



Photo Paula Kelsall

Prettiest cappuccino in town?
See page 14



Photo Harlequin Studios

BIMBY in action on Laurier Ave. East. See outgoing ASH president Chad Rollins' comments on the topic, page 6



Photo Christine Aubry

And the winner is... Nathalie Des Rosiers, MPP for Ottawa-Vanier.

Photo Larry Newman



Trina Cooper-Bolam convened a design charrette in Sandy Hill on June 3 to consider how the look of 515 Chapel St.—one of the first bunkhouses here— can be rehabilitated. Will this introduce a trend? Action Sandy Hill hopes so.

Let's re-imagine a bunkhouse

Larry Newman

What are the main visual clues that tell you this is a bunkhouse? Big and ugly – right? What if bunkhouses were beautiful? Would we like them better? Trina Cooper-Bolam (Director, Action Sandy Hill) and Dr. Rebecca Dolgoy (Instructor, Carleton University) acted on that idea recently. These innovators organized a charrette (a collaborative session in which participants develop solutions to design problems) to redesign a bunkhouse.

First, however, they had to have the bunkhouse. This takes the story back to last January and a community project called Cultural Memory Workshop hosted at allsaints. The workshop was planned to discuss the challenges facing Sandy Hill and to develop priorities and ideas for creating positive change in our neighbourhood. It was clear that bunkhouses were a big challenge to our community.

The ensuing discussion led to the idea of rehabilitating a bunkhouse. Property developer Jeremy Silbert was present at the workshop and he, after giving the idea a little time to digest, offered one of his properties for the project. It was a bunkhouse with three units and 18 bedrooms, located on Chapel Street. Jeremy had already applied to the city for approval to convert its interior into seven units of two or three bedrooms each, hoping the change would appeal to a broader range of tenants. That left the exterior, for which the community could propose beautification ideas.

Following up on Jeremy's offer and his agreement to implement the community-proposed changes at his cost, Trina and Rebecca organized another community workshop – the design charrette mentioned earlier. This was a one-day session between community members and Carleton University and Algonquin College students, followed by a day of student-only design rendering at Carleton's Azrieli School of Architecture and Urbanism.

Charrette— continued on page 8



Photo Christine Aubry

The bunkhouse in question, at 515 Chapel, with three units and 18 bedrooms



Photo Larry Newman

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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: imagesandhill.org

Editor:

Jane Waterston

Rédactrice de langue française :
Betsy Mann

Advertising: Peter Rinfret, Jane Waterston

Administration:

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

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From Ken Clavette's Album of Bygone Sandy Hill



Source unknown

Strathcona Park under construction. Originally a swampy floodplain of the Rideau River, it became home of the Dominion Rifle Range in the late 1890s. Soldiers trained here before departing for the Second Boer War (1899–1902), hence the name Range Road. Here we see the construction of the canal in 1904 as the area was turned into a park by the federal government. It was named after Lord Strathcona, a Canadian businessman and politician who had financed his own regiment in the Boer War. In gratitude, in 1909 he donated the fountain now standing atop the hill at Laurier Ave. The park contained a pair of small ponds, gazebos, and Ottawa's first golf course. The expense of maintaining the canals during the Depression meant that by the 1940s they and the ponds were filled in. The baseball diamond at the southern end of the park was constructed in the 1920s and for many years was Ottawa's main venue for the sport. Prior to that it was a lacrosse field.



Strathcona Park: finished canal and bridge c1920 LAC PA-034291

Whither IMAGE? Future Fund Campaign Update

Dear Reader,

Over the past year, this newspaper has featured a request for financial donations to help us upgrade our website and get ready for the next decade of on-line as well as print-based publication.

The good news is that \$2,935 has been received from the loyal readers named in the box on page one. It has been wonderful, really touching, to meet you on the doorstep and find your notes in the IMAGE mailbox.

The website (imagesandhill.org) has indeed improved, with new stories and many ads now easy to call up and search. We are working to speed up the process of getting the stories

posted once each issue comes out. What remains in the Future Fund will let us replace the increasingly problematic computer we purchased in 2004.

And now, the time has come to start renewing our cadre of volunteers as some stalwarts express an interest in retiring some day. Please see the call, **on page 10**, for someone with business in their DNA and some time on their hands to join our advertising management team this fall. Might that be you?

If you care to join the list of donors, the account is still open! Please leave a cheque (to IMAGE) in the mailbox at 22 Russell and know we are most grateful.

Happy summer. See you in the park!

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In spring, the banks of the Rideau River attract all sorts.

Phil Caron
Chapel St.

Peril at Besserer and King Edward for pedestrians

There is a safety concern at the south-east corner of Besserer Street and King Edward Avenue. Cars travelling east on Besserer Street from Waller are required to turn left at the King Edward intersection, going down the hill to Rideau Street. They are not to go right through King Edward, to Charlotte or any point in between.

However, numerous times cars speed through, ignoring the very visible black and yellow sign on the median that says "Bicycles Excepted". Pedestrians who think it is safe to cross when heading

north on King Edward to Rideau have always got to first look to the left. I've had many close shaves with cars speeding through.

I think the City should consider blocking access to cars by installing a planter at this particular spot (still leaving room for cyclists to pass through) to avoid mowing down pedestrians who think it is safe to cross — which it certainly is not.

May Shand
Daly Ave.

About those mystery plants

Recently the Amnesty International Ottawa community group had our annual sale of plants and refreshments at the Great Glebe Garage Sale. The day before the sale, I got a call from a fellow member. "I think I may have done something rather stupid," she said. It seemed that she had driven to my house with a flat of seedlings to be taken to the sale site on Saturday morning, and in the anxiety of double parking on our street during rush hour, she wasn't sure she had left them in the right driveway.

I went up and down the block, but could not find any baby plants in my driveway or those of my neighbours. Had my friend stopped in the wrong block, or the wrong street? There was no knowing.

So, if you came home from work on a Friday afternoon in May and found an unexpected delivery of bedding plants in your driveway, I'd love to hear from you. Was it a happy surprise? And if they are all settled into your garden, please remember Amnesty International in your charitable giving this fall.

Paula Kelsall
Stewart St.



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Newsbites

Photo Harlequin Studios



Shrinking Besserer Park

Half Besserer Park has recently been torn up so that Richcraft may erect a sales office for the "Charlotte Place" condo at the corner of Cobourg and Rideau. Site plan details of that controversial project were finally worked out during the winter. Action Sandy Hill and neighbours opposed that development and contributed to the cost of an Ontario Municipal Board hearing. Though the hearing favoured the developer, some aspects of the original proposal have been modified to mitigate the more deleterious aspects.

Photo Harlequin Studios



New residence on Laurier

University of Ottawa officials made a last minute decision to manage the new student residence on Laurier at Friel (the Viner building), although the university does not actually own the property. The first set of students will move in this September. There is to be no exterior branding outside.

LRT delay impacts Sandy Hill

John Verbaas

Over the past few years many of us in Sandy Hill have been patiently waiting for the unwinding of the traffic detours that have been in place to accommodate the Transitway buses that were being displaced by LRT construction. The plan of the City of Ottawa had been to restore our street connectivity within a month or so of LRT startup which originally had been planned to occur in May 2018. Thus the announcement of the delay until Nov 2018 means a longer wait for us in Sandy Hill.

There are three major areas of impact in Sandy Hill. First is the loss of access to eastbound Highway 417 from the Lees Avenue on-ramp. This has forced convoluted alternate driving routes to access eastbound Highway 417 from Sandy Hill. Second is the prohibition of right turns from southbound Nicholas Street onto Laurier Avenue. This too has forced convoluted routes returning home, driving westbound along Highway 417. Lastly there is the re-arrangement of the intersection of King Edward Avenue and Laurier Avenue East, which prohibits left turns at all times from Laurier to northbound King Edward.

Unfortunately, the first two areas of impact will now have to continue well into 2019 since the construction work re-

quired to unwind these bus detours cannot happen during the winter months. Thus the six-month LRT delay will probably result in an extension of these traffic impact areas in Sandy Hill of up to 12 months. For the third change (King Edward/Laurier intersection), it would appear that the city is considering not to restore the original configuration (allowing northbound left turns from Laurier to King Edward). There is some evidence that this restriction has had the positive benefit of reducing traffic coming up Nicholas or out of downtown and using Laurier for heading northbound to Gatineau. That traffic flow has adjusted to using alternate routes and perhaps it is best to keep it that way.

The startup of the LRT also promised to bring a number of positive changes to cycling and pedestrian movements in our area which we were looking forward to enjoying this summer. We will now have to wait to benefit from these until summer 2019 as well. These include a new multi-use pathway along the O-Train tracks between Lees and Laurier, raised separated cycle tracks on Laurier Avenue between Nicholas and Waller streets, and a bi-directional bike lane added to Waller between Laurier and the Mackenzie-King bridge.

Sandy Hill residents will have another year of practice at developing the virtue of patience!



PhotoIMAGE

The latest at ASH

Jan Finlay

The new board of Action Sandy Hill met on May 28. What was discussed?

Safety concerns of some OCH tenants

Ottawa Community Housing (OCH) is the largest social housing provider in the community. Responding to safety concerns of some long-term tenants at their Somerset and Nelson building, OCH representatives reported to ASH directors that John Howard Society clients currently make up more than 40% of the tenants in this unit and the society has hired a new person to be on site during the day, providing supervision and support.

Noise on the street

Ottawa Bylaw Services reminded the Board that they can only address issues occurring on private property. If parties spread to the street and partygoers mill around on the pavement, it is a matter for police not Bylaw. In such cases, the number to call is 613-236-1222. You will be asked questions such as how many people (about) are in the crowd, can you see open alcohol, and are you feeling threatened.

New traffic calming measures

Councillor Fleury reported that further traffic calming measures will be installed at the corner of Chapel and Wiggins Private.

Trinity project approved

The Trinity project that will fill the big hole on the northeast corner of Chapel

Seen any rats lately? Call 3-1-1

If you see a rat on your property, you can help the City's efforts to control the rodent population by reporting it with a call to 3-1-1. Not that the City will send out an exterminator to rid your basement of the critters; you're still responsible for that. However, as bylaw enforcement officers explained to Action Sandy Hill's Board of Directors, it's important to report rats so that your sighting gets added to a map that the City uses to determine where to put poison bait in the sewers. After what appeared to be a spike in the rat population, a two-year pilot project was started this year using closed-circuit television cameras in sanitary sewers to spot problem areas. Reports from residents can be an important addition to this information. Meanwhile, you can make your property inhospitable to this nasty pest by doing things like storing garbage in containers with tight-fitting lids and cleaning up debris around your house and yard. For more information on rat control, go to www.ottawapublichealth.ca/en/public-health-topics/rat-control.aspx.

— Betsy Mann, with files from CBC.ca and the City of Ottawa Public Health website.

ASH's new board was elected on May 16. Back row l-r: Scott Williams; John Verbaas; Trina Cooper-Bolam; Larry Newman; Anthony Friend. Front: Chad Rollins (Past President); Christine Aubry (Secretary); Susan Young (President); Doug Ainslie. Not pictured: Bob Forbes (Vice-President) and Megan Reilkoff (Treasurer)

and Rideau is moving ahead. All the required permits have been approved.

Go VeloGo

The company will be expanding in Sandy Hill. They will be placing more bike stands throughout our community.

Co-op in talks with U of O

The land lease between the Sandy Hill Housing Co-operative, on Somerset Street East between King Edward and Henderson, and the University of Ottawa expires in 2019. The university and co-op are currently in negotiations that may allow the co-op to remain in Sandy Hill, possibly further north on Henderson.

Attracting new amenities

Prime Ministers' Row directors are working with Carleton University on a project to look at the viability of the commercial corridors in Sandy Hill. These corridors are Rideau Street, Laurier Avenue, Somerset Street East and Mann Avenue. The goal is to develop a plan on how to attract new amenities to Sandy Hill.

Salvaging heritage

ASH's Planning Committee is considering a salvage program for heritage features, to help repurpose materials such as windows and doors from tear-downs.

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Volunteer of the Year

ASH awards Marlborough Ave. resident

Cathy Major, who has lived in Sandy Hill all her life, received the Volunteer of the Year Award for 2017 at the May 16 annual meeting of Action Sandy Hill.

A familiar face at community meetings of all sorts, Cathy was a key manager of the community garage sale, the July 1 picnic in the park, and ASH's electronic newsletter. She is a regular classroom volunteer at Viscount Alexander Public School and took part in the Walking School Bus program.

A neighbourhood jewel—thank you, Cathy, and keep up the good work.



Photo Christine Aubry



Our Brand New Ottawa Art Gallery (OAG)

At long last, Sandy Hill has a beautiful new art gallery to support and promote our artists. After almost three years of construction, the official opening was on Saturday, April 28th. This impressive gallery is located at 50 Mackenzie King Bridge with a feature entrance at 2 Daly, right beside the Arts Court building.

The new OAG is part of a \$100-million mixed-use development project that includes new facilities for local artists, a large room for public functions, classroom space for the University of Ottawa's theatre department, as well as a hotel, condominium tower and coffee shop.

The coffee shop, called the Jackson, is located close to the Daly Street entrance, and is open daily from 8 am to 11 pm. Free child care is also being offered on Wednesday evenings. The most exciting part of the new OAG is that admission to the gallery's exhibits is free!

The space is very impressive, and fully integrated into the historic Arts Court facility, which also houses many local arts groups. The Firestone Collection is a must see, and the Spenceville Gallery will host an exhibit on the history of art making in the Ottawa-Gatineau region going back 6500 years.

