

Moving around Sandy Hill...and beyond

Bus route changes December 20— Lees station to be affected

John Verbaas

On December 20, the City will move on to the next stage of LRT construction resulting in the next level of disruption for existing bus operations. For Sandy Hill residents this means most Transitway buses will no longer stop at the Lees Transitway station because of the closure of the Transitway between Lees and Hurdman. Thus the lower level of Lees station will close but the upper level will be open. In addition, route 85 will be modified to make its way to/from the downtown via King Edward Avenue through Sandy Hill. If you are accustomed to using the Lees Transitway station it is highly recommended to go to the OC Transpo website (and click on the headline “On Track 2018 Winter Service Changes”) for the details.

Related to this is the ongoing question of “when will cars be allowed to use again the Lees Avenue Highway 417 on ramp to head eastbound?” The answer to that remains: not until 2018 when the LRT starts operation. The on ramp and merge lane onto the 417 are reserved exclusively for buses precisely to ease the impact on OC Transpo of LRT construction, such as what will occur as of Dec. 20.

Winter maintenance – sidewalks and bikeways

Sidewalk snow clearing: Councillor Fleury invited me to join him in his annual pre-winter discussion with snow clearing operations staff to review priorities within the community. I was a bit surprised to learn that the priority assigned to snow clearing for a particular sidewalk is tied to the priority of the road it is associated with (ie. the auto volume) and not necessarily to the pedestrian volume of the street. I took the opportunity to point out that many of the more “minor” streets in Sandy Hill have tremendous pedestrian volumes (eg. Somerset, Nelson, Cumberland, many of the east-west streets heading towards the Transitway/downtown, etc.) and thus really deserved much higher priority sidewalk snow clearing attention. In Sandy Hill we have many thousands of UofO students moving around at near 100% walking modal share! There was some admission that there could be a little bit of flexibility to tweak some of the priorities here and there and so I put in a good word for some of the most highly trodden sidewalks of Sandy Hill. It’s not the easiest time to be asking for more comprehensive snow clearing operations when the City has greatly exceeded its snow clearing budget in each of the last two years and is faced with recovering from substantial operating deficits. But there clearly needs to be some evolution in the way sidewalk snow clearing is prioritized relative to road clearing in areas with high walking volumes and it seems that this is a perfect project for the newly minted downtown councillors to work together to achieve.

Bikeways: This year the City will be performing winter maintenance on the east-west bikeway including where it traverses through Sandy Hill along Wilbrod, Stewart, Cumberland, and Coburg streets. Residents along these streets and cyclists using these lanes will notice quite a difference in the way snow is managed along this route this winter. If you have been contemplating continuing to use your bike in the winter this could be the year for you to give it a try. If only we could have the cycling lane completed on the short section of Laurier Avenue between the UofO crosswalk and Nicholas Street, but alas, we will have to wait until 2018 when the LRT starts up and the Transitway is removed from this section of Laurier.



Photo Paula Kelsall

Georges’ trees help the Mission

Let the season begin! Many months of the year, Georges Vezina can be spotted at the top of a ladder as he keeps the houses of Sandy Hill in trim, but for the month of December look for him on Rideau St. near Nelson, beside Shoppers Drug Mart. Georges is selling Christmas trees—balsam, blue and white spruce—which he cuts at Sobczak Tree Farm in Carleton Place. He’ll be manning the tree stand daily from the first of December onward, and he aims to raise a substantial amount of money for the Ottawa Mission and its hospice at Daly and Waller. Also keep a watch in Ottawa bars, including Chez Lucien in the Market, for Georges’ donation jars, where you can drop in some change and enter a draw for a tree. Georges, pictured here with Mission volunteer Wanda Caird, thanks Shoppers for the space and the folks at Capital Cutting and Coring for their help with the transport of the trees.

—Paula Kelsall



PhotoEdward Zolpis

Recent wave of international terrorism washes into the heart of Sandy Hill ...

A touching memorial of fresh flowers and stuffed toys appeared outside the Russian Embassy on Charlotte St. after the October 31 bombing of Metrojet Airbus A321. The airliner, bound for St. Petersburg, had its tail blown off by a bomb after a dawn

takeoff from the Egyptian Red Sea resort of Sharm el-Sheikh. All 224 people on board, including more than a dozen children, were killed in what proved to be the first of a series of strikes by Islamist jihadis in Ankara, Beirut and Paris this fall. —Jane Waterston

IMAGE

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

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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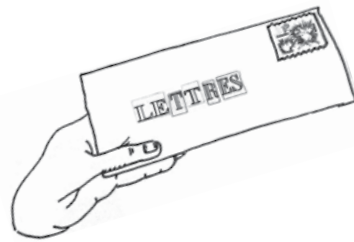
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From Ken Clavette's Album of Bygone Sandy Hill



Winning pair (Melville Rogers and his wife Isobel (Tish) Blythe) with runners-up in a figure skating competition on the University of Ottawa rink at Wlbrod and Cumberland St., 1927. I wonder how many people can remember that rink - I would think not many.
Members of Minto Skating Club, 1927 — LAC PA-043667



Pedestrian bridge opens ahead of schedule

After months of hard work and many community inquiries, I am happy to announce that the new pedestrian bridge over the Rideau River between Somerset and Donald Streets opened to the public two seasons ahead of schedule on December 4, 2015. The new pedestrian bridge represents a key community connection between the Overbrook, Sandy Hill, and Vanier communities.

I am also happy to announce that a name has been chosen for the new bridge. Earlier this year our office, in collaboration with Councillor Nussbaum, launched a commemorative process to name the new pedestrian bridge. In the spring, we put out an open call for submissions, and we received over 60 names. Our offices un-

dertook an official vetting of the names and produced a shortlist. A selection committee comprised of the councillors, the Overbrook Community Association, Action Sandy Hill, community members from Overbrook and Sandy Hill, Heritage Ottawa, City staff and a representative from the Mayor's office met in late September and deliberated on the list of names and put forward a recommendation to Council on November 25, 2015. Council approved the submission "passerelle Adawe crossing" as the official name for the new pedestrian bridge.

The name Adawe is the Algonquin term meaning "to trade" and is symbolic of the history of the Rideau River, the aboriginal heritage of the area and the bridge's ability to link the communities on either side. A resident of Sandy Hill submitted the name during the naming process.

I am very proud of the opening and naming of the passerelle Adawe crossing and the important role that it will play in connecting our urban communities. I encourage you to go out soon and stroll across the new crossing.

Mathieu Fleury

Councillor, Ward 12, Rideau-Vanier

Kudos for Sandy Hill!

In September we moved from Toronto to Ottawa in order to be closer to our daughter and three grand children. Since then we've met caring members at the Conservation Co-operative; attended several outstanding Sandy Hill events and I've joined the staff at Sandy Hill CHC. Our grandkids love to visit and have enjoyed parks, pools and walks along the Rideau.

The quality of articles in IMAGE is delightful and the content a great intro to

life on this side of the Hill.

Thanks to IMAGE publishers and content providers and to the many friendly people in Sandy Hill who've made our transition so pleasant.

Simon Mielniczuk
Mann Avenue

[Ed's note: Thanks for this and we must thank our advertisers who also make IMAGE possible. We encourage our readers to patronize the advertisers and tell them where you heard about them.]

IMAGE abroad...in Puerto Vallarta, Mexico, November 2015



Photo Jason Kitchen

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Editorial

Neighbourhood vs. OMB again—same result

I wrote an article that appeared in the October 2015 issue of IMAGE about my experience attending an Ontario Municipal Board (OMB) hearing. A developer appealed a Committee of Adjustment ruling; Action Sandy Hill opposed the appeal. The developer won. This time it was the City of Ottawa vs. developer. I didn't attend this time. It didn't matter. The developer won. I reviewed most of the 2015 OMB decisions on development in the urban area and found a similar pattern.

For this appeal, the City had hired a planner to represent its view to the OMB that Lindenlea Apartments, Inc. should not build a 20-unit residential building on Marquette Avenue in Vanier. Vanier is not Sandy Hill, I know. The situation, however, is very similar to many we experience in Sandy Hill and, in some ways, similar to the one described in the October issue of IMAGE which dealt with a proposed additional apartment at 222 Stewart Street.

A developer buys a property in a neighbourhood of one- and two-family homes and proposes to demolish the buildings on the property and construct an apartment building. In Sandy Hill, these apartment buildings have tended to push the building envelope to the limit allowed on the property—often further: see 222 Stewart—requesting minor variances on setbacks from the property lines. Because of the captive student market, these buildings often contain 20 or more bedrooms.

In the Vanier case, Lindenlea Apartments bought numbers 67 and 71 Marquette Avenue, properties on a street with one- and two-family homes. They proposed to demolish the houses and build a three-and-a-half storey apartment building with 20 units. Most of the units will be one-bedroom or bachelor apartments. This is in an R4E zone which limits the number of units to four. Lindenlea will provide 11 parking places which includes one visitor space.

Lindenlea originally proposed 22 units to the City Planning Department. Negotiations followed the application and 20 units resulted, as well as other compromises. Parking was one of them. Where to put eleven parking spaces? Not above ground and not below ground. The compromise was partially above ground with a raised deck over the whole parking area—goodbye landscaped back yard. Anyway, the planning committee voted six to four to accept the application.

Next it went to City Council and the City threw down the gauntlet defeating the motion 14 to 10. The charge was led by our councillor, Mathieu Fleury. Lindenlea appealed to the OMB. Since the Planning Committee had *approved* their application, the City could not use its own planning experts to present the case for *refusing approval*. The City hired a planner to present its case. The City's reasons for refusing approval was: "1. The number of units represents more intensity than is appropriate. 2. Adverse impacts due to parking."

The OMB heard the appeal in June, 2015. OMB Member, Mr. Richard Makuch, presided. Two City of Ottawa planners testified in support of the application under summons by Lindenlea. The planner hired by the City for the hearing presented the case against the application. Three residents also testified. Member Makuch liked Lindenlea's application. End of story. Under Ontario law, there is no appeal unless the member has made a mistake in law. A mistake in judgement is apparently deemed impossible.

A big club used to favour development and deny opposition to appeal is the Provincial Policy Statement 2014 which was issued as part of the Planning Act. It uses the word "intensification" 18 times—to make sure we get the point.

Intensification as a concept and a practice is hard to argue with and I wouldn't. The difficulty is to know when to stop. 67 and 71 Marquette Avenue were intensified by 1000%, from two units to 20. Seems like a lot to me, Mr. Makuch.

Larry Newman
Laurier Ave. East



No need to cut down healthy mature shade trees — let's expand not shrink nature

Several healthy mature shade trees are marked for removal. The trees in question are located on the steep bank immediately below the new building being constructed on Range Road. The trees border the popular pedestrian/bike pathway between Mann and Templeton with the Rideau River on one side.

The mature trees not only hold the bank of earth together, preventing slippage of the soil during rain storms, they provide shade, home for wildlife in the area; help keep the atmosphere clean—it is also one of the most pleasing aspects of the walkway. I walk there every day, spring, summer, fall and most of the winter.

I think that providing a few future residents of the new building on Range Road a clearer view of the Rideau River is no reason to cut down these healthy mature shade trees. In this day and age we should be much more accommodating of nature—expanding not shrinking it.

Marion Barclay
Charlotte St.

Ralph Blaine's article on page 7 suggests that sight lines are not the crux of the matter. — Ed.

Trivia night thanks

Close to 175 parents, friends and alumni attended the 9th Bettye Hyde Trivia Night in November, which was filled with music, laughter and (of course) some intense trivia. Thanks to the generous support of community members, the event raised over \$7,000! The funds raised from Trivia Night will help pay for a beautiful new playground on Centre property at Blackburn and Osgoode.

A huge thank you goes out to the new families, volunteers, alumni and teachers, as well as to Adrienne Blair, Shawn Chamberlain, and Zeke Hagar who generously donated their time and talents to help make the evening a hit. Many local businesses, artists, and community members generously contributed funds and other donations; thank you!

