

OCTOBER - NOVEMBER 2015

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Community appeal launched

City negates the planning process for Uptown Rideau

François Bregha

In August, City Council conditionally approved Richcraft's proposed redevelopment of 560 Rideau Street. The project includes the current empty lot on Rideau between Charlotte and Cobourg, the corner lots formerly occupied by the restaurants Angelo's Pizza and Passage to India and an adjoining lot on Besserer Street. While several years ago, the Ontario Municipal Board (OMB) conditionally agreed to rezoning the empty lot to allow up to nine storeys or 27 metres, the project now involves a seven-storey building on about half of the Rideau frontage and the transfer of the unused density to the rest of the property in the form of a 12 to 14-storey tower. The buildings on Besserer Street will be low-rise.

Over 600 residents signed a petition against this development. Richcraft filed the application even though a new community design plan (CDP) is still being developed for Uptown Rideau Street. The current CDP for Uptown Rideau states in part that Uptown Rideau "will be a green, pedestrian streetscape of the highest quality in a compact urban setting, framed with three to six storey buildings on both sides of the street". City Council is not expected to approve the new version until December.

What message is the City sending to citizens who have spent hours of volunteer time to draft the Rideau Street design plan? What message to the residents who signed the petition opposing this development?

Several important issues remain unresolved such as the general configuration of the building, setback provisions and the design of the proposed publicly-accessible space at the corner of Cobourg (as a *quid pro quo* for the density transfer). These are not just design details but issues that will affect the neighbourhood's quality of life. So the approval raises a second issue: On what grounds is it appropriate to approve an application when such substantive matters remain unresolved?

Given the concerns of the immediate neighbours about what the excavation for two to three storeys of underground parking may do to the fieldstone foundations of their heritage homes, the City has agreed to examine whether developers should carry liability insurance for damage to neighbouring properties during construction. Currently, developers carry such insurance for damage to *public*, not private, property.

Action Sandy Hill is appealing Council's decision on the following grounds:

- In relying in part on the still-incomplete new Uptown Rideau Community Design Plan (URCDP) to judge this application, Council has violated the required due process contained in the Planning Act of Ontario.
- Neither the Sandy Hill Secondary Plan nor the current URCDP permit high-rise (10-storeys and up) development on Rideau Street east of King Edward.
- The Official Plan includes several policies to judge whether or not high-rise development may be considered in a given location, and this site does not comply with these policies.
- The development does not provide the setbacks and transitions to lower-profile surrounding buildings that the Official Plan requires.
- This development site abuts the Sandy Hill Cultural Heritage Character Area and some buildings that have been evaluated as having heritage value, is adjacent to the Daly Avenue Heritage Conservation District, and across the street from a building that is being considered for individual heritage designation; this development will compromise the heritage character of the area.
- The Provincial Policy Statement requires the City to avoid development that may cause environmental or public health and safety concerns; given the soil conditions in the area, the City has not done enough to protect residents from foundation damage to nearby properties caused by excavation.

The whole process around this development has left a bad taste in the mouths of residents:

- Council made a decision before the planning process had run its course.
- The decision document City staff submitted to Council in favour of the development was deeply flawed, containing no analysis, presenting opinions without explanation and omitting contrary evidence. The result failed to tell the reader of the trade-offs involved, the implications of different courses of action and therefore did not provide the basis for making an informed decision.
- Major elements of the approved project remain unsettled and it is unclear what the final building will actually look like.



Architect's drawing of the building proposed for 560 Rideau Street.



Photo Kathleen Kelly

Signs of the time(s): Federal election on the way for Monday October 19

The unusually long campaign is finally in its last days. It's time to make up your mind on the candidate to vote for. Besides candidates from the four main parties advertised on the numerous signs around Sandy Hill, Ottawa-Vanier voters have candidates from two minor parties to choose from.

The Elections Canada web site has a wealth of information in both English and French answering important questions such as: Am I registered?; Where

and when to vote; What identification is needed? Just fill in your postal code to get started.

The complete list of candidates in Ottawa-Vanier is:

Mauril Bélanger	Liberal Party
Coreen Corcoran	Libertarian Party
Nira Dookeran	Green Party
Christian Legeais	Marxist-Leninist Party
David Piccini	Conservative Party
Emilie Taman	New Democratic Party



Photo Betsy Mann

Un ouvrier attend patiemment dans la cabine de sa pelle mécanique pendant que les politiciens, les membres de la communauté artistique et les représentants des partenaires commerciaux et universitaires se font poser sur le site futur du projet immobilier à usages multiples de la Cour des Arts d'Ottawa. Le lancement officiel a eu lieu le 2 octobre et déjà l'excavation derrière eux en vue d'un stationnement souterrain est profonde suite à plus de 130 coups de dynamitage.



Ceci est une conception artistique de l'édifice multi-usage prévu pour le coin de Daly et Waller. On prévoit l'ouverture en 2017 de la Galerie d'art d'Ottawa dans ses nouveaux locaux agrandis. L'espace réaménagé comprendra une salle multifonctionnelle de 250 places qui servira aussi de salle de projection, un nouveau théâtre de 120 places et quatre salles de cours pour l'Université d'Ottawa. Suivra en 2018 l'ouverture d'une tour qui abritera sur 14 étages un hôtel et, sur les étages supérieures, un projet de co-propriété.

—Betsy Mann

IMAGE

Founded in 1972 under the
direction of Diane Wood

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direction de Diane Wood

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

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

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

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

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From Ken Clavette's Album of Bygone Sandy Hill



Here is the Albion Hotel at 1 Daly St circa 1875 in the northwest corner of the hood, another place that has changed (and is changing) greatly. Without a fight we would have lost the Albion heritage building as well. Photo LAC PA-009314



Pedestrian bridge backstory

I have been doing a bit of research on the history of the Rideau River pedestrian bridge as I was curious about the rumours of a bridge existing there formerly. I found some information in the *Ottawa Journal* that adds more to the excellent article that Jan Meldrum contributed to the last issue of IMAGE.

The first pedestrian bridge over the Rideau from Sandy Hill to Overbrook was built in July 1911 by F. X. Laderoute, a developer with offices at Bank and Queen. He was selling lots in Overbrook Annex, which was located near the present day Rideau Tennis Club. The lots were selling for \$150.00 each with 25 feet frontage and 90 feet depth. A lot could be purchased for \$10.00 down and \$1.00 a week!

The following article appeared in the *Ottawa Journal* on Thursday July 20, 1911: *On Tuesday evening Ottawa real estate this side of the Rideau was connected with its neighbouring territory over the river by a bridge erected for the convenience of owners of property in Overbrook Annex. The new bridge was constructed dur-*

ing the evenings and with its completion opportunity is afforded residents of this section of a short run home. This bridge goes from Strathcona Park to the Overbrook Annex and reflects credit upon the industry of the builders.

A diagram in the *Journal* on July 27, 1912 shows the bridge built by Mr. Laderoute to be located north of the present day bridge being built at the end of Somerset St. It also shows two possible new bridge locations at Somerset St. and at Gladstone Ave., which seems to be the present Mann Ave. According to the newspaper, petitions for a bridge across the Rideau at Somerset St. had been signed by residents on both sides of the river—only 103 years ago!). There is also an article stating that the Canadian Northern Railway, which owned land in the area, and the Ottawa Improvement Commission would co-operate in building a footbridge across the Rideau River at Gladstone Avenue. This never materialized but a seasonal bridge which was stored by the Rideau Tennis Club was erected by the citizens for many years.

In April 1920, the *Ottawa Journal* ran a note announcing the Annual Bridge Bee: *Overbrook rate-payers on Saturday afternoon took part in a bridge making "bee". The citizens erected the Overbrook footbridge across Rideau River. This event is an annual one.*

Denice Willis
Range Rd.

IMAGE abroad...at the statue of Vlad Tepes/Dracula (the Impaler) in Sighisoara, the Transylvanian part of Romania, July 3, 2015



Photo Jan Meldrum

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*Sandy Hill's
place
in the Market*

*Côte-de-Sable
se retrouve
au Marché*

Éditorial

Kafka se sentirait chez lui à la Côte-de-Sable

Est-il vraiment si difficile de résoudre des problèmes de bruit et de déchets en milieu urbain? Nous vivons dans une société de droit, bien instruite, riche, vantée pour sa politesse et pourtant nos institutions semblent désemparées face à ces problèmes.

Cela fait depuis au moins quinze ans qu'on planche sur le problème de logement pour étudiants dans la Côte-de-Sable. On en connaît bien les manifestations : conversions sauvages de maisons de famille en maisons de chambres; propriétés mal entretenues; déchets qui traînent; le bruit au milieu de la nuit. Il y a eu un certain progrès récemment mais il est évident que ce problème est loin d'être réglé. Et pourquoi? Est-ce vraiment à cause de l'insouciance et la grossièreté de certains étudiants qui se sentent libres de faire à leur tête? Si ce comportement, nettement minoritaire mais quand même présent, représente le déclic qui nous fait bondir, le vrai problème n'est pas là. On le trouve plutôt dans l'incapacité de nos institutions d'agir de façon efficace.

Considérez ces exemples : Certains étudiants sont bruyants et dérangent leurs voisins. Il n'est pas toujours facile pour la Ville d'intervenir : ses effectifs sont limités, le bruit peut être passager, etc. Bref, pourquoi ne pas mettre à contribution les propriétaires qui louent aux étudiants en les informant qu'un de leurs locataires a commis une nuisance? Selon les circonstances, le propriétaire pourrait avertir son locataire ou même l'expulser, un incitatif évident au bon comportement. La Ville garde un registre des contraventions qu'elle émet mais, voilà, ses règles l'empêchent de partager cette information avec les propriétaires; donc un outil qui pourrait s'avérer efficace pour maintenir la paix publique reste inutilisé.

Ou prenons le cas de maisons de chambres. Tout propriétaire louant plus de trois chambres doit s'inscrire auprès de la Ville et est sujet à des contrôles sur la sécurité de son établissement. Les propriétaires d'immeubles convertis dans la Côte-de-Sable se défendent bien d'exploiter des maisons de chambre. Ils déclarent à la Ville trois appartements même si chaque appartement peut avoir six à sept chambres à coucher. En même temps, sur le babillard de l'université, ils annoncent non pas des appartements à louer mais des chambres

individuelles, donc dans les faits, il s'agit d'une maison de chambres. Il est évident que ces logements ne respectent pas les règlements de la Ville, mais l'université ne contrôle pas les affichages sur son babillard et la Ville vraisemblablement ne le consulte pas.

La Ville prévoit des normes pour la gestion des déchets domestiques : cinq appartements et c'est la collecte régulière; quatre ou plus et le propriétaire doit engager sa propre compagnie pour ramasser les déchets. Mais qu'arrive-t-il quand 18 ou 20 personnes se partagent trois appartements dans une même maison, chacun faisant sa propre cuisine et vivant de façon autonome? Eh bien, ça crée plus de déchets que trois familles. Ce résultat n'est pas difficile à deviner, mais quand vient le moment d'approuver les conversions, les protocoles de contrôle de la Ville sont axés uniquement sur le nombre d'unités de logement, pas le nombre d'individus logés. Donc, souvent les déchets traînent devant ces maisons parce que les propriétaires n'ont prévu ni les poubelles ni l'espace de rangement nécessaires et la Ville ne les a pas obligés de le faire.

