



Photo Betsy Mann

The stone and brick building at the corner of Cumberland and Besserer housed a grocery store 90 years ago. At the time, it was managed by Robert Doctor, who also lived in the building. It had become an IGA store by 1935, the year when Bastien and Archambault, Optometrists moved to this location from Nicholas Street. The Bastien name (another generation) remains on this long-time business.



Photo Betsy Mann

Chris Evans and Clara Winer found this calendar in the walls of their Blackburn Avenue home recently while doing major renovations. Framed, it now decorates their new kitchen, a reminder of the neighbourhood's history.



Photo Betsy Mann

There's a reason we call them "corner stores"; the intersection of two streets still makes for a prime location. The angled front on this recently renovated building at the corner of Wilbrod and Friel is the clue that there was once a doorway into a store here. In the 1920s, Samuel Cohen had a confectionery shop and also lived at this address.

It's Heritage Month!

Directories reveal Sandy Hill shops of yesteryear

Betsy Mann

"Ground floor commercial"—words we often see on those big white panels that announce requests for adjustments to current zoning requirements in front of buildings slated for renovations or demolition. Presumably developers have concluded that they can increase their revenues by combining commercial and residential uses in their properties. A look at old City Directories reveals that this is hardly a new phenomenon. In fact, a hundred years ago many residents of Sandy Hill were profiting from the opportunities for "ground floor commercial" enterprises.

Zoning restrictions were doubtless less stringent in those days. A family might decide to increase its revenue by turning its front parlour into a little shop. When a customer opened the front door, a bell would ring and the woman of the house, home with the children, would emerge from her kitchen to make the sale from her small stock of essential sundries and canned goods. Her customer would probably be a neighbour; cars were rare and people shopped frequently and close to home. One such shop persisted into the mid-1980s. Mrs. Farmer sold supplements, health food products and whole wheat bread from a local bakery out of her front room at 280 Nelson St. under the name "Ottawa Health Aids." The house has since reverted to purely residential use, its mansard roof, once fire-engine red, now painted a sedate black.

Even in the case of larger and better-stocked grocery stores, the owner frequently lived in the same building or nearby. For instance, in 1923, the Guillet Brothers, Hilary and Modeste, had a grocery store at 316 Nelson Street; they and their families lived across the street at 363 Nelson. The grocery store has been replaced by a parking lot for l'École Francojeunesse and a low-rise apartment building has taken the place of their house. In 1915, two families ran the Gordon and Levinson grocery at 236

Somerset East. Max Levinson's home address was the same as the store's; Bert Gordon lived in the same building, but his address was around the corner at 402 Chapel. This building now houses apartments and, until recently, a laundromat on the ground floor—still commercial, though not a store. There were many of these small grocery stores dotted all over Sandy Hill in the early years of the 20th century, most of them owned or run by individual proprietors. An exception was a branch of Dominion Stores at 118 Osgoode St. Even this could not have been a very large business; it occupied the space that is now the parking lot beside Father and Sons restaurant.

Apart from grocery stores, pharmacies and drugstores were the most common businesses. McGrory's Drug Store was located at 120 Osgoode, next to the Dominion store. It is now a convenience store, but two other drug stores have main-

tained their vocation. Since at least 1909, there has been a drug store at 390 Rideau Street, where the Rideau Pharmacy is now located. What is now the Guardian Medical Pharmacy at the corner of Rideau and Charlotte began in 1912; for many years successive owners lived next door at 578 Rideau. Another Sandy Hill pharmacy has moved several times, but has kept its name. Arthur Frank Astley opened his pharmacy in 1916 at 80 Henderson, on the corner of Osgoode where there has been a hair salon for many years. By 1923, he had moved his business two blocks away to 244 Laurier, tucked into the side of the house at the corner of Laurier and Nelson. He was still practising there in the 1970s, standing behind his dark wooden counter in front of the rows of bottles full of mysterious ingredients essential to his work as a compounding pharmacist. He retired in 1976, and the pharmacist who succeeded him modernized the business. Unable to

expand its dimensions in the old location, Astley's Pharmacy later moved to its current spot at 423 Rideau. The corner location at 244 Laurier eventually went through a number of incarnations as a pub and restaurant, but is now vacant.

Someone looking for a restaurant in Sandy Hill one hundred years ago would have gone hungry. Residents who wanted to eat or drink away from home—a rarer experience at that time than it is today—would go to a hotel dining room or a tavern. Such establishments generally clustered around the railway station, the ByWard Market and Lowertown. Times and habits have changed, and now there are lots of places to get a bite to eat, a cup of coffee or a drink without leaving our neighbourhood. Some of these businesses occupy spaces that had other commercial uses in the past. The Sandy Hill Lounge and Grill, on the ground floor of the house at the corner of Blackburn and Somerset East, was home to the Blackburn Food Store in 1948. Where we see the Happy Goat Coffee Company today was once Thomas Collins' grocery store. Mr. Collins lived next door, at 315 Wilbrod, where we now find a laundromat. In 1909, people who wanted their washing done might take it to the "Chinese laundry" a few doors down at 321 Wilbrod. No personal name is attached to this business in the City Directory, as is the case for the nine anonymous "Chinese restaurants" listed in Ottawa in the 1916 Directory.

One of the last owner-occupied, family-run businesses in Sandy Hill was Ayoub's Minimart. The Chahine family retired in 2016 after over 40 years of living in and serving the community. Safi Fine Foods has opened in the same location. Although he does not live upstairs, Operations Manager Mohamed Ali Abdo is carrying on the tradition of an independent neighbourhood grocery store—just kitty-corner from the former Blackburn Food Store. Let's hope that some of the "ground floor commercial" enterprises proposed on those big white panels turn out to add other interesting services within walking distance for Sandy Hill residents.

Reminder: VALENTINE'S DAY Feb. 14 • FAMILY DAY Feb. 18



Talia and Eric Goodwin enjoy time out on Adawe Crossing. Photo Kathleen Kelly

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

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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.

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Deadline

Reserve advertising space or let us know you have a text or photo by

March 25, 2019

(target delivery April 10-13)

Date de tombée

Publicité, articles, photos et autres soumissions

le 25 mars, 2019

(livraison prévue le 10 à 13 avril)

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?

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From Ken Clavette's Album of Bygone Sandy Hill

If you enjoy this photo column of Sandy Hill's past you should join the "Growing up in Sandy Hill" Facebook group. It's full of photos and memories of our neighbourhood over the years. Hockey has always been a winter pastime for kids, be it playing shinny at the Sandy Hill Park rink or as members of an organized team. Here are just two photos of the many teams from bygone Sandy Hill that you'll find at the site.

This Strathcona Sports Club photo from 1957 was posted by Michael McCann.



Denis Roy posted this photo of the 1972-73 Sandy Hill team of Strathcona Legion Branch 595. Some of those in the photo are; Larry Bertuzzi (Coach), Denis Roy, Marc Laflamme, Mark Fox, George Chiappa, Steve and Danny Malette, John Kelly.



Does anyone remember the names of players from these teams? Join the Facebook group and help to identify them.



VOLUNTEER OPPORTUNITIES

IMAGE is seeking, for the rest of 2019 at least

- A "City Hall sherpa" who will make sure copies of the paper get to the Information Desk and councillors' office as soon as each issue comes out.
 - A "Bulletin Board Editor" to maintain an eclectic list of events within walking distance of here.
- To volunteer for these positions, please contact the editor (see box, left) by the March 25 deadline.

Chez Lucien

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4. IMAGE 17 February 1974

DRUG USE

DRUG USE

by Diane Wood

Have you bought aspirin in the last 2 weeks? Look in your medicine chest: do you have cough syrups, cold tablets, laxatives, Alka Seltzer, Tums, Rolaids or other stomach preparations, vitamins with iron, nose sprays or nose drops, tranquilizers, boric acid, mineral oil? Do you really need them all?

These seemingly harmful drugs can be potentially a hazard to your health and that of your family. Used cautiously and sparingly these over-the-counter remedies can be helpful for short-term medical problems. Used over a long period of time, or taken with alcohol they can cause serious harm to your health. They can become mentally and physically habit forming.

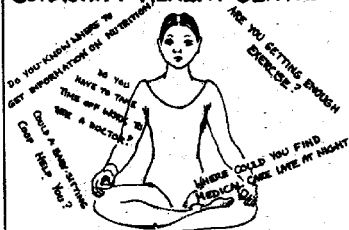
In 1972 Canadians bought enough aspirin to give 125 tablets to every man, woman and child. Stop and think about these facts about aspirin.

- it irritates the stomach lining and should not be taken for stomach pain or by people with ulcers,
- overuse for a long time may produce kidney damage and blood disorders,
- some contain codeine (219's, 222's, some cough syrups etc.) which may produce physical dependency (addiction)
- DO NOT** mix pain killers containing codeine with alcohol or with tranquilizers or other pills,
- headache tablets **SHOULD NOT** be used as tonics or sleeping aids; they may become a habit that is hard to break.

As for cough syrups, laxatives, and antacids for stomach upsets:

- cough syrups and nose drops become as effective if they are overused; they may actually make you feel worse,

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- cold pills (Contac C etc.) taken with tranquilizers, alcohol or similar drugs dangerously increase their effect,
- laxatives, used daily interfere with normal bowel movement and can lead to chronic constipation - instead eat raw fruits and vegetables, bran cereals and prunes, get plenty of exercise,
- mineral oil used as a laxative may stop the body from absorbing essential vitamins,
- antacids (Rolaids, Tums, Alka Seltzer, etc.) if used regularly for "heartburn or acid indigestion", upset the normal acid balance in the stomach and the stomach becomes dependant on them. See your doctor if you have a continuing problem.

Vitamin pills that contain much more than daily recommended dose of vitamins in each pill are a waste of money. The body excretes any extra vitamins. **VITAMINS WITH IRON ARE A SAFETY HAZARD TO YOUNG CHILDREN. AN OVERDOSE CAN SERIOUSLY HARM A CHILD. KEEP THEM OUT OF REACH OR LOCKED UP.**

Borax and honey and other teething preparations containing boric acid and sodium borate have been removed from sale in Canada. Dispose of any such products in your home. Do not apply ointments, lotions or powders containing these ingredients to the skin of young children.

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BABY-SITTING CO-OP

One way to help the family budget and give yourself some free time as well is to join a baby-sitting cooperative. This means a group of parents agree to exchange baby-sitting services. But, instead of depending on haphazard arrangements, a co-op provides an organized clearinghouse that makes these arrangements much easier. And you don't pay a cent. Instead, you run up points that determine how much baby-sitting you owe in return.

Here's how a co-op works: Say you need a sitter for Wednesday night for two of your children. You can call the secretary (members usually serve in that capacity on a monthly rotating basis), telling her when you will need a sitter and for approximately how many hours. The secretary then calls one of the other members to see if she can sit for you. Once a sitter is found, the two of you confirm arrangements with each other. The secretary keeps the records of points earned and points paid out by members. To get you a sitter, she usually starts with the person most "in debt" in the co-op. If that member cannot sit, the secretary calls someone else. After the "sit" takes place, you call the secretary and report the exact number of hours involved. She then credits the sitter with the correct number of points, and subtracts the same number from your total. Usually a sitter earns one point per hour per child.

Interested? Call Frances Blaine 234-7563. Organizing meeting to be held on Thursday, Feb 21 at 8:00 p.m., at the Histradut Center, 292 Laurier, in conjunction with Health Center meeting.

dental dilemma

APOLLONIUS, a graduate dentist in the Ottawa-Carleton area

Statistics Canada revealed another jump in the cost of living last month. Sugar increased in price by about one third of its December cost.

This price increase may well be a blessing in disguise. If you recall what plaque is you will be aware that there swims in the plaque certain bacteria which produce acid. As the acid collects through the day, it becomes strong enough to attack the teeth, eroding them to form cavities.

The acid-producing bacteria need sugar. They can 'eat' nothing but sugar. There is no substitute in the diet of a bacterium for sugar. They must have sugar to live; without it they die. People can live without sugar; in fact people produce their own sugar in the blood stream from any food which is eaten.

