

**Dear Reader,**

While the COVID-19 pandemic has changed everyone's habits, plans and priorities, our writers kept writing, photographers kept clicking, and Sandy Hill kept its chin up.

Since April, IMAGE has been gratified (thrilled, actually) to receive more kind donations from readers, to cheer us on and offset our operating costs.

In particular, we say thank you to the people named below.

Al Belliveau, Laurier E.

Bianca Bertrand and Timothy Williams, Blackburn Ave.

Thomas Brooks, Laurier E.

Lena Creedy, Besserer St.

Elena Kasativa, Laurier E.

Bob Meldrum, Blackburn Ave.

Allan P Millard, Blackburn Ave.

Peter and Jane Tugwell, Stewart St.

Plus one who remains anonymous

Between their support and a slowly reviving advertising base, we head into our summer break knowing we will return with another issue in October.

Wishing you a calm, creative and carefully distanced summer!

*Jane Waterston, Editor, IMAGE*

*Photos Christine Aubry*

**Recreation options revive**

With a notice of “zero tolerance for aggressive behaviour towards staff enforcing COVID-19 safety protocol”, the Rideau Sports Centre at the east end of Adawe Crossing reopened under Ontario’s Stage I protocols in early June. For outdoor programs involving fewer than 10 people, that is. How great to hear the thunk-thunk of balls on racquets again.

*More coverage of Sandy Hill’s rebound on page 8.*



# Action Sandy Hill’s virtual assembly – not quite thrust and parry

**John Cockburn**

On May 25, Action Sandy Hill hosted its first virtual public assembly. Local elected representatives – the Honorable Mona Fortier from the federal Liberal government; Lucille Collard, Liberal member of the Provincial Parliament; and Mathieu Fleury, Rideau-Vanier’s municipal councillor – responded to questions provided by ASH and by the approximately 25 participants who logged in. The assembly was chaired by ASH President Susan Young. Lines of inquiry included: COVID-19; concerns about the Sandy Hill Community Health Centre; social and affordable housing for vulnerable populations; student housing pressures on Sandy Hill; and how longer-term issues including environment, economy and equity can be incorporated in a post-COVID-19 public policy agenda.

The Assembly kicked off with the politicians and Young touching on some high points in their current mandates with respect to COVID-19. Fortier cited the multitude of federal fiscal efforts. Collard stressed her party’s successful efforts to move the provincial government on reduced power rates and enabling alcohol delivery by restaurateurs. Fleury ex-

pressed the City’s willingness to do whatever it could to help citizens through the COVID-19 crisis, while Young noted the Sandy Hill Community Response Team COVID-19 efforts to assist those shut in by the pandemic.

High-profile issues of the day were raised and the first of these was the situation around COVID-19 and Long-Term Care facilities. Collard mentioned her party’s support for a Commission of Inquiry. Fortier noted that it was a provincial responsibility, but it could not be ignored, and that the deployment of Canadian Forces in two provinces was evidence of federal concern. Fleury observed that two of the four City-operated LTC facilities were in his ward, and that the City was doing what it could to keep them safe. He also noted that in the recent past the provincial government did not assign a high priority to the issue. Post meeting reports of the state of LTC facilities have heightened these concerns. On another front the particular needs of the disabled were raised, and Fortier indicated that some specific federal support may be in the offing.

Addiction and mental health issues were raised with respect to stress on nearby residents from some users of the Sandy Hill Community Health Centre. Fleury noted physical changes around the Cen-

tre and additional security, as helping to address the problem. He also stated there was an increased focus on dealers rather than users. Fortier added that she and Fleury were discussing what additional efforts the federal government can make to ensure safe supply.

University student housing remains an issue for the community. Fleury thought that the University of Ottawa could do more. Although it receives no government funding for student residences, as a large landowner it still should be able to develop residences on campus at low cost. The effect of the pandemic on student housing in Sandy Hill is yet to be seen. Given the potential growth of online course delivery, lower demand for student housing may have an impact on the community and developers.