Attention Sandy Hill parents: the OAG is offering bilingual summer arts camps for kids aged 6-14. July is already sold out but August camps are still available. In addition, OAG is now hosting birthday parties. More details can be found at www.oaggao.ca.

This state-of-the-art facility will surely revitalize Ottawa's downtown as it is steps away from the Rideau Centre, National Arts Centre, Byward Market and future LRT stations (both Rideau and UOttawa). For more details on the art exhibits, please visit www.ottawaartgallery.ca. Hope to see you there soon.

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Photo Lynn Murphy



Ice cream was served at the May 14 gathering in front of one of the recently purchased buildings on Somerset East which this fall will start housing students of Nunavut Sivuniksavut, a college located on Rideau Street. This unique college program offers certificate programs to Inuit youth in Inuit Studies under the auspices of Algonquin College. In addition to their courses, by living away from home and now together in their own college residence, students develop life skills needed to prepare for entry into the workforce back home and for further post-secondary studies. — Betsy Mann

Block party on Blackburn sizzles



Photos
Christine Aubry

Proof that Sandy Hill is a great family neighbourhood - the annual Blackburn Avenue block party, between Somerset and Osgoode, was a big success this past May 26. The children had a great time playing in the closed-off street, and adults gathered around a shared buffet while waiting for a special treat this year: spit roasted lamb! — Christine Aubry



Right — Blackburn resident Roch Barrette spent several hours tending to the lamb roast he obtained from SAFI's Mohamed Abdo (aka Mo).

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After 49 years, Action Sandy Hill still lives up to its name

Jane Waterston

The May 16 annual meeting of Sandy Hill's venerable community association looked and felt different this year but it is clear the organization still lives up to its name – action on neighbourhood issues continues to be what it is all about.

After four years at the helm, Chad Rolins stepped down as ASH president, although he stays on as a director. During his watch, he notes, Sandy Hill was transformed, the “condo canyon” on Rideau St. came to be, and more random bunkhouses took root. But “the war is far from over!”, says Chad. He refutes any suggestion ours is a NIMBY (not-in-my-backyard) neighbourhood, because people here actually accept the presence of pretty much every form of housing and resident. Instead, he counters, we are a BIMBY (beauty-in-my-backyard) neighbourhood – concerned and engaged when it comes to aesthetics and shared spaces.

Susan Young, who lives on Chapel Street, is the new ASH president, signing on for a two-year term. We have already seen more trees, less pavement, better access to Rideau River pathways, prettier container gardens along streets, and more editions of the One & Only Arts and Crafts Fair, thanks to Susan and her network. Husband Éric Audet was ASH

secretary for two years – there will be no surprises at home when her phone buzzes continually.

As president, Susan promises she will be glad to jump in when there is a battle brewing. Trina Cooper-Bolam, continuing as the ASH director steering Urban Planning and Heritage issues, also speaks of struggles, needs, goals and priorities. She challenges us to “manage the big picture” of urban intensification on our streets, addressing the attrition of green spaces, housing stock, diversity, privacy and heritage values.

The militant language results, of course, from the notorious spread of bunkhouse developments in Sandy Hill over the past decade, a phenomenon familiar to all readers of IMAGE.

Councillor Mathieu Fleury presented his take on the related R4 zoning review, which is at last a city priority. The need to apply R4 city-wide, and the lack of clear definitions of rooming house and bedroom, are making things tricky. While a 16-room limit (four units with four rooms each) is being proposed, he favours a 10-room limit for new builds.

Fleury also addressed troublesome issues of vacant heritage properties, garbage enclosures, benches on Besserer near King Edward, traffic calming, and student move-out week, and he encouraged residents to call 3-1-1 to report noise, security, and property-related incidents, and to contact his office when clarification of policy or procedure is needed.

To Eiko Emori's query about a proposed speed reduction (to 40 kph) throughout Sandy Hill, Fleury said City staff is prepared to implement the change but there is a hold-up at the provincial level.

The Councillor was the only



Photo Christine Aubry

On the topic of bunkhouses, long-time resident Wayne Wishart observed, “Anyone thinking 16 bedrooms is acceptable is not living in the community!”

elected official who took the podium at the annual meeting. The provincial election guidelines for candidates prevented Nathalie Des Rosiers from doing more than dropping by, and MP Mona Fortier was in Edmonton. Similarly, there were no presentations from the Community Health Centre or the usual City services like Police or Bylaw.

This allowed time for a full slate of reports from directors and various community partners. They brought good news – charitable status for Prime Ministers' Row, a history website, 30 block captains keeping information and feedback flowing, a new bylaw officer keeping an eye on 300 problem addresses, a retro gazebo in the works for Strathcona Park, and 14 vendors already signed up for this year's November One & Only craft sale.

IMAGE (which is not affiliated with ASH) was there with a collection of ALL our back issues—slim ones from the 70s, fat ones from the millennium and colourful ones starting in 2008. Pictured at right are:

Jane Waterston, Jan Meldrum, and Claire MacDonald.



Photo Christine Aubry

At the end of 2017, Action Sandy Hill had 278 members and \$16,000 in its chequing account, plus \$42,500 in a “Homestead” account earmarked for improvements to Strathcona Park (the gazebo), and \$3,200 in a “Save Sandy Hill” account. The ice rink brought in \$900 (net), and the craft fair \$1,600. A new projector was purchased and funds provided for the winter carnival, Canada

Day picnic, garage sale, Halloween party, and various meetings.

Members were asked to encourage their neighbours to join ASH (it's easy to do at the website) and consider helping out with committees and campaigns. Many blocks are still without a representative. The Town and Gown committee would really benefit from having more University of Ottawa professors (with homes in Sandy Hill) at its table. Ideas for ASH's 50th anniversary – coming next year – are wanted.

The meeting was convened at allsaints' Borden Hall, where there are no fluorescent lights, and chairs were set up in a horseshoe configuration – both factors considered an advantage by the more than 90 people in attendance.



Photo Christine Aubry

Leanne Moussa, President of allsaints Development Inc. and a former ASH volunteer of the year, chaired the proceedings and Sabrina Mathews supervised the election.



Photo Christine Aubry

42nd Ontario election event in Sandy Hill

Do we call that a debate?

François Bregha

At a time when provincial election campaigns are dominated by leaders' tours and discussions of party platforms, it is easy to forget the important role of the individual all-candidates debates in each riding, which is to inform voters. These debates are crucial in raising the profile of new candidates, discussing local issues and giving voters an opportunity to engage in the political process. The Sandy Hill Community Centre, with the support of several community associations and local resource centres, hosted such a debate for Ottawa-Vanier last May 24. The debate was well-organized, well-moderated, and well-attended, but in the end proved disappointing for a number of reasons.

Firstly, only three candidates showed up: the Liberal incumbent, Nathalie Des Rosiers, her NDP challenger, Lyra Evans (the first transgender candidate in an Ontario election) and the Green Party representative, Sheilagh McLean. The None of the Above Direct Democracy Party, the Freedom Party of Ontario, the

Ontario Libertarian Party and the Progressive Conservative Party representatives were all absent. The PC candidate sent an apology and had a display table with brochures, which, unfortunately, gave only his name under his photo. In contrast with the other candidates present, there was no information about who he was, what he did, or why he was running.

Secondly, the session's format was more a question-and-answer session than a real debate. The candidates answered questions but rarely commented on each other's answers or engaged in back-and-forth discussion over the issues. This allowed them to get away with several questionable claims without being challenged. The result was a surfeit of facile promises, many untethered from financial constraints.

Finally, the session ended up being curiously lopsided, with many important issues ignored. The fact that all three candidates present inhabit much the same area of the political spectrum and that the audience was mostly interested in social issues meant that several important topics were not discussed – hydro rates and the privatization of Hydro One, concerns that played such a prominent role in the pro-

vincial campaign, were mentioned at the very end as an afterthought. The continuing government deficit, the size of the government debt, the competitiveness of the Ontario economy, and the continuing uncertainty over NAFTA, among others, were never mentioned.

So, what did one take away from the debate? Des Rosiers and Evans were both articulate and knowledgeable about a range of policy issues. Both were able to speak fluently without notes and leaven their answers by referring to personal experience, although only Des Rosiers could do this in both French and English. By contrast, McLean relied heavily on notes and the commitments noted in her party's platform in her responses to questions. As the incumbent, a cabinet minister, and a woman with a distinguished career before she entered politics, Des Rosiers's solid performance was not surprising. Evans, though, was



Photo Kathleen Kelly

Singer/songwriter Russ Kelley, who lives in Sandy Hill, voted on May 26 at the advance voting station in the Friel Residence.

somewhat of a revelation as the youngest of the candidates present but one who demonstrated she could have a promising political future ahead of her, should she decide to pursue it.

In the end, the results of the election in Ottawa-Vanier were not a surprise even if the provincial campaign provided a cliff-hanger. Des Rosiers won the riding comfortably although her majority was smaller this time.

New at Laurier House: Cartoons!


Betsy Mann

Think you’ve already seen everything there is to see at our local National Historic Site? Want to get another perspective on one of the prime ministers who lived in the big house at the corner of Chapel and Laurier? From now till September 3, you can see how Mackenzie King was portrayed in the work of political cartoonist Josh Silburt.

A temporary exhibit shows Josh Silburt’s original line drawings for the cartoons he drew in the 1930s and 1940s and sold to many newspapers across the country. He began with cartoons of famous sports figures and later, during WW II and in its aftermath, concentrated on world affairs and Canadian politics. His drawings provide a window on the times; even if we don’t know all the events they refer to, the caricatures make the meaning clear. In the early ‘40s, Josh Silburt frequently commented on the progress of the war; several cartoons emphasize the importance of supporting the war effort with a united front at home. Later, when Josh Silburt worked for the *Sydney Post* in Cape Breton, his cartoons often shone the spotlight on King’s political and economic policies, which were not always popular with the labour movement.

At the beginning of the Cold War, Josh Silburt lost his job because of his Communist sympathies and he turned to painting. Some of his paintings are also part of the exhibit, mostly landscapes building on the style of the Group of Seven. The exhibit is located in the wing of Laurier House where the Pearson memorabilia used to be and is included in the regular admission fee. Admission is free to those aged 17 and under and will be free to everyone on June 16 and July 1. Don’t miss this opportunity to get a feeling for history through art.





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députée d'Ottawa—Vanier Member of Parliament

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Hello and welcome to summer! The first half of the year has been quite busy for Ottawa-Vanier. More than 20 volunteers joined me at the corner of Guigues St and Sussex St., just after the 38 km mark to pass out water on May 27th during the Ottawa Marathon. The runners were simply amazing, and a wonderful time was had by all. Thank you to the volunteers that came early in the morning to help set up, and congratulations to the participants!

With the House of Commons preparing to rise for the months of July and August, I look forward to spending more time outside and meeting many of you in the community. I am excited to share this summer with you and your family. Please contact my office if you would like me to attend a meeting or a celebration.

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

Bonjour et bienvenue à la saison estivale! La première moitié de l'année a été bien chargée pour Ottawa-Vanier. J'ai rallié plus de 20 bénévoles avec moi pour faire une station d'eau au marathon d'Ottawa le 27 mai. Nous étions au coin des rues Guigues et Sussex, juste après la marque de 38 km. L'ambiance était chargée et l'énergie des coureurs était incroyable. Un gros merci à tous les bénévoles qui sont venus tôt le matin nous aider à monter la station, et félicitations aux participants!

Avec la Chambre des communes qui s'ajournera pour les mois de juillet et août, j'ai hâte de passer davantage de mon temps dehors et de vous rencontrer dans la communauté. J'ai hâte de partager cet été avec vous et votre famille. Contactez mon bureau si vous souhaitez que j'assiste à une rencontre ou à une célébration.

Comme toujours, mon équipe est là pour soutenir vos interactions avec le gouvernement fédéral. Si vous voulez contacter mon bureau situé au 233 ch. Montréal, appelez le 613-992-4766 ou envoyez un courriel à mona.fortier@parl.gc.ca.



Above — **Almost finished...**the Viner building, a big student residence at Laurier E. and Friel. Neighbours will welcome the return of peaceful early mornings.

Left—**Flower Moon of May.** This is the latest lovely installment in Sandy Hill photographer Kathleen Kelly’s moon series, taken from the vantage point of her balcony or out on the street. She’s an early riser.

Photo Harlequin Studios

Photo Kathleen Kelly



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Action Sandy Hill gratefully acknowledges the volunteer contributions of students from the Student's Design Clinic to the June 2018 *Re-Imagining the Bunkhouse Community Design Charrette*. Thank you - Merci!

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Re-imagining a bunkhouse *Continued from page 1*

The day of collaboration on June 3 began at 10:30 a.m. at 515 Chapel Street where the group observed the subject building and surroundings. Afterward, everyone walked to the Sandy Hill Community Centre where the ten students from Carleton's Architecture, Heritage Conservation, and Industrial Design programs and Algonquin's Architectural Technology program discussed design with approximately ten Sandy Hill community volunteers.

So, what did they come up with and how did they do it? The design discussion began with three break-out groups – one to talk about exterior building design, one for landscape design, and one to consider

Charrette discussion.

ways to mark or label redesigned properties like this one with an identifying 'logo' readily seen from the street. Jeremy Silbert participated in these discussions and provided constraint on the wilder ideas.

Recommendations for changes to the building exterior focused on integrating the original structure with the huge addition – standardizing window and door treatments, modernizing the front porch, reducing the vertical look of the addition, and changing the colour scheme. The property had very little landscaping, so many ideas, mainly centred on softening transitions and increasing green space, were offered and readily accepted. Ideas were developed for a marker that will be further developed by the student designers.

