-a-boy warning came to life. Leo is stopping at Osgoode and Blackburn. He points downhill to the black fence that now protects the Bettye Hyde day care, and says "This was my worst bike accident ever."

He explained how he had borrowed a bike from one of his older brothers. But

being only seven he couldn't get up on the seat, and stuck one leg under the bar instead. Starting down the hill from up on Blackburn he quickly learned he couldn't work the brakes, and being unable to get around the long fence crashed head-on. He felt beat up but managed to take the bike home.

We discussed the black fence and agreed it was either the original or a new one that looks the same.

Leo who had been giving me names left and right, now for a change avoided all names and just talked about hard work. This was a summer job when he was in his teens. He helped the crew mix cement for the foundation of an apartment building at 240 Osgoode. And the foundation looks as good as new.

We're still on Osgoode, almost to King Edward. I learn that École Francojeunesse was originally occupied by a protestant school. Leo remembers it as Osgoode Street School.

On the same street, today's Benjamin Books was occupied by a tailor, with a depot for distributing home delivery of newspapers in the back. Next to it was Quinn's Candy Store that Leo frequented going home from his school on Cumberland.

Most important for Leo in this part of Sandy Hill was his friendship with an electrician on Henderson. This was the early days of television and Leo would sometimes visit his friend to watch the Ed Sullivan Show.

On the way back the topic was skiing. It started for Leo at Strathcona Park when he was 10. The next year he had advanced to Fairy Lake, on the Quebec side, and his first rope tow. At 14 it was an all-day adventure to ski at Camp Fortune on Sundays. After 6 a.m. mass, Leo, usually with a brother and sister, would walk to Union Station and take the train to New Chelsea. Then it was a horse-drawn sleigh to Camp Fortune. For lunch they had brought sausages, eggs and home-fried potatoes to cook on a potbelly stove in the club house.

To end the walk, Leo took me past the family home on Goulburn where he'd lived for more than 10 years, starting at age seven. Only difference is that back in those days nobody worried about locking the front door.



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Sandy Hill residents and councillor were glad to help clean up the park one Saturday in May



Park clean-up photos by Kathleen Kelly



While their spare time is generally devoted to projects that are more melodic or artistic, Julian Armour, Claire MacDonald and other fans of Strathcona Park came to help. The park will soon be the venue for theatre, Art in the Park (August 8) and countless picnics.




Volunteers cleaning up Strathcona Park in May had a tough time when it came to the garbage bin at the corner of Osgoode Street and Range Road. It was packed that day, and many others, with reeking bags of dog poop. If dog owners and walkers take their used poop-scoop bags home again and flush the contents down their toilets, the entrance to our lovely park would be more pleasant for all.



Photo Harlequin Studio

Among the grateful end users of our park ... a new Sandy Hill family on the shore.



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The Centre serves the Sandy Hill and Old Ottawa East communities, and invites people who live or work in our catchment area to become involved as volunteers on our Board of Directors and/or Board Committees. If you:

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- are 18 years of age or older,
- have awareness of current health and social issues,
- are resident of Old Ottawa East or Sandy Hill,
- can commit to monthly meetings, advocacy and networking activities for a two-year term,

call Cristina Coiciu at 613-789-1500 x 2505 to find out whether this volunteer opportunity is right for you. We particularly welcome those who reflect the rich diversity of people living in our service area. Right now, we have two Board openings for individuals who have links with the Francophone community, are residents of Old Ottawa East or Sandy Hill, and/or are new to Canada.

For more information about who we are and what we do, please visit our website at www.shchc.ca.

.....

Nous sommes à la recherche de nouveaux membres pour notre conseil d'administration !

Le Centre dessert les collectivités de la Côte-de-Sable et de l'ancien quartier d'Ottawa Est. Il invite les gens qui vivent ou travaillent dans la zone que nous desservons à s'investir comme bénévoles en devenant membres du conseil d'administration ou d'un de ses comités. Si vous :

- connaissez le rôle que joue le CSCCS dans la collectivité et appuyez sa mission,
- êtes âgé(e) de 18 ans ou plus,
- êtes au courant des problèmes actuels sociaux et de santé,
- résidez dans l'ancien quartier d'Ottawa Est ou dans le quartier Côte de Sable,
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And others who acted independently to help keep our neighbourhood looking good!

Bravo tout le monde!



THANK YOU!
MERCI

Parks Spring clean-up / Nettoyage du printemps

Special Thank-you to Ayoub's who provided sweets and juice and Timothy's on Laurier who provided coffee and everything required to serve out in the fresh air on Saturday May 9! Les gâteries, jus et café ont été grandement appréciés par les bénévoles qui étaient au parc Strathcona le 9 mai.

Merci à Ayoub's et à Timothy's pour la bonne collation!

Tennis anyone?

Karen McDonald

Summer is finally upon us, YAY! What better way to enjoy it than a rousing game of tennis? Of course, you can always go to one of the public courts in the city, and wait your turn there. But did you know that there is a beautiful and friendly tennis club right around the corner?

The picturesque Rideau Tennis Club (RTC), located on the banks of the Rideau River right across from Strathcona Park, is already just a short walk or bike ride away for most Sandy Hillers, and when the new pedestrian bridge opens, it will be even handier!

The RTC has been part of the community for over 100 years, and is a welcoming club for people from all walks of life. "At the Rideau, we try to create an environment that brings together individuals who are connected by a passion for tennis, have an appetite for socializing, and enjoy the camaraderie of a club. It is about so much more than a tennis match – it is about community," says Club Manager, Nancy Kirkwood.

And you definitely don't have to be aiming for Wimbledon to be a member at the RTC! "We certainly have members who play to compete and to improve their technical skills," says Zhenya Kondratovski, RTC's Head Tennis Professional. "However, there are many, many others who just want to get some exercise, have fun, and socialize with their friends."

The affable Zhenya and his fellow pros, who make it a point to get to know as many members as they can, run a variety of programs, including the popular Learn to Play, Cardio Tennis, and Stroke of the Week, that help players at every level get the most out of their game.

No regular tennis partners? No problem! There are ladders, house leagues and



The affable Zhenya Kondratovski is the Rideau Tennis Club's Head Tennis Professional.

round robins to help you find people to play with. And with 19 courts to choose from (11 in glorious clay), there is rarely a wait to play. As part of the RA Centre, the Club also has a well-equipped gym, staffed by a certified trainer, and a variety of exercise and wellness programs from LifeFit available throughout the week.

But one of the most attractive features of the Club, particularly at this time of year, is the lovely Upper Deck overlooking the courts and the Rideau River, where members gather before or after their games for a cool drink, a light meal, and a convivial chat. So, if you have ever thought about joining a tennis club why not seize the day and check out your friendly neighbourhood Rideau Club this summer?