C'est kafkaesque : des institutions telles la Ville et l'université, comptant des milliers d'employés et exploitant des budgets dans les milliards, se sont rendues impuissantes face à ces problèmes par leurs procédures mal adaptées, leur manque d'imagination et leur absence de concertation. On a beau se plaindre, les dossiers n'avancent qu'à pas de tortue. Pourtant, ce ne sont pas les exemples de solution qui manquent. D'autres villes en Ontario nous montrent ce qu'on peut faire pour mieux contrôler les maisons de chambre et les comportements abusifs quand la volonté politique y est.

Les problèmes de bruit et de déchets ne sont pas difficiles à résoudre. Le savoir-faire existe pour assurer une cohabitation paisible entre les résidents de longue durée et les étudiants. Mais il faut que la Ville et l'université y mettent plus de sérieux. Et à la vitesse à laquelle ils avancent, il y aura plusieurs autres maisons de chambre qui se construiront dans la Côte-de-Sable avant que nous retrouvions la paix.

François Bregha
av. Russell

At last! Bike path re-engineered and detour signs removed



Photo Bob Meldrum

As part of the widening of the Queensway bridge across the Rideau near the Nicholas interchange, the bike path underneath has been frequently closed through the summer and bikers forced to take a long detour through the Algonquin lot and over the Lees extension. By September 26, construction had progressed so that the pathway could re-open for good and landscaping was underway. The whole project is looking very good, including the new sound barrier protecting Robinson Village. — Bob Meldrum

Célébration de la Journée Terry Fox au parc Strathcona



Photo Nimo Ibrahim Ahmed

Les élèves de l'École Francojeunesse en marchant pour Terry, le 2 octobre.



Watson's offer a faint echo of Dewar's Project 4000

After reading an *Ottawa Citizen* article about Mayor Watson's letter to Immigration Minister Alexander saying "Ottawa has a very strong track record in helping the most vulnerable," I sent a letter to the *Citizen* agreeing that Watson's letter was but a "faint echo" of what his predecessor, Marion Dewar, had done in 1979 at the height of the "Boat People" crisis. In 1979 I too had been caught up watching refugees fleeing in rickety boats and had jumped at the chance the OC presented of being organized by neighbourhood groups. I, and a bunch of strangers then living in Sandy Hill and Lowertown, had met at a "Project 4000" information meeting and later formed a refugee sponsorship group called Rideau Refuge.

I would be delighted to reunite with any of my old "Rideau Refuge" friends or

with any new Sandy Hill residents who may wish to meet and discuss possible refugee sponsorship; my email address is alan.humphreys@rogers.com.

I recently attended a meeting on Syrian refugees, and the crowd listened raptly to experts explaining some of the challenges of sponsoring refugees. The questions indicated many wanted to help but were frustrated by lack of information. Can we do it again?"

Alan Humphreys
Ottawa

On Oct. 1, Mayor Watson launched *Refugee613.ca*, a website intended to be the first point of reference for anyone interested in sponsoring refugees, volunteering their time or learning where to donate. — Ed.

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La lutte pour sauver le Centre éducatif Beausoleil et les services de garde municipaux

Renée Soublière

Si vous avez passé l'été à Ottawa, vous avez sûrement entendu parler de la lutte menée par un groupe de parents du quartier pour sauver le Centre éducatif Beausoleil. Cette garderie francophone, exploitée par la Ville d'Ottawa, a pignon sur rue depuis près de 45 ans. Elle est située sur la rue York, au rez-de-chaussée d'un édifice à logement de la Société de logement communautaire d'Ottawa. Elle offre 49 places, réparties entre poupons, bambins et enfants d'âge préscolaire. Parmi ces 49 places, 45 sont destinées aux familles à faible revenu. Ces 49 espaces représentent 10 % de toutes les places en garderie offertes par la Ville et près de 45% des places francophones.

Toute cette histoire a débuté le 9 juillet 2015. Les familles des enfants qui fréquentaient le Centre ont reçu un courriel d'une fonctionnaire de la Ville les avisant que le Centre devait suspendre ses services à partir du 31 août 2015 en raison de travaux de rénovation de l'immeuble dans lequel le Centre est logé. Tous les enfants et le personnel devraient être relocalisés ailleurs. Cette lettre contredisait complètement l'information fournie par la Ville moins d'un mois avant selon laquelle le Centre demeurerait ouvert pendant les rénova-

tions. Cette fermeture soudaine a choqué non seulement les parents en question, qui ont dû trouver un service de garde alternatif pour leur enfant en moins de quelques semaines, mais également plusieurs citoyens au sein de la communauté en général. Comment la Ville pouvait-elle prendre une décision si lourde de conséquences sans avoir consulté les personnes affectées ou la communauté?

La fermeture permanente de Beausoleil entraîne une perte nette de 49 places en garderie en milieu francophone dans la ville d'Ottawa. La fermeture de Beausoleil entraîne également la dissolution d'une équipe d'éducatrices professionnelles offrant depuis des années des services de garde entièrement en français. La disparition de ces places représente donc une perte institutionnelle majeure pour la communauté franco-ontarienne d'Ottawa et pour les quartiers de la Basse-Ville et de la Côte-de-Sable. Elle pénalise également les parents dont les enfants sont sur la liste centralisée en attente d'une place de garderie en français à Beausoleil (288 au total!).

Un groupe de parents, dont je fais partie, s'est donc mobilisé dès l'annonce de la fermeture. Notre regroupement, connu sous le nom de SOS Beausoleil, a de bonne foi tendu la main au conseiller du quartier, Mathieu Fleury, aux fonctionnaires de la Ville, au Comité des services communautaires et de protection de la Ville d'Ottawa et au Maire d'Ottawa. Tant les élus que le personnel municipal ont catégoriquement



refusé d'engager avec nous une discussion constructive. Comme nous l'avons souligné tout récemment dans une lettre au Maire d'Ottawa (publiée sur notre site Facebook), nos demandes d'informations de base ont été contrecarrées, nos efforts pour soulever ces enjeux publiquement devant les comités pertinents de la Ville d'Ottawa ont été bloqués et notre lutte pour maintenir un dialogue avec les décideurs a été accueillie par de la rhétorique vide et contrefactuelle. La campagne de SOS Beausoleil a culminé avec un grand rassemblement organisé le jour de la fermeture de la garderie. Plusieurs citoyens de la Basse-Ville et de la Côte-de-Sable ainsi que les organismes qui nous appuient se sont réunis devant le Centre éducatif Beausoleil pour dénoncer la décision de la Ville. Nos activités entourant la fermeture du

Les gens se rassemblent et signent la pétition en appui aux parents du Centre éducatif Beausoleil.

Centre Beausoleil ont révélé la possibilité que la Ville d'Ottawa se désengage et mette fin aux services de garde municipaux. La fermeture du Centre éducatif serait la première étape et onze autres garderies exploitées par la ville d'Ottawa pourraient subir le même sort dans un proche avenir. SOS Beausoleil entend faire valoir son point de vue sur l'importance des services de garde municipaux et nous invitons tous les citoyens soucieux de préserver cet important service d'en faire autant en communiquant avec leur conseiller municipal ou en participant aux audiences du comité cet automne.

L'implication de la communauté date d'ailleurs des débuts du Centre Beausoleil. La garderie est née des pressions des mères de la Basse-Ville, qui avaient constaté qu'aucun service de prématernelle n'était disponible pour les familles francophones et défavorisées du quartier après sa « rénovation » entre 1966 et 1969. Des services furent dispensés dans les locaux du Patro à partir de 1969 et suite aux pressions des parents, la Ville les prit en main en 1971. Dès le départ, donc, il s'agissait du fruit d'une lutte citoyenne et d'une institution de service clé pour la survie de la francophonie au centre-ville.

En plus, le choix du nom « Beausoleil » nous renvoie aux revendications des Franco-ontariens du début du 20^{ème} siècle. C'est le nom d'Alexandre Beausoleil, jadis curé de la paroisse St-Anne, en l'honneur de qui la promenade Beausoleil fut nommée vers 1970. Or, il s'adonne que celui-ci fut parmi ceux qui luttèrent pour l'éducation en français et contre le célèbre Règlement 17.

Les services de garde municipaux jouent un rôle important au sein de notre communauté en donnant à nos enfants un milieu stable et stimulant. Leur disparition serait dramatique, tout particulièrement pour les quartiers comme le nôtre où trouver une place en garderie, spécialement une place en garderie francophone, représente un défi important.

Pour obtenir les plus récentes informations dans ce dossier et nous faire part de votre appui, nous vous encourageons à consulter à l'adresse suivante :

<http://facebook.com/sosbeausoleil>

Les demandes du Comité SOS Beausoleil



Dans la mesure où la province a indiqué qu'elle serait prête à accélérer le processus d'accréditation d'un autre espace qui pourrait abriter la garderie pendant la durée des travaux, SOS Beausoleil demande à la Ville de s'engager en ce sens. Pourquoi d'ailleurs ne l'avait-elle pas fait antérieurement? À notre avis, il n'est toujours pas trop tard.

Comme alternative, SOS Beausoleil demande au minimum que la Ville s'engage à rouvrir le Centre éducatif Beausoleil comme garderie municipale dans son espace actuel lorsque les travaux seront terminés, engagement qu'elle a refusé de prendre jusqu'à présent.

Dans l'éventualité où le Conseil municipal, suite à un débat démocratique et ouvert, déciderait de se désengager de la prestation de services de garde, SOS Beausoleil demande à ce que la Ville s'engage à trouver une tierce partie qui pourrait exploiter le Centre éducatif Beausoleil dans son espace actuel une fois les travaux terminés.





Photo Étienne Trépanier




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Newsbites

Trees have disappeared at Rideau and Chapel



Susan Young, of our neighbourhood tree group, noticed just recently that the shade trees at the corner of Rideau and Chapel had been cut. It turns out that permission to cut the trees was given by the City of Ottawa Planning Department. Further investigation by Susan revealed that a planner had made a mistake. But the trees are gone and construction isn't slated to begin for years. These looked to be healthy trees. Shouldn't the Bylaw or Forestry Department been the one to make this decision? Those waiting at the bus stop on late summer afternoons will sizzle without their shade.— *Larry Newman*

The tenuous revival of Centre 510 or Shawenjeagamik Drop-In Centre

In April of this year, the city (and the federal government) reallocated its social service budget to focus more on finding homes for the homeless. The local effect of this was to severely cut the budget of the Odawa Native Friendship Centre and its drop-in centre at 510 Rideau Street, which had to close.

Thankfully this was temporary. Centre 510 is now open, serving breakfast and lunch to Aboriginal people and offering its services as a drop-in centre. Carrie Diabo is again managing the centre. Instead of serving three meals per day, it now serves just two, closes at 5:00 p.m. and is not open on the weekend. Volunteers to help with kitchen duty, phone answering, and interacting with clients are welcome. Call Odawa at (613) 789-3077. — *Larry Newman*



Photo Edward Zolpis



Photo Edward Zolpis

Strathcona Park footbridge progress: railings almost finished.

Ottawa Little Theatre engaged in dramatic reno project

Ongoing is a million dollar campaign to renovate the Ottawa Little Theatre at King Edward and Besserer. Act I modernized the stage equipment. Act II will renew the façade and general exterior repair. Act III will raise and replace the roof as well as the air conditioning units. This will be done this fall. *Railway Children, December 2014* Act IV renovates the interior. They've already raised \$680,000 of the million needed. To help them out, visit www.ottawalittletheatre.com. — *Larry Newman*



Photo Hartequin Studios

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Le français suit

Mauril does more than represent the constituents of Ottawa-Vanier. He also works with officials from various levels of government to make our community better.