Cindy Mitchell
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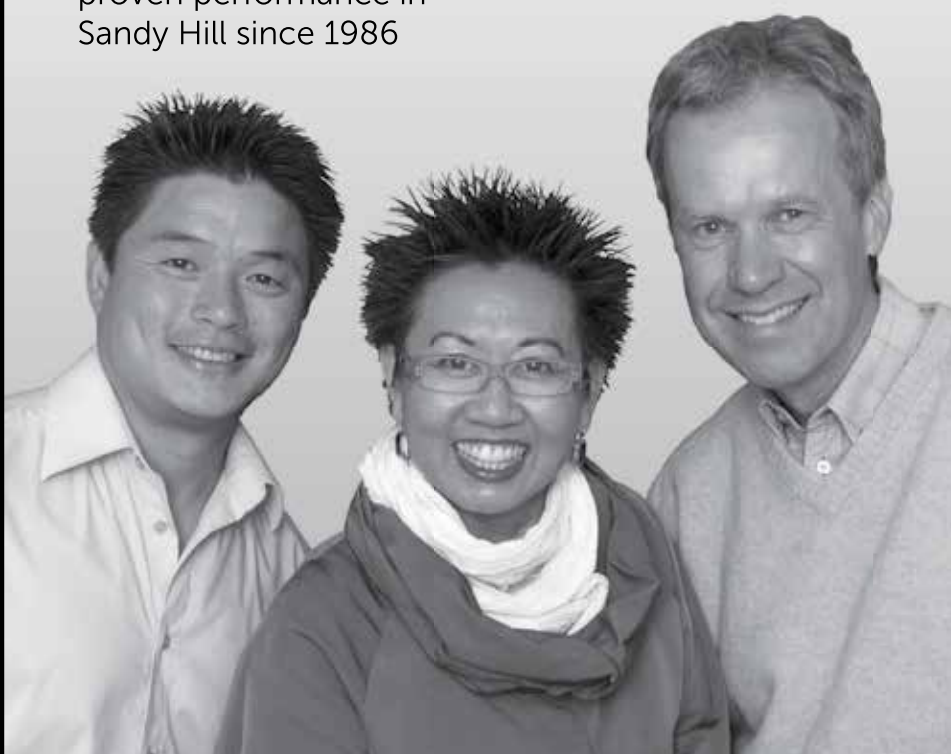
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Newsbites

Adàwe crossing unveiled: bridge over the Rideau opens!



November 28 – all complete; ready for footsteps and bike tires.



We have a new bridge with a new name. We’ve all been looking longingly as the construction of the pedestrian/cycle bridge joining Somerset and Donald streets proceeded apace. Now we have been invited by Councillor Fleury to “stroll across the new crossing” (see letter on p. 2).

Adàwe crossing (passerelle Adàwe) was officially opened on December 4. The name was chosen out of more than 60 names suggested in a contest organized by the local City Councillors. Adàwe, a City press release explains, “is the Algonquin term meaning ‘to trade’ and is symbolic of the history of the Rideau River, the aboriginal heritage of the area and the bridge’s ability to link the communities on either side.” Among the many groups involved in the name-selection process was the Algonquins of Ontario Consultation Office. Council approved the chosen name at a meeting on November 25.

Since IMAGE was printed two days before the opening we have no photos of the event. Our picture-taking occurred at the end of November. As we stood with camera in hand on the Overbrook side of the bridge a cyclist rode by and called out, “Won’t it be nice when it’s opened?”

Mystery person sought

Councillor Fleury announced that it was a Sandy Hill resident who submitted the chosen name. However, his office could not divulge this person’s name as they had been unable to contact the submitter to get permission to do so. Although Action Sandy Hill had representation on the selection committee they never did know any of the submitters’ names so they are as much in the dark as we are. If you are that mystery person please contact IMAGE at image22@rogers.com

A couple out for a walk in Strathcona Park on the same brisk but sunny day were equally keen to try it out.

Many Sandy Hillers are looking forward to using our new link to Vanier and Overbrook where we can avoid the heavy traffic on Cummings Bridge or just have a quiet walk to the parklands on the east side of the Rideau. — Jan Meldrum

Robinson Village units rise again

A dramatic nighttime fire destroyed a prominent row of townhouses in Robinson village (right), at 211 Lees Ave. in September 2013. Four townhouses were completely destroyed, six suffered water damage, and 35 people were displaced.



IMAGE file photo by Dave Elden



Photo Dave Elden

Left—IMAGE photographer David Elden returned to the site in November 2015 to record the nearly-complete community housing units rising in their place.



Photo Zara Ansar

The EnviroCentre held its third annual reception on November 17, in the upstairs lobby of the Ottawa Little Theatre, just down the street from its EnviroBoutique at 377 Rideau Street. EnviroCentre staff took the opportunity to thank their supporters and partners, while everyone enjoyed delicious snacks from the Green Door restaurant. It was also the occasion to present the various services the centre offers to businesses, home owners and tenants who want to conserve energy and reduce their bills. Visit the website at www.envirocentre.ca for more details on the range of services provided. On its Facebook page, you’ll find updates and notices about free workshops for the public. The next info session takes place at the Sunnyside Branch of the library on December 7, on the topic of “Building Green and Renovating on a Budget.” — Betsy Mann





Supper Table volunteers serve a nutritious, hot meal, including mmmmmgood baked goods, to more than 150 people every day. These include men, women, and children from different religious backgrounds, the elderly, working poor and the disabled.

Recently, St. Joe’s Supper Table (Laurier East at Cumberland) expanded to provide a food bank at 300 Wiggins Private. Mary Murphy is the Manager and she’s just announced that they have joined a nationwide food service organization called Good Food Organizations. Mary says that this organization will help St. Joe’s better manage their kitchen, train volunteers, become advocates and “build an organization that promotes dignity for all”.

Watch IMAGE for more about the Supper Table and the benefits that will come from joining this Canada-wide organization.

- L. Newman





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Miracle League Field (Photo by Tony Caldwell)

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Moving around Sandy Hill...and beyond

Here’s the latest on traffic calming and other measures affecting pedestrians

John Verbaas

Traffic calming: The mayor’s election campaign promised to put some money back into the budget for traffic calming. He delivered on this with his strategic initiatives which were approved in early summer. In each of the next four years \$1.4 million will be provided for traffic calming.

Once that is divided over 24 wards, and in our case the three major communities within our ward, this ends up being whittled down to about \$20,000 per community per year. Councillors have been instructed to come up with traffic calming/pedestrian safety measures within their wards using this funding.

The challenge is that many of the traditional techniques used to calm traffic (mid-block narrowings, intersection

bulb-outs, speed humps) can cost many thousands of dollars each to implement, not to mention that they are not particularly friendly to cyclists. Thus the new funding would not go very far with these techniques.

One new measure the City is starting to use is to put flexible sign posts bolted down to the pavement down the centre of streets. Several streets have recently been equipped with these in Vanier (Montfort and Landry). The intention is to make the road feel narrower to drivers, which in turn can lead to reduced speed. These would be removed for the winter and reinstalled in the spring much like the flexible posts we are beginning to see protecting cycling lanes on the Laurier bridge over the canal and elsewhere. I have met with Councillor Fleury’s office to discuss the possibility of installing some of these along sections of Chapel Street and Mann Avenue. Based on recent experience,



Photo Christine Aubry

there is a possibility they will spread to other streets in subsequent years.

New pedestrian crossings: This fall the City approved a plan to implement a number of new pedestrian crossings, referred to as PXOs, throughout the city. This is the result of recent changes by the Province to the *Highway Traffic Act* which now allows new types of crosswalks to be installed at non-intersection locations (i.e., midblock or at roundabouts). These new style PXOs would be allowed on res-

A recent “jut-out” on Landry Ave. in Vanier.

idential or neighbourhood collector-type streets (not major arterials) and would involve a crosswalk painted on the road with a pedestrian crossing sign at the side of the road. In some cases, depending on the traffic levels on the road, there would also be a pushbutton which would activate a flashing light. Exactly what type of crossing to use where is tightly regulated by the Province and several different configurations are possible.

Over the next three years the City plans to implement several hundred of these along with an education campaign to ensure drivers understand that they must stop at these crosswalks when a pedestrian is at the side of the road (even though there is no “stop” sign there). I have discussed with the councillor’s office several possible locations in Sandy Hill where such PXOs could be useful. These include in front of Viscount Alexander School or along Laurier Avenue near Strathcona Park/Range Road. It is not clear at this time the process that will be used by the City to prioritize and decide where the new PXOs will be installed.

John Verbaas is the director of Action Sandy Hill with responsibility for neighbourhood transportation issues.

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photo David Elden

A tale of two sewers (and a few trees too)

Ralph Blaine

What do you know about the journey of the sundry effluents that are whisked from our clean-smelling houses with a flick of a wrist? Most of us don't spend much time pondering this question unless our sewer pipe clogs. Then we find out how much civilized life depends on the Roto-Rooter Man. But if we could interview the fish in our local rivers we might find that they have put a great deal more thought into the question of managing municipal sewage. They know there's a nasty little side story here that we in the above-water world push to the back of our minds. But wait! My editor has asked me to write a story about trees. I better get on with it.

In fact, this story doesn't really begin with a toilet at all. It starts with a stroll through the lovely leafy arcade at the base of the slope leading up to the Sandringham Apartments at the south end of Strathcona Park. Sometime in mid-October a long time resident of Sandy Hill was enjoying the autumn smell of decaying leaves along this path when he noticed something odd. The trunks of a line of trees descending from the new construction up top to the path below and on into the river had been marked with bright orange tape. Before long, emails were flying between concerned citizens and City officials trying to determine the fate of these trees. This is where the real story begins.

Some months ago ground was broken for the construction of a new apartment tower opposite the Sandringham. When a tower of this size goes through the planning process the Provincial Ministry of Environment reviews the impact of storm water run-off from the new site. For this building, because of the existing infra-

structure, there were special concerns. In an ideal case there would be two sewers serving needs of the neighbourhood – one for storm run-off and another for waste sewage, but in this section of Sandy Hill the storm and sewage system are combined and there is no prospect that a proper twinned system will be built in the near future. Problems arise at times of heavy rainfall because the combined flows of sewage and storm run-off can overwhelm the capacity of the City's treatment plants and when that happens some raw sewage can be dumped into our rivers. According to the City planners that IMAGE consulted, the Ministry determined that since the water coming off the roof of the new building would be reasonably uncontaminated it could go directly into the Rideau River. So the Ministry of Environment has required that the developer build a pipeline from the roof of the building down to the river. Again, according to the planners, the run-off from the ground surrounding the building would be too dirty to go directly into the river. It seems that by diverting the water run-off from the roof into the river (and by taking similar measures throughout the city) the Ministry hopes to decrease the likelihood of overloading our treatment facilities and so decrease the need to dump raw sewage into our rivers.

So we now come to those trees wrapped in orange tape, or at least a few of them. In order to bury the pipe that will carry the roof run-off to the river, some trees will be cut down. The number of trees cut will depend on the exact corridor along which the pipe is laid and the method used to lay the pipe. Steve Belan, the City planner assigned to this project, says that the developer is considering the use of directional drilling. If that happens, a large hole could be excavated at one end of the pipeline corridor and the necessary bore for the

pipe could be drilled from the excavation without removing excessive overburden. This method would minimize the need to cut existing trees. If this method proves unfeasible, a trench approximately four to six metres wide would be dug more or less along the entire length of the pipeline. The pipe would be laid in the trench and covered. In either case the pipe would go down the slope to a catch basin, then under the path and finally be laid laterally (again, underground) for a distance before emptying into the river. Depending on which of these methods is chosen, Mr. Belan says that six to ten trees would have to be removed. But however the pipe is laid it will be deep enough to allow planting over top and the City is committed to doing that. The new planting will control erosion and eventually the new trees will fill in the empty spots.