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Michael Barnes

Bike Rodeo rolls again

Our Bike Rodeo took place on May 14 with perfect weather. Thanks to the donation of old bikes, several students received reconditioned bikes this year. There were eight stations to build road safety and riding skills. Ninety students from Grades 1 to 4 participated in the school yard. Our Grade 5 and 6 students ventured off property on a bike tour that had them travelling along the Rideau River towards Hogs Back Park. Our partners help make this event possible; we thank the Sandy Hill Community Health Centre (Geri, Gerald, Chris), Cycle Salvation (Paul), City of Ottawa (Denise and Pat).

RedBlacks visit Viscount!

The Ottawa RedBlacks came to school on May 5, and Mark Sluban (the team's Community Events Specialist) gave our students a lot to think about concerning teamwork. Jermaine Robinson (defensive back) and Scott Macdonnell (wide receiver) arrived with Big Joe to share their stories about reaching their goals, working hard and being part of a team. Big Joe had our students and staff dancing with him. All in all, students learned that we are all one big team. We support each other in many ways as we work toward our goals.

Annual Potluck dinner

We had a great night on May 7, at our annual potluck in the gym. The food and company were awesome! Thanks to Mme Anyès and the planning committee and to all the staff for set up, serving, and clean up. It is great to be a part of our VA team. Once again, in an effort to stay green, there was a special draw for all families who brought their own cutlery, plates and cups.

Cooking Club launched

The club was led by Mme Anyès with the help of a grant from the Sandy Hill Community Health Centre in a partnership with their dieticians; ten students were selected to participate. The goal was to teach them self-sufficiency around the kitchen, to develop healthy eating habits as well as broaden their taste buds. Here are some comments from the children:

"We worked really hard and the work paid off because we all worked together as a team and it tasted better because of it." - Jannat and Katheryn.

"Instead of going to the store for ready-made food, we made the food from scratch and saved a lot of money." - David.

"We learned that we can cook and when we grow up, instead of eating junk food, we can make our own food." - Zaifullah.

"We made lots of yummy recipes and we put them in our recipe books." - Nathali

"We cooked some healthy stuff and everyone pitched in to make it." - Muram.

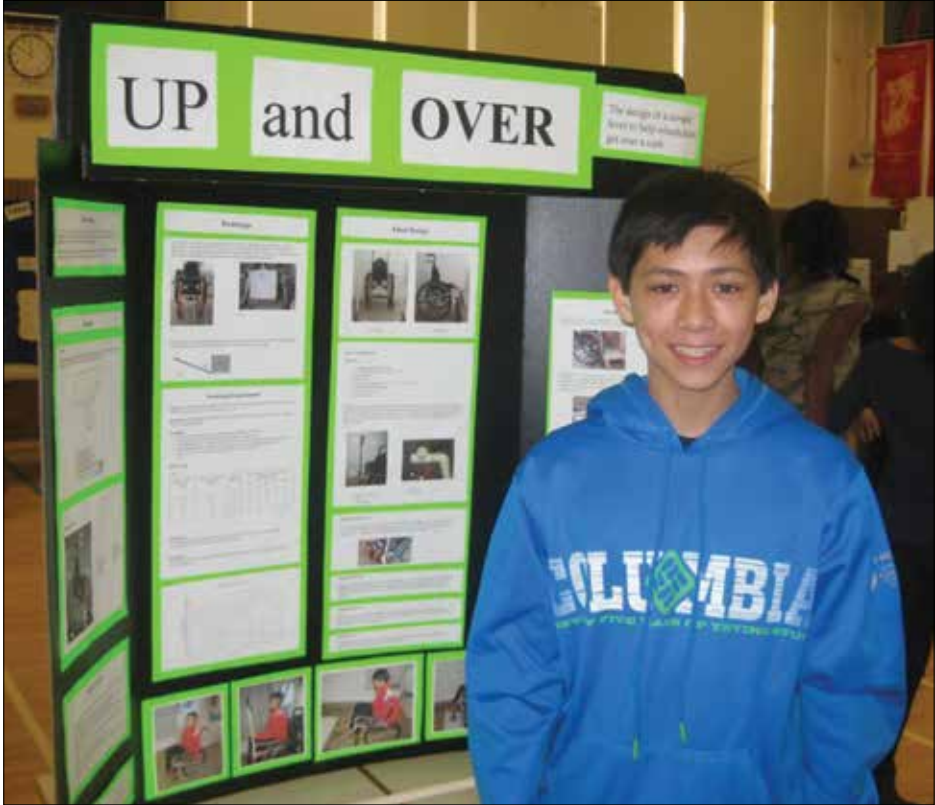
We made soup, breakfast, salad, main course, dessert and ice cream and we also cooked for our International Potluck Dinner, making a pasta salad and some cookies; for our Volunteer Tea we made oat bars. We met every Tuesday in the school kitchen during recesses to cook and eat together and again one more time during the week with Mme Anyès to review the next recipe.

Thank you to our cooking club volunteers: Alyssa, Joumana and Stephanie (our ECEs), Geneviève and Amélie (our dieticians) and of course SHCHC for making this possible.

Thanks also to Mme. Anyès and her budding chefs Muram, Katheryn, Adam, David, Zaifullah, Jannat, Joy, Jasmine, Adi and Nathali.

Looking for a School for September?

If you are looking for a school for September from Junior Kindergarten to Grade 6, please call the school office at 613-239-2213 to find out more and visit our website at <http://www.viscountalexanderps.ocdsb.ca> It's a great community school.



Sandy Hill student wins trip to Canada-Wide Science Fair

Owen McKinley-Young, a grade seven student at York Street Public School, has just returned from Fredericton where he was representing Ottawa at the Canada-Wide Science Fair. At the York Street Public School science fair, Owen won the Innovation award, qualifying him to attend the Ottawa Regional Science Fair in March. At the Ottawa Regional Science Fair, Owen won a gold medal in the Junior Division and one of the grand prizes of an all-expenses paid trip to Fredericton to attend the Canada-Wide Science Fair.

His project, "Up and Over," is an invention to help simplify the lives of wheelchair users. For his project, Owen created a set of levers to help a wheelchair get over a curb. The two levers, which are attached to the side of the wheelchair, lift the front wheels of the wheelchair onto the curb. They are attached on to the chair by a set of clamps, and rotate three-hundred and sixty degrees so that they can be easily reused. There is also a set of hooks attached to the clamps to allow for easy storage. —Cristine Elrick



L'année scolaire finit en beauté à Francojeunesse

Chantal Leclerc

Le printemps est bel et bien arrivé à Francojeunesse et les enfants sont heureux d'enfin pouvoir venir à l'école habillés plus légèrement. Cordes à sauter, ballons, jeux sur le pavé animent nos deux cours et Madame Nature nous a permis d'avoir notre événement "Sautons en cœur" dehors! Au pavillon maternelle-jardin, nous avons même eu le privilège de voir sauter non seulement les enfants mais aussi des parents, notre conseiller municipal Mathieu Fleury et notre conseillère scolaire, Lucille Collard. Un montant considérable fut ramassé pour la Fondation des maladies du cœur. Notre communauté scolaire remettra un chèque de plus de 16 000 \$ à cette fondation.