He waged a spirited fight to save the Montfort hospital as a bilingual health care facility, and he is a leader in combatting drug addiction among Ottawa youth through United Way STEP project.

Mauril is the Liberal Advocate for Co-operatives and is a steadfast defender of workers' rights and the Public Service. He is a progressive voice in the House of Commons with a solid record of service.

On October 19th, vote for Mauril Bélanger, a strong member of Justin Trudeau's Liberal Team!

* * *

Mauril fait plus que représenter les commettants d'Ottawa-Vanier. Il œuvre aussi avec les représentant(e)s des différents paliers de gouvernements pour bâtir une communauté meilleure.

Il a d'ailleurs travaillé fort pour sauvegarder l'hôpital Montfort en tant qu'établissement de santé bilingue. Il est également un chef de file dans la lutte contre la toxicomanie chez les jeunes via le projet RÉPA de Centraide Ottawa.

Mauril est le défenseur libéral des coopératives et un champion des droits des travailleurs(ses) et de la fonction publique. Il est du côté progressiste dans le dialogue public, ses états de service le prouvent.

Le 19 octobre, votez pour Mauril Bélanger, un membre engagé de l'équipe de Justin Trudeau !



Mauril Bélanger,
Liberal Candidate / Candidat libéral
Ottawa-Vanier

Photo Archives du journal Le Droit.



Maurice Lapointe, un bâtisseur

Le frère Maurice Lapointe, depuis longtemps résident de la Côte-de-Sable, est décédé le 27 juin à l'âge de 85 ans. Un gars de la Basse-Ville, comme il aimait le dire, cet homme dévoué s'est donné corps et âme pour la cause franco-ontarienne. Fondateur et premier directeur de l'école secondaire De-La-Salle, il joua un rôle clé dans la mise sur pied des premières écoles secondaires publiques de langue française en Ontario, du Conseil scolaire de langue française d'Ottawa-Carleton et de la Cité Collégiale. Il fut membre de nombreux comités et commissions : Conseil des affaires franco-ontariennes, conseil d'administration de TVO, comité ministériel sur les services en français en Ontario, et plusieurs autres conseils. Il fut aussi président de l'Association des enseignantes et des enseignants franco-ontariens (AEFO), de la Fédération des enseignantes et des enseignants de l'Ontario (FEO) ainsi que de l'Ontario Teachers' Federation. Le Conseil des écoles publiques de l'Est de l'Ontario (CÉPEO) a d'ailleurs baptisé une école dans l'ouest d'Ottawa du nom de Maurice Lapointe en 2011.

Frère Maurice vivait d'une intense spiritualité. Homme de l'Église, il savait faire la part des choses entre l'église et la vie spirituelle. Cet enseignant, cet éducateur, ce citoyen engagé a su contribuer au mieux-être des individus et de sa communauté linguistique, culturelle et religieuse.

Il nous manquera. —*Rhéal Gauthier*



Version française disponible en ligne au mathieufleury.ca/acceuil/

2015 marks the third successful year of the Sandy Hill Town and Gown Committee. In 2012, in partnership with the University of Ottawa, the City of Ottawa, and Action Sandy Hill, I created the Committee to bring together stakeholders to identify and resolve community concerns. Over the last two years, the committee has worked on a number of innovative initiatives that have increased the quality of life in Sandy Hill. As the new school year begins, I would like to provide you with an update on a few of the initiatives that the committee has been working on in preparation for the return of students to Sandy Hill.

4th Annual Fall Walkabout: On September 8, 50 student volunteers teamed up with our office, community members, Ottawa Police, City of Ottawa By-Law Services and Solid Waste Services and knocked on over 200 doors in Sandy Hill to proactively educate students on a peer-to-peer basis about City services and community expectations. The addresses that were visited have received multiple noise, property standards or garbage complaints in past years. The volunteers also visited the neighbouring properties to speak with residents about services available should issues arise in the future. The Walkabout gives us the opportunity to remind our newest residents that they live in a friendly and well-established community. The 4th annual Fall Walkabout was a huge success and we would like to thank everyone who participated.

Landlord Education Session: Last summer, the Town and Gown Committee hosted an education session for landlords with problematic addresses. The session provided information to landlords about City services and requirements under the municipal by-laws, including proper garbage storage, community expectations and resources. The identified properties continue to be monitored proactively by by-law officers in Sandy Hill. A follow-up session is being planned for this fall.

The Noise Complaints Registry, led by our office with management from the Eastern Ontario Landlord Organization, is an innovative approach to addressing noise issues in our community. A website has been set up to host a registry, which will allow complainants to submit their service requests for noise complaints. Following this, a letter will be sent to the property owner to notify them of the complaint against their tenant. This information will give landlords a set of tools for addressing the issue. The more the landlord is informed and involved the easier is it to act on problematic tenancies. The website is currently live and residents are invited to send in their Service Request numbers.

Town and Gown continues to be a successful initiative that gives residents the opportunity to get involved in their community and speak with their neighbours about the issues that matter most.

If you would like more information about any of the work we do, please contact our office at any time (mathieu.fleury@ottawa.ca or 613-580-2482). We look forward to speaking with you.

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We went to the OMB

Larry Newman

The OMB is the Ontario Municipal Board and its job as an “independent adjudicative tribunal” is to hear appeals under a variety of statutes. The majority of its decisions are made under the Planning Act. Residents of Sandy Hill have had several occasions lately to be reminded that this tribunal exists as developers, some of whom have been unsuccessful in convincing the city’s officials to heed their wishes, have appealed planning decisions to the OMB.

Such was the case this past July when the president of Action Sandy Hill (ASH), Chad Rollins, and I found ourselves in the same room at City Hall with an OMB Member (members of the OMB are called “Member”) and various representatives of a numbered corporation. Attendees were there to argue whether the building recently built at 222 Stewart St. was built legally or not. We argued not.

This latest application was one of four in a ten-year project. In 2005, the lot then known as 220 Stewart was split and 222 Stewart was created. In 2007, the owner of 222 Stewart obtained an easement from #220 to create a driveway for his building. In 2012 an application was made to the Committee of Adjustment (CofA) to allow the construction of a three-unit building. This required several variances as the lot was much too small for the proposed building. In 2014, after construction of the building was completed, the owner appeared again before the CofA with a request to add a fourth unit located in the basement. The application was turned down. The CofA agreed with ASH and ruled that it was overdevelopment. The owner appealed to the OMB.

Because the City Planning Committee had been represented at the final CofA by a City planner who did not oppose the variances, the City would not now defend the decision by the CofA at the hearing. ASH decided that someone should defend the CofA so we decided to present the case for denying the fourth unit.

I originally thought that we would be presenting our case before a “Board.” After all, the OMB was a Board. Nope. There was only one Member present, Mr. R. Makuch, and he took his own notes. For the appellant (the one who makes the appeal to the Board), there were a lawyer, a planner, an architect, and the subpoenaed City planner who had provided an

opinion at the CofA. There were perhaps three other people in the audience.

Prior to the meeting, one of the Board’s staff wanted to know whether we would be a participant or a party. A participant is there to give testimony only. A party will give testimony but also may ask questions of the appellant’s representatives and must also answer questions. As there is usually more time and cost involved with being a party, we chose to be a participant.

As the preparations for the hearing began, I saw a person enter the room pulling a handcart which contained two apparently heavy boxes. Very soon the contents of the boxes were revealed to be multiple sets of two large notebooks, each containing over 70 indexed sections. We too brought notebooks, one for us, one for the appellant and one for the OMB Member. Ours were much smaller and I no longer thought they were a bit oversized. It’s impressive to think of the work and \$\$\$ that went into creating the appellant’s notebooks. They were very well prepared.

After the Member, Mr. Makuch, called the hearing to order and spent a short time identifying everyone, the lawyer introduced his team and gave a brief review of the project. He then called the architect to present the appellant’s case. And this he did for about an hour and a half, using large charts and drawings. Mr. Makuch asked very few questions but seemed to take copious notes. When our turn came, Chad Rollins presented our case in about 15 minutes. Mr. Makuch asked no questions but the lawyer asked one to make the point that ASH did not object to the original application for a three-unit building.

After brief closing remarks, it was Mr. Makuch’s turn to address us. He thanked us for a professional presentation, then announced that he was prepared to issue an oral decision now, rather than wait until the full report was prepared. To him, this was an open-and-shut case. We lost. He seemed to be impressed with the testimony of the City planner and noted that we had no expert witness to counter his testimony. The whole hearing took a little over two hours.

While this whole process seemed futile, we did learn a lot. In particular, the side that can afford the best professional advice enjoys an unfair advantage. Moreover, the process does not take into account community concerns, simply dismissing them as the NIMBYism of non-professionals. Until this process is improved one thing is certain—next time we’ll have an expert witness.

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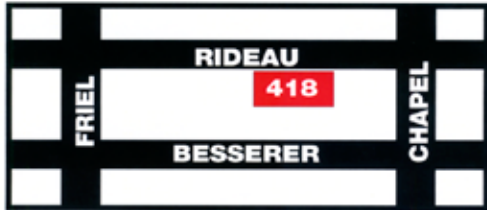
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Photo Edward Zolpis

Driving a truck through it Will the City of Ottawa enforce bylaws?

Ralph Blaine

One morning a couple of years ago I woke up to jackhammers tearing away at the foundation of the apartment building on the corner. Soon there were pile drivers forcing steel beams into the earth. Cement mixers followed. An established local company was doing a major job shoring up this older building. There was no building permit. Bylaw officers were astounded. While the owners were eventually forced to get a permit, the work continued with hardly a pause. Just how well does the City police the building activities in our city, I wondered? During one weekend a developer, converting a vintage three story home into a triplex, enclosed a graceful outdoor balcony to make another room. Again, there was no building permit. No worries, the City's committee of adjustment rubber stamped the change after the fact – no penalty.

Why do we have rules? This is one of David Collister's questions since he built his dream home in Sandy Hill.

Not long after his home was built, an attractive, two-storey, single family brick home in the immediate neighbourhood was being torn down. In its place arose a three-storey, four-level building graced with corrugated metal siding relieved by some brick and cement stone out front. Now, there was no reason to worry. After all, the City of Ottawa Policy for Development in Sandy Hill is quite clear. Here is what section 5.3.1 (subsection a) says is one of the goals:

5.3.1. a. To preserve and enhance Sandy Hill as an attractive residential neighbourhood, **especially for family living.**

Did the new building have a very large footprint on the lot? Did each of the proposed apartments have at least five bedrooms? Perhaps local developers were responding to a burgeoning wave of demand from very large families here in the capital region.

The first tenants moved into 159 Henderson last year and it wasn't long before David was reporting "lewd behav-

our and drunkenness" on the premises. Garbage and untidy recycling containers were kept in the front yard. He asked for and was granted meetings with City officials and politicians to discuss solutions to these problems. He wrote up minutes of these meetings and distributed them to all participants so that everything was on the record. He included Action Sandy Hill representatives in these meetings. Progress was slow but he didn't give up. Then he noticed that there were four mail boxes fixed to the front of the building. The original building permit was for a triplex. At this point City inspectors did arrive and indeed found a four unit building. They also found that the bedrooms on the first and second levels were provided with locks – one clear sign of a rooming house. David tells IMAGE that Matthew Graham, Manager of Building Inspection and Enforcement, Building Code Services Branch, reported to him that the owners of the building had been directed to bring the building into compliance with the permit drawings and that they had been cited for operation of an unlicensed rooming house. Mr. Graham also told him that registered letters had been sent to all the tenants explaining the situation. Since other City officials had told David that the landlord would also be required to address the lock issue, one can imagine that the tenants, who assumed they could securely lock their doors in a unit, where most of the other tenants were unknown to them, might well be upset at this change.