As we go to press, student renderings representing the multiple design options identified by the charrette have not yet been seen so no concrete results can be presented. Once these have been seen and reviewed and options selected by the team, a final recommendation will be provided to Jeremy for implementation.

As a process, this "re-imagining" seemed to be very successful. Trina and Rebecca were happy that the collaborative process worked so well and Jeremy is pleased and thinks the community and his property will both benefit – which was the idea from the start.

One of the remarkable things about this project is the community-minded attitude of Mr. Silbert, unique for a developer in Sandy Hill (except for Leanne Moussa). He volunteered to be part of this project. Nothing or nobody forced him. Kudos to you, Jeremy.

This exciting innovative process could have further application in helping change the look of Sandy Hill. Stay tuned. Trina and Rebecca are already thinking about using it again with other properties in Sandy Hill. Kudos to them, especially.

Photo Larry Newman



Representative of 151 Chapel's developer, Jeremy Silbert has been engaged in the process from the start.

Photo Betsy Mann



What a difference two and a half years can make!



Photo Betsy Mann

In October 2015, Councillor Mathieu Fleury stood in front of a gaping hole beside Arts Court for the launch of construction of the new building which would eventually house the new Ottawa Art Gallery, along with a hotel and condo complex. On May 5 of this year, he was explaining to his group of Jane's Walk participants that the brass and marble staircase, which leads up to the rooms where the recently opened gallery now houses its prized Firestone Collection, used to be in the Firestone family's residence.

—Betsy Mann



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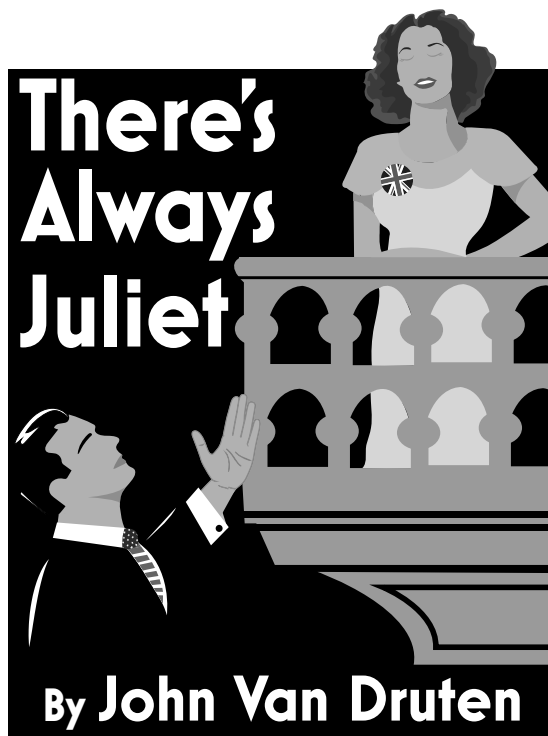
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Classic Theatre Festival News

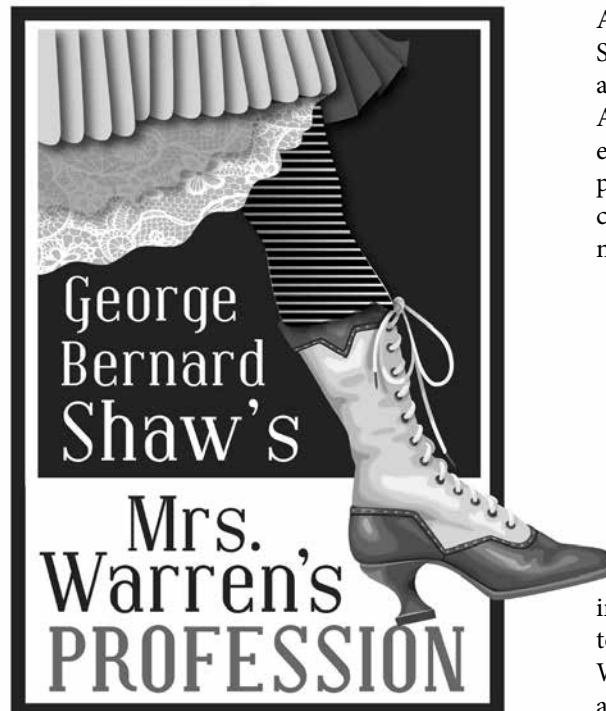
JUNE 5 to SEPT. 9 • 2018

This summer, treat yourself to the most beloved plays of all time as Perth's professional summer theatre, the Classic Theatre Festival, stages hits from the golden age of Broadway and the London Stage. Whether it's a comedy or mystery that takes you down memory lane (like Turner Classic Movies or viewing *It's a Wonderful Life* every December), a historic walking play or ghost walk that brings to life the characters and stories of Perth's fabled past, or a delectable three-course meal combined with a classic comedy at the inaugural Classic Dinner Theatre, we offer 16 shows per week of memory-making, family-friendly entertainment.

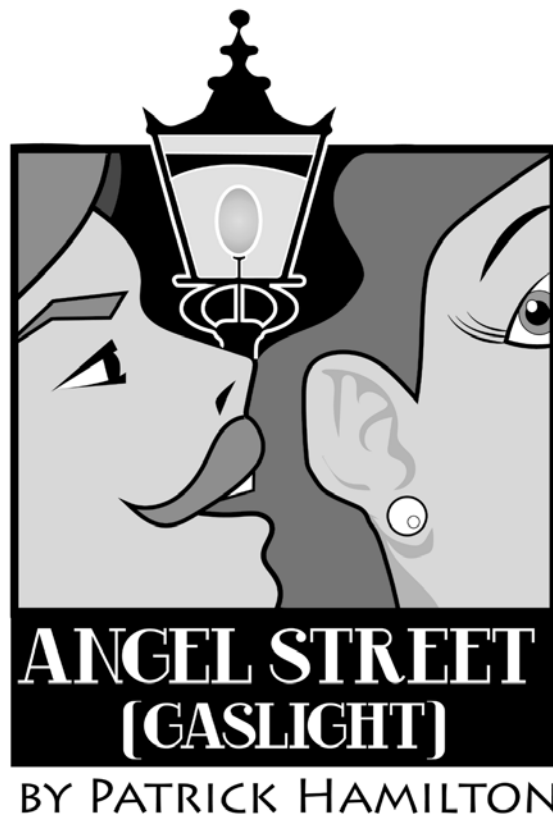


The Festival's air-conditioned, wheelchair accessible mainstage opens with *There's Always Juliet* (June 22 to July 15). Written by John Van Druten (*I Am a Camera*, *Bell, Book & Candle*), the play asks whether love at first sight truly exists. Sparks fly after a British woman meets an American man at a London tea party, but how far will things go in this charming, cross-border romantic comedy set in 1930s London, England? If you love the charming romantic comedies of the 30s and 40s (think Cary Grant, Jean Arthur, Jimmy Stewart and Carole Lombard), this one's for you.

It's followed by a warm, witty, engaging tale of conventional morality and unconventional lives, George Bernard Shaw's *Mrs. Warren's Profession* (July 20 to August 12). When Vivie Warren and her mother, Kitty, get together after Vivie's graduation from Cambridge, a classic mother-daughter conflict arises with questions about the source of Mrs. Warren's wealth. One of the most beloved plays of all time, it still speaks to daily life in the 21st century.



The Festival's annual mystery thriller, *Angel Street (Gaslight)* by Patrick Hamilton (August 17 to September 9) is a gripping psychological nailbiter about mind games and the nature of truth. When seeds of doubt invade your mind, how strong is the pull towards insanity? In this timeless classic, a worried wife wonders if she is going mad. What is real and what is illusion? A 1944 film version, *Gaslight*, starred Charles Boyer, Ingrid Bergman, and Angela Lansbury.



All mainstage shows run Tuesday to Sunday at 2 pm, with 8 pm shows every Wednesday and Saturday at 54 Beckwith Street East (free parking). A pre-show chat takes place 30 minutes before curtain, explaining the history and context of the play and the playwright. You can savour an ice cream sandwich and coffee at intermission as you browse thousands of loonie and toonie book titles at our popular book sale.



The annual *Perth through the Ages* walking plays return with brand-new stories for 2018. The morning story, running Wednesday to Sunday from 11 am to 12 noon, features a story set in Perth during World War II. *The Lonely Ghosts Walk*, running Thursdays and Fridays from 7 to 8 pm, features a story this year about the ghosts of war brides who arrived in a strange new land, facing new delights and challenges in rural Ontario.

New this year is a special partnership with Michael's Table, a downtown Perth 5-star favourite featuring home cooking at its best. Every Tuesday from 5 to 7 pm (June 5 to August 28), diners at the Classic Dinner Theatre will enjoy the hilarious G.B. Shaw comedy about two couples confronted by an unconventional challenge – *Overruled* – along with a sumptuous three-course, home-cooked meal.



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Photo Christine Aubry



Joseph Maingot’s book on parliamentary privileges

Yves LeBouthillier

As to be expected in a community so proximate to Parliament Hill, there are a number of Sandy Hill residents who have spent a large part of their lives working either for individual MPs, federal political parties, the House of Commons or the Senate. In doing so, some have become experts on important topics related to our parliamentary political system.

Joseph Maingot falls squarely within that category. He has published a number of books and papers on a key feature of our representative system, namely parliamentary privilege and immunity.

Maingot’s latest offering, *Parliamentary Immunity in Canada*, was published by LexisNexis in 2016. In this book, he draws on the vast knowledge he acquired during the many years he worked as Law Clerk and Parliamentary Counsel to the House of Commons.

This topic is a core feature of our democratic system. Parliamentary immunity is essential to ensure that parliamentarians speak their minds freely when addressing any issue in the House of Commons or in the Senate. As the author reminds us, this protection, which goes back to article 9 of the British Bill of Rights adopted in 1689, is “not so much intended to protect the Members for their own individual advantage, but to support the rights of the people by enabling their representatives to execute the functions of their office without fear of either civil or criminal law prosecutions.” In addition to freedom of speech, the study of parliamentary privilege and immunity includes “breaches of privileges and contempts, debates and proceeding in Parliament as evidence in

court, privilege of freedom from arrest, and related privileges.”

There is much to discover and ponder in this detailed study: the long history of parliamentary immunity from its emergence and continuous development in England to its transposition into the Canadian parliamentary system; the scope of this immunity in civil and criminal law matters; the basis for the Houses to control the publications of debates; pronouncements in and outside the House; protection offered to actors other than members of Parliament; the meaning of the term “proceedings”; the protection enjoyed by parliamentary committees; the difference between parliamentary privilege and protection by the common law. The list goes on as the author delivers a very complete coverage of the subject. For instance, he explains why the court looks differently at the publication in full of a parliamentary debate versus portions of a single speech that could be defamatory toward an individual. In doing so he relies on key judicial decisions of course. These cases, from both the UK and Canada, have resolved important questions and, in some cases, have prompted legislative response.

As the author mentions early on, his book focuses on the immunities, privileges and powers of the Houses of Parliament (Commons and Senate), but it also provides learned comments on such matters arising from provincial and territorial legislatures. Usefully, the author ends each chapter with a summary of the main questions he addressed. A number of key documents are also included in annexes at the end of the book.

In sum, Joseph Maingot’s book is an in-depth examination of key protections needed to ensure that our parliamentary institutions remain hallmarks of our democratic system.

Some Internet options in Sandy Hill

Ron Hodgson



In the last issue I wrote about options to obtain a High Definition TV signal in your home. The option that gives you the best variety for the most reasonable price is OTT (Over the Top) - streaming services using the internet.

Streaming services require you to have a dependable, high speed internet service to your home with, preferably, an unlimited downloading usage limit. In Sandy Hill we have three primary technology options:

A pair of copper wires owned by Bell which originally were for wireline telephony. These wires can also carry separate internet data signals under agreement with Bell. This is called DSL (Digital Subscriber Line) service.

Coaxial cable owned by Rogers which is used to provide their television signal as well as internet connectivity.

Glass fibre which is currently being deployed by Bell under the trade name “Fibe”. Currently Bell has deployed fibre to their local nodes (the big brown boxes on the corner) but it is still working on getting fibre to individual households.

I thought it might be useful to compare some of the internet services providers available to Sandy Hillers. The table below shows what I found when I did a web search and although the results are not definitive they will perhaps give you an idea of the variety of options available to you. I have tried to show comparable plans but this is really just a sampling, as every provider offers a range of internet

speeds. You should try to pick the one that best meets your expected household usage needs.

And what are those needs, you might ask? Probably your primary use for in-home internet is for streaming audio and video for communications and for viewing or listening to streaming services on televisions, computers, tablets and smart phones. For these you’ll need download speeds of at least 15 Mbps and 300 Gb usage volume every month. If you have several devices or a couple of teen-agers, you’ll need more so I’ve assumed that situation in the average family home.

The best initial price rates are reserved for new subscribers but even if you are presently a subscriber don’t be afraid to bargain. If you stand your ground you’ll be put in touch with the “Subscriber Retention” manager who may offer you a better rate or shorter contract.

Don’t forget to read the fine print of any service agreement you’re offered. This will help avoid unwelcome contract changes during the life of the contract. If you can find a provider that doesn’t require a fixed term contact, so much the better although you may need to pay some up-front, or even ongoing, charges for installation, modem rental, or use of “dry” copper for Copper DSL. (Dry copper is copper that has been placed to your home for wireline phone service but that may no longer be energized for a telephone.)

The following table shows some of the primary service providers in our area. I don’t claim that it’s complete - you should do your own research - but it gives you some names and comparisons as a starting point.

