

Photo Larry Newman



Once the site of nursery school spring fairs, parish strawberry teas and an organic garden, there is now the attractive Working Title terrace on the raised lawn at Laurier East and Chapel. The pace of streetlife has picked up and there is warm connection with Laurier House across the way. Photo from the July 18 opening on page 22.

Laurier Avenue East looks different this fall



Photo Harlequin Studios


The “Viner Building” student residence at Laurier East and Friel by Sept. 4 move-in day was fully occupied and home to a fitness centre, salon, fast food restaurants and, yes, a Starbucks.



Photo Harlequin Studios

On August 13 Amnesty International, PEN Canada and the Toronto Association for Democracy in China unveiled a bronze sculpture on the lawn at Amnesty House at Laurier East and Russell. More information about the artist and event are on page 5.

Bureau de circonscription | Ottawa-Vanier | Constituency Office



Our office is open! If you have any questions or concerns relating to the provincial government or services, don't hesitate to contact us.

Notre bureau est ouvert! N'hésitez pas à nous contacter si vous avez des questions ou des enjeux reliés au gouvernement et aux services provinciaux.

237, ch. Montreal Rd. Ottawa, ON K1L 6C7
613-744-4484 | ottawavanier@ola.org



Election roll up!

In this issue, five candidates in our Ottawa-Vanier riding answer local and timely questions posed by IMAGE.

As you get set for the October 21 federal election, be sure to read through pages 6-8.

Photo Larry Newman

IMAGE

Founded in 1972 under the
direction of Diane Wood

22, av. Russell Ave.
Ottawa K1N 7W8

Fondé en 1972 sous la
direction de Diane Wood

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

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

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

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

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

Tel: 613-237-8889

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

Website: imagesandyhill.org

Editor:

Jane Waterston

Rédactrice de langue française :

Betsy Mann

Advertising: Peter Rinfret, Carol Waters, Jane Waterston

Administration: Christine Aubry, François Bregha, Ken Clavette, David Elden, Shelley Hatt, Frank Heilingbrunner, Ron Hodgson, Claire MacDonald, Betsy Mann, Jane McNamara, Jan Meldrum, Dodi Newman, Larry Newman, Judy Rinfret, Peter Rinfret, Dave Willis, Bob Whitelaw.

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

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

Deadline

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

November 19, 2019

(target delivery December 5)

Date de tombée

Publicité, articles, photos et autres soumissions

le 19 novembre, 2019

(livraison prévue le 5 décembre)

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

Questions re delivery?

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

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

Questions au sujet de la distribution?

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

From Ken Clavette's Album of Bygone Sandy Hill

William James Topley/Library and Archives Canada/PA-008979



An election is once more upon us and it got me thinking that our Sandy Hill neighbourhood has been home to more Prime Ministers than any other in Canada, 10 to be exact. We even have an organization that is now dedicated to turning our streets into a living museum, Prime Ministers' Row (pmr-apm.ca/history).

One unique home housed two Prime Ministers, Laurier House on, yes, Laurier Avenue. It was built in 1878. Wilfrid Laurier lived there from 1897 until his death in 1919 and his wife, Zoé Laurier until her death in 1921. Upon her death, William Lyon Mackenzie King inherited the home where he lived from 1923 until his death in 1950. The home came close to becoming the official residence of Prime Ministers but Louis St. Laurent instead preferred 24 Sussex Drive so Sandy Hill lost out. But we are the only neighbourhood in the country that can claim that 15 Prime Ministers have been our neighbours. New Edinburgh and 24 Sussex Drive can only claim 10.

I wonder who our next PM will be? Remember to get out and vote October 21.

You've been flagged



The locks are gone — how about dealing with the lights too?

The City can find the time and money to cut the "Locks of Love" off of the Corktown pedestrian bridge but can't find the money or time to replace the lights that are slowly burning out. Without the lights it looks so sad compared to the new "Flora" canal bridge that is so stunning in its lighting. Corktown is getting dimmer as each set of lights burn out. Soon it will

be as dark as the hearts of our City officials. Ottawa, the city that rejected love for darkness.

Ken Clavette
Henderson Ave.

IMAGE Abroad — Dubrovnik, Croatia, September 2019



Chez Lucien

BAR

137 Murray
@ Dalhousie
Byward Market
241.3533

*Sandy Hill's
place
in the Market*

*Côte-de-Sable
se retrouve
au Marché*

Photo Larry Newman



Is Sandy Hill going down hill?

Larry Newman

Good question. I got to thinking about this a few months ago when a resident who had lived in Sandy Hill over 10 years ago recently returned. He was unpleasantly surprised to see a deterioration in housing stock and observe more litter and untidiness than he expected. After he said that, I realized the same trend.

Seeing litter and untidiness is exasperating and there are probably many causes. One of them was in front of my eyes in late August when I strolled down the block on Daly Avenue that includes the Ottawa Mission. I saw at least 40 people hanging out—sitting on the curb, standing and talking in small groups. The garbage bins on the side of one of the buildings looked like they had been looted. Garbage and trash were scattered about. I asked one man if he knew anything about these people and he said that some stay at the Mission, some at the Shepherds of Good Hope and some at the Salvation Army.

I spoke to Hilary Burke who has lived very near the Mission for 20 years. She said, “One weekend, there must have been at least 100 people congregating on this one block! Apparently, some were urinating on the side of the building.” This experience is a first for her.

There is another disturbing trend—the number of reports of people seen injecting drugs in the neighbourhood. When I drive to Loblaws, I usually park in one of the spaces behind the Rideau Library. I often see people there, especially in rainy weather. Recently, I saw a young couple, huddling in a corner, about to “shoot up.” A security guard was watching them, not knowing what to do. This was about nine p.m., too late for the young couple to avail themselves of the services of the Supervised Injection Site (SIS) across the street.

As most of Sandy Hill residents know, the SIS is part of the services of the Sandy Hill Community Health Centre (SHCHC), located on the corner of Nelson and Rideau Streets. In April, 2018, the SHCHC began operation of a SIS to provide a safe place to inject drugs. Medical care is standing by in case of overdoses.

I spoke to Rob Boyd, the manager of the SIS. I asked him point-blank, “Do you think that locating the SIS at the SHCHC has attracted drug users to Sandy Hill—which, of course, would lead to the increase in theft which Sandy Hill is experiencing?” I expected a nuanced explanation but Rob said that yes, it had. He

said there were also other factors leading to the increase in drug users locally:

The McDonald's, located on Rideau Street near The Bay, recently reduced its operating hours to eliminate late night/early morning rowdiness by loiterers.

The Beer Store on Rideau Street just west of Cumberland closed this year. Many people used to hang out there. Now some of them have found a new place to gather—near Loblaws in Sandy Hill as Loblaws now sells single bottles/cans of beer.

The Salvation Army's site on George Street stopped serving lunch, so many of their clients found their way to the Mission, which still serves lunch.

And of course most of us have enjoyed the pleasant weather this summer. It tends to bring everyone out, street people being no exception.

Before the marketing of Oxycontin was suspended, it was the pharmaceutical drug of choice for injection. However, now that it's practically no longer available, Fentanyl is being sold as its replacement. The effect of using Oxycontin lasts three to four hours but the Fentanyl effect lasts only about an hour. This causes crowds to form near the SIS, awaiting their turn in the SIS or waiting to score more Fentanyl.

The current drug supply is more likely to cause an overdose, so more people want to use the supervised injection site and they need to use it more frequently, creating significant capacity issues at the Centre and at SIS's across the country.

As more drug users gather in Sandy Hill, there are more interactions with residents, some of them scary. This has roused residents of Besserer Street near the SIS to take their complaints to our councillor. Mathieu Fleury held a meeting on September 11 to let people air these grievances but, particularly to find solutions to these problems. There were 60+ people present plus Mathieu and representatives of the Ottawa Police, the SIS, and Ottawa Public Health. A consolidated list of problems and solutions will be created by the councillor's office. Copies have been released to meeting attendees and is posted at the ASH website.

The Ottawa Police has crime statistics on theft in Sandy Hill for 2017 and 2018. These statistics reveal that, as residents attest, both violent and non-violent crime has gone up substantially in 2018.

This article is meant to identify some of the recent social problems experienced in Sandy Hill. I believe that drug addiction is one element of interlocking problems including homelessness, joblessness, mental health disorders, and crime. The next issue of IMAGE will explore some of the solutions identified in the September 11 meeting.



Enjoy Strathcona Park's forthcoming colours in the days ahead! Photo Bob Whitelaw



WORKING
TITLE
KITCHEN-CAFÉ BY: allsaints

CAFÉ + TAKE AWAY

8am - 4pm everyday

DRINKS + SHARING PLATES

4pm - 10pm weekdays

BRUNCH

10pm - 3pm Sundays

Exclusive in-house caterer
for allsaints event space

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



allsaintsottawa.ca
613.230.3050

330 Laurier Avenue East, Ottawa

now open for

DINNER

Monday - Friday 4 - 10 PM

The Barely Bruised Book Club
Mon - Sat 11am - 8pm
Sunday 11am - 5pm
Students receive 30% off!



Ottawa's Finest New & Used Books

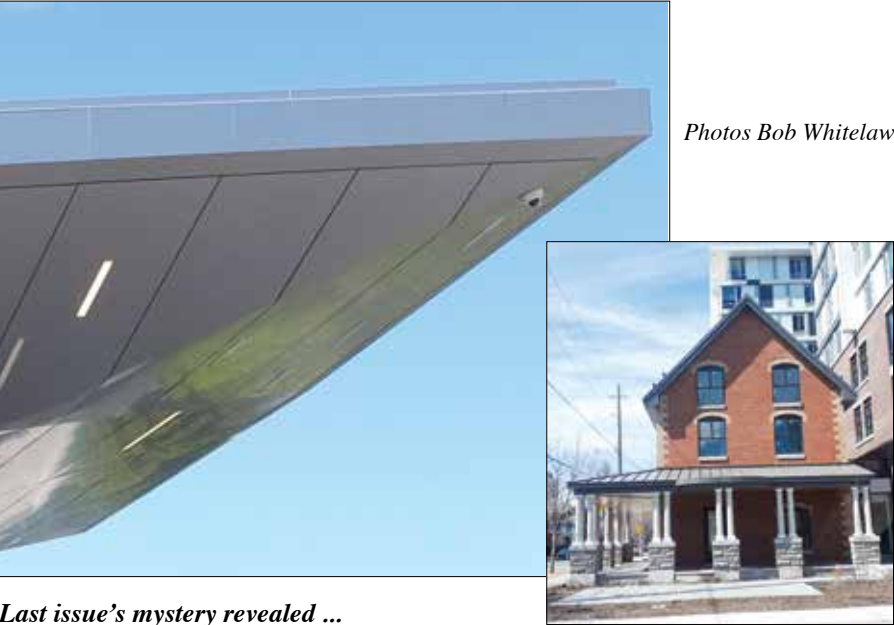
NEW ADDRESS!

Now upstairs in the same building of HAPPY
GOAT COFFEE in Sandy Hill at 315 Wilbrod St!

**Specializing in rare, philosophy,
indigenous, esoterica, classics.**

Test your memory and IMAG(E)ination

Where have you seen, on your walks around Sandy Hill, this striking roofline? \n Let us know and we'll salute you in the December-January IMAGE.



Photos Bob Whitelaw

Last issue's mystery revealed ...

The porch pillars located at the corner of Friel Street and Laurier Avenue in Sandy Hill. Once again, we salute **Poonam Varshni of Chapel St.** who responded quickly with the correct answer.

Newsbites



Photo Jane Warston

231 Cobourg decision appealed by Action Sandy Hill

On Sept.26, the community association Action Sandy Hill appealed City Council's decision to allow the Ugandan High Commission to replace its current building at 321 Cobourg with a purpose-built office building.ASH's brief was prepared and presented by François Bregha, who worked closely with ASH board member Trina Bolan and with the assistance of Sarah Gelbard. The appeal is the culmination of an almost two-year long process to protect the Heritage Conservation District where 231 is located. Above, Sarah, François and Trina in City Hall's Keefer Room following the appeal.

Statue unveiled at Amnesty House, 312 Laurier Ave. E.



Photo Jane Warston

The new sculpture unveiled on August 13 on Laurier Ave. East is a replica of the empty chair that represented Liu Xiaobo in Oslo in 2010 when he was not allowed to travel to accept the Nobel Peace Prize he had been awarded for his human rights activism in China.

The sculpture was created by Ruth Abernethy, whose work also includes the Oscar Peterson statue at the National Arts Centre. The Amnesty House lawn is being described as the "first home" of the statue, which may move to another location in years to come, but given that tonnes of concrete were poured to create the plinth for the chair, it's a safe bet that Sandy Hill residents will have lots of time to reflect on the message that "Freedom of expression is the foundation of human rights" inscribed at its base in three languages.

Speakers at the unveiling included Cheuk Kwan from the Toronto Association for Democracy in China, who led the project to create the memorial, and Wang Juntao of the Democratic Party of China, who was a close friend of Liu Xiaobo at the time of the demonstrations in Tiananmen Square in 1989. Liu Xiaobo died in prison on July 13, 2017. — Paula Kelsall

Illustration Claire MacDonald



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

The Light at the End of the Tunnel: LRT Officially Opens

Sandy Hill is a community that is well-connected to LRT with Rideau, UOttawa and Lees stations.

Our heavily anticipated LRT system is finally in place. Here is some useful information before you board. The LRT will be able to carry 600 passengers within the double trains, and this will eliminate approximately 2,000 bus trips through our community each day. Based on existing bus ridership, we've estimated that 250,000 passengers a day will be using the LRT. Trains will come at five-minute intervals during rush hour.

The LRT's operating hours are as follows:

Monday to Thursday: 5 a.m. to 1 a.m.

Friday: 5 a.m. to 2 a.m.

Saturday: 6 a.m. to 2 a.m.

Sunday and holidays: 8 a.m. to 11 p.m.

You can board the LRT by tapping your Presto card just as you would when taking the bus. The bus and the train will have the same cost. You can reload your Presto card at the ticket machines, which are located at every station. The machines accept cash, debit and credit cards, and can also be used to buy single use fares.

Seniors will continue to ride for free on Wednesdays and Sundays by using their Presto cards set with the seniors' discount. Every LRT station has elevators so no need to worry about accessibility. Many stations also have escalators.

Parallel bus service was running in conjunction with the LRT for the first three weeks of service. This allowed for a good transition period for everyone to feel comfortable with their new route. Starting October 6th, there were several new bus routes introduced including route 56, which goes from Tunney's Pasture to King Edward/ Sussex using Carling Ave., Glebe Ave, Main St., Lees Ave. and King Edward Ave.

The ticket machines have a live video chat option should you need to ask any questions. See you on the rails!

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

The “missing middle” problem in Robinson Village, or student residence by stealth

David Elden

Earlier this year the threat of a complete change in the neighbourhood’s existing demographic mix hung over Robinson Village (at the south end of Strathcona Park) and roused residents’ concerns.

Four separate Site Plan Control Proposals for residential rental projects were published for public consultation. All together the developments as originally proposed would add around 350 mostly small bachelor and one bedroom units to Robinson Village, completely changing the existing mix of people living in the neighbourhood. A large proportion of the residents responded to the City, with comments identifying a number of significant concerns, but focusing especially on the unit mix and parking.

Residents were concerned that the units are mainly aimed at the local U of O student rental market and will exacerbate Ottawa’s “missing middle” problem. The City of Ottawa R4 Zoning Review project “. . . seek[s] to fill a ‘missing middle’ range of affordable mid-density infill housing suitable to a wide range of household types, incomes and tenures, as directed by the Official Plan.”

All the proposals also require rezoning approvals to reduce – in some cases to near zero – the number of tenant parking spaces, while not providing car share or electric vehicle charging station spots. This was the second largest concern for existing residents, partly because it was felt that, notwithstanding the City’s push to active transportation, successful “missing middle” accommodation will still require some car use to reach amenities such as grocery shops, health care and recreational facilities, given the isolation of Robinson Village. As well, there is already considerable pressure on street parking for visitors and deliveries, during weekdays and the snow season.