The sugar-consuming bacteria form a waste product after they 'eat' the sugar. This waste product is acid. If we brush to destroy plaque daily there is less chance of acid becoming strong enough to cause cavities.

If there is less sugar then less acid is formed. Thus, if the recent price increase in sugar results in people eating less sugar, the rise in price of sugar may be seen as a good thing.

By the way, would you believe that a 10 cent candy bar between meals can cause about \$1.00 worth of dental repair?

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.

Mystery revealed...

The IMAGination photo in our December edition was of the campus' new Learning Crossroads building at 65 University Private, adjacent to Lamoureux Hall. In January, students started using new individual and group study spaces that can accommodate over 1,000 people, including 15 group study rooms and three classrooms.

Photos Bob Whitelaw



You've
been
flagged



Plastics: education and persuasion not bans

I'd like to offer another perspective on plastic—a constructive one—to contrast with that of Eric Schiller in the December edition. If I wanted to thoroughly explain all the ways the inventors and entrepreneurs and businessmen who have brought us plastic have improved our lives I would need a collection of books to do so.

From the plastics that make up much of the computer I am typing this letter on, to the wireless router in another room, the shielding on the cable that connects my house to the world wide web, my ability to exchange ideas with the whole world would be impossible without plastics.

Plastics are widely used in medicine.

Our food supply is greatly enhanced through the use of plastics.

It is easy to take for granted the hundred or thousand plastic items all around my house that improve my life every day.

A call for the elimination of plastic bottles through political means is a move towards dictatorship. When I, a living, thinking, reasoning and relatively free human being, have decided to buy water in a safe, portable and inexpensive plastic bottle, by what right does anyone else forbid me to do so? Who is to decide if the bottle is needed if not the individual buying it?

If you wish to deal with me as a human being, use reason, education and persuasion to show me a way that I can see is better for my life and don't threaten me with government-enforced bans.

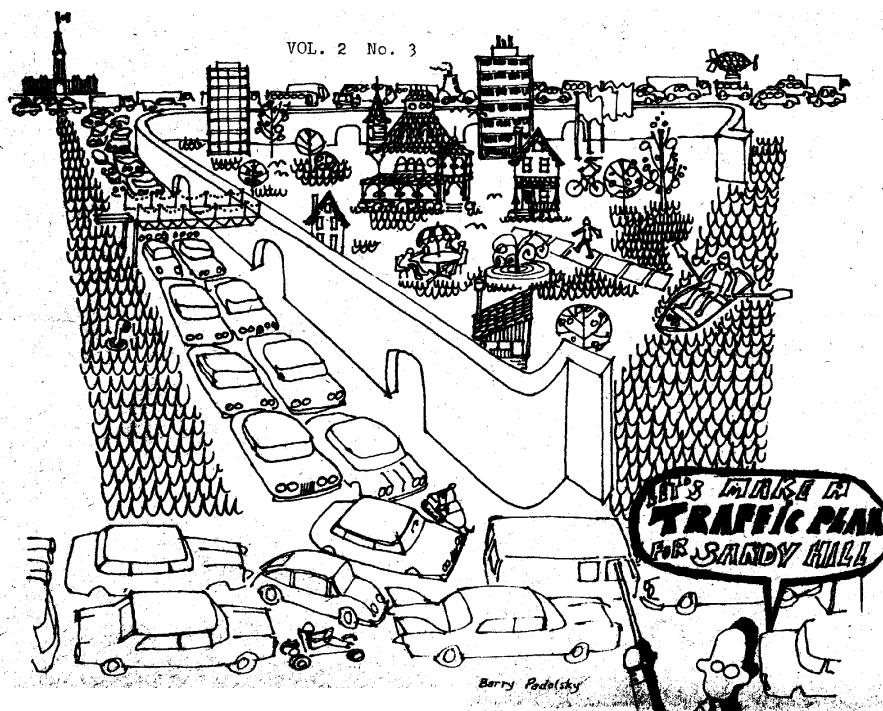
David McGruer
Nelson Street

Where were you in 1974? IMAGE was cutting its teeth.

IMAGE newspaper was entering its second year of publication and here is a sample page, laboriously typed out in columns on a manual typewriter, from its February issue (above). Check out the elegant ad for Ottawa Health Aids, one of those "ground floor commercial" shops you read about on page 1.

The March 1974 issue's front page bore a scene-setting cartoon from someone who has stayed around to see what happened, architect Barry Padolsky.

Meanwhile, Jules Léger was sworn in as Governor General, Global Television began broadcasting, Mikhail Baryshnikov defected, New Brunswick became the first bilingual province and French became the official language of Quebec, the RCMP accepted female recruits, the LeDain commission argued marijuana should be legal and — oh yes — Trudeau Liberals won a federal election and a president was impeached in the U.S.





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

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A tale of two embassies

In the 1980s, both Thailand and Uganda opened embassies in existing houses in Ottawa, the former on Island Park Drive, the latter on Wilbrod Street in Sandy Hill. Some thirty years later, both countries applied to the City of Ottawa to demolish their embassies and replace them with low-rise purpose-built office buildings. In both cases, local residents opposed the demolition and the construction of an office building in a residential area. Last year, the city granted Uganda its request (Action Sandy Hill has since appealed to the Local Planning Appeal Tribunal) but recently the Planning Committee of Council has denied Thailand's request, using some of the same arguments that ASH had used. While City planners argue that each case is unique, what city residents see is the seemingly-arbitrary nature of city planning. If councillors can reach opposite conclusions on two almost identical issues less than one year apart, what confidence can we have in their stewardship of our city?

François Bregha
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Traffic
calming
January-style
in Sandy Hill.

Photo
Paula Kelsall



Illustration Phil Caron

Winter – bah, humbug.



Photo Bob Whitelaw

Two lonely Muskoka chairs waiting for spring to arrive.



Photo Peter Rinfret

At the edge of the Rideau River, this fox turned up at 7 a.m. on January 25 and rested for about an hour until a chipmunk ran by.... The fox lost the chipmunk in the snow...then he/she wandered off.

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Newsbites

Ottawa bylaw amendment for cannabis production and cultivation coming soon

In response to the terms of the 2017 *Ontario Cannabis Control Act*, the City of Ottawa will amend applicable zoning bylaws to:

- rename “Medical marijuana production facility” to “Cannabis cultivation and production facility”
- specify that outdoor cultivation including “micro cultivation and processing” may be permitted in specific zones.

Amendments to these bylaws will be considered by both Planning Committee and Agricultural and Rural Affairs Committee. Decisions are expected by 2 May 2019.

Direct any questions and comments to Jacob.saltiel@ottawa.ca add File No. D02-02-18-0014 in the subject line. Telephone: 613-580-2424, ext. 13465. — *Larry Newman*

Action Sandy Hill notebook

The board of Action Sandy Hill met at the community centre on January 28. They received year-end reports from active committees, Sebastien Lemay of the Ottawa Police, Councillor Mathieu Fleury and treasurer Megan Reilkoff.

Bylaw report for November and December, 2018

During December 2018 and January 2019, the City bylaw officers inspected 32 potential violations of noise and waste-related infractions in Sandy Hill. This resulted in 19 violation notices issued. The bottom line, encouraging to ASH directors, was 7 charges laid.

Sandy Hill crime statistics for 2018

These numbers and trends for Sandy Hill, including the university campus, are now on the books.

- Robberies, involving two or more suspects — 7, down from 12 in 2017
- Sexual assaults, with one or more perpetrators — 39, up from 22 in 2017
- Break and enters, businesses — 36, up from 23 in 2017
- Break and enters, residences—70, down from 74 in 2017
- Bicycle theft — 111, up from 73 in 2017
- Vehicle theft — 131, up from 93 in 2017
- Apprehensions under the *Mental Health Act* — 48, up from 25 in 2017.

People should call 911 if there is a crime in progress, or 613 236-1222, ext 7300 to report a crime that has happened.

Nicholas and Laurier excavation

A round of work is ongoing just east of the Laurier Ave. bridge, where workers are stabilizing the bedrock level at the site of the sinkhole that appeared so dramatically during the spring melt in 2014.

Open house coming re Range Rd. improvements

City staff will organize an open house at the Youville Centre on Mann Avenue at the end of February about construction and parking changes proposed for Range Road, Templeton, Mann and Russell.

Light rail

The new line is expected, currently, on April 1. The opening must be preceded by 12 days of continuous, mistake-free operation. When the service does open, there will be a month of “parallel” bus and LRT operations and a gradual reimplementation of the Lees Avenue on-ramp and other LRT construction-related “temporary” measures. The dénouement will also include the completion of Rideau Street features between Dalhousie and Sussex, such as the William Street pedestrian mall and permanent bus stops.

Panda game debrief

An upcoming Town and Gown meeting in February will consider the impact on our neighbourhood of last October’s Panda football game between uOttawa and Carleton. Pre-game revels, starting at 9 a.m. along Russell Avenue, were controlled by police on sidewalks and street, but in many cases just moved onto private property. As the pre-game party is not a legal or official event, no one applied to close the street to traffic or attempted to move it onto the university campus. Action Sandy Hill seeks recommendations on additional measures to improve neighbourhood safety.

New Block Rep

John Fung is the newest neighbourhood recruit, to be ASH’s go-to person for his block on Blackburn Avenue. He will distribute timely information, encourage feedback and keep the folks on his block in touch with shared concerns. Fung signed up at a Sandy Hill 5-7 at allsaints’ Working Title café in January. A place living up to its name.

ASH in the black

The treasurer’s year-end report notes a balance of \$16,512 in the ASH current account; \$26,707 in the Homestead account earmarked for improvements to Strathcona Park, and \$1,787 from the One + Only craft sale to be shared between Awesome Arts and the Strathcona Heights Homework Club.

— *Jane Waterston*

Demolition by neglect

The houses at 199 and 201 Wilbrod (in the photo at right, taken in 2012 before a construction fence was added around the property) have been a Sandy Hill eyesore for a very long time. After many complaints, the City took the owners (Gor-Fay Realty Company Limited) to court over various Building Code violations. On January 31, the Provincial Offences Court dismissed the charges, finding that the defendants had demonstrated due diligence in attempting to comply with various Building Code orders.

City staff is reviewing the decision to determine what next steps to take to address compliance.

— *François Bregha*



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

Urban Budget Consultation and Winter Parking Reminder

You are cordially invited to #BudgetSpeak, our urban budget consultation. Budget Speak is an interactive opportunity to provide input on the City’s 2019 budget. It is taking place on Wednesday, February 13, 2019 from 6 to 8 p.m at City Hall 110 Laurier Avenue West. At BudgetSpeak, residents of the five urban wards will have an opportunity to learn about Ottawa’s budgeting process and participate in roundtable discussions on how the City’s 2019 budget should address two key priority areas:

1. Transit
2. Housing

BudgetSpeak is hosted by Team Fleury as well as Councillors Leiper, McKenney, Menard and Rideau-Rockcliffe Ward. We hope you can join us at this event and have your say about the 2019 budget.

As a reminder, during winter parking bans, residents are allowed to park their cars in the Strathcona parking lot between 10 pm and 7 am or at the University of Ottawa parking garage (33 Mann Ave) between 10 pm and 6:30 am. Please ensure you remove your car before the morning deadlines to avoid tickets.

Even if you have an on-street parking permit we encourage you to take advantage of these free parking locations. Overnight snow plowing operations are much simpler when cars are off the streets. You will notice an improvement in the snow clearing efforts on your street.

MATHIEUFLEURY.CA | @MATHIEUFLEURY
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Snow Moles help improve winter walking conditions

Snow Moles are volunteers who report on what it’s like to walk outside on a winter day in Ottawa. The information they gather will be used by the Council on Aging of Ottawa (COA) to inform the City and others of ways that winter walkability can and should be improved. Let the city know when you find it difficult to walk in our neighbourhood because of inadequate snow or ice clearing. Use the easy snow mole form found on The COA website: <https://coaottawa.ca/>



The Wolf Moon captured on January 20, before the eclipse.

