

JUNE - JULY 2016

JUIN - JUILLET 2016

## Supervised Injection Site (SIS) at Sandy Hill CHC?

Larry Newman

An SIS is a place where people with problematic substance abuse can safely inject drugs and, if necessary, get treatment for an overdose. No drugs are sold on site. Vancouver has had one (called Insite) since 2003. The Conservative federal government fought it all the way, threatening to close it down several times. The Supreme Court finally settled the case, arguing unanimously that the government's decision to withdraw the exemption for the site (from current drug laws) was "arbitrary, undermining the very purposes of the CDSA, which include public health and safety." CDSA is the *Controlled Drugs and Substances Act*. There are now three applications for three sites in Toronto. Is Ottawa going to get one next? Time will tell.

There are pros and cons to establishing an SIS. On the pro side, it would be the only place where a user could inject in a sterile environment under the supervision of someone who could help in the event of an overdose. The argument centers around harm reduction: reduce disease and death due to uninformed drug injection practices. The argument commonly made against an SIS is that it encourages drug use by reducing risk and increases criminal activity in the area around the SIS.

I spoke to Rob Boyd, director of the Oa-

Photo Larry Newman



Rob Boyd is the point man for the health centre's application to operate an SIS.

sis Program at the Sandy Hill Community Health Centre (the Centre) and the point man in Ottawa's first application to operate an SIS. Oasis is an organization treating people "living with or at risk of HIV/AIDS whose access to care is limited due to street drug addictions." Its programs include needle exchange, crack pipes, methadone treatment, kits for safe sex, and counselling. Oasis already sees 700 different injection drug users/year in its needle exchange program. Rob thinks that nearly all of them would progress to using a supervised injection site if one were offered.

In 2012, the Centre's Board decided to  
*Continued on page 4*

Photo Bill Blackstone



## New mural raises the local profile of PMR

Lover's Lane has a new look this summer, courtesy of the Prime Ministers' Row (PMR) initiative. The walkway just west of Stadacona Hall (395 Laurier Ave E) — where Sir. John A. Macdonald lived from 1878-1883 — got a super facelift in May from De La Salle art teacher Grant Holmes and a team of young colleagues. The Prime Ministers' Row initiative

is seeking to transform Laurier Ave. E. into a street museum and outdoor cultural space. Also in May, its organizers released the first edition of a PMR newsletter and launched an art exhibit where people were invited to give input on public art relating to PMR. More information and ways to help are at their website



Le pavillon Alex-Trebek occupe la maison du premier diplômé de l'Université d'Ottawa, Thomas-Foran.

## Portes ouvertes, le 4 et 5 juin

Michel Prevost

Les Archives de l'Université d'Ottawa participeront, pour la quinzième fois, aux journées Portes ouvertes Ottawa qui se dérouleront durant la fin de semaine du 4 et 5 juin. Plusieurs bâtiments et sites seront ouverts de 10 h à 16 h, le samedi et le dimanche. Il faut toutefois vérifier auprès des participants afin de connaître les dates et les heures d'ouverture car certains lieux ne sont pas accessibles pendant les deux jours.

Portes ouvertes Ottawa est une fin de semaine consacrée à la découverte de notre patrimoine. Quelque 130 immeubles et de sites d'importance historique et architecturale, dont 19 nouveaux cette année, ouvriront gratuitement leurs portes au grand public. Plusieurs se trouvent d'ailleurs dans la Côte-de-Sable dont le pavillon des diplômés Alex-Trebek, les ambassades d'Algérie, d'Angola et de Croatie, les églises St. Albans, Saint-Paul et St. Paul's Eastern, ainsi que la Maison-Laurier, un site historique national du Canada.

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

*Suite à la page 4*

## Seeking extra perennials and muscle power on June 18!

Great news: the City of Ottawa is going to depave asphalt strips beside three buildings on Somerset St. E., and Sandy Hillers will then green them up. While the final go from Council is expected on June 8, the Sandy Hill Tree Group is planning a "Community Power Plant" for Saturday, June 18 from 9 a.m. to noon (rain date, June 19).

### Green Give

Donations of perennials to fill up the new garden spaces will be gratefully accepted from June 1—you can drop them off at 427 Chapel St., at the back of the driveway. Please give generously!

### Community Power Plant:

Wheelbarrows, spades and garden-lovers needed! Help schlep, plant, mulch and water the de-paved stretches. We'll be directing operations from the Sandy Hill Community Centre parking lot.

Venez nombreux le 18 juin et participer à la création de nos îlots de verdure sur la rue Somerset Est! SVP, apportez vos gants de jardin et votre truelle, et une bêche/une brouette/un arrosoir si vous en avez.

Information / renseignements : [www.ash-acs.ca/sandy-hill-tree-group](http://www.ash-acs.ca/sandy-hill-tree-group)  
—Susan Young and Sabrina Mathews



A lush Montreal sidewalk refreshes the neighbourhood. It is hoped Somerset E. will start to get more of this look.



# IMAGE

Founded in 1972 under the  
direction of Diane Wood

22, av. Russell Ave.  
Ottawa K1N 7W8

Fondé en 1972 sous la  
direction de Diane Wood

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

In 2016, IMAGE is published in **February, April, June, October and December**. 7,500 copies are printed and distributed free of charge to all residents of Sandy Hill. Free issues can also be picked up at the community centre, library and various commercial locations.

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

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

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

**E-mail :** image22@rogers.com

**Website:** imagesandhill.org

#### Editor:

Jane Waterston

**Rédactrice de langue française :**  
Betsy Mann

**Advertising:** Peter Rinfret, Jane Waterston

#### Administration:

Christine Aubry, François Bregha, Ken Clavette, Frank Heilingbrunner, Claire MacDonald, Betsy Mann, Jan Meldrum, Jane McNamara, Denyse Mulvihill, Dodi Newman, Larry Newman, Judy Rinfret, Peter Rinfret

**Production:** Jane Waterston, Bob Meldrum

**Photographers:** Bill Blackstone, Harlequin Studios, Kathleen Kelly

## Deadline

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

**September 19, 2016**  
(target delivery October 7)

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

#### Questions re delivery?

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

IMAGE est un journal communautaire à but non lucratif dont les seuls revenus viennent des annonceurs. Les textes n'engagent que leurs auteurs et annonceurs respectifs et ne reflètent pas nécessairement l'opinion de l'équipe de rédaction, qui est composée de bénévoles.

En 2016, IMAGE sera publié en **février, avril, juin, octobre et décembre**. Son tirage est de 7 500 exemplaires. Il est distribué gratuitement partout dans la Côte-de-Sable. On peut également l'obtenir au centre communautaire, à la bibliothèque et dans plusieurs commerces du quartier.

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

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

IMAGE se réserve le droit de modifier en tout ou en partie les documents soumis.

**Tél: 613-241-1059 et 613-237-8889**

**Courriel :** image22@rogers.com

**Site web :** imagesandhill.org

## Date de tombée

Publicité, articles, photos et autres soumissions

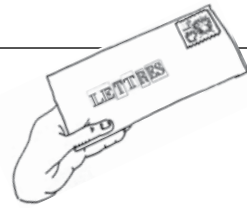
**le 19 septembre 2016**  
(livraison prévue le 7 octobre)

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

#### Questions au sujet de la distribution?

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

## Our readers write ...



## Courrier des lecteurs

### Thinking about our streetscapes

I walk around Sandy Hill and, in my imagination, collapse any building that I think mars a streetscape. Apartment blocks of rigueur in the 1950s, 60s and 70s fall at my whim. (The most egregious of these dominates tiny Cornwall Street.) As for the ultramodern three and four-storey models, which are handsome in their own right, they do not show to advantage when abutting a wildly dissimilar house. On one corner, a grande old dame in red brick looks much imposed upon by her protrusive, upstart young neighbour.

Symmetry is achieved when the new gives a nod to the pre-existing, whether in scale, colour or form. Censuses prior to WWI reveal a sprinkling of Victorian residences around these streets. A few people owned entire streets. Still, homeowners sold off their side lawns. The Edwardians sprang up, looking very different from adjacent, older homes but today, most people don't see these elegant houses as first-phase infill. Once a side lawn went, often no more than a laneway's width was left between dwellings. Back yards remained.

Today, few people value a lawn or garden. Any green has been walled in for interior space or paved over for parking, more's the pity.

The practice of automatic demolition condoned in the past is no more. I remember the magnificent Besserer Street Post Office, razed for the Rideau Centre. Rezoning application postings call for the public's input, but, as we have seen, a developer who fails in front of City Council may go elsewhere for site plan approval.

Now we have the Daly Avenue Heritage Conservation District Plan "to guide change in the district. ... Individual buildings, structures, sites and cultural heritage landscapes will be designated as properties of cultural heritage value." Additionally, the plan called Prime Ministers' Row will point out houses of heritage value on Sandy Hill's tonier streets. What about the neighbourhood as a whole?

Sandy Hill strains to house an ever-expanding university population. The agencies that advertise hundreds of Sandy Hill rentals on the Internet are developing the southwest corner of the neighbourhood. Their buildings look clean and new – a little too new, to my taste, but acceptable. More worrisome is the individual serial landlord who partitions rooms in old houses to accommodate the maximum number of tenants. Cheaply constructed add-ons are abandoned to eventual dilapidation. Also in need of some TLC are the small plazas with confectioneries, coffee shops and coin washes. Symmetry, at this stage, seems a luxury.

Finally, my stroll takes me past my least favourite thing architectural, the monster home. The monster home gobbles up whatever space is available. It dwarfs its modest neighbour. The monster home appears to ask, "Am I looming? Do I block your light? Does this make my bum look big?"

**Kerry-Lynne Wilson**  
Daly Ave.

### C'est Action Côte-de-Sable qui mérite un prix! ASH is the real prize winner!

Every year, at its Annual General Meeting, Action Sandy Hill presents a community member with the award for Volunteer of the Year. If you go to the Sandy Hill Community Centre you will see a plaque with the names of previous recipients such as Leanne Moussa, François Bregha, Jane Waterston and Claire MacDonald. On May 19, I was honoured to have my contributions recognized alongside these and other deserving people such as Suneeta Millington and Jan Finlay.

But I think it is ASH that deserves an award! Without a doubt, the hard work and dedication of its Board members is what keeps our community united, engaged, and committed to preserving the unique character of Sandy Hill.

ASH Board members volunteer hours of their time liaising with city officials, our councillor and the University of Ottawa, fighting against developers building rooming houses, ensuring bylaws are enforced, advocating for traffic calming, protecting green spaces and parks—the list is exhaustive, and surely Board members are often exhausted! But it is community organizations like this one that keep our neighbourhoods vibrant, beautiful, safe, and desirable.

Alors, j'aimerais dire un GROS merci à tous les membres, présents et passés, d'Action Côte de Sable (ACS). Sans vous, il y a longtemps que ce beau quartier aurait perdu son cachet.

J'aimerais aussi encourager tou(te)s mes voisin(e)s à s'impliquer dans notre communauté, que ce soit sur un comité du Conseil, ou simplement en devenant membre d'ACS.

It only takes a few minutes to become a member of ASH and you will feel good knowing you are supporting those who work hard on your behalf. Visit [www.ash-ac.ca](http://www.ash-ac.ca).

**Christine Aubry**  
Blackburn Ave.

IMAGE reçoit avec plaisir les

questions et les lettres à la rédaction.

**image22@rogers.com**

IMAGE welcomes letters and enquiries

**image22@rogers.com or**

**Chez Lucien**

**BAR**

137 Murray  
@ Dalhousie  
Byward Market  
241.3533

*Sandy Hill's  
place  
in the Market*

*Côte-de-Sable  
se retrouve  
au Marché*

**DENYS  
BUILDS  
DESIGNS**

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

Please feel free to take a moment and explore some of our exceptional spaces at [Denys.ca](http://Denys.ca).

*Paul Denys*

EXPERIENCE THE DENYS DIFFERENCE



## Editorial

### Safe injections: D'accord! But ...

Our neighbourhood community health centre has put Sandy Hill on the map this month with its bid to add a supervised injection service to the needle exchange, counselling and health programs already offered at Nelson and Rideau streets.

We saw at the April consultation sessions the rooms where this will happen, heard ideas about how this new service will be integrated into the life of the health centre, and witnessed the dedication and professionalism of Rob Boyd, David Gibson and Oasis program staff.

A safe injection site is a "harm reduction" measure, and there is evidence that it reduces the risk from accidental overdose and disease transmission from dirty needles, such as HIV and Hepatitis C. It will increase the presence of professionals and social programs in drug dealers' and drug users' daily life. Evidence suggests that, in the long run, it will save health dollars. And—most important—it will save lives, as Christine Aubry pointed out in our April issue.

But how will it affect the immediate community? One benefit is that drug users who might have injected themselves in a back alley may now do so at the Centre instead. The risks include an increase in drug trafficking as criminals prey on the Centre's vulnerable clientele, the drug users. Adjoining property owners are chiefly concerned about a possible increase in drug dealing on their properties: when dealers know users will be injecting at the health centre, they may choose to set up shop conveniently close by. Others fear increased loitering, theft and harassment on the streets.

Centre staff will take full responsibility for safety inside the Centre, but decline to take similar responsibility for what happens away from the property line. In Vancouver, they point out, there is evidence that criminal acts were reduced in the area of the Insite clinic. The socio-economic conditions in Vancouver's Downtown East Side, however, are different from those in Sandy Hill.

At a minimum, the Health Centre should draw from the recent experience with the return a few years ago of Centre 454 to Sandy Hill. When property and business owners in the immediate vicinity expressed concern about the potential harm to street life and security, program managers took steps to manage the situation. The measures cost little and proved effective because the success of the program, present and future, depended on community acceptance.

What did Centre 454's directors undertake to do?

They participated in a number of quarterly multi-stakeholder meetings convened by Councillor Mathieu Fleury and drawing together representatives from Action Sandy Hill, the local BIA, social agencies and neighbours. They set up a dedicated hotline of communication for nearby businesses, landlords and other members of the community to report any incidents or concerns that might be related to Centre 454 clients—and responded immediately when any came in. They conducted, and are still conducting, rounds of the immediate streets to discourage loitering.

A safe injection site raises bigger issues because the clients will all be bearing, or looking to acquire, drugs. Surely it is possible for the Health Centre's board to strike a committee that will undertake basic measures that can be tracked and evaluated to alleviate the legitimate concerns raised at its consultations.

At one level, it is true that a supervised injection site is merely an extension of the services the Health Centre already provides. The Centre already distributes over 95,000 syringes to some 700 drug users annually. It will continue to do so regardless of whether its application is approved. But even if this is the case, it does not resolve the fears that have been expressed. The Centre needs to do more in this regard to re-assure local residents that their welfare will not suffer by pursuing the public good.

Jane Waterston

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



Photo Ken Clavette

### The last housing on Waller Street

These homes were weeks away from demolition when this photo was taken. This row of homes were the last that lined Waller Street, once a fine Sandy Hill residential street. Converted to office use sometime in the 1970s by the

University of Ottawa they were destroyed to make way for a parking lot. Waller became part of the OC Transpo Transitway in 1983. The area in front of where these houses stood is now the tunnel access for the light rail system to open in 2018. Note my dogs Sunshine and Angel wait patiently on the last porch."



### Longterm residents call it Hurdman's Bridge

Re: Robinson Village or Hurdman's Bridge (or village)? It's complicated (From Ken Clavette's Album of Bygone Sandy Hill), April-May issue of IMAGE.

My husband and I have lived in this small, three-street enclave for over 30 years. When we first moved to the neighbourhood, it was not referred to with a particular, encompassing name. Later, the meat-packing plant along the Rideau River was replaced by townhouses at the end of Robinson Avenue. In its sales material, the developer referred to the area as Robinson Village, perhaps believing that such a quaint title would augment sales. In other words, the origin of the name, Robinson Village, may simply be a marketing tag.

