

## 231 Cobourg saga continues

François Bregha

In February, the Built Heritage Subcommittee of City Council denied a request from the Uganda High Commission to tear down its empty mission at 231 Cobourg St. The subcommittee had two main concerns: it appeared that the building had deteriorated because of poor maintenance and the members of the subcommittee did not want to endorse “demolition by neglect.” Second, the building was historically important: Lester B. Pearson had won the Nobel Peace Prize and become leader of the Liberal Party when he lived there.

But because the house has structural damage, the subcommittee asked City staff to commission an independent engineer to determine whether the building could be saved and, if not, whether parts of it could be salvaged and incorporated into a new building.

The subcommittee met again on April 12. It heard from the independent engineer who reported that there was indeed structural damage, that it could be repaired but that it would be costly. It also saw a re-design of the proposed new building which, while different from the initial proposal, did not retain any of the features of the existing building, except for a small octagonal window.

The subcommittee was not amused and voted 5 to 2 against demolition. It was supported in its decision by submissions from Action Sandy Hill, Heritage Ottawa and Councillor Mathieu Fleury. However, this is not the end of the story.. At the time of writing, the matter was to go to the City’s Planning Committee on April 24 and thence to full Council for a final decision. The Uganda High Commission has already warned that it will seek legal recourse if it is not allowed to demolish its building and put up a new one.

This is a serious issue. It appears that the house’s foundation cracked when dry summers and the removal of a tree caused the underlying clay to desiccate and shift. The fact that the house stood empty and was barely heated for four years after the Uganda High Commission moved out led to further damage, including flooding from burst water pipes. This, unfortunately, is not the only foreign mission in Sandy Hill which is at risk. A house at 38 Blackburn that served another country (Niger) has stood empty for many months and its electricity supply appears to have recently been cut.

Sandy Hill’s built and historic heritage is unique in Ottawa. No other neighbourhood can boast of having been the home of so many prime ministers, Fathers of Confederation, leading businessmen, writers and other prominent residents. Many of their houses still stand, giving Sandy Hill much of its cachet. Several foreign governments use these houses as diplomatic offices or residences. It was once thought that this adaptive re-use would help preserve our built heritage. The experience of 231 Cobourg shows that this assumption is not always correct.



Photo Peter Ewanhuck

## We dig the earth

Susan Young and Claire MacDonald

Sunday April 22 is Earth Day but local celebrations start on Saturday the 21. Practice “green” living that day and throughout the year...and onward. Here are some events to get you started on the local sustainability track.

### On Saturday the 21 be earth-friendly all day

• Park-fest with Ecology Ottawa: at allsaints, 10 Blackburn Ave., Saturday, April 21 from 2 to 6 p.m. Featuring a series of inspiring speakers who are breaking trails, connecting individuals and activating Ottawa parks. Local coffee and nibbles will be provided by Happy Goat and the Green Rebel.

• The Glebe’s Old Home Earth Day Event, ([www.ohede.ca/](http://www.ohede.ca/)) 10 a.m. to 4 p.m. at the Glebe Community Centre, 175 Third Ave., for those seeking to reduce their carbon footprint and save money on energy. Organized by a number of local environmental organizations, this event will feature FREE DIY workshops for all ages, panel discussions, living lightly tips and an exhibition fair with a wide variety of service providers and industry experts.

Followed at 8 p.m. by Ecology Ottawa’s Earth Day party at 25One Community, 251 Bank St., tickets \$15.

**April 28, Capital Clean-up in Sandy Hill** starting at Strathcona Park. See advertisement on page 7.

**April 27 and 28—University “Move Out Weekend.”** The Sustainability Office at uOttawa runs the Free Store—where anyone can drop off household items that they no longer need, and those who need them pick them up for free! 647 King Edward Ave., [sustainable.uottawa.ca/free-store](http://sustainable.uottawa.ca/free-store).

Interested in helping the Office with its “Dump and Run” initiative? Every semester volunteers collect the clothing, kitchen-

Sandy Hill artist Hélène Lacelle waits, and waits, for the earth to thaw and the season to open in her 17x11 section of the community garden near Dutchy’s Hole. Welcome spring!

ware, laundry detergent, unopened food, books and numerous other things left behind by students when they leave residences. These items are cleaned and distributed to charities and the Free Store.

**May 9—Green Screen** at the ByTowne cinema. *Anote’s Ark*, about the forced migration/relocation of the citizens of Kiribati, an island nation that will disappear under rising ocean levels. Supported by the Sandy Hill Community Health Centre. More about the film at [www.eyesteelfilm.com/anotesark](http://www.eyesteelfilm.com/anotesark).

**Popcorn bags go green.** The ByTowne—great movies AND helping us be more green! Their popcorn bags make great liners for compost bins, and they are now offering the lightly used and FREE bags to movie-goers. Help yourself, leave your empty bag on the bus tray at the back of the cinema for others, or take your leftover popcorn home, and rinse the bag for kitchen waste later. It’s the small gestures...thanks ByTowne cinema!

**June—the Main Farmers Market**, with its fab produce and friendly local farmers, will open in June. Don’t forget you can now get all the way there along the Western Rideau River bike path; the path now connects the south end of Strathcona Park with Old Ottawa East under the LRT, just beyond the uOttawa football field.

**All year—energy saving rebates and programs.** Check out GreenON.ca for info on the very generous rebates the province is giving out for replacement windows and insulation. Jump on this one!

**Greening Sandy Hill with trees and plants.** Do you have tree or greening ideas for Sandy Hill, or want to get hooked up with city-wide tree and greening goings-on? The Sandy Hill Tree Group wants to hear from you! [sandyhilltreegroup@gmail.com](mailto:sandyhilltreegroup@gmail.com)

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Photo Bill Blackstone



231 Cobourg, formerly owned by Maryon Pearson, now by Uganda



# IMAGE

Founded in 1972 under the  
direction of Diane Wood

22, av. Russell Ave.  
Ottawa K1N 7W8

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direction de Diane Wood

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

In 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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**Tel: 613-237-8889**

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

**Website:** imagesandyhill.org

## Editor:

Jane Waterston

## Rédactrice de langue française :

Betsy Mann

**Advertising:** Peter Rinfret, Jane Waterston

## Administration:

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

**Production:** Jane Waterston

**Photographers:** Christine Aubry, Harlequin Studios, Kathleen Kelly

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En 2018, IMAGE sera publié en **février, avril, juin, octobre et décembre**. Son tirage est de 7 500 exemplaires. Il est distribué gratuitement partout dans la Côte-de-Sable. On peut également l'obtenir au centre communautaire, à la bibliothèque et dans plusieurs commerces du quartier.

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

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

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## Deadline

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

**May 21, 2018**

(target delivery June 6)

## Date de tombée

Publicité, articles, photos et autres soumissions

**le 21 mai, 2018**

(livraison prévue le 6 juin)

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## Questions re delivery?

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

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



Each spring Ottawa hosts an annual Race Weekend of road running events. It includes the largest marathon in Canada, a qualifier for the Boston Marathon. The signature event of the weekend was first held in 1975. In all, the weekend includes seven races: a 1.2 km kids' marathon; 2K; 5K; 10K; half marathon; wheelchair marathon, and marathon. Over 40,000 participants take part.

But in 1903, it was a much smaller crowd that gathered at the University of Ottawa on Laurier Ave. to take part in that year's "Race Weekend." It is unclear what role the horses would play in the race — the riders look like they were dressed for a fox hunt.

This year the Race Weekend is May 26 and 27 — remember to avoid Laurier.



**IMAGE Abroad...**the newspaper eschewed the land of Trump this winter, to keep snow-birds in Costa Rica, above, and the Yucatan, below, au courant while far from home.



## DEAR READER

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

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

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

**Chez Lucien**

**BAR**

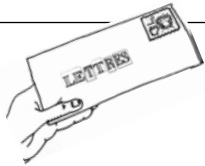
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*Sandy Hill's  
place  
in the Market*

*Côte-de-Sable  
se retrouve  
au Marché*



Our readers  
draw and write ...



Courrier des lecteurs



Though I'm  
very fond  
of gnarly winter  
trees, by the end  
of spring they are  
long forgotten.  
So long until  
next year.

Phil Caron

#### Reader provides clarification

I wish to clarify some matters arising in Ron Hodgson's article "Dancing to the music of your DNA" in the February-March issue. He makes a factual error in calling mitochondrial DNA a "sex chromosome." Mitochondria are autonomously reproducing objects within cells. Egg and sperm cells have mitochondria, but when a sperm cell fuses with an egg cell it leaves its mitochondria behind, so only the mother's mitochondria are present in the fertilized cell. More broadly, he perpetuates the obsolete concept of DNA as the uniquely determinative "master molecule". Hodgson quotes from Richard Dawkins's book *The Selfish Gene*, which was written in 1976,

before the Human Genome Project forced us to revise our understanding of the gene. In fact a living cell is a super-system of interlocked systems which regulate each other—all dancing to each other's music, if you will. For further detail I recommend the Royal Institute lecture "What Is Epigenetics?" (YouTube) and the following books, all available at the Ottawa Public Library: *The Century of the Gene*, by Evelyn Fox Keller; *The Tinkerer's Accomplish: How Design Emerges From Life Itself*, by J. Scott Turner; and (as e-book) *Biology as Ideology: The Doctrine of DNA*, by Richard Lewontin.

Frank Heilingbrunner  
St. Andrew Street



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*Paul Denys*

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#### Annual General Meeting

All residents of Sandy Hill are invited to attend. Come meet your neighbours, hear from your elected officials, learn about the latest issues affecting Sandy Hill, and vote for new members of the Board of Directors of Action Sandy Hill.

Wednesday, May 16, 2018

<b>6 pm</b>	– Light supper	<b>7 pm</b>	– Meeting begins
	– Community information kiosks		– Elected officials speak
			– Elections

**\* All Saints Event Space – 10 Blackburn Avenue \***

#### Assemblée Générale Annuelle

Tous les résidents de la Côte-de-Sable sont invités. Venez rencontrer vos voisins, écouter vos élus, en apprendre davantage sur les dernières questions touchant la Côte-de-Sable, et voter pour le nouveau conseil d'administration d'Action Côte-de-Sable.

Le mardi 16 mai 2018

<b>18 h</b>	– Repas léger	<b>19 h</b>	– Ouverture de l'assemblée
	– Kiosques d'informations communautaires		– Discours des élus
			– Élections

**\* Espace événementiel All Saints – 10, av. Blackburn \***

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### Traffic Calming in Sandy Hill

Speeding is one of the major factors in road safety issues in Ottawa. Faster speeds are directly associated with level of accident severity, and accidents are exactly what we're seeking to avoid.

To combat the perils of speeding, during the 2015-2018 term of Council, each Ward Councillor was given a yearly temporary traffic calming (TTC) budget of \$40,000. The TTC funding gives councillors the opportunity to address speeding issues along roadways in their ward by implementing cost-effective measures known as temporary traffic calming. Measures supported through the program include, but are not limited to: speed display boards (permanent or temporary), mid-road flex stakes, cycling delineators, pavement markings (speed limit, stop ahead, school area, "slow"), neighbourhood/community entrance signage, and planters on local streets to create chicanes.

Each of these measures has proven to be effective in reducing speed. You can find all of the above measures in Sandy Hill during the warmer months. You likely noticed an increased number of mid-road flex stakes in particular. The purpose of these stakes is to create a visual road narrowing. It is this perceived narrowing of the road that encourages drivers to slow down.

There are a number of things to consider before the implementation of flex stakes, such as the numbers of pedestrians and cyclists who use the corridor, road widths and parking.

The minimum road width needed to install flex stakes is 11 m (if on-street parking is allowed on both sides of the street), 9 m (if on-street parking is allowed only on one side of the street) and 7 m (if parking is restricted on both sides of the street).

You'll notice new flex stakes coming to Marlborough and Russell this year. Please be advised that the city-wide deployment of new flex stake locations will take place between June 1st and July 13th; the reinstallation of older flex stakes will occur before June.

If you notice a great deal of speeding on your street you can file an online police report to request more police enforcement. Let's all drive with care to ensure Sandy Hill's streets remain a welcoming place for all road users.

**MATHIEUFLEURY.CA | @MATHIEUFLEURY**  
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Eric Schiller (right) and a happy group of Sandy Hill neighbours and friends congratulated Leanne Moussa (in red jacket, above) in a City Hall corridor after a Feb. 26 committee vote. It acceded to her request for permission to construct a nine-storey building at Blackburn and Laurier E. City Council approval came next, on March 28.