This then brings us back to our toilets. Whenever the Ministry can continue to find ways of reducing the flow to our antiquated sewer systems, the likelihood of a domestic flush going directly into our local watershed will be reduced and the health of our rivers will enjoy a permanent improvement. In this particular case, the cost to the neighbourhood will be the temporary loss of a few much-loved trees. The cost to the developer will be many thousands of dollars; an expense which he will doubtless want to keep as low as possible. I'm sure that the vigilant citizens of Sandy Hill will do their best to ensure that as many trees as possible, (most of which are on City land) will be spared.

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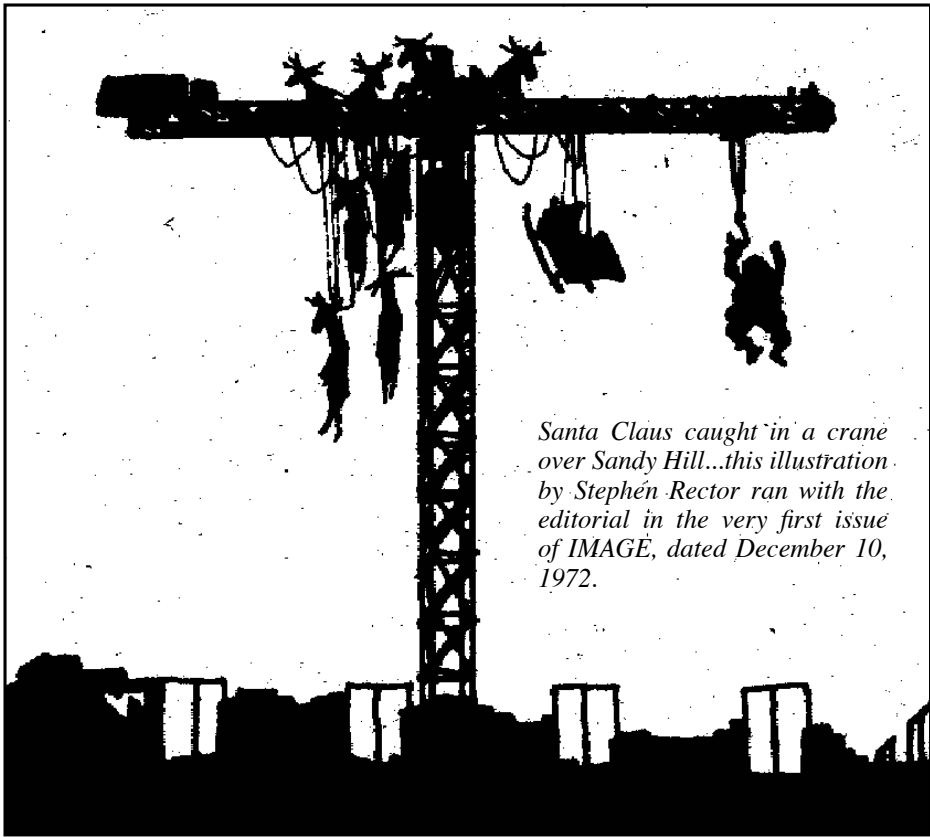
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Santa Claus caught in a crane over Sandy Hill...this illustration by Stephen Rector ran with the editorial in the very first issue of IMAGE, dated December 10, 1972.

IMAGE as a mirror to Sandy Hill

François Bregha

This past summer, I went through all the back issues of IMAGE that have ever been published, starting in December 1972, when the paper did not even have a name! IMAGE has gone through a number of permutations over its 43-year existence. It started life as a monthly (only 8 pages) with all articles appearing in both French and English. Over the years, it has become visually more interesting – more photos, better layout, colour – but it remains true to its initial vision of “informing everyone of the news and activities of the community and providing a focus for dialogue.”

It is impressive how many different volunteers have worked for IMAGE over the years, contributing photos and articles, selling ads, editing the paper and even delivering it door to door (delivery is now contracted out). From the start, IMAGE has been and remains a community effort.

While observing the paper’s evolution is fun, what made this review truly interesting is the mirror that it holds up to all of us about what has changed – or not – in Sandy Hill over the past 40+odd years.

Certain issues have remained constant over the years:

- Residents were concerned about traffic cutting through Sandy Hill in the 1970s; they still are. Other car-related issues raised frequently over the years included on-street parking and excessive speed.
- The need to protect our built heritage runs as a connecting thread through all the years.
- The growth of the university and associated student housing issues appear as recurring concerns.
- In 1985, a reader expressed his dream that pedestrian bridges be built at Somerset over the Rideau River and the Rideau Canal. While the Corktown bridge over the Canal has been open for a dozen years, the bridge over the River has only just opened – 30 years later.
- In the early 1990s, articles started to appear about a forthcoming Uptown Rideau Community Design Plan. A new one (allowing greater building heights) is currently under development.
- Residents have repeatedly asked that the City improve its enforcement of property standards (re noise, garbage)
- In 1993, someone described the intersection at Laurier and Nicholas as the ugliest in the world. Are there any doubts about how it would rate today?

Sandy Hill residents who are skeptical about the City’s planning department will wonder what planners were thinking about when they:

- considered making Somerset into an arterial road with big bridges for cars over the Canal and the Rideau River.

- proposed routing buses on King Edward and detouring car traffic onto a widened Henderson Avenue to accommodate the Transitway.
- closed Rideau between Sussex and King Edward to cars, thereby forcing traffic onto Sandy Hill streets.
- suggested placing the southern terminal of the then North-South LRT on Stewart street at Waller (along with a 390 car underground garage) and closing the bike lanes on the Mackenzie King bridge.

Over the years, the neighbourhood has lost a number of restaurants and shops along Rideau Street, three schools (St. Joseph, St-Pierre, Osgoode Street – the latter re-opened as Francojeunesse) and three churches: Sacré-Coeur burned down and, while rebuilt, is much less grand than its former self. All-Saints has closed and the future of the building is still uncertain. St. Clement is being turned into apartments. Many other small businesses have also come and gone.

However, there have also been some important gains that should be celebrated, among them:

- The Sandy Hill Community Health Centre moved back to Sandy Hill after several years in Vanier.
- Sandy Hill Park has been redesigned and improved, reducing at the same time the risk of sewage overflow thanks to its underground cistern.
- Several housing co-operatives have been started and are still with us
- A professional theatre opened in our neighbourhood. Odyssey Theatre celebrated its 30th anniversary this year!
- The fountain at Strathcona Park that was out of operation for many years started running again in 1994.
- Several historic houses that were threatened with demolition have been saved, among them: Panet (corner of King Edward and Laurier), Pater-son (end of Wilbrod) Toller (Chapel at Daly) and Gaston-Héon (the new Alumni building on Séraphin-Marion at the corner of Cumberland).
- Several heritage districts have been created and the Rideau Canal has been designated a UNESCO World Heritage Site.
- Traffic calming measures have been introduced on several streets.
- The Rideau Branch Library has been saved after it was threatened with closure.
- Viscount Alexander Public School survived several years of low enrolment and the threat of closure and is now thriving.

While Sandy Hill in 2015 is different from what it was in 1972 – there are fewer francophones, fewer local businesses, fewer families, more multiple dwellings, more university students – at its heart, it remains a community of people who care about their neighbourhood and are willing to fight to protect their quality of life.

Backing up and storing digital photographs

Ron Hodgson

This summer I visited the Arctic on a ship with a hundred other expedition tourists. Ninety percent of them, me included, took many, many pictures. Typical was one afternoon when we embarked in Zodiacs to take pictures of polar bears feasting on beached beluga whales on a bay near Victoria Strait. There was absolute silence except for the purring of the idling outboard and the continuous clicking of DSLR cameras using burst-mode. Others were taking high definition movies or even using their smart phones.



What will be done with all these images? How can anyone possibly sort and choose the best images from so many? With the ability to record events in this way using so many different devices, how can we keep track of the ones we want to keep? Do we want to keep these just for personal memories or do we want to develop photo shows for our friends and relatives? Perhaps we have ideas that they are good enough for illustrations in a blog or online diary. There are many choices given the capability of the internet to carry them anywhere.

The first thing to consider is how to back up and store all those shots. Most digital cameras use what are called SD or Secure Digital Cards to store the images that have been taken. These are small flat electronic memory cards that are inserted into your portable digital device and have capacities of several gigabytes. Prices of portable storage devices have come down significantly in the past couple of years so it would be economical just to keep your images stored on your SD cards using one for each event or span of time. However that would not be too practical. The cards are small and inconvenient to edit. It’s better to download your images onto a computer where you can enlarge them, sort them and discard ones you don’t want to keep.

You may also want to edit them, perhaps improving colour or maybe cropping and adjusting horizon levels. When you have finished discarding unwanted images and editing for the rest, you can establish folders or albums of separate events or store them by subject matter. For portability you can create DVDs, store them on a USB flash drive or even a portable flash drive.

To share your images I recommend using one of the many cloud-drive options such as Dropbox, Google, Apple or Microsoft. Most of these are free up to a certain limit (e.g. 5Gb) and they can be expanded if necessary at a very reasonable cost. Using the Cloud is convenient and allows you to get access to your images and share them from any online device.

Here are a few examples:

Google Photos - Unlimited free storage for images of 16 megapixels or less. For larger files such as you might have with a DSLR, Google offers limited free storage.

Apple iCloud Photos - 5 Gb of free storage. Can be increased to 50 Gb for

C\$1.29/month plus tax. Good shared resource especially for IOS and Apple computer users.

Dropbox - 5 Gb of free storage with some incentives to increase available free space if you refer other customers. No file size limits. Also useful for all types of file sharing.

Microsoft OneDrive - 5 Gb of free storage (reduced recently from 15 Gb). Can be increased to 100 Gb for US\$1.99 per month.

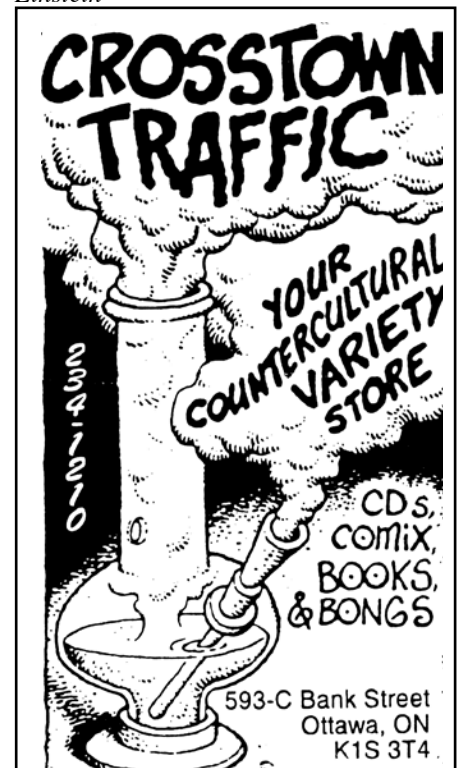
Amazon Cloud Drive - Free up to 5 Gb. C\$10.00 per year for 20 Gb. Unlimited storage with an Amazon Prime prepaid shipping account.

I don’t want to get into the detail of counting bits and bytes even though it’s pretty important if you want to calculate storage limits. There are many factors including picture resolution, size, and digital image format used for the picture. Suffice it to say that your digital pictures, when shot in the most common JPEG image format will require anywhere from 5 to 8 megabytes of storage space. If you have 5 gigabytes available in your Cloud Drive you could store perhaps a thousand images, certainly enough to share any event or adventure that you recorded on your camera.

For longer-term backup and storage I recommend you purchase a portable flash drive. I have a 1 terabyte drive that’s the size of a smart phone that can hold all my photo files. These drives are not expensive and you can buy them at your local tech provider for less than \$100.