At first glance, this example might prove a rule for Sandy Hill residents who have been concerned about the proliferation of what appear to be rooming houses in all sectors of our neighbourhood.

What will the consequences actually be for the owners of 159 Henderson? David was told this summer that the owners propose to build a staircase connecting the lower two units so two units become one unit and a fourplex becomes a triplex! The new combined apartment would have 10 to 12 bedrooms over the two levels. Is it possible that the owner will be looking for a really big family for this unit in accordance with the City's development policy? Has this staircase been built? Are

Triplex, four units or rooming house? Neighbours of 159 Henderson are eager to know.

What is a rooming house?

First of all, a rooming house appears to be a lucrative business. Landlords seem to be charging between \$600 and \$800 per month for a room. It is not uncommon for some of our newer corrugated steel palaces to have five or more bedrooms per floor. If we assume four levels then there are twenty rooms producing a total of \$12,000 per month or \$144,000 per year, assuming 100% occupancy. There are operating expenses to consider but this is still an excellent return. Of course there are many legal rooming houses in Sandy Hill. But if a landlord does not wish to go to the expense of meeting safety and fire regulations for a rooming house, or if he has good reason to believe that he would not be granted a license for a rooming house, he might just go ahead and run an unlicensed rooming house. If you have reason to believe that an unlicensed rooming house is being operated in your neighbourhood what can you do?

According to Matthew Graham, Manager of Building Inspections for Ottawa, a rooming house is defined as a lodging in which four or more people live in one unit but have separate lease arrangements with the landlord. In other words, four or more people who did not come together as a group to rent the unit. The problem is with enforcement. Some landlords have all the roomers sign a single lease as if they had rented the entire unit in common. However, Mr. Graham says that if the rooms have locks on them, this would be a strong indication that the unit is in fact a rooming house in spite of the signatures on a common lease. But, again according to Mr. Graham, after such an establishment has been in existence for more than a year, certain precedent setting court cases have made it difficult for the city to take action. Still, even when an unlicensed rooming house has been operating for more than a year, the city can gain access to the building with other levers like fire regulations and during such an investigation other indicators (like locks on all the doors) might be discovered that could lead to charges related to running an unlicensed rooming house. Once an owner has been identified as running an unlicensed rooming house, the city inspectors may investigate any other properties operated by the same owner.

Why should the residents of Sandy Hill and the City of Ottawa be concerned with unlicensed rooming houses? One of the main reasons is families who might be interested in living in the neighbourhood are priced out of the market. Given the cash flow generated, developers can afford to pay exorbitant prices for the large older homes that grace our streets; prices that very few families could ever think of affording. So instead of a family residing in one of these houses and perhaps renting out a third floor apartment, the house is chopped up into rooms to generate maximum profits. Sandy Hill residents like living in an urban setting. We enjoy the diversity of residents that make Sandy Hill special. But we also know that there must be a balance. We can't afford to let families be priced out of our neighbourhood. As the City of Ottawa development policy for Sandy Hill states, one of the goals is: To preserve and enhance Sandy Hill as an attractive residential neighbourhood, **especially for family living.**

the owners being charged with running an unlicensed rooming house? Will the tenants have to live in rooms without locks? Matthew Graham says he cannot address specific questions about the status of 159 Henderson because there is "on-going litigation" between the City and the owners.

Let's wish the City good luck in its litigation and Mr. Collister quiet nights and orderly neighbours. And all of us need to thank him for his persistence. Perhaps in the future, as a result of the efforts he and others have made, the City will develop tools to ensure that property owners respect building permits, bylaws and City development policies. I sure hope they don't keep driving a truck through them.

Garbage

One of the problems last year at 159 Henderson was garbage and recycling stored in front of the building (bins have since been installed in the back yard) and it is not difficult to imagine the amount of garbage and recycling material produced by up to 20 people living there. What are the rules about locating the bins for these materials? While it is clear that garbage and garbage bins cannot be stored in front of the house, there seems to be some confusion about recycling bins, though I recently spoke to a 311 operator who repeatedly assured me that it was a bylaw violation to store either garbage or recycling (both of which are classed as "refuse") in front yards. We hope to have clearer understanding in the next issue of IMAGE.



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JayHousing

If you stroll past 159 Henderson you will see two inscriptions on the bricks in front of the building. One says "Built by Bellagio" and the other says "JayHousing 2013". Googling JayHousing you will find that it is the name of Canadian Corporation #792875. You can also get the address of this corporation. If you use Google Maps you will find that the corporate headquarters of JayHousing is a nice two-storey house in a comfortable Ottawa suburb; the owners seem to have passed on the corrugated steel motif found at 159 Henderson and so many of the new developments in Sandy Hill. The names of the individuals listed as owners of 159 Henderson, Canadian Corporation #7928, and the corporate headquarters of JayHousing are identical. Further internet searches suggest that this corporation owns at least one other rental property in Sandy Hill. One of the owners of 159 Henderson also is a director of J. A.Y. Smart Solutions Inc. What are "smart solutions"? — stand by for more enlightenment!

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Julie Houle:

A success story at Centre 454

Larry Newman

Julie Houle is a volunteer at Centre 454, a drop-in centre administered by St. Albans on Daly and King Edward Avenues. Although she has been coming to Centre 454 for 31 years, she became a volunteer only recently. She has been a street person on and off for much of that time and she agreed to this interview because she trusted Andrew Cheam, the centre manager. Andrew trusted IMAGE because he was pleased with an article about Centre 454 that appeared about four years ago in this paper. What goes around....

Julie began life in Aylmer. She lost her mother when she was eight and her father when she was sixteen. She and her brother and sister lived with relatives for the intervening eight years. When her father died, she left home to search for her sister, who had left to live on the street. Julie ended up living on the street, too. She often slept under bridges, occasionally staying at the Shepherds of Good Hope. She liked both places but preferred the bridges. When it came to food, she preferred the Mission. During the day she liked to hang out at MacDonald Gardens Park in Lowertown.

Life wasn't all just hanging out. Julie found out right away that there were many hazards on the street. Life for a woman on the street is different than for a man. Very soon she was accosted by men who would try to use her. "I got offered to become a hooker." She resisted. I have a feeling that she is very good at resisting and that has probably been a blessing as well as a curse at various times in her life. She is a fighter with a short fuse. Very early on she got in a fight with an 18 year old boy and beat him. He went to the "cop shop" and pressed charges. She had to hide out for two weeks until her brother brought her word that the charges were dropped.

Like many street people, Julie was introduced to booze and drugs early on. That took two forms: the first is the run-ins with dealers and users, both of whom could be dangerous. Physical confrontations were common and Julie learned to deal with these hazards while, at the same time, picking up the drug and alcohol habits. "Pot, coke, crack, uppers, downers—the works," said Julie. "I stopped at 24 when I had my kids. I don't do that much any more—I still smoke a little pot but the buzz isn't the same any more."

Julie is 47 years old now and a very proud grandmother. She has three children and has successfully raised them while on the street and at Centre 454. It's hard to imagine the difficulty and danger that represented. Julie is no longer living on the street. She earned her grade 12 certificate five years ago and finds jobs



Photo Larry Newman

Julie Houle took a three-month course at Centre 454 to prepare her for regular volunteering in the day program.

from time to time but still depends on ODSP (Ontario Disability Support Program). This program helps to pay for the rent on her apartment and other necessities. She still enjoys the occasional meal at the Mission, though.

Before becoming a volunteer at Centre 454, she took a three-month course at the centre. It was a preparatory course designed to pave the way toward work. "It taught me to control my temper and to be polite and to deal with any obstacles that come my way."

Julie has come a long way and it's much to her credit. I'm sure she would say that it's credit shared with Centre 454. It's at Centre 454 where she could leave the street for part of the day. "It's a home I never had." A place to come with her kids. A place that has been there for her for 31 years. Just being there is an opportunity for the staff to build trust so that there is a possibility of the next step, whatever that might be.

WANTED



The Viscount Alexander Walking School Bus is looking for a new driver (walking leader). You will be a volunteer with the Sandy Hill Community Health Centre and will walk children to Viscount Alexander Public School one day/week. This is a great way to serve the school and the community, get to know your neighbours, and help children arrive at school the safe and active way. For a complete job description, more information, or to indicate your interest, please contact: Gerald Dragon SHCHC, 613-789-1500, ext 2526, gdragon@sandyhillchc.on.ca

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Milestones, comings and goings being celebrated by local businesses



Photo Kathleen Kelly

Laurier Office Mart Inc. turns 30
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Photo Kathleen Kelly

Shannel Hair Design – 25 Years serving the community of Sandy Hill!
In 1990, Linda Nguyen launched the Shannel beauty salon on the south side of Rideau at Chapel, at 434 Rideau. Maintaining a high sense of style, she provides hair cuts, plus waxing, highlights, hair extensions and more. Many customers appreciate this stable local business, its convenient location and long hours. Pictured here are the dynamic Shannel duo of Linda (on the left) and Hoa Le, her assistant since 1995.

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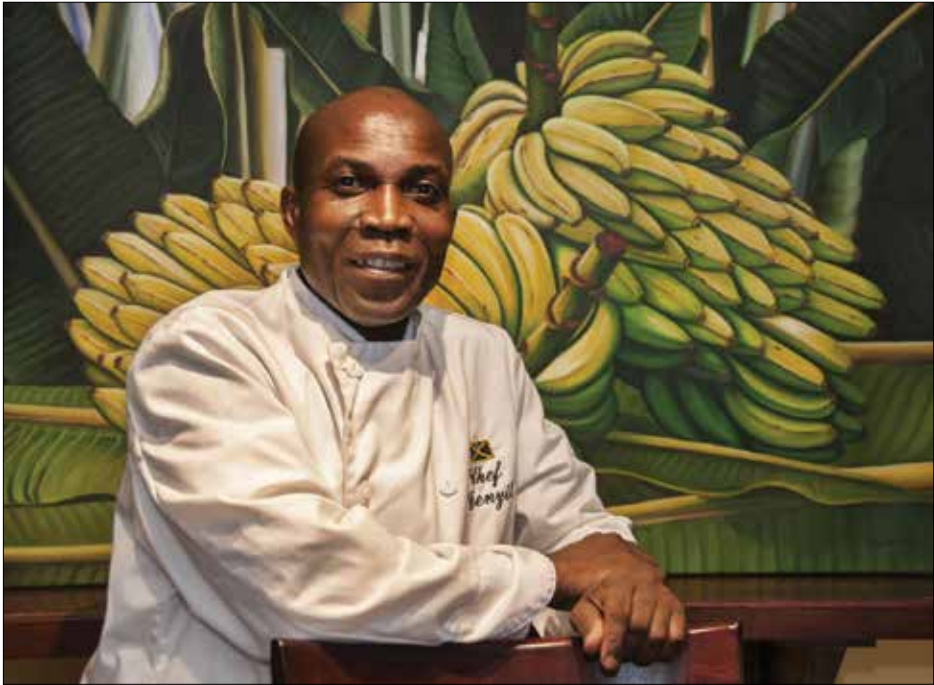


Photo Harlequin Studios

Chef of new café on Wilbrod has credentials
Chef Denzil Brissette is set to open the Jerk and Grill Café at 332 Wilbrod (east of Friel) in late October. Before landing in Sandy Hill, he was on the catering team of a hospital in London, England, worked as chef in Farm Boy’s central kitchen, and did some private catering for the Jamaican High Commission. His Farm Boy manager Josh Drache says: *Denzil is humble but a very talented cook....A UK magazine once described him as “the Jerk King of Jamaica”I am proud that he was a member of my team and that he is moving on to share his talent with the rest of Ottawa.* That would be us.