On 16 September, the City notified residents that the rezoning applications for all the properties had been submitted, and invited comments. A number of changes to the unit mix and parking were included for 19 Robinson, 29 Robinson and 134 Robinson “. . . as a result of feedback from City staff, the public and the ward councillor.” 36 Robinson, by far the largest in height, and number and density of units, does not seem to have any changes from the earlier proposal.

Summary of unit and parking changes

Address	Unit changes	Parking changes	Notes
19 Robinson	2 Bedroom +17 1 bedroom/studio -18 Total 46	+2 spaces; total now 6, 3 visitor, 1 space targeted as car share	Add 1 storey to design: now 5, site zoned for 6 storeys. Rezoning application to reduce the required residential parking from 17 spaces to 3.
29 Robinson	2 Bedroom +20 1 bedroom/studio -25 Total 46	+2 spaces; total now 6, 3 visitor, 1 space targeted as car share	Add 1 storey to design: now 4, site zoned for 6 storeys. Rezoning application to reduce the required residential parking from 17 spaces to 3.
134 Robinson	2 Bedroom +7 1 bedroom/studio -11 Total 46	+2 spaces; total now 6, 3 visitor, 1 space targeted as car share	Add 1 storey to design: now 5, site zoned for 6 storeys. Rezoning application to reduce the required residential parking from 17 spaces to 3.

Residents have until 14 October to respond to the rezoning applications. The applicants argue that changes have been made: to address the “missing middle” concern by adding two bedroom units, and parking by adding two places to some of the buildings.

Existing residents may still be concerned that 36 Robinson – the largest project, and closest to the stable residential part of Robinson Village – is unchanged, and that the changes to the other designs are inadequate to fully address their worries about a student residence by stealth.

Next public consultation: Councillor Fleury is holding another public consultation on the proposals on October 24 from 6:30 p.m. to 8:30 p.m. in the Gymnasium at the Youville Centre, 150 Mann Ave. The applicant and a City planner will be in attendance. There will be display boards and a presentation highlighting the changes.

Details of an application can be found by searching for the address at app01.ottawa.ca/postingplans/home.jsf?lang=en.

Retrofit continues on Rideau at King Edward



Workers are still busy at THÉO, the new student residence at King Edward and Rideau, but the front desk staff report that most of the apartments inside are finished and occupied. Work continues on the study rooms, the gym and the basketball court. As for the art contest that promises to bring visual interest to the west wall of the building, it’s not too late to submit a portfolio; visit theoottawa.com for details. — Paula Kelsall



“Love locks” gone from bridge



Photo Wayne Cuddington, Ottawa Citizen



Photo Jan Meldrum

What a surprise to arrive on the Corktown footbridge over the canal on September 24 to find almost all the locks had been removed. Since the bridge opened in 2006, increasing numbers of padlocks—which the City calls “love locks”—had been locked onto the railings. Lots of student couples were professing “eternal love” through the locks. The problem was that all this professed love was jammed together and rusting and not looking very lovable at all.

According to Laila Gibbons, Director, Roads and Parking Services, “The City has been taking a managed approach to the locks and periodically removes chains and padlocks in areas where degradation poses a risk.”

City staff had recently removed most of the locks because there were too many jammed together making the selection and removal of older locks impossible.

According to Ms Gibbons “residents can continue to place new ‘love locks’ on the bridge. Staff will conduct regular inspections of the structure and remove damaged chains and padlocks as deemed necessary.”

According to a CBC news report the City will not allow locks on the new Flora Footbridge. Its railings are designed to discourage such practice. — Jan Meldrum

Federal election 2019 roll up

What the candidates are saying to Sandy Hill

Canada's federal election will be held on Monday, October 21, (advance polls October 11-14). IMAGE posed these questions to the five major candidates in the Ottawa-Vanier riding. They could reply to each question in either English or French but not both—because of space limitation.

1. Why do you want to represent the residents of Sandy Hill—how will you do that? How will you communicate with Sandy Hill residents if and when you are elected?
2. What federal initiatives are most relevant on a community level in Sandy Hill?
3. What do you think are the most important ecological challenges facing the residents of Sandy Hill and what would you do to effect positive and sustainable change?
4. A long standing issue for this community is heavy truck traffic on King Edward and through downtown. What, if any, solution do you support?
5. What measures do you think the federal government could implement that would help protect the many historic buildings in Sandy Hill that are currently threatened?
6. What measures do you advocate that would mitigate the problems of transients, homeless and socially disadvantaged people that have an impact on Sandy Hill residents?
7. What federal policies do you support that would reduce crime on a national and local basis?

For information on all other candidates (minor parties and independents) go to the Elections Canada web site and type in your postal code.

We hope these candidate statements will help you make informed choices on October 21 and want to thank the respondents for their efforts.

— John Cockburn, Judy Rinfret

Conservative Party



Joel Bernard

Occupation: Parliamentary Affairs Advisor

Residence: Ottawa

Representing Sandy Hill

I have served as a Director of Parliamentary Affairs or as a Policy Advisor to four different federal Ministers on Parliament Hill since 2006. I am presently employed with the Shadow Minister of Public Safety, Borders and Emergency Preparedness. Much of my work depends on knowledge and information. These two come from two main sources; the Deputy Minister and his/her staff and stakeholders/public at large.

You cannot be a good Policy Advisor without developing relationships with these two groups. All of my successes over the years can be attributed to relationship building. The issues and the needs may change, but the mandate never does. This mandate is to serve but also to remember that we are public servants, not public masters.

Federal initiatives relevant to Sandy Hill

We have committed to introduce measures that will make life more affordable by scrapping the Carbon tax, remove the GST off home heating bills and home energy costs, make maternity benefits tax-free, provide a Universal Tax Cut to all hard working taxpayers, implement the Green Tax Credit for Public Transit, implement a Children's Fitness Tax Credit, implement a Children's Arts & Learning Tax Credit, boost the Registered Education Savings Plan (RESP), cancel \$1.5B in corporate welfare and redirect savings to Canadians and help homeowners pay for energy-saving renovations through the Green Homes Tax Credit (GHTC)

Environment

We should all be concerned about climate change—about the kind of planet we will leave to future generations. A Real Plan to Protect Our Environment is built on three guiding principles: 1. Green technology, not taxes, 2. A cleaner and greener natural environment and, 3. Taking the climate change fight global.

Under the Conservative plan, it will not be free to pollute—and unlike the Liberal scheme, there will be no sweetheart deals for anybody. However, rather than simply funneling money to the government as the Liberal plan dictates, emitters who exceed our limits will be required to invest in technology that will lower emissions to fight climate change.

We will introduce the Green Homes Tax Credit, a two-year plan that will encourage Canadians to improve their homes with emissions-reducing technologies. In 2017, emissions from buildings accounted for 12% of Canada's total greenhouse gas emissions. We cannot tackle climate change without making our buildings greener. Canadians will be eligible to receive a 20% refundable credit on their income tax for green improvements to their homes of over \$1,000 and up to \$20,000. This will allow Canadians to save up to \$3,800 on their green renovations in each year. We have over 50 specific initiatives proposed in our plan.

King Edward traffic

If the solution to this problem was easy to implement, it would have been dealt with long ago. The City's only proposal so far has been to move the traffic problem from downtown to other communities in the riding. I will work with all levels of government to insure that a final solution does not create winners and losers.

Heritage

Personally, I want to be your champion to work with City Hall to develop a strategy that will guarantee international best practices in maintaining heritage properties in Sandy Hill and all of Ottawa-Vanier. Canada is certainly not the only region to face this challenge. We need to look at other jurisdictions but we must also have a solution tailored for us locally.

Social issues

Our government has announced a Health and Social Program Guarantee: a commitment to maintain and increase the Canada Health Transfer and the Canada Social Transfer by at least 3% per year.

However, specific to the homeless situation, the shelter move to Montreal Road is a non-starter for me. Shelters do not solve

Conservative — continued on page 8

Green Party



Oriana Ngabirano

Occupation: Public Relations

Residence: Vanier

Representing Sandy Hill

Sandy Hill is a beautiful and thriving community, where families, students, and seniors all contribute to the character of the neighbourhood. I take a high priority in consulting with all members of our riding to understand the issues and provide channels of discussion between citizens and all three levels of government. When elected, I would form citizens' committees to focus on the relationships between electors and elected, increasing citizen involvement in our democratic process.

Federal initiatives relevant to Sandy Hill

The principal initiative I would advocate for is Guaranteed Livable Income. Poverty is the biggest challenge in Ottawa-Vanier.

Ending systemic poverty means rethinking the system. We have the resources and talent to create a truly just society. Our social safety net was developed almost 50 years ago, it's time for the next major innovations—Pharmacare and Guaranteed Livable Income. Poverty is a problem we can fix.

Homelessness, increased hygiene/diet related diseases, and increased crime rate are social consequences of poverty that are far too familiar in Ottawa-Vanier.

Transportation and traffic are also becoming critical issues. Hopefully with the new LRT service, we should see a positive change on the roads. There is much more that can be done to increase the use of public transportation. When elected I will advocate for increased funding to stimulate re-investment in active/sustainable transportation, safe infrastructure and services (e.g. safer bike paths).

Environnement

Comme vous le savez, l'environnement est la priorité du Parti Vert du Canada. Toutes ses politiques ont comme fondement la protection de l'environnement et la qualité de vie des canadiens.

Outre les problématiques liées aux changements climatiques, nous sommes aussi conscients des autres défis auxquels nous auront à faire face: la qualité de l'eau, de l'air et des terres qui nous environnent et qui servent à nous nourrir.

Le recyclage est un sujet qui me tient à coeur; une fois élue, je veux travailler sur des politiques qui augmentent la responsabilité des manufacturiers dans le cycle de vie des produits qu'ils produisent. Je

compte inciter l'innovation et le changement vers des pratiques durables et respectueuses de l'environnement en responsabilisant le début de la chaîne.

King Edward traffic

The heavy truck traffic through the heart of our city is hazardous, harmful to health and quality of life. The solutions proposed so far only divert the traffic to other neighbourhoods, so the only viable option that has been presented is the tunnel running from Vanier Parkway/Coventry Road to the Macdonald-Cartier bridge. I would support moving forward with the appropriate studies. The end goal is to reduce the amount of polluting vehicles. We must implement a strategy to expand the national rail system, for large distances, while concentrating on emissions free vehicles for short distances and within cities.

Heritage

At the federal level, the promotion of tourism as a sustainable economic means is the best argument for heritage conservation in a capitalist country. Tourism and heritage go hand in hand.

I believe that an increase in community pride and quality of life will make tourists want to visit our neighborhoods. A Green Party Government will increase funding to the arts, culture, and heritage.

Social issues

Those issues are direct consequences of poverty and as mentioned, the principal initiative I would advocate for is Guaranteed Livable Income.

Pharmaceutical use must be more rigorously assessed. It is estimated that prescription drug use leads to 150 000 deaths every year in North America. Health Canada has not performed adequately in assessing risks. Canada still lacks any requirement for mandatory reporting of side-effects from prescribed drugs. Far too often, conflict of interest in the relationship between those who advise government agencies, and even physicians who accept trips and promotions from the pharmaceutical industry, can influence decisions. There are two and a half drug sales representatives for every physician in Canada. Getting a handle on the use of prescription drugs can both save lives and cut costs.

The best way to accomplish both life-saving and cost-cutting goals is through a universal Pharmacare program, a bulk drug purchasing agency, and shorter drug patent protection times. It is critical that no conflict of interest corrupt the drug assessment process. Drugs showing a greater harmful than beneficial effect will not be part of a national Pharmacare program.

I support safe supply and a much needed increase in access to Mental Health support services and alternative medicine.

Crime

Crime levels and poverty levels have a direct link. Consequently, I would advocate for a Guaranteed Livable Income.

The Green Party is a practical party. In all our policies we seek to avoid over-the-top rhetoric and partisanship. We take this same pragmatic and level-headed approach to the tough issues of criminal justice.

Between 2008 and 2011, according to the Department of Justice, Canada spent \$311 million targeting illicit drugs, with a majority of that money going to law enforcement. I support smarter investments to prevent crime through better programs in youth activity/entrepreneurship, early childhood education, and the public health approach to violence prevention (Cure Violence <https://cvg.org/>).



Liberal Party of Canada



Mona Fortier

Occupation: Member of Parliament for Ottawa-Vanier
Residence: Ottawa-Vanier

Representing Sandy Hill

I've been working for the people of Ottawa-Vanier for the past two and a half years and would love the opportunity to keep working for our residents. I have always believed that I can best serve my community by getting involved and taking action. I've never been one to sit on the sidelines, because it is through action that we can create positive change.

I want to keep focusing on making life more affordable for residents, protecting our environment and helping our local businesses prosper. Ottawa-Vanier is strong because of its diversity, which is representative of the Canadian social fabric. If I'm re-elected, I will continue to represent our community's multiple voices at the House of Commons.

Les initiatives fédérales touchant la Côte-de-Sable

Nous devons en faire plus pour que chaque Canadien ait un logement sécuritaire et abordable. Si je suis réélue, je travaillerai pour rendre la vie plus abordable. Je veux faire en sorte que les Canadiennes et les Canadiens aient accès à des logements abordables qui répondent à leurs besoins, dans des communautés où leur famille peut prospérer. Un logement permet aux gens de se sentir plus en sécurité et cela leur facilite la tâche pour élever des enfants en bonne santé, faire des études et obtenir un emploi. Les logements abordables changent la donne pour les familles et les gens de tous âges et de tous horizons. C'est pourquoi nous allons de l'avant avec la toute première Stratégie nationale sur le logement du Canada, un plan décennal de 40 milliards de dollars grâce auquel un plus grand nombre de Canadiens auront accès à un logement.

Aucun enjeu n'est plus important pour notre avenir que la lutte contre les changements climatiques. C'est pourquoi un gouvernement libéral réélu a un plan ambitieux pour protéger l'environnement et stimuler l'économie. La pollution a désormais un coût, et plus de 1,1 million d'emplois ont été créés au pays depuis 2015. Le gouvernement libéral prend des mesures concrètes pour réduire les émissions de gaz à effet de serre et faciliter l'adaptation de tous les secteurs aux changements climatiques, du secteur industriel à celui de la construction, en passant par celui du transport et de l'agriculture. Cela implique de recourir à de l'énergie propre pour alimenter nos foyers, nos lieux de travail, nos véhicules et nos industries, et d'utiliser l'énergie plus efficacement. Cela implique aussi des infrastructures et des écosystèmes plus résilients et mieux adaptés aux changements climatiques, ainsi que l'agrandissement des aires protégées et des parcs par de nouvelles mesures vigoureuses de conservation.

Environment

Our government has a strong plan to protect a clean environment and it's working

for Canadians. We put a price on pollution to fight climate change and put money back in the pockets of Canadian families. Nationally we also launched the Oceans Protection Plan and designated nearly 15% of marine areas as Marine Protected Areas.

Locally, our government has supported efforts to keep our riverways clean and free from pollution, including supporting the Combined Sewage Storage Tunnel. If I am re-elected, I will continue to fight for real climate action, and support the greening of our national capital region.

La circulation sur King Edward

Les problèmes de transports régionaux sont un enjeu auquel notre communauté est confrontée depuis des décennies et qui préoccupent plusieurs membres de la circonscription. Les étapes une et deux du train léger transformeront la façon dont les résidents se déplacent dans notre ville. Cela réduira le temps nécessaire aux voyageurs pour se rendre au travail et aussi la congestion routière.

Dans le budget de 2019 de notre gouvernement, nous poursuivons cet engagement et avons présenté un plan visant à garantir que notre infrastructure de transport interprovincial est bien entretenue et répond aux besoins de tous les résidents de la région de la capitale nationale. Ceci, conjugué au besoin immédiat de remplacer le pont Alexandra et de trouver une solution viable à long terme pour sortir les camions du centre-ville et de l'avenue King Edward, a amené notre gouvernement à prendre des mesures pour étudier les priorités du transport en commun et des transports pour la Région de la capitale nationale. J'ai appuyé cette demande afin d'avoir une stratégie régionale de transport en commun et de transport interprovincial globale et non une approche à la pièce.

