

A new round of traffic calming is coming our way

John Verbaas

Chapel Street is in the unenviable position of being one of the busiest of the residential streets in Sandy Hill. It is designated in the City's official plan as a "neighbourhood collector" and so there is the expectation that it would act as a street that would collect local traffic as it makes its way in and out of the neighbourhood. Unfortunately in addition to that, it does attract cut-through traffic that uses it as a route to get through the neighbourhood and around other more congested arterial roads (chief suspect: King Edward Avenue during the afternoons!).

This summer the City installed some traffic monitors in the 400 block of Chapel and the results showed there were 1500 cars on the street in each direction (3000 total) between 6 a.m. and 8 p.m. Those numbers are bound to be 10-20% higher than that in seasons when the University of Ottawa is in full operation.

This makes Chapel Street a prime candidate for applying traffic calming measures. Lately the City's favoured approach for achieving this is the installation of centreline flex posts. These have been shown to have a small but meaningful impact on getting cars to take it a bit easier on a street. However in the case of Chapel Street where there is parking on one side of the street and two traffic lanes (with buses traveling in one of those directions), it turns out the street is not quite wide enough to meet the City's centreline post installation guidelines.

The City has now proposed to change the parking to alternate sides of the street on the blocks between Templeton and Osgoode. This has the effect of making the street seem less of a straight-a-way and on average causes drivers to take it just a bit slower. The changes will not result in the loss of any on-street parking spots. The caveat is that the City requires a signature in support of this change from 2/3 of the addresses on each of these two blocks.

Concerned residents on these blocks are planning to take the initiative to garner the signatures needed for this petition. My hope is that if you are reading this and living on this area of Chapel Street that you will support their initiative. In addition to this we will continue to seek other opportunities to introduce other measures to slow down the



Photo Kathleen Kelly

Crafty companions... From Blackburn and Goulburn streets came Lynn Murphy, Sandy Hill potter, and Carol Waters, baker and philanthropist, to share a stall and laughs at the One and Only Craft Fair on November 19. Carol was selling her legendary Australian Christmas cakes, in aid of a Kenyan charity. If you'd like to try it out call her at the Australis Bed and Breakfast.. More photos from the sale, page 4. Also, don't miss the results of Yvonne van Alphen's annual search for good presents in the neighbourhood, on page 9.

How many (used) needles are discarded in Sandy Hill?

Larry Newman

How many? For 2016, the short answer is 14,713. These are presumed to have been discarded by drug users. Seems like a large number. What makes it even larger is the context. The number of needles recovered in our Ward is 90% of the total for the whole city of Ottawa. Of course, Sandy Hill is only one part of the ward. There's Vanier, Lowertown, and the Market, and the majority of needles are found in several spots that make up a small portion of the whole area.

How do we know the answer is 14,713? Because the City counts discarded needles turned in from two sources: by City staff who recover some by responding to a 311 call, and by an organization called Needle Hunters. (The count of recovered discarded needles is found in Ottawa Public Health web pages).

I first saw two needle hunters at work a few weeks ago on Daly Avenue. They wore high-visibility vests with NEEDLE HUNTERS written on the back. I had not heard of them before so I watched them for a little while before starting a conversation. They not only pick up used hypodermic needles but crack pipes and other drug paraphernalia—and they are all business. They never stopped scanning while we talked.

The Needle Hunter program in Ottawa started in 1997. It is managed by Ottawa Public Health as part of their program on drug use that includes needle exchanges and used needle drop boxes.

Continued on page 5



Photo Larry Newman

Thanks to our Benefactors

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M. Clark and Bernard Rochon, Osgoode St.

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Teresa O'Donovan, Templeton Ave.

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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.

IMAGE

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direction of Diane Wood

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Fondé en 1972 sous la
direction de Diane Wood

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

In 2017, IMAGE is published in **February, April, June, October and December**. 7,500 copies are printed and distributed free of charge to all residents of Sandy Hill. Free issues can also be picked up at the community centre, library and various commercial locations.

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

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

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En 2017, IMAGE sera publié en **février, avril, juin, octobre et décembre**. Son tirage est de 7 500 exemplaires. Il est distribué gratuitement partout dans la Côte-de-Sable. On peut également l'obtenir au centre communautaire, à la bibliothèque et dans plusieurs commerces du quartier.

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

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

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

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From Ken Clavette's Album of Bygone Sandy Hill



Sir Sandford Fleming, the inventor of standard time zones, with his family in their conservatory at 'Winterholme' on the corner of Daly Avenue and Chapel Street, on Christmas Day, 1899. He and his wife Jean Hall had nine children, of whom two died young. Winterholme has long ago been converted into apartments. Sir Sandford also designed Canada's first postage stamp, left a huge body of surveying and map making, engineered much of the Intercolonial Railway and the Canadian Pacific Railway, and was a founding member of the Royal Society of Canada and started the Canadian Institute, a science organization in Toronto.

Our readers write ...



Courrier des lecteurs

Dogs and cold weather

Now that the cold weather is beginning, it's important for the owners of small pets (particularly dogs) to take care to protect them. Because they have a higher ratio of skin area to volume, smaller animals lose heat faster than larger ones. If nature hasn't endowed your pet with a thick fur coat, please take care to provide a substitute!

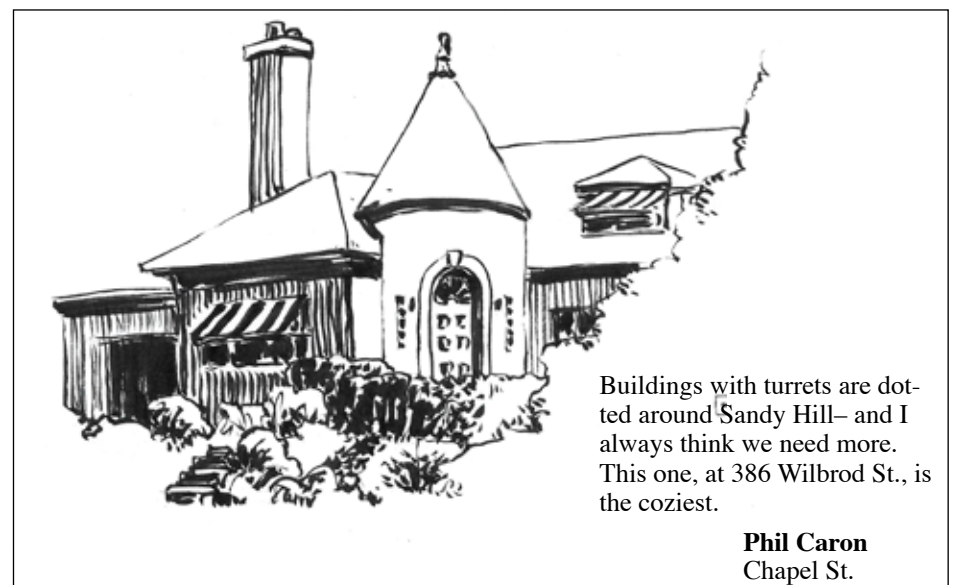
Frank Heilingbrunner

An outstanding local person

I went to the award ceremony on October 18 for the Governor General's awards commemorating the Persons Case, and was pleased to see one of Sandy Hill's residents receiving an award. Elizabeth Sheehy works at the U of O and is one of six women to receive the national distinction this year. Why? Her pioneering research has helped transform Canada's criminal justice system, creating more effective protections for victims of sexual and domestic violence. For more than three decades, she has lifted her voice in support of women's human rights.

Bravo, Liz!

Anneke Jansen Van Doorn
Goulburn Ave.



Buildings with turrets are dotted around Sandy Hill— and I always think we need more. This one, at 386 Wilbrod St., is the coziest.

Phil Caron
Chapel St.

Chez Lucien

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Editorial

Voices silenced

We heard on November 27 that *Ottawa East News* and *Metro Ottawa*, along with 38 other Metroland/Postmedia newspapers, will be gone by February. No one here cheered.

There is exasperation that perfectly good reporters are being let go. There are so many stories to be written about Sandy Hill people, places and actions—IMAGE's own short list is a profile of Liz Sheehy (see Anneke's letter, page 2) and an in-depth look at the just-released census tract data for our neighbourhood. Those two assignments are still on offer, by the way.

There is dismay at the loss of more "voices" in our neighbourhood. Bigger and more frequent newspapers are one reason IMAGE writers can "self-assign". Our people come up with their own topic or theme and enjoy meeting deadlines once they've asked questions, tracked down facts, inserted quotes and made the story easy to read.

There is nostalgia for days when the free and "wildly popular" *Metro* enlivened moments on the bus and in coffee shops, and *Ottawa East News* delivered news from community associations and stores.

Finally, there is anger that this was not gracefully done. The good folks at our printing establishment, who print the whole suite of regional Metroland papers, are still in shock a week later.

Our advice to you? It's time to start paying more attention to local Twitter accounts and online blogs, and thankfully Sandy Hill people have a decent place to start.

Jennifer Cavanagh's *SandyHillSeen* is a lively Twitter feed, which as she says "is always banging about the community". Go ahead, spend some time there, at <https://twitter.com/SandyHillSeen>.

Cavanagh herself predicts these closures are going to boost the popularity of blogs. "The latest from PostMedia," she writes, "spurs readership away from traditional papers to excellent Local (Steps from the Canal), National (Canadaland) and International (The Intercept) blogs."