PROVIDER	Technology	Download Speed	Upload Speed	Data Usage Limits	Advertised Cost/month (As of late May, 2018)
Rogers - Ignite 60	Coaxial Cable	Up to 60 Mbps	Up to 10 Mbps	Unlimited	\$59.95 for first 12 months \$79.95 after initial period.
Bell - Fibe 50	Glass Fibre	Up to 50 Mbps	Up to 10 Mbps	Unlimited	\$59.95 for first 12 months* \$94.95 after initial period.
Storm Internet - Ultimate 50	Copper DSL	Up to 50 Mbps	Up to 10 Mbps	Unlimited	\$61.00 - no contract
National Capital Freenet - NCF (Freedom 50)	Copper DSL	Up to 50 Mbps	Up to 10 Mbps	Unlimited	\$49.95 - no contract (Non-profit provider)
HeroNet	Copper DSL	Up to 50 Mbps	Up to 10 Mbps	Unlimited	\$68.88 - no contract
Distributel	Coaxial Cable	Up to 30 Mbps	Up to 5 Mbps	Unlimited	\$55 - contract *
Eyesurf	Copper DSL	Up to 30 Mbps	Up to 5 Mbps	Unlimited	\$50 - no contract *
Comwave	Copper DSL	Up to 30 Mbps	Up to 2 Mbps	Unlimited	\$49.95 - no contract*
Virgin Mobile	Copper DSL	Up to 50 Mbps	Up to 10 Mbps	Unlimited	\$60 - First 3 months free for new subs
Fibre Stream	Glass Fibre - for condos with fibre connection	Up to 50 Mbps	Up to 50 Mbps	Unlimited	\$35.00 - no contract

* extra charges for activation, modem etc.

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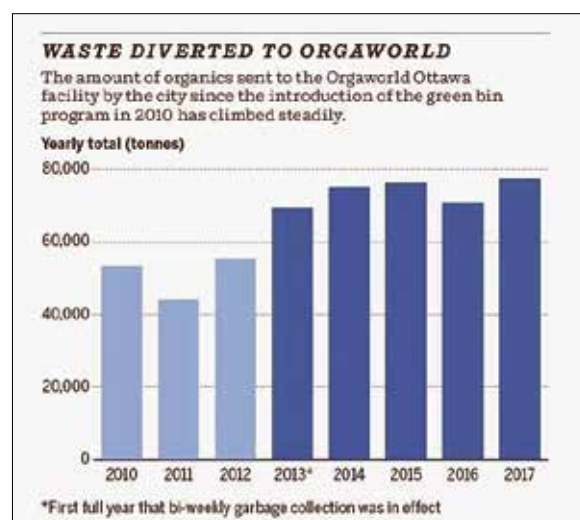
If this sounds like something you might want to take on, please send a note to editor@imagesandyhill.org, and we will meet for coffee one day soon.

How Orgaworld composts our plastics

Larry Newman

Ottawa made quite a stir last March when the City Council voted 19 to 3 to approve processing of plastic bags and doggy waste. This was a reversal of former rules that restricted both. Why did they do that and what does it mean?

It turns out that we could do a better job of recycling food and garden wastes. The city reveals that only 51% of households are using the green bin. One effect of this is failing to fulfill the contract requirements with Orgaworld to furnish 80 thousand tons of material per year to their composting facility. Since the city pays for processing 80 thousand tons/year, any year that we produce less, we are wasting money.



The current contract just signed with Orgaworld solves this problem in two ways: the minimum material delivered to Orgaworld has been reduced to 75,000 tonnes/year and plastic bags and dog waste has been added to the allowed green bin content. For many people, this last solution is the rub. How can plastic film (mostly polyethylene) be part of compostable material?

Just to make my views clear, I am opposed to introducing more plastic film into our world. I believe that we must pay more attention to ideas that reduce the amount of plastic bags, not encourage them. Putting that thought aside for the moment, I decided that I had to understand how Orgaworld and the City of Ottawa plan to separate organic material from plastic bags in our green bins – and

what will happen to the plastic bags at the end of the composting process..

Mike Leopold, General Manager of Orgaworld in Canada, told me that they have created a system to deal with it in London, ON. The green bin material from Toronto and York is processed in London and it contains both dog waste and plastic film. This same process is due to be installed in Ottawa in the fall of this year in preparation to begin operation in 2019.

On the first of May, Mike and I toured the Orgaworld plant on Hawthorne Road. He allowed no pictures inside the building but I could see the green bin material brought from the city and the compost that was produced. I also saw the process of shredding the green bin contents and screening for bits of metal, hard plastic, and glass. When plastic bags become part of this green bin material, machines that slice the bags into strips will precede the shredding.

Since the current green bin material contains small amounts of plastic film, that material is now also screened. The shredded material is loaded into long tunnels that appear to be about 30 metres long, nine metres wide and six metres high. The tunnels are perforated with holes through which air is forced to aid the aerobic composting process. Before the loading is completed, partially composted material is added to inoculate the tunnel contents. This material stays in the tunnel for 7 to 10 days. The composting operation must reach a temperature of 55 degrees C and maintain that temperature for 72 consecutive days. The compost is

then matured another 21 days. Finally, moisture is added to the level of 40%. In the process, it is screened to remove all non-organic material (sharps) over 3.75mm in size.

With the new system, it is at this point that the plastic strips will be screened out. Other screens with openings of 100mm and 10mm will sequentially screen out most of the remainder of the plastic film. Of course, these polyethylene strips will be exposed to 55°C as well as the organic material. However, polyethylene melts at a minimum temperature of 120°C so the film remains unmelted and doesn't contaminate the compost..

During the composting process, ammonia gas is produced and it is smelly. As the ammonia-laden air is forced out of the tunnels during composting, it is piped into a scrubbing system. As the air is passed through the piping, sulfuric acid is dripped into it. A chemical reaction takes place and ammonium sulfate (NH_4SO_4) is produced. This smelly ammonium compound is captured as a liquid which is then sold as a fertilizer. This process scrubs the air and it is then exhausted into the atmosphere, almost odorless.

The compost is required to conform to Ontario's regulations for amounts of heavy and toxic metals as well as plastics. Ontario requires that no more than 0.5% by dry weight of the compost is plastic. This will



still apply to the compost produced from green bins next year that are expected to contain large amounts of plastic film.

So where does all of the soon-to-be-collected plastic go, now that it will be separated and collected during the composting process? For the time being, it will be sent to the landfill to eventually make methane. Mike has feelers out to producers of cement who may be able to use it to fire their kilns. He has no takers yet.

Plastic bags are ubiquitous. Now we'll have some more. Millions find their way into every corner of our life. Most of us have seen the pictures of plastics taking up the area of a small country on our oceans. Animals die from ingesting them. In spite of their many advantages, I still can't help thinking that we make the wrong choice when we allow more plastics into our world.

Photo Betsy Mann



Vraiment spécial!

Saviez-vous que le mur végétal le plus haut du Canada (presque 24 m.) se situe sur le campus de l'Université d'Ottawa? On pouvait le découvrir durant une « promenade de Jane » menée par le conseiller municipal Mathieu Fleury le 5 mai dernier. Le public peut venir s'asseoir à côté de ce mur de verdure pour profiter de sa capacité à purifier et à humidifier l'air, tout en créant un sentiment de bien-être, en hiver comme en été.

— Betsy Mann

Sandy Hill greenscape



One morning in late May, the reflection in the Rideau River merges infrastructure with nature.

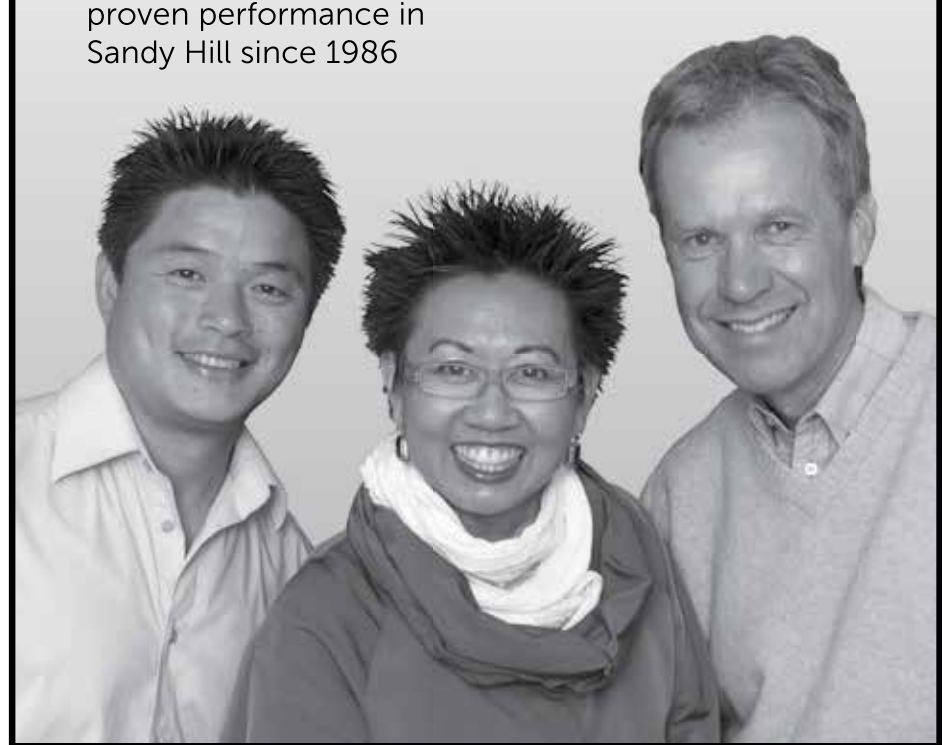
Photo Kathleen Kelly

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La maison au coin de Laurier et King Edward était construite pour le colonel Charles-Eugène Panet, sous-ministre de la Milice et de la Défense de 1875 jusqu'à sa mort en 1898.

Si la Côte-de-Sable nous était contée...

François Bregha

Le mois de juin, mois de la St-Jean et du Festival Franco-ontarien, nous rappelle que la Côte-de-Sable a un riche patrimoine francophone même s'il n'est plus aussi visible qu'autrefois. On sait que la Côte-de-Sable a été fondée par un francophone, Louis-Théodore Besserer, qui avait hérité en 1824 d'une vaste propriété de 124 acres au nord de ce qui est maintenant l'avenue Laurier. Il a bâti maison vingt ans plus tard à l'angle des avenues Daly et King Edward, une maison qui existe toujours.

Le plus célèbre des Canadiens français à avoir habité notre quartier fut sans doute Sir Wilfrid Laurier qui vécut dans la maison qui porte maintenant son nom de 1897 jusqu'à sa mort en 1919. Mais il est loin d'être le seul politicien francophone important à s'être établi ici. Nommons entre autres Napoléon Belcourt, député d'Ottawa, puis sénateur et ardent défenseur des droits linguistiques des Franco-Ontariens, et Ernest Lapointe, le lieutenant québécois habile et incontournable de Mackenzie King. Ils ont demeuré respectivement sur l'avenue Goulburn et la rue Chapel.

Au fil des ans, la Côte-de-Sable a aussi compté plusieurs écrivains renommés tels Marie-Rose Turcot, Benjamin Sulte et Séraphin Marion. Une plaque historique de la province de l'Ontario, placée à côté de la bibliothèque publique sur la rue Rideau, rappelle le passage de Marie-Rose Turcot à Ottawa tandis que l'Université a nommé une des rues sur son campus en l'honneur de Séraphin Marion.

Plus surprenant est le fait qu'Alphonse Desjardins, le fondateur des Caisses

du même nom, ait aussi vécu dans la Côte-de-Sable à au moins trois adresses différentes : sur Nicholas, Daly et Laurier. M. Desjardins a travaillé comme sténographe à la Chambre des Communes pendant 25 ans. Bien qu'il ait maintenu son adresse permanente à Lévis, il louait une chambre en ville pour les périodes pendant lesquelles le Parlement siégeait.

Un autre homme d'affaires, Honoré Robillard, a laissé un legs permanent dans notre quartier avec la construction des très belles maisons en rangée sur l'avenue Daly, les Terrasses Philomène, nommées pour sa première épouse.

Mais ce sont probablement les communautés religieuses, telles les Pères Oblats, les Sœurs Grises et autres, qui pendant des décennies ont assuré la présence francophone dans la Côte-de-Sable. Ce sont elles qui ont géré les écoles, incluant l'université, et construit les églises. Si certains de ces bâtiments ne sont plus (par exemple, le couvent de la rue Rideau et l'école Garneau), plusieurs maisons du quartier qui ont servi d'école ou de maison de retraite à ces communautés existent toujours même si leur vocation a changé.

Cette vitalité explique le choix de Radio-Canada de situer un télé-roman d'une soixantaine d'épisodes dans la Côte-de-Sable au début des années 60. Des écrivains aussi divers que Lionel Groulx et Daniel Poliquin se sont aussi servi de notre quartier comme milieu pour certains de leurs romans.

La proportion de francophones a beau avoir diminué au cours du siècle dernier, grâce à la présence de l'université, de l'École Francojeunesse et de l'église Sacré-Cœur le français s'entendra encore longtemps dans nos rues.

Si vous vous intéressez au patrimoine francophone de la Côte-de-Sable, partez à sa découverte lors d'une promenade guidée de Patrimoine Ottawa le dimanche 22 juillet prochain à 14 h (frais de 10 \$, 5 \$ pour les membres de Patrimoine Ottawa). La visite commencera devant la maison Besserer. Pour plus d'information, visitez le site Web de Patrimoine Ottawa <https://heritageottawa.org/fr/promenades>.