Je m'engage à continuer de travailler de concert avec les élus, les dirigeants des associations communautaires et les résidents tout au long de cet exercice.

Heritage

We live in one of the most beautiful national capitals in the world and it is important that we continue to look after our heritage sites and ensure that the National Capital Region is accessible for visitors and residents alike.

Ottawa-Vanier is fortunate to have some of the most historic museums and monuments in the country. I have worked hard to secure investments to support restoration and protection of our historic National Capital Commission and Parks Canada buildings in the riding, including Laurier House in Sandy Hill. If re-elected I will continue to work with community stakeholders, as well as my provincial and municipal colleagues to ensure we support growth that respects the historical traditions of our communities.

Enjeux sociaux

Un gouvernement libéral réélu fera en sorte que chacun dispose d'un logement sécuritaire et abordable à Ottawa et à travers le pays. En tant que la députée d'Ottawa-Vanier, j'ai travaillé pour aider Shepherds Good Hope à obtenir un engagement financier fédéral de plus de 3,65 millions de dollars pour la construction d'un ensemble de logements avec services de soutien sur le chemin Montréal. Cette approche de "logement d'abord" fournira 42 logements abordables destinés aux personnes ayant connu l'itinérance chronique et nécessitant des services 24 heures sur 24. J'ai également appuyée l'Initiative multiconfessionnelle pour le logement dans leur candidature pour bâtir la Maison des anciens combattants à Village des riverains, qui fournira environ 20 unités aux anciens combattants sans abri. Dans le cadre de la Stratégie nationale sur le logement, notre gouvernement a comme objectif ambitieux de réduire l'itinérance chronique au Canada d'au moins 50 %. Les investissements dans l'Allocation canadienne pour enfants, la Stratégie nationale sur le logement et l'Allocation canadienne pour les travailleurs ont permis de sortir plus de 900 000 Canadiennes et Canadiens de la pauvreté.

Liberal— continued on page 8

New Democratic Party



Stéphanie Mercier

Occupation: Nurse
Residence: Gatineau, QC

Representing Sandy Hill

I moved to Sandy Hill six years ago when I came to Ottawa to complete my Bachelor's in nursing at the University of Ottawa. When I made the decision to attend law school after completing my degree, the combined cost of my rent and tuition meant that I could no longer afford to live in the community. I know that many students in the area, like me, have struggled to afford their tuition and the cost of living in this area, but this problem isn't theirs alone. Affordability is a huge concern for many residents I've spoken with, something I can speak to with my own experience.

As an NDP candidate, I have the opportunity to fight for the change Ottawa-Vanier residents deserve: access to safe affordable housing, climate leadership, and comprehensive healthcare coverage.

Federal initiatives most relevant to Sandy Hill

At the doors, I've heard from countless residents that it's only been harder to get by the last four years. National housing and childcare strategies, and head-to-toe health coverage would help lessen the burden on families. Life is simply becoming unaffordable as rent skyrockets while wages stay the same.

Environment

Sandy Hill is especially susceptible to flooding, being in a low-lying area. Flooding has been exacerbated by climate change, making it more frequent and more severe. This has a real cost not only for residents, who are paying to renovate and insure their homes, but also the federal government. The Parliamentary Budget Office projects annual liabilities paid by Canada's federal and provincial governments to average over \$900 million over the next five years, with floods accounting for about \$670 million of this spending.

The debate around climate change in Canada frequently centres on its cost. Many will say that investing in infrastructure to mitigate floods or generate clean energy is too expensive, but this perspective fails to acknowledge the long term costs of climate change, leaving it to future generations to foot the bill.

The NDP has a comprehensive plan to address climate change and orient Canada

towards a green economy: continuing carbon pricing, while ending breaks for large emitters, and creating 300,000 green jobs across the country to restore Canadian infrastructure for climate change resilience and reduce our carbon footprint. We will also work with municipalities to provide fare-free public transit, and scale up low-carbon transit projects.

Traffic on King Edward

It's clear that the current situation on King Edward isn't sustainable. Truck traffic has been responsible for several serious accidents with pedestrians and cyclists. Not only is the volume of traffic dangerous, it worsens air quality, and its excessive noise is disruptive to residents. I'm supportive of the proposal to construct a tunnel under the downtown core to manage truck traffic, and will advocate for federal funding for the project as an MP.

Social issues

When I worked as a volunteer for the Overdose Prevention Ottawa supervised injection site in the Byward Market, I saw that many of the people who went to the site also struggled with homelessness, or their mental health, but were unable to access the supports they needed to recover. If elected, I will support the NDP's plan for public coverage of mental health care and expand access to treatment on demand. As an MP, I will also advocate for the decriminalization of drug possession that prevents substance users from seeking treatment, and for cooperation with the provinces to fund projects like safe injection sites that have been proven to save lives and help substance users get treatment.

In Canada, eleven people die each day from opioid related causes. Ottawa has been at the forefront of this crisis. I will work with the NDP to declare the opioid crisis a public health emergency, and put resources behind an effective response.

Crime

It's no coincidence that Ottawa-Vanier experiences such high incidence of crime, and the highest food bank usage of any Ontario riding last year, with 15% of residents having used a food bank in 2018. The reality is that many of our neighbours are forced to choose between paying for their medication, a place to call home, and putting a meal on the table. The current patchwork of programs is difficult to navigate, and simply doesn't provide enough support for many who are struggling to meet their basic needs. A post-secondary education, widely viewed as being the key to opportunity, is growing increasingly out of reach for those who are stuck in precarious employment, or making minimum wage.

I'm fully on board with the NDP's plan to roll out universal pharmacare by the end of 2020, and update medicare to include mental health and dental. I will also fight for the affordable housing in our community, by supporting the NDP's plan to build 500,000 affordable units across Canada over the next 10 years. I will also advocate for a national childcare strategy that supports families across the country.

As an MP, I will also work to remove barriers to accessing employment insurance for those who need it, including workers who have been precariously employed, or who live with episodic disabilities.

People of colour and Indigenous people are also far more likely to be arrested and convicted. As an MP, I will advocate for an end to discriminatory practices like carding, and advocate for an approach that emphasizes healing and restorative justice.



organic
vegetarian
natural

Order online from our bakery!
www.thegreendoor.ca

198 Main Street 613-234-9597
Tuesday to Sunday, 11am - 9pm



People’s Party of Canada



Paul Durst
Occupation: Public Servant, Canadian Armed Forces (Ret.)
Residence: Beacon Hill North

Representing Sandy Hill

I’d be proud to represent Sandy Hill because it’s a community that truly represents Canadians at all stages of life—from the young minds being formed at the University of Ottawa, to the Public Servants, academics and others who live and work here, to the many seniors who choose to live here. I think that’s worth preserving, and as your MP that will be my role. I will work to address the scourge of opioids impacting our community, protect the architectural treasures of Sandy Hill, safeguard the majestic Rideau and Ottawa River ecosystems, and ensure that Sandy Hill is a place where people of all ages and from walks of life feel safe and respected.

I learned as an officer in the Canadian Armed Forces that a single channel of communication is never enough. You’ll hear from me in these pages, and in the pages of other newspapers. I live in this riding, and when I am elected I will be available to anyone who wants to come by and talk. Finally, I hope to communicate with you in the most important way: through my actions, by helping to produce cleaner rivers and parks, safer streets, and a more prosperous Sandy Hill.

Federal initiatives most relevant to Sandy Hill

One of my top priorities across the riding of Ottawa-Vanier is to address a killer that is too often ignored: opioids. Opioids have claimed the lives of thousands of Canadians. Despite the efforts of the Liberal Government, Health Canada reports that the death rate from opioids has climbed every year from 2016 to 2018. There is no one solution to this multifaceted problem. We must: strengthen border protections to stop illegal opioids entering Canada, help the RCMP to tackle the national problem of the opioid epidemic, create clear pathways to rehabilitation for those involved with opioids, and support legislation to allow our police and courts to hold those responsible to account.

Preserving the beauty and charm of a community like Sandy Hill is not just about preventing predators from taking advantage of the most vulnerable. It’s also about leveraging the National Capital Commission to ensure that Sandy Hill’s architectural and natural legacy is preserved. In the words of Action Sandy Hill, that means making sure that local development is “compatible with existing architectural and cultural [and I would add, natural] heritage”.

Environment

Sandy Hill is blessed with the Ottawa River, the Rideau River and the Rideau Canal, and a network of parks and green space. Preserving Sandy Hill’s ecology requires local action. When I am elected, I will be an advocate for community engagement, empowering local voices. For example, the non profit Ottawa River-

keeper organization, devoted to the Ottawa River watershed, have raised a number of urgent issues for those who love the ecosystem of Sandy Hill to consider: from sewage overflows, to plastic in the water, to the lack of risk assessment for projected pipelines intersecting the Ottawa River. I would ensure that groups such as Ottawa Riverkeeper have a voice with the National Capital Commission.

King Edward traffic

Heavy truck traffic is an ongoing issue for those in Sandy Hill. Several viable solutions have been suggested, from a tunnel to another interprovincial bridge to ease traffic flow. Our leader, Maxime Bernier, has made interprovincial trade a priority. Plans such as the tunnel and the bridge show that more interprovincial trade is compatible with lessening the traffic through Sandy Hill. I will work with municipal and federal colleagues to determine the best option and seek federal funding to make it a reality.

Heritage

Sandy Hill is the home of ten historic prime ministers—and that’s just for starters. It’s important not to lose our architectural heritage, and when elected I will use the National Capital Commission to preserve it. But I won’t just focus on the heritage from the past. Sandy Hill is vibrant. It is home to some of the most beautiful gardens in Ottawa. The Odyssey Theatre in Strathcona Park is a cultural treasure that most of us know and love. One of Ottawa’s newest bookstores just opened along Wilbrod Street. These are the results of engaged Canadians growing their community, and I will empower them by fighting against red tape and in favour of local innovation.

Social Issues

As mentioned above, one of my key plans is to tackle the opioid crisis in Sandy Hill and beyond in Ottawa-Vanier. As a father of five, I know that our families are the most precious things in our lives. No one should have to lose a family member to drugs or violence. We need to tackle opioids, addiction, and the lifestyles that accompany them with compassion but also allow people to take responsibility for their actions. At the federal level, that means securing Canadian borders against drugs and seeking tough consequences for those who defy the law, while always creating pathways to rehabilitation.

Crime

Too many residents of Sandy Hill have experienced this rise in crime, and fights and litter along Rideau Street are now commonplace. I believe that safety starts with the little things. Gardens are now often vandalized and defaced. Many residents of Sandy Hill feel unsafe because of out-of-control house parties that can turn into block parties. I would lend my assistance to municipal and provincial colleagues as they combat littering, vandalism and unsafe parties, while working with federal colleagues to address the larger factors at work: illegal weapons entering Canada as well as large scale criminal activity.

Conservative Party — from page 6

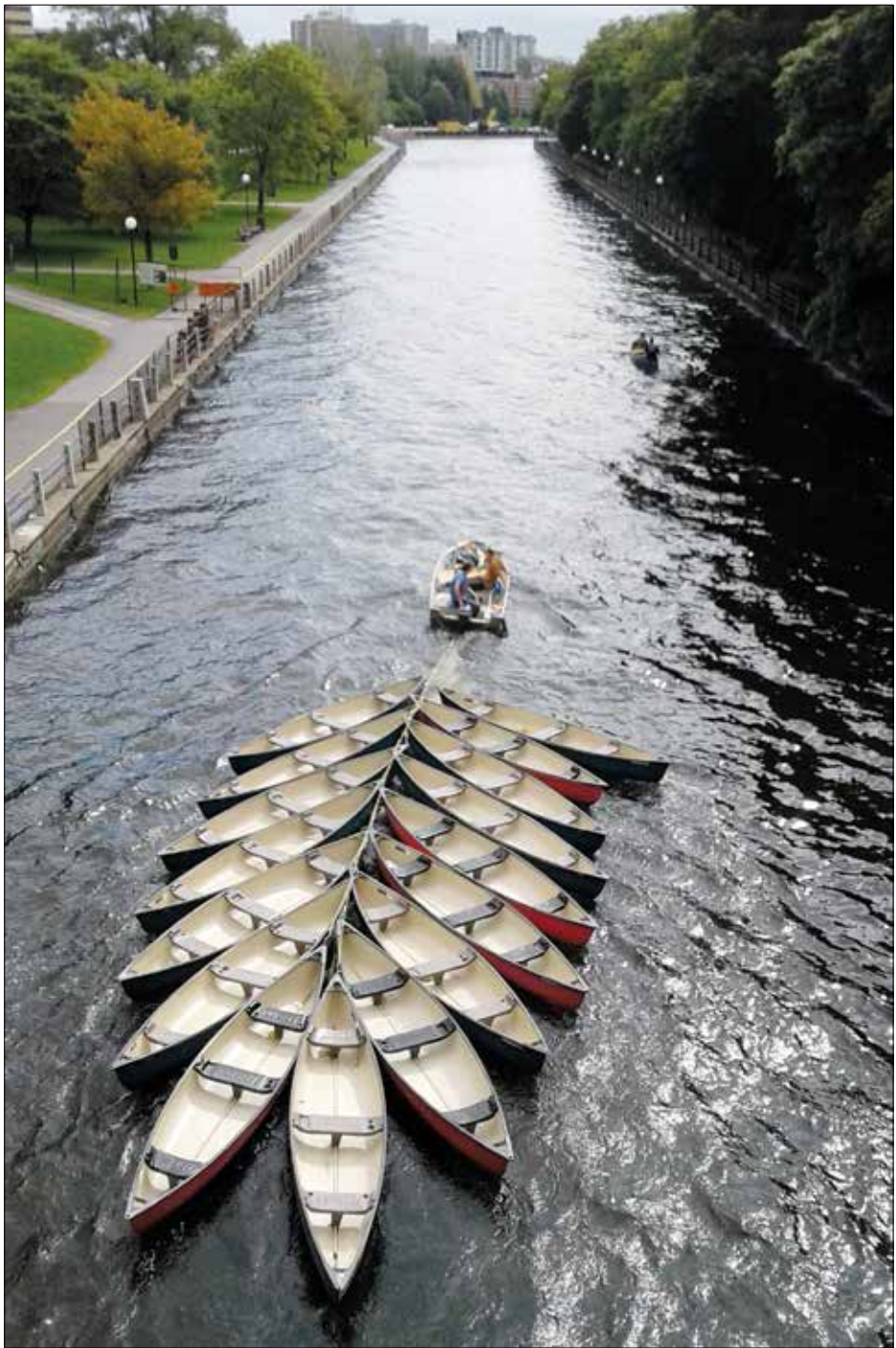
homelessness and again, transferring a challenge from one community to another is nothing short of skilful mismanagement on the part of City Hall. I will work with the Mayor’s office to find a sustainable long-term solution.

We have to find a solution to help folks with addiction and mental issues but we also have to work to maximize public safety for the residents of Sandy Hill and Ottawa. That is why we have announced considerable investments to help police do their jobs.

Crime

We have announced a three pillar public safety strategy which includes combatting gangs and organized crime activities and illegal guns. We will also provide police with additional resources to help them do their jobs.

A Conservative Government will take action to fight human trafficking by re-



A floating sculpture?

Although it looked like a 16 canoe floating sculpture as it passed under the Corktown Bridge on Sept. 14 it was actually the Dow’s Lake boat rental employees returning the canoes which had been used for the Grand Entry of the Mòshkamo Indigenous Arts Festival. Below are some of the Indigenous paddlers on their way from Patterson Creek to the NAC to open Mòshkamo. — Jan Meldrum



newing the action plan cancelled by the Liberals, toughen the laws and sentences for those convicted of human trafficking and end automatic bail for those accused of selling human beings.

The wounds of sexual abuse last a lifetime and the penalty should fit the crime. Survivors of sexual abuse need to be assured that their government acknowledges their anguish and that the people who hurt them will be punished. A Conservative government will put the safety of children first and ensure that those who seek to harm them will face the full weight of Canada’s justice system. We will ensure that victims’ voices are heard and that sentences for sexual interference take into account the length and severity of the abuse by adding aggravating factors to the Criminal Code. We will end the practice of giving those who harm children a mere slap on the wrist, by ensuring that anyone who is convicted of a serious sexual offence against a child serves at least 5 years in prison.