## The allsaints community project sails through the Planning Committee

### Eric Schiller

Most of Sandy Hill is zoned R-4. Basically, this means that new buildings should be limited to four storeys. Exceptions to this regulation must be approved by the City of Ottawa Planning Committee. The allsaints proposal, which includes a new building of nine stories, came up for approval on the morning of February 26 at City Hall.

I am keenly interested in the allsaints project, so I sat in on this hearing. For me it was inspiring to see all the enthusiastic support for this project. The project was initially presented by City of Ottawa planner Kersten Nitsche. Supporting spokespersons included François Bregha (Russell Avenue), James Wyndel, a retired city planner in Winnipeg, Mathieu Fleury, our city councillor, Chad Rollins, president of ASH, Suneeta Millington, the lead person on the Prime Ministers' Row project, Lloyd Phillips, the planner for allsaints Developments Inc., and Michael Polowin, the lawyer for allsaints from Gowlings. Finally, we need to mention Leanne Moussa, director of this project. She has been involved from the beginning. Without her this project would never have seen the light of day.

There was widespread community support in the room. Many Sandy Hill residents were present. There was only one dissenting note from CODE which owns the adjacent building. They were concerned that there would not be enough open space between the buildings and un-

derground digging might endanger their own building's foundation. Both concerns were addressed by allsaints spokespersons.

For me the most compelling part of the presentations was the deep community involvement in this project. It was clear that there was something special and unique about this construction proposal. It was not going to be driven by purely financial motivations. There was a genuine desire to preserve the historical and architectural aspects of the former All Saints Church. This is going to be a true community centre and a hub of local community activities such as the following:

- a venue for larger events, such as weddings. There were 22 weddings in allsaints during 2017
- exercise and recreation activities
- arts and musical presentations
- A café for informal meetings
- shared office space for NGOs
- a restaurant/bar
- small scale business services at street level.

How is all this possible? It will cost money, a few million dollars at the very least. Where will this come from? Well, that is why a nine-storey building for rentals or a hotel needs to be built, to supply the funds to pay for all the above wonderful activities.

An unusual, creative community centre is emerging in Sandy Hill. When the discussion was finished in the Planning Committee, the chair said, "It surely looks like this will be approved." It was. It sailed through the Planning Committee, unanimously!



**KATHLEEN KELLY PHOTOS— TO APRIL 25 AT CHEZ LUCIEN GASTRO BAR**

Don't miss this chance to enjoy (and purchase) IMAGE photographer Kathleen Kelly's super nature shots, including "Shall We Dance?" above. On display at "Sandy Hill's Place in the Market", 137 Murray St. at Dalhousie, until April 25.



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I had the pleasure to speak to University of Ottawa students about municipal politics at the 4<sup>th</sup> Annual Public Policy Conference Canada Summit on March 10, 2018. The Summit brought together students, policy experts, professors and industry professionals.



**City Building**

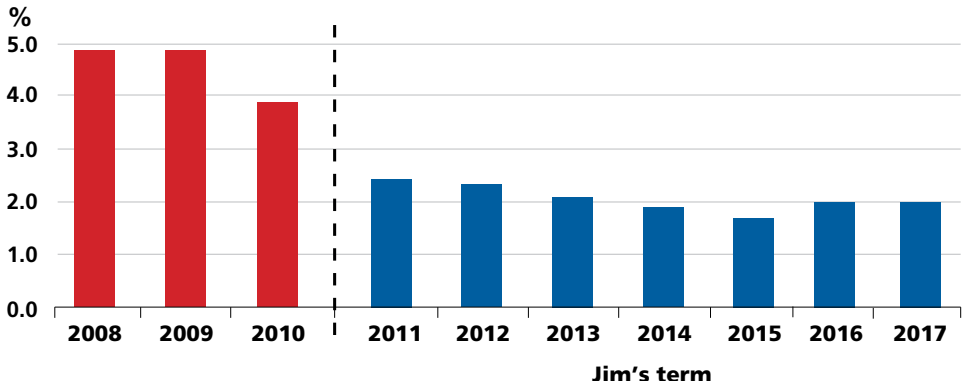
- Confederation Line of our Light Rail Transit (LRT) System opening to the public in November 2018
- Record \$80 million invested into cycling and pedestrian infrastructure in this Term of Council
- Additional \$10 million being invested into road repairs and resurfacing in 2018 to bring the total roads budget to \$ 45.2 million
- Partnership with Library and Archives Canada and \$73.3 million funding secured for the new Ottawa Central Library



**Community**

- Official opening of the House of Sport at the RA Centre, which houses various local and national Sporting and Multi-Sport Organizations
- Official opening of the newly expanded and renovated Ottawa Art Gallery (OAG) on April 28, 2018
- 136 new affordable housing units to be completed in 2018, with 142 more to be built in 2019
- New Red Light cameras being installed and a new 30 km/h speed policy in school zones being implemented
- 75 new Police Officers and 52 new Paramedics hired
- Implemented the low income transit pass, EquiPass, and single-ride fare, EquiFare


**Municipal tax rate**



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- Overall surplus of \$24.9 million for 2017
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Hello everyone and happy Spring! The past couple of months have been busy ones across the riding. I hope that you got a chance to taste the delicious maple taffy at the Sugar Shack, and perhaps got a chance to pick up some great books at the Rockcliffe Park Residents' Assoc.'s Book Sale.

On March 28th, I was so excited to welcome Prime Minister Trudeau, Minister Joly and over 20 MPs and Senators to the riding on March 28 for the unveiling of Canada's next Official Languages Action Plan at the Mauril Bélanger Elementary School. This plan represents the largest ever investment in Canada's official languages and an acknowledgement of the important work that our minority language communities play in Canada!

As always, my staff is here to support your interactions with the government. My office is located at 233 Montreal Rd. and if you would like to get in touch with my office, please call 613-992-4766 or send an email to: [mona.fortier@parl.gc.ca](mailto:mona.fortier@parl.gc.ca).

Bonjour tout le monde et joyeux printemps! Ces derniers mois dans la circonscription ont été remplis d'activités. J'espère que vous aviez pu goûter la tarte à la neige délicieuse au Sugar Shack, et peut-être acheter quelques bons tomes à la vente de livres annuelle de l'Association des Résidents de Rockcliffe Park.

Quel investissement important pour les minorités linguistiques du Canada! En représentant une circonscription avec une population francophone significative et en étant une fière Franco-ontarienne, je reconnais l'importance de promouvoir et de soutenir les deux langues officielles et les communautés partout au pays. L'annonce du plan d'action sur les langues officielles faite par le premier ministre Trudeau, la min. Joly et environ 20 députés et sénateurs le 28 mars dernier à L'École publique Mauril-Bélanger à Ottawa-Vanier démontre l'importance de ce plan pour nos communautés.

Comme toujours, mon équipe est là pour soutenir vos interactions avec le gouvernement fédéral. Mon bureau se trouve au 233 ch. Montréal, si vous voulez contacter mon bureau, appelez le 613-992-4766 ou envoyez un courriel à [mona.fortier@parl.gc.ca](mailto:mona.fortier@parl.gc.ca).

# Ontario Municipal Board reform

## Promising, but no panacea

John Cockburn

As a wind of change blows through the thorny field of municipal planning, Heritage Ottawa recently hosted a panel discussion about changes to the Ontario Municipal Board (OMB) appeal process. A number of Sandy Hill residents turned out to hear about the *Local Planning Appeal Tribunal Act* (LPAT), which came into force on April 3, and related amendments to the *Planning Act*.

Attorney General Yasir Naqvi spoke about changes the Act (heretofore known as Bill 139) brings to planning processes across Ontario. Other speakers were Ottawa lawyer Marc Denhez, who provided historical context to the change in legislation, and Jay Baltz of the Ottawa Built Heritage Advisory Committee, who outlined some likely impacts.

Attorney General Naqvi noted four main features of the Bill, the purpose of which is to bring predictability and certainty to the planning process.

LPAT restricts the scope of issues that can be appealed to the authority known as the Tribunal that is successor to the OMB. In particular, municipal official plans that have been certified by the Ministry of Housing are not subject to appeal to the Tribunal.

Secondly, instead of ruling on what is the best planning decision, the new legal test is whether or not a municipal decision is consistent with existing planning documents. If not consistent, the issue is returned to the municipal council for resolution—rather than a resolution being imposed by the Tribunal.

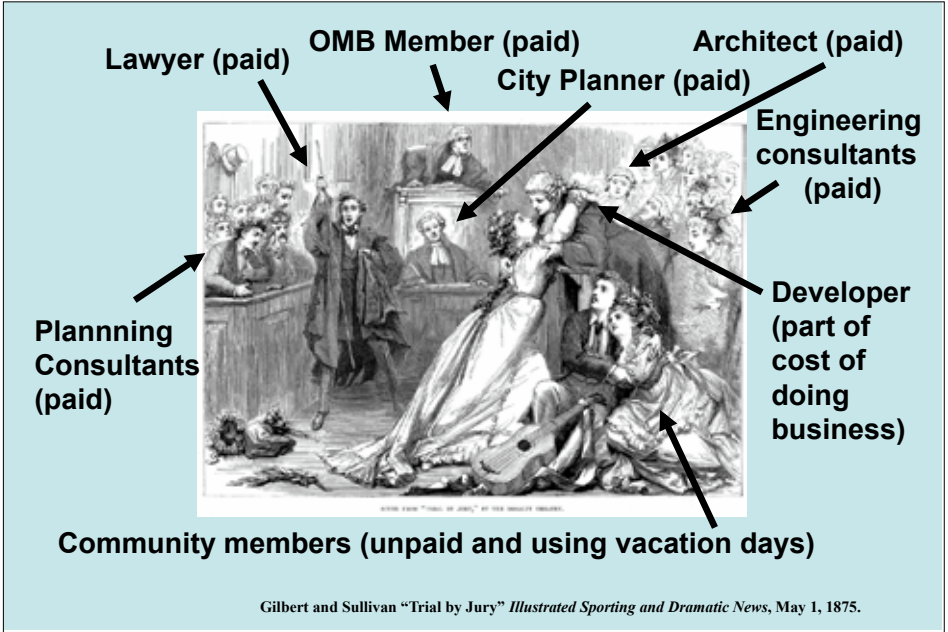
Thirdly, in an attempt to simplify the hearing process, LPAT endorses a less formal mediation option over full-scale hearings. This together with the new legal test could reduce the role of experts—the engineers, planners and heritage consultants. LPAT panel members will focus on process rather than the substantive merits of a case.

Finally, a Local Planning Appeal Support Centre is established by the legislation. Its mandate is to provide information and advice to intervenors on matters coming before the Tribunal. It will be a source of expertise on land use planning, guidance on Tribunal procedures and advice or representation.

The Minister admitted that the proof of success will come only with implementation but that the objectives were clear: make the process simpler and more accountable to local decision-makers by forcing municipalities to make good plans, rather than have the Province settle controversial matters.

Ottawa lawyer Marc Denhez, who has served on both the OMB and the Conservation Review Board, prepared the audience for Naqvi's presentation by providing some historical context. He noted that planning can only be as good as the criteria on which it is based. The OMB's criteria have often been ill-defined, including vague references to "highest best use" and (since 1996) to "intensification." Many have contested such criteria on the grounds that they do not recognize the value of sustainability or aesthetics. So the OMB appeal process, according to Denhez, often served as the starting point for negotiations that escalated allowable building limits and enhanced profitability.

Denhez is guardedly hopeful about the new regime. The Act, he says, recognizes the primacy of criteria defined at the municipal level and is supported by a wide community of affected interests. No longer will the emphasis be on negotiating "upzoning" (zoning changes that enable more housing construction) and interpreting "highest best use." These are positive first steps, but he warns that the process must be accompanied by vigilant community involvement, engaged for the long run.



Heritage activist Jay Baltz used this slide to demonstrate his experience of OMB hearings.

Jay Baltz, a former board member of Heritage Ottawa and Chair of the Ottawa Built Heritage Advisory Committee, spoke about his experience in dealing with the OMB as a community activist, and how the new regime may remedy some long standing problems, in particular unequal access and planning uncertainty.

While in theory, everyone has had equal access to the OMB, cost and lack of expertise often put appeals out of reach. To regular community members, the OMB seemed to operate like a court: detailed cases had to be prepared in advance and often required expensive experts (lawyers, engineers and planners) to prepare and provide evidence. Often, the planning process and OMB hearings seemed biased towards the interests of developers, and there seemed to be close personal ties between the expert, developer and planning communities.