Wendy Duschenes, Denis Redmond  
Robinson Ave.

(Canadian Marytrs') up in old Ottawa East, but we had to vote in Sandy Hill. Sandy Hill (at that time) didn't think we were part of that area—didn't even want us to join ASH.

Since the larger area of Hurdman's Bridge on the other side of the river, where my father's family lived, no longer exists (all the houses are gone), I believe we should keep the name going.

Jo Hamilton  
Lees Ave.

**Paul Michniewicz**  
The Subject Master

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

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

COME VISIT YOUR

AT THE CORNER OF  
BEECHWOOD  
&  
ST. CHARLES

SATURDAYS  
JUNE 11 - OCT 8  
9AM - 2PM

FREE PARKING

EAST END MARKET

## Buying or Selling?

# Let's talk

Talk to a Faulkner Realtor™ first



## Lynda Cox & Jimmy Cox

Sales Representatives

Lynda@Lyndacox.com

Jimmy@Jimmycox.ca

613-231-4663





Sandy Hill's neighbourhood  
early-childhood centre



Bettye Hyde Cooperative Early Learning Centre

- For children 18 months to 5 years
- Full-time Toddler program
- Full-time and part-time preschool programs

- Pour enfants de 18 mois à 5 ans
- Programme de bambin à temps plein
- Programme préscolaire à temps plein et à temps partiel

www.bettyehyde.com

bettyehydeottawa@gmail.com

613.236.3108

Portes ouvertes Ottawa  
de la page 1

**Plus de 850 000 visiteurs à Ottawa**  
Les journées Portes ouvertes se tiennent pour la première fois à Ottawa en 2002. Le succès est instantané et se renouvelle à chaque année. En effet, plus de 850 000 personnes ont visité pendant deux jours les divers lieux accessibles au public. Il importe de préciser que Portes ouvertes Ottawa constitue la deuxième activité architecturale du genre en importance en Amérique du Nord.

**Pavillon des diplômés Alex-Trebek**  
Cette année, les Archives de l'Université d'Ottawa feront découvrir le dimanche seulement le nouveau pavillon Alex-Trebek situé à l'angle des rues Séraphin-Marion et Cumberland. Le pavillon des diplômés regroupe la Maison Gaston-Héon construite en 1875 et la Maison Thomas-Foran érigée dix ans plus tard. Par le plus grand des hasards, le pavillon Alex-Trebek loge dans la maison du premier diplômé de l'Université d'Ottawa en 1872, Thomas Foran. Ce dernier reçoit aussi, trois ans plus tard, la première maîtrise de l'établissement. Les visiteurs pourront aussi voir des documents d'archives sur les deux maisons patrimoniales et des artefacts liés à la carrière exceptionnelle à la télévision américaine de M. Alex Trebek, un diplômé de l'Université d'Ottawa qui vient de donner cinq millions de dollars à son alma mater. L'archiviste Jacinthe Duval sera présente pour



**Springtime Salsa in Strathcona Park**  
Sandy Hill residents Valérie Martin and Siavash Ghazvinian get in some practice salsa moves on the stage in Strathcona Park before Odyssey Theatre moves in for its summer production of The Servant of Two Masters, July 21 to August 21.

répondre aux questions des visiteurs.  
Pour la liste complète des lieux à découvrir, voir le site Internet de la Ville d'Ottawa : ottawa.ca/portesouvertes. Vous pourrez également consulter les encarts

distribués dans des journaux. Renseignements : Mme Amy Kudrinko, tél. : 613-580-9674, courriel : portesouvertes@ottawa.ca.



FATHER AND SONS

SERVING SANDY HILL SINCE 1967

112 Osgoode St. (at King Edward)

613-234-1173

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

TAKE OUT MENU AVAILABLE

FREE wireless access

www.fatherandsons.com

Safe Injection Service,  
continued from page 1

In 2012, the Centre's Board decided to investigate expanding Oasis to include a supervised injection site. Part of its rationale was that an SIS would fit into its established program of treating people with addictions. They have the room, the programs, the experience, the counsellors. Needed would be a nurse to supervise the injector, supplies to treat an overdose, and a "spotter" who would keep people from congregating in front of the Centre and generally aid in smoothing the flow of people into and out of the facility. Rob estimates that Oasis could create four to six injection spaces in what was formerly a meeting room.

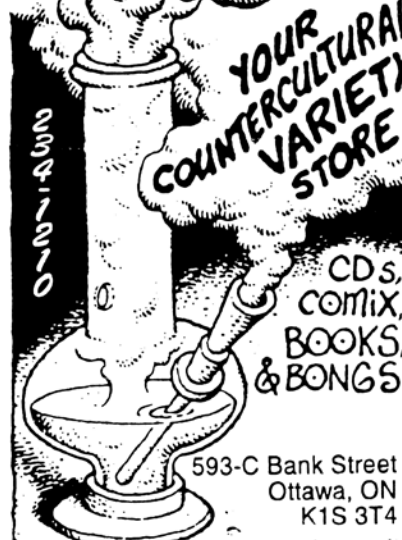
It turns out that 2012 wasn't the perfect time to apply for an exemption to the CDSA to operate a supervised injection site. However, under the new government, Minister of Health Jane Philpott has indicated she is open to SIS applications. Apparently, the application must be accompanied by a statement from the City, the Ottawa Police, and the city's Medical Officer of Health among others. The statements do not have to be supportive, although the city's Medical Officer, Dr. Isra Levy has indicated that he supports the establishment of an SIS at the Centre. He was quoted by the CBC on 13 April 2016 as saying, "I suggest that if ever there was a ready example of the need to



put patients first, health first, this is the issue and this is the time."  
Citizen consultations were held by the Centre in April and are now being summarized. Rob knows that one thing, at least, will have to be changed: feedback was consistent that more hours, especially on weekends are needed. He is now deciding which other issues revealed by the consultations will result in changes to his plan.  
Once the Board approves the new plan, it can be presented to Police Chief Bordeleau and Mayor Watson, both of whom have stated publicly that they have serious reservations about supporting an SIS in Ottawa. Recently, Chief Bordeleau has stated a concern for public safety. He believes that an SIS will attract drug users and their suppliers to the general area. He has also warned that, with more drug users in the neighbourhood, there will be more criminality as users will steal to buy their drugs. Clearly, this is a potential problem.


However, the Centre has had a needle exchange program for several years which would have attracted users and suppliers as well. It's guesswork to estimate the increase, if any, in this kind of traffic due to users injecting at the Centre instead of simply picking up sterile syringes.  
The mayor is quoted in the Citizen as saying, "I believe the scarce dollars we do have should be going to treatment of people who have addictions, whether they're alcohol or drug addictions." Rob's argument is that drug users begin treatment once they enter the Centre. "For people with complex addictions, treatment requires a range of biopsychosocial approaches including medicine like methadone, counselling and case management, and services like supervised injection to bring people into care and to keep them safe as they stabilize. Harm reduction gives people the tools and the support to facilitate treatment."  
Even if all parties support the SIS, the money flows from the province so Ontario Health Minister Eric Hoskins must sign off. If neither the police nor the City support the site, provincial funding will be a hurdle.  
Rob Boyd believes he will be ready to present his plan sometime in July. He plans on having an SIS up and running by this time next year. Check our October/November issue for a follow up article. By then, all parties should have had time to review the plan and provide feedback.

CROSSTOWN  
TRAFFIC



CDs, COMIX, BOOKS, & BONGS

593-C Bank Street  
Ottawa, ON  
K1S 3T4



Opposition to  
the proposed  
Supervised  
Injection Site

I wrote this letter to  
the federal Minister of Health  
with regard to the proposal made by the  
Sandy Hill Community Health Centre to  
install a Supervised Injection Site at the  
Centre. I thought that IMAGE might be  
interested in my letter.

Denise J. Killick  
Besserer St.

The following outlines points Ms Killick presented to The Honorable Jane Philpott MP.  
There is a lot of opposition to this idea, including the Mayor, the Chief of Police, the local city councillor, myself and many of my friends and local business owners.  
I live right across the street from the Centre.  
The Centre has just finished the "public consultation" phase for their proposal. I attended a session. The public health nurse who conducted the tour appeared

quite agitated when asked any question against the opening the site.  
I do not object or disagree with the fundamental principles put forward to justify the need for a Supervised Injection Site. What I do object to is the location of the site. For a number of reasons outlined here.  
a) In the long term the Centre will disintegrate into a place designed specifically to assist individuals with addictions and mental health issues and will no longer serve the "community" at large.  
b) I have found it, upon occasion, to be very intimidating to gain access to the Centre. I have had to carefully navigate my way through a crowd of people loitering, smoking and littering. Once inside, I have been assaulted by a barrage of individuals crowding the foyer, yelling at the top of their lungs in unsavory language. [At the consultation meeting I suggested] they might consider creating a separate entrance and exit for the Site. Someone immediately pointed out that that would be segregating this particular population and that would be contrary to an inclusive

society. I'm all for inclusion but where do we draw the line?  
c) The PUBLIC washroom located on the lower level of the Centre is deliberately kept dark [and dangerous to all users] to discourage addicts from shooting up in it.  
d) This service will be from 9am to 5pm, Monday to Friday. What percentage of injection drug users in this city is this Supervised Injection Site going to serve?  
e) Why would you put a Supervised Injection Site right in the middle of a residential, business and school sector of the city? Would it not make better sense to situate it where there is the highest concentration of injection drug users? Perhaps on Murray Street but certainly not in Sandy Hill. But those who live on or near Murray Street also say not in our back yard.  
Here is my proposal. If a SIS is going to go into the SHCHC then what I would like to see is that eventually the Centre be renamed The Ottawa Addictions and Mental Health Centre and that it become a leading edge centre for the services it has to offer.





# Slowing the speeders

John Verbaas

One of the more common complaints across neighbourhoods in the city is the speed of traffic on local residential streets. We in Sandy Hill have our fair share of challenges in this regard and I often hear from residents about speed issues on their streets.

In recognition of this growing chorus of complaints, Mayor Watson campaigned in the last election on restoring funding once again for neighbourhood traffic calming measures. The mayor delivered on this by including in this term of council priorities, \$2.8 million per year for “Traffic, Pedestrian and Road Safety Enhancements.” Some of this money is to be used towards preparing and implementing a “Traffic Calming Measures Implementation Plan” for each ward. This sum of money works out to \$40,000 per ward per year and if we consider our Ward 12 to consist of three main neighbourhoods we can expect investments of approximately \$13,000 per year for traffic calming measures around Sandy Hill.

\$13,000 doesn’t go very far these days and in an attempt to find more cost effective ways of implementing the kind of physical measures that are necessary to get drivers to slow down the City has been advocating the installation of flexible centreline posts along streets as a preferred method for achieving traffic calming. These posts would be installed each spring and removed in the winter

(to enable snow clearing operations.) They are intended to divide the street width into lanes thereby giving drivers the impression that the street is narrower than it actually is. ASH has been in discussion with Councillor Fleury about the possibility of such centreline posts on sections of Chapel Street and Mann Avenue. Other streets such as Goulburn and Blackburn particularly between Mann and Somerset are other possible candidates as well. We are still awaiting details of what the City proposes.

In the meantime we have recently seen 50 km/hr speed limit text painted onto the pavement on Chapel and Goulburn streets. The idea behind this measure is that drivers slow down as they notice and read the text. Some have suggested more effective painting might have read something like “Slow down” rather than inviting cars to achieve a speed of 50 km/hr! That seems to make a lot of sense and hopefully any future City road painting might take this good advice. Many residents have also been surprised that the number is not 40 km/hr. Unfortunately, the default speed limit on neighbourhood residential streets is set at 50 km/hr. There is legislation working its way through the Ontario legislature at this time to change this default province-wide to 40 km/hr, but this will likely take some time.

Meanwhile, many will probably agree, whether our streets are posted as 40 km/hr or 50 km/hr, the more effective way of getting drivers to slow down is to physically alter our streets with traffic calming measures. We look forward to seeing more of these in Sandy Hill soon.

# Near miss on Marlborough

Tuesday April 19 was a rough exam day for the Ottawa U residents of 173 Marlborough Avenue as an electrical fire broke out on the second floor. Happily, due to the quick response of all Ottawa emergency services, the fire was quickly extinguished and all residents including the cat are safe and sound, lost exam notes excepted. No details of the damage to the dwelling were provided by Ottawa Fire Services.

Pat Archer who witnessed the fire with other neighbours notes the need to enforce

fire code egress and safety requirements for multiple occupancy dwellings. If the fire had occurred late at night with sleeping residents the outcome could have been disastrous. The incident was discussed with Councillor Fleury at the ASH board meeting the following week and interest was expressed in developing and distributing “what to look for before you rent” information for prospective student renters (and their parents) that includes the obligations of landlords with respect to fire safety.—*John Cockburn*



## Harassment in Sandy Hill Park

I was at the Sandy Hill Park behind the community centre recently around noon with my two-year old daughter when a group of six teenagers, around 12 years old, verbally harassed me and taunted me in front of my daughter. There were five boys and one girl swearing, when I asked them to watch their language. This was enough to set them off—at one point, I was surrounded by all of them and I thought they were going to attack me. I have reported this incident to the police, but think this is something that other Sandy Hill residents should be aware of.

I want to remind Sandy Hill residents of the importance to intervene and not to be silent bystanders, as was the case with one couple (in their forties or fifties, whom I do not know but have seen around in Sandy Hill) who watched for a few seconds as I was being verbally harassed and then decided to keep walking. The teenagers became more aggressive once the couple walked away.

Name withheld  
Goulburn Ave.

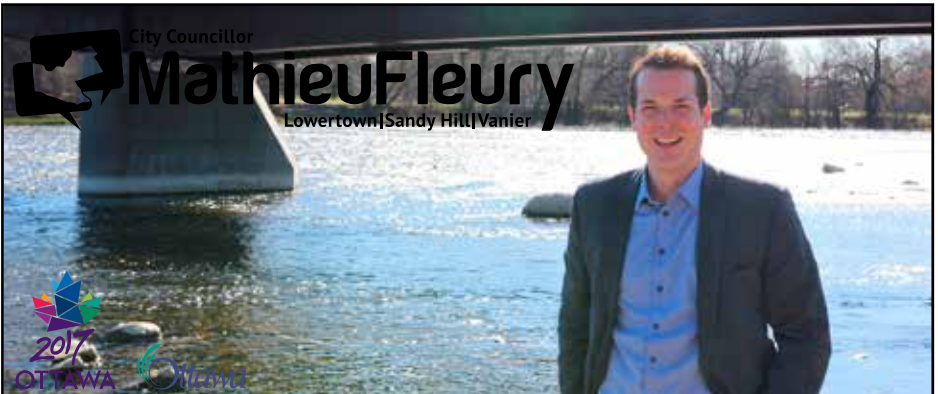


## Rooftop gardens—more how-to

I was inspired by Sabrina Mathews’ article in the last issue [about rooftop gardens] and would like to give her method a modest trial this summer. I have three questions.

Paula Kelsall  
Stewart St.

Here are Paula’s questions and Sabrina’s answers. - Ed



## Public Art Celebration - A View from Two Sides, by Kenneth Emig

Councillor Tobi Nussbaum, the Public Art Program and myself cordially invite you to the public art celebration of A View from Two Sides by Kenneth Emig on **Saturday June 11, 1:00 p.m.** at the Adawe Crossing. All are welcome to celebrate the artwork and to meet the artist.