Liberal Party —continued from page 7

Crime

Ensuring our community’s safety has always been a priority for me and our government. Over the past four years, we have invested \$327 million in new federal funding to tackle the increase in gun related violence and gang activity in Canada. This included \$65 million to the province to support local police forces in addressing local crimes, and \$86 million for the RCMP and CBSA to stop illegal weapons from entering our country.

But we know there is more to do, and a re-elected Liberal Government has committed to ban all military-style assault rifles in Canada and provide municipalities with the ability to ban handguns. We understand that gun crime has been on the rise and we must take common-sense action to strengthen gun control and crack down on gun crime.



Community Update

A memorable first year

**Jim
WATSON**
Mayor • Maire

City Building

- The Confederation Line of our O-Train Light Rail Transit (LRT) system opened to the public on September 14. It was the busiest LRT system on day one in North America
- Construction for Stage 2 of LRT is now underway, bringing rail farther east, west and south
- The Flora Footbridge, which connects the communities of Old Ottawa East and the Glebe, as well as Lansdowne, was completed ahead of schedule, under budget and officially opened to the public in June
- An additional \$9.8 million being invested into roads, bike lanes, sidewalks and City facilities in 2019 to bring the total road and infrastructure budget to \$128.5 million



Community

- No-charge OC Transpo service for seniors has been extended to include Sundays in addition to Wednesdays
- Started to pilot new school bus stop-arm cameras with the Ottawa Police Service to catch dangerous drivers and keep children safe in school and residential areas
- Over 400 new affordable housing units have been approved to be built since the beginning of the new 2018-2022 mandate
- 6 new Red Light Cameras will be installed by the end of 2019, for a total of 60
- Started a comprehensive review of the City's Tree By-Laws with an objective to reduce urban tree loss

Affordability and Economic Development

- Amazon fulfilment centre now employing over 600 residents in the east end
- Ottawa's first soundstage campus and creative hub being built in Nepean, creating up to 500 new jobs and generating \$40 million in economic activity in the first few years
- Reduced patio permit fees by 50% to help local businesses deal with rising costs
- Maintained a Moody's AAA credit rating
- Keeping life in Ottawa affordable while investing in essential services with a cap on taxes



Action Sandy Hill notebook
Notes from the community association meeting September 30

Jan Finlay

The Swiss Hotel is now a corporate sponsor of Action Sandy Hill.

Bylaw: Joel Mader, Director, has resigned from the ASH board. Larry Newman has agreed to resume responsibility for oversight of ASH bylaws. He is looking for volunteers to join his committee to help with three files: monitoring front yard parking, graffiti, and garbage enclosures. If anyone is interested in helping Larry monitor these things in the community, he can be reached via info@ash-acsc.ca.

City bylaw officer Tyler Patterson reported on the top 14 problematic properties on his list. Those that missed their compliance dates had their non-compliance issues contracted out to a third party to be dealt with (grass cutting for example). The third party charges will be sent to the property owners.

Social media outreach: Jen Cox has agreed to be responsible for ASH's outreach. She will keep the Facebook, Instagram, and Twitter accounts up to date.

R-4 Zoning Review: ASH submitted a report to the City regarding the R-4 review and has had a response from Tim Moerman of the Planning, Infrastructure and Economic Development department. Public consultation on the study will be coming shortly.

Rental Accommodation Housing Study: ASH's comments on the City's Housing Options paper has been posted on the ASH website. The original survey is there as well. City staff report will be on the City website ottawa.ca/en/city-hall/public-engagement/projects/rental-accommodations-study and will go to Community and Social Services Committee.

Environment: ASH's input into Ottawa's Tree Bylaw Review has been posted on the ASH website.

Activities: The uOttawa/ASH walk-about went well in spite of the wet weather.

Garage sale: Cathy Major reported that the Sandy Hill Garage Sale was successful. There were 35 vendors. The new map posted on the ASH website showing the location of the vendors was very helpful.

Youth Mentoring committee: The committee is working on their Feb. 9 mentoring event for interested local youth. They are researching what these neighbours feel they need help with: job hunting, tutoring, résumé writing to name a few. When research is complete they will be looking for community volunteers to fill these priority needs.

Traffic and buses: New bus schedules will be set as of Oct. 6. Watch for new traffic rules for Laurier and Waller, and Nicholas and Laurier. The east-bound entrance to the Queensway off Lees should be open to regular traffic mid-October.

Ottawa Public Library: Reminder that design consultations are taking place. Councillor Fleury urges Sandy Hill residents to take part: <https://ottawacentrallibrary.ca/get-involved>.

Ottawa 2020 Budget consultations: The Rideau-Vanier Ward specific event will take place October 16. On November 5 at 5 p.m. at City Hall (Jean Pigott) there will be a public consultation on Transit, Social Services and Housing.

Community safety: Councillor Fleury is planning to hold a follow-up meeting (see article, page 3). Representatives from Ottawa Public Health, Public Health Prevention, Social Services, and the Attorney General's Office will be invited to answer questions that were raised at the first meeting. ASH's report on the first meeting can be found on the ASH website.

Keeping Sandy Hill safe from dormitories

Christine Aubry

If you own a home in Sandy Hill, the following scenario may be familiar to you—There is a house on your street that is in its original state, on a large lot. One day a For Sale sign appears on the front lawn. You and your fellow home-owning neighbours panic! And for good reason—these are exactly the kind of properties that attract developers; their low sale price (relatively speaking, of course) and their potential for expansion make them ideal for student housing. Before you know it, that single-family home is being converted into a large, boxy, metal-clad, multi-unit building with up to 16 bedrooms. Meanwhile, the City is continuing its review of zoning and bylaw rules with respect to rental housing. For the latest information, visit www.ottawa.ca/R4zoning.

This was a concern on our block of Blackburn Avenue this summer. There had been rumours around for months that a certain house would be going on the market. We all waited with bated breath, until one day, the sign went up. Offers were being accepted five days later.

It was a constant parade of potential buyers, and a few curious neighbours, despite what seemed like a high asking price. From the open window of my house next door, I heard them—the men in suits discussing height and depth. I texted my husband, "Do we do it?"

We love our house, we have great neighbours, and we have zero desire to renovate another home. But we felt we had no choice. I called local real estate agent, Lynda Cox, and within a few hours, we had entered the bidding war.

With both relief and skepticism, we received the news that our offer was not accepted but that the house sold to a family. Unfortunately, we on our street know all too well that sellers have been deceived; as the saying goes, "Buyers can be liars."

We are not the first, and likely not the last, willing to make an unexpected financial investment in order to save a property. Neighbours banded together to purchase the carriage house that now houses Bettye Hyde Early Learning Centre and the Children and Adolescent Family Centre of Ottawa. And everyone in Sandy Hill has heard of Leanne Moussa, who found investors to purchase the Anglican church that is now home to all saints Event Space and the Working Title Kitchen and Café.



This house on Blackburn Avenue sold over asking in less than a week. Neighbours are anxiously waiting to see if a family will be moving in.

Blackburn Avenue resident, Marilyn Whitaker, recalls a heated Action Sandy Hill Annual General Meeting where someone suggested that if people were not happy with the situation in the neighbourhood, they should consider purchasing properties themselves.

Marilyn and her husband Richard took that advice to heart. They left the house they had lived in for over 40 years and purchased a property on the same block where sat a cute house that needed work. In its place, they built themselves a new house that was intentionally designed to blend into the neighbourhood, with the same colour of brick as the house next door and a beautiful front porch.

Marilyn also recalls their real estate agent telling them that Sandy Hill had an unusual number of homes selling to buyers from outside the region. Anecdotal evidence suggests many homes are being sold to families whose children attend the University of Ottawa.

I have spoken to several other homeowners who fear they may have to do the same when that house next door goes up for sale. Because the Province and the City of Ottawa have failed to stop unbalanced development and preserve the character of our neighbourhood, despite herculean efforts by our community association, Action Sandy Hill, it seems the only way to save the 'hood, as they say, is to put our money where our mouth is.

Photo Bob Forbes



ASH hosted an information desk at the uOttawa BBQ, September 21 at the Community Centre. The event team was led by Mélanie Bellefeuille from the University and Paula Tchen from ASH. They raised more than \$200 in donations for St Joe's Supper Table.

UrbanOttawa.com



60 Sunnymede Ave - \$899,000

Champlain Park: Hi style and low maintenance! If you love to entertain, this home will tick off all the boxes: open spaces, great flow, dream kitchen and wonderful rear yard oasis with heated pool and gorgeous southern exposure. Three bedrooms upstairs and a lovely bathroom. Want more? There are easy ways to add space. The completely finished lower level provides great swing space for guests, play or even a live in student or nanny. Attention to detail is evident. Elegance is prominent.



102-345 St Denis St - \$309,000

Quartier Vanier: Funky 2 bed, 1.5 bathroom unit is approx 1060 sq feet, an amazing \$291/sq ft value! On a quiet neighbourhood street, enjoying a lovely private patio with southern exposure. This converted school building has 11' ceilings, huge windows, open plan, Terrazzo floor hallways and other nifty touches harking to its former use. Le St Denis is comprised of 49 units, mostly owner occupied and a very tight knit community. Eco-friendly building with LEED Silver designation.



PH3 - 370 Dominion Street

Westboro: Coming Soon!! Move up to this gorgeous 2 bedroom, 2 bathroom, open concept, corner penthouse suite. Stunning views of the Gatineau Hills, Ottawa River and downtown from your rare, fifty foot, two sided, north east facing balcony. And, you are just steps away from the main hub of Westboro, with all it's shops, restaurants, pubs and farmer's market. This one is not to be missed!



Natalie's
URBANOTTAWA
the art of urban living

RE/MAX Hallmark Realty Group | brokerage

613.747.9914

Broker | Courtier

Natalie Belovic



Sisters of Sainte Marie de Namur and the salvation of a Sandy Hill landmark

Ralph Blaine

They say a cat has nine lives, but the Catholic Order of Sainte Marie de Namur surely comes a close second. Along with their latest incarnation they have given new life to one of the finest heritage buildings in Sandy Hill. In fact, this order has Sandy Hill roots going back to 1920, when they established a house on Daly Avenue and later had communities on Wilbrod and then Stewart Street.

The Order of Sainte Marie de Namur was founded in 1819 in Namur, Belgium, and their lives are inspired by the credo: «Dans la simplicité de mon cœur, plein de joie, j'ai tout offert à Dieu. » After a time the order sent a cohort to the United States. Then in 1886, a group of nuns came up from Buffalo to establish a community in Vankleek Hill. By 1920 the Canadian branch was operating several French Catholic schools in the Ottawa Valley. But in the 1960s both Ontario and Quebec began to expand public financing to the French Catholic communities for their elementary and high schools. The sisters belonging to the Catholic teaching orders found themselves gradually squeezed out of an active classroom role.

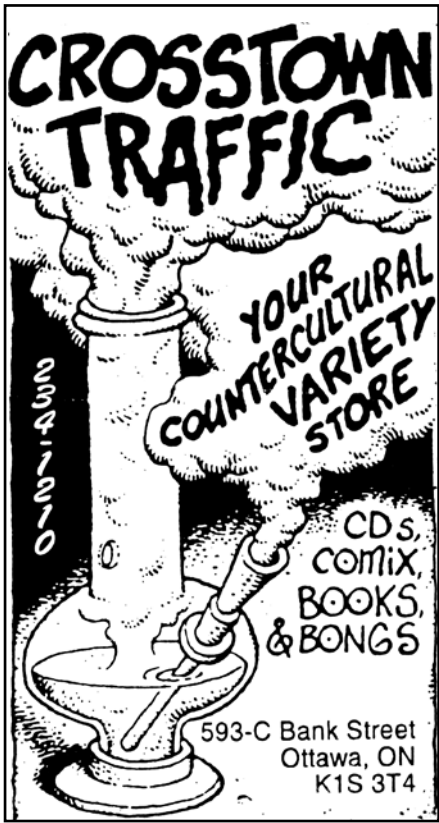
But this was the beginning of a new path for the Sisters of Sainte Marie. It is this new pastoral life that eventually led to a massive renovation of a limestone mansion in Sandy Hill. The Sisters of Sainte Marie decided that if they were losing everyday contact with the juvenile student population, they could instead develop programs to enrich the spiritual and communal life of post secondary youth. In a small apartment on Bruyère Street, three nuns and two young women began an experiment in communal living. Their regular prayer groups gradually expanded into a variety of youth centered activities, which eventually found a home in a property belonging to the Ottawa Diocese at 101 Parent, le Centre des Jeunes. Over the next 30 years the sisters who managed this center added Bible studies, personal counseling, silent retreats, humanitarian aid projects and more – all directed towards the French speaking Christian youth of this region.

But in 2018 the Order was dismayed to learn that the Diocese wanted to reclaim possession of the premises at 101 Parent. The Sisters faced a stark choice: either give up the mission they had built over so many years, or find a new building.

The search was challenging. When they finally did come across the mansion at 460 King Edward, on the northwest corner of Stewart, they realized they faced a huge challenge due to years of neglect. They found it dirty, damaged, and an unworkable warren of rooms.

But the Sisters Françoise, Mona, Marie-Pierre, and Claudette were determined. They organized the largest fundraising effort that their order had ever undertaken, amassing the funds to buy the building and completely renovate the interior and exterior façade. The grounds have been landscaped; the glorious veranda has been restored; and everything has a fresh coat of paint. What was an inexcusable eyesore at the entrance to our neighbourhood, is now a welcome sight on the west side of our main north-south artery, King Edward Avenue.

In addition to the variety of programs developed at the 101 Parent Street address, the new centre at 460 King Edward has 10 rooms occupied by young Christian women chosen by the order to continue the tradition of communal living, begun so many years ago in the apartment on Bruyère. You will find a complete explanation, en français, of the programs available at the Centre des Jeunes on the web site www.le460.org.



CANADA'S
NATIONAL
BALLET
SCHOOL

Baycrest



Baycrest NBS Sharing Dance Seniors



Developed by Baycrest and Canada's National Ballet School, Sharing Dance Seniors is a safe and accessible dance program that engages older adults in meaningful dance activity that benefits physical, cognitive and overall health.

*You don't have to have any dance experience.
As long as you want to move to music, everyone is welcome.*

— Dorothy "Dot" Gordon, over 90 years of age

For further information, please contact Erin Nelson, Senior Coordinator,
RA LifeFIT at 613-736-6202 or enelson@racentre.com.

NEW - Register for Fall classes at the RA!

Your choice of **Monday OR Friday afternoons**
beginning the week of October 21, 2019.

FEE: \$20/for first session \$75/for each subsequent session**

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

**** Note: A one-time program scholarship of \$55 per participant
has been provided through the Ontario Trillium Foundation to
reduce participation barriers and support program evaluation.**

RA Centre, 2451 Riverside Drive, Ottawa ON K1H 7X7
(613) 733-5100 www.racentre.com/sharingdanceseniors    



LEAD SUPPORTERS



GOVERNMENT PARTNERS



Are you struggling with Pain, Strength or Movement issues?

Our multi-disciplinary team of registered physiotherapists, massage therapists, personal trainers and Naturopathic Doctor can help. Let us help you get back to enjoying life.

Souffrez-vous des problèmes de Douleur, de Force ou de Mouvement?

Notre équipe multidisciplinaire de massothérapeutes, physiothérapeutes, Docteur en Naturopathie et entraîneurs personnels peut vous aider. Laissez-nous vous aider à recommencer à profiter de la vie.

Book an appointment today

613.680.3993 or

ChartierPhysio.ca



CHARTIER
PHYSIOTHERAPIE

305-1 Wilbrod Street (by Happy Goat Coffee Co.)



Les souvenirs d'enfance de Renée Landry

François Bregha

Renée Landry a vécu presque toute sa vie dans la Côte-de-Sable. A 90 ans, elle y réside encore, rue Daly. François Bregha s'est entretenu avec elle plus tôt cet été pour qu'elle lui raconte ses souvenirs d'enfance dans notre quartier.