Photo Kathleen Kelly



Mona Fortier Députée | MP Ottawa—Vanier

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Venez célébrer la **Journée de la famille 2019** avec Nathalie Des Rosiers, députée provinciale et moi, députée fédérale pour Ottawa-Vanier!

Le 18 février 2019, de 13 h à 16 h, Salle de quilles du Centre francophone de Vanier au 270 av. Marier

Joignez-vous à nous pour un après-midi de quilles et de jeux de société en famille ! Les parties et la location de souliers seront gratuites. SVP, confirmez votre participation au lien suivant : www.monafortier.ca/events.

Le mois dernier, Santé Canada a dévoilé un nouveau **Guide alimentaire canadien** qui fournit des directives et conseils au sujet d'une bonne alimentation. N'étant plus un document générique, le guide est maintenant une collection de ressources qui peuvent aider une variété d'utilisateurs ! Il met l'accent sur le fait qu'une saine alimentation ne se limite pas aux aliments qui sont consommés.

Compte tenu du rythme de vie des Canadiens, le guide est maintenant sous la forme d'une application Web conviviale. De cette façon, tout le monde peut accéder à l'information sur la saine alimentation de partout. Vous pouvez consulter le guide, des conseils pratiques, des recettes et beaucoup plus à ce lien : <https://guide-alimentaire.canada.ca/fr/>

Comme toujours, mon **bureau de circonscription** est là pour vous appuyer dans vos échanges avec les services fédéraux. Il est ouvert du lundi au jeudi de 9 h à 17 h et le vendredi de 9 h à 16 h 30. Communiquez avec nous au 613-998-1860 ou envoyez un courriel à mona.fortier@parl.gc.ca.

Come celebrate **Family Day 2019** with Ottawa-Vanier MPP Nathalie Des Rosiers and myself!

**February 18, 2019
1:00-4:00 pm
Vanier Francophone Centre
Bowling Alley
270 Marier Ave.**

Join us for an afternoon of bowling and board games with your family! Games and shoe rentals will be free! Please RSVP at: www.monafortier.ca/events.

Last month Health Canada unveiled an updated, **Canada Food Guide** that provides guidelines and advice on healthy eating. No longer a "one size fits all" document, the guide is now an online collection of resources to help a variety of users! It emphasizes that healthy eating goes beyond just the foods you eat.

To keep up with busy lives, the guide is now in the form of a mobile-friendly web application. This way, everyone can access information on healthy eating from anywhere! You can consult the guide, concrete advice, recipes, and much more at this link: www.Canada.ca/FoodGuide

As always, my **constituency office** is there to help you with any interactions with federal services. It is open Monday to Thursday from 9 to 5, and Friday from 9 to 4:30. Give us a call at 613-998-1860, or send an email to mona.fortier@parl.gc.ca.



A 5.7 acre property in Sandy Hill for sale?

Larry Newman

Well, it's too late to buy it because it was just sold. A brokerage firm, Cushman & Wakefield, had advertised that bids would be accepted on January 10, 2019 for this large property at 2 Robinson Avenue. It has a single building on it that has been referred to as the Iranian Cultural Centre.

I called the Cushman & Wakefield, Capital Markets Group broker to ask who bought the property and how much was paid. Would you believe that he wouldn't tell me anything? These people from New York!

I should have asked why it was being sold. The answer might have led to the interesting story pointed out to me by Jeremy Silburt, a Sandy Hill developer.

The story starts in 1986 in Beirut, Lebanon. Two Americans, Joseph Cicippio and Edward Tracy were kidnapped and tortured by Hezbollah, the Lebanese paramilitary and political group sponsored by Iran. They were released in 1991. Since that time, both men have sued Iran in a U.S. court and received multi-million dollar judgments. However, they had not been able to collect on these judgments.

These men then took advantage of a 2012 Canadian law called Justice for the Victims of Terrorism and sued Iran, including the Revolutionary Guard, for the kidnapping and torture they experienced. Canadian law allowed this suit because the Iranian accounts and the properties that were identified by the plaintiffs were found not to have diplomatic status. In fact, they were disguised by the Iranian government in holding companies not easily identified with Iran, apparently to avoid sanctions.

In 2014, an Ontario judge ordered the seizure of more than \$7 million worth of these Iranian assets. The specific lan-

guage of the court "resulted in the granting of a Mareva injunction to restrain Iran/MIS from dissipating two properties: 290 Sheppard Avenue West, Toronto and 2 Robinson Avenue, Ottawa." In this Canadian judgment, Tracy and Cicippio as well as other victims of the Iranian regime were awarded substantial settlements resulting from the Ontario judgment.

So now we know why the property is being sold. We still don't know to whom but we know something about how it was advertised. It is "...a dynamic 5.7-acre development site strategically located in the University of Ottawa Robinson/Station Precinct, between the University's main campus and Lees campus. The Property is zoned Transit-Oriented Development, steps from Lees LRT Station, and features +/-900,000 square feet of as-of-right development capacity in the Lees Station/ University of Ottawa node." The advertising brochure also says, "Transit-Oriented Development Opportunity on the Apron of the University of Ottawa." I like the apron part.

What is transit-oriented development? The City says, "In anticipation of land development pressure in proximity to the LRT stations, City Council has established priority areas for the creation of transit-oriented development (TOD) plans." That means high rises near the LRT stations and very little parking within 600 metres of the station. Everyone is expected to walk to the LRT, as if the LRT will go everywhere one needs to go.

As a comparison to #2 Robinson's development capacity of 900,000 sq. ft., the Rideau Centre advertises 1,500,000 sq. ft. of retail space and the St. Laurent Shopping Centre describes its capacity as 971,000 sq. ft. It's unclear whether that includes parking.

It is also unclear what plans the buyer of the property has for it. But I'll keep digging—stay tuned.

Three applications for a total of 149 units in Robinson Village

Larry Newman

Three development organizations called Robinson Village I, II, and III Limited Partnership (RVI,II,III) have applied to construct three buildings in Robinson Village featuring a total of 149 units. These buildings will occupy the current addresses, 17, 19, 23, 27, 29, 31, 130, 134, and 138 Robinson Avenue. A typical building is shown at right.

Residents of Robinson Village met recently to discuss these applications. Two main issues were raised: parking and traffic, and accommodations.

Residents felt that parking is at capacity in Robinson Village. In winter, when snow is plowed and occasionally removed, Robinson Avenue turns into a one-way street. This problem is expected to be compounded by the addition of 149 more units with no allowance for resident parking at these buildings.

There is also the issue of location and access. Robinson Village is served by only one intersection with the rest of the world. With at least 149 more residents, even with no off-street parking, there will surely be more cars in Robinson Village. With more traffic, there will be long lines to access Robinson Avenue from Lees. Should there be a traffic light at this intersection? Should upgrading of this intersection be part of the application?

These RVI,II,III buildings have an amazing number of studio apartments. This means to residents that they will be facing the same problems that the rest of Sandy Hill is experiencing with bunk-houses: excessive noise and garbage and increasing lack of diversity. These buildings are essentially dormitories disguised as low-rise apartments.

The urban planners, Fotenn Planning and Design, state in the application that City officials had tasked them with creating a Robinson Village Community

Building Plan "to provide additional context for future development proposals... in response to recent and anticipated development." It seems clear to residents of Robinson Village that more development is coming. The big question is, "Why wasn't the Robinson Village Community Building Plan created before this onslaught of dormitories?" And— is Fotenn not the fox asked to guard the chickens?

Fotenn has announced in their Planning Rationale that the Building Plan is in draft form at the present time and must traverse an evolutionary path through City Planning and consultation before release. More about this development will be re-



ported when IMAGE gets a chance to see this plan.

Now is the time to comment on these applications. Call or write Planner Andrew McCreight, andrew.mcCreight@ottawa.ca, 613-580-2424 x22568. Also, look for an announcement for consultation on these developments soon. It's the next step.

Eye on Development



Application by TCU to build a four-storey apartment at 244 Fountain Place

Larry Newman

TCU is an Ottawa development company that has bought properties in Sandy Hill and built modern, boxy looking buildings, primarily purpose-built for students. They have recently applied to build a low rise apartment building on Fountain Place (near Cummings Bridge) in Sandy Hill. The application includes a proposed zoning bylaw amendment and a site plan control application.

Several development applications have been made for this property, none of which have passed the City's planning department scrutiny, not to mention the critical eyes of the directors of Action Sandy Hill.

The current proposal is for a four storey, 27-unit building comprising 19 one bedroom, five studio, and three two bedroom units. In the drawing above the TCU building is on the right.

The proposed building appears to have brick walls on the front and north side, with what looks like a flat surface of metal or concrete panels painted a flat black on the south and west sides. The rear of the property slopes up to the park at the end of Besserer Street.

This is not a building that can be built as-of-right, that is without petitioning for zoning exceptions. For example, the current zoning permits a building of this height but requires a lot width of at least 18 metres. This lot is 13.8 m wide.

As the rear of the lot shares a slope with Besserer Park, the proposed construction

requires a seven metre retaining wall to keep parts of the park from sliding into the building. TCU proposes a series of wood retaining walls to prevent the slope from eroding.

The residents of the adjacent property in 250 Fountain Place have successfully resisted an earlier TCU proposal (2016) for many of the same reasons they resist today. Before the TCU applications, there were proposals submitted by two other developers that had similarly failed. Neighbours have written a letter detailing several reasons for the City to deny the TCU application. Among these are the following:

- the aforementioned lack of minimum required lot width;
- the proposed building creates shade and privacy concerns on the north side of 250 Fountain;
- although zoning rules require 10 parking spaces, TCU proposes none;
- adverse construction effects on residents of adjoining Besserer Street due to only marginally stable clay soils;
- garbage storage for 39 residents is inside the building but in the rear requiring it to be manually moved to the curb in the narrow area between the buildings;
- total amenity space is legally adequate but 40% is hardly usable as it is 1.5 m wide: most of it will be a path to enable garbage to be taken to the curb

The City's development review planners are always pleased to receive community feedback. The planner for this site is Ann O'Connor, 613-580-2424 x12658 or Ann.O'Connor@ottawa.ca.



Nathalie Des Rosiers

MPP / députée Ottawa-Vanier



Chers résidents et résidentes d'Ottawa-Vanier

N'hésitez jamais à me faire part de vos commentaires relativement aux enjeux provinciaux. La session législative se poursuivra d'ici peu et il est important pour moi de bien comprendre ce qui vous préoccupe. Entre autres, j'ai récemment organisé des tables rondes sur les questions touchant les aînés ainsi que sur le logement. Même si vous n'avez pas eu la chance d'y participer, j'apprécie toujours vos commentaires sur ces sujets.

Certaines de nos discussions lors de la prochaine session porteront sur les prêts étudiants et les frais de scolarité. Je sais que ceci est un sujet important pour plusieurs d'entre vous, donc n'hésitez pas à me partager votre opinion. D'autres discussions porteront sur les questions environnementales, telles que la protection de l'eau et de la Ceinture verte et telles que les déchets. Je déposerai un projet de loi pour traiter de la gestion des sacs de plastique et de leur impact sur nos lacs, rivières et océans.

De plus, le gouvernement conservateur a continué à tenir, en janvier, des consultations budgétaires pour présenter son budget en mars. Si vous avez fait ou ferez des présentations dans le cadre de ces consultations, il me fera plaisir de les reprendre devant la Chambre. Faites-les moi parvenir. Si vous avez des inquiétudes en rapport au budget, n'hésitez pas à m'appeler.

Je suis à votre service et veux continuer de bien vous représenter : je soutiens activement toutes les institutions qui ont pignon sur rue dans le comté d'Ottawa-Vanier ainsi que tous mes concitoyens et concitoyennes de notre belle région d'Ottawa.

En terminant, je vous invite à notre journée de quilles et jeux de société le 18 février prochain dans le cadre des festivités de la Journée de la famille. Venez jouer avec nous! Contactez mon bureau pour plus de détails.