Created by local artist Kenneth Emig, A View from Two Sides features two stainless steel reflective spheres, both 1.5 metres in diameter, situated at eye level on the observation areas of the bridge. The spheres present us with a panoramic view that includes the sky, river, shores, the bridge, pedestrians and cyclists. The result is an unlimited variation of visual possibilities, providing the perfect place to pause and take in the natural beauty of the area. By looking into these spheres, we see ourselves immersed in the world around us.

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

## Be a part of the artwork

Take a selfie – share an image of your reflection in the spheres on social media with the hashtag #Adawe-crossing



MATHIEUFLEURY.CA | @MATHIEUFLEURY  
613 580-2482 | MATHIEU.FLEURY@OTTAWA.CA

**Q -** What size bag of soil does she use? We have a 50-litre one I could sacrifice-- but it's awfully heavy to lug up the stairs and out the window!

**A -** I do use 50-litre soil bags (lift with your knees!) I put 2 pots into each 50 L bag. If you use a smaller bag, I'd consider one pot per bag, or 2 pots with smaller plants (for example, not tomatoes or cucumbers, but rather basil or other herbs.)

Before planting in the soil bag, be sure to break up and plump up the soil which may have hardened and flattened during storage. I also make sure the soil is well saturated with water before planting.

**Q -** Do the Lee Valley bottomless pots have any special features that make them worth travelling out there, or could I just cut the bottom out of some old plastic pots around the house? How far should they extend into the soil?

**A -** The Lee Valley pots have a circular reservoir around the main pot, which holds extra water and delivers it to the soil more slowly. But when I ran out of those pots, I cut the bottoms

out of existing pots as you envision. I use both, and quite honestly, don't notice much difference. I push the generic pot about 2 or 3 inches into the soil, and top up with extra soil to fill the pot.

**Q -** Do we need to put any drainage holes in the soil bags?

**A -** The soil bags I use have small holes pricked in them. These seem to allow enough drainage. I added larger holes at first, but found the greater challenge was getting the soil to stay moist throughout the bag. My roof has a slight slope, so water drains out easily. Perhaps you can wait and see, and add bigger drainage holes as needed.

Best of luck with your trial. I'd love to hear how it goes!

Harlequin Studios

Professional Wedding Photography

Wedding Packages  
Leather Albums  
Framing  
Location Lighting  
Invitations  
Engagements

brides@k1n9m5.com  
613 / 241.5733

Quality - Experience - Pricing





## Hoodwinked?

Ralph Blaine

A couple of weeks ago I noticed a development infill proposal for Daly Avenue just west of King Edward. The artist's rendering of the new apartment building was strangely familiar—déjà vu, shall we say? So I did some searching around for a building placed on a similar lot on Stewart—one that went up about a year ago. I was delighted to see that this building had been showered with praise. Indeed, on the website of MTBA (Architecture Urbanism Conservation) we are told that: *The adjacent neighbours, the community association and ward councillor roundly praised and welcomed this project which carefully inserts itself into a heritage context.*

Anyone could see why the project would garner such praise. Just look at the architectural drawing of the proposed building (above) shown on the MTBA site.

Do notice the lovely way the little gable over the front door echoes that of the adjacent house. Don't we love the turret at the top that so sweetly reminds us of the elements of so many Victorian era houses in the neighbourhood? And what about the rounded window-scape of the left side of the building—almost enough to make the owners of those magnificent row houses on King Edward sigh with envy. Oh, what sensitive developers indeed!

But what was actually built on the site after all these plaudits and cheers were showered on the plans? I didn't remember it being exactly like the drawing so I went back to check it out. I found the structure in the top photo to the right.

Really, wouldn't the photos on a dating site bear a closer resemblance to the real thing than we see here? So what happened? Did the 'hood blink or were we hoodwinked? Hard to say but I do know that buildings like this one that was actually built on Stewart Street (and the



one projected for Daly Avenue) are to be found all over Ottawa. Our fine builders seem to have discovered a template that the City will accept and they are plastering the whole town with them. Here's another one on Wilbrod:



It's not that everyone is against good infill but why do so many of them have to be such sterile, rectilinear boxes? Can't we insist on some real variety and true sensitivity to the architectural heritage of our neighbourhood?

## Monster on 386 Chapel

Larry Newman

Nick Legault (Building Investments Inc.) recently bought the two storey brick house with the blue front porches. Apparently the porches will stay even though the upper porch will be somewhat of a facade as it will be blocked off, unusable as a porch. Mr. Legault said he was concerned about heritage value so won't remove the porches. Thank you, Mr. Legault.

On the other hand—and there is much to be said about the other hand—Mr. Legault had initially applied for permission for an addition to the building to create a third unit. This plan did not require any variances from the zoning bylaw. However, now that he has had other thoughts about the efficiency of managing the building, he is applying to the Committee of Adjustment for a fourth unit. This is a well known manoeuvre, legal but ethically questionable. It is, however, often approved by Committees of Adjustment as the variances are deemed minor and, often, the building has already been built—so, other than wring our hands, what can we do? This one has only been partially built although the ultimate form can easily be seen.

And what is that form? As the title of this article reveals, this is a monster addition. The boxlike shape rises above the peaked roof of the original house so as to dwarf the "heritage" aspect of the house frontage. It's as if a two story brick house were pasted on to WalMart's warehouse. Why do I think of a warehouse? The plans call for the ripply skin of this building to be corrugated sheet metal! This is a (former) two family home. How many bedrooms has this warehouse you might ask? Why only 24 bedrooms sir or madam. All it takes is a few "minor" variances.

By the way, there is no definitive definition of "minor." Almost any variance can be argued as being "minor" and is often accepted by Committees of Adjustment and, for that matter, by the Ontario Municipal Board—which has rarely seen a variance that it wouldn't be thrilled to call "minor."

On the evening of May 19, Mr. Legault met with neighbours to provide some detail and rationale for this building. There were some questions about the variances and about why he applied for a three unit addition when it seemed to be clear that a four unit building (which requires more space than is available) was planned all along. He answered that it made sense because it was a shorter



Concerned neighbours heard that 386 Chapel St. will soon have 24 bedrooms.

process. It's not his fault, it's practically a process recommended by the City planning folks. One can count on there being no objection from planning.

Some of the neighbours wanted to know if he owned other buildings. He admitted to several but was very reluctant to give addresses. The neighbours' argument was made that, in order to assess the quality of the structures, most developers bragged about their buildings and offered to show prospective users. He demurred—said that it was private. When hard pressed, he agreed to provide Judith Rinfret, the Action Sandy Hill Planning Committee Chair, the addresses of two buildings on Preston Street. Nothing to the neighbourhood rabble assembled before him.

This is a huge building. It's only fair to say that, by Mr. Legault's reckoning, the building housed 17 residents before he bought it. Will it add value to the neighbourhood now that it houses 24 people (and who's to say only 24 people will occupy the 24 bedrooms)? And what about the value of neighbouring properties? Who wants to live next door to this thing—only another monster. These buildings creep into our neighbourhood and beget others like them.

Here I go blaming poor Mr. Legault for creating another monster in our midst. But, really, Mr. Legault and others like him can't pull this off all by themselves; they have accomplices like the City Planning Department, the City Council, and the Ontario Municipal Board. With their silent acquiescence to the horrors that are being built here in the holy name of intensification, we have little legal leverage to fight with.

## UrbanOttawa.com



**240J Meilleur Private \$219,000.**

**Beechwood Village:** Wow! Really beautifully appointed, 985 sq.ft. top floor unit with vaulted ceilings and tons of light. Walk to Urban Ottawa's Beechwood Village shopping in minutes as well as easy access to the river cycle path and 20 minutes by foot to the Rideau Centre. Thoughtful layout with completely open concept living spaces. Two generous bedrooms and two full baths at opposite ends of the apartment: great for roommates! Elegant, contemporary finishes throughout. Reasonable condo fees and carrying costs.



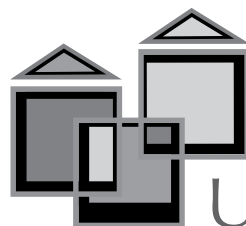
**19 Kilbarry Crescent \$599,000.**

**Manor Park:** Absolutely charming home filled with light and great karma! Substantially renovated and added on to in the 1980s, there is loads of great living space here. Extremely flexible main floor layout which includes family room, eat-in kitchen and a mudroom could be modified to suit today's design trends. Three spacious bedrooms on the second level and two full baths. Lovely rear yard with screened porch. Attached garage with mudroom entry. Bring this sweet home your loving touch.



**32 Dunbarton Court \$549,000.**

**Cardinal Glen:** This one owner home will be sure to impress. Sun filled end unit with very open vistas and south facing yard. This home boasts a spacious living room as well as main floor den, elegant separate dining room and fabulous kitchen-eating-family room overlooking the park. The upstairs laundry was converted in to an office or would be perfect as a nursery giving you the option of having FOUR bedrooms! Completely finished lower level. Huge double garage.



Natalie's  
**URBANOTTAWA**  
the art of urban living

**RE/MAX** metro-city realty ltd. | brokerage

613.747.9914

Broker | Courtier

**Natalie Belovic**



Plaques in peril and mural replacements

Photos in colour by Bill Blackstone



Bronze heritage plaques like the one above have gone missing this spring from at least two Sandy Hill porches, 31 Russell and 245 Laurier. Presumably the bronze makes them a target for theft.



Photo Ron Hodgson



At Rideau and Chapel, an HIV-AIDS awareness mural (black and white photo, 2005) has been replaced by a striking foxy scene.



At the south end of the neighbourhood, at Chapel and Mann, no trace remains of a mural (left) created as a neighbourhood youth project in 2012. The current look (bottom left) harmonizes with new construction nearby.



Mural gone.

Let's talk real estate

Lynda Cox



The Ottawa real estate market is booming, and why? Perhaps it's due to a change in government, a milder winter, and certainly due to the continuation of low interest rates. Is it a good time to buy and sell? The answer is still a resounding YES!

Let's talk Sandy Hill stats.

Condos

The condo market is still flooded with units for sale, 71 to be exact at last count, ranging in price from \$249,000 for a one bedroom, no parking, all the way to \$1,250,000 for a penthouse at 238 Besserer with parking for two. Sales ranged from \$202,000 for a one bedroom with no parking to \$755,000 for a two bedroom + den, two bath, two parking in 242 Rideau. That one took 803 days to sell.

333 Chapel St. is a favourite for many Sandy Hill downsizers. The most recent sale there was \$256,000 for a two bed, two bath, one parking. It sold quickly in 35 days; very good value.

373 Laurier, another favourite in the 'hood, posted a recent sale of a two bed, two bath, with no parking at \$262,000.

Due to the glut of condos some sellers have suffered losses. Example: If you bought in 2009 for \$345,000 and had to sell in 2016 you might only see \$360,000 or less. Discouraging to be sure. Supply is just too great for the demand.

Houses

There have been nine sales since we last talked.

Highest sales have been \$1,250,000 for an amazing, turn-of-the-century duplex, and \$995,000 for a triplex.

At present there are 33 active listings in this category including semis and townhomes. Prices range from \$429,000 to \$1,199,000.

What a diverse neighbourhood we have.

Let's talk bidding wars.

Have we had any recently? Absolutely! 188 Marlborough and 289 Somerset both

sold over their asking price in the last two months. This result is achieved when the seller chooses a selling price from the suggested range rather than a bullish one. When a seller, for example, stays under a threshold of \$450,000 instead of asking \$465,000, or lists at \$799,000 instead of \$820,000 then a larger buyer pool will be tapped into and BINGO you get a perfect opportunity for multiple offers pushing your selling price up to where you wanted without the long wait, the possible price reductions, the often long negotiations and, don't forget, the STRESS.

Offer content is revealed only to the seller. Other interested realtors and their buyers are told of the number of offers on the table but with no indication as to price offered or any other details. Once all the offers are in all buyers are given the chance to revise if they wish. It truly is a "blind auction." Only one offer can be dealt with. Realtors know how to create this buzz—they delay showings, they delay offers, and they wait to collect interest before considering an offer. As a realtor, I hate to see a SOLD sign up the same day a property goes on MLS. To me, the property was not exposed to the wider market; the opportunity for multiple offers was lost. Money might have been left on the table.

It works when you have a WOW house with tasteful renovations. It works when your location is superior. It works when the market is strong. It works when your price is RIGHT. It DOES NOT work when your price doesn't reflect what you are selling.

Are we a bubble ready to burst?

The simple answer—NO. Our demographic is not like that of Vancouver or Toronto. We are slow and steady.

Community "amazing"

Recently I attended the vernissage by Meredith Snider at allsaints. Kudos to Leanne Moussa for spearheading the purchase of that facility. Leanne was kind enough to give me a tour. It was SIMPLY AMAZING. The community is delighted. The future is bright. I am impressed.

Keep your questions coming—let's talk.

CHIROPRACTOR

Dr. Jean-François Gauthier  
418 rue Rideau Street

We can help! Nous pouvons vous aider!

- Low back pain
- Headaches
- Arm/leg pain and numbness
- Neck pain
- Maux de dos
- Maux de tête
- Engourdissements des bras et des jambes
- Maux de cou



613-241-3434

Covered by most insurance plans

CHIROPRACTICIEN

www.spineandfoot.com



Action Sandy Hill annual meeting, May 19, 2016

# Members call on City to do more for a neighbourhood under siege

John Cockburn

In addition to the impressive list of accomplishments and wealth of information presented at the May 19 annual meeting of our community association Action Sandy Hill, it was apparent that concerns about infill practices, *de facto* rooming houses, and the City's bylaw and zoning enforcement practices remain top of mind for many residents. In fact many feel that bunkhouses, garbage and the tactic of neglect leading to the demolition of heritage buildings all serve as evidence that the neighbourhood is under assault!

The meeting was called to order by this year's volunteer chairperson Céline Bak and kicked off with ASH president Chad Rollins' report.

Growing social capital in the neighbourhood was his theme as he gratefully noted the increasing participation of Sandy Hill residents in many facets of community life. He noted the evolving vision of Prime Ministers' Row, which celebrates this neighbourhood as an area that has been home to many of Canada's political leaders, and is becoming a focus for community development.

The Trinity development at Rideau and Chapel is an example of community and developer working together to address neighbourhood concerns in the newly approved Uptown Rideau Community Design Plan. [Search the Plan on the City web site.]

Initiatives like these can only continue to move forward with the active participation of residents. Rollins noted the need for more volunteers for events, board membership and heritage building planning and analysis.

MPP Madeleine Meilleur noted seven areas of provincial government activity of particular interest to Sandy Hillers: 1. the rebuild of Arts Court; 2. Ontario's Cycling Strategy—a 20 year vision with \$325k over three years dedicated to efforts between the canal and the river; 3. the truck tunnel feasibility study; 4. progress with the LRT; 5. an expert panel to deal with homelessness; 6. repair and rebuild of Ottawa Housing units, and 7. the government's commitment to act on climate change.

Sandy Hill's Councillor Mathieu Fleury

was up next listing a number of developments that have occurred over the last year, including the Adawe Bridge opening, related developments on Somerset Street with respect to cycling and tree planting (see April-May 2016 IMAGE), and the finalization of the Uptown Rideau Design Plan.

Fleury announced that a traffic lane on Stewart Street between King Edward and Friel will be removed, to help rainwater drainage in that area. Coupled with the development at Arts Court, Ogilvie Square will open in August, at the same time as a renewed Rideau Centre. He explained the complexities of managing the neighbourhood's transportation hub involving 417 access, interprovincial connections, the east west bikeway, and the LRT and bus connections. Residents will be happy to hear that the overpass work at Ottawa U will be completed by August 22, allowing the Sandy Hill/Centretown connection across Corktown Bridge to be re-established.

The Town and Gown Committee has seen improvements on student-related issues. He plans another walkabout in September, focused on student residents and their appreciation of neighbourhood concerns. The recent decision of Police Services to ignore after hours noise complaints is a concern.