Petite fille, Renée ramassait des coquilles de noix, y ajoutait une allumette comme mat avec un peu de cire et faisait la course avec ces «bateaux» improvisés dans les rigoles le long des trottoirs, à la fonte des neiges ou après les grosses pluies. À l'époque, si on n'avait pas de jouets, on en improvisait ou on en empruntait chez le voisin. Quand c'était le temps de rentrer à la maison, la bonne sortait sur la galerie et donnait un coup de sifflet pour appeler les enfants.

Parfois, ces jeux pouvaient être plus coquins : on se cachait derrière un banc de neige près de l'arrêt de tramway et on décrochait vite la perche du tram accroché au fil électrique avant qu'il puisse repartir, puis on se sauvait en vitesse!

Renée prenait des leçons de piano. Son instructrice aurait bien voulu qu'elle pratique à la maison mais pour ça elle aurait eu besoin d'un piano et la famille en n'avait pas les moyens. En effet, il fallait choisir entre remplacer la glacière avec un réfrigérateur ou acheter un piano. C'est le réfrigérateur qui l'a emporté.

Un jour, un garçon du voisinage lui a vendu un poussin pour cinq sous. Renée l'a appelé Figaro (son père écoutait beaucoup l'opéra à la radio). Le jardinier lui a construit une petite maison avec clôture pour qu'il soit à l'abri des chats et sa mère lui a fait une laisse en laine pour le promener. Renée l'amenait parfois magasiner avec elle, caché sous son manteau. À la fin de l'été, hélas, il n'échappa pas au sort des autres poulets car la viande était rationnée pendant la Guerre.

En vieillissant, les passe-temps ont changé. Renée aimait beaucoup le tennis et se rappelle y avoir joué à l'Église St Joseph : il y avait six cours où se trouve aujourd'hui le stationnement rue Wilbrod. L'hiver, c'était le ski, d'abord à Rockcliffe, puis au Lac des Fées et à Camp Fortune. Le soir, on lisait et on écoutait la radio. Il y avait aussi des jeux de cartes et des danses le samedi ou des «partys» chez des amis.

La Guerre avait beau se passer loin, son influence se faisait aussi sentir à la maison. Le père de Renée, un des premiers employés à Radio-Canada, était devenu censeur à la radio (un autre résident de la Côte-de-Sable, Fulgence Charpentier, était censeur de la presse et leurs deux filles étaient bonnes amies). À la maison, le soir, monsieur Landry expliquait à la famille le déroulement de la guerre à l'aide d'une carte géographique au mur.

De temps en temps, il y avait des exercices de protection civile pour préparer la population : des sirènes déclenchaient ou un voisin passait pour assurer le couvre-feu. Le matin, la radio jouait de la musique martiale.

Renée se rappelle qu'on avait besoin de timbres pour acheter de la nourriture comme du beurre, du sucre ou de la viande, au Dominion de la rue Osgoode (entre Henderson et King Edward). Mais, on pouvait échapper à certaines restrictions en achetant la viande directement auprès des fermiers du marché By. Il n'y avait aucune limite par contre pour le pain et le lait livrés à domicile dans une voiture tirée par un cheval.

Les chevaux assuraient aussi le déblayage de la neige l'hiver, on ne voyait plus le pavé avant le printemps. Il y avait donc d'énormes bancs de neige-qui s'accumulaient et donnaient aux enfants des occasions de construire tunnels, glissoires et châteaux.

Mais si c'était l'insouciance qui régnait surtout chez les jeunes, tous n'avaient pas la même chance : Renée se souvient d'avoir rencontré des enfants anglais jouant au parc Strathcona, des «home children» évacués de Grande-Bretagne pour échapper aux bombardements nazis. Que devaient penser ces réfugiés si loin de chez eux?

De temps en temps, de grands personnages venaient visiter le Premier Ministre, M. King, chez lui à la Maison Laurier. Quand les enfants du quartier entendaient la nouvelle, ils se précipitaient en face, à l'église All Saints pour bien apercevoir les dignitaires: ils ont vu le Roi, la Reine, Eisenhower et Montgomery, parmi d'autres. King, évidemment, était une présence familière dans la Côte-de-Sable. On le voyait souvent promener son petit chien Pat. Renée, elle, se souvient de King tirant le rideau beige de la fenêtre arrière de sa voiture pour ne pas se faire voir.

Ce qui ressort de ces souvenirs, ce n'est pas seulement le bonheur d'une famille unie (six enfants) mais aussi la liberté et la sécurité dont jouissaient les enfants à l'époque. Ils avaient le droit de jouer sans surveillance, d'inventer leurs propres jeux, même de s'ennuyer à l'occasion. Oui, c'était la Dépression, c'était la Deuxième Guerre, les «grands» souffraient parfois et beaucoup surveillaient leurs dépenses mais, pour beaucoup d'enfants, la vie dans la Côte-de-Sable demeurait belle.

Aging by the book: a reading circle

Betsy Mann

As we age, issues come up that weren't so pressing when we were younger, issues like our changing roles in society and our families; beliefs or stereotypes about older adults; loss and loneliness; freedom from earlier expectations; and end of life issues. Where do people go to explore these topics with peers in a safe, non-judgemental setting?

Wendy Robbins, a resident of Sandy Hill, was asking herself this question as she embarked on a second career as a librarian after retiring from the CBC. While completing a Masters degree in Information Studies at Ottawa U, she met Trudy Medcalf, a social gerontologist whose work focused on "elder circles." In 2012, their complementary enthusiasms became the impetus to start a program featuring a facilitated discussion group built around topics related to aging. Trudy was interested in creating a "collaborative learning" experience, so their program would not be a course but rather an exploration and exchange of experiences and ideas. Wendy's interest was in books and libraries, so selected readings would be the starting point from which the participants could share their own thoughts and life lessons. Thus was born "Aging by the Book: A Reading Circle," a six-week facilitated group program, held in various branches of the Ottawa Public Library.

Every week, participants receive photocopied pages with the readings for the following week: a poem, a newspaper article, a short story, an essay, an extract from a novel, a few pages of a memoir—the selections are very diverse. "We choose material from a wide range of writers," Wendy explains. "Some authors you might see are Alice Munro, Mary Oliver, Rohinton Mistry, Richard Wagamese, Atul Gawande, and Maya Angelou, among others. Our reading

lists vary." Wendy is quick to point out that this is not a book club. The readings are chosen to resonate with issues that participants may be dealing with, or may have dealt with, in their own lives. In the discussion, they can explore their reflections on what they've read and connect with others who share their point of view. Or perhaps they'll be stimulated to think differently when they hear another



Wendy Robbins

perspective that they hadn't previously considered.

Is the program responding to a need? In answer, Wendy observes, "We always have eight to ten participants register. People come for the first meeting and then they keep coming back for the next five weeks. I often see that people really look forward to connecting with each other at the next meeting. A few groups have bonded so strongly that they have continued to meet on their own after the six weeks are up." Until now, the program has only been offered in English, but a few francophone former participants are hoping to set up a program in French in the new year.

"From our beginnings seven years ago, the whole thing has grown organically," Wendy explains. "We started off doing just one program a year and now we can do four or five." In 2017, Wendy was able to put together a facilitator's manual and train a number of other facilitators, with the support of the library and a grant from the Community Foundation. "Once people participate in the program, many of them want to do the same for others," she says. "We find that co-facilitation works best, so with several programs running at the same time now, our nine trained facilitators are kept busy." All facilitators are volunteers and the program is free for participants; photocopying is contributed by the library.

"I feel strongly about these programs taking place in libraries," Wendy emphasizes. "Libraries are community places, open to everyone without judgement. The only program requirements are that you're a reader and you're interested in topics related to aging."

Are you interested? There is still time to register for two sessions this fall: at the Main Branch, Tuesdays, October 15 to November 19, 2:30 – 4:00 p.m. (bibliooottawalibrary.ca/fr/node/228985) and at the Centennial Branch, Thursdays, October 31 to December 4, 1:30 – 3:00 pm (bibliooottawalibrary.ca/fr/node/215471). Watch the OPL website for other sessions in the winter and the spring. For more information about Aging by the Book, including sample reading lists, visit www.agingbythebook.ca.

IMAGE's image



Visit Strathcona Park and you can't help but see Vanier Tower. Incongruous. Monolithic. And almost pretty when bathed in afternoon light.

— Phil Caron, Chapel St.

Are you a Landlord?®

With Sleepwell, you won't have to choose
between performance and service.

Talk to us today about how our
technology, marketing and team
can help increase the return on
your real estate investment.



613.521.2000

📍 sleepwellmanagement.com
info@sleepwellmanagement.com

📍 423 Bronson Avenue
Ottawa, ON K1R 6J5



Photo Cheryl Kardish-Levitan

Three generations of Kardishes – Cheryl, son Tyler and her grandson at the bakery, the weekend it closed.

Where family tradition was baked in

Ken Clavette

This past summer the community lost a special place: the Rideau Bakery closed after 90 years. For all but a few years, the bakery was located on the south side of Rideau St., between Friel and Nelson. It was founded in 1930 by two brothers, David and Abie Kardish, using recipes their mother brought from the Ukraine. Three generations worked to make it one of the best known bakeries in Ottawa. What was less well known is that one of the owners called Sandy Hill home: Sam Kardish, son of David, lived on Henderson Ave. from the day he married Tillie Steinberg in 1942.

I had the pleasure of having tea and a chat with Cheryl Kardish-Levitan, daughter of Sam and Tillie, a few weeks ago. We reminisced about the life her family led on Henderson. Her parents first rented a half double on the east side, where the Versailles apartment buildings now stand. The location was excellent for the young couple, working in the bakery only blocks away.

However with family on the way, Tillie found a house at 136 that was for sale. She moved them one block south, where they raised their three children, Larry, David, and Cheryl. When the time came that the children went off to school, Tillie rejoined Sam and his extended family behind the counter of the bakery. She was known as the Poet Laureate of the Rideau Bakery with her poems decorating the shop.

Cheryl described an idyllic childhood in a community that was teeming with children. She is still in contact with one

of her first friends, Ben Sadavoy. She attended Lisgar High School and was the first Jewish head girl, being elected from a field of ten. However, she gives most of the credit to her dad, Sam, who drove the Rideau Bakery delivery van to the school on election day, handing out their famous chocolate donuts to the students reminding them his daughter was a candidate.

During the hard times of the 1930s, the bakery struggled and so Sam was taken out of school at the age of 13. His father was jailed for a day, the charge being truancy, in hopes he would relent. The bakery needed a delivery boy, and so began Sam's life in the business. Times were hard and the profit margins slim when bread sold for just 5 cents. Cheryl remembers that the family never ate fresh bread even into her teens. Fresh bread was for the customers, day old could still be sold, but 3 day old bread was taken home because there

could be no wasting.

Tillie passed away tragically young at 62 from a stroke. Sam continued to be my neighbour until 2000 when he moved into a retirement home. Those years of hard work and persistence carried him through tough times. He rode out the ice storm of 1998 staying in his home on Henderson without power. He survived thanks to the help of a space heater and an extension cord, plugged into an outlet meant for cars at the Sandy Hill Housing Coop. Sam passed away in 2004 in his eighty-eighth year. As I visited the darkened store, the day after the closing was announced, I wondered what Sam and Tillie would have felt. There on the other side of that glass in a now empty shop, a couple of neighbours laboured for years to run a family business and support three children at home, a few blocks away on Henderson Ave.



Sam and Tillie's 1942 wedding picture.

Annual visit of Sandy Hill's son, Nollaig Walsh

Photo Bob Whitelaw

Bob Whitelaw

Summers in Sandy Hill provide an ideal opportunity for families and friends to reunite and reconnect with their neighbourhood roots. This is especially true for those who live abroad.

One such visit this summer involved hometown son Nollaig Walsh, his Korean wife Hanna Park, and their young son, Yule, for their annual return to Nollaig's parents' – Desmond and Lolita – century-old red brick home on Russell Avenue. Sandy Hill is a whopping 10,505 kilometres from his family life and teaching position at Korea University located in Seoul, South Korea. The annual summer visit provides an ideal opportunity to renew his memories of Sandy Hill where he attended elementary school and developed his life-long love for the violin. Every visit, he finds time to use his violin talents to accompany the two Sunday morning masses at St. Joseph's Parish on Wilbrod Street.

Nollaig's connection with Sandy Hill runs deep: with early schooling at St. Joseph's Elementary School (1979 – 1983) and St. Brigid's; followed by a year at Immaculata High School for middle school; and Canterbury High School, where he entered the arts programs to foster his talent with the violin, which started at age seven. His memories also include awards while performing in the Kiwanis Music Festival. He comes from a family where all five sons had to learn a musical instrument: flute, violin, percussion and cello.

Nollaig recalls that his first volunteer job was delivering IMAGE throughout his Sandy Hill neighbourhood. This experience was later followed by paid delivery of *Le Devoir* and the *Ottawa Citizen*.

His academic credentials include a Bachelor of Music (BMus) and Master of Education for Teachers of English to Speakers of Other Languages (MED TESOL). Nollaig sought additional music studies and professional violin training at Dalhousie University in Halifax and the University of Western Ontario in London, and at the Vancouver Academy of Music. Highlights included a summer season as a violinist with the National Youth Orchestra in 1997. "I remember the busy schedule and adventure in playing across Canada with performances in seventeen cities," he recalls. The National Youth Orchestra program was followed by two years of study in Vancouver and membership with the University of British Columbia Orchestra – 1997 to 1999.



Nollaig Walsh, his wife Hanna Park and son Yule visited the Walsh family home on Russell Ave. this summer.

Nollaig describes the turn of the millennium as a major turning point in his career and his future when he decided to move to Korea to teach English as a second language. His initial objective was to earn money to pay off his student debts. He admits that his knowledge of Korea at the time was largely limited to watching the 1988 Summer Olympics held in Seoul.

Today, 19 years later, his professional life is based in Seoul as an Assistant Professor at the Institute of Foreign Language Studies at Korea University. While he maintains his interests in the violin and his professional training, his workday involves teaching English to classes of engineers who require competent English language reading, writing, listening and speaking skills to support their major.

For IMAGE readers who are travel enthusiasts or who want to learn more about life in Seoul, Nollaig and Hanna have uploaded a video with English subtitles to YouTube entitled "Living in Korea" produced by the Educational Broadcasting System (EBS) of Korea in July 31, 2016: <https://youtu.be/E6pJON8KMG4>

A video of Nollaig and Hanna's current home, where they frequently invite travellers can be seen here: <https://youtu.be/pml-YPiZoew>

Nollaig's multiple nationalities identify him as a true global citizen, with passports from Canada, Ireland, Guyana and Korea. Nollaig, Hanna and Yule returned to Seoul at the end of August.

Sandy Hill summer

Photos by Bob Whitelaw



Summer weather brought spectacular storm clouds, generally from west to east.



Residents at the Balmoral apartment building on Range Rd. protected a mud turtle nest by this entry pillar in June, until the eggs hatched in September. This is the third year the turtle chose this site, apparently unconcerned by the construction going on around it.

Andrée Riffou:

Notre voisine et sa cuisine

Christine Aubry

Si vous avez des enfants qui fréquentent l'école Francojeunesse en 2^e année, ils vous parleront sans doute de la Chef qui est venue en tenue leur rendre visite.

Cette Chef, Andrée Riffou, est notre voisine. Après ses études à Ottawa et à Paris, elle a obtenu le Grand Diplôme de Cuisine et Pâtisserie de l'école Le Cordon Bleu.

En 2011, Andrée a déménagé avec sa famille dans la Côte-de-Sable pour se rapprocher de l'école secondaire publique De La Salle. Avec Richard, son époux, elle a rénové une maison rue Daly afin d'y ouvrir une école de cuisine. Elle ne regrette absolument pas d'avoir choisi notre quartier :

« Les gens du quartier sont fantastiques... Tout le monde qui vit autour est sympa, et il y a beaucoup de francophones. On est vraiment chanceux ici! »

Photo Christine Aubry



Andrée Riffou a obtenu le Grand Diplôme de l'école Le Cordon Bleu.