Dear constituents

Please do not hesitate to share with me your comments relating to provincial issues. The legislative session will resume shortly, and it is important for me to understand your preoccupations. Among other topics, I have recently held roundtable discussions on seniors' issues and on housing issues in Ottawa-Vanier. Even if you were unable to participate, I am happy to receive your input.

Some of our debates for the next session will be on topics such as student loans and tuition. I know that this is an important topic for many of you, so don't hesitate to share with me your thoughts on this. Other debates will be on environmental questions such as the protection of drinking water and the Greenbelt, as well as proper waste management. I will be presenting a Private Member's Bill addressing the management of plastic bags and their impact on our lakes, rivers and oceans.

Additionally, the Conservative Government's budget consultations continued in January, and they will present their budget in March. If you have made presentations during these consultations, it would be my pleasure to present them again in the House. Feel free to send them to my office. If you have any concerns with respect to the budget, let me know.

I am at your service, and want to continue to represent you well: I actively support all institutions that are located in the riding of Ottawa-Vanier, as well as all my fellow residents of the beautiful Ottawa region.

In closing, I invite you to an afternoon of bowling and board games on Family Day, February 18th 2019! Contact my office for more details.

Constituency Office / Bureau de circonscription

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What Our Clients Say:

Thank you both for your hard work and sound advice over the past 6 weeks. In the past 8 years I have purchased 5 properties and sold 2, using 6 different agents and firms. I have consistently found myself disappointed in work ethics, attention to detail and communication skills during previous transactions. However, these weaknesses I had experienced were not present during this transaction. I want to thank you both for being so thorough and making sure we looked at everything. I'm sure it was not the largest, nor the simplest deal you've ever done, but I feel this property was the perfect fit for my humble real estate portfolio. TJH.



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Natalie Belovic

Sandy Hill building uses innovative light steel framing

Bob Whitelaw

A pre-engineered building using light steel frames is currently under construction at the northeast corner of Templeton Street and Henderson Avenue in Sandy Hill. The work has created considerable interest at the site, says Cory Vieira, Director of Operations at INOTEK Structures, Inc. Montreal.

The light steel frames replace traditional wood frames and studs with pre-assembled walls, flooring, ceiling and roofing units ready to be lifted by a crane and assembled on site. Most days 35 to 40 light steel panels arrive from the company's Montreal manufacturing and assembly plant. At the plant coils of light steel received from Toronto are put in smart rollers and formed into studs and joists which are then panelized for delivery and installation at the job site. Other parts include trusses and rafters which are assembled with the wall and roof panels.

Building work on site is expected to take eight weeks with a crew of four to six men including the crane operator and assembly workers. The four-storey building includes a prefabricated elevator shaft using hot rolled steel, often referred as red iron steel, and a concrete foundation at street level. Additional staff are preparing the walls and flooring at the Montreal plant for shipping to the Sandy Hill site where the crane quickly moves the pre-assembled pieces to the exact location based on the architect's plans.

Mr. Vieira explains that the factory approach of INOTEK optimizes the use of materials and resources in the factory and on the job site. The goal is to minimize factory and job site waste and reduce the overall amount of material sent to landfills.

Sandy Hill is seeing an increased number of buildings that are designed either as LEED or use LEED principles. LEED refers to the use of environmentally friendly approaches to new constructions and is the acronym for Leadership in Energy and Environmental Design—a green building rating system. The goal is to create a sustainable, highly efficient and cost-saving building.

For example, the structures at the building site in Sandy Hill are manufactured according to the project needs in a large warehouse protected from weather conditions. This approach allows designers to create specific architectural elements for projects, and apply new construction methods and materials. Additionally, all the studs and joists used for this project are manufactured with steel containing a minimum of 70% recycled steel or content, which can be further recycled 100% at the end of the building's life cycle. An added benefit, says Mr. Vieira, is that in using steel, the structure becomes completely incombustible and, due to its inorganic chemical composition, is resistant to termites, mold, and rot, minimizing maintenance costs over its life cycle.

Unlike the traditional onsite cutting of wood and building interior and exterior framing for buildings, the factory fabrication work means that the frames are ready to be assembled at the building location complete with predetermined and pre-drilled junction points, thereby significantly reducing overall construction time.

The assembled frames are more resistant to damage during transport and storage which makes them ideal for movement by trailer between the Montreal factory and Sandy Hill or shipping to other building points.

The completed building will add to the inventory of student rental residences within a short walking distance of the University of Ottawa. Underground parking is available, according to Mr. Vieira.



An on-site crane places the pre-assembled panels in place as the building takes shape.



Photo INOTEK

Factory fabrication work means that the frames are ready to be assembled at the building location complete with predetermined and pre-drilled junction points.


And, for the curious onlookers who pass the site, IMAGE asked the question that may have been on the minds of many.

The monthly rental of the crane is about \$14,000; it is operated by an INOTEK Structures employee.


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We can do more to reduce plastic waste now!

Dodi Newman

Eric Schiller's article in the December/January issue of IMAGE, "The plastification of the World," made me think. For some time I have been concerned about the ever increasing amount of plastic waste that accumulates in my kitchen, from plastic shopping and storage bags to styrofoam and plastic wrap packaging for produce and meat, on to plastic containers for milk, juice, laundry soap and kitty litter, to mention just a few. All that stuff eventually has to be taken care of somehow. Shipping it elsewhere or dumping it into the nearest ocean was never a good idea for the planet.

Canada has sounded the alarm about plastic for some time. Catherine McKenna, Canada's Minister of Environment and Climate Change, is reported to have said at a G7 meeting in Halifax last November, "We know plastic ... is literally choking our lakes and rivers and we have to take steps to stop that or we'll have more plastic pollution than fish by 2050." Alas, we will wait a long time before the Canadian, provincial and municipal governments take meaningful, concrete steps to eliminate plastics or render them harmless for the environment, and, back in the kitchen, I decided to take action.

I abandoned plastic shopping bags a long time ago (remember cotton string, fabric or leather shopping bags?), and recently I stopped using plastic produce bags as well—at least new ones. I either re-use plastic bags that are left over from previous purchases, or I bring fabric or paper bags and pack my own produce. The latter has the advantage that I can inspect what I buy.

For years I have unthinkingly bought plastic storage bags for storing food in the fridge or freezer. By now I have largely replaced them with multi-use plastic containers or, better yet, glass canning jars. Their lids are not made of plastic, they are airtight and they freeze well. Needless to say, empty yogurt, cottage cheese or deli containers with lids, once washed, make excellent storage containers at no cost. Using pot lids or plates as covers for bowls that don't have their own lids also saves on plastic. Instead of buying milk in plastic sacs or juice in plastic jugs, I buy liquids in glass bottles whenever possible or in cardboard cartons.

Ask the butcher to custom cut or grind what you want and to wrap it in paper; if a grocery store doesn't have a butcher who is willing or able to cut or grind meat on the spot, there are stores that do. Middle Eastern stores often cut or grind meat to order on the spot. Here in Sandy Hill, Safi Fine Foods on Somerset provides that service—call first to discuss your order. Farm Boy and Produce Depot butchers will cut some meats to order. Loblaws and Metro will as well to a lesser extent. Butcher paper is usually coated with plastic to make it waterproof, but it's a lot better than styrofoam trays wrapped in plastic.

And lastly, we can write or talk to store managers, chain store headquarters, and manufacturers to let them know that we object to the ever increasing plastic packaging, and that they should concentrate on eliminating plastics to the greatest extent



Photo Larry Newman

Bales of plastics recovered from blue boxes in Ottawa.

possible. If enough people write or talk, they might even take action. Wouldn't it be lovely if we had a store like Thornton Budgens in North London that, according to The Telegraph newspaper of November 7, 2018, has converted more than 1,700 product lines to non-plastic packaging over 10 weeks and hopes to be plastic-free in three years.

In addition to the ecological aspect of plastics there is the monetary one. All that stuff we are throwing away has material value. According to the Institute for European Environmental Policy, €72-108 billion (C\$109-164 billion) of material value from plastic packaging alone is lost to the European economy each year. Unfortunately I was not able to find similar statistics for Canada, but piece for piece, our plastic waste is probably just as expensive as that of Europe. Talk about waste!

In addition to the material cost of plastic waste, consider the cost of creating, maintaining and expanding landfills, finding effective ways to deal with solid waste such as burning, and cleaning up the toxic side effects of storing or burning waste. For example, an "exposed interim geomembrane cap" was recently installed at Ottawa's Trail Road Landfill at a cost of \$5 million; that \$5 million is just a small part of the Trail Road Landfill construction cost.

We—and food producers—have all known much of this for some time; yet landfills are overflowing and marine garbage patches, such as the Great Pacific Garbage Patch, keep growing in size and number. Yes, it will take more of your time and mine, it will not always be convenient, and it will cost a little more to avoid, or even to reduce, plastic waste. But think of the mountains of packaging that would not be thrown away in Ottawa alone if we all took that time. Isn't it worth it?

Shoppers take note: Sometimes bringing home plastic bags is unavoidable. These neighbourhood stores do or do not accept plastic bags for recycling:

- Farm Boy does not, at any of its stores.
- Loblaws at 363 Rideau Street does (though some employees might tell you they don't), so does its store at 100 McArthur.
- Metro at 235 Rideau Street does.

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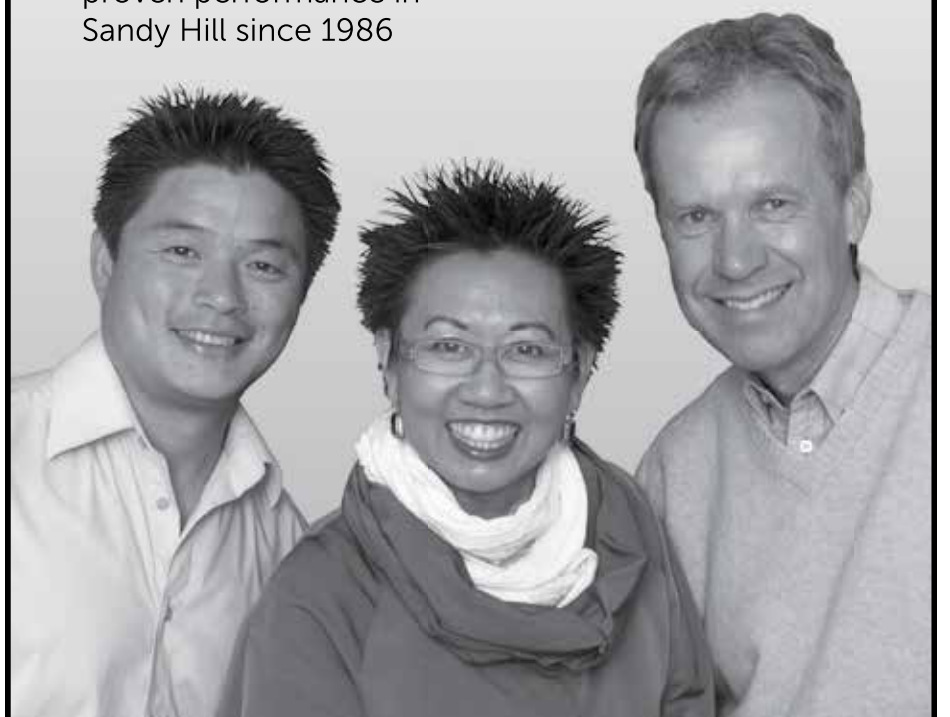
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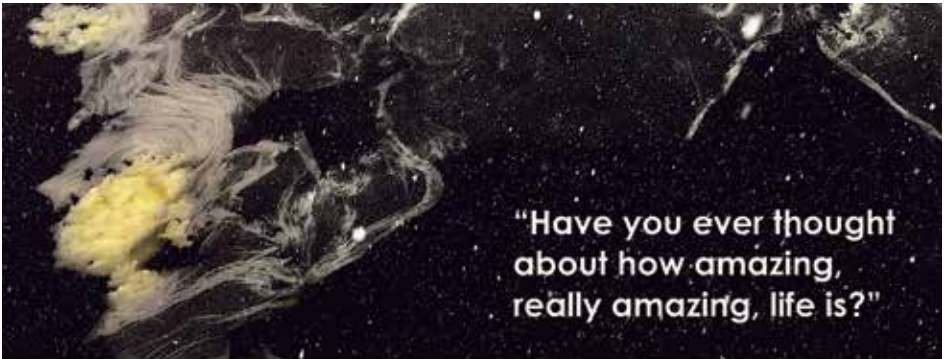


Photo Bob Whitelaw

A water main break early morning December 11 at the corner of Range Road and Mann Avenue created a mini river until crews arrived a few hours later to repair the break. The area is scheduled for a major reconstruction of the pipes and road services within the next two years.



