

Photo Peter Evanchuck



Wintering up in the south end

Hélène Lacelle winters UP to go outside and put up Xmas lights to cheer up all the flora and fauna of HurdMan village & OTTAWA. Just remember “complacency is the rigor mortis of the soul” — Peter Evanchuck, Sandy Hill philosopher



Photo Bob Whitelaw

O Little Town of Sandy Hill ...

On November 22, winter was still four weeks away but Sandy Hill experienced a record cold temperature, -22C, and a record snowfall. This photo was taken in the early afternoon looking west on Templeton over our peaceful residential streets.

Heritage Conservation Districts in jeopardy

François Bregha

“The cultural heritage value of Ottawa’s heritage conservation districts is being routinely compromised and eroded.” So starts a report written by Julian Smith, an internationally known heritage architect and scholar, that was released earlier this fall.

Sponsored by seven community associations (including Action Sandy Hill) and Heritage Ottawa, the report argues that the problem is not the lack of government policies and regulations, but rather their faulty application. It notes that, in Ottawa, too often City staff and Council do not base their recommendations on the conservation of identified heritage attri-

butes but rather on meeting the desires of developers. Among the problems Smith identifies are: mandatory cultural heritage impact statements on which decisions are based are paid for by developers, an exaggerated emphasis on “expert” opinion over the views of local residents, a reluctance by the City’s heritage staff to challenge their planning colleagues, and ineffective site inspections once plans are approved. The result is a gradual loss of the character that makes our heritage districts unique as they become replaced by generic urban forms.

Sandy Hill has eight heritage conservation districts so these problems strike at the very core of our identity and the values we want to preserve as a community. We all know of examples of official ne-

glect or ineffective policies leading to the irreversible loss of built heritage.

Smith recommends a significant change in culture, attitudes and practices to correct the situation. He makes seven recommendations, including giving a formal role in the development approval process to the heritage committees of community associations.

The report has been distributed to members of Council, and the community associations involved will seek to meet the new members of the Built Heritage sub-committee early in the new year. We owe a debt of thanks to the Heritage Committee of the Rockcliffe Park Residents Association for spearheading this effort.

Photo Bob Whitelaw



A 40 km/h zone in Sandy Hill

John Verbaas

This past summer, Ottawa City Council agreed to change all of Sandy Hill south of Laurier Ave to a 40 km/h zone. This was made possible by a change in provincial legislation that was implemented just before the end of term of the previous provincial Liberal government. The Province currently mandates that the default unposted speed limit on all municipal streets is 50 km/h. To establish a 40 km/h zone previously required 40 km/h signs to be erected every several hundred metres on every single street in a designated area. The new rules allow signs to be posted just on entry to and exit from the designated area, reducing dramatically the amount of signage (and the cost) that otherwise would have been required.

Ottawa City council moved quickly to take advantage of the provincial change and, under these new rules, Sandy Hill

became the first designated area with a 40 km/h speed limit in the city. A sign that says “40 km/h area begins” has been installed on all streets turning south off Laurier Avenue East, turning east off King Edward Avenue between Laurier and Mann, and on the feeder roads to Mann Avenue. Another set of signs “40km/h area ends” is installed on those streets just before exiting onto Laurier Avenue East, King Edward Avenue and the feeder roads to Mann Avenue. The City plans to roll these 40 km/h areas out to other neighbourhoods throughout the city implementing one new area in each ward every year for the next several years.

Will this result in actual reduction in drivers’ speeds within Sandy Hill? It will give the police more opportunities to write speeding tickets and we can hope that this combination of signage and enforcement will contribute to a change in driving culture inside residential neighbourhoods, one that is more respectful of the residents who live there.

Photo Kathleen Kelly



Strathcona Park on a snowy afternoon.

You are hearing that voice right now.

Contact the advertising reps at IMAGE, the Sandy Hill community paper and send your message to the right target audience.

image22@rogers.com
home.imagesandyhill.org

IMAGE

Founded in 1972 under the direction of Diane Wood

22, av. Russell Ave.
Ottawa K1N 7W8

Fondé en 1972 sous la direction de Diane Wood

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

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

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

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

IMAGE reserves the right to edit in whole or in part all such contributions.

Tel: 613-237-8889

E-mail: image22@rogers.com. Requests to join our IMAGE Specials email distribution list are welcome.

Website: imagesandyhill.org

Editor:

Jane Waterston

Rédactrice de langue française :

Betsy Mann

Advertising: Peter Rinfret, Carol Waters, Jane Waterston

Administration:

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

Production: Jane Waterston, Bob Meldrum, Performance Printing (Smith's Falls)

Photographers: Christine Aubry, Harlequin Studios, Kathleen Kelly, Bob Whitelaw

Deadline

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

January 21, 2019

(target delivery February 6-8)

Date de tombée

Publicité, articles, photos et autres soumissions

le 21 janvier, 2019

(livraison prévue le 6 à 8 février)

IMAGE is written, published and delivered thanks to the efforts of dedicated and talented volunteers and the support of our advertisers. Please support local businesses, especially those who advertise in and display IMAGE.

Questions re delivery?

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

IMAGE est rédigé, publié et distribué grâce au dévouement et au talent de nombreux bénévoles, mais aussi avec l'appui des annonceurs. Soutenez les commerces locaux, et tout particulièrement ceux qui font de la publicité dans IMAGE ou chez qui vous pouvez le trouver.

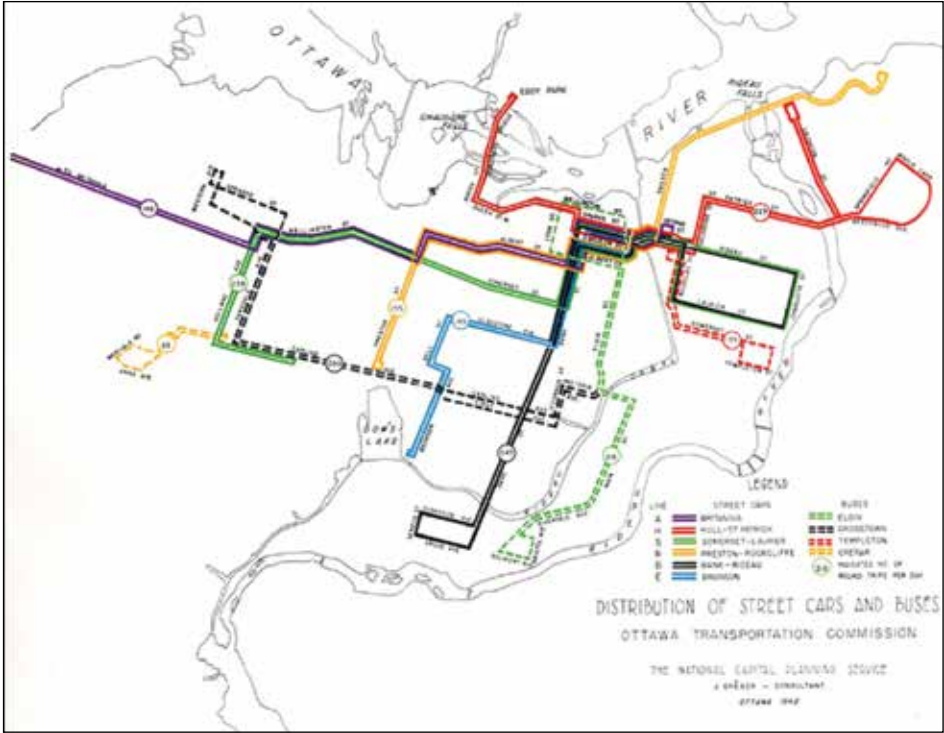
Questions au sujet de la distribution?

IMAGE est distribué gratuitement dans la Côte-de-Sable. Veuillez appeler le 613-237-8889 si vous connaissez un particulier qui ne le reçoit pas.

From Ken Clavette's Album of Bygone Sandy Hill



Photo Ray McEvoy, 2415096257@groups.facebook.com



As we await the opening of the OTrain, after one more delay, it's good to look back to the time when Ottawa streets were filled with the clatter of trolleys and the clanging of their bells. Sandy Hill was served by two lines, Bank-Rideau and Somerset-Laurier route that looped around Charlotte St. Ottawa's streetcar system, known as the Ottawa Electric Railway (OER) operated between 1891 and 1959, first as a private company and then by the City after 1948. In this 1950s photo two cars have just passed each other on Rideau about where the OTrain sinkhole was. The map of the OER routes is from 1948. Will 2019 be the year Sandy Hill will once more be served by rail? If I had my way the OTrain bell will echo the one of the long ago OER.

Map found at: https://qshare.queensu.ca/Users01/gordond/planningcanadascapital/greber1950/plates_doc/300/plate_14.jpg



Chez Lucien

BAR

137 Murray
@ Dalhousie
Byward Market
241.3533

Sandy Hill's
place
in the Market

Côte-de-Sable
se retrouve
au Marché

**DENYS
BUILDS
DESIGNS**

I am an Ottawa based renovator that specializes in everything from modern renovations to historic restorations. As a creative designer who also builds, I have a passion for combining historical elements with new technology.

Please feel free to take a moment and explore some of our exceptional spaces at **Denys.ca**.

Paul Denys

EXPERIENCE THE DENYS DIFFERENCE

Our readers take photos and write

Courrier des lecteurs



Tribute to a soldier killed in action

Reproduced above is a photo of my front door taken on November 11th. It is an amateur version of a practice that some of the older neighbourhoods around the world have adopted to pay tribute to our veterans. I was lucky to learn the story from a neighbour on Daly, David Scott, and then researched it on the internet. I wonder if others in Sandy Hill may have similar information to share next November 11th.

Elizabeth Grace
Daly Ave.

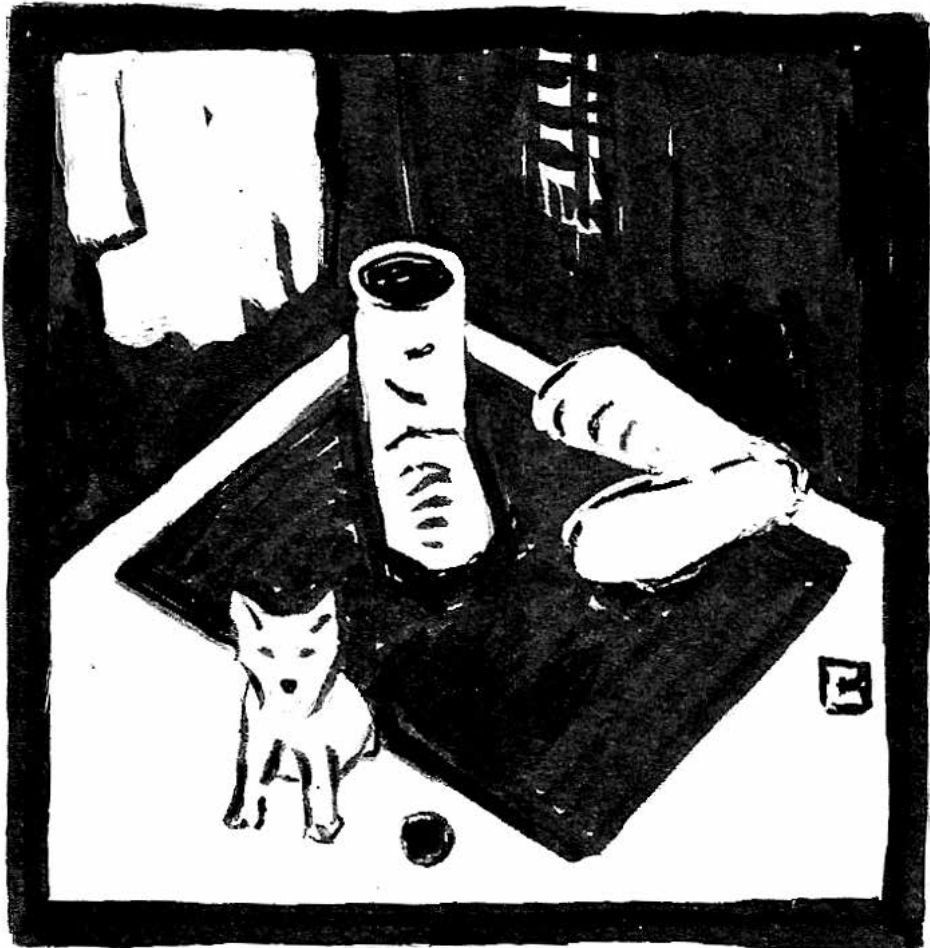
The text on Elizabeth Grace's door on Nov. 11, 2018 read:

Brigadier John K. LAWSON

Born December 27, 1886
Died December 19, 1941, Hong Kong

Brigadier Lawson was the most senior officer to be killed in action during the Battle of Hong Kong and the highest ranking Canadian soldier killed in action in the Second World War.

Brigadier Lawson lived at 438 Daly Ave. with his wife and two sons born 1934 & 1936.



Winter schminter. Let's go to the park!" Illustration Phil Caron

Does Sandy Hill need a fenced-in dog park?

Christine Aubry

Do you own a dog, walk a dog, or enjoy seeing dogs play together? Dog owners in Sandy Hill certainly have access to a lot of green space for walking their pooches, both on-leash and off-leash, but there is no fenced-in area within walking distance.

Why does this matter? Closed-off play spaces can provide a safer option for dogs and people, especially during a puppy's training phase.

MacDonald Gardens Park on the north side of Rideau Street has an area designated as off-leash, but it is bordered by heavy traffic streets. Many dog owners have said they cannot let their dogs play there for fear they will run into the street. Even off-leash parks that are not bordered by streets can be problematic. Robinson Park along the Rideau River is a wonderful large area for dogs to run, but it has a high-usage pedestrian and cycling path that runs through it, which unfortunately can lead to collisions and conflicts.

I have met many local dog owners who wished we had access to a fenced-in park, especially one with some lighting for our short winter days.

I have proposed to our city councillor, Mathieu Fleury, that we seem to have an ideal space: the small field between Dutchy's Hole and the Dutchy's parking lot. From my daily walks through this area, it seems to only be used by dogs anyway, and there is existing infrastructure to build on for lighting.

I would love to hear your views, whether you support this idea or have concerns. You can email me at caubryhome@gmail.com. Vous pouvez aussi communiquer avec moi en français!



Fun in the Macdonald-Cartier dog park, north of Rideau St.

IMAGE Abroad... Our newspaper went far in October and November.



