

Leanne Moussa on the future of allsaints

Larry Newman

Allsaints Event Space is in the news again. Leanne Moussa held a community consultation in January to reveal the next step in her plans to turn allsaints into a commercial success and a community asset. About 60 people attended her latest information session at the former church. This included Kersten Nitsche, city planner, Lloyd Phillips, allsaints planner, and Muna Awatta, allsaints transportation planner. Councillor Mathieu Fleury made the introductions.

Informed by many charts that were arranged against one of the walls of the former sanctuary, guests were able to look at mock ups of the proposed building. There also were charts on the planning process, current zoning requirements vs. proposed zoning, preliminary estimates of suite sizes and number, parking study, and planning steps.

Leanne spoke about the steps that her team went through long before buying the former All Saints Anglican Church. She was one of a small Sandy Hill group called "Save the Saints" that had ideas about how to develop the property. Their goals were:

- Maintain some form of public space.
- Welcome all members of the community (not just gentrification).
- Preserve the history of the building.

As they began to see the potential of the church, Leanne spoke to potential investors including community members as well as members of her family who were business people in Alberta. They bid for the property and the diocese agreed to sell it and act as mortgage holders in 2015. Their first open house was in 2016 and the investors responded to many suggestions by neighbours, Action Sandy Hill and Heritage Ottawa. Another community session was held in April to reveal the changes. The plan was then submitted for review and discussion by City Planning in May, 2017.

continued on page 4



Photo Alfred Eisenstaedt

February: The month when we look back

IMAGE celebrates Heritage Month by bringing you two great photos from our neighbourhood.

Above—Maryon and Lester B. Pearson at home in 1957, when they lived at 231 Cobourg St. The photo was taken for LIFE Magazine.

Right— A team photo inherited by Ken Clavette when he purchased a house from the widow of the team "Rover", Ross Merritt.

See Ken's comments about Birkett and his club on page 2, and a guest editorial about 231 Cobourg on page 3.

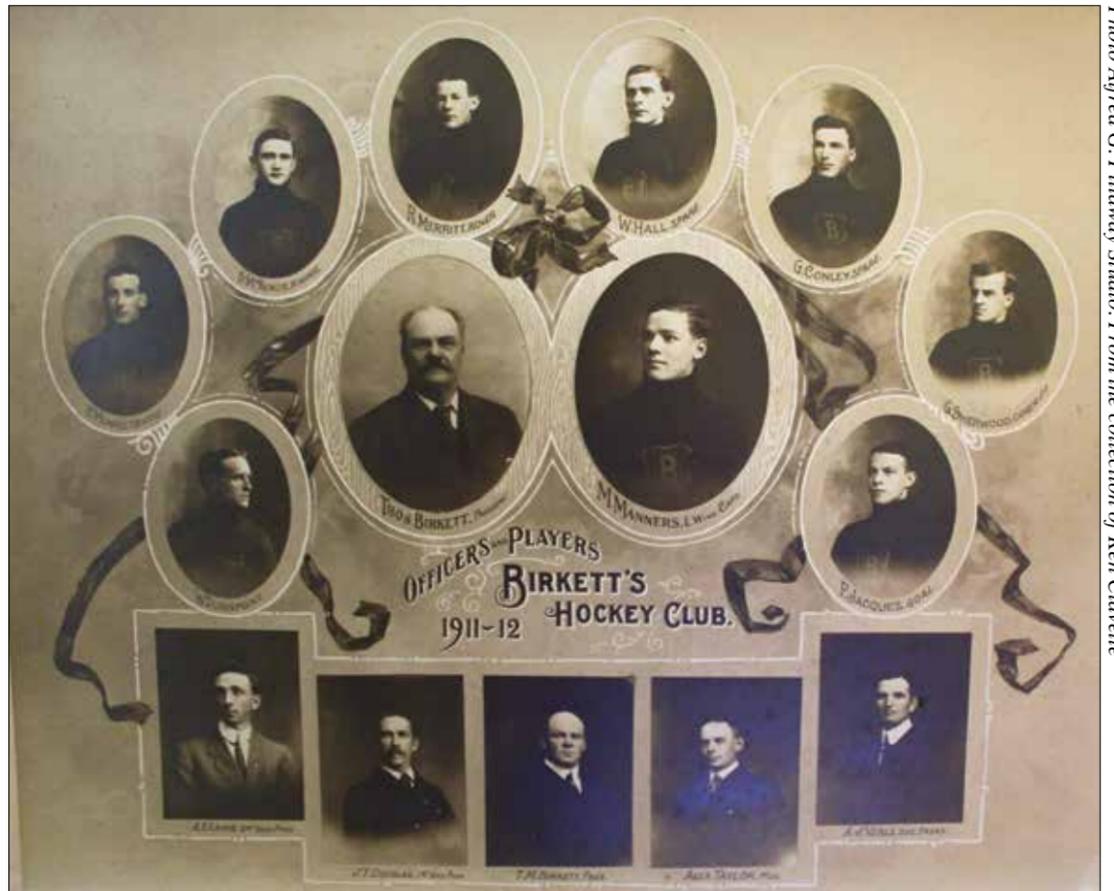


Photo Alfred G. Pittaway Studio. From the collection of Ken Clavette

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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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In 2018, 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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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.

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From Ken Clavette's Album of Bygone Sandy Hill

Winter, a time when hockey ruled

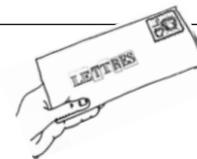
It is not uncommon for local business- to sponsor sports teams but Rideau Street Hardware merchant Thomas Birkett (Feb 1, 1844 – Dec 2, 1920) took this to a higher level when he assembled a winning hockey team in 1911-12. The team, named for him, was also an all-out effort of his business. Of the nine teenage players five were employed directly by Thomas Birkett & Son, as were all the team's five managers. Four of the players lived in Sandy Hill: Gardiner Conly lived on Cobourg Street; Percy Jacques and Ross Merritt on Henderson Avenue; and their captain Maynard Manners lived on King Edward Avenue—a bit of a community effort to make Sandy Hillers proud. Birkett was a fixture in Ottawa, at the age of 13 he became an apprentice to a



Photo Alfred G. Pitaway Studio

local hardware store opening his own in 1866. Active in local politics he served on the school board (1867-1871), was an Alderman on City Council (1873-1878), Mayor in 1891, and Member of Parliament (1900-1904). His grand home, now the Embassy of Hungary, on Metcalfe Street is known as Birkett's Castle.

Our readers write ...



Courrier des lecteurs

Reader echoes IMAGE review

Gandhi's Village is the new Indian restaurant tucked away on Mann Avenue I found out about it on Facebook and ate there just before the review in the last issue of IMAGE appeared. I was so impressed with the food that I want to reinforce the sentiments in the review.

There are a wide range of delicious sounding starters, dosais and curries on the menu. Choosing my meal was the result of an exploration of my food preferences with the chef; he suggested a dosai. It was absolutely satisfying, with a complex mix of flavours. A soft lentil crepe

was wrapped around a tasty mix of spiced veggies, and came with sambar (lentil soup or dipping sauce) and coconut chutney. It was the best dosai I have eaten, in fact.

I was served quickly with a freshly cooked meal, but I noticed a large take out order took some time. If you are in a hurry, I suggest you ask what dishes can be made quickly.

The place fits perfectly into Sandy Hill. It is friendly, relaxed, simply decorated and focuses its efforts on delivering high quality meals.

Diane Beckett
Chapel St.

Roast Café opens on Somerset East near Blackburn

Thank you for making me aware of the "Roast Café" on 323 Somerset Street East in the last issue of IMAGE. A friend and I went there for lunch today and were happy we did. The space is lovely—uncrowded, bright and very welcoming. The chairs are comfortable. Our panini sand-

wiches were excellent, carefully made with fresh and tasty ingredients: chicken and brie for my friend, prosciutto and cheese with an intriguing touch of pesto for me, both on exceptionally good ciabatta bread. I'm looking forward to having the Avocado and Cheese Panini the next time I go. The service was prompt and attentive without being intrusive. A great addition to the local restaurant scene—I'll be back for sure.

A tip to the owner: Add an eye-catcher to the entrance—right now the signage is so discreet that it is hard to decide which of the two doors to the building is the door to the café.

Dodi Newman
Laurier Ave. E..

Love is in the air!

Photo Kathleen Kelly



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Guest Editorial

Does heritage designation matter?

In the latest assault on our built heritage, the Ugandan High Commission has proposed to demolish and replace their Chancery building at 231 Cobourg Street. They say that the foundation of the building has been compromised and that it cannot be repaired. Following this discovery in 2014, they abandoned the building and have left it vacant, unheated, and unmaintained since, compounding the problems. The current plight of 231 Cobourg is a classic example of demolition by neglect.

While the current building at 231 Cobourg Street is no architectural marvel, it is of immeasurable cultural heritage value. This building is designated under the Ontario Heritage Act as part of the Wilbrod/Laurier Heritage Conservation District. It is also identified as important to maintaining the overall character of that District. Further, the City's plan for the District says that demolition of such buildings will not normally be supported. In other words, this building is supposed to be protected.

The cultural heritage value of this District lies in its association with the development of Sandy Hill as an upper-middle class neighbourhood that was home to many politicians and senior civil servants; in particular, several Prime Ministers including Sir John A. Macdonald, Sir Wilfrid Laurier, William Lyon Mackenzie King and Lester B. Pearson lived there.

The duplex at 231 Cobourg Street was purchased by Lester B. Pearson's wife, Maryon, in 1954 and was possibly the only home they owned in Ottawa. The Pearsons moved there from 243 Augusta Street and lived there until Pearson became Leader of the Official Opposition in 1959, when they moved to Stornoway. It is also worth noting that Pearson won the Nobel Prize for Peace in 1957 while he was living at 231 Cobourg. It remains the only Nobel Prize for Peace won by a Canadian.

Other noteworthy residents of 231 Cobourg include the famous Canadian artist Mary Alexandra Bell Eastlake, whose work is included in the collections of the National Gallery of Canada, and Denis Coolican, Reeve of the village of Rockcliffe Park from 1956 until 1966 and the first Chair of the Regional Municipality of Ottawa-Carleton from 1968 until 1978.

The staff argument in favour of demolition boils down to the following three points. 1) The initial structural damage to the building was a result of unstable soil conditions that caused differential settling that rendered the building unsafe. 2) Its association with former Prime Minister Lester B. Pearson was short and there is no indication that the house was critical

in the decision-making process that lead to the development of the UN's peace-keeping force, his major foreign affairs accomplishment at the time. 3) The existing structure at 231 Cobourg is a marginal building within the Wilbrod/Laurier HCD that makes limited contribution to the Cultural Heritage Value of the District.

Every building in Sandy Hill is built on unstable soil, so every foundation is at risk. Countless property owners in Sandy Hill have spent vast sums of money repairing their foundations when problems have occurred. The Ugandan High Commission has patched the foundation many times during the 30 years they've owned the building. From first hand inspection these "band-aid" repairs didn't have a chance of working.

Pearson lived here while developing the UN's peacekeeping force. It is inevitable that his home played some role in his work and his decision-making; to say otherwise is intentionally obtuse.

The existing building at 231 Cobourg Street is a contributing building in a designated heritage conservation district meaning that it is supposed to be protected. Despite this, City staff have dismissed the building as being of marginal importance and recommended that City Council approve its demolition and replacement. This poses a serious threat to all of our heritage conservation districts. This makes it clear that even when a heritage property is supposed to be protected, we cannot count on this to be the case.

Despite the staff recommendation, on February 8, the City's Built Heritage Sub-Committee, which is composed of four councillors and three heritage experts, voted to refer the application to demolish 231 Cobourg back to staff for further study. They also directed staff to engage a structural engineer with heritage experience to conduct an independent assessment. If the whole building cannot be saved, the Sub-Committee would still like to see if part of it can be salvaged and incorporated into a new building. Several Sub-Committee members expressed their concern that the property had appeared to deteriorate through neglect and spoke strongly about the need for building owners to maintain their property.

Thus, the answer to the question, "Does heritage designation matter?" would seem to be unclear. Apparently in Ottawa heritage designation doesn't guarantee protection unless concerned residents take up the cause.

Chad Rollins
President, Action Sandy Hill

Our readers write ...



Courrier des lecteurs

Needle Hunters are part of a city-wide needle recovery program

I would like to thank Mr Newman for highlighting the important work of Needle Hunters whose work helps protect our community from improperly discarded needles (IMAGE Dec. 2017-Jan. 2018). It is important to note that the needles collected by the Needle Hunters represent a very small fraction of the total number of needles collected by a city-wide comprehensive needle recovery program. This program includes needle retrievals from harm reduction programs located at various agencies throughout the city, needle drop boxes located across the city, Household Hazardous Waste Depots, local pharmacies, and as mentioned, the needle hunters.