Photo Bob Whitelaw



Snow on Rideau River, Adawe Crossing / Quote Jonas Mekas, Requiem for a Manual Typewriter, unpublished



Photo Jane Waterston

Rosemary Bayne

Resident of Sandy Hill’s Marlborough Avenue for three decades, Rosemary Bayne died in a seniors’ residence near Peterborough on January 17, 2019. A very little person with a very big heart, Rosemary was an active member of All Saints Sandy Hill Anglican church, where she worked for many years as office assistant to the Rev. Joan Riding and later the Rev. Katherine Wallace. Among the dozens of projects she supported wholeheartedly at the church was the annual Snowflake Bazaar where she hosted the Plant Table year after year—a project that required skill, patience, forethought and a thriving home garden; she also baked up a storm each November, making the bazaar lunches and bake tables events to remember. Born in Barbados, Rosemary, her husband Ian and children Tim and Jennie, also lived in Valcartier and Brussels.



Photo Rob Sinclair

Mary Sinclair

A remarkable woman who lived in Sandy Hill off and on (six times over seven decades!) through her 97 years, Mary Sinclair died on January 10, 2019. She leaves her Marlborough Avenue family, son Robert Sinclair and granddaughters Cora and Neala. IMAGE readers may remember Mary’s lively 2014 account of growing up near the Rideau River, rooming in Kingsmill House (now the Cordon Bleu) on a few occasions during the war, living at 443 Daly while she helped with demobilization, at Daly and Chapel during her civilian working life, and eventually in a condo on Wilbrod Street.

Do I Care?

A poem by Mary Sinclair (1921-2019)

Do I care? Yes I do and I will tell you why. Life becomes more and more precious as the years go by,

And if we want to leave this world a better place,
Let us try to spend a little less time in cyberspace,
By talking more with each other face-to-face.

Hurray for computers, Google and Facebook
But I hope we will never ever overlook ...

The meaning of life and what it’s all about
Like sharing and caring and reaching out.

Yes, we all have 10 fingers as well as 2 eyes,
And a brain to help make us more wise.

But how important it is to remember too
That two ears were also given to you.

The world is fast changing – no time to wait.
We all need each other – so listen, listen, and communicate!



Thérèse Maloney-Cousineau

The Catholic School Board trustee for Sandy Hill, where she lived on Chapel Street through the 1990s and early 2000s, Thérèse Maloney-Cousineau died in Ottawa on January 11, 2019. A strong advocate of Catholic education, she served as an OCSB Trustee for 35 years, starting in 1984, including some years as board chairperson. She was an early promoter of girls in sports and science. Born in Thurso, Thérèse traveled the world from Iqaluit to Tel Aviv and enjoyed exploring her Irish and French ancestral roots.

IMAGE welcomes contributions to this Requiem column, where we note the death of people who played a role in the life of our neighbourhood. Please send a photo and text to: image22@rogers.com.

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The author got his girlfriend a ticket to go up Rockefeller tower in NYC and she took this photo - it was a gift!

Things, people, experiences

Colin Kusz

Coming out of the holiday season and recently having had my birthday on January 8th, I've received all of my gifts for the next year within a 2-week timeframe – for the 28th time in my life.

What I've come to realize is that things are great. When you get a new device it is exciting, fun, and interesting. It makes life easier and it keeps you entertained. If you get a new set of clothes, you feel great because you look good. American Football Hall of Famer, Deion Sanders, said, "When you look good, you feel good. When you feel good, you play good. When you play good, they pay good." That's why I like to dress nicely for work – it's nice to feel confident in the clothes you wear. If someone buys you a gift that has some sentiment, it can mean the world to you – no matter the dollar value. Everyone has things they need, so getting those things for them will always be appreciated. Things make great gifts, even if they can get lost, broken, become obsolete, cause clutter, or need replacing.

What I find to be better than things are experiences. When someone buys a gift and it has an event or activity attached to it, it becomes so much more than just a tangible item. Having a great time creates a memory, memories sustain longer than objects, they can be captured with photos,

and they become stories that you can tell for decades. If you buy someone an experience, make sure they have time to get excited about it – anticipation can make a good time a great time, just because they had to wait for it. Experiences are the type of gift that I like to give, because the joy of it lasts long after it's happened; after it's been experienced.

What is better than things, and experiences, are the people in your life. In the past couple of years, I've spent birthdays and Christmases abroad, but what made them special for me, even though I was so far from home, was having amazing people to spend it with. Spending those special days with people you love and care about is an irreplaceable feeling. When key people show up, just because it's your 'day', that is all I need on my birthday. If those people are far away, a phone call can mean the world to you. It's the time; it's the effort that people put in that means more than any iPad ever could. I never remember how nice it is for someone to say "happy birthday" until my day comes around again.

Getting a gift of any kind is really great. It's nice to feel appreciated or rewarded or celebrated. Having my birthday in winter, it always feels warmer when people come together for me. If you combine people, things, and experiences, life is sweet. That's why we have birthday parties and that's why we have festive occasions – to come together.

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La maison Laurier en octobre 1902

BAC MIKAN 3325527

Centenaire de la mort de Sir Wilfrid Laurier

François Bregha

Le 17 février 2019 marque le centenaire du décès de Sir Wilfrid Laurier, notre septième premier ministre et le premier d'ascendance francophone. Pendant plus de vingt ans, Laurier habita au 335, avenue Laurier Est (rue Théodore à l'époque) au milieu de la Côte-de-Sable. Cette période couvre les 14 années passées à la tête du gouvernement canadien ainsi que les huit années suivantes quand il était chef de l'opposition.

Laurier était un homme d'état charismatique, digne, courtois, éloquent et toujours habillé impeccablement. Son

succès politique était le résultat de son habileté à concilier des points de vue opposés. Son épouse Zoé, aussi populaire que lui, était une femme pleine de charme, conviviale et sans prétentions qui l'a appuyé fidèlement pendant plus de 50 ans de mariage. Ils n'ont pas eu d'enfants.

On a peu de détails sur les modifications que les Laurier auraient apporté à leur maison pendant leur long séjour. La maison date de 1879 et avait été rénovée peu avant que les Laurier y emménagent. On sait qu'ils ont allongé la galerie sur le côté sud de la maison et l'ont éventuellement prolongée sur le côté ouest. Ils ont aussi agrandi la maison du côté nord en y ajoutant des pièces pour les domestiques.

Les funérailles de Laurier auraient dû avoir lieu dans son église paroissiale,

Sacré-Cœur (à l'angle de Cumberland), mais l'archevêque d'Ottawa en a décidé autrement. Il a, paraît-il, jugé l'église trop petite, mais il voulait probablement aussi s'attribuer la gloire d'une grande cérémonie. Deux ans plus tard, c'était au tour de Zoé de décéder et elle légua la maison au nouveau chef du parti libéral, Mackenzie King qui y séjourna jusqu'à sa mort en 1949.

Avec le passage du temps, l'époque Laurier peut maintenant nous paraître lointaine. Elle a pourtant été marquante dans notre développement comme pays et l'attitude de Laurier décrite à l'époque comme une de « sunny ways » est toujours d'actualité. En 2019, sir Wilfrid Laurier demeure un de nos plus grand premiers ministres.

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SCHOOL

Photo Cristine Elrick



Some of the donations collected for the Ottawa Food Bank.

News from Viscount Alexander School

Michael Barnes

Junior Girls Bordenball tournament champions

Last December the Viscount Alexander Junior Girls Bordenball Team walked over to the Lees Campus of the University of Ottawa for the Tier 3 Girls Bordenball tournament.

In their first four games the girls beat York, Centennial, R.E. Wilson and Lady Evelyn schools. In the semi-finals they were victorious again against Queen Elizabeth School. In the championship game they once again faced Lady Evelyn, winning 18-12. The girls deservedly came home with first place ribbons! Throughout the day the girls demonstrated teamwork and great sportsmanship. Coaches Joyce Contant and Maritsa Vlahos were very proud of their efforts on and off the court. Team members are: Hala, Ola, Tasnia, Lilly, Mehrangez, Savannah, Nadia, Hana, Sofia, Emma, Hope, Rebekah, Alina, Asra, Amira, Rikieda, Hassatou, and Sara. Congratulations!

Boys Bordenball silver medalists

Congratulations to our Boys Bordenball Team for competing with honour and distinction. Our boys demonstrated their skill and dedication, making it all the way to the finals and then placing 2nd. They played with great sportsmanship to the end. Head Coach Ms. Fulford was very proud to have such a great group of boys represent our school so well throughout the day. Team members are Eero, Justin, Rayan, Nati, Yisroel, Murat, Preejot, Bradley, Sebastian, Yusuf, Alejandro, Austin, Andrew, Tarek, Ismaila, Martin, Hamse, Omar, and Yahya. Well done!

Food drive

Viscount Alexander Public School held a holiday non-perishable food drive to support needy families in our community. Mrs. Fulford's grade 5/6 class headed the drive again. The whole school donated

dry goods over a couple of weeks. It was a fantastic success with the school filling 13 boxes for the Ottawa Food Bank. Donations included pasta, canned vegetables and fruits, cereal, peanut butter, jam, canned soup, stew, chili, and hygiene products—soap, shampoo, toothpaste. Thank you to Mrs. Fulford and her class as well as to all those who donated!

Swim to Survive

Our grade three students have enjoyed participating in the Swim to Survive program, run through the Lifesaving Society, which was developed in response to the reduction of swim instruction for elementary school children during school hours. As well, many children are not provided with the opportunity for swimming lessons out of school hours. The Lifesaving Society and the OCDSB believe that Swim to Survive is an important first step to being safe around water.

Skating at the arena

Every year, Viscount students from Grade 1 to 6 have the opportunity to skate at the local Sandy Hill arena every Tuesday and Thursday. At the end of the season in March there is a Skate-a-thon that raises money for various school programs such as Scientist in the Schools, school laptops, musical instruments and sports equipment. The school is currently in need of hockey/skating helmets and any donations of these as well as skates are always gratefully appreciated.

Kindergarten registration

If you have a child born in 2015, you can register your child now for school beginning in September 2019. To register you can either come to the school at 55 Mann Ave. or go to www.ocdsb.ca and click on the "How do I?" tab to find "Registering." If you are coming to register at the school please bring your child's birth certificate or passport and proof of address. If you would like further information please phone the school office for assistance at 613-239-2213.

Strathcona Park in January

Photos by Kathleen Kelly



Waiting for a picnic.



A dabbling Common Goldeneye was spotted on the Rideau Rive in early January.



A male mallard exhibiting his swagger.



Eric and Talía Goodwin out to see the sights.



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Naming Sandy Hill's streets

François Bregha

Although Sandy Hill is one of Ottawa's oldest neighbourhoods, it is not really old. Yet, it is surprising how many Sandy Hill streets have disappeared or changed names over the past hundred and fifty years. They are clearly not the permanent feature of our urban landscape we imagine them to be. As Sandy Hill's first landowner and developer, Louis-Théodore Besserer got to name several streets himself. He named two streets (Wilbrod and Theodore, now Laurier East) after two of his sons, Daly after a government administrator in Quebec City and Stewart after his land agent. Ottawa's other large private landholder at the time, Nicholas Sparks, also got a street name in Sandy Hill (Nicholas Street) even though his holdings were west of the Canal.