Baltz also noted that the process took a lot of time, many zoning bylaws were out of date, provincial policy statements were often unclear and driven by politics, parts of the legislation (e.g., Section 37) encouraged upzoning plays by developers and planners, and often the proceedings at OMB were a redo or undo of processes that had occurred at the municipal level.

A short Q and A session revealed that heritage advocates do not see much in the new legislation that addresses their main concerns for cultural preservation; they would have also welcomed progressive changes to the *Heritage Act*.

The bottom line in all three excellent presentations was that those of you who feel all will be well under this new provincial legislation need to think again. As the process falls into place under LPAT, planning decisions that respect heritage, sustainability and aesthetic values will only happen if those who prioritize them stay involved.



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# The R4 zoning review: one small step for regulation, one smaller step for Sandy Hill?

François Bregha

Last month, the City released its draft R4 Bylaw amendment. Most of Sandy Hill, and much of the City's inner core, is zoned R4. Ottawa's zoning bylaws cover five classes of urban residential zones from R1, that allows only detached dwellings to R5 that permits high-rise apartment buildings. R4 (actually a family of sub-zones with different specifications about lot sizes, set-backs and the permissible number of dwelling units) is the most intensive of the low-rise residential zones.

The City is proposing this amendment to control the recent proliferation of "bunkhouses," i.e., low-rise apartments with unusually-high bedroom counts designed for student housing, that have raised a host of issues in Sandy Hill, including incompatibility with street character, garbage and noise. The Review had four goals:

- to clarify the distinction between a rooming house and a dwelling unit;
- to prohibit further development of dwelling units with unreasonably large bedroom counts in multi-unit dwellings;
- to balance the rare need for oversized dwelling units against the need to plan for and regulate density; and
- to ensure that large residential buildings provide adequate space to store and manage garbage and recyclables.

A lot of the City's proposals involve tightening definitions of what is a bedroom, a residential unit, a single house-keeping unit, a rooming house and so on, in order to reduce current abuses. For instance, a room might be labelled a "den"

in architectural drawings resulting in a lower bedroom count. Landlords might rent rooms in an apartment individually, but deny operating a rooming house. What the City proposes is that, in the future:

- each dwelling unit can have no more than four bedrooms;
- a new building can have a maximum of four dwelling units;
- a dwelling unit with more than four bedrooms must be detached;
- there will be minimum standards for garbage management, including enclosed garbage storage at the back of the building with a path along the side of the building sufficient to allow a wheeled garbage bin or dumpster to be moved along its entire length.

If City Council adopts them, these provisions will come into force immediately. By capping at the number of bedrooms in a new building to 16 and stipulating standards for garbage management, these proposals respond to longstanding Sandy Hill grievances. Combined with the previous Infill 1 and 2 zoning changes that addressed front yards, height, setbacks and building mass, they should help to protect the neighbourhood from inappropriate development.

And yet... given the large number of "bunkhouses" already built in Sandy Hill, some will argue that the City is shutting the proverbial barn door after the horse has bolted. Resources to enforce these new regulations will likely remain inadequate. Developers may find new loopholes to exploit. Student apartments will still be built even if they have to be a bit smaller.

So progress, but a lot of ground has already been lost.

## Nettoyage du parc Strathcona

Le samedi 28 avril 2018  
13h00-15h00



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**Nathalie Des Rosiers**

MPP / députée Ottawa-Vanier

**L'Ontario investit de manière historique dans les soins de santé mentale**



Près d'un tiers des Ontariens connaîtront un problème de santé mentale au cours de leur vie. Le 21 mars 2018, la première ministre Kathleen Wynne a annoncé un investissement sans précédent afin d'améliorer les services de santé mentale et de lutte contre la toxicomanie. L'investissement proposé de plus de 2,1 milliards de dollars sur quatre ans est inclus dans le Budget 2018, qui, si adopté, permettra de repenser le système afin d'offrir des soins plus accessibles et mieux intégrés. Cet investissement faciliterait l'accès aux services dans les écoles, les cabinets de médecins de famille ou les organismes communautaires.

Si le Budget est adopté, cela signifierait : un meilleur accès à des services communautaires de thérapie et de counseling; plus d'intervenants en santé mentale dans les écoles secondaires; la création de nouveaux carrefours bien-être pour les jeunes; de nouveaux logements avec services de soutien; l'accès aux services de gestion du sevrage et aux services de traitement communautaires et résidentiels pour les personnes aux prises avec des problèmes de toxicomanie.

Cet investissement du gouvernement, si adopté, permettrait d'assurer que toute personne ayant besoin de soutien puisse recevoir les soins qui lui conviennent, au moment et à l'endroit qui lui conviennent. Il ne devrait pas y avoir de mauvais endroit où s'adresser pour obtenir des soins de santé, et ces investissements proposés visent à faire en sorte qu'il sera plus facile pour les gens de trouver les services dont ils ont besoin à toutes les étapes de la vie, au moment et à l'endroit où on en a besoin.

## Ontario is Making a Historic Investment in Mental Health Care

Nearly one third of people in Ontario will experience a mental health or addictions issue at some point in their lifetime. On March 21st, Premier Kathleen Wynne announced the biggest provincial investment in Canadian history in mental health and addictions services — a four-year investment of \$2.1 billion that will reframe the system to deliver more accessible and better integrated care as part of the government's 2018-2019 Budget. The investment, if Budget is passed, would make it easier to access services through a local school, family doctor's office or community-based organization.

If passed, this would mean: better access to community-based services such as therapy and counseling; more mental health workers in high schools; additional youth wellness hubs and supportive housing units and better access to withdrawal management and residential and community treatment services for young people and adults living with addictions.

These historic investments, if passed, will help reduce wait lists and make it easier for people to access the care they need when they need it. There should be no wrong door to accessing care, and these planned investments will make it easier for people to find the services they need at every stage of life, when and where they need them.

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**26 Waying Avenue - \$1,200,000**

**Kingsview Park:** Steps from the Rideau River, adjacent to nature and trails yet only a short walk to the core of the City. Completely renovated, this home can tick off ALL your boxes. Main floor boasts generous bedroom with ensuite bath, a home office with access to separate door for clients, formal and informal living spaces and a fabulous "cook's" kitchen, dining and guest bathroom. Upper floor is comprised of three generous bedrooms including the master suite, 2 full baths and the laundry room. Not to be missed!



**1002-1480 Riverside Dr - \$639,000**

**Riverview Park:** No downsizing required here! Pack up your things and move them all to this 1990 sq ft condominium suite in Ottawa's premier Resort Living Complex "The Riviera". This home in the sky has been thoughtfully and tastefully renovated and upgraded from top to bottom. From the elegant entrance foyer, to the beautiful hardwood floors, to the completely rebuilt master ensuite bathroom, to the fabulous "cook's" kitchen, you will be impressed. Being on a corner provides amazing light in all parts of the suite.



**193 Camelia Ave - \$639,000**

**Manor Park:** Top to bottom, top notch renovation! Unique living proposition: this home is perfect for a couple or for a parent of older kids: Live on the main floor in what amounts to a loft style, one bedroom plus den urban home and have loads of room downstairs for kids, visitors and even an excellent home office set up, as there is a private rear entrance. Clever design. Excellent use of space. The natural light in this home is amazing both up and down. Its a "high ranch" style bungalow. Very "wow"! Private and sunny yard with deck and patio.



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Photo François Breglia



Photo François Breglia

Dégas d'avril! En début d'avril, le vent a soufflé fort sur Ottawa, si fort qu'il a enlevé sur le toit d'une maison en rangée sur la rue Osgoode pour le déposer plus ou moins délicatement sur une voiture stationnée dans la ruelle à l'arrière. — François

Green Party of Ontario Vision Tour stopped at the University of Ottawa on March 26



PhotoHarlequin Studios



PhotoHarlequin Studios

The June 7 provincial election has inspired Green Party of Ontario leader Mick Schreiner (left) to undertake a 20-city, 2500 km tour. It stopped at the University of Ottawa on March 26, where regional candidates (left to right) Andrew West (Kana-ta-Carleton), Sheilagh McLean (Ottawa-Vanier), Cherie Wong (Ottawa Centre) and Les Schram (Ottawa South) were on hand to talk about how their party “does politics differently.” Find out more about the party and these candidates at the gpo.ca website.

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**Recognizing outstanding contributions to the promotion of health in our community!**

With the annual Award for Excellence in Health Promotion, the Sandy Hill Community Health Centre (SHCHC) is proud to honour those whose activities and initiatives have contributed to improving the health and wellness of our community.

**Eligibility**  
Nominees for the SHCHC Award for Excellence in Health Promotion must be:

- Individuals who work or reside within the SHCHC catchment area (Sandy Hill and Ottawa East);
- Businesses and organizations that operate in our catchment area.

**Award Criteria**  
To qualify, nominees must demonstrate leadership activities that:

- Strengthen people's health knowledge and the skills required to prevent ill health, and to enhance and protect healthy behaviour;
- Create and sustain environments that are supportive of health;
- Advocate for health to gain political commitment, policy support, social acceptance or system support for a particular health goal or program; and
- Have a current or potential impact on SHCHC strategic priorities.

**Submit your nomination today!**

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Le Centre de santé communautaire Côte-de-Sable (CSCCS), au moyen de Prix d'excellence en promotion de la santé, est fier d'honorer ceux et celles dont les activités et initiatives ont contribué à améliorer la santé et le bien-être de notre collectivité.

**Admissibilité**  
Les mises en candidature au Prix d'excellence en promotion de la santé du CSCC visent :

- les personnes qui travaillent ou habitent dans le secteur du CSCCS (Côte de Sable et Ottawa Est);
- les entreprises et organismes actifs dans notre secteur.

**Critères du Prix**  
Pour se qualifier, les personnes mises en candidature doivent démontrer un leadership dans des activités qui :

- perfectionnent les connaissances des gens sur la santé et le savoir nécessaire pour prévenir les maladies, ainsi qu'améliorer et protéger un comportement sain;
- créer et soutenir des environnements qui favorisent la santé;
- défendent la santé afin d'obtenir un engagement politique ou un soutien aux politiques, une acceptation sociale ou un soutien à l'appui d'objectifs ou de programmes de santé en particulier; et
- ont présentement ou potentiellement un impact positif sur les priorités stratégiques du CSCCS.

**Soumettez une candidature aujourd'hui !**

For complete details, visit [www.shchc.ca](http://www.shchc.ca), or contact Cristina Coiciu at 613-789-1500 x 2505, e-mail [ccoiciu@sandyhillchc.on.ca](mailto:ccoiciu@sandyhillchc.on.ca). Nominations must be received on or before April 30, 2018.

Pour obtenir tous les détails, visitez notre site web à [www.shchc.ca](http://www.shchc.ca), ou contactez Cristina Coiciu au 613-789-1500 x 2505, [ccoiciu@sandyhillchc.on.ca](mailto:ccoiciu@sandyhillchc.on.ca). Les mises en candidature doivent nous parvenir d'ici le 30 avril 2018 au plus tard.





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Members of the Strathcona Heights Neighbourhood Circle (l-r) Johara Aden, Mary Ann Meihm and Lynda Logan are organizers of the Bookmobile/Ottawa Public Library Outreach project, along with Elaine McNulty and Sylvie Roussel (absent from the photo).

## Movie sound effects, Wii dance party, bookmobile fun day

Mary Ann Meihm

Children in Strathcona Heights were treated to a fun and educational March Break program by staff from the Rideau Branch of the Ottawa Public Library on March 15. The children were taught how to make movie sound effects, and then, using a scene from the Wizard of Oz, played out the scene, while it was narrated and taped by library staff. It was then played back for them to see how it worked. In addition, a Wii dance party was held, using the Just Dance game on loan from the library. Books were available for the children to look through, and the bookmobile was there for those who wanted to sign up for a card and borrow from the collection of books, music discs, games and museum passes. It was a fun time, with even the adults participating, and everyone is now looking forward to the summer program.

What began as part of the Bookmobile Outreach program last summer has grown, with the help of the Rideau Branch, to promote all of the services offered by the Ottawa Public Library.

### Summer Bookmobile activities

In an effort to provide activities to make children and families aware of the many services provided by the bookmobile and the Ottawa Public Library, the neighbourhood has organized a weekly event, to be held in the summer on Thursdays when school is out, providing activities like story time and crafts. Since the program will run from 11:00 a.m. to 12:30 p.m. in the summertime, healthy snacks and drinks will be provided.