To Majorelle Garden in Marrakesh, Morocco



To the famous "source" in Uzès, France that supplies water to Nîmes via the Roman Pont du Gard.



And to Kralendijk, Bonaire.

If you are wondering where that is... Bonaire is a small island built on coral and offers visitors warm sunny weather year round. The island with 288 square kilometres of land mass is a special municipality within the country of the Netherlands and is less than 100 miles from the coast of Venezuela. Pictured here is a happy resident, Paulien Wijnvoord.





**WORKING
TITLE**
KITCHEN + CAFÉ BY: *allsaints*

**JOIN US IN 2019
FOR COCKTAIL HOUR!**

Sandy Hill 5–7PM every
Thursday & Friday evening

Drop the kids off for movie night
in Bate Hall on Fridays—also 5–7PM

**REGULAR HOURS:
SUNDAY–FRIDAY, 7AM–7PM**

*Open Saturdays for private events

Enter on Laurier Avenue East at
Chapel Street through the red doors
under the bell tower

Exclusive in-house caterer
for *allsaints* Event Space

**Selection of locally roasted coffees,
ethically sourced teas, from-scratch cooking,
house-baked pastries, and take-home meals**

Ottawa's newest pop-up restaurant venue

To book your private party or event,
contact our venue coordinator
Katherine@allsaintsottawa.ca
Holiday party menus now available!

**Follow us on social media @workingtitlecafe,
e-mail us at workingtitle@allsaintsottawa.ca,
or call us at (613) 230-3050**



Another industrious Sandy Hill neighbour! This beaver was spotted in the Rideau River in early November by photographer Kathleen Kelly.

RSC Club House and allsaints' Working Title

We are lucky to have them, and their visionary proprietors, right here

Michael de la Mothe

On a pleasant October afternoon, my family and I took a stroll through Strathcona Park, crossing the Adawe bridge, and walking to the Clubhouse Restaurant at the Rideau Sports Centre. As we enter the restaurant, the dulcet tones of local musician Luca Bovo playing U2's "With or Without You" washes over us. Applause fills the room. Our family finds a seat and says hello to the more than a dozen other families from the neighbourhood who came to hear Luca play. This is more than just a local musician's routine gig, it is a neighbourhood gathering.

This gathering was made possible because of the recent investment in the Rideau Sports Centre. RSC is more than just a new beautiful state-of-the-art multi-sport & wellness facility; the centre is based on a community fitness model, where people of all ages from all over Ottawa can come for drop-in classes (tennis, fitness, yoga), join a league or book a sport court (tennis, volleyball, basketball, soccer, deck hockey). Its restaurant, The Clubhouse Restaurant, welcomes everyone (including families like mine with very active young kids) to be part of their budding community.

Later that week, my sons and I headed over to the Working Title cafe after dinner (located in the basement of allsaints) to enjoy their grand opening. The president and founder, Leanne Moussa, warmly greeted us, and my boys quickly found their place on the bar stools. As they awaited their treats, the boys were more than happy to run gleefully throughout the

open spaces of the cafe, feeling right at home.

Over the past 18 months, these two large-scale refurbishments (allsaints - Leanne Moussa and the Rideau Sports Centre - Nicki Bridgland) have sought to reimagine historic properties in Sandy Hill and Overbrook with an eye towards developing multi-use community spaces. Without a doubt, these are not charities. They have been built to serve the community and turn a profit. But it is the way in which they are being developed that is of note.

Both projects are creating new spaces in old structures, are focused on providing goods and services that are undersupplied in the area, are led by women entrepreneurs, and are complex large scale investments. This last part is what strikes me. There are often large-scale investments in the neighbourhood, but they tend to be focused on condos or apartments to serve students. In the eleven years I've lived in Sandy Hill, the RSC and allsaints investments are completely novel.

It takes a lot of guts to put your vision, your investors' money, and yourself on the line. In a city where the government provides stability which some might call low risk, the women who lead these projects have shown faith that their visions will resonate with the communities they serve.

I think we are all extremely lucky that people like this exist, and exist in our neighbourhood. Ottawa needs more people like Leanne and Nicki to help shape our communities but also to show each other that it is possible to dream big, work hard and succeed within your neighbourhood.

They can't build dormitories fast enough

Larry Newman

What a great title. Finally the U of O is taking responsibility for its students and building dormitories so that we'll have no more bunkhouses in Sandy Hill. WAIT—that's not what it means. Reading further, it means that U of O may be decommissioning dormitories as fast as they are being built.

This newspaper has featured many articles about developers building student bunkhouses in our neighbourhood. But, we're making progress on this problem. I really should not say we because we've actually been pretty well defeated by the combined efforts of City planners, the U of O, and the now defunct OMB. It's the much reviled developers who are helping by building dormitories for U of O students.

It started with the conversion of the former Revera Retirement Residence on 353 Friel, then the Viner development (now the Annex) on Friel and Laurier Avenue East. The U of O Rideau Residence is in

the former Quality Hotel at Rideau and King Edward. The Constitution Building at 305 Rideau St. is about to be converted to student housing. Ashcroft has just announced their plan to construct a two-tower, 29-storey building to house 560 students across Rideau Street from Metro. None are owned but some are managed by the University.

This is all wonderful news for Sandy Hill. These buildings will surely take the pressure off the effort to construct bunkhouses in Sandy Hill. Maybe, maybe not. Just three months ago, the University closed Brooks Residence, formerly housing 700+ students. Writes the FULCRUM, [U of O's student newspaper], "Director of the U of O's Housing Service, Rachelle Clark, said the campus master plan identified the building as more suited for academic or mixed-use space." This doesn't sound like a plan to replace it with a dormitory.

There are three other on-campus dorms like Brooks—which one will go next? The developers giveth and the University taketh away. Sad.



RIDEAU SPORTS CENTRE
CENTRE SPORTIF RIDEAU

YOGA — FITNESS — MASSAGE — TENNIS — VOLLEYBALL — SOCCER — PICKLEBALL

**TRY
SOMETHING
NEW**

WINTER PROGRAMMING

A one-of-a-kind sports and wellness facility with restaurant in the heart of the city.

RIDEAUSPORTSCENTRE.COM | 613.749.6126 | 1 DONALD ST, OTTAWA (At Adawe Footbridge)

SIGN UP BY JANUARY 10TH



New student housing planned for Rideau Street in 2019

John Cockburn

You may have noticed the signage popping up in Sandy Hill about a new student housing project called Théo. Located in the former Constitution Building, which prior to that was called the Bourque Building, at 305 Rideau, Théo will provide housing services for over 500 students in 326 one- to four-bedroom units. These will be independent one-bedroom units at \$1500/month or shared kitchen and common area units for multiple-bedroom suites at \$675/occupant. Amenities offered include all utilities, WIFI, monthly cleaning, sports and arts facilities, guest suites for parents and visitors. Prospective tenants can submit personal information such as hobbies, entertainment preferences and fields of study to Théo’s matching software program and the building rental agents will attempt to put together convivial housing arrangements in the multiple-bedroom units. As Théo lease advisor Cora Wallace-Wade puts it, “Théo is a housing service provider rather than just a landlord.” Security is provided for the building 24/7 and access is by FOBs, the number of which are limited to one per tenant. Limited parking, 40 underground spaces, is contemplated with a further 20 above ground slated for staff and servicing.

Théo is owned by the Katasa Group which is wholly owned by Gatineau developer Sam Chowieri. Katasa has been active in condominium and retirement home developments on the Quebec side for over 30 years and has recently started condo and retirement home projects in Ottawa. Total renovation of the building, purchased in 2017, is underway with Doran Construction as the prime contractor. They have committed to eight of the 11 floors being completed by September and the remaining three soon thereafter. Interest in the project is building and a kickoff party at the Happy Goat in late November drew 150 people. As university attendance decisions are made in the prospective first year cohort, a prime market segment for Théo, expectations are for 20% to be subscribed by January. Théo staff are well aware they are competing with the recently expanded offerings from the university both on Rideau and the newly opened Annex. Relations with the University have been described as frosty by Théo but they are confident that with their competitive rates and the enhanced amenities they will do well. So what does it all mean for Sandy Hillers? Increasing housing options for university students away from Sandy Hill’s residential areas can only be viewed as a positive. Five hundred students translates roughly to 16 bunkhouses. Similarly for Rideau St., refurbishing and repurposing an empty and derelict office building for one with a human presence can only be considered a plus. Wish them luck.

Test your memory and IMAG(E)ination

Where have you seen, on your walks around Sandy Hill, this striking wall? Where? Let us know and we’ll salute you in the next edition of IMAGE.

We salute... **Diana Shields** who lives on Range Rd. Diana recognized the subject of the October-November IMAG(E)ination shot and identified its location—the north end of Strathcona Park, near the stairs, as shown in the photo below.

Photos
Bob Whitelaw





Context of the mystery object in our October-November issue.

ROBERT CURPHEY

SALES REPRESENTATIVE

SELLS OTTAWA



SUCCESSFULLY, SELLING SANDY HILL SINCE 1989!

DIRECT LINE
613-301-7894

EMAIL ROBERT
rob@sandyhillrealestate.com
rob@robsellsottawa.com

RE/MAX
HALLMARK REALTY GROUP
Brokerage, Independently Owned and Operated | RAISING THE BAR

344 O'Connor St.
Ottawa, ON
K2P 1W1

WWW.SANDYHILLREALESTATE.COM



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

Year in Review - 2018

First of all, I'd like to thank you for confirming your confidence in me and my team to lead our community for the next 4 years. I am committed to working hard for the betterment of Sandy Hill. 2017 was another enthralling year for Team Fleury and our community. Over the last year, we have continued to work directly with you to see real progress and positive improvements in our neighbourhood and in our city.

Here are a few key projects that we have been working on:

Gateway Signage: You may have noticed new signage in our neighbourhood stating that the maximum speed for the area is now 40 km/hr. The southern section of Sandy Hill (south of Laurier) was the first zone in Ottawa to get the gateway signage.

Each Councillor was able to select one residential area (enclosed by collector roads) where the limit would be 40 km/hr. We plan to continue converting zones until this is the speed limit in all of our residential zones.

The End of Bunkhouses : The first phase of the R4 zoning review now limits the number of bedrooms per unit to a maximum of 4 with a complete set of strategies including requiring all new buildings to manage garbage within the main building specifically for Sandy Hill. In mid-2017, we put in place the ultimate tool to stop bunkhouses by passing an interim control by law (ICB). The ICB is now extended for a second year to ensure all components of the R4 issues are completely resolved as part of the phase 2 work.

Winter Parking : We have introduced new options during winter parking bans. This means that during the overnight winter parking bans, which are announced when we are expected to get 7 cm of snow or more, residents may park their cars in the Strathcona Park parking lot or the University of Ottawa parking lot (33 Mann Ave) overnight free of charge.

The goals of this initiative are to minimize snow clearing costs on the City, to make snow clearing operations more efficient, and to provide a convenient option for residents during winter storms.

Pedestrian / Cycling Improvements : The newly elevated intersection and advanced signal phase at UOttawa underpass and Colonel By Drive is a welcome enhancement for pedestrians and cyclists. Somerset East and King Edward now also has an advanced signal for pedestrians and cyclists. We look forward to working with you in 2019 on the issues that matter most.

To receive updates about our community and to see a full array of all the projects we are working on please visit mathieufleury.ca.

Lastly, I'd like to wish everyone a safe and happy holiday season. Merry Christmas and Happy New Year!

MATHIEUFLEURY.CA | @MATHIEUFLEURY
613 580-2482 | MATHIEU.FLEURY@OTTAWA.CA

Newsbites

Another TCU Cube coming to Somerset St. E. The TC United development company has applied to demolish the house at 296 Somerset E. and build a three storey, 5 unit building in its place. There will be four residential units with four bedrooms each, plus a first floor commercial space. There will be no off-street parking. The building is alleged to be “compatible with existing land use patterns so that the residential character of a neighbourhood is maintained.”



An example of a TCU cube.



Photo Kathleen Kelly

On October 16, the staff and children of Bettye Hyde Co-operative Early Learning Centre received a visit from Mayor Jim Watson who read a proclamation in honour of Childcare Worker and Early Childhood Educator Appreciation Day. Sandy Hill certainly appreciates the presence of childcare centres in our neighbourhood. Adults, l-r: Janet LeBlanc (Bettye Hyde ELC), Karina Vivarais Lafèche of the ECE francophone association, Mayor Jim Watson, Michel Laflamme (Le service d'enfance Aladin), and Cindy Mitchell, Lisa Lajoie and Frederico Esparza, director, teacher and parent respectively at Bettye Hyde.

Hope for 231 Cobourg

François Bregha

As 2018 draws to a close, there is new hope that parts of 231 Cobourg, the residence of Lester B. Pearson when he won the Nobel Peace Prize in 1957, will be saved. 231 Cobourg (at the corner of Wilbrod) is a two-storey duplex, built in the 1940s in the Federalist style. For some three decades, it has served as the chancellery of the Ugandan High Commission. Four years ago, the High Commission vacated the premises after a steady deterioration in the building's condition. This summer, in spite of opposition from the City's Built Heritage Sub-committee, Heritage Ottawa and Action Sandy Hill (ASH), Ottawa's City Council approved the building's demolition in favour of a purpose-built three-storey office building that the High Commission plans to occupy. ASH appealed the decision to the newly formed Local Planning Appeals Tribunal (the successor to the Ontario Municipal Board). This appeal prompted Ms. Joy Acheng, Uganda's High Commissioner to reach out to ASH to determine whether

some parts of the building can be saved. With the support of an engineer and architects, ASH and the High Commission will explore over the next few months the financial and technical feasibility of retaining those parts of the building with the greatest heritage value. Both sides hope they can complete this work quickly. Real obstacles remain: the building's condition may preclude salvaging much and the costs may prove too high. However, Ms. Acheng says, “the Ugandan High Commission respects and appreciates the built heritage of Sandy Hill and is committed to working together with ASH to ensure that we retain the heritage features of 231 Cobourg that can be saved.” Ms. Acheng notes that Ugandan president Museveni also received a peace prize (in July of this year from the Global Peace Foundation) and that retaining parts of 231 Cobourg can be a fitting way to celebrate the two countries' friendship. The fact that a foreign government and a community association are working together to preserve part of Canada's political heritage is extremely encouraging for Sandy Hill given the large number of embassies in the neighbourhood. We can only hope that City staff takes note.