It's not every day you're invited for coffee and a homemade scone in the stately kitchen of a Cordon Bleu chef. I recently had the pleasure of meeting our neighbour Andrée Riffou, in her Daly Avenue home, to learn about her past, current, and future projects. Andrée is passionate about teaching healthy cooking with simple methods, especially to children in need. If you want to learn more about her latest project, or better yet, lend a helping hand, you can contact her at andree@chefsenserbe or call her at 613-291-9155.

En 2008 elle lance l'entreprise « C'est Bon Cooking ». C'est non seulement une école de cuisine mais aussi une compagnie qui offre des randonnées gastronomiques.

Après la vente de l'entreprise, en 2016, (« C'est Bon Cooking » se situe maintenant dans le marché By) Andrée en a profité pour voyager, et son fils Dominic, lui, a pu profiter de la belle grande cuisine lors de son propre apprentissage à l'école Le Cordon Bleu.

Andrée m'explique que, même lors de ses études, son désir fut toujours de pouvoir enseigner bénévolement, et c'est lors d'un voyage « fatidique » au Nouveau-Brunswick qu'elle a rencontré Patrick Thibeault, enseignant à De La Salle. Ensemble, ils créent un cours de cuisine parascolaire qui se verra consacré lors d'une soirée gourmande à l'occasion du 35^e anniversaire du Centre d'Excellence Artistique de l'Ontario.

Ce projet n'a malheureusement pu continuer, mais Andrée n'est jamais à court d'idées. Avec le soutien de la commu-



Chef Andrée Riffou nous présente sa cuisine formidable!

Photo Christine Aubry

nauté, elle s'est relancée dans sa passion : enseigner aux jeunes la cuisine santé et leur faire découvrir des aliments frais et locaux.

Andrée dirige maintenant une équipe de bénévoles dévoués qui servent la soupe tous les vendredis à plus de 200 personnes à école Mauril-Bélanger à Vanier, et qui collaborent occasionnellement aux petits déjeuners.

Elle vient également de lancer un site web pour sa nouvelle entreprise sociale, « Chefs en herbe », afin de donner des ateliers en cuisine aux jeunes dans le besoin, jeunes qui ne cessent de l'émerveiller :

« Ces enfants, on leur met un couteau dans la main, c'est incroyable (ce qu'ils peuvent faire) ».

Andrée s'assure cependant de ne pas s'attribuer tout le mérite : « Dès qu'on parle des enfants, c'est incroyable comme les gens sont généreux! » s'exclame-t-elle. Et non seulement en argent : des fermiers et des boulangers donnent leurs surplus; elle reçoit l'aide d'une voisine pour

l'organisation et la comptabilité; un autre voisin fait des allers-retours en voiture; et plusieurs retraités, dont notamment le groupe Retraite en Action du Patro d'Ottawa, mettent la main à la pâte toutes les semaines.

Elle est aussi très reconnaissante envers un autre voisin connu de la Côte-de-Sable, le Chef Paul Kirijan. Grâce à lui, Andrée peut continuer à voyager de temps en temps, sachant que le projet, lui, ne repose pas.

Comme Andrée a toujours de nouveaux projets qui mijotent dans sa tête, elle rêve de faire comme Alice Waters aux États-Unis : cultiver des potagers dans les cours d'écoles (« edible schoolyards »). Il faudrait compter sur la générosité, en temps et en argent, de la communauté, mais comme elle le sait déjà, cela ne devrait pas être trop difficile.

Si vous souhaitez contribuer aux efforts d'Andrée, ou appuyer Chef en herbes, visitez son site internet www.chefsenserbe.ca.

MONA FORTIER

YOUR CANDIDATE IN • VOTRE CANDIDATE DANS
OTTAWA—VANIER

613 230-8031 • mona@monafortier.ca



Autorisée par l'agent enregistré pour le Parti libéral du Canada.
Authorized by the registered agent for the Liberal Party of Canada.



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

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

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

www.aladin.services

Making community climate resolutions

Mia Hunt

The crunch of leaves underfoot, the end of lazy summer schedules, the return of school—autumn's arrival always feels like the start of a new year. Time for new patterns—for resolutions!

In light of the climate breakdown surrounding us all, I asked influential people in Sandy Hill what they are resolving to work towards to further environmental action in our community.

Paul McAnany, Viscount Alexander's new Principal, is adding this to his school agenda —

"To reduce Viscount Alexander's environmental impact, we are working towards a 55% waste diversion rate this year. Most schools are between 20% and 60%. So, this is an ambitious target, but we are committed."

We're rooting for you, Paul!

Chair of Prime Ministers' Row, **Suneeta Millington**, is keen on green —

"This coming year I'd like to encourage every Sandy Hiller to plant just one tree, wherever that might be. My family planted two this summer and they already make us so happy! And I hope a community member will step up to lead the transformation of the schoolyard at Francojeunesse into a healthy, green, natural play space."

Google "Ottawa tree planting" with your green thumbs to get going.

Susan Young, President of Action Sandy Hill, is thinking big about consumer choices —

"Eric and I are actively investigating the purchase of our first hybrid or electric car, as the next step to reduce our household greenhouse gas footprint, and I am carefully watching for the City of Ottawa's next move to increase the rate of recycling by residents, businesses and institutions."



Community climate strategies shared on the Collective Climate Bunting at Sandy Hill's first Intergenerational Climate Picnic in June.

And, like many Sandy Hill voters, long-time climate activist **Diane Beckett** is getting political —

"I am so discouraged by the lack of action of the Liberals and Conservatives on climate action. Although the Liberals are much better than the Conservatives, they will take 200 years to achieve their weak and insufficient climate goals. So, I am the co-campaign manager for a Green Party of Canada candidate—because the Greens have real climate goals with targets and a plan on how to achieve real climate action."

On my part, I resolve to start in the fridge and reduce my household food waste. The Intergovernmental Panel on Climate Change states that between 25 and 30% of all food is wasted. From 2010 to 2016, this contributed 8 to 10% of human-

caused greenhouse gas emissions.

Though not an expert, I am also committed to opening up climate discussions in the Sandy Hill community by bringing the Collaborative Climate Bunting project to events—watch for it!—and by writing regularly in IMAGE with empowering ideas for positive environmental change.

There are lots of reasons to get inspired, not just terrified about how to respond to the climate crisis. They may seem small, but our personal, consumer, and political choices make a difference; together, our votes, money, time, energy and thoughts are powerful. Let's join Sandy Hill's change-makers in standing up and taking action.

Physiotherapy clinic adds personal trainers

Patrick Rancourt

Chartier Physiothérapie is moving to their newly renovated location on Wilbrod St. by the Happy Goat at Friel, in October. The new space will significantly increase the treatment area along with having ample gym space for personal training. The clinic is a multidisciplinary health centre which offers increased access to physiotherapists, massage therapists (RMT), a naturopathic doctor (ND) and now personal trainers. The idea behind the new allocation of space and resource is to foster health through movement.

The path to optimal health always goes through movement. Chartier Physiothérapie is already outstanding at treating pain and injuries, and to a certain extent, injury prevention. The missing piece was a full functional gym area with personal training. Their goal is to help everyone enhance their health and life.

For which of these scientifically proven reasons will you exercise? To feel happier, increase energy levels, help brain health and memory, improve skin health, relaxation and sleep quality, reduce pain and improve sex life, control your weight, combat health conditions and diseases or to have fun?

The new space enables the clinic to hold various classes such as yoga, fall prevention, pilates, training, meditation, breathing and an array of other programs.

Nathalie Chartier, the owner of the clinic who has been a physiotherapist for more than 23 years has been passionate about health. Working as a touring physiotherapist with Cirque du Soleil for seven years she developed a rigour in her treatment to look at the real cause of the problem. The focus of the clinic is about empowerment through knowledge and looking at a healthy balance. Whether you are an elite athlete and want to improve your performance or are suffering from an injury, she will create a game plan with you to restore your function and go beyond. She surrounds herself with a team that has the same global and integral approach. Having personal trainers on board will also allow you to optimize your potential. The teams of therapists communicate with each other regarding clients when cross treatment is necessary. This ensures you are getting the most out of your treatments whether you are seeing a massage therapist, naturopath, personal trainer or a physiotherapist.

Feel free to drop by to ask questions, the Chartier Physiothérapie team is looking forward to seeing you.

FATHER AND SONS
SERVING SANDY HILL SINCE 1967

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

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

TAKE OUT MENU AVAILABLE
FREE wireless access

www.fatherandsons.com

Sandy Hill's neighbourhood Early Learning Centre

Bettye Hyde Cooperative Early Learning Centre

For children 18 months to 5 years.
Please be in touch to arrange a visit.
Now compiling a waiting list for 2020-2021.

To better serve our community:
New extended hours 7 a.m. to 6 p.m.

Pour enfants de 18 mois à 5 ans.
Prenez rendez-vous pour nous visiter.
On dresse actuellement la liste d'attente pour 2019/20.

Nos nouvelles heures pour mieux servir la communauté : de 7 h à 18 h.

www.bettyehyde.com
bettyehydeottawa@gmail.com
613.236.3108

Pegasus
Advanced Diabetic
and Basic Footcare

Shelley J Hatt, RPN
Footcare Practitioner
613-322-2108
shellabella.hatt@icloud.com

Cutting down distinctive trees in Sandy Hill brings issues to the fore

Marilyn Whitaker

In July, a tree near Somerset and Marlborough, which was large enough to be considered a distinctive tree, was cut down with almost no public notice. It was in the yard of a property which had been undergoing lengthy renovations and had lost a limb when tornados hit the Ottawa area last year. Neighbours were surprised and concerned about the tree's removal and the maintenance of the yard and expressed these concerns to Councillor Mathieu Fleury, and officials from several City departments at an on-site gathering on August 8. The next day, the property owner submitted a building permit request for a new infill project. This project could affect a much larger distinctive tree, an enormous, healthy and well-cared for silver maple on an adjacent property. An arborist reports that this silver maple is approximately 80-90 years old, which is rare in the city, and that "given its ecological and aesthetic value, the tree should be considered a high priority for conservation." At a meeting on October 4 at City Hall, it appears that the project will proceed.

Large, mature trees can still be found lining some Sandy Hill streets and dotting parks and yards. The neighbourhood has lost many substantial trees due to Dutch elm disease, more intense development and infill, street widenings, and the recent destruction from the emerald ash borer.

Currently, there are several City programs related to tree planting, conservation and removal. Under the Trees in Trust program, property owners can request the City plant a tree on the street frontage and then assist with the new tree's care. With the Tree Removal Program, property owners or tenants can apply to have dead, dying or dangerous trees located in adjacent public streets and alley rights-of-way inspected by a City arborist, before possible removal. The Infill Tree Conservation Program is part of the building permit application for new houses, duplex and triplex units and requires information on the trees on the property and adjacent properties. Measures to protect trees during construction are to be taken. A \$700 refundable tree planning deposit is charged to encourage replacement of trees lost to development. Large trees, with trunks that are 50 cm or more in diameter, are deemed distinctive trees and their injury or destruction is prohibited on most residential properties unless a distinctive tree permit, has been issued.

Concerns about a dwindling urban forest



This healthy silver maple near Somerset and Marlborough could be threatened if construction proceeds with insufficient protections.

Photo Marilyn Whitaker

sultants and public consultations involving community organizations such as Action Sandy Hill, and other interested groups, it is intended to provide guidance to achieve urban forest sustainability in Ottawa in the coming decades (see Ottawa.ca/urban-forest). Ottawa's urban forest includes trees on both public and private property: along city streets; in parks, open spaces and natural areas; and in the yards and landscaped areas of residences, offices, institutions, and businesses. The UFMP talks about the urban forest's benefits such as better air quality, heat reduction, UV protection as well as other benefits, such as improved mental and physical health and enhanced property values.

A tree bylaw review is one of the first items for work under the UFMP's 26 recommendations. Public consultations just concluded. Bylaws on urban tree conservation and natural areas protection are being examined, along with the need for a Heritage Tree Bylaw program or registry in Ottawa. City-wide tree compensation guidelines, incentives for tree conservation and tree planting are being considered as part of this work.

People are wondering if this on-going work will result in existing or new measures being implemented to protect distinctive trees and maintain the urban forest. Those interested in activities to green Sandy Hill can take part in the Sandy Hill Tree Group (sandyhilltreegroup@gmail.com), care for existing trees, press for their protection, and/or plant new trees.

Photo Christine Aubry



A cyclist's lament

Graeme Hunter

Traffic's last green is gold
Her hardest hue to hold,
Its early light empowers
But doesn't last for hours,
So gold subsides to red
And green is long-since dead,
So jay goes off to pay.
Nothing green can stay.

Apologies to Robert Frost.

What is a distinctive tree?

In Ottawa, a tree with a trunk diameter of 50 cm or more, when measured at 1.2 m above ground level, is considered to be a distinctive tree.

A tree's Critical Root Zone is established as 10 cm from the trunk for every centimeter of trunk diameter.

No person shall injure or cause the injury or destruction of a distinctive tree, unless a distinctive tree permit has been issued by the General Manager to permit the injury or destruction. The permit is to be posted so that it is clearly visible to the public for a period of at least seven days before and after any action in accordance with the distinctive tree permit.

across Ottawa, lead to the development of *Putting Down Roots for the Future*, the Urban Forest Management Plan (UFMP) approved by City Council in June 2017. The product of work by City staff, con-

Straightforward · Caring · Dedicated

Janny, Jeff & Shan...

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

proven performance in
Sandy Hill since 1986



JannyMills · JeffRosebrugh · ShanCappuccino
Sales Representative Sales Representative Sales Representative

ROYAL LePAGE
Performance Realty
Brokerage, Independently Owned and Operated

613.238.2801

jannyjeffandshan.com



DENYS
BUILDS
DESIGNS

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

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

Paul Denys

EXPERIENCE THE DENYS DIFFERENCE

A flavourful tradition continues

Paula Kelsall

First, let us pause to remember the Sitar, a source of pleasure in our neighbourhood for 35 years, since the mid '80s. At a time when Ottawa's dining scene was pretty pedestrian, the Sitar introduced many of us to samosas and naan bread, and gently lured us into a comfortable relationship with fresh coriander. It was innovative at the time, and it paid off; the restaurant was featured in *Where to Eat in Canada* for several years in a row, and even made it into the Sunday Travel section of the *New York Times* in 1996.

The Sitar helped our family celebrate birthdays, family gatherings and Friday nights, and gave us an airconditioned refuge on many hot summer evenings. So it was a dreadful shock one steamy night last July when the Sitar's owner came over to our table to explain regretfully that the reason there was no beer on tap was that the restaurant was closing the next day. He was ready to retire. The new owners would continue the tradition of an Indian restaurant on the premises, but they would have their own concept.

So RamaKrishna, which opened in August, has big shoes to fill, but the good news is that so far it is doing a fine job. The restaurant exudes all the wonderful aromas we might hope for from an Indian dining room, and the food lives up to the promise of that fragrance. It's been pleasantly busy when we've visited, too; it seems that both regular customers of the Sitar and curious newcomers have come to check out the restaurant, and are liking what they find.

The restaurant interior hasn't changed too much; the lovely pierced metal light fixtures still hang from the ceiling, and a couple of the larger works of art are still in place. But there's an enthusiastic young staff with electronic devices ready to transmit your order, more or less accurately, to the kitchen, and the service has become more elaborate, with small brass chafing dishes keeping the main courses warm at your table.

RamaKrishna's menu is extensive and interesting, showing that Indian food has become thoroughly integrated into the Canadian scene. Butter chicken poutine,



417 Rideau St., near Chapel.

anyone? Indeed, butter chicken's irresistibly sweet and creamy tomatoey sauce appears in many spots on the menu, including alongside all the biryani and tandoori dishes.

It's a pleasure to find a generous selection of vegetarian dishes on RamaKrishna's menu. There are the usual daal dishes—lentils or chickpeas with aromatic spices like cumin and coriander—and old friends like aloo gobi, cauliflower with potatoes in a savoury tomato and onion sauce. But it's great to find that paneer, a firm yet creamy cheese, is also available with the same sauces that are paired with meat or fish on other parts of the menu.