The truck tunnel study will be released in August. Finally he solicited ideas for projects to celebrate Canada's 150<sup>th</sup>.

## Questions from the floor

When Bak invited members to pose questions to the elected representatives, most were directed to Councillor Fleury. He was asked:

- his position on developers contributing to councillors' political campaigns and his lack of support for Councillor Nussbaum's motion on that matter. The response: he did not accept contributions from developers.

- to champion a policy that would reduce municipal taxes for those restoring private properties with heritage value.

- what to do about the inability of the City to control property conversions effectively. One speaker thought a culture change for City staff would be in order as it seems they help developers circumvent the intent of the conversion policy. The councillor

indicated that a review of R4 zoning, the secondary plan, and the rooming house bylaw could be considered but likely not until 2018.

- why the City now requires a formal Access to Information request to get the list of properties for which garbage complaints have been filed; in addition, many complaints are not being filed because of 311 fatigue. It was also suggested the City should be more proactive in ensuring that effective garbage containers be used; to which, Councillor Fleury suggested that the ongoing waste guideline review would be a good place to raise this although much of the problem may be in the provisions of the *Municipal Act*.

- that the green space around 400 Stewart be acquired by the City to prevent further development on that property; Councillor Fleury thought it a good idea but a source of funding would need to be found.

## Board members' reports

Among reports delivered by board members, of note were Denis Forget's comments on the growing membership of ASH, now up to 242, which is providing a sound financial basis for the organization and additional community projects. Bob Forbes reported on a positive engagement with the University which has some large student residence projects that may conceivably reduce the conversion pressure on houses in the neighbourhood. Not enough for some, however—an informal poll of members conducted by Bob found universal support that the City should do more to discourage such home conversions. On a more positive note, the City has recently assigned staff to serve as community advocates, who will somewhat balance the role of staff who encourage development. The hope is a partnership between citizens and the City, when it comes to development proposals and neighbourhood planning, will start replacing the announcement-protest-response cycle currently the norm.

Reports from ASH directors will be found on the ASH website [www.ash-acsc.ca/](http://www.ash-acsc.ca/).

## Volunteer of the year

The meeting closed with Christine Aubry receiving the Volunteer of the Year award for her many community activities including the Vision Sandy Hill survey, winter carnivals and spring fairs, École Francojeunesse, and IMAGE. When asked why she is so engaged, Christine noted that she has lived in many Ottawa neighbourhoods and Sandy Hill is the one for her. She finds the effort fun and working with neighbours that are so engaged makes it all the better.

Photos from the AGM by Kathleen Kelly



Céline Bak chaired the meeting with charm and efficiency. Her request that people consider at the outset of the meeting what questions they had for the speakers resulted in an excellent Q&A



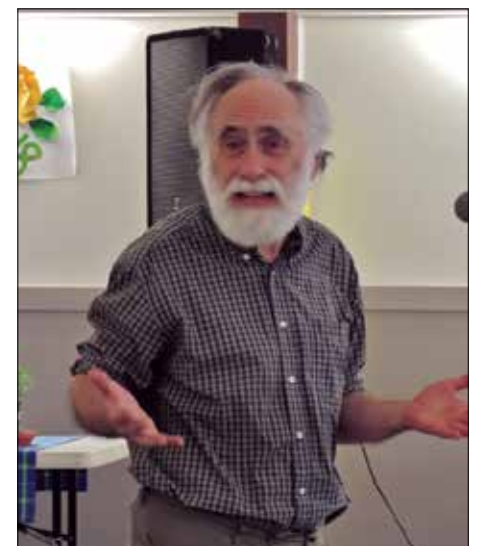
Lynn Marchildon called for nominations and supervised the election procedures. A by-law has been revised to lower the minimum number of ASH directors to 10 from 12. There are three newcomers on the board, including two IMAGE writers.



Christine Charrette from MP Mauril Bélanger's office described his continuing efforts to make the national anthem gender neutral and said he hoped to be back on the Hill soon.



SHCHC director David Gibson noted over 100 Syrian refugees have arrived in the neighbourhood.



Above— Blackburn Ave. resident Bruce Winer expressed the frustration felt by many at ineffective control of property conversions.

Left — People we all rely on: Community Police Officer Constable Walter Duhme, Property Standards/Zoning Enforcement Officer Derek Petch and By-law Supervisor Eric Boivin



Mike Collins and Johnny Simonds from St. Joe's Supper Table served up many delicious items, like fruit on skewers, during the meet and greet hour. Donations were welcome.



**Sandy Hill Community Health Centre**  
Centre de santé communautaire Côte-de-Sable

We invite our members and community to our  
**Annual General Meeting**  
**Wednesday, June 29, 2016**  
**at Sandy Hill Community Health Centre**

**221 Nelson Street**  
**5:00 – 6:00 p.m.: light refreshments**  
Get together with our Staff and Board of Directors, and meet our new Board candidates.

All former Board and Staff are welcome.

**6:30 p.m.: Annual General Meeting**  
Business meeting includes the election of the Board of Directors, presentation and approval of the President's and Treasurer's reports.  
Prior to the business meeting, we will announce this year's winner of the SHCHC Award for Excellence in Health Promotion.

**Come and get involved in your Community Health Centre!**

Tous nos membres ainsi que la communauté sont conviés à notre  
**Assemblée générale annuelle**  
**le mercredi 29 juin 2016**  
**au Centre de santé communautaire Côte de Sable**

**221, rue Nelson**  
**17h à 18h : rafraîchissements légers**  
Rencontrez les membres de notre personnel et de notre conseil d'administration ainsi que les nouveaux candidats au conseil.  
Les anciens membres du conseil et du personnel sont les bienvenus.

**18h30 : Assemblée générale annuelle**  
Au programme : élection de membres au conseil d'administration, lecture et approbation du rapport du président et du rapport du trésorier.  
Avant la séance de travail, nous allons annoncer le gagnant de cette année du Prix CSCCS d'excellence en promotion de la santé.

**Participez à la vie de votre Centre de santé communautaire!**



# HOT TOWN: Summer in the Country!

Perth hosts some of Canada's Top Performing Arts Festivals  
one short hour from the Capital!

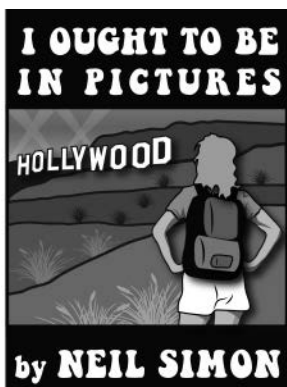


## Classic Theatre Festival • 2016

Perth, Ontario

Classics of Broadway and the London Stage all summer long, plus theatrical historic walking tours bringing to life the area's unique history

*"The Classic Theatre Festival is the home of affordable and entertaining theatre with a distinct local twist."*  
- Travel Industry Daily



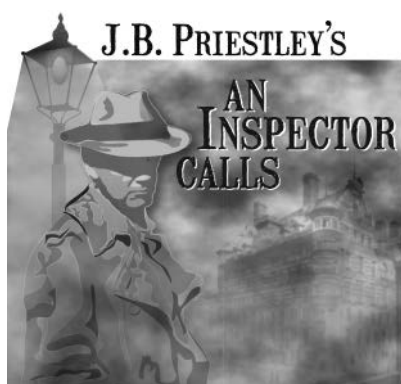
June 24 to  
July 17

Comedy!

Sponsored by: **TVCOGECO**

July 22 to  
August 14

Satire!



August 19 to  
September 11

Mystery!

Sponsored by: **WTC COMMUNICATIONS**

Tickets: 1-877-283-1283 • [www.classictheatre.ca](http://www.classictheatre.ca)  
Air Conditioned • Free Parking



July 14-17

Featuring a Special Heritage Show  
at 6 pm on July 14

AFTER HOUR SHOWS    SIDEWALK SALE    FOOD VENDORS  
CHILDREN'S ACTIVITIES    WORKSHOPS    LICENSED PATIO  
ARTISANS MARKET    MUSIC on 3 STAGES    SUNDAY BREAKFAST

### Featuring

Santa Rosa Project • Steve Piticco & Wendell Ferguson • Next Generation Leahy • Daniel Champagne • Laura Cortese & The Dance Cards • Bombolesse • Sheesham & Lotus • Slocan Ramblers • Steve Poltz • Irish Mythen • Ennis Sisters • Còig • James Keelaghan • Jaron Freeman-Fox • Carlos Del Junco • Rideau Lakes Orchestra • Men & Women of The Tay • Wade Foster & The Burnside Sisters • Tim Loten • Arlene Quinn • Six String Nation Guitar with Jowi Taylor • The Academy for Musical Theatre • Andrew Queen

For complete details and times, visit [www.stewartparkfestival.com](http://www.stewartparkfestival.com)





# Are bunkhouses going viral?

Chad Rollins

During the Action Sandy Hill AGM, several residents expressed outrage that so-called bunkhouses continue to spread like a virus throughout Sandy Hill. Since rooms in these bunkhouses rent for about \$750/month, and some contain more than 20 rooms, it is not hard to understand why bunkhouses are worthwhile for those who own them.

How did this “virus” start? Ottawa’s zoning bylaw is what determines what can be built, and the zoning in virtually all of Sandy Hill allows this type of development. There are five types of residential zoning in Ottawa, R1 through R5, each allowing increasing density and variety of buildings. R1 allows only detached single-family homes, R2 then adds semi-detached homes and duplexes (two -units), R3 adds townhouses and triplexes (three-units), R4 adds low-rise apartments and fourplexes (four-units), and finally, R5 adds mid-rise and high-rise apartments.

The only area of Sandy Hill where these bunkhouses are not currently allowed is on the west side of Range Road between Somerset and Mann, and on both sides of Marlborough and Goulburn between Templeton and Mann. Those few blocks are an anomaly in Sandy Hill as they are zoned R1. The rest of Sandy Hill is zoned R4 or higher, which allows all types of residential development.

With the unprecedented increase in university students during the last decade, housing development has been dramatically impacted. And that development has been different than in the past and geared largely to one demographic. Hence the proliferation of bunkhouses.

What has been done so far? A lot of time and resources have been devoted to this issue, and a number of measures have been taken to address this problem.

Prior to 2013 most bunkhouses were “conversions” of houses to apartments because the rules for conversions were less restrictive than for a new build. The intent of the conversion bylaw was to preserve existing housing, especially large historic homes, while allowing



intensification. But, conversions allowed virtual demolition and redevelopment without the more restrictive zoning rules that would otherwise apply.

ASH and other community associations convinced Council that conversions were resulting in unintended consequences. Subsequently, in Aril 2013, Council introduced an interim control bylaw, essentially a freeze on conversions. During the ensuing year this issue was studied carefully and finally Council amended the zoning bylaw to remove special provisions for conversions.

The next development in this fight for neighbourhood character was Infill-1. Infill is the practice of building on unused property within a mature neighbourhood. When Infill-1 came into effect in June 2015, the requirement for a streetscape character analysis for new infill was introduced. Now, infill development must consider surrounding buildings to determine front yard setback, percentage of landscaping, driveway width, location of parking, etc. However, this by-law obviously comes too late for those areas where infill has already altered the character of the neighbourhood.

During the study for Infill-1 other issues were identified which resulted in the launch of Infill-2, focusing on side and rear yards, as well as height and mass.

Infill-2, adopted by Council in July 2015, requires rear yards to be at least equivalent to building height and side yards to be wide enough to allow access to rear yards. It also restricts building heights in some areas, requires amenity area at grade, and limits the size of rooftop patios. Sadly, while Infill-2 provisions have been adopted by Council, this bylaw has been appealed to the Ontario Municipal Board so its fate is not yet certain.

So, despite more than five years of work on the part of the City and countless community volunteers, we’ve achieved positive changes, but so far not enough to reduce or eliminate the development of these bunkhouses in Sandy Hill.

We have empiric evidence that the current zoning is resulting in a proliferation of single-purpose buildings, built with the sole intent of maximizing return on investment, with little or no regard for the community, and myriad negative effects that drain City resources. We need someone at the City to champion change and take decisive action to stop the spread of the bunkhouse virus.



# Our car runs on the sun

Eric Schiller



The world today is hooked on fossil fuels. Fossil fuels drive 80% of the world’s economy. And yet these energy drivers are inherently dangerous to the planet’s health and our health. So what can one do about it? Here is our story.

In 2013 we had an accident with our internal combustion car. It was totalled. So we bought an electric car (2013 Chevy VOLT).

In January of this year we had 17 solar panels installed on a south-facing part of our roof. On many days these panels produce more electricity than our total house consumption, including the electricity needed to recharge our car.

It is therefore no exaggeration to say that our car runs mainly on the sun. Lots of people want to know the details of this set-up so here it is.

On these sunny spring days our solar system can generate 25 Kwh/day. This is about twice the amount of electricity that we consume these days. About 15% of our electricity consumption is used to recharge our car.

The total cost for the installation of the 17 solar panels was \$20,000. The power rating of our system is 4 Kw. Because of the Ontario government sponsored Micro Feed in Tariff (MicroFIT) program, we get paid 38 cents for every Kwh that we produce. Compare this to the cost of 8 cents/Kwh that we pay during the off-peak period when our car is being charged at night. These MocoFIT rates are guaranteed to be paid for the next 20 years.

Because of the payments in the MicroFIT program, and using annual estimates that include snow and cloudy conditions we will recover the entire cost of the system in about 13 years.

Now a few words about the Chevy VOLT. The before tax price was \$40,000. With the government rebate of \$8,000 the cost was lowered to \$32,000. Again, the longer that we drive this car, the more money we will save. It is estimated that with average driving conditions, the annual electricity cost to run this car is about \$100, that is, about 30 cents per day. Even though the initial cost of this car was high, with time much of this cost can be recouped because of savings with reduced gasoline purchases.

You will notice that the costs of both solar panels and the electric car were somewhat high. However, over time these initial costs can be recouped. I suspect that many more people could get on board with measures like these if start-up loans were made available.

Sometime soon the consumption of fossil fuels will peak and begin to decline. Consumption of fossil fuels will peak sooner if more people start using renewable sources of energy. It will also help if more people persuade governments and industry to leave the remaining fossil fuels in the ground. Renewable energy technologies are becoming more efficient and their costs are dropping. These factors should help us get onto a greener future.

## Spring 2016 in Strathcona Park

Photos by Kathleen Kelly



Left — Upside-down buildings and trees on the Rideau River  
Above— A tree in Strathcona Park is the hang out of choice for Eli Karos, age 9.



## Progress on the garbage front

Ralph Blaine

Early in May my wife and I attended the Jane's Walk at Lansdowne Park where we met some friends who live in Ottawa South. They had just come from another Jane's Walk which featured the Housing Co-ops of Sandy Hill. We were chatting about their walk when they volunteered: *It was a very interesting walk but it was so discouraging to see so much garbage being stored in front of the houses in the neighbourhood.*

Anyone who walks around in Sandy Hill has confronted this problem and, indeed, in the last issue of IMAGE we informed readers that charges had been filed against a row of rental units on Stewart St. for violation of the City bylaw that requires garbage to be stored in the back yard. Since then there have been a number of encouraging developments on this front resulting from the continuing pressure of the Bylaw Committee of ASH, the support of our councillor, Mathieu Fleury, and the efforts of our bylaw officers.