In response to a question on affordable housing Fleury remarked that there are 12,000 people on the waiting list for Ottawa Community Housing. Two thousand were residents of City-supported shelters or hotels. He held out hope, with plans for 10,000 units to be constructed in the next few years. Fortier noted that affordable housing is high on her list of priorities, as federal Minister for Middle Class Prosperity.

The final issue was the National Transportation Strategy for the Capital

area. Fortier noted that a refresh of the 2013 study would be released soon, and that a longer-term strategy is being embarked on as outlined in the 2019 budget. Participants noted that, sadly, terms of reference for this study were not released for public comment. This does not augur well for a consultative process. Indeed, Fortier noted that the federal government would likely not even *consider* a tunnel to route truck traffic between highway 417 and the Macdonald-Cartier Bridge, the only approach that seemed to have some traction with the City. Some wondered if there was any point to a public consultation if one option was precluded. So, more studies: the trucks keep rolling on King Edward, Rideau, Waller and Nicholas. Perhaps the thousands of new voters slated to live on Rideau Street in the next few years will have something to say about the matter.

The meeting concluded on time and seemed to be a useful public forum that could be regularly repeated. For this writer, there is a concern about the immediacy of the conversation and the inevitability of a managed dialogue. There was a lot of information out, but not so much of the back-and-forth that we all know and love. That may be inescapable with a video-conferencing format, which unfortunately is all we have at present.



IMAGE

Founded in 1972 under the direction of Diane Wood

22, av. Russell Ave. Ottawa K1N 7W8

Fondé en 1972 sous la direction de Diane Wood

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

IMAGE is published in **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.

IMAGE reserves the right to edit in whole or in part all such contributions. **Tel: 613-237-8889**

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

**Website:** imagesandyhill.org

**Editor:** Jane Waterston

**Rédactrice de langue française :** Betsy Mann

**Advertising:** Jan Finlay, Peter Rinfret, Carol Waters, Jane Waterston

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

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

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

IMAGE est un journal communautaire à but non lucratif dont les seuls revenus viennent des annonceurs. Les textes n'engagent que leurs auteurs et annonceurs respectifs et ne reflètent pas nécessairement l'opinion de l'équipe de rédaction, qui est composée de bénévoles.

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.

IMAGE se réserve le droit de modifier en tout ou en partie les documents soumis.

**Tél: 613-237-8889**  
**Courriel :** image22@rogers.com  
**Site web :** imagesandyhill.org

Deadline

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

**September 14, 2020**  
(target delivery October 7)

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

Questions re delivery?

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

Date de tombée

Publicité, articles, photos et autres soumissions

**le 14 septembre**  
(livraison prévue le 7 octobre)

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

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

You've been flagged



Poo bags in the park

Did you know that 40 percent of the waste currently being put in Ottawa's garbage is compostable organic material that can be put into the green bin?

Organics recycling is an important part of the City of Ottawa's long-term Waste Strategy. Diverting residential organic waste away from landfill (Green Bin Program) saves the City millions of dollars, and reduces the need for additional landfill sites.

In fact, soiled kitty litter, dog faeces (must be contained in a sealed, leak-proof bag), and animal bedding is acceptable in the Green Bin program.

Strathcona Park is designated on one side as "No Dogs Allowed + Do Not Feed Wildlife" and on the other side, near baseball diamond and footbridge "Dogs on Leash Only!"

There is very specific signage in the park, but it seems that some fellow citizens choose to ignore these designations. I see it every time I walk through the park. For sure, dogs in the park means dog poo is also in the park.



Given that the City of Ottawa Waste program includes dog faeces, I find it shocking that dog owners still choose to dump their pet's waste in the garbage bins in city parks!

This practice is incredibly selfish and short-sighted, costing the City – meaning all of us – money. In consideration of all of us, please carry your dog's poo home and dispose of it in the compost or your personal garbage.