The program will continue in July and August, and expand to include a drop-in coffee group for adults and seniors in the neighbourhood who visit and use the bookmobile services. The project serves multiple purposes, such as promoting reading among young people and bringing seniors in the community together to chat, in a fun and friendly atmosphere.

The bookmobile visits 731A Chapel Street every Thursday from 11:30 a.m. until 12:30 p.m. all year.

The project is a part of the community outreach programs of the Strathcona Heights Neighbourhood Circle; for further information about the program, you can contact mmeihm@rogers.com

## Rules for dogs... (but cats rule)

Christine Aubry



Photo Christine Aubry

Cooper in front of Strathcona Park

Have you seen the lady walking along Somerset East with a black cat in her arms and a puppy on a leash? Yours truly.

Having resigned myself to the fact that we have to share our beloved cat Pepper with his other homes along Goulburn Avenue, I caved to my son's pleas to get a pet that will stay home and play with him (hence, the puppy).

I am now navigating the whole new world of dog ownership, including the rules of dog walking in an urban setting. Are the poop bags allowed in public garbage containers? Does a No-dogs sign include leashed dogs? How do you know where you can let your dog run off leash?

So I went to the City of Ottawa website for information. Here are some key points, simplified for clarity, of the Animal Care and Control By-law No 2003-77. Violation of the bylaws could result in a fine (some signs specify the amount of the fine).

### Dog walking

Dogs on leash at all times, except on private property or in a designated off-leash park.

### Dog business

Dog owners must remove feces from any public property or private property that is not their own.

Dog feces must be disposed of on the dog owner's premises—so no dropping the plastic baggies in public garbage receptacles.

Removal of feces on your own property must be done "in a timely manner" so as to not disturb your neighbours.

### Parks

If you are confused by the signs in and around the parks, a visit to the City's website might leave you scratching your head even more. The Dogs-in-Parks Designation Policy lists several types of designations but also notes there can be mixed designations, different time-of-day or time-of-year designations, as well as no designation. The following is my interpretation of the policy:

Parks may be designated as "No dogs," "Dogs on leash," "Stoop and Scoop" (meaning "Dogs off-leash") or not designated at all. If not designated, dogs must be on leash.

Regardless of designation, dogs must always be at least 5 metres away from play structures, wading pools or splash pads, unless they are on an asphalt path in park-

land that is not specifically designated as "No dogs."

The City of Ottawa Emergency and Protective Services Committee (EPSC) is responsible for designating parks under the Dogs-in-Park Designation Policy. An application to designate a park or to change an existing designation will only be considered by the EPSC if it comes from either a community association or a petition of at least 25 households within a five-block radius of the park.

Unsure of how the parks near you are designated? There is an interactive map and an alphabetical listing. Search: dog parks city of Ottawa maps or use this link: <https://ottawa.ca/en/residents/recreation-and-parks/parks-sports-fields-and-outdoor-recreation/dog-parks>

### Sandy Hill parks

According to the City's online map, Besserer Park is off leash, while MacDonald Garden Park on the other side of Rideau is no dogs on one side, dogs on leash on the other. Sir Wilfrid Laurier Park (aka Chapel Splash Pad) is clearly marked no dogs. Sandy Hill Park behind the community centre has a mixed designation which allows dogs on leash in "north 2/3" but no dogs in the rest.

Strathcona Park has historically prohibited dogs, even on leash along the asphalt path. However since the opening of the Adawe Crossing over the Rideau River, dogs on leash have been allowed on the southward path between the bridge and Dutchy's Hole / Robinson field, where dogs are allowed off leash. City staff say the signage to reflect this change will be posted. Across the river, the entire Rideau River shoreline is undesignated (which means dogs on leash).

To add to the confusion, the City's interactive map does not always match the signs posted at parks. For example, the online map shows Besserer Park as off-leash (which matches the Policy's definition of a "Stoop and Scoop" park), but the sign posted refers to "Stoop and Scoop" as dogs-on-leash.

Regardless of designation, what is always required is that dogs be under the control of their handler, leash or no leash.

As for cats, like it or not, they have free-reign—so long as they are registered with the City and are not causing damage or creating a nuisance or disturbance to a person or property. I tried walking Pepper on a leash once, but he knew his rights.



The path toward Dutchie's Park - are leashed dogs allowed on the path?

Photo Christine Aubry

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# Ailing computer? What to do when...

Bob Meldrum

IMAGE readers will be familiar with Ron Hodgson's columns on the wonders and capabilities of home computing. But what happens when the computer you rely on breaks down?

My computer is very important to me both for doing projects for several organizations (including IMAGE) and for its entertainment and knowledge. Much to my chagrin, three weeks ago, a Windows 10 update failed in such a way that I could not recover my computer. What to do as I was in the midst of putting out a newsletter for a dance group? Of course, it was late Friday afternoon when this happened.

My first action was to go on Google and ask for Computer Repair Shops. One Google invitation was for "Computer Repair Near Me." Much to my amazement

there was a shop with good reviews near Rideau and Augusta. Not only that, but they were open late. I rushed my dead computer up, went through an automated check-in process and left to go home and have dinner. Barely had I got home when I got a phone call saying they had fixed the problem. I was so impressed. Even better Bill and Dave Repair are open seven days a week.

A recent interview with the principal revealed that the business got started in 2011 when he decided to turn his computer repair skills into a business. He revealed that although computer training has its benefits, it's the on-the-job experience that is really important. He is also willing to help with E-waste recycling.

I hope you don't ever have a problem like mine, but if you do, you can be pleased to know that help is available here in Sandy Hill.

Photos Bob Meldrum



**Bill and Dave Computer Repair**  
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billanddave.ca/shop/



Photo Christine Aubry



## There is a new restaurant at the Rideau Sports Centre, across the Adawe Crossing

Jane McNamara

My husband and I recently took the short walk across the Adawe Crossing to check out the grand opening of the Clubhouse Restaurant at the new Rideau Sports Centre. The restaurant was full of people enjoying the samples of appetizers and lively music. We were pleasantly surprised to see our friends from down the street arrive and join us for a glass of wine.

The Clubhouse will be a welcome addition to the dining scene for Sandy Hill residents. At present, the restaurant is open Monday to Friday from 4:30 to 10:00 p.m. The meals are mainly casual burgers, sandwiches and tacos with specials each night of the week. It is an easy destination for those nights when we can't think of anything we want to cook. When the warm weather arrives the terrace will open as well as a deck upstairs overlooking the Rideau River where meals and drinks will be served.

The Rideau Sports Centre has lots to offer with 22 yoga classes every week, lots of tennis, March break and summer camps for kids and other activities and services.

The Ottawa Sports and Social Club has basketball and volleyball there and anyone can join up. There is also a drop-in pickle ball game every Friday afternoon.

The fitness centre is open and a good deal at \$30.00 a month. So something for everyone. There is also some talk about building a dock for canoe and kayakers later this spring.

This centre is a great addition to the facilities available for Sandy Hill residents. The deck will be our place to go when the sun is setting on a warm summer evening. It could be the new local for Sandy Hill where you can drop in anytime and connect with friends and neighbours.

CEO Nicki Bridgland points out ways to access the facility include "passholders" — tennis passes, which bring access to pool and fitness, and "casuals" for walk-ins. Registration for deck hockey starts May 28. —Ed.

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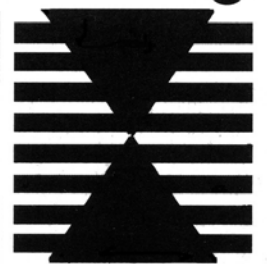


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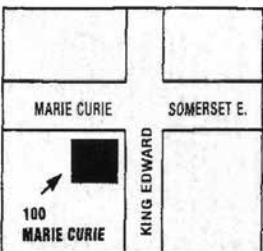
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# The Literary Page

We are fortunate to count many a writer and bard among the residents of Sandy Hill. The first notable poet who graced our neighbourhood in its early years was Archibald Lampman who spent a good part of his short life living in Philomene Terrace, Daly Ave.

Are you, too, a writer —budding or experienced, private or published, experimenting or confident? IMAGE enthusiastically undertakes to offer stories, poems, word-plays and memoirs as part of the newspaper's regular fare. Guidelines include:

- Poems, up to 30 lines, no more than 6 at once.
- Prose, up to 500 words, with a title.

See the masthead on page 2 for information on how to reach us. Please note that we cannot undertake to enter into long conversations with writers and we have a definite preference for Word files. We very much welcome your submissions, anytime!

And now, we are pleased to offer you recent work from two of our distinguished writers.

## Le chant de Moïse / The Song of Moses

Biblical poems by Seymour Mayne

Translated into French by Caroline Lavoie • Publisher: Mémoire d'encrier, Montreal

UN

And God said, Let there be -  
— and hesitated. Wasn't  
it slightly off-key? They would get it  
wrong for centuries, perhaps even  
longer. A great smile  
widened over the deep. God  
said, Let there be a profusion  
of words on the tongues  
that will speak. And God knew  
it would be good. It had  
to be. After they mistakenly call  
me He - oh long after,  
they will finally utter *She*.  
She for another few millennia  
before I become *One*  
once again.

© Seymour Mayne, 2018

Et Dieu dit : Que cela soit !  
...mais quoi, au juste ? Ça a quelque chose de  
faussé, non ? Ils feraient erreur  
pendant des siècles et sans doute  
plus longtemps encore. Un sourire lumineux  
s'ouvrit sur les grandes profondeurs. Dieu  
dit alors : Que la richesse soit !  
Richesse de mots sur les langues  
qui parleront. Et Dieu vit  
que cela était bon. Il le  
fallait. Après m'avoir à tort appelé  
*Il* — oh, bien plus tard,  
ils diront enfin *Elle*.  
Elle, pendant des millénaires,  
avant que *Je* devienne *Un*  
à nouveau.

## What Do They Call You

I thought my father's  
name was Adam  
but the scar above my eyes —  
Cain's, they said, Cain's,

and smiled like crones  
or little children just

learning how to speak,  
how to wield words.

Illustrations by  
Sharon Katz



## Le nom qu'ils me donnent

Je pensais que mon père  
s'appelait Adam  
mais le signe sur mon front  
c'est celui de Caïn, dirent-ils, de  
Caïn,

et ils sourirent comme mages  
ou bambins apprenant tout juste

à parler,  
à brandir les mots.



Seymour Mayne is the author, editor, or translator of more than seventy books. Mayne's latest volumes of poetry and short fiction include the bilingual *Ricochet: Word Sonnets/Sonnets d'un mot*, *The Old Blue Couch and Other Stories*, and *Cusp*, a selection of new word sonnets, published to mark fifty years since his first collection appeared in Montreal. As a literary trail-blazer and editor, he has compiled numerous groundbreaking anthologies and critical texts. Longtime resident of Sandy Hill, he has been teaching at the University of Ottawa for more than four decades. Copies of *Le chant de Moïse* are available at the University of Ottawa Bookstore.

## Lost People

Flash fiction by Cyril Dabydeen

“So where do you come from?” he asks.  
“Where?” I answer. Some nerve he has,  
this man accosting me here at the busy  
shopping mall on St Laurent Avenue.  
Gimmicky he is, with his immigrant's in-  
stinct. Ah, origins in our quest; and from  
Ethiopia or Somalia he seems. Now where  
does he mark out a place for me? *Can-  
adian, eh?* I humour him.

Where are you really from?

Swarthy-complexioned this man is, in his  
forties, slim-built. Parlaying, in a manner  
of speaking, if only reconnoitering space;  
and he genuinely wants to know if I'm a  
stranger—not a *stager*?

“You do know where I come from?” I  
say, in my immigrant play-along. He de-  
murs, with his south-Saharan pride. But  
we're here now in the North. Oceans...  
Indian or Pacific, if not the Atlantic; and  
somewhere is the Cape of Good Hope  
with Vasco da Gama, not Christopher Col-  
umbus. Explorers being “discoverers.”

Where are you really from?

An island-archipelago with St Lucia, Ja-  
maica, Trinidad, coastal Guyana also in  
my ken. French-speaking Haiti, Guade-  
loupe, and Martinique next. Then Span-  
ish-speaking Puerto Rico, Cuba. Bearded  
Fidel Castro with umbrella in hand in the  
stark sunshine—like the ghost of memory.  
Prime Minister Justin Trudeau somewhere  
in the midst?

