

COVID-19 shake up

Photo Christine Aubry



Above — Hilary Duff has initiated, with support from Action Sandy Hill, a buddy system that helps isolated residents get through the COVID-19 pandemic. You'll see her posters on poles throughout the neighbourhood and can read about the effort on page 3.

Right — A neighbourhood turned inside out— the Bytowne is locked up and all neighbourhood children are stuck at home. See our pandemic spread, in the online Pandemic Post supplement, described in the pink box at left.



Photo David Elden



Photo Claire MacDonald

Cumberland St. to receive new trees and shrubs

Marilyn Whitaker

On Cumberland Street, the Combined Sewage Storage Tunnel (CSST) project is nearing completion. In the block between Stewart Street on the north and Wilbrod Street / Séraphin-Marion Private to the south, a number of changes are planned for this spring, including wider sidewalks, accessibility features, new cycle tracks, and narrowed roadway. These changes are welcome, especially as this area has a lot of pedestrian traffic, including many students going to and from the University of Ottawa.

This part of Cumberland is a fairly exposed area with a university parking lot to the west and little tree cover. After bricks and asphalt were laid around two trees on the east side in 2015, people noticed these trees seemed to be losing leaves and dying. Nearby, a huge tree was removed as a result of an ice storm two winters ago.

In June 2019, a discussion of green-

ing opportunities was held at an on-site walk-about involving staff from Councillor Mathieu Fleury's office, City of Ottawa Forestry, CSST project staff and consultants, and Action Sandy Hill representatives. The space required for the new sidewalk and cycle track meant that the two dying trees will be removed. Following some exchanges, two beds of shrubs and ornamental grasses will be put in front of 495 and 497 Cumberland and six trees will be planted—near, but not on Cumberland.

The new trees will be two varieties of maples plus elm hybrids with excellent resistance to Dutch elm disease and elm leaf beetle. With time and care, most could become good canopy trees.

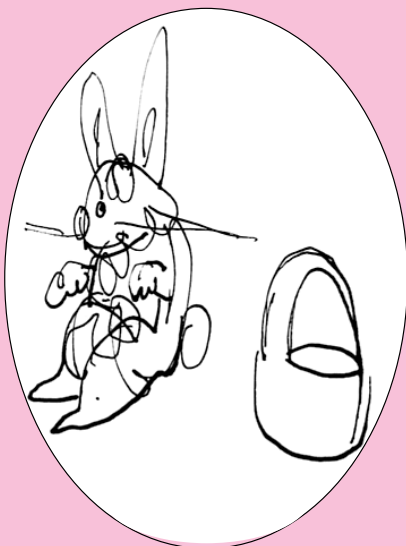


Illustration CSST

On the west side of Cumberland, there was some thought that some asphalt on the municipal right-of-way between the sidewalk and university parking spaces could be removed to allow some plantings. This would be like the de-paving along Somerset East which the City, the Sandy Hill Tree Group and other volunteers initiated in 2016. Due to concerns about overhead wires, underground services and uncertainty about university plans for development in the area, de-paving there is unlikely to proceed when other changes for sidewalks and cycling take place this spring. De-paving will occur when two parking spaces beside Stewart are replaced with a bed for two elms. Further west along Stewart, some more de-paving will take place with the planting of three maples beside the sidewalk.

Those interested in activities to green Sandy Hill can take part in the Sandy Hill Tree Group (sandyhilltreegroup@gmail.com) and help care for the new trees and plants around Cumberland and Stewart.

Illustration Dawna Moore



Dear Reader,

You are keen on hunting for eggs, right?

This is a 24 page issue of IMAGE, but we can only afford to print 20. So you are going to have to seek the pages not currently in your hands. They are waiting for you in our online basket: the IMAGE website, at imagesandyhill.org.

Our four-page *Pandemic Post* carries photos of the changes COVID-19 is making in our neighbourhood. There are letters, personal notes, two stories plus a game we can all play while stretching our legs. If you want it printed out, contact Laurier Office Mart (613) 233-0635 or print@lomonline.ca to arrange to have your copy picked up. The print out cost will be \$ 6.50 for all 4 pages.

The bonus to having our pandemic pages online is that it ensures we will be back, with a renewed set of advertisers we hope, in June!

We would not be producing this issue at all without the generous and heartwarming response to our December appeal from the people named below.

Leah Arkovic & David Clements

David Dendooven & Michael Brock

Mark & Isabel Giralt

Jane Gurr & David Dymont

Charles C Hill

Ron Hodgson

John Hucker

Janet L. Jury

Lucie Laliberté & Robert Tipple

Claire MacDonald

Teresa O'Donovan

Eric Schiller

Beatrix & Russ Solyom

Graham & Rosemary Swan

Gaye Trumley

Plus one who remains anonymous

THANK YOU!

IMAGE

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direction of Diane Wood

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IMAGE is published in **April, June, October and December**. 7,500 copies are printed (5,800 during the pandemic) and distributed free of charge to all residents of Sandy Hill. Free issues can also be picked up at various commercial locations.

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

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

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Website: imagesandyhill.org

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

Photographers: Christine Aubry, Dave Elden, Kathleen Kelly, Bob Whitelaw

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IMAGE sera publié en **avril, juin, octobre et décembre**. Son tirage est de 7 500 exemplaires (5 800 during the pandemic). Il est distribué gratuitement partout dans la Côte-de-Sable. On peut également l'obtenir aux plusieurs commerces du quartier.

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

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

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(livraison prévue le 10 juin)

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From Ken Clavette's Album of Bygone Sandy Hill



Cécile Gauthier came to Ottawa at the age of 12 in 1903 and spent most of her life living in Sandy Hill. As president of the Liberal Party's women's wing, she worked with four prime ministers, including (above) William Lyon Mackenzie King. To learn more about this remarkable woman, see page 12.



Sentimental query

I moved out of Sandy Hill, to Churchill, this winter. At the last moment my plan for the small work bench (see photo, right) that my father made for me more than 60 years ago fell through. I wanted someone to have it so I put it on the sidewalk. I would be thrilled if the family who is enjoying it now would let me know.

Diane Beckett

dianebeckett@hotmail.com



Looking south from the footbridge, the Rideau River appears virtually unchanged from my grade school days.

Illustration by Phil Caron

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Can you help?

Seeking volunteers to support isolated folks down the street

Hilary Duff

The place to best live out an epidemic may be right here in Sandy Hill. Residents are finding creative, important, and sensitive ways to help others, whether they are neighbours, friends, family, or not.

At the east end of Wilbrod St., in a 17-unit condo building mostly occupied by venerable and vulnerable seniors, four younger able-bodied residents accept orders for almost any need, shop and do deliveries and errands for those who dare not go out.

There are others throughout the neighbourhood doing the same kind of thing — and you are welcome to get involved yourself in a new venture coordinating such acts of kindness.

A group of Sandy Hill residents has launched a community response team to help neighbours who may need extra support during the COVID-19 crisis. Launched on March 27, dozens of community-minded neighbours have already signed up as volunteers and the requests for help are beginning to come in.

The team has been created in close collaboration with Action Sandy Hill. Volunteers range in age from high school students to seniors to a number of University of Ottawa students looking to support their neighbours.

By calling 613-454-5633 or emailing sandyhillcovid19@gmail.com, Sandy Hill residents can offer their help as volunteers, request support, or both. A member of our organizing team follows up on each call and email in order to review health and safety guidelines and explain the system.

Once the organizing team is clear on a volunteer's interests and the support a person requires, neighbours are "matched" and free to coordinate the time, location, and specifics of the support needed. Volunteers are currently offering a range of services, from gro-

Our community response effort values inclusivity. While this crisis has seen an uptick in Facebook groups supporting community response, our team recognizes that some of the most vulnerable members of our neighbourhood may not have the knowledge or technology to access these online spaces. We hope to reach folks who may need support the most through the use of a simple telephone number and offline outreach such as neighbourhood posters and mailbox letters.

Further, our team wants to ensure Sandy Hill has the appropriate community infrastructure in place should movement restrictions become more strict.

While we're certainly hopeful in our ability to collectively flatten the curve, our response system was designed under the assumption that Ottawa may one day face lockdown measures similar to those in several European countries. In France, for example, people are only allowed to travel within one kilometre of their home. In parts of Italy, residents must provide government paperwork in order to leave their neighbourhood for work or a health appointment.

A hyperlocal neighbourhood response will be more important than ever if such draconian but understandable measures are required.

Finally, there is no need to reinvent the wheel in times of crisis. Closer to home, our community response system was inspired by a similar approach being taken by the New Edinburgh Community Association—and members of their team were instrumental in the creation of our local line. We'd also like to thank Councillor Mathieu Fleury's office for their support.

For more information and to request or offer support, please call 613-454-5633 or email sandyhillcovid19@gmail.com.

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Strathcona Park photo by Kathleen Kelly

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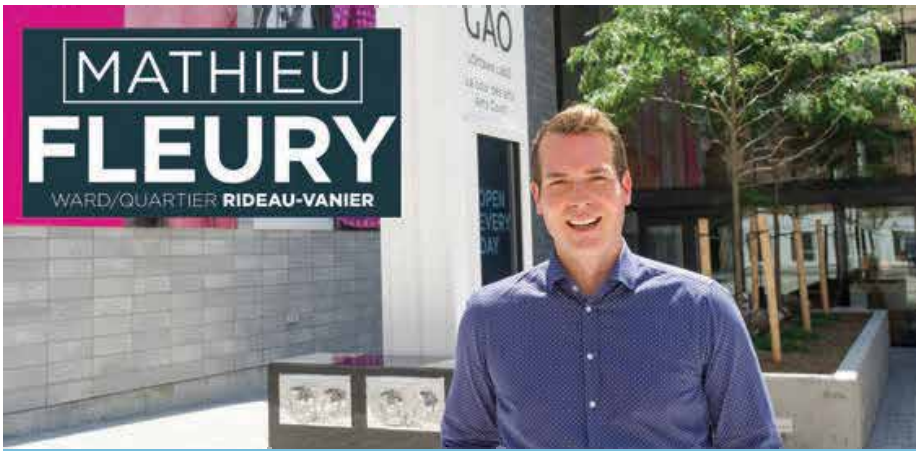
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Lull before the storm

The ice on the Rideau River was melting and a gentle breeze blowing on March 9, the week the first travel-related case of Covid-19 was detected in Ottawa.



For all Covid-19 updates visit mathieufleury.ca
Pour les mise à jour sur le Covid-19 visitez le mathieufleury.ca

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

INFRASTRUCTURE RENEWAL PROJECT
This Spring, the City will continue its work with the renewal of infrastructure in the Sandy Hill area. The affected streets include Mann Avenue (Chapel Street to Range Road), Range Road (Mann Avenue to Somerset Street East), Russell Avenue (Somerset Street East to Osgoode Street), Templeton Street (Chapel Street to Range Road) and Lane 119V (rear of Range Road and Marlborough Avenue). The work consists of the renewal of sewers, water mains and roadways, including sidewalks. Residents can expect work to begin in the spring.

RIVERAIN PARK
Across the Adawe pedestrian and cycling bridge, we are revitalizing Riverain Park. Once complete, the park improvements will include a splash pad, a skateboard park, improvement of the play structures, adult fitness equipment, a new basketball court, a new horseshoe pitch, resurfacing of the tennis courts and pathway improvements and even a new drinking fountain. The \$2.5 million projects will start at the end of the summer.

COMBINED SEWAGE AND STORAGE TUNNEL
The Combined Sewage and Storage Tunnel Project on Cumberland Street is finally coming to a close. With that, the work will move to restore and add improvements to the street, including dedicated cycling track, wider sidewalks, landscaping and six new trees.

These projects each add new and exciting improvements to the community, and I invite you to check out each project's plans and up-to-date information on Ottawa.ca.

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Action Sandy Hill notebook

January - March 2020

COVID Response Team start-up
Hilary Duff has initiated a community response team to help neighbours who may need help during the pandemic. ASH and neighbourhood block captains are pleased to support her effort. (See also story, p 3)

- Update on outreach services in the neighbourhood during the pandemic**
Councillor Mathieu Fleury reported:
- uOttawa told students to go home when the pandemic was announced in March, but some from outside Canada remain in residence. An empty residence building is being set up as an emergency shelter by the City.
 - The Youville Centre is supporting their clients with ongoing distribution of food and diapers.
 - Strathcona Heights in partnership with the Sandy Hill Community Health Centre is operating a pop-up food bank. During the last week of March, 60 hampers were delivered to families in need.
 - Ottawa Community Housing (160 Charlotte, 730 Chapel) is keeping its maintenance department operating 24/7, but only for essential safety services such as plumbing, electrical and heating repairs.
 - Volunteer Ottawa and the United Way are working at connecting the many community help efforts popping up across the city. However, their outreach could be better.
 - The Food Bank will be under lots of pressure in April and community members are urged to do what they can to support it with donations of money and food. (See also story, p 5)

Cannabis shops
Action Sandy Hill receives notifications of applications sent to OLG (Ontario Lottery and Gaming) for licensing of cannabis shops, which are allowed pretty much anywhere except near schools. New applications are for Rideau and Dalhousie (former Second Cup), Clarence near William, and one on Elgin Street. The councillor noted that these shops do not need to adhere to the City's accessibility rules.

Prime Ministers' Row
Community focus groups, possibly virtual ones, are being planned for this spring.

Gazebo in Strathcona Park
In March, architect Barry Padolsky, who is volunteering his services, presented some design suggestions to the ASH board. Claude Jobin is the ASH lead on this project.

Rideau River winter trail
The 2.5km trail (east side of the river, Cummings to Hurdman bridges) opened in January, with grooming organized by ASH (using City funds).

ASH donates to youth programs
In March, ASH presented \$800 to Awesome Arts, which steers community-based youth art projects. The money came from the proceeds of the One and Only Craft Fair—it was half of the sale's profit. The organizers of the book sale that ran in tandem with the fair donated their profits, \$1125, to the Homework Club.

New MPP
Lucille Collard, Liberal, won the Feb. 28 by-election. Her constituency office is at 237 Montreal Rd., Ottawa (ON) K1L 6C7 613-744-4484. lcollard.mpp.co@liberal.ola.org

Proposal to rename Sandy Hill park
Community member Stephanie Plante proposes renaming Sandy Hill Park after Inuit artist Annie Pootoogook, who died in Ottawa in 2016. ASH has written a letter of support that you can read at its website. It notes that there are more than 200 Inuit students living now in Sandy Hill. Comments to Stephanie (Stephanie.plante@gmail.com) with a copy to ASH (info@ash-acs.ca) are requested before April 15.

ASH members
A new date for the Action Sandy Hill annual meeting will be noted in the June issue of IMAGE. In the meantime, you may sign up as a member at the ASH website. The fees are \$8/year, \$21/3 years; 5\$/12\$ students/seniors. This would be a very good time to join.