**Catherine O'Neill**  
Dog lover and Sandy Hill resident  
Wilbrod Street

Photo Michael Barnes



Covenant in the time of Covid

This photo was taken looking south in the Strait of Magellan in March. We were on the last cruise ship allowed to dock in Chile. A thousand people who were to go on to Florida had to leave as Peru stopped taking cruise ships the next day as well. Some ships leaving Argentina behind us had COVID cases by the time they reached Chile.

**Michael Barnes**  
Besserer Street

Courage!!!

Côte-de-Sable, soyons prudents, en santé et respectueux

Oh, Sandy Hillers, stay safe, stay healthy, stay in touch



Victorieux serons-nous de cet ennemi invisible mais dévastateur

Immunity will be our saviour; physical distancing, hand washing and mask wearing, our protector

Donnons généreusement aux démunis, aidons nos personnes âgées et remercions nos précieux services de soins de santé

1, 2, 3 à vos gardes!


9-9 (ninety-nine) red balloons... «I think of you, and let it go»  
(99 Luftballons by Nena)



**DENYS**  
BUILDS  
DESIGNS

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

Please feel free to take a moment and explore some of our exceptional spaces at [Denys.ca](http://Denys.ca).



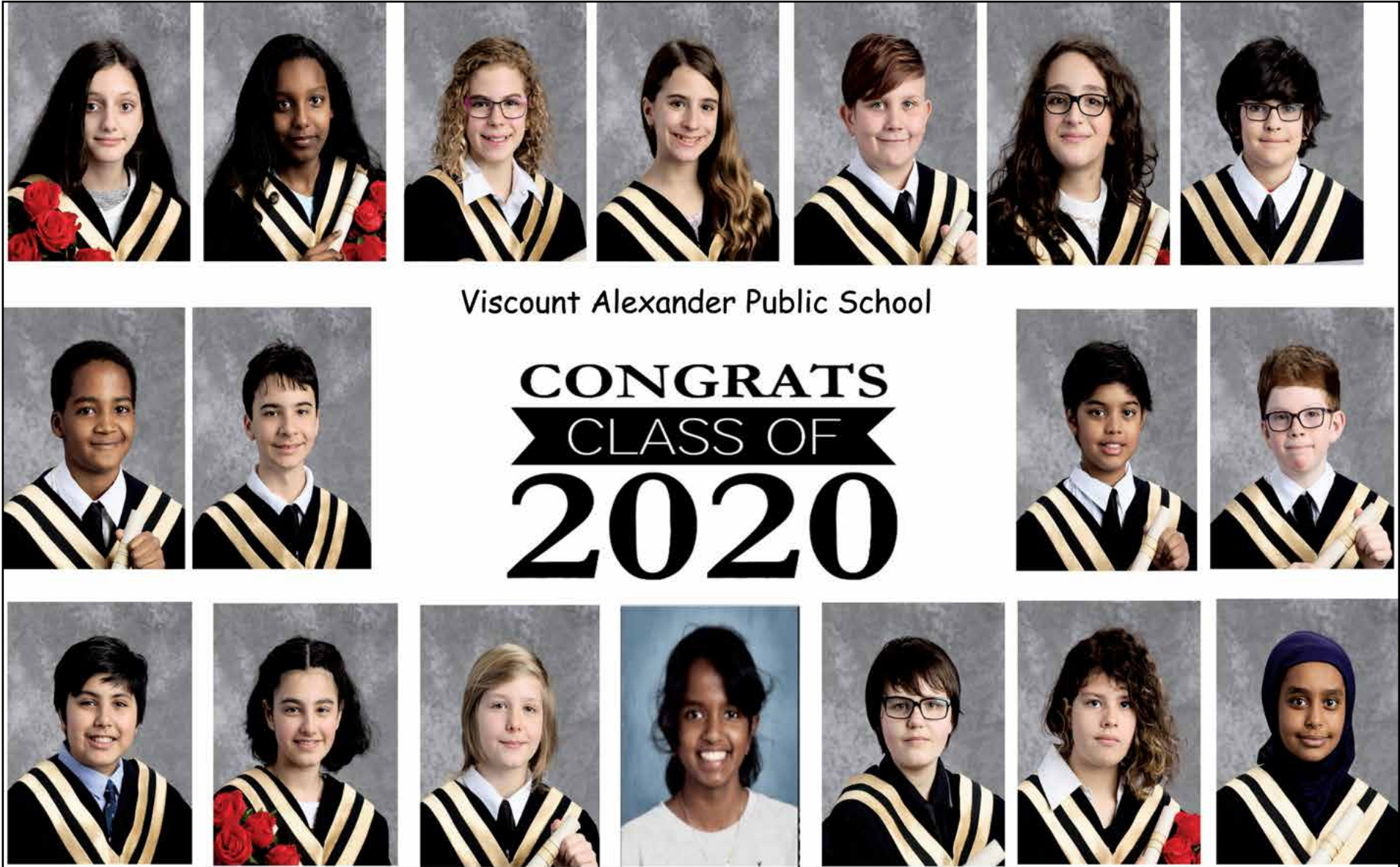
EXPERIENCE THE DENYS DIFFERENCE

BRAVO LES FINISSANTS!

La communauté de la Côte-de-Sable se joint aux parents des élèves de 6ième année de l'École élémentaire publique Francojeunesse et des élèves de 12ième année de l'École secondaire publique De la Salle pour féliciter les finissants et leur souhaiter un bon cheminement dans leurs études ou leurs carrières.

Nous sommes très fiers de nos finissants francophones!





**To the Grade 6 graduating class, Viscount Alexander Public School, from Principal Paul McAnany**

First and foremost, congratulations to the class of 2020! The past year has been filled with moments of laughter, joy, uncertainty and challenge. As you prepare to leave Viscount, I leave you with one last thought to ponder: “Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning” (Albert Einstein).  