As for IMAGE, tweets, feeds and regular posts are not, at this point, us. We are a bunch of neighbours without the mission statement, central voice and skills that make it possible to respond quickly to breaking news. We take three full weeks to prepare and package our stories.

Nevertheless, we are getting IMAGE ready for the day when web presses might grind finally to a halt. We are making the time to tag and post stories for easier searching at the IMAGE website, where PDFs of back issues and advertising rate sheets have been available for years. With a new laptop, occasional access to IT consultants, and a small refreshment budget for workparties (our Future Fund wish list), we will get ourselves in position to offer more. If this sounds like fun and you have related skills and experience, please call.

Other losses

With this issue, we say goodbye to Michel Prévost, who is retiring not only from his position as University of Ottawa archivist but also from the IMAGE column written faithfully for 25 years. He shed light on the very early days of the university, its moments of glory and its outstanding administrators. He told us about priests and politicians. About building projects and disastrous fires. About university collections and heritage events. He told us where the names on streets and structures came from. And his illustrations! In the days before the archive was digitized, his big brown envelopes delivered photos old and new, big and small, glossy and matte, rumpled and brand new, each with a proper caption (names properly spelled) and credit. Merci, Michel.

We also, this fall, sadly lost the unforgettable Tim Creery, author of the Dotty-Age column once published in IMAGE. I first met Tim when he was Head of Research for the Royal Commission on Newspapers, set up when two daily newspapers folded on the same day. *Plus ça change.*

Jane Waterston

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Gestion des ordures dans la Côte-de-Sable

Le nombre grandissant de problèmes associés aux déchets et aux débris, surtout avec l’augmentation du nombre d’habitations de type « dortoir » dans la Côte-de-Sable, nous incite à réfléchir à de nouvelles initiatives pour améliorer la qualité de vie dans notre quartier. L’approbation obligatoire du plan d’implantation de toute nouvelle construction, une mesure unique à la Côte-de-Sable, permet à la Ville de contrôler l’emplacement et le caractère adéquat des bacs prévus dans ces plans.

Dorénavant, l’avis de violation sera réputé avoir été reçu au troisième jour, ce qui constitue la période minimale selon la loi. En plus de l’envoi postal, l’avis sera affiché sur la façade de l’immeuble pour diversifier les moyens de communication avec les occupants et le propriétaire, qui peuvent dans les deux cas être tenus responsables d’un non-respect continu. Parmi les grands changements découlant de la nouvelle initiative en matière d’ordures, notons l’obligation de placer tous les bacs, y compris les bacs de recyclage, à l’arrière de la propriété et dans un endroit non visible de la rue. (N.B. : Un bac vert peut être placé à l’avant de la propriété.) Si la propriété possède plus de huit bacs dans sa cour arrière, elle doit les placer dans une enceinte. Voilà une excellente nouvelle pour notre quartier, car les résidents avaient formulé bon nombre de plaintes au sujet des ordures.

Amélioration des voies cyclables

Nous sommes heureux d’apporter deux améliorations cette année pour les cyclistes dans la Côte-de-Sable. La première consiste au prolongement des voies cyclables facultatives sur la rue Somerset Est, qui s’étendent maintenant de l’avenue Sweetland au chemin Range. La deuxième, plus récente, est l’ajout d’une bordure à la bande cyclable à contresens sur la rue Cumberland, juste au nord de la rue Rideau. L’année 2018 s’annonce tout aussi exceptionnelle que la dernière pour la Côte-de-Sable.

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Photo Christine Aubry



Daly House sold

The beautiful home at 168 Daly (just east of King Edward) has been sold to the Estonian Embassy. The Embassy has applied to allow an office use and associated parking and loading variances.

ASH in action

Notes from the Sandy Hill community association’s November meeting

Jan Finlay

A friendly reminder: The ASH Board holds an “Open House” from 6:30 to 7 p.m. prior to each board meeting at the Sandy Hill Community Centre, Somerset East at Sweetland—last Monday of each month (except July and December). Please come and have some one-on-one time with Board members to discuss issues specific to you or your street.

The Block Rep report noted traffic issues on Goulburn, specifically the intersection of Goulburn and Templeton. Susan Young has been in touch with the City regarding the concerns.

Bylaw enforcement: Larry Newman and Bylaw Enforcement Manager Jennifer Therkelson met to discuss ongoing issues and how they will be addressed in the coming weeks. The new bylaw states that only green composting bins can be stored and visible at the front of the house. All garbage, black, and blue bins must be stored in the rear yard.

Membership: Several ASH Board members and Nicole Girard conducted a membership drive on Russell and Sweetland, between Mann and Osgoode, Nov 25 between 4 and 6 p.m. The drive resulted in 10 new memberships and lots of information gathered. Residents shared comments both positive and negative. Sandy Hillers with soon-to-expire ASH memberships

will receive a personal email reminding them to renew. Renewal via the ASH website is quick and easy and you can pay using PayPal.

Councillor Fleury’s report: Changes are coming to the Laurier-Nicholas/Waller intersections. There was a public presentation held on November 28. More information can be found on the City of Ottawa website under the Albert and Slater Streets Functional Design Study.

There will be a review of bus routes in 2018. Route 12 is at capacity right now.

The Councillor will be bringing the topic of snow clearing of Sandy Hill streets to the Transportation committee to request that streets like Somerset, Cumberland, and Nelson have well-ploughed sidewalks due to the increased pedestrian traffic.

There was a brief discussion regarding the upcoming reconstruction of Range Road between Mann and Somerset. Meetings with residents will be held this winter to hear concerns and suggestions.

R4 zoning review: Dec 5 the Board will be meeting with David Wise who will be making a presentation and will discuss the current status of the R4 review consultation.

One and Only Craft Fair was deemed a success in spite of the weather. It is the first time ASH has organized the event.

Winter Carnival: Christine Aubry will manage the Winter Carnival again. It will be on January 28 from 2 to 6 p.m. Christine is still looking for volunteers to help prior to and on the day of the carnival. If you can help, Christine can be reached at caubryhome@gmail.com.

A recent addition to the garbage bylaw directs owners to store garbage and recyclables so that they are not visible from the street. In winter the extra burden of shovelling a path from the storage location to the street may be impossible for some people, such as the elderly and disabled. Action Sandy Hill directors cannot volunteer to shovel snow but we will try to match residents who need help with those who are willing to provide this snow clearing service. Do you know someone who is interested in providing this important neighbourhood service? ASH will also happily accept information about web sites or physical bulletin boards in which this request can be published. Write to info@ASH-ACS. — Larry Newman

Scenes from the One and Only Craft Fair, November 19



Top—The lobby was full of shopping and chatting.
Left — Sabrina Mathews joined ASH president Chad Rollins at the welcome table.

Right— ASH treasurer Pat Archer served up cookies and coffee at the refreshment table.



Left—No surprise to find director Susan Young at the table with nature cards and prints.

Photos by Kathleen Kelly



Photo Ian Meldrum

Rideau River pathways progressing on both banks

Susan Young

Here are two pieces of news about improvements to our riverside pathways, both giving Sandy Hillers more reasons to get out and about!

On or about December 15, as you exit Strathcona Park in the south and continue along the river behind uOttawa's football stadium, you will come to a City-constructed underpass. It will lead you under the refurbished LRT bridge (between the Lees and Hurdman stations) and hook you up to the path to Old Ottawa East. The developer of the Oblates lands a little further along this section of the Rideau River Western Pathway has also completed a public path between the river and the new construction. These new links mean we will be able to walk, run, bike, or ski all the way to Bank Street. Next summer it will be even easier to get to the Main Farmers'

Market; eventually we'll be able to get to Lansdowne via the new pedestrian bridge being built over the Canal at Clegg Street.

The second piece of news is more future oriented. Convened by Councillor Tobi Nussbaum, on Nov. 30 a small group of interested residents from Sandy Hill, Overbrook, Kingsview and Vanier met at the new Rideau Sports Centre (the RSC — formerly the Rideau Tennis Club) to hear from the founders of the SJAM Winter Trail along the Ottawa River. We were welcomed by Nicki Bridgland, CEO of the new RSC, whose vision for that centre includes supporting greater winter use of the Rideau River pathways. After learning about how the SJAM trail is managed and maintained, this group agreed to reconvene in January to investigate further how we can winter prep our pathway and facilitate greater use of it by walkers, runners, bikers, skiers and dogs. Interested? Contact Susan at susanonash@gmail.com.

Needle Hunters

Continued from page 1



Photo Larry Newman

Causeway Work Centre, a not-for-profit company providing employment assistance to people with difficulty finding a job, trains and supervises the Needle Hunters.

The Needle Hunters provide two services: they recover and dispose of used hypodermic needles and other drug material found in the streets and alleys of Ottawa. Also, the City, through Causeway, provides employment to people who have been unsuccessful in finding work matching their skills and experience. The Needle Hunters provide a first step on the employment ladder.

Needle Hunters walk routes in the centre of the city seven days a week for two shifts of two hours each day. They meet every morning and afternoon at a central location in the city and discuss issues and problems before each pair goes out to walk one of the seven routes. There are 24 locations identified on Lowertown Route A, eight of them in Sandy Hill.

I arranged to walk Lowertown Route C with Kevin one afternoon. He moved quickly from one likely location to another, scanning all the time. I was only there for about 30 minutes of his two-hour route but it was clear that I couldn't have seen any needles or crack pipes or other paraphernalia at his speed. Kevin is a pro.