But this African this man with his special  
heft—with Djibouti, Nigeria and Kenya  
close by. West Africa too, where the slave-  
trade commenced about two centuries  
ago, and what the West Indies sugar plan-  
tations were linked to. But we're now at  
a posh shopping-mall with Dollar Stores,

grocery stores, and myriad shoe and fash-  
ion clothing outlets. People maundering  
along. Who wants a new identity? Some-  
where else in my ken is Ghana's Elmina  
Castle: a slave-dungeon, ah! *History, sure.*

“You're not from India, are you?”

“Oh?” I snap.

Then, “You're not who you think you  
are.” He muses on about me.

Who's really exotic these days? I call  
him Mohammed like a moniker—as  
he mumbles something else to me. Not  
Muslim-sounding?

And people being removed from their  
places of origin, but with ancestry intact.  
How really religious? We keep breaking  
down barriers—as this man brings more  
of sub-Saharan Africa to me, including  
the fossil-boned Mother-woman named  
Lucy I know from general anthropology.  
He laughs. Mimicry, sort of.

Everyone else here at the shopping mall  
also laughing.

Our being in this capital Canadian city  
with our own “idea of the North” com-  
pounding our immigrant selves. Then,  
“See, you're really the lost people!”

“Lost from where?”

“From your original homeland.”

Mohammed, indeed with a sense of past  
civilizations from the time of the Phar-  
aohs, and pyramids built by the Nubians  
in history-laden North Africa. His eyes I  
look at, on his thinly-lined face. I keep  
denying being lost; *I never was*. Passers-  
by look at us—people of different hue or  
ethnicity. Race-markers, you bet.



Cyril Dabydeen lives in Sandy Hill.

Days, weeks, months or years gone, mir-  
aculously. I regain my composure, think-  
ing of what's lost and will not be found  
again.

Inexorably I keep moving from one place  
to the next. As Mohammed is still with his  
guile or gumption—about my being of the  
“lost people”. More shoppers, passersby  
I look at, those clutching bags, in their  
multicultural walkabout. And yes, I keep  
being in my own determined place—here,  
nowhere else!

Flash fiction is becoming popular now  
in literary circles. I was on a panel  
about it at the University of Vienna  
about two years ago.

This piece was first published in a UK  
magazine named CONFLUENCES at  
about 900 words. I chopped it down for  
IMAGE.  
— CD

## HOW BEST TO LIVE

I sing you hard songs;  
you offer me a rose  
made of metal

I have sculpted  
my own breath;  
you have designed

A heart made of stone:  
all emblems to the  
sentimental side

Of a life as I plead  
understanding, and  
now make sacrifices

Wondering how much  
more there is to give  
as the anthems cause

Cracks at the sides--  
we heal best with  
our bones and flesh

— Cyril Dabydeen



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Proudly introducing our newest team member, **Dylan Puchniak**



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## Supporting refugee women at Carty House

Tobi Cohen

Carty House is gearing up for a busy spring, raising money to support refugee women right here in Sandy Hill.

### Garden party

On May 6<sup>th</sup>, the transitional home for refugee women is inviting ladies across Ottawa to dust off their spring bonnets and fascinators to join the Irish Women’s Network of Ontario for their 5<sup>th</sup> annual Ladies’ Spring Garden Party at the residence of the Irish Ambassador, 291 Park Road, Rockcliffe.

The event will include refreshments, entertainment, a silent auction and door prizes. Money raised will go towards Carty House, which provides a safe home and support services to female refugee claimants and convention refugees as they move through the refugee system and build the resources necessary to live integrated and independent lives in Canadian society.

Tickets are \$25-\$35 and can be purchased through Event Brite. ([eventbrite.ca/d/canada--ottawa/events/](http://eventbrite.ca/d/canada--ottawa/events/), and search for ladies spring garden party.)

### Online auction

Also coming up this spring is our first ever online auction where you can bid on fabulous prizes. We’re in the process of gathering items and invite businesses, big and small, in Ottawa and beyond, to donate products, services, gift cards and tickets that may be auctioned off to raise money for the residents of Carty House. In exchange, we will share news of your kind gesture on social media. Businesses can contact us at [donor-relations@carty-house.org](mailto:donor-relations@carty-house.org).

### Gala

Lastly, we will cap off the spring with a gala on June 14 at Biagio’s Italian Kitchen that will feature a delectable meal, live entertainment and other surprises. Check our website, [cartyhouse.org/](http://cartyhouse.org/) for details coming soon.

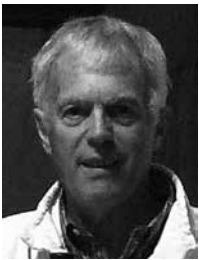
If you’d like to get even more involved in Carty House, we’re looking to expand our board of directors. If you have board experience and an interest in helping refugee women in Ottawa thrive, we want to hear from you.

Happy spring!

*Tobi Cohen is a Carty House board member*



## TV and broadband delivery update



Ron Hodgson

Two years ago I wrote about the different routes that a high definition TV signal could take to get to your home viewing screen. For reference I suggest you go to [home.imagesandyhill.org](http://home.imagesandyhill.org) and then to April-May 2016, p. 13, in the archives. This was written just about the time that the CRTC had ordered the service providers to offer a \$25 basic package along with add-on options. The CRTC had come to the conclusion that the cost of TV home delivery was getting out of hand.

Let’s see where they are today.

**The Antenna Approach:** Not much change here. I did a quick check of accessible channels using [www.TVFool.com](http://www.TVFool.com) and found that using my \$25 wall-mounted antenna I am able to get 8 high definition channels from the transmitter antennas at Camp Fortune which is about 16 km away. With a more expensive antenna giving more range another 6 channels are accessible transmitted from an antenna at Herbert Corners south of Greely about 24 miles from Sandy Hill. As these are OTA (Over The Air) broadcasts your only cost is the setup cost of your antenna.

**The Service Provider Approach:** The major service providers in Sandy Hill (Bell and Rogers) are working at changing their delivery approach from traditional terrestrial, satellite and cable facilities to what is called **IPTV (Internet Protocol Television)**. IPTV includes the delivery of live television, time-shifted TV and Video on Demand.

Almost all homes in Sandy Hill already have a service provider and it’s not that convenient to switch. So whereas both Bell and Rogers offer low introductory prices for the first year of IPTV they don’t apply if you already have service and simply want to upgrade. Both have been busy constructing upgraded networks. For Bell, these upgrades are aimed at bringing their fibre optic facilities closer to your home. Rogers is working on deploying their Ignite high speed digital cable network to their customers. In areas like Sandy Hill, this will be a long term and expensive job since both are pretty locked in to their antiquated system of backyard pole lines for delivery. Rogers has recently announced that their High Speed Internet price will bump up \$8 while Bell is adding \$5. You

can likely expect to see annual increases from both providers.

I have contacted both Bell and Rogers to try to find out if they have any specific rollout plans in our area. Both are non-committal. Bell officially says that “We are continually enhancing and expanding our fibre network to provide customers with the fastest Internet speeds available. As we continue making these investments we will provide updates about the availability of our Fibe services.” The Rogers response is “Rogers is investing in its network, infrastructure and products to ensure customers benefit from the latest services and technology.” Sounds similar doesn’t it?

**Over the Top (OTT):** OTT is “a media distribution practice that allows a streaming content provider to sell audio, video, and other media services directly to the consumer over the internet via streaming media as a standalone product, thus bypassing service providers that traditionally act as a controller or distributor of such content.” (*Wikipedia*)

To access streaming media you need to have a high speed Internet connection and Wi-Fi in your home and either a Smart TV or an interface box such as an Apple TV, a Roku Streaming Stick, an Amazon Fire TV or one of several others. You’ll also need a high, preferably unlimited download limit to allow you to watch the amazing variety of shows offered by Netflix, Amazon Prime, YouTube, Crave, Britbox and others. These provide a great variety of pre-recorded shows.

For cord-cutters, **live TV streaming** options are limited but are beginning to be available. For example CBC recently introduced a free live streaming service app that allows you to watch current or past episodes of their programs. For a monthly fee of \$5 you can get an ad-free premium version which includes live streaming of the CBC News Network. I have not yet found a Radio-Canada version but surely it can’t be far off. However, for live streaming of most news, reality, sports and current events the service providers are still boss. Bell offers **Alt TV** for \$14.95 a month if you already subscribe to 25 Mbs Bell internet. This is a 30 channel TV service with no subscription or set top box needed.




So overall, some progress is evident over the last two years. Or is it? Despite the huge variety and the beautiful, high-resolution pictures, I sometimes wonder if that flow of continuous news, sports and shows is really worth the hours that we spend each week staring at the screen. Ah, but that’s a philosophical discussion that will require us to turn off the TV and engage in a discourse.

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Gallery Scene/Seen

# Andrew Ooi: Anatomy of Resilience

Maureen Korp

Ever taken a moment to marvel at leaves tumbling every which way in a summer’s breeze? Of course you have. The viewer’s delight seeing wind in the trees is one of being caught by surprise.

The work of artist Andrew Ooi, recently on display in the Karsh-Masson Gallery, also takes its viewers by surprise. Someone made this? With a pair of scissors?? How?? If the viewer takes the time to look and look again, other thoughts may come into play, too.

“Anatomy of Resilience” was an exhibition of nearly 20 finely worked meditations in paper selected from the artist’s work since 2014. Each sculpture is comprised of a multiplicity of small cellular units; some units are eight-sided, others six- or four-sided. Not one cell is the same as another. All have been worked into these shapes—cut, folded, glued, and coloured—by the artist’s own hand.

The sculptures are not single-layered in their reference points, either. The titles of *Oculus* and *Column* may be architectural terms, but Ooi’s sculptures are not details of buildings. *Trinity* and *The Apostle* appear to reference stained glass windows somewhere; but there is more to the artist’s work than illustration of an old story.

Andrew Ooi’s paper sculptures are enticements, beckoning us to slow down, look carefully. Each one is different from the other.



Andrew Ooi, Brain, acrylic on gampi paper, 31 x 29 x 7 cm

*Brain* for example (pictured above), is a honeycombed structure of octagonal units, finely coloured of blacks, whites, a few bits of rose. The sculpture is small, tabletop-sized, h.7x31 x 29 cm. Its irregularities and energetic complications are provocative. The cells are eight-sided. The form itself off centre. How did it come to be like this? Will it stay this way? Or bounce off into another direction? *Lotus*, on the other hand, is quieter, stable; its units are coloured with lines of pink, blue, whites. The work appears complete, in and of itself.

In formal display lighting, *Scarab* glimmers. Each unit is coloured gold, brown, tipped in indigo blue. Despite its name, this “scarab” is no homage to the hard-shelled dung beetle of ancient Egypt. Andrew Ooi’s sculpture is pyramidal in shape. It pulls sky, earth, and sun into one beautiful form. A small sculpture, only h.7 x 15 x15 cm, *Scarab* is four-sided, and comprised of eight-sided cells.

Much of the artist’s work in the Karsh-Masson exhibition was wall-mounted, each framed in black wood. The constructions themselves are made of Japanese gampi paper. Japanese gampi is a strong, durable, yet very fine silken paper made of the fibres of the gampi tree.

Accompanying the exhibition was an attractive gallery publication, available at no charge to the gallery visitor. The brochure documented four of the sculptures in the exhibition, but did not list the others. Its thoughtful essay is by writer Cary Fagan. The artist’s work is represented by L.A. Pai Gallery, located in the Market at 13 Murray Street.

## Continuing exhibitions, for you to visit ...

**Karsh-Masson Gallery at Ottawa City Hall**  
**Jennifer Anne Norman “Forest for the trees”**  
April 26 to July 4

**City Hall Art Gallery at Ottawa City Hall**  
**Jordan Seal “Wealth of the Eternal Garden”**  
March 22 to May 23

And soon to conclude  
**National Gallery of Canada**  
**“Canadian and Indigenous Art from Time Immemorial to 1967”**  
To April 30



# Strathcona Park

François Bregha

Spring has sprung and it is time to re-discover the many pleasures that Strathcona Park offers us. As we walk along the Rideau River, play Frisbee, picnic with friends, or just laze in the sun on a park bench, let us cast our mind back to the park’s surprising history.

The land that is now the park started as a swampy pasturage for the cows belonging to Sandy Hill residents. In 1873, it became the Dominion Rifle Range and troops trained here until 1898. The name given to Range Road, the street along the west side of the park, commemorates that use.