Photo Bill Blackstone

231 Cobourg, former home of Lester and Maryon Pearson.

Sold!

RE/MAX
EQUUM REALTY GROUP
RAISING THE BAR

CONDO FOR SALE 8B-400 LAURIER AVENUE E.

John Donald, Sales Representative
john@ottawaproperties.com
www.ottawaproperties.com

Ray Otten, Broker
ray@ottawaproperties.com

Call us about this listing!
613-288-2455

RAY OTTEN
BROKER

Action Sandy Hill notebook

Jan Finlay

The board of Action Sandy Hill met on November 26. They were without a quorum of directors so no decisions were taken.

Sandy Hill Community Health Centre

Executive Director David Gibson and Rob Boyd, the director of the Oasis drug treatment program, paid a formal visit to the ASH meeting. They reported the health centre (at Rideau and Nelson) has 13,000 clients, an operating budget of \$13 million and a staff of 221. Their focus is on primary health care, and they also participate in the Housing First initiative, helping the episodically and chronically homeless.

The centre receives some funding from the City of Ottawa for programs for kids in Strathcona Heights working in partnership with Ottawa Community Housing and Viscount Alexander school.

The centre's catchment area includes Old Ottawa East, Vanier, Lowertown and Overbrook. There are satellite locations at 95 Main St., the Youth Services Bureau and Vanier's social paediatric hub.

The Oasis program is now 22 years old, has 38 staff members and focuses on harm reduction health and social services, including HIV and Hep C treatment, for people who use drugs and experience barriers to health recovery due to stigma, poverty, criminalization and mental illness.

Oasis offers a needle exchange and safe needle disposal program. Their latest program (active since April 2018) is SIS, supervised injection services. It now operates Monday through Friday from 9 am to 9 pm and they hope to also offer weekend services.

SIS has received 1200 visits since opening and some overdose incidents have happened.

One of the staff positions is a designated floater whose job is to check around the property on a regular basis and to be available to address any issues that might occur outside the building.

The program is currently undergoing an external evaluation by a uOttawa professor. When the report is ready, it will be available to the public.

Some items of interest:

- The Membership report will be appended to the minutes and posted on the ASH site
- The Planning Committee has requested information from the City on when the R4 Study Phase II will begin.

• ASH continues to work with the Uganda High Commission on their plans for 231 Cobourg St.

• When asked about the opening of the eastbound on-ramp to the Queensway off Lees, Councillor Fleury reiterated that the ramp is now a designated part of the transitway and won't be open to the public until the LRT goes into operation.

Highlights from ASH's most recent newsletter:

R4 update: Action Sandy Hill is very concerned that the City has made very little progress on Phase II of the R4 review given that the current bunkhouse moratorium ends in mid-2019. ASH is reviewing the issue with City officials in December. More than 3000 people have signed ASH's petition "to protect the historic neighbourhood of Sandy Hill and to actively support its revitalization as a healthy, viable and attractive place to live, work and play".

Public Advisory: Avoid break & enters into sheds and garages: Residents are reminded to ensure sheds and garages are properly secured and you check them regularly. An insecure garage door can facilitate entry to the residence. In the event of a break & enter, police will ask about the availability of make, model and serial numbers of stolen property, and/or unique identifiers. Photographs of items such as higher-end bikes increase the potential of successful recovery and can be quickly disseminated by the police to people in the community. Anyone with information regarding a break & enter is asked to call the Ottawa Police's Break & Enter Unit at 613-236-1222, ext. 4533. Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 (TIPS), or by downloading the Ottawa Police app.

Sandy Hill Winter Carnival: Sunday, January 27, 2019 from 3 pm to 6 pm at the Sandy Hill Community Centre. If you want to help out, please contact Christine Aubry at caubryhome@gmail.com.

Chat with ASH: Have a question about traffic, tenants or trees in our neighbourhood? Before all monthly board meetings, ASH Board members will be available to address issues Sandy Hill residents may wish help with on an informal basis - a sort of "office hours" time between 6:30 and 7 pm.

Next ASH Board Meeting: There is no board meeting in December. The next meeting is scheduled for, to be held Monday, **January 28, 2019** from 7:00 p.m. to 9:00 p.m. in the downstairs Boardroom of the Sandy Hill Community Centre. Minutes from the meetings are published at the Action Sandy Hill website.



Nathalie Des Rosiers
MPP / députée Ottawa-Vanier



Chers résidents et résidentes d'Ottawa-Vanier

Depuis mon dernier article dans IMAGE au mois d'octobre, le gouvernement nous a surpris avec encore plus de coupures et d'incertitude.

Le gouvernement a annoncé, entre autres, que le commissaire aux services en français serait redevable à l'Ombudsman de l'Ontario. Il a éliminé le poste de commissaire de l'environnement et le poste d'intervenant auprès des enfants. Ces postes critiques servaient à assurer que des enjeux soient étudiés par des organismes indépendants qui devaient faire des rapports au gouvernement. Il s'agit d'une perte importante.

Le gouvernement a aussi coupé le financement de l'Université de l'Ontario français, l'université par et pour les francophones.

Ceci n'est qu'un bref aperçu de ce qui se passe présentement à Queen's Park.

Je suis à votre écoute, et je veux m'assurer que vos droits sont bien respectés. Je vous encourage fortement à communiquer avec moi pour me faire part de vos inquiétudes et de vos préoccupations. Suivez-moi sur twitter @ndesrosiers pour des nouvelles quotidiennes.

En terminant, je profite de cette occasion pour vous souhaiter un bon temps des Fêtes. J'ai hâte de communiquer avec vous à nouveau en 2019!

Dear constituents

Since my last article in the October edition of IMAGE, the government has surprised us with even more uncertainty and cutbacks.

The government has announced that the French Language Services Commissioner will answer directly to the Ombudsman of Ontario. The government has also eliminated the positions of Commissioner for the Environment and the Child Advocate. These independent watchdogs were there to inform the government in an objective manner. This will be a real loss.

The government has also cut the financing for Ontario's Francophone University in Toronto, l'Université de l'Ontario français, an important project for the francophone community across Ontario.

This is but a brief glimpse of what is happening at Queen's Park.

I am honoured to represent you and I want to ensure that your rights and opinions are respected. I encourage you all strongly to communicate with me to share your thoughts and concerns. Follow me on twitter @ndesrosiers for daily updates.

In closing, I also want to take this opportunity to wish you all a wonderful Holiday season. I look forward to communicating with you again in 2019!

Constituency Office / Bureau de circonscription
237 Montreal Road, Ottawa, ON K1L 6C7
613-744-4484 | ndesrosiers.mpp.co@liberal.ola.org
www.nathaliedesrosiers.onmpp.ca

During a winter parking ban you can now park in the **STRATHCONA PARKING** lot between 10 pm and 7 am or the **UOTTAWA PARKING** garage (33 Mann Ave) between 10 pm and 6:30 am.

*Please ensure you remove your car before the morning deadline to avoid tickets.

Durant l'interdiction de stationner dans les rues la nuit vous pouvez maintenant stationner dans le stationnement du **PARC STRATHCONA** entre 22 h et 7 h ou dans le stationnement de **L'UNIVERSITÉ D'OTTAWA** (33 Avenue Mann) entre 22 h et 6 h 30

*Assurez-vous d'enlever votre véhicule avant l'heure limite afin d'éviter d'avoir un billet

Your neighbourhood
QUALITY HOME RENOVATIONS
and restoration specialists

AWARD WINNING CONTRACTOR –
RENOVATOR OF THE YEAR

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

SERVING OTTAWA EAST FOR OVER 20 YEARS

Une paroisse anglicane francophone dans la Côte-de-Sable

Francesco MacAllister-Caruso

Cet automne, la Communauté de St-Bernard a ouvert ses portes à l'Église St-Alban, 454, avenue King Edward.

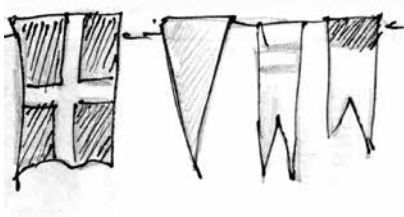
Nous sommes une paroisse du diocèse anglican d'Ottawa. Pour célébrer l'occasion, nous avons tenu notre grand lancement en septembre dernier. Depuis, nous avons le plaisir d'annoncer que notre communauté ne cesse d'augmenter en nombre !

Récemment, nous avons accueilli deux familles nouvellement arrivées au Canada du Burundi. Depuis quelques semaines, nous les avons aidées à trouver les ressources dont elles ont besoin et les avons aidées à s'habituer à nos températures hivernales qui sont arrivées plus tôt que prévu. Nous espérons continuer à recueillir des dons pour pouvoir aider encore plus de nos membres qui sont dans le besoin.

La Communauté a également eu l'occasion d'organiser quelques autres activités communautaires au cours des dernières semaines. Notamment, nous avons tenu une série d'ateliers de méditation gratuits chaque mercredi dans le Centre universitaire de l'Université d'Ottawa. Nous remercions tous ceux qui se sont présentés et aimerions lancer une invitation ouverte à vous tous, chers lecteurs, de vous joindre à nous lors de notre prochain atelier en janvier.

Si vous désirez vous impliquer avant que 2019 n'arrive, nous vous invitons aussi à notre messe de la veille de Noël qui aura lieu le 24 décembre à 16 h. Joignez-vous à nous pour célébrer le temps des Fêtes et passer du bon temps ensemble. Si vous n'êtes pas disponibles pour cette célébration, mais désirez tout de même participer à une de nos messes, nous vous invitons à notre service hebdomadaire le dimanche à midi. Au plaisir de vous y voir !

Pour plus d'informations, visitez le site <https://communautesbernard.ca/>.



Le Service à l'enfance Aladin offre des services éducatifs à l'enfance à l'école Sainte-Anne, au 235 promenade Beausoleil.

Nous offrons nos services en français aux familles de la ville d'Ottawa. Nous avons des programmes éducatifs de qualité pour les enfants âgés de 18 mois à 12 ans, du lundi au vendredi, à l'année longue. Un nouveau programme pour pouspons (bébés) sera offert en 2019.

Pour de plus amples informations, SVP contactez-nous à steanne@aladin.services ou visitez notre site internet à www.aladin.services



Archives de l'université d'Ottawa PHO-NB-38A-2-289 (circa 1903)

Intérieur du dortoir temporaire surnommé «le poulailler» qui s'élevait autrefois au coin nord-est de Laurier et Cumberland (où se trouve la soupe populaire St Joe's aujourd'hui) et qui servit d'hôpital de fortune pendant la grippe espagnole.

La grippe espagnole de 1918

François Bregha

Cet automne ne marque pas seulement le centenaire de la fin de la Première Guerre mondiale mais aussi celui de la grippe espagnole. Ses ravages, largement oubliés aujourd'hui, ont pourtant coûté la vie à environ 500 résidents d'Ottawa, soit autant de morts que pendant toute la guerre mais dans une période de quelques semaines seulement.

Le premier cas de grippe espagnole à Ottawa est noté à la fin septembre 1918. Celle-ci arrive au pire moment, alors que le pays a déjà souffert de lourdes pertes à la guerre et que beaucoup de médecins et d'infirmières se trouvent toujours au front. Les effets sont vite dévastateurs : l'horaire des trains est perturbé parce que les conducteurs sont malades; la compagnie Bell demande à ses abonnés de limiter leurs appels téléphoniques parce que beaucoup de ses standardistes sont absentes. Les salons funéraires arrêtent de publier la liste quotidienne de funérailles parce qu'elle devient trop longue. À son plus fort, la grippe tue 50 personnes par jour, ce sur une population d'environ 100 000 habitants.

La Côte-de-Sable n'est pas épargnée par cette tragédie quoiqu'elle soit moins touchée que les secteurs pauvres de la ville. Un hôpital de fortune est ouvert dans un ancien dortoir de l'université parce que les hôpitaux de la ville sont débordés. Deux autres ouvrent plus tard.

Nous gardons un témoignage précieux des effets de la grippe dans notre quartier grâce au journal des prêtres Oblats du Juniorat du Sacré-Cœur qui relate comment cette école et la paroisse du Sa-

cré-Cœur ont vécu la crise de jour en jour. Le premier cas de grippe au Juniorat se déclare le 2 octobre et le 6 déjà la bibliothèque de l'école est convertie en infirmerie d'urgence pour accueillir les malades. Même cent ans plus tard, on devine l'angoisse derrière les quelques extraits reproduits ici.

Le 7 octobre – La liste des malades s'allonge constamment.

Le 8 octobre – L'état de la plupart nécessite une surveillance de tous les instants et des soins très divers. ... Fréquents et abondants saignements de nez chez bon nombre, sauts considérables de la température, partant du normal et quelque fois d'en dessous pour s'élever en quelques heures à 103, 104 et même 105 degrés. Deux cas s'aggravent respectivement de dysenterie et de pleurésie sèche. On imagine facilement les soins dont se complique la tâche des infirmiers. A tout moment il leur faut varier les traitements. Bains d'alcool, pilules administrées à intervalles plus ou moins espacés selon les exigences du patient. Et que sais-je encore. Jour et nuit nous nous relayons auprès des malades.

Le 9 octobre – Après mûre délibération ..., le renvoi de nos junioristes valides dans leurs familles est décidé. ...Sont libres de rester ceux dont les parents demeurent loin ou dont la région de résidence est déjà envahie par l'épidémie. La plupart nous quittaient vers les trois heures et demie cet après-midi. ... A l'université, les externes cessent de fréquenter les cours ... en vertu d'une décision du Bureau de Santé en date du 5 de ce mois.

Le 10 octobre – Nos jeunes patients voient leur nombre s'éclaircir. Six sont déjà en état de relever; par précaution, nous les maintenons au lit.

Le 11 octobre – Plus que huit malades que la fièvre tient au lit. ... Parmi les malades quelques-uns nous inspirent encore des craintes. Les décès continuent d'endeuiller notre paroisse. Il y en a eu un le 9, un autre

le 10 et aujourd'hui un troisième. ...Les appels aux hôpitaux et à domicile sont nombreux.

Le 13 octobre – Autre décès dans la paroisse.

Le 17 octobre – Nouveau décès dans la paroisse.

Le 18 octobre – Plus que deux convalescents à l'infirmerie. Par contre, dans la ville, l'épidémie accentue sa marche.

