

OCTOBER - NOVEMBER 2017

## A new twist in our R4 zoning story

François Bregha

On July 12, City Council unexpectedly restricted for one year the construction of low-rise apartment buildings with high bedroom counts (colloquially known as bunkhouses) to give itself time to develop more effective controls over that type of development. This interim control bylaw covers Sandy Hill and other inner-city neighbourhoods (including parts of Centretown, Overbrook, Old Ottawa East and Old Ottawa South). The property at 70 Russell (at the corner of Osgoode) is explicitly exempted from this bylaw because it had already received site plan approval. That former single-family home will be demolished (it is structurally unsound) and will be replaced by a low-rise apartment building with 21 bedrooms.

Sandy Hill residents who have long been concerned about the proliferation of bunkhouses may be encouraged by the wording of the Council motion proposing the temporary restrictions because it recognizes that many of the developments being built look like rooming houses (although they fall outside the technical definition), that they adversely affect the fabric and character of the neighbourhood and that they have given rise to significant public concerns.

City staff now has the difficult job of proposing policies that will achieve a better balance between growth and the compatibility of this growth with established neighbourhoods. In doing so, it will review best practices in other jurisdictions. It also has retained a consultant (Urban Strategies, the firm that developed the University's Master Plan) to provide additional expertise. City staff will develop options for analysis with three goals:

- Provide for the gradual evolution of established communities, and ensure that multi-unit development fits with the mixed character of inner-urban neighbourhoods;
- Develop appropriate zoning standards for low-rise buildings to ensure good fit, integration and site function, and
- Ensure clarity and reasonable expectations regarding what is and is not allowed, for both the community and builders.

Staff will report back in two phases and expects to table a first set of recommendations for stakeholder consultations this fall. This phase would address ambiguities in existing regulations (e.g., what is a rooming house?) that have led to abuses. A second set of recommendations is to follow in the spring to propose additional solutions (e.g., broader application of the site control bylaw).



**Panda-monium on Russell Avenue ...** Refreshed and emotional University of Ottawa students joined up in Sandy Hill on September 30 for an hour or more in advance of the big Panda Game at Lansdowne. Outnumbered thousands to 12, police officers blocked the road for "public safety." Students had no permit to fill the street and unfortunately left beer cups and other litter when they departed. More sad news: Carleton Ravens scored a 33-30 double-overtime victory against the Ottawa Gee-Gees.



**The irrepressible Peter Evanchuck** is focussing on neighbourhood projects this fall. Read about them on page 12.



**The Tri-Delta fraternity's University of Ottawa chapter** has adopted Sweetland Avenue. On September 14 near Sandy Hill Park, they undertook a fall street cleaning blitz. Back, l-r: Louis Lemonde-Trudeau, Shirlmaine Estonactoc, Katie Culligan, Shayna Feinstein, Sabrina Crepaldi, Singshan Bruleigh, Hannah Burnett, Chinoso Nwabuogor. Front, l-r: Naomi Mera, Alana Weltman, Sydney Klager, Ophelia John, Isabelle Zwicker, Yawen Chen

### DEAR READER

**IMAGE is a non-profit community-run newspaper serving the people of Sandy Hill. It relies on paid advertising to cover the costs of producing and distributing 7500 paper copies five times a year. The contributors, editorial staff and administration are all volunteers.**

**In order to meet future costs and to enable us to develop a digital edition in parallel with the paper edition we are appealing to our readers to help us cover some of the cost of this transition.**

**Won't you consider a small donation? If you can help, please mail or drop off your contribution (payable to IMAGE). Our address is 22 Russell Ave., Ottawa K1N 7W8. All donations will be acknowledged, although we are unable to issue receipts for income tax purposes.**

OCTOBRE - NOVEMBRE 2017

## No longer on City to-do list Leaf sweeping around drains on our streets

Christine Aubry

If you are like me, you rejoice at the sight of the City's big sweepers driving down our streets in the spring—a sure sign the long winter is over!

But Sandy Hill resident Michael Barnes has noticed that the City does little to no leaf sweeping in the fall and asked IMAGE to find out the City's official street cleaning protocol for the fall.

I received the following written statement from Bryden Denyes, Area Manager, Roads Services:

"The Maintenance Quality Standards indicate that street sweeping on residential streets is only performed during the spring clean-up program; and spot sweeping as required. The sweeping program is not intended for leaf pick-up. Leaves fill the sweeping units very quickly (which requires more frequent dumping) and are very heavy (they retain a lot of moisture) which significantly increases our costs for sweeping disposal. It was found that snow clearing/removal generally removes the bulk of leaf debris from the roadway throughout the winter months."

While this may seem like a logical, cost-saving policy for the City, Michael's concern is that "some areas become a somewhat soggy mess for part of the fall, winter and spring, especially when the street drains are blocked after rain and/or a big thaw in the winter. It is neither pleasant nor safe."

He suggests that "more active leaf cleaning by residents in front of their properties, especially over drains, would resolve the problem." Unfortunately, we know all too well that not everyone living in Sandy Hill is concerned with the maintenance of their property, let alone the roads and sidewalks. (Don't get me started on garbage problems!) Nonetheless, maybe the City could squeeze out a few dollars for a communication strategy to inform property owners that there is no street cleaning in the fall, so the many residents who do care can grab their rakes and pitch in (and while they are at it, the City could remind landlords and tenants of property maintenance rules and fines).



all saints

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

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

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From Ken Clavette's Album of Bygone Sandy Hill



This is a view of Sandy Hill from the steps of the Chateau Laurier. Gone is the block of buildings under the Frieman's billboard that abutted the Union Station. The other is the Daly building seen on the left. Also gone are the Ottawa Electric Railway street cars that stopped running in 1959, just two years after this photo was taken. It looks like it might be heading into the O-Train "sink hole".

Our readers  
write ...



Courrier  
des lecteurs

Supervised Injection Site

In August, I asked our Community Contact cop, Constable Lemay, the following question, "The Supervised Injection Site will soon open and I am curious to know if the Ottawa Police Service is satisfied with its plan to provide

security?" I got this response: "From an Ottawa Police position, we have not been made aware of particular concerns with the safety of the Supervised Injection Site. Rest assured however that patrol officers will monitor the situation closely."

Larry Newman  
Laurier Ave. E.

IMAGE Abroad



A news break along Hadrian's Wall in northern England, June 2017

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## Our readers write ...



## Courrier des lecteurs

### What does a Telfer Award really tell us?

In July, the University of Ottawa's Telfer School of Management awarded its Young Achiever's Award to alumnus Billy Triantafilos who graduated with a BCom in 2007. The award citation reads in part: "After realizing his success renovating his first investment home, [Mr. Triantafilos] went on to build more homes for University of Ottawa students. . . . Billy and a former teammate and work colleague . . . laid out the framework for their company, TC UNITED GROUP."

Sandy Hill residents have become well-acquainted with TC United in the last few years as the company has built more than 30 projects in our neighbourhood. Typically featuring 4 units or less (in order to escape more stringent regulatory requirements for buildings with 5 or more apartments), these projects have unusually high bedroom counts of often 20 or more. Locally, we call them bunkhouses. Because these bedrooms are often rented out singly, these buildings are de facto rooming houses but without the safeguards of real rooming houses, such as regular fire inspection. The construction of these high-density buildings, sometimes with

inadequate solid waste storage, has led to numerous complaints by neighbours about garbage and noise. On its website, TC United claims to be "specialists in interpreting municipal regulation, zoning and by-laws," and promises its investors that it will "ensure the quickest return on investment possible."