Look at the specs for your camera and you’ll be able to find the size of picture that it is capable of and how much storage will be needed. Then whether you choose to use SD cards, USB sticks, a portable Flash drive or use online backup to the Cloud you’ll know how much you’ll need for your digital photographs.

“Out of clutter, find simplicity.” —Albert Einstein



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ARTS AND CULTURE				
ABC's of Arab Pop Culture	January 20, 27, February 3, 10, 17, 24, 2016	(10:00 to 12:00)	Wed.	\$100
Arab Folk Traditions	April 6, 13, 20, 27, May 4, 11, 2016	(19:00 to 21:00)	Wed.	\$100
Art and Literature in the Jazz Age: From New York to Paris	April 13, 20, 27, May 4, 11, 2016	(10:00 to 12:00)	Wed.	\$80
Atheism in Canada and the United States	May 4, 11, 18, 25, June 1, 8, 2016	(13:00 to 15:00)	Wed.	\$100
Conversing with Art: A Philosophy of Art Appreciation	April 6, 13, 20, 27, May 4, 11, 2016	(10:00 to 12:00)	Wed.	\$100
Creative Writing Spaces: Tap into Your Hidden Talent for Poetry and Fiction	January 12, 19, 26, February 2, 9, 16, 23, March 1, 8, 15, 2016	(18:30 to 20:30)	Tue.	\$270
Digitization 101: Do you have the right technique?	March 9, 2016	(13:00 to 16:00)	Wed.	\$35
Dining Together, Staying Together: London's Bloomsbury Group	May 18, 25, June 1, 8, 15, 22, 2016	(10:00 to 12:00)	Wed.	\$100
European and American Art	January 7, 14, 21, 28, 2016	(18:00 to 20:00)	Thu.	\$100
Organizing, Preserving, and Sharing Your Personal Photos	March 9, 2015	(9:00 to 12:00)	Wed.	\$35
Public Art, Sculpture, and Design	May 4, 11, 18, 25, June 1, 8, 2016	(19:00 to 21:00)	Wed.	\$120
Race, Sex, and Popular Music	February 2, 9, 16, 23, 2016	(19:00 to 21:00)	Tue.	\$80
Russian Art and Literature: A Window on the Russian Soul	January 13, 20, 27, February 3, 10, 17, 24, March 2, 2016	(19:00 to 21:00)	Wed.	\$120
Screenwriting: The "Write" Words are Worth a Thousand Pictures	April 5, 12, 19, 2016	(9:00 to 15:30)	Tue.	\$200
Tales of Female Betrayal: 8 Stories of Wives, Unsatisfied	January 11, 18, 25, February 1, 8, 2016	(19:00 to 21:00)	Mon.	\$100
Training Your Ears and Mind: Actively Listening to Music	May 3, 10, 17, 24, 2016	(19:00 to 21:00)	Tue.	\$80
Understanding Contemporary Art	February 11, 18, 25, 2016	(18:00 to 20:00)	Thu.	\$80
SOCIETY AND HISTORY				
Ancient Religions of the East: India, China, Korea, and Japan	January 12, 19, 26, February 2, 9, 16, 2016	(19:00 to 21:00)	Tue.	\$120
Ancient Sacred Landscapes and Geographies	March 1, 8, 15, 22, 29, April 5, 2016	(19:00 to 21:00)	Tue.	\$120
Canada: Sport Nation: Reflections from the Vaults of the Canadian Museum of History	March 16, 2016	(9:00 to 12:00)	Wed.	\$35
Classics of Detective Fiction II	May 5, 12, 19, 26, June 2, 9, 2016	(19:00 to 21:00)	Thu.	\$100
Crossing the Bosphorus	May 4, 11, 18, 25, June 1, 8, 15, 22, 2016	(19:00 to 21:00)	Wed.	\$130
Crossing the Bosphorus II	March 1, 8, 15, 22, 29, April 5, 12, 19, 2016	(19:00 to 21:00)	Tue.	\$130
Early Christian Worship Practices	January 11, 18, 25, February 1, 8, 22, 2016	(19:00 to 21:00)	Mon.	\$100
Exploring 20th Century American Fiction	January 12, 19, 26, February 2, 9, 16, 2016	(19:00 to 21:00)	Tue.	\$100
Introduction to the Canadian Museum of History's Audiovisual Collections and Tips About Preserving Your Own Family Recordings	April 13, 2016	(9:00 to 12:00)	Wed.	\$35
Introduction to the Celtic World	April 7, 14, 21, 28, May 5, 12, 2016	(19:00 to 21:00)	Thu.	\$100
Philosophy Over 50	April 5, 12, 19, 26, May 3, 10, 2016	(19:00 to 21:00)	Tue.	\$100
(Post) Colonial Imaginations: India in Literature and Film	April 4, 11, 18, 25, May 2, 9, 2016	(10:00 to 12:00)	Mon.	\$100
Splendid Cities of the Roman Empire: An Odyssey Through Time	January 20, 27, February 3, 10, 17, 24, 2016	(18:00 to 20:00)	Wed.	\$100
The Ottoman Empire: From Expanding Power to the Sick Man of Europe	March 23, 30, April 6, 13, 20, 27, 2016	(19:00 to 21:00)	Wed.	\$100
"Time it was and what a time it was": The Empress Watch	February 10, 2016	(9:00 to 12:00)	Wed.	\$35
Who are the Métis?: Exploring an Aboriginal Identity	March 31, April 7, 14, 21, 28, May 5, 2016	(19:00 to 21:00)	Thu.	\$100
Women in Early Christianity	January 20, 27, February 3, 10, 17, 24, 2016	(19:00 to 21:00)	Wed.	\$100
LANGUAGES AND COMMUNICATIONS				
Amor d'Italia: Even More Language and Culture for Lovers of Italia	January 12 to March 24, 2016	(19:00 to 21:00)	Tue. – Thu.	\$350
Chiacchiere e caffè - Advanced Conversational Italian	January 12, 14, 19, 21, 26, 28, February 2, 4, 9, 11, 16, 2016	(18:00 to 19:00)	Tue.	\$100
Dolce Italia: Language and Culture for Lovers of Italia	January 11 to March 30, 2016 (No class on Feb. 15 and March 28)	(19:00 to 21:00)	Mon. – Wed.	\$350
Intermediate Life Writing Workshop	March 24, 31, April 7, 14, 21, 28, 2016	(17:30 to 19:30)	Thu.	\$150
Intermediate Spanish I: Communicating Fluently in Spanish	May 11, 18, 25, June 1, 8, 15, 22, 29, 2016	(10:00 to 12:00)	Wed.	\$130
Introduction to German	February 23, March 1, 8, 15, 22, 29, April 5, 12, 2016	(19:00 to 21:00)	Tue.	\$130
Introduction to Spanish I: Getting Acquainted with the Spanish Language and Culture	January 13, 20, 27, February 3, 10, 17, 24, March 2, 2016	(10:00 to 12:00)	Wed.	\$130
Introduction to Spanish II: Building on your Basic Spanish-language Skills	January 11, 18, 25, February 1, 8, 22, 29, March 7, 2016	(19:00 to 21:00)	Mon.	\$130
BUDDHIST TRADITIONS				
An Introduction to Buddhist Mindfulness Meditation	February 22, 29, March 7, 14, 2016	(19:00 to 21:00)	Mon.	\$110
Buddhist Mindfulness Meditation: the Gentle Art of Letting Go	April 18, 25, May 2, 9, 2016	(19:00 to 21:00)	Mon.	\$110
Introduction to Buddhism	January 11, 18, 25, February 1, 2016	(19:00 to 21:00)	Mon.	\$110
Unwind! 20 Daily Practices for Transforming Stress and Finding Meaning and Joy in Your Work Life	January 14, 21, 28, February 4, 2016	(19:00 to 21:00)	Thu.	\$110
LIFE AND SCIENCES				
The Biology of Darkness	February 4, 11, 18, 2016	(19:00 to 21:00)	Thu.	\$80
Worlds in Points of Light	March 3, 10, 17, 2016	(19:00 to 21:00)	Thu.	\$80

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Moving around Sandy Hill... and beyond

Some traffic problems

John Verbaas

Parking: After some recent analyses showing how low the parking utilization along Rideau Street has been, the City has decided to reduce the cost/hour charged at the Rideau Street Pay and Display machines hoping that this might help to increase patronage of Rideau Street businesses. This was also recently done along Montreal Road in Vanier for similar reasons.

This fall the City also decided to change its rates for residential on-street parking permits. Instead of a constant rate of \$60/month it will now charge \$30/month during summer months and \$140/month during winter months. The City found that many car owners would only buy these permits during the winter as this would relieve them from the obligation to move their cars off the streets during evenings with seven-centimetre-plus snow falls. Reasoning that this results in more complications and higher costs for snow clearing operations, the City decided that \$140/month more closely matches the actual costs of working around these cars parked on the street overnight.

Downtown Truck Problem: The City and Province of Ontario have been working for the past 18 months on a feasibility study for a downtown tunnel that would serve to connect Highway 417 to the southern end of the Macdonald-Cartier bridge. This tunnel would be intended to carry the 3000 interprovincial trucks per day that currently drive through the downtown. It may also hold the potential to carry some of the 20,000 cars per day that currently drive through downtown to connect directly between Highway 5/50 and the 417. The results of this study are expected to be released by early 2016 when we can expect the topic to be discussed at City Council. With the recent announcements by both provincial and federal governments to invest in new transportation infrastructure, perhaps the



photo Christine Aubry

The City will be reducing the cost/hour charged at the Rideau Street Pay and Display machines.

possibility of finally having a solution to the downtown interprovincial truck problem could be in sight.

Proposed Chapel-Beausoleil intersection opening: Many of IMAGE's readers will be aware that the developer of the proposed project at the corner of Rideau and Chapel streets has applied to the City of Ottawa to open up the Chapel-Beausoleil intersection to vehicles. They claim this is required to improve car circulation to the large proposed retail development as well as to enable truck access for site deliveries. The adjacent schools and community associations in both Sandy Hill and Lowertown have registered strong opposition to this proposal. The City facilitated a meeting this fall with the community, the developer, and the developer's traffic consultant to explain their reasons for their proposal. Communities reiterated once again their views that the increased Quebec-bound cut-through car traffic that this would encourage as well as the truck movements would be inappropriate for this location. Alternatives which would provide better access to the site by making changes along Rideau Street are possible but these would have some impact on car and bus operations on Rideau. The final outcome now rests within the hands of the planning department at the City as they weigh out what is the best balance between the competing interests of the community, the developer, and those at the City responsible for traffic and transit operations along Rideau Street. No timeline has been set for when a decision can be expected.

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Meilleurs vœux de bonheur et de santé à vous et aux vôtres pour l'année prochaine.

Je vous remercie d'avoir fait affaire avec moi et de m'avoir recommandé vos proches au cours de l'année 2015.

J'espère avoir le plaisir de travailler avec vous dans les années à venir.



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photo Ralph Blaine

A garbage follow-up

Ralph Blaine

In a recent IMAGE article on the possible bylaw infractions at 159 Henderson I had occasion to discuss the City policy on keeping recycling containers and garbage bins in the front yard of a residential building. A follow-up was promised. I now have feedback from James Belanger who is the Supervisor, By-Law Enforcement Services for the City of Ottawa. This feedback came as a result of a complaint I made concerning a property on my street which has kept its garbage and recycling in the front yard for the last year or so.

I made this complaint on September 24, 2015. A few days later, due to some confusion about the status of the case, I left a message with the officer assigned to the case. I never heard back from him. I did call his supervisor, Mr. Belanger, on October 29 who told me that the case officer had many items to look after but would eventually get to this file. I had still heard nothing by November 18 so I left another message for the officer; again I got no response. I then sent an email to Mr. Belanger asking about the status of the case. His reply is copied below:

Mr. Blaine,
Each one of the cases on this address is currently closed. At the time investigations were conducted it was determined that only recycling was present within the front yards, which is actually permitted under the relevant bylaws. The officer has spoken with the landlord regarding the concerns and to monitor, but at this time no violation has been observed.