Le 19 octobre – À l'église, funérailles d'un jeune, mort le 17. Il fréquentait les cours de l'université comme externe. Autre décès, le dixième en date pour la paroisse depuis la fin de septembre.

Le 21 octobre – À l'église, aujourd'hui, funérailles d'un jeune homme et d'une jeune fille. Toujours l'influenza.

Le 22 octobre – L'influenza ne désarme pas vite. ...Le père Laflamme, à lui seul, a administré l'extrême-onction à trois malades.

Le 24 octobre – Autre sépulture à l'église.

Le 27 octobre – À l'église aujourd'hui, il n'y a eu que des messes basses. ... Dimanche dernier la mesure fut plus radicale : l'église est demeurée fermée jusqu'à midi : tout le monde fut dispensé de l'assistance à la messe.

Le 2 novembre – Confessions nombreuses à l'église.

Le 3 novembre – Dans la ville quelques églises fermées dont la nôtre. La plupart des autres ouvertes pour l'assistance aux messes basses seulement.

Cependant, la crise tire à sa fin. Le 7 novembre, les élèves rentrent au Juniorat et les classes reprennent le 12. Si le journal gardé par les Oblats ne fait état d'aucun décès parmi les junioristes, il reste que 12 sur les 101 inscrits en début d'année ne reviennent pas à la reprise des classes.

On estime aujourd'hui qu'entre 10 et 25 pour cent de la population d'Ottawa ait attrapé la grippe en 1918. Le gouvernement fédéral ne jouant aucun rôle en santé à cette époque et la Province ayant essentiellement délégué la responsabilité de lutter contre la grippe aux municipalités, la ville d'Ottawa s'est retrouvée seule devant ce fléau, mais grâce à un effort collectif extraordinaire réussit à le surmonter seule.

VCA
Pretoria Animal Hospital

 16 Pretoria Avenue

 (613) 565-0588

 www.pretoriapethospital.com

New Clients Always Welcome!

•Preventive Medicine

•Assessment and Treatment of Illness and Injuries

•Vaccination

•Surgery and Dentistry

•Nutritional Counseling

Monday to Thursday 8am - 7pm

Friday 8am - 6pm & Saturday 8am - 2pm

CELEBRATING 17 GREAT YEARS IN THE GLEBE

How to survive Canadian winter

Colin Kusz

After almost five months of living here, I’ve made a handful of friends and a number of acquaintances, of whom only a small percentage seem to be from the nation’s capital. When I had some friends over for American Thanksgiving, the room consisted of a New Zealander, an Australian, an Englishman, a Welshman, myself, the Canadian, and of course, an American—just to be festive. Through my work as a recruiter, I meet a lot of newcomers who are seeking opportunities here in Ottawa and are having their first experience with below-zero temperatures and have just witnessed snow for the first time. Here are my top tips for Canadian winter newbies and veteran snow bunnies alike:

Toques, scarves and mittens

These items are your new best friend. Toques of any sort will save your ears from frostbite and help keep the heat from escaping your head, but insulated toques are noticeably warmer. Scarves are fashionable and keep the cold from getting in. They can also be found on the cheap, so when you leave them in Ubers or at the dentist’s office, who cares? Even consider a balaclava for fully enveloped facial protection. Mittens are warmer than gloves because your body heat can transfer between your phalanges while they cuddle together cozily.

Wake up instantly

If you have the luxury of owning a remote car starter, life is good. If not, see the beauty in running outside in -20 degree temperatures while you’re still half asleep and having to start your car and brush the snow off of it. I used to do mine while I was still in my pajamas. Cold?

Yes. Invigorating? Also yes.

Shiver me timbers

I find that people often try to restrain their body from shivering, whether they’re inside or outside, but shivering is the body’s defence mechanism to harsh Canadian winter. Shivering is essentially the way your body tries to increase its temperature.

Don’t walk on water—unless it’s safe!

I watch countless YouTube “fails” each year of people who walk on newly frozen lakes, rivers or streams, where everybody even the camera man knows the person is just moments away from falling in, basically begging for a chance of hypothermia. Don’t become Jack Frost!

Food & drink

When I was in primary school, we learned about Japan and how the children there eat lots of spicy food to stay warm in the winter. I recommend jalapenos and chili flakes as an easy way to add some spice to your dishes. For a beverage, appreciate hot chocolate season—guilt-free! At home, we like to make mulled wine by adding spices and citrus fruits to red wine in the slow cooker. We started using apple juice instead of wine for a sweeter taste, and kids can enjoy it too!

Save money

As Canadians, we are known for conversing about the weather. I’ve read numerous articles about Canadians checking the daily weather report more than people in any other country. It’s no wonder why elevator chit chat with strangers is based



Photo Colin Kusz

Don’t walk on water—unless it’s safe!

on current precipitation expectations. Use this to your benefit, and as a reason to stay inside and blob out—save money, do nothing.

Pets

Be a good dog daddy and put some mittens on your pup if it is having a hard time on the ice or salt. It may hate it now, but it may save you a bit in vet bills later on. If you’re a cat person, don’t lock your cat outside, that’s just cold.

Enjoy it

As much as you may want to complain about the cold, appreciate it while it’s here. Try skating down the largest ice skating rink in the world—the Rideau Canal. Nothing screams “Canadian” like skating to work if it works for you logistically. If falling on your elbows on ice doesn’t tickle your fancy, give snowshoeing a go. It’s slightly more exhausting than walking but

much more of an experience. You could always hit the ski slopes too. Boiling a hot pot full of water and throwing it into -20 degree air is also a good time if science is more your specialty.

Be late for work

Snow is a clever devil. So is ice. In many countries, or even Vancouver, people stay home from work or school because of the temperature and the snow. If you’re worried about the commute—tell your boss. Most of them should understand it is treacherous trickery to meander down a frozen highway. If you get to work late, tell them the buses were late—they probably were, whether you’re lying or not.

Fireplace

Utilize your fireplace and if you don’t have one, turn on the fireplace channel to create a warm, effortless atmosphere without having to forage for timber.

St-Albans

Christmas Eve

16h00 Noël! (en français)

5:30pm Christmas Story

9pm Candlelight Service

Christmas Day

10am Holy Eucharist & Carols

St-Bernard

La Communauté de St-Bernard à l'Église St-Alban

Tous les dimanches à 12h00.

Inclusive. Progressive.

Contemporaine.

communautestbernard.ca

St. Albans Church

454 King Edward at Daly

K1N 7M8

613 236 0342

info@stalbanschurch.ca

stalbanschurch.ca

Serving Sandy Hill since 1867

The ByWard Market at 192 years

John Chenier

The outdoor fresh fruit and vegetable vendors at the ByWard Market have come and gone for another year. Judging from the remarks of some vendors interviewed during their final week, the end would come as a welcome relief.

There is a sense of pride in how long some of the producers have had stalls at the Market. For most, the connections go back generations. However, the long hours spent standing in all sorts of weather conditions, the arduous work involved with growing the produce, the rising costs to buy what's needed to enter into the business combined with uncertain rewards—all of these factors pose a threat to the future viability of the Market.

Huguette Lacroix has been selling produce from the family farm for 44 years. She started when she was seventeen. But her children have all chosen career paths far removed from growing and selling vegetables and flowers. She knows when she retires, it will be the end of the line. Several other vendors face the same situation. There are some who would stay longer if hiring reliable help was a viable option. But finding someone willing to put in 10- to 12- hour days — hot or cold, with rain, sleet or snow — is not easy. For the future of the Market, it is not a matter of a generation gap; it is a generation schism.

Of course not all vendors find themselves in the same predicament. The Rochon family operates the Jardin Rochon Garden stall at the corner of Murray and ByWard. The multi-generation family farm in Edwards, Ontario is doing very well. In addition to the ByWard, it produces enough flowers and vegetables to supply stalls at ten other markets in the region. At the instigation of the up-and-coming generation, the Rochon farm has developed a growing Community-Shared-Agriculture (CAS) component

to its business model. CAS members can pick up their basket of produce weekly or bi-weekly at 11 locations in the region (the By Ward is not one of them) or have the baskets delivered right to their door.

While that success story provides hope for the ByWard, it also shows that the way things were in the past does not indicate the way of the future. Farmers are looking for, and finding, new ways and places to get their products to consumers. The results from relentless pressures for change are evident in the ByWard precinct. There used to be 11 butchers; now there is one, maybe one-and-a half if you include La Bottega Nicastro and one more if you include the two delis as half each. Number of indoor fruit vendors: one.

Change has come to the product mix of the outdoor vendors as well. Clearly, there are no more live chickens or about-to-be-skinned rabbits for sale. But there are more subtle changes as well. According to Madame Lacroix, even the mix of vegetables they grow and sell has changed over the years from the staples of green beans, carrots and potatoes to include more exotic fare such as peppers, herbs, eggplant, broccoli — and, ironically, heirloom carrots.

How did they fare this year? One vendor when asked that question pointed at what was an empty sidewalk. Years ago, she noted, the sidewalk was seldom as empty as it was that morning. Worse, the absence of shoppers was not an unusual occurrence. Several factors contribute to the decrease in the number of outdoor vendors over the years. Lack of shoppers is clearly one of them. For the Market, which is already going through tough times, this is not a good sign.

It used to be that the Market would attract large crowds during the day and be almost deserted after sunset. In the '60s and '70s, many Ottawans considered it foolhardy and dangerous to enter the Market after dark. Some today might still consider it foolhardy and dangerous, but it is clear that many more don't feel the

same way. On most days, the busy times begin after 5 pm. Even during the day when it is busy, many people have come to the Market for a coffee and a pastry or brunch rather than a load of vegetables.

Can it be saved?

Public Markets of Montreal, "a corporation of 250 members, vendors and merchants from the city's 15 markets," is often held up as the gold standard of farmers' markets. Clearly the structure brings a lot of different interests together under one big tent.

By comparison, the history of the ByWard Market over the past 50 years is one of conflict and division over who should be allowed to sell what, where and when. Currently, there are three types of outdoor vendors in the ByWard — vendors that sell only what they produce on their own farms, vendors that sell mostly what they produce but supplement their sales with small amounts of imported fruits and vegetables, and lastly, the vendors that sell on behalf of other producers from near and far.

Those still selling produce in the final week in October represented all three types and it did not take much probing to discover that there is little love lost among those who differ along that spectrum.

In the past, it seems like little effort was directed at seeking compromise or considering what it was that brought people to the Market in the first place. In the absence of consensus or direction, the ByWard precinct has drifted and taken on a different role.



Photo John Chenier

Huguette Lacroix started selling in the ByWard Market when she was seventeen. She knows when she retires it will be the end of the road.

Part of the problem at the moment is that there are numerous ideas of what's wrong — along with the quick fixes that would supposedly solve everything. Do shop owners and outdoor vendors recognize that curtailing the availability of products has hurt all of them by driving consumers away from the Market?

Which leads to the question: Has the City waited too long to repair the damage and change the direction?

The hope is that over the winter months the various "rethink the market exercises" currently underway will yield a plan for the Market to regain its "market appeal" and attract more people. But the management team also needs to come up with a way to better accommodate and attract more and varied vendors who aren't prepared to operate a stall seven days a week for six months and who can sell their wares under more favourable conditions at numerous venues around the region.

Meanwhile, most of the produce vendors are gone for the year. If you are wondering what happened to all the produce left in the stands at the end, each producer has their own favourite charity, be it the Food Bank, The Shepherds, The Mission and so on who take it all away, leaving empty stalls, hopefully only until next May.

Reprinted with permission of the Lowertown Echo de la Basse-ville.

PHARMACIE CAMPUS PHARMACY

100 Marie Curie • Services de santé / Health Services Bldg.

613-563-4000

Welcoming the entire Sandy Hill Community
Les résidents de la Côte-de-sable sont bienvenus

POUR TOUS VOS BESOINS PHARMACEUTIQUES....

- Prescriptions
- Vitamines
- Soins sportifs
- Produits de beauté
- Tests de grossesse
- Papeterie
- Timbres
- Services de photocopies et de télécopieur

et **Plus!**

FOR ALL YOUR PHARMACY NEEDS ...

- Prescriptions
- Vitamins
- Sports care
- Health and beauty needs
- Pregnancy tests
- Stationery
- Stamps
- Fax and photocopy services

and **More!**

Interac • VISA • Mastercard • American Express

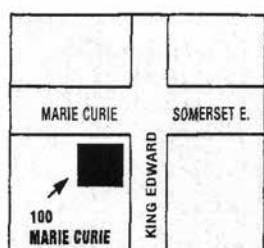
Lundi-jeudi 8h30 - 20h00
Mon-Thurs 8:30 - 8:00

Vendredi 8h30 - 19h30
Friday 8:30 - 7:30

Samedi 10h00 - 17h00
Saturday 10:00 - 5:00

Dimanche 10h00 - 14h00
Sunday 10:00 - 2:00

www.campuspharmacy.com

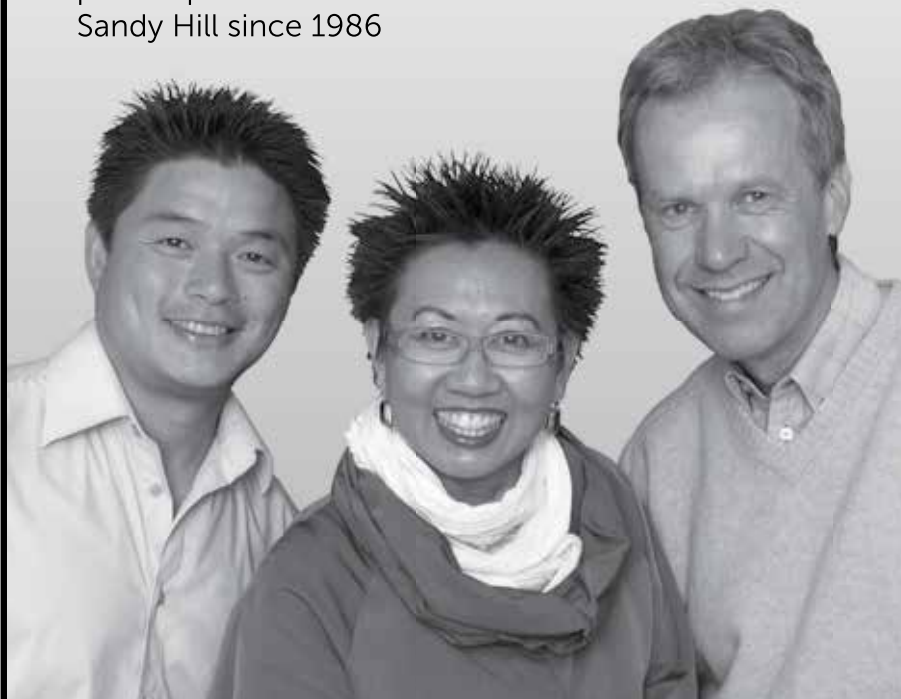


Straightforward • Caring • Dedicated

Janny, Jeff & Shan...