From the University's perspective, the Telfer School award comes at an awkward time as it was made just a few days before City Council imposed an Interim Control bylaw freezing the construction of these bunkhouses for a year. Council justified this measure on the grounds that these bunkhouses are "disruptive to maintaining a healthy fabric and character" in established neighbourhoods.

The Telfer School may boast of being "a leading business school worldwide" but it celebrates a mode of development that both City Council and citizens' groups have condemned as being inappropriate. If the Telfer School can be so unaware of the concerns of the community where it is located, one wonders about the quality of education Telfer students are receiving.

François Bregha  
Russell Avenue

### Our health is under assault

The discussions and debate around development in Sandy Hill have focussed on heritage preservation, building size and use, and site planning. All important issues of course, but not much attention has been paid to another major stressor affecting our mental and physical health—the impact of constant noise.

From my house on Blackburn, I can point in all directions to residential and commercial construction sites. The machines and power tools start up at 7 a.m. sharp. If you work from home or need to rest during the day for health reasons, good luck! There is no construction season in Sandy Hill—just construction. All year.

A simple internet search on the physical and mental effects of noise brings up a slew of symptoms: stress, hypertension, muscle tension, poor concentration, headaches, depression, etc.

I feel especially bad for the children and staff at Sandy Hill Child Care on Wilbrod, having to endure the noise from the Viner development in their backyard. I wonder, has Viner done anything to compensate a very deserving neighbour: repaint the interior perhaps? Landscape the



Photo Christine

yard? A very meagre expense considering the profits likely to be reaped from their project!

Reducing the negative health effects of noise is a larger societal problem, and many will say it is the price to be paid for the many benefits of living downtown. But maybe at the very least those making money at our expense could do something positive for our health and environment.

Christine Aubry  
Blackburn Avenue

### Basic Income Guarantee (BIG): Trial experiments should be studied

What would the world be like if all low-income people were given a guaranteed cash income (for argument's sake let's say \$17,000) with no strings attached? What if this plan included an incentive to work to increase their minimum income? What would they do with this money? What would be the social consequences? This concept will soon have some trial runs in Ontario. It is called the Basic Income Guarantee (BIG).

BIG is a transformative concept which is especially important when financial inequality is growing. Technology and other factors will radically change the nature of the labour force. Programs such as BIG may be necessary as large portions of society are thrown out of work (maybe permanently).

Present welfare systems are complicated, inefficient and costly. By contrast BIG is incredibly simple. A payout cheque is distributed regularly. No questions asked. When BIG has been tried on a trial basis, BIG payments have been largely directed into the local economy to pay for basic living needs. As well, medical expenses and other social costs generally have been shown to decrease.

A well-planned BIG system can motivate people to work. Inspired by an earlier BIG program in Dauphin, Manitoba, (Mincome project, 1974-79), for every dollar earned by a participant, one's basic guaranteed income would only be reduced by \$0.50. Using this logic, wage earners would be motivated to increase their income until they reach \$34,000/year when their BIG income would be reduced to zero.

This idea has already been tried on a trial basis in some European countries. In Finland a pilot project is under way targeting 2000 unemployed people. Participants can keep their basic income even if they find remunerative work. The Netherlands and Scotland are conducting similar trial-run projects.

These trial experiments, including the Mincome model, should be studied. Results from Ontario's experience with 4000 people in four proposed communities (Thunder Bay, Hamilton, Lindsay and one aboriginal community) need to be carefully watched. These trials could provide valuable information to enable us to make intelligent decisions in the future.

Eric Schiller  
Marlborough Avenue

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**Protecting neighbourhood character: R4 residential zoning review**

There have been a number of initiatives with more than seven (7) specific zoning reviews reports that we have led through the City, for Sandy Hill, and our mature neighbourhoods to try and guide good development. The City is currently undertaking a review of the R4 zoning which will apply to residential areas in Lowertown, Sandy Hill, Vanier and beyond, as we have seen R4 residential zoning bring a large permissible building envelope, which is changing the built form in our mature neighbourhood.

This summer, Council approved an interim control bylaw for Sandy Hill; it is the ultimate planning tool to address major development concerns. The bylaw was enacted in order to halt the construction of the ‘bunkhouse’ style buildings while the R4 review is underway.

**The intent of the study:**

- Provide for the gradual evolution of established communities, and ensure that multi-unit development fits with the mixed character of inner-urban neighbourhoods (mainly R4 zoning, though also R3 and others).
- Develop appropriate zoning standards for low-rise typologies to ensure good fit, integration and site function.
- Ensure clarity and reasonable expectations regarding what is and is not allowed, for both the community and builders.

The previous reports, such as Infill I & II for example, were very effective in achieving their stated goals, but it is obvious now that they were never able to address the root of the problem which is the permissible envelope of the building and limits on bedrooms. These two very important components are being reviewed as part of the R4 study.

We remain very optimistic that the interim control bylaw’s effectiveness and the R4 review work will bring zoning-specific changes to Sandy Hill that will help stabilize our historic community.

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**ASH in action**  
Notes from the Sandy Hill community association's September meeting

**Jan Finlay**

**Monthly open house:** Starting at the October Board Meeting (last Monday of the month), Action Sandy Hill will host an Open House prior to the meeting. It will start at 6:30 and is open to the community—to come and discuss issues or simply to get information from board members.

**Bylaw enforcement:** Bylaw officers are issuing orders on a case-by-case basis. While attending to new issues, they are also working on the list of 280 problem properties. Just as a reminder, garbage notices go to landlords, noise tickets are given to tenants.

**Help needed:** ASH is looking for help with its website and with the newsletter. If you are interested, please send your information to [info@ash-acs.ca](mailto:info@ash-acs.ca)

**Sept. 16 garage sale report:** There were about 40 tables throughout Sandy Hill south of Laurier and a few north of

Laurier. Cathy Major and her committee did an awesome job. They hand delivered fliers to every house in Sandy Hill. The number of participants increased over last year.

**One and Only Craft Fair back again:** Saturday, Nov. 18 is the date set for the One and Only Craft Fair, which will be run by ASH this year. So far there are 30 vendors signed up.

**Community walk-about report:** The walk-about was done by Ottawa U students, bylaw officers, community members and councillor's office staff to meet and inform incoming students. Approximately 50% of the targeted residences opened their doors on the day. There will be a second walk-about organized by Bob Forbes and our community police.

**Councillor Mathieu Fleury's report:** The new bylaw allowing one green bin per property to be stored in a front or side yard went into effect in late August. All other garbage, and black and blue bins, must be stored in the rear yard.

**City 2018 budget:** There will be a public meeting to discuss the budget at Trillium School in Vanier on Oct. 11. Budget Speak will be held at City Hall, Oct. 17.



Photo Harlequin Studios

**Suspense on Sweetland!**

In July, neighbours were alarmed when the house at 51 Sweetland suddenly lurched precariously toward the home next door. The City issued a stop-work order, ordered the evacuation of the neighbouring house (to protect the residents), and fenced off the adjacent driveway.

It appears that during the early phases of reconstruction, the underpinning of the foundation walls was compromised. A few days later, 51 Sweetland (right) was completely demolished.

Two years ago, owner Jeremy Siebert applied to allow three units at that location; his plans included a large addition in the rear yard and restoration of the heritage aspects on the front facade.

According to the councillor's office, due to the one year moratorium on such applications, there will be no new building permit issued for quite some time.