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

Photo Harlequin Studios

Sandy Hill Childcare says goodbye to Susan and Reggie
After 43 years at the helm of the bilingual Sandy Hill Child Care on Wilbrod St., Susan Boudreau and Reggie Moriarty have retired, happy with the centre’s new management. On July 25, staff, alumni and children paid tribute to their success through the years.



Notre nouveau voisin, Philippe Marcoux, animateur à Radio-Canada

Christine Aubry

Nous avons, depuis le début août, une célébrité de plus dans le quartier – Philippe Marcoux, le nouvel animateur du matin de Radio-Canada (Les matins d'ici, au 90,7 FM).

J'ai appris que la famille Marcoux aménageait à quelques pas de chez moi par l'entremise de mon amie montréalaise, leur ancienne voisine (preuve que le monde est petit!). C'est lors d'une visite de cette amie que j'ai fait la connaissance de Philippe pour lui poser quelques questions à propos de son nouveau poste et de ses premières impressions d'Ottawa et, bien sûr, de la Côte-de-Sable.

Pourquoi Ottawa?

Philippe n'a pas hésité à prendre la relève pour son collègue Carl Bernier, qui a pris sa retraite en juin, d'autant plus que son épouse Christine est en train de terminer son doctorat et que son fils Raphaël, 5 ans, s'apprêtait à commencer son cheminement scolaire. C'était en effet le « timing » idéal.

Ottawa est plus calme que Montréal, c'est sûr, mais pour élever un enfant, nous sommes d'accord, c'est parfait. Philippe était aussi enthousiaste de se retrouver dans ce qu'ils appellent dans le jargon de la radio « un marché intéressant » (traduction : le public auditoire francophone de l'Est ontarien et de l'Ouest québécois). Ayant traversé la frontière provinciale depuis seulement quelques semaines, il est encore en train de découvrir la région de l'Outaouais, étudiant les cartes aux petites heures du matin et entreprenant le plus de sorties possible. Son énergie est palpable, cela ne m'étonne point qu'il se sente extrêmement bien accueilli par le public.

Pourquoi la Côte-de-Sable?

Et bien tout d'abord, m'explique Philippe, il n'était pas question d'habiter en banlieue! Lui et Christine ont toujours vécu en plein cœur des villes, que ce soit à Bangkok, Londres, Toronto ou Régina. Ils voulaient aussi que Raphaël fasse sa scolarité en français, même si Christine est anglophone. Il avoue qu'il aurait été beaucoup plus simple pour eux de garder une adresse québécoise, mais avec des amis sur la rue Russell et une bonne école francophone de quartier (Francojeunesse), lorsqu'ils ont trouvé une maison « clé en main » sur l'avenue Blackburn, l'affaire était faite!

Je lui demande si le fait d'habiter un quartier d'étudiants l'inquiète, mais il me répond sans hésiter que non, cela fait partie de la vie urbaine qu'il adore.

Par contre, ce qui le stress le plus depuis son arrivée, c'est le recyclage! Semble-t-il que Montréal aurait du retard sur Ottawa, n'ayant pas de compostage et un seul bac de recyclage recueilli chaque semaine. Alors en plus de devoir se lever à 2 h 30 du matin pour préparer une émission courante pour son nouvel auditoire, Philippe doit maintenant étudier notre système de bacs bleus, noirs et verts et s'assurer de ne pas se tromper de semaine. Mais il m'assure tout de suite que c'est un problème qu'il est plus qu'heureux d'avoir.

Et nous, nous sommes heureux d'avoir une autre petite famille bilingue dans le voisinage.

Le français correct ✓✓✓

par Denyse Mulvihill

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

On doit dire :

> **Se rendre au bureau de votation**, qui signifie « aller à l'endroit précis indiqué sur sa carte d'information, afin de pouvoir voter » — non pas — se rendre aux « pôles », ce qui est un anglicisme.

Ex. - Chaque citoyen, conscient de son privilège démocratique d'électeur, doit se faire un devoir de se rendre au bureau de votation afin de se prévaloir de son droit de suffrage.

> **Se présenter à l'endroit précis où a lieu le vote**, ce qui signifie « faire acte de présence auprès du préposé au kiosque d'information, à l'entrée » — non pas — se présenter à n'importe quelle table de la salle.

Ex. - Pour s'assurer, comme électeur, qu'on se trouve au bon centre pour voter dans sa circonscription, on doit se présenter à la table du préposé à la réception, lequel en vérifie le numéro.

> **S'avancer vers le bureau de scrutin indiqué par le président du scrutin**, qui signifie « aller directement au bureau en question où le préposé vérifie le nom et l'adresse de chaque électeur » — non pas — s'avancer vers n'importe quel bureau.

Ex. - Pour être certain que son nom et son adresse sont bien inscrits sur la liste électorale, on doit s'avancer vers le bureau de scrutin.

> **Recevoir son bulletin de vote**, qui signifie « recevoir le billet indicatif de vote, sur lequel est inscrit le nom de chacun des candidats aux divers partis politiques de sa circonscription » — non pas — « recevoir son ballot de vote », ce qui est un anglicisme.

Ex. - Après vérification des pièces d'identité requises, tel le nom, l'adresse et une photo de l'électeur, on est en mesure de recevoir son bulletin de vote.

> **Procéder vers l'isoloir**, qui signifie « aller et entrer dans une cabine à l'écart où l'on s'isole pour voter » — non pas — « entrer dans la cabine à vote », ce qui est un anglicisme.

Ex. - Afin de s'assurer que son vote reste secret et personnel, on doit procéder vers l'isoloir afin d'accomplir ce droit de suffrage qui est secret dans toute démocratie.

> **Apporter son bulletin de vote complété à la table de sa circonscription**, qui signifie « se rendre à l'endroit désigné pour y déposer son bulletin de vote » — non pas — apporter son bulletin de vote à un préposé quelconque.

Ex. - Au sortir de l'isoloir, après avoir voté, on doit se rendre directement à la table de sa circonscription et déposer, soi-même, son bulletin de vote bien replié dans l'urne prévue pour recueillir tous les bulletins.

> **Assister à la mise des scellées sur les urnes du scrutin**, qui signifie « voir les agents officiels de vote fermer solidement les boîtes contenant les bulletins de vote » — non pas — « assister au collage des caisses à vote », ce qui est un anglicisme.

Ex. - À la fermeture des salles de votation, on peut assister à la mise des scellées sur les urnes, à la suite de quoi, elles sont transportées aux centres de dépouillement du scrutin.



Madeleine Meilleur
MPP/députée
Ottawa-Vanier

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Photo Kathleen Kelly



Get into your walking groove and enjoy the kaleidoscope of dazzling colours coming this month to Strathcona Park.

Bike repair pop-up

Ralph Blaine

Ten years ago when I rode my bike to work everyday I had a devil of a time finding a good place to do routine maintenance. For some jobs, like working on brakes or truing a wheel, you really need to get the old beast off the ground. Of course one can always head over to Re-Cycles at Gladstone and Bronson or over to the Co-op shop at Ottawa U, but sometimes you just need a quick adjustment of one sort or another. So I was pleased to see a compact outdoor bike repair station installed at the Sandy Hill Health Centre this June.

Christine Crawford, the risk management officer at the Health Centre, gave me the background story. About a year ago a committee at the Centre began exploring ways to encourage employee wellness. Sometime in May they decided to install a bicycle repair station. At first the plan was to install it indoors, but in the end they opted for an outdoor location thinking that it would encourage use by the entire neighbourhood.

The repair station consists of two upside-down L-shaped cylindrical bars onto which a bike can be hoisted. Attached to the bar is a variety of high quality tools



Photos Paula Kelsall

including a full set of hex keys, screwdrivers, four sizes of metric wrenches, a tire removal tool and more. There is also a robust standing air pump equipped with a pressure gauge. I have already seen several people using this repair station and I can vouch for the effectiveness of the pump. Christine says they have received a lot of positive feedback.

I do worry about how long the station can withstand the usual depredations of urban life. One woman I talked to said she loved this station because a similar one at Ottawa U is in poor shape. In fact, the head of the Phillips screwdriver attached to the Centre's repair station has already been broken. But Christine says the Centre is already onto the problem and intends to

keep the station in working order. So head over to the corner of Rideau and Nelson and check it out, fill up your tires and marvel at this excellent initiative of our local Health Centre.







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Solar panels for a sunny roof

Christine Aubry

My husband Jason and I had considered adding solar panels to our Sandy Hill home for several years. Thanks to our attic-space bedroom, we knew our south-facing roof absorbed enough of the sun's rays to be a good candidate! Our system finally went "live," coincidentally, this past Earth Day, and since then we have been asked so many questions that a neighbour suggested I write about our experience.

The most common misconception is that we use the electricity generated by our panels. Our home is not "off grid," as they say. This would require us to have batteries installed in the house, which not only add costs, but also take up space, require maintenance, and have their own detrimental environmental impact. Rather, the electricity goes directly into the Hydro Ottawa grid, and we get paid.

In fact, we get paid more for the electricity we generate than it costs us to buy it back from Hydro. Why? Because Hydro wants to avoid massive construction costs for new, and often controversial, power-generating production plants.

How does it work?

In Ontario, homeowners are allowed to develop small "green" projects on their property thanks to a government program called "Microfit." For detailed information, visit www.microfit.powerauthority.on.ca, where you will also find a list of questions to ask a potential contractor. Under its contract, the hydro company pays homeowners a set price for the electricity produced and delivered to the province's energy grid over 20 years. The application and approvals process may seem onerous, but our contractor handled everything for us.

Unfortunately there are no longer any grants or tax credits for such projects in

Ontario, and they are not eligible for the Home Renovation Tax Credit since they generate income. The Canada Revenue Agency website provides more information on the tax rules and eligible income tax deductions. Search Ontario's FIT/microFIT programs at www.cra-arc.gc.ca.

There are currently 14 companies that advertise solar panel installation in the Ottawa area. Since we support Bullfrog through our electricity and natural gas consumption, we called them first to obtain more information as well as referrals. (You can visit www.bullfrogpower.com for more information about this program that allows you to pay a small extra fee to "green" the technology that you consume and to support renewable energy projects across Canada.) We chose a solar contractor that is a member of the Canadian Solar Industry Association as well as the Better Business Bureau.

The contractor should present you with a detailed proposal that includes a site assessment, estimated annual productivity as well as estimated annual revenues. We considered three different proposals with varying costs and paybacks. The site assessment will look at how many panels will fit on your roof, something that is affected by things such as chimneys and roof vents. A typical home can fit between 20 to 30 panels, though there is no minimum number of panels required.

There are many variables that can affect annual productivity and revenues, including the type of panel chosen, weather, shade, and the current rate paid by Hydro when you sign your contract. A south-facing roof on a 30 degree angle, unobstructed by tall trees, is ideal.

The total cost of the project will depend on the make and productivity of your panels, but you can roughly estimate \$1,000 per panel. And how long before your investment pays off? That depends, of course, mostly on the weather over the next 10 to 20 years, but as a general rule, the payoff comes after nine to ten years.



Solar panels on a neighbourhood roof feed electricity into the provincial grid. After two panels failed, a wire-mesh skirt was added around them to protect the soy-based coating on the wires from those well-known voracious, high-climbing Sandy Hill squirrels.