Kevin typically finds 4-5 needles per shift. He found 25 the other day. The syringes have an orange plastic top that's discarded when the syringe is used. If he sees one, he examines the grounds around the site very carefully, even looks into the nearby trees. There was an area that I thought might be good hunting, but Kevin showed me windows that drug users stay away from, not wanting to be seen while injecting.

Needle Hunters necessarily have to check out spots where injecting takes place, but Kevin hasn't been hassled nor does he think about any danger. "People are happy to see me," he said. I asked about the strangest thing that he sees or has seen. He has occasionally seen two people in what I shall call a "compromising position." I suspect that Kevin is fast enough that those people never even see him.

Kevin and his co-workers only pick up discarded needles. Those drug users who are aware and care will deposit used needles in drop boxes or use a needle exchange. There are two drop boxes for needles in Sandy Hill: one at the fire station on Laurier and King Edward and another at the Sandy Hill Community Health Centre (SHCHC). There is a needle exchange at the SHCHC, another at Centre 454, and at least two drug stores on Rideau Street.

If you discover used needles in the neighbourhood, use gloves or something else to pick them up that will protect you — like BBQ tongs. Put the needle into a non-breakable, puncture-proof container with a lid, i.e. a thick plastic bottle or tin can. Do not throw it in the garbage — take it to one of the needle drop boxes as noted above. Sterilize the pick-up tool and your hands.

Please report any used needles or other drug paraphernalia you find to Ottawa Public Health at needlereporting@ottawa.ca and indicate the following:

- Your name and contact information
- What was found
- How many
- The exact or closest address to the pickup location
- The date of the pickup.



Photo Larry Newman



Nathalie Des Rosiers

MPP / députée Ottawa-Vanier



Le 7 novembre 2017, le gouvernement de l'Ontario a annoncé *Vieillir en confiance : le plan d'action de l'Ontario pour les personnes âgées*. C'est un plan qui vise à permettre aux gens de faire les choix qui leur conviennent par rapport à leurs soins de santé, leurs loisirs et leur participation communautaire.

- Le nouveau plan d'action offrira :
- **Du soutien pour les collectivités de retraités qui « se forment naturellement »**, en investissant plus de 15 millions de dollars en deux ans pour de nouveaux immeubles d'habitation ou ensembles résidentiels où de nombreuses personnes âgées vivent à proximité les unes des autres;
 - **D'avantage de possibilités de bénévolat pour les aînés et les jeunes**, afin de favoriser l'apprentissage et le mentorat tout en réduisant les risques d'isolement social pour les aînés;
 - **5 000 nouveaux lits de soins de longue durée (SLD) au cours des quatre prochaines années et 15 millions d'heures additionnelles de soins infirmiers, de services d'appoint et de soins thérapeutiques chaque année** offerts aux résidents des foyers de SLD ainsi qu'un plan pour créer plus de 30 000 nouveaux lits au cours de la prochaine décennie, en travaillant avec le secteur des soins de longue durée.
 - **Un site Web à guichet unique** où les personnes âgées — dont environ 70 % accèdent au Web tous les jours — peuvent trouver les renseignements sur les crédits d'impôt, la couverture médicale, les procurations, les programmes récréatifs et bien plus.

Au moyen de ce plan d'action, l'Ontario veut permettre à toutes les personnes âgées, maintenant et dans le futur, de vieillir dans l'autonomie et la dignité, et de continuer de contribuer et de participer à leur collectivité. Pour en apprendre davantage, visitez : Ontario.ca/VieillirBien.

Je veux aussi prendre cette occasion pour vous offrir mes meilleurs vœux de la saison.

On November 7th, the Ontario government announced **Aging with Confidence: Ontario's Action Plan for Seniors**. It is a plan that empowers people to make the choices that are right for them when it comes to their care, their independence and how they access government services.

- This new action plan offers:
- **Support for "naturally occurring" retirement communities** by investing more than \$15 million over two years for apartment buildings or housing developments where many seniors already live close to one another
 - **More volunteering opportunities connecting seniors and youth**, fostering learning and mentorship while reducing older people's risk of social isolation
 - **5,000 new long-term care (LTC) beds over the next four years and 15 million more hours of nursing, personal support and therapeutic care annually for residents in LTC homes**, as well as a 10-year plan to create more than 30,000 new beds over the next decade, working with the long-term care sector.
 - **A one-stop website** where seniors — about 70 per cent of whom go online every day — can find information about tax credits, drug coverage, powers of attorney, recreation programs and more.

Through this action plan, Ontario wants to help all seniors, now and in the future, age with independence and dignity, and continue to contribute and participate as in the community. To learn more, go online: Ontario.ca/AgingWell

I also want to take the opportunity to offer you my best wishes of the Season.

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Photo Bob Nesbitt

Sandy Hill loses a jewel — Mary Murphy

On Nov. 9, St. Joseph’s parish said farewell to Mary Murphy, Manager of the Supper Table at Laurier E. and Cumberland. She was a member of parish staff for 18 years, working in the pastoral field before taking over the organizing of the Supper Table. Mary was well known to, and appreciated by, many in the Sandy Hill community. Pictured above with parish administrator Christopher Adam, Mary has moved to Edmonton for family reasons and is taking on a new position as a Food Program Coordinator for an organization called the Mustard Seed.

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Photo Angela Prokopchuk

Kenneth Emig wins design award for spheres on Adawe Bridge

The artist who designed our favourite local artwork was recognized with an “Urban Elements Award of Merit” from the City’s biennial Urban Design award program in October. Working with him on the installation of *A View from Two Sides* was Sandy Hill resident Ralph Leibe and his colleague Paul Mace, both structural engineers... Speaking of the award ceremony, Emig says, “It was fascinating to see all the things that have gone on around the city — and to be a part of it.” You can check out all the winning infill, urban elements, public places and civic spaces, visions and masterplans, and student projects too at the City’s website, including the 16-unit apartment building at 211 Lees replacing one destroyed by fire in 2013. What’s next for Kenneth? Something that is going to be great for us too. It’s called *Sphere Field*, this time using concave, not convex, surfaces and is coming to the Campus LRT station at the other end of Somerset East. Once again he is working closely with engineers, this time HVAC and electrical as well as structural specialists. Pictured above, l-r, are Kenneth Emig (artist), Councillor Jan Harder, Lynda Hall (project manager), Paul Mace (engineer)

Local Rotarians and Rotaractors* celebrating World Polio Day
Members of eleven Rotary Clubs of the National Capital area were among millions reaching out on World Polio Day, October 24. They raised a flag at City Hall, encouraging citizens to support an end to polio, a vaccine-preventable disease that still threatens children in parts of the world today. The incidence of polio has dropped more than 99.9 percent in 30 years. To sustain this progress, and protect all children from polio, Rotary has committed to raising US\$50 million each year for the next three years. Rotary has contributed more than \$1.7 billion to ending polio since 1985.
* Rotaractors are 18-30 years of age. — Submitted by Carol Waters

Photo Jane McNamara

Great deals and bright ideas found at Sandy Hill Book Fair

A dozen volunteers, convened by Marlborough Ave. resident Jane McNamara, brought us another fine book sale on the first weekend of November. With cash sales and the silent auction item, the ad hoc committee raised \$1,362 for the Ottawa Mission. The group and all shoppers are very grateful to Leanne Moussa for making the former chapel space in allsaints available for a two-afternoon event. Great light, perfect ambiance, excellent coffee upstairs. If you think the time has come to clear out a few bookshelves, remember we have a neighbourhood sale now in the fall!



Robert Lacombe, Université d'Ottawa

Michel Prévost, archiviste en chef de l'Université d'Ottawa, part à la retraite après une carrière de plus de 35 ans.

Au revoir chers lecteurs, chères lectrices en patrimoine

Michel Prévost

Après 25 ans, je signe aujourd'hui ma dernière chronique sur le patrimoine à titre d'archiviste en chef de l'Université d'Ottawa. En effet, après plus de 35 ans dans le domaine des archives de la maison d'enseignement de la Côte-de-Sable, dont plus de 27 ans comme archiviste en chef, l'heure de la retraite a sonné pour moi. Évidemment, je ne couperai pas tous les ponts avec mon *alma mater*, puisque l'Université d'Ottawa fait partie de ma vie depuis très longtemps. En fait, je suis arrivé ici en 1975 à l'âge de 18 ans et je suis maintenant dans la soixantaine.

Je profite de ce dernier mot pour vous remercier très sincèrement, chers lecteurs et chères lectrices, de votre assiduité à lire mes chroniques sur le patrimoine de votre quartier historique et sur l'Université d'Ottawa au cœur de la Côte-de-Sable depuis 1856. Je vous remercie pour tous les bons commentaires reçus au fil du temps.

Un quartier historique à préserver

La Côte-de-Sable s'avère l'un des plus beaux quartiers de la ville d'Ottawa et surtout on y trouve un patrimoine architectural exceptionnel qu'il faut préserver à tout prix. À l'exception des districts du patrimoine, notamment ceux des rues Daly, Wilbrod et Sweetland, ainsi que des nombreuses maisons désignées monuments historiques en vertu de la *Loi sur le patrimoine de l'Ontario*, il sera difficile

à l'avenir de préserver l'intégrité de la Côte-de-Sable et de protéger ses magnifiques paysages urbains. En effet, l'augmentation de la densité de la population du secteur et l'appétit des promoteurs pour des édifices en hauteur ou pour des bâtiments de plus de deux étages constituent une sérieuse menace pour le patrimoine bâti et historique de la Côte-de-Sable.