Meanwhile, the site has been cleared of rubble and the next-door neighbour has been permitted to inhabit her home. —Judy Rinfret



Photo Harlequin Studios

**Truth or window dressing?** Among the clanks and bangs issuing from the Viner work-site at Friel and Laurier in the early morning, you may find yourself thinking about the sign (middle) posted at the workplace entrance. Comfort to the neighbours and fear to the contractors? Staff in Councillor Fleury's office report that the City has in fact received three calls of complaint about early morning noise; two resulted in verbal warnings and one triggered that first \$1,000 ticket. — Jane Waterston

**Ottawa Little Theatre (on King Edward) reopens with pizzazz**

Watch out NAC...the OLT auditorium was also renovated last summer with new seating, carpet, lighting, paint and improved acoustics and accessibility. Coming next is an update to the Besserer St. entrance. Bravo to the board, supporters and all involved in improving a beloved local institution.



Photo Harlequin Studios



Photo Frank Antonsen



Leanne Moussa prepares to address a community meeting at allsaints in April, 2017. Fun fact: Ottawa Life magazine identified Leanne as one of the Top 25 People in the Capital for 2017, in their October 2017 edition.

# Excitement at allsaints

Larry Newman

Last May, the group who purchased and is working to preserve the former All Saints Church, submitted a rezoning and official plan amendment to the City of Ottawa. Leanne Moussa and her partners have spent the last few years asking Sandy Hillers what they'd like to see happen at this property.

I attended one of these meetings, when Leanne called a meeting of neighbours and all interested parties to hear of the latest plans for the property. We met at the former church and listened to her tell us about the current planning, called "Preliminary Massing Study, Option D." Massing is an architectural term referring to a three-dimensional view of a structure which is used to show the general shape and form and size of a building.

Leanne made plain that the massing study is not the full architectural design. That is yet to come, once the zoning is approved. The group plans to ensure a strong community voice during the design phase.

A previous meeting in 2016 showed a preliminary design that would allow residents to understand what the property might look like with a 12-storey addition to replace Bate Hall. This latest design is different. The tower is now only 9 storeys but with the same total space as the earlier 12 storeys and is planned to be used for either a long-stay hotel or condos or a combination of both.

Leanne realizes that everyone wants to see what the building would look like and how it and the church would look as a couple. The church is a heritage Gothic revival building, built in 1899 and the exterior will not be changed. Bate Hall, an addition built in 1934, will be demolished but stonework from the building will be rehabilitated and re-purposed in the new building.

"In looking at the surrounding context, which includes buildings from one to 13 stories, the design will adopt an approach that mimics the church's bell tower and keep the church the dominant feature."

The new building will be connected to the church at the apse, on the Blackburn side of the church. The connection uses an atrium in the new building as the joint between the two buildings. The apse will be visible through glass from the atrium and the atrium will be accessible from the street and from a café on the ground floor of the new building. The current plans call for retail/café/gallery space on the ground floor, meeting rooms, civil society offices and community uses on floors two to four, four levels of underground parking and quality-grade accommodations for residential uses on floors five to nine.

The church structure will house an event space in the main part of the church and a casual fine-dining restaurant and food-service caterer in the lower hall. Community uses will also be accommodated in the new building. The classic view to the northwest corner of the church, with its entry stairs, bell tower and rose window, will be totally preserved. The interior of



From a presentation for the community last April, these drawings show where Leanne and her shareholders would like to head as they develop their Laurier Ave. E. property.

the church main space will remain and be enhanced, as will other character-defining elements such as the bell tower, stone masonry, large stained-glass and art-glass windows, broad roof, and unique nine-bell chime.

"allsaints" is a repurposing project. It is a challenge in designing for commercial feasibility as well as context-sensitivity. This was a church, after all, and Leanne has worked hard to insure that the final building will serve the community in much the same way that the church had.

Come visit the Guild Room, a coffee shop in the former church. It's a community meeting place now and a precursor to the café that will be on the ground floor of the new building. You may even see Leanne there on the weekend.

If you have thoughts or ideas on the development proposal send them to info@allsaintsottawa.ca



**Nathalie Des Rosiers**  
MPP / députée Ottawa-Vanier



The fall marks exciting changes for many of us. Children are starting school or daycare. Some of us are going back to college or university. The fall also means the Legislative of Assembly of Ontario is back in Session. I wanted to take this opportunity to wish everyone a happy start to the school year and share with you some of the issues I am eager to engage with at Queen's Park this fall.

Ontario is looking at making changes to the Ontario Municipal Board. Many people have approached me with their concerns about the current OMB process: they worry that the process is inaccessible to community groups and not sufficiently respectful of municipal planning decisions. I am happy to report that the government has introduced legislation to overhaul the province's land use planning appeal system. Bill 139, the **Building Better Communities and Conserving Watersheds Act**, would, if passed, make changes to the **Planning Act** to give communities and municipalities a stronger voice in land use planning. The objective is to strengthen decision-making power at the local level and ensure a faster, more affordable and fairer process for planning decisions. The Bill was introduced last spring and will be discussed at Queen's Park this fall.

The Ontario government is trying to create opportunities for all Ontarians to benefit from our growing economy. Bill 148: **Fair Workplaces, Better Jobs Act, 2017** aims to do just that. This includes raising the minimum wage, ensuring part-time workers are paid the same hourly wage as full-time workers, introducing paid sick days for every

worker, enabling at least three weeks' vacation after five years with the same employer and stepping up enforcement of employment laws. After consulting with business owners this summer, we are also ready to develop additional proposals to ease the transition towards fairer workplaces.

Another topic we will be discussing is the transition to Legalized Recreational Cannabis for July 1 2018. The legalization requires that the provinces establish frameworks for the regulation of cannabis. The key elements to the framework will include a minimum age of 19 to use, purchase and possess recreational cannabis in Ontario; the prohibition of use of recreational cannabis in public places and workplaces; and the establishment of retail and distribution venues. In regards to the latter, the Ontario Government has decided that the LCBO will oversee the legal retail of cannabis in Ontario through new stand-alone cannabis stores and an online order service. We will be bringing forward decisions that align with our priorities of protecting youth, promoting public health and safety, focusing on prevention and harm reduction, and eliminating the illegal market.

I look forward to advocating for the best interests of our community. I do encourage everyone who has suggestions, comments or concerns to contact me.

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## Out and About in Sandy Hill

Photo Erica Howes



### St. Albans Church celebrates its first 150 years

On Sunday Sept. 24, St Albans celebrated 150 years of fellowship, dating back to when John A. Macdonald called this Sandy Hill church his home. The traditional evensong, featuring Book of Common Prayer text and choral music sung by former members of the St. Albans choir preceded entertainment from the church's current worship band. Rev. Mark Whittall's sermon focused on how St. Albans has never been afraid to try something new, from being one of the first churches to not charge for pews a century ago, to just six years ago launching the community it is today: a spirit-led, Christ-centered, contemporary urban church.



Photo Christine Aubry

Les élèves de Francojeunesse ont marqué la Journée Terry Fox en courant dans le parc Strathcona le 28 septembre dernier.

### Sandy Hill's neighbourhood early-childhood centre



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Les élèves de Francojeunesse ont dédié leur course ce 28 septembre dernier aux amis et membres de la famille qui ont été atteint par le cancer.



Mme Huguette Labelle en compagnie de l'athlète paralympique Chantal Petitclerc en 1986. Mme Labelle a été pendant 18 ans chancelier. AUO-EL-6-207-Img0172

## Une toponymie féminine bien présente à l'Université d'Ottawa



par  
**Michel Prévost, D.U.**

Les femmes sont sous représentées dans la toponymie de la région de la capitale fédérale. Il en va de même pour la Côte-de-Sable. Cette réalité se reflète aussi à l'Université d'Ottawa, un établissement longtemps dirigé par les Oblats de Marie-Immaculée, qui ont marqué les noms des pavillons du campus.