The Power of Three... Working for You!™

proven performance in
Sandy Hill since 1986



JannyMills • JeffRosebrugh • ShanCappuccino
Sales Representative Sales Representative Sales Representative

ROYAL LePAGE
Performance Realty
Brokerage, Independently Owned and Operated

613.238.2801

jannyjeffandshan.com



Refucare Ottawa welcome party, l-r: Brigitte Beaulne-Syp, Maryanne Mbabazi, Michael Smith, Marie and Mukeh, Cindy Mitchell, Marqu Laflamme (foreground), Ingrid Fish, Yves Brunet (background), Barbara Bloor, Nancy Brown, Tom Slade, Wendy Bergeron

A community making a difference in the lives of refugees

Cindy Mitchell

Not long ago there was a human cry for help as we witnessed the Syrian people's country being torn apart. A group of Bettye Hyde Co-op School's alumni got together and formed a group to try and help. Thanks to a letter to the Editor in IMAGE, written by Alan Humphreys, they found another group who had already started the paperwork to sponsor a Syrian refugee family, but needed more people-power.

In order to proceed, this group also needed a Sponsorship Agreement Holder who could help them make the connections to a refugee family through the UNHCR. Sandy Hill's St. Paul's-Eastern United Church agreed to help.

This group named themselves "Refucare Ottawa" and after much fundraising in the Sandy Hill neighbourhood and other neighbourhoods as far away as Dunrobin, they were able to bring a young family of five from Damascus to Canada by way of Jordan. Anas, Eman and their three children arrived in February 2016. Now happily settled in the Conservation Co-op in Sandy Hill, this young family is thriving. Viscount Alexander Public School welcomed the two eldest children and Bettye Hyde the youngest. Both communities feel richer for having these people in

their lives. As Eman and Anas continue to study English, Anas has started his own landscaping/yard maintenance business. His reputation and strong work ethic precede him and he has been busy. If anyone is looking for help in the yard please let Cindy at Bettye Hyde know and she will be happy to put you in touch with Anas.

Since the successful integration of Anas and Eman many of the people from "Re-

fucare Ottawa" were inspired to do more work to bring more refugees to Ottawa. Anas and Eman are now part of this group still called "Refucare Ottawa" as they pay it forward, and they have already welcomed another Syrian refugee family to Ottawa.

With so many people inspired by the work of Refucare Ottawa, the group split and the second group named themselves "Everyone's Sister." This name was chosen because their intention was to help a single woman start a new life of hope and promise in Canada.

Again, thanks to the generosity of many Sandy Hill families, Everyone's Sister has been fundraising for over a year and working closely with St. Paul's-Eastern United Church who again kindly agreed to be the Sponsorship Agreement Holder. The church community, the 10 members of the group and their friends, Everyone's Sister welcomed Marie and her nine year old son Mukeh, from a refugee camp in Ghana, on November 13. The group has fixed up and furnished an apartment in Vanier where Marie and Mukeh moved in on December 1.

These latest efforts by Refucare Ottawa and Everyone's Sister were infused with the remaining money they needed to raise by a generous donation from the Shapiro Foundation and other anonymous donors. Refugee 613 and the Refugee Hub at the University of Ottawa were also key to aiding in the process for these successful sponsorships.

This article was written in an effort to let the people of Sandy Hill know that it is because of this wonderful community that now three families have been able to start new lives in Ottawa. Wishing you all the love and peace that the holiday season promises now and for the New Year ahead.



Anas and Eman at a dinner held on Parliament Hill with Jennifer Bond (Chair of the Global Refugee Sponsorship Initiative), David Johnston (Governor General) and John McCallum (Minister of Immigration, Refugees and Citizenship) in December 2016.

FATHER AND SONS
SERVING SANDY HILL SINCE 1967

112 Osgoode St. (at King Edward)
613-234-1173

We welcome students and the
Sandy Hill community for:
breakfast, lunch and supper.
7 days a week.

TAKE OUT MENU AVAILABLE
FREE wireless access

www.fatherandsons.com

CROSSTOWN TRAFFIC

CDs,
COMIX,
BOOKS,
& BONGS

593-C Bank Street
Ottawa, ON
K1S 3T4

IMAGE image



Peace in the park on a snowy day in November. Photo Kathleen Kelly

SAVE THE DATE
RESERVEZ LA DATE
SANDY HILL • CÔTE-DE-SABLE

Winter Carnival
Sunday, January 27
3 pm - 6 pm

Carnaval d'hiver
dimanche 27 janvier
15 h à 18 h

News from Viscount Alexander School

Michael Barnes

Remembrance Day Ceremony
Viscount students and teachers presented a lovely Remembrance Day ceremony on Monday, November 12. The gymnasium was full of an appreciative audience of parents and students. Every class contributed through song, words, music and drama to recognize those who served this country. Canterbury High School student James Johnson played “Last Post.” and Martin played “Imagine” on violin. Thank you to everyone who contributed to this memorable event.

Soccer
Boys and Girls soccer teams competed in the annual soccer tournament at the Gloucester Hornet’s nest. The Viscount junior girls won first place! Congratulations to Coach Kristi Fulford and girls. The junior boys battled hard, showed resilience and great teamwork, but fell a goal post short of tying a game. Congrats to Coach Justin Moodie and team players.

A mural for Viscount
Claudia Salguero is an artist in residence, an extension of the Awesome Arts Program of the Sandy Hill Community Health Centre. Grade 3 to 6 students started painting panels under Claudia’s guidance on October 29 and finished November 9. The mural panels sit in the gymnasium for now but will be installed outside the school wall facing Mann Avenue when warmer weather returns. They are very colourful and a wonderful group effort. Our students are very proud of this addition to their school. Thank you Claudia and students!

WE Day
Some Grade 6 students attended the WE Day event at Canadian Tire Centre on November 14. They heard from a wide range of inspiring and motivational speakers, talented artists, musicians, dancers and others who in their own way have helped make a better Canada and World. Speakers included Kareem Abdul Jabbar, Silken Laumann, Lizzie Velasquez, and Keshia Shante.



Wall mural painted by Grade 3 to 6 students under the supervision of Claudia Salguero.

Many programs underway
The ukulele club and the chess club have just started up along with weekly choir practice with Julie Lanca. There are also Bordenball practices underway for junior boys and girls. And the very popular Tae Kwon Do classes, sponsored by the Korean Embassy, are back again on Friday mornings for our Grade 5/6 classes.

We appreciate the support
Viscount Alexander would like to thank the Kiwanis Club of Bytown for their ongoing support of our school. Money has been given yearly to help provide bikes to students during our annual bike rodeo held each May, and for the purchase of hats and mitts. We are also fortunate enough to receive support from the Rotary Club. Each year they provide a free dictionary to our Grade 3 students.

Play structure official opening
Our new play structure has arrived at Viscount in the kindergarten play yard and the official opening and celebration took place on October 18 with coffee and treats. Financial support from the Ottawa Community Foundation, the Ottawa-Carleton District School Board, the City of Ottawa, the Viscount Alexander Parent Council and many individual contributors helped finance some \$50,000 for this lovely new play structure. The Grade 1 class who went without any play structure for two years were also welcomed back to use the new structure along with the Kindergarten classes.

Learn more about Viscount
To learn more about our Junior Kindergarten to Grade 6 school, please phone the office at 613-239-2213



Kindergarten students enjoying their new play structure.



Nos graines poussent !
À l’École élémentaire publique Francojeunesse, l’environnement c’est important! Depuis le mois d’octobre 2017, nous avons commencé à aménager nos coins nature : un coin nature dans chacune des cours de récréation Nelson et Henderson. Tous les élèves de l’école ont rempli les bacs de terre, ont semé des graines, ont arrosé, ont désherbé.... et ont nettoyé les déchets laissés par les visiteurs! — Madeleine Emma, Nora et Darya (Élèves de 5e à l’École élémentaire publique Francojeunesse).

IMAGE images



Photo Bob Whitehaw

Rideau River flood control involves a number of steps including Ice Control
Every year, usually in mid-November, City of Ottawa employees place a boom (seen above) across the Rideau River to help control ice and reduce flooding in the spring. The ice control boom installed at Strathcona Rapids slows the surface flow, promotes ice cover and limits the volume of slush, anchored ice and ice dams in the river, thereby increasing the efficiency of ice breaking and clearing operations in February and March. At other times of the year, the boom is tied to the shore along the pathway behind Range Road.



Photo Bob Whitehaw

The open water on the Rideau River, beside Strathcona Park, combined with grass and weeds along the shore, offers an early December meeting place for river ducks.

So you want to buy an electric car?

Larry Newman

Which kind of electric car (EV) do you want? There are some variations. How about a:

Hybrid Electric Vehicle (HEV) – a vehicle with both an electric motor and a gasoline engine. The electric motor can be charged while driving using the gasoline engine.

Battery Electric Vehicle (BEV) – runs exclusively on battery power. Must be charged by plugging into an electrical outlet.

Plug-in Hybrid Electric Vehicle (PHEV) – a hybrid electric vehicle that can also be plugged in.

Plug in Electric Vehicle (PEV) – includes BEV and PHEV.

Fuel Cell Electric Vehicle (FCEV) – these vehicles use hydrogen-based fuel cells to power the electric motor, sometimes in combination with a battery. Not too many available yet.

The first modern EV may have been the CitiCar, first built in 1974, a 2.5 hp grocery getter that was produced until 1979. We’ve come a long way since then.

The most popular HEV has been the Toyota Prius, but market acceptance has improved, and there are many more choices in 2018, 18 at last count. There is a good site called [comparehybridcars.net](#) that lets you compare 24 specifications of these cars with each other. Nine of the cars are actually PHEVs.

There are about ten BEVs on the market now and more coming in 2019 or 2020. Aside from cost, the critical feature of BEVs is the range, that is, the distance traveled before charging is required. The table below shows what range can be expected for these cars.

BEV Make & Model	Range in km
Nissan Leaf	240
Tesla 3	500
Jaguar I-Pace	350
Audi E-Tron Quattro	440
BMW i3s	180
Kia Niro EV	320-480
Hyundai Kona EV	390
Chevrolet Bolt	380
Volkswagen e-Golf	200
Tesla Model S 75D	415

PHEVs are a little different. These are hybrids that can also be plugged in for charging. Their electric motor or motors have a much reduced range in the order of 30 to 50 km. The exception is the Chevrolet Volt which can travel 80 km on the electric motor alone. The big advantage for city travellers, of course, is that one need hardly ever use the gas engine. And, because it’s a hybrid, there is no range limitation. As you will surely find out, however, there is a \$\$\$ limitation. All EVs are still very pricey.

OK, you’re committed. You’re going to buy a new plug-in something—plenty

of choices as can be seen on [compare-hybridcars.net](#). Once you decide, you’ll have to buy and install a charging station. Amazon offers charging stations varying from a \$250 electrical cord and connector to much more sophisticated devices for \$1000 or more. Some higher-price charging stations are waterproof for outdoor use and equipped with a meter for measuring electricity usage. Some can be read remotely.

Charging can be done at three levels. Level 1 is with normal house voltage (120V). Level 2 is with electric stove-type voltage (240V); charging with 240V takes roughly half the time as charging with 120V. Level 3 requires a multiple of 240V, so people living in ordinary buildings needn’t apply; these charging stations are part of a public network. Location maps are available on line. There are more than 25 public charging stations in Ottawa. Even with 120V, one can charge a small EV overnight. Level 2 seems to be the most common.

For those who own their own homes, the purchase of a simple power cable that plugs into a 120V outlet may be all that’s needed. There are a couple of “however’s” to this statement. The first is the case where no outlet is near enough to the car to be used. In this case, an outlet must be installed with a wire connecting it to the electrical panel. This requires an electrician and an inspection. The second is that, in talking with an electrician with experience in this field, I found that the inspector is quite likely to require the installation of another electrical panel if there is insufficient capacity in the existing panel.

Charging an EV in an apartment building or a condo that does not already have charging stations—and most do not—presents other problems. It’s only recently (Ontario Building Code, August 2018) that some new residential buildings (such as town house complexes) are required to have parking spaces equipped with charging stations. This does not apply to multi-unit apartment or condo buildings however. You’ve got to wonder why.

Condo corporations are very interested in making sure that charging an electric car won’t cost them money or affect other owners. Accordingly, they require signing a contract that specifies liability and responsibilities. Level 2 stations require 240V which means that a separate power cable must be installed. There is also the issue of electrical capacity. It requires an engineer to fully understand the electrical requirements and current capacity of a large building. That could be an expensive assessment. Condo corporations also may require metering the electricity so that the car owner pays the electricity bill, not the condo corporation.

It appears to me that EVs and Sandy Hill are a very good fit. Since 2014, Ontario has been generating electricity without its former coal-fired generators. So our EV will be using relatively clean electricity. Because we live near the centre of Ottawa, we won’t have to drive far to work or shop. That plays to the advantage of EVs as we will be operating within the driving range of most EVs.

Time to go electric?



Tim Hortons sells their own brand of water at \$1.80

The plastification of the world

Eric Schiller

Do you know that globally, for every minute one million plastic water bottles are sold?

Do you know that most of these bottles are not recycled, but instead end up in the environment?

Do you know that vast ocean islands of plastic waste are accumulating in the oceans? The largest is estimated to be 1.6 million km² in size. According to the World Economic Forum, at present rates, by 2050, there will be more plastics (by weight) in the ocean than fish.

Why is all this happening? Most of these discarded bottles come from rapidly developing countries. This is indeed strange because many of these countries have good quality, regulated water provided by their own municipal water supply systems. And we should add, this municipal water is provided at a much lower cost than that of bottled water.

For corporations that sell bottled water, this is a huge money-making business. Global water sales are soaring. According to research done by The Business Research Company, total global sales were \$170 billion in 2017 and are expected to rise to \$280 billion in 2020. For these companies, the water source is low in cost, and the exploitation of fossil fuel material provides the container.