En fait, je vous invite à être très vigilant au cours des prochaines années. Ainsi, n'hésitez pas à demander de nouvelles désignations patrimoniales et à vous opposer à des projets qui risquent d'écraser les bâtiments patrimoniaux. Vous avez en main un quartier historique unique et nous devons le préserver et le mettre en valeur pour les générations à venir.

De mon côté, je demeure disponible pour continuer à donner des visites guidées à pied de la Côte-de-Sable et du Quadrilatère historique de l'Université d'Ottawa. Vous n'avez qu'à former un groupe de dix personnes et plus et me contacter à Michel.Prevost@uottawa.ca.

Pour une dernière fois, je vous remercie, du fond du cœur, de votre intérêt pour le patrimoine, particulièrement le patrimoine francophone de la Côte-de-Sable, puisque les Franco-Ontariens sont bien présents dans le quartier depuis la deuxième moitié du XIXe siècle. Nous avons tous un devoir de mémoire à l'égard de ceux et celles qui ont érigé ce splendide secteur patrimonial que je fais toujours découvrir avec grand plaisir.

New release

Cyril Dabydeen lives in Sandy Hill, teaches Creative Writing and is a former Poet Laureate of Ottawa. Mosaic Press in Oakville has just released a new collection of his short stories. The publisher writes, "Critics have called Cyril Dabydeen a 'short story master,' and in this latest collection his stories of life in Guyana are interspersed with the urban landscape of Canada where Dabydeen has lived for decades. His stories are distinctive with a strong narrative voice that encompasses fantasy and reality as ethnic and cultural roots commingle. The author's inflection is mixed with motifs when the tropics and the temperate merge. For Dabydeen, literature is "undiscovered country."

Why not read local and global all at once this season? Look for Cyril's new title at Books on Beechwood and the public library.



Mona Fortier,
députée d'Ottawa—Vanier
Member of Parliament

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As the Holidays are almost upon us, I would like to take a moment to wish you Happy Holidays and a Happy New Year. I hope that you will be able to spend this holiday period in the company of family and friends.

This past month, our government announced Canada's first National Housing Strategy in its history. This 10-year, \$40 billion strategy will help reduce homelessness and improve the availability and quality of housing for Canadians in need. It will focus on the needs of the most vulnerable through a human rights-based approach to housing. I am very happy to see that Canadians from coast-to-coast-to-coast- including many in our riding- will benefit from these new measures.

As we move into 2018, I was pleased to join the Minister of Environment and Climate Change the Honourable Catherine McKenna and Sophie Grégoire-Trudeau to announce that in 2018 National Parks in Canada will be free for those 17 and under. This initiative will encourage all Canadian youth to get outside and explore our beautiful country. Again, I wish you Happy Holidays and a fantastic New Year!

Nous sommes déjà à la période des fêtes et je voudrais prendre un moment pour vous souhaiter de joyeuses fêtes et une bonne année. J'espère que vous pourrez passer cette période en compagnie de votre famille et vos proches.

Le mois dernier, notre gouvernement a annoncé la première Stratégie nationale sur le logement dans l'histoire du Canada. Cette stratégie de 40 milliards de dollars, échelonnée sur 10 ans, aidera à réduire l'itinérance et à améliorer la disponibilité et la qualité du logement pour les Canadiennes et les Canadiens dans le besoin. Il sera axé sur les besoins des plus vulnérables grâce à une approche du logement fondée sur les droits humains. Je suis ravie de voir que les Canadiennes et les Canadiens d'un océan à l'autre - dont plusieurs dans notre circonscription - bénéficieront de ces nouvelles mesures.

Alors que nous nous approchons de 2018, j'ai eu le plaisir de me joindre à la ministre de l'Environnement et du Changement climatique, l'honorable Catherine McKenna, et Sophie Grégoire-Trudeau pour annoncer qu'en 2018, les parcs nationaux du Canada seront gratuits pour celles et ceux âgés de 17 ans et moins. Cette initiative encouragera tous les jeunes Canadiennes et Canadiens à sortir et à explorer notre beau pays. Encore une fois, je vous souhaite de joyeuses fêtes et une bonne et heureuse nouvelle année!



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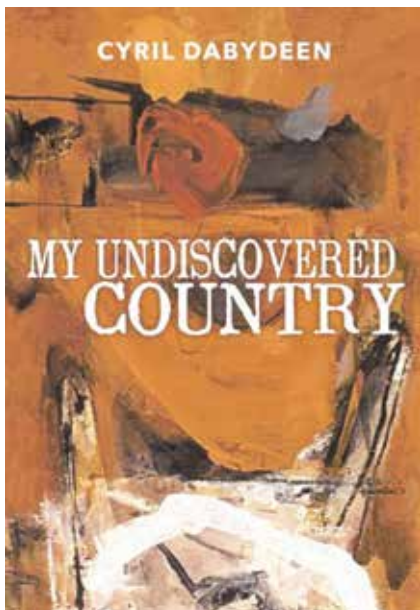
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This research study has been approved by the Ottawa Health Sciences Network -Research Ethics Board.



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Photo Kathleen Kelly

Head's up: watch for some street reconstruction plans for Sandy Hill

John Verbaas

The City of Ottawa is in the early stages of planning for major sewer and water infrastructure renewal on Mann Avenue, Range Road, Templeton Street, and a short section of Russell Avenue, most likely coming in two stages, with the major works scheduled for summer 2019 followed by a final layer of asphalt and landscaping in summer 2020. This will be a major undertaking and will be fairly disruptive for residents on these streets as well as to traffic patterns through the area. During construction the streets will remain open for local traffic and residents will be able to access their driveways.

To be more precise about the boundaries of the project, they are Mann Avenue (from Chapel to Range), Range Road (from Mann to Somerset), Templeton Street (from Chapel to Range) and Russell Avenue (from Somerset to Osgoode). At the completion of the project, the roads will be repaved and there will be opportunities to introduce new traffic calming measures.

As part of the process, the City is also required to rebuild the sidewalks to the current provincially legislated accessibility requirements. This means wid-

ening the sidewalks to 1.8 m. In some cases this has potential impacts on residents' landscaping and on large trees. I was assured that they will pinch the sidewalks where there are large trees in order to preserve them and that the City will work individually with each resident to work out any details as it may impact them. This is a process that the City undertakes several times per year in different neighbourhoods and so they are experienced in the many different types of situations that will be encountered.

The next step in the process is that the City will hire an engineering consulting firm that will look in detail at each of these blocks and come up with a proposed design of how the streets will be reinstated. This proposed design will be presented at a public meeting where residents will have an opportunity to provide feedback that will be used to further refine the initial design. This should occur sometime during the first half of 2018.

Some examples of changes that might be possible when the streets are reinstated could include narrowings that pinch the street width mid-blocks, raised intersections, or speed tables (a shallower form of speed hump), potentially slight adjustments to street widths, etc. Stay tuned for more information and community involvement to come.

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Christmas Eve

- December 24 at 10am
Advent Eucharist
- December 24 at 5pm
Christmas Story, Eucharist
- December 24 at 9pm
Candlelight Eucharist

Christmas Day

December 25 at 10am
Holy Eucharist and Carols



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Unique local gifts for Christmas time—or anytime

Photos by David Elden

Yvonne van Alphen

Happy Goat Coffee Company

Happy Goat's main website offers Sandy Hillers the opportunity to purchase small (\$45) and large (\$65) gift baskets. A gift basket includes freshly roasted coffee of your choice, a bottle of maple syrup, some handmade vegan coffee soap made with their coffee, and a bottle of Canadian honey. You can also purchase 3- or 6-month coffee subscriptions (up to 4 lbs/month). It's a great way to get fresh coffee and discover different flavours. My favorite coffee is Ethiopian Yirgacheffe. For more info about gift ideas call 613-792-1309 ex 2 or email magalie@happygoatcoffee.com or see: www.happygoatcoffee.com/collections/ Happy Goat Sandy Hill location is 317 Wilbrod St.



Beauty Counter

Beauty Counter is a movement to get safer products into the hands of everyone. All products are non-toxic and make you feel oh so good. This year's holiday gift guide includes a scented soap trio (\$36), a hand cream trio (\$36), a set of three cute mini oils (\$34), and a lip set of five festive shades (\$108). My favorite products: hydrating body lotion (citrus mimosa), nourishing cream exfoliator; and their shampoo and conditioner which makes for silky hair. Order online with local beauty representative, Nathalie Gagnon: www.beautycounter.com/nathaliegagnon. Go one step further, and treat someone special to a Beauty Counter makeup ses-

sion with beauty artist Katherina at Eskina Esthetics located in the ByWard Market eskina.spa@gmail.com.



Le Cordon Bleu

For the cooking enthusiast, shop at the Signatures/Le Cordon Bleu cookery shop at 453 Laurier Avenue East. Pick up a cookery book like *In the Kitchen with Le Cordon Bleu* containing 100 recipes from Le Cordon Bleu cooks (\$35), or one of their cozy fleeces (\$60), or gift some yummy lemon cookies (\$5.99). You can also sign up food enthusiasts to one of the many short cooking courses. Courses include: Christmas dinner with wine, French macarons, and the flavors of Alsace (\$170/course).