Cela dit, il ne faut pas croire que les femmes sont absentes de la toponymie du campus. Bien au contraire, on retrace plusieurs noms de femmes. Il faut toutefois espérer que ce nombre augmente dans les années à venir.

Soulignons d'abord la résidence Le-Blanc, qui porte le nom d'Éveline Le-Blanc, la première directrice des étudiantes sur le campus à la fin des années 1950 et le pavillon Vanier, qui porte le nom de Georges Vanier, premier francophone à devenir gouverneur général du Canada (1959-1967), mais aussi de son épouse, Pauline Vanier, première femme et première laïque à occuper en 1966 le poste de chancelier de l'Université d'Ottawa.

Par ailleurs, sur la rue Séraphin-Marion, on trouve la Maison Susan-Mann qui rappelle la première femme à devenir en 1984 vice-rectrice et à siéger au Comité d'administration. Soulignons aussi la garderie Bernadette qui rappelle le nom de Bernadette Tarte, ancienne bibliothécaire de l'École normale de l'Université d'Ottawa et une des premières femmes non religieuses à travailler sur le campus. Bernadette Tarte est aussi une des premières femmes à recevoir un diplôme de l'établissement.

La toponymie féminine s'est enrichie plus récemment d'un nouveau nom lorsque l'ancienne chapelle du pavillon Tabaret est devenue la Salle Huguette-Labelle. Cette Franco-Ontarienne à la carrière remarquable a été pendant 18 ans, entre 1994 et 2012, le chancelier de notre établissement.

Enfin, il ne faudrait pas oublier la rue Marie-Curie où se trouvent les Archives de l'Université d'Ottawa. On me demande parfois si cette double récipiendaire du prix Nobel a étudié ou enseigné ici, hélas non. Son nom est plutôt associé à ce secteur du campus où l'on enseigne les sciences et le génie.

On peut mieux connaître l'histoire des femmes sur le campus en contactant les Archives de l'Université d'Ottawa, 100 Marie-Curie, [www.archives.uottawa.ca](http://www.archives.uottawa.ca); 613-562-5750.

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Photo Betsy Mann



## Odyssey Theatre comes to Strathcona Heights

Betsy Mann

Did you enjoy Theatre Under the Stars in Strathcona Park this summer? It might surprise you to know that Odyssey Theatre's activities in Sandy Hill didn't stop with the last performance of *The Amorous Servant* on August 20. As part of AOE Arts Council's *Neighbourhood Arts 150* project, Odyssey brought its *Spreading Roots* outreach activity to a number of communities around Ottawa, including Strathcona Heights. Residents were invited to take part in creating a performance using dancing, singing, acting and—Odyssey's specialty—masks. The theme was trees: their importance to people in the neighbourhood and their contribution to a healthy community. In each location, the performance ended with the planting of a tree, a living legacy for the neighbourhood.

A number of other partners contributed to this ambitious undertaking. Rag and Bone Puppet Theatre created masks and props; several local nurseries donated the trees that were planted; and the Community Development and Engagement staff from the Sandy Hill Community Health Centre (SHCHC) were on board for the activities in Strathcona Heights.

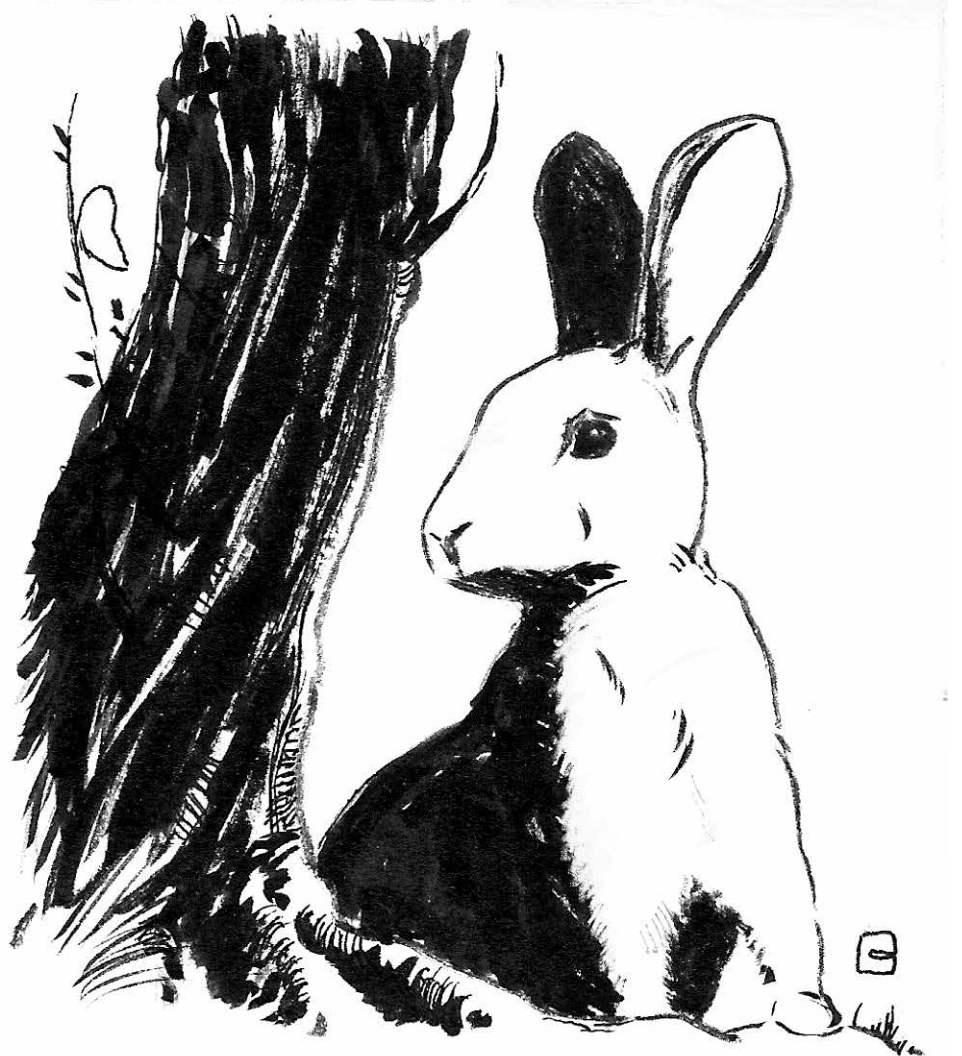
The community gathering garden, next to 430 Wiggins, was the scene for the group's performance on Sunday, September 24. Even before the show began on that sweltering afternoon, the audience members were appreciating the importance of the urban forest as they found spots in the deep shade cast by the surrounding trees. The heat and the ambient noise (that darn biplane that regularly overflies us on sunny days!) presented some challenges to the young cast, but the show must go on and it did. After a short introduction by Lynda Giffen Clements from the SHCHC, the excited children took their places to show what they had

practised in the previous workshops directed by the team of professional artists. A first group told about their love of nature and what trees meant to them. They were followed by another group wearing masks of animals and birds who showed the importance of the natural habitat to other creatures too. This part of the show culminated with singing and dancing around the paper model of a tree.

The second part of the show consisted of a performance by three young people who are involved with another outreach project led by Odyssey Theatre. This one, called *Branching Out*, aims to equip youth who are passionate about theatre with knowledge that will help them pursue their creative goals and with skills that will be beneficial to them throughout their lives. These older performers wore masks borrowed from Odyssey's prop collection.

At the end, everyone was invited to the other end of the community gathering garden to participate in the planting of a pear tree. Children pitched in, shovelling earth into the pre-dug hole around the root ball of the new tree. Asked if they were going to look after the tree and water it, they all shouted an enthusiastic "yes!" Like the produce from the community garden, fruit from this tree will be available for residents or donated to the food bank.