- with notes from Jan Finlay, Kathy Moyer and Jane Waterston





sisenor.ca

506 RIDEAU ST

MEXICAN STREET FOOD



Where are the homeless staying, eating, and socializing during this pandemic?

Larry Newman

I'm writing this article while in the fifth day of "self isolation." It's not so bad. We talk and video chat with friends and family. We order delivery of food and other essentials—no TP purchases though. How about those who are homeless? How and where are they socializing and eating and sleeping? I made a few phone calls and Facebook queries. This is what I found.

In our immediate neighbourhood there are three main sources of food and shelter for homeless people: The Shepherds of Good Hope on Murray and King Edward, the Ottawa Mission on the corner of Waller and Daly/Besserer, and The Salvation Army's Booth Centre at 171 George Street.

The Shepherds of Good Hope provide both shelter and meals for clients. They also provide lunch for anyone who drops in. Years ago when I toured the Sheps, my guide told me that they serve 300 people for lunch on average. They now offer take-out food from a food bank located in the lower level of the former school facing King Edward Avenue. Their usual variety of group programs to help clients deal with their various conditions have been cancelled during this epidemic.

The Ottawa Mission also provides clients with shelter and meals. Take-out community meals are available from 1–1:30 pm at the entrance of their building at the corner of Waller and Besserer. However, the Client Services Building is closed and all client social activities have been cancelled for the foreseeable future.

The Booth Centre provides shelter and meals to their clients as well as supplying food from their food bank. A recent Facebook post asked "those in need of emergency food to please call ahead to make an appointment at 613-241-1573 x 268 or x 221 as we are serving only one family or individual at a time on Mondays, Wednesdays and Fridays to reduce groups congregating together." Until last April, they offered lunch to walk-in traffic but no longer.

St. Joe's Supper Table, 151 Laurier East, which offered supper on weekdays is closed until further notice but the food bank has re-opened on Thursdays and Fridays by appointment only, 9 a.m.-5 p.m. To book an appointment call Ryan Mitchell at 613-233-4095 ext 240 or email rmitchell@st-josephs.ca. Leave your name and address and preferred time. The Wiggins satellite food bank remains closed so clients should call St. Joe's instead.

Odawa's drop-in centre at 510 Rideau had offered social activities and food all day but is now closed. Food deliveries (the Bannock Bus) are being made to the centre's clients.

The Drop-In centre at the corner of Rideau and Cobourg has closed and now offers coffee and snacks through a take-out window.

Centre 454 at St Albans is closed until further notice.

Isolation

An isolation centre at the Routhier Community Centre in Lowertown opened on March 23 to provide space for homeless single men and single women who need to self-isolate— people who do have or may have Covid19. The current capacity is 10 beds, with the ability to expand to 40 beds if needed. Supports for residents within the centre are being provided by Ottawa Inner City Health and Ottawa Public Health. Ottawa Housing Services has secured a 29-room building at Ottawa University to provide isolation space for families and youth, which, as we went to press, was anticipated to open the first week of April. These places are to help lower the risk of the virus spreading in shelters.

Donations needed:

Most of these organization make a point of asking for food donations or \$\$\$ to offset the continuing and probably increasing demands from a disadvantaged population.

Photo Frank Heilingbrunner



Since the health emergency was announced in mid-March, the foyer at Loblaws on Rideau St. has featured a handwashing station and a stern warning to loiterers.

Test your memory and IMAG(E)ination

Where have you seen, on your walks around Sandy Hill, this landmark? Let us know and we'll salute you in the June-July IMAGE.



Photos Bob Whitelaw

Last issue's mystery revealed below ...

The climber at the Sandy Hill park (which may be renamed Annie Pootoogook Park (see ASH report, page 4). The construction published in the December-January issuer was identified, once again, by Poonam Varshni. Good luck to all with this issue's challenge (above)!



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I want to start by saying Happy Easter!

I know this is a difficult time for all. The health and safety of all Canadians is our top priority. No one should have to worry about putting food on the table, keeping a roof over their head or losing their income because of COVID-19.

Canada is among the best-prepared countries in the world to respond to the situation we're facing, and we will get through what comes next together. That is why we have been announcing a progressive series of measures responding to current challenges Canadians are facing and preventing the escalation of economic and health-related problems for the coming days, weeks and months.

I want to assure you that our response has been, and will continue to be, based on science and evidence, and is guided by world-class health professionals and authorities.

With matters changing so quickly, it is likely that the situation has changed since writing. I would therefore like to direct you to our government's canada.ca/coronavirus. This website is maintained with the most up-to-date information on the measures our government is taking to keep you healthy and safe. Please also consult ontario.ca and ottawapublichealth.ca for information on additional measures taken by provincial and local health authorities.

Together, we can slow the spread of COVID-19 by making

a conscious effort to keep a physical distance between each other. I know that if we all act with the appropriate caution, follow expert advice, and rely on the support of our families, neighbours, and loved ones, we will get through the difficult times ahead. Our government will be there with you every step of the way, and we will do whatever it takes. No one is being left behind.

To prevent the spread of COVID-19, my constituency office will be closed for walk-ins and appointments. My constituency team remains available to help you with your federal inquiries. You can reach us at 613-998-1860 or mona.fortier@parl.gc.ca. Subscribe to our newsletter at mfortier.liberal.ca to receive the latest news regarding COVID-19.

Over the past few weeks, I have been humbled by the beautiful community of Ottawa-Vanier being so resilient, helpful and innovative. I am delighted to see people helping each other from a distance to keep our community vibrant and social despite the physical distancing measures we are taking.

It is by pulling together as a family, as a community and as a country that we can get through these difficult times!

Eye on Development: 560 Rideau St.

Photo Jan Meldrum



Noise, shaking and fumes

Lena Creedy

The tranquility of our street came to an end when sudden tremors shook the land on Besserer Street between Cobourg and Charlotte Streets, in February. A well overdue development at 560 Rideau Street was about to begin. The new condo development by Richcraft Homes promises to bring about a total of 212 units, ranging in size from 375 to 978 square feet, on the northeast side of Sandy Hill, where most residents welcome urban infill with moderation. For those living across from the action, it would have been useful to have received information alerting us as to what to expect.

We are at the front line of noise and vibrations but this is to be expected during construction time. Following the successful demolitions of the old *Passage to India* and *Angelo's* restaurants in mid February, rats appeared in the neighbourhood, fortunately skipping my site. For this, some neighbours sought

pest control services and others dealt with it themselves. A main problem we have subsequently experienced is a high level of uncomfortable fumes emitted by some of the equipment used across the street, smelling like incomplete combustion of diesel fuel. Although I asked our councillor to help with the fumes, I did not get a reply. The fume problem seems to come from a poorly-tuned mobile generator running day and night next to the site trailer on the Besserer side. There are also some fumes coming from the pile drivers, though these are operating only during the day. As of late, we have learnt that the mobile generator is on rent while the construction waits for Ottawa Hydro to supply electricity to the site. We hope that Ottawa Hydro provides this service promptly to get rid of uncomfortable fumes in our houses.

In the meantime, the noise and shaking of the land will continue until all the pilings are driven into the ground. We expect the developer to continue to proceed with caution in consideration of an old and fragile neighbourhood.

Eye on Development: 36 Robinson Avenue

Robinson Village let down

David Elden

At the January 29, 2020 City Council meeting Councillors approved an application to build a high density nine-storey rental block at #36 Robinson Avenue. Planning Committee had earlier recommended approval of the proposal (by a 7-2 vote) which required a bylaw amendment to reduce the minimum parking provision by approximately 50%. The Planning Committee recommendation and Council endorsement were made despite sustained requests from the community and ward Councillor Fleury throughout the consultation process and at the Committee hearing to modify the design to bring it more into line with the City's Official Plan (OP).

The design for the site is a nine-storey block that fills the allowed spatial envelope to the absolute limit and contains a unit mix of predominantly small one-bedroom or bachelor units. In the view of the community it does not even attempt a transition from the two- to three-storey residences to the immediate east and west in the street. This seems to result from the design being intended to maximise rental yield at all costs—including site-appropriate architectural design.

That this over-sized project can be considered for the site is due to a concession made by the City in 2015 to permit an eight-storey building on the site despite the rest of Robinson Village being zoned for six storeys or less. That agreement followed from an OMB appeal by the proponent of a condominium development on the site, the design for which was



limited to eight storeys and included significant step-backs after the sixth storey. The earlier design also made an attempt to transition to the adjacent residences by not being built right to the minimum setback lines. Unfortunately the City has now interpreted eight storeys as a height (27m) that allows a nine-storey structure despite it apparently ignoring the OP transition requirements which read as follows:

Transition refers to the integration of buildings that have greater height or massing than their surroundings. Transition is an important building design element to minimize conflicts when development that is higher or has greater massing is proposed abutting established or planned areas of Low-Rise development. Proponents for developments that are taller in height than the existing or planned context or are adjacent to a public open space or street shall demonstrate that an effective transition in height and massing, that respects the surrounding planned context, such as a stepping down or variation in building form, has been incorporated into the design.

[OP, Section 4.11 - Urban Design and Compatibility, para 12]

I think it is fair to say that many in the Robinson Village community feel badly let down by the City and Council's decisions on this site which originate in the 2015 concession to settle an OMB appeal.

The Spectator

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250 rue Besserer

Photo Diane Villeneuve



Un groupe de résidents réussissent à faire changer des plans de développement

Denis LaRose

Un groupe de citoyens de la rue Besserer, en particulier des immeubles situés au 260, au 238 et au 200 Besserer, se sont intéressés au projet de construction d'un immeuble de dix étages ou plus qui devait être construit au 250 Besserer en remplacement d'un immeuble de bureaux de quatre étages.

Plusieurs d'entre nous ont fait des présentations au comité d'urbanisme ou soumis des lettres. Ceci nous donnait le droit de faire appel d'une décision du conseil municipal. Le 11 décembre, le comité d'urbanisme et le conseil municipal ont approuvé presque à l'unanimité cette tour qui aurait pu atteindre 12 étages par sa hauteur de 29,5 mètres malgré que le plan secondaire de la Côte-de-Sable ne permette que neuf étages. Notre pétition de 57 noms a eu pour seul effet de faire en sorte que notre conseiller municipal, Mathieu Fleury, s'abstienne. Il nous a conseillé de consulter un avocat. Nous avons eu du mal à en trouver un parce que plusieurs se trouvaient en conflit d'intérêt.

Notre avocate a relevé plusieurs anomalies et nous avons décidé de faire appel de la décision municipale au Tribunal d'appel de l'aménagement local (TAAL, ou LPAT en anglais).

Pendant que nous préparions cet appel, j'ai appelé l'urbaniste de la ville pour des renseignements. Ce dernier m'a suggéré de contacter le constructeur lui-même pour voir s'il était disposé à négocier.

Par l'intermédiaire de son urbaniste, nous l'avons rejoint. Nous avons fait quelques échanges de courriels et il a accepté de venir nous rencontrer le 6 janvier 2020, soit la veille de la date finale pour loger un appel.

Nous nous objections surtout à la hauteur de l'immeuble, à la terrasse sur le toit (à cause du bruit éventuel) et à l'absence de stationnement pour les locataires (par peur qu'il y ait beaucoup d'autos sur les rues avoisinantes). Nous nous inquiétions aussi de la sécurité des piétons sur la rue Besserer parce que les autos traversent illégalement King Edward venant de l'ouest de Besserer vers la partie est de Besserer.

Nous en sommes venus à un accord, mais nous avons néanmoins logé notre appel.

En gros il a accepté d'enlever un étage complet, soit 11 logements, de diminuer la hauteur totale de l'immeuble de 29,5



Une tour à logements, proposé au 250 Besserer.

mètres à 21,1 mètres (soit au total 11 pieds) et d'inscrire ceci au plan de site de l'immeuble : la terrasse du toit sera fermée la nuit et dans le bail des locataires il sera inscrit qu'ils ne peuvent s'en servir entre 23 h et 7 h. De plus, dans les baux il sera inscrit que le stationnement sur la rue est extrêmement limité pour les résidents de l'immeuble, qui auront droit à un stationnement de bicyclette seulement. Le constructeur s'engage à payer la construction d'un meilleur îlot, en accord avec la ville, au coin de Besserer et King Edward pour empêcher que les autos y passent illégalement. Un accord parallèle sera conclu avec trois propriétaires de maisons patrimoniales de la rue Daly pour répondre à leurs besoins.

Le gain principal c'est que nous avons empêché un précédent qui aurait laissé construire un immeuble de plus de neuf étages dans la Côte-de-Sable. Une vingtaine de résidents de la rue Besserer ont montré leur satisfaction en participant généreusement aux coûts légaux de 10 000 \$. Selon les calculs de notre avocate, faire appel nous aurait coûté possiblement 100 000 \$ à cause des experts qui auraient dû témoigner.

Nous avons retiré notre appel une fois que l'accord eût été signé.

M. Steve Gauthier, l'urbaniste de la ville, et M. Mathieu Fleury, en tant que conseiller du quartier, doivent veiller à ce que l'accord soit pleinement respecté, sinon nous avons droit de recours.

Mot de la rédactrice : La démolition de l'immeuble au coin de Besserer et King Edward a commencé le 31 mars. À voir quand les travaux de construction pourront commencer étant donné la situation actuelle.



L'honorable Mona Fortier

Ministre de la Prospérité de la classe moyenne et ministre associée des Finances, C.P. députée d'Ottawa-Vanier
Minister of Middle Class Prosperity, and Associate Minister of Finance, P.C. M.P. Ottawa-Vanier

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Je voudrais commencer par dire "Joyeuses Pâques" !

Je sais que c'est une période difficile pour tous. La santé et la sécurité de tous les Canadiennes et Canadiens demeure notre priorité absolue. Aucune personne ou famille ne devrait craindre de ne pas pouvoir se nourrir ou de perdre son foyer ou son revenu à cause de la COVID-19. Le Canada est l'un des pays les mieux préparés au monde pour répondre à la situation actuelle. C'est pourquoi nous avons annoncé une série de mesures progressives visant à répondre aux défis auxquels les Canadiens font face et à prévenir l'escalade des problèmes économiques et ceux liés à la santé au cours des prochains jours, semaines et mois.

Je tiens à vous assurer que la réponse de notre gouvernement a été et continuera d'être fondée sur la science et les données probantes, et qu'elle est guidée par des professionnels et des autorités de la santé de classe mondiale.

Les choses évoluent si rapidement qu'il est probable que la situation ait changé depuis cette publication. Je voudrais donc vous diriger vers le Canada.ca/le-coronavirus. Ce site web contient les informations les plus récentes sur les mesures prises par notre gouvernement pour assurer votre santé et sécurité. Veuillez également consulter les sites web de ontario.ca et santepubliqueottawa.ca pour obtenir des informations sur les mesures supplémentaires prises aux niveaux provincial et local.