Au moment où j'écris ces lignes, nous terminons les célébrations de la Semaine de l'Éducation. Nos élèves ont eu la chance d'assister à des ateliers de slam avec l'artiste CD-Trac. Un concert de cordes fut aussi présenté ainsi que le spectacle de notre chorale intergénérationnelle Francophonie. Un jeune auteur de 10 ans de la région, David Corrigan, est venu présenter son premier roman à ses pairs de 4e année et notre équipe de leadership composée d'élèves de 5e a offert des carrousels de jeux mathématiques aux plus jeunes. Je ne voudrais surtout pas oublier le superbe déjeuner que nous avons offert à nos bénévoles pour leur belle contribution tout au long de l'année 2014-15. Certificats de reconnaissance et bonne compagnie nous ont permis de souligner les 18 belles années de direction à la chorale de notre chère Mme Vignola.

Un peu plus tôt, fin avril, plusieurs élèves ont aussi eu le privilège de suivre des ateliers mathématiques en manipulant des blocs Legos. Les enseignants ont vite constaté à quel point ces petits blocs de construction peuvent servir au niveau de l'apprentissage et de la compréhension de plusieurs concepts, tels des



En avril, les enseignants ont constaté à quel point les petits blocs de construction peuvent servir au niveau de l'apprentissage et de la compréhension de plusieurs concepts.

réflexions, les translations, la représentation de nombres, les diagrammes ou encore les fractions.

La semaine de la diversité du 11 au 17 mai inclut encore une autre belle petite tradition, soit notre souper multiculturel et un défilé de mode. Cette soirée n'a peut-être pas la prétention de faire les manchettes, mais sa popularité va en croissant et la convivialité ainsi que la richesse multiculturelle sont au rendez-vous. Tout est gratuit puisque tous ceux qui y participent y contribuent généreusement.

Bientôt arrivera l'administration des tests de l'O.Q.R.E. pour les élèves des 3e et 6e années. Encore une fois, j'ai confiance que Francojeunesse excellera au niveau de ses résultats car tout notre personnel travaille à l'année longue pour bien les préparer.

À l'approche des vacances, je vous rappelle que nos portes sont ouvertes en tout temps pour inscrire quiconque réside dans notre secteur et est désireux de faire des études en français dans un milieu sécuritaire, bienveillant où le potentiel de chacun est mis à profit. Notre solide réputation repose non seulement sur l'inclusivité et l'équité, mais sur des pédagogues engagés, enthousiastes et chevronnés.

Venez nous visiter; vous serez vite convaincus! Au plaisir de vous rencontrer.

Chantal Leclerc est Directrice, É.É.P. Francojeunesse, CEPEO

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HERE COMES SUMMER 2015....High Drama in the parks



The masks, the high jinks, the rhymes, the magic...all were present in last summer's Odyssey production of *The Financier*.

Benchmark year for well-loved local troupe

Odyssey celebrates 30 years of Theatre under the Stars

Nicole Milne

For the past 30 years, Odyssey Theatre has transformed the northern end of Strathcona Park into an outdoor theatre where people of all ages from all across the city enjoy a lively, professional, theatre experience. Known as "Theatre under the Stars," this award-winning program is a long-standing summer tradition for residents of Sandy Hill, and you can count on it happening again this year.

This summer, marking the company's landmark 30th anniversary, Odyssey will present *The Things We Do For Love*, an evening of three Spanish one-act plays celebrating the passion and pursuit of love. Featuring original composition, puppet artistry and masks, they will bring classic tales from Spain's great literary figures (Cervantes, García Lorca and de Molina) to life. At the helm is artistic director (and longtime Sandy Hill resident) Laurie Steven, who directed last summer's critically acclaimed production of *The Financier* (Turcaret).

In addition, Odyssey's popular youth matinees will return this summer with Rag & Bone Puppet Theatre's *Lighter than Air*. Based on George MacDonald's fairytale *The Light Princess*, *Lighter than Air* uses puppetry and storytelling to explore the themes of happiness, love and selflessness. New this year, for a \$2 fee, young audiences are invited to participate in a fun mask-making activity after the show.

The Odyssey experience is as unique as it is magical: patrons gather on the bleachers at twilight with rented cushions (or nearby, on their own lawn chairs), spreading sunblock and spraying repel-

lent as they settle in to watch a live theatre performance with sets, costumes, lights and Odyssey's signature mask work. Throughout the evening performance, day turns into night, and by the time you reach the curtain call the sky is filled with stars.

Odyssey has been presenting this kind of unique, magical theatre for 30 years—a significant milestone for any theatre company. Founded by Laurie Steven, the company is most famous for using masks, clowns, Commedia dell'Arte techniques, puppetry and dance-theatre to tell international stories that address universal themes. They've made a considerable impact on the emerging theatre community over the years, offering mentorships and apprenticeships for young people interested in a career in the arts, as well as taking 20 Canadian plays and original translations/adaptations into full production since its inception.

To complement the artistic program, world-famous Le Cordon Bleu culinary school has partnered with Odyssey again this year for the picnic and show package so you may enjoy a chef prepared meal along the banks of the Rideau prior to taking in the show. The annual silent auction also returns, where patrons can bid on local and regional packages that range from tickets to the Stratford Festival to a wine tour on the Ontario south coast.

Performances of *The Things We Do For Love* are presented Tuesday to Sunday from July 23 to August 23. Tickets range from \$10 to \$27, with pay-what-you-can matinees on Saturdays and Sundays. The Picnic and Show package is \$53; tickets for *Lighter than Air*, Aug 5 and 12 at 10:30 a.m. and 2:00 p.m. are \$8. Visit odysseytheatre.ca to purchase online, or call the box office at 613-232-8407.

Underground theatre surfaces briefly in Sandy Hill

Betsy Mann

"I'm sensing a theme here... we like basements," writes Alexis Scott in her blog on the Vacant House Theatre website. Alexis is co-founder and artistic producer for this small, ensemble-based theatre company. Its last performance, in 2014, took place in the basement laundry room of the Ottawa Backpackers Inn on York Street. For its second production, the company chose another informal venue, a basement apartment in Sandy Hill where *Frankie and Johnny in the Clair de Lune* has just finished a very successful run.