Regards,
James Belanger
Supervisor, By-law Enforcement / Superviseur, Application des règlements municipaux

Now aside from the curious structure of the final sentence, I was concerned that the case had been closed and I had been

given no notification of the fact after waiting nearly two months and making several follow-up inquiries.

I then sent Mr. Belanger a series of photographs showing the garbage and garbage cans in front of the residence in question over a series of four days. I also sent a few emails asking about his department's practice on such complaints. I think it is worth showing his response to this series of emails:

Mr Blaine,
With all due respect, there is no need to keep be [sic] apprised every time you walk past the property. You've sent me nine emails within the last 4 days. As indicated in my previous email, the officer had concluded his investigation and it had been closed – I am not disputing that they never have garbage cans within the front yard, merely that they were not present at the time the officer responded. You've taken the time to have a new call created and it will be responded to according to the priority level assigned to it relative to other matters that our department are responsible for which impact public safety or create a nuisance. **Garbage cans within a front yard, while important to you and your community is an issue of esthetics and will be responded to accordingly.** There is a new officer assigned to this case as well. Should the service level of the new officer not be up to standard, then please advise me of such.

Regards,
James Belanger
Supervisor, By-law Enforcement / Superviseur, Application des règlements municipaux

I have placed in bold type the sentence in this letter which seems to indicate the importance Mr. Belanger places on this problem. I don't agree that this is just a matter of "esthetics" and I feel certain that as more and more landlords adopt careless methods of garbage storage the vermin population of the city will grow apace. In the meantime I await the conclusions of the new officer assigned to this case.



Photo Kathleen Kelly

Photographing the full moon (aka Beaver Moon) on November 28, Kathleen Kelly found it illuminating the so-present crane at the Homestead site, Range at Templeton.

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The Shovel Strikes Back!
Find offers of snow shovelling services in the Bulletin Board, page 19



Getting the hang of it.... Sandy Hill artist Hélène Lacelle, preparing for an exhibition of photos by herself and Peter Evanchuk at Timothy's coffee shop on Laurier Ave. E. at Nelson. The display is called "Marvelous Realism Canada" and will be up through the month of December. Other displays by Peter and Hélène are at Life of Pie on Bank St., Ottawa School of Art and Gallery 101. Photo Peter Evanchuk



Comfy armchairs welcome the shopper at the University of Ottawa bookstore.

A book-lover's shopping guide to Sandy Hill

Paula Kelsall

There's something about a book at Christmas time; an actual, physical book, made of paper. They're so easy to wrap, and so suggestive of relaxing afternoons on the sofa in front of the tree, eggnog in hand.

Nowadays, shaking our heads over the fate of independent bookstores has become an easy way to make a little light conversation, even as we check out the behemoth online vendors to see what we have to buy to qualify for free shipping. However, given the very mild early winter we're having this year, you might want to take a walk around the neighbourhood to check out some of the local options. Sometimes, a little browsing is just what you need to find that perfect title, the book you'd never heard of, or had long forgotten, that is certain to bring a smile to the face of your hard-to-buy-for friend or relative.

For a good selection of new books in the heart of Sandy Hill, the University of Ottawa Bookstore is really the only option, and it's a surprisingly good one. Head downstairs in the University Centre; you'll be buoyed up by the buzz of young people before you even reach the store. To your left as you enter the bookstore are the textbooks and a large selection of U of O branded merchandise, which may be worth a look for someone on your list. Head right to check out the surprisingly well-rounded selection of general interest books. This is not a huge store; you won't be overwhelmed, and if you give yourself a little time you'll be able to browse the whole range of recent English and French fiction, history, biography and other topics. It's a good place to buy reference

books, if you know anyone who needs a new dictionary or a Petit Robert. There is also a display of titles from the University of Ottawa Press and by faculty members, many of which are rather esoteric but surprisingly appealing, such as *The Last Hammans of Cairo*, a photographic essay on old Egyptian bathhouses co-authored by U of O professor May Telmissany.

As you might expect, there are many titles meant to appeal to young adults, including a modest collection of graphic novels. This might be the place to find an *Asterix* or *Tintin* title your nephew hasn't seen yet, or to pick up a volume from Montreal's *Magasin général* series, set in rural Quebec in the 1920's. Maybe a curious reader on your list would like to find one of Oxford University Press' *A Very Short Introduction* series in his or her stocking. These little books include Hermione Lee writing about Biography, Thomas Pink on Free Will, and Paul Bahn on Archaeology.

Having checked out the best selection of new books in the neighbourhood, it's time to head a few blocks southeast to visit Benjamin Books, 122 Osgoode St. This lovely shop is a perfect place to spend a chilly afternoon, and it's a rare book lov-

er who'll be able to enter this store and leave empty-handed. Though the store's stock has known readers before you came along, it is neither dusty nor musty. The varnished wood shelves form a pleasant labyrinth that meanders upstairs and from room to room. In the excellent fiction section in the front, the horse-racing mysteries of Dick Francis are keeping company with Flaubert on one side and Gide on the other. Head upstairs to find books about travel, exploration and art history, and find yourself pausing over beautiful volumes about dollhouses, oriental rugs and stained glass. Many of the older hardcover titles have their original dust jackets lovingly wrapped in mylar, and there are lovely editions of the classics from publishers like the Folio Society and the Franklin Press. These books may not be new, but they seem all the more appealing for having been around for a while.

Another large trove of second hand books is waiting for you at All Books, 326 Rideau St. This tiny store, bursting at the seams with merchandise, orders books for many classes at the University, so there are shiny stacks of Dostoevsky, Hobbes and Ondaatje rubbing shoulders with well-thumbed copies of books in every genre you can think of. In the rear corner, there's currently quite a terrifying pile of thrillers and recent paperbacks, and one must step carefully through the narrow aisles. The small quarters seem to bring staff and clients together in cheerful conversation about the books they're looking for—or getting rid of. On a recent evening, I was there when two people came in with books to give to the store,



Who can resist the lure of the sale table at All Books?

and they had a good look at one another's offerings before they were handed over to the man behind the counter.

Outside on the sale table is an eclectic assortment of books, many in mint condition. Lately I've noticed some irresistible cookbooks, including what appeared to be a brand-new copy of Marcella Hazan's *Marcella's Italian Kitchen*. At \$4.99 each, sometimes plummeting to three for \$10.00, these books are unbeatable bargains.

Marc's Mags Plus, at 420 Rideau St., is a fine place to pick up a magazine on any conceivable topic, and the store also carries a few very particular books; the *Crimson* series of vampire novels by Patricia K. McCarthy; McCarthy, who also sells her books at local fairs and festivals, sets her novels in Sandy Hill. If you like the idea of blood-drinking supernatural beings with active erotic impulses hanging out at Strathcona Park and skating on the Rideau Canal, you'll want to check these out.

Continuing with the theme of vampires on Rideau Street, the last time I passed through the Rideau Branch of the Ottawa Public Library there was a copy of *Twilight* on its sale shelves in what appeared to be mint condition. There must be some avid readers in our neighbourhood with a strong aversion to clutter, because these shelves near the library exit often contain recent titles in excellent shape. With a dollar or two, you can support the library and have hours of entertainment for yourself or a loved one.

This winter, give yourself a treat and take a bit of time to explore our neighbourhood's palaces of print. There's no more enjoyable way to discover new worlds on your own doorstep.



The gleaming shelves of Benjamin Books await your browsing pleasure.

Photo Paula Kelsall

Photo Paula Kelsall

Photo Paula Kelsall

Unique gifts for Christmas—or any season

Yvonne van Alphen



A gift of glass

Eiko Emori

Eiko Emori has lived in Sandy Hill for 15 years. She has a Master of Fine Arts degree in Graphic Design from Yale University. Her glasswork is unique as it is designed using the pâte de verre technique which she learnt in Japan.

Pâte de verre is an ancient method of glass making, originally discovered 4000-5000 years ago in the Middle East. “Not many people do it anymore,” Eiko told me, probably because it is much more complicated than glass blowing invented 2000 years ago. However, this technique inspires Eiko and she finds herself constantly trying to push the boundaries.

Eiko says when she works with the glass, she works with the idea that “medium is the message,” a phrase

coined by Marshall McLuhan. In her work she tries to work on transmitting colours. A good example of this is a beautiful cylindrical glass lamp (\$300), where different shades of yellow are illuminated by the glow of a LED lamp, or by the room’s natural translucent light. Colours seem to move inside her pieces, making each piece quite magical. Eiko says the colours in glass are caused by a chemical reaction and the results can sometimes turn out to be a “nice surprise.”

Eiko is also interested in how glass changes. You can see this in a series called Waves, a range of small blue and white vessels. Each vessel glows brightly when a tea-light is dropped inside, each one unique. In some pieces the top of the glass looks corrugated. In other pieces, the glass looks frosted, transparent and waxy. This effect, Eiko says, is caused by tiny particles of air being trapped inside the glass. Most have decorative pieces of translucent blue glass attached to them. These pieces are created using Torchwood where heat melts the glass. Price ranges from \$100-\$200.

As part of the Rockcliffe Home and Art Fair, Eiko recently designed a range of glass maple leaves in different sizes. The colours replicate the turning of the leaves—bright oranges and reds—and make wonderful mementos. Small: \$100. Big: \$200.

Her work is available through Gallery Elena Lee www.galerieelena.com/about/ in Montreal, or through her own website: designerglassstudio.ca.



Photos by
David Elden



Que and Brenda—good luck!

Mann Avenue salon changes hands

Jan Meldrum

A long-time Sandy Hill business has recently changed names and owner. Anderson’s Beauty Salon owned by Brenda Hendley-Saunders, has become Brooklyn Hair with new owner Que Luong.

After a 43-year career as a hairdresser—including 26 years at Anderson’s with over 12 years as owner—Brenda deserves a relaxing retirement, or actually, semi-retirement. Customers will be happy to know that she will be working at Brooklyn Hair on Thursdays and Fridays. Brenda, who grew up on Henderson Avenue and attended St. Joseph’s School on Wilbrod Street, is glad not to be completely cutting her ties with the neighbourhood.

Brenda has seen lots of changes in Sandy Hill over the years – including the closing of her former school. She told us that Que is the sixth owner of the salon which opened when Mrs. Anderson began hairdressing in her house on Mann Avenue in the late 1930s or early ’40s. Surely the salon must be one of the longest continuously operating businesses in Sandy Hill? When the block between Chapel and Blackburn, where Mrs. Anderson’s house was located, was redeveloped as a mall, the salon became one of the tenants and has continued there at 115 Mann ever since.

Some Sandy Hillers may recognize Que (pronounced Kway) from her previous job at Shannel Hair Design on Rideau Street. With a spirit of adventure, Que decided to come to Canada from Vietnam nine years ago. She studied at Algonquin College while working at two jobs, definitely a dedicated worker. She has named the salon in honour of her 15 month old daughter, Brooklyn.

Brooklyn Hair, 115 Mann Ave., 613-565-1160; Tues. – Fri.: 9:30 a.m. to 6 p.m.; Sat.: 9:30 a.m. to 4:30 p.m.; Sun. & Mon. Closed.



Janet MacKay

A gift of art

Worldview Studio provides a different view of the world; paintings and sculptures through the eyes of husband and wife duo, Janet MacKay and Mitchell Webster.

Janet is a painter of 30 years and studied Fine Arts at McMaster University. She grew up in Sandy Hill and loves water and reflections. Janet says, “Paintings are like a conversation. The audience completes the conversation.” In her most recent painting, Angela’s

Dream, she captures the love of canoeing; a young girl’s first canoe. The canoe glows brightly like the summer’s sun at the top of the canvas, floating on water that is full of lush green reflections, and vibrating ripples. It is a painting that takes you to a happy place and reminds you of the Group of Seven like so many of her other paintings.