Ensemble, nous pouvons ralentir la propagation de la

COVID-19 en faisant un effort pour maintenir une distance physique entre nous. Je sais que si nous agissons tous avec la prudence qui s'impose, si nous suivons les conseils des experts et si nous comptons sur le soutien de nos familles, de nos voisins et de nos proches, nous traverserons les périodes difficiles qui nous attendent. Notre gouvernement sera à vos côtés à chaque étape du processus et nous ferons tout ce qui est nécessaire pour vous appuyer. Personne n'est laissé pour compte.

Pour réduire la propagation de la COVID-19, mon bureau de circonscription est fermé pour les rendez-vous en personne. Mon équipe de circonscription demeure disponible pour vous aider avec tous les aspects des services fédéraux. Vous pouvez nous joindre au 613-998-1860 ou mona.fortier@parl.gc.ca. Inscrivez-vous à notre infolettre à mfortier.liberal.ca pour recevoir les dernières nouvelles concernant la COVID-19.

Au cours des dernières semaines, j'ai pu voir notre belle communauté d'Ottawa-Vanier demeurer résiliente, solidaire et innovante. Je me réjouis de voir les gens s'entraider à distance pour garder notre communauté dynamique et sociale malgré la distanciation physique.

C'est en se serrant les coudes en tant que familles, en tant que communauté et en tant que pays que nous pourrions affronter ces temps difficiles!



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Eye on Development: 231 Cobourg

Curtain falls on 231 Cobourg

François Bregha

Kermit famously said that “it is not easy being green.” Well, in Ottawa, it is not easy to defend heritage properties. 231 Cobourg, Lester B. Pearson’s residence when he won the Nobel Peace Prize in 1957 and, more recently, the Ugandan High Commission office is a case in point.

Three years ago, the High Commission applied for a permit to demolish the building and replace it with a taller, purpose-built, office building. Action Sandy Hill opposed the application arguing that it was an example of demolition by neglect: the Ugandan Auditor General himself had pointed out that the Commission had failed to undertake needed repairs. In addition, the City had recognized the house as a contributing building in a Heritage Conservation District and ASH argued that it would also be inappropriate to locate an office building on a residential street.

ASH made representations to the City’s Built Heritage Committee (twice), Planning Committee and City Council but in vain as the City approved the development. ASH then appealed to the Local Planning Appeal Tribunal (LPAT). This appeal prompted the High Commission to reach out to ASH to see if a compromise could be reached. In spite of several meetings and the signing of a letter of agreement, the High Commission pulled out of these discussions before they could bear fruit. LPAT heard the ASH appeal in September of 2019 and

rendered its decision in February 2020, upholding the City’s decision.

Over the past three years, ASH volunteers spent hundreds of hours trying to protect this part of Sandy Hill’s heritage doing research (neither the City nor the High Commission knew originally that Pearson had lived at 231 Cobourg), writing submissions and letters, attending meetings, lobbying elected representatives, writing op-eds in the press, preparing briefs, soliciting expert support and arguing the case in various public platforms.

With the building having sat empty for several years, it is now probably beyond repair but this outcome was not necessarily pre-ordained. A more enlightened steward of the City’s heritage resources would have tried to salvage the building’s façades when the development application was first filed three years ago as they contribute to the character of the Heritage Conservation District. Such a rescue might have been economically feasible then. That this attempt was not made is an indictment of the City’s neglect of our heritage resources and the burden it unfairly transfers to the citizenry to protect them.



The Ugandan government has this in mind for Cobourg, near Wilbrod.

Eye on Development: R4 zoning review



Constructed in 2015, 159 Henderson is one reason why the neighbourhood is perturbed by the City’s application of R4 zonig to Sandy Hill.

Amendment proposal tabled April 3

Does it mean we are going to see more apartment buildings on smaller lots?

François Bregha

Over the last three years, City staff has been engaged in a review of Ottawa’s R4 zoning bylaw. This bylaw regulates the construction of low-rise multiple-unit buildings (four-storey apartment buildings) in the inner urban area (Wards 12 through 17). Most of Sandy Hill is zoned R4.

In its zoning amendment proposal tabled on April 3, City staff puts forward a number of recommendations, including to:

- Revise the lot width and area standards to permit as-of-right low-rise apartment buildings to be developed without the need for lot consolidation or variances;
- Enable buildings of eight to twelve units, within the currently permitted envelope and height limits, on R4 lots that otherwise would have been restricted to three or four units. These changes will tend to produce more affordable and adaptable one-, two- and three-bedroom apartments, instead of the large but expensive units encouraged by the current zoning;
- Introduce basic design standards to the zoning, including requirements for facade articulation and for doors, windows and balconies facing the street. This will help to ensure that new apartment buildings are not anonymous and faceless boxes, but instead integrate with and contribute to the public realm;
- Modify current amenity area requirements to focus on intensive, quality greenspace and trees more appropriate to an urban site and context; and,
- Ensure that surface parking is not permitted to replace, encroach upon or degrade the green spaces, trees, walkways and other functional areas needed to ensure a compatible infill apartment building.

The City argues that Ottawa is facing a housing crisis and that it needs to do everything possible to increase housing supply.

While Action Sandy Hill (ASH) supports densification in general and applauds any proposal to improve the design of new buildings, it is concerned by several of the City staff’s recommendations. Shrinking the lot size needed to build an apartment building would increase the number of lots in Sandy Hill that can be developed.

Given the continued pressure for student housing in the area, such changes could be expected to accelerate the demolition of existing houses and re-development significantly. ASH does not find this acceptable in light of the fact that Sandy Hill has already seen 60+ lots re-developed into bunkhouses since 2012, with another 15-20 proposals awaiting approval. The likely outcome of demolitions due to the proposed lowering of lot width requirements will be an increase in the rate of loss of neighbourhood character and diversity of housing stock.

The proposed high unit maximum would incentivize the development of small units or units with small rooms, which will not meet the needs of the majority of the city’s diverse households. As a near-campus neighbourhood serving the student market, Sandy Hill already features a disproportionately high number of small rental units.

Furthermore, making it easier to build more low-rise apartment buildings in Sandy Hill soaks up demand which should be fulfilled first by the building of more of the already zoned / approved mid- and high-rise apartment buildings on Rideau Street, King Edward Avenue and in the Lees Transit-Oriented-Development area.

Sandy Hill’s population, on average, is younger, poorer, more mobile and less attached (neither married nor owns a house) than the Ottawa average. This, of course, reflects the high number of students living in the neighbourhood. A housing strategy that emphasizes the construction of small units will likely reinforce the contrasts between the neighbourhood and the rest of the city.

The risk is that the City’s R4 proposals will accelerate the trend that makes Sandy Hill increasingly inhospitable to demographics such as families, young professionals and professional couples, empty-nesters/downsizers, and seniors, who have traditionally contributed to its diversity and socio-economic health. These demographics, which have demonstrably thinned in the last two decades, are not finding the built form in which to live in Sandy Hill.




The public has until May 8 to comment on these proposals. City staff expects Planning Committee to review the proposals in the second week of June.

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Lead in our drinking water?

Magda-Lena Capkun

Recently, there have been a number of articles and studies published regarding the high levels of lead in the tap water of Canadian cities, as well as the damaging effects of exposure to lead in children. These concerning levels are mainly due to lead pipes that are part of an ageing drinking-water infrastructure.

According to a recent study quoted by CTV news in November, 12% of houses tested in Ottawa **exceeded** the acceptable Ontario limit of 10 parts per billion (ppb), while Health Canada has set the limit at 5 ppb. “Ottawa’s tap water is one of the best,” said Water Quality Engineer for the City of Ottawa Ian Douglas, in that CTV interview. However, according to Douglas, lead pipes were used in homes built between 1800 and 1955; these are estimated to be roughly 15% of homes in Ottawa, or 30 000 houses.

Many houses in the core, such as in Sandy Hill, date from this period, and some of these may be part of the 12% that exceed the acceptable limit.

The City of Ottawa has a program to test household tap water, as well as to help residents change their lead intake service pipes, through the Lead pipe replacement program (details at Ottawa.ca). The City has also published a pamphlet called *Keep your tap water lead-free* with more information for residents.

We recently had our tap water tested and were told that our water is lead-free (after a 2 minute flush of the tap). Many older houses in the city have had their intake pipes changed during renovations or conversions, as ours was.

Others, however, have had lead in their water since their home was built. For some longtime residents, that means that



generations of people were born and grew up in houses that had damaging levels of lead, without being aware of the long-term effects. We now know that even small amounts of lead can affect the mental and physical development of a fetus in utero, or of infants and young children.

If you are concerned about the levels of lead in the water of your home, call the City of Ottawa at 311 and request a free water test. In the meantime, as per Douglas’ recommendation, flush your pipes for 2 minutes in the morning to eliminate lead that may gather in standing water.

The City can tell you whether your intake pipe was changed, by calling 613-580-2424, ext. 22300, or by e-mailing info-water@ottawa.ca.



Councillor Fleury and Eric Schiller show off the decal on the door to Working Title.

BlueW is refilling water bottles in Sandy Hill

Eric Schiller

Single-use plastics are a major environmental hazard. One way to tackle this is to address the use of water sold in plastic bottles. The City of Ottawa recently pledged to eliminate all single-use plastics in municipal buildings. Now the Ottawa Water Study/Action Group (OWSAG) is supporting a new project – the BlueW campaign. This encourages the use of reusable containers for municipal tap water. The BlueW campaign is asking local store owners to promote the use of municipal tap water by posting a BlueW decal which says,

“Free water bottle refills/ Remplissage de bouteilles d’eau gratuit”. All stores posting this decal offer free refills with municipal tap water.

The Working Title Café at the allsaints Event Space, Laurier at Chapel, has always promoted the drinking of municipal tap water. They were one of the first of several stores in Sandy Hill to post the BlueW decal.

Municipal councillor Mathieu Fleury was one of the many who supported and passed the City Council resolution to eliminate single-use plastics in all municipal buildings. All these efforts are part of a growing movement to create a more liveable environment for us all.



Coming this summer: the post-LRT project redesign of Rideau St, between Dalhousie and Sussex.

Transportation: changes for walkers, riders and drivers

John Verbaas

There will be a number of roads- and cycling-related changes around Sandy Hill this summer. These are all initiatives that have been previously committed, and so this may not be new information to many, but I found it to be a useful exercise to gather them all into this short summary.

1. Continuation of the sewer and water infrastructure replacement on Mann Avenue and Range Road. Work will begin again soon on this renewal project, a continuation of what was started on Templeton Street last year. This work also includes one block of Russell Avenue between Somerset and Osgoode. When the roadway is rebuilt, sidewalks will be widened to the new standard which is about 30 cm, a foot wider than existing. Also, a sidewalk will be added on the east side of Range, where none exists now. Extensive efforts have been made for a redesign of the Mann/Range intersection, with an eye to improving compliance with the stop signs. Also Mann Avenue will be narrowed somewhat, intersections will be narrowed, “traffic calming” measures introduced, and parking reduced to one side of the street.

2. Implementation of redesigned Laurier/Nicholas and Laurier/Waller intersections, with segregated bike lanes added to Laurier between Nicholas and Waller. This work is part of the restoration of the area, now that the bus detours for LRT construction are no longer needed. These will be redesigned as what has come to be known as “protected intersections,” which provide better separation between pedestrians, cyclists, and vehicles. We have also been told the City will repair much of the damage done to Laurier Avenue by the huge volume of diverted buses during the five years of LRT construction.

3. Implementation of redesigned Rideau Street, between Dalhousie and Sussex. The road will be narrowed to two lanes; sidewalks renewed and widened; bidirectional segregated bike lanes added on the north side; and the whole area equipped with new street furniture and greening. This is also a post-LRT project.

4. Re-opening of Cumberland Street between Wilbrod and Stewart. Cumberland has been closed for much of the last two years, to enable the construction of the Combined Sewage Storage Tunnel (CSST). Bike lanes will be added on both sides of the street.

In addition to these physical projects, there are a couple of planning studies relevant to Sandy Hill. These are in their early stages, but you can expect to hear more over the next year or two. The first of these is the NCC’s interprovincial transportation study. We have been waiting ever since this was announced in the last federal budget for some indication that this is underway. The mayors of both cities have often referred to the importance of this planning exercise. So far multiple attempts at finding out when public consultations can be expected have gone unanswered by the NCC. This will be the forum where our community can press decision makers to come up with a solution to the problem of rerouting 2500 interprovincial trucks a day on Waller, Rideau, and King Edward. Stay tuned for more articles on this topic.

The second planning study is the City’s Transportation Master Plan Update. The City has begun consultations on the plan for how we are to move around until 2046. These consultations will continue until mid-2022; the first of three stages of this project is currently in process. Further details can be found on the City’s engagement page www.engage.ottawa.ca then typing “New Transportation Master Plan” into the search box at the top of the page. Look for more reports on this ongoing initiative in future issues.

IMAGE’s image

Photo by Ken Clavette



April 4, 2020 — Closing time at the seasonal café on Colonel By Drive.

We're composting plastic now?

Larry & Patricia Newman

Orgaworld, Ottawa's composting plant which we reported on in the 2018 June-July issue is now called Renewi. Wait – that's out of date. Since October 14, 2019, it's Conventu as Renewi sold it to Convent Capital, an investment firm.

In 2018, after we heard that the city had voted to allow the plant to accept organic waste in plastic bags, we visited the plant for a "before" tour. We discovered that Orgaworld produced compost and NASM (Non Agricultural Source Material) as well as a liquid chemical resulting from passing water through the ammonia gas produced during the composting process. This chemical, ammonium sulfate ($(\text{NH}_4)_2\text{SO}_4$, is sold as fertilizer.

Compost standards are different from NASM, the most contentious one being the requirement for compost to be 40% moisture. Farmers object to the cost of hauling that much water with their bedding material or compost. NASM is essentially compost without most of that water. Today's tour revealed that only NASM and ammonium sulfate are produced.

As of last August, the city began allowing the collection of plastic bags and doggy dung with kitchen scraps and yard waste in green bins. This was part of a deal with Orgaworld, changing the contract to require processing of 75,000 tonnes of organic waste each year, reduced from 80,000 tonnes. We visited the site where the processing was taking place to follow the plastic through the composting process.

The first thing to understand is that the plastic bags go through the composting process with kitchen and yard waste. Af-

ter the Green Bin waste with its newly allowed plastic, largely polyethylene bags, is dumped from the truck to the concrete floor [Figure 1]. It is scooped up and fed into a large machine that tears the bags apart, using a technique that is best imagined by threading the fingers of your right hand through the stationary fingers of your left. The bags are caught between the fingers and torn apart.