Murder mystery

Enjoy Sandy Hill resident Robin Harlick's latest book called *Purple Palette for Murder*, the ninth book in the Meg Harris mystery series. It's got great reviews. Set in Yellowknife, Meg's out to prove her husband's innocence. Available for \$18 from Perfect Books (258A

Elgin), Books on Beechwood, and Chapters who have named this a local book of interest. For a short review check out www.ottawareviewofbooks.com/single-post/2017/09/03/Purple-Palette-for-Murder-by-RJ-Harlick.



Local Chocolate

Pitter Patter Bake Co has just popped up in Sandy Hill and sells handcrafted chocolates. It's a four-day process using Belgian chocolate. You heard it here first. Truffles: 6 for \$12. Box of 6 moulded bonbons \$15 or 12 for \$28.00—includes vanilla, caramel, fresh mint, peanut butter, Earl Grey. Order by emailing ppbcottawa@gmail.com or calling 613-501-0660. Until a Sandy Hill storefront opens, pickup will be from either Centretown or Beechwood locations. My favorite is mint chocolate. Plans are afoot to sell desserts like tarts, cream puffs, and different pastries.

Australian Fruit Cakes

Don't have time to make a Christmas cake? Order one of Carol Waters' Toppys' Australian Boiled Fruit Cakes—a recipe handed down from her grandmother. These cakes are delicious with freshly boiled fruit and have just the right amount of sugar. Two sizes: priced at \$7 and \$20. Order by email: carolannwaters@gmail.com or give Carol a call 613-235-8461. Carol also makes **water bottle holders** from colourful African fabric. \$5 each. All proceeds go to the Ladies Sewing Room, Project Chance Africa, Nairobi Kenya. Pick one up at **Brooklyn Hair** salon, 115 Mann Ave.

Pottery

Choose a lovely one-of-a-kind piece by Sandy Hill potter Lynn Murphy. Affordable prices. For an appointment to view her selection call her at (613) 238-7615.

Christmas Cards and Calendars

Check out Janet MacKay's colourful calendars celebrating the seasons of Canada (\$25). Or, pick up a pack of greeting cards of vibrant red and orange canoes floating on reflective waters (\$15 for a packet of 4). Available at Worldview Studio Art Show, 210 Blackburn Ave. Show runs Dec 3 to 17 on weekends, noon to 5 p.m.



Woodworked Pens

Great gifts for anyone who enjoys writing with a fountain, rollerball or traditional ball point pen. Each one uniquely crafted out of maple wood. Prices range from \$30 to \$150. Thoughtful designs including puzzle pieces, canoes, and guitars. Each design incorporates a different colour of wood. My favorite is the maple leaf pen priced between \$125-\$150, with gift box (\$5-\$20). Jonathan is regularly asked to make gift sets for performing artists. Get in touch by emailing: cronejp@distinctivewoodworking.ca.

DJE Market

Located at 484 Rideau Street (near Augusta), DJE Market has a very small collection of lightweight African necklaces (with earrings) made from big and small colourful beads for purchase. All proceeds go back to the necklace makers in Central Africa. Prices range from \$25 for a long necklace with earrings to \$5 for a small pair of earrings.



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A new book by a Sandy Hill expert

Middlemore Homes introduced British children into Canadian homes between 1869 and 1948

June Coxon

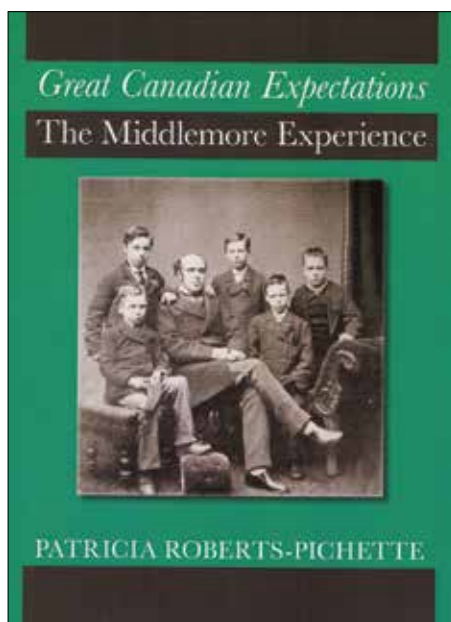
For almost 100 years thousands of homeless children were sent from England to some then-developing British colonies, including Canada, to live with local families. This is the history of the John Throgmorton Middlemore Children's Emigration Homes. If you are researching the Middlemore Homes, anyone who lived at one of those homes, or the Middlemore family, this is a book for you. In addition to information about the aforementioned, the book also contains general information about individual children who were sent to Canada.

Did the Middlemore agency's actions justify the mostly negative things we hear these days about the juvenile emigrant movement? Not according to the author.

Sandy Hill resident Patricia Roberts-Pichette, Ph.D., spent 15 years meticulously researching the extensive Middlemore files, including records of personal communications and meetings, before writing the Middlemore Homes children's story. As the back cover of her book says, "more than 100,000 neglected or homeless and often unwanted children from Britain were settled in Canada between 1869 and 1948 by more than 50 British juvenile emigration agencies." Inside the book she notes that two-thirds of the Middlemore children were boys, mostly between six and 12, who were often undernourished and small for their age. Ontario residents took most of these children, but others went to Nova Scotia and British Columbia.

The author's interest in these homes was piqued in 2001 when she volunteered to look at the Middlemore collection for an Ottawa genealogy group's project. It was possibly at this point when she discovered that the term "home children," which was eventually used here to describe juvenile immigrants, is a uniquely Canadian one.

Dr. Roberts-Pichette's carefully documented book explains the difference between the Middlemore Homes and some of the other British juvenile agencies that sent children to Canada. She points out that although the common belief about these children is that they were "exploited for economic gain by the Canadians with whom they were placed and for the relief of the British public purse," she found



Dr. Patricia Roberts-Pichette

that the history of the John T. Middlemore Children's Emigration Homes was "strikingly different" from the usual negative accounts. Her writing places Middlemore's work and that of the other agencies within the context of the times, and includes comments on relevant Canadian and British legislation and government policy, revealing, for instance, the influence eugenics played in helping end this emigration movement to Canada.

Dr. Roberts-Pichette points out that the Middlemore Homes provided in-house education for the children who lived in those homes and that while travelling to Canada these children travelled with an adult they knew—which wasn't always the case for children coming here from other homes. Once in Canada and settled with their Canadian family, each Middlemore child was required to write to their family or to Middlemore at least four times a year and either Middlemore himself or one of his representatives visited the family and child once a year until the child turned 18.

This book contains a wealth of helpful notes at the end of each of the 12 chapters, extensive appendices, plus numerous photos of the Middlemore family, juvenile immigrants and their Canadian families, and some of the homes back in Britain. There are also many charts, graphs, examples of the backgrounds of some of the children admitted to Middlemore Homes plus a list of staff members from 1872-1936. Included, too, are revealing passages from some of the letters written to Middlemore by the children who came to Canada from his homes—some written years after their eighteenth birthday.

Dr. Roberts-Pichette is a New Zealand-born Canadian who completed her graduate studies in the USA on a Fulbright Scholarship. She then taught at the University of New Brunswick for 10 years before serving 25 years in the Canadian federal and international public services. Since retiring she has concentrated on social history research and writing.

Her book is an interesting, informative look at an attempt by the British government to improve the lives of some of its poorest citizens by giving them a chance for a better life in a young, growing British colony through a program that also helped increase Canada's sparse population.

You can order a copy of *Great Canadian Expectations: The Middlemore Experience*, published by Global Heritage Press, by contacting Global Genealogy at sales@globalgenealogy.com or phoning them at 613-257-7878.

Photo June Coxon



Author Rob Walsh chats with Sandy Hiller Sara Barnes at the book launch in November.

On the House An Inside Look at the House of Commons

Rob Walsh

Sandy Hill resident Rob Walsh was Law Clerk and Parliamentary Counsel of the House of Commons from 1999 to 2012. His new book *On The House* was launched on Nov. 6, the 150th anniversary of the first sitting of Canada's Parliament. The following comments by Mr. Walsh were made during a conversation with IMAGE's John Cockburn.

The book is about the House of Commons as a public institution. I was surprised, for the most part pleasantly, by what I learned in my years there; readers may be surprised as well. It is neither a political exposé nor a personal memoir; if it were, the focus would not be on the institution and the House wouldn't be explained.

I thought the organization and functions of the House would be of interest to Canadians who may have only seen the House as tourists, if that. It is written as a presentation to a newly elected Member of Parliament—a surrogate for anyone who has never spent time inside the House of Commons.

The book takes the reader through the House's political beginnings and political evolution in England before coming to Canada as the second chamber in our parliamentary system of government. It considers powers and privileges, constitutional functions and internal administration, with a few thoughts on how it could do better.

My involvement in many of the high-profile issues between 1999 and 2012 arose unexpectedly. As Law Clerk and Parliamentary Counsel I was responsible for advising members and House committees, the Speaker and the Clerk on the legal, especially constitutional, aspects of the issues touching powers and privileges of the House or a committee.

The minority parliaments from 2004 to 2011 showed more fully the House's constitutional function of holding the Government to account as the Government had less control of proceedings; the opposition parties had the majority. This led committees or individual members on committees to call upon me for legal advice.