As part of this program, 1,863,131 needles were retrieved in 2017. Of those, 14,448 improperly discarded needles were collected by the Needle Hunters highlighting that over 99% of used needles are properly discarded through the various mechanisms mentioned above. For a complete overview of the needle retrieval programs, please visit Ottawa Public Health's website www.ottawapublichealth.ca/en/public-health-topics/discarded-needles-in-our-communities.aspx

Andrew Hendriks
Director, Health Protection,
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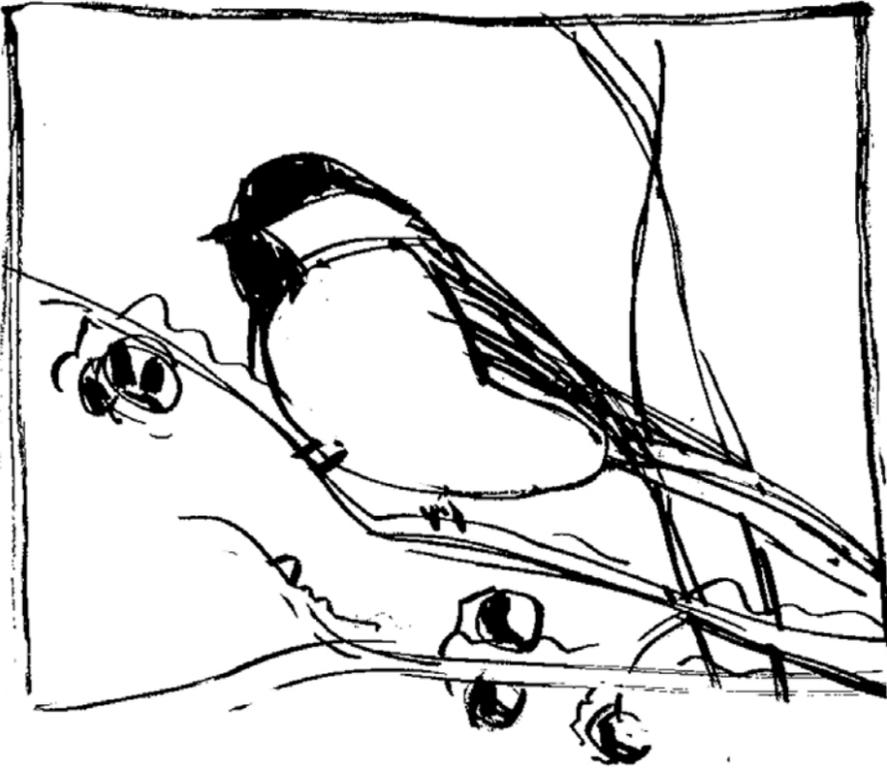


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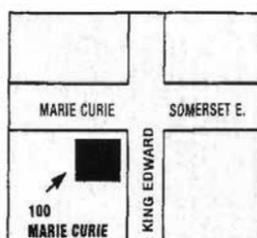
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Newsbites

Nunavut Sivuniksavut purchases three TC United houses on Somerset East

The directors of a college program at Rideau and Chapel that serves Inuit youth from 26 northern communities will start housing their students, aged 18-28 years, at 274, 276 and 278 Somerset E. this fall. Constructed in 2016 and currently occupied by 66 uOttawa students, the property includes a ground floor commercial space that will be used as a common room.

Nunavut Sivuniksavut co-ordinator Morley Hanson says the purchasing part, "with all the usual angst," wrapped up on February 1. Now the focus is on letting parents in Nunavut know that quality, safe housing as well as cultural and academic experiences is available in Ottawa, in a neighbourhood with many young people. "Ours will be walking out the door each morning, like all the other students, but heading in a different direction," he laughs. North.

Gazebo in Strathcona Park

Pro-bono services have been offered by architect Barry Padolsky and others. Homestead, owner of the Sandringham building at the south end of the park, has already made a contribution. ASH will be asking the City for \$50,000 in matching funds.

St. Patrick's Day

The Town and Gown committee will meet on February 21 to discuss preparations for St. Patrick's Day and other topics. Residents welcome; contact Mathieu Fleury's office for time and place.

560 Rideau St. (east of Charlotte)

ASH has some concerns about the privately owned public spaces to be part of the Richcraft development. Judy Rinfret is discussing them with Councillor Fleury.

Crime

Ottawa Police Services says their Sandy Hill statistics show these trends between the final quarter of 2016 and of 2017:

crimes against persons were up 25%, crimes against property remained the same, and break-and-enters had declined.

R4 zoning

The City's Planning Department is still working on Phase 1 of the R-4 zoning review. They are hoping to have stricter garbage rules and a limit on the number of bedrooms that can be built in new multi-unit dwellings. Planning is also seeking a year's extension of the pilot currently running in Sandy Hill. Phase II of the R-4 review will have to wait until after the October elections.

See *Bunkhouses* story, page 6.

Plans for after the LRT is done

When the LRT is finished, the intersection at Nicholas and Laurier will go back to its original configuration. There will be no northbound buses at Waller. Albert and Slater will be narrowed and there will be bike lanes added to both streets.

See *Councillor Fleury's message* on p. 4.

Truck tunnel stalled

The truck tunnel study (to reduce trucks at Rideau and King Edward) is at a standstill. Funding is to be 1/3 from each level of government. The City and the province have committed their share but the federal government has not.

Community Centre upgrade

The Sandy Hill Community Centre is about to have its roof refurbished. All activities on the upper level will be moved to the lower level until the work is finished, likely in early May.

ASH AGM date uncertain

When it is able to schedule its annual meeting, Action Sandy Hill will be looking to elect a President, a Vice-President, a Treasurer and several Directors at its AGM. If you are interested or know someone who might be a good candidate, please let the board know.

— Jane Waterston and Jan Finlay



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The Future of *allsaints* — continued from page 1



Courtoisie Le Droit, Patrick Woodbury

Leanne Moussa shows Councillor Mathieu Fleury how the heritage structure will be maintained in the proposed project.

The plan for using the space of the former church as well as the new building is shown in this table:

SPACE	USE
Borden Hall	Weddings, events, concerts
Lower Hall & Chapel	Restaurant, event space
Main floor of new building	Café with glass mezzanine set against stone wall, and two small, neighbourhood scale commercial spaces, instructional facility
Floors 2-4	Offices, event and meeting space (i.e. Know History, shared work space, breakout rooms, community space)
Floors 5-9	Some type of residential—condos, apartments, and/or hotel
Grounds	Animated, groomed public space, small patio

Of course, there were many questions from people who were following the project. Some had concerns about increased traffic, insufficient room to access the building on Chapel Street by delivery equipment, increased parking pressure, rezoning as a precedent for higher buildings on Laurier, the height of the building, design of the building, etc. One person asked, “If the development fails, would this property turn into a shelter, a retirement home, another student dorm?”

Countering opposition, there were also several people who spoke in favour, a rather unusual experience for a consultation of this kind in Sandy Hill. Twice during the presentation, many applauded an audience member who made a complementary point. Chad Rollins, Action Sandy Hill’s president, spoke encouragingly about the project, too. Veronica Asgary-Eden, one of the local investors spoke with great conviction about the project, telling the audience that her young family is very keen to support a project that, in her opinion, is a great benefit to the community.

Another person pointed out that 90 churches in Toronto have been bought and condos have been built or are in the process of building beside or attached to the churches; at least one condo on High Park Avenue has been built on top of the original church. I think his point was that this is a phenomenon that is becoming very common and we can expect it to

Photo Kathleen Kelly



An eerie mist over the Rideau River after a mid-January rain.

continue. Implicitly, we don’t need to demolish these churches; we can repurpose them to good advantage and keep our heritage.

The team is still absorbing the information and working on how best to adapt in areas where they are able to make changes. We are likely to see changes to the rooftop patio and the setback along the west side of the building. With the zoning change, the possibility of *allsaints* being made into a shelter or rooming house will disappear. Leanne says that many of the other comments will be addressed in the next phase—the actual design of the building.

“The ownership group is working on establishing a design process that is inclusive and ensures community input, while also bringing architectural excellence to bear. This will include some type of a competitive process around design.”

“Our goal is to create a space where we can host book launches, speakers, and artists ... to be part of an area that is already an important civil society hub in the Nation’s Capital. The new *allsaints* should complement the NGOs on the street, and be in keeping with Prime Ministers’ Row. It should also create a very positive dynamic with the University.” It will also include more community consultations during the design phase.

The rezoning proposal and official plan amendment is expected to go to planning committee February 27, 2018.



Nathalie Des Rosiers

MPP / députée Ottawa-Vanier



L’économie ontarienne est en plein essor, notre main-d’œuvre ne cesse d’augmenter et, à la fin de 2017, notre taux de croissance avait doublé par rapport à celui des deux années précédentes.

En investissant dans notre population, nous formons une main-d’œuvre hautement qualifiée et nous créons un marché de l’emploi où chacun peut trouver sa place. La formation de nos travailleuses et de nos travailleurs repose sur un système d’éducation de classe mondiale, qui se base sur la capacité des personnes à apprendre et non sur leur capacité à payer leurs études.

Une telle approche offre de nouvelles possibilités pour plusieurs.

En effet, au titre du nouveau Régime d’aide financière aux étudiantes et étudiants de l’Ontario (RAFEO), plus de 225 000 étudiantes et étudiants de niveau post-secondaire bénéficient cette année de la gratuité des frais de scolarité. À Ottawa, nous comptons déjà 24 281 étudiants qui bénéficient de cette gratuité.

Le nouveau RAFEO offre de meilleures perspectives d’avenir à des milliers d’Ontariennes et d’Ontariens. Il rend même possible le rêve d’entreprendre des études postsecondaires pour celles et ceux issus de familles à faible revenu, qui sont près de quatre fois moins susceptibles d’aller au collège ou à l’université.

D’ailleurs, depuis la réforme du RAFEO, le nombre de demandes faites par des étudiantes et des étudiants issus de familles à faible revenu a augmenté d’environ 20 %. En plus d’offrir de nouvelles possibilités et de nouveaux débouchés professionnels, le RAFEO réduit considérablement les coûts pour les familles qui en ont le plus besoin.

Pour bâtir une économie inclusive et former une main-d’œuvre des plus qualifiées, il faut s’assurer que tout le monde puisse participer. C’est sur cette voie que s’engagent les étudiantes et étudiants de niveau postsecondaire d’aujourd’hui. Que vous soyez à l’école secondaire, que vous veniez d’obtenir votre diplôme ou que vous cherchiez à approfondir votre formation, vous trouverez une place dans le système d’éducation postsecondaire de l’Ontario, qui vous permettra de jouer un rôle dans notre avenir économique.

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Beyond bunkhouses

Visioning Sandy Hill

Trina Cooper-Bolam

Bunkhouses, occupying forlorn sites of Sandy Hill's lost built-heritage are some of the ugliest examples of architecture in the City of Ottawa. They have become emblematic of Sandy Hill's ills. As the City of Ottawa ponders the redefinition of R4 zoning, approximately 50 residents came to a Cultural Memory Workshop held at the *allsaints* Event Space on January 17 to envision what a best-case scenario would look like for Sandy Hill, how change could be managed without detrimental sacrifices, and how the neighbourhood might become inclusive rather than restrictive.

The Sandy Hill workshop, organized by Rebecca Dolgoy, Trina Cooper-Bolam and Guillaume Vincent as part of a Cultural Memory Workshop series, was sponsored by the University of Ottawa and Action Sandy Hill. Chris Ryan, Bob Forbes and Chad Rollins spoke about the history, present situation, and future prospects for our neighbourhood. They laid the groundwork for five breakout sessions that followed the presentations.

There were six primary takeaways from the sessions:

- **We can't come up with a vision by ourselves**

Who are the "we"? As expected, most participants were long-time active residents. It is clear that we need to be better communicators, to do more extensive outreach, to remove barriers to participation, so as to make all residents of Sandy Hill, short or long-term, welcome. The "we" needs to change.

- **We need more information**

We need to have a better sense of what is coming down the pipe both in terms of challenges and opportunities. Enrolment at UOttawa has doubled in the last 10 years, putting incredible pressures on the neighbourhood. Will this continue or is it levelling off? Will the big new residences on Rideau, Mann, and Laurier take the pressure off Sandy Hill's interior?

- **We need to get proactive**

Yes, Sandy Hill residents are exhausted. But, unless we come up with a doable



Last Bunkhouse in Sandy Hill?

Demolition of #70 Russell Avenue, the 100+ year-old house the City of Ottawa decided was of no heritage value. The application to build a bunkhouse with 21 bedrooms at this address slipped in under the wire as the Interim Control Bylaw (moratorium on Bunkhouses) took effect.

blueprint for the change we want, we'll continue to meet other peoples' (developers') plans for our neighbourhood reactively and defensively—hardly a position of strength. Relying on the City of Ottawa to protect our interests hasn't worked. Even when the City has come through for us, we've been overruled by the Ontario Municipal Board. The cavalry isn't coming.

- **We need to make our urban spaces and associated built heritage relevant to how we live our lives now.**

The Bettye Hyde Cooperative Early Learning Centre is a great example of this. It's also about not giving up and selling out.

- **We need to take responsibility for all of our community members**

If we focus on providing livable spaces for everyone in Sandy Hill and take a whole community view, we may be able to integrate and maintain the socio-economic diversity needed to renew our community on an ongoing basis. Cultural diversity has long been a part of Sandy Hill's make-up. Just the same, our discussion on amenities in Sandy Hill revealed

the need for more French language services, such as a daycare.

- **Aesthetics matter**

We want to set a higher aesthetic and architectural standard for new building and major renovations. Corrugated metal belongs on sheds not houses, and certainly not on our built heritage.

So how do we meet these challenges? I can't say that I know exactly. But, I do know that we need to think beyond bunkhouses and get our ducks in a row as a community.

We need to:

- **generate the support** of a politically critical mass of concerned citizens; it's an election year!