The organic material with ripped plastic bags is then delivered to huge aerated, but closed, tunnels in which aerobic digestion (composting) takes place. While the green bin material is in the composting tunnels, microorganisms digest the material, releasing heat. In order to insure that all toxic ingredients are consumed, the temperature of the material must meet or exceed 55°C continuously for at least 72 hours. The plastic goes along for the ride. It was plain to see that the composted product contained plastic film that looked intact. And it should, as polyethylene melts at 105°C (Wikipedia), much hotter than 55.

After seven to ten days, the composted material with the torn plastic bags is directed from the composting tunnels into rotating drums with holes in them. The first drum filters the composted material and plastic through hundreds of round three inch (75 mm) holes [Figure 2] removing the large pieces of plastic and yard waste that remain uncomposted. The filtered material then goes through the second drum, which has one inch (25 mm)



Organic material before composting.

diameter holes, removing smaller non-organic material. In the process, it is also screened to remove all non-organic material (sharps) over 3.75 mm in size.

The resulting largely organic material contains less than 0.5% plastic by weight [Figure 3]. Samples are measured by a hired laboratory. It is now dumped into a large bin with woody material that looks as if it had gone through a shredding machine. The woody material captures most of the objectionable odour.

We looked at and rubbed the end result between our fingers. There was some plastic but it was in very small pieces and we would say there was much less than we expected. Whether this means that this small amount of plastic is acceptable in the long term, is a question. As farmers use this material to improve their soil year after year, the plastic will surely continuously add a foreign component to the soil as it biodegrades slowly.



Final product with 0.5% plastic.



Photo John Lawford



The documentary's poster; left- Hélène Lacelle and Peter Evanchuck under the Bank St. Bridge

Twenty years, twenty thousand kilometres *In Sane*, a documentary

Peter Evanchuck

When Einstein was asked what made him a genius, his answer was simple, "Curiosity."

That same characteristic makes creative Sandy Hill media artists Helene Lacelle and me never give up, since curiosity keeps us making new and innovative pieces of life in our creative dimensions.

"All our contributions to understanding life start with our curiosity to pursue knowledge of our lives and our culture."

In Sane, our latest "real & raw," no-crew documentary explores the ups and downs in the life of volatile, bipolar photographer Marko Polakiwski, who has spent most of his life trying to figure out how to overcome his mental illness enough to produce a body of work. That body of work means he's on the road recording all Canada's UNESCO World Heritage sites.

No crew, just Marko and me and our old vehicle barrelling along highway after highway, site after site, sleeping in the car, in a tent or hostel to keep things on the cheap since *In Sane* was funded by ourselves.

"I'm not making any money on this but I'm hoping to make a name for myself as a photographer and at least learn how to make 'one off' books of my photographs to take around to schools to show young people how great Canada is and how one can overcome adversity to make their life liveable," Marko says while in his borrowed studio, walls lined with thumbnails of his work.

The studio belongs to Marko's mentor the internationally famous photographer Edward Burtynsky, who tells us that photography is an ideal way to help someone understand the meaning of their life through the life around them. "You shoot an image and then later you reflect on that image to go deeper and really see that life around you. It does help put meaning into your life. Marko needs meaning in life to help stabilize his bipolar issues."

So after 20 years and 20,000 kilometres out comes *In Sane* all 20 minutes of it ready for the festival circuit. The title *In Sane* is broken into two words to indicate that being crazy is both sane and insane—that both are a part of the life of a person with mental illness. The documentary is inspired by all those courageous people who suffer from mental illness and is dedicated to Nicola Tesla.

Thanks to all those in the Sandy Hill community who offered advice and suggestions.

Other documentaries.

Lacelle and Evanchuck's previous documentaries (completed in 2019) also reveal Canadian culture and social life as it is "real and raw": *Searching for a Beautiful Bachelor*, and *A Short History of Poverty* have achieved remarkable success in the festival circuit, winning accolades and invitations to festivals in Fredericton, Los Angeles, Atlanta, Virginia, Florence and Rome.

For more information: movieshandmade.com or hdlacelle@yahoo.ca

Photo Peter Evanchuck



Marko Polakiwski in Grand-Pré, NS

“We have met the enemy and he is us”

—Pogo (Walt Kelly)

Dodi Newman

Our used and discarded clothing is stressing the capacity of North American landfills and has become a major pollution problem. So much so that the city of Markham, Ontario, no longer allows clothes to be placed at the curb for pickup. If we are serious about the environment, we need to buy fewer clothes, wear them longer, and make more responsible buying choices. And we need to start NOW.



The clothing industry and consumers spur each other on in an ever faster cycle of supply and demand. According to market research firm Statista, the Canadian apparel market was worth an estimated CAD\$33.05 billion in 2016; and was forecast to increase to roughly 39.3 billion dollars by 2020. A report published by the World Resources Institute (www.wri.org) states, “The average consumer now buys 60% more items of clothing than in 2000, but each garment is kept for half as long.”

The result is used clothing waste. A US Environmental Protection Agency table for 2017 shows that the amount of clothing and footwear that went to landfills doubled from 6.3 million tons in 2000 to 12.5 million tons in 2017. In the same time, the US population grew less than 15%. Add to that, the fact that 65% of the fibres used to make clothing are petroleum-based – think polyester and acrylic – and can take hundreds of years to decompose, and it is clear that used clothing has be-

come a major environmental problem. It is we, the buyers, who cause that problem. It is true, we are aided, abetted, and manipulated by the clothing industry, but surely we could say NO?

Dumping clothes in the trash is an appalling waste, not just of clothes but also of the natural resources it takes to make, transport, and dispose of them. The main resources are:

Water – On average, it takes 10,000 litres of water to produce one kilogram of cotton (Better Cotton Initiative – this is a low estimate). It also takes water to make polyester (petroleum-based) and viscose (wood-based) yarns. Every time we discard a piece of clothing, we waste water.

Petroleum, trees, and cotton are the main raw materials used in making yarn. Petroleum also fuels production and transport – raw materials, the finished clothing, and eventually used clothing. These are valuable and, in large part, non-renewable resources. They too are wasted when we throw clothes away.

Chemicals like dyes, fertilizers, herbicides and pesticides are used widely in the production of fibres. All of them are toxic pollutants. The World Bank estimates that textile dyeing and treatment (e.g. making clothes waterproof and fire resistant), contributes 17% to 20% of total industrial water pollution. Check out the Citarum River in Indonesia to see what the textile industry has done to it. When clothing is thrown away, that pollution remains.

The industry is beginning to respond to pressure from its customers to “use ethically sourced and green manufacturing materials,” according to Shopify. The internet is abuzz with statements from the clothing industry on how it will become more sustainable, and in fact, it has made progress. But the current state of science and logistics is nowhere near being able to truly re-process or re-use all those unwearable clothes. Meanwhile, the industry keeps producing; we keep buying; and the glut keeps getting bigger.

What can we, the consumers, do to lessen it? Back in the Second World War, the motto was “Use it up, wear it out, make it do, or do without.” Today’s focus is on reusing and recycling, but these are not the solutions we like to think they are. According to Advanced Waste Solutions, Canadians now recycle only about 15% of wearable textiles. The US Environmental Protection Agency estimates that, in the US, 86.4% of discarded clothing ended up in landfills or incinerators in 2017.



This clothing donation bin at Parkdale and Wellington Street W. was removed because it violated bylaws. Not all bin operators are transparent about where the donated clothing goes.



The Citarum River in Indonesia, polluted by the textile industry.

Most people recycle clothes by donating them to charities. If you do, please give some thought to how you do that. Charities like the Salvation Army and St. Vincent de Paul sell only 25% of what they are given, says Paul Jay of the CBC. Value Village is not a charity, but a for-profit company. Charities could sell more, if more of the clothes they receive were in good condition. How good? As the Salvation Army puts it, “If you would give it to a friend to use, then chances are The Salvation Army can use it.”

Here in Sandy Hill, we can donate our clothes to the Maycourt Bargain Box on Laurier Avenue East, a small store accepting only men’s and women’s clean, undamaged clothing of good quality; children’s clothing is not accepted. “Donations need to be good enough to wear out of the store,” Donna, a ten-year volunteer told me. As a result they sell most of what is donated.

What happens to the unsold clothes? It is difficult to get to the bottom of this. Some clothes go straight to the dump. Some of them go to brokers and wholesalers, who buy them by the truckload, sort them, and find buyers. Most are exported to developing countries, mostly in Africa. In 2017, Canada ranked eighth among the world’s leading exporters of used clothing and exported CAD\$21.2 million worth to Kenya alone, says Statista. Some are re-processed to make new textiles and products for industrial use. What wholesalers and brokers can’t sell goes – you guessed it! – to the dump.

What can we do to lessen the glut and keep all those clothes out of the dump? Buy used clothes instead of new ones. Alter them or find a local seamstress or tailor to fit new styles or waistlines. Keep them in good repair. Pass them along to friends or family. Use them as rags. Best of all, buy fewer clothes and wear them out.

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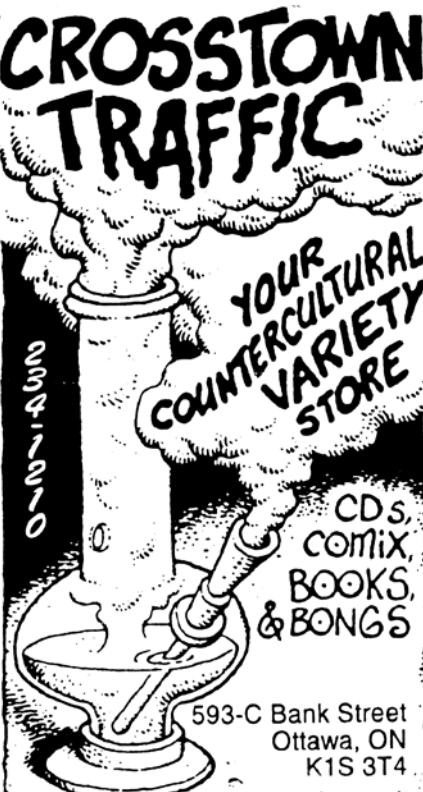
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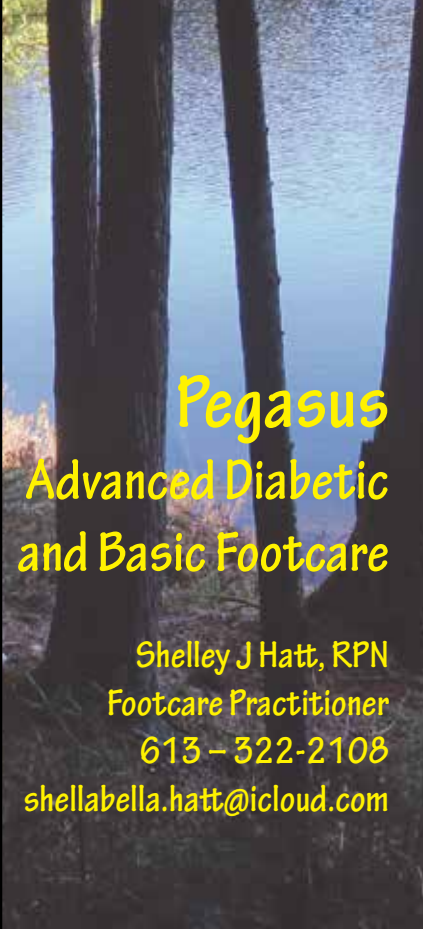
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A community force

Cecile Gauthier, 1891-1979

Ken Clavette

Several years ago when I started this column I had hoped that people would open their albums and scrap books and share with our readers their family stories of a bygone life in Sandy Hill. This winter, that finally happened when I got a chance to sit with Ann Van Regan a long time member of the Sandy Hill Housing Co-op.

Her family's history stretches back over 100 years in the community. Her grandmother Cecile Gauthier came to Ottawa at the age of 12 in 1903 and spent most of her life living in Sandy Hill. She attended the Gloucester Street Convent of Notre Dame girls' school. In 1911 she married William Thomas O'Regan. With the exception of a few years spent in Manitoba they raised three children in Sandy Hill, Peter, Pauline and Laurette. Both Cecile and her husband were very active in the sporting life of the city. They played tennis, often as doubles. Bill was a noted championship paddler with the New Edinburgh Canoe Club.



Cecile and her husband William O'Regan (who died July 2, 1954) are on the right. Location unknown but the photo was taken around 1935.

Cecile's life was marked by historic moments. Bill was a native of Nova Scotia and the family was in Halifax in December 1917 when the city was devastated by the explosion of an ammunition ship in the harbour. Fortunately the family survived unhurt. She celebrated the nation's Diamond Jubilee of Confederation. In her album is a photo of an 1867-1927 archway erected near Parliament and one of Charles Lindbergh's famed "Spirit of St. Louis" which he flew to Ottawa on July 2, 1927 to be a part of the celebrations.

She was much more than a mother and wife however; she was active in charity work and the political life of Ottawa and the nation. The local papers are peppered with her name attached to fundraisings and charity. She seemed to be always hosting receptions and teas for a number of city organizations.

As President of the Senior Alumnae of the Gloucester Street Convent of Notre Dame, she spoke in English and French to the 1925 graduation class telling them, as they "packed their baggage to be taken with them upon their journey through life," that among the necessary things to remember were: "toleration of the views of others, which does not imply a sacrifice of principle; laughter; and a sense of humour."

She was clearly a lady of action: Governor of the Ontario Chapter of the Marguerite Bourgeoys Circle of the Congrégation de Notre Dame Alumnae Association; head of the Women's Auxiliary of the Saint-Vincent Hospital; life member of both the Ontario and Canadian Women's Hospital Auxiliary Associations; member of the Joan of Arc Institute and la Fédération des femmes canadiennes-françaises. Even with all that she found time for selling shamrocks to raise funds for the St.

Patrick's Orphanage and Home for the Aged.

It may have been her work with these associations that lead her into a life of politics. She became the President of the Lady Laurier Liberal Club of East Ottawa in the 1930s. That led her to the Presidency of the National Federation of Liberal Women and into contact with four of Canada's prime ministers. The O'Regan album I was shown is filled with photos of Cecile with prime ministers and letters they sent her. She worked alongside Mackenzie King, Louis St. Laurent, Lester Pearson, and Pierre Trudeau, organizing the women's vote for the Liberal Party.

While she was considered as a possible Liberal Party candidate in the early 50s for Member of Parliament for Ottawa East, it was in municipal politics she made her mark. In spite of Charlotte Whitton's Conservative Party affiliation, Cecile joined her election team in 1952 doing her part to have a woman representative at City Hall. In 1956 she stood as a candidate in the municipal election as Alderman for Sandy Hill's St. George's ward. While 1956 was not to be her year, in 1960 she was appointed to council to fill a vacancy

and she served Sandy Hill on council until 1966. While an Alderman she was only one of three women on council. Her earlier social activism came out in her work with the Housing Standards Board where her goal was to "replace 'beaten down' houses and apartments with larger and more livable quarters." A year after her election the *Ottawa Journal*

ran a cartoon of her in a hard hat smashing an old shack with a sledgehammer. She was also a strong voice of the francophone community on City Council.

