

Action Sandy Hill shoots, OMB scores

Larry Newman

On November 21, 2016, Action Sandy Hill (ASH) appealed to the Ontario Municipal Board (OMB) the City's decision to allow a 14-storey high-rise at 560 Rideau Street. Leading the appeal for ASH was lawyer, Joshua Moon. Their expert witness was Michel Frojmovic, an Urban Planner. ASH lost—again.

"The Board prefers the opinion evidence of Mr. Ippersiel, Ms. O'Connell and Ms. Coutts [the City's experts] over that of Mr. Frojmovic."

The assault began.

Action Sandy Hill made the first presentation. As usual, there were many charts and maps as well as coherent explanations for all. I was impressed with Michel Frojmovic. Although he has 23 years of urban planning experience, this was his first time before the OMB and I thought he presented ASH's case clearly and convincingly.

The City Council decision that Action Sandy Hill was appealing was one that would allow the developer, Richcraft, to build a 14-storey tower at the corner of Rideau and Cobourg streets. ASH argued that there was no planning rationale to permit a high-rise on this site which had been identified for more than a decade as appropriate for no more than a mid-rise (9-storey) building. This is a case with a history dating to 2004 and too complex to fully explain here.

The basis of the City's argument was "density transfer", meaning that a builder, under certain circumstances, can raise the height of part of a building if another part is lowered, thereby maintaining the same density overall. One 10-storey building and one two-storey building can be built rather than two six-storey buildings. This concept was introduced in the newly adopted Uptown Rideau Community Design Plan. ASH argued that density transfer in this location was not allowed under the Plan.

When Mr. Frojmovic finished his presentation, Tim Marc, lawyer for the City, began his cross-examination. For nearly two hours, Mr. Marc asked Mr. Frojmovic purely hypothetical questions that were well suited to an academic environment but had no relevance to ASH's argument. However, the strategy worked. "Notwithstanding that he was qualified by the Board as capable of providing professional opinion evidence, Mr. Frojmovic was evasive and refused to answer proper hypothetical questions put to him while under cross-examination by counsel. His opinions were based largely on academic theory and he was unable to provide the Board with any evidence of any unacceptable undue adverse impacts to be caused by the proposed development."

Well yes, during two hours of answering hypothetical questions, there are going to be some hypothetical questions that could not be answered. It's difficult to understand this practice of requiring the witness for the appellant to answer this long string of hypothetical questions. This practice is not unknown in cases where questioning the credibility of a witness might make it harder to appeal a decision. However, there is effectively no appeal of an OMB decision so there was no obvious reason for this lengthy interrogation.

Sandy Hill residents raised more than \$25,000 and invested hundreds of hours of labour. How many times can the community come up with this kind of money—not very many. Richcraft and the City have vastly greater financial resources than does ASH or any other community association. An appeal calls for a lawyer and a planner—at the very least. That condition turns out to be difficult to meet.

That doesn't come cheap but there's another problem, too. ASH has found that experienced lawyers and planners generally work for developers. They often can't or won't work for a community association that is appealing against a developer either because it would be a conflict of interest or because it would be unwise to be on the wrong side of current or future clients. ASH discovered that even a social connection to a developer could impede its ability to find representation.

Something's got to change. Sandy Hill is unlikely to raise the amount of money needed to file the next appeal, whenever that comes up. Even if the community should find the money, the legal and planning expertise appears to be locked up, working for developers. Right now, the deck is stacked against community groups. Let's hope the Province's ongoing review of the OMB will recommend changes to allow community groups a chance at fair representation at the OMB.



Photo Kathleen Kelly

Happy together. Chip and Jake from John Cundell's Lowertown stable are obviously pleased to be together and pulling in the same direction—a foretaste of Valentine's Day. They were popular entertainers at the Sandy Hill Winter Carnival on January 29. More pictures and a wrap-up report on page 11

Come celebrate Canadian cinema (and it's free!)

Paula Kelsall

Like many Sandy Hill residents of a certain age, ByTowne Cinema owner Bruce White has happy boyhood memories of 1967, the year-long party that made Canada the coolest place to be on earth. So for at least the last year White has been thinking about what the ByTowne might do to make 2017, the 150th anniversary of Confederation, feel like a special year.

So far, 2017 has felt less remarkable than that storied year five decades back. One thing that genuinely thrills White, though, is the thought of how much there has been to celebrate in Canadian cinema over the last half-century. Many Canadian films, directors and actors have made a splash at home and on the international scene in recent years, and in launching the Cinema Canada 150 series White aims to remind us of those high points, along with resurrecting some more historic moments.

Every week for the first half of 2017, from now until the end of June, the ByTowne will be screening Canadian movies in the Sunday afternoon and late night Monday slots that would normally be occupied by the classic Must-See Cinema series. What's more, the ByTowne will be showing these films free of charge.



Sandy Hill paddlers will be pleased to reconnect with the legendary Bill Mason in his documentary *Waterwalker*, being screened along with the short *Paddle to the Sea* on April 23-24.

The series has the support of a substantial list of sponsors. "Free admission opens many doors," White admits, explaining that films that would have been impossible, or extremely expensive, to show in a commercial setting were entrusted to him for free screenings. For instance, Library and Archives Canada lent the ByTowne its copy of *The Man Who Skied Down Everest*, possibly the last copy that exists on 35 mm film.

LAC also helped to compile two collections of short films; one that screens in April and will feature newsreels from the 30s, 40s and 50s from Associated Screen Company (including a piece about indigenous impersonator Archibald Belaney, aka Grey Owl); and one that will screen in May featuring short films from and about Expo 67. The fashions alone, White says, make this collection worth seeing.

Attendance has been good so far—about triple the numbers the ByTowne usually gets for Must-See Cinema. White confesses he is a bit startled by this evidence of the power of free admission, and speculates that while he doesn't think of the ByTowne's regular prices as prohibitive, they may keep people from taking a chance on something they're not absolutely sure they'll enjoy. "People's minds are opened by free films," he says. Mind-expanding and easy on the budget: two reasons to enjoy this local celebration of our national cinematic accomplishments.

Grey Owl had a loyal following of readers seeking tales of the wild. AKA Archie Belaney, he is seen in a short newsreel, part of the compilation "Newsreel Shorts by Associated Screen Co."...



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

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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, Ron Hodgson, Erica Howes, Claire MacDonald, Rob MacDonald, Betsy Mann, Jan Meldrum, Jane McNamara, Larry Newman, Judy Rinfret, Peter Rinfret

Production: Jane Waterston, Bob Meldrum

Photographers: Harlequin Studio, Kathleen Kelly, Paula Kelsall, Bob Meldrum

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Tél: 613-241-1059 et 613-237-8889

Courriel : image22@rogers.com

Site web : imagesandhill.org

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From Ken Clavette's Album of Bygone Sandy Hill



Hockey game between the teams of St. Patrick's College and the High School of Commerce, Ottawa, March 1945. Ed Dooner, who grew up on the lower part of Henderson, once told me that during the 1940s the rink in the Sandy Hill Park had the best hockey players in the city playing on its ice. With the likes of future NHL player Phil Maloney (who lived up the hill on Henderson) playing there it is no wonder. Phil started on the park ice then played for St. Pat's High School College which was a place many of the Irish Catholic kids in Sandy Hill honed their sports skills. NFB LAC MIKAN no. 4295906

Ode to Canada's 150th anniversary

She's young to her neighbours
Yet wise in her ways.
Strength in her tolerance
Welcomed on stage.
You all know her well
She's cast with raw beauty -
From valleys to peaks -
Which others may envy.
Modest in our nature
But no lack of pride
She's got ample room
For you and I.
Celebrate this country
She's like no other kind
From our beaches to the Arctic
And hearts filled with pride.

Clive Branson, Besserer St.

IMAGE reçoit avec plaisir les
questions et les lettres à la

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Older buildings in Sandy Hill often mix grandeur with cozy detail. It all depends where you look.
Goodwin House at 312 Laurier Ave. E is a handsome example.

Phil Caron-
Stewart St.



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Supervised Injection Site (SIS)

Directors unanimous

Larry Newman

January 18 was a big night for the directors of the Sandy Hill Community Health Centre (SHCHC). It was the night they were to vote on a motion to pursue the addition of a supervised injection service within their Centre. This is a place that would allow people who use drugs to shoot up—with supervision. Just like Insite in Vancouver, the first such facility in Canada.

The directors weren't the only ones in attendance that night. There were about a dozen Board members and an equal number of people who were guests. Health Centre employees were invited as well as clients of OASIS, SHCHC's go-to place for drug users who want advice, drug paraphernalia, or medical help for their addiction.

Rob Boyd, the Director of OASIS, spoke about the need for an exemption to Canada's Controlled Drugs and Substances Act (CDSA). His message was one of practicality and passion. He emphasized the newest danger to drug users. "We need to get ahead of this fentanyl epidemic." This is the "biggest drug safety issue in Canada's history."

He held aloft the nearly completed application—a two-inch thick, large binder, showing that much of the heft of this work was supporting appendices. The CDSA lists 26 requirements that must be met before an exemption would be granted. Rob had accomplished 25, including letters from the Mayor, Chief of Police, Ottawa Board of Health, Ontario Minister of Health and Long-Term Care and others. The last task was to compile a ten-year criminal records check for key staff that would be part of the SIS.

When the idea to create an SIS in Ottawa was first raised, both the Mayor and the Chief of Police made discouraging statements about the SIS. The money should go to treatment, said the mayor. Congregating drug users and their suppliers



Chair Lynn Marchildon called the vote on pursuing an SIS at our local health centre.



would be a problem for police, said the Chief. Eventually, as the fentanyl overdose death rate rose rapidly, the SIS became a hot potato and both officials handed the issue off to the Board of Health, knowing that the Chief Medical Officer, Isra Levy, was very supportive.