An article of the time paints a colourful picture of the shooting meets that took place here in the late 19<sup>th</sup> Century:

...“ before its twenty targets the best shots of the country compete, selecting from their number the team that is yearly sent to contest at Wimbledon with the crack shots of Great Britain. During the week of the shooting, the city is in a state of martial *furore*; coats of red, dark-green and gray, are seen everywhere; the white tents of the association and of the different competitors picturesquely dot the ground; and the incessant crack of the rifle, the strains of military bands, the bright dresses of ladies, and the general charm of the unusual, give all the proceedings an animation for which the social world is the [Dominion Rifle] association’s debtor.”

In 1891, enterprising local residents founded the Ottawa Golf Club, one of the oldest golf clubs outside Great Britain, and created a nine-hole golf course here which hosted the first Canadian amateur golf championship in 1895. The following year, however, rising property values forced the Club to move to the Québec side of the Ottawa River where it remains to this day.

The Ottawa Improvement Commission (precursor to the National Capital Commission) acquired the land in 1904, drained and landscaped it, building waterways and two ponds. A landscape architect at the time criticized this design as “meaningless, unsatisfactory in layout and vulgar in detail.” Expensive to maintain, the watercourses and ponds were removed in the 1940s and the crumbling gazebo in 1961. That was also the year the NCC closed the park to vehicular traffic. A seasonal wooden footbridge that used to link the park to the Rideau Tennis Club had disappeared shortly before. It has now been replaced by a permanent foot and cycling bridge (the Adawe Crossing).



Starting in 1902, an isolation hospital for patients with contagious diseases existed at the south end of the park where the Sandringham apartment building now stands (see photo above).

In 1909, Lord Strathcona donated the fountain standing near Laurier Avenue while he was Canadian High Commissioner in London. The fountain was designed by French sculptor Mathurin Moreau and manufactured in France. A twin of it stands in downtown Buenos Aires. The four standing figures represent the four continents (Europe, Asia, Africa, America), a popular artistic allegory until the 19<sup>th</sup> century.

This spring, the fountain will be undergoing a restoration program this spring. The stone base is badly deteriorated and requires repairs. Work will begin shortly.

Strathcona Park was one of the first parks in the city to allow children to play on the grass; it was also a place where one could find fossils along the riverbank. In 1985, it hosted Ottawa’s first Pride Picnic. Today, Strathcona Park is home to majestic trees, a summer theatre, an arts and crafts fair, a wading pool and an award-winning play structure that echoes Mackenzie King’s ruin garden at Kingsmere. The community is also trying to replace the gazebo.

So next time you head down to Strathcona Park, remember its colourful history and enjoy it all the more.

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## Sandy Hill mourns. Veronica Vaillancourt is no longer with us.

Judy Rinfret

*"I sing the progress of a deathless soul" — John Donne*

Neighbours, family, and friends were stunned by the sudden death of someone who could be counted on for support, intelligence, and humour—Veronica Vaillancourt.

Veronica may be familiar even if she was not a neighbour or friend. Her passion for, and knowledge of, heritage matters were invaluable to Sandy Hill.

I became acquainted with Veronica when we served as committee chairs on the board of Action Sandy Hill. Though somewhat in awe, I was immediately drawn to her charismatic enthusiasm. She was a collegial community activist especially on heritage and planning fronts. Veronica reliably spoke out, crafted letters, kept informed, and attended meetings.

Veronica's passion for heritage was also exemplified in her beautiful Philomene Terrace home. The integrity of that 1857 structure was a priority and she spared no effort or expense on its preservation.

Over time we became good friends and neighbours. We often walked and talked—our conversations were open, never ending, hilarious, serious, confessional. We shared an irreverent attitude to pomposity and old boys' networks.

Veronica was a beautiful person—both an inspiration and a dissuasion to those of us somewhat younger. At 87 she was brilliantly fit and alert. Could we dare aspire to such a state? Veronica was not only younger than her years in appearance, flexibility, and energy, she exemplified the TVO commercial "never stop learning."

She was a really good sport—a cross-country ski companion, one of the few who would still join me to skate on the canal (before her knee replacement), our Tai Chi comrade and, more recently, she was taking part in aqua fit, Nordic walking, and African drumming.

Veronica was our go-to travel consultant as she always kept meticulous records of her wide-ranging world adventures which she generously shared. Her notes and stories of exotic, faraway places were almost enough to satisfy our travel dreams.

We often spontaneously agreed to meet at the ByTowne and later, over a glass of wine, to discuss the film we had just seen. She augmented or increased our interest in theatre, dance, music, and history. Though I am not an opera fan, Veronica's devotion affected my appreciation. I was enthralled by her accounts of the many productions she enjoyed at the New York Metropolitan or in Toronto and all over Europe. Many evenings in her company were about books. Between us we belonged to three book clubs so we had varying perspectives to consider.

We compared our grandmotherhood—her more numerous and older brood of grandchildren affirmed her status as mentor grand-mère. Her interest in everyone and everything was contagious and stimulating.

Veronica's absence is acutely felt—we have lost a remarkable person who will not be replaced.

*...some we loved, the loveliest and best  
That time and fate of all their vintage  
prest*

*Have drunk their cup a round or two before  
And one by one crept silently to rest.*

Edward Fitzgerald, *The Rubáiyát of Omar Khayyám*

## Sandy Hill's Rob MacDonald: great support for Ottawa's Thirteen Strings

Ben Bélisle

A simple call from his brother marked the beginning of Robert MacDonald's second career in music and he is still at it 20 years later. His brother, who was on the Board of Thirteen Strings Chamber Orchestra, asked for legal advice. Rob, as he's known to his friends, provided the advice and proceeded to join the Board.

Today Rob has been president for the last ten years. When I asked him why, he replied that he's always loved the arts, especially music. Rob is one of Canada's top trademark lawyers and a partner at Gowlings WLG. He finds dealing with musicians very interesting and a refreshing change from his day-to-day life.

Rob was once a musician himself, having taken up the French horn as a young boy in September 1967. He played through high school and university and even played in a band three nights a week while articling. It was only when he married and started a family that he stopped playing. Music continued to be part of his life so that when the opportunity presented itself, Thirteen Strings seemed to be a good fit.

During his time as a director and then as president, Rob has seen the orchestra evolve and adapt from its core of classical, mostly Baroque music to twenty-first century music commissioned from over one hundred Canadian composers.

Thirteen Strings gets its support from a relatively small circle of private and corporate donors, and the diplomatic corps is highly supportive. However, ticket sales are paramount, and the challenge is getting new audience members, especially younger ones. One solution is to find guest performers who would appeal to younger audiences. This proved successful when Mark Fewer, a Montreal violin-



Photo Ben Bélisle

ist who plays a six-string electric violin, accompanied Thirteen Strings in a concert that ranged from Vivaldi to Miles Davis.

Rob is proud of his time with Thirteen Strings and of the organization's many youth initiatives. There is the Youth Program which sends a promising young musician to Vienna, Austria to study; the orchestra's support of Orkidstra, which exposes youth to musical instruments through a lending program; and, Junior Thirteen Strings, a mentoring program for young musicians that gives them the chance to play with the orchestra during concerts and to receive coaching from the principal players of the orchestra and from conductor Kevin Mallon.

I asked Rob what he sees five years from now. He replied that he would not be the president. He stressed that Thirteen Strings has a very good Board of Directors and that they all work very hard to ensure the success of the orchestra. They would like to see a rebranding and rejuvenate the website to attract the attention of young audiences and they will continue to build on the core group, focusing on the strength of the thirteen extremely talented principal players.

The orchestra will perform its next concert on May 4 at 7:30 p.m. at Dominion-Chalmers United Church. See: thirteen-strings.ca

Photo Hélène Lacelle

## A garden of dreams

Peter Evanchuck

Happiness or contentment even fulfillment are often the grail of our maturing lives.

We search various things to do to achieve that state. Sometimes we succeed. For example my partner, Helene Lacelle, and I achieved that through creative work—making art vital to our lives.

Creating beauty in the community with the community is one facet of that quest. After nine years of creating, producing and hosting the ONE&ONLY at the Sandy Hill Community Centre, cancer overcame me and I had to step back and survey what was possible for me to achieve in my condition.

First we tackled adopting our home street, Hurdman Road. Since it wasn't up for adopting the process took longer than expected. So after a year we were accepted to participate in the Sandy Hill Community Garden (SHCG).

The community garden offered us such fun. Hard to beat a short five-minute walk from home with rake and shovel in hand to dig and plant, to nurture the garden, to create living plants, to be surrounded by nature with the Rideau River flowing in the background.

But it was the raspberries that got me. Lined like a natural fence, luscious red raspberry clusters protect the south side of the garden. It was impossible for me



*The beauty of the proximity of the SHCG gardens—overlooking the magnificent Rideau—adds to the pleasure.*

to meander by without randomly picking the largest and most succulent berries—my favourite Canadian homegrown fruit.

It was Trevor and Jocelyn Haché who originated this amazing garden and planted this "living wall" of berries in 2008.

And this is the garden's ten-year celebration; realizing that the garden needed more care to maintain its remarkable beauty, SHCG members elected six co-ordinators and each were given a task to achieve this goal.

For example, the green structure coordinator, will implement an analysis to better the yield and water flow of the garden. Fran Singleton will coordinate communications to help the community understand the purpose and benefits of SHCG.

All will strive to make our little community garden thrive amid the beauty of our surroundings; to work with spirited passion on our little 11 by 17 pieces of nature's bounty—the grail of our modest world.

As Jocelyn says, "Come to the garden; stay for the people."

The welcoming garden is a metaphor for Sandy Hill's community spirit.

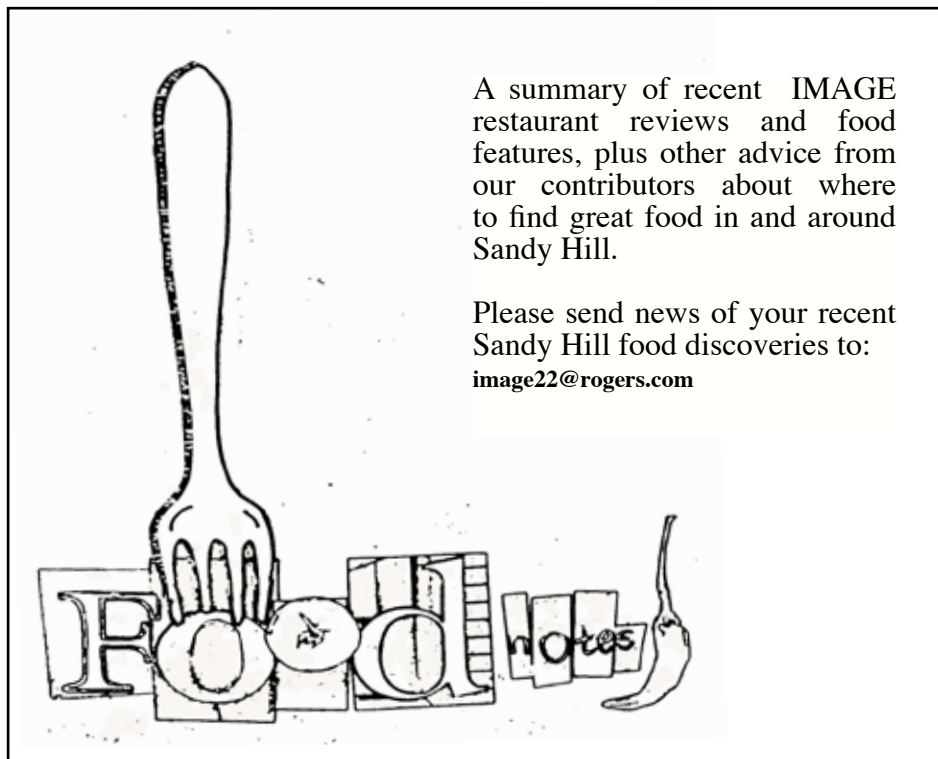


Photo Peter Evanchuck

Above—Hélène Lacelle peeks out from a *Marvelous Realism* photo of birds on Sandy Hill's Rideau River at the walking bridge

**Seeing is believing isn't it?** Stroll over to Café Nostalgica (on Cumberland south of Laurier East) sometime in May or June to view an interpretation of the natural and unnatural creative worlds of Hélène Lacelle and Peter Evanchuck. Grab a mojito and gaze at these marvelous images.