- **access all possible area resources.** The community association of Old Ottawa East worked with students from Carleton's School of Architecture and Urbanism to envision their community development project. Couldn't we do the same? Oh wait, Carleton has a Heritage Conservation program too!

- **plan positively**—as in "Beauty-in-my-backyard (BIMBY)". We resolved at

the community gathering to undertake a BIMBY pilot—want to get involved? **financial support**—not from residents, I'm talking grants.

- **explore financial incentives** to revive and restore **built heritage**—and disincentives to discourage predatory development. We need the City of Ottawa to implement them.

- **have faith in our community and resolve not to bail or sell out** (especially to predatory developers!). **share our skills for the benefit of our community.**

- **We need to have fun** and spread our love of our community.

These are the things that the participants of the workshop explored and that a number of them committed to. We three concerned Sandy Hill residents: Guillaume Vincent, Chad Rollins, and I (Trina Cooper-Bolam), are planning our next steps. Will you join us? Drop us a line at lovingsandyhill@gmail.com.

UrbanOttawa.com

Wishing you and yours a happy and healthy year to come. Thank you kindly for all your business and referrals again during 2016. I look forward to working together in the years to come.

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

Je vous remercie d'avoir fait affaire avec moi et de m'avoir recommandé vos proches au cours de l'année 2016.

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

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Photos Bob Meldrum



City rolls out new parking restrictions

Bob Meldrum

On a recent Friday night I got a parking ticket in Westboro while parked in a space I had used for years. What happened? The City of Ottawa is rolling out new winter restrictions whereby in some places no parking is allowed from December 1 to March 31.

Fortunately I was able to get the fine reduced by going down to City Hall, where

I also found out that these restrictions do not only apply to Westboro. Here in Sandy Hill, we have them too. For about a 100 metre stretch on the north side of Wilbrod Street near 225, there are two signs. Sadly the car in the picture above had already got a ticket.

Take a look at how confusing the signs are especially if you are reading them on a dark, cold night. We were told that the City is going to make the signs clearer in the future.



Version française disponible en ligne au mathieufleury.ca : Notez que nous alternons de mois en mois entre le français et l'anglais

LRT Update for Sandy Hill Residents

The LRT is going full steam ahead and is still on track for 2018. We are one of the lucky communities that will most benefit from the transit investment due to the proximity of the stations to us. We'd like to take this opportunity to update you on the construction of the stations nearest Sandy Hill (UOttawa, Rideau and Lees).

At UOttawa station, the structure of the station is complete. Expect to see the architectural finishes appear starting in February. The final 'S' shaped multi-use pathway configuration is in place. Still to come is a staircase for pedestrians to use on the southern side of the ramp, as well as additional work on the underpass. Tracks have been installed and train testing is ongoing.

For Rideau Station, the concrete lining is almost complete and the concrete pours for the east and west upper concourse are all done. As you can see from this recent picture below, construction of the station platform has begun.

The Lees Station building structure is substantially complete. Ongoing train testing is going on here as well. There is still electrical work to come at each of these stations, including overhead wiring work. Over the next several months you should see the finishing touches being added to these stations, including lighting and signage.

Post-LRT, you can expect improvements to the Nicholas/ Laurier intersection, and the reopening of the 417 on-ramp at Lees Ave. Other meaningful changes in our community will include a safer crossing of Colonel By Drive, and a multi-use pathway running along the LRT corridor between Hurdman Station and Laurier Avenue East.

We wait with great anticipation for our first LRT ride. As you see the train testing, I invite you to share your pictures with us. Ottawa and Sandy Hill are #readyforRAIL.



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SAW cuts a red ribbon at Arts Court

On January 27, SAW Video Media Art Centre re-opened in a new purpose-built space in the Arts Court re-development. SAW has received a \$249,500 grant from the Trillium Foundation for a bigger and more accessible workshop and new training initiatives.

Photo Harlequin Studios



Enjoying the moment were (l-r) Mona Fortier, MP Ottawa-Vanier; Penny McCann, Director of the Centre; Karen Campbell, and Councillor Mathieu Fleury.



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From jug to Frisbee: recyclables, where they go and how they get there

Larry Newman

Recycling is a big business. Although the City collects the material in blue, black, and green bins, others do the separation and processing into marketable products. Processing equipment, especially for plastics and metals, is now quite mechanized or automated with humans basically doing quality control and management.

For Ottawa, Cascades Recovery at 2811 Sheffield Road is where the processing takes place. The City collects and transports the material to Cascades and Cascades separates the various kinds of material and bundles/bales it for shipping. Once a month, the City accepts bids for each of the fourteen different post-consumer products that Cascades extracts from our recycled material. The highest bidder arranges transport and takes it away for use in making other products.

This is the third of three articles that trace the route taken by our recyclables from curbside to new product. This article will concentrate on the products produced from blue bin material.

If you go to the "Waste Explorer" page of the City of Ottawa web site (easily reached by googling Waste Explorer Ottawa), you will see a list 88 pages long of materials that can be recycled—or not. This was created to answer the question, "Where do I put this thing now that I'm done with it?" The list includes 55 kinds of things that you can put in the blue bin!

There are many different kinds of glass, plastic, and metal. However, not all kinds of glass, plastic, and metal are eligible. For example, you should not put a drinking glass (broken or not) in the blue bin. Hard plastics are a no-no as are plastic motor oil containers. No scrap iron or clothes hangers, either. And especially, no plastic bags or batteries (two auto batteries were found in the recycle material on the day I toured the plant).

PLASTICS

There are many kinds of plastics. Somewhere on most plastics is a recycle sign, usually a triangle with sides that have arrowheads, all going in one direction. Inside this triangle will be a number, one through seven.

Number one  is Polyethylene terephthalate. It's used in water and pop bottles and in some packaging. It's made for single use because repeated use increases the buildup of bacteria and carcinogens may leach out into the liquid. It's crushed and shredded and made into pop bottles (about 25% of recycled material) or spun into polyester fibre. The fibre is reprocessed into fleece clothing, carpets, backpacks, stuffing for pillows and life jackets.

Some fun facts:

- It takes about 10 bottles to make enough plastic fibre to make a new T-shirt.
- It takes 63 bottles to make a sweater.
- It takes only 14 bottles to create enough insulation (fibrefill) for a ski jacket. And 114 bottles to make enough insulation (fibrefill) for a sleeping bag

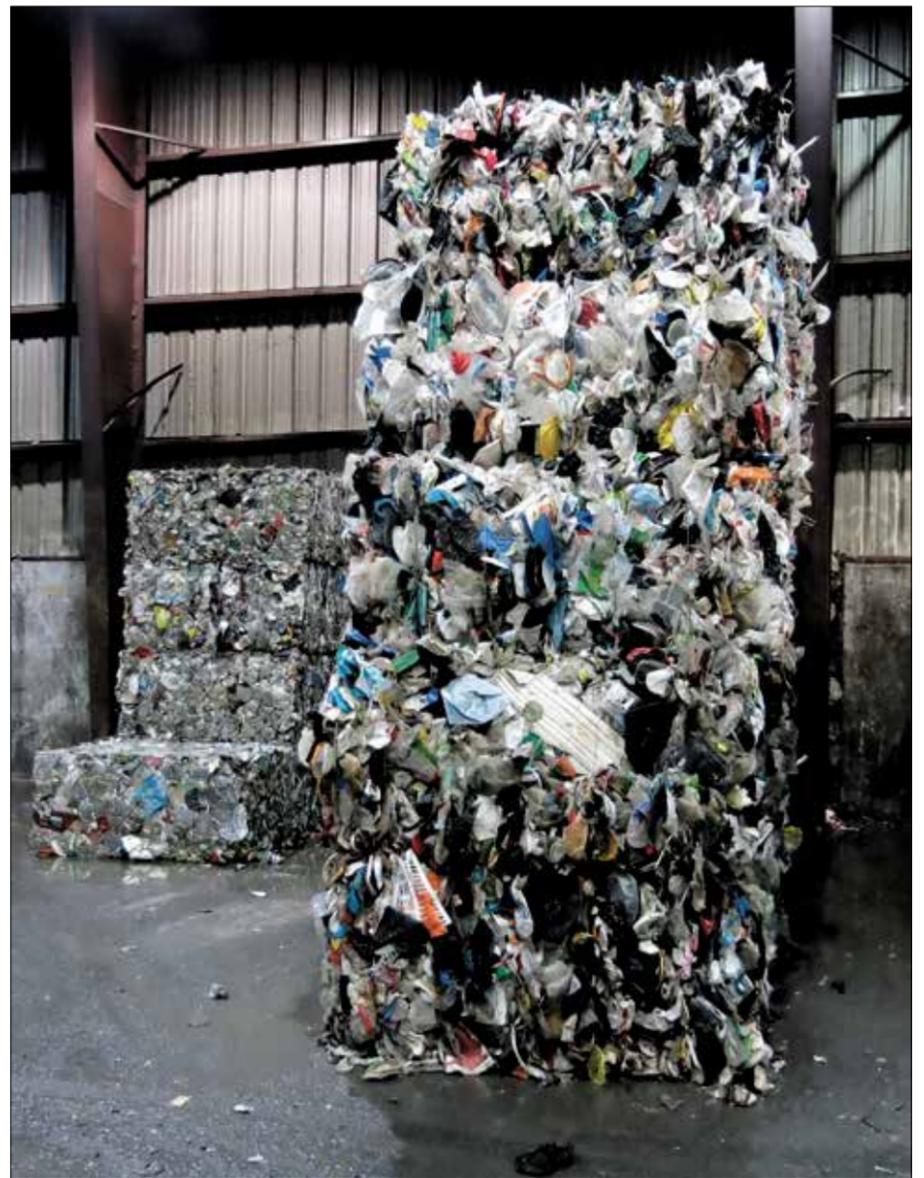
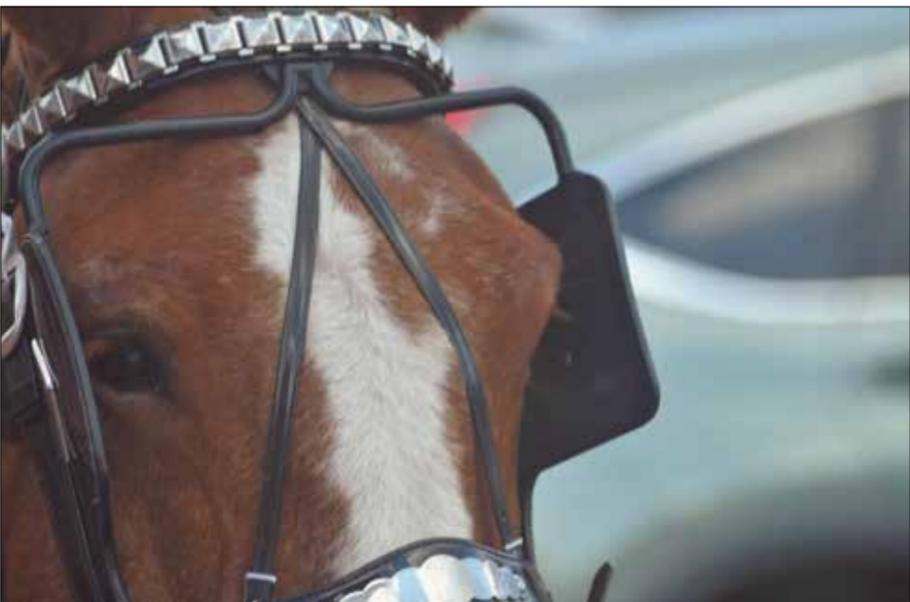


Starting point of processing for contents of blue bins.

Close-up of a Sandy Hill friend —

One of Cundell Stable's team of horses that provides such pleasure to Sandy Hill families at the January Winter Carnival.

Photo Harlequin Studios



End product of recycled plastics, Numbers 4 - 7.

Number two plastic is HDPE, high density polyethylene, the plastic found in milk jugs, detergent and oil bottles, toys and some plastic bags. It's a safe plastic and simple to re-process into picnic tables, plastic lumber, bed liners for trucks, Frisbees, etc.

Number three is Polyvinyl chloride, PVC. This is the soft, flexible plastic in food wrapping, children's toys, and blister packaging. It's also used to make plastic plumbing pipes, window frames, hoses and many other products used outdoors. PVC contains numerous toxins which can leach out during use. Recycled PVC products are not recyclable.

Number four, low density Polyethylene, LDPE, is found in shrink wraps, squeezable bottles and the type of plastic bags used to package bread. Some clothing is made with this plastic. It is also recycled into lumber, landscaping boards, floor tiles, garbage can liners.

Number five, Polypropylene, PP, is tough, lightweight and makes a good barrier to moisture, grease, and chemicals. It's a cereal box liner, pail, bottle top, potato chip bag, packing tape, and rope. PP is recycled into landscaping border stripping, battery cases, brooms, bins and trays. PP is safe for reuse.

Number six is Polystyrene, PS, a very lightweight, airy plastic. It's in Styrofoam drinking cups, egg cartons, foam packaging and insulation. PS is widely used but rarely recycled. In the U.S., it is said to account for 35% of landfill material.

Number seven is a catchall category for all polycarbonate, PC, and "other" plastics. It should not be reused as containers may leach BPA (Bisphenol A) which is a known endocrine disruptor. They are found in water cooler bottles, liners for canned food, as well as car parts. (formerly used for baby bottles and sippy cups BPA was banned from them in 2008.) Number 7s are not for reuse unless they have the initials, PLA, which is a compostable coding.