The Board of Health's response was positive as expected with only two dissenting votes. Councillor Fleury voted to support. However, the Mayor, in his note to the SHCHC, warned that there would be no City money to support it.

Back at the SHCHC Board meeting, several clients spoke in support of the SIS in advance of the vote, some with passion. One person, alluding to a friend and long-time advocate who had passed away, said, "Chris Hanson would be jumping for joy in heaven to know that this [injection site] will happen." Finally a vote was called by Lynn Marchildon, Chair of the Board, and it passed unanimously. Omens are now in favour of Sandy Hill's having a Supervised Injection Site.

Nouvelle candidate du Parti libéral fédéral dans Ottawa-Vanier

François Bregha

Le 5 février dernier, les libéraux d'Ottawa-Vanier ont choisi Mona Fortier pour les représenter à l'élection partielle fédérale qui aura lieu dans les prochaines semaines. (Le premier ministre doit annoncer la date de cette élection avant le 19 février.) Le but de l'élection sera de remplacer Mauril Bélanger qui s'est éteint l'été dernier.

Les autres candidats à l'investiture étaient Khatera Akbari, Jean-Claude Dubuisson, Eric Khaiat, Ainsley Malhotra, Francis LeBlanc, Nicolas Moyer et Véronique Soucy.

L'assemblée d'investiture bruyante de quelques 2500 partisans enthousiastes se déroulait au centre de conférence de la rue Coventry. A l'arrivée, les membres du parti étaient accueillis par deux rangs de bénévoles brandissant des pancartes, scandant le nom de leurs candidats et distribuant des pamphlets. La foule qui circulait dans les salles du centre était à l'image de la population de la circonscription avec beaucoup de francophones, de jeunes et de représentants de minorités culturelles.

Ottawa-Vanier est un château fort libéral depuis 82 ans : en fait, aucun autre parti a réussi à s'y faire élire depuis la création de la circonscription. Il n'est donc pas surprenant que l'investiture du parti ait été vivement contestée car le candidat libéral aura de fortes chances de l'emporter aux prochaines élections. Dix candidats s'étaient présentés au départ de la course; il en restait huit le jour de l'investiture. La course a aussi vu les ad-



Mona Fortier tentera de conserver le siège d'Ottawa-Vanier

hésions au Parti libéral grimper à plus de 6000 membres dans Ottawa-Vanier, grâce à l'intérêt qu'a suscité la campagne mais aussi parce que le parti ne demande plus de frais d'adhésion.

Femme d'affaires, diplômée de l'Université d'Ottawa et mère de trois enfants, Mme Fortier a longtemps milité pour le Parti Libéral dans Ottawa-Vanier et avait travaillé comme adjointe à M. Bélanger. Elle est bien connue pour son appui aux causes francophones et locales et a identifié la création d'emplois et de logements à prix abordable parmi ses priorités.


Quant à lui, le Nouveau Parti démocratique a nommé Emilie Taman (qui a également représenté le parti aux dernières élections) comme sa candidate. Ni le Parti conservateur ni le Parti vert n'avait encore choisi son représentant en date de cet article.

Photo Benjamin Vachet, ffo

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Town and Gown Committee Consults on New Waste Initiative

For years we have been working on regulation and operational challenges relating to property, garbage and debris issues. Over the last year we established a task force, through the Town and Gown Committee, to identify strategies to improve timelines, address garbage storage concerns, and clarify existing by-laws within our community.

Currently under the Property Maintenance By-law, when a property is in violation of an existing by-law, an officer is required to allow 5 days for receipt of notice. We have determined that there is an opportunity to shorten this time to 3 days, which is the minimum legal period. Ultimately, this would allow shorter timelines for the resolution of an offence, like garbage on the front lawn. Furthermore, there is a possibility of posting notices on the front door of a building, in addition to sending them by registered mail, to notify residents and/or tenants that an offence has occurred.

We have seen growing challenges related to waste and debris, especially with the increase in bunkhouse type developments. The Site Plan Control in Sandy Hill (a report I advocated for and Council supported in August 2016) addresses the location and adequacy of storage bins through site planning for new buildings. While this measure is important for new developments, it is important that By-law Services have the proper tools to address issues that persist at existing buildings. Among the proposed recommendations is the location/ storage of recycling bins. We would like these bins to be located in the rear yard with the garbage, so as to not be visible from the street. Additionally, we are working to identify a maximum number of garbage bins that could be stored on a single property.

We encourage you to view the full discussion paper on this topic by visiting mathieufleury.ca. We will continue to receive feedback until February 15, 2017 by e-mail or via the online survey on our website. Our goal is to compile all the comments and feedback from the Sandy Hill community and bring forward the proposed changes as a report to Environment, Planning, and Community and Protective Services committees at City Hall in March 2017. Here's to another great year.

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January 2017 in Strathcona Park

Photo Kathleen Kelly



Our readers write ...

Courrier des lecteurs

Ontario Government green energy programs flawed

Image (Oct/Nov) had an article by Eric Schiller about his electric car and solar panels.

A few minor changes is all it takes to really advance the cause [of greener more sustainable living.] Starting with solar panels and the Feed in Tariff program: the producers sell all the energy they make and then buy what they need. This is flawed on two aspects; firstly energy is wasted through transmission losses. The most effective way to utilize the power produced by the solar panels is to use what is needed at the point of generation, and put the surplus into the larger grid.

The second flaw is economics. If the producer sells to the provincial utility at 38 cents per kilowatt hour and buys from them at 8 cents a kilowatt hour, the utility is taking a loss. This system was created in order to try and kick start the industry but it was badly flawed from the outset. Many American states have a system in which the producer uses their own gen-

erated power and sells the surplus. The waste is cut out and I think it also promotes conservation and efficient use of energy. They want to maximize what they are able to sell so they are careful with their own use.

This economic structure also reveals the unfortunate fact that most people are still only willing to move towards greener choices when there is a direct economic benefit to them.

I don't want to give the wrong impression, I am not a skeptic or climate change procrastinator. Quite the opposite actually. I just believe that we need to look harder and make sure we are doing the best that we can with the solutions that are available to us. My belief and approach is to try to be less wasteful, more efficient and prioritize. Reduce, recycle, reuse. This is accessible to everyone, costs nothing, likely leaves people with more money actually and is just good practice.

Reid Williston
Hurdman Rd.

Solar energy dialogue

The article "Government interference in the energy market" [by David McGruer, Oct/Nov 2016] was written in response to my article "Our car runs on the sun" [June/July 2016]. I am a mechanical and civil engineer. I have been working with renewable energy technologies for over 30 years.

Before I respond in detail to Mr. McGruer's article, let me highlight two underlying assumptions:

He makes no mention of human-induced global environmental warming. The result of this kind of thinking leaves out a crucial factor in the discussion.

Mr. McGruer seems to have unbounded optimism in the power of the unregulated marketplace. I can cite examples where this leads to a disaster

Now to look at the details:

He talks about the "deliberate negative consequences when government interferes in the market economy". If he would look at the economy of Germany—the powerhouse of Europe, he will find that the government has extensive programs to promote renewable energy by means of subsidies which decline with time as the technologies take hold.

Mr. McGruer states that "we have abundant safe, dense and portable fossil fuel supplies to last centuries". This shows that Mr. McGruer has no clue about the reality of climate change. The hope that this supply will last centuries is also not realistic. We will soon reach the point

when renewable energy will be cheaper than fossil fuel energy.

Mr. McGruer states that "to build solar panels requires extensive mining for rare earth materials." Almost all present solar panels are made of refined silicon, not a rare mineral.

Next we read that "every panel connected to the grid decreases grid reliability and efficiency" ...and..."every KW of solar panel energy requires 100% back up by a realistic energy source for the majority of the time when the sun doesn't shine." This is not true. Decentralized solar panels strengthen the stability of the grid since the energy is produced near the consumer and distribution costs are decreased. The system is most stressed on hot sunny days when everyone has their air conditioners on. This is when solar energy generation is a maximum and can supply the required peak energy. In general, the complex energy grid acts like a buffer to balance supply and demand.

Now we come to "the moral problem" of giving subsidies to early adapters as they move to renewable energies. I will not even dwell on the moral problem of global warming and then going on with business as usual; nor of the moral problem of continuing to subsidize fossil fuels.

Finally, to respond to Mr. McGruer's belief in the free decisions of citizens. Yes, if we ignore the environment and think only short term we will live better for a short time. However, in the long term we will be in an environmental mess. Our scientific knowledge and committed group action can lead us to a cleaner, better future.

Eric J. Schiller
Marlborough Ave.

Downtown truck tunnel safety risks

The proposed truck tunnel will have a serious negative impact on hundreds of Sandy Hill residents.

The City plans to build two massive tunnels directly underneath the homes of hundreds of Sandy Hill residents despite the two recent catastrophic LRT tunnel collapses in the Sandy Hill area. The City of Ottawa wants Sandy Hill residents to assume the safety risk of a further tunnel collapse and the noise and vibration that the construction and operation of these tunnels will create.

The City has better options – the tunnels could go under city owned public land (roads and parks) instead of under the private property and homes of residents. However, Mayor Watson and Councillor Fleury have so far rejected any change to the route proposed by a feasibility study. This flawed study failed to take into account the safety risk and nuisance impact on residents and the high cost of the expropriation of property rights.

Why did the feasibility study recommend such an intrusive route? – because the impact on city residents was not a criteria they were asked to consider. Hopefully the City will not make the same mistake with the environmental assessment that it hopes to undertake.