IMAGE has learned that fines (\$545) have been levied against six properties and, as a result, all but one has complied with the related City order. The City has also issued orders against 27 properties on Henderson Avenue and a smaller number on Nelson. And there have been improvements since the bylaw officers began this initiative. I have noticed at least ten properties on Stewart Street, Cumberland, Nelson, Henderson and Osgoode that have moved their garbage cans from their front yards to the back. We should particularly note



Garbage still upfront at 87-93 Stewart, despite court case.



that the University has not only removed the garbage cans from the porch of its property at 104 Henderson but also all the recycle containers. This property now looks quite spruce. No doubt they will be tackling the garbage can on the porch of 74 Henderson (much improved since our first sighting) and the garbage cans in full view at the lovely row at 17-21 Stewart. It would also be great if the St. Georges Housing Cooperative could get its garbage cans into their back area. And then there is the problem of the row at 87-93 Stewart that is now in court. They are still keeping their garbage right up front and in our faces as seen in the photo above taken on May 18. No, we haven't solved all the garbage related problems but progress is being made. With unrelenting vigilance from the community, continued effective lobbying from Action Sandy Hill and the leadership of Councillor Fleury we may soon hear friends from other parts of the city telling us how the streetscape of our neighbourhood has improved.

## Garbage woes in Sandy Hill: laziness and apathy do their part

Christine Aubry

At the May 19<sup>th</sup> Annual General Meeting of Action Sandy Hill (ASH), it was evident that "garbage" is still a dirty word in Sandy Hill.

If you are a regular reader of IMAGE, you will be familiar with Ralph Blaine's struggles to have property standards violations addressed by the City of Ottawa Bylaw services. Like Mr. Blaine, I have repeatedly reported problem properties to 311, sent pictures, even met bylaw officers on-site. There may be improvement for a few days but it has never led to permanent change.

Feeling frustrated and to gain a better understanding of the scope of the problem, I recently sat down with long-time community volunteer Claire MacDonald, who has been working tirelessly for years on cleaning up the neighbourhood.

Claire showed me a detailed list of problem properties that was compiled by a few residents (including myself and Mr. Blaine.) It currently stands at over 137. At ASH's insistence, bylaw staff finally agreed to take ownership of the list in order to document action taken. Again at ASH's insistence, City staff released a few numbers: fines have been levied against 6 properties and 27 orders have been issued (most culprits being along Henderson and Nelson.)

Claire also showed me another list put together by a concerned resident who spent hours of his personal time finding the relevant bylaw provisions that were violated at various properties. Not to mention the thick folder she has of emails to city staff, our municipal councillor, the University of Ottawa, even the Auditor General. The amount of time spent by community volunteers is astounding, and frankly, discouraging. Claire admits that putting the onus on residents to prove the problem and push for resolution leads to "citizen fatigue."

At the AGM, Board member Sally Southey urged us to keep reporting to 311 (while we listen to relaxing music), as this is the only way to prove the extent of the problem. Meanwhile, ASH will continue the fight to address more fundamental problems at the city level: first, ensuring that all potential garbage issues are addressed before a building permit is issued for multi-unit housing (that is another story altogether), and second, encouraging the different bylaw departments (solid waste, property standards, and curb-side pick-up) to work together to streamline the complaint process and accelerate resolution.

In a recent IMAGE article, Mr Blaine was optimistic that "given some time, the bylaw people in conjunction with our Councillor can manage to clear up this blight on our neighbourhood."

I, unfortunately, am not so optimistic that

## PHARMACIE CAMPUS PHARMACY

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

613-563-4000

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

### POUR TOUS VOS BESOINS PHARMACEUTIQUES....

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

### FOR ALL YOUR PHARMACY NEEDS ...

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

et **Plus!**

and **More!**

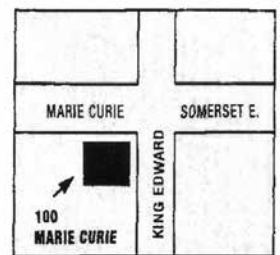
Interac • VISA • Mastercard • American Express

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

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

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

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



[www.campuspharmacy.com](http://www.campuspharmacy.com)

## Spring 2016 in Strathcona Park

Photo by Kathleen Kelly



Red-winged blackbird perches on the stone ledge after a concert-ed effort to be noticed.

issuing fines against landlords will make our neighbourhood litter-free, though it certainly could make a huge difference.

But the main problem, I believe, is plain old laziness combined with a helping of apathy. The prevailing attitude seems to be "if I did not put it there, it is not my problem," especially with respect to litter from passersby or debris from garbage days.

I've had tenants walk right past me as I picked up the garbage on their front lawn. As I asked one young woman if she lived there, she responded "well, there are four other people," shrugging off all responsibility. On another occasion I overheard the tenants inside chuckling at "the clean-up crew" outside. Apparently it is amusing, not shameful, to watch a six year-old pick up your garbage.

My family has witnessed this lack of respect for nature in other venues as well, namely during our son's football games at Robinson Field, where people just leave their garbage all over the field, perhaps assuming that someone else will do the dirty work.

So how do we get all residents of Sandy Hill to take pride in where they live? How do we make garbage everyone's responsibility?

Do we institute "trash shaming" strategies like some parts of Montreal? In Hong Kong, officials can use the extreme measure of tracing the DNA in litter to release composite pictures of the culprit. Ridiculous, you say, that's going too far. Why can't we just ask nicely? That's what a young man recently said to me as I was taking pictures of the trash piled by his rental house to report to 311.

Do grown men and women who are able to live away from home still need a parental figure to ask them to pick up their trash? Sadly, ASH volunteers do just that every September with their walkabouts, but clearly not everyone is getting the message (or they simply don't care.)

Our mayor has made Ottawa 150 a priority for the city, he wants to show off our capital to the world (and our own Councillor is Chair of the Events Committee for the big celebration year.) I would love to see Sandy Hill sparkle by 2017—because we have so many reasons to be proud of this gem in the heart of Ottawa. Please help us get the word out that cleaning-up Sandy Hill is everyone's responsibility. Let's not leave all of the work to a handful of volunteers and eager school children!



# William Lyon Mackenzie King

LAC, MIKAN 3217611

François Bregha

*In support of the initiative to designate Laurier Ave East as "Prime Ministers' Row" to commemorate the prime ministers, Fathers of Confederation and other prominent Canadians who have made Sandy Hill their home, IMAGE will publish a series of short capsules on several of our former distinguished neighbours. This third one features Canada's longest serving prime minister William Lyon Mackenzie King.*

Lady Laurier left Laurier House to King in her will, believing it was appropriate to return the house to the Liberal Party which had purchased it in the first place and which King led. The wording in Lady Laurier's will was ambiguous, however, and it would be a few years before King and not the Liberal Party would legally be confirmed as the house's rightful owner. King moved in in 1923 after making substantial renovations (including new wiring, plumbing, furnace, floors and an elevator), particularly on the top floor where he made a large living room and set up his office. Liberal benefactors set up a fund to help King pay for the house's upkeep and bought most of the furnishings.

King kept a diary for 57 years which remains a major source of information about him. While at Laurier House, King liked to keep to a routine which involved getting up at 9, exercise before breakfast (until his fifties), reading a daily devotional book and the Bible, working at home in the mornings on correspondence, office memoranda and meetings. After eating lunch (usually alone), he would go to his office in the East Block. In the afternoon, he regularly had tea. He would have dinner around 7.30 and work in his library until midnight. In the evening, he also took his dog Pat for a walk.

If Laurier House was bustling during Laurier's days, it was quieter after King moved in. He was a very private man who never married and was a workaholic by nature. He rarely entertained personal friends and did not like to have overnight guests. He did, however, entertain small groups at Laurier House for political reasons and also welcomed a number of celebrities such as Winston Churchill, King George VI and Queen Elizabeth, Queen Mary, Charles Lindberg, Shirley Temple and Field Marshall Montgomery.



Mackenzie King and his dog Pat at Laurier House, August, 1939. King often took Pat out for a walk around Sandy Hill

In December 1941, Winston Churchill visited Ottawa as part of his North American tour and King invited him for dinner at Laurier House. After the meal, when King who had given up alcohol during the war went off the wagon in order to toast his guest whose love of alcohol was well-known, they retired to the third-floor library. This was King's favourite room, his sanctuary, where he spent a great deal of his leisure and working time and which he used as his principal office. Among the many things King liked to show off was a copy of the 1837 Royal Proclamation putting a price of £1,000 on his grandfather's head (William Lyon Mackenzie had led the Upper Canada rebellion). Churchill replied that that was a very good price indeed: during the Boer War, the Boers had put a price of only £25 on his head after he had escaped their captivity.

While King the politician was an amiable man and a good conversationalist, King the employer was difficult to please and a stickler for detail and protocol. He drove his staff hard, sometimes forgetting meals and was often indifferent to their needs. As a result, his domestic staff (a cook, two maids, a butler and a driver) turned over frequently. In 1923, reflecting his difficulty finding satisfactory staff, King wrote in his diary "what a dam-d nuisance servants are".

A romantic, King liked fake ruins. When the Batson House at the corner of Daly and King Edward was turned into apartments, King took the bay window to his country estate, Kingsmere, where it still stands in the "cloister" ruins.

A frugal man throughout his life, King died a multi-millionaire. He donated both Laurier House and his country estate in the Gatineau Hills, Kingsmere, to Canada. Both are now National Historic Sites.

## Streams of information

Ron Hodgson

*The pinpoints of starlight we see with the naked eye are photons that have been streaming toward us for a few years or a few thousand.*

- Brian Greene (American physicist)

We can't see data shooting around in our universe but it's there just like the starlight. More and more people are abandoning the traditional ways of obtaining programs from various content providers such as radio and TV stations, cable channels and video broadcasters. They find that the flexibility and convenience of Internet streaming allows them to listen or watch whatever they feel like it and meet the needs of their busy life-style.

This can be a dramatic shift for those of us that are used to the systems that have been with us for most of our lives. Over the past 40 years or so we've adapted to several fairly major changes such as moving from am to fm radio; 13 channel TV to uncountable channel cable TV with PVRs; VCRs being overtaken by DVD players and the rise and fall of video rental stores. All of these we've managed to take in stride save for the ability to make the recorder box show the correct time.

The transmission media have changed too. Free wireless over-the-air analog transmission is essentially gone replaced by free digital transmission. Digital satellite transmission, digital coaxial cable systems or fibre optics have moved in and currently transmit the bulk of popular TV programs. By using PVRs, saving and time shifting enable the viewer to skip over ads and watch the programs at convenient times.

Now, thanks to efficient cloud-based storage servers, and high speed data transmission we are able to "stream" content to our player devices. These devices include smartphones, computers, tablets, internet radios, TVs and TV boxes. It's called streaming because the data "streams" its way to your player in a continuous flow and is ready to be played as soon as it gets there. You are able to pause, rewind or fast forward the stream just as if the file had been downloaded and saved in your device.

Two of the most popular streaming providers are Netflix and YouTube but in fact, you can legally stream programming from Canadian networks and cable chan-

nels. To find many more streaming providers of TV shows, sports, movies, documentaries, public videos etc. go to [www.wheretowatchincanada.ca/home/](http://www.wheretowatchincanada.ca/home/).

On the audio front there are many streaming radio stations—in fact it seems as if almost every radio station in the world can be accessed using the web. One particularly useful site which can be accessed through your browser is which lists thousands of radio stations from around the world that you can stream to your player. CBC Radio has its own app that you can access using your phone or tablet.

I'm not going to bore you with too many unnecessary technical details here but there are a few things you must know:

First, you need to have high speed internet. For streaming video: You'll need at least a 2Mbit/s broadband speed for standard definition and 5Mbit/s for High Definition. Netflix advises a budget of 1 GB of data per hour for standard definition and up to 3 GB per hour for HD video.

With most internet providers you have a download budget for the service you are paying for. Most applications do not use a lot of bandwidth but if your hobby is sharing high definition photography or binge watching Game of Thrones you'll need to match your needs with your service. A 100 GB monthly allowance would allow you to watch perhaps 30 hours of HD video and have 10 GB left over for email, surfing and other activities.

Because gaming consists of many small control signals with the video being delivered from your local computer it doesn't use up much of your budget. Likewise internet radio is also very economical compared to video. Here we are talking about rates in the range of 128 to 256 KB/Sec. If you stream an hour's worth of 128 KB/Sec internet per day for 30 days then you would have eaten up 1.7 Gigabytes of data.

You can watch video material on your smartphone, tablet or computer but if you want to kick back in front of your large screen TV with some popcorn you have to get the signal onto that screen. If you have invested in a Smart TV you already have the ability to do it. Dumb TVs are no problem but you'll need to invest \$100 or so in a small streaming interface box such as a Roku or Apple TV.

I suspect these budget concerns won't be with us for long. I'll end this column with a quote from Reed Hastings, the founder of Netflix: "It turns out that all Netflix streaming peak on Saturday night can fit inside a single fiber optic, which is the size of one human hair."

Food for thought.



Betty Hyde Co-operative Early Learning Centre presents **Sandy Hill SPRING FAIR** Saturday June 4<sup>th</sup> 9am to 2pm (rain or shine!) At the Carriage House Corner of Blackburn and Osgoode A day of fun for the whole family! Attractions include BBQ, bake sale, face painting, live music, children's games, arts and crafts, and much more!

Fun Run (10 am) sponsored by CAFCO The Child, Adolescent, and Family Centre of Ottawa A multidisciplinary health clinic for Ottawa's youth CAFCO-CEFAO

**Community Yard Sale**  
**Vente de Garage Communautaire**  
Saturday, June 4th 2016 10am-1pm  
Samedi, le 4 Juin 2016 10h00-13h00

**Location: Around 731 Chapel Crescent/**  
**A l'entours de 731 Cr. Chapel**  
**INFO: 613-818-5824 lglements@sandyhillchc.on.ca**

**SUE RAVEN**  
**PHYSIOTHERAPY CLINIC**  
**OPEN MONDAY TO FRIDAY**  
Continuing to help you recover from Pain, Weakness, Reduced Mobility Balance and Vestibular Problems Sports and Work Injuries Motor Vehicle Injuries

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

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

205-194 Main St., Ottawa K1S 1C2  
Phone: 613-567-4808  
Fax: 613-567-5261  
[www.sueravenphysio.com](http://www.sueravenphysio.com)



# Youth forging north-south links



Ralph Blaine

Try a quick quiz. Where is the Koksoak River? What is the Administrative Capital of the Kativik Regional Government? What is the largest Inuit community in Nunavik? Me, I was zero out of three. But thanks to a youth exchange organized by a Canadian charitable organization devoted to fostering ties between indigenous and non-indigenous communities there is a small group of young people here in Ottawa who know these answers and much else besides.

In February of this year the Canadian Roots Exchange brought 12 non-indigenous young people from Ottawa to Kuujuaq (on the Kolsoak River.) Here they came together with 12 indigenous young people and plunged into the life of the local community. They ate country food, learned about Inuit history and got a feel for modern Inuit life in the largest Inuit community of Nunavik. They also made many friends belonging to this northern community as well as among themselves. Olivia Ikey, who works at the youth employment agency in Kuujuaq, was excited not only by the friendships formed by the young participants but also by new ties forged within the Kuujuaq commu-

nity itself as the locals were brought into the organization of the exchange. All the exchange leaders felt that the exchange was powerful tool in breaking down stereotypes that sometimes exist in both communities.

On May 10th and 11th it was the turn of the Kuujuaq youth to visit their friends in Ottawa. The entire group got together at St. Paul's-Eastern United Church here in Sandy Hill. They hit some of the traditional tourist sites (of course, Parliament Hill) and they also participated in the *Blanket Exercise* which is an activity created in 1992 and designed to teach Canadians about our post contact history.

Olivia Ikey also explained that, given the limited employment possibilities for young people in Kuujuaq, the teamwork, travel experiences and exposure to employment possibilities should benefit all the participants and help both sets of youth find their way in the "real world" as well as to see fruitful possibilities for cooperation between the two cultures. There seemed to be something to the last point. As I was about to leave the church, the young people gathered spontaneously around a piano and were signing a convincing rendition of Adele's "Someone Like You." Even a cynical codger like me had to smile.