And the life span of solar panels? We have a 20-year warranty with our contractor, but we are hoping at least 25 to 30 years, although as with any relatively new technology, only time will tell.

But there were two other important incentives for us to have this work done.

First, did I mention the attic bedroom? We hypothesized that if solar panels were sucking up the sun's rays, perhaps our air conditioning would get a bit of a break. We can report, after this summer of heat waves, that the panels outperformed Jason's expectations.

And the other incentive? Well, feeling good that we have done a tiny little thing toward protecting our environment, by replacing about 1.4 tonnes of greenhouse gases per year. Yes, it does take energy to make the panels, but our research found that it takes about seven years for the panels to replace the cost of the energy it takes to make them. So with a life span of 20 to 30 years, there is a net benefit, and by then we can hope there will be technology in place to recycle used panels as well.

There were a few bumps in the road, however.

Installation went beautifully, once we had some parts of our roof repaired be-

forehand (unexpected expense number one). But within a week, one of the panels stopped working. We knew this because as part of our contract, there is a nifty website that shows the energy harnessed by each panel every day. We were assured that this was an anomaly, a once-in-a-blue-moon occurrence. Then, another one went down. The likely cause? Squirrels! Apparently they like the taste of the soy-based coating on the electrical wires. We had been told it was highly unlikely squirrels would get on our high roof and that we did not need to pay the extra cost of installing a squirrel guard, as we had done on the lower roof of the back addition. But it seems our furry friends proved us wrong. Unexpected expense number two, and knock on wood, final one.

Now we just need to see how Ottawa's winters will affect our solar production. Unfortunately this is an area where the industry has not developed a foolproof solution. Climbing on the roof to remove the snow is not only dangerous, but could potentially damage the panels. But the steep angle of our roof should help the snow build-up slide off on sunny days, of which we will hopefully have many.

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Photo Betsy Mann



Ottawa U student volunteers (and local enthusiast) in Strathcona Park with some of their haul after hours of picking up garbage in the park and on neighbourhood streets. Un grand merci!

Photo Kathleen Kelly



An unseemly couch floating near the footbridge construction site in late September captured the attention of our IMAGE photographer and enticed a lazy duck to hitchhike and snooze.



News from Viscount Alexander School

Michael Barnes

Welcome aboard!
Viscount Alexander Public School now has a grand total of 181 students (up from last year's count of 174). The teachers and staff would like to welcome all new students and our returning students. We hope that you all have a great year at Viscount.

We welcome four new staff to our Viscount Alexander team for 2015-16. They are Ms. Kennedy (Grade 2/3), Mr. Wong (English to French Immersion Grade 4 Math), Ms. Tait (Junior Early French Immersion Science) and Mme. Bouchier (Early French Immersion SK). We also welcome back to our school Ms. Galvin (Learning Resource Teacher and English to French Immersion Gr.2/3) and Ms. Howell (SK/Gr. 1).

It is time to grow the school
Once again, enrolment is up at Viscount and the school is humming with activity. The School Council is encouraging the Ottawa Carleton District School Board (OCDSB) to build an addition on the school. Such an addition would likely have four classrooms and a number of smaller special-use rooms. Viscount has been on the capital expenditures priority list for nearly five years. It would be great to see this project realized.

The project, likely to cost just over \$2 million, would require the support of the

Ontario Ministry of Education and the OCDSB. This expenditure would enable this thriving community school to build on its success and continue to offer dual track elementary education (English and Early French Immersion) in Sandy Hill. As we grow, we would like our building to grow with us, and your support is appreciated in making this need understood to the board and Ministry. To show your support, please ask the school for a letter template to send to the Hon. Madeleine Meilleur, MPP (Ottawa—Vanier), or come to the next Parent Council meeting on October 6th at 6:30 p.m. in the library.

The School Council is pleased that Shawn Menard, OCDSB Trustee, Rideau-Vanier, Capital Wards Zone 9, is supporting this initiative. The School Council looks forward to building further public support for this investment in education in our community.

Later this fall, the School Council will likely learn if it is Viscount's turn to get funding. After serving Sandy Hill for over 60 years, Viscount looks forward to continue that tradition for many years to come.

To learn more about Viscount
Should you wish to know more about Viscount please call the school office at 613-239-2213. They can answer your questions and arrange for a visit to this vibrant and growing community school.



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Sandy Hill skunks disastrously affected by drink lids

Jinmyo Renge osho

Awoken by unfamiliar sounds in the middle of the night, Endai found a flashlight to illuminate the window well outside his bedroom and immediately recognized the distinctive black and white fur of a young skunk whose head was encased in a paper cup with a plastic dome-shaped lid encircling his neck. He was desperately trying to knock the cup off by striking it against a large stone in the window well. There was really nothing that could be done in the dark, so Endai waited for dawn, listening to the sounds of the young, frightened skunk struggling with the cardboard cup. When the sun came up, there was no sign of the cup as, unable to dislodge it, he had eaten it, which was probably not good for his digestive tract. But the large clear plastic lid still encircled his neck, rather like an Elizabethan collar.

The building we live in is a Zen monastery, Dainen-ji, also known as the Zen Centre of Ottawa of the White Wind Zen Community. The Zen Centre is a 140 year-old heritage building on the corner of Daly Avenue and Friel Street, a residential neighbourhood which also accommodates a diverse range of urban wildlife, most notably groundhogs, raccoons, skunks, and many varieties of birds. Many of these come to and are nourished by Dainen-ji and its grounds and waterfall garden.

And then there is litter. Some drivers empty their garbage onto the streets; others may drop pizza boxes, beer bottles, and other assorted garbage. All litter is unpleasant for residents and detrimental to wildlife, but of particular danger to skunks are the plastic dome-shaped lids with large holes in the tops.

Skunks are inquisitive creatures, with poor eyesight but an excellent sense of smell. They are drawn to the smell of ice cream or beverages in these cups, and their pointed faces fit inside the holes in the dome-shaped lids. But once they push their heads through the lids, it is impossible for them to free themselves. With this Elizabethan torture device firmly lodged around a neck, a growing skunk suffers dreadfully from the abrasions caused by the plastic lid and dies of slow strangulation.

However, this skunk managed to find the right win-

Photo Ven. Saigyō Cross tando



dow well to fall into. By 5:00 a.m. the monastics and other students who live in the Zen Centre had completed Shinrei (Morning Bells) and were considering how to best handle this. Various options were considered, including how we might tranquilize the skunk, and various emails were sent and telephone calls were made. A veterinarian wished us luck; because we wouldn't be able to sedate the skunk, most people would just kill him. It seemed we might have to risk getting sprayed despite the "Introduction To Zen" workshop scheduled for that afternoon; would those attending associate that introduction with the pungent odour of skunk!

We called the animal rescue service of the Ottawa Humane Society again, and they sent Desiree, an officer who was obviously very experienced. She sat next to the window well and spoke softly to the skunk for a good 20 minutes to calm him down. Then she very slowly climbed into the well, holding a blanket which she draped over the skunk. He promptly sprayed, but he sprayed the blanket, not her. She reached under the blanket with a gloved hand and pulled the plastic dome off, then lifted him out of the window well. The skunk was last seen running away at high speed (well, high speed for a skunk, that is).

This needless suffering could be avoided by making sure that we properly dispose of bubble lids. Cutting them in half ensures that they won't end up around the neck of a skunk after raccoons raid garbage cans and scatter contents. Even better: don't buy the lids and write to your local purveyor of fast food to ask for better lids. A public campaign worked in England, where such drink tops had been strangling hedgehogs. We can do the same in Canada.

The Prize Box

Annegret Hunter



What happened in the garden to the treasure box full of walnuts, obsessively gathered by the terror of the universe, the red squirrel that simply disappeared one day? When the remaining squirrels realized that the prize was abandoned, they decided on a desperate deed: to eat up the treasure in the shortest possible time before anyone else would. Boldly all four disappeared into the box one morning. . .

And the cats came, later, to snooze in the sunshine, one on the box, the other on the fence. It was a peaceful and lovely afternoon.

Were the squirrels still in the box? Ah, there is one coming out. But he seems completely confused and weaves his unsteady way up the old fence. Once on top, he tries to sit but his stomach is quite swollen—he simply topples behind the fence. The cats lift their eyelids a little.

Now the next squirrel, another black one, emerges, bloated belly and all. He lurches about at the foot of the box, then laboriously climbs up, and sits down—weaving slightly—right in front of the cat, and peers at it. The cat, by now wide awake, sits up, eyes this psycho-squirrel suspiciously and steps back. So does the squirrel, and falls off the box. Dumbfounded, the cat watches him as he painfully pulls himself up the fence and ever so slowly up the tree, with many pauses for panting, during which he often falls to the ground, only to inch his way up again.

The third squirrel, usually a nimble gray beauty, crawls up on top of the shed. The cat on the fence, who is very near, gets all excited and twitchy, ready to pounce. The squirrel turns around, squints at the cat and makes a clumsy jump—towards it! The cat draws back, alarmed, and with a puzzled face stalks off.

For the rest of the day the gray squirrel joined her pal at the Sisyphean climb, while the last of the foursome had probably passed out in the box, which is empty now.

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Photo Susan Young



What too often is.

Photo Susan Young



What can be, with effort and plant stock.

Less asphalt, more green – save your perennials!

Susan Young

The Sandy Hill Tree Group has learned that the City, instead of according our group a one-time grant, will support a pilot project in Sandy Hill for greening a number of currently paved pieces of City property—slabs that sit between private property lines and the sidewalk. Our vision is a more pleasant passage along Sandy Hill streets for residents and commuters alike, as well as mitigating the urban heat island effect, increasing bird and insect habitat, and adding to the permeable surface area for better stormwater control. The project will begin on Somerset Street and additional sites in Sandy Hill will then be

considered. Where above and below space permits, we will favour planting trees. See before (Somerset and Chapel Streets) and after (McLeod and Elgin Streets) photos for an idea of what we are striving for. While the City will take care of removing the hardscape paving, the Tree Group will be asking the community to work with it to plant and maintain the new beds. Rest assured that our goal is low maintenance. This is why we are asking residents to save their hardy perennials, ready to donate them at the planting bees we will be organizing, likely next spring, for two sites to begin with. Can you think of any candidate sites? Contact us for more information and to get involved. See <http://www.ash-acsc.ca/sandy-hill-tree-group/> and email sandyhilltreegroup@gmail.com.

Milkweed for Monarchs

Betsy Mann

On April 1 this year, a message from the David Suzuki Foundation arrived in my inbox, encouraging me to knit tiny chrysalises in an effort to save the beleaguered Monarch Butterfly population. I'm all for saving endangered species, but my knitting skills are pretty weak. Besides, this seemed like an odd approach, right up there with knitting sweaters for penguins. Then I noticed the date: April Fool's!

A new message soon followed letting me know that a more effective gesture would be planting some milkweed in my backyard, since this is the only plant that the caterpillars (larvae) of Monarch Butterflies feed on. Herbicides and monoculture in the Monarch's migration range have been contributing to a precipitous drop in numbers in the last few years. No milkweed, no Monarch caterpillars. The foundation's website provides more information about its #gotmilkweed campaign at <http://davidssuzuki.org/what-you-can-do/monarch-and-milkweed-faq/>.



Walking around Sandy Hill this summer, I noticed quite a number of neighbourhood gardeners seem to have taken this milkweed campaign to heart. First the bunches of pinkish flowers and now the elegant green seedpods can be seen waving on stalks in front yards, between houses and in wild patches all over. Fortunately, the Ontario government recognized the importance of milkweed and removed it from the "noxious weeds" list in 2014, so no one is charged with going around tearing it out.