We are living in a period of history when 80% of the world’s energy is fossil fuel-based (petrol, natural gas, coal). But not only are we burning fossil fuels and discarding the polluting wastes into the air, we are using these same fossil fuel materials to plasticize almost everything, even ourselves when we drink these waters: A report published in April 2018 by McGill University gave the results of tests performed on the bottled waters of the world’s five leading water bottling companies and found plastic particles in most of them.

A walk through a modern supermarket will find many foods wrapped in plastic. A walk through a modern electronics store will find most modern gadgets wrapped in plastic. Children’s toys and many other items are also wrapped in plastic. We are living in an age of plastification of many things. The environment is now clearly suffering—and our children will pay the price for all of this. Add to this an impending climate change, and you have a coming disaster.

There are many ways to combat this. All that is lacking is political will. Big corporations—Coca Cola (Dasani), Pepsi Cola (Aquafina), Nestle, Eska and Naya, the companies whose waters were tested by McGill University—are making billions in profits, so the change that is required will not be easy, and when it finally happens it may too late.

There is one place where we can begin. There is a clear alternative to plastic water bottles. After decades of design and improvements, developed countries have produced a remarkable system of community-based water supply. These systems, if managed properly, supply well regulated, high-quality water at a reasonable price. Here is one step that we can take to begin to tackle the plastic pollution that is invading us. We need to eliminate plastic water bottles, unless they are absolutely needed. They may be required if there are no existing water supply systems, or some breakdown or emergency has occurred. Reducing plastic water bottles will be a first step in what will be a long and difficult journey of change. Many other steps could follow, such as returning to glass and paper containers, of using reusable containers of metal or—even hard reusable plastic containers!

Here in Sandy Hill, and Ottawa in general, we at Ottawa Water Study/Action Group (OWSAG) are working on a project to dramatize this issue. A plan of action will soon be announced. Stay tuned



Likely the first Electric Vehicle, the CitiCar was a 2.5 hp grocery getter produced in the mid-1970s.

We wish you a Merry Christmas!



Donating 100% of Winter Profits to support those in need in our Community, including St. Joe's Supper Table and Women's Centre



Jim Cox & Lynda Cox
Sales Representatives
613-231-4663



Behind the scenes at IMAGE

Bob Whitelaw

Start the press!
This is the order to start the production of 7,500 copies of IMAGE at Performance Printing in Smiths Falls. Printing the paper is just one of the many activities between receiving your October-November edition a few weeks ago and the December-January copy which you are now reading. IMAGE arrives free at Sandy Hill residences, shops, and community facilities five times a year.



Jane Waterston reviews the imposition proof of the IMAGE (October-November edition) sent from the printer.

Preparing the content

Behind the scenes a committed and energetic group of volunteers works on stories, photos and advertising; putting it all together and sending it for commercial printing and distribution.

The preparation cycle never stops between editions as deadlines arrive at warp speed. Jane Waterston, is the IMAGE editor. She started with the newspaper in the early 90s when she was advertising manager and general assistant to then-editor Hilary Russell. When Hilary moved to Washington (such a loss to Sandy Hill!), Jane took over.

Now, her focus is keeping the publishing schedule on track: organizing submissions from volunteers, sending articles to copyeditors/proofreaders, choosing photographs, laying out the pages, making sure ads are billed and (for the past year) posting articles from each issue online at the growing IMAGE website. When time allows she emails an “IMAGE special” events list to the IMAGE email list (if you want to get on it, just ask), but it (like the website) is secondary to the core business—a newspaper.

Jane says that apart from the great satisfaction that comes with spreading non-fake news and views, is the joy of working regularly with writers, editors, photographers and tech/admin support—all living here in Sandy Hill, all volunteers, all a source of fun and stories.

It is also important to recognize the work of the advertising team—the financial lifeblood of IMAGE. Peter Rinfret, Carol Waters and Jane Waterston work with advertisers to promote product information and business services.

As the deadline approaches Jane begins the layout by positioning the editorial information, photographs and advertisements on blank pages to create the overall size and presentation of the paper. After she adds the articles and photographs to the layout, the final pages are sent to the printer where all the work of the volunteers becomes real through ink and newsprint.

Printing

The technical part of the IMAGE printing process starts when the editor sends the pages by Portable Document Files (PDFs) which are uploaded to the printer’s File Transfer Protocol (FTP) site. These electronic files provide an imposition proof which is returned to the editors the next day for proofing. This mock-up is checked, any corrections made, and returned to the printer to make the plates for the press run.

Next is press set up. This involves hanging the plates for the black and colour pages. For the colour pages, four plates are used—cyan, magenta, yellow and black. Black only pages require only one plate. While the plates are hung, paper for the IMAGE is fed through the press. Once everything is set up, the press is started and any adjustments required to register all the pages together are made. The press run takes 90 to 105 minutes—an hour for the set-up and 30 to 45 minutes for printing. Each issue uses approximately 1,300 lbs (about 590 kg) of paper and 1.5 gallons (about 6 litres) of ink.

The papers come off the press and go into a stacker which counts out bundles of 100. A pressman straps each bundle with plastic strapping.



The press run at Performance Printing takes between 90 to 105 minutes to complete.



Photo Performance Printing



Shelley Hatt of Pegasus Distribution with a car load of copies of IMAGE.

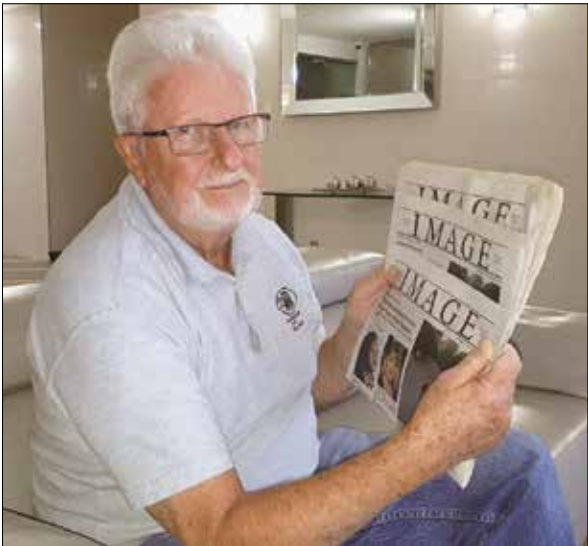
Delivery

The bundles of IMAGE are delivered to a warehouse where the Pegasus Distribution team begins organizing the delivery. Between 4,500 and 5,000 copies are delivered to homes and apartments. The remaining 2,500 or so are dropped off in bunches at 75 community facilities, convenience stores, cafés, other businesses and at Ottawa University campus locations. Delivery takes about four days and at times five people work to bundle and roll the papers and assist with the deliveries.

Volunteer and business support

Since the first publication in 1972, under the direction of founder Diane Wood, IMAGE has been supported by local business advertisements and a host of volunteers with the goal to inform residents of local stories of interest.

Volunteers who work to provide community information have only one request. It is important to support all Sandy Hill local businesses and to recognize those businesses that view the IMAGE as a vital way to communicate to you through their advertisements.



Dave Willis volunteers to distribute at his apartment residence

Key Contacts:

Jane Waterston, editor 613-237-8889 image22@rogers.com

Peter Rinfret, advertising

Carol Waters, advertising carolannwaters@gmail.com

Photo Bob Whitelaw

Photo Bob Whitelaw

Barbara Brown and Cynthia O’Brien LifeCycle Conversations

Curated by Judith Parker

Maureen Korp

A warning sign stands in the Karsh-Masson Gallery entry into “LifeCycle Conversations.” Visitors are cautioned: “This installation is deli-

wreath of porcelain flower petals and seed pods. Above the wreath, a floral montage spirals into centre. The imagery used throughout “LifeCycle Conversations” is that of seasonal plants in a temperate land.

Displayed on a nearby wall are two well-matched interpolations of thought and deed to be seen as one work. A large drawing brushed over with swaths of clay, is entitled “Earth Memories.” Its grey colorations and textures suggest an immense moth, half-seen, its wings opened wide. Upon this drawing, from time to time, “Returning,” a motion-activated video of three and a half minutes is projected. It is a tale of a woman walking away from us down a narrow path. She gets smaller and smaller, and is soon lost from sight. The path is too narrow for someone to walk with her. The forest disappears. Grey moth returns.

On the other side of the gallery, eight free-hanging panels of fine silk design hang in a spiral formation. Go ahead, walk inside. In the centre of “Whispering Garden,” stands a tall vegetal column. Tangles of leaves and branches are dense-

ly printed upon the curtains. Drift away. If one could lie down on the floor here, this would be your forested canopy.

Nearby, on top of another white plinth stands a large ceramic platter. Its colours are also those of an old forest floor. Mouldering leaves prompt new growth. Black and white spiky twigs lift the platter above a glass base. Entitled “So Below as Above,” the sculpture, like others in this exhibition, asks us to consider time, mortality, and our place in the whole of it.

Western lives are often drawn as straight lines, years to be tabulated from birth to death. Other times and places, however, have viewed individual mortality more as a spiralling line, one attuned to the rhythms of the seasons, the cycles of nature.

There are 10 sculptures in the exhibition. The largest and most complex will be found behind the standing wall at the back of the gallery. Here are 73 small plaques, each a memento mori, the whole entitled “Columbarium: A Consequence of Life.” In this work, the artists invite the public to “place a personal memorial note in one of the niches.” A columbarium is a funerary storeroom, a building with niches for the display of funerary urns.

Judith Parker, curatorial collaborator of the exhibition, notes in the curatorial essay the importance of the artists’

own background for the work of their exhibition. Barbara Brown and Cynthia O’Brien, writes Parker, have been, “... working as artists in a long-term care residence, where they befriend individuals who are near the end of their lives... .” “LifeCycle Conversations” honours what they have learned.

The artwork is fragile, do not touch. But take time to remember.

Karsh-Masson Gallery
110 Laurier Ave. W
November 8, 2018—January 9, 2019



Barbara Brown and Cynthia O’Brien, *LifeCycle Conversations* (installation view at Karsh-Masson Gallery).



Barbara Brown and Cynthia O’Brien, *Columbarium: A Consequence of Life* (installation view at Karsh-Masson Gallery), archival pigment prints and clay.

cate. Please do not touch.” Slip around the sign, carefully.

Memory, grief, and the long views of life we call “wisdom,” are the materials of the exhibition by artists Barbara Brown and Cynthia O’Brien. Their medium is sculpture and photography.

Entering the gallery, the visitor encounters “Unending (diptych),” a small sculpture atop a white plinth. The work is a



Canadian Icon Converse (Shoes), 2018, found object hand-stitched with thread, courtesy of the artist.



Installation view, *Everything must go/ Liquidation totale*, Ottawa Art Gallery, 2018.

Michèle Provost Everything must go / Liquidation totale

Maureen Korp

“Everything must go / Liquidation totale,” artist Michèle Provost’s solo exhibition at the Ottawa Art Gallery is a tour de force. The artist’s installation tells a wry, multi-layered story of compassion using everyday domestic items, leftovers no one wants when someone dies, the stuff donated to charity or left behind in the dumpster. Provost’s medium is assemblage, painting, drawing, and the textile arts.

Physically, the format of the artist’s installation references a second-hand shop. In one room are piles of chairs, groups of lamps, walls festooned with t-shirts, and shelving stacked with bed sheets, books,

block prints, posters, and more; the second room displays larger household furnishings.

Look closely. Read all the labels.

The stories suggested are both anonymous, and specific. The narratives might be anyone’s story. They are also interrelated particular memories of an artist who may have outlived his fame.

Look at the silk-screened t-shirts hanging on the wall—two grey, one white, one black. All bear the label: “no name no face.” One t-shirt even declares its wearer will be “obedient to all demands—will not cry in public.”

The bed sheets, “liquidation 70%, plus take 20%,” are brightly coloured, each well wrapped in plastic. Labelled “Pavane,” they are sheets intended for double

or queen-sized beds, flat or fitted. Keep in mind, too, the pavane was once an elegant social dance performed by aristocrats. No need to tell all the stories. A gentleman is discreet. The bed in the other room is a single. Black-and-white “Rideau curtains” are a steal at 50% off. Everything is for sale. Everything must go.

Two large black-and-white posters reference a 1960s advertising campaign for Blackgama mink coats: “What becomes a legend most?” Celebrities of that era wore mink coats proudly. The gallery’s posters give us head shots of Andy Warhol, Sophia Loren, Marilyn Monroe, among others, and, yes, one “crying artist.”

Ten table lamps come with scattered instructions for presenting oneself as a “crying artist.” Another t-shirt declares: “Riopelle gives you wiings.” Is this...? Could it be...? Quebec’s Jean-Paul Riopelle? Our suspicions are confirmed when we see the almost forgotten imagery of blue Gauloises and Ricard cigarette packages, framed and piled on another shelf in the gallery.

Jean-Paul Riopelle (1923-2002) of Montreal, a founding member of the Automatistes, was a mid-century sensation in the international art world. He lived in Paris much of his life before relocating back to

Quebec. Today, his work and name are not as well-known as others of that time—eg, Jackson Pollock (1912-1956), Alberto Giacometti (1901-1966), Marc Chagall (1887-1985). Why is that? Does it matter?

Several small framed drawings from graphic novels provide unattributed quotations to ponder. Some may be Riopelle’s own words: “If I paint, it’s because I don’t know how to do anything else.” Others may be comments by contemporary critics, or art historians: “Sales, however, continue to be rare;” and, “Unfortunately, self-imposed rural isolation limited the influence of his last works.” The graphic novels are priced at 30% and 50%, and are marked “for mature readers.”

Take time to look closely at the items the artist has piled into these rooms. Read all the labels. The questions Michèle Provost frames with “Everything must go/ Liquidation totale” are ones that matter, questions arising from our own lives, too. No matter. In the end, alas, everything must go.