In a 1962 *Ottawa Journal* article in the album, she summed up her political approach, "I like to be able to voice my option. While I may not always win my argument at least I will have a chance to express myself." Her option was not all she expressed; the lady loved her hats and it is hard to find photos of her where her millinery is not on display.

Cecile Gauthier passed away in 1979.

Photos courtesy of Ann Van Regan



Cecile Gauthier's own prime ministers' row included Louis St. Laurent (top and on screen, middle), Lester Pearson (at podium and above) and Pierre Trudeau (below).

Ottawa's last great epidemic The Spanish Flu, 1918

François Bregha

With the coronavirus ever present in the news, it is appropriate to remember the last great epidemic to sweep the region a little over a hundred years ago, the "Spanish Flu." In late September 1918, Ottawa recorded its first case of "Spanish" influenza, roughly two weeks after the first Canadian cases had been identified in Quebec City. Not recognized for another week as the threat it would become, the epidemic was coming at the worst possible time. Canada had already lost tens of thousands of men in the war, and the ranks of its health care professionals still in the country were severely stretched because of military service. The unusually virulent strain of influenza which disproportionately affected the most active members of society — young adults, rather than the old and the very young — made an already bad situation worse.

The impacts were devastating. Particularly poignant were stories of entire families stricken by disease, too weak to leave home to seek help. Working-class neighbourhoods were particularly hard hit because they were close to railway stations — the main vector for the long-distance transmission of the virus — and their inhabitants tended to live in crowded and unsanitary housing. However, no neighbourhood was spared. At the height of the outbreak, Ottawa counted 50 deaths a day from the flu.

The economic impacts were also severe: train schedules were disrupted because so many employees were sick; telephone services were reduced because of the depleted number of switchboard operators; and production fell at many factories.

To respond to this crisis, the City put in place extraordinary measures and mobilized its entire healthy population. On October 4, the Board of Health banned all forms of public assembly to check the progress of the disease: schools, taverns, concert halls, bowling alleys, billiard parlours and theatres were all ordered closed. A few days later, churches cancelled Sunday services. Businesses, and later government offices, were asked to close at 4 p.m. because it was believed that, "the vitality of the average person is at its low-

est between 4 in the afternoon and 9 at night." Employees who relied on their daily wages to make ends meet suffered financial hardships as a result of this enforced cut in their workday.

A suggestion to relax provincial liquor laws to allow limited purchases of alcohol without a doctor's prescription, however, was turned down.

These measures were in force — although not always respected — for five weeks, until Armistice Day, by which time the epidemic had clearly subsided and normal life could resume.

The City opened several temporary hospitals during this period as regular hospitals could not cope, the first being a former University of Ottawa dormitory on Laurier Avenue East. With a shortage of medical staff, the City sent out urgent calls for volunteer nurses to take care of the sick. Answering the call were 1,500 women. They cooked, sewed, distributed food and clothing, and helped nurse the sick. In the City Council Chambers, 300 volunteer seamstresses worked to equip hospitals with bedding, night clothes for the patients, face masks and "pneumonia jackets" (padded jackets that were believed to reduce infection) for the caregivers, and shrouds for the deceased.

And that was not all. The Boy Scouts were put to work distributing flyers from the Board of Health to thousands of private homes. The Local Council of

Women operated soup kitchens that made and distributed broth for flu patients. Dozens of volunteer drivers lent their cars to ferry nurses and supplies to the sick.

This extraordinary effort eventually paid off; Ottawa pulled through the crisis. It is worth noting that the federal government played no role in health care in those days. It would set up a department of health only in 1919 as a direct response to the epidemic. The Province of Ontario had effectively delegated the main responsibilities for fighting the flu to local authorities. So the city fought the epidemic essentially on its own. Over the five weeks that it lasted in the city, the epidemic claimed over 500 lives, as many as the city lost during the Great War, but in a much shorter period of time. It is estimated that between 10% and 25% of Ottawa's population of about 100,000 became infected during this period.

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A Syllabus of Lectures is being sent to the Medical Officer of Health of all cities and towns. Further information may be had on application to John W. S. McCullough, M.D., Chairman of Executive, Parliament Buildings, Toronto, Telephone Main 5800.

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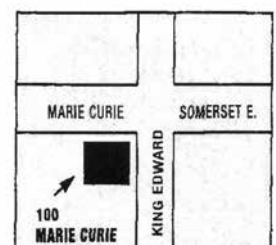
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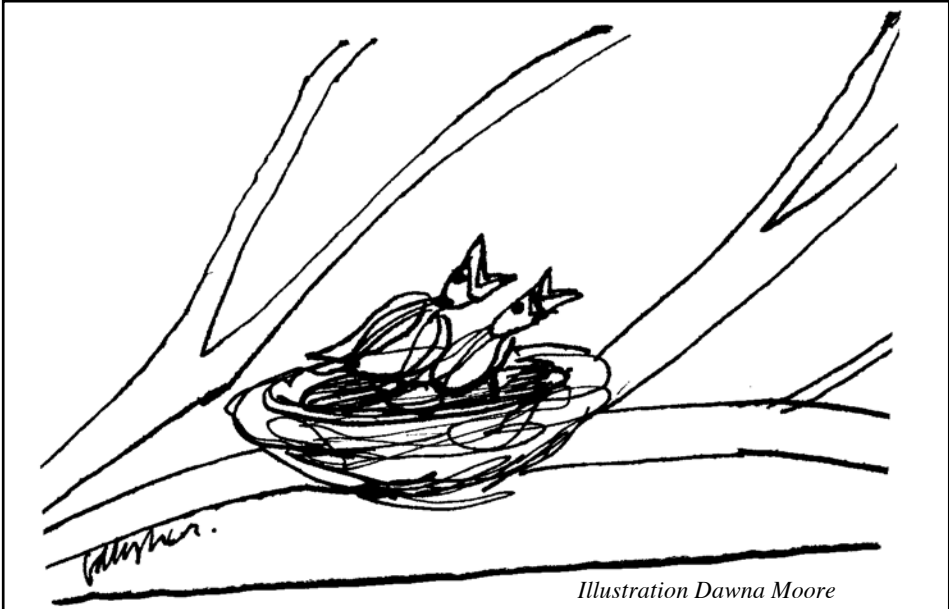


Illustration Dawna Moore

Heavy Lifting
By Erwin Wiens

They start
before the first graying of dawn,
the darkest hour.

Thrushes, then jays, gulls, warblers,
and all fourteen varieties of sparrows,
a cacophony
of chirps and caws and incoherent trills.
And it works.
A crack opens at the edge of the earth
and the dark begins to pale.

And yes, there it is! A thin, shimmering arc,
breaching a gap in the red horizon.
Now sing, you feathered fools, sing, sing,
and louder sing for every fibre in your puny
breasts.
Yes, yes, here it comes, the whole flaming orb
buoyed upon a wave of weightless song.

Now they can relax, and turn their minds
to worms and fuzzy things with seeds.

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Erwin Wiens is a Sandy Hill poet who is part of a circle of writers meeting on or near the University of Ottawa. This poem appears in Bridges: An Ottawa Anthology. The public access e-edition can be accessed at: www.fridaycircle.uottawa.ca/bridges/cover.html. Print copies may be ordered from Ronald P. Frye & Co.: <https://www.ronaldpfrye.com/shop/bridges-an-ottawa-anthology/>

Café Le Hibou
on Rideau—
How café
culture arrived
in Sandy Hill

Denis Faulkner

An historic site (at least to me) disappeared when the Passage to India restaurant was demolished to make way for the new apartment block, “The Charlotte” now under construction on Rideau Street.

Café Le Hibou was started by me and three other University of Ottawa students in November, 1960. The site was 544 Rideau Street on the second floor. The owner at the time, Dr Dupont, resided on the ground floor and had his chiropractic clinic there. (The last occupant of 544 was Passage to India on the ground floor.)

At that time, the legal drinking age was 21 years old, and there was no place for students to “hang out.” We wanted a little café for students, a place to come and chat, or play the guitar, play chess or checkers, have someone read their poetry either in French or in English. As we wanted a Parisian feel to the place, we offered espresso and cappuccinos, thick sandwiches on Kaiser rolls and served as well mocha, chocolate or black forest cherry cakes. The cakes were all made by a student friend of ours, Paul Mostovac with the help of his mother.

It was a meeting place of consequence. My future brother-in-law, Ralph Kretz met my sister there. She was our waitress and she spent more time with him than looking after our customers, it seemed. Ralph still lives in Sandy Hill on Augusta Street. Ironically, I now live on Laurier Avenue East. My former mother-in-law, Ethel Knight, lived on Daly Avenue.

We also had impromptu flamenco guitar sessions with Charles Fischer (Carlos), who spent half a year in Ottawa as a Hansard reporter at the House of Commons, and the other half in Spain. It turned out to be our demise as Mrs Dupont was getting quite annoyed about all the stamping of feet during those sessions. Dr. Dupont “retaliated” by playing awful pop tunes on his electric organ while we were holding our poetry readings every Tuesday night. Every time I paid the rent (\$85.00),



Photo Lena Creedy

This Rideau St. building, recently demolished to make way for the new Charlotte condo tower, was where the famous Le Hibou café got started by three University of Ottawa students.

Dr Dupont hinted that perhaps we should find a larger venue.

As summer arrived, many of our members (we charged \$1.00 a year for membership) disappeared. I tried to keep the place going by serving “gourmet meals.” One evening Carlos rushed into the kitchen to tell me that it was the best salmon he had ever had. I had made a salmon teriyaki on rice. Perhaps his beautiful girl friend, his bottle of wine in a paper bag, and sitting at one of the small tables on the veranda made the difference. It was probably the first café terrace in Ottawa at the time, as restaurants were not allowed to have one then.

I realised that I had to find a place where I could engage paid entertainment, and 248 Bank Street was our next home for three years. As it was larger, we had folk, blues singers and chansonniers. We also had English and French theatrical plays and Saturday afternoon children’s theatre with Noreen Young’s puppets.

The last venue was 521 Sussex Drive, an even larger place offered by an acquaintance, John Leaning, then chief architect for the National Capital Commission. Many artists performed in those two venues, both French and English, local, national and international, including Joni Mitchell, Bruce Cockburn, Gordon Lightfoot, the James Cotton Blues Band, as well as French performers such as Pauline Julien, Renée Claude, Robert Charlebois, and many, many others. After seven years as manager and owner, I had to divest myself of Le Hibou as part of the conditions on becoming a television producer for the Canadian Broadcasting Corporation.

For more information or perhaps to add your own recollections see the web site *Le Hibou Recollections* at lehibou.ca or call 6135651751.

Connections for Success
— a success!

Martha Milne

When neighbours get together with neighbours, good things happen. This was very much in evidence on February 9, at the Sandy Hill Community Centre. There, 26 high school and university students met with neighbours working in jobs in which the youth are interested. Students held long and



rich conversations with neighbours working in such fields as engineering, health care, finance, real estate, law, and the arts. These neighbour-mentors volunteered to share their experience and expertise.

“Connections for Success” was initiated by Action Sandy Hill and members of the Daryeel Youth and Seniors Serving Centre. A group of university students from Strathcona Heights and Lowertown volunteered to plan and run the event, with the help of a few interested adults. Youth Action Now, the organization founded by Paul Dewar during his battle with cancer last year, funded the event. “Connections for Success” not only connected mentors to young people looking for help with career awareness and planning, it also connected youth from Strathcona Heights and Lowertown with neighbours from throughout Sandy Hill.

One of the youth organizers, Nasra Hussein, said, “This event was very



Photos Osman Saleban

Sandy Hill and Lowertown youth and professionals gathered in February for a mentorship event focused on jobs, careers and educational options.

worthwhile. Many students felt reassured that the jobs they were interested in were right for them. Others who came without specific jobs in mind, were able to explore different job possibilities and ask questions. This event may have opened their minds about new fields of interest and helped them realize there are professions around to whom they can ask their questions.”

The mentors involved in the event were impressed by the dedication of the youth organizers and the high level of engagement of the participants. All agreed that fostering such connections for success in Sandy Hill was a beneficial endeavour worth repeating.

Photo Dodi Newman



Gluten free, vegetarian and full of colour!

Dodi Newman

The ink-black beans with their nutty taste are a striking contrast to the flavours, textures and bright colours of the garnishes. This dish is a nice pick-me-up for anyone who is starved for colour after the long winter. The cooking time for the beans may vary, depending on the age of the beans. Serve with rounds of polenta and a big salad for a casually elegant meal.

Black Beans with Fresh Tomatoes, Greek Yogurt and Coriander
Serves 4 to 6

- The beans:**
- 1 1/2 cups dried black beans
 - 2 tablespoons olive oil
 - 2 medium yellow onions, diced into 1/4-inch pieces
 - 1/2 large sweet red pepper, cored, seeded and diced into 1/4-inch pieces
 - 1 large clove garlic, finely chopped
 - 1 bay leaf
 - 1 teaspoon salt, or to taste
 - 1/8 teaspoon freshly ground black pepper
 - 1/4 teaspoon ground cayenne pepper, or to taste

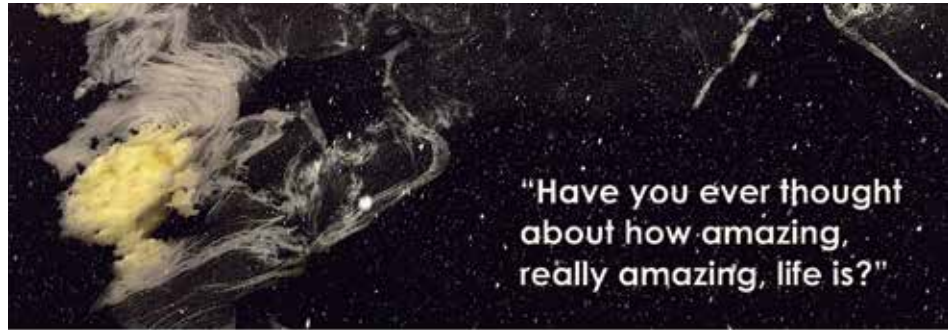
The garnish:

- 1 cup diced tomatoes (1/4" dice)
- 1/2 cup Greek yogurt, or more to taste
- Handful of coriander leaves

The evening before, wash the dried beans and soak them overnight in water to cover by 1 inch. Drain before using.