This performance isn't the end of artistic activities in Strathcona Heights. Starting the week of October 2, the SHCHC Community Development and Engagement team is also leading a multi-week project called "Awesome Arts" with six different activities (music, dance, painting, spoken word, etc.) for residents of Strathcona Heights in various age groups from 6 to 18. The activities will run out of the community hall and Viscount Alexander School; the wrap-up performance will be held on November 23.



Some of Sandy Hill's finest residents keep a low profile.

Illustration Phil Caron



Photo Kathleen Kelly

Tito Tejada Montano, one of Ottawa's best-known salsa teachers, provided instruction at Art in the Park—the August 19 art fair in Strathcona Park raising funds for mental health research and awareness while showcasing great talent.

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Photo Kathleen Kelly



## Delivering the news a family matter for Sandy Hill daughter and dad

Peter Twidale

**F**ast work delivering from door to door had them at high speed. Charlotte was 12 years old last year when she agreed to distribute The Ottawa East News. Fortunately, Charlotte had signed up her dad, Alain Laurencelle, making them a team. Alain worked out a way to speed up Charlotte's job of door-to-door delivery. He was able to rush from house to house keeping a few steps ahead to help her plant the next newspaper. The

faster he did this, the faster she was getting the next mailbox filled. On nights like this they were working perfectly. If there was homework that night they both could get back early; that gave the girl an hour or so to finish her homework. But there was another aspect that could shake up the plans. Some days she would play in a soccer match right after school. On these days Charlotte and her dad rushed through their supper before the two of them headed out at, let's say 9.30 p.m., and were still working at 10 p.m. The evening was fully supported by her dad.



## Circumnavigating Sandy Hill by canoe and kayak

Diane Beckett

**I**f you live in Sandy Hill, you live on an island. Rideau Island, which is formed by the Rideau Canal, Rideau River and Ottawa River.

On a fine Saturday in early September, neighbours from the various communities—Lowertown, Sandy Hill, Old Ottawa East and Old Ottawa South—that share space on this wonderful piece of world, got together and circumnavigated the island. It was seven wonderful hours of paddling and portaging that started and ended right at my own door step. The event was arranged by the Ottawa East Community Association as a Canada 150 celebration.

I pulled my kayak on my little cart through my neighbourhood to the canal and kayaked south to the base of the locks at Hogs Back—where the river and the canal split and become two, creating the southern end of Rideau Island.

We portaged across the Carleton University campus and put in near the base of the Hogs Back Falls on the Rideau River. We paddled down river to Rideau Falls where the small Rideau enters the mighty Ottawa. As water levels were uncharacteristically high on the Rideau River, we didn't have to portage or line our boats around the rapids or over ledges and rocks.

We portaged around Rideau Falls, past the Governor General's and Prime Minister's residences and put in on the Ottawa River right beside the Prime Minister's residence. We canoed upstream to the locks where the Rideau Canal enters the Ottawa River, portaged up the long steep



hill and put our boats back in the canal. We each pulled out of the canal at different places nearest our homes.

Much of the trip was along forested banks on the rivers and parks along the canal, as Ottawa has worked to maintain a connection to nature along its waterways. Often, on the Rideau River, the only sign of the city is the noise and a few distant tall buildings peeking over the trees. It was quite a spectacular trip celebrating community, nature and history.

# John Turner

François Bregha

*In support of the initiative to designate Laurier Avenue 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 is publishing a series of short capsules on several of our former distinguished neighbours. This ninth article features John Napier Turner.*

**F**irst elected to Parliament in 1962, Turner was finance minister under Pierre E. Trudeau before resigning in 1975. After a career on Bay Street, he became leader of the Liberal Party in 1984 and Canada's seventeenth prime minister before losing the general election that fall to Brian Mulroney's Progressive Conservatives. Turner remained leader of the Opposition until 1990 when he was replaced by Jean Chrétien.

Turner was four years old when he, his widowed mother Phyllis and younger sister Brenda arrived in Ottawa in 1934. They first rented a duplex that no longer exists at 132 Daly Ave. for four years before moving to a larger house at 434 Daly where they lived until 1945. This house, which is still standing, is the house Turner remembers as his childhood home.

Turner was enrolled at the Ottawa Normal School (now the heritage building part of City Hall) before transferring to Ashbury College at the start of the war when the government requisitioned the Normal School building. He finished his secondary schooling at a Catholic high school, St. Patrick's College.

## Philomene Terrace

A little bit of Sandy Hill history

Lynda Cox

**R**ecently 371 Daly Ave. began the search for a new family. The Wilson family has owned this property for more than 70 years. Anne and David Wilson, young returning WWII veterans, saw the inner beauty in the run-down rooming house and employed master craftsmen to return it to its original use as a single family home, always mindful of its history. The grey limestone rows from 363 to 383 Daly are now designated as heritage properties and have an interesting history.

The builder, Honoré Robillard, was the son of a master stone mason, Antoine Robillard who built Notre Dame Basilica on Sussex Drive and the first Grey Nuns' residence, which became part of what is now Elizabeth Bruyère Hospital. Honoré followed in his father's footsteps as stone mason, builder and quarry owner. The Robillards built in the popular 17<sup>th</sup> century architectural styles of Normandy, France brought to this land by settlers to New France. While most residents of Bytown lived in wooden houses this style of building used two-foot stone walls. Each stone was individually hand-cut. The limestone came from their own Gloucester quarry opened in the 1830s and run by four generations of Robillards for more than 100 years.

In the years 1873 to 1874 Honoré built the eight original homes of Philomène Terrace for his family of seven hoping to give one to each child. His dream was to live there and watch his grandchildren grow up alongside. He dedicated the terrace to his wife Philomène (nee Barrette) engraving her name into the stone. (David Wilson had it darkened so that her name was clear and easily seen by passersby). Sadly Philomène died four years after the homes were built and their dream was never realized.



Turner was an excellent student (he skipped two grades and would go on to be a Rhodes Scholar) and was also a very good athlete (he would hold the Canadian record for the 100-metre dash). His mother set high expectations for him. She made sure he went to church every Sunday, enrolled him in piano and figure skating lessons, encouraged extra-curricular school activities (he won a debating championship at Ashbury) and sent him to summer camp where he learned swimming, canoeing and wilderness skills.

Phyllis Gregory Turner was a smart, well-educated, attractive and hard-working woman. An economist at the Tariff Board, she eventually became the senior woman in the male-dominated Canadian public service of the time. She also liked to entertain at home. Her circle included rising stars such as Walter Gordon (future finance minister under Pearson), Norman Robertson (a senior Canadian diplomat) and Graham Towers (governor of the Bank of Canada). Turner would say later that the political discussion he had heard at home "made me more at ease with public issues, because I had heard them discussed at home, and at a high level."

When he was a young boy, one of Turner's duties was to walk the family dog, a cocker spaniel named Blue. He remembers running into Mackenzie King walking his own dog Pat and the two of them sitting on a park bench by the Rideau River in Strathcona Park.

In December 1941, when he was 12 years old, Turner's mother took him to Parliament Hill to see Churchill who was to address the combined houses of Parliament. As Churchill came out, Phyllis Turner introduced herself and her two children. Turner remembers vividly Churchill looking him in the eye and saying, "Good of you to be here, good luck!"

In 1945, his mother remarried and moved her family to Vancouver where Turner enrolled at the University of British Columbia.



Photo Lynda Cox

The home features many details most desired by Victorians of the day: room call bells, staff quarters with their own back staircase, a scullery, ornate radiators to supplement the fireplaces and parlour stoves, British-length cast-iron bathtub (original still there), two grand living rooms, large entrance and foyer, high 11-foot ceilings, wide 12-inch baseboards, and a lady's dressing room to name a few.