Donald Clarke
Range Road



14 bags of garbage. A limit would help.



Let's get recycling receptacles, all types, off the front lawns and house fronts and away from street view.

Photos Claire MacDonald

Garbage skirmishes enter a new phase

Claire MacDonald

You have to have stamina to follow a garbage issue in Sandy Hill. Diane Holmes, when she was Centretown's councillor, said that raising and dealing with garbage problems can, alone, be a full-time job for a concerned citizen. That is certainly true in Sandy Hill. With problem addresses on each one of our streets we all stand to gain from paying attention, reporting problems and making sure the councillor hears our voices.

And because you and your neighbours answered Action Sandy Hill's call for help by keeping up the calls to the City's 311 action line about particular waste storage and disposal problems near your homes—by showing your true grit—Councillor Mathieu Fleury is proposing some changes to property maintenance bylaws and solid waste management in Sandy Hill as a near-campus community. They are noted in an information sheet/discussion paper at Action Sandy Hill's website (www.ash-acs.ca/) and reflected in the councillor's short survey that has a February 15 deadline.

In point form, Fleury's new discussion paper advises the following:

Make Sandy Hill a pilot area, so you don't need to impact the whole city for near-campus challenges

Get recycling receptacles, all types, off the front lawns and house fronts and away from street view to be stored out of sight in a back yard or garage. This would be in keeping with the current requirement for residual garbage (which is all your household waste not put in blue, black or green bins)

Have City bylaw officers post their notification of violation on the front door of an offending property to make sure owners and tenants, not just property managers, are fully aware of the infraction. Currently, that notification is sent by registered mail to the owner of the house/building and a grace period allowed to ensure reception and response; the new system would assume it is received within 3 days of being issued, which would help shorten timeframes on correcting garbage problems;

Better define "bunkhouses/conversions"—currently popular forms of property development; these have slipped through cracks in City guidelines when officials assess garbage containment and type of garbage services to be provided. As it is, the City does not have garbage collection categories appropriate to buildings that are multi-unit multi-bedroom (more than 4) dwellings but are not rooming houses. Currently, these densely populated addresses often have many individual garbage containers which overflow with garbage during the 14 days between collections.

The location of green bins is a sensitive issue. Many people in the greater City of Ottawa don't like to use a green bin and their reluctance has impacted us directly on how household waste, overall, gets dealt with.

By following the suggestion to make Sandy Hill a pilot project for a tighter set



Make some noise on this issue! Metro News recently reported that the City of Ottawa holds second place on the rat complaints ladder, second only to Toronto in the province. Control of garbage is important.

of waste management standards, others will see how tweaking the bylaws can make a difference and interrupt a vicious cycle of constant garbage in our midst without affecting their own neighbourhoods.

There is one element in particular of Councillor Fleury's survey which concerns me, and that is a focus on occupant rather than owner. The Property Standards bylaw currently defines in general "owner" as including occupant, lessee, or possible manager—so flexibility is already established where needed. ASH has worked hard to bring absentee landlords into the solution phase of garbage. It would be troubling to lose ground on this item. When it comes to cleaning up garbage in crowded accommodation, the occupants don't have any tools to do so. They are roomers, not long-term occupants. That's what makes this housing different. In addition, one occupant can't be responsible for the up to 11 other roommates in one unit; even recently built triplexes can have 24 occupants. Owners should be held to account for garbage storage in their multi-bedroom units.

We need now to push again to help the City get the job done. Please email the councillor, or complete the survey; let the City know that we want viable solutions to keep our neighbourhood a caring and cared-for setting for truly inclusive urban living. Have your say in all this.

It will be interesting to see how the Town and Gown Committee can help. Ottawa University is to host this year's annual symposium of the Town and Gown Association of Ontario. This will be an excellent chance to showcase some great teamwork on improving property standards in our near-campus community. We are all on the same team.

As Sally Southey, Chair of the ASH subcommittee on Bylaws and the Environment, notes with determination at the end of every City meeting, she is confident staff will be successful in helping us find solutions that are right for our community.

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Before Food Bank opens



After Food Bank closes

Why do people need food banks in 2017?

For some, the Food Bank is a one-time experience. You are changing jobs and the cheques don't line up, or you may have just gone on disability and the support takes 60 days to kick in—but you only have enough savings for 30 days.

However, for others on a disability, welfare or senior's pension, the Food Bank is a regular part of the monthly routine. People can receive help at St. Joe's Food Bank once per month.

At the Food Bank, a person will generally receive the following items:

- 1 can of pasta sauce
- 1 package uncooked pasta
- 1 cooked pasta
- 1 canned stew
- 1 canned vegetable
- 3 cans of soup
- 1 canned tomato
- 1 juice (or three drink boxes)
- 1 portion of instant coffee (1 table-spoon) or 12 tea bags or 1.5 cups of ground coffee
- 2 cups sugar
- 1 box crackers
- 3 cans meat or fish (usually tuna,

- but salmon, sardines and ham are popular)
- 1 can fruit
 - 3 cans beans of any kind (chickpeas, red kidney, mixed, etc.)
 - 3 cans baked beans
 - Bread

We also try to offer the following, but often run out:

- 1/2 dozen eggs
- margarine
- fresh veggies or fruit (that has been donated),
- spices, salt and pepper, and herbs to help make Food Bank supplies more tasty.

On occasion we are able to give away meat, but that is rare. Potatoes, carrots, apples and onions are always a treat and well received by people in need.

The Food Bank at St. Joe's Supper Table has been in operation since the 1990s. In 2015, when staff became aware that many potential clients in the Sandy Hill area are unable to get to the Supper Table for various reasons (age, mobility, etc.), a decision was made to open a south end Food Bank closer to participants residing in the area of Wiggins Private. With the support of St. Joseph's church and its volunteers, the Wiggins Food Bank was opened in October 2015 and is much appreciated by our neighbours.

serving our neighbours in Sandy Hill. Altogether, we assist about 40- 60 single and family members each week with a supply of basic groceries, a friendly smile and a few words of encouragement.

Our volunteers help for all sorts of reasons. Recently one volunteer said, "I have many reasons for volunteering. I rely on the Food Bank throughout the year to eat, and I want to give back my time. I also have suffered with social phobia for many years—volunteering helps me to meet people in my neighbourhood and we say hello when we meet. Several people who come to St Joseph's Food Bank have said to me 'this Food Bank has changed my life' — and I know it has changed mine."



So now there is a Food Bank operating out of 151 Laurier Ave East on Fridays from 1 pm – 3 pm, and another operating at 300 Wiggins Private on Saturday mornings from 10 am – 12 noon. This is an important social outreach for St Joe's Supper Table,

Donations of food or financial support to the Food Bank can be dropped off
Monday through Friday, between 8 am and 7:30pm or
Saturdays, 11am – 4:30pm.
Thank you!

151 Laurier Avenue East, at the corner of Cumberland • www.stjsuppertable.ca

Photo Kathleen Kelly



Dealing with the weather in Strathcona Park.

Just ask IMAGE

Q. Is Loblaws still recycling plastic bags?

A. Last month, I brought a large bag of plastic bags to Loblaws to stow them in their recycle bin at the entrance to the store. What is this? "Where is the recycle bin," I asked the young woman at the Return Counter. "Oh, I don't think we recycle plastic bags anymore." "Why not?" "I don't really know."

At this point, another woman who was working behind her interrupted to say that Loblaws still takes plastic bags for recycling. So, I gave her my bag of bags, thanked her and left. I was a little suspicious, though. Do they really recycle them or throw them in the trash?

When it came time to deliver the next bag of plastic bags, I asked to speak to the manager so that I could understand what caused the mysterious disappearance of the bag bin. Sarah Cullin said they really did recycle bags but could no longer leave a bag bin in the front of the store. "People put garbage in it and we also found needles." "Oh!"

The moral of the story is: take your plastic bags for recycling to the counter where lottery tickets are sold and returns are accepted. They'll make their way to the loading area where they are compressed into bales and sent—I don't know. I'll have to find out.

— Larry Newman



Photos Jan Meldrum

Q. Last summer there were green signs which said "traffic calmed neighbourhood" installed on Mann Avenue. Recently they have been turned backwards. Why is that?

A. The "traffic calmed neighbourhood" signs were put up to give motorists advance warning of flex stakes which had been installed in the middle of the road on Mann Avenue as one of the City's traffic calming measures. Since the flex stakes are a seasonal thing—installed in the spring and removed in the fall in preparation for snow plowing—the signs were, in effect, removed by showing only a blank side to motorists. They will be turned back to face traffic when the stakes are reinstalled in the spring. Flipping the signs around is "being tried as a cost saving measure" we were informed in a note from Councillor Fleury's office. An alternative to temporarily removing the signs.

— Jan Meldrum

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Les Archives de l'Université reçoivent des groupes pour faire découvrir ses trésors.

50e anniversaire des Archives de l'Université d'Ottawa : Portes ouvertes le 3 mars 2017



par
Michel Prévost

Les Archives de l'Université d'Ottawa (AUO) célèbrent cette année le 50e anniversaire de sa création. C'est en effet en 1967 que le Comité d'administration de l'Université d'Ottawa établit un service d'archives institutionnelles. Cela dit, depuis la fondation du Collège de Bytown, en 1848, les pères Oblats avaient toujours eu le souci de conserver les archives historiques de leur maison d'enseignement. En 1965, lors de la restructuration de l'Université d'Ottawa, les documents déposés au centre d'archives sont transférés à la nouvelle Université Saint-Paul, dirigée par les Oblats. Ces précieux documents ont été retournés récemment aux AUO. Malheureusement, un violent incendie détruit le 2 décembre 1903 une grande partie de notre patrimoine archivistique pour le XIXe siècle. Toutefois, les documents déposés dans un coffre-fort sont sauvés du feu.