Not surprisingly, given Canada's membership in the British Empire, many streets have been named to honour British leaders (Nelson, Russell, Goulburn) or the British royal family (Charlotte, Cornwall, Cumberland, Cobourg, Wurttemberg).

Only a few of Sandy Hill's streets bear names with purely local origins: Chapel Street received its name because a Wesleyan Methodist church had been built on it close to Rideau Street in 1827. Range Road (formerly Salisbury Avenue) marked the western boundary of the Dominion Rifle Range for over 20 years. A few streets honour former mayors (Friel, Waller), a local businessman (Blackburn), a local sheriff (Sweetland) and a former City clerk (Henderson). Ring Lane (running from Laurier to Wilbrod immediately west of the fire station) has a mysterious provenance that may indicate that a boxing ring had once stood there. It is more likely that the lane provided a convenient neutral ground for the boys of the neighbouring public Protestant, English Catholic and French Catholic schools to settle their differences. In a brochure celebrating St Joseph's Church centennial, an anonymous writer notes that "many of the preliminary battles of life were lost and won [there] under the very shadow of the Church."

Several street names have changed over the years, sometimes subtly: King Street became King Edward Avenue; Ann Street changed to Mann Avenue



File photos by Bill Blackstone

(there were a lot of streets in Ottawa named Ann in those days). Some changes were made to accommodate new administrative boundaries: until 1880, the short stretches of Besserer, Daly, Stewart and Wilbrod west of Waller Street all had different names because Waller Street represented the dividing line between two different concessions. Some changes have been made to honour a political leader (e.g., Theodore became Laurier, Gloucester became Friel). More recently, the University has changed some street names on its campus (e.g., Marie Curie, Séraphin Marion, Copernicus, Louis Pasteur) to reflect their new status as private streets.

Some Sandy Hill streets no longer exist: Haste Street that ran south from Laurier Avenue is now mostly a pedestrian walkway on the University campus. Mosgrove Street used to run south to George Street, west of Nicholas Street—the Rideau Centre now occupies that land. The block-long James Street is now part of the Department of National Defense complex between Laurier and the Mackenzie King Bridge. McDougall Street was a short street that used to run into Nicholas Street between Osgoode and Somerset.

We may not give much thought to Sandy Hill's street names but they tell of our history, our British colonial past, the local leaders who distinguished themselves, and changes in land use. You can learn more about Sandy Hill history at history.ash-acsc.ca.



Maintenance crew clears overhead branches on Somerset.

How the City of Ottawa manages our trees

Bob Whitelaw

The City owns an estimated 330,000 street and park trees and works hard to keep them healthy. This responsibility is assigned to Public Works and Environmental Services and overseen by Forestry Field Operations and Forest Management.

Keelan Arnold, Program Manager, Forestry Field Operations and Tracey Schwets, Program Manager, Forest Management recently took time to provide information about the work of the Forestry Department in Sandy Hill—for example fallen trees, overhanging tree branches, rules and regulations, tree markings, replanting initiatives and programs of environmental sustainability and protection.

Information provided is focussed on City property tree issues. Different rules and regulations apply for trees on private property; it is important that residents with questions contact and work with City staff.

Did you know that trees are important to a healthy and comfortable life in Sandy Hill? According to the City's Urban Forest Management Plan at Ottawa.ca/urban-forest:

- Spending time around trees and in urban natural areas helps to reduce stress, anger, fatigue, sadness and anxiety and it also helps to increase energy.
- Evaporation from a single tree can produce the cooling effect of 10 room size air conditioners operating 20 hours a day.
- A tree's shade provides natural protection against UV rays.
- A 10 x 10 km area with 25% tree cover can remove 90 tonnes of air pollution per year.

Call 311 to report fallen trees and branches on neighbourhood streets, sidewalks and public pathways. A representative will take the information, create an awareness file and forward the details to the appropriate section for inspection and remedial action. The 311 contact provides a central point to ensure that a file is started and follow-up on your call is monitored.

Sandy Hill is among the Ottawa wards assigned a Forestry Inspector with responsibility for oversight and follow-up of questions and/or concerns about tree issues. Among the responsibilities is a preventative maintenance program to monitor the health of trees.

Ongoing work includes regular pruning of trees which is one of the more common

sights during the year. Pruning is based on several factors including insect and disease control and removal of overhanging branches which are a safety hazard for vehicles, pedestrians, streetlights or utilities. During winter months pruning helps to reduce damage from high winds, snow, and freezing rain. Thinning opens the canopy of a tree and reduces weight on heavy limbs. Another approach following storm damage can be crown restoration to remove damaged limbs thereby to restore stability to the tree, and to allow the tree to deal with wounds.

The tree trunks and branches are taken to landfill sites where the chips are used as "layering" as a benefit to the city. Only trees on City-owned portions of the roadway, in front and at the side of residential lots and parks are pruned.



A crew of tree trimmers cuts dead trees and trims fallen branches along the Rideau River pathway. The work is part of the City of Ottawa's ongoing maintenance of the trees which form a canopy above the path.

Replanting of trees, known as the Trees and Trust Program, is an initiative to ensure the ongoing replacement of trees throughout Sandy Hill. Replacement options include a selection of different species depending on the locations and growth area. Diversity is a key in making decisions to ensure that one species does not dominate an area. While tree marking, cutting and trimming and disposal of trees and branches occurs throughout the year, the replanting programs are May / June and October / November.

Stump removal on City property along streets and sidewalks occurs during summer months when the soil and seeding of the area can provide cover.

An important program for the Sandy Hill area is environmental sustainability and protection of the parks and the Rideau River embankments. City foresters work closely with the Rideau Valley Conservation Authority to ensure native species along the river. The broken and fallen trees and branches are left untouched to provide bank stability and natural habitat for animals and birds. Removal or pruning only takes place when there is an immediate impact or concern on the pathways, or if the fallen trees affect the course of the river.

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Gallery Scene/Seen

Anne Kelly and Heather Dubreuil: STITCHED: A Homecoming

Maureen Korp

Remember looking out that hotel window and seeing, for the first time ever, roof lines, balconies, fire escapes, even the chimney pots of Paris? Heather Dubreuil has studied roof lines, too, and a good many other straight-line intersections of storied light and narrow street here, there, and elsewhere. For her part, Anne Kelly remembers buttons, threads, bits of lace, sepia photographs, and grandfather's waistcoat, as well as tales she overheard in the front parlour. The textile arts of Dubreuil and Kelly form an intricate interplay of story and point-of-view in *STITCHED: A Homecoming*, the current exhibition of the Mississippi Valley Textile Museum, Almonte, curated by Michael Rikley-Lancaster.

Anne Kelly's materials are vintage fabrics, scraps of this and that, which she appliqué, embroiders, and stitches into densely layered metaphors of memory. Her collages are thick with imagery. "Woodland Walks Rucksack," 2015, for example, was once no more than a plain rucksack. Someone threw it away, perhaps. Kelly retrieved it and covered it

with stitched drawings of mouse, deer, birds, and trees, each appliqué edged with lace. Whose rucksack was this originally? Unknown. But, maybe one time, in the woods somewhere, there was an encounter with an owl.

Interactions with others are visual storylines throughout Kelly's work. "Harvest Apron," 2016, displays all the plenitude of a good year in a temperate climate. Centred upon the apron, we see a pile of apples, squash, and sheaves of grain. Surrounding all are a good many birds, even a mouse, all evidently complaining about the loss of their larder to a mere mortal.

Artist Anne Kelly has listened to the stories the kinfolk told. We see that in her attention to detail and visual narrative. Inside one display case are three objects – an accounts book, a heart-shaped pillow, and a sewing box. Each is layered, pasted, embroidered with the minutiae and detritus of what happened when, where, one hundred years ago when their men went off to war.

The subject matter of Heather Dubreuil's artwork is the contemporary cityscape. Her piecework compositions are disciplined, quiet, almost Euclidean geometries, constructed from hand-dyed panels of flat colour cut and stitched carefully into place. For the most part, the artist uses her own photography to establish the grid of her architectonic compositions. Dubreuil has studied the streetscapes of North America and Europe closely as we see in the exhibition.

Curator Michael Rikley-Lancaster organized the display of Dubreuil's work in terms of colour, not place. Greens and blues form one group of her compositions, greyed whites and yellows another, for example. This arrangement is effective because it enables our eye to see the artist's use of pattern meditatively as edge, line, angle and curve.

The perspective we see is very often a view from an upper-storey window. "Bishop Street," 2013, for example, shows us the angled roof line of a row of old townhouses rendered in purple, blue, pink, and yellow. The row, however, is jammed in between a large, flat grey, many-windowed, tall rectangle at one end, and a greyed green, massive, rectangular slab at the other end. There is no sky left to be seen in this hard setting.

Port Clyde, on the other hand, is the site

Anne Kelly, *Harvest Apron*

of two wonderfully lyrical compositions of linear swoops and curves, "Port Clyde #5," 2015 and "Port Clyde #4," 2015. The subject matter is the same in both: two tall telephone utility poles along a village street of small houses. Across the sky, a dance of wires waltzes every which way. Both compositions are identically sized and patterned, albeit differently coloured. "Port Clyde #5" features rose and yellow; "Port Clyde #4" is rendered in greys.

Almonte is an easy 40-minute drive west from Ottawa. The route is well-marked. Very near MVTM are two other fine contemporary art galleries—Sivarulasa Gallery, 34 Mill Street, and General Fine Craft, 63 Mill Street. The exhibition at Sivarulasa is "Figure—Sue Adams, Adrienne Dagg, and Caroline Ji." Mill Street is Almonte's main drag, with a host of good eateries, antique shops, and bookstores.

STITCHED: A Homecoming

Textile Art by Anne Kelly and Heather Dubreuil

Mississippi Valley Textile Museum

3 Rosamond Street East
Almonte, ON

January 19 to March 23

OTHER EXHIBITIONS OF INTEREST IN OTTAWA

Contemplations of Land and Sea

Photography by Glenn Bloodworth and Richard Robesco
Exposure Gallery
(upstairs room in Thyme & Again)
1255 Wellington St. W.
Ottawa, ON

January 16 to March 4

Land and Memory

Paintings and Photography by Leslie Hossack, Christine Fitzgerald, Manon Labrosse, Troy Moth, Patrice Stanley, and Rémi Thériault
Studio Sixty-Six
101-858 Bank Street
Ottawa, ON

January 11 to March 3

Living in a Parallel World—

Paintings by Hamid Pirvali
St. Laurent Branch
Ottawa Public Library
515 Côté Street
Ottawa, ON

January 4 to March 29

Heather Dubreuil, *Port Clyde #5*

Skinny Dipping in Canada, coming this March

Local Sandy Hill artist, Janet K. MacKay, has been working over the last year on a new series of paintings called "Skinny Dipping in Canada." This "cheeky" series will warm your heart and enliven your soul while maintaining a PG rating. Janet's distinctive vibrant style is reminiscent of the Group of Seven, but with her own unique twist. Each painting is bursting with a flood of brilliant colours and enticing reflections, taking the viewer to the peaceful, warm and sparkling days of summer at the lake.

MacKay has been fascinated for years with painting water and with how it reflects the world around it. She initially painted just the water, then slowly started adding in shorelines, kayaks and canoes. Incorporating skinny dipping in the subject matter takes the fascination to a new level.

The "Skinny Dipping in Canada" series will be on display at Sandy Hill's Worldview Studio, located at 210 Blackburn Ave., from March 30 to April 7. The Studio will be open daily from noon to 5 p.m. For more information: www.worldviewstudio.ca

ST JOSEPH'S MINISTRIES OPEN HOUSE OURS TO DISCOVER



Sunday 10 Feb, 10:30 a.m. - 1:30 p.m.
Parish Hall - 174 Wilbrod

The members of St. Joseph's Church, at the corner of Cumberland and Wilbrod, have a longstanding commitment to serving the Sandy Hill Community.