Now is the time to plan for butterfly-friendly milkweed in your yard for next year. Monarch Watch provides complete instructions for harvesting and preparing seed for planting in the spring. Visit www.monarchwatch.org/milkweed/prop.htm for details about putting seeds through a 6 – 8-week cold cycle in the fridge. If you can't find plants with ripe seedpods now, you can order seed from companies that carry native plants, like Wildflower Farm (www.wildflowerfarm.com/index.php?route=product%2Fsearch&search=milkweed). The Fletcher Wildlife Garden at the Experimental Farm also has information on milkweed and sometimes has plants at its spring plant sale (www.ofnc.ca/fletcher/projects/MonarchWaystation/index.php#Resources).

Plan now to welcome Monarch Butterflies and their larvae to your yard next summer. No knitting skills required.



Photo Betsy Mann



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Photo Kathleen Kelly

Right—On September 20, Odyssey Theatre hosted a 30th Anniversary garage sale on Chapel St. featuring a cornucopia of items and a chance to meet the Theatre under the Stars people. L-r, Gabriella Schnarr, Janet Jury and General Manager Dana Uzarevic.


September Yard Sales

Left— On September 12, rain didn't stop these diehard Pathfinders and Rangers from selling their wares. L-r Molly Bimson, Alexandra O'Brien, Matilda Linder and Caitlin O'Brien.




Photo Kathleen Kelly


UrbanOttawa.com




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Memo to Sandy Hill

FROM: J. Cheever Loophole
Flywheel, Shyster, & Flywheel,
Attorneys-at-Law
TO: *Homo sapiens sapiens*
Sandy Hill, Ottawa

My clients wish to address tenancy problems in Sandy Hill.

As no treaty exists, under Supreme Court decision *Calder v. Attorney-General of British Columbia*, [1973] this land belongs to my clients, Phylum Chordata, animals with spines. Other phyla, lacking backbone, cannot stand up for their rights. Besides, who wants to sit in court with a crowd of snails, worms and slime mold?

My clients have tolerated your species' illegal occupancy of the land for food rent. It's the only reason they can imagine for buying 30% more food than you consume, and throwing the excess in outdoor bins. They are bored silly with pizza crusts, by the way.

My clients ask that you confine food to the bins. Finding scraps among plastic bags, cans, styrofoam and beer bottles can be a diverting hunt, but dangerous. Fatalities have resulted from suffocation, poisoning, and environmental degradation.

Be warned: elsewhere, there has been an upsurge of attacks on humans by members of this Phylum. While they abhor violence, they understand the need to protect lives and livelihood.

And the noise! This disrupts communication within and among species. How can a delicate mating call compete with amplified bass and shrieks of laughter? It is devastating to see unwed woodpeckers and forlorn frogs whose voices could not penetrate the wall of human noise. Why this should be worse at night is beyond understanding: are you nocturnal?

This Phylum includes dogs and cats. These ~~flagrant opportunists~~ devoted creatures joined you voluntarily. Yet you often treat them poorly. A dog being taken for a drag is sad: are you not aware that s/he *needs* to stop and sniff the, erm, roses? And why do some humans scoop the

poop, but others don't? Is it a game? If so, publish the rules: my clients will move that stuff right on over whatever goal line you set! Otherwise, it ends up in the river, with serious consequences for all who live in or drink from it.

The dangerous bacteria in cat crap far exceeds that from dogs, yet you put your cats out, even in winter, to do their business in my clients' homes instead of in litter boxes. The raccoons are making a collection and will return this through your mail slots shortly. See how you like it!

Finally, the climate chaos resulting from your belief that someone else will fix it and it does not involve changing your habits in any way. You will have noticed the growing number of *Mephitis mephitis* in the area. Their black and white uniforms mark them as Chordata, Chemical Weapons Division. They are deploying to provide a direct response should you continue in your wanton destruction of our shared environment.

We will wait 30 days from this date for you to correct these egregious abuses. If we do not see improvement, expect to live in interesting times.

Sincerely,



Mustelids on alert: Members of the Phylum Chordata Chemical Warfare Corps are deploying in Sandy Hill in hopes of preventing environmental catastrophe.

per Eleanor Woolard

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Sandy Hill Health Watch

Stroke 101: Reduce Your Risk

by Madeleine Bluteau, SHCHC



There are 50,000 strokes every year in Canada, or one every ten minutes. Though stroke is the third leading cause of death in Canada, 80% of strokes are preventable. There are steps you can take to help reduce your risk. Read on to learn more about stroke and what you can do to prevent one.

What is a stroke?

A stroke is a sudden loss of brain function, caused by an interruption or reduction of blood supply to your brain. When this happens, your brain is deprived of oxygen and nutrients, and brain cells can begin to die. Ischemic strokes, caused by a blocked artery, account for 85% of strokes. Hemorrhagic strokes are the result of a burst blood vessel. A temporary decrease in blood supply to the brain – known as a “transient ischemic attack” (TIA) or “mini-stroke” – occurs when a blood clot or debris blocks blood flow to the brain, often for less than five minutes. While TIAs may not cause lasting symptoms, it is important to seek emergency medical care as these episodes are a warning signal that you are at risk for a full-blown stroke, which can cause permanent damage.

What are the symptoms of stroke?

Drooping Face, trouble raising your Arms, or slurred Speech mean it is Time to call 911 – these are symptoms of a stroke, and it is important to act FAST. For every minute's delay in treatment, the average person experiencing a stroke loses 1.9 million brain cells. Permanent complications of stroke include paralysis or loss of muscle movement, difficulty speaking or swallowing, memory loss, and thinking difficulties. The sooner you get treated, the more likely

you are to avoid losses in ability resulting from a stroke.

How do you prevent a stroke?

Lifestyle factors – like what you eat and how much physical activity you get – influence your risk of stroke. The standard advice applies here: the Heart and Stroke Foundation recommends getting 150 minutes of moderate to vigorous intensity aerobic exercise each week, in bouts of 10 minutes or more. Smoking increases your risk of stroke by contributing to the buildup of plaque in your arteries, which can form blood clots. High blood pressure is the number one risk factor for stroke. While blood pressure is influenced by some factors you cannot change – like age and gender – many factors, such as diet, physical activity, and smoking are within your control.

Building an exercise routine, changing your diet to help maintain a healthy weight, and quitting smoking can be a challenge. It is a great idea to ask for help. At Sandy Hill Community Health Centre, we can help you make changes that will reduce your risk of stroke and other health conditions influenced by lifestyle factors.

If you are interested in learning more about our services, or would like to attend our free Workshop “Stroke 101” on November 3 from 2 – 4 PM, please call 613-789-1500 or visit us online at <http://shchc.ca>.

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

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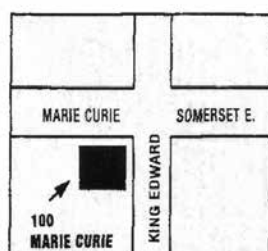
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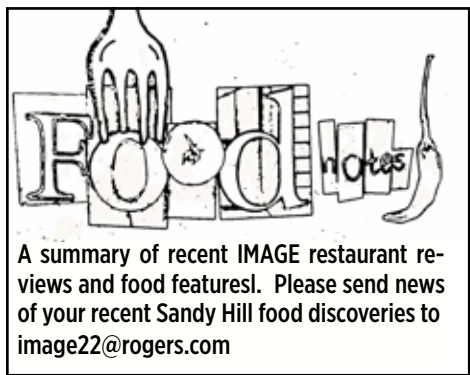
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Friday 8:30 - 7:30

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

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

www.campuspharmacy.com





Nacho Cartel, 200 Wilbrod St.
The small truck with big dreams has had a busy summer. On warm, sunny days their patio has been buzzing with lunchers happily wiping up drips of taco sauce. The owners plan to carry on into the cooler weather, and are currently looking for staff to keep the truck open until 11:00 p.m. Really thick milkshakes and succulent tacos whenever you need them!

Saffron Restaurant, 426 Rideau

The Persian vegetarian buffet served on Monday nights at Saffron is full of tasty dishes. We've particularly enjoyed stuffed peppers, zucchini and grape leaves, as well as a dish of potatoes and tomatoes tinged yellow with the restaurant's namesake spice. The rice is a beautiful mound of light, tender grains studded with little red bayberries. For \$13.95 you will have an interesting and very filling meal. Service is a bit frantic; it's best to go after 6:30 when the staff have had time to get every-thing set up.



Summer fruit, winter meals

Dodi Newman

At their peak, fresh tomatoes are one of summer's best, most nutritious and versatile fruits. Alas, their season is long gone. Fortunately, canned tomatoes are also excellent. Their flavour goes well with just about anything, they are low in calories and high in vitamins, antioxidants and minerals, plus they are available year round. What more could a cook want?

Here are my four favourite dishes using canned tomatoes. All recipes are on the Internet, and if you google them by their title you are bound to find them. Save yourself time and trouble by doubling the first three recipes and freezing the excess. Tip: if you don't like a lot of salt, use unsalted canned tomatoes.

THE SIMPLEST TOMATO SAUCE EVER (www.food.com):
Marcella Hazan, born and raised in Italy, was the Julia Child of Italian cuisine. The sauce is pure tomato essence, made rich by the butter and sweet by the onion. Tossed with pasta or potato gnocchi, and topped with Parmesan cheese, it makes a perfect first course. Two cups, of course, aren't even close to a 28-ounce can, so be sure to use only 2 cups (approximately 500 ml) of canned tomatoes.

MY FAVOURITE MEAT SAUCE FOR PASTA (<http://chefmichaelsmith.com>): Chef Michael Smith's recipe for a meaty tomato sauce is easy to make, especially if you have a food processor. If you can't be bothered with three kinds of meat, use a pound of beef and 8 ounces of pork. You do want the pork for its flavour and consistency. The recipe easily serves six people.

ITALIAN BEEF STEW WITH ROSEMARY (<http://recipes.epicurean.com>): Craig Claiborne, the late food editor of the New York Times, first published this recipe in that paper in 1971. Though the epicurean.com (NOT epicurious.com!) website does not give him credit, the recipe is an almost verbatim copy of the original. Every bit as good in 2015 as it was in 1971, it explains why Claiborne was a revered chef. Follow the recipe to the letter and you too will become a fan.

LUCY WAVERMAN'S CHICKEN EN
COCOTTE ([www.theglobeandmail.com/
life/food-and-wine/recipes/](http://www.theglobeandmail.com/life/food-and-wine/recipes/)):
This recipe for a luscious, meltingly
tender casserole chicken in a tomato-
fennel-tarragon sauce was first published
in LCBO's Food and Drink magazine in
the 2005 winter issue, then in The Globe
and Mail in November 2011. I find that
a teaspoon of dried tarragon works well,
and that 1 cup of tomatoes does not make
enough sauce, so I usually use 2 cups in-
stead.

Save the date: November 15
Ninth year for Sandy
Hill's ONE&ONLY
art & artisan fair

Host/artists/producers Hélène Lacelle, Peter Evanchuck and Action Sandy Hill will celebrate the 9th edition of the ONE&ONLY art-artisan-craft fair on Sunday, November 15 in the Sandy Hill Community Centre at 250 Somerset East. Come between 10 a.m. and 4 p.m. to meet about 50 vendors and hundreds of community members. The ONE & ONLY is Sandy Hill's premier fair, very popular and very tasty too thanks to Chef Evanchuck's free buffet; this is the only fair in Ottawa that provides a huge free buffet open to all the community.