GLASS

Bottles and jars are the primary feedstock for recycling. Metals and plastic are separated from the glass, then the glass is sorted for colour. Only clear is used to remake bottles. The clear glass is mixed with soda ash and limestone and melted at 2700°C. Recycled bottles and jars make more bottles and jars as well as glassware. The coloured glass is used to make decorator items, counters, tiles, fiberglass, and as a component in road surfacing. Some of it is formed into small beads and imbedded into paint that is used to paint lines on roads. The glass beads reflect light and make it easier for the motorist to see the lines.

METAL

Aluminum is infinitely recyclable and retains its properties forever. [The Aluminum Association]. Aluminum cans are used primarily to make new aluminum cans. The recycled cans are cleaned mechanically and chemically and heated in a furnace to 750°C and poured off to make aluminum ingots. This new/used aluminum is also used in the manufacture of airplane and bicycle parts, pie plates, aluminum foil, and house siding. Virtually anything that can be made of aluminum can be made from recycled aluminum.

Steel is found in "tin" cans which are steel cans with a tin coating to protect the contents from being affected by rust from the steel. After cans are collected they are de-tinned by dissolving the tin from the steel for reuse. The resulting solution, sodium stannate, is filtered, then chemically treated to remove other metals. It then undergoes electrolysis in which tin is formed on one electrode, to be melted off as nearly pure tin.

Tin is used in tin cans of course but also used in the chemical and pharmaceutical industries as well as combined with other metals to make solder, pewter, and bronze products.

There you have it—the number of products made from recycled material is substantial and impressive. The next time you think about throwing out that plastic jug, remember—it's a Frisbee in the making!

Exploding sewers in Sandy Hill: panic and narrow escapes!

François Bregha

As Sandy Hill residents celebrate Heritage Month, it is worth remembering that not all of our neighbourhood's colourful history occurred in the large mansions that still grace some of our streets. Two events that marked our history 87 and 89 years ago had nothing to do with prime ministers or other members of the elite living then in Sandy Hill: they were the Ottawa sewer explosions.

The *Ottawa Journal* report on January 28, 1931 of the second explosion is so colourful that it is worth quoting at length.

Sandy Hill and Upper Town seethe with excitement.

Rocking large residential areas in Sandy Hill, Central Ward, New Edinburgh and Eastview, opening a crack 200 feet long in the roadway on Nelson Street between Somerset Street East and Templeton Avenue, and striking near-panic into hundreds of homes in which they wrought damage and distress, another series of sewer explosions similar to those experienced in the same districts on May 29, 1929, occurred in Ottawa with marked intensity shortly before 5 o'clock yesterday afternoon.

Houses were shifted from their foundations, and walls and ceilings were cracked; windows in several homes were shattered, and furniture, crockery and other articles in many houses were damaged. Residents of many homes in Sandy Hill were driven into the streets, with a low temperature prevailing, by gas which seeped into the dwellings immediately after the explosions.

Fortunately there were no serious injuries or deaths (one Sandy Hill resident had died in the 1929 explosion) but there were several narrow escapes as *The Journal* recounted:

The force of the explosions was such that power wires as high as 40 feet above the roads had been severed as heavy iron manhole covers hurtled

upwards, and in some cases even street lights were shattered.

One of those who had a narrow escape was Munroe Dingwall, 12-year-old son of Mr. and Mrs. D.R. Dingwall, 133 Goulburn Avenue, who was proceeding along Somerset Street East near Goulburn Avenue with a party of friends on skis, when a manhole near him exploded into the air.

The boy was literally lifted, skis and all, high into the air and deposited on a snowbank beside the street. He was momentarily stunned by his fall, but, when helped to his feet by his chums, was found to be unhurt, and was able to go home to tell the story of his narrow escape.

The explosions hit most heavily in the vicinity of the Sandy Hill rink. Fred Arp, of 95 Templeton Avenue, was the rink's caretaker. He had been flooding the rink with a neighbour, Joseph Kealey, three days earlier "when a rumbling noise was heard in the sewers below the street."

At the time, Mr. Arp said he remarked to Mr. Kealey, "There's another explosion coming, Joe."

Practically all the houses between Osgoode and Somerset, on Goulburn Avenue, and between Sweetland and Strathcona Park, on Somerset Street, had windows or doors open that evening in order to rid the houses and apartments of the strong odor of gas caused by the explosion.

The damage caused by the 1931 explosion was extensive. A half-mile section of a 78" diameter brick sewer running along the Rideau River was shattered. To prevent backflow, sewage had to be poured directly into the Rideau River until repairs could be completed. While an investigation had been launched in 1929 and two more were in 1931, a cause for these explosions was never established conclusively. Many suspected carelessly dumped gasoline or a leak from a gas main but a suit against the Ottawa Gas Company for damages failed for lack of evidence.

We may still occasionally grumble about city services but at least our sewers don't blow up any more.



Mona Fortier,
députée d'Ottawa—Vanier
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As snow continues to fall in Ottawa—Vanier I hope that your new year has started off well. This past January 7th, to celebrate the beginning of 2018, I had the pleasure of welcoming more than 200 residents for a New Year's Levee at the Community Hall at CSC Vanier.

The important work that Canadian organizations do around the world is sometimes difficult to see. In January I was privileged to be given the opportunity to travel to Nicaragua with the Canadian Food Grains Bank, where I saw organizations helping developing communities reach their full potential.

Back in Canada, I was able to witness the determination of Ottawa residents to improve living conditions for homeless youth. Operation Come Home is an organization that supports at-risk and homeless youth. Their annual 24 Hours of Homelessness aims to raise funds and awareness for homeless youth.

2018 has already been a very busy and exciting year.

Alors que la neige continue de tomber sur Ottawa-Vanier, j'espère que votre année a commencé du bon pied! Le 7 janvier dernier j'ai eu le plaisir d'accueillir plus de 200 personnes pour une levée du jour de l'an célébrant cette nouvelle année.

Ce n'est pas évident de voir les efforts et travail que les organisations canadiennes font à l'international. En janvier, j'ai eu le privilège de voyager avec une délégation Canadian Food Grains Bank au Nicaragua, où j'ai vu comment des organisations canadiennes viennent en aide au développement des communautés en milieu rural pour qu'elles atteignent leur plein potentiel.

De retour au Canada, j'ai pu témoigner la détermination des résidentes et résidents d'Ottawa à améliorer les conditions de vie des jeunes itinérants. Opération rentrer au foyer est une organisation qui soutient des jeunes à risque et de la rue. L'événement 24 heures sur la rue vise à recueillir des fonds et à sensibiliser le public sur la situation de ces jeunes itinérants.

2018 a déjà été une année très occupée et excellent.

Home of Fire Captain. Wrecked By Explosion



The residence of Captain Sam Blackler, of No. 3 Fire Station, at 211 Henderson Avenue, as it looked today, following the sewer explosion which did considerable damage to its interior and rendered the Blackler family temporarily homeless.

Ottawa Journal, May, 1929—evidence of the impact of the first sewer explosion in Sandy Hill.



Sandy Hill's neighbourhood early-childhood centre



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News from Viscount Alexander School

Michael Barnes

Girls' Bordenball team wins big!

On December 14th the Viscount Alexander junior girls' Bordenball team travelled to Gloucester High School for the Tier 3 tournament. The girls won their first four games handily: over York Street 12-3, R.E Wilson 23-3, Connaught 14-4, and Centennial 13-8. From here they advanced to the semi-finals where they were victorious again beating Queen Elizabeth School 15-8. In the final game they once again faced Connaught Street School, winning 18-11. The girls deservedly came home with first place ribbons after six victories! Throughout the day the girls demonstrated teamwork and great sportsmanship. Coaches Mrs. Contant and Miss Givens were very proud of their efforts on and off the court. The Viscount Alexander Junior girls' bordenball team members are: Maida, Renna, Ines, Adaora, Emily, Victoria, Lilly, Tasia, Ola, Meron, Savannah, Savahna, Nadia, Hana, Rebekah, Emma, Sofia and Emily.

Boys' Bordenball team works hard

Our junior boys' Bordenball team faced some great competition in December at their annual tournament. Viscount won two games and lost two games in round robin play. They went on to meet Dunlop in the semi-finals where they lost 8-6 in a very tense and exciting game. Viscount had some outstanding goal tending from Byron, Omar and Preetjot. The boys demonstrated sportsmanship, teamwork and dedication throughout the day.

Congratulations to the following athletes for a wonderful season.

- Grade 6 line up consisted of Byron, Shaqib, Azar, Lawrence, Eddie, Ayham
- Grade 5 - Jerry, Martin, Jonathan, Tarek, Hamse, Omar
- Grade 4- Preetjot, Bell, Austin, Sebastian, Yahya, Andrew
- Coaches Ms Fulford and Ms Jules

Learning more about Korea

The Korean Cultural Centre provided our grade 5 and 6 students with 10 weeks of Taekwondo lessons with two highly qualified instructors. Students were given a uniform to keep which was generously sponsored by the Korean Embassy. At the end of our lessons we traveled to the Korean Cultural Centre on Elgin Street where students were tested for their yellow stripe. After everyone earned their stripe we were treated to a wonderful Korean lunch. Thank you from our students and staff.

With great thanks to both of you

Viscount Alexander is sad to say goodbye to Mr. Danial Campbell our Australian exchange teacher. Mr. Campbell returned to Australia during the Christmas holidays after being with us for an entire year. However, we welcome back Mrs. Laura Bruin to our grade 2/3 class after her yearlong exchange in Australia. We also welcome back our Principal, Mrs. Paula Slesar after a short leave and thank Mr. Wayne Widenmaier for doing a fantastic job filling in for her. Students, staff and School Council thank you both for your considerable contribution to school life.

Kiwanis Club of Bytown Ottawa supports Viscount again

Viscount Alexander received a generous donation once again from the Kiwanis Club of Bytown Ottawa Foundation to support our upcoming bike rodeo on May 11. The bike rodeo is a highlight of the school year and the Kiwanis have supported Viscount over many years to help build this school tradition that our students enjoy so much. Thank you Kiwanis.

Kindergarten Registration

If you have a child born in 2014 and live within our catchment area, we would be pleased to have you join our wonderful school. Drop by the office anytime to fill in an application form. We can be reached at 613-239-2213 if you have questions. Viscount Alexander is a great community school. Learn and grow with us.



Grades 5 and 6 students received Taekwondo lessons when learning about Korea.

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The following Budget dates will be important in 2018:

- | | |
|------------------|--|
| February 28, 7pm | Hopewell School: Downtown Wards Budget Consultation |
| End of March | Vote on 70% of the Budget |
| April 16 | Staff Update, including information on GSNs |
| May 14 | Presentation of the staff recommended budget |
| May 17 | Downtown Wards Budget Consultation |
| May 20 | Public delegations and committee questions |
| June 4 | Budget debate continues |
| June 11 | Budget debate (if required) and recommendations to Special Board |

Should you have any questions, comments, concerns or a desire to be more involved in public education in Ottawa, please be in touch.

Shawn Menard, School Trustee

Capital/Rideau-Vanier

Shawn.Menard@OCDSB.ca • 613-867-6772 • @ShawnMenard1 (Twitter)

Dancing to the music of your DNA

Ron Hodgson

Databases are used to keep track of many things that define you. Most people modify the databases themselves just by using them, and in doing so establish fairly accurate personal profiles. When you choose a particular movie or program from Netflix for example, the Netflix database captures that decision and, by quickly searching your previous choices, often gives you other shows that you may also be interested in. Or, when you show interest in products being sold online your interest is captured and used to target you with advertising tailored to your tastes.

So what does this have to do with DNA databases? As I mentioned in my article in the December edition, 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. Your DNA becomes a bit like your Netflix preferences and helps identify possible relatives.

It helps to understand the type and size of the primary genealogical DNA databases so to begin with here are the basics. (Disclaimer: I am in no way an expert in this field and I owe a great deal to Wikipedia for some of these references.)

The DNA molecule is comprised of thread-like structures called chromosomes which are arranged in 23 pairs. One pair is your sex chromosome, X and Y in a male and X and X in a female. The other 22 are called autosomes. Some DNA tests only capture your autosome information while others capture these plus the sex chromosome information.

Autosomal DNA analysis is useful to track relatives over a few generations—perhaps five or six. This is because autosomal DNA is inherited equally from both

parents but since it recombines with each generation the accuracy of the analysis diminishes exponentially as you go back in time.

Y-chromosome DNA (Y-DNA) that is passed from father to son can be used to trace the paternal line over many generations. Mitochondrial DNA (mtDNA) the other sex chromosome that is passed from mother to child, is used to trace the lines of descent of the maternal line and can go back thousands of years.

The most popular site, ancestry.ca offers an Autosomal DNA analysis and is very useful for people who want to build a family tree. Going back six generations would take you back to about 1840. According to recent estimates (Nov. 2017) Ancestry's database exceeds 6 million testers. Also its database tends to contain mainly testers from North America.

The second most popular site is 23andMe.com with some 3 million testers. Their autosomal test includes basic mitochondrial and Y-chromosome haplogroup or line of descent information at no extra charge. For an additional fee they also provide medical and trait reports which can be used for family planning. 23andMe is also available in more countries than Ancestry and so their database will possibly be more representative of those with non-North American backgrounds.