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Stories from Sandy Hill's past

Betsy Mann

When you walk through our neighbourhood, do you ever look at the old houses and wonder who lived there and what went on in them in the last one hundred or so years? François Bregha wondered and after three years—on and off—of research and writing, he is ready to share his discoveries on the website Sandy Hill History at www.ash-acsc.ca/history. “It started out as a project in support of the Prime Ministers’ Row initiative,” Mr. Bregha explains. “I thought I’d just write about the prime ministers who had lived in Sandy Hill (I discovered there were ten), but one thing led to another and now there are 69 entries on the site.”

It’s easy to browse the site, dipping into the lives of people in one of the eight categories Mr. Bregha has conveniently divided his subjects into: prime ministers, Fathers of Confederation, other politicians, activists, businessmen, civil servants, writers, and other notables. He has also written nine articles about places of general historic interest and three about tragic events that have marked our neighbourhood’s history. The “Places and Events” section is where you can read about the first Canadian amateur golf championship which was held in Strathcona Park in 1895, and about the sewer explosions in 1929 and 1931 that blew off manhole covers and sent a young lad who was skiing down Somerset East (!) flying into the air. Spoiler alert: he came down unhurt in a snowbank.

This is the kind of anecdote that delights Mr. Bregha. With just a few paragraphs allotted for each entry, his aim is not to write a complete history of the individual or the place, but rather to give readers a flavour of the person and the times. You’ll find an example of this perspective in his article about Prime Minister John Turner, who spent his childhood years in Sandy Hill, most of them in a house at 434 Daly Avenue. Repeating a story he found in Turner’s autobiography, Mr. Bregha paints a picture of Turner as a young boy sharing a bench in Strathcona Park with then Prime Minister Mackenzie King, both of them resting while out walking their dogs. Think of that scene next time you’re walking on the path along the Rideau River!

Biographies and autobiographies were easy to find for former Sandy Hill residents who were prime ministers, but the hunt for other stories often proved more arduous. “I started with the sources I had,” says Mr. Bregha, “like articles in IMAGE and earlier neighbourhood walking tour guides. I also used the Ottawa Public Library’s Ottawa Room and archives of the now defunct newspaper, The Ottawa Journal, that are online and searchable.” The city directories on microfilm were a precious reference to determine who lived at what address when. The archives of the Soeurs grises and the Ottawa Jewish archives also supplied important background material; the City of Ottawa archives were the source of many of the photos, particularly of houses that have since disappeared from the neighbourhood.

Mr. Bregha is particularly pleased to describe how he tracked down an obscure but moving story about the progress of the 1918 Spanish Flu epidemic on the Ottawa campus. “I found a reference in a newspaper

article to a temporary hospital at the corner of Cumberland and Laurier. Michel Prévost, chief archivist for the University of Ottawa, recommended that I look in the archives of the Oblate Fathers, which are now located in Richelieu, Québec,” Mr. Bregha recounts. “I made an appointment to stop there when on vacation and found the records written at the time day-by-day by an Oblate priest. One can feel his uncertainty and anxiety as the crisis unfolded over the five weeks during which the terrible malady disrupted life in the city.” Now other amateur historians don’t need to go to Richelieu to read the priest’s words; a visit to the History in Sandy Hill site brings this episode vividly to life.

This collection of articles could have been the basis of a book, but Mr. Bregha has chosen to publish his articles online. “A small, self-published book might reach a hundred people or so,” he guesses, “but a website can reach a much wider public. By housing it on the Action Sandy Hill website, there is some assurance that it will continue to be available and accessible. And it can continue to grow. I already have three more articles ready to add.” The website also has a comment function and people are invited to give suggestions about other illustrious former Sandy Hill residents or add other anecdotes. Mr. Bregha is cautious about these, however. “I received a number of tips from very sincere people who were in a position to know about the neighbourhood,” he recalls, “but when I tried to verify their stories, they didn’t always pan out. I’ve done my best to only put in information that I can document from reliable sources.”

Now that the website is up, is Mr. Bregha thinking of stopping? “I’ve thought I had finished the project several times,” he answers, “but then I come upon another avenue to investigate and the work continues.” He explains how learning about people’s lives has enriched his walks through the neighbourhood. “Every time I walk past the house at the corner of Friel and Wilbrod, I think about the writer Benjamin Sulte who built it around 1875. I imagine a young man, full of optimism, who named his new house ‘Château-bonheur.’ I reflect on the sad reality that there turned out to be little “bonheur” in that household. His two children died in infancy, and his marriage was so unhappy that he and his wife separated in 1912 after 41 years of marriage. For a Catholic, divorce was not possible at the time, but he confided to a friend that he had been keeping his own bedroom for 30 years.”

If you too are curious about the lives of people in the past, you’re sure to enjoy reading about our local history at www.ash-acsc.ca/history. You might also enjoy taking a walk led by the website’s author. François Bregha will be leading a walking tour of Sandy Hill West, based on his research, on July 19 in English and July 22 in French. For details go to the Heritage Ottawa site: <https://heritageottawa.org/heritage-ottawa-walking-tours>.



The large house at 434 Daly Avenue was home to John Turner, Canada’s 17th prime minister, from the ages eight to 16. During this time, his mother was an economist at the Tariff Board and eventually became the senior woman in the male-dominated Canadian public service. Franci Bregha drew on his father’s research for the website, Sandy Hill History (www.ash-acsc.ca/history) to recount the house’s historical connections to participants in a Jane’s Walk on May 6. —Betsy Mann

A FLEURY TOUR

On Saturday, May 5, as part of Jane’s Walk activities in keeping with the vision of urbanist Jane Jacobs, Councillor Mathieu Fleury led a large group of participants on a walking tour to visit two of the newest City services, the LRT and the Ottawa Art Gallery. He stopped to answer questions as the group passed through the University of Ottawa campus after viewing construction around the new Campus station. He explained that a new multi-use pathway will run along the LRT line from the campus all the way to Hurdman station. Good news for cyclists and pedestrians!

— Betsy Mann



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Ottawa Newcomers Club

Rolling out a welcome mat

Cathy Williams

Welcome to Ottawa! is the message our group, the Ottawa Newcomers Club, gives to women new to Ottawa within the past two years. We provide a safe and supporting peer group for people wanting to explore their new city and make new friends while doing so. Being a friendly group, we also include those women who find themselves in changing life circumstances, such as retirement, widowhood or divorce.

We have a slate of regular activities each month. Our current activities include monthly lunch outings, monthly potlucks, book club, bridge, Mahjongg, Scrabble, art tours, walking groups, craft and chat, fun photography, dining out, movie nights, and "Out and About" where we visit local places of interest.

Membership costs \$30 a year. Once you join, you will receive our monthly newsletter and may sign up for any of our activities. For car-pooling purposes, we

then send out a list of those attending, reasoning that it is more fun to ride to an event with your new friends.

As one of our established members said recently, "Kudos and applause to the Ottawa ONC for providing friendship and a wide range of interesting activities... major transitions can be difficult to navigate, but this very welcoming organization eases the way by providing ample opportunities to get to know the city and everything it has to offer while making new friends with women experiencing similar situations."

If you want to know more about us, check us out at: www.ottawanewcomersclub.ca or contact us at: newcomersclubottawa@gmail.com to request an application form.

We have an interesting group of enthusiastic people enjoying a good time in the company of new friends while exploring much of what this wonderful city of ours offers. We look forward to meeting you!

Cathy Williams is Publicity Chair, Ottawa Newcomers Club



Tango at allsaints.

Photo Harlequin Studios

Will you have coffee with that?

New reasons to check out Ottawa's arts establishments

Paula Kelsall

It's a curious thing that there is not a great deal of art to see when you walk into the new Ottawa Art Gallery. Apparently this has to do with the lack of climate control on the ground levels of the building. With light flooding in from all directions and doors opening directly to the north and south sides, the Gallery staff has to consider carefully which pieces from their collection are suitable to furnish the entrance spaces. At the moment, Stefan St.-Laurent's 3-foot high sculpture of Queen Elizabeth, regally dressed in brocade gown and fur stole, is looking a bit lonely as she offers a pained apology for the Acadian expulsion, and you will have to ascend to the second, third and fourth floors if you want to see the full range of the Gallery's collection.

What the Gallery does have at ground level is a fine little gift shop (near the Waller Street entrance), with many tempting offerings from local craftspeople, along with books, cards, games and art supplies; and, lower down at the Daly Street entrance, a lovely cafe space called Jackson.

Jackson has big ambitions. Its website tells us that soon it will be offering "high vibration foods, embracing balance with beauty wellness wisdom & love". For the moment, however, its kitchen is not fully operational, and instead it serves cellophane-wrapped sandwiches, rather undistinguished looking muffins, cookies, croissants, and coffee. There is also a glamorous looking bar, where it's easy to imagine enjoying a post-work drink en route to a lively evening.

The seating possibilities at Jackson are varied and tempting, ranging from banquettes to sleek mid-century style chairs to comfy couches, and the "small" cappuccino comes in a large and artisanal-looking cup worthy of its surroundings. Altogether, Jackson is a lovely place to restore one's energy with a caffeine infusion after descending from the galleries above. And, given the Gallery's innovative programming, including free child care on Wednesdays afternoons and sketching evenings on Thursdays, there



"Prettiest cappuccino in town? Jackson at the Ottawa Art Gallery is not fully operational yet, but its coffee is served in lovely cups and comfortable surroundings.

are plenty of reasons to come by to check it out.

A little bit further west, in the new glass addition to the NAC which is apparently called the Kipnes Lantern, Equator Coffee has set up shop right off of Elgin St. Equator is one of our region's veteran artisanal coffee roasters, with headquarters in Almonte, and it's lovely to see them in a space in the heart of Ottawa. And what a space! The counter-in-the-window seating that's typical of today's coffee merchants faces directly out onto Elgin Street, offering one of the city's loveliest views out to the War Memorial, the Chambers building, Parliament Hill in the distance and all the bustle of tourist and political passersby. Surely this is the place to settle in and write your novel of political history or civil service intrigue.

The street level of the NAC contains many other seating possibilities, from small tables with chairs to the grand staircase overlooking the new stage area by the canal, and there are coffee drinkers with their laptops sprinkled throughout what is (for now) a quiet and accommodating public space right in the heart of the city.

Equator offers a good selection of fresh and attractive treats to go with its beverages. Power balls, small nuggets of peanut butter mixed with dates, chocolate and goji berries, offer a few tender bites of sweetness, and there are plenty of squares and cookies on offer if you have a bigger gap to fill. Equator also advertises a few sandwiches, and it would be great to see a few more lunch possibilities on their menu.

It's exciting to see these new cafes in the NAC and the OAG. The aroma of coffee and the friendly murmur of espresso machines and conversation add life to both institutions and give visitors extra reasons to drop in. Jackson and Equator are both open every day of the week, and we're lucky to have them in the neighbourhood.



Tea, a power ball and a view. Equator at the NAC offers a great perspective on the nation's capital, along with hot beverages and worthwhile treats.

Gallery Scene/Seen

Jennifer Anne Norman: Forest for the trees

Maureen Korp

In the far left corner of the gallery, a small boxed sculpture stands on its plinth. Inside the box, a twisted figure is tied to an upright post. Overhead, the crossing bar appears as a thin, curving line. Seen from a distance, "La Physique Quantique," 2018, might be a crucifixion. Walk closer.

This is no detail from a contemporary reinterpretation of the Isenheim altarpiece. In this work, artist Jennifer Anne Norman gives us a story of transformation, but it is a newer story. The ending is unknown, uncertain, and likely not good.

The crumpled figure tied to the post of "La Physique Quantique" was formed from a broken, twisted twig, festooned with a small pencil sharpener, straight pin, and metal bolt. The figure stands atop a coiled metal spring. Red and green rubber bindings tie the figure to its post, a finished stick of pine. One binding is labelled "Canada." Attached to all is a blue National Gallery of Canada gift shop tag, minus price.

Walking around the sculpture multiplies one's understanding of the artist's work. Change the point of view, and the crossing bar might be the line of a distant horizon. Lines of decay? Could be flights of birds against a skyline. But still, there is that crumpled figure tied to the stake inside the box. What is its meaning? Is this what happens to the castoff, to human waste? Does offal ever decay? Go away?

"La Physique Quantique," the name given to the sculpture by the artist, references our modern-day study of quantum physics and mechanics – the science underlying our understanding, for those who care, of climate change today, of matter and energy, one becoming the other. The temperatures of the oceans are rising. In the last 100-150 years we have lost half the biomass, the living matter – plants and animals – of the planet, according to Professor Paul Beckwith, University of Ottawa. The materials artist Jennifer Anne Norman uses in her work are scraps from trash heaps. She labels her medium "post-consumer waste."

There are four sculptures in the exhibition (at the Karsh-Masson Gallery in Ottawa, from April 26 to July 4, 2018), 11 framed drawings, and one large unframed paper hanging. Ten of the drawings are studies of "Reclaim," 2017, a dramatic sculpture suspended from the roof of the artist's workshop last year in the Haliburton Highlands. The artist documented how that work came to be in a photographic essay published as *Reclaim* (2017). Visitors are provided a copy of the book in the gallery.

At first sight, the sculpture "Reclaim" appears to be a tree. But that was long ago. Today it is a clumsy memorial. The branches are all prosthetics, twigs attached and mended with tape and bolts. The artist found all of the materials for the sculpture in a trash



La physique quantique, tree branch and post-consumer waste, 56 x 46 x 36 cm.

heap – the landfill of the wondrously named Municipality of Dysart et al.