For the attending public, purchasing that “one & only” handmade, special gift for Christmas or personal occasions is a real treat. As Hélène Lacelle reminds us, “These items are all local, all handmade by the artists and artisans. This is a community display of local arts and crafts.”

While the vendors are setting up their booths, Chef Evanchuck and his ASH volunteers are busy preparing to feed hundreds of people. "The free buffet really helps to bring in the students and local community and adds big-time to the success of the show. Over its nine years, we've fed a few thousand of them," Peter Evanchuck says. "There is nothing like a free buffet to help make any event a bigger success."

Unfortunately, this year Evanchuck has had to deal with four surgeries and 42 days of radiation to fight the return of his



Menu from a former One & Only sale.

cancer. "I'm not sure how large the selection of food items will be this year," he muses. "My October 4th surgery and ensuing radiation might weaken my ability to provide the usual variety in the 'magnificent menu' of past years."

Lacelle and Evanchuck not only host the ONE & ONLY fair; they are also long-time resident artists of Sandy Hill, making movies, making books and making art. To see examples of their creative works, they invite you to visit the following websites: movieshandmade.com, bookshandmade.com, goopmailart.com, neonmatisse.com and sandyhillsoneandonly.blogspot.ca. For further information: 613-565-3289 or sandyhill_oneandonly@yahoo.ca.



Barbara Carlson's booth, 2014.



St. Albans and Centre 454 welcome community to Open House

Erica Howes

Music, food and a friendly reception will follow St. Albans' 10 a.m. service on Sunday, Oct. 25, for an Open House linked with Centre 454, the drop-in centre in the basement of the church.

St. Albans Church, located on 454 King Edward Ave. at Daly Ave., and Centre 454 are both ministries of the Anglican Diocese of Ottawa. The Centre is a free daytime drop-in service for the homeless, or those at risk of being homeless, that offers support services and social recreation.

Rev. Mark Whittall of St. Albans said he's happy Centre 454 will be co-hosting the Open House this year and said it's a great opportunity for friends, neighbours and any interested newcomers to learn about what the church and centre offer. The Open House will begin at 11:30 a.m. after the morning service.

St. Albans organizes a student internship program and this year, two students from the University of Ottawa, Heather Buisman and Davis Whittington-Heeney, will work at Centre 454 for their placement.

Whittall said the main goal of the internship program is to “develop student leaders, to give them the opportunity to have different experiences, grow in their faith and build the skills they’ll use later in life.”

Whittington-Heeney said with many shelters in Sandy Hill, he understands that poverty and homelessness exist in the community but emphasized we all have “this shared humanity” and that’s the message he wants to convey through working with people at Centre 454 this year.

"They're people who want to contribute. The fact that they're people who love and feel and exist is something to be treasured," he said.

St. Albans and Centre 454 are tightly linked but both Whittington-Heeney and Whittall agreed they're hoping to bridge any gap between people who use the Centre and the congregation upstairs, starting with the Open House where the community and newcomers can learn and explore them both.

Whittington-Heeney said he's excited about his upcoming work with Centre 454 but recognizes it's a completely new experience. Volunteering for Centre 454 or getting involved with St. Albans is something he encourages young people to do, as he believes every person has something to give.

“Get outside your comfort zone. There’s always something you can do to contribute,” he said. “We all have our different strengths and that’s a good thing”

All are welcome at the Open House 11:30 a.m. on Sunday, Oct. 25, and for the 10 a.m. service beforehand. For more information about St. Albans church go to <http://www.stalbanschurch.ca> or Centre 454’s website www.centre454.ca.



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FALL 2015

For children/Pour enfants

Family Storytime / Contes en famille
Tuesdays at 10:30 am from September 15 to December 8. Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in.

Le mardi à 10 h 30 du 15 septembre au 8 décembre. Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Inscription non requise.

PD Day Block Party / Ça dé « bloc » pour la journée pédagogique

Friday, October 9, 2-3 pm. Building Boom: show off your architectural creativity with Lego. Ages 6-12. Drop in / Le vendredi 9 octobre, 14 h à 15 h. Archiboum! Architectes en herbe, à vos Lego! Pour les 6 à 12 ans. Inscription non requise.

PD Day Crafternoon / Activités artisanales pour la journée pédagogique

Friday, November 20, 2-3pm. Drop by and we'll make various crafts. Ages 7-12. Drop in. / Le vendredi 20 novembre, 14 h à 15 h. Visitez-nous pour faire du bricolage. Pour les 7 à 12 ans. Inscription non requise.

For adults/Pour adultes

Saving Strategies: Easy concept, difficult reality

Wednesday, October 21, 6:30-8:30pm. Learn how to save more to pay down debt. Offered in partnership with the Chartered Professional Accountants of Canada. Registration required.

Let's talk credit

Wednesday, November 18, 6:30-8:30 pm. Learn about the myths and the facts about credit, credit ratings, and credit scores, along with strategies on how to protect credit. Registration required.

La Ridaine

Le mercredi 25 novembre, 10 h 30 à 11 h 30. Une heure de plaisir au son de la musique traditionnelle et envoûtante de notre patrimoine bien vivant! Inscription recommandée. / Wednesday, November 25, 10:30-11:30. Enjoy an hour of traditional French-Canadian music and cultural tradition with La Ridaine! Registration recommended.

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le mercredi à 18 h 45
Le 28 octobre – *Eldorado* de Laurent Gaudé
Le 25 novembre – soirée Gabrielle Roy

Morning book club

Thursdays at 10:15 am. Drop-in.
October 15 – *The Remedy*: Robert Koch, *Arthur Conan Doyle and the Quest to Cure Tuberculosis* by Thomas Goetz
November 19 – *Mountains Beyond Mountains* by Dr. Paul Farmer

Evening book club

Mondays at 7 pm. Drop-in.
October 5 – *Cutting for Stone* by Abraham Verghese
November 2 – *The Betrayers* by David Bezmozgis
December 7 – *Regeneration* by Pat Barker

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Seeking fabric for Africa. Carol Waters on Goulburn Ave. is collecting donations of blue check, red check and plain grey or plain navy blue fabric for school uniforms to be made and used in the Mathare slum, Nairobi. She is also looking for terry towelling and flannelette. More info at Projectchanceafrica.com or carolannwaters@gmail.com

Fall family activities at the Main Farmers Market, now in the courtyard of the Canadian Museum of Nature, every Saturday until October 31, from 9 a.m. to 2 p.m.
October 17th - Apple Fest - Bobbing for apples (kids), "Guess That Apple" contest, food demonstration of apple and sage compote recipe on potato pancakes, live music.
October 31st - Medieval Halloween Party - Medieval re-enactors do demonstrations and provide curated educational displays, pumpkin decorating (mini-pumpkins), live Celtic music.

Ottawa's newest craft show – Something New Edinburgh – is born. At Memorial Hall (39 Dufferin Rd. at Mackay Street) Sat., November 7, 10 a.m.-3 p.m. Admission is free. Shop over 30 local artisans, enter raffles of local wares from the best of Beechwood Avenue, or pre-order some holiday cheer with live, hand-made wreaths from Briggs Trees. With sponsorship from realty icon Sezlik.com and new kid on the block Muckleston & Brockwell fine butchery, it's dynamic and it's local.

Get your home ready for winter! Envirocentre workshop. Thurs., October 22, 6:30 p.m. to 8:30 p.m. at the Rideau Branch Ottawa Library, 377 Rideau Street. This workshop will teach you what an energy evaluation is, how it can help with home comfort, how it can save you money as well as useful tips for getting your home ready for the winter season. Register at www.envirocentre.ca/workshops

Becoming a Carbon Neutral Company? Workshop: Carbon Offsets and Renewable Energy Credits: Similar, yet Different. Thurs., October 22, 2:30 p.m. – 4:30 p.m. Adobe Building, Invest Ottawa, 345 Preston St. Description: Has your company already started it's sustainability journey? Are you now looking at going one step further and becoming a Carbon Neutral Company or integrating offsets to meet your target but aren't sure about where to start? This seminar will feature an expert panel of guests who will help attendees understand the differences between Carbon Offsets and Renewable Energy Certificates. Learn about the costs, the benefits, the challenges, local offset projects/resources and how to communicate to your internal/external community. Register now: www.envirocentre.ca/energy/carbon613/ and check under events.



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Photo Kathleen Kelly

Working to make Prime Ministers’ Row a showcase of Sandy Hill’s illustrious past

What do John A. Macdonald, Charles Tupper, Wilfrid Laurier and Mackenzie King all have in common, besides having been prime ministers of Canada? They, as well as several Fathers of Confederation, all lived in Sandy Hill as did many other eminent Canadians, including Sandford Fleming (who pioneered the use of time zones), Billy Bishop (the World War I flying ace) and Yousuf Karsh (the world-famous portrait photographer).

To recognize this rich heritage, the newly incorporated organization called “Prime Ministers’ Row” is hoping to turn Laurier Avenue East from King Edward Avenue to Strathcona Park into Canada’s first outdoor street museum celebrating the legacies of all past prime ministers as well as the Office of the Prime Minister itself. And not just prime ministers, but also Fathers of Confederation and other famous Canadians—businessmen, artists and civil servants—who made Sandy Hill their home and contributed to build-

ing our country. Today, when we wander up Laurier Avenue, meander past St. Alban’s Church on King Edward Avenue, or walk along Daly Avenue, we are literally walking in the footsteps of these nation-builders.

Prime Ministers’ Row seeks to create a national legacy project for Canada’s Sesquicentennial celebrations in 2017 and create a new tourist destination in the urban core. The initiative has three main components:

- streetscape improvements (e.g., public art, monuments, wayfinding markers, illumination programs, plaques, entrance arches and seating areas)
- multimedia platforms to present the social history of Canada’s nation builders using digital content, educational outreach materials, mobile apps, virtual tours, online forums and social media
- programming and events to highlight key themes underpinning the initiative such as governance, leadership and nation building

Imagine standing in front of Laurier House and, through an app on your phone, being able to eavesdrop on Mackenzie King’s reflections on the conscription crisis? Or passing Sir John A.’s former address on Daly Ave. and hearing him curse the stench from the ineffective house drains? Or standing in front of Philomene Terrace and listening to Archibald Lampman’s latest poem? With modern technology, the opportunities to learn in a fun way about our neighbourhood’s storied past are unlimited!

Two Sandy Hill residents, Suneeta Millington and Leanne Moussa, are spearheading this initiative. They have set up a non-profit organization, recruited a national board of high-profile Canadians and enrolled many volunteers to support their work, including several history students from the University of Ottawa. They have already prepared a budget and submitted several funding applications to various government agencies and private businesses. They have also created

Community volunteers and student researchers advancing the effort to designate sections of Sandy Hill as Prime Ministers Row are pictured above. Front — Brent Holloway, Sabrina Pound, Veronica Eden, Leanne Moussa, Elspeth Tory, Diane Silvester, Louise Shaughnessy; Back — Damien-Claude Bélanger, Susan Young, Judy Rinfret, Suneeta Millington, François Bregha, Masood Qureshi

a website (<http://pmr-apm.ca>), a Twitter account (@PmrApm) and a Facebook page with information about the project, including photos of many of the houses to be featured in Prime Ministers’ Row.

City officials, the National Capital Commission and our elected representatives have all endorsed PMR. IMAGE readers can show support by buying five-year memberships for the modest sum of \$20 each and signing up for project updates. You can do all this at the Prime Ministers’ Row website. — François Bregha

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