## Julie Houle

June 10, 1967–April 20, 2016

Julie Houle died suddenly and it saddened us all. She is survived by her older sister, Anne, her three children, Jacqueline, James, and Stefan as well as her grandson, Freddie. Her brother, Marcel, died two years ago. Julie missed his sunny ways very much.

Readers of IMAGE will recognize Julie's name as her story appeared in the October-November 2015 issue. Both Julie's parents had died by the time she was 16 and she then left what was home to find her older sister who had left home earlier and was living on the street. This began the street phase of Julie's life.

It wasn't long before Julie found Centre 454 and began the process of becoming a part of the 454 community. Julie made sure her children attended special events like the Christmas dinner and their annual summer picnic. The community witnessed these kids grow over the years. Julie was a loving and attentive mother and always put her family's needs first.

Julie was known as tough on the outside but caring and sensitive to others on the inside. When she got to know you and trust you, she was a good friend. Without secondary education, Julie knew that her livelihood was limited so she studied and got her high school diploma six years ago. After that, she took some part time jobs. At the time of her death, she worked as a volunteer at Centre 454, doing laundry for other clients and helping in the kitchen. When brother Marcel died, Julie took over his job as Bingo Caller at the Shepherds of Good Hope.

To the staff and clients at Centre 454, Julie was a source of inspiration: someone who valued her family above all and al-



Watching for opportunities, Julie was a source of inspiration at Centre 454.

ways chose to look at improving her station in life by grabbing opportunities for personal development.

Julie's memorial service was held at Centre 454 on May 6th. One of the attendees noted that this service attracted the most people of any service that he had been to—a testament to Julie's role in the Centre 454 community.

— Larry Newman

### Le mois des personnes âgées | Seniors' Month



**Madeleine Meilleur**  
MPP/députée, Ottawa-Vanier

*Les personnes âgées font la différence*

*Seniors Making a Difference*



237 ch. Montréal Road, Ottawa, ON K1L 6C7  
613-744-4484 | mmeilleur.mpp.co@liberal.ola.org

LIVE WELL WITH  
**PHARMASAVE®**

**ASTLEY'S  
PHARMASAVE**

423 Rideau St. (at Chapel St.)  
Tel: 233-8454 • Fax: 233-8691

Fast, Friendly & Professional Service

Free Delivery  
Senior & Student Discounts

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

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

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



Flower moon over Sandy Hill, around the time of the ASH AGM.

photo Kathleen Kelly

**Mauril Bélanger**

Député / M.P., Ottawa-Vanier



*À votre service!  
Working for you!*

[www.mauril.ca](http://www.mauril.ca)

**Bureau de comté /  
Riding Office**

168, rue Charlotte St.

Pièce / Room 504

Ottawa, ON K1N 8K6

Tél. / Tel. : 613.947.7961

Télec. / Fax : 613.947.7963

[mauril.belanger.c1@parl.gc.ca](mailto:mauril.belanger.c1@parl.gc.ca)



**Memories of Sandy Hill spring fairs, 1980, 1989, 2011**  
On June 4, Sandy Hillers are welcome at the Bettye Hyde/ASH fair at Blackburn and Osgoode, and at the opening of a terrific new playground in Strathcona Heights.



La troupe de danse croate se prépare à donner son spectacle à la Fête de la Côte-de-Sable en juin 1980.



Le samedi 3 juin 1989, la communauté de la Côte de Sable s'est rassemblée pour son pique-nique annuel au Parc Strathcona. Des voisins de l'avenue Blackburn s'apprêtaient à faire la course à la brouette avec leurs enfants. On en reconnaît plusieurs qui demeurent encore dans le quartier.



June 2011... a Bettye Hyde spring fair before the move to the carriage house. Cindy Mitchell and Lisa Lajoie greet the much loved Lollipop Lady aka Janet Leblanc.



A sure sign that summer is round the corner! The East Ottawa Generals Spring Training began on May 17 at Robinson Field- home turf of this National Capital Amateur Football Association team. If you have kids aged 8-16 and live in central Ottawa, it is not too late to sign them up for the regular season that starts in July. For details, visit the NCAFA website at [ncafa.ca](http://ncafa.ca) or email General Manager Mark Quinn at [eastottawagenerals@gmail.com](mailto:eastottawagenerals@gmail.com)



Bike crew finishing safety checks on our students bike at the rodeo.

## News from Viscount Alexander School

Michael Barnes

Bourchier, and Mme. Tait.

**Thank you to our volunteers**  
On May 17 Viscount Alexander hosted a volunteer breakfast to recognize the special contribution they make to our students. Close to 50 people attended and enjoyed a delicious mix of cakes, breads, fruit and beverages and an opportunity to chat. Two volunteers Chantalle Marengere and Geoff Headland were awarded the Gail Stuart Volunteer Appreciation Award. Congratulations.

**Rideau Tennis Club brings tennis to school**  
Tennis should be a natural at Viscount as just 100 feet from the school property are two city tennis courts. The School Council approached the Rideau Tennis Club and tennis is coming to Viscount in June. Some 55 grade 4, 5 and 6 students will receive three lessons at the school and all grades will benefit from two sessions at the Tennis Club. The new Adawe footbridge is a bonus, making the Club just a short walk from the school.

Tennis Professional Zhenya Kondratovskii will be introducing many Viscount students to tennis for the first time. These lucky students will be getting the best instruction and some are likely to develop an interest in the sport for life. Club Director, Kelly Shaw-Swettenham noted, "We very much look forward to introducing the kids to the fundamentals of the game of tennis, to learn and play and most of all have fun." The financial support of the Canadian Tire Jumpstart program helped make these lessons possible.

**OCDSB Trustees name Viscount Alexander to their Capital Priorities List**  
On May 24 the Board unanimously approved Viscount as the 3rd option amongst their four capital funding projects to the Ministry of Education. The five classroom permanent addition to Viscount Alexander would cost approximately \$2.1 million.

The school community hopes that the Ministry of Education will support the addition. Enrolment for September 2016 is expected to exceed 180 students; three portable classrooms are already in use. The support of Shawn Menard, OCDSB Trustee Zone 9, is appreciated. After the meeting Trustee Menard noted that, "This is an important step in continuing our work on an addition. However, it is just that: one step. Most important will be writing to the local MPP, and other Government MPPs in Ottawa, in addition to submitting a strong business case to the Province. At the end of the day, the Province has the final decision on this."

Viscount Alexander begins its 65th year serving Sandy Hill in September. Hopefully, this much needed investment in public education will be realized in Viscount's anniversary year.

**Pot luck dinner**  
Thank you our staff for all of their work with setting up the gym, and serving our families at the wonderful community potluck on May 5. Special thanks to our planning committee, Ms. Kennedy, Mme.

**Bike Rodeo rolls on, despite the rain**  
On May 13th, students participated in their annual Bike Rodeo. While the weather didn't cooperate fully our school community still had a blast. Thank you to all of our staff, parents, community partners and a new partner, Lisgar High School, for their help and support. Our Kindergarten students participated in several activities from strider bikes in the gym to stretches and helmet fittings, along with learning the rules of the road on Mini Main Street.

For the afternoon we modified activities a bit due to the threat of thunderstorms. Our Grade 5/6 students had some time to practice on our yard before a mini trip to Strathcona Park. Our Grade 1-4 students participated in activities indoors, with a figure 8 ride in the gym, learning "bike anatomy", hand signals and more. All of the bikes were checked and we provided 15 students with bikes to take home.

A special shout out to Paul at Cycle Salvations for all his hard work with our re-conditioned bikes, and fitting students to ensure that they will be safe while riding. Thanks to the Kiwanis Club of Bytown for donating the funds to purchase bicycles and to Outdoor Ed students and their teacher Mr. Arjang from Lisgar Collegiate for volunteering at the bike stations and the ride with our grade 5 and 6 students. We wouldn't be able to have this event without a full team effort.

**Algonquin College Nursing Students**  
We thank our Practical Nursing Students from Algonquin College who finished up their practicum with us at the end of April. They completed over 100 health checks with our students and provided families with feedback on their child's individual check. Part of their practicum involves creating and presenting an activity to classes. With our current focus as a staff on self-regulation and student mental health we were delighted to have two presentations from the nurses, one on art therapy and the other exploring various ways that adults in their lives show care/compassion for them.

**Sandy Hill Community Health Centre supports school snacks**  
Fruity Friday and Veggie Monday have received financial support from the Sandy Hill Community Health Centre for a number of years. Volunteers cut the snacks up for every child in the school then the large platters are carefully carried by students back to their classrooms for all to enjoy. Thanks SHCHC.

**Learn more about Viscount**  
Viscount has a lot to offer your child, please call the office at 613-239-2213 with any questions and to arrange a visit.

**Pretoria Pet Hospital**  
16 Pretoria Avenue  
(613) 565-0588

**PREVENTIVE HEALTH CARE FOR YOUR PET**

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

**OUR NEW BUSINESS HOURS**

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



## Meet Lynda Giffen Clements, Community Developer

Christine Crawford

The Sandy Hill Community Health Centre has a multi faceted approach to health care. Currently the SHCHC has United Way funding for a community development position. Lynda Giffen Clements is currently in the second year of that contract. And her first year working in Canada after living in Scotland for 12 years.

The Spring/Summer brochure from the Health Centre tells us: Community development workers are supporting social change and developing new initiatives regularly. Then goes on to encourage people who want to do an advocacy piece or have project or programing ideas to get in touch!

I met with Lynda recently and gained an understanding about the role of CD here in Sandy Hill; we even discussed the possibility of bringing a BC housing subsidy program to Ottawa. She believes in the vision of pioneer Tommy Douglas—that is to bring health to the whole person. Health being about where we live, how we feel about our environment

In her words: “Community Development is really about people understanding that they are valuable, have knowledge and together they are powerful.”

She believes in the strength of the group and the power to change a neighbourhood.

The Tiny house project and Market Mobile are two projects she is involved in. Market Mobile—a mobile market that brings healthy, affordable, and culturally appropriate foods to Ottawa neigh-



Lynda serving soup in the mobile.

bourhoods—is active here in Strathcona Heights, and the Tiny House project is in the visioning stage. The Tiny House project is a plan to bring housing forward more economically making housing more affordable.

Lynda explained her part in the process: “I try to be present to the groups I am helping along, everyone having an equal voice. My task is working towards being inclusive not necessarily always in agreement. I am helping to build relationships, finding out what change people want to see.”

You can contact Lynda Giffen Clements at 613-789-1500 or email [lgclements@sandyhillchc.on.ca](mailto:lgclements@sandyhillchc.on.ca).

### Market Mobile — Wed. evenings in Sandy Hill

The Market Mobile truck and trailer retro fitted with grocery shelving and stocked with fresh produce at reasonable prices stops in Sandy Hill every Wednesday evening from 6 p.m. to 7.30 p.m. It parks next to 731 Chapel Crescent (corner of Wiggins Private) and is available to anyone who wishes to shop. More information about the project including other market stops can be found at [www.marketmobileottawa.ca](http://www.marketmobileottawa.ca).



Faux Tuna Delight, features local organic greens.

Photos Christine Aubry



Pushparoni Piner helps greet and serve at Perfection, Satisfaction, Promise.

## Eat Local in the 'hood

Diane Beckett

Perfection, Satisfaction, Promise, our local vegetarian restaurant on Laurier, is now serving meals made from fresh locally farmed foods. They will be featuring local ingredients in their specials, when they are available. And I's surprising what is available, even in April, when I visited the restaurant for this review.

I had delicious organic kale and baby spinach with carrots and beets (all local) on red rice with ginger toasted almonds, tofu tamari and glory sauce (which is apple cider vinegar, tamari, tahani, nutritional yeast, olive oil and fresh garlic.)

I washed it all down with a fresh and light maple sap beverage. What a rare treat! Maple sap is right from the tree, before it is boiled down to a sweet syrup. As it does not keep, it is only available for the few weeks of spring when the sap is running. It contains minerals, antioxidants and other compounds that according to the Cornell University website “have been shown to have health advantages in other foods.”

The local ingredients from this meal were all sourced from Juniper Farm, a small scale, diversified, certified organic farm, located near Wakefield. Prapti, the restaurant owner, has already connected with more than half a dozen other local farms, with more to come.

I visited Juniper Farm to see how they do it. Not surprisingly the beets and carrots were last year's crops that they store over the winter on the farm. Surprisingly, they grow the greens in simple unheated greenhouses. They plant the seeds directly into the earth of the Gatineau Hills in March and start harvesting in April. The greenhouse becomes too hot for greens in the summer and they are then grown in the fields, and heat-loving plants such as tomatoes, eggplants and peppers are grown in the greenhouses. The farm grows 280 varieties of 70 different types of vegetables. Seven varieties of carrots and four-

teen varieties of tomatoes, for example.

Prapti of Perfection, Satisfaction, Promise and Alex and Juniper of Juniper Farm were brought together by Trevor Haché of Savour Ottawa. Trevor links local farmers with retailers and restaurants. In addition Savour Ottawa runs an on-line market to link farmers directly to consumers. When you see the Savour Ottawa logo at farmers' markets, grocery stores and restaurants, you know that the establishment uses local food in their products or they are a local producer.

Those of us who live in Sandy Hill are lucky to be able to easily access so many local foods. They are available at the nearby Farmers' markets - year round at Lansdowne, and during the warmer months at the Museum of Nature and the ByWard Market, during the school year at the University of Ottawa, and online through Savour Ottawa. The People's Food Coop, right in Sandy Hill sells Bryson Farms and other local produce and food products. (It's a workers coop not a consumers coop, so you don't need to be a member to buy there.) Waratah Farm delivers a weekly basket of food to a Sandy Hill location for pick-up (sign-up through their website: [waratahdowns.com](http://waratahdowns.com).) And now Perfection, Satisfaction, Promise will serve many local products.

I look forward to seeing what tasty dishes Prapti will create with the local food that will be delivered directly to her door by the farmers. Alex from Juniper Farms said his produce is picked the morning of the day it is delivered. Only food from your garden will be fresher than that.

New barbershop at  
Sweetland and Osgoode

## Modern meets vintage

Christine Crawford

PROsizo Barber Shop is one of Sandy Hill's newest businesses. The sign on the window tells us it was established in 2016. It's encouraging that Sandy Hill is a desirable location for this young entrepreneur.



Mehdy Nasrallah

Mehdy Nasrallah is 24! As he tells it, “I studied hairstyling at a French professional school on the Quebec side, then I made my way to Ottawa to learn more about trend and style. I have always wanted to have my own barber shop.”

What Mehdy has created at 126 Osgoode St. is both modern and vintage. The wash basin is freestanding and is from Italy; there are three vintage Barber chairs, each distinctive. There's a comfortable leather couch for you if you are waiting your turn or relaxing after a hot shave and drinking a cold soft drink from the vintage inspired cooler.

Mehdy offers a variety of services: haircuts, traditional hot shave, face massage and related hair services.

Longer term plans for this talented young man, “I would like to franchise my shop, so I would also cover Ottawa giving the best services.”

Sandy Hill has been welcoming and Mehdy hopes one day he will have many friends as customers and PROsizo becomes a tradition in Sandy Hill for future generations.