"We were sold out every night," says David Whiteley, who shared the stage with Alexis for this intimate comedy by American playwright Terrence McNally. "Of course, given that this is a basement apartment," he continues, "the crowds aren't large, but the response has been very good." Asked why they chose a location in Sandy Hill, David explains that of course, for starters they had to find a space that was available. A theatre friend was renovating a triplex and generously offered to lend them this unrented apartment on Stewart Street. But more impor-

tantly, Sandy Hill offers other advantages. "We had thought we might extend the run to coincide with the Fringe Festival, and this location would be near enough for Fringe patrons. In addition, the neighbourhood is close to a youthful crowd at the university, but also includes a wide diversity of people of all ages in the community. Our aim is to appeal to a broader range of sensibilities. We want to bring theatre to a wider public, not just people who already go to the NAC, the GCTC or The Gladstone."

After its run at the Backpackers Inn, last year's production of *The Anger in Ernest and Ernestine* went on to performances in Bancroft and Perth... not in basements! "Both Alexis and I are involved in other projects this summer," says David, "so for now we'll be winding up *Frankie and Johnny in the Clair de Lune* before the Fringe Festival and there are no plans to revive it. But the project has attracted good reviews and packed houses so we'll have to see. For now, we're happy that the company is achieving its goal of bringing theatre to a wider audience." Be on the lookout for future projects from this theatre company—not necessarily in a basement, but hopefully in our neighbourhood again.

Seven-week run in Strathcona Park

Company of Fools will brighten up our Monday nights this summer with *Comedy of Errors*

Tara Lanouette

Do good things really come in pairs? Will the real Antipholous please stand up? Double the trouble means double the fun in Shakespeare's farcical play *Comedy of Errors*.

Company of Fools will be back in Sandy Hill this summer for seven weeks with its popular Torchlight Shakespeare.

Directed by Catriona Leger, this season's cast includes Warren Bain, AL Connors, Scott Florence, Gabrielle Lazarovitz, Geoff McBride, and Katie Ryerson. Costume design is by Vanessa Imeson and set design by David Benedict Brown.

Two sets of identical twins separated at birth are brought to the same town by circumstance; mistaken identities abound.



Photo Kathleen Kelly

Antipholus of Syracuse and his servant, Dromio of Syracuse, arrive in Ephesus, which turns out to be the home of their twin brothers, Antipholus of Ephesus and his servant, Dromio of Ephesus. When the Syracusans encounter the friends and families of their twins, the result is a series of wildly comical mishaps that challenge the notion of truly knowing one's friend, spouse, neighbour and self!

Bring a lawn chair or blanket, bug spray and your sense of humour. Pass-the-hat donations are collected at the end of the performances and can be submitted in the form of cash or cheque. A donation of \$15 is suggested.

July 2 (Thursday), then Mondays July 6, 13, 20, 27, August 3, & 10 at 7:00 p.m. in Strathcona Park.

More information can be found at www.fools.ca or by phoning 613-863-7529.

Fire-and-water *Tempest* coming!

Betsy Mann

The Bear and Co. theatre company will be bringing Shakespeare's *The Tempest* to two Sandy Hill parks this July in a production that will include a fire dancer and water pistols. Zoe Georgas, the actor playing the spirit, Ariel, will be doing the expert fire dancing, while the audience will be invited to bring their water pistols for use at the appropriate time. As the play's director, Eleanor Crowder, explains, "The play begins with an enormous storm and at one point, members of the cast get soaked, so water is clearly a part of the action."

Eleanor is enthusiastic about the opportunity to perform in city parks, the fourth season that Bear & Co. will be doing so. "Shakespeare's plays were meant to be seen outdoors," she says. "This is a wonderful, crazy play, written by Shakespeare at the height of his powers. He pulls out all the stops." With its

visual effects and occasional clowning, it will appeal to all ages. Admission is by contribution; the hat gets passed at the end of performances.

This is a professional theatre company with a long list of credits, including a run last winter of *The Glass Menagerie* at The Gladstone. "This summer, we're working with some out-of-town actors," says Eleanor. "We're also doing a twist on the convention of Shakespeare's time when all the parts were played by men, including the female ones. We have five women and two men in our cast, with women playing some of the male roles."

The tentative dates for performances in Sandy Hill are July 3 (the season's opening night) in Strathcona Park and July 4 in Sir Wilfrid Laurier Park on Friel near Laurier. The cast will put the latter park's splash pads to good use! Other city parks are also on the calendar, including nearby Stanley Park on July 5 and July 26. These dates are still unconfirmed so check the website for the latest information on times and locations: www.bearandcompany.ca.



Photo Bear & Co.



Photo Edward Zolpis

New community garden takes root at St. Joe's Supper Table

Pierre Jean-Louis

Sandy Hill Community has a history that is always changing and in that change the sense of community seems to suffer. St. Joseph's Supper Table sees many guests come through the doors including students, homeless, working poor, and people who need a little help to make it through the month; they too are part of the Sandy Hill Community. Last year, Mary Murphy (St. Joe's Kitchen Manager) was searching for an idea that would build community spirit. Then it came to her: why not supplement their efforts to create healthy meals by creating a vegetable and herb garden? The naysayers were open and loud. Mary listened as the strong voices listed off many reason for failure including too much vandalism, students' parties would overwhelm the area, and it was a lot of work for so little in return. Mary also heeded the guests who frequented the supper table, her neighbours, and her heart. Never being shy to speak for the less-heard she promoted and got her idea started. Penniless and only using some offered plants the project began.

Mary was overwhelmed by the positive comments and help from the guests and neighbours as donations poured in. More plants appeared, someone offered horse manure for fertilizer, and guests/neighbours offered the heavy labour. People from all walks of life started commenting and even encouraging strangers made suggestions for improving. Naturally Mary invited all suggestions and encouraged their physical participation. A couple of people mentioned that working

in the soil gave them a sense of accomplishment that they had not experienced in years. Mary made this garden a community affair that touched the hearts of many. Office workers, students, teachers, guests, any who stopped, received the gift of being allowed to help in whatever capacity they wanted – no one, just like at the entrance to the supper table, was turned away.

This year the community stood in line to help. Donations allowed expansion and many felt that being able to participate in their community was a gift from God. St. Joe's Supper Table expanded the area around Laurier and Cumberland (the church office entrance) to create a community garden to feed the homeless. The area is now alive with boxes and seeds waiting for the sun, the rain, and the labourers to help those at the Supper Table to have a healthy and nutritious meal that they too help provide. The sight at Laurier and Cumberland is inspiring and several groups are asking how they can do the same. We, Sandy Hill Community, need to take this idea and soar with it. Soon, our home grown food will be feeding our community – and if you have a garden and have a little extra to share you can always help feed one more stranger because you never know who that stranger may be.

When Mary talks about the garden it is not about a thing accomplished: it is about a growing community: sharing, laughing, and working together for the benefit of all. Whether you need to nourish your stomach, nourish your vision, or nourish your fellowship this is an area of Sandy Hill you need to visit.