The databases of other tester sites although growing, are much smaller than Ancestry or 23andMe. These include Family Tree DNA (FTDNA) and MyHeritage. I found a useful website to compare all these databases at whodoyou-thinkyouaremagazine.com.

But what about the security that you should expect when you send this very personal DNA information to these organizations? Is your DNA information protected and secure enough to withstand the pressures that legal and border control systems can exert? What about medical

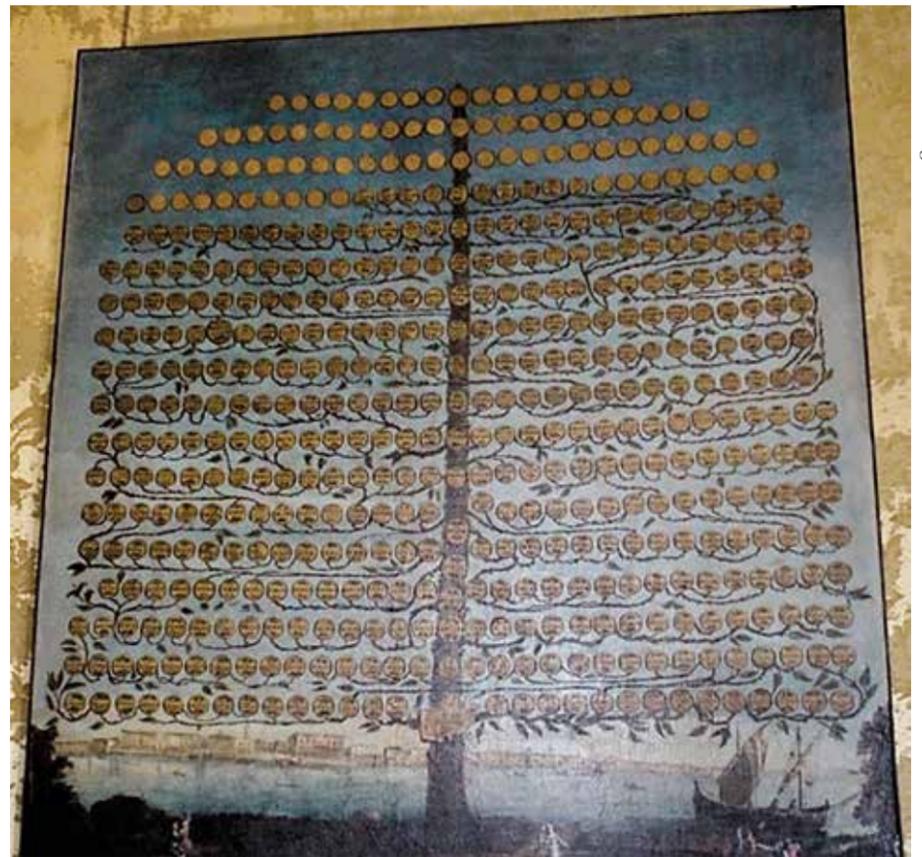


Photo Ron Hodgson

systems and drug companies? Could they get access? Your full genetic code may be available as a result of the test results you sent in. As a commercial service what control or oversight exists over the data that you have provided?

There have been a handful of requests for family lineage companies to turn over DNA information to law enforcement agencies in the U.S. Most of these have been subsequently withdrawn based on invasion of privacy laws but who knows what could happen as technology develops or in a compelling public safety situation?

Based on general company privacy statements, users are considered to own and control their data. Information is stored by the labs or storage facility with no person-

A Family Tree from about 1500 found by the writer in the Doge's Palace, Venice, in 2000.

al identifiers and the company will delete the data and destroy the DNA sample if requested. Nevertheless if you are considering submittal of a DNA sample read the fine print and make sure you're comfortable with the privacy guarantee.

The bleeding edge of technology may not be the safest place to sit but it sure is compelling to be able to find out about yourself and the road your ancestors trod to get to the present. One of my favourite authors, Richard Dawkins "The Selfish Gene" is worth quoting here—"DNA neither cares nor knows. DNA just is. And we dance to its music".

Carnaval d'hiver 2018 de la Côte-de-Sable

Ce fut une superbe journée pour le carnaval d'hiver qui a eu lieu le dimanche 28 janvier! Action Côte-de-Sable aimerait remercier encore une fois les partenaires suivants: le Centre de santé communautaire de la Côte-de-sable; notre conseiller municipal Mathieu Fleury; l'agente immobilière Lynda Cox; et St Joe's Supper Table. — Christine Aubry

Photo Harlequin Studios



Photo Jan Finlay



Photo Jan Finlay

Far Left — Mathieu Fleury and Christopher Collmorgen caught up as Madeline and Félix got to work. Left — Jimmy Cox stopped by the refreshment table. Above — Friends old and new at the table with tire.

Photo Harlequin Studios



Photo Jan Finlay



Photos Bob Meldrum

Mango and Matcha: brighten your winter with some sunny tastes and colours

Paula Kelsall

Over the last year, the block of Rideau Street between Dalhousie and Waller has welcomed a striking number of new Asian restaurants. If you stop to take a look, it's hard to find a consistent theme in their menus, or the geographic origins of their cuisine. On the north side, Uji Café bills itself as Ottawa's first Japanese café, while across the street Sugar Marmalade promises us "innovative fusion dessert" with the "classical taste of Hong Kong." Next door, Shanghai Wonton Noodle makes no promotional promises but dishes out bowl after bowl of steaming soup and dumplings—no dessert course here! And literally sharing a doorstep with the noodle place is Food Mood, a tiny Korean place with a playful vibe.

If these restaurants have anything in common, it's their appeal to a young and hungry clientele. None of them is expensive, and they all offer minimal table service, with customers ordering at the counter or filling out a form with their choices. Each has something new to contribute to the food scene on Rideau.

Photo Bob Meldrum



Uji Café, at 215 Rideau, had a "soft opening" that lasted several months, during which pastries and beverages were their only offerings. The café has a focussed selection of sweets; there are tarts, cake rolls, cheesecake and mille crepes—stacked crepes sandwiching a cream filling, sliced into wedges like cake. Each of these four basic items comes in three or four flavours; chocolate, mango, matcha or plain. You can get coffee at Uji Café, and also matcha, the ground green tea which makes a very beautiful latte, the foamed milk swirled into patterns on a bright green background. Uji Café has branched out into entrees in recent months, and you can now get a noodle bowl with Japanese curry or tonkatsu, a breaded and deep-fried pork cutlet. There are some burger selections which also feature the appealingly crisp cutlets on a bun with shredded cabbage and various sauces. These are a bit bulky for eating with your hands like a traditional burger, but even deconstructed and eaten with knife and fork, they are satisfyingly tasty. Uji Café is a comfortable space, with a variety of seating options including banquettes and armchairs, a cheerful spring-green colour scheme, and free wifi that seems to encourage many customers to settle in with friends and homework. Their tarts travel well if you want a dessert to take out, and we've found the chocolate ones to be a satisfying treat for two.

Across the street, Sugar Marmalade at 180 Rideau St. also opened last summer with its dessert menu, which in this case goes on for pages and pages. There are some familiar possibilities here, such as waffles, millefeuilles and cheesecake, but also many choices that are new to the neighbourhood. How about Black Glutinous Rice with Durian and Coconut Milk, or Sweet Black Sesame Soup? There are many adventures to be had here in the form of new textures and flavours, and the vivid colours of green tea, mango,

watermelon and other fruit make a feast for the eyes as well. Tucked at the back of the menu are some savoury snacks and entrees. This part of the menu is not very friendly to vegetarians, but several desserts, such as traditional tofu pudding with fruit or sweet red beans, sound nourishing enough to qualify as a guilt-free meal. In general, none of the desserts I've tried so far at Sugar Marmalade has been overly sweet, and all have been generously sized and fun to try.

Shanghai Wonton Noodle at 178 Rideau St. is a very business-like little restaurant, in a long narrow space that it shares, oddly, with a burrito bar. Line up at the counter to order from a limited menu of soups, noodle dishes or dumplings, then pay and take a seat until your order is delivered, quite promptly, to your table. The broth accompanying the noodle soups is tasty, fragrant with star anise, and the pan fried wontons are savoury and satisfyingly chewy, accompanied by a little bowl of tangy dipping sauce. There are vegetarian options such as dry Wuhan noodles with tofu or a noodle soup with fresh Chinese greens. This is not a homey space; tables are small and close together, and there's a bit of a chill from the front door. But if you're in the mood for a quick, tasty and inexpensive meal you'll find this place



satisfying.

Both Shanghai Wonton Noodle and Food Mood, right next door at 178B Rideau St., seem to be family businesses, with a young person working the cash register and an older couple cooking. The young woman who greets you at Food Mood is engagingly cheerful and welcoming, and one wonders if she decorated the place, with its quirky little tables made of thick slices of wood, the pink artificial flowers, and the post-it notes that paper the sides of the counter with affectionate remarks from friends and customers. "9A! 9A! 9A!" says one such note, apparently referring to a favourite menu item, and 9A is indeed very good, a sort of cross between sushi and cabbage rolls, each portion of rice wrapped in cabbage and draped with a piece of toothsome Korean-style pork and garnished with irresistible crispy bits, all very nicely presented on a long platter that barely fits on the table. There are also more traditional Korean dishes such as bibimbap and bulgogi, and there are many possibilities for vegetarians. The atmosphere at Food Mood, like its next-door neighbour, suffers a bit at this time of year from the chilly air that sweeps in the door with each arriving or departing customer, so you may want to consider take-out here.



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Eat better, feel better. Are you struggling with healthy eating? Are you ready to make a change? Learn about fibre, healthy fats, label reading, emotional eating. Weekly check-in for the small changes you choose to work on. Try a new easy, low-cost healthy snack each week. Friday afternoons at the Sandy Hill Community Health Centre, 221 Nelson Street, 1:30 - 3:30 p.m. Feb. 23 - April 6 (no class March 30) in English. For more information or to register, call Olly, Dietitian, at 613-244-2792

Learn to Curl Program at the RA Curling Club Feb. 27 - March 27, from 5 to 7 p.m. For RA members the registration fee is \$90.00; non-members \$100.00. To register or for information, call Member Services at 613-733-5100 or on-line at www.racentre.com

Everyone's Sister and Rainbow New Beginnings, two refugee sponsorship groups, are hosting a fundraiser at the East India Company Restaurants (Somerset location) on March 14. There will be two sittings of 100 people, one at 6 p.m. and one at 8 p.m. Thanks to The East India Co. 25% of the night's proceeds will be donated to your choice of one of the 2 causes. To book your spot, please contact the East India Company Restaurants at (613) 567-4634. For more information please contact Cindy at everyonesister@gmail.com

Calling all professional printmaking artists for the 7th International Miniature Print Biennale Exhibition organized by the Ottawa School of Art, Downtown Campus. Exhibition dates: May 3 to June 17, 2018. Prints must be made with any generally accepted graphic techniques. Prints must have been produced since January 1, 2016. The deadline for submitting artwork is March 16, 2018. Complete information: artottawa.ca/miniprint-submissions/

Ottawa Storytellers at the NAC: March 22 at 7:30 p.m. The Norse Gods: Battle, Betrayal and Death, Colette Laplante; April 19 at 7:30 p.m. Tales and Tunes of Malicious Enchantment, Betty Bennett and Angelica Ottewill. Tickets \$22 Regular, \$18 Seniors, NAC box office, online, 1.888.991.2787

Rummage sale Sat., April 7. St Andrew's, 82 Kent Street, 10 a.m. to 1 p.m. Best Rummage in town!

Reducing your home's carbon footprint: it's not just your windows! For information on energy rebates, the GreenON.ca website has an up-to-date directory for all of the provincial programs that residents in Ontario can take advantage of, whether they are a homeowner, renter, business-owner or landlord.

St. Albans Church, on King Edward St. at Daly, now has two congregations. Starting February 4, the congregation of St. Bernard de Clairvaux began to worship at noon on Sundays at St. Albans Church. St. Bernard de Clairvaux is the only French language parish in the Anglican Diocese of Ottawa and they have been meeting at Christ Church Aylmer for the past eight years, but recently decided that they should move to downtown Ottawa.

The Ottawa School of Art is now accepting proposals of current or proposed work for the 2019 exhibition season Artists working in all media are invited to submit proposals. Group exhibition proposals are also accepted. Deadline for submissions Fri. April 6, 2018, 4:30 p.m. For more details regarding the submission please contact Cathy Brake OSA, ByWard Campus 613-241-7471 x 27 or boutique@artottawa.ca

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The full wolf moon of January—a super moon inviting in the New Year.

Photo Kathleen Kelly

Photo Eric Schiller



The Fleur – now much more than a tea house

Eric Schiller

In October, 2017 a new manager moved into the Fleur Tea House on Somerset Street East (at Russell). Azad Jahantab has an amazing story to tell.

Azad comes from “Kurdistan,” an unofficial country that in fact straddles four countries—Iran, Iraq, Syria and Turkey. Azad’s mother comes from the Kurdish area in Iraq and his father hails from the Kurdish area in Iran. In the 1990s Azad was studying electronics in the University in Tabriz, Iran. Because of the Iran-Iraq war, his family had to flee to northern Iraq. If that was not enough trouble, before the US invasion of Iraq, they then had to move to the Kurdish area in Turkey.