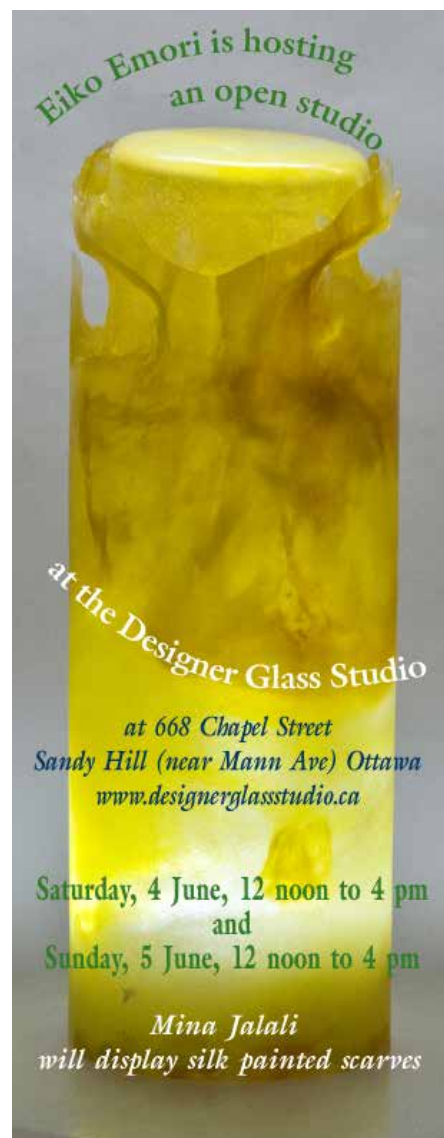


Le Service à l'enfance Aladin offre des services éducatifs à l'enfance à l'école Sainte-Anne, au 235 promenade Beausoleil.

Nous offrons nos services en français aux familles de la ville d'Ottawa. Nous avons des programmes éducatifs de qualité pour les enfants âgés de 18 mois à 12 ans, du lundi au vendredi, à l'année longue.

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

[www.aladin.services](http://www.aladin.services)





A summary of recent IMAGE restaurant reviews and food features, plus other advice from our contributors about where to find great food in and around Sandy Hill. Please send news of your recent Sandy Hill food discoveries to [image22@rogers.com](mailto:image22@rogers.com)



**Farmers’ Markets**

The season for fresh local produce is here! We are lucky to be living so close to the ByWard Market, but it’s also worth remembering that there are a few weekly markets that make a good bike outing from Sandy Hill:

**Beechwood Market**, near St. Charles Church at 131 Barrette St. in Vanier. Saturdays from 9 a.m.-2 p.m. from June 11 to October 8.

**Ottawa Farmers’ Market** brings a human scale to the wide-open spaces of Lansdowne Park from 9 a.m.-4 p.m. on Sundays

**Main Farmers’ Market** is spending another summer at the Museum of Nature. Visit this market for local growers (within 160 km.) on Saturdays from 9 a.m.-2 p.m.

**Marché Vieux Hull** has moved to the terrace of the Maison du Citoyen this summer, during work to revitalize rue Laval. Thursdays, June 2 to October 13, from 10 a.m.-3 p.m.



The Portuguese Bakery has spruced up its exterior recently,

**The Guild Room@allsaints, 10 Blackburn Ave.**

The café at the former All Saints Church is feeling livelier all the time. This month saw the addition of a couple of comfy armchairs, and they are hosting the opening of new art expositions on the first Tuesday of every month. Drop by for an espresso and a very good brownie, or choose a lunch or quick supper from a daily menu of soup, salad and smoothies. Open from 7 a.m. to 9 p.m. daily.

**Links Pub and Lounge, 426 Rideau St.**

A new bar and restaurant has opened on Rideau Street where Saffron used to be, and their weekend brunch is excellent. The breakfast menu features some engaging variations on Eggs Benedict. The California Natural has tomatoes and avocado nestled under the eggs, and a light drizzle of pesto sauce over the hollandaise; the accompanying skewers of fruit are

not only decorative, but ripe and flavourful; and the potatoes are honest chunks of spuds, freshly browned on the grill. Breakfast is served starting at 9:00 a.m. Friday-Sunday, and the restaurant is open for lunch, supper and drinks from 11:30 until late every day of the week.

**Mu Goong Hwa Garden, 376 Rideau St.**

The all-you-can-eat menu at this Korean restaurant is a lot of tasty fun. Take your pick from a generous selection of appetizers and sushi, along with the main attraction: sliced meat and vegetables to cook on your tabletop barbecue. When the tea, the water jug, the rice and the complimentary kim chee and other marinated hors d’oeuvres arrive, your table will be crowded, but the pleasure of tending the grill makes eating here an entertaining way to spend time with friends and family. Some of the dishes are rather rudimentary (salad, for instance, is a small dish of iceberg lettuce laced with ranch dressing),

but the marinated beef is delicious and the dumplings got a big thumbs-up. The all-you-can eat option is \$23.99 per person, and a regular menu is also available.

**Nacho Cartel, 200 Wilbrod**

There was a formidable lineup at the small truck with big dreams on its opening day in April; clearly lots of people have been looking forward to the return of those tasty tacos! Two tacos make a satisfying lunch, and you can have them filled with chicken, steak or grilled cauliflower for \$3.50 apiece, \$3.95 for shrimp. Nachos and milkshakes are also available. Open weekdays from 11:00-7:00, weekends from 2:00-6:00.

**Portuguese Bakery, 48 Nelson**

The Portuguese Bakery has spruced up its exterior recently, and it’s getting ready to serve sandwiches and coffee at outdoor picnic tables. Your favourite breads and buns are still in stock, and you’ll find a few new offerings as well, such as cream-filled Portuguese doughnuts and meat and cheese pies in the Lebanese tradition. Open every day except Tuesday from 8:00 a.m. to 5:00 p.m.

**La Teranga, 332 Wilbrod St.**

Very good Senegalese home cooking is the latest cuisine on offer at this perennially changing location. Fataya and pastels, pastries stuffed with meat or fish and served with a spicy onion and tomato sauce, are satisfying appetizers. The mafe, a beef stew with a rich and slightly spicy peanut-based sauce, is delicious, as is the Yassa chicken marinated in lemon and onions and served with a choice of rice or yam couscous (athieke). Drinks include a sweet homemade ginger juice and baobab juice with evaporated milk and coconut. There are also a couple of intriguing-sounding desserts based on Senegalese yogurt. The restaurant is attractively decorated with West African fabrics, and is open daily for lunch and dinner.



# كبسة Kabs

## A Syrian feast

**Dodi Newman**

At a Welcome-to-Canada potluck dinner not long ago, I enjoyed a superb Syrian dish called *Kabseh*. Its creator was Eman Awad, who kindly agreed to teach me how to make it. In a little over two hours from start to finish, she recently cooked this feast of fragrant rice, topped with tender, spicy chicken, garnished with crunchy almonds and lightly caramelized raisins, and accompanied by a sauce that echoes and highlights the aromas of the meal. Variations of it are popular all over the Arabian Peninsula—this is a Damascus version. Don’t be discouraged by the long list of ingredients. It is not a complicated recipe and it is fun to make and be sur-

rounded by the heady fragrance of the spices. Eman is a born teacher and it was a joy to be with her in my kitchen. Thank you, Eman! And thank you also to Eman’s brother-in-law, who did a great job translating our Arabic-English cooking lesson.

**Eman’s Kabseh – Fragrant Chicken and Rice**  
Serves 8 generously

**The Rice:**  
5 cups basmati rice  
1 medium onion  
1/2 green bell pepper, seeded  
1 large or 2 medium tomatoes, peeled and cored  
1/2 cup sunflower oil (can use Canola oil)  
5 teaspoons Kabseh spices\*  
3 teaspoons Madras curry  
1 teaspoon turmeric  
1 teaspoon ground ginger  
1 teaspoon ground coriander  
1 teaspoon ground cardamom  
1 teaspoon ground nutmeg  
1 teaspoon ground cinnamon  
½ a 5.5-ounce can tomato paste  
10 cups hot chicken broth, preferably homemade

Wash the rice several times in cold water, then soak it in warm water for 1 hour. Meanwhile, begin to prepare the chicken (see below) and prepare the spice and vegetable sauce for the rice:  
40 minutes into the rice soaking time, cut the onion, pepper and tomato into chunks, and puree the vegetables in a blender or food processor.  
Over medium heat, heat 1/2 cup oil in a 5-quart Dutch oven, add the pureed vegetables, the spices and tomato paste. Cook, stirring frequently, until the oil separates from the mixture and the vegetables and spices become creamy, about 15 minutes.

Drain the rice, add it to the vegetable-spice sauce and stir to thoroughly coat all the rice with the sauce. Add the chicken broth, stir thoroughly, taste and add salt as necessary. Cook over medium heat, uncovered, until the rice is barely covered with liquid, stirring occasionally. Then turn the heat to low and simmer, covered, for about 10 minutes, or until the rice is done.

**The Chicken:**  
8 chicken legs, or 8 chicken breasts, or 2 chickens (legs and breast cut off the carcasses; use the carcasses to make chicken broth)  
1 tablespoon salt  
3 bay leaves  
8 green cardamom pods  
1/2 whole nutmeg\*  
water

**Chicken Marinade:**  
2 cups chicken broth  
1 5.5-ounce can tomato paste  
1 teaspoon Kabseh\*  
1 1/2 teaspoons Madras curry  
1/2 teaspoon turmeric  
1/2 teaspoon ground cardamom  
1/4 teaspoon ground coriander  
5 tablespoons ketchup  
1/2 teaspoon hot sauce or more to taste (optional)  
Preheat the broiler to 380°F. Place a rack in the middle of the oven.  
About 30 minutes into the rice-soaking time, wash the chicken pieces thoroughly in cold water, drain. Place the chicken in a pot large enough to hold them comfortably, cover with cold water, add the salt, bay leaves, cardamom, and nutmeg. Bring to a boil, turn the heat to medium-low, cover the pan and cook the chicken for 30 minutes for breasts, or for 40 minutes for legs or a mix of legs and breasts. Reserve the broth for the rice and chicken marinade.

When the chicken is almost done, place all the marinade ingredients in a rectangular casserole large enough to hold all the chicken pieces in one layer, and whisk them together. Place the cooked chicken in the marinade and marinate for 15 minutes, turning it several times. Place the casserole with the chicken and the sauce in the oven and broil until the chicken is lightly browned, about 15 minutes. Remove from the oven, cover, and hold.

**The Garnish:**  
3 tablespoons sunflower oil (may use Canola oil)  
1 cup blanched almonds, cut in half horizontally  
1 cup golden raisins  
Over medium heat, stir-fry the almonds in the oil until they begin to turn a reddish colour, about 5 minutes. Add the raisins and stir until they begin to brown, stirring all the while—do not burn!

To serve, place the rice on individual plates or a large platter, arrange the chicken over the rice and garnish with the almonds and raisins. Serve the remaining sauce separately.

\*A note on ingredients and measurements: Kabseh spices, an essential Syrian spice blend, can be found in some Middle Eastern grocery stores; I found it at Mid-East Foods on Belfast Road.  
Whole nutmegs can also be found there. All spice measurements are given in slightly rounded measuring spoons.





Photo Andrew Alexander



## Summer is theatre season in Strathcona Park—starting with the Company of Fools

Every Monday from July 4 to 15, a Company of Fools returns to the pleasant lawns of Sandy Hill's Strathcona Park for their 17th summer of Torchlight Shakespeare - Shakespeare Under the Stars, with *The Amazing Adventures of Pericles, Prince of Tyre*. Duelling knights, dastardly pirates, proper princesses, promiscuous prostitutes, an ancient goddess and not one but two shipwrecks! How could the Fools have waited so long to tell the thrilling tale of *Pericles, Prince of Tyre*?

When our hero discovers a dark secret about the evil king of Antioch, Pericles is forced to flee for his life. So begins an epic voyage that takes him across several seas to far off lands where he discovers adventure, love and just maybe what life is all about.

Director: Catriona Leger. Cast: Pierre Brault, Jennifer Cecil, AL Connors, Mary Ellis, Mahalia Golnosh Tahririha, Mekdes Teshome. Designers: Vanessa Imeson (costumes), Stephanie Dahmer (sets). Composer: Mishelle Cuttler. Stage Managers: Jacki Brabazon, Zahra Larche

Shows nightly: Monday through Saturday (Mondays in Strathcona Park), 7pm, Pay-What-You-Can (suggested donation \$20). Fun for the entire family!

### Venice in Strathcona Park

## Odyssey Theatre bringing us *The Servant of Two Masters* by Carlo Goldoni

Megan Hoskins

The sun is shining, trees are budding, and flowers are in full bloom. You know what that means: Odyssey Theatre is soon to be back in beautiful Strathcona Park with another exciting season of summer theatre.

This year's production is *The Servant of Two Masters*, an exuberant comedy, in which the enterprising and mischievous Truffaldino doubles his wages by serving two masters at once. Our hero soon learns that two-times the money means two-times the work—and two-times the chaos! Truffaldino's juggling not only makes trouble for him, but creates pandemonium for everyone he encounters as well. Filled with double-dealing servants, mistaken identities, and wheedling old masters, the show promises to be vibrant and energetic—more of the colourful, entertaining theatre for which Odyssey is renowned.

If you've lived in Sandy Hill for a while and take a trip down memory lane, you might recall that the first play Odyssey staged in Strathcona was *The Servant of Two Masters* with Andy Massingham as the roguish Truffaldino. That performance launched Andy's career as a professional actor. Now an award-winning director and performer, he is returning to Odyssey this year to direct his re-imagined version of *Servant*. Given that a family feud is at the heart of Goldoni's original, Andy is setting the play at a time when hip, rebellious youth clashed with their conservative, straight-laced parents—1950's Venice. His inspired re-envisioning breathes new life into a classic comedy.

Jesse Buck, another Odyssey veteran and Cirque de Soleil clown, also returns to the stage this summer to play Truffaldino. Odyssey also welcomes back



Zach Council, Sarah Finn, and Dana Fradkin and is thrilled to have Maryse Fernandes, Lynne Griffin, Adam Sanders, Sean Sullivan, and Josh Wiles—seasoned performers who are new to Strathcona's stage.

Creating expressive masks, lavish sets, original costumes, and inspired lighting, Odyssey's designers will transport audiences from the banks of the idyllic Rideau River to the picturesque waterfront of Venice's Canal Grande—from the modern age to a time when a bold, post-war generation rioted against austere traditions and values. This season's innovative team includes: Jerrard Smith, resident mask designer; Vanessa Imeson, a talented local designer; Ron Ward, a long-term Odyssey collaborator and lighting designer; and Steven Lafond, a young sound designer and musician.

Taking over Strathcona Park from **July 21 to August 21**, Tuesday through Sunday, Odyssey will deliver a fun mix of physical theatre, professional actors, and captivating performances. Don't miss it!

For tickets visit Odyssey's website, call the box office at 613-232-8407, or stop by the Arts Court, 2 Daly Avenue between 10 a.m. and 5 p.m.

### Youth matinees Aug 9 and 10

Odyssey Theatre presents two youth matinees for children ages 4-12. This year, master puppeteer Puran Bhat and three musicians, coming from New Delhi, India will perform *Amar Singh Rathor*, a play about a brave and proud warrior on a quest for freedom. August 9 and 10 at 10 a.m. Visit Odyssey's website for more information.

# Searching for geese

Annegret Hunter

"Why don't you write about geese in Strathcona Park?"

It is true, they are a messy menace, and I went to investigate one late afternoon. I found no geese, not the following day or the next, nor was the grass freshly fouled. Where were they?

As I stood pondering, I heard in the tree nearest to me a commotion. Some big birds were trying to settle down. I stepped back to get a better look, and saw two ducks wildly flapping their wings—now that could not be, ducks in a tree? I rubbed my eyes.

Definitely Mallards: the handsome drake was standing shakily on a branch, balancing himself with his wings, while the little female tried to get a foothold around a big, comfortable looking hole in the tree trunk. Desperately she tried, flut-

tering, slipping, beating wings and head against branches, her pretty palmate feet not able to find a proper landing spot. The drake got ever more agitated at his stubborn mate.