Information on the garden can be found on the St. Joe's Supper Table website.

MarketMobile launched in Sandy Hill

Nelly Elayoubi

Healthy, affordable food is making its stop in Sandy Hill starting June 10, as part of the city-wide "MarketMobile" initiative that brings fresh produce directly into neighbourhoods.

"We are really looking forward to our launch in June and we want the community to come and see all the work that has been done to increase access to healthy, affordable food," said Marlyse Anakeu, community developer with the Sandy Hill Community Health Centre.

Operating as a mobile grocery store, its goal is to enhance accessibility in neighbourhoods where access to healthy food is limited. Sandy Hill is one of four new sites this year, bringing the total number of neighbourhoods served by the MarketMobile to eight.

Starting June 10, the MarketMobile will make its stop every two weeks on Wednesday evenings in Sandy Hill, from 6:30 p.m. to 8 p.m. in the parking lot of 731-A Chapel Street. Residents are encouraged to bring their own bags. Purchases can be made with cash only.



Produce will be primarily purchased in bulk from Loblaws Rideau and Cibo Foods, and sold at a not-for-profit price. The main goal of the project is to ensure the affordability of healthy food in the community.

The MarketMobile will replace the Sandy Hill Good Food Market, which operated out of Strathcona Heights for three years. Consultations with community members took place to help shape the new initiative and decide what dates and times worked best to suit the neighbourhood.

"We wanted the continuity with the community, because we have an awesome group of volunteers and clientele who would return one market after another," Anakeu said.

According to a 2012 Community Health Survey, one in 10 households in Ottawa does not have access to healthy, affordable food.

For more information on this project, visit www.marketmobileottawa.ca or call Marlyse Anakeu at Sandy Hill Community Health Centre 613-789-1500.

Man's best friends

Annegret Hunter

Mrs. Aitch meets her neighbour and his little dog in the driveway. The old man is Italian, exuberant, and effusive. His little dog is standing quietly at his side, which astonishes Mrs. Aitch. Usually he dances around her feet, feigning ferocious attacks on her ankles. It makes her nervous and she always has to suppress the urge to give the little monster a kick.

The old neighbour lives all by himself in his big house. His wife died many years ago. She was a big, bustling woman, jolly and rotund, a wonderful pasta cook. He himself is small and lean, and he believes this to be the reason for his longevity.

His great companion and best friend is his little dog, some tiny purebred with long, silky hair, which used to bark at everything. The old man even had promoted him to watchdog. After several break-ins in the neighbourhood Mrs. Aitch had discovered a sign at the old man's backdoor: "BEWARE — FIERCE DOG!" But now the little animal is rather too quiet.

Illustration Claire MacDonald



"I'm concerned about that dog," says Mrs. Aitch to the professor, "he's not himself anymore and he's not getting any younger either. What happens when he dies? The old man will be devastated." The professor frowns: "I marvel at yonder lap dog's life span."

Later on, the old man's daughter arrives. Mrs. Aitch talks to her. "You know," she says, "we are a little worried about your dad's dog. He must be getting on in years. It will be such a blow to your dad when his dog dies." The daughter laughs: "Yes, my dad loves this type of dog. He is also a practical man. This is the fourth dog since my mother died." And she adds: "For once it's a quiet one. You must have noticed."

Sandy Hill Health Watch

Healthy Eating on a Budget

by Madeleine Bluteau, SHCHC



Food prices keep rising, and it can be a challenge to eat healthfully on a budget. Here are some tips to cut costs while helping you to healthy eating.

Shopping

- Know what is in your fridge before you shop, so that you only bring home items you need.
- Eat before you shop, to stay focused on food you need, rather than treats to satisfy your hunger.
- Shop sales: buy pantry items like flour and spices when they are on sale, and choose fruits, veggies, meats and dairy products that are discounted. Pay attention to prices as you shop each week, as sale prices do not always mean a bargain.
- Buy fruits and vegetables in season—for example, oranges in the winter and strawberries in the summer—as they are usually cheaper and more flavourful. Some fruits and vegetables are good value all year, like apples, carrots, onions, cabbage and potatoes.
- Check the unit price of items. This information is available on the grocery shelf price tags, in small print.
- Check the reduced section for produce beyond its prime. Extra ripe bananas are great for smoothies or banana bread, and imperfect tomatoes make excellent pasta sauce.
- Visit independent ethnic grocery stores, which often have competitive prices on fruit, vegetables and pantry staples.

Storing

- Prepare produce when you get home. Chop celery and carrots and store them in water, to munch on through the week. Wash, dry and store lettuce in a clear plastic container between sheets of paper towel.
- Freeze food you will not eat by the best before date. You can freeze meat, dairy, berries for smoothies, and bread. If you freeze vegetables, blanch them (cooking them for 30 seconds in boiling water, and then plunging into ice water) before freezing, to help preserve their texture.
- Freeze leftovers for lunches, or for easy-to-reheat dinners on busy nights.

Substitutions

- Use meat as a seasoning rather than a main ingredient, like ham in pea soup, or bacon to season sautéed greens. Substitute beans or veggies for half the meat in dishes like in chili or pasta sauce.
- Sweet potatoes have ten times the vitamin A of white potatoes and are comparably priced. Try switching from white rice to brown rice to increase your fiber intake.

Seconds

- Whole chickens often cost less than chicken breasts or thighs. Learn how to roast a chicken, and eat for a week: chicken sandwiches, chicken fried rice, and soup stock from the bones.

[Ed. note: Or check the Feb.-Mar. 2015 issue of IMAGE, page 17, archived at our website imagesandyhill.org for directions on poaching a single chicken to make up to 12 servings.]

- Keep vegetable bits from carrots, celery, parsley and onions in the freezer, and use them to make soup stock.
- Use day-old bread for French toast or croutons. Make breadcrumbs from old bread, and store it in the freezer for topping casseroles, or breading chicken, tofu or fish.

For more support around healthy eating or information about local resources, call Sandy Hill Community Health Centre at 613-789-1500.





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



Nacho Cartel
200 Wilbrod St.
Just opened at the eastern edge of the St. Joseph’s parking lot, there’s a new food truck in the neighbourhood with its own little patio. And who can argue with a menu of nachos, tacos and milkshakes? Soft corn tortillas made from a 90-year-old recipe come with fillings of beef, chicken or shrimp for \$3.50 apiece, and you’ll get a warm greeting on the side. Open daily from 11:00 a.m. until 8-10:00 p.m.

Auntie Loo’s
112 Nelson St., Unit 101C
Our local purveyor of extravagant cupcakes and other frosting-laden treats went off on a healthy angle recently with a pop-up vegan diner, serving wraps, perogies and other lunchtime delights for a few hours on Saturday, May 16. They plan to do it again in August. Look for an Italian-themed lunch to be served at Auntie Loo’s on August 22 from 11:00-2:00, and watch Auntie Loo’s on Facebook over the summer for breaking details.