En 1967, un seul archiviste, Paul Dumas, occupe de modestes locaux au pavillon Tabaret, alors qu'aujourd'hui, une équipe dynamique de six personnes travaillent aux AUO. L'unité administrative relève du Cabinet du vice-recteur à la gouvernance, M. John Currie.

En 1990, les Archives de l'Université d'Ottawa emménagent pour la première fois dans des locaux conçus pour entreposer les documents historiques et ad-

ministratifs de l'établissement. Depuis, les archives institutionnelles sont conservées dans deux dépôts à température et humidité contrôlées alors que les chercheurs disposent d'une salle de référence bien aménagée. Il faut cependant dire que depuis 1990, les normes d'aménagement pour les centres d'archives ont beaucoup évolué et nous sommes actuellement en attente de déménager dans des locaux mieux adaptés pour préserver à long terme ce patrimoine archivistique.

Un riche patrimoine archivistique

Plus de 5000 mètres linéaires de documents textuels, plus d'un million de documents iconographiques, des microfilms, des documents électroniques, des artefacts, des documents architecturaux, des enregistrements sonores et des pièces textiles forment notre riche patrimoine archivistique accumulé depuis près de 170 ans.



Les clés du Collège de Bytown en 1848 sont les plus anciens artefacts des AUO.

AUO-ART-286-31

Afin de souligner en grand ce 50e anniversaire, l'équipe des Archives de l'Université d'Ottawa invite chaleureusement la population de la Côte-de-Sable à des Portes ouvertes, le vendredi 3 mars, de 9 h à 16 h 30. Les AUO sont situées à la salle 012, au sous-sol du 100, rue Marie-Curie, à l'angle de l'avenue King-Edward.

Au cours de la journée, vous pourrez explorer les magasins où est entreposé le patrimoine archivistique de l'établissement établi dans la Côte-de-Sable depuis 1856. Ces dépôts d'archives sont rarement ouverts au grand public.

Par ailleurs, lors de ces Portes ouvertes, vous pourrez voir plusieurs trésors des Archives, dont les clés du premier Collège de Bytown (1848), la croix portée de 1850 à 1886 par le bâtisseur de l'Université d'Ottawa, le père Joseph-Henri Tabaret, la médaille du 100e anniversaire de l'Université d'Ottawa (1948) et celle du 150e anniversaire (1998), le plus ancien annuaire de l'établissement (1874), le pre-



En 1903, une grande partie du patrimoine archivistique de l'Université est détruit par le feu.

mier journal étudiant, *The Owl* (1888) et le premier plan directeur du campus (1904). Vous pourrez aussi découvrir plusieurs artefacts du feu de 1903 qui ont été trouvés récemment lors des travaux de réfection en face du pavillon Tabaret.

De plus, si vous ou votre famille avez des liens avec l'Université d'Ottawa, vous pourrez consulter nos nombreux annuaires d'étudiants qui contiennent les photographies de nos diplômés. Par exemple, nous avons une collection complète des annuaires de l'École normale de l'Université d'Ottawa, située dans l'actuel pavillon Hagen, sur la rue Séraphin-Marion.

Le personnel des Archives sera aussi sur place pour répondre à vos questions sur la préservation et les autres activités du centre d'archives, notamment des visites guidées de nos locaux, du quadrilatère historique de l'Université d'Ottawa et de la Côte-de-Sable.

Pour plus de renseignements au sujet de nos Portes ouvertes, n'hésitez pas à communiquer avec les AUO : tél. 613-562-5750, courriel archives@uottawa.ca, site web : www.uottawa.ca/archives. Vous pouvez aussi communiquer avec moi au 613-562-5825 ou par courriel à Michel. Prevost@uottawa.ca.

Les membres du premier Bureau des gouverneurs de l'Université d'Ottawa en 1965.

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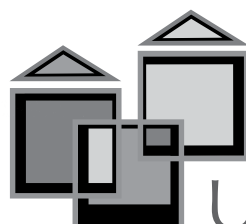
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Many treasures and bargains

Christine Beelen

A mainstay on Laurier Avenue for the past 47 years, the May Court Bargain Box is a thrift shop with a difference. All the items are pre-loved and include clothing, footwear, linens, jewellery, decorative and household items. The difference is the store is run solely by volunteers of the May Court Club of Ottawa and, other than modest operating costs, all the proceeds go to supporting the Ottawa community. Approximately 40 women volunteer 165 hours in total each week to the sorting and selling of all the donated items. Yes, all the items are donated by generous people who keep the store well stocked. There are no consignments.

The May Court Club of Ottawa has, since 1898, provided a wide array of services and financial aid to address various needs in the community. Currently the Club houses and contributes financially to the May Court Hospice, delivers grants to community charities, awards three scholarships, and supports a nutrition and education program at six Community Houses. The Bargain Box is its primary fund raising activity and most months there is an attractive window display to attract customers from across the city to shop for good deals. Whether you are a collector or just enjoy a bargain, the Bargain Box can help you while we help others.

The Bargain Box is located at 228 Laurier Avenue East.



Vivienne Bartlett has set up an Alexander Technique practice on Marlborough Ave.

Ease your aches and pains

Diane Beckett

I had taken a few Alexander Technique group classes and knew the benefits it had provided to my body, especially my creaky, crackling neck. When I learned to hold my head properly, I reduced the stress I put on my neck and the disconcerting noises it had been making stopped. I was one of many who held my head too far forward, which because of the effects of leverage and gravity, meant that I effectively put an extra 10 pounds of weight on my neck for every inch my head was forward of its proper alignment.

So, I was thrilled when I heard that Vivienne Bartlett—a generous neighbour and outstanding visual artist—was setting up an Alexander Technique practice in our neighbourhood. With Vivienne's practice right here in Sandy Hill, benefiting from Alexander Technique is now going to be convenient and easy for me.

Alexander Technique is a combination of bodywork and a lesson, at the same time. Unlike other bodywork, Alexander Technique is a partnership between the participant and the practitioner and involves the active participation of the participant. In Vivienne's private sessions, the lesson about how the body works and moves is demonstrated to the participant as Vivienne guides the participant's body during the treatment.

A private session with Vivienne beats a group lesson any day. On top of increasing my body awareness and learning how to move my body as it is designed to move,

it was very relaxing. Her gentle guidance ensured my body aligned and moved properly. This reduced the stress in my muscles, as well as the effects of gravity, and it began to reverse the impacts of years of harmful habits.

I began and ended my session being guided on walking and sitting. Seemingly simple actions, but I learnt how to do it with proper alignment and gained an ease of movement. Most of the session was spent lying on a massage table and being guided through proper alignment of my body. She encourages her clients to spend 20 minutes a day doing this, on their own, between sessions with her. I could very easily get used to making this a part of my day.

Alexander Technique is well known within the acting and music communities and, already, the music program at University of Ottawa has approached Vivienne to explore involving her in a research study about the benefits of the Alexander Technique with its music students.

I encourage you to try Vivienne's services. You will benefit from a skilled practitioner. The Alexander Technique practitioner's course is intensive—16 hours a week for three years—so Vivienne's knowledge of the body is extensive and she communicates the information in a gentle and supportive manner. She recommends a series of 10 sessions, initially, so the body has time to change bad habits and establish new ones, but even one visit can have immediate benefits. Her website is viviennebartlett.com, or you can email her at info@viviennebartlett.com or call her at 613-567-8308.

Her peaceful serene clinic is the first floor of 80 Marlborough Ave. Some of her art work is on the walls, so you can enjoy another facet of this multi-talented neighbour while you are getting a treatment/lesson.

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Using the Internet to declutter



Ron Hodgson

Think about all the things you've saved and stored over the years. If you're like me you have many items that you've saved in case they might come in handy one day. For example, I have four antique table legs that I've had since 1973, an old cricket bat, all kinds of hardware odds and ends and old tools some of which I don't even know what they're for. Upstairs in my office area I have papers, invoices, receipts, statements, instruction manuals taking up plenty of space in file drawers and cabinets.

The Internet can help you reduce this clutter, organize the paper, maybe make you a few dollars and possibly make someone else happy. You can sell, give, trade and even borrow using the resources available on the Internet.

First, the paper trail. I find it very convenient to do most of my banking, paying and storage of information on line. Cloud storage makes this possible and it's cheap. That's why so many businesses that you deal with are encouraging you to go paperless. It takes a bit of getting used to not to have a paper copy of your transactions mailed to your front door but unless you like writing and mailing cheques or standing in line at the



Photo R. Hodgson

ever elusive "bricks and mortar" bank branch, you won't be sorry. And you can do your transactions from anywhere that you have access to the Internet. For storage of documents I recommend Dropbox (dropbox.com/home). You can securely file, share or transfer just about any kind of document or file using it. The cost for starting out with a few Gb of capacity is nothing and even at the professional level the cost is low.

Next, the things you have that you no longer need. You can sell them easily using Kijiji (kijiji.ca/h-ottawa/1700185) or Craigslist (ottawa.craigslist.ca). Keep your price reasonable and ask for shipping costs if you don't want to meet the buyer face-to-face.

Giving away items you no longer need can be done using the Freecycle network (groups.freecycle.org/group/OttawaON-Freecycle). You need to join this non-profit, worldwide network to get started but it is a well-established organization of over 9 million people with over 9000 members in the Ottawa group.