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

**Ariana Kabab House, 426 Rideau St.** If you have hungry people to feed and a modest budget to do it with, you may find that the new Afghan grill at the former location of Links fits the bill. Generous platters of perfectly cooked rice and crisp salad are topped with a wide choice of meats and served with a little dish of qorma (a mild curry) and wedges of flatbread on the side. There are a few good vegetarian options as well, including sabzi, a mild but flavourful spinach dish.

**Farm Boy, 50 Rideau St.** OC Transpo commuters, mall shoppers and Market area dwellers are sure to be tempted by the “grab and go” options from the hot bar, artisan pizza, stir fry and sushi stations at the specialty grocer now located on the ground floor of the Rideau Centre, in the space once occupied by the food court.

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. A few other 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, and the fresh salsa and blue corn chips.

**Food Mood, 178B Rideau St.** This whimsical place with a takeout counter and three tiny tables has both traditional Korean dishes such as bulgogi and bibimbap, and original creations such as K-

bites, a sort of cabbage roll-sushi hybrid topped with meltingly succulent morsels of pork belly (or smoked tofu for the vegans in the crowd). The service is friendly and the food is fast and delicious.

**Ghandhi’s Village, 113 Mann Ave.** Sandy Hill’s own source of delicious dosai and other South Indian delicacies has made it through its first winter. Go soon, and celebrate spring with some crispy vada (lentil fritters) or a scrumptious curry. Service can be uneven, so bring a book and prepare to settle in if necessary—the meal will be worth it.

**Sugar Marmalade, 180 Rideau St.** There’s an astounding variety of desserts at this Hong Kong-style restaurant, many of them laden with mangos and other colourful fruit. Drop by just for the fun of leafing through the many pages of elaborate concoctions and settling on something that may be a totally new experience, like Durian Roll Supreme or Fresh Mango with Black Grass Jelly.

**Uji Café, 215 Rideau.** This Japanese-style café is a soothing place for a latte and a simple sweet; they offer tarts, cheese-cake and rolled and layered cakes, each in a few flavours such as chocolate, mango, matcha (ground green tea) or cream. The matcha latte is a beautiful shade of green with swirls of foamed milk, and is a pleasing match for the striped green upholstery of the café’s banquettes. Uji Café also offers meals such as noodle bowls 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.



Photo Dodi Newman

## Gluten-free baking is a challenge but— Delicious is possible!

Dodi Newman

The wonderful texture, taste and aroma of breads, pies and cookies depend on flours from wheat, rye, and related grains. Unfortunately, all of them contain gluten. Mostly, I find that gluten-free substitutes (rice, corn or nut flours in combination with various starches) are wanting and really cannot replace wheat. True, flour-free cakes and cookies are superb, but how many macaroons and rich confections can one eat day after day?

I have learned to leave bread-baking to the experts and to do without pie, but I do have a delicious chocolate chip cookie recipe, based on one developed by American Test Kitchens. It is best made with their *ATK all-purpose gluten-free flour blend* (find the recipe on the net), but Bob’s Red Mill flour works almost as well. The secret is in using lots of butter and the result is a minor triumph.

### GF Chocolate Chip Cookies

8 ounces semisweet chocolate  
8 ounces gluten-free all purpose flour  
1 teaspoon baking soda  
3/4 teaspoon xanthan gum  
1/2 teaspoon salt  
6 ounces butter, melted  
5 1/4 ounces light brown sugar (3/4 cup, packed)  
2 1/3 ounces granulated sugar  
1 large egg  
2 tablespoons milk  
2 teaspoons vanilla extract

Preheat the oven to 350°F. Line two cookie sheets with parchment paper.

Cut the chocolate into more or less 1/8” squares; this will be impossible to do without creating a lot of chocolate crumbs—not to worry, they’ll melt into the cookies. Reserve.

Sift together the flour, baking soda, xanthan gum and salt. Reserve.

Beat together the butter, the brown and the granulated sugar. Add the egg, milk and vanilla extract and beat until well blended. Stir in the flour, add the chocolate bits and stir into a cohesive dough. Cover the dough and let it rest for thirty minutes.

With a teaspoon, scoop up enough dough to make a walnut-sized oval and drop the dough onto the cookie sheets, spaced 1 1/2” apart. Bake for 12 minutes or until the cookies are a golden colour—do not overbake.

Let the cookies cool on the parchment for 5 minutes, then move to a cooling rack until completely cooled. Store in a freezer bag and freeze immediately. Thaw only as many as will be eaten right away. I like them best when they are still slightly frozen—delicious!

Photo Kathleen Kelly



**Come hang out with Chris White...**

**Singalong Friday nights at allsaints**

If your Friday nights are starting to drag...no point in staying in or energy for rocking on...this one’s for you.

Come hang out at allsaints from 7-9 p.m. with the inimitable, musical Chris White. If you don’t know Chris, you just moved to Canada, or have just discovered folk music—he has been a

moving force in the local, regional and national folk music scene for over 25 years. Currently community liaison person at CKCU 93.1, Chris was artistic director of the Ottawa Folk Festival from 1993 to 2009.

Here’s what Chris says about this latest gig:

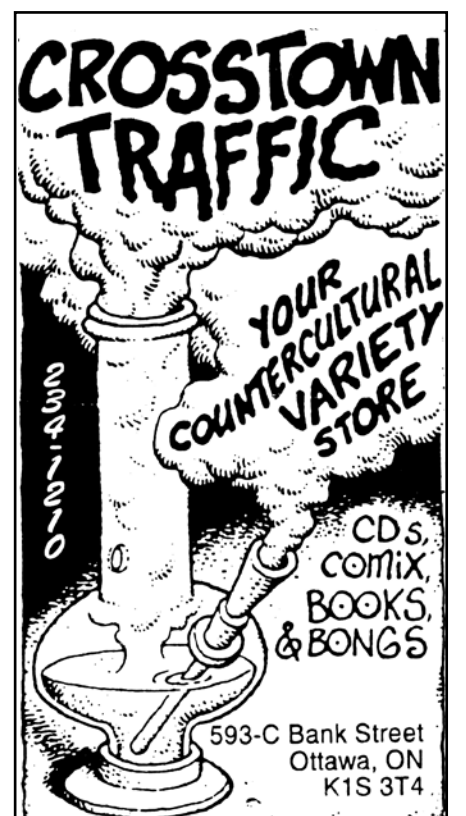
“The allsaints event space is lovely, and it sounds very good with people singing in it! I lead a singalong session there every Friday evening from 7 to 9 p.m. The repertoire consists of folk, pop and country songs that people tend to know or can learn easily, plus various songs I’ve written that have simple singalong choruses—see below for some examples. We don’t use lyrics on paper or devices. If we can’t remember the words, we just sing the choruses, or we fake it, or we move on to another song that we do know! Please drop by to listen or join in. There’s no charge to listen; if you decide to participate, the suggested donation is \$10.”

The singalong Friday nights will continue into the month of June, and can keep on going if people are interested. Wine, beer, coffee and snacks are available. People of all ages and abilities are welcome.

Take a look at the Citizen’s YouTube clip “Spotlight—Singing for Viola” [www.youtube.com/watch?v=x872\\_yAEp2Y](http://www.youtube.com/watch?v=x872_yAEp2Y), recorded in the Guild Room, of Chris “Singing for Viola,” inspired by Nova Scotia’s Viola Desmond. You can practice singing along—there’s a bouncing ball to guide you.

Singalong Friday nights with Chris White, every Friday evening, 7:00 to 9:00 p.m. at allsaints

—Notes from Kathleen Kelly







## NEIGHBOURHOOD BULLETIN BOARD

**Organic vegetables.** Weekly boxes available through a Community Supported Agriculture program. Sign up for the 2018 summer season at [fermepleinelune.ca](http://fermepleinelune.ca) or 819-921-5534.

**ONLY 3-speed reel-to-reel tape recorder,** perfect condition. Spare reels included. Used and much loved by retired CBC reporter. Free to a good home. Tel: 613-241-3947.


**Positive parenting strategies.** Wed. May 9<sup>th</sup>, 7 p.m. at Bettye Hyde, 43 Blackburn Ave. Two-hour workshop, \$10. Explore strategies to help you manage challenging behaviours. *Suitable for parents / caregivers of children 18 months –12 years. Register by May 1st.* Email [bettye-hydeottawa@gmail.com](mailto:bettye-hydeottawa@gmail.com) or 613-236-3108.

**Free line dance classes** Thursday evenings, 6:15-7:15, St. Paul's-Eastern United Church, 473 Cumberland Street. Suitable for all ages.

**ARTS:**  
“12 BIRDS,” photography by Kathleen Kelly, until April 25; Chez Lucien Gastro Bar, 137 Murray St.

**Paintings and prints** by Clare Thorbes, until April 28; Studio of Conceptual Designs on Cooper St. at Percy; 10-7 Tue. to Fri., 10-5 Sat. Closed Sunday and Monday. [clarethorbes.com](http://clarethorbes.com); (613) 296-5207.

“Spring is in the Art” at Worldview Studio, 210 Blackburn Ave., April 28-29, and May 5-6, noon to 5 p.m. daily; a winter’s worth of new paintings and sculptures by Janet K. MacKay and Mitchell Webster. [www.worldviewstudio.ca](http://www.worldviewstudio.ca).



**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. 2 pm, Saturdays May 12 and June 9  
Apprenez le Go, jeu de stratégie ancien. Conçu pour les débutants et les joueurs de niveau intermédiaire. 14 h, les samedis 12 mai et 9 juin.

**Morning Book Club**  
Monthly on Thursdays, 10:15 am – noon. Drop-in.  
Apr. 19: *They Left Us Everything* by Plum Johnson; May 17: *The Lion* by Faye Gibbs

**Evening Book Club**  
Monthly on Mondays, 7– 8:30 pm. Drop-in.  
May 7: *Longbourn* by Jo Baker; June 4: *Cuckoo’s Calling* by Robert Galbraith

**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.

**National Canadian Film Day Movie**  
*Long Time Running* is an emotional chronicle of the final tour of The Tragically Hip in 2016.  
Wednesday, April 18 at noon (120 minutes)

**Studio Tour,** National Capital Network of Sculptors, May 5-6. Start the tour & pick up a tour map at Sandy Hill’s Worldview Studio, 210 Blackburn. Janet and Mitchell will host fellow sculptors, Taunye Robbins and Tick Tock Tom; bronze, stone, ceramic and metal sculpture. Information on the tour: [sculptureottawa.ca/](http://sculptureottawa.ca/).

**Odyssey Theatre’s Youth Apprenticeship Program,** for high school students, June 28-August 27 at Strathcona Park and Arts Court. Numerous positions available. Information: [odysseytheatre.ca](http://odysseytheatre.ca).

**Rideau River’s hidden creatures,** art by Helene Lacelle and Peter Evanchuck; Café Nostalgica, 601 Cumberland St. May 1 - end of June.

**CHARITY:**  
**May Court Club-Shepherd’s Charity Fashion Show,** Tues., April 24, 6 to 9 p.m.; 145 Trainyards, 10% of the sales during the event will be donated to the club. Light refreshments. Tickets \$50. Call 613-733-4681 to reserve tickets

**House and Garden Tour,** May 12. Sponsor IODE Laurentian Chapter. Tickets, \$35 online at [laurentian.iodc.ca/](http://laurentian.iodc.ca/) or call Jo at 613-842-5304

**Evensong Jazz Ensemble** with Jamaal the Poet on Sat., May 12, 7:30 p.m., St Paul’s-Eastern United Church, corner of Cumberland and Daly. Adults \$20, students \$10, children free. Tickets at the door or phone the church at 613-237-1821. Please bring a food item for the Odawa Food Bank. This is a church fundraiser.

**VOLUNTEER**  
**Strathcona Park clean up.** ASH is leading a litter pick-up in Strathcona Park on Sat., April 28 from 1 to 3 p.m. Volunteers meet at the corner of Osgoode and Range Rd. Garbage bags and plastic gloves will be provided. Students can earn volunteer hours.

**The Ottawa Fringe Festival** (June 14-24) is looking for volunteers. Open house, May 12, noon-2 p.m., 2 Daly Ave., [ottawafringe.com/volunteer/](http://ottawafringe.com/volunteer/); phone: 613-232-6162

**Stories about your park!** Marc Lowell and David Lafranchise, are planning a book on Ottawa parks: origins, landscaping, monuments, use and association with notable people and events. We would like your stories or photographs. Email, [househistory@tricolour.ca](mailto:househistory@tricolour.ca); telephone, 313-998-2021; post, House History Ottawa, c/o 3 Salisbury Place, Ottawa K2P 1G6. Website: [househistory.tricolour.ca](http://househistory.tricolour.ca).