When the family arrived in Turkey they had no official status, so they were easily exploited by employers. The family then moved further west in Turkey to Isparta where they had to “pretend” to be non-Kurdish Turks in order to find work. With UN assistance Azad’s family were able to

emigrate to Finland where they now live. Azad, being an 18-year-old adult was not eligible to accompany them.

After 1 ½ years of living alone in Turkey Azad was able to immigrate to Canada in 2003 with the assistance of a cousin living here. Once in Canada, like so many immigrants, Azad worked at any job that he could find, mainly cleaning and cooking. After several years, he became a master cook and a businessman. Until recently he owned and managed Lee’s Pizza which is located near Sandy Hill. This is where he met Farnaz Arian and her son Kyan Arian. The Lee’s Pizza store was a successful business, but Azad was so strongly attracted to Sandy Hill that he decided to sell that business and make the move to Sandy Hill.

The new “Fleur Resto- Café- Pizza House” now has been totally transformed. We should all give it a visit and try out their menu—or if the weather is inclement, just pick up the phone and give them a call at 613-606-7280. Azad and Farnaz have a free delivery service for all of their offerings.

Photo Harlequin Studios



The executive director of the Thirteen Strings chamber orchestra, Guylaine Lemaire, had a quiet Sunday morning at home in Sandy Hill with her husband cellist Julian Armour and their four boys on February 4. Next up for Thirteen Strings is the third concert in their “Subject is Light” winter season. The concert “Galant! With elegance and poise!” is scheduled for Friday, February 23 at 7:30 pm at Dominion-Chalmers United Church.



Brazilian melodies and syncopated rhythms in Sandy Hill

Elizabeth Grace

In his solo recital in the Chapel of all-saints Event Space on December 28, 2017, Brazilian-born Luciano Lu warmed the hearts of Ottawa concert goers with melodies and rhythms from across the globe. He delighted his listeners with an impressive variety of musical styles, from classic bossa nova, to folk and jazz. Truly multi-talented, he sang in Brazilian Portuguese, English and French, and accompanied himself on guitar and accordion. Lu’s versatility was also showcased in a mix of traditional and less-well known songs and original compositions.

Those who missed this wonderful concert will have the opportunity to attend others in a series of Latin American music presented by Editorial Mapalé, a local promoter and publisher of South American arts and literature.

Two more concerts have been confirmed for the Chapel at all-saints Event Space (corner of Blackburn Street and Laurier Avenue East).

February 21, 2018: Musical Synergy with Sol da Capital

Singer-songwriter Rachel Beausoleil and guitarist-composer Evandro Gracelli reunite for an evening of Pan-American jazz. They will be joined by sax and flute player Jasmin Lalande. This intimate concert is a rare opportunity to hear them together, as Evandro is returning to Canada only for a short time. Come in for some cool improvisation, original songs and classic melodies from Canada to Brazil.

March 21, 2018: Duo Waqay

Known for their unique and symbiotic connectivity while playing together, Duo Waqay has perfected their musical dyad over the course of the past nine years. The fusion of Alejandro Vegas’s Cuban heritage and Gabriela Iznardo’s Peruvian and Argentinian background lead to the creation of a unique sound.

More information about this series can be found at <http://www.facebook.com/EditorialMapale>

These events are a welcome addition to the nightlife and cultural scene in Sandy Hill.



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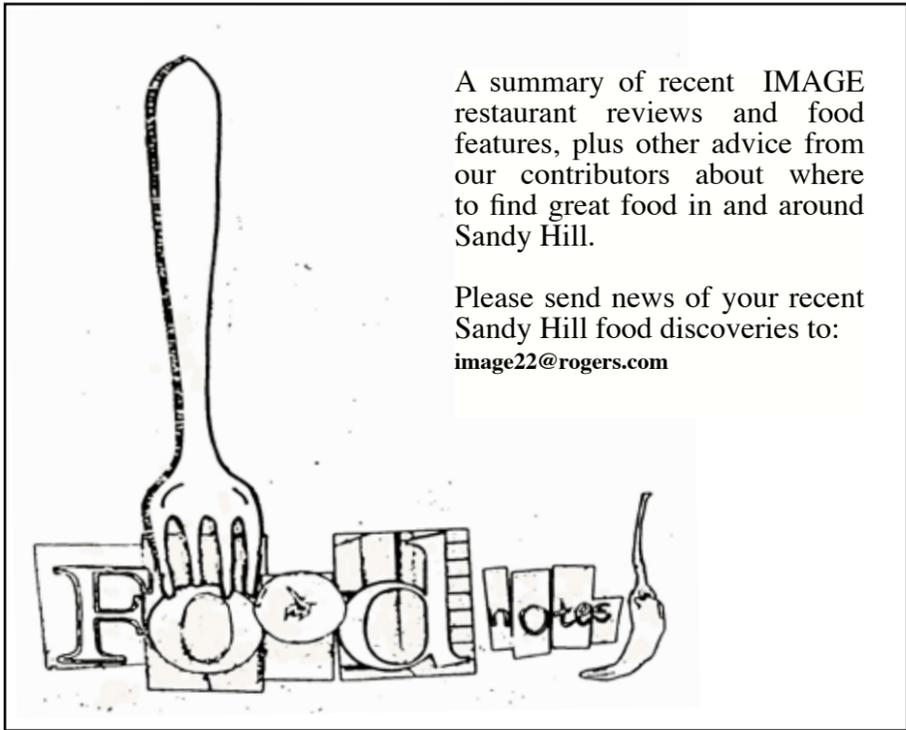
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A summary of recent IMAGE restaurant reviews and food features, plus other advice from our contributors about where to find great food in and around Sandy Hill.

Please send news of your recent Sandy Hill food discoveries to: image22@rogers.com

Farm Boy, 50 Rideau St.

The Rideau Centre welcomed this popular specialty grocer in December. Situated in the space once occupied by the shopping centre's food court, it is conveniently nestled between the LCBO and Shoppers Drug Mart on Level 1 (a wheelchair lift is available for shoppers with mobility issues).

Farm Boy is well known for its fresh produce, butcher quality meats and artisan cheese, as well as natural, organic and locally sourced foods. It also features its own line of products and Farm Boy Kitchen meals that are made from scratch without additives or preservatives. The broccoli kale, and split pea and ham soups are both worth trying!

OC Transpo commuters, mall shoppers and Market area dwellers are sure to be tempted by the "grab and go" options from the hot bar, and artisan pizza, stir fry and sushi stations. The store also boasts a new Fresh X-press station that offers grilled to order lunches and dinners for take-out or to enjoy in the small seating area near the entrance.

A few recommendations include "Rule the Roost" chicken sausages (1 of 16 varieties available that are all free of fillers and MSG); a pleasantly tart Lemon Garlic salad dressing which doubles nicely as a marinade, fresh salsa; and blue corn chips.

Open 8 a.m. to 9 p.m. from Monday to Saturday, and 9 a.m. to 6 p.m. on Sunday.

**Gandhi's Village
113 Mann Ave.**

A recent dinner at the still-new South Indian restaurant at the south end of Sandy Hill was delicious, and much better-organized than our previous visits. We especially enjoyed our appetizers: crisp lentil fritters called parrupu vada; and bondas, little fried patties of potato seasoned with fennel, drizzled with yogurt and served with chutney. The chicken dosai was also very good, possibly our favourite so far at a restaurant that has an unusually interesting selection of fillings

for the large, crisp and addictive crepes. We were in and out in under two hours; perhaps a sign that the proprietor is finding his rhythm in the kitchen. Open for lunch and dinner 6 days; closed Mondays. 613-569-2121.

Moon Dog, 238 Laurier Ave. East

The veteran Sandy Hill pub has had an intriguing sign out front for several months now advertising Lebanese breakfast, so we dropped by to give it a try on a recent Sunday morning. Foul mudammas is a traditional dish of fava beans served throughout the Middle East. It is cooked to a tender and soupy consistency and seasoned with lemon and olive oil. The Moon Dog serves a bowl of these fragrant beans surrounded with a pretty array of sliced tomatoes, cucumber, red onion, peeled radishes and pickles and a side plate of fresh pita triangles. It was a zesty and healthful change from the usual North American breakfast restaurant, but I must admit to pinching a strip of my companion's bacon, which was perfectly cooked, as were the eggs that came with it.

Rideau Bakery, 384 Rideau St.

Possibly in response to the increasing selection of fancy focaccias and ciabattas to be found across the street in the bakery department at Loblaws, the counter at the Rideau Bakery has recently been displaying a basket of lovely artisanal-looking loaves with deeply scored crusts labelled "Everything Rye." At \$5.25 per loaf, this light rye bread is flecked with olives, rosemary and other seasonings and has a crisp, salty crust. It stays moist for days, and performs well as a base for an open faced sandwich, a companion to soup, or savoury toast with a plate of eggs.

**Gogiya Korean BBQ House
470 Rideau St.**

Just opened where Minglewood was located on Rideau St. is a new Korean grill, featuring an all-you-can-eat buffet. Open 11:30-3:00 and 5-9 p.m. Closed Tuesdays. Website: www.gogiyabbq.com.



Photo Dodi Newman

Winter balm

Dodi Newman

This tajine, with its aromas of cinnamon, ginger and quince*, is a balm for winter-weary bodies and souls. Don't let the long list of ingredients scare you—it is really not a difficult dish to prepare. The recipe can be doubled, and leftovers freeze well. I loosely based the recipe on one for "Chicken and Walnut Tajine", which I found on the blog part of this website: www.lesborjdelakabah.com

Chicken and quince* tajine

- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- small pinch of crumbled saffron threads
- small handful finely chopped parsley
- Tabasco sauce to taste, optional
- 4 chicken thighs (bone in, skin on), rinsed and patted dry
- 2 tablespoons vegetable oil
- 1 medium onion, finely chopped
- 1 medium garlic clove, finely chopped
- 1/4 cup water
- 2 tablespoons butter, cubed
- 1 quince, peeled, cored, and cut lengthwise into 12 wedges
- 2 tablespoons butter
- lemon juice to taste

In a bowl large enough to hold the chicken in a single layer, mix together the salt, pepper, ginger, cinnamon, saffron, parsley

and Tabasco sauce (if using) with enough water to make a paste. Add the thighs to the bowl, turning them until they are well-covered with the paste. Reserve.

In a heavy bottomed pan just large enough to hold the thighs in one layer, heat the oil over medium heat, add the onion and sauté it until it becomes limp. Add the chicken and all the paste, stir in the garlic, the water and the cubed butter, bring to a slow boil, cover the pan with a lid, turn the heat to low.

Now, prep the quince and, over medium heat, sauté the slices in 2 tablespoons butter, turning them often, until they begin to brown and turn a golden-orange colour—10 to 15 minutes. Add them to the pan and stir. Cover the pan again and simmer the tajine for another hour or so, adding a little more water as needed now and then; at the end, there should still be some liquid in the pan. The tajine is done when the chicken feels tender to the touch.

Before serving, check the seasoning and, if you wish, add a little lemon juice to brighten the flavour. Couscous and a green salad or vegetable go well with this.

Serves 4

*Note: Quince can be found at Middle-eastern groceries, at Produce Depot or at Cedars. Pick the yellowest, most fragrant one without blemishes. If you cannot find quince, firm, flavourful apples are a good substitute. Use one very large apple or two smallish ones and treat it/them just like the quince in the recipe, but reduce the sautéing time to 5 minutes.

Ice fishing on the Rideau in mid-January.



Photo Kathleen Kelly

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All's usually well that continues well ... wandering thoughts of a wandering mind

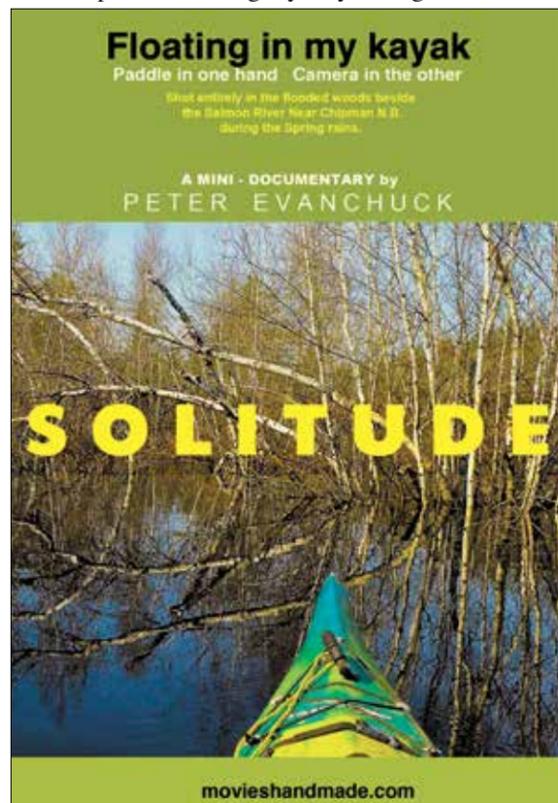
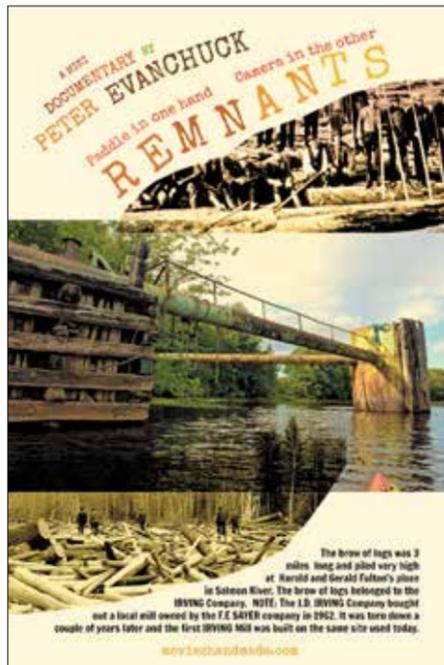
Peter Evanchuck

Well after a long hiatus dealing with my cancer, I'm back at the helm of my life despite the disease.