Sometimes there are activities for which you need a special item but you don't want to buy one and add to your clutter. In Toronto there is an organization called The Sharing Depot (sharingdepot.ca/).

Look familiar?

Their motto is "Access Over Ownership" and they offer things like camping equipment, house party supplies, toys, sports equipment and more. Their fees range from \$50 to \$100 per year depending on how much, and for how long you want to borrow. So far there isn't a branch in Ottawa but it might be a good project if a local group was interested in starting one up, perhaps even in Sandy Hill.

There are also trading networks that will allow you to swap something that you no longer need for something useful to you. Try Bunz (bunz.com) and see what you can find. (Use "choose city" to find Ottawa postings.) There are many categories and it's fun to spend a few minutes just browsing through the things on offer. Again, you need to sign up to get full access and the ability to post and communicate with other traders.

Many of you will have used some of these sites before but for those that haven't you may want to start small by trading or selling a few objects online. Of course the biggest job is the actual identification and organization of all the things that you want to eliminate or reduce. It makes a good winter project and will really help with your spring cleaning efforts.

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Astley's Pharmacy: prescribing herbs and potions for the last 100 years

Frank Astley started his business on Laurier East.



Larry Newman

Anil Radia's last day at Astley's Pharmacy was January 14th and I met him there to talk about the history of the pharmacy that he had owned since 1982. He's retired now and I'm no longer the customer that he always greeted with, "How are you today, Mr. Newman." He's now Anil and I'm Larry.

Anil never knew the first owner of Astley's but he kept a copy on the store's wall of a 1978 article in the Ottawa Citizen about Frank Astley's retirement after 60 years in the business. The photo of Frank Astley is taken from that article, written by Alixa Carter.

Frank Astley was a recent immigrant from England who had been lured here by a business friend of his father's in the early 1900s. He moved to Toronto, worked as a messenger boy, then attended the Ontario College of Pharmacy, graduating in 1913. He apprenticed for four years before moving to Ottawa. "I opened my own store with \$50 in my pocket," he says in the Citizen interview.

Astley had known the owner of the southeast corner property at Laurier and Nelson and arranged to build his first pharmacy on what was his friend's side lawn. Contention with other residents followed: "They tried to close me down and prevent any business east of King Edward Avenue." Astley prevailed though and Astley's Pharmacy was the first business in a neighbourhood that was at the time populated by "suburban villas." Former Prime Minister Sir Wilfred Laurier still lived on Laurier Avenue.

As well as being a businessman, Frank Astley was active professionally. He was president of the Ontario Pharmacy Association for several years and was an active member of the Ottawa Kiwanis Club for over 40 years. He was in his eighties when he eventually gave up his store.

Chet Thapa bought the pharmacy in 1978 and enlarged the building to include the house next door. In 1980 Mr. Thapa took on another pharmacist, Raj Gandhi. While Raj worked at the pharmacy, Mr. Astley was a customer and would always address Raj as "boy". He was a colonialist to the end.

Raj bought the store in 1982 and shortly after, Anil came into the picture. Raj began to feel the competition from a large Shoppers Drug Mart which had just moved into the Rideau Centre. He decided to become an independent member of the IDA, Independent Druggist's Association. This enabled Astley's to take advantage of volume purchases and other benefits that came with being part of a brand. The picture shows a big IDA sign on his building, on the corner of Nelson and Laurier. The rounded triangular sign for Astley's is hard to see in this picture but it says:

ASTLEY'S PHARMACY
SINCE 1917
CHEMIST DRUGGIST.

Raj later moved Astley's from Laurier East to Friel and Wilbrod (where Allegro is now). Anil worked with Raj at Astley's from 1982 until he bought the store in 1995. Astley's still retained its name but became a member of Pharmasave, another independent pharmacy organization. The location at Friel and Wilbrod was very small and Anil moved it to Rideau Street in 2000.

Both Raj and Anil spoke of the importance of the personal touch in the independent pharmacy business. They both knew every customer's name and recognized them when they came into the store—"Hello Sir Wilfred. How are you today?"

Last year, Anil sold the store to Murad Al Hassan and Ghadeer Sumeir and stayed long enough to show them the ropes.

Have a long and happy retirement, Anil. I'll miss you at Astley's.



LAC, MIKAN 3727222

Lester Bowles Pearson

François Bregha

Lester Pearson was Prime Minister from 1963 to 1968. His government introduced a new Canadian flag, universal medicare and the Canada Pension Plan. In 1957, as Secretary of State for External Affairs, Pearson won the Nobel Peace Prize for his efforts in establishing a United Nations peacekeeping force in the Middle East.

Pearson lived in at least three addresses in Sandy Hill. In the early 1930s, he and his young family stayed for a short time in 20 Russell Ave. In 1946, after stints in London and Washington, Pearson moved into 245 Augusta St. and lived here until 1954 with his wife Maryon (their children were away at university) while he worked at External Affairs. A stucco-clad brick house featuring steep gables and Gothic revival architecture, this house is representative of the early development of Sandy Hill at the time of Confederation. A British reporter described it as an "old villa with clumsy gables and early

Edwardian plumbing in a district of decaying gentility." In 1955, the Pearsons moved to 231 Cobourg, a duplex Maryon had bought at the corner of Wilbrod Street. In 1957, as Leader of the Opposition, he earned the right to live in Stornaway, the government-supplied residence, in Rockcliffe.

Pearson was over 50 when he entered politics in 1948 and won his first election (the first of eight) as MP for Algoma East. He was unassuming, had a quick and often self-deprecating wit, an easy manner and was a good raconteur. In his memoirs, he recounts how he was trying to impress the local folk in his riding by boasting that he had signed the NATO treaty on Canada's behalf when a voter reminded him that, "Yes, that was a fine thing you did down there in Washington, a fine thing for Canada, but it won't help you much around here if you don't get us a new post office."

While he lived on Augusta, Pearson's diplomacy changed the way the world saw Canada. First as a senior bureaucrat and then as minister, Pearson was kept busy with many hot foreign affairs files including the Berlin blockade by the Soviets (with the threat of an imminent European war), the Korean War and the creation of both NATO and the Commonwealth.

Photo—Lester B. Pearson, Feb. 1952, when he was living on Augusta St.

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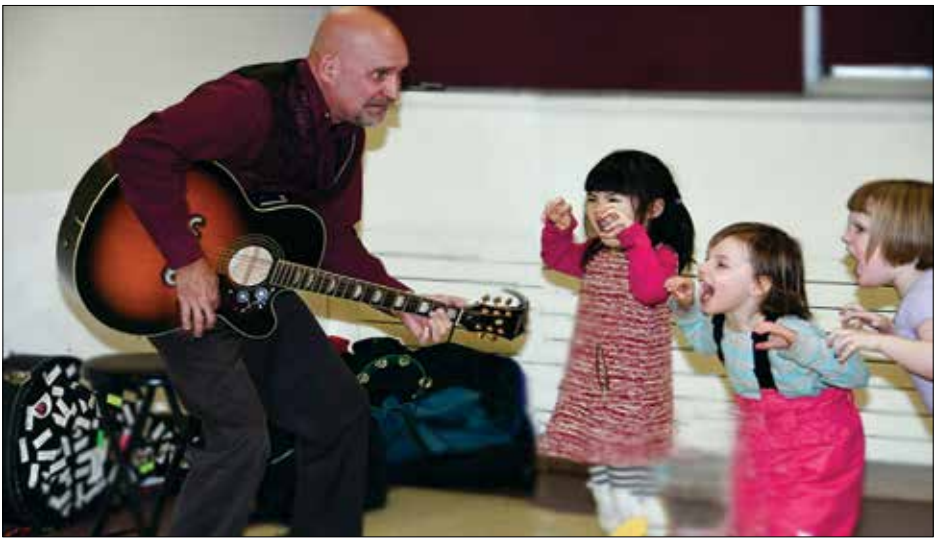


Photo Harlequin Studios

YAKI got them singing.

Carnival fun—and perfect weather!

Christine Aubry

We had the perfect weather for all kinds of outdoor fun—skating, snow soccer, the ever-so-popular horse-drawn wagon rides, and new this year, snow art! The usual treats of taffy and hot chocolate kept the kiddies fuelled up, and there were indoor crafts and a play room for warming up. Children’s entertainer YAKI was happy to be back and once again, the crew from St Joe’s Supper Table served up a delicious meal with a smile.

Several people made a point of stopping to tell me how much they love this event because the kids get to play with their friends and the adults get a chance to re-connect with their neighbours; and many commented that there was a “great energy” through the afternoon and during the community meal.

Of course these events can only happen with the help of sponsors and volunteers.

The following people deserve a special thank you.

For sponsoring the event along with the main sponsor, Action Sandy Hill: the Sandy Hill Community Health Centre; local realtors Lynda Cox and Jimmy Cox; our City Councillor Mathieu Fleury; and our newest neighbour Happy Goat Coffee Company who donated fresh brewed coffee.

As well, the many volunteers who came out to ensure the event ran smoothly: Blackburn Avenue artist Mitchell Webster (who came to the park the day before to carve out a beautiful snowman which then got painted during the day); our taffy experts Diane Beckett and François Bregha; the University of Ottawa men’s soccer team with Pro+Sports; Barbara Brockmann; Sylvie Rousseau; Matthew Zammit; Amy Arnold; Catherine Fortin-LeFaivre; Jan Finlay; Elizabeth Grace; Claire MacDonald; and the team from St Joe’s Supper Table under the direction of chef Paul Kirijian.