Mitchell says, “I like to create something from which people can develop their own story.” He has had a varied career and returned to the two things that made him happy—art and flying—20 years ago. He paints in two different styles. The first is where he captures the sound of silence: expansive white wintry landscapes that look far into the distant horizon. The paintings are cool and calm. The other style is a rectangular canvas full of warm earthy textures. These paintings contain mystery, and quickly change from skyscapes to seascapes, depending on their orientation.

Both artists enjoy sculpting. In fact, this is how they met. The studio has a large collection of bronze sculptures. Janet’s sculptures are full of movement: a ballet dancer inspired by Karen Kain’s performance in Midsummer Night’s Dream. Mitchell’s sculptures explore relationships between people: four bronze sculptures crafted from the Crosby, Stills & Nash lyrics: “They are one person, They are two alone, They are three together, They are for each other.”

It is easy to see why a number of Sandy Hillers are already collecting Janet MacKay’s work. She paints what makes her happy, and I’m sure they will make you happy too. Worldview Studio is open by chance or by appointment every weekend leading up to Christmas Day. Tel: 613-231-6314. 210 Blackburn Avenue. Website: www.worldviewstudio.ca



Mitchell Webster

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nouvelle année.



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Open Table grows in numbers and sense of community

Erica Howes

There's free food, the opportunity to meet lots of people and don't forget to bring containers for leftovers. That's how the Open Table advertises their monthly meal program for University of Ottawa students that has grown to serve up to 100 per month. As its numbers increase, so does the community and strength of relationships within the program.

Nov. 29 marked the third Open Table meal of the year for the Sandy Hill community. Centre 454, the basement of St. Albans church on King Edward and Daly Avenues, filled with students eager to chat with one another and share the home-cooked meal.

The uOttawa and Carleton Open Tables partner with 12 churches in four denominations of Christianity to provide a free monthly meal to any student who shows up. Emily Sams, community development coordinator, said she sees it as an important form of alternative ministry.

"Sometimes you don't have the resources to make healthy and nutritious meals. Open Table was started to give students

the opportunity to connect with different churches... and for churches to look after students and make sure they're taking care of themselves," she said.

Since the uOttawa Open Table's launch in 2009, the goal, says Sams, has always been about creating a safe and welcoming space for all students. This September there was a huge growth spurt in the program, serving a record of 91 students at Centre 454. The Carleton program started last year after the success of the service at uOttawa.

Zack Ingles, staff manager of Open Table, said that these growing numbers show that the service's focus on "radical hospitality" is an important one.

"It's serving students with no strings attached and doing it in Christ's name. For those who want to go further with that, those options are there," he said. "But for those who all they want is a free home-cooked meal, we see that as an opportunity to engage with a student we would never see otherwise." About one-third of students at Open Table are international students, Ingles said. Regardless of whether students are involved in faith groups or not, it "becomes this safe and comfort-

able space" to meet people in the community.

Juliana Colwell, a fourth year university student, has attended Open Table for the past few years and it was through the program that she heard about St. Albans which she now is heavily involved in as an intern and part of the music team. Colwell said for her it provided much more than food.

"It has given me the opportunity to meet some of my closest friends and have a guaranteed home-cooked meal once a month," she said. "Not only do you get to enjoy a meal, but you also find out what else is going on in the community."

Ingles said it's free food on the surface level, but "there's a lot you can plug into like building relationships and community." In the coming months, he said he



Students receive a free meal at Centre 454 from the Open Table program which partners with 12 churches in the city.

expects the numbers will continue rising. "Nights that we run out of food are the best nights because it means we're doing something right, we're spreading the message. If we're rationing food out that's an awesome problem to have because it means what we're doing is a meaningful ministry in Sandy Hill."

For more information about Open Table, go to their website at www.theopentable.ca.

Photo Kathleen Kelly



Chef Peter Evanchuck and helpers: (l-r) Susan Young, Jan Finlay, Marc Lacelle, Clara Schryer, Dallas Fletcher, Joy Bodnoff, Eleni Dubé-Zinatelli

Hard work and enthusiasm result in a ninth success for One & Only fair

The Art and Craft Fair held November 15 at the community centre showcased the talents and good spirit of producers Hélène Lacelle and Peter Evanchuck, as well as many artists, community and family volunteers, in advance and on the spot.



Photo Hélène Lacelle

Author (and former IMAGE writer) R.J. Harlick, who lives in Robinson Village, had signed copies of her new Meg Harris mystery, A Cold White Fear on offer.



Carol Waters (Goulburn) and Lynn Murphy (Blackburn) with their enticing wares



Photo Kathleen Kelly

Photo Kathleen Kelly

The best place for her future is a place with a lot of history.



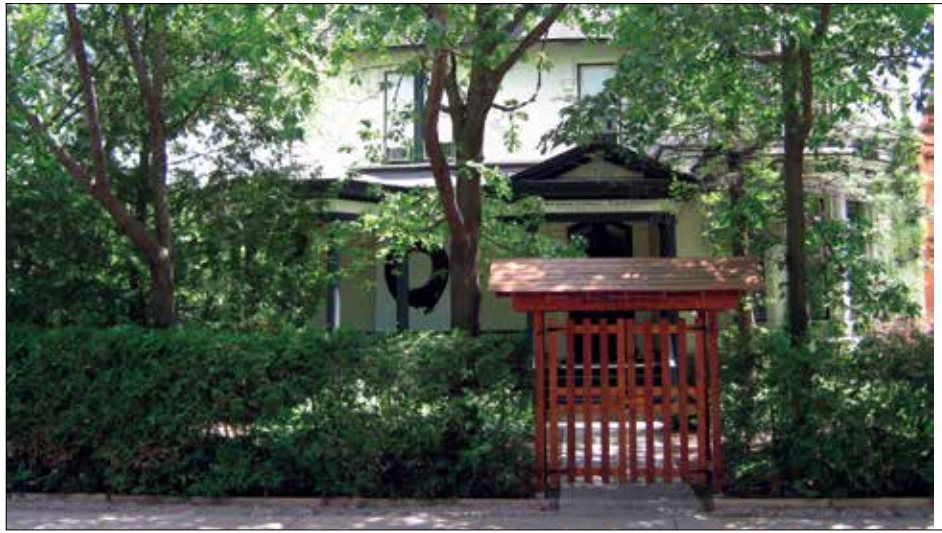
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A Zen monastery is located on the corner of Daly Avenue and Friel Street

Introducing Zen Centre of Ottawa

Mishin Roelofs, ino with Saigyo Cross, tando

It's 5 a.m. and the sound of monks chanting spills out the monastery window, mingling with squirrels chattering as they chase each other in the morning darkness, street noises and laughter of late-night party goers. While most people in Sandy Hill are only starting to reach for their morning coffee, Zen students from various parts of Ottawa will soon be arriving at Dainen-ji, the Zen Centre of Ottawa, for the early morning sitting, to practise what is spoken of as "waking up to our lives."

Are you surprised that a Zen monastery is located right in the midst of Sandy Hill, on the corner of Daly Avenue and Friel Street, a

stone's throw from the noise and bustle of Rideau Street and university residences? Don't you have to "get away from it all" to practise something like Zen? Fortunately, no. If you're willing to learn how to feel the breath that is keeping you alive right now, you can learn how to practise Zen, the practice of mindfulness and insight. We don't need to get away from anything; in fact we need to begin exactly where we are, to pay attention to reality, to this moment of experience.

When, 18 years ago, I picked up a copy of IMAGE, the newspaper you are reading right now, I stumbled upon an article about a Zen monastery recently moved into a heritage building in Sandy Hill. The article described all the work that Zen monks and lay students were doing to restore and improve the building and grounds, and spoke of sittings and classes that would be offered to the public. It also happened to mention an Introduction to Zen workshop and I thought, "Why not?"

Not long afterwards, I was standing barefoot inside the clean, beautiful monastery, spending two hours learning how to fold my legs, sit down on cushions, and face a white wall in order to practice "zazen" (mindful sitting) and then "kinhin" (mindful walking). There was no cosmology or religion on offer. Instead, as Ven. Anzan Hoshin roshi, the Abbot of

the monastery, has said, "Zen is just allowing ourselves to enter into the heart of this moment, which is the heart of our lives." Unexpectedly, while my knees were a bit sore, I had so much fun that

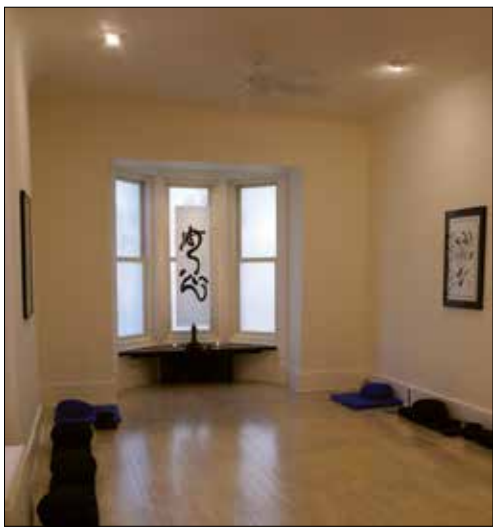
I kept practising. And now I'm one of the monks who leads the monthly Introduction to Zen workshop.

Much has changed over the years. A mountain gate, built by the monk who is head caretaker, now welcomes visitors up the front path, through the well-tended grounds to the newly renovated front veranda. Inside the building an almost complete transformation of the interior has been accomplished

through the hard work of monks and students over the past 20 years, and funded entirely by the generosity of the resident monks and donations from students practising here. What was once a dark warren of rooms, thick carpets and dated decor is now a spacious bright environment of practice, with three large practice halls, facilities for students sitting retreats and living quarters for the monastics and residents.

These days, some people discover the Zen Centre after seeing the water garden on the grounds, an oasis for birds, squirrels, raccoons, and home to five goldfish during the summer (they overwinter inside the monastery); the sounds and mist of water provide refreshment to all beings, even having a beneficial effect on the local ecosystem. Others find White Wind Zen Community online at our website www.wwzc.org. The Abbot has presented thousands of Teachings. Extensive resources on the website include his translations and commentary on traditional Dharma texts from Japanese, Chinese, Pali, and Sanskrit.

If you wish to learn more about practising Zen at Dainen-ji or to attend an Introduction to Zen workshop, please visit www.wwzc.org/introduction-zen-workshop-ottawa or telephone 613-562-1568.



Once a dark warren of rooms, thick carpets and dated decor, the building is now a bright environment.



Le bâtiment principal de l'Université est complètement incendié le 2 décembre 1903. Source : AUO, 38AH-2-16

Au feu! Au feu! L'incendie de l'Université d'Ottawa en 1903



par
Michel Prévost

réponse : « L'Université vient d'être très sévèrement blessée, elle n'est pas morte, elle vivra! »

L'Université renaît de ses cendres

Le recteur Joseph-Édouard Émery avait bien raison. Les Oblats réagissent rapidement pour sauver l'année scolaire en construisant un édifice temporaire, surnommé « le poulailler », afin de loger les étudiants. L'édifice des sciences, aujourd'hui la Salle académique, sur Séraphin-Marion, devient le nouveau pavillon central. Les cours classiques y sont donnés, la salle du Musée loge les religieux, alors que la chapelle et la salle de récréation sont installées au sous-sol.

Loin de se laisser abattre, l'administration décide de reconstruire sur le même site. Le recteur Émery souhaite la construction d'un édifice plus imposant que le précédent et fait appel à l'architecte A. O. Von Herbulis, de New York. Ce dernier a déjà tracé les plans de plusieurs immeubles aux États-Unis, dont ceux de Georgetown, à Washington D.C., et de l'Université Notre-Dame dans l'Indiana. Contrairement à ce que l'on a souvent écrit, il n'est toutefois pas l'architecte du Capitole de la capitale américaine. Von Herbulis soumet les plans non seulement d'un édifice central mais d'un campus grandiose avec une bibliothèque prestigieuse.