My involvement with major political controversies began with the sponsorship inquiry (into management of a program to boost the federal government's profile in Quebec) before the Gomery Commission took over. Then there were abuse of office charges against Privacy Commissioner Radwanski, (he eventu-

ally resigned hours before the House was going to cite him for contempt), and soon after, issues pertaining to the committee testimony of senior RCMP officers relating to the RCMP's pension and insurance plans (which resulted in a Deputy Commissioner being found to have misled the committee and being cited by the House for contempt). There was the Airbus affair involving allegations that Karlheinz Schreiber had arranged for secret commissions for former Prime Minister Brian Mulroney on the purchase of Airbus airplanes. A critical issue was to prevent or delay the deportation of Mr. Schreiber to Germany before the committee had heard his testimony.

While there were a variety of challenges to the privileges of the House on which I

was asked to advise, a particularly difficult case was the encroachments upon parliamentary privilege by the Government's *Federal Accountability Act* in 2006, (as a result many of the offensive provisions were either removed or amended). Then there was the Afghan detainee controversy and finally, the Finance Committee sought information from the Government on the cost of its justice bills and the proposed purchase of F-35 jets (which eventually led to a non-confidence vote and the election of 2011).

In the book's epilogue, I suggest a few changes that I think might serve to redress the imbalance between the Government side and the opposition side, especially when the Government has a majority. For example, I suggest opposition days in committees and debateable motions on prorogation before the Government discontinues a parliamentary session. There are a few other changes suggested, but I acknowledge that no rebalancing in favour of the opposition will ever happen so long as the Government of the day is unwilling to give up any of its powers, which is most of the time.

Advice to budding authors

This is the first time I have written a book. Keeping my reader in mind was important so the writing stayed focused. I wrote much more than was published. One has to be ready to leave out material that might seem relevant and interesting but burdens the reader unduly.

Finding a publisher who shares your vision is critical. I was in discussion with a publisher who wanted accounts involving recognizable names, more like a political insider's account. I then went to McGill-Queen's University Press, a publisher of thoughtful Canadian content, praying that it would find my manuscript of interest as there were very few books on the House that weren't memoirs or textbooks.

Where to find it

On the House may be ordered from McGill-Queen's University Press at www.mqup.ca or through a local bookstore. Jim or Michael at Perfect Books at 258A Elgin Street have copies for sale: 613-231-6468; info@perfectbooks.ca; www.perfectbooks.ca.

Photo Stobhan Walsh



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Using your DNA to build a family tree (part 1)

Ron Hodgson

The hobby of discovering one's ancestry is becoming much more popular than it used to be. It's emerging from the dusty realms of an older generation whose focus was primarily on ensuring that the memory of our forbears and the family archives were preserved. The new target is on exploring our DNA, discovering our roots and in tapping into large data bases that open doors to previously unknown family groups. Suddenly genealogy is an interesting and even hip modern pursuit.

You've probably seen ads on TV and online to check out ancestry.com or myheritage.com making them two of the most current and recognized web names. The attraction of these sites is that they promise to help you determine your ethnic makeup through analysis of your DNA. You may have seen the ad featuring an actor dressed in a kilt saying he always thought he was Scottish but now he knows he has strong German ancestry so the next shot shows him wearing lederhosen and doing an alpine dance.

The cost of the DNA analysis is reasonable. You can get an analysis starting at around \$100 - \$150. For an additional \$100 or so 23andme.com also offers a health analysis which purports to identify your potential for developing genetic health problems in the future. If you've ever wondered how they work, read on.

When you decide to have your DNA analyzed you must first decide on the best organization to do it. Bigger is generally better since you'll be tapping into a larger data base. Then you'll get the process started by sending away for a DNA sample kit. When it arrives in the mail after a week or two it will include instructions on how to submit your DNA either through saliva sample or via a cheek swab. The kit will include instructions on how to stabilize the sample, seal it in a tamper-proof package and mail it. It takes about six weeks to get the results.

When they arrive the results are summarized for you in a little global map that highlights the geographical areas of your

heritage along with a listing of approximately what percentage of your DNA comes from each area. Since the majority of people in North America are not indigenous and come from other parts of the world, the DNA areas might be shown as various parts of Europe (e.g. Scandinavia) or perhaps South-east Asia. These are areas from which ethnic groups originated and migrated to receiving countries like North America or Australia.

The results can sometimes provide surprises but if you are pretty well aware of your heritage, probably not. One of the interesting results can be the identification of someone else in the database that may be related to you. When I submitted my DNA I was given a listing of 319 DNA matches of fourth cousins or less. If you see someone you'd like to contact you can do so using only a code number through the database company's secure e-mail system.

The online companies' system of establishing genetic groups depends on them building a large genetic genealogy database. Using their database analysis algorithms they are able to identify others in the database that may be related to you. It helps them immensely if you sign up and begin to build a public family tree since they will be able to use your research to help build what they call DNA Circles. You will be encouraged to purchase a Heritage or Ancestry membership so that you can start to build a family tree and share it with other members.

If you are starting out with genealogy and have very little family tree information it may be a perfect way to start your research. However if you are fortunate enough to have a good store of family information from one of those dusty realms I mentioned earlier, you may be giving a lot more than you are receiving. It's up to you to decide how altruistic you want to be.

The other consideration is whether or not you want to have your DNA in any sort of database at all. In Part 2 of this series I'll talk about the large issue of private and public databases and how online genealogy companies deal with keeping your information secure.

Meanwhile, happy hunting!

Paul Martin

François Bregha

Pour appuyer la désignation de l'avenue Laurier Est comme « l'Allée des premiers ministres » et pour commémorer les autres personnages illustres qui ont habité la Côte-de-Sable au fil des ans, IMAGE publie une série de capsules sur nos anciens voisins distingués. Cette dixième et dernière dans la série rappelle le passage de Paul Martin dans notre quartier.



Photo Wikimedia

Paul Martin, 2011

Quarante ans plus tard, entre 1994 et 2003, Martin et son épouse Sheila ont vécu au 274, av. Daly dans la même maison que Sir Charles Tupper, le sixième premier ministre du Canada, occupa 125 années plus tôt. Martin était alors le ministre des Finances dans le nouveau gouvernement de Jean Chrétien et il était résolu à éliminer le déficit fédéral qui perdurait d'année en année. En janvier 1995 d'ailleurs, le *Wall Street Journal* avait publié un éditorial traitant le Canada de « membre honoraire du Tiers Monde » à cause de sa dette gouvernementale grandissante. Quelques mois plus tard, Martin a déposé un des budgets les plus radicaux de l'histoire du Canada dans le but de rétablir l'ordre des finances publiques. Martin était l'architecte principal de ce budget qui sabrait profondément dans les programmes gouvernementaux et réduisait les transferts aux provinces. Martin affirme que sa détermination d'éliminer le déficit quelles que soient les conséquences politiques (1995 était l'année du deuxième référendum au Québec) a plusieurs fois mis à l'épreuve ses rapports avec le premier ministre. Martin démissionna éventuellement après avoir présidé à une série de surplus budgétaires mais resta à sa demeure sur l'av. Daly jusqu'à ce qu'il devienne premier ministre à son tour en décembre 2003.

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Photo Kathleen Kelly



Things get more difficult in Strathcona Park in November.



Photo Larry Newman



Photo Betsy Mann

A carrot extravaganza

Dodi Newman

Most people think of carrots as useful, healthy, and very boring. This recipe for “Carrot Torte” puts paid to all that. I found it in a German cookbook that dates back to 1910 or so. I have 4th edition, published in 1918, the year WWI ended and most Germans were literally starving. I’m sure recipes like this one (and the cookbook is full of them!) were the stuff of dreams then.

A few tips on how to make this torte a delicious success:

Be sure to use flour made from un-blanché (skin-on) almonds—not blanché almonds. If you cannot make the flour yourself, using a nut grinder (NOT a food processor!), you can buy it on the net from Bob’s Red Mill as “Superfine Natural Almond Flour.” Cedars, on Bank Street, and some organic stores carry it as well.

Grate, do not shred, the carrots on a block grater. Resist the urge to use a food processor—it will either not grate them finely enough or turn them into mush.

Kirschwasser is an eau de vie. If you cannot find Kirschwasser, omit it and add a tablespoon of lemon juice instead. The torte is too delicate for the strong fla-

vours of cherry brandy or cherry liqueur.

This recipe makes two cakes. If you need just one, either freeze the second one or cut the recipe in half.

Carrot Torte

8 eggs, separated
400 g sugar
400 g peeled raw carrots, grated
400 g almond flour made from un-blanché (skin-on) almonds
1 teaspoon cinnamon
50 g potato or corn starch
1 tablespoon Kirschwasser
½ lemon, the finely grated zest
Preheat the oven to 375 degrees F.
Generously butter two 9x3” springform pans and dust them lightly with flour.
Beat the egg whites until stiff but not dry, reserve.
Mix the flour, cinnamon and lemon zest, reserve.

In a very large bowl, beat the egg yolks with the sugar until the mixture has doubled in volume and forms a ribbon when falling from a spoon—10 to 15 minutes using an electric beater. Add the carrots and continue beating for 5 minutes. Fold in the remaining ingredients except the egg whites. Briefly beat the egg whites. Fold in ¼ of them, then fold in the rest. Divide the batter evenly between the baking pans and bake for 35 minutes at 375°F, turn the oven down to 350° and bake for 25 more minutes, or until the torte shrinks from the sides of the pan. Test with a bamboo skewer for doneness if in doubt.

Let the torte cool in the pan for 10 minutes, remove it from the pan to a rack and let it cool completely. Dust with confectioner’s sugar before serving it with or without whipped cream. Happy feasting!