We have particularly enjoyed the aloo tikki appetizer, a substantial dish of crisp potato patties served with chutney, yogurt and a chickpea sauce. The lamb shank from the tandoori section of the menu was also delicious, as was the shrimp in coconut curry. RamaKrishna has several variations on naan, and the onion kulcha, stuffed with onions and spices, is tasty and substantial.

There's a buffet lunch at RamaKrishna every day, and a dinner buffet on Sunday. The lunch buffet was impressive on the day we went, with soup, salads and plenty of choices for vegetarians and omnivores alike, along with lots of chutneys and a couple of desserts. We particularly enjoyed the vegetarian samosas and the chili chicken, and were pleased when fresh naan was brought to the table when we sat down with our first plates of food.

Here's hoping that the folks who brought us the Sitar are enjoying the next stage in their lives. And here's to many more years of enjoying Indian flavours in the place where many of us encountered them for the first time.

Sitar memories

I don't remember who first introduced me to the Sitar, but in the early '90s it became the meeting place for the organizing committee of the 12th Canadian Hydrotechnical Conference of the Canadian Society for Civil Engineering. It was centrally located for our members who came from the University of Ottawa and the National Research Council. The restaurant gave us a large table away from the rest of the lunch customers, and of course access to that wonderful buffet, mulligatawny soup and papadums. Our motto then was "Don't look up," because the ceiling—under the Pestalozzi residence, above—contrasted with the rest of the impeccable décor.

We liked the place so much, that three of us—Mark Andrews, Professor Ron Townsend and I—continued monthly meetings well into this Century, until retirement took Ron and me, and Mark moved to Toronto. May the owners also enjoy their retirement, well earned. — Dave Willis



Coming soon from a home near you: grass-fed beef

Dodi Newman

Have you ever had grass-fed beef? I have: it came from the Argentine pampas and was superb. That was many years ago. When I learned that one of our neighbours is raising beef cattle by this method, I was happy to have it available from such a local source.

That neighbour is Craig Anderson. He and his family live mostly on Blackburn Avenue in Sandy Hill, but are at their 150 acre farm near Low, Québec, whenever possible. Craig strives to live and farm in an ecologically sustainable way. This year, he began to apply his principles to beef farming by finishing cattle on his pastures. He buys 12 to 15 month old cattle in May or June, and grows them to finished weight some six months later.

While they are in Craig's care, his cattle feed on grass or hay, which is natural for them. Their only supplements are blocks of salt and minerals. For Craig's cattle – mostly Red Angus, a variant of Black Angus – there are no feedlots: no soybeans, no corn, and no growth hormones. If you are a cow, this is the good life, wandering the pastures, eating grass, and having lots of elbow room. Craig's cattle thrive on this regime; antibiotics have not been necessary.

The beef in grocery stores mostly comes from cattle finished on feedlots. Life there is very different from living on pastureland, and nothing on a feedlot is natural for cows. The feed they get causes them to suffer from bloat and acidosis.

There is no elbow room and, instead of grass underfoot, there is an unimaginable amount of excrement. All this is neither good nor healthy for them, and in consequence there are also lots of antibiotics.

Anthelme Brillat-Savarin famously wrote in 1826, "Tell me what you eat and I'll tell you what you are." This is true of cows as well as of people. Whatever beef cattle eat, I ultimately eat. To me, grass-fed beef tastes and feels fresher, more interesting. Maybe it is because their food is healthier; maybe it is the flavour of grasses and herbs coming through?



Cattle farmer Craig Anderson and his family live mostly on Blackburn Ave. in Sandy Hill.

How do you cook with beef like that? Since it is leaner than conventional beef, grass-fed beef may not be as tender. Craig's cardinal rule is, "Don't overwhelm the meat with spices and above all, don't overcook it. Grill it lightly or braise it gently, bring out its natural flavour with the right amount of salt. By all means, add some butter or olive oil. Do not waste it on hot curries!" I, for one, can't wait to cook with it!

If you want to know more about Craig's farm or his beef, check out his very interesting website, sunshinesaved.com, or email him at craigdonavinanderson@gmail.com.



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

AWARD WINNING CONTRACTOR –
RENOVATOR OF THE YEAR

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

SERVING OTTAWA EAST FOR OVER 20 YEARS



Photo Hélène Lacelle



Artist Hélène Lacelle's photo of chairs by Dutchy's Hole early one morning in late September. A destination for many all summer.



Gordon King, Rally for redress, Parliament Hill, Ottawa, 14 April 1988, collection of the Ottawa Japanese Community Association, reproduced with permission of the artist.



Norman Takeuchi, A Measured Act: Angler (2006), detail

Gallery Scene/Seen

Four exhibitions at the Carleton art gallery

Maureen Korp

What do you know of anyone from appearance alone? Is that person a friend? Or enemy? Even a saint? Whatever the answer, what happens then? What stories will be told? Four new exhibitions at the Carleton University Art Gallery address these questions.

Two are solo exhibitions located on the lower floor: “SuperNova” by video artist Rah Eleh; and, “Saints and Madonnas,” the work of photographer Olivia Johnston. Both exhibitions are curated by Heather Anderson.

“SuperNova” by Rah is a short video. Viewers see it by sitting in a structure built for this purpose. Now you are one of the judges in the artist’s brutal parody of television talent shows. “SuperNova” performances take place in multiple dimensions. Of three contestants, Fatimah’s heartwrenching recitation in an ancient Persian language is the clear winner. Its beauty needs no translation. That is its meaning.

“Saints and Madonnas”— Who is a saint? How would you know? Is there a telltale glow?

Photographer Olivia Johnston has long studied the traditions and tales of sainthood in the Catholic Church. “Saints and Madonnas,” features the artist’s own photography as well as the work of others from the gallery’s permanent collection, among them: Carl Beam, Salvador Dali, Jennifer Dickson, and Charles Sheeler.

On one wall are two large inkjet prints by Johnston, each the portrait of a young man, unclothed and unadorned (except for small tattoos). One is entitled “St.



Olivia Johnston, Madonna (Roger), 2019, detail, inkjet print on paper

Francis (Frans),” the other “St. Stephen (Stephane).” The men are posed like icons. Is each, therefore, a saint? Not sure? Look for the attribute—an object, placed nearby, and used to identify or name a particular saint. Another portrait entitled “St. Peter (Ben),” for example, hangs beside a small etching by Tony Urquhart of a box of keys. In Catholic iconography, St. Peter’s attribute is the key, because “Peter holds the keys to the Kingdom of Heaven.”

Memories of Japanese Canadian internments

Two historically interrelated exhibitions are located on the gallery’s upper floor: “Inheriting Redress” and “Sites

of Memory.” Both exhibitions interrogate what is remembered and said today of Canada’s WWII internments of 22,000 “enemy aliens.” Nearly all were, in fact, Canadians of Japanese origin or heritage.

The centrepiece of “Inheriting Redress” is a short film by Michael Fukushima, “Minoru: Memory of Exile.” Using archival materials, Fukushima tells his family’s tale—citizenship denied; property confiscated and sold; then, at the end of the war, the family was deported to Japan. A year

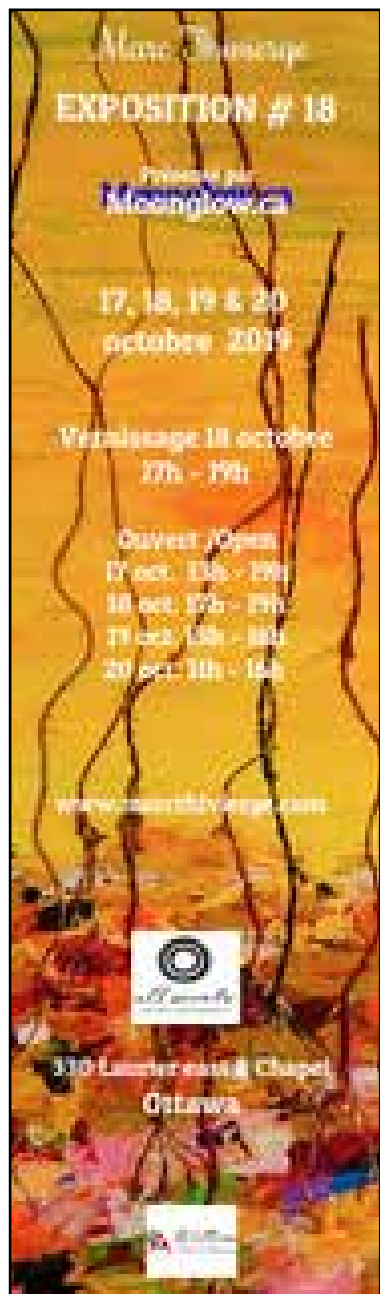
later, 1947, the government of Canada cancelled its deportation orders and permitted deportees to return to Canada. Many did. Fukushima says of his father, “I am a Canadian because he struggled to be a Canadian.”

The exhibition, curated by Emily Putnam and Rebecca Dolgoy, is sourced from materials they located in the Ottawa Japanese Community Association Archive, and the gallery’s own collection.

“Sites of Memory: Legacies of the Japanese-Canadian Internment,” displays the work of three contemporary Canadian artists of Japanese heritage: Norman Takeuchi, Emma Nishimura, and Cindy Mochizuki. All three artists question what happened, and what is remembered of the internment period. The exhibition is curated by Emily Putnam.

An installation by Norman Takeuchi, entitled “A Measured Act,” displays five paper kimonos, each one named after one of the five camps to which people were hauled. From a distance, the five appear to be beautiful kimonos. Closer, each is a collage made of the archival materials of those times, their designs based on stories Takeuchi heard. Shelves nearby display the artist’s drawings of items people grabbed at the last minute to take with them—teapot, child’s baseball glove, bottle of soya sauce.

Emma Nishimura continues to ask people to tell her their stories. These are the materials she is using in two ongoing series: “Collected Stories,” etchings; and, “An Archive of Rememory,” eighty wrapped furoshiki bundles. In Japan, parcels of varying sizes are skillfully bundled into furoshiki for easy carrying. Furoshiki are usually squares of beautiful



fabric. Their use is intended to honour what is being carried and to whom it will be given.

To survive those times people kept their thoughts to themselves. Taught their children to walk straight and talk nicely. We see this sense of propriety in Cindy Mochizuki’s short film, “Sue Sada was Here.” Ten female dancers, aged 8-85, walk, sit, stand beautifully. They carry perfectly balanced books on their heads. The film’s text is taken from the writings of Muriel Kitagawa (1912-1974), of Vancouver whose pennames included “Sue Sada.” She, too, was one of the 22,000.

After the war did people speak of these betrayals? No. “Shigata ganai” (“It happened. No need to discuss it.”) was the usual response if a child asked, “What happened? Why?”

It would be nearly 50 years before stories were collected and told by the children of those who had been denied their humanity and personhood.

What have all four exhibitions in common? Each is a study of visual sign, symbol, and personhood.

The curators have made good use of these levels. There is a respectful separation of the artists’ work, and, at the same time, the possibility of relationship and complementarity among the four exhibitions.

Saints and Madonnas, SuperNova continuing until 8 December

Inheriting Redress, Sites of Memory continuing until 26 January 2020

Carleton University Art Gallery,
St. Patrick’s Building,
1125 Colonel By Drive. Free.
Gallery hours: Tues. to Fri.,
10.00–17.00; Sat. and Sun.,
12.00–17.00

Other exhibitions of interest in Ottawa

Doris Lamontagne: Ici / Ailleurs,
continuing until 22 October
Voix Visuelle, 67 Beechwood Ave.



Also in late September, photographer Kathleen Kelly snapped this shot of the seasons changing.

Photo Kathleen Kelly

Sandy Hill scenes, Summer 2019

Photo Harlequin Studios



July — Testing out the emergency equipment at King Edward and Laurier East.

Photo Christine Aubry



August — Dancing to the piper (Tony Clunis of the Sons of Scotland Pipe Band) at a street party on Blackburn Ave.

Photo Bob Whitelaw



September — Digging starts on the Templeton Street water and sewer renewal project.

Photo Cristine Elrick



News from Viscount Alexander School

Michael Barnes

The 68th school year begins
Viscount Alexander Public School has 181 students from Junior Kindergarten to Grade 6. Our goal is to provide a memorable and enriching education experience for these young people. All together with our teachers, support staff, custodians, visiting professional staff, volunteers, parents and school council Viscount works to provide the educational cornerstone so students can progress and participate in school and their community. Viscount Alexander has been serving Sandy Hill since September 24, 1951.

Changes in the Viscount team
The entire school community welcomes Paul McNany as our new Principal! Paul was formerly Vice Principal at Earl of March and will be focussing on building relationships, improving instruction, updating the facilities, and cultivating equity and a sense of belonging. We also welcome Taylor Mattan, as part time Educational Assistant. Amal Dela will be our breakfast monitor and Wejdan Kadhem is our new lunch monitor. We are saying goodbye and thank you to Kyle Wastle and Megna Joshi.

Welcome Games
The Welcome Games were a great success as multi-grade groups of students travelled about the schoolyard learning a variety of recess games. The grade 5/6 classes took the lead to move the groups from game to game. Our staff taught the rules and provided demonstrations of each game. Mrs. Bruin deserves a special thank you for organizing this fun filled afternoon of games.

Meet the staff night
After the evening began with food

furnished by the School Council, the staff invited parents and guardians to visit classrooms and tour the school. Then, our new Principal welcomed parents in the gym and Parent School Council members were introduced to the assembly.

Walking School Bus
The Walking School Bus is running again in Strathcona Heights. The program encourages and enables students to walk to school with an adult “driver” in charge. Fresh air and a little exercise is a good way to start the school day. Sylvie is continuing as driver, helped by Grade 6 junior leaders and adult volunteers. If you are interested in becoming a walking school bus volunteer, or taking the walking school bus, please register at www.ottawaschoolbus.ca/wsb.

After school programs
Viscount offers an Extended Day Program or EDP. The Sandy Hill Community Centre provides French and English after-school programs as well. These enjoyable programs provide a range of activities for our students at the end of the school day.

Healthy snacks for all
Thanks to the Sandy Hill Community Health Centre (SHCHC), all Viscount Students are offered healthy snacks twice a week. Over 14,000 nutritious snacks will be prepared this school year by our volunteers. Veggie Monday and Fruity Friday feature platters of ready to eat snacks that are delivered to the classrooms. Let the fun begin. This program has been running for over a decade now! Thank you SHCHC.

Learn more about Viscount
To learn more please call the school office at (613) 239-2213.

With notes from Cristine Elrick

Sandy Hill mom is grateful to university students

Diane Beckett

The fall is when the students come back to Sandy Hill. The streets are full of their positive energy, as they move into residences and apartments and go to their first classes. The world seems lighter and full of more possibilities when the students return.

I credit the positive, open and warm attitude of students with ensuring that my son went to university. He spent his whole life surrounded by university students. Every year he watched their lives unfold, and was often wrapped in their embrace, as a few examples below illustrate.

The students made Halloween so special for him and all the other children who trick-or-treat in Sandy Hill. It’s the first time the students have hosted Halloween on their own and they are generous with their enthusiasm and their treats. When my son was about eight, he and I made him a Luigi (from the Mario brothers

video game) costume which neither my friends nor I were very interested in, let alone excited about. The students, on the other hand, thought it was the best costume ever, and at many of the doors, they took turns taking photos of themselves with him. My son was thrilled to have their recognition of his ideas and creativity.

Somehow he figured out about busking and starting busking in front of our house when he was three. When he was about six, he kept bugging me for more allowance money and I suggested he busk. He told me in no uncertain terms that, as it was spring time and the students had no money, it was not worth busking. He said it was only worth busking in the fall when the students had money. I noticed he often had students throw \$5 bills into his open fiddle case.

The male music students who lived next door invited my son in to their living room to jam when he was just three. And they really jammed together; the tall university students and my tiny son! My

son stood up so tall and proud when they said to him, “You are not a kid, you are a musician.”