Laurier Social House
244 Laurier Ave. East
There’s a new menu at the restaurant on the corner of Laurier and Nelson, with a straightforward approach to prices: all \$5.95, all the time. Burgers, pizza, fish and chips, salads and all-day breakfast can all be yours for one easy-to-remember price. During the summer, they’ll be open from 4:00 p.m.-2 a.m., and on Sunday they’ll be opening for brunch at 10:00 a.m.

Le Bac+
Corner of Copernicus and University
Le Bac À Frites has been serving fries in the parking lot at 56 University Private on the Ottawa U campus since time immemorial. Now they have a new venture, a kiosk serving pad thai, stir fries, tom yum soup and salad rolls at in the spot formerly occupied by the Relish food truck (Relish is still in business, in Stone Soup’s former spot at Marie Curie and J.J. Lussier). It’s not fine Asian cuisine, but for under \$10.00 you can find a quick and hearty meal as you’re passing through campus. Open Monday-Friday from 11:00 a.m. until 3:00 p.m.

Wild Blueberries!

Dodi Newman

In mid July to early August, wild blueberries from Val-des-Monts, Quebec, arrive either at Ottawa markets or at roadside stands. Accept no substitutes, and certainly not the oversized and bland cultivated kind! Wild blueberries are low in calories, rich in fibre, loaded with disease-fighting antioxidants, and each tiny berry bursts with flavour. Eat them fresh, or freeze them and enjoy them throughout the year. If you freeze them in the wooden baskets they are sometimes sold in, they won’t clump together - just pop the blueberries, basket and all, into a plastic bag, remove as much air as possible, tie the bag shut, and freeze. When it comes time to use them, just scoop out what you need. Serving them is easy —no paring, no pitting, no slicing. Start your day by sprinkling some on your morning cereal; add some to your luncheon salad; after dinner, take a few minutes to cook some blueberries in a bit of water, add sugar to taste, and serve hot with a dollop of the best vanilla ice cream you can find; as the ice cream begins to melt into the blueberries, it makes an ambrosial sauce.



Photo Dodi Newman

With any luck, the Ontario peach and Val-des-Monts blueberry seasons will overlap, and then a fruit salad of melt-in-the-mouth raw peach slices and slightly crunchy wild blueberries is very hard to beat. There are an awful lot of blueberry recipes around, of late even some savoury ones. Blueberries have a special affinity for salads and are wonderful addition to a salad of fresh, flavourful greens, goat cheese and walnuts. Try a “blueberry arugula salad with honey-lemon dressing” (but go easy on the sweeteners). To get the recipe, enter “blueberry arugula salad with honey-lemon dressing” in the search field of the website thecafesucrefarine.com and hit return.

As for me, I’m in a bit of a rut and keep coming back to these standbys: blueberry muffins following a recipe in the 1975 *Joy of Cooking*, using 1 3/4 cup sifted flour, 1/3 cup sugar, 2 rounded teaspoons baking powder, 3/4 tsp salt, sifted together; 2 eggs, beaten, 3/4 cup milk, 1/4 cup butter, melted, combined; and 1 cup blueberries (straight out of the freezer is fine). And if I want a somewhat more unusual and very luxurious dessert, I make Mark Bittman’s recipe for “Blueberry Cobbler.” You’ll find the recipe if you enter “blueberry cobbler” in the search field on his website markbittman.com, hit return, and then click on “Blueberry Cobbler.” It is absolutely gorgeous and, if you have a food processor, it is simplicity itself to make. I can’t wait!



The evolving pizza scene

Paula Kelsall

Back in 2002, a big group of people got together to test pizzas for IMAGE. Sandy Hillers young and middle-aged sampled the products of six Sandy Hill pizzerias that offered delivery, and we had a lot of fun. Three of the six restaurants were promoting “gourmet” pizzas at that time, with special crusts and toppings like pesto sauce, asparagus and goat cheese, and we enjoyed comparing the old standbys to the trendy upstarts. Last month I thought about revisiting this experience. I assembled takeout menus for all the local places I could find that deliver, (down to five from the previous six) and put the word out. There was a startling lack of interest, considering that free food was on offer. Maybe it was short notice, but I got the feeling that pizza might have lost its former place in our hearts. Then I discovered that two of the five local vendors were closed on Sunday, the night we had planned for the gathering. So the 2015 pizza taste test never did take place, but the menus I picked up seem to be telling a bit of a story about current pizza trends. Here’s what I noticed about how the pizza environment has changed: **Turnover.** Only two of the six places we tried over a decade ago are still around: Cumberland Pizza on Nelson Street and our local heavyweight, Pizza Pizza. Two of the five places that are with us today, Jay’s on Rideau Street and Pizza Lovers on Laurier, have just opened. A former pillar of the neighbourhood casual dining scene, Angelo’s, is long gone to the Market area, and its former premises have been sitting sad and empty for years. Is it harder than it used to be to make a living with a little pizza place? Do the big chains dominate the market with their

unbeatable prices, and are the miles of boxed frozen pizza in the supermarkets taking a big slice out of what remains? **Menu Diversification.** Nobody serves only pizza anymore. Every one of our local pizzerias now offers poutine, subs, chicken wings, and pasta dishes. Some have extensive offerings of Greek or Lebanese food. Pizza is only taking up a sixth to a quarter of the space on their takeout menus. I can only conclude that consumers are looking for more variety in their easy-to-access carbs. Perhaps today’s university students had their fill of pizza during their childhood years. **Simplified combinations.** There was a time when the glory of a pizza menu was its vast list of toppings and combinations with clever names. Now there’s a lot less creative effort going into this aspect of the business. Pretty much everyone has a “Combination” which has pepperoni, mushrooms and green peppers. “Vegetarian” is always the same too, with green peppers, mushrooms, olives, tomatoes and onions. There seems to be a slight upswing in pizzas that reference other cuisines; “Mexican” (ground beef, olives, hot peppers) and “Greek” (tomatoes, olives and feta cheese) appear frequently. But only Pizza Pizza is still indulging in extravagant names like “Chicken Rustica” and “Trio Pomodoro.”

Of course, upscale pizza with unusual ingredients, lovingly named and baked in wood burning ovens, is easy to obtain in Ottawa—it’s just not being made in Sandy Hill. There are a number of delivery services that will bring it to your door, too. But if, some evening, you have the urge to sink your teeth into a thick slice of yeasty crust oozing with mozzarella, baked only blocks from your house, here are the little places that will fulfill that wish, listed from north to south, along with some of their notable offerings:

Cumberland Pizza, 152 Nelson St. This neighbourhood veteran is now sharing its premises with a Greek grill, and offers souvlaki and spanakopita as well as a thin crust pesto pizza and a Lebanese pizza with ground beef, tomatoes and special spices. A medium combination is \$15.50.