Every one of the artist's drawings is a finely worked meditation in graphite, some on "post-consumer wastepaper" (as identified by the artist). All are meditations on loss, repair. Each suggests a timeline longer than one we know. "Made in Vietnam," 2018, for example, is a drawing of a broken tree branch. The drawing includes a label stating in multiple languages: "Made in Vietnam."

At the gallery's entrance, the exterior display window has been filled with streamers of strung-together plastic cup lids. Entitled "Sunset Park," 2016, the streamers fall over the display plinth and are also seen inside the gallery. No need to ask if these coffee cup lids were all collected one by one from a park somewhere. We know the answer.

Jennifer Anne Norman's exhibition "Forest for the trees" reminds us of that old cautionary piece of wisdom: "missing the forest for the trees," becoming lost in details, losing sight of the whole. Take another look. This work matters much. The artist has done her part well.

Courtesy of the artist.

Continuing exhibitions, for you to visit

School of Photographic Arts
77 Pamilla St. in Little Italy
"Canadiana"
to July 1

Karsh-Masson Gallery
Ottawa City Hall
Jennifer Anne Norman
"Forest for the trees"
to July 4

Ottawa Art Gallery
50 Mackenzie King Bridge
"We'll all become stories:
A survey of art of the
Ottawa-Gatineau Region"
to September 16



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Annual General Meeting
Wednesday, June 27, 2018
at Sandy Hill
Community Health Centre

221 Nelson Street
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All former Board and Staff are welcome.

6:30 p.m.: Annual General Meeting
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Photo Kathleen Kelly

The prettiest boy on the river

Our Sandy Hill section of the Rideau River is the summer home to one of the best looking ducks in North America; the Wood Duck. The male's showy breeding plumage could almost be a model for a Picasso cubist painting. But sadly his iridescent, multi-coloured handsomeness is fleeting. Once his breeding duties are over, he moults to a much drabber grey plumage. Although the female Wood Duck follows the usual duck standard of female drabness, she is nonetheless much prettier than her Mallard sisters, with a distinctive white pattern around her eyes and blue and white wing feathers.

The best time to see the male in his full glory is in spring, shortly after he and his mate arrive on the Rideau River in late March and on through to June. The two of them are most likely to be seen drifting along the shoreline in the grassier sections, from Strathcona Park through to the Hurdman Bridge. And of course towards the end of June, you will start to see this year's crop of ducklings skittering along the water behind their mother.

—Robin Harlick

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It's here! Japanese knotweed spotted on Sweetland, in Strathcona ...

The aliens amongst us

Danna Leaman

If you've recently been along the Rideau River pathway from the Queen'sway underpass to the pedestrian bridge at Somerset Street, you may have noticed some copses of a bamboo-like plant among the assortment of river-edge trees and shrubs. No, climate warming is not bringing us tropical bamboo; this is Japanese knotweed, among the world's top 100 invasive species, according to the Global Invasive Species Database – an online resource maintained by the International Union for Conservation of Nature (IUCN).

Japanese knotweed is native to eastern Asia. It was intentionally introduced to North America in the late 1800s and has been planted widely as a garden ornamental and for erosion control and livestock forage. It is now recognized as an aggressive invasive species in Ontario and elsewhere in North America, Europe, Australia, and New Zealand.

What makes this plant an unwelcome alien? Its bamboo-like canes form dense thickets, outcompeting native plants and invading wetlands and river banks. This plant spreads easily via wind-dispersed seeds and underground stems (rhizomes) that can break through asphalt and tiny cracks in concrete. The insect predators and pathogens that keep it under control in its native habitat are absent in the places where it has become invasive.

In late May I made a quick survey along the Sandy Hill side of the Rideau River pathway and found Japanese knotweed in seven places – some still relatively small



Japanese knotweed leaves are arrow-shaped and attached to stems in a zig-zag pattern.

infestations with 100 or fewer stems, but there are a few large invasions with hundreds of stems. One of these has sent roots under the asphalt bike path to colonize both the slope below the Strathcona apartments and the river bank. Japanese knotweed is also invading private properties in Sandy Hill – for instance, it fills the back garden of at least one house on Sweetland Avenue, and persists along the side of a house at the corner of Russell Avenue and Somerset Street East.

In the same survey I also identified an alien plant that has become very invasive in the Ottawa region – dog-strangling vine. This plant was introduced to North America from its native habitat in Eurasia to Ottawa's Central Experimental Farm as a potential source of natural latex and as a garden ornamental. It's aggressively invasive habit was discovered too late to prevent its spread to other parts of Ontario, Quebec, and the Northeastern United States. The plant doesn't actually strangle dogs (as far as I know!), but it does form



The flowers and leaves of dog-strangling vine resemble the common milkweed host of monarch butterflies.

large thickets of intertwined vines that "strangle" and out-compete other plants.

Eradicating, or at least controlling the spread of these invasive species is important to protect the diversity of native plants, but also to protect other native species we appreciate. Dog-strangling vine, for example, is related to the common milkweed that is essential to the existence of monarch butterflies – now considered a threatened species globally. When monarch adult females land on a dog-strangling vine leaf, chemical sensors in their feet detect the presence of the same chemicals that make common milkweed a nutritious host for monarch caterpillars. They lay an egg on the underside of the dog-strangling vine leaf, but when the caterpillar emerges to eat that leaf it is not nutritious enough for the caterpillar to survive.

Both Japanese knotweed and dog strangling vine are difficult to eradicate once they're established because they easily sprout from bits of root and rhizome left

in the soil, there are no biological controls (such as insect predators) currently available, and use of chemical herbicides may require special permission from the Ontario Ministry of Natural Resources. However, there are non-chemical, manual methods to prevent these plants from thriving and spreading. Here's how:

Remove the above-ground parts of all the plants, large and small, before the flowers produce seeds.

Continue to do this every year (it may take 5-10 years of active control).

Mulch and seed or re-plant large affected areas with native species able to out-compete new growth. Check the "Grow Me Instead" guides available from Ontario Invading Species Awareness Program and the City of Ottawa (see "Some resources" below).

An organized city-community effort could get this done. Neither Japanese knotweed nor dog-strangling vine appear to be included among the invasive species actively monitored by the City of Ottawa, the city's Invasive Species webpage includes Japanese knotweed among garden plants to avoid. Report any new sightings of these invasive plants to Ontario's Invading Species Awareness Program (see below).

Some resources :

Global Invasive Species Database (2018). <http://www.iucngis.org/gisd/index.php>

Canadian Council on Invasive Species. <http://canadainvasives.ca>

Ontario Invading Species Awareness Program. <http://www.invadingspecies.com>

Guidance available online includes "Best Management Practices for Dog-strangling Vine (*Vincetoxicum rossicum*)" and "Best Management Practices for Japanese Knotweed (*Fallopia japonica*)".

City of Ottawa, Invasive Species information: <https://ottawa.ca/en/residents/water-and-environment/plants-and-animals/invasive-species>

Greenbites



When you see this sign, take a look!

It marks a garden maintained by community volunteers and enjoyed by all. The beds have been cleaned up and planted now for the summer season, but if you see a weed in there (unlikely it will be knotweed!) why not reach in and pull it out? Any questions or suggestions related to these containers should go by email to: sandyhilltreegroup@gmail.com

Did you know? Any tree over 50 cm in diameter needs a permit to be cut down.

Main Farmers Market is now open. In the Green Door parking lot, every Saturday until the end of October, from 9 am to 2 pm.

Dedicated set of registered professionals now on Chapel St....

Kildare House Therapy and Counselling

It is always welcome news when health professionals bring their practice to Sandy Hill. The renovated space in the historic Kildare House on Chapel St. has brought together a dynamic group of registered professionals offering a range of wellness services for children, teens, adults and families, with specialties in Art Therapy, Music and Special Education Therapy, Hypnotherapy, Counselling and Psychotherapy. The Kildare House Therapy Group is accepting new clients and most of the services are covered under insurance plans. The Group is planning an Open House in the near future.

Kathleen Rooney has practiced music therapy and special education for over 25 years. She specializes in working with children of various developmental disabilities including Autism, Down Syndrome, and ADHD. Kathleen first addresses sensory processing issues in order to improve behaviour, social, academic and motor development. All clients begin with an in-home sensory motor consultation to develop a sensory diet to be used daily at home. This is followed by weekly sessions that are play based, with parent in attendance. Interested families can contact Kathleen at kathleen@kathleen-rooney.ca, 613-789-1212.

Karinna Najera is a registered Clinical Counsellor and Clinical Hypnotherapist

specializing in all anxiety-related issues, phobias, depression, trauma, working with cancer patients, insomnia and negative behavioural habits. Karinna has been working in the mental health field since 1996 and specializing in Clinical Hypnosis since 2008. She believes all people have innate strength and abilities to help them create positive change. Her practice is a smooth integration of different therapeutic techniques and transformational modalities to help people move forward, transform as well as finding more peace of mind and joy. Contact Karinna at: www.focusingonchange.com, 613-800-8558.

Darlene Kuehn is a registered psychotherapist as well as a marriage and family therapist, with twenty years experience. Her work with couples includes premarital counselling, couples experiencing difficulties in their relationship, post-affair counselling, parenting through challenges, and parenting through divorce. Darlene also offers individual therapy for grief, trauma, stress and burnout, anger management, assertiveness training, and crisis of faith. Darlene's practice includes working with the expressive arts in therapy (when clients are interested). For more information: www.expressivehealing.ca, 819-661-5486.

Tiffany Patterson believes that therapy is not just about creating an absence of



The therapists and counsellors: top, l-r, Kathleen Rooney, Karinna Najera, Tiffany Petterson; bottom, Darlene Kuehn.

negative feelings. It's about helping you live a life full of meaning and developing the tools you need to sustain it. Tiffany's treatment approach is to guide people through a self-examination of how they experience themselves, their relationships and their world. Symptoms are relieved through increased personal insight and finding new ways of perceiving old situations, allowing for the development of healthier behaviours. Tiffany offers individual therapy to teens and adults experiencing a range of mental health concerns and life stressors. For more information: email contact@tiffanypattersontherapist.com, 613-890-5303.

— Kathleen Rooney

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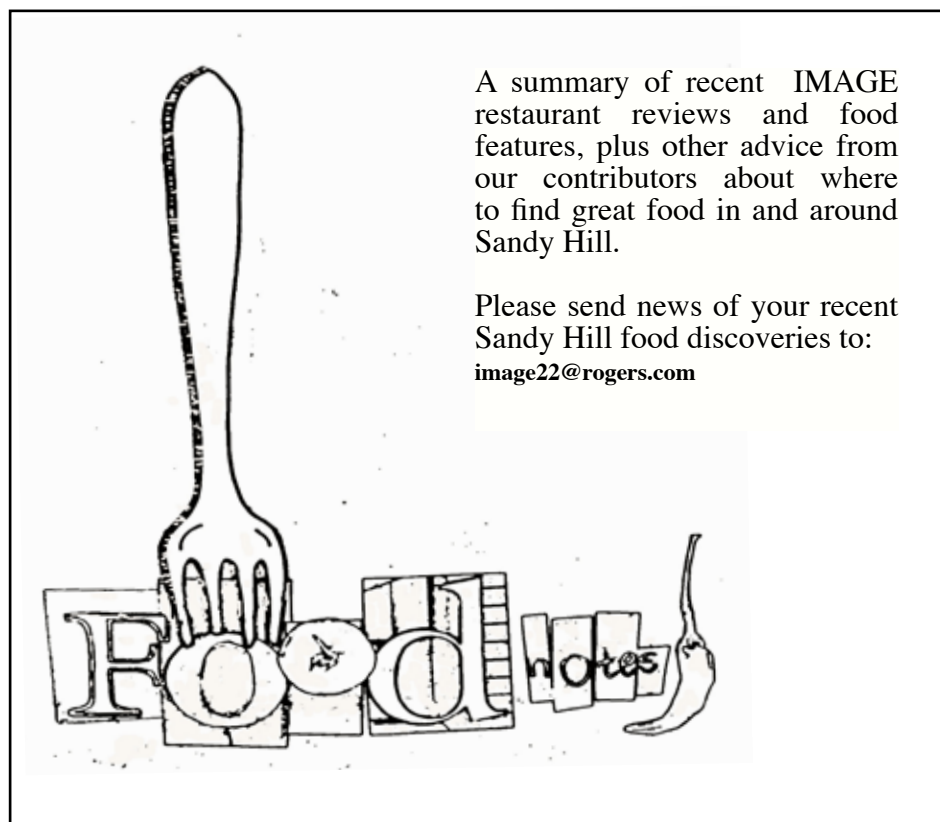
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A summary of recent IMAGE restaurant reviews and food features, plus other advice from our contributors about where to find great food in and around Sandy Hill.

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

Ariana Kabab House, 426 Rideau St. The new Afghan grill at the former location of Links is a good place to keep in mind for healthy and flavourful meals on a budget. 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 soft and chewy flatbread on the side. That same flatbread makes a really delicious and filling wrap, stuffed with lettuce, tomato, onions and seasoned ground beef or marinated chicken breast; definitely one of the best sandwiches in the neighbourhood.

Going, going . . . Our neighbourhood has always been an unforgiving territory for restaurants, but the last few months have brought an unusual amount of turnover on the eating-out scene. **Todric's** on McArthur Avenue closed its doors at the end of February, to the great regret of weekend brunchers and office workers who appreciated having a nearby place for a special lunch. **Uji Café** on Rideau St. has a sign on its door saying it is permanently closed—no more matcha cheesecake! And the **Laurier Social House** served its last pint at the end of March. This summer when it's too hot to cook, be sure to support the restaurants you love, to help ensure that they'll be there for us all in the future.