We also went to events at the university. KAOS, the musician, gave a lecture and my son was thrilled to put up his hand and ask a question just like the university students. And when it was time to get KAOS’s autograph, the students stepped aside and let my son go first.


We went to see George Strombolopolis, who at the time did the news for Much Music. George looked into the audience and told my son he was too young to be there. I was sitting beside him and said I didn’t think he was and we stayed. After the lecture, my son went up to the front and talked to George, and was invited by George to attend a taping of his show in Toronto.

The students never told my son he was too young. They just embraced him, accepted him and included him as an equal. So off he went to university as a duck to water. He had known no other life. Wasn’t this what every high school graduate did?



Photos Bob Forbes





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

3Cents², 65 Templeton Street

According to a recent broadcast of CBC Radio’s All in a Day, a café serving Yemeni flatbreads will be opening in Henderson Square, at the corner of Templeton and Henderson, at the end of October. There is already a branch of 3Cents² open on Bank Street, and photos of their sweet and savoury offerings, which resemble a cross between a Beavertail and an Indian naan, are very intriguing. Something to look forward to on the way to or from the Ottawa U gym!

Si Señor, 506 Rideau Street

My recent plan to take a chilaquiles torta from Si Señor to the park did not work out so well. It was a slightly breezy day and my napkins kept blowing away, which was very inconvenient since scrumptious sauce from the enormous sandwich kept running down my arm. You are better off eating in, I think, but this is no hardship since the restaurant is bright and cosy and the staff are friendly. The tortas are on special on Thursdays; Tuesday’s special is tacos; and Wednesdays it’s burritos. At \$6.50 for a burrito or a torta you will find this an affordable and generous meal that sees you through the rest of your day.

Working Title Kitchen and Café, 10 Blackburn Avenue

Enter through the red doors on Laurier near Chapel

Working Title’s lovely new patio on Laurier was an instant hit when it opened late in June. Sandy Hill had apparently been waiting eagerly for a shady place to enjoy a charcuterie board, a late-afternoon drink or an ice cream cone. Another innovation that proved to be popular this summer was Sunday brunch, which began during the Music and Beyond Festival and happily continues. The brunch menu is interesting enough to make for a special outing, with a mimosa or a little smoothie to start, several interesting main courses to choose from, and tea or coffee included in the \$28.00 price. The café also continues to offer its Meatless Monday selections from the menu of its old neighbour, Perfection-Satisfaction-Promise. A dish of dhal, beautifully adorned with chutney, yogurt, spicy pickles and coriander, was a tasty and filling lunch, and the roasted cauliflower and mushroom soup that was featured the same day was profoundly delicious.



The dhal from a recent Meatless Monday at Working Title.



Not your mother’s pot roast!

Dodi Newman

Don’t get me wrong, I love my mother’s pot roast. Coated with flour and braised with root vegetables, it is perfection in cold weather. But this pot roast (the recipe is based on one published in the January 2005 issue of the late, lamented *Gourmet* magazine) is different: it is braised in white wine

with onions and a diced tomato; it is a bit of a chameleon. For example, serve it with sage-flavoured butternut squash, Brussels sprouts with nutmeg, and noodles—home-made would be lovely!—and you think winter and a sip of brandy for dessert. But—accompany it with parsleyed new potatoes and a salad of red butterhead lettuce, wedges of ripe, field-grown tomatoes dressed with balsamic vinegar, olive oil, pine nuts and shaved Parmesan—et voilà, summer!

Pot roast braised in white wine

Serves 6

- 2 tablespoons canola oil
- 2.5 pounds AAA sirloin tip roast, tied
- 1 1/2 teaspoons salt, divided
- 1/2 teaspoon ground black pepper, divided
- 3 medium onions, peeled, halved lengthwise and thinly sliced
- 2 medium garlic cloves, thinly sliced
- 1 large tomato, cored and cut into 1/4” dice
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried rosemary
- 1 medium dried bay leaf
- 1 1/2 cups dry white wine
- 3/4 cup water

Preheat the oven to 325°F.

Heat the oil in a heavy Dutch oven over moderately high heat until hot but not smoking. Meanwhile, rub the meat all over with 1 teaspoon salt and 1/4 teaspoon pepper. Place the meat in the hot oil and brown it on all sides for a total of about 10 minutes. Transfer the meat to a plate.

Add the onions to the pot and sauté until they are really soft and lightly browned, about 10 minutes, stirring often. Add garlic, tomato, thyme, rosemary, bay leaf and the remaining salt and pepper. Cook for another 2 minutes. Add the wine and water, bring all to a boil, place the meat back in the pot, cover tightly and place the pot on the middle shelf of the preheated oven. Cook for a total of 2 1/2 hours, turning the meat once after the first hour. Remove the meat to a plate and cover it lightly. Vigorously stir the sauce and, if it is too thin, boil it down to the desired thickness.

To serve, cut the meat into half inch-thick slices and place some of the sauce on top of each serving.



Photos Bob Forbes



A relaxed atmosphere reigned at the Sandy Hill community BBQ on September 21, when hotdogs, hamburgers and hospitality lured newly-returned students to the neighbourhood park. Connections formed at these events can make a big difference to neighbourhood attitudes and cooperation. Thanks to ASH for continuing the tradition! Photos Bob Forbes

PHARMACIE

CAMPUS

PHARMACY



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

613-563-4000

Welcoming the entire Sandy Hill Community

Les résidents de la Côte-de-sable sont bienvenus

POUR TOUS VOS BESOINS PHARMACEUTIQUES....

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

FOR ALL YOUR PHARMACY NEEDS ...

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

et **Plus!**

and **More!**

Interac • VISA • Mastercard • American Express

Lundi-jeudi 8h30 - 20h00

Mon-Thurs 8:30 - 8:00

Vendredi 8h30 - 19h30

Friday 8:30 - 7:30

Samedi 10h00 - 17h00

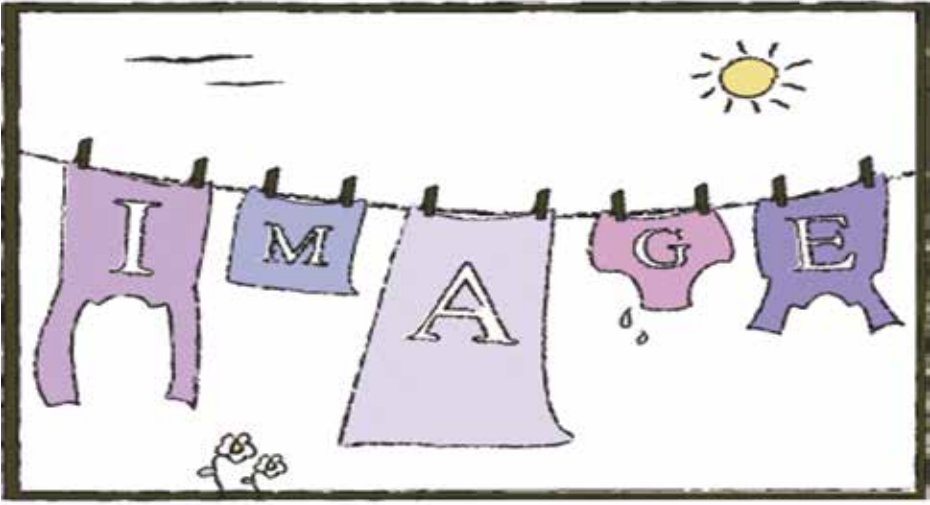
Saturday 10:00 - 5:00

Dimanche 10h00 - 14h00

Sunday 10:00 - 2:00



www.campuspharmacy.com



NEIGHBOURHOOD BULLETIN BOARD

Historical Society of Ottawa Speaker Series, Auditorium, Ottawa Public Library Main Branch, 120 Metcalfe St. Doors open 30 minutes before. See website for updates and to reserve seating for an evening event: hsottawa.ncf.ca

Wed. Oct. 30 @ 1 p.m., Hunter McGill, "History of the Rideau Canal," the legacy of our historic waterway.

Thurs. Nov. 14, @ 7 p.m., Phil Jenkins, "50 Years of Ottawa: What I've Seen & Learnt," perspectives from a well known writer & musician.

Wed. Nov. 27, @ 1 p.m. Joanna Dean, "Ottawa's Urban Forest," the world that surrounds us -- hidden in plain sight.

Wed. Nov. 27, @ 2 p.m. Stephen McKenna, "Chief Justice Patrick Kerwin," life & times of Canada's 10th Supreme Court Chief Justice.

Allsaints program, 10 Blackburn Ave. **Vanier Moderns** new showroom is expected to open in late October.

Oct. 26 "I put a spell on you" Halloween Party

Nov. 3 Sweater Weather Get Together with shopping, treats

Nov. 16 Mistletoe & Ivy Holiday Market

Nov. 16 Bettye Hyde Trivia Night (details at right)

Nov. 9 One & Only Arts & Crafts Fair — Plus ... Sandy Hill Community Centre, 250 Somerset St. East, 10 a.m. to 4 p.m. The popular annual sale with more than 40 artist and artisan vendors with a wide array of handmade items; perfect for Christmas shopping. Light refreshments will be served from 10 a.m. to 2 p.m. for everyone: shoppers, vendors and volunteers. Free admission; hosted by Action Sandy Hill, net proceeds from the Fair go to local causes including the Strathcona Heights Homework Club.

The **Plus** at One&Only this year is a **Book Sale:** selected books to read, keep or share. Book donations would be appreciated. Call 613-565-4828 or 613-230-4247 to arrange drop off before **November 8.** Come early to get the best of the best. We regret that it's cash only for books.

Nov. 16 Bettye Hyde 13th annual Trivia Night at allsaints event space, upper level. Doors open at 7 p.m.; games begin at 8. A cash bar and food service will be available. If you would like to order food for a group in advance of the event please let us know and we will forward you the menu. There will also be a 50/50 draw, a door prize, and a live auction of a huge art piece that the BH class of 2018/19 created. Either come alone and meet others that also are looking to meet new people, or with a friend, or you can put together a team; tickets are \$25 and can be purchased in advance online bhtrivianight2019.eventbrite.ca. More info: bhtrivianight@gmail.com or Cindy at bettyehydeottawa@gmail.com

Sandy Hill scenes, Summer 2019



July 18 — Ribbon cutting on the new terrace at allsaints. Well-wishing neighbours, local politicians, shareholders and community partners, plus children from Bettye Hyde nursery school, enjoyed the setting, sunshine, speeches and refreshing iced tea and juice.



September 7 — The threat of rain moved the 2019 Carty House Community Picnic indoors to St. Joe's hall, but did not dampen spirits. Carty House, long based and admired in Sandy Hill, offers a first home and helping hand for refugee women in Ottawa.



August — Nyna Nyiringango, a Rwandan musician now residing in Sandy Hill, and Patrick Rooney prepare for her performance at Saw Gallery's Women's Arts Festival. The festival explored the concept of "intersectionality."



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

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

FOR ADULTS / POUR LES ADULTES

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

Learn to play Go, the ancient strategy game. Designed for beginners and intermediate players. 2 – 5 pm, Saturday Nov. 2
Rengo by The Ottawa Go Club, Saturday Dec. 7, 1 pm

Apprenez le Go, jeu de stratégie ancien. Conçu pour les débutants et les joueurs de niveau intermédiaire. 14 h à 17 h, le samedi 2 nov.

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.

Morning Book Club

Monthly on Thursday mornings at 10:15 am – 12:00. Drop-in.
Oct. 17: *Conclave* by Robert Harris
Nov 21: *Station Eleven* by Emily St. John Mandel

Evening Book Club

Monthly on Monday evenings, 7 – 8:30 pm. Drop-in.
November 4: *Warlight* by Michael Ondaatje

Make a Will

Presented by the Ontario Bar Assoc.
Monday Nov. 18, 6:30 pm

Non-Medical Cannabis and the Older Adult

Thursday Dec. 5, 1:30pm

FOR 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., Oct. 15, 22, Nov. 5, 12, 19, 26, Dec. 3.
Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. 10 h 00 à 10 h 30 les mardis 15 et 22 oct. et du 5 nov. au 3 déc.

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: Oct. 11 & 25, Nov. 8 & 22, Dec. 6.
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 : 11 & 25 oct., 8 & 22 nov., 6 déc.

Photo Youville Centre



September 14 — Mylene and Bev of the Youville Centre on Mann Ave. receive a plaque from Ontario Trillium Foundation volunteer, Fareeha.

Photo Kathleen Kelly



Stalking for prey in the fall tinted river.

Photo Jane Waterston



A wonderful set by Barry Padolsky added a grace note to Odyssey Theatre's quirky and funny summer production in Strathcona Park.



Rideau River
DENTAL
General and Cosmetic Dentistry

613-789-0800

**A beautiful smile and
healthy teeth.**

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

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

**New patients and
emergencies
always welcome.**

**Appointments available on evenings
and Saturday**

**389 Rideau St. (at Friel)
FREE PARKING**

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

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



Saturday, October 12 Men's workshop on relationships, with Jack Lafleur M.A. RP; all are invited. 9:00 - 5:00, contact 613 237-1821.

Saturday, October 19 Annual fall hike in the Gatineau Hills. Meet at the church (473 Cumberland St. at Daly) at 1:00 pm to carpool.

Sunday, November 17 Special Anniversary Service at 10:30, with a guest preacher and special meal.

Sunday, December 1 First Sunday of Advent, communion service

Regular Sunday morning services 10:30 am, led by Rev. Laurie McKnight and guest preachers. Sunday School and parking available.

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.

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

River of Life church group: Fridays 6:00 pm- 9:00 pm in the hall. Fellowship for the Chinese students at UOttawa.

Refugee Sponsorship: Partnering with "Everyone's Sister" to privately sponsor a refugee mother and son and are helping them settle in Ottawa. 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/.

Space Rental: Multi-purpose spaces are available, well-maintained, affordable and wheelchair accessible. Contact the church office.

Need help with work in your yard and other tasks? Daly Trust is a not-for-profit initiative led by St. Paul's-Eastern United Church. Contact Edward at 343-995-7696 or Grant at gruntg@hotmail.com.

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

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



Rent-A-Wife Household Organizers

"Every working person needs a wife!"

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

Laurel 613-749-2249
rent-a-wife-Ottawa.com



Improving the quality of teaching is the single most important factor in raising educational outcomes. This is why the United Nation’s Sustainable Development Goals call specifically for a substantial increase in the supply of qualified teachers and more support for teacher education in developing countries. — CODE

Photo Peter Bregg, C.M.



Sub-Saharan Africa alone needs 17 million qualified teachers to fulfill the United Nations’ Sustainable Development Goal of having universal primary and secondary education available to every girl and boy by 2030. This gap must be closed and it’s all about teacher effectiveness. — CODE

Happy 60th birthday, CODE!

Staff at the NGO based in a lovely Sandy Hill mansion at 321 Chapel St. gathered for an anniversary photo in early October. CODE (originally known as the Canadian Organization for Development through Education) focuses on advancing children’s literacy and quality education in sub-Saharan Africa. They promote literacy by providing schools and community libraries with locally authored and culturally relevant books in over 20 languages. They also invest in teacher training, extracurricular programs and better infrastructure. An anniversary photo exhibit by photojournalist Peter Bregg, depicting the learning crisis in Sierra Leone, is making nine stops in six provinces this year, including at the Shenkman Arts Centre April 28 - May 7. For more information, visit www.code.ngo

Pictured above, from left to right, are: Willy Rangira, Jude Anuebunwa, Clare McInnes, Peter Wallet, Emily Ridlington, Scott Walter, Andrea Helfer, Sharon Apsley, Fresnel Devalon, Laurie Tennian and Lynn O’Rourke.



INSPIRING GIRLS

We are experts in how girls learn, lead and succeed.

OPEN HOUSE

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

PRE-K TO GRADE 12
SATURDAY, OCTOBER 26 • 9 A.M.

Join us at our upcoming Open House and find out how we can inspire your daughter to reach her full potential.

RSVP AT ELMWOOD.CA/OPEN
OR CALL (613) 744-7783



ELMWOOD SCHOOL

elmwood.ca