Over medium-high heat, heat the oil in a large sauce pan. Add the onion and stir fry until soft (about 3 to 4 minutes), add the red pepper and garlic; stir and sauté for one or two minutes more or until the vegetables wilt. Add the beans, the bay leaf, and enough water to cover the beans by 1/2". Bring to a boil, turn the heat to low, and cover the pot tightly. Simmer gently for 50 minutes or until the beans are almost done, adding more water as necessary to keep the beans submerged. Stir in the salt, black and cayenne peppers, and stir. Continue to simmer, covered, for another 10 minutes, or until done. Do not let the beans turn mushy. Up to this point the beans can be prepared one or two days ahead. Refrigerate and reheat before serving.

To serve, spoon the beans and some of their liquor into a round, shallow serving dish. Cover 2/3 of the beans with diced tomatoes, leaving an ungarnished outer circle of black. Dot the tomatoes with generous dollops of Greek yogurt and freely sprinkle coriander leaves over all. Serve more yogurt on the side.



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



Christine Dahms, 1916-2020

Christine Dahms spent the last 18 years of her long life in Sandy Hill. She was an active and enthusiastic member of the former All Saints Anglican Church and later attended St. Margaret's.

She took part in art ventures with Claire MacDonald and Rosemary Scragg. Daughter Judy Rinfret encouraged her mother's cover-to-cover reading of IMAGE. Known as reliably kind, warm and generous, Chris was a favourite in her retirement homes.

Even after her 103rd birthday, she sustained her interests and social graces. Just before the world changing virus, she died in her rooms at Rideau Place with family by her side.

The photo shows Christine and Judy cheerfully modelling two of her "fascinators." Under the auspices of Rosemary, she made many more for the famous All Saints annual bazaar.

BOOK REVIEW

Democracy, Deity and Death

A Discussion by Four Arabs, by Qais Ghanem
London: Austin Macauley Publishers, Ltd., 2019. 131 pp

Maureen Korp

Qais Ghanem has written his best book yet. Author of seven books to date, Ghanem, long-time host of CHIN Radio's talk show "Dialogue with Diversity," sets forth a lively discussion in *Democracy, Deity and Death*.

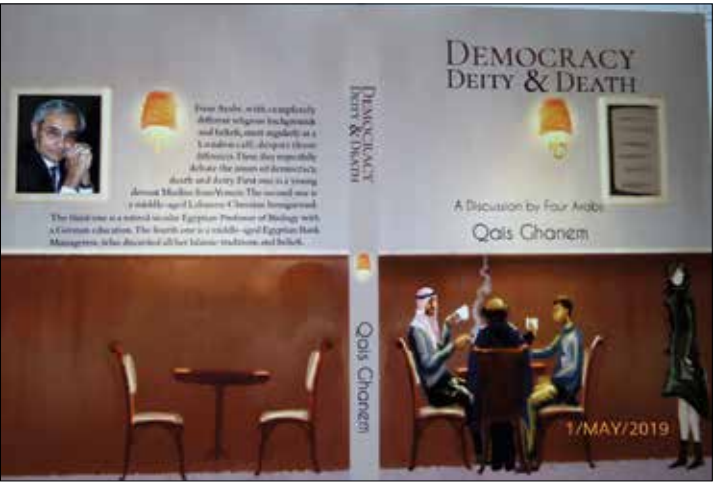
The plot is straightforward. By happenstance, four people of Middle Eastern heritage, are seated at the same table in a London coffee shop. The coffee is good. The four are glad to be there. All are delighted to be able to talk frankly with one another, in English and Arabic, about events that matter – topics both practical and impertinent, real and theoretical. The conversation is timely and current: each individual arguing positions, sometimes impulsively, always authentically; each presenting arguments marked by humour, good will, and an abiding curiosity to know what the others will say.

Why, they wonder, is the Middle East such a mess? What's going on in Syria? Iraq? Who's in charge? Is Islam the problem? Arab media? Really? Is Christianity any better? Who says so? Who is chosen, really? To do what? Maybe the problem is government, the state's use of religion? Is Lebanon truly multicultural? Human rights? Anyone know where to find a good bowl of *mulukhiyah* (Egyptian spinach), or what about some *saltah* (Yemeni lamb stew)?

Who are these four? One is a real estate agent, a young man called Sam, hailing from Lebanon. Another is a friend of his, Samia, a woman working as a bank officer. Samia's family is Egyptian. She is divorced and a single mom. The third is her uncle, Saleh, an older man, newly widowed. He is a professor at the University of Edinburgh. The fourth individual at the table, Abdul-Raheem, born in the

UK, grew up in Yemen. Abdul-Raheem is new to London. Fleeing Yemen and its civil war, Abdul-Raheem arrived back in the UK with a wife and four children in tow.

The author identifies three of the four characters as Muslim: Saleh, Samia, and Abdul-Raheem. The fourth, Sam, is tagged Christian. The reader is not told Sam's Christian denomination, nor are we told with what branches of Islam the oth-



ers identify. These omissions render each a stereotype for faiths that are, in reality, clusters of belief and practice whose differences matter much to the observant. Abdul-Raheem, for example, cites Sharia precedents often, but the reader does not know if his references are Sunni, Zaydi, or . . . ? Is Sam's background Coptic Christian, or . . . ?

The writing is short, crisp, well-paced. The book opens with a wedding, followed by a car crash, and the death of the beloved. Near the end, the group discussion turns to death and whatever follows. How is one to know?

In London today, as in Ottawa, questions of origin are easily asked: "Where are you from? Really from?" Qais Ghanem's novel asks better questions, worth all our attention. He permits his four protagonists to discuss questions of identity and the stereotypes of multiculturalism with wit, humour, and intelligence. In his introduction, Ghanem states that his own questions concerning death, and what happens then, first appeared when he was a medical student dissecting cadavers. Years later, having become a neurophysiologist, the author remembers these questions. We all ask them.

IMAGE's image by Kathleen Kelly



Gilbert LeGras with Magno the Magnificent, Strathcona Park, April 4.

Thanks for a wonderful Winter Carnival

Christine Aubry

The 2020 Sandy Hill Winter Carnival, held on January 19, was a shining example of community coming together to deliver a successful event. This year's event had the most number of sponsors and volunteers to date and a simple thank you seems not enough. Nonetheless, Action Sandy Hill and the event organizers would like to recognize the contributions of the following groups. The financial sponsors: the Sandy Hill Community Health Centre; Councillor



Mathieu Fleury; Lynda and Jimmy Cox; Allegro Music School; Loblaws McArthur; St Laurent Shopping Centre and De-Serres art and graphic store. For coming out to run activities we extend our thanks to: the 12th Ottawa Girl Guides unit; Rideau Sports Centre; the Sandy Hill rink attendants; Mitchell Webster and the University of Ottawa Gee-gees mascot. And for preparing a delicious, plentiful meal we thank St Joe's Supper Table and the women of Daryeel and Strathcona Heights. Finally but certainly not least, to the many individuals who gave their time both before and during the event, including the Blackburn Avenue families who donated baked goods. To all, know that without your help, such events would not be possible. With utmost gratitude, The 2020 planning team Christine Aubry; Sarah Govan; Betsy Shuurman; Paula Tchen

Ed's note: A huge thank you goes to the planning team for the hours spent putting the carnival together.

Photos Christine Aubry



News from Viscount Alexander School

Ontario schools are closed for Covid-19 virus until further notice. Important updates from the OCDSB will be emailed to parents and students. Latest updates will also be added to the social media accounts and COVID19 webpage

Michael Barnes

with notes from Mia Hunt
and Cristine Elrick

The Viscount Library Transformation is underway! The School Council is working with Viscount's administration to transform the Library into a Creative Commons and Makers' Space. This will ensure that – as well as a functioning library – the room will provide a flexible place for hands-on learning. As part of this project, we are creating a computer animation station and collecting Lego for creative building and animation projects. Local community members have already begun donating their loved Lego and base plates to the project and we are reaching out to corporate donors to fund the technology needed for this initiative.

Girls' Bordenball Tournament Congratulations to our Girls' Bordenball team for winning first place during the Tier 3 Girls' Bordenball tournament held at Gloucester High School on December 17. Coach Mrs. Joyce Contant was very proud of their efforts on and off the court. The Viscount Alexander Junior Girls' Bordenball team members are: Rebekah, Nadia, Emma, Sofia, Maria, Jenisha, Alina, Rikieda, Amira, Sabiany, Grace, Fatema, Samantha, Shama, Diana, Lily, and Shruthy.

Boys' Bordenball Tournament The Boys' Bordenball team played with great sportsmanship at the Bordenball tournament at Gloucester High School. Head Coach Ms. Fulford was very proud

Photos Cristine Elrick



On December 20, Viscount students were invited to skate with the Ottawa Senators.



to have such a great group of boys represent our school and play so well throughout the day. The team members are: Bradley, Sam, Yahya, Sebastian, Austin, Andrew, Nati, Rayan, Murat, Eero, Yisroel, Dahoom, Jacob, Jack, Afnan, Majat, Tyler, and Yonis.

Holiday food drive Viscount Alexander Public School launched a holiday non-perishable food drive to support needy families in our community. The food drive began, December 9 and went on until December 20. Ms. Fulford's Grade 6 class led the food drive again this year. The whole school donated dry goods over a couple of weeks. The school filled many boxes of food to the Shepherds of Good Hope. Viscount feels it is important to support people in need as we appreciate our own blessings. Together we CAN make a difference! If you would like to give to a food bank, the following items are welcome, such as: pasta, canned vegetables, cereal, peanut butter, jam, canned soups, stews and chili, canned fruit, and hygiene items such as soap, shampoo and toothpaste.

Special memories and gifts for Viscount students Kundstadt Sports made a very generous donation of skates this fall, which is very much appreciated. On December 20, some 50 students from grades 3, 4, and 5 had a special invitation to skate with the Ottawa Senators at the Annual Eugene Melnyk Skate. Some 20 Senators turned out and made an afternoon that our young students will never forget. Students were gifted new skates, helmets, Senator's Jerseys and a pizza lunch from the Ottawa Senators Foundation. Viscount has been very fortunate from both these special gifts, and looks toward to donating and sharing skates with other schools in need.

Kindergarten registration After schools re-open you can register a child born in 2016 for school in September 2020. When schools are open again call the school at 613-239-2213.

Safi, farewell!

Betsy Mann



Photo Sabrina Mathews

It was a dark, cold and snowy evening outside, but the crowded inside of Safi’s Fine Foods promised warmth and welcome on Saturday, January 25. Mohammed Ali Abdo was throwing a good-bye party for the neighbourhood on his last day of business. As the impromptu addition to Safi’s Fine Foods’ sign says, Mo was a real “friend and neighbour.” His generosity continued even when he had to close his business: as a parting gift, he chose to donate his leftover stock to St. Joe’s Supper Table.

Photo Betsy Mann



Neighbours and other regular customers were invited to fill their plates with the delicious foods that they had come to enjoy from Safi’s. After almost three years at the corner of Blackburn and Somerset East, the small grocery was closing because the building has been sold and the new owners have other plans for the space.



Photo Sabrina Mathews

After the savoury dishes came the sweet treats. Mo served up the cake while others chose from a tray of Middle Eastern pastries. Note the framed canvas thank you “card” where the dozens of guests wrote messages of appreciation and good wishes for the future.

Photo Betsy Mann



Some of Safi’s young neighbours from Blackburn Avenue made their own card for Mo. Friida Lotan, Bryn Evans, Sam Northcott and Simoona Lotan were happy to be at the party with Mo, but Norah Evans’ face shows how sad she was to see him leave. As they wrote, Mo and Safi’s will be missed.

Concerned by the closure of Safi’s Fine Foods, a long-time Sandy Hill resident Gwynneth Evans sets this recent event in the larger context of “disturbing developments” in our neighbourhood over several years.

Not only has the University of Ottawa grown substantially in every aspect of its physical presence, the housing and eating facilities have changed the nature of this neighbourhood, especially along major thoroughfares like Mann Avenue, Somerset East and Rideau Street. The result has been to open restaurants and eateries and living spaces where grocery stores have been for decades.

The most recent and disturbing example is Safi’s on Somerset. The shop with fresh food of many kinds and supplies for the whole house is closing because the building has been sold and one of the new facilities, we hear, is to be a Chinese restaurant. This is by no means the only closure of a multi-purpose store in this neighbourhood. In their place have come many restaurants, cafes, pizzerias and places selling take-out or on-the-premise meals. Metro on Rideau is another example, but it is the popping-up of commercial cafes and eateries in the place of grocery stores that is outrageous.

I thought we Ottawans were worried about obesity; that we promoted the new Canada Food Guide and the preparation of healthy, balanced meals with fresh ingredients; and that we were proud that volunteers were teaching kids in our neighbourhood schools how to prepare and cook vegetables, fruits, soups, etc. so they can have breakfast and a healthy lunch.

The recent developments make mockery of these assumptions in Sandy Hill. A few Quickies do not provide wholesome, accessible grocery shopping.

— Gwynneth Evans

IMAGE’s image

by Kathleen Kelly

A photograph of a Hooded Merganser swimming in the Rideau River. The duck has a distinctive black and white head with a yellow patch around its eye. It is swimming in blue water, and its reflection is visible in the water.

Hooded Merganser on the Rideau River, 4 April

BOOK REVIEW

Fentanyl Inc.

How Rogue Chemists Are Creating the Deadliest Wave of the Opioid Epidemic, by Ben Westhoff

Atlantic Monthly Press, 2019

Larry Newman

I'd heard so much about this new street drug that is alleged to be forty times more powerful than heroin that I had to buy this book. Then I found out that there is carfentanyl, a hundred times more powerful and dangerous than fentanyl. Wow! We are feeling the effect of these drugs right here in Sandy Hill.

The author of *Fentanyl, Inc.*, Ben Westhoff, is a journalist who became alarmed by and ultimately fascinated with the drug scene and its complexity. He has done an in-depth study of the drug, its chemistry, its history, its effects on drug users. As part of this study, he describes many other drugs, their chemical make-up, their advocates, and their sources. Of all these drugs, fentanyl is the big dog!

Fentanyl is called a Novel Psychoactive Substance. Wikipedia lists seventeen NPSs including alcohol and tobacco. Centuries ago, man enjoyed these drugs. Then they discovered how to make them more powerful. Opium was created from the poppy plant; morphine came next from the same poppy. Then came hash, LSD, cocaine, heroin. These were all plant based drugs. Manual harvesting of these raw materials was no problem when demand was relatively low. However, it was a big drawback when it came to expanding supply. If you want to make a lot of money, there were other drugs—legal too—that could be mass produced. Some were opioids, a synthetic drug similar to opium.

Most of us have heard of OxyContin, a legal opioid painkiller produced and flogged by Purdue Pharma. It is an extremely effective painkiller and consequently easy to abuse. Many became addicted and overdoses were common.

Soon the chemical formulas of legal drugs developed by pharmaceutical companies were discovered by people who had the requisite chemistry skills and were willing to take a risk. We then began to see the same drugs or their analogues made in illegal labs. Fentanyl, for example, is used legally in common surgical practice. The formula for fentanyl is publicly available and a competent chemist can make it or any one of its possibly hundreds of analogues.