Ghandhi's Village, 113 Mann Ave. Delicious South Indian food has not been enough to guarantee this out-of-the-way

restaurant's success. In May the often-fateful "Closed for Renovations" sign appeared on the door, and the restaurant's fans wondered if this was the end of a long struggle. Chef David Sweet tells us he plans to re-open very soon, however, with a vegetarian buffet. This seems like a good idea, given the restaurant's chronic difficulties with speedy service. Drop by soon to see how it's going and give the talented Mr. Sweet some encouragement.

Nacho Cartel, 200 Wilbrod St. We've also had our worries about the small truck with the big dreams this spring, as the delightful weather of late May has brought no aroma of tacos to the parking lot next to St. Joseph's Church. There hasn't been a single post on the food truck's Facebook page in 2018, either. However, we recently passed by and saw the door to the truck standing open, so we stopped to ask for news. The Cartel crew were preparing food for a special event that day, but swore to us that they'd be open soon, maybe just for lunch on weekdays. Fingers crossed . . .

Stubbe Chocolates, 375 Dalhousie St. It's a little beyond the boundaries of Sandy Hill, but who among us does not think of Stubbe as a neighbourhood asset? Alas, at the end of June the elegant chocolate shop will close its doors in the Byword Market and move to new premises on Wellington in Westboro. So, as we ease into summer, let us eat cake!



GF English muffin makes an excellent Hamburger roll

Good news for the gluten-intolerant

Dodi Newman

A gluten-free (GF) diet is free of wheat (in all its varieties), rye, barley, triticale, and oats. That is all there is to it, and that is a liberating thought. Think of all the things that are allowed: corn, rice and other grains except those listed above; every vegetable under the sun; all varieties of meat and fish; dairy and eggs; fruits and nuts. To turn this plenty into veritable feasts you probably won't even have to change your cooking methods.

The rub—and it's a big one—is that most baked goods, pastas and even beers, contain gluten. Of all of these, bread is the biggest problem. No matter how you slice it, GF bread cannot take the place of wheat or rye bread. GF eaters I know agree that Udi's GF bread is the best. In my experience, the GF Rustic White Loaf, made by President's Choice is the best and freshest at a reasonable price; it is available at Loblaw's and elsewhere.

The good news is that starchy foods don't have to be wheat-based to satisfy.

Most supermarkets stock Glutino GF English muffins in a freezer somewhere; they have excellent texture. Toasted on the grill, they make very good hamburger rolls.

GF pasta made of 100% corn, especially the Le Veneziane brand (available at Cedars on Bank and Nicastro's on Merivale, among others), is just as good as wheat pasta.

Nutty wild or brown rice makes a good side for a roast or a stuffing for fowl. Coarsely mashed, overcooked rice instead of breadcrumbs makes for a moist and tender meatloaf. Brown or white rice flour is a good thickener for cream soups. Asian rice noodles add interesting textures to entrees and soups.

One hundred per cent corn polenta (made with coarse cornmeal), with or without added aged cheeses, fried or not, makes a wonderful side for stews, particularly Italian ones. Pre-baked, it makes a good pie-crust for savoury pies. Deep-fried polenta sticks dipped in chipotle-flavoured mayonnaise are a terrific appetizer.

Potatoes mashed with carrots, parsnips, or celery root makes a nice change. Mashed potatoes also are a good topping for a meat pie; grate a little cheese on top, slip it under the grill, et voilà—crust! Or turn potatoes into a gratin—no need for gravy.

Speaking of gravy, instead of thickening it with wheat flour, use a 50/50 mixture of corn or potato starch and instant mashed potatoes. It will look and taste like the real thing.

As for desserts, GF cake mixes are surprisingly good. President's Choice GF Mini Brownies are superb. For a delicious GF chocolate chip cookie recipe (and tips for the best wheat flour substitutes), see the IMAGE April/May issue. Sponge cake made with corn or potato starch is excellent. And there's always ice cream splashed with your favourite liqueur.

Happy gluten-free eating!



Odyssey Theatre's play features sex strike to save the environment

Jared Davidson

Located in the heart of Sandy Hill, nestled in the lush greenery of Strathcona Park, is one of Ottawa's oldest theatre companies. For 32 years, Odyssey has been a staple of the neighbourhood's summer, offering a unique blend of contemporary adaptations, new plays, and classical theatre. Each year, Odyssey Theatre welcomes Sandy Hill to their stage to enjoy a night of Theatre Under the Stars, their award-winning open-air performances featuring mask, movement, music, and elaborate sets.

This year will be no different. Odyssey's outdoor stage will be host to a world premiere of *Lysistrata and the Temple of Gaia*, a new comedy by award-winning Toronto writer and director David S. Craig, from July 26-August 26 of this year. The play is inspired by Aristophanes' *Lysistrata* which was originally performed in ancient Athens to protest the Peloponnesian war. *Lysistrata* is one of the oldest plays in Western comedy. It features a well-known and often-imitated plot device: the women of Athens go on a sex strike to convince their partners to stop a war.

David S. Craig's *Lysistrata and the Temple of Gaia* takes the familiar story in a new direction. In the new play, the women

strike, not to stop conflict, but to convince their partners to take environmental issues seriously.

Lysistrata and the Temple of Gaia is set in the year 2118, and climate change has made the world inhospitable. The rising oceans are acidic, the air is toxic, and the plants and animals are dying.

But, for the humans of the future, it's easy to dismiss all of this as "just the weather." Easy, that is, until an ancient goddess named Gaia appears and threatens to destroy all humanity unless they promise to take better care of the planet. The women agree, the men refuse, and a classic battle of the sexes ensues.

Over a 44-year career, David S. Craig has distinguished himself as a major player in Canada's theatre world, having written over 30 plays, many of which have toured across Canada and the world. This is Craig's second time at the helm of an Odyssey production, his first being 2012's *The Fan* for which he won the Prix Rideau Award for Outstanding Adaptation.

With an incredible cast, expert direction, and Odyssey's trademark style, *Lysistrata and the Temple of*

Gaia promises to deliver classic comedy with an environmental twist, a recipe for a perfect night out in Strathcona Park.

"We're so excited to see the neighbourhood," says Artistic Director Laurie Steven. "We love Sandy Hill. It's been our home for over 30 years, and we want to give back at every opportunity."

In addition to *Lysistrata and the Temple of Gaia*, Sandy Hill residents are welcome to join Odyssey in Strathcona Park for Environmental Action Day, August 5th, a day to celebrate the wonderful green space that is Strathcona Park. The event will feature a park cleanup and naturalization, followed by an Eco Fair at which members of local environmental organizations will offer tips and advice to our community.



News from Viscount Alexander School

Michael Barnes

Thanks to two graduating School Council members

This year, Viscount sends a special thank you to two special school council members who have served the Viscount community well over several years. Their children are graduating and heading to new schools in the fall. So, to Tamara Rader and Kim LeSage LeBlanc, we truly appreciate your contribution to school life and learning over the past several years. Every student has benefitted through your gift of time, organizational skills, fund-raising efforts and good counsel. Viscount is a better place because of both of you. Thank you!



Floral appreciation to School Council Members (left to right) Tamara Rader and Kim LeSage LeBlanc leaving Viscount after many years of service.

Jumpstart Games

On Tuesday May 8, the grade 4, 5 and 6 students from Viscount Alexander participated in the Jumpstart Games at the University of Ottawa. Canadian Tire Jumpstart Charities is dedicated to helping kids overcome financial and accessibility barriers to sport and recreation in order to provide inclusive play for kids of all abilities. Canadian Olympic and Paralympic athletes, who competed at PyeongChang, ran the activity stations, where students had a chance to try out games linked to curling, hockey and snowboarding, and to collect autographs from the athletes throughout the day. Jumpstart Games was a super fun day of play, where our students practiced teamwork skills and were inspired through participating in sports alongside their peers and some accomplished athletes. An unforgettable experience for all!

To learn more about Jumpstart visit <http://jumpstart.canadiantire.ca/>. Anyone wishing to donate to this cause can do so through the Jumpstart web site.

Bike Rodeo May 11

It was a perfect day for our annual bike rodeo: sunny and cool. This year, 28 bikes were given to children who needed one, the most in all the years we have held the rodeo. Each class, Grades 1-4, got 45 minutes outside to learn about helmet fitting, road rules, and then riding a slalom course. The Grade 5 and 6 students went on a bike trip to Mooney's Bay and back, using bike paths. It was a very fun day!

None of this would have happened without the support of our sponsors and event coordinator. Many have supported

this bike rodeo for many years, and we truly appreciate their dedication to this Viscount tradition. This year, the Sandy Hill Community Health Centre supplied loaner bikes, bells and repair services. The Kiwanis Club of Bytown provided financial support to obtain bicycles. Brian Smith found and fixed eight bikes. Paul Wylie of Cycle Salvation gave 20 bikes to the cause. Trish and Rob from the Ottawa Safety Council ran the event. A big thank you goes out to all donors and volunteers, including the students in Lisgar Collegiate's Outdoor Education program who helped run the bike stations and assisted our new riders. Finally, Cristine Elrick was the event coordinator and altogether this was one of the best rodeos ever at Viscount.

International Potluck dinner

Viscount Alexander has a wonderful tradition of having an international potluck, where families are asked to bring food from their country to share. On May 3 more than 175 people attended the dinner, and the food they brought filled 15 large tables in the gym. The teachers served the food, and school council helped with appetizers and calling out table numbers. This meal gives families new to Canada and Viscount a sense of community, and gives everyone a chance to make new friends and meet old ones. It was a wonderful and successful night and the food was superb!

Viscount Wax Museum

On April 26, 39 students from Grades 5 and 6 participated in the annual Wax Museum. This year's theme was Superheroes. The students dressed up as their favourite superhero and memorized a two-minute speech about the origins and life of their hero; they also created a storyboard with images and text about their hero. Small groups of students from Grades 1-4 were invited to listen to the speeches. The superheroes stood in their spots, acting like wax figures, until the light turning on reanimated them and they spoke to their captive audience. Thanks to Mrs. Kristi Fulford for organizing such a very successful museum!

Safi's provides delicious lunches

Viscount students have enthusiastically embraced a new samosa and cheese pie lunch program this spring, which broadened their palates, giving parents some welcome relief from packing lunches.

School council started the weekly program in early May in partnership with Safi Fine Foods on Somerset Street East. Operations manager Mohamed Ali Abdo delivers several dozen Halal chicken samosas and mini cheese pies just before the students' second nutrition break. Three parent volunteers distribute the food to the classrooms and the hungry kids dig in. Even staff members are participating!

Thank you to Mohamed, the parent volunteers and school council for making this new lunch program a success. The program has been so well received, school council plans to continue it, and possibly expand the menu, for the next school year.

Viscount is a team of many talents and together they provide a welcoming, supportive learning environment for our students. We thank teachers, staff and principal, Paula Slesar, for all they do for our students. There is still another month of school before the summer holidays but as this is the last IM-

AGE issue until the fall we extend our appreciation for the gift of learning you provide our students now. Thanks to all of you and best wishes for an enjoyable summer.



La garderie Sandy Hill Child Care sur la rue Wilbrod: Erin, Zoe, Kelly-Anne et Julie

Les services de garde... en français, svp!

Christine Aubry

De bonnes nouvelles pour les jeunes familles de la Côte-de-Sable!

L'arrivée du mois de juillet signale le début des vacances pour certains, mais pour les bambins et poupons c'est souvent un moment de transition—de la maison à la garderie. D'après les directeurs des garderies dans notre communauté, le 1 juillet et le 1 septembre sont les dates les plus populaires pour les inscriptions.

La fermeture du Centre éducatif Beausoleil (qui fut la plus grande garderie municipale francophone d'Ottawa) en août 2015 avait inquiété beaucoup de parents qui craignaient une diminution permanente des services de garde en français. Mais voici de nouvelles pour les familles francophones de la Côte-de-Sable ayant des poupons ou des enfants d'âge préscolaire : la Côte-de-Sable et la Basse-Ville se verront mieux servis d'ici 2019.

Notre conseiller municipal, Mathieu Fleury, nous confirme qu'une garderie francophone ouvrira ses portes dans les mêmes locaux que l'ancien Centre Beausoleil, une fois les travaux terminés. Toutefois, le service sera offert non pas par la Ville d'Ottawa mais par un groupe externe; la date d'ouverture n'est pas confirmée.



Le personel d'Aladin, à l'école Sainte-Anne, de gauche à droite: Jacqueline, Ghyslaine, Aline, Methe, Ginette, Naomi, Paule et Caroline.

Une autre garderie francophone, également située dans la Basse-Ville, servira bientôt un plus grand nombre de familles. Partageant les locaux de l'École élémentaire catholique Sainte-Anne sur la rue Beausoleil, le service de garde Aladin est 100 % francophone. Le directeur général, Michel Laflamme, confirme qu'il augmentera sa capacité à partir de 2019 pour ajouter un groupe de dix poupons (âgés de six semaines à 17 mois) et que le groupe d'âge bambin/préscolaire (18 mois à 3,8 ans) passera de 16 à 24 places. En plus de la garde à temps plein, Aladin offre aussi la journée prolongée : 26 places pour les enfants inscrits à la mater-

nelle/jardin, ainsi que 45 places en garde parascolaire. Les services à l'enfance Aladin est un organisme à but non lucratif qui accepte les familles exogames, mais il n'est pas un programme d'immersion. Pour plus d'informations, visitez le site Internet : www.aladin.services.