**Rideau Branch Library Programs**  
**Programmes à la succursale Rideau de la bibliothèque**

**377 Rideau St., 613-580-2940**  
**[Rideau@Ottawa.ca](mailto:Rideau@Ottawa.ca)**  
**[www.BiblioOttawaLibrary.ca](http://www.BiblioOttawaLibrary.ca)**

**CHILDREN / POUR LES ENFANTS**

**Family Storytime / Contes en famille**  
Stories, rhymes and songs for children of all ages and a parent or caregiver. 10:30 – 11:00 a.m. on the listed Tuesdays:  
Session 1: Tuesday, April 17; Session 2: Tuesday, May 1 to Tuesday, May 22.  
Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien.  
10 h 30 à 11 h les mardis indiqués :  
1re session : le mardi 17 avril; 2e session : le mardi 1 mai au mardi 22 mai.

**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: April 26 and May 31  
15h30 les jeudis indiqués :  
26 avril et le 31 mai

**Babytime / Bébés à la biblio**  
Stories, rhymes and songs for babies and a parent or caregiver. 0 – 18 months. 1:30 – 2 :30 pm on the following Fridays: April 13, April 27, May 11, May 25.  
Contes, comptines et chansons pour les bébés et un parent ou gardien. 0 à 18 mois. 13 h 30 à 14 h 30 les vendredis suivants : 13 avril, 27 avril, 11 mai, 25 mai.

# Let’s talk real estate

**Lynda Cox**



**Spring market is heating up.** Preparing to sell your home? Here are some key questions to ask yourselves.

**What is the development potential of your property?** Knowing your lot size and zoning will allow you to determine what can be built on your property. Urban densification is a reality in Sandy Hill and many single family homes are being replaced with more than one dwelling or changed to accommodate more than one family.


**What is the condition of your property and anticipated costs for needed improvements?** Hire a well-respected building inspector to provide a written report inclusive of photos depicting areas of concern. Provide quotes to buyers for any significant work identified by the inspector, allowing buyers to make informed decisions prior to submitting an offer. Discuss with your lawyer and realtor the history of any problems you are aware of to ensure you are making the disclosures to your buyer as required by law.

**What buyer audience is likely to pay the highest price for your home?** In Ottawa’s most sought after residential communities, the highest price will be generated from buyers that fall in love and intend to settle long term. In this scenario the time, money and effort improving curb appeal, detailing interiors and enhancing the energy flow may benefit you. “First impressions are lasting impressions.” Owners develop house-blindness over time and may benefit from the advice of a realtor that understands buyers’ preferences within their specific segment of the market. Minor, low-cost suggestions can make a big difference to outcome.

**P.S.:** If the highest price for your property is for its land value, then you need not spend any time or effort preparing your home for sale, it doesn’t matter. Money spent on improvements will be for naught.

**Sandy Hill Update, Jan. 1 - March 16**  
*Residential:* a very balanced market, low inventory, plenty of buyers ready and willing to purchase  
**Active listings:** 7 homes ranging from \$519,000 for a semi on Russell, on the market since June 2015 to \$985,000 for a renovated 3-storey semi on Blackburn with rental unit in basement.  
**Sold listings:** 8: the most recent was a beautiful 3-storey row on Marlborough selling over list price in 8 days; asking price was \$719,000.  
**Conditionally sold listings:** 3: a 3-storey row on Somerset listed at \$617,500, a single on Goulburn asking \$1,650,000 and 120 Blackburn asking \$589,000  
**Condo update:** This sector is leading sales at this time!  
**Active:** 31 units: of note in Arthaus, 2 bed + 2 bath with no parking \$631,990  
**Sold:** 15 units: two of these units sold over their asking price, 238 Besserer #813 asking \$456,000 and 292 Laurier asking \$389,900  
**Conditionally sold:** 3 units.





## 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,** April 22, Earth Day, Camping Sunday; May 20, Pentecost Sunday

**Refugee Sponsorship:** We are partnering with *Everyone’s Sister*. To get involved in sponsoring Farah, contact Wendy at [everyonessister@gmail.com](mailto:everyonessister@gmail.com)

**Evening of Jazz/Blues and Poetry, May 12:** Come for an amazing evening of music and spoken word.— a fundraiser for St. Paul’s-Eastern, starting at 7:30 pm. JustJamaalThePoet is a poet/writer, spoken word practitioner, recording rap artist and stage performer. EvenSong is a band formed by Rev. Peter Woods, the minister at MacKay United Church. Tickets \$20 from church office or at door.

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

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

**May is Asian Heritage Month:** Asian themes —music and some activities.


**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.

**Bible/Book 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*.

**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, [helensmith@bell.net](mailto:helensmith@bell.net), or the church office.

**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 that is usually open every other week on Tuesdays and Fridays from 10 a.m. to 12 noon. Contact 613-722-3811, [odawa.on.ca](http://odawa.on.ca)

**Address: 473 Cumberland St. (corner of Daly Avenue) in Sandy Hill 613-237-1821**  
**[www.stpaulseastern.com](http://www.stpaulseastern.com) [stpaulseastern@rogers.com](mailto:stpaulseastern@rogers.com) Find us on Facebook** 



# News from Viscount Alexander School

Michael Barnes

## Volleyball brings home the bronze(s)

The Girls Volleyball tournament took place on February 22, at Glebe Collegiate. The team, with coaches Mme Tait and Ms. Mills, finished in 3rd place which is a great result. Congratulations to Maida, Adaora, Renna, Lilly, Meron, Savannah, Victoria, Emilie, Arty.

At the Boys Volleyball tournament on March 1 at Glashan School Mrs. Fulford coached the team which won 3rd place. The team members were Byron, Jerry, Eddie, Shaquib, Tarek, Hamse, Ayham, Arsh, and Austin. Well done!

## Skate-a-thon/Run-a-thon

Each year during a week in March every one of our students takes time to help with our annual Skate-a-thon fundraiser. The JK/SK students participate in the Run-a-thon in the gym, and students in Grades 1–6 attempt to skate as many laps as possible during their final skating session. The children will benefit from their fundraising through the purchase of technical equipment, as well as providing supplemental education activities such as Scientists in Schools (you can find them at [scientistsinschool.ca](http://scientistsinschool.ca)), and much needed sports equipment. This year the students raised \$3580! Thanks to everyone in the community who contributed to Viscount's one and only annual fundraising activity. Thank you also to our School Council members for setting up the showcase with the prizes, and for organizing the draw.

## Volunteer Breakfast

Every year we like to show appreciation for the volunteers that help our school. The breakfast was held on April 10 with teachers providing tea, coffee, and a wonderful assortment of delicious breakfast foods. Thanks to Mrs. Contant for organizing the event. Congratulations to volunteers Amanda Seguin (9 years volunteering) and Milly Morton, our volunteers of the year!

## Forest School in Sandy Hill

This is our second year participating in Forest School with Mrs. Benjamin (kindergarten) and Mrs. Contant (grade 4/5). Viscount Alexander is pleased to have hosted the Forest School right here in Sandy Hill. On six consecutive Tuesdays, from March 20 to April 3, one kindergarten class and one grade 4/5 class went outside for four hours to enjoy playing in various parks and wooded areas that Sandy Hill has to offer. The kids engaged in activities such as climbing trees, setting up tents and shelters, swinging on trees, setting up hammocks, and playing with pine cones. Everyone is really enjoying Forest School.

The staff at the Ottawa Forest and Nature School are excited about this opportunity to share the forest school philosophy with more students, educators and families: to nurture outdoor learning, risky play, emergent and inquiry-based curriculum.

## Our growing school needs an addition!

Anyone who has walked by or visited Viscount during school hours will know that it's a busy place. The school is operating close to its capacity, which is 188 students. Yet, the Ottawa Carleton District School Board (OCDSB) has projected the school's enrolment will increase over the next 10 years.

Viscount Alexander Public School is seeking approval for an addition, which would provide: appropriate program space for the school's full-day kindergarten program, an elimination of the need for portables on site, sufficient space for early French immersion program students from Old Ottawa East, and flexibility to accommodate future enrolment fluctuations and students generated from the Greystone Village development on Main Street.

The proposed \$2.8 million addition would include four regular classrooms and one purpose-built kindergarten classroom. This project would result in 118 additional pupil places giving a capacity of 306. The Capital Priority submission to the Ministry of Education was initially made in 2015, and has since been resubmitted annually for funding consideration. Viscount currently ranks second on the OCDSB's capital priority list. However, the funding decision is made by the Ministry of Education. The OCDSB will decide upon and submit its updated priority list to the Ministry in April.

Building a permanent addition would be good for students and staff. It would make Sandy Hill a more desirable community for families with young children looking for a dual track neighbourhood school. We encourage the Sandy Hill community, the OCDSB and other elected representatives to help make this project a reality!



Lisgar Parent Council and Viscount Alexander Parent Council are proud to present the following two events:

### MENTAL HEALTH AND THE PAMPERED GENERATION Some Consequences of the Culture of Entitlement

By: Maggie Mamen, Ph.D., C.Psych.

April 23 Monday April 23<sup>rd</sup>, 2018 from 6:30

Location: Lisgar Collegiate Institute (29 Lisgar St)

### Mental Skills for Self-Regulation & Optimal Living

By: Poppy DesClouds, Ph.D (c)

Tuesday May 22<sup>nd</sup>, 2018 from 6:30

Time: 6:30 pm – 8:30 pm

Location: Lisgar Collegiate Institute (29 Lisgar St)

Refreshments and childcare will be provided at both events.

To reserve a place please contact Kate at 613-501-5096 or by email at [wigstonkatrina@gmail.com](mailto:wigstonkatrina@gmail.com).

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

**Laurel 749-2249**



A Blue Moon is the second full moon in a calendar month—very rare, as pop music reminds us. There was a blue moon over Sandy Hill on March 31—not to recur until October, 2020. Kathleen Kelly was up at dawn—maybe standing alone, without a dream in her heart—to capture the view.

**BLING FOR SPRING JEWELLERY SHOW**

LOCAL JEWELLERS AND VINTAGE PIECES ON OFFER

Saturday, May 12<sup>th</sup>, 2018  
May Court Club of Ottawa  
114-A Cameron Avenue K1A-0X1  
10am to 2pm



Charitable # 107679548R0001  
Open to everyone!

**SANDY HILL CONSTRUCTION**

Your neighbourhood  
**QUALITY HOME RENOVATIONS**  
and  
restoration specialists

**AWARD WINNING CONTRACTOR – RENOVATOR OF THE YEAR**

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or call Nathan Gurnham at  
**(613) 832-1717**

**SERVING SANDY HILL FOR OVER 20 YEARS**



Spring is here, we have reason to suspect

Photo Rob Sinclair



Right — By late March the spring runoff had almost thawed snow and ice by Strathcona Park.

Left— Rob Sinclair has a daily bike commute from Sandy Hill along the canal to Dow's Lake. He took the top photo during the week of March 12 and the bottom one at the same spot, two weeks later.

Photo Rob Sinclair



Right — At Bettye Hyde ELC, the snow shovels are stacked in a dark corner, as the vehicles and sports equipment come out.

Photo Rob Sinclair



Left— Hopeful hostas in the Sinclair garden.

Right— More welcome than an ice cream truck in July is the streetsweeper in April!



Photo Christine Aubry



Photo Jane Waterston

WHAT DO YOU **WISH** FOR YOUR DAUGHTER?

We know that you want the very best for your daughter. For her to spend her days in an inspiring environment, surrounded by peers who support and care for her, and teachers who know her, challenge her and celebrate her successes. You want her to have balance, at school and in life, and opportunities to try new things. And you wish that she would go to school every morning, excited about what the day would bring.

YOUR **WISH** IS OUR MISSION.

At Elmwood School, each girl is inspired to reach her full potential. She is encouraged to stretch herself, develop her self-esteem and confidence, motivate others and of course, excel in the classroom. Every girl strives to be the very best student, friend and role model she can be.

Visit the school and find out how we can inspire your daughter to reach her full potential.

Call (613) 744-7783 or visit [info.elmwood.ca/elmwood-tour](http://info.elmwood.ca/elmwood-tour) to book your private tour.

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