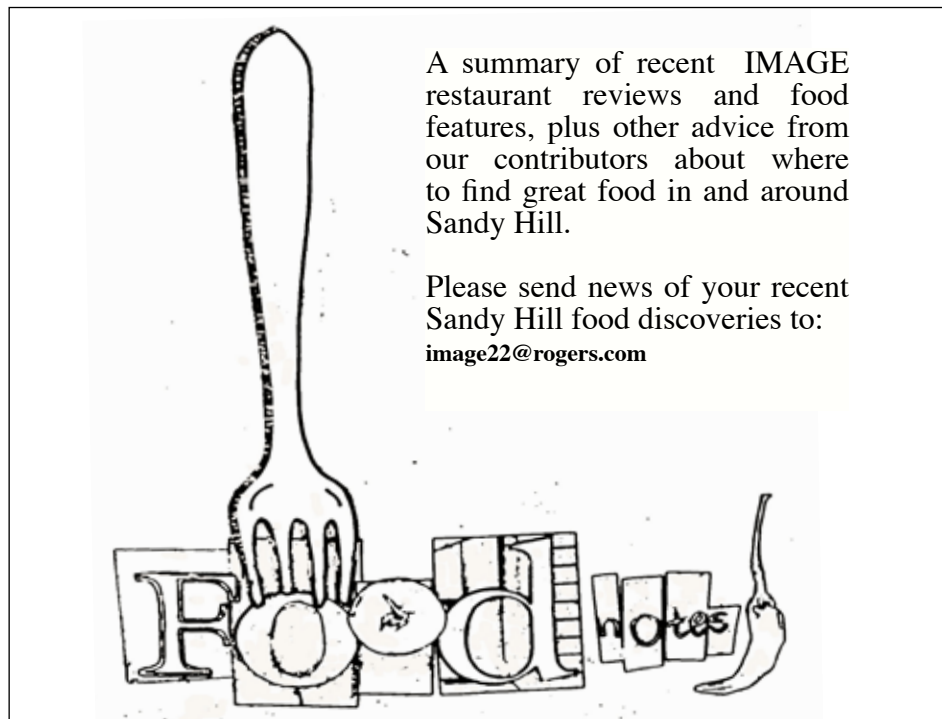
Ottawa Art Gallery
50 Mackenzie King Bridge, Ottawa
October 11, 2018—March 10, 2019

Photo: City of Ottawa

Photo André Rozon

Photo André Rozon

Photo David Barbour



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

Cadena Spanish Cafe 323 Somerset St. East

Cadena seems to be settling in nicely, with a varied clientele of students, young mums and lunching ladies the last time we were there. Along with its interesting menu of sandwiches, tacos and Spanish omelette, Cadena has recently begun offering all-day breakfasts. Huevos rancheros were served on a generous bed of refried beans with a splash of hot sauce, a zesty dusting of cheese, and three warm tortillas on the side; a meal that kept me going for the rest of the day, after my companion and I had split a delicious rum ball and a cup of frothy latte.

Jackson 10 Daly Ave.

The restaurant in the Ottawa Art gallery is developing its persona more fully all the time. The attractive space is now divided in two by a planter, separating the rather luxe space at the front with its jazzy seating, beautiful bar and big windows from the more casual café space near the coffee counter, where it's still possible to linger with your computer over an espresso with a sandwich

or a pastry. In the restaurant proper, small plates make for an interesting and enjoyable, if slightly splurgy, meal or light snack. The dishes with their elaborate lists of ingredients (e.g. smoked tofu with piri piri, lemon, broccolini, almond for \$17) are fun to share with a group of friends. The restaurant has also recently begun offering brunch on Sundays, which should be well worth a look; ricotta hotcakes or mushroom custard, anyone?



Jackson, at the Ottawa Art Gallery

Lollo 60 George St.

"Love Your Salad Days" is the slogan of this new café just west of Bottega Nicastro in the Market, where I suspect a good many of the ingredients for my delicious

antipasto salad must have originated. Order at the counter, then take a seat and enjoy your mountain of greens when they come, garnished with all kinds of treasures. Doughnut lovers may be interested to know that Lollo has recently begun offering dessert from Suzy Q to follow its healthy main courses. No more long treks to Hintonburg for a hit of Maple Bacon or Matcha Tea-flavoured chewy goodness!

Olé Bolé

11 Marie-Curie Private

More healthy lunch in large bowls can be found at the latest food truck to occupy the space that was pioneered by Stone Soup on the Ottawa U campus. For \$9.00-\$12.00 Olé Bolé will make you a bowl filled with rice or noodles, fresh chopped vegetables, tasty proteins like Korean beef, pulled pork or grilled tofu, and a zippy sauce. Drop by to pick up the Thai Caramba or the Incredibol from 11 a.m. to 3 p.m. on weekdays.

Norca Restaurant & Bar 30 Daly Ave.

The restaurant on the second floor of the new Le Germain Hotel at the corner of Daly and Waller is a pleasant and stylish space with comfy chairs, a copper-covered bar and a small but interesting menu of artfully presented plates. The potato puree with sautéed wild mushrooms and grainy toast is a very satisfying treat at \$12.00, and the salad of mixed greens and artichoke morsels in a creamy dressing, topped with beautiful humpback shrimp and shavings of sharp cheddar (\$16.00), was light, pretty and delicious. The soundproofing in this room is amazing; it looks directly down on the busy traffic of Waller St. and would be a most entertaining place to bring a truck-loving child, but it's quiet enough for a business discussion or to recharge after errands.

Syrian Kitchen 48 Nelson St.

So you have finished your midday workout at the Champagne Bath, or are walking home from a gruelling bit of shopping in the market. You are hungry, you are tired. Here's a tip: head home via the Portuguese Bakery on Nelson (north of Clarence) for a clamshell of their corn salad. The Syrian Kitchen, based in the bakery's front shop, offers a variety of healthy choices, including an excellent hummus, baba ganoush and more. But the corn salad is really worth the trip—enough for a famished person, or two as a side dish, the ingredients are beyond reproach: corn, kidney beans, shredded carrots, red



Lollo's tempting advertising, on George St.

cabbage, lemon juice (in a separate cup, to dress the salad) and salt. Pretty, filling, quick to consume, nutritious. For \$14 I picked up a salad for lunch, package of hummus for anytime of day and two tarts (custard, pecan) for tea. Well, it IS the Portuguese Bakery!

Working Title Kitchen and Café 10 Blackburn Ave.

Enter through the red doors on Laurier near Chapel. If necessary to avoid stairs, enter the side door off Chapel and take the elevator.

At last allsaints Event Space has the zoning it's needed to open a full restaurant in its basement. For now, the space could best be described as a café, with soups, sandwiches and salads on offer from 7 a.m. to 7 p.m., Sunday through Friday. On Saturdays, the space caters to private events. The chefs are skilled and imaginative; we were impressed by our hearty chicken soup with barley and vegetables, and the Veg Bomb sandwich, with Portobello mushrooms, sauerkraut, white bean puree and other tasty morsels was delicious. A chocolate cookie at the end of our meal was heavenly; crisp on the outside, chewy within, and full of crunchy particles of espresso beans. There are beer and wine as well as coffee to drink; interesting jars of locally made condiments that would make excellent stocking stuffers or hostess gifts; and frozen entrees if you'd like to have a classy meal of coq au vin or brisket stashed away for an emergency dinner. Those of us who have been missing Culinary Conspiracy will find some comfort here.



Dreary winter weather getting you down?

Dodi Newman

On a grey winter day, comfort food with a bit of flair may be what you need to cheer you up. This baked pasta and cheese dish can be as-

sembled hours ahead, and while it bakes just before dinner you can munch on appetizers and enjoy a glass of wine. A simple dish, its success depends on working with the freshest and best ingredients you can find. It turns into a gluten-free entrée if made with 100% corn pasta. Corn pasta, made in Italy, will cook al dente and not get soggy.

Penne baked with three cheeses Serves 6

375 grams wheat or gluten-free penne
100 grams grated Gruyere cheese
100 grams grated Parmesan cheese
2 tablespoons olive oil
1 small onion, finely chopped
1 small clove garlic, finely chopped
4 tablespoons finely chopped parsley, or more to taste
250 ml heavy cream
250 ml whole milk
375 grams ricotta
4 eggs
1 teaspoon salt
1/3 teaspoon white pepper
scant 1/2 teaspoon freshly grated nutmeg
2 tablespoons softened butter to grease the casserole

Preheat the oven to 375°F

Cook the pasta al dente according to the package instructions. Drain and reserve.

Meanwhile, grate the Gruyere and Parmesan cheeses, combine and reserve.

Sauté the onion in the olive oil over medium heat until wilted, add the garlic and parsley, and cook for another minute. Remove from burner and reserve.

In a large bowl, thoroughly mix together the cream, milk, ricotta, eggs, salt, pepper, nutmeg, and the onion/garlic/parsley mixture. Add the cooked pasta and stir thoroughly.

With a pastry brush, grease a 2 1/2 quart, round casserole. Place the pasta mixture in the casserole and smooth the top. Evenly sprinkle the grated Gruyere

and Parmesan mixture on top. Bake in the preheated oven for 45 minutes or until the top has formed a slight dome and is a rich brown colour.

Serve with Marcella Hazan's tomato-butter-onion sauce and a tossed salad or sautéed spinach.

Marcella Hazan's tomato sauce with onion and butter

Makes two cups

There are many versions of this sauce available on the internet. The text varies, but the ingredients and the cooking method are always the same. This version uses less salt than the original recipe.

900 grams fresh, ripe tomatoes (Roma type), peeled and cut into coarse pieces or: 1 can (796 ml) whole imported Italian tomatoes, cut up, with their juice
5 tablespoons butter

1 medium onion, peeled and cut in half lengthwise

3/4 teaspoon salt

Put either the prepared fresh or canned tomatoes in a saucepan, add the butter, onion, and salt, and cook, uncovered, at a very slow, but steady simmer for about 45 minutes, or until the sauce is reduced to 2 cups and the butter has separated from the tomatoes.

Stir from time to time and mash up any large pieces of tomato with the back of a wooden spoon.

When the sauce is done, remove the onion and discard. Correct the seasoning and serve.

Scenes from the One&Only Craft Fair

Sponsored by Action Sandy Hill at the Community Centre on November 17, 2018
ASH is donating part of the sale's proceeds to the youth-oriented arts group Awesome Arts, for projects like a mural on the theme of diversity and inclusivity coming this spring to the exterior of Viscount Alexander school.



Below — Jewellery making duo Margaret Sawatzky and Kristina Shostak of Spiralry and White Lily Treasures who use silver-plated wire as well as beads of glass, ceramic, shell, wood, or semi-precious stone to create their wear-able art.



Shopper Yvonne Van Alphen
Photos David Elden



Woodturner Denis H. Gauthier.

Left—First-time exhibitor Adam Guzman-Poole of Mani-festo Crafts brought his collection of unique jewelry made from 100 percent recycled and repur-posed antique silver-ware. When asked where he sources his raw materials Adam mentioned dinner parties....!



Murray Dineen of first-time One & Only exhibitors Ottawa Gatineau Printmak-ers Connective. Murray is hand-carving a piece of plum wood from his garden to make a wood block for printing.



Above — Sculptor Mitchell Webster returned to the show to exhibit with his partner Janet MacKay and her acrylic paint-ings celebrating Canadian landscapes and nature.



Above— Tina Tam of Tam Good Soap shows off some of the variety of indulgent handmade bath products she produces.

Right— Potter Lynn Murphy (L) and Austra-lian fruit cake maker & seamstress Carol Wa-ters (R) returned to the show once more this year.

More photos and a link to the exhibitors' list will be posted in January at the IMAGE web-site.



UrbanOttawa.com

Wishing you and yours a happy and healthy year to come. Thank you kindly for all your business and referrals again during 2018. I look forward to working together in the years to come.

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

Je vous remercie d'avoir fait affaire avec moi et de m'avoir recommandé vos proches au cours de l'année 2018.

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

Natalie's
URBANOTTAWA
the art of urban living



Chris Bradshaw—searching for a better tomorrow

Jon Legg

Sandy Hill streets have lost a vital caregiver with the passing of Christopher Bradshaw. Chris possessed the most imaginative and active mind, never stopping its calculations of new ways to make our cities more liveable. The goal of pollution-free transport was never far from his thoughts, and he lived his life in a search for sustainability. He never excluded any segment of society in his objective of a better tomorrow for the widest swath of our community.

Methods of support for walking, biking, and car sharing were his main topics, but in a broader sense the Green Party encapsulated his overall approach. His community-building skills did not limit their focus to the environment; he was equally happy to spend a snowy morning clearing the banks at Rideau Street crossings so that wheelchairs, baby carriages and those with balance difficulties had unrestricted access. All to make it unnecessary to drive a car. But also recognizing that the car had its valid uses, just not as a wasteful individual conveyance, he co-founded the very successful Virtucar—that name was probably yet another of the catchy slogans and names he dreamt up to further the cause.

Chris was also immersed in ways to allow aging in place and to ensure government projects included deliverables to help the aging continue to thrive in their own neighbourhoods. Chris leaves a big hole in the advocacy for transportation solutions at the human level and for liveable cities in general.

Chris devoted his life to making the community a better place to live. He was not

an ivory-tower intellectual, being happy to do the ground-level work as well as attending countless meetings to discuss policies and programs. At the community level, for many years he delivered IMAGE to houses on his street. In doing so, he enriched everyone's life.

More specifically, he was the spark plug for groups that wished to encourage positive developments in city life. One such group was FUR, "Friends of Uptown Rideau" which would meet monthly in a Rideau Street motel's dining room; Chris had persuaded the manager to donate it for their use. "Everything could be better than it is!" is how one of his FUR colleagues remembers him; this colleague also remembers that a big part of Chris's life had been devoted to making the quality of our lives better. While cajoling the City of Ottawa and the local Business Improvement Area about the cleanliness of Uptown Rideau and the need for improvements, Chris could also be seen touring the Rideau Street sidewalks and picking up things that others had negligently left behind.

Although his constant interest in Uptown Rideau Street made him a natural contributor to the City-sponsored Uptown Rideau Redevelopment Committee, his civic interest was city-wide. For example, his involvement also included seniors' activities. He was key to involving another FUR colleague in the Seniors Driving Subcommittee of The Council on Aging. Both the Subcommittee and the COA itself will miss him sorely.

The preceding comments are an amalgamation of comments from his FUR colleagues: Doug Aldworth, Peter Ferguson, Joan Kennedy and Jon Legg.



NEIGHBOURHOOD BULLETIN BOARD

Have yourself a jazzy little Christmas with the John Dapaah Trio bringing a joyous spirit of jazz and gospel to a program of Christmas-time tunes. Friday, December 14 at 7 p.m. Church of the Ascension, 253 Echo Drive. \$20/adult at the door or dapaah_trio.eventbrite.ca.