Honoré was a well-respected man in the community and was elected reeve and provincial and federal M.P. With the Daly location he could walk to work on Parliament Hill yet be a bit away from the boisterous downtown tavern/market area of the city. He lived out his years in the Terrace.

Today, we look back with nostalgia on all century-old homes as they were built to last, with natural materials and with the craftsmanship of traditional building skills where quality mattered. Philomène Terrace was built by craftsmen for the children and grandchildren of craftsmen.

It takes more than builders for homes to last centuries. It takes a community of homeowners who value that heritage and have the desire to preserve it. Sandy Hill is one of those communities.

*With notes from Deborah Wilson*





Blackburn Avenue residents Leila and Ryan model Warrior 2 pose.

Yoga choices in Sandy Hill and beyond

Christine Aubry

Back-to-school often means back-to-routines, including health and fitness classes. As a yoga teacher, I often get asked where to find yoga classes in Sandy Hill. While we don't have a yoga studio right in the neighbourhood, there are several options for joining a class as well as a few studios within walking distance.

For the studio experience, your closest choices are Elevate on Elgin Street at Gilmour, or Upward Dog on Dalhousie at St. Patrick. Elevate is a cozy, single-room studio. Upward Dog has several rooms on two floors, and also offers other services including an infrared sauna and massage therapy. Both offer a range of classes for all levels of experience and you can either pay per class or buy a pass.

If you want something closer to home, you can sign up for Hatha yoga at the Sandy Hill Community Centre, offered Monday evenings and Tuesday mornings. Taught by Don Caldwell, this class focuses on mindfulness, breathing and slow physical movements.

Hatha yoga is also offered at allsaints event space on Chapel at Laurier by Alan Viau, where you can drop in Wednesdays from 5:30 p.m. to 6:30 p.m.

If you are a client of the Sandy Hill Community Health Centre, or if you have a chronic physical or mental health condition, you will get priority for registering for the two yoga classes offered at their Nelson Street location—a beginner class on Tuesdays and an intermediate class on Fridays, both from 10:00 a.m. to 11:00 a.m.

The University of Ottawa offers “Yoga Fitness” several times a week in the Montpetit Hall sports facilities, either as a drop-in or as a regular class: however you need to purchase a membership (many options are available). This class is described as a challenging and rewarding workout.

The other question I often get asked is what are the differences between all these types of yoga—Hatha, Yin, Kundalini, Ashtanga, Power, etc. It can indeed be confusing! All yoga classes should focus, first and foremost, on the core yoga principles of bringing your focus within your body, connecting with your breath, and coordinating breath to movement. Beyond that, each style of yoga varies in how the basic asanas (ie, poses) are sequenced. For example, Yin (also called “Restorative”) holds a pose for 3 to 5 minutes to allow deep relaxation and maximum release of muscle tension, whereas

Kundalini is fast-paced flow through Sun Salutations. For a good description of the differences visit the following website: [www.verywell.com/types-of-yoga-cheat-sheet-3566894](http://www.verywell.com/types-of-yoga-cheat-sheet-3566894).

Unfortunately in Western society, there is the misconception that you need to be flexible or fit to do yoga. Yoga is truly for **everybody**—you need a body, and breath. Comfortable clothing and a quiet space with a mat or blanket are all the “props” you need to start. (Studios have mats for rent if you do not have your own.) The website for Yoga Journal is a good resource for all of your yoga questions: [www.yogajournal.com/meditation/yoga-questions-answered](http://www.yogajournal.com/meditation/yoga-questions-answered).

If you have never tried yoga and are not ready to join a class for the first time, many yoga teachers (including myself) will offer private sessions in your home or theirs. You will benefit from a teacher who is focussed on you and can provide hands-on adjustments (only if you are comfortable) as well as provide suggestions of what poses or types of classes would best meet your present needs.

If all you learn through your yoga practice is to focus on your breath, you will reap the many benefits of yoga, which are now finally recognized by Western doctors and scientific researchers: reduced pain; reduced anxiety, depression and stress; increased concentration and energy; lower blood pressure and heart rate, to name but a few.

If you have missed other yoga offerings in Sandy Hill, please contact me at [caubryhome@gmail.com](mailto:caubryhome@gmail.com)

Namaste (which means “I bow to you”).

Elevate Yoga Studio (drop in /buy a pass)  
298 Elgin Street • [www.elevateyoga.ca](http://www.elevateyoga.ca)  
613-237-7447

Upward Dog Yoga Studio (drop in /buy a pass)  
251 Dalhousie • [www.upwarddogyoga.ca](http://www.upwarddogyoga.ca)  
613-241-9642

Sandy Hill Community Centre (register)  
250 Somerset East • [sandyhill@ottawa.ca](mailto:sandyhill@ottawa.ca)  
613-564-1062  
[Don@sublimeyoga.org](mailto:Don@sublimeyoga.org)

Sandy Hill Community Health Centre (register)  
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Missing the train

A highlight of the summer for train buffs happened in Macdonald Gardens: A scale model of Streetcar 696 was set up in front of the apartment building which replaced the Co-bourg streetcar barn.

Photo Bob Meldrum



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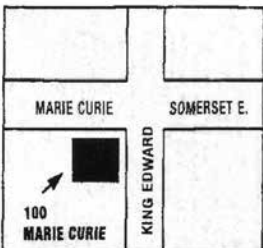
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# La rentrée à l'école Francojeunesse

Nimo Ibrahim Ahmed

À l'école élémentaire publique Francojeunesse nous avons eu une belle rentrée scolaire. Les élèves étaient heureux de revenir et de revoir leurs nouveaux camarades de classe. Au pavillon maternelle-jardin, nous avons eu une rentrée échelonnée sur trois jours pour accueillir les élèves de maternelle. Ce fut un succès grâce aux équipes pédagogiques et à nos parents bénévoles.

Avec cette rentrée, nous avons aussi reçu un très beau don de la part de notre conseil des parents. Nous sommes heureux que nos trois cours de récréation des deux écoles ont maintenant un banc d'amitié. Le bien-être des élèves fait partie intégrante de notre vision à Francojeunesse et au CEPEO. Le concept derrière cette initiative est de permettre à chaque enfant qui se sent seul de s'asseoir pour signifier aux autres qu'il veut de la compagnie. Une belle initiative pour tisser des liens d'amitié durant les récréations.

## Appel à tous les jardiniers, aux amants d'espaces verts et aux amoureux de la Terre

Suneeta Millington

L'école élémentaire Francojeunesse (pavillon Osgoode) est un trésor de la Côte-de-Sable. C'est une école située au cœur de la ville, riche d'une diversité dont profitent les enfants de notre communauté. Les corridors éclairés de cet édifice patrimonial comptent nombre de murales colorées et d'œuvres d'art qui font la fierté des élèves et du personnel. Cela fait de Francojeunesse un endroit propice au partage du savoir. Le contraste est frappant lorsque l'on regarde la cour d'école donnant sur la rue Nelson. C'est une zone sans verdure où l'asphalte est à l'honneur, avec des structures de jeu vieillissantes, des surfaces pleines de cailloux, des clôtures métalliques et pas un brin d'herbe à l'horizon.

Malheureusement, le déficit d'espaces verts urbains est une réalité dans nos communautés. Pourtant, la science nous enseigne à quel point les espaces verts sont importants pour le bien-être moral et physique de tous, et particulièrement des enfants. Heureusement, il existe des organisations qui appuient les efforts des communautés locales pour développer des espaces de jeu de qualité et pour revitaliser les cours d'école. Parmi elles, on trouve, par exemple, la Fondation TD des amis de l'environnement, le Projet

Eau Bleu RBC, Arbres Canada et Depave Paradise.