Photo Christine Aubry

Un GRAND merci à tous ceux et celles, petits et grands, qui sont venus profiter des activités et qui ont partagé un repas avec leurs voisins. Ce sont les moments comme ceci qui font de la Côte-de-Sable le meilleur quartier à Ottawa (d’après moi en tout cas!) A l’année prochaine!



Photo Kathleen Kelly

Mayor Watson got them posing.



Photo Harlequin Studios

Mitchell got them decorating with snow.

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Bible Study: Wednesdays 10:30 - noon.

Black History Month in February: gospel music; a special service.

Joint Healing Service: March 25, 1 p.m. at St. Paul's-Eastern. In partnership with St. Joe's Catholic Church.

Sandy Hill Seniors Network: Tuesdays at Rideau Branch library; monthly lunch followed by a program March 1, April 5

Choir practice: Thursdays at 7:30p.m. New singers welcome.

Odawa Native Friendship Centre organizes programs, special events, a food cupboard out of the church. odawa.on.ca/

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Oneness through Service Guatemala Milestone event May 13 at St. Joe's

Elizabeth Knowles

After 18 years, founders and directors Susan and Richard Schmaltz will officially turn over the operations of Oneness Through Service—Guatemala to its new international directors at a fundraising dinner to be held on Saturday, May 13, at St. Joseph Parish Hall, 174 Wilbrod St.

Since 1999, Oneness Through Service—Guatemala, an Ottawa-based NGO, has revolutionized the educational process for impoverished children in Guatemala by replacing the traditional practices of copying, rote learning and memorization with self-initiated, hands-on, activity-based learning centres. Currently, 22 educational programs exist across Guatemala serving more than 500 children in both remote rural areas and inner-city slums.

Over the years Sandy Hill residents Susan and Richard have succeeded in significant ways to further the goals of Oneness in Guatemala. Through networking, leadership, and by example, they recruited volunteers and donors. Originating as lay associates of the Sisters of St. Joseph in Pembroke, Susan and Richard, along with extraordinary teams of volunteers, have travelled at their own expense to create, build and sustain the infrastructure needed to support the Planting Seeds educational projects.

This year's fifth fundraising dinner will provide them with the opportunity to pass on the projects they have started to the next generation of young, committed volunteers.

During the evening, guests will have the opportunity to meet new co-directors, Shannon Moyle (Ottawa) and MacLane Phillips (Chicago) who have been doing remarkable work with children in the Guatemala City dump for many years. Oneness Through Service—Guatemala will continue as Planting Seeds International with Shannon and Mac at the helm. Madeli Quinones will remain Executive Director of Planting Seeds in Guatemala. At the fundraising dinner, these new officers will be sharing their existing ideas for future expansion of the organization.

Tickets are \$50 each and can be purchased by calling Aileen at 613-234-9012, or John and Dorothy at 613-749-8619. The evening will run 6:30 to 9:30 p.m. and will include a three-course catered meal, a silent auction, cash bar, and a mercado/market of Guatemalan handicrafts. All donations can and do make a difference and are eligible for charitable tax receipts. Please plan on joining us as we thank Susan and Richard for their exceptional vision and work for the past 18 years and welcome the new team of movers and shakers.

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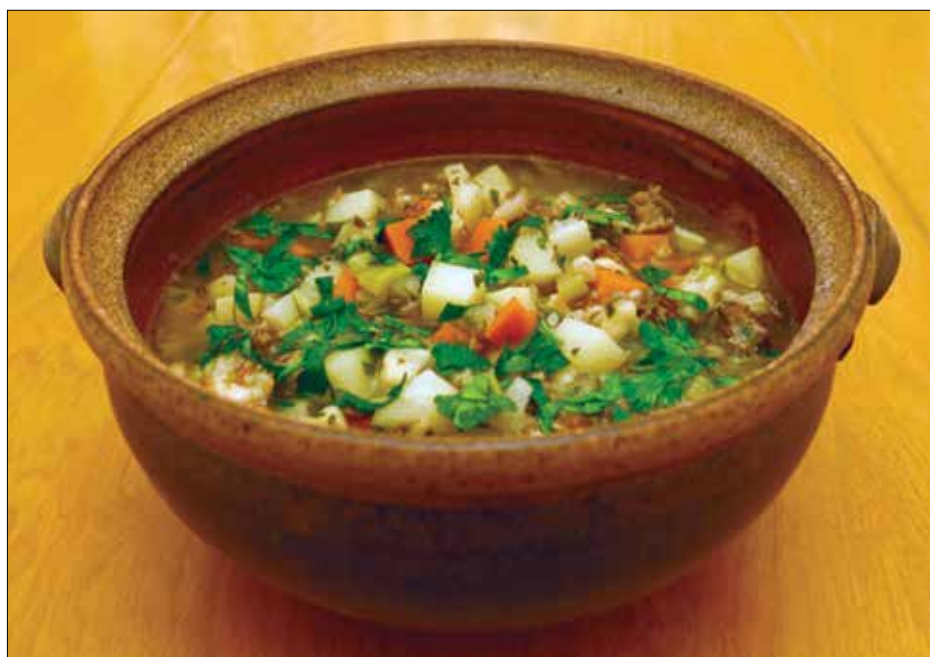


Photo D. Newman

"Amid the cold of winter..."

Dodi Newman

When you are chilled to the bone and fed up with the weather, there is nothing like a bowl of good soup to soothe and revive you. The recipe below makes a balanced one-pot meal that comes with a bonus: there is no better aroma therapy than making beef broth with bone-in beef shank. Winter is going to be here for a while yet, so double or triple the recipes below, freeze the excess in one or more batches, and you'll have soup ready for the next time you need it.

Beef-vegetable-barley soup Serves 4

The beef broth:

- 1 slice beef shank, bone in (+/- 3/4 pound)
- 1 tablespoon canola oil
- 1 medium onion
- 1 medium carrot
- 2 stalks celery
- 5 cups water
- 1 bay leaf
- 1/4 teaspoon thyme
- 10 black pepper corns
- 3 whole cloves
- 1/2 teaspoon salt

In a tall pot large enough to hold all soup ingredients comfortably, brown the beef in the oil, add the roughly chopped vegetables and fry until the onion becomes soft, stirring often. Add the water, bring

all to a boil, skimming off foam as it rises, add seasonings, turn down the heat, cover and simmer for 2 hours. Strain the broth and reserve. Reserve the meat separately; discard the vegetables and the bone. Clean the pot.

The soup:

- 1/4 cup pearl barley
- 1 tablespoon butter
- 4 cups hot beef broth
- 2 medium carrots
- 3 tender stalks celery
- 1 medium parsnip
- 1 large potato
- 1/4 cup dry small pasta, cooked (optional)
- 10 sprigs parsley, finely chopped
- salt and ground black pepper to taste

Over medium-high heat, sauté the barley in the butter until it turns a light gold – do not burn. Add the broth, bring it to a boil, then simmer, covered, for 30 minutes. Meanwhile cut all the vegetables and the shank meat into 1/4 inch dice and chop the parsley.

Turn heat to high, add the vegetables and meat. Boil until the vegetables are tender, approximately 15 minutes. Add the cooked pasta, if using. Thin with remaining broth as necessary. Add the parsley, adjust the salt and pepper, stir and serve with French bread.

Cook's reward: Scoop the marrow from the bone about an hour into the cooking time (leave the bone in the broth), spread it on a bit of baguette, sprinkle lightly with salt and black pepper, eat it on the spot – superb!



Artists of just big kids? Local artists Janet Katherine MacKay and partner in life and art Mitchell Webster have been busy creating more wonderful snow people on the front yard of their Worldview Studio and Gallery of Fine Art at 210 Blackburn Avenue. While painting accounts for the majority of their work they both agree that sculpture is their true passion. Watch for their annual Spring Exhibit, March 18-19, or arrange to drop in for a visit: www.worldviewstudio.ca or call 613-231-6314.

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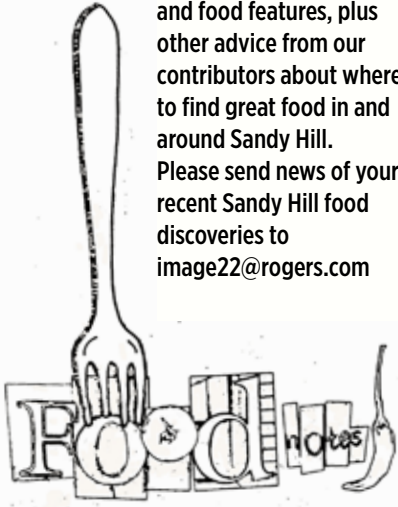
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CELEBRATING 17 GREAT YEARS IN THE GLEBE

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



Happy Goat, 317 Wilbrod St.

You may have been served Happy Goat coffee at any number of Ottawa cafés and restaurants, seen their beans for sale at Herb and Spice, or visited their shop on Laurel Street in the west end. Now you can sit down right here in Sandy Hill and enjoy a cup of coffee sourced from small international farmers and roasted in Ottawa. There are also a few different types of sandwiches and numerous baked goods on offer (the avocado melt and the oatmeal raisin cookie are good), and the selection will grow through the winter as the kitchen becomes fully functional. Open weekdays from 7:30 to 8:00; from 8:30 to 7:00 on Saturday and 8:30 to 6:00 on Sunday.

Portuguese Bakery, 48 Nelson St. The veteran bakery on Nelson Street has been shaking things up lately. They've moved their entrance to the south end of the store, and now have a lunch counter featuring middle eastern specialties with a Syrian twist at the other end. Falafels are freshly fried and presented in delicious sandwiches rolled up in the large flatbread called markouk, which crisps up beautifully on the grill. You can also expect to find takeout containers of baba ganoush and eggplant salad nestled in the cooler with the Portuguese natas and cream pastries, and boxes of Syrian cookies studded with pistachios or sesame seeds on the shelf. The bakery is open daily at 8:00 and closes at times ranging from 5:00 to 8:00, except for Tuesday when it's open 3:30-7:00.