I stared with open mouth. Who or what did she think she was? Of course, if you are called *anas platyrhynchos*, which is Greek to anyone, you might naturally just be a little muddle headed. However, even the most deluded duck does eventually see the light after sufficient knocks on head and wings, and so, looking disheveled and annoyed, she left the appealing potential abode and fluttered towards the river, the relieved and solicitous mate close behind her.

They landed in the water; she turned her back to the tree and wiggled her tail contemptuously—must have been a distant relation to Jemima Puddle Duck!

And what about the geese? I think I have been looking in the wrong places. I will inspect the tree tops from now on!



Baby Canada Geese in Strathcona Park, July 2015.

Photo Kathleen Kelly

Straightforward · Caring · Dedicated

## Janny, Jeff & Shan...

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

proven performance in  
Sandy Hill since 1986



JannyMills · JeffRosebrugh · ShanCappuccino

Sales Representative

Sales Representative

Sales Representative

ROYAL LePAGE  
Performance Realty  
Brokerage, Independently Owned and Operated

613.238.2801

jannyjeffandshan.com





# NEIGHBOURHOOD BULLETIN BOARD

**Meet the artist:** Public art celebration of “A View from Two Sides” by Kenneth Emig on Sat. June 11, 1:00 p.m. at the Adawe Crossing. All are welcome to celebrate the artwork and to meet the artist.

**Silent auction refugee fundraiser:** St. Albans Church is sponsoring a Syrian refugee family. Our congregation is hosting an exciting Silent Auction to raise funds to bring in a second family. The auction will include over 100 items including donations from restaurants, merchants, golf courses, original art work and gift baskets. Sat, June 11, 10:00 to 4:00, St. Albans Church, 454 King Edward Avenue.

**Fools Camp** A summer camp for kids and for teens—we teach your kids how to be Fools! Campers will explore the Fools spirited approach to Shakespeare and theatre. Teenage Fools (ages 13 & up): August 2-11, Early Bird pricing (to July 10) \$455. Junior Fools (ages 7-12): August 14-19, Early Bird pricing (to July 10.) \$255. At Algonquin College Theatre Arts Studio. Please contact us at [info@fools.ca](mailto:info@fools.ca) for more information.

**Babysitter:** 2 Sandy Hill families are looking for a teenage female babysitter for August 22-26 (9 a.m. to 4 p.m.) to share the care of 3 kids with the big brother. Please call Christine at 613-230-9461. (Possibility of other days here and there throughout the summer)

**Babysitter/Nanny:** Starting late summer/early fall. Sandy Hill family needs help with school drop-off and/or pick-up, babysitting, meal

preparation and cleaning. Possibility of working for immediate neighbours as well doing similar duties. Please call Christine at 613-230-9461.

**For sale: hexagonal aquarium and stand**  
Here's your chance to score a special feature for your living room, dining room, waiting room or entry! An aquarium and stand is now surplus in a Sandy Hill home. The stand is 30 inches tall and brown. The aquarium, perfect for fresh or saltwater fish, is acrylic, offering great clarity and strength. Pump included, although it may need to be replaced in the coming year. Asking \$150 for stand and aquarium together (a great price: the combo is valued at \$400+). Phone Yvonne (evenings): 613-565-4611.

**Heritage Ottawa's June 2016 walking tours**  
Tours last about 90 minutes, rain or shine. \$5 for members or \$10 for non-members. More information, [www.heritageottawa.org](http://www.heritageottawa.org) or call 613-230-8841.

**Sparks Street and Nicholas Sparks** June 12, 2:00 pm - Meet: Christ Church Cathedral, entrance on Sparks St. between Bronson and Bay. For the 200th anniversary of Nicholas Sparks' arrival in Ottawa, a walk along Sparks Street (to Elgin Street) to talk about historic buildings from Sparks' time. Guide: David Jeanes, President of Heritage Ottawa.

**Dalhousie and Bruyère Streets** June 19, 2:00 pm - Meet: Bingham Park (corner of Dalhousie and Cathcart.) This tour will highlight the human development on and around two of Lowertown's historic streets Guide: Mark Farine, University of Ottawa student and urban history enthusiast.

**Village of Rockcliffe Park** June 26, 2:00 pm  
- Meet: Intersection of Lisgar Road & Princess Avenue. Learn about the history of the village.  
Guide: Martha Edmond, author of *Rockcliffe Park: A History of the Village*.

**Art in Strathcona Park** Sat. August 6, 10 a.m.—4 p.m., rain or shine. Featuring the work of over 130 artists and artisans. This annual exhibition & sale is one of the area's most popular outdoor artistic events. Free Admission; silent auction; refreshments: BBQ.

## Out and About in Sandy Hill



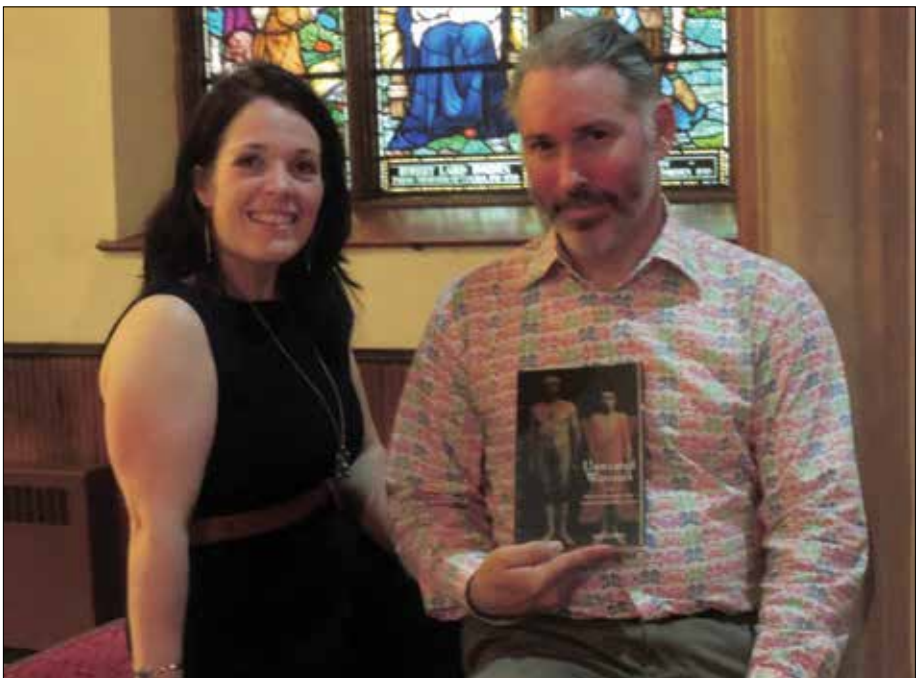
*Photo Harlequin Studio*

*A new neighbourhood venue allsaints meeting and banquet hall opened for business at a tribute to MP Mauril Bélanger, May 18. The pews are gone, the red carpet is rolled out and catering is available through St. Joes Supper Table. Above, Catherine Bélanger responds to the homage.*



Ennio Lise Ausman

*Mme Suzanne Pinel (known fondly to many 20-year-olds and their parents as Marie Soleil) served as MC for the event.*



*Frodo Baggins*

*On May 26 also at allsaints, former ASH director Marcia George introduced her husband historian Nic Clarke at the launch of his new book Unwanted Warriors: The Rejected Volunteers of the Canadian Expeditionary Force, in light shed by the Borden window.*

*Fino di Duckstone*

*Many residents were shocked and sorry to see two houses on Somerset St. E. come down on May 25, one the former home and bike repair shop of Pierre Neusy. More student housing is reportedly on its way for this central address.*



**Guardian**  
Feeling Better Starts Here  
Your Independent Prescription Centre

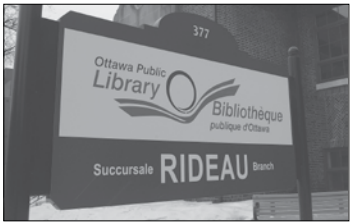
**Guardian Medical Pharmacy**  
580 Rideau St. at Charlotte St.

UNDER NEW MANAGEMENT  
since July 2015 by Ida Gobara & Mohamed Aly

- Friendly Customer Service
- We speak French, English and Arabic
- Free Personalized Blood Pressure Monitor
- Free Delivery Services, City Wide
- Free Compliance Packaging
- Free Parking
- Disease State Management
- Customer Special Orders
- Home Health products –
  - + Stocking fittings
  - + A wide selection of premium vitamins
  - + Organics – natural and gluten free
- Compounding services
- 15% Senior and Student Discount on over-the-counter products, every Tuesday

**OPEN 6 DAYS A WEEK**  
**TELEPHONE: 613 789 1151**  
**FAX: 613 789 3423**





## Rideau Branch Library

377 Rideau St., 613-241-6954  
www.BiblioOttawaLibrary.ca

JUNE - AUGUST 2016

The TD Summer Reading Club is back for another year! Visit any library this summer to pick up your free kit, complete with reading notebook, stickers, and web access code. You can also participate in our fun kids programs, offered all summer long.

### OPENING AND CLOSING PARTIES \*\*Drop in \*\*

Join us for the TD Summer Reading Club kick off and wrap up... There will be games, cake, prizes and more!

Saturday, June 25, 2-3:30 pm  
Thursday, August 25, 2-3:30 pm /

### WEEKLY PROGRAMS

Drop in  
For ages 7-9  
July 7 to August 18. Every Thursday from 2 to 3 pm

### Family storytime

Weekly on Tuesdays at 10:30am from July 5 to August 23.

### SPECIAL PROGRAMS

\*\*registration required

**Intro to Robotics and Programming**  
(en anglais seulement)  
Ages 4-10. Friday, July 22, 2-3 pm.

**Media Arts**  
Ages 5-12. Tuesday, July 26 2-3 pm.

**Bug Hunt with the Billings Estate**  
(en anglais seulement)  
Ages 8-12. Thursday, August 11, 2-3 pm.

**Camouflage and Disguise with the Diefenbunker Museum**  
Ages 7-12. Wednesday, August 24, 10:30 - 11:30 am

Le Club de lecture TD est de retour pour une autre année! Venez visiter n'importe quelle bibliothèque cet été pour ramasser votre trousse gratuite, remplie avec un carnet de lecture, des autocollants, et un code d'accès Web. Vous pouvez également participer à nos programmes pour enfants, offerts tout l'été.

FÊTES D'OUVERTURE ET DE CLÔTURE \*\*portes ouvertes\*\*  
Joignez-vous à nous pour le lancement et la fermeture du Club de lecture d'été TD...il y aura des jeux, du gâteau, des prix et plus!

Le samedi 25 juin, 14h-15h30  
Le jeudi 25 août, 14h-15h30

### PROGRAMME DE SEMAINE

Portes ouvertes  
Pour les 7 à 9 ans  
du 7 juillet au 18 août. Tous les jeudis, de 14h à 15h

### Contes en famille

Hebdomadaire les mardis à 10h30 du 5 juillet au 23 août.

### PROGRAMMES SPÉCIAUX

\*\* inscription nécessaire

**Les arts médiatiques**  
5-12 ans. Mardi, 26 juillet 14h-15h

**Le camouflage et les déguisements avec le Musée Diefenbunker**  
7-12 ans. Mercredi, 24 août 10h30-11h30



Du plaisir pour les enfants dans les bibliothèques publiques du Canada  
clubdelecturetd.ca

# Rideau River DENTAL

General and Cosmetic Dentistry

## 613-789-0800

A beautiful smile and healthy teeth.

Whiten and brighten your teeth in one visit with **ZOOM** advanced

Please come see us for a SMILE consultation.

**New patients and emergencies always welcome.**  
Appointments available on evenings and Saturday

**389 Rideau St. (at Friel)**  
FREE PARKING

- Invisible braces with **Invisalign**
- Intra-oral exam using digital video technology
- Treatment of sensitive teeth
- Full digital X-ray, less radiation - **WE CARE!**
- Bilingual service

## Paroisse du Sacré-Coeur

591, rue Cumberland  
Ottawa (Ontario) K1N 7K3  
Téléphone: (613) 236-5743  
Télécopieur: (613) 236-9672  
paroisse@sacrecoeurottawa.ca  
www.sacrecoeurottawa.ca

**Bureau**  
Du lundi au vendredi, de 10 h à 15 h

**MESSES**  
Du lundi au vendredi, 12 h  
Samedi, 16 h 30  
Dimanche, 10 h 30 et 17 h  
ainsi que 12 h 30 (CCHO)

L'oratoire, sous le clocher, est ouvert de 8 h à 20 h

Thème 2015-2016: *En marche*

desservie par les Missionnaires Oblats de Marie Immaculée

## THINKING OF SELLING YOUR HOME?

Don't look.....Don't listen.....Don't talk...  
....to another soul before you call  
**Robert & Aboozar**  
**No monkey business!**

30+ Years of combined Experience in Residential Real Estate!

Robert Horwitz  
Sales Representative

Aboozar Sheikhi  
Sales Representative

Sutton group-premier realty (2008) Ltd. Brokerage

201-1530 Merivale Rd.  
Ottawa, Ontario  
K2G 3J7

**Sutton**

Call us Direct 613-868-6363 or Office 613-254-6580  
We always love to chat! no obligations.

## Rent-A-Wife Household Organizers

"Every working person needs a wife!"

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

Laurel 749-2249

Ottawa's acclaimed vegetarian restaurant

## The Green Door Restaurant

198 Main Street  
613-234-9597  
www.thegreendoor.ca





**Who’s (been) steering the Sandy Hill ship? These fine people, pictured at the May 19, 2016 Annual General Meeting of Action Sandy Hill** These neighbourhood residents served and/or are about to serve our neighbourhood by regularly attending ASH’s monthly meetings (4th Mondays at the community centre) and by taking on lots and lots of volunteer committee work and special projects.  
Back row: Jeremy Silburt, Rob Forbes, Chad Rollins (president), Judy Rinfret, Pat Archer, Susan Young, Ralph Blaine, Benoit Bélisle. Front row: Sally Southey, John Verbaas, Denis Forget, Christine Aubry (Volunteer of the Year, 2016) and Marc Tremblay. Absent: new directors Kelly McRae and Larry Newman. See John Cockburn’s report on the meeting, page xx.

# New and Expanded Summer Camp Program!

ELMWOOD SCHOOL  
**Summer Camp for Girls**

**All girls welcome!**

Visit **camp.elmwood.ca** for more information or **call (613) 749-6761** for details and registration.

**BACK BY POPULAR DEMAND:**  
► **DISCOVERY CAMPS**  
FOR GIRLS AGE 4 TO 12 • WEEKLY FROM JUNE 20 - AUGUST 26

With exciting new weekly themes such as It’s Magic, Slime Time, Olympics Week and Island Escape, girls from Kindergarten to Grade Six will discover new challenges, develop new friendships and enjoy a dynamic range of hands-on, interactive activities.

Led by skilled and experienced educators, our camps have the perfect blend of learning, active play and creative exploration, all within Elmwood’s beautiful and safe campus.

**CAMPS RUN FROM 8 A.M. – 5:30 P.M.** Cost is \$295 includes a delicious lunch and snacks, excursion or special guest, fun “giveaways” and a cool camp T-shirt.

**NEW THIS YEAR:**  
► **ELMWOOD SKILLS ACADEMY**  
FOR GIRLS AGE 4 TO 18 • WEEKLY FROM JUNE 27 - AUGUST 26

Elmwood’s new Skills Academy offers an outstanding range of academic, special interest and sports programs. Taught either by Elmwood’s talented faculty or by other experts in their field, our Skills Academy combines superb instruction with dynamic activities, sure to appeal to girls of all ages and skill levels.

**CAMPS ARE HALF OR FULL DAY AND COSTS VARY.**  
Please visit [camp.elmwood.ca](http://camp.elmwood.ca) for full details.