The original church was completed in 1857, the same year that Ottawa was chosen as the capital of Canada.

You may have noticed that the Supper Table serves meals and runs a Food Bank. The summer garden grows vegetables and herbs for the Supper Table. The Women's Centre provides a range of services. Curious and want to know more? Drop in to the Parish Hall located in the Church Basement on Sunday, February 10.

Pour yourself a free coffee and chat with volunteers.
All are welcome!

Lots of fun for Sandy Hill at Winter Carnival 2019

Christine Aubry

Mother Nature came through for the annual Sandy Hill Winter Carnival on Sunday, January 27. At least 200 people came out to Sandy Hill Park between 3 p.m. and 5 p.m. to enjoy skating and hockey, outdoor games, snow painting, maple taffy, and of course the always popular horse-led wagon rides from John Cundell Stables.

In the warmth of the community centre, children enjoyed making various crafts, henna hand painting, balloon animals by Bader Abu-Zahra, and a music show by YAKI. Mathieu Fleury and his team served up the hot chocolate and people of all ages enjoyed the baked goods made by Sandy Hill families and SAFI Fine Foods. Lynda and Jim Cox also brought sweets and invited children to participate in a colouring contest for a \$25 Chapters gift card.

The fun and games were capped off with a delicious hot meal prepared on-site by a dedicated group of Somali women who call themselves Daryeel (which means "Love and Care"). About 125 neighbours from all parts of Sandy Hill lined up patiently to fill their plate with savoury meat and vegetable dishes served with rice, pasta, and traditional bread.

Action Sandy Hill (ASH) is the main sponsor of the carnival and is again this year very grateful for the financial contri-

butions by the following community partners: the Sandy Hill Community Health Centre, our municipal councillor Mathieu Fleury, and local real-estate agents Lynda Cox and Jim Cox. This year we were also fortunate to receive gift cards from Loblaws and Whole Foods.

ASH would also like to extend a very big thank you to the large team of volunteers without whom this event could not happen: Yann Audet-Young; Diane Beckett; François Bregha; Kyle Buker; Maeve Callan; Jeremy Desjardins; Sean Despins; Felicia Dionne; Michelle Hart; Leila Heikkila; Mia Hunt; Palesa Jackson-Miller; Elise Loranger; Glen Kitchen; Simon Kitchen; Jane MacNamara; Sabrina Matthews; Cathy Major; the Moser family; Dawson Mihichuk; Jack Piper; Krista Ranacher; Betsy Schuurman; Jessa Scott; Paula Tchen (and Julien); Mitchell Webster; Kate Wigston; Susan Young.

Speaking of volunteers, if you would like to be part of the 2020 Carnival team, we would love to hear from you! You can also send your comments on this year's event to Christine at caubryhome@gmail.com.

Un grand merci non seulement à nos commanditaires et bénévoles, mais surtout à tous ceux et celles qui se sont habillés chaudement pour venir profiter des activités et de l'occasion de partager un bon moment entre voisins. C'est grâce à vous que la Côte-de-Sable demeure un quartier familial animé et attrayant.



The final round for Cundell Stable horses offered families a sunset tour.



Soft landings for those in the tug-of-war.



With all this snow, conditions were excellent tire (taffy) making, undertaken by François Bregha and Diane Beckett.



Councillor Mathieu Fleury served hot chocolate assisted by his son and his new staff member Erin Woods.



Paula Tchen, Charlotte Fung and Alison Paris take a snack break indoors with carnival supporter Lynda Cox and her grandson Charlie nearby.



Fun between university and elementary school neighbours!



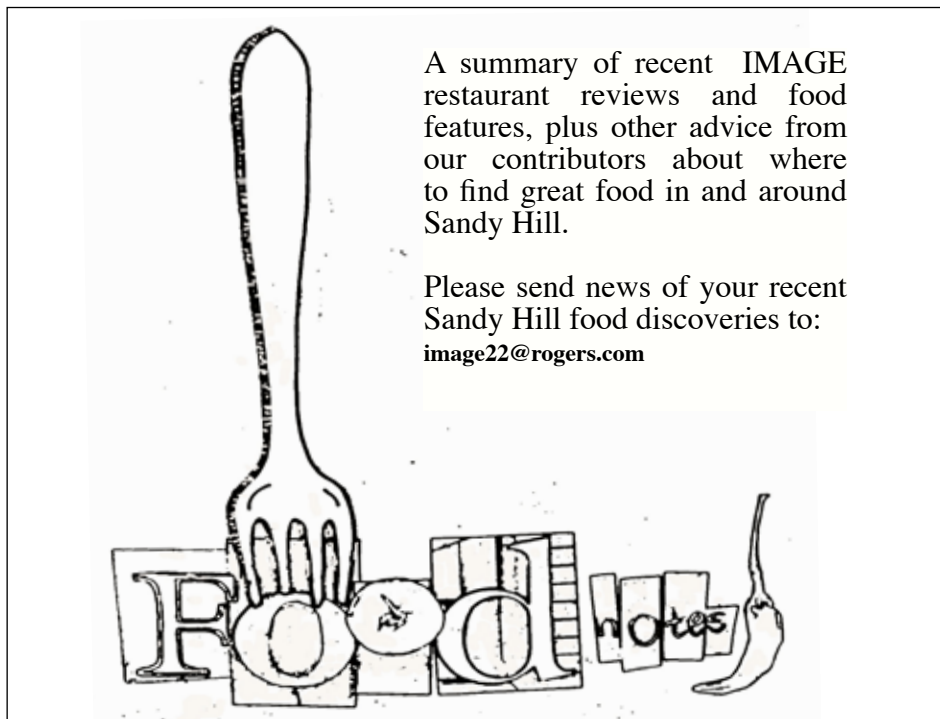
Bader Abu-Zahra created balloon creatures that delighted the young and young at heart.



Scott Williams welcomed guests for Action Sandy Hill.



The fellows who are keeping our ODR (Outdoor Rink) shovelled and slick this winter: Jack Piper, Kyle Buker, Yann Audet-Young, Sean Despins, Jeremy Desjardins, with ASH presidnet Susan Young behind.



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

Alirang, 134 Nelson St.

Could it be said that Alirang is the most successful restaurant in our neighbourhood right now? The challenges of getting a table, even on a chilly weeknight, suggest that it might be so. The restaurant has recently renovated its facade, so entering is now a much more pleasant experience and no longer threatens to freeze the diners who are already enjoying their bulgogi, kimchi and bibimbap.

Ariana Kabab House, 426 Rideau St.

Our party of four enjoyed dinner at Ariana recently. An order of stewed lamb shank and an assortment of side dishes provided plenty of variety. The vegetarian in our midst especially enjoyed the sabzi (spinach cooked with onion, garlic and spices) and the savoury eggplant puree. Plenty of perfectly-cooked rice, crisp salad and tender, chewy flatbreads sent us home full and happy.

Happy Goat, 229 Rideau St.

It's won hearts on Wilbrod Street; now we can look forward to enjoying Happy Goat coffee at a second, soon to open location in the neighbourhood, the corner of Rideau and Cumberland, the former premises of Hakim Optical. There's no official indication of when it will open, but to judge by the chairs at the window counter, it won't be long.

Jackson, 10 Daly Ave.

A recent brunch at the restaurant in the Ottawa Art Gallery was lots of fun. From 10:30 to 2:30 on Saturdays and Sundays, Jackson offers an interesting menu that ranges from the fairly familiar (ricotta hot-cakes with bananas and maple whipped butter) to the quite unexpected (red velvet soup, a thick puree of beets, garnished with sautéed apples, toasted seeds and a poached egg). We went for the "little bit of everything" brunch for two and, although there were three of us, this turned out to be plenty of food presented in an entertaining progression of treats and new flavours. The aforementioned soup, the buckwheat crepe with caramelized onions and mushrooms, and the Jackson Classic (poached egg on focaccia with smoked salmon and roasted vegetables) were particular stand-outs and would be a start to the day on their own.

Jerkies Chicken, 105 Mann Ave.

Curried goat, jerk chicken and plantains; the food in this new family-run restaurant will bring Caribbean warmth into your winter. If you're lucky, you may find a seasonal specialty like the Guyanese hot pot or pepper pot that's traditionally served at Christmas, but you'll find a warm welcome no matter what time of year you drop by. Open 7 days a week from noon onward; a full menu is available on Uber Eats.

Rideau Bakery, 384 Rideau St.

Our most venerable neighbourhood bakery is taking some creative new approaches to sweets these days. A recent dessert taste test at our house determined that the chocolate hazelnut "breakup ball" is satisfyingly sweet and gooey and the apricot-glazed doughnut with pecans is a pleasantly crunchy take on the faithful classic. The cronut (soft croissant dough, presented in doughnut form with a light icing) vanished almost instantaneously; not a speck was left.

Syrian Kitchen, 48 Nelson St.

So you have finished your midday workout at the Champagne Baths, 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 ghanoush 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 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 any time of day and two tarts (custard, pecan) for tea. Well, it IS in the Portuguese Bakery!

Working Title Kitchen + Café, 10 Blackburn Ave. (enter through the red doors on Laurier near Chapel).

At last allsaints Event Space has the zoning that is 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. every day from Sunday through Friday. On Saturdays, the café caters private events. Working Title's 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. And if you're lucky, those cookies will make it to day-old status and be available at half price; still delicious and a great bargain!



Alirang, 134 Nelson St.



Rideau Bakery, 384 Rideau St.



Happy Goat, 229 Rideau St.



Working Title Kitchen + Café

Photos Dodi Newman



Soup of Malanga Lila, aka Elephant Ear

Dodi Newman

Cooks in Ottawa are so lucky to have a huge variety of food from all over the world—China, South-east Asia, Central and South America, Europe, the Middle-East, and, of course North America. So much to explore!

Take Malanga Lila roots; grown mostly in the Caribbean, they are the edible

rhizome of a plant better known as the decorative garden plant "elephant ear." I saw the roots at Produce Depot on Carling Avenue and was intrigued. After I checked it out with some of the store's employees and on the net I decided to try my luck. This soup is the result. We like it, and I hope you do too.

Serves 4

3/4 lb. medium raw shrimp in the shell
1/2 inch fresh ginger root, coarsely chopped
1 small shallot, peeled coarsely chopped
3 cups water
1 pound Malanga Lila root
2 medium carrots
3-4 scallions

a handful of fresh coriander leaves

3 teaspoons soy sauce

salt and ground black pepper

1/2 teaspoon Sambal Oelek

(available at Produce Depot, Loblaws, Metro, etc., and at Asian grocery stores. Made of crushed, raw chilies, a little vinegar and salt. Could substitute Tabasco sauce.)

Shell the shrimp and remove their heads (if they are still on), reserving the shrimp meat for later. Put the shells and heads in a 3-quart pan together with the shallot, ginger and water. Boil, covered, for 20 minutes.

Meanwhile, peel the Malanga root, shred 3/4 of it with a box grater, cut the remaining root into 1/2" cubes. Peel the carrots and cut them into 1/8" julienne strips. Cut the shrimp crosswise into 1/2" pieces. Reserve all of these separately.

Slice the scallions into thin diagonal slices. Remove the coarse stems from the coriander and discard. Reserve the leaves.

Drain the shrimp shell broth into a bowl through a sieve, pressing down on the shells for maximum flavour. Discard the solids and pour the broth back into the pot. Add the Malanga, soy sauce, sambal oelek, salt and black pepper, stir.

Bring all to a boil over high heat, turn the heat to medium and cook, covered, for about 15 minutes, stirring now and then to prevent the Malanga from sticking to the pot. The shredded Malanga should have just about disintegrated by then. Add a little water if the soup is too thick. 10 minutes into the cooking time, add the julienned carrots.

Return the soup to a rapid boil, add the shrimp and cook until the shrimp pieces have turned pink. Do not overcook. Serve immediately, garnished with scallion slices and coriander leaves.