Photo Bob Mellrum

Safi Fine Foods, 322 Somerset St. E.

The former home of Ayoub's is becoming an interesting grocery destination once again. Some of the treats of the old days are back, such as tubs of baba ganoush and hummus, and pitas with zaatar from Hanna Bakery. Ethiopian food is being added to the mix, with lentils both spicy and mild prepared and ready to take home and heat up, along with bags of fresh, spongy injera bread. Fresh meat is back in stock, with lamb and goat showing up next to chicken breasts and beef marinated, sliced and ready to stir fry. Prowl around the shop and you'll discover lots of other interesting things from berbere spice mix to Ethiopian butter, fresh chicken and beef stock, organic milk and huge bags of rice. There are samosas and a hot entree, such as braised lamb or rigatoni al forno, if you're looking for a hot dinner to take home. Open daily from 8-10, 9-8 on Sunday.

Urban Beat Tea House and Cafe, 221 Nelson St.

Folks who've been pining for T.A.N. coffee will be glad to know that their favourite beverages are now available once more in a cheerful kiosk at the Sandy Hill Community Health Centre. There are T.A.N. beans for sale, along with fresh-brewed coffee, espresso and assorted pastries, including tasty muffins made at St. Joe's kitchen. Decaf fans are urged to try the dark roast for a delicious lower-caffeine pick-me-up. Along with bringing joy to the hearts of staff and patients at the clinic, Erin is enjoying visits from many of her old regular customers as they drop in for coffee and goodies on their way to work and errands. Look for an Urban Beat patio in the summer; in the meantime you can take out, or enjoy your treat at one of the little red tables in the clinic lobby on weekdays from 8:30 a.m. to 2:00 p.m.

Photo Kathleen Kelly

More exercise, folks!

Annegret Hunter

Winter resides in the Sandy Hill backyards. The snow is high and the squirrels are glossy and round. Round? No, our four bushy tailed resident rodents look like obese dachshunds.

No more nimble runs along the fence! They labour along, constantly tripping and falling and catching their breath. The pole at the end of the garden becomes a painful shinny-up challenge, and should they meet a pal on the way – claws out, fur flies, someone tumbles down. Tempers are short, and even romantic encounters end in fury and furry tails tangled in wires.



A fat squirrel poses in Sandy Hill.

What has happened? Are wild animals supposed to get obese? How about some exercise, you chaps? Aye, there's the rub. The big old willow is gone, came crashing down one wretched day last June, lamented and missed by everyone. For the squirrels it was, among other things, the place to run up and down and around and around, no matter how high the snow. The wonderful chases along neighbour's fence, around two corners, over the shed, then a mighty jump onto the tree trunk... ended in autumn with unexpected hurtful landings, because there simply was no tree. Even squirrels have to learn the hard way, it seems. The spindly Manitoba maples in neighbour's garden and the two new saplings I planted, which may someday tower over our house, do not lend themselves yet to serious exercise.

And that is the reason for overweight, cantankerous bushy-tailed rodents. My doctor used to tell me: take aerobics classes! I am happy to see that squirrels need them, too, but, like me, they are not interested.

Discover a Sandy Hill club focused on fun and self-improvement

You will find a community of like-minded people at **Creativity+ Toastmasters** each Tuesday at 6:15 pm at the **Sandy Hill Community Centre** (250 Somerset E.). Be our guest and experience what happens when creative minds meet. creativityplus.toastmastersclubs.org

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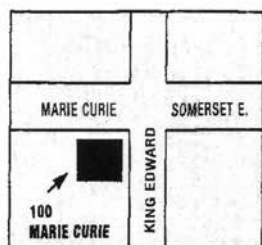
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News from Viscount Alexander School



Viscount's mathletes at work/play.

Michael Barnes/Deb Woods

On Tuesday January 10, our students participated in a full morning of Mathletes, a "hands-on" math event, which sets a tone for mathematical success and promotes co-operation, fun and learning. A big thank you to all of our organizers and volunteers. Mrs. Contant did an amazing job of coordinating the event. Mme Miller with the Glashan Grade 8s worked with our students during the four rounds of activities and was our leader for the day. Our facilitator, Laura Bains, kept the energy high and the activities interesting. Our Viscount Alexander Mathletes completed 3,129 problems and had a blast in the process!

Good Sports at Viscount

In December, Viscount students had a visit from Ringette Canada; our visitor was a member from the Junior National Team, Sarah-Lynn Begin. She provided students from Grades 2-6 with the basics necessary to learn how to play ringette and explained the rules. Sarah-Lynn spoke of her love for the sport, as well as how she perseveres to do her best on and off the ice. Many thanks to Sarah-Lynn and Ringette Canada for the workshop and for donating ringette equipment to our school.

Viscount entered two teams in the Regional Borden ball tournament before the winter break, a girls' and boys' team. The junior girls' team had an awesome day at their tournament at Glebe Collegiate where they demonstrated quick passes, hard shots, amazing goaltending and overall terrific teamwork. They finished the tournament with silver medals in a very exciting game against York Street Public School. Thank you to our members, Thetihar, Maryam, Hafsa, Isla, Logan, Anhara, Renna, Maida, Adaora, Ines, Emily, Sali-

ha, Faith, Lilly, Hala, Meron, Monica, Ola, Tasnia and their coaches Mrs. Contant and Ms. B. Our junior boys' team played with teamwork and cooperation during their games. They defeated Queen Mary in the semi-finals to advance to the finals against Centennial, and win the gold medal for the region. Thank you to this year's members. Samuel, Kasaya, Ahmed, Harris, Nyeff, Rowan, Ali, Andrea, Eddie, Byron, Lawrence, Shaqib, Azar, Rouhan, Minn Khant, Jonathan, Hamse, Tarek, Martin and their coach Mrs. Fulford.

Skate-a-thon fundraiser

Each year, every one of our students from JK to Grade 6, takes time during a week in March to help with our annual Skate-a-thon fundraiser. Our JK/SK students participate in the Run-a-thon in the gym, and our school-age students in Grades 1-6 attempt to skate as many laps as possible during their final skating session.

This year, the children will benefit from their fundraising through the purchase of technical equipment, including Chromebooks, and by providing supplemental education activities such as Scientists in Schools (www.scientistsinschool.ca). The school is also raising money for a much-needed play structure for the Kindergarten yard.

This may be a cause that you would like to consider. The goal is to raise at least \$5000 to cover these purchases that are not already covered by the school budget. On average if each student raised roughly \$25 then that financial target would be attainable. We will keep IMAGE readers informed of the results of this fundraiser in the next edition.

Register now for September 2017!

Student registration is open for September 2017. Offering classes from Junior Kindergarten to grade 6, there are lots of good things underway at Viscount. More information can be obtained from the school office at 613-239-2213.

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Tuesdays 2:00 p.m. / January 23-April 17

Pen and Paper Writer's Group
Every Tuesday at 6:30 p.m.

Morning Book Club
10:15 a.m. / Thursdays Feb. 16, March 16

Evening Book Club
7 p.m. / Mondays Feb. 6, March 6

FOR CHILDREN / POUR LES ENFANTS

Family storytime / Contes en famille
Tuesdays at 10:30 / Les mardis à 10 h 30
Session 1: Jan. 10 to Feb. 14
Session 2: March 28 to April 18
1ère session: 10 jan. au 14 fév.
2ème session: 28 mars au 18 avril

Saturday storytime / Contes du samedi
Saturdays Feb. 11, March 11 at 10:30 a.m.
Les samedis 11 fév. et 11 mars à 10 h 30

L'ONF présente « Courts métrages en folie »
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MARCH BREAK

Rideau Branch is offering programs every day this March Break! Special presenters will visit us from the Ottawa REDBLACKS, Ottawa Art Gallery, and the Science and Tech Museum. Find out more in branch or by visiting our website.

CONGÉ DE MARS

La succursale Rideau offre des activités à chaque jour durant le congé de mars! Des animateurs viendront du ROUGE et NOIR d'Ottawa (en anglais seulement), de la Galerie d'art d'Ottawa, et du Musée des sciences et de la technologie du Canada. Pour en savoir plus, veuillez nous visiter en succursale ou sur BiblioOttawaLibrary.ca.

Let's talk real estate

Lynda Cox



Last issue I addressed one issue that arose in the recent *Marketplace* documentary which uncovered unethical real estate practices in Toronto. In this issue I will discuss another issue: **Double Ending and Multiple Representation**—they go together.

Double Ending is when the realtor earns both parts of the commission, the listing portion and the buying portion. No other agent is involved in the transaction. So if the commission charged was 5%, the agent, unless otherwise negotiated, could receive the entire amount. **Good to Know:** At the time of listing many agents agree to a lower commission rate if this scenario is present.

Now comes the hard part: understanding the ins and outs of Double Ending. It can be done well but the *Marketplace* documentary was clear that it is a minefield and requires very careful navigation.

Question: If there is only one agent involved in the transaction, who is the client? We all know that having two clients on the same transaction is a conflict of interest. We know that lawyers cannot do it but in our industry it is allowed. Now comes the complicated part. It is allowed but only with adjustments to the type of service given to both parties.

Our code of ethics is very clear. It must be clearly explained and both parties must agree in writing.

Here's how it works. If both Buyer and Seller have contracts with the Brokerage (note that I did not say the Realtor but the Brokerage) then a state of **Multiple Representation or Dual Agency** is entered into. Both parties are informed and must agree to certain limitations.