I'm working away on a series of short docs—because they're cheap to make using digital gear and easier than fiction films that require actors/scripts etc.

Recently I've completed SOLITUDE shooting from my kayak, my panasonic 770 in one hand and my kayak paddle in the other. I'm not sure if that qualifies as a "run and gun" setup or a "paddle&cam" style of shooting. But it's all very fast and very easy since I hand hold rather than "rig a jig."

SOLITUDE was shot in three hours while the Fundy tide and spring ice melt raised the water levels on the Salmon River about 8 feet, which made the riverside woods a water wonderland—no earth to be seen. For a kayaker it was a miracle paddle weaving my way through



birches and pines floating on water instead of stepping on earth—very unique indeed. Moments like this make kayaking a true communing with nature event.

For those of us who experience nature "real" not from our computer screens, the "feel" of such an experience blossoms our spiritus sanctus... it's naturally a religious definition of a miracle lived in reality.

I wish others could realize such experiences and as Archibald Lampman poetically phrases it "and to experience joy like a child again."

p.s. Just completing another short doc. REMNANTS which nostalgically traces the decline of the log river runs down the Salmon River to the mill—weaving the past with my present kayak paddle along the shore of the Salmon River documenting the remnants left of the old ways from those river log runs before they began hauling the logs with tractor trailers. Art never sleeps.

Let's talk real estate

Lynda Cox



Over the years I have witnessed many couples buying and selling. Here are some of my observations:

1. Couples in a good relationship know how to compromise. He wants new windows and she wants good natural light....they keep looking until they find both. They can overlook the insignificant deficiencies of the home because they can see themselves living happily there, each of them finding enough positives to be happy with their choice. Needless to say, these are my favourite clients.
2. You can tell that a relationship is in trouble when the couple walks around the house commenting on this or that but never imagines themselves living there. I showed one engaged couple many condos and townhomes and instinctively knew that something was wrong. They could not make a decision even when the house was perfect in every way. They finally broke up. Each of them eventually found the right partner and the right houses followed... happy endings after all.
3. Couples just starting out in second-marriage relationships often want to sell off their individual homes and restart their 'togetherness' in a new one. One couple I worked with just couldn't see eye to eye. One wanted waterfront, one wanted urban. We combed the city and countryside. They finally found a lovely home near the water yet still in an urban setting. The husband just couldn't make up his mind and they were in a bidding war to boot so had to decide quickly...he eventually told me to flip a coin. Yes, he asked me to flip a coin. She won the toss and they put in their best offer. They got the house and have had many happy years there! That was a first for me.
4. Relationships are very exposed in the house buying or selling experience ...the good and the bad. You can easily see if the relationship is

balanced or not. If not, it quickly becomes evident who holds the most power.

5. Selling a home and dealing with an offer is also a very good indication of the individual personalities in the couple and how they work out their differences. One might want to hold out for every dollar while the other is more generous and wants both sides in the negotiation to be happy. This can often be a battleground. I recall one negotiation where the two sellers were in two different provinces for work. They were on speaker-phone as we dealt with an offer. I opted to leave the room while they yelled and hashed it out. Not my favourite situation.

When you are happy with each other, decisions about housing are not too hard to make. Only start looking to buy or sell when you have worked out your needs and priorities. You need to be on the same page. You will find the process an exciting one and your realtor will love working with you no matter how long it takes.

Sandy Hill Update

Residential: There were three sales over the last two months. There are 12 active listings.

- A row on Besserer sold after 143 days on the market. List Price \$689,900.

- A semi-detached on Stewart sold in 24 days. List Price \$664,000

Condo: There were 10 sales in this period. There are 33 active listings.

- 417 Laurier (heritage condo at Marlborough) sold in 29 days. Asking price was \$979,000

- Active Listing at 220 Wilbrod, 1 bed, 1 bath, List Price \$249,000

To be completed in the new ArtHaus Gallery LP on the 23rd floor, 2 bed, 2 bath, List Price \$1,224,990



Planting Seeds—a year of transition, a year of success

Elizabeth Knowles

Planting Seeds International, has completed its first year of service since transitioning from Oneness Through Service—Guatemala, founded by Susan and Richard Schmaltz, now of Sandy Hill. The annual fundraising dinner will be held on Saturday, May 5, at St. Joseph Parish Hall, 174 Wilbrod Street. The dinner will bring together the Canadian-based Board of Directors, representatives

of the U.S. and Guatemalan Board of Directors as well as front line workers Shannon Moyle of Sandy Hill and Maclane Phillips with the local long-time volunteer work teams, donors and new supporters.

Planting Seeds International, a not for profit organization, works to support people living in extreme poverty in Guatemala, but also seeks to break down the structures that keep them impoverished.

The Planting Seeds philosophy of education and method of instruction continues to flourish in Guatemala. Over the last eighteen years, the rote based learn-

ing tradition has transitioned to the more holistic Planting Seeds approach in many communities

With the organization's expansion, the mission has grown to include not only educational initiatives but also to raising funds to build a community centre. The purpose is to expand its reach within the community and provide more comprehensive services to better support children and families living in extreme poverty.

The May 5 evening will run between 6:30 and 9:30 p.m. and will include a three-course catered meal, a silent auc-

tion, cash bar, entertainment and a mercado/market of Guatemalan handicrafts. Tickets are \$50 each and can be purchased by calling Aileen at 613-234-9012. An income tax receipt for approximately \$30 per ticket is available.

For information on the organization see the Planting Seeds website: plantingseedsinternational.org



Illustration by Clare Thorbes

Portrait artist and creativity coach moves to Sandy Hill

Derek Carlisle

Clare Thorbes, a former resident of Sandy Hill and my classmate in journalism school, returned to this community just before Christmas.

Asked what brought her back here, Clare said: "I missed the city. I have lots of friends in Ottawa and family in south-western Ontario. And of course, this is a great place to be an artist!"

Clare paints oil portraits of pets and people and is passionate about working *en plein air*. You might spot her at her easel in the neighbourhood once the frostbite risk abates.

She's also a certified creativity coach, helping writers, artists and performers build a satisfying life in the arts.

"As creative people, we have to juggle family commitments, jobs, the ups and downs of our personality, the realities of the marketplace and making time and space for our art," Clare explains. "My job as a coach is to help clients establish and maintain a regular creative practice in the midst of a busy life, and to figure out solutions to whatever's in the way of their creativity."

One of Clare's paintings is on display at the Ottawa Little Theatre. Her artwork is in private collections on

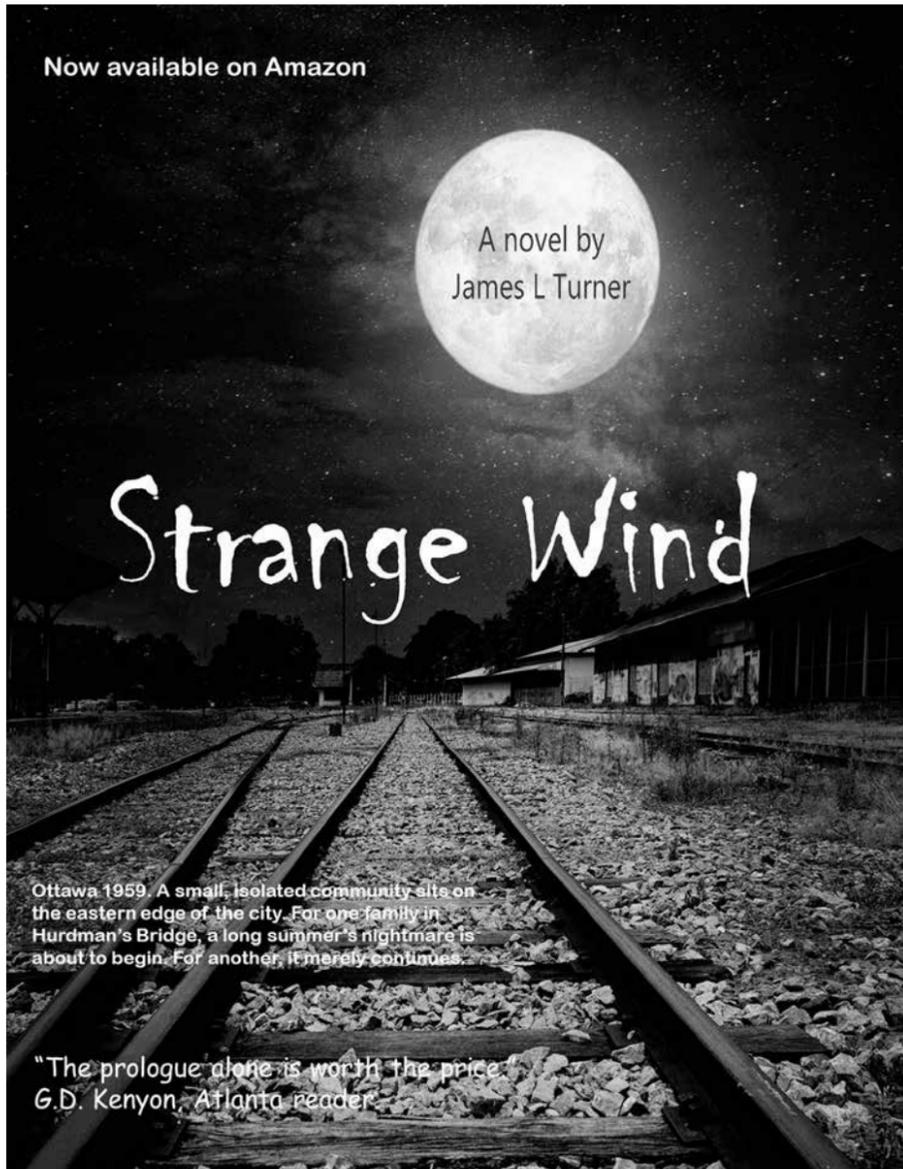
both coasts as well as here in Ottawa. I'm the proud owner of "Canadiennes". You can see more paintings at clarethorbes.com or find out about coaching at clarethorbescreativitycoach.com.

In the past, Clare has co-owned a small press, freelanced for First Nations and business publications, and worked as a multilingual translator. She still edits books, and says she'd love to translate books about the arts from French or Spanish into English.



Illustration by Clare Thorbes

Strathcona Park on a frozen day in January Photo by Kathleen Kelly



A Strange Wind blows through the neighbourhood

Betsy Mann

Local author James Turner has drawn on his childhood experiences growing up in the small Hurdman's Bridge neighbourhood, on the periphery of Sandy Hill, to provide the background for his novel, *Strange Wind*. This historical thriller tells the tale of Nazi hunters come from Germany to track war criminals in Canada during the Cold War, woven through with a story of a young boy coming of age in the Ottawa of the 1950s. "It's a work of fiction, but set in a real setting with lots of historical characters, like Mayor Charlotte Whitton and Prime Minister Mackenzie King," Turner explains. "I've changed the names of some people, including my family members, but all the background is true to life. I did considerable research to write accurately the parts set in Germany. My own memories are there too, like sitting around the radio with family listening to broadcasts of the

Lux Mystery Theatre and the fun of getting muddy chasing a greased pig. Times have changed."

Hurdman's Bridge is the name given to the area lying between the current Strathcona Heights development and the Queen-sway. "It was always sort of isolated," says Turner, "cut off now by the Queen-sway and then by the railway tracks that crossed the Rideau River there." It was also the site of industrial activity, with coal yards, a slaughterhouse and meat packing plant by the river, and a large cement works where the current City maintenance yard is located. "During the war, German prisoners of war were housed at the Hull jail and brought by truck every morning to work at Haley's cement factory, making cinder blocks," Turner remembers. "After the war, some stayed on in Canada and continued to work there." The nearby land along the river was the site of a "hobo jungle," convenient to the old railway tracks where the itinerant men could jump trains going south for the winter. Now apartment buildings and the Lees campus of Ottawa U occupy the space, but in the book, set 60 years ago, the undeveloped land makes a perfect hideout for the Nazi hunters while they are tracking their prey.

Sandy Hill residents who are interested in exploring through fiction the history of Nazi Germany, the Cold War and their neighbourhood's place in that history can purchase a Kindle edition at www.amazon.ca. A paperback edition is available from www.amazon.com.

Author Jim Turner grew up near Hurdman's Bridge.



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Norwegian Wood Chopping, Stacking, and Drying Wood the Scandinavian Way, by Lars Mytting

Larry Newman

What a title! You just have to read it – or at least “leaf” through the pages. I’m a former logger and have nearly always had a wood burning stove in our house. I’ve chopped, stacked, and dried wood for a large part of my life. I absolutely had to read this book to compare my method with the Scandinavian way.

What did I find out? These people are serious. There’s a reason why the title is so long and the work of firewood is divided into processes. It’s to study it better. Why study it? In Norway, “...twenty-five percent of the energy used to heat private homes comes from wood, and half of that wood is chopped by private individuals.”