Desserts are conveniently (temptingly?) placed by the cash. The soft Maamoul cookies are made in Montreal. A Sandy Hill resident makes Algerian-style cannoli from semolina and orange blossom water pastry, filled with cream, pistachios and other delicious ingredients.

Safi: your neighbourhood grocery, butcher, take-out, caterer...and more

Betsy Mann

From a grilled smoked turkey sandwich with the trimmings to a whole roast lamb, marinated and stuffed with rice (order ahead), Safi Fine Foods can satisfy your appetite...and that of many guests! Located on Somerset at the corner of Blackburn, it is well situated to serve hungry students in the neighbourhood. As one such student told me while he waited for his sandwich to be grilled, he can come in for eggs and yogurt and pick up a sandwich with fresher bread, lettuce and tomato than he might find in his own refrigerator.

It’s not only students who love shopping here. Also waiting at the counter when I was there recently were two women from Saskatchewan, staying with a friend up the street while in town for the Grey Cup. “We have nothing like this in Regina,” one said. “I like to support local business; I’d be shopping here every day if I lived here. They have an amazing variety! We’ve discovered food from Africa, the Mideast, Asia and Europe, as well as local and organic dairy and cheese.” Their choice for an evening meal with their friend involved containers of rice with chicken drumsticks that had been marinated and cooked in a special tandoori sauce. Whole chickens, prepared in the same sauce and roasted with a whole lemon inside, are also available for take-out; as easy as your supermarket barbecue

chicken, but much tastier. “The sauce is a family recipe,” Walid, one of the owners, told me from behind the counter. His co-owner Mo chimed in: “It’s not like Indian tandoori; it’s a mix from lots of different places, mostly East Africa.” Evidently a family secret, just like the special marinade Walid makes for the fajita chicken that you can buy and take home to cook yourself.

If you’re looking for a quick snack or a lighter meal, the samosas (beef, chicken or vegetable) come highly recommended. A regular customer praises their generous, tasty filling and the crisp, not soggy, pastry. Other customers come back often for the hummus, tabbouleh and cardamom-spiced lentil soup, among other dishes in the refrigerated display. All this food is prepared in the commercial kitchen at the back of the store, a facility that also serves when Safi’s does catering, for small to large groups. (Think of that whole roast stuffed lamb.)

If you’re more into cooking for yourself, you can find a good selection of fresh fruit and vegetables, baking supplies, dry goods and meat, packaged in small or larger portions to suit your household. Mo is the in-house butcher and will be pleased to prepare cuts to order; beef, chicken, lamb and goat are on offer. In fact, if you want something that you don’t see, just ask. They may be able to order it for you. Get to know your neighbourhood store; Walid and Mo will be happy to meet you.

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You are invited to join us at 115 Beechwood Ave for an Open House, from noon to 6pm on Saturday, December 16th.

We will be featuring works of local artists, namely two Manor Park residents Beth Stikeman and Martha Nixon, along with Sara Mullen and Darlene Provost. Check out UrbanOttawaArt.com for details.

All those attending will have their names entered in to a draw to win a \$200 gift certificate towards a piece of art of your choice.

10% of the proceeds from the sales will go to the Children’s Miracle Network.

Hope to see you there!



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Do try the Dosai

Paula Kelsall

David Sweet's dosai are fantastic. If you have not tried this crisp, light crepe made with ground rice and lentils and wrapped around a savoury filling, you can't go wrong by checking out the ones on offer at Gandhi's Village, the South Indian restaurant that opened on Mann Avenue this fall.

At other restaurants I have only seen the classic version of this dish, masala dosai, which contains a filling made with diced potatoes cooked to a deeply satisfying softness with mustard seeds and other spices. Chef Sweet's masala dosai are very, very good. But the Gandhi's Village menu also offers several other fillings and I hope to try them all. So far we have checked out the Hyderabad dosai, which is made with green gram lentils and is supposed to be extra-nutritious, and the Kerala Shrimp dosai. Both were delicious.

The curries we have sampled on our visits to Gandhi's Village have also been excellent, and there is an extensive selection of vegetarian choices as well as meat and seafood. The Palak Paneer is an unusually fragrant take on the classic spinach and cheese dish. The spinach is pureed to a smooth sauce, and the chunks of cheese are satisfyingly chewy. Chicken Chettinadu, cooked with onions, tomatoes, coconut and a wealth of seasonings, got an enthusiastic endorsement from a fellow diner, and Shrimp Konkani came in a creamy coconut milk-based sauce that was perfect for mopping up with the flatbreads called parathas. And those parathas! Tender, chewy, slightly sweet and piping hot, they are not to be missed.

David Sweet at his new restaurant, Gandhi's Village, at 113 Mann Avenue. The restaurant which specializes in South Indian cuisine has been open since the first week of October. Mr. Sweet is very keen on the Sandy Hill neighbourhood and looks forward to cooking healthy food for us.

The food at this restaurant is well worth checking out, but the dining experience does include some frustrations. Chef Sweet runs a one-man business with occasional help. He cooks from scratch, and on the two evenings I visited he was having trouble filling orders promptly. Dinner with appetizers and a main course took three hours on our first visit. On the second, we went in early to pre-order and only asked for entrees and parathas, but we were still there for two hours.

Everyone who visits clearly wants to see this restaurant thrive. It's not often you find yourself falling into conversation with the diners at the next table about how the owner could organize his business. Perhaps a smaller menu, with just a few regular offerings and a couple of daily specials? Maybe if he had some soup ready to give to all his guests to stave off hunger pangs?

My advice to the reader is to try this restaurant out as soon as possible. Go at lunchtime, or on an evening when you aren't pressed for time. Bring a good book, or go with friends you've been wanting to catch up with. If the neighbourhood can keep Gandhi's Village going until the restaurant finds its groove, we will have a gem in our collection of local eateries. And I do want to have time to try all the dosai!

Gandhi's Village is at 113 Mann Avenue. It's open daily for dinner, and for lunch on Tuesday through Sunday. It's probably a good idea to call 613-569-2121 or pop by to check about exact hours, which still seem to be evolving.

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NEIGHBOURHOOD BULLETIN BOARD

Seeking skating coach for a few private lessons between now and late December, for an 8 year old boy. Please contact Christine at 613-230-9461.

Seeking a Sandy Hill heritage document: In 1980, ASH's Heritage Committee prepared a document entitled The presentation of local and family history of Sandy Hill: Interviews with residents about living in Sandy Hill between 1900 and 1940. If you have a copy of this document or know where to find it, please let François Bregha know a fbregha@rogers.com. Thank you.

To Dec. 16—Peter Pan and Wendy at the Ottawa Little Theatre (400 King Edward Ave.) Join your most loved characters, including a steampunk female Captain Hook, in an adventure for the whole family this holiday season. The novel *Peter Pan and Wendy* was published in 1911. Doug Rand's adaption of

the novel, on which OLT's production is based, premiered in 2006. Sunday matinee on Dec. 10 at 2:00. Evening performances are at 7:30 p.m. (Wednesday – Saturday) Tickets: \$27, \$24 for seniors, and \$12 for students. Custom Packages and Group Discounts available. For information: ottawalittletheatre.com or call the box office at 613-233-8948.

Dec. 10 - Cantata Singers with special guests Cathedral Brass and the Ottawa Children's Choir invite you to join them for an afternoon of English and French carols and song. Guaranteed fun for the whole family. Tickets (in advance/at the door): Adult \$25/\$30, Senior \$20/\$25, Student \$8/\$10; children under 12 free. Sunday December 10, 3:00 p.m., St. Joseph's Church, 174 Wilbrod.

To Dec. 17 - Worldview Studio's Fall Art Show. Janet MacKay and Mitchell Webster will be opening their art studio's doors on three December weekends. Check out their new works of art and find that perfect special Christmas present. Come early to make sure you don't miss out on that special painting or sculpture. Weekends, December 2-17, noon-5 p.m., 210 Blackburn Ave. www.worldviewstudio.ca.

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St Paul's-Eastern United Church welcomes you to services & events

Thurs. Dec. 7 - Worship service and conversation at the Edinburgh Retirement Residence, 10 Vaughan St. If you're interested in this ministry with seniors and/or wish to help, contact Rev. Laurie or church office.

Sun. Dec. 24 - Two services - 10:30 a.m. regular service and 7:30 p.m. Christmas Eve & Communion service

Regular Sunday morning services, 10:30 am. Wheelchair accessible. Parking, Sunday School available.

Men's Breakfast: 3rd Sundays, 8:30 am, Father & Sons restaurant, 112 Osgoode St, corner of King Edward.

Evergreens: Join us if you're free for monthly lunch —11:30 am Dec. 19, Jan. 23, Feb. 20 at Perkins Family Restaurant, 1130 St. Laurent Blvd, Ottawa, ON K1K 3B6. For details, contact church office and leave a message for Heather.

Sandy Hill Seniors' Network Monthly Lunch with Program & Conversation: First Wednesdays of the month, lunch is free (voluntary contributions accepted), open to all seniors in the community. For details, or if you can help out, or to find other meeting opportunities for seniors, contact Helen Smith at 613-565-6328, helengsmith@bell.net.




Bible Study: Weekly discussion and prayer group. Wednesdays, Dec. 13, 20, 27; Jan. 3, 10, 17, 24, 31; Feb. 7. 10:30 am to noon. Current book: *We Make the Road by Walking - A Year-Long Quest for Spiritual formation, Reorientation and Activation*, by Brian MacLaren. For details and to confirm dates, contact Rev. Laurie or the church office.