Jay’s Pizza-Poutine, 506 Rideau St. Occupying the former premises of Famous Frenchy’s, Jay’s is echoing its predecessor’s menu with a large assortment of poutine toppings, as well as pizza toppings that include BBQ chicken and donair meat. A medium combination pizza is \$13.99.

Pizza Lovers, 223 Laurier Ave. East This newcomer has the biggest variety of toppings on its menu, including broccoli, roasted peppers, spinach, sun-dried tomatoes and steak. A medium combination is \$15.25.

Shabel Pizza & Bakery (formerly Maya’s Pizza & Shawarma), **107 Mann Ave.** A new menu is to appear soon but in the meantime the Maya’s special sounds interesting, with spicy chicken, hot peppers, mushrooms, onion, tomato and black olives. This place also offers halal pepperoni, along with a full spectrum of Lebanese food. A medium pizza with 3 toppings is \$13.99.

Organic and gluten-free pizzas

Want to support a local organic food producer or provide for a gluten free diet? Bryson Farms has some offerings for you. Their gluten-free cauliflower pizza has a pureed cauliflower base with toppings of onion, peppers, herbs and cheese. It is not exactly pizza as we know it, and you will almost certainly want to eat it with knife and fork rather than fingers, but the one we tried came out of the freezer with its topping of peppers and onion still bright and crisp. Bryson Farms also makes a savoury Heirloom Tomato Tart with a traditional wheat flour crust, and their own roasted tomatoes and organic basil. The crust is tender and flakey, much like that of a quiche, and the tart is topped with cheese. Both the tart and the pizza kept well in the freezer and were easy to heat (though this took a bit longer than the times on the labels), making for a tasty and healthy way to satisfy the pizza urge. Look for these and other Bryson Farm products at the Sandy Hill People Food Co-op, 304 Wilbrod St.

BULLETIN BOARD



Need help with your laptop or PC or network?
I am a local university student with a passion for computers and a two year education in network engineering and computer sciences. Reasonable hourly rate - Please call 613-299-6188 or email Denisaunders@gmail.com.

Sex & Love Addicts Anonymous (St. Augustine Fellowship) is for men & women who wish to stop living out a pattern of sex and love addiction. The group meets at 7:00 p.m. every Friday at the Sandy Hill Community Centre. Further details are listed at www.SLAA-ontario.org/wheredoi.htm

Strathcona Heights Neighbourhood Circle
Come and discuss neighbourhood issues, every second Thursday, 6:30 p.m. - 8:00 p.m. 430 Wiggins, Common Room; coffee and snacks are provided. RSVP/questions: Marlyse, tel.: 613-818-5824, manakeu@sandyhillchc.on.ca. We will develop sustainable action plans to better our community. Be part of the Tenant Circle, volunteer at community events, help with community survey, bake, etc. Make a real difference!

Cercle de Quartier de Strathcona Heights
Voici un comité qui représente notre quartier, qui rejoint TOUTE la communauté, 2e jeudi du mois de 18 h 30 à 20 h, 430 Wiggins, Salle commune, snacks servis. RSVP/questions: Marlyse au 613-818-5824, manakeu@sandyhillchc.on.ca. Faire partie du Cercle, aider lors du sondage communautaire, aider lors des événements, donner des idées, distribuer des affiches, participer aux réunions, etc. Nous allons développer ensemble des projets durables qui font bénéficier notre communauté. Viens faire la différence !

Living Aligned
June 9, 6:30-8 p.m. at All Saints Church, 317 Chapel St. 1.5-hour intro session; creative activities to explore how you can live better aligned

with who you are and what you want out of life. Facilitated by Linda Vanderlee, who has decades of experience working as a life coach and trainer. Contact Linda: 819-459-3580, linda@lindavanderlee.com.

Blink Gallery 10th anniversary season in Major's Hill Park, by the Alexandra Bridge. June 11-21 visit a salon-style exhibition featuring 40+ artists, performances, music, and a print sale. During summer and into fall, Blink will host two-week artist residencies, where the public can watch the artists at work, with a presentation on the last day of each residency. Sandy Hill artists Karina Kraenzle and Barbara Cuerden will be the Blink resident artists from September 14-27.

Summer Program at the Davis Art School
• Nature/ installation artist Mary Abma talks about her practice on Friday, June 12, followed by a workshop June 13-14, for artists and nature enthusiasts, on creating a site-specific art installation with an ecological theme.
• Summer Art Camp for children,
• One-day Workshops for adults on the week-ends: Portraying Light and Shade, Painting Water, Drawing Architecture, The Human Figure, and Acrylic Landscape Painting.
Rectory Art House, 179 Murray Street. Contact Marcia Lea, director@davisartschool.com

The Sandy Hill Community Health Centre is seeking new board members; see notice page 12. Come help its staff and volunteers celebrate 40 years of health excellence on June 25; see notice, page 10.

Canada Day BBQ Fundraiser for the Cameron Highlanders. 11 a.m. - 5 p.m. at the Cartier Square Drill Hall. Free performances by the Pipes and Drums, family-friendly with indoor seating, good prices on refreshments.

Vacation Bible School coming to the Evangelical Lutheran Church of St. Paul on Wilbrod St. at King Edward, July 11, August 15 and September 12. More information at www.stpaulottawa.org.

Parenting Strategies: The Parenting Manual That Didn't Come with your Baby, presented by Child, Adolescent, and Family Centre of Ottawa. Strategies for parenting children aged 18 months to 10 years, including limit setting, dealing with sleep issues, parenting in public. Presenter: Dr. Caroline Sullivan, C.Psych. \$10/person, Sunday July 12, 3:00-5:00 p.m. at 320 Osgoode St. Child care provided. Registration or information, email admin@cafco-ceafo.ca phone: 613-567-0777 fax: 613-567-0779 www.cafco-ceafo.ca

One person's meat ...

Eleanor Woolard

Dr. Andy Roarke's YouTube channel, Cone of Shame, is worth a visit. One video lists the top three pet poisons American vets treat. You will be surprised.

Most people know that antifreeze, chicken and fish bones, and lilies are deadly for cats and dogs. But chocolate, xylitol and grapes?

Chocolate is deadly because of caffeine and theobromine: we love it, but sharing it with the dog is not sharing the love. We should never share caffeinated food with pets; we love coffee, coffee beans, tea and chocolate, but a small amount can kill, and there is no antidote.

Xylitol is found in almost every food that boasts reduced calories or natural sweeteners. If you share it with your dog, the result will be a rapid drop in blood sugar, long term liver damage or liver failure. Symptoms can appear so fast there is nothing you can do to save your pet. Again, there is no antidote.