Bettye Hyde fundraising: Classic rock band The Vault will donate their energy and talent for a night of music, dancing and socializing on Saturday January 5. The Rainbow Bistro in the ByWard Market has offered its venue free if we can sell at least 120 tickets. To that end we are keeping the admission price low and looking for your support. Tickets \$10; doors open at 9 p.m. Go to www.eventbrite.ca/e/ and search for "the vault" to read more about this evening of fun and buy your tickets. Please come out and join your neighbours and friends as we adjust to another New Year.

The Sandy Hill Winter Carnival date is confirmed: Sunday, January 27. A different starting time this year: 3 p.m.



Do you recognize this angel?

A charming hand-painted, plywood angel was found down in a snowpile on Augusta near Rideau recently. If you know where we might find the rest of its nativity scene (or owner), please send IMAGE a message at image22@rogers.com. We will be pleased to send it homeward, ideally in time for Christmas.

IMAGE is always keen on connecting folks and items and local events via this Bulletin Board feature. Send us an email anytime and we will do what we can to spread the word.



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

377 Rideau St., 613-580-2940
Rideau@Ottawa.ca
www.BiblioOttawaLibrary.ca

FOR ADULTS / POUR LES ADULTES

Go Workshop (Strategy Game) / Atelier de Go (jeu de stratégie)

Learn to play Go, the ancient strategy game. Designed for beginners and intermediate players. 2 – 5 pm, Saturdays, January 26, February 9, March 9, April 20.

Morning Book Club

Monthly on Thursday mornings at 10:15 am – 12:00. Drop-in.

Jan. 17: *The Ghost Orchard* by Helen Humphreys

Feb. 21: *Lincoln in the Bardo* by George Saunders

March 21: *The Sellout* by Paul Beatty

Evening Book Club

Monthly on Monday evenings, 7 – 8:30 pm. Drop-in.

Feb. 4: *Outline and Transit* by Rachel Cusk

March 4: *The Sense of an Ending* by Julian Barnes

Pen and Paper Writers Group

Every Tuesday night at 6:30 pm. Drop-in. Get feedback on your writing (any genre) and ideas from the group. Hear

the work of other writers and offer your feedback. Discuss issues about writing and publishing. Share your triumphs, trials and tribulations with a supportive, informal group.

CHILDREN / POUR LES ENFANTS

Family Storytime / Contes en famille

Stories, rhymes and songs for children of all ages and a parent or caregiver. Tuesdays, 10:30 – 11:00 a.m., Jan. 8, 15, 22 and 29, Feb. 5 and 12, March 12 (special March break program), March 26.

Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. 10 h 30 à 11 h les mardis 8, 15, 22 et 29 janvier, les 5 et 12 février, le 12 mars (programmation spéciale du congé de mars), le 26 mars.

Babytime / Bébés à la biblio

Stories, rhymes and songs for babies and a parent or caregiver. 0 – 18 months. 1:30 – 2:30 pm on the following Fridays: Jan. 18, Feb. 1 and 15, March 29.

Contes, comptines et chansons pour les bébés et un parent ou gardien. 0 à 18 mois. 13 h 30 à 14 h 30 les vendredis suivants : le 18 janvier, les 1 et 15 février, le 29 mars.



Panelists Susan Hallett, Peter Johansen, Susan Korah and Laura Byrne Paquet.

Sandy Hill resident part of panel discussion on travel writing

June Coxon

Sandy Hill resident Susan Korah was one of four panelists speaking at a Media Club of Ottawa meeting last fall. The freelance journalist joined three other freelancers to discuss The Pros and Cons of Travel Writing. Their informative, frank and sometimes humorous discussions provoked a number of questions.

Korah told the audience that because her father was a diplomat she caught the travel bug early. Her travels exposed her to different experiences, which led to her lifelong career in journalism. A relative newcomer to travel writing, this aspect of her career began three years ago as an out-growth of her regular writing. "Travel writing takes up about 20 percent of my writing," she said.

With more than 20 years' experience as a journalist, Korah writes about a wide range of topics, from national and international topics to travel and culture. Her first big travel writing break was an article she wrote about Turkish cuisine for *Taste and Travel* magazine. Since then she has visited and written about such places as Luxembourg, Taiwan, and the Czech Republic for a variety of publications and on her own blog.

The panelists interspersed some of their personal experiences to illustrate their messages along with their tips for travel writers. To underline the necessity for always checking facts, Susan Hallett told a cautionary tale about a prominent journalist who, while being interviewed on television, kept repeating inaccurate information.

Peter Johansen, a retired Carleton University journalism professor turned freelance writer, noted that "Travel writing is no different than any other kind of writing, but it can allow for a more creative approach." He said that both the story of an individual and the destination are important, but they are separate articles.

Laura Byrne Paquet, who has written for more than 80 publications and websites, advised would-be travel writers to "base your travel writing on your interests." She added, "If you can tell a good story and write, you can do it in print or on line. The mechanics are one thing but the craft of writing is transferable. You can write about anything. Start with your own specialty, things you love to do."

Susan Hallett summed up the discussion best by suggesting new travel writers should "specialize in something – perhaps food, or organic gardening. See travel as fun, not as work."

The panel discussion kicked off the fall session for the Media Club of Ottawa which gathers monthly at Ottawa City Hall to hear media specialists discuss their particular type of media. The club was founded as the Ottawa Women's Press Club in 1916. It affiliated four years later with the Canadian Women's Press Club and became its Ottawa branch. The CWPC in turn had been founded in 1904 by 16 Canadian women journalists on a CPR train after covering the St. Louis World Fair for their respective publications. In the 1980s the name was changed to the Media Club of Canada and at the same time the club opened up membership to men.

Let's talk real estate

Lynda Cox



Concerns in the real estate transaction

When buying a house we say "buyer beware." When selling a house we say "disclose everything." Let's talk about environmental/insurance/mortgage issues. Sandy Hill is an old neighbourhood where some and/or all of these concerns may be present.

Mould

Evidence of water infiltration must be examined carefully. The "nose" test comes first. You can smell mildew and where there is mildew, mould is often present. Beware basements that are finished and packed to the rafters with boxes and shelving not allowing close scrutiny of the walls. Look for water marks on the drywall, crumbling parging over the stone foundation, water marks on the cement floor, efflorescence.

Ask questions. Demand statements from the sellers about past water issues. Include a warranty from the seller, in your offer, that there have never been any water problems. Your insurance company must check to see if any claims have been made due to water/flooding. Sometimes water infiltration is a result of a leaky roof, toilet or simply bad grading; investigate everything. Always include a condition stating that your offer is conditional upon an insurance investigation.

Lead

Lead is usually present in older, un-renovated homes. Many streets in the city still have lead water pipes. The City of Ottawa can help you determine if your proposed "new" street has been changed to copper. Your building inspector can tell if your intake pipe to the house is copper or lead. Filters can be used. Water can be tested. Lead should be removed especially if children are going to be living there.

Asbestos

Asbestos was used in most Sandy Hill homes. This is a big issue especially if renovations need to be done. It was often used as insulation around boiler pipes, around ductwork in forced-air heating systems, in floor tiles, in stippled ceilings, in vermiculite attic insulation just to name a few sources. The issue is whether or not the asbestos is friable with particles easily airborne, or is it contained/encapsulated. Are the edges rough or smooth? When it is contained and not disturbed and no renovations are planned, there is somewhat less concern. But some buyers simply refuse to buy a home once any asbestos is found. Proper removal is a very specific process ensuring that no fragments are left in the air. I suggest that whether you see evidence or not make your offer conditional upon having a qualified technician inspect the home and test any substance that is suspect. The test results only take a few days and the cost is minimal. There are several labs in the city that do this type of work. The cost for fully removing asbestos can be significant.

Old wiring

Knob and tube wiring may be found in most of our century-old homes. It was in common use at the turn of the century and right up to mid-century when aluminum wiring became common in the '70s and before copper became the norm. Present owners are grandfathered with

regard to insurance and remortgaging but new owners must have it removed in order to insure and mortgage the home.

Aluminum wiring does not have to be removed but it must be copper-pigtailed at every switch and outlet. This is relatively inexpensive and must be done by a licensed electrical contractor and an Electrical Safety Certificate must be issued when the work is completed. Knob and tube wiring is a much bigger job requiring complete rewiring of the house—very costly! A big 3-storey home could run to \$40,000 for removal and replacement.

Buried oil tanks

They can leak and cause soil contamination. The cost to remediate can be huge. Inspectors look for unidentified holes in the basement floor.

Many of these issues, if present in your newly purchased home, can cause your lender to have difficulty processing your mortgage. Also many insurance companies will refuse to cover homes identified with these issues and/or give the buyer 30 days to remediate.

What are the options for the seller?

- Do a pre-listing inspection. Identify the issues. Hire a respected inspector. Get a written report that can be shared with buyers prior to offer submission.
- Get quotes for remediation from reputable experts to provide to prospective buyers. Remediate before selling then disclose and provide receipts.
- Do nothing and sell "as is". This is often done in estate sales.

What are options for the buyer?

- The buyer's offer can request that the seller have the offending elements removed by a professional and provide the buyer, prior to closing, all the receipts for the work completed.
- During the conditional period get quotes for all the issues noted in your inspection and then do a price adjustment to reflect the expenses you will incur to address the issues (providing you can get insurance and a lender to cover the home while the work is being done).
- Walk away, keep looking.

In the end it is up to each buyer to decide how he/she will proceed. Remember, the conditional period, typically five business days, is for the buyer to investigate/resolve as many issues as possible. At the end of those five days he/she can walk away with no penalty or decide to proceed to closing.

Remember: hire a great inspector, one that primarily deals with older homes; ask lots of questions; do your due diligence. Remember, buyer beware, seller disclose!

Sandy Hill update

Since the June-July IMAGE, there have been three bidding wars in the residential sector: 101 Templeton, 39 Robinson and 226 Goulburn, with payments ranging from \$900 to \$40,500 over the asking price. There have been six in the condo sector: two at 200 Rideau, 230 Fountain Place, 200 Besserer, two at 20 Daly with payments ranging from \$100 - \$15,000 over asking price.

Total Sales: residential 26, condominium 64 with one conditional sale. At present there are 16 active residential and 30 condominium with 3 conditional sales.



Rideau River

DENTAL

General and Cosmetic Dentistry

613-789-0800

A beautiful smile and healthy teeth.

Whiten and brighten your teeth in one visit with **ZOOM** advanced

Please come see us for a **SMILE** consultation.

New patients and emergencies always welcome.

Appointments available on evenings and Saturday

389 Rideau St. (at Friel)
FREE PARKING

- Invisible braces with **Invisalign**
- Intra-oral exam using digital video technology
- Treatment of sensitive teeth
- Full digital X-ray, less radiation - **WE CARE!**
- Bilingual service



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

Upcoming special services and events:

Cantata anthems at all Sunday services in December before Christmas

Monday, December 24: Christmas Eve & Communion Service. 7:30 pm

Men's Breakfast: 8:30 a.m. on 3rd Sunday of the month at Father & Sons Restaurant, 112 Osgoode St. (at King Edward Ave.)

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.

Sandy Hill Seniors' Network Monthly Meeting: First Wednesdays of the month 12-2 pm with interesting program and conversation. Lunch is free, open to all seniors in the community. For details, contact Helen Smith at 613-565-6328, helengsmith@bell.net.

Choir practice: Thursdays at 7:30 pm. New singers welcome; special call for bass singers. To join, contact Paul, Music Director.

Refugee Sponsorship: Partnering with "Everyone's Sister" to privately sponsor a young Syrian woman. Contact Wendy

Odawa Food Bank: Odawa Native Friendship Centre operates a food cupboard out of the church building to serve many in the Aboriginal/Inuit community in Ottawa. Please drop off donations at the church. Contact Odawa for food bank service schedule at 613-722-3811, odawa.on.ca/.

Open Table Outreach and Support for Students: Monthly community meals and gatherings, offered with other churches. facebook.com/theopentable/

Space Rental: Multi-purpose spaces are available for rent throughout the week. Well-maintained, affordable and wheelchair accessible. Good for personal and group events such as meetings, marriages, funerals, memorials, anniversaries, graduation, dance classes, musical & theatrical performances, practice venue for the performance arts, etc. Contact the church office.

Weddings: The church building is a great venue for traditional or contemporary weddings. Our minister Rev Laurie McKnight is also able to preside at all kinds of wedding ceremonies including off-site locations.

Address: 473 Cumberland St. (corner of Daly Avenue) in Sandy Hill 613-237-1821

www.stpaulseastern.com stpaulseastern@rogers.com Find us on Facebook

Ottawa's acclaimed vegetarian restaurant

The Green Door Restaurant

198 Main Street
613-234-9597
www.thegreendoor.ca

Paul Michniewicz
The Subject Master

Tutor for Elementary, High School, and College Students
Mathematics, Chemistry, Physics, Computer Science, and Study Skills/Strategies

Phone: 613 234-3734
Cell: 613 302-9029
pmichnie@hotmail.com

Rent-A-Wife Household Organizers

"Every working person needs a wife!"

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

Laurel 749-2249



Photo: Harlequin Studios

Season's greetings, Sandy Hill! A good bunch of IMAGE volunteers gathered for a year-end celebration on November 24 to kick (schmooze) off the season. Pictured above are many of this paper's contributors. Front—Ken Clavette, Danna Leaman, Maureen Korp, Judy Rinfret, Jane McNamara. Behind the couch—Trina Cooper-Bolam, Diane Beckett, François Bregha, Jane Waterston, Lynda Cox, Bob Whitelaw, John Verbaas. Back row— Clive Branson, Bob Meldrum, John Cockburn, Eric Schiller, David Elden, Yvonne Van Alphen, Frank Heilingbrunner, Ron Hodgson, Michael Barnes, Peter Rinfret, Jan Meldrum. It has been a great year for contributions, new recruits and business development at the paper—and we are truly looking forward to more of the same in 2019! Happy New Year to all our readers, advertisers, distributors, alumni and well-wishers.



ELMWOOD
SCHOOL

INSPIRING GIRLS



WE ARE EXPERTS IN HOW GIRLS LEARN, LEAD AND SUCCEED.

At Elmwood, each girl is encouraged to challenge herself to excel in the classroom, develop confidence and lead with strength. Here, girls learn to be the best students, leaders, and global citizens they can be.

Learn more about our innovative approach to girls' education and book a personal tour at elmwood.ca

- All Girls
- Pre-Kindergarten to Grade 12
- International Baccalaureate World School

(613) 744-7783 | elmwood.ca