Many other psychoactive drugs started out as legitimate chemicals created in drug company labs. Ecstasy was created by the German pharmaceutical company Merck when it was trying to develop a blood clotting drug.

Most non-medical fentanyl is not produced in North America, where recreational use has long been illegal, but in China. For many years, recreational use was legal there and a lot of labs were built to produce fentanyl as well as other psychoactive drugs. In 2019 the Chinese federal government finally agreed to U.S.

demands to “schedule fentanyl,” that is, make the production and sale of recreational fentanyl illegal. However, there is much anecdotal evidence of lax enforcement.

It is astonishingly easy to buy fentanyl. Westhoff knows how it's done and now I know too. Just as a test, I googled “buy fentanyl in China” on my Chrome browser. On the first page of hits, I found a site that advertised pills, patches, and injectable fentanyl. “We provide special undetectable anti X-Ray wrapping. That way, the only person getting excited about your delivery, is you.” Expect to pay with Bitcoin. On the same google page, I found a forum where drug users can exchange information on where to buy and which firm sells good produce, etc.

DRUG SAMPLES ANALYZED AT SANDY HILL SIS	
May 2019	
30 DESCRIBED AS FENTANYL/CARFENTANIL Fentanyl, Caffeine: 4 Fentanyl, Acetyl-Fentanyl, Carfentanyl, U47700, Caffeine: 1 Carfentanyl: 2 Fentanyl, U47700: 1 Fentanyl, Furanyl-Fentanyl, Caffeine: 3 Fentanyl, Carfentanyl, Levamisole: 1 Fentanyl, U49900, Caffeine: 2 Fentanyl, Furanyl-Fentanyl, Etizolam: 1 Fentanyl, Carfentanyl, U49900, Caffeine: 1 Carfentanyl, Furanyl-Fentanyl: 1 Carfentanyl, Furanyl-Fentanyl, Caffeine: 1 Fentanyl, Methylnone, Caffeine: 2 Fentanyl, Furanyl-Fentanyl, U49900, Etizolam, Caffeine: 1 Fentanyl, Etizolam, Caffeine: 1 Methylnone, Etizolam: 1 Carfentanyl, Levamisole, Caffeine: 1 Carfentanyl, Acetyl-Fentanyl, U47700, Levamisole: 1 Fentanyl, Carfentanyl: 1 Furanyl-Fentanyl, U49900, Etizolam, Caffeine: 1 Fentanyl, Acetyl-Fentanyl, U49900, Levamisole, Caffeine: 1 Fentanyl, Acetyl-Fentanyl, Caffeine: 1	7 DESCRIBED AS SPEED OR CRYSTAL METH Meth, Furanyl-Fentanyl, Caffeine: 1 Meth, Furanyl-Fentanyl, U47700, Caffeine: 1 Meth, U47700: 1 Meth, Furanyl-Fentanyl, Methylnone, Caffeine: 1 Meth, Caffeine: 1 Inconclusive: 2
3 DESCRIBED AS COCAINE Cocaine, Methylnone, Caffeine: 1 Cocaine, Caffeine: 2	1 DESCRIBED AS CRACK Cocaine, U49900, U47700, Levamisole: 1
3 DESCRIBED AS HEROIN Fentanyl: 1 Fentanyl, Furanyl-Fentanyl: 1 Fentanyl, Cocaine, Caffeine: 1	1 DESCRIBED AS PURPLE Carfentanyl: 1

For those who want to be a little more discrete, Westhoff mentions the “TOR browser” to access what I’ve heard called the “Dark Web.” He tried this and had conversations with drug sellers that sound like ordinary conversations between a buyer and seller of garden produce. WhatsApp is a commonly used messaging app in this business since its messages are encrypted. Am I the only one shocked to realize how easy it is to acquire super dangerous drugs? I hope not.

Obviously, there are drugs that can be bought with cash from a local dealer. The local dealer is the last cog in the drug creation and delivery system. The most common route from the lab in China to Main Street is through Mexico. The drug cartel, Sinaloa, has been identified by U.S. intelligence sources as the majority smuggler of fentanyl into North America. Unlike drugs bought by individuals direct from China, Sinaloa’s product is heavily diluted with other drugs including caffeine, carfentanyl (100 times more powerful than fentanyl), levamisole, U49900, methylnone, etc.

Read this book! Learn how the author traveled to China and interviewed lab operators to find out just how they were able to get away with producing and selling these drugs. Learn about some of the colourful characters involved in the early days of the drug world. Learn how fentanyl “has become a source of such astonishing wealth that it has disrupted the Vancouver-area real estate market.” Learn.....

Let’s talk real estate

Lynda Cox



Sandy Hill Real Estate update
Nov 29, 2019-March 17, 2020

Houses:

Active 10; Conditional sale 2
Sold 13 (7 sold over list price—range \$1K - \$114K)

Condominiums:

Active 15; Conditional sale 2;
Sold 30 (17 sold over list—range \$3K - \$53K)

As you can see the condo market is booming and we expect this to continue. We also continue to be in a seller’s market evidenced by the bidding wars on over half of Sandy Hill listings. Perhaps there will be a pause to watch the coronavirus situation and reassess finances. Only time will tell how many buyers and sellers pushed that pause button. But, if you are considering downsizing to a condo what do you need to know?

1. You need an idea of where you want to live. Walk the streets you like best. Take down addresses of buildings that impress you.

2. You need to get a good sense of the prices and the pace of the market in those buildings. It is helpful to ask your realtor to start you on an MLS email feed. That way you can see daily everything that is available and selling in your preferred buildings. On MLS the initials DOM stands for Days on Market, which will help you understand how long things are taking to sell.

Watch closely the comment section regarding a specific offer date. Usually “hot listings” (“hot” meaning well priced and/or in a very desirable building) are placed on MLS for three to seven days before offers are considered. If you fall in love with something you visit you might have a few days to decide before having to submit an offer. Those few days can be crucial in helping you and your agent draft a great offer. Parking and lockers are always outlined on MLS. Always check to see if they are owned or just “exclusive use.”

3. Once your offer is accepted you typically have 5 business days to do

an inspection and arrange financing. If competing with other offers always remember that you have the option to waive or shorten those conditions if you feel confident to do so. (Not recommended but often helpful to make your offer more appealing.) In the case of a “hot” property you are encouraged to arrange financing and complete the inspection prior to putting in your offer. This will keep your offer “cleaner,” meaning fewer conditions, and be ultimately more desirable.

4. You and your lawyer then have approximately 13 days to order, receive, and review the condominium documents. This is called the Status Package. They detail the financial status of the unit as well as the reserve fund health of the condominium corporation. You also receive all the bylaws that all owners must live by. Do they allow pets? If so, is there a size restriction? Can you rent extra parking spaces? Is there visitors’ parking? Are you allowed to rent your parking space? Is the building cannabis/smoke free? Does the building allow short-term tenants like Airbnb? Can you remodel freely or are there restrictions? You also want to know if there any pending law suits and/or special assessments. Before offering, you or your realtor can call the management company and ask these questions. Sometimes the listing realtor has pre-ordered a copy and will make it available to all interested buyers prior to the offer date.

5. A special assessment is a levy for each condo owner above and beyond the condo fee. This is used for large repair items that the board has decided should be funded separately rather than come out of the reserve fund and/or raised condo fees. NB: There should always be a clause in your offer to purchase that states that the present owner is responsible for any special assessment levied prior to the closing date.

The transition to condo living is a great time to purge all your unnecessary “stuff.” I speak from experience. We moved to our condo in 2013 and now feel free to travel and enjoy our freedom from the “stuff” that had accumulated in our home’s basement and closets. Moving to a condo was our best move ever.



Native Plant Sale: Saturday, June 6, 9:30 to 12:30 at the Fletcher Wildlife Garden, located off Prince of Wales Drive south of the Arboretum. The sale is an opportunity for people to buy local plants and to learn which ones are suitable for their own gardens. [NOTE: For possible cancellation info email Fletcher@ofnc.ca]

English Language Tutoring for the Ottawa Community seeks volunteers. ELTOC, a non-profit organization, provides accessible English language tutoring to immigrant and refugee adults who cannot attend regular English classes. Education counsellors train, mentor and support the volunteer tutors in teaching practical topics, such as buying groceries, taking the bus, visiting the doctor, speaking to a child’s teacher, accessing social services, using the library, searching for housing, preparing for a job interview, and more. For more information, see www.eltoc.ca or call 613-232-8566.

NEIGHBOURHOOD BULLETIN BOARD

Fringe Festival 2020 cancelled due to COVID-19. Organizers now look forward to the 11th undercurrent festival February 10-20, 2021. The Ottawa Fringe will return June 17-27, 2021.

Jane’s Walk Ottawa-Gatineau postponed to Sept. 12–13, 2020 See janewalkottawa.ca/ for updates about #socialdistancing alternative Jane’s Walks. Questions? Email jane@janewalkottawa.ca

Planting Seeds International dinner to be rescheduled: The eighth annual fundraising dinner for the Guatemalan not-for-profit organization will be held in October at St. Joseph’s Parish Hall. Planting Seeds International was started by Sandy Hill residents Susan and Richard Schmaltz. See www.plantingseedsinternational.org.



How I learned to love public speaking

Kerri Power

It was a summer day in 2009 when I decided I'd had enough. I was tired of feeling afraid every time I spoke up in a meeting. I was tired of struggling to share my ideas, even in casual conversations. I searched online for Toastmasters, and found a club that was meeting in a few hours. Something inside me said: "Today is the day!" That night, I went to my first meeting of Sandy Hill Toastmasters.

Walking into a room of strangers, all chatting with each other, I felt overwhelmed at first. But what I found was a fun, welcoming club with a proven method for learning public speaking. I was impressed by the supportive environment, the well-run meeting and the quality of the speakers. "You should join," said the man sitting next to me, who had just given an amazing speech. And I did.

For my first speech, I wrote out every word and practiced it about 10 times. When my name was called and I walked to the lectern, my ears buzzed and I lost all sense of time. As I began to speak, my knees shook and my voice felt thin. I hoped the audience wouldn't notice.

When I finished, and heard the applause, I felt like I had jumped out of an airplane. I couldn't believe I had actually done it, and I immediately wanted to do it again.

Over time I gave more speeches, and used the feedback I received to get better. After a few months, something strange started to happen. I had moments when giving a speech was almost fun. "Wow, it might be possible to actually enjoy this," I thought. As time went on I realized I was enjoying it, consistently. Speaking had actually become something I liked to do.

I still feel anxious before speaking, but now I know what to expect—a ramp up of nerves before the speech, and exhilaration afterwards. I can speak comfortably without notes, and I know how to put together a speech in a fraction of the time it used to take. Learning to speak has been a gift that translates into many areas of my life.

But the greatest gift of Toastmasters has been the people I've met. Our club includes university students, professionals, retirees, and everything in between. We range in age from 20s to 70s and come from many countries and cultures. We are all interested in learning, growing, and supporting each other.

If you want to learn public speaking, perhaps today is the day! Drop in to a meeting, or contact us to learn more. Everyone is welcome.

Sandy Hill Toastmasters meets on Mondays from 6:30 to 8:30 p.m. at the Sandy Hill Community Centre, 250 Somerset St. E. To learn more, visit our website at www.toastmastersottawash.ca, or email us at tmsandyhill@gmail.com



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When: Mondays from 6:30 - 8:00 pm

Where: Sandy Hill Community Centre
250 Somerset St. E. (in the Boardroom)

During social distancing measures, we meet online on Zoom.

Guests are always welcome!

Contact us to visit an online meeting.

tmsandyhill@gmail.com
www.toastmastersottawash.ca

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The line stretches south on Blackburn past several houses to Mann.

Friday the 13th — big surprise!

Jan Meldrum

March the 13th, an ordinary Friday morning. But no! Why would there be a large crowd of young people, lined up in the rain before 9 a.m. on quiet Blackburn Avenue? The line disappeared around the corner onto Mann Avenue. We followed it down Blackburn and along Mann, passing all the umbrellas and even strollers to The Tattoo Machine, a recently opened shop in the Mann plaza. The attraction? A Facebook post advertising \$13 tattoos for Friday the 13th. It must be a huge bargain to entice all these people to wait in the rain.

Shortly before 11:00 Amy, Annie and Shawn were second in line at the door but had been waiting for nearly three hours to get there. “There were already about 20 or 30 people in line when we arrived around 8 a.m.,” said Annie. Both she and Amy already had tattoos, and were confident about getting more. In fact, Annie said she would go for the maximum five

allowed in the promotion. But Shawn was going for his first and seemed just a bit hesitant about the whole thing.

Hannah from The Tattoo Machine said that the \$13 Friday 13th tattoo was a tradition which began in the USA many years ago. Customers choose from a sheet of small pre-designed images. The sheet that she showed us was full of outline pictures such as a ghost, rabbit, cat, flowers and cartoon characters. It definitely was a bargain: the regular price might be \$80, according to Hannah.

The lucky people who got in were given appointments later in the day for their tattoos. We left the scene at 11:00 when it was obvious that not all the people in line would be able to get in. Was the bargain worth spending three hours in line? Perhaps for the lucky ones but disappointing for those who missed out—especially those already upset about the lack of washrooms and parking spaces for the queue. We assume that Amy, Annie and Shawn were three of the lucky ones out of the hundred or more hopefuls in line. Let’s hope they enjoy their tattoos.



Amy, Annie and Shawn are smiling after waiting in rainy and cool weather for three hours. They are finally near the door!
Photo Jan Meldrum



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SANDY
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IMAGE

CÔTE-DE-
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Pandemic Post

Photo Claire MacDonald



A greeting for passersby from a household of isolated Sandy Hill residents.

Photo Christine Aubry



Joel Aubry and his good buddy and neighbour Eero Lotan, kept separate by a fence.

**Let's get through COVID-19 together.
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Doable COVID-19 advice and DIY stuff

Dodi Newman

We are being bombarded by new COVID-19 bulletins every day, yet there still is much we do not know about this disease. We do know it is going to be around for a good while yet. To protect ourselves and others, we are urged to seek medical advice immediately if we have a fever, dry cough and are short of breath. We have also been told to wear masks if we are ill, to wear disposable gloves and to clean our hands by washing well with soap and water or, if water isn't available, to disinfect with hand sanitizer.