La pose de la pierre angulaire de l'édifice, aujourd'hui le pavillon Tabaret, se déroule en mai 1904. Le cardinal Gibbons, archevêque de Baltimore, préside la cérémonie. Le délégué apostolique, la majorité des archevêques et évêques catholiques du pays, le gouverneur général, le comte de Minto, et le premier ministre du pays, sir Wilfrid Laurier, assistent à l'événement. Leur présence témoigne de la place éminente qu'occupe alors l'institution au sein de la société canadienne.

Un nouveau bâtiment

Von Herbulis dessine les plans en s'inspirant du Capitole de Washington. Le style architectural classique grec, les colonnes monolithes et les ornements confèrent au pavillon un cachet bien particulier. Entièrement à l'épreuve du feu, ce sera un des premiers bâtiments au Canada construits en béton armé. Inauguré en 1905, l'oeuvre ne ressemble cependant pas encore au plan de l'architecte puisque, pour des raisons financières, seule la partie centrale est terminée. De plus, à la place du majestueux dôme on ne trouve qu'une petite coupole provisoire. Enfin, des ailes qui donnent au bâtiment sa symétrie actuelle sont construites en 1914, 1922 et 1931. Depuis 1971, le pavillon porte le nom du bâtisseur de l'Université d'Ottawa, le père Joseph-Henri Tabaret, o.m.i.

Aujourd'hui, le magnifique pavillon Tabaret, en partie construit sur les cendres du bâtiment incendié il y a cent ans, symbolise l'Université d'Ottawa, l'Université canadienne.

Il y a 112 ans, le 2 décembre 1903, un incendie spectaculaire bouleverse la vie paisible de l'Université d'Ottawa installée dans la Côte-de-Sable depuis 1856. Les flammes réduisent le bâtiment principal en cendres et trois personnes y perdent la vie.

La cause exacte du feu demeure un mystère, mais l'on sait qu'il a pris naissance à la Salle académique, où l'on a joué une pièce de théâtre la veille. Certains ont invoqué la possibilité qu'une cigarette oubliée serait à la source du désastre. Rien ne prouve cette affirmation qui démontre que la cigarette a depuis fort longtemps mauvaise presse...

Réminiscences d'un témoin oculaire

Quoi de mieux qu'un témoin oculaire pour relater le fil des événements. Le père Auriemma Veronneau résidait alors dans le bâtiment. Son récit a été publié dans le Bulletin des Anciens, Ottawa, en décembre 1953 lors du 50e anniversaire du sinistre. Le voici :

Le matin du 2 décembre 1903 s'annonçait comme une journée tout à fait normale à l'édifice central de l'Université. À 7 h 30, les étudiants étaient encore au réfectoire quand soudain retentit un cri angoissé : « La salle académique est en feu! » En deux bonds, le père Boyer se précipitait à la boîte d'alarme et sonnait le tocsin. Bien que la caserne des sapeurs ne fût qu'à deux minutes de marche, il fallut plus d'un quart d'heure aux pompiers pour arriver sur les lieux à cause de quelques malencontreuses circonstances. Il faut dire que les éléments avaient beau jeu dans ces vieux bâtiments tout en bois à l'intérieur, et ces longs corridors qui faisaient fonction de cheminée aspirante...

La mort planait partout et choisissait ses victimes. La première fut une vieille servante qui aidait la chambrière affectée à l'aile du séminaire. Puis ce fut le tour du père Charles McGurty, vicaire de Saint-Joseph. Lorsqu'il voulut sortir de sa chambre, vers 7 h 45, il se rendit compte immédiatement qu'il n'y rentrerait plus. La troisième victime fut le père Charles Fulham, préfet de discipline chez les grands.

Il était maintenant dix heures. L'élément destructeur avait achevé son oeuvre de malheur. De la bâtisse imposante de la rue Wilbrod (aujourd'hui Séraphin-Marion), il ne restait plus que des pans de murs calcinés, des poutres de fer tordues et un amas de ruines fumantes. Dans toutes les bouches, la même question se posait pleine d'anxiété : « Que va-t-il advenir de notre Université? » Sans un moment d'hésitation, le père recteur donna la fièvre

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Illustration Dawna Moore



One is a curiosity, two are an invasion...

Eleanor Woolard

There is such alarm about invasive species you'd think Martians had landed. But these aliens are earth creatures, for one reason or another unwelcome in their new habitat.

A commonly used definition of an invasive species is: an organism, not native to a habitat, *that has negative effects on the economy, environment, or human health*. Not all newcomers are invasive, only those that threaten human interests. While humans are responsible for the North American debut of roses and kudzu, roses get a pass because we coddle them, kudzu is invasive because it adapted and out-competed every plant in the US South. Asian carp are invasive because they beat other fish to resources, but cattle are not, perhaps because we killed most of the buffalo before we took over their grazing land.

Before we run screaming about falling sky, let's stop and think.

Unless you are a Creationist, you know that species have been invading each others' habitat since there have been species. Trilobites did not miraculously appear in all the world's seas at once: 525 million years ago a single species arose which was so well adapted to ocean living that it radiated, speciated and became the ances-

tor of one of the longest lasting and most diverse families in earth's history.

There are countless examples of species invasion through earth's past, not least that of a big brained, bipedal ape from Africa that overran the world. These invasions came at the cost of pre-existing species, either through outright replacement, or through alteration of the ecology that changed their lives. They, in turn, had to adapt or die out.

It's called evolution. It does not matter how a new species arrives in the area; if it is more able to exploit the resources for survival and reproduction, it will multiply and crowd others out.

We should be encouraging this.

This big-brained, bipedal ape has done more to change global habitats than any comet or eruption that brought on mass extinctions. We have set off rapidly accelerating climate change that affects every single species that exists.

No matter what we do now, extinctions will happen. Instead of trying to enforce a hopeless stasis on nature, we need to encourage as many species as possible to move from where they can no longer survive to somewhere they have a better chance.

This is our responsibility: we made the mess, we need to take action.

As a species, we are forever babbling on about the value of our big brain; it's time we started using it.

Sandy Hill Health Watch

A healthy lifestyle for strong bones

by Madeleine Bluteau, SHCHC



Osteoporosis is a condition in which bones become thin and porous, which can increase your risk of fracture. This condition usually makes itself known through a fracture after a fall – often to the hip, spine, wrist or shoulder. Over a lifetime, about one in three women and one in five men will fracture a bone as a result of osteoporosis.

Did you know that bone health begins in the womb? Osteoporosis is known as a “pediatric disease with geriatric consequences,” which means that what you eat and the exercise you do as a child impacts your bone health throughout life.

We build our bones during childhood and adolescence. By your early twenties, your bones reach “Peak Bone Mass,” (PBM) which is the greatest amount of bone you can attain over the course of your life. Young people who have a higher PBM have a lower risk of osteoporosis later on. When you reach your mid-thirties, you begin to lose bone mass, so the more you have at your peak, the better set you are for the rest of your life.

There are ways to build bone mass: the same principles apply for children and adults!

What to eat

Dietary calcium is an important part of bone health. Calcium is needed by every cell in your body, and your bones act as a “calcium bank.” When you have low levels of calcium in your blood, your body takes calcium from your bones to keep your cells functioning properly. When levels are high, such as after a calcium-rich meal, your body deposits it back into your bones. Chronic low levels of dietary calcium contribute to the thinning of bones.

Aim for about 1000 mg of calcium per day, or slightly more if you are a teenager, or at risk of osteoporosis, and get it from food sources. Vegetables containing calcium include cooked collards, kale, broccoli, and dried figs. Yogurt, cheese, and canned salmon and sardines with bones are also great sources. The calcium in vegetables is more “bioavailable”, meaning that it is easier for your body to absorb, but dairy and meat products contain higher levels of calcium, so eat both! Restrictive diets, such as low-calorie or vegan diets, and extremely excessive exercise can negatively impact your bone health. It is especially important for children to eat a diet that includes foods high in calcium and to not restrict their diet excessively.

Exercises to do

Strength training two to three days a week, using weights or resistance bands, supports bone health. Weight bearing exercise, where you work against gravity, “stresses” your bones, which tells your body to strengthen them. Incorporate about 30 minutes of weight bearing exercises, most days. High-impact exercises like dancing, hiking or stair climbing are great, but if you've had or are at risk of a fracture related to osteoporosis, check in with your physician first. Walking is a great low-impact exercise for bone health. Balance exercises, like tai chi, help reduce your risk of falls, and posture awareness protects your spine, as slumped shoulders add strain, which can increase your risk of fracture.

For more information on how you can prevent osteoporosis, call Sandy Hill CHC at 613-789-1500.



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A summary of recent IMAGE restaurant reviews and food features! Please send news of your recent Sandy Hill food discoveries to image22@rogers.com

Jerk Grill Cafe, 320 Wilbrod St. You'll receive a warm welcome at this newly opened Jamaican restaurant, along with affordable and lovingly prepared food. We found the beef patties to be tender, flaky and just spicy enough. Jerk chicken and pork are moist and fragrant with allspice, thyme and pepper. Desserts, such as coconut cream pie and sweet potato pudding, are flavoured with cinnamon and not too much sugar. Open Monday through Saturday from 11 a.m. to 10 p.m.

Party catering
If you're planning a holiday party and looking for something a little more interesting to serve than the usual cheese and veggie trays, there are local businesses who'd like to suggest some vibrant flavours for your menu. Two good choices:

- **Nacho Cartel, 200 Wilbrod St.** The small truck with big dreams has closed until spring, but the nacho team is still available to cater events for 10 or more people. If a taco-themed office lunch seems like just the solution for your workplace this Christmas, give them a call at 613-864-8975.
- **Flavours of the Caribbean, 259 York St.** Spice up your holiday gatherings with trays full of Caribbean specialties catered by chef Frederick White's little restaurant at Nelson and York. Guests at a recent Sandy Hill reception tucked in happily to his spicy jerk wings, codfish cakes, curry tofu roll ups, nippy little patties, cheesy bites and more—all finger food, rempissant, and made by Frederick himself that afternoon. They arrived with two sauces, garlic and jerk (delightfully powerful) on the side. The final tally was less than \$10 per head. If you are tempted, the website (flavoursofthecaribbean.com) is the place to start, then give Frederick a call at 613-241-2888. He's fun to talk to and will tell you what you want. Open daily from lunchtime until early evening.



An affinity for winter

Dodi Newman

Some vegetables have a real affinity for winter: Brussels sprouts and kale, for example, are best when picked after a frost; the winter cold mellows their aggressive cabbage flavour, giving it a pleasingly sweet note instead. I once dug carrots from under 18 inches of snow here in Ottawa, sweeter and crispier than any summer harvest. Leek, dug in late fall, heeled in and heavily mulched with leaves or straw, can be had fresh from the garden through December. And if you don't have a garden, all of these are readily available locally.

These vegetables bring to the kitchen some of the same sturdiness with which they withstand the cold. Think of the radiant orange of carrots on a grey winter day, or compare the delicate yet distinctive flavour of leeks to the tired and bland string beans at stores these days. So if the never-ending winter is getting you down, take some of these winter marvels and turn them into an invigorating curry.

Saffron Restaurant, 426 Rideau
On Monday nights Saffron serves a Persian vegetarian buffet, where for \$13.95 you may have an interesting and very filling meal. 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. Service is a bit fran-tic; it's best to go after 6:30 when the staff have had time to get everything set up.

Signatures, 453 Laurier Ave. E.
Looking for a splashy way to bring in the new year without having to venture far from home? The restaurant at the Cordons Bleu cooking school is offering up an impressive-sounding multi-course meal that night. While away the last night of the year eating scallops, foie gras, pheasant and loin of deer for \$120. Aside from New Year's, Signatures is open for dinner from Tuesday-Saturday and for lunch Tuesday-Friday. There's a holiday prix fixe dinner menu at \$55 for three courses, and on Tuesdays and Wednesdays there is a special that includes a bottle of wine at \$110 for two.
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!