Une autre option pour les familles francophones est la garderie Sandy Hill Child Care sur la rue Wilbrod. Elle est officiellement anglophone, mais a du personnel francophone et une programmation qui comprend des activités en français pour tous les enfants d'âge préscolaire. La directrice, Pam Benoît, estime qu'au moins 50 % des enfants continueront leur parcours scolaire à l'École élémentaire publique Francojeunesse et d'autres encore iront à l'École catholique élémentaire Sainte-Anne. La garderie s'est informée des chansons et des comptines utilisées en maternelle à Francojeunesse et s'en sert dans le but de bien préparer les enfants à la transition vers l'école en français. Sandy Hill Child Care peut accueillir 20 bambins (âgés de 18 à 30 mois) et 24 enfants d'âge préscolaire. Visitez son site internet : www.sandyhillchildcare.net.

Opérant depuis 70 ans au centre-ville d'Ottawa, dont les derniers 45 dans la Côte-de-Sable, la garderie Bettye Hyde Co-operative Early Learning Centre, située maintenant au coin des rues Blackburn et Osgoode, offre aussi un programme bilingue aux bambins et aux enfants d'âge préscolaire. Grâce à une subvention d'Emplois d'été Canada, le centre a pu créer un poste cet été pour un étudiant ou une étudiante francophone. La directrice, Cindy Mitchell, estime qu'au moins la moitié des enfants fréquenteraient ensuite Francojeunesse. Bettye Hyde est une coopérative, mais les demandes d'admission se font également par le biais de la liste d'attente centralisée et quelques places subventionnées sont disponibles.



Cindy Mitchell, directrice de Bettye Hyde, avec 2 des éducatrices bilingues: Sharlène (gauche) et Lana (droite).

Même si les places en services de garde francophones n'augmenteront pas avant 2019, ou plus tard, n'attendez pas si vous prévoyez inscrire vos enfants. Le temps d'attente peut être d'un an ou même plus! Un enfant peut être placé sur le registre et la liste d'attente des services de garde de la Ville d'Ottawa même avant sa naissance : <https://onehsn.com/Ottawa/fr/Account/Login>.



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Let's talk real estate

Lynda Cox



Let's talk bidding wars (multiple offer situations)

So far this year Ottawa has seen 21.95% of its homes sell in multiple offer situations. This is quite a change from last year's 13.53% and 8% in 2016. It indicates a seller's market with low inventory yet plenty of buyers willing to pay more. Inventory overall is 23% lower this year than last.

Has Sandy Hill had any bidding wars this year? Absolutely. There have been five bidding wars so far. That is about 14% of all sales and here they are:

- 72 Marlborough, asking \$719K
- 120 Blackburn, asking \$589K
- 342 Wilbrod, asking \$699K
- 195 Augusta, asking \$499K
- 14 Blackburn, asking \$799K

All sold for more than their asking price. Most sold in fewer than two weeks.

This kind of result is often achieved when the seller chooses a more aggressive price rather than a bullish or higher one from the suggested range. When a seller stays under a big threshold price, which often increases in increments of \$25,000, and chooses \$449,000 instead of \$455,000, or \$799,000 instead of \$820,000, then a larger buyer pool will be tapped into and, bingo, you create a perfect opportunity for multiple offers. This pushes your selling price up to where you wanted it—without the long wait, the possible price reductions, the often long negotiations and, don't forget, the stress.

This phenomenon also happens when inventory is low and buyers are plentiful, our present situation. Sometimes the asking price is irrelevant in this type of market. There are so many buyers that at least one of them is prepared to go BIG.

What happens when a seller receives more than one offer? Offer content is only revealed to the seller and his/her realtor. Other interested realtors and their buyers are told only the number of offers submitted but with no indication as to the price offered or any other details. Once all the offers are in, and all the agents

are informed of the number of competing offers, all buyers are given the chance to revise their offer, if they wish, before it is presented to the seller. It truly is a "blind auction."

It is very popular for buyers to attach personal letters and family pictures to try to gain more notice and favour with the seller. Believe me, these letters and pictures are taken to heart, but in the end only one offer can be dealt with and usually, but not always, the highest offers wins the bidding war. Realtors know how to create this buzz, they delay offers, giving buyers time to get their "ducks in a row," such as financing approvals and building inspections, before the offer date. Buyers have a better chance of being successful if their offer has no conditions. We call that a cash offer. In the last article I mentioned that sellers should do a home inspection before going to market. This report is often relied upon if a buyer is competing and has no time to do his/her own inspection.

I've mentioned to you before that, as a realtor, I hate to see a SOLD sign go up the same day a property goes on MLS (Multiple Listing Service). To me, the property was not exposed to the wider market, the opportunity for multiple offers was lost. Money might have been left on the table. In Sandy Hill we are seeing a great many properties selling privately to developers. I often wonder how much those sellers might be losing out on. Will a developer offer you top dollar? Going to the open MLS market is the best way to know the real value of your home.

If you are planning to sell this year, be prepared! You might have more than one offer on your hands.

Sandy Hill real estate statistics
March 8 to May 8, 2018

Residential

15 active listings, 2 conditionally sold listings, 9 sold listings

Condominium

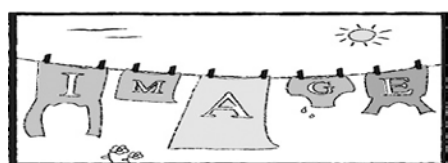
65 active, 4 conditionally sold, 14 sold

Condo sales still leading the market in Sandy Hill.

performances too. Funds raised for Schizophrenia Society.

August 15, 16 and 17, Laurier House. Interactive theatre, "A Séance in Time" 6:00 and 8:00 pm. En français le 16 à 16 h. Reservations required. \$22. 613-992-8142.

August 19, St. Joseph's Church. Songs to Touch the Heart from Bach to Broadway, a benefit concert in support of St. Joe's Supper Table, 3 pm, Freewill donation.



NEIGHBOURHOOD BULLETIN BOARD

June 16 - Laurier House. 1940s kitchen party, all day. Come learn a few swing dancing steps or sample some food-ration friendly recipes. Explore the home of two prime ministers with costumed guides. Free admission.

June 18 - 30, Chinatown, Lowertown, Vanier and Little Italy. Guided walking tours to celebrate Ottawa's diversity will highlight the contribution of immigrant communities. Free of charge. Pre-register at: olip-plio.ca/heritage-walks #WOW18

June 23 - Strathcona Heights (731 Chapel St.) Yard Sale and fair — 10 am yard sale, Information Fair, and children's activities, 1 pm BBQ, 1:30 pm annual general meeting of the Neighbourhood Circle at 1:30 pm. At dusk, family friendly movie shown in the park.

July 2, and every Mon. to Aug. 13, Strathcona Park. Company of Fools 6-actor production of *Twelfth Night*, 7 pm. Pay what you will (\$20 suggested).

July 11 - 28, 2018, Ottawa Little Theatre Agatha Christie's *An Unexpected Guest*. "Just when the murder seems solved...Miss Christie pulls her almighty knock out punch."

August 11, Strathcona Park ART IN THE PARK, multi-vendor art show returns, 10 am - 5 pm, rain or shine. Silent auction, BBQ, per-



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Join the TD Summer Reading Club!

The TD Summer Reading Club is Canada's biggest, bilingual summer reading program for kids of all ages, all interests, and all abilities. Rideau Branch is your source for free reading notebooks, web access codes and fun programs all summer long. If you're leaving Ottawa for vacation it's still possible to participate online. Drop by the branch or visit www.tdSummerReadingClub.ca to learn more!

Joignez-vous au Club de lecture d'été TD!

Le Club de lecture d'été TD est le plus important programme de lecture d'été au Canada. Gratuit et bilingue, il est destiné aux enfants de tout âge, quels que soient leurs goûts et leurs aptitudes. Inscrivez votre enfant à la succursale Rideau pour obtenir des cahiers de lecture, des autocollants avec code d'accès Web. En succursale vous pouvez aussi profiter des programmes amusants tout au long de l'été. Si vous partez en vacances il est toujours possible de participer en ligne. Passez à la succursale ou visitez www.ClubdeLectureTD.ca pour en savoir plus!

Special Programs / Programmes Spéciaux

****Requiring registration / **Inécessitent une inscription**

****Moves and Grooves/Rythmes et mouvements.** Express yourself through dance moves, for ages 4 - 12. Tuesday, July 10, 1:30 - 2:30 pm./Exprime-toi au moyen de mouvements de danse, pour les 4 à 12 ans. Le mardi 10 juillet, 13 h 30 à 14 h 30.

****The Evolving Kitchen (English only)** Learn how people's cooking has changed since the 1920s and 1930s, for ages 7 - 12. Wednesday, July 18, 2:00 - 3:00 pm.

****Living Moss: live sculpture/flot de moussiculture.** Create a mini-installation to take home, for ages 4 - 12. Wednesday, August 8, 1:30 - 2:45 pm./Créez une mini-installation à ramener chez vous, pour les 4 à 12 ans. Le mercredi 8 août, 13 h 30 à 14 h 45.

Closing Party/Fête de clôture. For all ages, Thursday, August 23, 2:00 - 3:00 pm. / Pour tous les âges, le jeudi 23 août, 14 h à 15 h.

Weekly Programs / Programmes Hebdomadaires

Kids' afternoon/L'après-midi pour enfants

A different theme each week, for ages 7 - 12. Every Thursday from July 5 to August 16, from 2:00 - 3:00 pm./Un nouveau thème chaque semaine, pour les 7 à 12 ans. Les jeudis du 5 juillet au 16 août, de 14 h à 15 h.

Summer Family Storytime / Contes en famille d'été

For children of all ages and a parent or caregiver. Tuesdays, June 19 - August 21, 10:30 - 11:00 am /Pour les enfants de tous âges et un parent ou gardien. Les mardis, du 19 juin au 21 août, 10 h 30 à 11 h.

Summer Babytime / L'été des bébés à la biblio

For babies, birth to 18 months and a parent or caregiver. Every second Friday: June 22, July 6 and 20, August 3 and 17, 1:30 - 2:30 pm./Pour bébés de la naissance à 18 mois et un parent ou gardien. Tous les deux vendredis : le 22 juin, le 6 et 20 juillet, le 3 et 17 août, 13 h 30 à 14 h 30.

ADULTS / POUR ADULTES

Pen and Paper Writer's Group

Every Tuesday night, 6:30 - 8:30 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.



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 special services:

June 17, Aboriginal Sunday/ National Indigenous People's Day Of Prayer, 10:30.

June 24, River/Outdoor service, 10:30.

July 1, Joint Service at MacKay United (New Edinburgh); no service at St. Paul's Eastern that day.

August 5, Joint Service with MacKay United at St. Paul's Eastern.

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

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

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. Contact Heather in the church office (leave message) if you have questions.

Bible/Book Study/Prayer Group: Weekly discussion and prayer group. Wednesdays, 10:30 am to noon. No meetings in July and August.

Sandy Hill Seniors' Network Monthly Meeting: First Wednesdays of the month, with interesting program and conversation. Lunch is free, open to all seniors in the community. For details, contact Helen Smith at 613-565-6328, helensmith@bell.net.

Choir practice: Thursdays at 7:30 pm. New singers welcome; special call for bass singers. To join, contact Paul, Music Director. Last choir practice before summer is 21 June; resumes on 6 September.

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. Have donations? Please drop them off at the church or put them in a donations basket in church sanctuary or church hall.

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



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QUALITY HOME
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For a comprehensive overview,
please visit our web site:
www.sandyhill.ca
or call Nathan Gurnham at
(613) 832-1717

**SERVING SANDY HILL
FOR OVER 20 YEARS**



Viscount Alexander invaded!
More than 30 well-dressed Super Heroes descended on our neighbourhood elementary school one day this spring. For details about this and other Viscount events, see Michael Barnes’ regular report on Page 18.

**“Elmwood Summer Camp is ALWAYS our #1 choice for our daughter.
The range of camp themes offered is second-to-none.” - Pragash, 2017 camp parent**



All girls welcome!
Visit camp.elmwood.ca for more information or call (613) 749-6761 for details and registration.

**DISCOVERY
CAMPS**

FOR GIRLS AGE 4 TO 12 • WEEKLY FROM JUNE 18 – AUGUST 24

With exciting new weekly themes such as Robot Academy, music camp, “Lab Rats” chemistry camp and dance camp, girls from Kindergarten to Grade Six will discover new challenges, develop lasting friendships and enjoy a dynamic range of hands-on, interactive activities.

Led by skilled and experienced educators, our camps have the perfect blend of learning, active play and creative exploration, all within Elmwood’s beautiful and safe campus.

CAMPS RUN FROM 8 A.M. – 5:30 P.M. Cost is \$305, including a delicious lunch and snacks, excursion or special guest, fun “giveaways” and a cool camp T-shirt.

**ELMWOOD SKILLS
ACADEMY**

FOR GIRLS AGE 7 TO 17 • WEEKLY FROM JUNE 18 – AUGUST 24

Elmwood’s Skills Academy offers an outstanding range of academic and special interest programs. Taught either by Elmwood’s talented faculty or by other experts in their field, our Skills Academy combines superb instruction with dynamic activities, sure to appeal to girls of all ages and skill levels.

Camps are half or full day and costs vary. Please visit camp.elmwood.ca for full details.

“I couldn’t have asked for a more wonderful camp experience for my 3 and 1/2-year-old daughter. She truly thrived in the girls-only camp dynamic!”
BETSY, 2017 CAMP PARENT