Veterinary science cannot understand why grapes are so deadly for pets. Despite extensive research, no toxin has been isolated that explains why, within 48 hours of ingestion of any type of grape or raisin, renal failure sets in. Something native to all grapes destroys the kidney tubes. Once they are gone, there is no possibility of survival. Since we do not know what causes grape poisoning, we cannot treat it.

There are other dangers in human foods. Recently, we rescued a cat which had been given garlic to prevent fleas; garlic, like onions, is a serious poison for cats and dogs. It took 18 months for the vets to repair his digestive and circulatory systems: he was one of the lucky ones.



Never feed a dog or cat garlic or onions, in any form, for any reason. The science is clear: these foods are deadly.

Apple is found in some dog treats. A small amount of apple flesh is okay for most dogs, but beware the leaves and seeds! These are anywhere from mildly to very toxic, depending on the type of apple. Even the flesh can be dangerous, so never feed your dog a piece of your apple.

Like chicken and fish bones, rib bones can kill. Because of the way they splinter, they can stick in your pet's throat, stomach or intestine and cause damage or death.

Do animals a favour: don't discard your chicken and rib bones on the street. Yes, they would, in time, decompose. But they are more likely to be picked up by a passing dog or cat, with potentially fatal results.

Like us, dogs and cats love salt. But it is a deadly poison in their systems. Depending on the amount ingested, it can result in anything from vomiting and diarrhea to death.

If you think your pet has ingested a poison, call the vet at once; do not wait. Quick action can be the difference between life and death for your animal, and a lifetime of regret for you.



Rideau Branch Library

377 Rideau St., 613-241-6954

www.BiblioOttawaLibrary.ca

JUNE, JULY, AUGUST 2015

For children/Pour enfants

Family Storytime / Contes en famille
Tuesdays at 10:30 am from June 23 to August 25. Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in.
Le mardi à 10 h 30 du 23 juin au 25 août. Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Inscription non requise.

Weekly TD Summer Reading Club program for ages 7-9/Programme hebdomadaire du Club de lecture d'été TD pour les 7 à 9 ans
Every Thursday at 2 pm from July 2 to August 20. Drop-in program. Closing Ceremonies at 2 pm on Thursday, August 27.
Le jeudi à 14 h du 2 juillet au 20 août. Inscription non requise. Cérémonie de clôture à 14 h le jeudi 27 août.

Drawn Animation on Film
Wednesday, July 14, 2-3 pm. For ages 7-12, en anglais seulement.

Clowning workshop with A Company of Fools
Tuesday, July 28, 10:30-11:30 am. For ages 7-12, en anglais seulement.

Labyrinth Race/La course au labyrinthe

Monday, August 10, 2-3 pm. For ages 7-12. Presented by Ottawa Art Gallery
Le lundi 12 août, 14 à 15 h. Pour les 7 à 12 ans. Présenté par la Galerie d'art d'Ottawa.

Visit the library to join the TD Summer Reading Club! For ages 0 to 12.
Visitez la succursale pour vous inscrire au Club de lecture d'été TD! Pour les 0 à 12 ans.

For adults/Pour adultes

Pen and paper writing group
Tuesdays at 6:30 p.m.
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.

How to buy a PC
Monday, June 8, 6:30-8:30 pm. Registration required.

Making a Hard Copy Book from Digital Photos
Wednesday, June 17, 6:30-8:30 pm. Registration required.

Art in Strathcona Park is coming back
It's our 15th show! Saturday August 8 (rain or shine); free admission, over 100 artists & artisans; BBQ, silent auction. Local performers welcome to pass the hat. Fundraiser for Schizophrenia Association.

Ste-Anne Church 3rd Annual Heritage Restoration Golf Tournament, August 20, Manderley Golf Club. Tee-off time 1 p.m. Shotgun Start. Cost \$105 includes golf, cart, dinner, wine & prizes. Tax receipt \$30 (approx), registration deadline July 26. Contact—Mike Whalen (613) 737-7140, e-mail silverstick57@hotmail.com

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Photo Kathleen Kelly

Six years later, Viscount's Early French Immersion program is all grown up

Michelle MacAfee

For Grade 5 students Rayan Ahmed and Katheryn Bohl-Martinez, six years of Early French Immersion (EFI) at Viscount Alexander Public School have opened doors to a world of possibilities.

For 11-year-old Katheryn, those possibilities are simple and unexpected, like recently helping a child who only spoke French at a playground. She also hopes that one day, speaking French may lead to a career as a journalist, exploring far-flung regions as a foreign correspondent.

For 10-year-old Rayan, it's speaking French at a restaurant in Gatineau. And it may one day lead to a career in medicine or law.

"It's hard, but it's great to learn something new," says Katheryn. "And my Dad says it will pay off when I'm older."

As another school year winds down,

Rayan and Katheryn are only a few months away from entering their last year at Viscount after pioneering the school's first EFI class. Starting in September, Viscount will have a fully integrated program from Senior Kindergarten to Grade 6.

In the last six years, the school's population has nearly tripled from 67 students to 182. Those numbers are a source of community pride for Michael Barnes, who helped lobby the Ottawa Carleton District School Board to bring an EFI program to the shrinking school.

"I would describe it as a protracted struggle at the time," says Mr. Barnes, a long-time member of Viscount's Parent Council. He added the board's main hesitation was concern about enrolment and sustained community interest.

Enter teacher Anyès Babillon, known to her students as Madame Anyès, who transferred to Viscount from Rockcliffe Park Public School to launch the first EFI Senior Kindergarten class. She lives in

Sandy Hill and sees every day how the French program has a vast reach, making a difference in the lives of students, and the community.

"Having a larger French-speaking population has made it easier to promote French culture throughout the school, whether in the core French or immersion programs," says Mme Babillon. It is the small class sizes, however, that allow teachers to cater to individual needs of students learning a new language. "If a child is already performing at a high level, we really push them to achieve more in all aspects of written, reading and oral French, but if someone needs some extra help, we are able to give it."

Rayan's mother, Atiya Said, immigrated to Canada from Ethiopia in 1992. She was determined to have her son learn French after her own struggles to find employment here because she didn't have both French and English skills.

There was a time during Rayan's first

few years of immersion that Said thought she might have made a mistake. "I felt bad because I couldn't help him, but the teachers said he should keep trying a little longer and now he is fine."

Barnes says the community effort to bring EFI to Viscount was rooted in the belief that such a program was vital to Sandy Hill remaining a vibrant community attractive to young families.

"It's quite satisfying to see where we are at now," says Barnes. "I sometimes wonder why we were shipping our kids out of the neighbourhood (for EFI) for 20-30 years and now we have something that will benefit the community now and going forward."

Michelle MacAfee is a member of the Viscount Alexander Public School Parent Council. Her son is finishing Grade 1 EFI and her twin son and daughter will start SK EFI in September.

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