Photos Dodi Newman

Lamb, leek, and carrot curry
If you prepare the dish ahead, do not add the sour cream or yogurt until the curry has been re-heated and you are ready to serve. Leftovers freeze well.

- 2 pounds lean lamb, trimmed of fat and cut into 1-inch cubes
- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 3 tablespoons good quality, medium curry powder
- 1 tablespoon ground cardamom
- 1/2 teaspoon turmeric (optional)
- 1/4 teaspoon black pepper, freshly ground
- 3 large leeks, white and yellow parts only, washed, cut into 1/8" rings
- 6 large carrots, peeled, cut into 3/4" diagonal slices
- 1 1/2 teaspoons salt, or to taste
- 1/4 cup sour cream or yogurt

In a heavy-bottomed Dutch oven, over high heat, brown the meat in butter and oil.
Add the spices, stir well. Add the leek, carrots, and salt, stir again, turn the heat to medium and cook, stirring often, for 5 to 10 minutes.
Turn the heat to very low, cover the pot tightly and simmer for 1 hour, stirring occasionally, or until the meat is very tender.
The meat and vegetable juices usually are enough to make a lovely gravy, but check the liquid level occasionally and add just enough water to prevent burning.
Just before serving, remove from the burner and stir in the sour cream or yogurt.
Serves 6 to 8.

Free books for kids at local volunteer organization Twice Upon a Time / Il était deux fois

Alexandra Yarrow

While working at the Rideau Branch Library, I noticed that it was sometimes difficult for working families to bring their children to the library on a regular basis, and buying books was a luxury many couldn't afford. It broke my heart when there were children in my story time, even some already in school, who had never been read aloud to before.
Inspired by The Children's Book Bank in Toronto, my husband and I rallied a group of passionate volunteers to create a similar free book project here in Ottawa. We love the diversity of Sandy Hill and Lowertown: we help lost tourists, observe diplomats and politicians, enjoy watching the students study and party (mostly), and admire the tree-lined streets while biking along Wilbrod. When I was working at Rideau Branch and Kris was volunteering at the Mission, we also got to know members of our community struggling with addiction, lower-income families, and the homeless. We wanted to find a small way to help.
Twice Upon a Time / Il était deux fois is a local non-profit organization that gives free children's books to families in Ottawa. Our goal is to support the development of early literacy skills by making it possible for all families to own quality children's books.

Studies have shown that children read more and do better in school when there are books at home, but low-income neighborhoods can have a ratio of age-appropriate books to children as low as 1:300.
Twice Upon a Time works in partnership with organizations that serve families with young children. In Overbrook, we work through the Overbrook Community Centre, Heartwood House, and the Don McGahan Clubhouse of the Boys and Girls Club. In Centretown, we partner with the Taggart YMCA Housing Office. In the St Laurent/Walkley area, we work with Ottawa Community Housing to make books available to residents of Confederation Court.
Since we opened in May 2014, Twice Upon a Time has given away 3600 books to children; we have been proud to watch them write their names in the endpapers! With our fellow volunteers, we set up once a week in most locations and help each child select the perfect book for them. We would love to have more volunteers, especially people available in the afternoons, to make more books available to more children on a regular basis.
We are also seeking donations of books in high demand such as board books for babies (chewable books!), French books and comic books/graphic novels up to age 12. For more information about volunteering or making a donation, contact Info@TwiceUponaTime.ca. Learn more about us at TwiceUponaTime.ca.

Rodents as false friends

Annegret Hunter

Mrs. Aitch is preparing supper. She hears a squirrel scolding in the garden. Squirrels hate intruders, but this one is overdoing it. Mrs. Aitch looks out of the window, and sees on the garage roof a pretty grey squirrel spitting mad. It actually foams at the mouth. "Oh dear," exclaims Mrs. Aitch, "it must be rabid."
Ah, but what quoth the professor some time ago? "In spite of their pulchritude the squirrels are rodents, belonging to

the same order as rats, which lack only the bushy posterior extremity, and have a naked appendage instead. As a matter of fact, those two are fierce foes. When they encounter each other, they engage in mortal combat."
Could there be a rat somewhere? Sure enough, on the fence opposite the garage, staring at the squirrel, sits a fat rat, whiskers a-quiver. Then it runs along the fence and disappears behind the shed.



Mrs. Aitch is appalled. She likes her garden and its denizens nice and friendly. The image of squirrels and rats, clasping each other in a deathly embrace—a neighbour has found several like that under his porch—is too disconcerting. She loathes rats and loves squirrels, well, maybe not necessarily in her flower pots.
Mrs. Aitch gets out the Book to check what the ancients have said on the subject; they also had no great regard for rats or mice. In Samuel Mrs. Aitch finds the mousy rat plague, or the ratty mice plague, among the Philistines. They had

won a battle with Israel. "And the ark of God was in the country of the Philistines seven months," and they were smitten with mice that marred the land, and also with—good grief—hemorrhoids. And what was the trespass-offering to ease the calamities, apart from giving the ark back, of course? "Five golden emerods and five golden mice." Imagine the artists who had to form the gold! The mice would be bad enough, but the...hm! The scrapes you can get into if you don't have the Lord on your side.
Outside, the squirrel is calming down. Then it lightly jumps into a flower pot and starts digging. "No, you don't!" yells Mrs. Aitch and rushes out of the door.



NEIGHBOURHOOD BULLETIN BOARD

Join Rev. Ernie and Lynda Cox Sunday, December 6 at 7 p.m. for a night of Carols and special music with combined choirs and musical guests. McPhail Memorial Church, Corner of Bronson and Lisgar.

St. Albans Christmas Carol Service 7 p.m. Sunday Dec 6; features classic Christmas carols and some new favourites done in typical St. Albans style. Donations to benefit The Ottawa Mission and Centre 454. Presented in partnership with: The Open Table & Ottawa Christian Reform Campus Chaplaincy

Turning Tides, Until 8 December 2015, Gallery115, Department of Visual Arts, University of Ottawa, 100 Laurier Ave. E. Turning Tides is an exhibition of contemporary art that explores the

phenomenon of water. Admission is free. Gallery 115 is open Monday to Friday 9:00 a.m. - 4:00 p.m. Contact Turning Tides: turningtides.gallery115@gmail.com.

Write for Rights December 10 - Celebrate International Human Rights Day by taking part in Amnesty International's annual Write for Rights event. Drop by 312 Laurier Avenue East at any time between 4:00 and 8:00 p.m. for letter writing, refreshments, speakers and music.

Marvelous Realism Canada is a display of photographs, by Sandy Hill artist Peter Evanchuck, of abandoned homes in the Maritimes; show also includes art by Hélène Lacelle. At Timothy's World Coffee, 234 Laurier Ave East, through the month of December. Other displays are at Life of Pie on Bank St., Ottawa School of Art and Gallery 101.

Snow shovelling

With Simon:
Shovelling! Pelletage de neige! \$7 per hour; contact Simon Kitchen at: simonjk9@gmail.com or 613-230-9461.

With Eamonn & Jacob:
Our names are Eamonn and Jacob and we've been living in Sandy Hill all our lives and have been shovelling ever since we could stand, as all good Canadian kids should. Hire us and we will have your property cleared of snow in no time! Flexible prices! Great workers! Call us @ 613-700-2351 or 613-204-9464. eamonn.scratch@gmail.com or jacobbernardweber@gmail.com.



Rideau Branch Library

377 Rideau St., 613-241-6954

www.BiblioOttawaLibrary.ca

WINTER 2015

For children/Pour enfants

Family Storytime / Contes en famille

Tuesdays at 10:30 am, December 8 and from January 12 to February 16. . Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in.

Le mardi à 10 h 30, le 8 décembre et du 12 janvier au 16 février. Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Inscription non requise.

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

Drop by the library for an afternoon of fun every PD Day! Friday, January 22, Friday, January 29, and Friday, February 12, 2-3 pm. Ages 7-12.

Drop in / Viens à la bibliothèque en après-midi lors des journées pédagogiques! Les vendredis 22 et 29 janvier et le 12 février, de 14 h à 15 h. Pour les 7 à 12 ans. Inscription non requise.

For adults/Pour adultes

Pen and paper writing group

Tuesdays at 6:30 pm

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

Groupe de lecture Mille feuilles

le mercredi à 18 h 45

Le 6 janvier – *Au revoir là-haut* de Laurent Gaudé

Morning book club

Monthly on Thursdays at 10:15 am. Drop-in.

January 21 – *The Diviners* by Margaret Laurence

Evening book club

Monthly on Mondays at 7 pm. Drop-in.

December 7 – *Regeneration* by Pat Barker

January 4 – *The Narrow Road to the Deep North* by Richard Flanagan



St Paul's-Eastern United Church welcomes you to our Christmas services

Advent Services
are held each Sunday at 10:30 am

Contemplative prayer service
Sunday, December 6th at 6:30 pm

Christmas Cantata led by our Choir
Sunday, December 13th at 10:30 am

Christmas Eve, December 24th at 7:30 pm
Carols, Communion and Candlelight

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Freewill offering for Centre 454
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St. Albans Christmas Services

Christmas Eve

December 24 at 5pm
Christmas Story & Eucharist

December 24 at 9pm
Candlelight Eucharist

Christmas Day

December 25 at 10am
Holy Eucharist & Carols

St. Albans Church

454 King Edward at Daly
613-236-0342

info@stalbanschurch.ca

stalbanschurch.ca



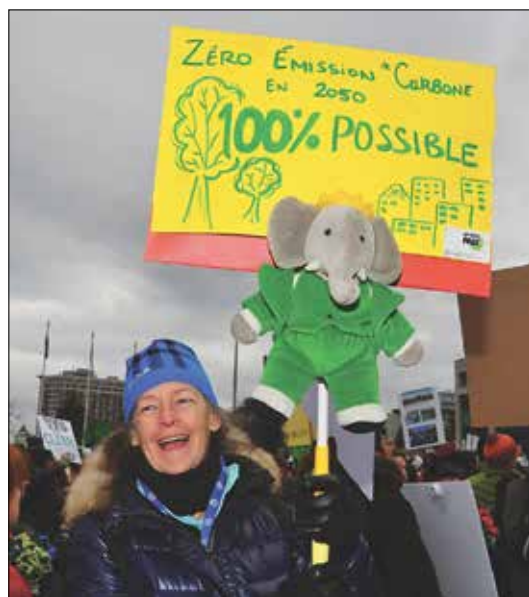
Photo Harlequin Studios

Happy holidays, Sandy Hill

The writers, photographers and volunteer workers who brought you IMAGE during 2015 (our 43rd publishing year) gathered for a talk- and eat-and-drink fest at the paper's Russell Ave. headquarters in late November. There was jerk chicken and a vegan dip, speculation about the pedestrian bridge opening, and some funny backstories about neighbourhood issues and events.

Left to right, front: John Verbass, Diane Beckett, Denyse Mulvihill, Dodi Newman, Jane Waterston, Danna Leaman, (standing) Jan Meldrum; *in a row (and category) to herself:* Judy Rinfret; *middle:* François Bregha, Susan Young, Annegret Hunter, Jane McNamara, Larry Newman, Ron Hodgson, Rhéal Gauthier, Paula Kelsall; *rear:* Peter Rinfret, John Cockburn, David Elden, Yvonne Van Alphen, Ralph Blaine, Graeme Hunter, Bob Meldrum.

We wish all our readers, neighbours, elected representatives, NGO activists, school and church workers, recreation programmers, health providers, advertisers, photographers and many contributors a happy and healthy 2016!



Climate March, November 29, 2015

An enormous crowd descended on City Hall for a march and demonstration at Parliament Hill on the occasion of the COP21 meeting in Paris. Sandy Hill resident Diane Beckett, Acting Director of the Sierra Club, helped spread the word in our neighbourhood.

Photos Harlequin Studio



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