1. Neither party can receive the advice and opinions of their realtor.
2. No suggestions can be made to either party as to how to negotiate, how much to offer, how much to counter-offer, etc.
3. The only information that can be shared by the Realtor is historical sales, etc.—public information and seller disclosures. No advice, no help to negotiate; isn't this what the seller is paying commission for? This doesn't seem like a good thing. Right, it isn't. Someone should be getting advice. It should always be the seller.

I often tell our clients it is like tying your hands behind your back. So why would you, as a Seller or Buyer choose this type of service?

Yes, there is a solution.

1. If the Buyer needs advice and opinions then the Buyer must find another agent to represent them **from an entirely different brokerage**, OR
2. If the Buyer wants to use the listing agent he/she can agree to a different type of service called Customer Service leaving the Seller as the only Client in the

transaction able to receive advice and opinions of the realtor. (Of interest, all buyers in Ontario were customers until the mid-90s when Buyer Agency came into being and buyers were able to be Clients) Why would a buyer agree to such diminished service? Many do. Most are savvy buyers who don't need advice. They just need historical sales data and all of the seller's disclosures relating to the property to be confident about making their own decisions. Many feel comfortable with the listing agent and perhaps have been working with that agent for some time. They feel the agent has prepared them fully in the event of such a scenario.

So let's review: If there is only one agent involved:

1. The Seller should always be the Client, receiving all the advice and opinions of the realtor never compromising the service he/she receives.
2. The Buyer should agree to Customer Service or be referred to another brokerage if he/she feels the need for advice and opinions.
3. Multiple Representation (Dual Agency) should never be agreed to. It is in the interest of no one.

I recommend that you have this discussion with your Realtor before any papers are signed. Know how they would navigate through these waters if the Buyer and the Seller were under contract with the same Brokerage. I am sure a good discussion will follow. I only know of one small brokerage that is willing to put in writing that no Multiple Representation will be allowed with their listings.

To wrap up:

1. Yes, Double Ending is complicated but not impossible to comprehend. Ask all the questions you need, and for a discount should it occur. Get it in writing.
2. Multiple Representation (Dual Agency) is never a good thing in my opinion. The Seller should always be the client. Get it in writing.

Sandy Hill Statistics

There are lots of buyers ready and able to buy. We may have lost a few buyers due to the new regulations; they have gone away to save up a larger down payment. This is all good in my opinion.

Residential properties

15 active listings at the time of writing. Prices range from \$429,000 to \$1,900,000. Days on market range from 1 to 308.

Condo properties

36 active listings at the time of writing. Prices range from \$211,000 (studio with no parking) to \$749,000 for 2 bed + 2 bath + parking.

Days on market range from 4 to 359.

At the time of writing two conditional sales have been registered.



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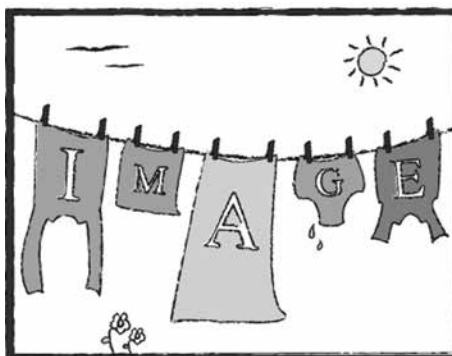
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Parliamentary Immunity in Canada. Joseph Maingot, a former House law clerk and parliamentary counsel who lives in Sandy Hill, announces the release of his new book, published by LexisNexis. Peter Milliken, former House Speaker, writes: "Here is a volume that will inform its readers of the rules, laws, and practices that make our parliamentary system function so well for the benefit of all our citizens." Mr. Maingot, 85, is a former member of the Law Reform Commission of Canada. For information about the new title, contact simonejoseph@sympatico.ca. (With notes from The Hill Times.)

Emmanuel Jal comes to St. Al's @5. Sunday Feb 12 at 5 p.m. St. Al's @5 is the evening worship service of St. Albans Church, 454 King Edward Ave. at Daly. Emmanuel Jal was born into the life of a child soldier in the early 1980s in the war-torn region of Southern Sudan. Through unbelievable struggles, Emmanuel managed to survive and to emerge as a recording artist, achieving acclaim for his unique style of hip hop with its message of peace and reconciliation. Info at: emmanueljal.com/bio/ and at www.facebook.com/events/1809553905953283/

The Intercultural Dialogue Institute uOttawa hosts its first **Rumi Concert Night** Feb. 12, live concert with reed flute, kanun, keynote speech on Rumi's philosophy. Free. At Terminus (University Centre, 3rd floor) 85 University Private

Ottawa Little Theatre, Feb 15 – March 4, To Kill a Mockingbird; celebrate Black History Month at OLT; To Kill a Mockingbird, deals with the race struggle of the 1930s which still rings

true today. Sunday matinees, 2:00 p.m., on Feb. 19 and 26. Evening performances at 7:30 p.m. (Wednesday – Saturday) Tickets - \$27, \$24 for seniors, and \$12 for students. Packages and group discounts available. For information visit ottawalittletheatre.com or call the box office at 613-233-8948.

Koneline: Our Land Beautiful at the ByTowne (325 Rideau St) Thurs., Feb. 22, 6:45 p.m. The film won the best Canadian feature award at the 2016 HotDocs festival. Benefit screening for One World Film Festival, see oneworldfilmfestival.ca/koneline/ or the ByTowne Feb. calendar

Sharon Katz exhibition of new work. Opening on Thurs., Feb. 23 at Studio 66 in the Glebe, 66 Muriel Street, Suite 202. Thirty-one new works will be on display; it is a timely opportunity for members of the Sandy Hill community to see the work of an internationally recognized animation film maker and visual artist who is a neighbour. Vernissage Thursday, Feb. 23, 6-9 p.m. <http://sharonkatz.net/>

Exhibit of paintings and sculpture. Watch for Mitchell Webster and Janet MacKay's annual Spring Exhibit, March 18-19, at Worldview Studio and Gallery of Fine Art at 210 Blackburn Avenue; or arrange to drop in for a visit, call 613-231-6314. See www.worldviewstudio.ca

Wakefield Doc Fest. The best in current feature-length documentary film, along with a chance to talk about them. Two films show twice each weekend in February. Screenings at the Centre Wakefield La Pêche in the beautiful village of Wakefield, QC.

Feb 11 & 12
Sat. 1 p.m. Koneline: Our Land Beautiful (Canada, 2016, 96 min. – English)
Sat. & Sun. 4 p.m. The Islands and the Whales (UK/Denmark, 2016, 82 min. – Faroese/Danish, English subtitles)
Sat. 7:30 p.m. A Plastic Ocean (UK/Hong Kong/USA/Canada, 2016, 102 min. – English)

Feb 18 & 19
Sat. 1 p.m. Prison Dogs (USA, 2016, 72 min. – English)
Sat. & Sun. 4 p.m. Spaceship Earth (Canada, 2016, 122 min.)
Sat. 7:30 p.m. Fire at Sea (Italy/France, 2015, 108 min. – Italian, English subtitles).

Feb 25 & 26
Sat. 1 p.m. Unlocking the Cage (USA, 2016, 92 min. – English).
Sat. & Sun. 4 p.m. Dark Horse (UK, 2015, 85 min. – English)
Sat. 7:30 p.m. & Sun. 1:00 p.m. Quebec: My Country Mon Pays (Canada, 2016, 90 min. – English and French with English subtitles).
More info: wakefielddocfest.ca



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Du lundi au vendredi,
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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

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Jane McNamara, Diane Beckett, Karina Kraenzle, Maude Shaughnessy-LeBouthillier, Louise Shaughnessy, Gwen Guth, Barbara Brockmann, Kathleen O'Keefe and Marina Perez

Sandy Hill women protest Trump

Diane Beckett and Barbara Brockmann

Dozens of Sandy Hillers of all ages, genders and life experiences participated joyfully in the Women's March in Ottawa. While it began as a statement against Donald Trump, it was clear from the variety of humorous, poignant, and pointed signs that the overriding feeling was one of standing up, standing out, and refusing to return to any "good old days" that were only great for some. Appropriately, the marchers gathered at the Human Rights Monument on Elgin St. under the words, "All human beings are born free and equal in dignity and rights," from the United Nations Universal Declaration of Human Rights. Then 8,000 of us marched across the downtown to a rally at the Bronson Centre. Many women, men, girls and boys, and even a few babies, were wearing the iconic hand-knit, pink Pussy Power hats that have come to symbolize the marches happening in many cities that day.

Almost five million people marched in 673 marches in 81 countries on seven continents. Even Antarctica joined in. The Ottawa March was one of 31 marches in Canada, including one in Sandy Cove, Nova Scotia, where almost one quarter of the population marched (15 marchers out of a population of 65). For some of us, this was our first march, ever. For others, we have been at it for decades, as the sign stating, "I can't believe I still have to protest this," illustrated. But for everyone, it was a powerful coming together to tell the world that we are a peaceful, proactive movement working to protect human rights, women's rights, peace and the environment. One Sandy Hill marcher told us that she thought it was as important to walk in Ottawa as Washington, because she saw the march as a message to Justin Trudeau that Canadians want him to stand up to Trump. We agree—and that the message was given with humour, creativity and positivity—leaves us both optimistic about the future.



Photo Barbara Brockmann

More friends met up at the Human Rights monument. Barbara Brockmann knit the two pink hats, from the pattern circulating quickly online.

Bottom photo — Maddy Kelly, Sarah Roseman, Marina Perez, Kathleen O'Keefe

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