La rentrée scolaire est le moment propice pour se joindre au mouvement. Le projet Green Franco Vert est à la recherche de bénévoles intéressés à s'impliquer dans ce projet vert transformateur. L'invitation est lancée à tous, que vous soyez parent d'élève de Francojeunesse, voisin intéressé par l'aventure, étudiant passionné d'environnement ou naturaliste vivant dans le quartier. On a besoin de vos talents dans le but de planifier, de chercher le financement requis et de mettre en œuvre cet ambitieux projet.

Ensemble, les résidents de la Côte-de-Sable peuvent s'attaquer au déficit d'espace vert dans notre quartier du centre-ville. Il s'agit de revitaliser ces surfaces asphaltées, d'y réintroduire des plantes indigènes et de créer ainsi une oasis de verdure tout en y intégrant des structures de jeu adaptées aux besoins des enfants. Notre but : d'améliorer notre milieu de vie et de créer un endroit qui fera la fierté des petits et des grands.

Si vous souhaitez vous impliquer dans ce projet, veuillez contacter Green Franco Vert par courriel au [greenfrancovert@gmail.com](mailto:greenfrancovert@gmail.com) avant le 15 octobre 2017.

En s'unissant, notre communauté peut faire la différence.

—tr. Étienne Trépanier



Viscount's school yard with grass and play structure ready for play

## News from Viscount Alexander School

Michael Barnes

**The new school year!**

This year 189 students are attending Viscount, ranging from junior kindergarten to grade 6. We are very happy to have with us our new principal, Paula Slesar who has 28 years of educational experience. Together with our teachers, support staff, custodians, visiting professional staff, volunteers, parents and school council members, our goal is to make the education of these young people a memorable and enriching experience. We hope that Viscount provides the base for their educational progress and encourages their participation in both their school and community.

**Walking School Bus**

The Walking School Bus is up and running again. The program encourages and enables students to walk to school with an adult "driver" in charge. Fresh air and a little exercise is a good way to start the school day.

**Breakfast Club**

Thank you to our wonderful Breakfast Program Coordinator; the Viscount Alexander Breakfast program is now running each morning supporting many children at our school.

**After school options**

Viscount offers EDP or extended day program after school. There is also Sandy Hill Community Centre for after school programs. These enjoyable programs provide a variety of activities for our students to participate in after the end of the school day.

**Adopt a School Program is underway**

This online fundraiser brought to us by Chapters Rideau runs until October 8, 2017. Its goal is to raise funds to improve and update our school library collection. Visit the Indigo Adopt a School website at [adoptaschool.indigo.ca/eng/schools/1916](http://adoptaschool.indigo.ca/eng/schools/1916) to make an online donation or in person at Chapters on Rideau. All funds donated to our school will go directly towards purchasing new books for our library. As many of our students have a language other than English as their first language it really helps to encourage the love of reading at an early age.

**Leadership—noon-time monitors**

Viscount Alexander has a dedicated group of students from the junior grades who help our kindergarten classes on a regular basis. Junior students volunteer in kindergarten and primary classes during lunch helping to open lunch containers and support a calm environment in every classroom while our children eat. We are proud and thankful to those students who demonstrate their citizenship skills each day to help us offer these programs.

**Healthy snacks for all**

Thanks to the Sandy Hill Community Health Centre (SHCHC), all Viscount students are offered healthy vegetable and fruit snacks. Veggie Monday and Fruity Friday offer nutritious snacks that are prepared by our volunteers. The platters are delivered to the classrooms and the fun begins. This twice-a-week program has been going for several years, with several thousand wholesome snacks served in the course of a year. We truly thank the SHCHC and our volunteers for their commitment that makes this much-loved part of student life at Viscount possible.

**Therapy Dogs to stimulate literacy**

Viscount Alexander will be participating in a Reading Education Assistance Dogs® (R.E.A.D.®) program offered by Ottawa Therapy Dogs. This popular program is a unique literacy initiative designed to stimulate enjoyment of reading and develop reading skills using registered therapy dog teams as literacy mentors. Claire and her dog, Nellie, will be visiting Viscount Alexander this year to R.E.A.D.® one-on-one with individual students during school hours weekly for approximately 15 minutes each. The dog and her handler are volunteers, insured for liability and have undergone literacy training in addition to their extensive orientation, training and evaluation to qualify for animal-assisted therapy. This is a free program offered by Ottawa Therapy Dogs. To know more about the program please visit [www.ireadwithdogs.ca](http://www.ireadwithdogs.ca).

**Questions about Viscount?**

To learn more about Viscount and the educational experience it offers please call the office at 613-239-2213 for more details or arrange a visit.

## SUMMER 2017 IN STRATHCONA PARK By Kathleen Kelly



Mid-August — A Great Blue Heron stands tall in the marsh. Photo Kathleen Kelly



**Rideau Branch Library Programs**  
**Programmes à la succursale Rideau de la bibliothèque**  
**377 Rideau St., 613-580-2940**  
**Rideau@Ottawa.ca www.BiblioOttawaLibrary.ca**

**Community Legal Clinic Information Kiosk / Kiosque d'information de la clinique juridique communautaire**  
Offered by the University of Ottawa. Thursday, November 16, noon to 2 p.m.  
Offert par l'Université d'Ottawa. Le jeudi 16 novembre, midi à 14 h.

**Go Workshop (strategy game) / Atelier de Go (jeu de stratégie)**  
Learn to play Go, the ancient strategy game. Designed for beginners and intermediate players. Apprenez le Go, jeu de stratégie ancien. Conçu pour les débutants et les joueurs de niveau intermédiaire.  
2 – 5 pm, Saturdays October 21, and November 18  
14 h à 17 h, les samedis 21 octobre et 18 novembre

**Go (strategy game) Tournament / Tournoi de Go (jeu de stratégie)**  
Spectators welcome. Please visit the library website for information about participating. Les spectateurs sont les bienvenus. Visitez le site web de la bibliothèque pour de plus amples détails concernant la participation.  
10 a.m. – 5 p.m. Saturday, Dec. 9 / 10 h à 17 h le samedi 9 déc.

**Morning Book Club**  
Monthly on Thursday mornings at 10:15 am – noon. Drop-in.  
Oct. 19: *The Hidden Life of Trees* by Peter Wohlleben  
Nov. 16: *The Rosie Project* by Graeme Simsion

**Evening Book Club**  
Monthly on Monday evenings, 7 – 8:15 pm. Drop-in.  
Oct. 2: *The Meursault Investigation* by Kamel Daoud  
Nov. 6: *The Boys in the Boat* by Daniel Brown  
Dec. 4: *Indian Horse* by Richard Waganele

**Pen and Paper Writer's Group**  
Every Tuesday night at 6:30 pm. Drop-in. Get feedback on your writing (any genre) and ideas from the group. Hear the work of other writers and offer your feedback. Discuss issues about writing and publishing. Share your triumphs, trials and tribulations with a supportive, informal group.

### FOR CHILDREN / POUR LES ENFANTS

**Family Storytime / Contes en famille**  
Stories, rhymes and songs for children of all ages and a parent or caregiver. 10:30 a.m. on the listed Tuesdays:  
Session 1: Tuesday, Sept. 12 to Tuesday, Oct. 24;  
Session 2: Tuesday, Nov. 7 to Tuesday, Dec. 5  
Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien.  
10 h 30 les mardis indiqués :  
1<sup>re</sup> session : le mardi 12 septembre au mardi 24 octobre;  
2<sup>e</sup> session : le mardi 7 novembre au mardi 5 décembre



## Let's talk real estate

Lynda Cox



Another September, another chance to start something new, to fix something old. I often look at the fall season that way. Time to begin projects, time to take stock, time to make decisions. Let's consider your home. Is it ready for winter?