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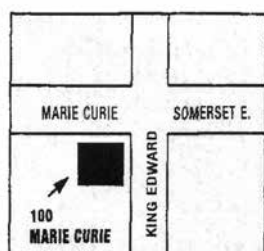
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FOR ADULTS / POUR LES ADULTES

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, Feb. 9, March 9, April 20. Apprenez le Go, jeu de stratégie ancien. Conçu pour les débutants et les joueurs de niveau intermédiaire. 14 h à 17 h, les samedis 9 février, 9 mars, 20 avril.

Morning Book Club

Monthly on Thursday mornings at 10:15 am – 12:00. Drop-in.
Feb. 21: *Lincoln in the Bardo* by George Saunders
March 21: *The Sellout* by Paul Beatty
April 18: *The Invention of Wings* by Sue Monk Kidd

Evening Book Club

Monthly on Monday evenings, 7 – 8:30 pm. Drop-in.
March 4: *The Sense of an Ending* by Julian Barnes
April 1: *The Lonely Hearts Hotel* by Heather O'Neill

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

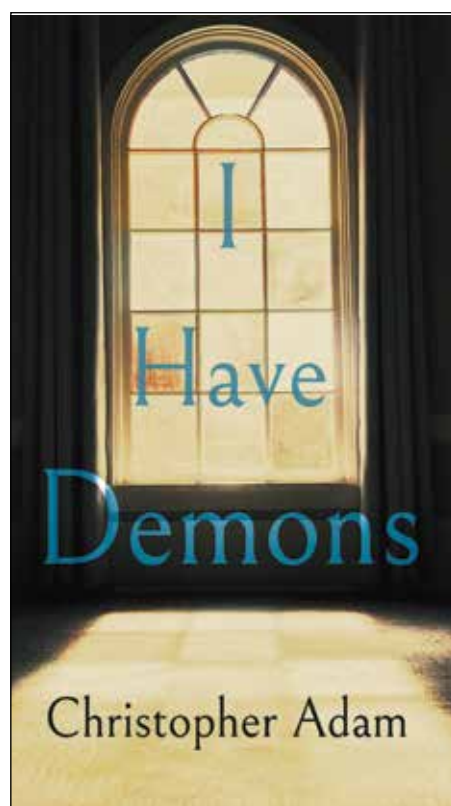
Stories, rhymes and songs for children of all ages and a parent or caregiver. Tuesdays, 10:30 – 11:00 a.m., Feb. 12, March 12 (special March break program), March 26, April 2, 9 and 16. Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. 10 h 30 à 11 h les mardis 12 février, 12 mars (programmation spéciale du congé de mars), 26 mars, 2, 9 et 16 avril.

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: Feb. 15, March 29, April 12. 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 15 février, le 29 mars et le 12 avril.

New, and local, fiction

People in Sandy Hill may be very interested in a new work of local literary fiction, *I Have Demons*. The author works at St. Joseph's Church. Lyrical language, at times haunting, and moments of dry humour weave through the three novellas in this collection. Set in and around Ottawa, these stories examine the peripheries of society. In the characters' journey toward the centre, they navigate flawed human relationships, seek to encounter a divine presence that is at once implicitly pres-



ent yet dreadfully distant, and struggle to negotiate the conditions of redemption.

A jaded young priest of a dwindling Ottawa parish faces a man with a terrible secret. A lonely pensioner spends a Thanksgiving she'll never forget at a local diner, served by an acerbic waitress who has finally found her ticket out of there. A recent university graduate from small-town Ontario leaves home with nothing to his name but the hope of a new life in the city and places all his trust in a charismatic yet dubious life coach.

Published by Iguana Books in 2018 and available for purchase on Amazon or locally at Books on Beechwood. For more information on the author, visit: www.christopheradam.ca

— with notes from Christopher Adam



NEIGHBOURHOOD BULLETIN BOARD

Nominate someone for a **Volunteer Ottawa Award**. Every year, organizations and individuals that exemplify the spirit of volunteering are nominated for the following awards: Mayor's Award for Volunteer Spirit, Outstanding Youth Volunteer Award, Outstanding Senior Volunteer Award, Leadership in Corporate Volunteerism, Outstanding Volunteer Program Award, Leadership in Volunteer Diversity. In 2019, they will be recognized at a VOscars evening on April 17 at City Hall. Deadline for nominations: Monday, February 11. Information: volunteerottawa.ca/recognizing_volunteers.html

Undercurrents Festival, February 6–16 presents indie shows from Ottawa creators and one or two from out of town. Local works include Kim Kilpatrick's *Raising Stanley / Life With Tulia*; Margo MacDonald and Geoff McBride's *The Persistent Stain* about an aging punk band; Pierre Brault's *Coach of the Year* about abuse in youth sports; an all-ages show by Second Step called *Lightless*; and a bilingual University of Ottawa student production titled *By-Product.D-rivé*. Visiting artists are Vancouver's Carmen Aguirre with *Broken Tailbone*; and Craig Lauzon (from Royal Canadian Air Farce) who is performing the site-specific *Tales of an Urban Indian*. Arts Court Theatre, 2 Daly Avenue; tickets \$20–32; undercurrentsfestival.ca/

Wakefield Doc Fest, 4 weekends Feb. 2–24: 8 feature length films, events, panel discussions, filmmaker visits. Tickets, at the door or online, \$15 (inc tax); weekend passes, \$25 (inc tax), admit a person to each of the two films offered in a weekend and include a coupon for 10% discount

at participating restaurants. Festival passes are \$100. Location: Centre Wakefield La Pêche, 38, chemin de la vallée de Wakefield, Wakefield. Details and tickets see wakefelddocfest.ca.

Contest! Capital Crime Writers. Do you keep getting in trouble because of your insatiable need to make up stories? Use your talents for good instead of evil and write those stories down. Then enter them in our short story contest. Entry deadline Monday April 1. Open to everyone living in the National Capital Region; for contest details: capitalcrimewriters.com & search for Audrey Jessup short story contest; or email madonaskaff@gmail.com

Skinny Dipping in Canada, March 30 to April 7, noon to 5 p.m. daily at Worldview Studio, 210 Blackburn Ave., Sandy Hill. Worldview Studio's artist, Janet K. MacKay will be exhibiting her collection of vibrant summery paintings depicting the intriguing yet PG-rated series titled "Skinny Dipping in Canada." For information: www.worldviewstudio.ca

Friends of the Farm Master Gardener Lectures: 7 to 9 p.m. FCEF members \$12, non-members \$15; bldg 72 CEF Arboretum, east exit off Prince of Wales roundabout. 613-230-3276 friendsofhefarm.ca/master-gardener-lectures-2018/
April 2, "Savvy Choices for Spring." Learn savvy shopping tips for getting the best out of your plants.
April 16, "The Art of Rock Gardening." Learn about types of rock gardens as well as rock placement in gardens.



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Let's talk real estate

Lynda Cox



Love where you live and live where you love

What is best? Loving where you live or living where you love? This is a tricky one you might say. Is there a difference or are they one and the same? It depends. Loving where you live, to me, means finding and making a home that is comfortable, warm and inviting; a house or apartment that you love to come home to every day after work or play. This atmosphere is your own doing. You can create it in any location.

Living where you love, speaks more about neighbourhood. It is more an acquired love than a love that is already there. It requires getting to know the area, getting to know the people and amenities, finding your place in it all and loving what it does for you, the quality of life it gives to you.

Many of you living here in Sandy Hill are living where you love. You might fantasize about a dream home in a warmer climate, especially at this time of year. You might fantasize about winning the lottery to finance those dreams. But here you are, right in the middle of the best little city in Canada and one of the greatest neighbourhoods in Ottawa.

Why do you love it so? Your walk score is 90. Most amenities are just a short stroll from home. Parkland is accessible, plentiful and extremely beautiful. Your

population is very diverse. Every season provides varying opportunities, activities, colours and sounds. Your community is a most active one working to improve and enhance your living experience and best of all housing is still affordable.

Fact: Ottawa is a terrific place to live as a homeowner; the words "Housing Bubble" and Ottawa have never gone hand in hand; Ottawa is a government town so housing prices tend to be steady and buyers plentiful.

Keep on living where you love. Get involved. Sandy Hill, so much to love!

Real estate update

Greater Ottawa experienced a 3.9% overall increase in prices compared with 2017. Sandy Hill saw condo prices averaging an approximate 11% increase while residential prices rose approximately 6%. The residential activity level was down from 2017 by about 21% while the condo activity level was up about 32% over 2017. The condo market is continuing to lead the way.

Residential activity since Oct. 31: Sold – 6; Conditionally sold – 1; Active – 7

Condominium activity since Oct. 31: Sold – 17; Conditionally sold – 4; Active – 25

Rentals: 11 available on MLS at present; 16 rented since Oct. 31

An evening of Guatemala coming soon

Elizabeth Knowles

Two years ago, after eighteen years of community and educational development work in Guatemala, Susan and Richard Schmaltz (Sandy Hill), founders of the locally based NGO Oneness Through Service – Guatemala, passed the torch to the next generation of service workers: Shannon Moyle (Sandy Hill), Maclane Philips (Chicago), Madeli Quinonez (Guatemala). The name was changed to Planting Seeds International in order to reflect the expanding breadth and scope of the organization and its projects. Through educational initiatives and community development projects, with Shannon and Mac as Co-Executive Directors in Guatemala City, Planting Seeds International supports people living in extreme poverty in Guatemala, but also seeks to break down the structures and barriers that keep its citizens impoverished.

The NGO's seventh annual fundraising dinner will be held on Saturday, April 13, at St. Joseph Parish Hall, 174 Wilbrod St. It will bring together the Canadian-based Board of Directors, representatives of the U.S. and Guatemalan Boards as well as Shannon and Mac, with the founders groups and their associates.

There is an evening of fun and surprises in store. On arrival, you will be immediately struck by the explosion of rich Guatemalan colours filling the entire venue. The presentations and videos delivered by Shannon and Mac will have you on your



Photo Elizabeth Knowles

In December, the Ambassador of Guatemala honoured Susan and Richard Schmaltz for their dedication and work for the people of Guatemala.

feet—their passion and love for the people of Guatemala is obvious and, more importantly, infectious. No one will leave the event without tears—tears of laughter and fun and the humbling tears of appreciation for the work that is being done by Planting Seeds International.

The evening will run between 6:30 and 9:30 p.m. For the third year Chef Ric and his team of trainees from The Ottawa Mission will prepare a delicious, culturally centred three-course, sit-down dinner. The silent auction, cash bar, entertainment and mercado/market of Guatemalan handicrafts all return. Tickets are \$60 each and can be purchased by calling Aileen at 613-234-9012 or emailing her at aileen.moyle@gmail.com. A tax receipt for approximately \$40 per ticket is available.

For detailed information regarding the philosophy, background and the work of Planting Seeds International see the website plantingseedsinternational.org or Facebook, Twitter and LinkedIn.



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

February, 2019 Black History Month

Special music and some activities with reference to African, Black and Caribbean themes.

Lent and Easter Services, March 10 - April 21

Sunday March 10 — First Sunday in Lent service with Communion
Sunday April 14 — Palm Sunday morning service with Communion
Thurs. April 18 evening — Maundy Thursday with Communion

Friday April 19 evening — Good Friday service

Sunday April 21 morning — Easter Sunday service

Sunday, March 31 Café-style church service

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 Wednesday 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, helensmith@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. More information: chimp.net/groups/everyone-s-sister

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, well-maintained, affordable and wheelchair accessible. Good for personal and group events: meetings, marriages, funerals, memorials, anniversaries, graduation, dance classes, performances, practice venue for the performance arts, etc. Contact the church office.

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Photo Clara Schryer



The women of Daryeel and the Youth and Senior Serving Centre in Strathcona Heights were proud to share a part of their culture—home cooking— at the Sandy Hill Winter Carnival on January 27, attended by more than 300 adults and children. No disconnect between the community feast and the brand new Canada Food Guide! For organizer Christine Aubry’s report and more pictures from the carnival turn to page 16.

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