But what are the symptoms at the onset of the disease? And what do we do now that neither masks, disposable gloves, nor hand sanitizers are available? What to do if we do get ill but cannot be seen by a physician or be admitted to a hospital and have to take care of ourselves at home? I've spent some time on the net to get clear and practical advice—here are the results:

Patient and care giver advice

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/how-to-care-for-person-with-covid-19-at-home-advice-for-caregivers.html>

This website provides clearly written advice and even gives substitutes for materials like disposable gloves and hand sanitizers that have been sold out for a while now. It also gives detailed and clear advice on how to clean and disinfect your home. (Alternatively, to get to this Government of Canada web site enter the following phrase into your browser search box: care for a person at home with COVID-19)

Ontario Telehealth for medical advice:
www.ontario.ca/page/get-medical-advice-telehealth-ontario

Self-assessment:

covid-19.ontario.ca/self-assessment/#q0
Among other things, Telehealth Ontario recommends that, if you have muscle aches, fatigue, headache, sore throat, or a runny nose and have travelled outside Canada in the last 14 days, you contact your physician for a virtual assessment, or Telehealth Ontario at 1-866-797-0000 and to speak with a registered nurse.

How to make a mask:

www.youtube.com/watch?v=VgHrnS6n4iA
www.youtube.com/watch?v=BCJcE-r7kcg

Masks like this are not nearly as effective as surgical or N95 masks, but they do help somewhat if you can't get anything else. Their greatest value may be that they are useful in reminding each of us not to touch our face. Disinfect masks in a bleach solution (5 tablespoons bleach to 4 litres of water) after each use, and wash them in a hot water laundry cycle. If you line them with an absorbent pad, remove the pad and dispose of it first.

What gloves to use:

Disposable latex gloves if you can find them. Dispose of them in a lined trashcan after each use.

If you cannot find disposable gloves, use reusable latex household gloves. Make sure to wash them thoroughly with soap and water after each use.

How to dispose of contaminated materials (tissues, disposable gloves, etc.):

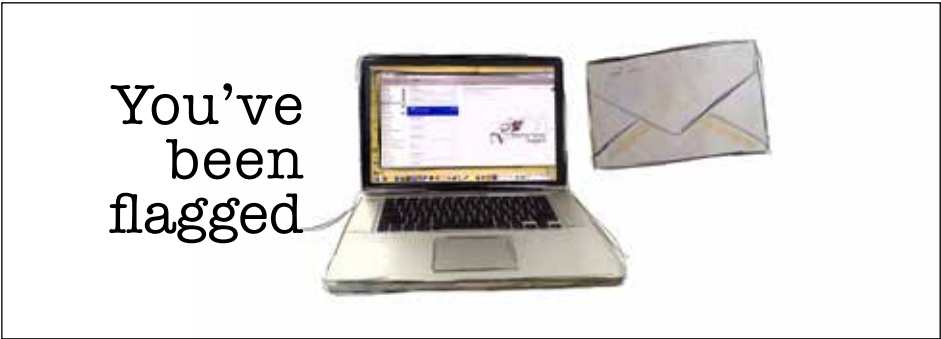
Place used masks, gloves and other contaminated items in a container lined with a plastic bag, tie the bag shut and dispose of it with other household waste. Do not shake (or stir, for that matter).

The best advice is still our mothers' and grandmothers' admonition: Wash your hands! Plus ça change, plus c'est la même chose.

Photo David Elden



Thursday April 2, 1:30 pm — a usually bustling LRT station is deserted.



Local businesses need our support

As I walk the dog around our neighbourhood in my self-isolation bubble, I notice how eerily quiet it is on all of our streets. With the cancellation of classes at uOttawa, many, if not most, of the students have moved out of town so there are a great number of empty houses on all of our residential streets. It brings home the fact that huge numbers of students or short-term renters occupy houses that used to be homes to families and other long-term residents of Sandy Hill. With the disappearance of all of these students I think about how this new reality is affecting our small local restaurants and other small businesses in Sandy Hill. They will all need our con-

tinuing support throughout the coming months. The City of Ottawa is reminding residents to buy local to keep small businesses operating but the unique condition in Sandy Hill should move us to buy at the “micro-local” level to keep our favourite businesses going. We can order food to take out or for delivery or buy gift certificates for friends or our own future use. We have some great local restaurants and it would be a shame to lose them. Cadena Spanish Cafe, Working Title and the Sandy Hill Lounge and Grill are a few of the local restaurants that my family will often order food from as the weeks and months go by. Let’s support our local restaurants by enjoying their excellent food.

Jane McNamara
Marlborough Ave.



Alexis took this photo of her street on the evening of Friday, March 13, when many students had left the neighbourhood.

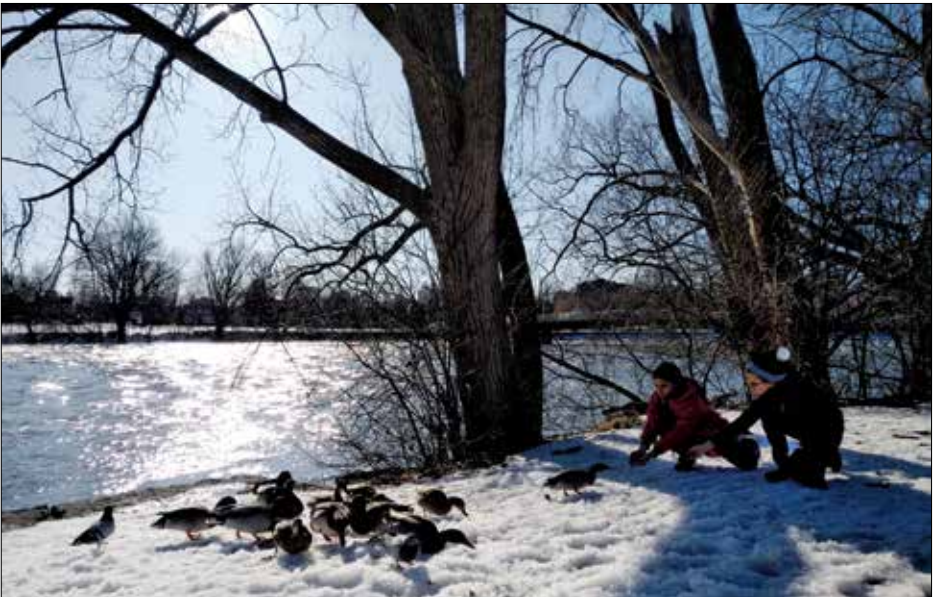
The end of an undergrad caused by COVID-19

Alexis G. Berry

The upheaval of the past weeks has brought a swift and sad end to my senior year. I wasn’t expecting last week to be my final classroom moments as an undergraduate student at uOttawa, but life happens, and when it does, it offers lessons. Here is what I’ve learned: first, there is more compassion in the nooks and crannies of Canada than I thought. The caring actions of people in Ottawa and all over Canada have shown me that I’m growing up in a world that cares. Second, in times

of panic, heroes come from unlikely places; an errand-running truck, an extra roll of toilet paper, or a joke will stick in my mind as the silver linings of these tough times. Finally, the new emptiness of Sandy Hill allows some nice social distance for me to reflect on the past four years; the ways I’ve grown, learned, and matured from a kid into a young adult. Though I am moving into an uncertain future, I’m sure that this neighbourhood will continue to show that, as Albus Dumbledore said in *Harry Potter*, “Happiness can be found in the darkest of times, if one only remembers to turn on the light.”

Photo Magda-Lena Capkun



Being a kid in Sandy Hill, during the Coronavirus pandemic

Sofia and Emma Barrette

Our school, Viscount Alexander Public School, is now closed, along with all other schools in Ontario, for an extra two weeks because of the Coronavirus (Covid-19). Like other kids, we were kind of excited that we would have a longer March Break! But then imagine how disappointed we were when all of our extracurricular activities and upcoming choir performances were cancelled, when we were told we couldn’t see our friends, when shows, like *Disney on Ice*, that we were so eager to see, also got cancelled. We definitely did not know what we would do with all this time we now had on our hands.

To pass the time and to do something productive, instead of staying on the electronics all day, we started going to Strathcona Park to feed the ducks, walk along the river, and play on the structures. It really is wonderful to live near a river full of life! We’re also going on long walks around the neighbourhood, cleaning the sewer heads (we need to avoid flooding) and picking up recycling along the way. We’ve also discovered great new books and movies. We can no longer invite friends over, but we have been playing basketball and 4-square outside with a few neighbours on the street. After all, it’s not so bad. We’ve rediscovered the great things about living in Sandy Hill. Ed— After this was written, rules changed to allow only walk-throughs in parks and play structures are off limits.

Photo Bob Meldrum



ByTowne will be back!

To respect society’s new need to keep people apart, the ByTowne closed on March 15. At the time, I had no idea how long the closures and distancing measures would last. And I still don’t. But it’s becoming apparent that, to keep the number of Covid-19 infections to a minimum, we’re all going to have to stay home for longer than we first thought. It’s clear to me that none of the ByTowne’s April screenings can go ahead. Even re-opening in May is, to borrow a word from the U.S.A.’s narcissist-in-chief, “aspirational” at best. Even if our collective good behaviour can flatten the coronavirus curve by the end of April, getting businesses back to pre-pandemic status will take several more weeks.

Some authorities, including Toronto Public Health, are now moot June 30 as a possible end date for restrictions on public gatherings. Plus, logic tells me that large public venues (cinemas, concert halls, live theatres) could well be among the very last institutions to be allowed to return to normal. But there’s good news, too. In my new-found “spare time,” I’ve done what most small-business owners have been doing: I’ve crunched some numbers. With the announced relief programs provided by the government, and a rainy-day fund that we haven’t had to dip into in recent years, the ByTowne will weather the storm. Don’t worry: the ByTowne will be back.

Bruce White
ByTowne Theatre

Photo Frank Heilingbrunner



March 17 — New procedures on OC buses separate drivers from riders.

allsaints: Bells ring daily for community spirit

Christine Aubry

Leanne Moussa, leader of the all-saints event space project, saw the writing on the wall before the City of Ottawa asked all restaurants and event spaces to close their doors in response to the spread of COVID-19; she had already begun developing a take-out and delivery service for Working Title restaurant, with hers truly as delivery driver. This was the only way that she could hope to cover the salaries of her chefs and two staff. The rest of her employees, unfortunately, had to be laid off (though she hopes of course that as soon as business is back to normal she can hire them back).

In just three days, Leanne had a whole new business model for the restaurant. But 90% of the revenue generated by allsaints is from events. Within three hours on March 12, all upcoming events had been postponed until further notice—these include meetings, conferences, weddings and celebrations of life. An inconvenience for some, a devastation for others.

Leanne says her only consolation, of sorts, is that she is not alone. And her spirits have been bolstered by the tremendous amount of community support. Not only are neighbours supporting the business, but there is a palpable sense of connection. As a reflection of this sentiment of solidarity, allsaints is ringing the church bells daily at 4 p.m. just as staff begin their work for the evening. So open your windows, or better yet, go on your front

porch and wave to your neighbours as you all enjoy the chiming.

The take-out model coincided with the launch of Working Title's new spring menu. The creations of the talented culinary team include classics such as spaghetti and meatballs and a hamburger (made with grass-fed beef provided by Blackburn Avenue resident Craig Anderson) as well as more eclectic fare; from Harissa Grilled Eggplant to Soba Noodles with Kimchi and Pork Belly, there truly is something for everyone. And in these stressful times, there is nothing like a nutritious home-made meal to nourish the soul and lift our spirits. You can even complete your order with local craft beer and a bottle of VQA wine, now that restaurants have been allowed to deliver alcohol.

You can also spread the love by ordering gift boxes, whether to someone in isolation or simply to tell a friend you are thinking of them.

Hopefully this will all be short-lived and soon we will be able to go out and enjoy Working Title's delicious food in the company of friends and neighbours. Until then, stay healthy, and order online at workingtitleottawa.com/order-online/ (or call 613-230-3336).



Working Title's new business line is advertised in front of the belltower.

Photo Julian Armour



Doesn't matter how evolved you are: keep your distance. An "improved" bit of official signage spotted in Strathcona Park.



OPL branches closed
OPL branches, Bookmobile stops and Homebound delivery services are closed until further notice.

- Due dates for all checked out materials have been extended and late fees suspended.
- Book drops are not available since branches are closed. Hold on to OPL items and return them when branches reopen.
- Holds are suspended, and pick up expiry dates extended. This includes interlibrary loans.
- Meeting room rentals are cancelled, and fees are being refunded.
- Computer bookings, programs, events and outreach activities are cancelled.
- Expired cards, or those about to expire, have been extended.

You can use the Library online
Visit the OPL website and its new Isolation Recreation section for regularly updated eContent, news, and resources for children, teens and adults.
Contact Info Service by phone or email from Monday to Saturday (10-5) for help or to gain access to OPL's eContent with a temporary card.



An early spring walk can now include a bit of competitive Bingo. These came to us from a community association in Toronto. If you would like to print them out, IMAGE will email the set to you as a 1-page letter sized PDF. Just ask— image22@rogers.com

Photo Larry Newman



We have learned to practice social distancing when entering stores and waiting at check-outs.

Photo Dave Elden



Big red circles at Shoppers Drug Mart

Photo Harlequin Studio



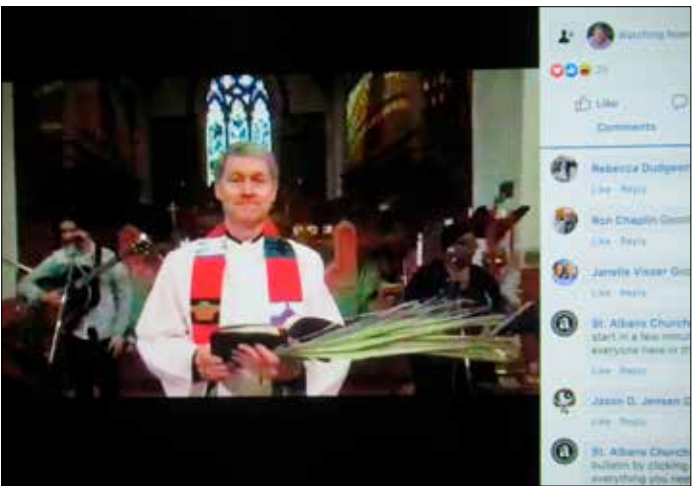
Humour at Alyea on Sparks St.

Photo Frank Heilingbrunner



Bare shelves are a common sight.

Photo Jane Waterston



The Rev. Mark Whittall has a live feed of St. Albans services happening on Facebook and Instagram every Sunday at 10.

Photo Claire MacDonald



Jackson's at the Ottawa Art Gallery has closed up.

Photo Claire MacDonald



Photo Jane Waterston



St. Joseph's has timely liturgical messages and materials posted on Facebook each week.

Photo Claire MacDonald



Cadena on Somerset E. offers take out.

Photo Dave Elden



Photo Jane Waterston



The Rev. Laurie McKnight records a home-based service that is posted on Facebook for St. Paul's-Eastern members and visitors.

Photo Claire MacDonald



Sign of the times at the Lounge and Grill on Somerset

Photo Dave Elden



Deserted racks, sidewalks and roads at mid-day.