You still have time for some fall projects: painting, window repair and caulking, insulation upgrades, water-proofing, weather-stripping.

NB Proofing your home against any type of water infiltration is your best strategy and needs to be your top priority. Water or melting snow can cause the greatest damage and raise red flags to home buyers.

Let's make a list of the most important things:

1. Check your grading: if any part of your property is tilted toward your foundation, raise it. This is probably one of the biggest culprits in water infiltration. Or if your driveway has leveled off try an asphalt lip where the laneway meets the foundation. Little is much in this area. It only takes one degree off 90 to tip the water toward the home. Raise it; you can do it!

2. Extend your eavestroughing. We have had a lot of rain this summer and more will surely come in the months ahead so it's never too late to extend those downspouts far away from the house. Make sure they land in an area that is lower than the soil around your foundation.

3. Check and repair the parging on your foundation. That is the thin coat of stucco-like concrete smeared over your exposed foundation. If it is cracked you can be sure that water will find its way through.

4. On that note, walk around your home and look for mortar crumbling. If noted, call a masonry specialist and have it repaired. A good mason will colour-match the mortar to your existing mortar. Note: A buyer's home inspector's number one priority is the condition of the foundation.

Aside: Wet or damp basements are probably one of the biggest reasons that house purchases fall through. If left for too many years unattended, the cost to remediate is huge and buyers often walk away to look for a home with a solid base. When I am accompanying buyers and their inspector we always start in the basement. The "nose test" comes first. Does the basement smell musty indicating dampness or does the air seem dry and fresh? If musty then the hunt begins for signs of water infiltration past or present and the areas of entry.

5. Dehumidifiers: if you have one, is it doing the job? My suggestion is to run the hose directly into the floor drain so it never goes unattended and un-emptied.

Now let's go from bottom to top:

6. Your roof must be in good repair. Spend a little and get a qualified roofer to check flashings and shingles. Water will find a way through the smallest opening. I've seen many a ceiling leak requiring messy repairs, opening up of ceilings etc. You can prevent such disasters by having a good roof with appropriate caulking. Ice damming is also a culprit. Ice forms at the edges then melting occurs sending water back up under the shingles. Suggestion: if you are ready for a new roof, make sure your ice shield is sufficient, increase your attic ventilation and top up your insulation to keep your attic space cool. A good sign of a good roof and good ventilation is no icicles.

7. Inspect your chimney inside and out. Wood-burning fires are warm and comforting but burning chimneys not so much. A chimney sweep with all the right tools can inspect and clean it so you are safely ready for those cold nights by the fire. Have you wanted to switch to gas? Now might be a good time.

Back to ground level:

8. Plant some bulbs. Preparing for winter can't be all dull. When the snow melts in the spring and doesn't run into your basement, you will be happy and rewarded with a garden blooming with tulips and daffodils. That will cheer you up and add great curb appeal to your waterproofed home.

### Sandy Hill update

From May 22nd to date of writing: a very balanced market to report.

#### Residential Properties

17 active — \$519K to \$1,650K

22 Sold — \$510K to \$889K

#### Condo Properties

39 active — \$269K to \$739K

3 conditionally sold

39 sold — \$226K to \$453K

Any bidding wars? Yes indeed: four in the residential sector and two in the condo sector.

What an improvement! Condo sales are strengthening our market for a change. Overall sales have been more or less on par with the rate of inflation according to the Ottawa Real Estate Board. Residential properties have been selling 30% faster than in 2016. Good, steady Ottawa!

I hope this information has been helpful. Don't forget to ask questions. I'd love to hear from you.



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Early September — "Is she still looking at us?"

Photo Kathleen Kelly



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Photo Peter Evanchuck



In the Sandy Hill Community Garden by the Robinson playing field, H  l  ne Lacelle turns the soil with compost/manure preppin' it for planting. Each participant is given a free 10' x 12' plot to care for and raise plants.

## Urban gardening is a cheer-giver not a money saver

Peter Evanchuck

Urban gardening isn't a money saver but it is a cheer-giver. Believe me when the first sprouts sprout, the gardener feels a joyful reaction to the modest work put into helping them grow. Most of us urbanites seldom have seen the fruits or veggies of our personal labour grow into tasty dinner portions. Certainly H  l  ne and I hadn't. The Sandy Hill Community Garden offers this remarkable opportunity. Located near the Rideau River at the bottom of Robinson soccer field, it provides easy access to gardeners of all shapes and sizes to experience being "on the farm" with a small ten by twelve foot plot. H  l  ne and I applied for a plot in 2016 and were granted one this spring. We quickly prepared it for planting with sheep manure and mulching material; then onto the computer for some YouTube info on planting from seeds.

Herbs, cucumbers, beans, tomatoes, and zucchini seemed a good start. Little did we know that the zucchini would take over 1/3 of the garden, that the squirrels would eat the cucumbers and that the weather conditions would prevent proper growth of the tomatoes; but, live and learn is a good motto to follow. However, what we had at harvest time we ate with gusto. In August on my daily walks, I'd drop over to see which herbs I could take or which veggie was ripe enough. I felt like Farm Boy in a mini version. A plot costs only \$20 annually to cover the cost of tools that are free to use. Each member is required to put in a few hours to upkeep the garden such as filling the water barrels, or cutting back the surrounding overgrowth. This is the time of year to contact the garden to request a plot for next spring. (sandyhillcommunitygarden@gmail.com)

## Hurdman Village couple "adopt" local road

Peter Evanchuck

Community spirit actually is a spirit and a passion; it does lift one up and help make one feel the joy of fellowship as one creates and participates in a worthwhile event that benefits others. If one does it with passion then the pleasure of achievement is even greater. That spirit of community that H  l  ne Lacelle and I helped create in Sandy Hill during our ten years of creative, passionate work made the ONEandONLY art show happen. But my doctors advised me to slow down and take things easier. So our search began, to find something that we could do together that would not negatively affect my health. Two things loomed right in front of us and often what's obvious is the one that can be the hardest to see. So we set out to adopt our street and join the Sandy Hill Community Garden. After looking at the ugly wall and the treeless narrow piece of grass that replaced our lovely, little tree-filled parkette, adopting Hurdman Road seemed ideal. After all, we have been living here for more than 30 years; we wanted to make our little street and parkette "great again." Last spring, after two years and numerous emails, phone calls, visits, and the help of Fleury's staff and the co-operation of the City adoption section, a sign at each end of our tiny street went up making us adoptive parents—guardians of our community. Our responsibilities basically were to keep it neat, clean and restore it to some semblance of the parkette that it was before that new wall destroyed it. Our little "lost" area—a few houses at the end of Sandy Hill—has become known by the hordes of new students as "the student ghetto" but we know it by its former name Hurdman Village—a



Photo Peter Evanchuck

H  l  ne Lacelle stands ready to mow under the new adoption sign—this is a 5-year adoption to make Hurdman Road great again (after disaster of the new wall destruction of the parkette).

nickname used by the railroads that used to occupy the area. With its long history of rail-yards and slaughter houses next to the Rideau River it carries a certain charm for the few of us who know its interesting beginnings. After all, our humble home and two others that used to be the railroad's senior staff homes are over one hundred years old. Now that's reason enough to keep our little street and parkette pleasant and a sort of gift to the surrounding community. Without history what do we have... nothingness.

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