Choir practice: Thursdays at 7:30 pm. New singers welcome. To join, contact Paul, Music Director.

Odawa program and special events: Odawa Native Friendship Centre organizes programs and operates a food cupboard. Contact 613-722-3811, odawa.on.ca/

The Open Table outreach/support initiatives for students in partnership with other churches. Monthly community meals Jan 26, Feb 26, Mar 26 at St. Albans Anglican Church. The liaison for St. Paul's-Eastern United Church is Brenna Manders.


Join us & contact us for updates and more details!

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2 – 5 pm, Saturdays January 27, February 10, March 17, April 7.
14 h à 17 h, les samedis 27 janvier, 10 février, 17 mars, 7 avril

Morning Book Club
Monthly on Thursdays, 10:15 am – noon. Drop-in.

Jan. 18: *Hagseed* by Margaret Atwood
Feb. 15: *Orphan Train* by Christina Baker Kline
Mar. 15: *Cutting for Stone* by A. Verghese
Apr. 19: *They Left Us Everything* by Plum Johnson

Evening Book Club
Monthly on Mondays, 7 – 8:15 pm. Drop-in.

Jan. 8: *The Sound and the Fury* by William Faulkner
Feb. 5: *On Beauty* by Zadie Smith
Mar. 5: *The Comedian* by Joseph O'Connor
Apr. 9: *Certainty* by Madeleine Thien

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 – 11:00 a.m. on the listed Tuesdays:
Session 1: Tuesday, Jan. 9 to Feb. 6;
March Break: Tuesday, March 13;
Session 2: Tuesday, March 27 to April 17.

Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien.

10 h 30 à 11 h les mardis indiqués :
1re session : le mardi 9 jan. au 13 fév.;
Congé de mars : le mardi 13 mars;
2e session : le mardi 27 mars au 17 avril

Let's talk real estate

Lynda Cox



It is hard to believe that we are entering another winter season; here is my final home check-up with some fun thrown in for the young ones—just in time for the holidays.

1. Run any ceiling fans on low and rotating clockwise forcing the warmed air down from the ceiling.
2. Stock up on de-icer. Apply sparingly, it's toxic to pets and not great for your laneway; sand or kitty litter is always a good alternative.
3. Invest in a good shovel. Keep it lightweight, nonstick and with a curved handle to keep you upright OR get to know a nearby student and help with their cash flow.
4. Make or buy a Draft Dodger/Snake to stop up drafty doors and windows. These are easy to make and also make great gifts. Get the kids involved. You can find easy instructions online.
5. Test all your safety devices. Smoke detectors, carbon monoxide detector, fire extinguisher. Replace if necessary.
6. Change the furnace filter.
7. Get the chimney cleaned before that first fire.
8. Last call to turn off your outdoor tap and bleed the line.
9. Have some fun; make a **Bird Seed Wreath** for your feathered friends.

You need a bundt pan and the following: ¾ cup of flour, ½ cup of warm water, 3 tbsp. of corn syrup, 1 pkg unflavoured gelatin, 4 cups bird seed, cooking spray. Combine the gelatin and the warm water. Whisk in the corn syrup and flour until smooth. Add the birdseed and mix well. Pack firmly into the sprayed bundt pan. Let it set for 24-48 hrs until hard. Tie it with a strong, bright ribbon and hang it where they'll find it. Fun for the children and makes a great gift.

Now on to the Real Estate Update

Let's compare 2016 to 2017 year-to-date sales.

- Last year 65 condos sold. Average sale price was approx. \$331,000
- This year 82 condos sold. Average sale price was approx. \$337,000
- Last year 63 residential properties sold. Average sale price was approx. \$631,000
- This year 57 residential properties sold. Average sale price was approx. \$613,000
- No big changes. The residential Sandy Hill market was not quite as robust as 2016

BUT finally we have some good news for condo owners—it's been a long time coming.



Photo Christine Aubry

Roast Cafe opens on Somerset East near Blackburn

There is a new cafe in Sandy Hill, beside the Sandy Hill Lounge and Grill. Roast Cafe is now open Monday to Friday from 8:30 a.m. to 8 p.m. and on weekends from about 10:30 a.m. to 5 p.m., though owner Antonio Dimillo says those hours could change with demand. In addition to a long list of hot beverages, the menu includes breakfast and lunch fare, and sweet treats that will vary. Antonio says he has appreciated the advice from other local business owners, including the pub next door and Safi's, and is eager to grow the business by listening to customers and being involved in the community.

Sandy Hill: Cultural Memory Workshop Creating futures informed by the past Date: January 17, 2018, 6-9 p.m. Location: allsaints event space, 317 Chapel Street

The object of this workshop is to bring diverse community members together to discuss challenges facing our community. Some of these are dealing with student housing, preservation of our heritage, and encouraging diversity. We hope to develop priorities and ideas for managing change by recognizing the presence of the past in contemporary culture.

There are four parts to the program. Initially, speakers will discuss Sandy Hill's past, present, and future. Then, community members will be asked to join one of five groups to discuss pressing issues, demographic trends, and our current development trajectory. After group discussion, each group will present its challenges and ideas to the workshop participants. This will lead to a period of Q and A leading to a group discussion to assess next steps and to gauge the appetite and potential for a larger community-visioning process and the development of a "community action-plan" or other community-planning instruments.

Contact: Trina Cooper-Bolam at 613- 567-1967



News from Viscount Alexander School

Michael Barnes

Nellie comes to Viscount

Claire and her therapy dog Nellie now visit Viscount School once a week to read with certain students as part of the R.E.A.D. program (Reading Education Assistance Dog). Some children struggle to read aloud for a whole range of reasons. The R.E.A.D. program provides a positive environment that encourages the student in the supportive company of the dog and Claire to help make reading more of a pleasure. To learn more about Ottawa Therapy Dogs visit their website at www.ottawatherapydogs.ca/.

Remembrance Day Ceremony

Viscount students and teachers presented a lovely Remembrance Day ceremony on November 10. The gymnasium was full of an appreciative audience of parents and students. Every class contributed through song, words, music and drama to recognizing those who served this country. Canterbury High School student, Evan Kerr, played "Last Post." Thank you to everyone who contributed to this memorable ceremony.

Lots going on at school

Many programs are currently underway. Yoga is being provided for Grades 4/5/6 courtesy of GoodLife4Kids. And there are the drama and ukulele clubs that attract young actors and musicians. Bordenball practices have just started for junior boys and girls.

Fruity Fridays and Munchie Mondays are available once again courtesy of Sandy Hill Community Health Centre.

Finally, the Korean Embassy is sponsoring Tae Kwon Do classes on Friday mornings for our Grade 5/6 classes.

Class field trips

Field trips are an essential part of learning about the wonderful natural resources surrounding Ottawa. Grades 1 and 2 were fortunate to visit Mer Bleue Bog on October 18, while the Early French Immersion classes visited the Gatineau Park on October 20. On October 18 our Kindergarten classes visited the Proulx Farm in Cumberland. The fourth generation of the Proulx family runs the farm and will celebrate their 100th anniversary in 2020! <http://proulxberryfarm.com/>.

Grade 5 and 6 classes attended the WE Day event at Canadian Tire Centre on November 15. They heard from a wide range of inspiring and motivational speakers, talented artists and musicians and others who in their own way have excelled to help make a better Canada and World. They included, Ban Ki-moon, former Secretary General of the United Nations; Silken Laumann former four-time Olympian; and the Kenyan Boys Choir.

Welcome Shade arrives at Viscount

Shade sails are finally up in the kindergarten play yard. These large pieces of durable fabric have been installed recently to provide shade for our kinder classes next year. This playground faces south and the sails will provide some welcome shade.

Learn more about Viscount

To learn more about our Junior Kindergarten to Grade 6 school, please phone the office at 613-239-2213 and arrange a visit.



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SAVE THE DATE RÉSERVEZ LA DATE

2018 SANDY HILL WINTER CARNIVAL

Sunday, January 28
2 pm - 6 pm

CARNAVAL D'HIVER 2018 DE LA CÔTE-DE-SABLE

Le dimanche 28 janvier
14 h à 18 h

VOLUNTEERS NEEDED! For a few hours between 1pm and 7pm, OR, do you have some time to spare before then to make a few calls? Contact Christine at 613-230-9461 or caubryhome@gmail.com

BESOIN DE BÉNÉVOLES! Pour quelques heures entre 13h et 19h. Ou, avez-vous un peu de temps maintenant pour faire quelques appels? Contactez Christine au 613-230-9461 ou caubryhome@gmail.com





SEASON’S GREETINGS to our readers! Some of our IMAGE bright lights gathered on a Russell Ave. porch just 24 hours before sending this issue to press. Pictured above are: Back row, l-r — Bob Meldrum, Yvonne van Alphen, Eric Schiller, Ron Hodgson, Michael Barnes, Jane McNamara; middle— David Elden, François Bregha, John Cockburn, Jan Meldrum; front— Ken Clavette, Jane Waterston, Diane Beckett, Larry Newman, Dodi Newman, Betsy Mann. We wish you health, happiness and lots of good, authentic, professionally-gathered news in 2018!

SHE IS
OUR **FIRST**
PRIORITY TOO.


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We are experts in how girls learn, grow and succeed. Like you, our goal is to make sure your daughter reaches her full potential.

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OPEN HOUSE

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PRE-K TO GRADE 12

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