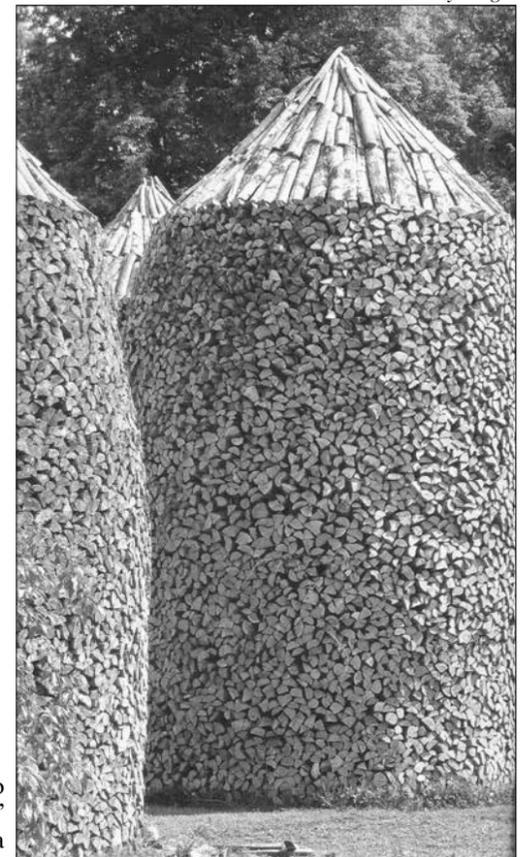
But they’re not only scientists; they’re also a little romantic. Lars refers to White Birch as the “queen of firewood”. He talks about “the smell of wood and a little woodsmoke, and the sight of the ever-changing play of flames, (which) connect us with the primordial magic of the fireplace.” He tells us that heating with wood is a “...deeply rooted part of our culture.”

He starts at the forest. All of the common northern hardwoods (and pine, spruce, and fir) get a small essay. Most also grow in the forests around Ottawa and we would recognize some of them by sight, especially the “queen”.

Next is tools; different models of chain saws are identified and described. Seven kinds of axes are identified and their traits are proclaimed. We amateurs in North America tend to get by with two, at the most three.

A chapter is titled “The Chopping Block”. What kind of wood makes a good chopping block, how big, how tall, how to treat them, etc.

Now we get to the meat of the story – the splitting and stacking. A well stacked woodpile is a source of pride to the Scandinavian firewood user. To illustrate how



Norway’s state broadcaster ran a TV program about wood burning in response to this best selling book. It featured an eight hour view of a fire in a wood stove with a glass viewing panel. One viewer, niesa36, wrote on the Dagbladet newspaper website: ‘I couldn’t go to bed because I was so excited.’

‘When will they add new logs? Just before I managed to tear myself away, they must have opened the flue a little, because just then the flames shot a little higher.’

‘I’m not being ironic,’ the viewer continued. ‘For some reason, this broadcast was very calming and very exciting at the same time.’

important the woodpile is, Lars describes different styles of stacking. He features two pictures of woodpiles that are stacked in such a way as to make sculptures.

Another illustration shows a young man posing in front of a two story house completely encased (except for doors and windows) in a wood pile. He won the Ark National Firewood Stacking Competition in 2012! They have wood stacking competitions! I told you they were serious.

Do you want to know about Scandinavian wood stoves, current and historical? He has a chapter. Do you know that, in order for wood to dry properly, trees should be cut no later than the day when one can start to see the earth through the thawing snow. Of course you do – now.

Buy this book!

Published as *Hel Ved* by Kagge Forlag AS in 2011; translated by Robert Ferguson and published in English by MacLeHose Press (UK) 2015.



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FOR ADULTS / POUR ADULTES

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 pm, Saturdays Feb. 10, March 17.
14 h, les samedis 10 février, 17 mars.

Morning Book Club

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

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.

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:

February 13, March 13; March 27, April 10.

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

10 h 30 à 11 h les mardis indiqués :
13 fév.; 13 mars; 27 mars; 3 avril, 10 avril

Afternoon Adventure / Aventures d'après-midi

Come as a family to enjoy stories, crafts, games, and creative play. Venez en famille pour profiter des contes, du bricolage, et des jeux.

3:30 p.m. on the listed Thursdays:
February 22; March 29

15h30 les jeudis indiqués :
22 fév.; 29 mars

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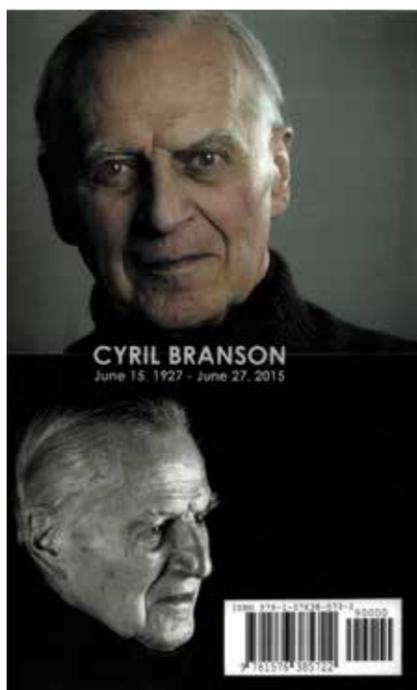
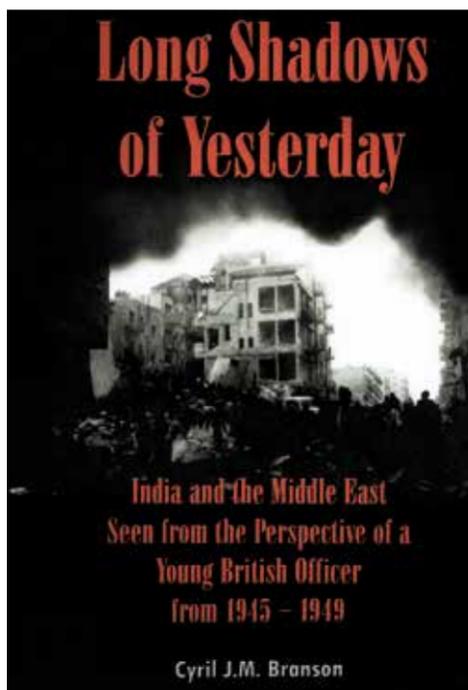
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Is there something about or in Sandy Hill you'd like to tell people about? IMAGE welcomes articles from the people who live and work in our neighbourhood. You are welcome to write in English or French, whichever you prefer. The ideal length is 500 words, with a photo or illustration. And if you enjoy writing for newspapers but need an assignment, just ask – we can come up with something.

More information about and links to the editor are available at the IMAGE website, home.imagesandyhill.org/



Long Shadows of Yesterday: A memoir written by Cyril Branson

Clive Branson

Cyril Branson was a Canadian when he died, but British when he grew up and French when he was born. He served with the 7th Gurkhas in India and the Royal Sussex Regiment in Palestine, Trans-Jordan and Greece from 1945 - 1949.

At each posting he saw the Union Jack coming down and tensions rising.

Long Shadows of Yesterday is an interesting and engaging account of the affairs in the hotbeds at the end of British Imperialism.

By late 1945, the movement for independence in India was coming to a head. In Palestine, the conflict between the majority Arab population and the ever-increasing Jewish settlements was intensifying. The political situation in Egypt was deteriorating.

In Greece, the government was facing a civil war. And in Trans-Jordan, King Abdullah was trying to save his throne. British influence (the old Raj and previous political leverage) in these areas was declining fast and the vestiges of "Empire" were fading rapidly.

During the period of 1945-1949, Cyril Branson served as an army officer in India and a number of Middle-East countries. "This provided me the opportunity to see, at first hand, some of the miseries inflicted on hundreds of thousands of people as a result of bad decisions made by politicians sitting comfortably in their offices in Westminster and Washington D.C..."

Winter Music: an afternoon of choral music to warm the soul

Nadine Dawson

Winter has a tendency to turn us inward. Physically, we warm ourselves indoors, indulging in cozy pastimes. But our thoughts also settle into contemplation while the winds of winter blow.

Cantata Singers of Ottawa, under the direction of Andrew McAnerney, invites you to experience a winter landscape interpreted by some of choral music's most imaginative composers.

The mesmerizing music of *Snowforms*, by Canadian composer R.Murray Schaffer, renders the musings of a winter mind. This choral piece evokes—with humming and Inuit words—the beauty and mystery of a snow-bound world.

Zoltan Kodaly's *Missa Brevis* was written in the wintry depths of war—the composer hidden beneath ground, while above, soldiers battled for Budapest. The mass draws forth the suffering of life, but counters with soaring moments of joy and triumph.

As a British officer, command from above imposed a conciliatory viewpoint on the nationals as in "consider the other person's perspective." Branson realized that this is easier said than done. For example, in India, who was the other person? Was it the Hindu or the Muslim? In Palestine, was it the Jew or the Arab? Living in such close proximity to the people who were suffering the consequences of political decisions, it became increasingly difficult to remain unbiased, and not let your emotions dictate empathy, anger, or discrimination.

In each country that Branson served, he discovered a different set of behavioral rules were necessary. *Long Shadows of Yesterday* is based on a young officer's impressions of the various cultural, political and military situations endured during those turbulent times. The 343-page memoir is an interesting (and often humorous) examination and one to juxtapose today's political circumstances with that of yesterday. The reader can judge as to how much has actually changed.

CYRIL "MIKE" BRANSON

After serving in the British Armed Forces, Cyril Branson emigrated to Canada where he joined the Royal 22^e Régiment in 1954 and served until his retirement as Colonel during the 1980s. He became an executive director with the Canadian government and retired after successfully elevating a department out of the red and into the black within three years. He enjoyed retirement as a writer, painter, and musician until his death on June 27, 2015 at the age of 88.

Clive Branson, Cyril's son, lives on Besserer St.



Meanwhile in 1944 occupied Paris, Francis Poulenc was setting the poetry of Paul Eluard to music. *Un Soir de Neige*, a song cycle for a cappella voice, captures feelings of despair and loneliness with winter metaphors of a frozen land yet also the hope of a people that does not give up.

Herbert Howells' 1919 carol-anthem, *A Spotless Rose*, takes the image of a "cold, cold winter's night" and infuses it with the delight of the pending birth of Jesus.

John Rutter pays tribute to Howells with *Hymn to the Creator of Light*, a piece for double choir. This piece explores the idea of light in three contrasting sections.

Winter Music takes place Sunday, March 18th, at 3:00 p.m. at St. Joseph's Church, 174 Wilbrod St. Tickets are available at the door, or in person at The Leading Note or Compact Music. To purchase online tickets, or to find out more about Cantata Singers' 54th Season, please visit cantatasingersottawa.ca.



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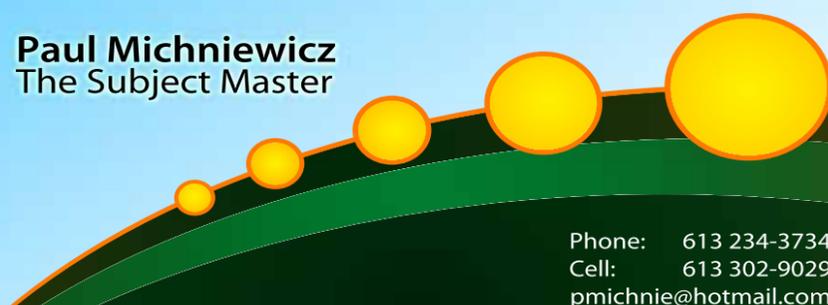
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St Paul's-Eastern United Church

welcomes you to services & events

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

Upcoming services, Feb. 18, First Sunday in Lent; Feb. 25, Count Your Blessings Sunday; Mar 25 Palm/Passion Sunday; Mar 29 evening service-Maundy Thursday; Mar 30 evening service-Good Friday; Apr 1 Easter Sunday.

New Refugee Sponsorship: We are partnering with *Everyone's Sister*. To get involved in sponsoring Farah, contact Wendy at everyonesister@gmail.com.

Indigenous Writers Book Study: Please contact Rev. Laurie if you wish to join this reading and discussion group.

February is Black History Month: Music and some activities during the month have African, Black and Caribbean themes.

Evergreens: Join us if you're free for lunch on the third Tuesday of each month—11:30 am at Perkins Family Restaurant, 1130 St. Laurent Blvd. For folks over 50 years but other ages welcome.

Men's Breakfast: 8:30 a.m. on 3rd Sunday of the month at Father & Sons Restaurant

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, contact Helen Smith at 613-565-6328, helengsmith@bell.net, or the church office.

Bible Study: Weekly discussion and prayer group. Wednesdays, 10:30 am to noon. Current book: *A Study Guide for the 500th Anniversary of the Reformation from the United Church of Christ*.

Choir practice: Thursdays at 7:30 pm. New singers welcome. To join, contact Paul Grose, 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 Feb 26 and Mar 26 at St. Albans Anglican Church. The liaison for St. Paul's-Eastern United Church is Brenna Manders.

Address: 473 Cumberland St. (corner of Daly St.) in Sandy Hill
www.stpaulseastern.com stpaulseastern@rogers.com
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Winter: A Time When Hockey Rules

Young Ottawa East Minor Hockey Players got as close to the action as they could during a University of Ottawa Gee-Gees game on February 4. After the game they were able to get even closer — joining the Gee-Gees on the ice for a post-game skate and autograph session.

Illustration Claire MacDonald



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