I wish all of you the very best in your future endeavours.

*And so do all of us! — Ed.*  
*More news from Viscount Alexander PS on page 16.*



Geese daycare in Strathcona Park, May 22, 2020.      Photo Peter Rinfret

# YES, THE MARKET IS BACK!

Please note that until further notice, we are only offering **ONLINE PRE-ORDERS** and **Saturday PICKUPS**.  
We hope to get back to regular market shopping as soon as possible.  
To order, go to [localline.ca/main-street-market](https://localline.ca/main-street-market) and follow the instructions. It's super easy!

.....

**Every Saturday, May to October, 9 a.m. to noon**  
(times may change, please check our website for up-to-date information)

.....

More vendors are being added each week.  
210 Main Street in the Green Door parking lot.

Ordering is open from **Monday to Thursday** for Saturday pickup.

[mainfarmersmarket.org](https://mainfarmersmarket.org)  
Follow us on Facebook (@mainfarmmarket613) and Instagram (@mainmarketottawa)!



# Action Sandy Hill notebook

April - May 2020

## Annual General Meeting, 2020

Delayed but not cancelled. The Sandy Hill community association's annual meeting will happen online via Webex on Tuesday, June 30 (see notice at left). The meeting will be shorter this year because the MP, MPP and city councillor held a Q&A with Sandy Hill residents at the ASH "virtual assembly" on May 25 (see John Cockburn's report on page 1). This will leave lots of time for you to hear from President Susan Young and committee chairs, then speak up about concerns for the coming year. If you are not one of ASH's 224 members in good standing, the easiest way to sign up is to go to [www.ash-acsc.ca/join-ash/](http://www.ash-acsc.ca/join-ash/), complete the simple form and make an online payment. Your \$8 annual fee brings you a vote at the AGM and regular information about municipal and neighbourhood issues, the neighbourhood skating rink and ASH-sponsored community events such as the annual BBQ, yard sale, One & Only craft fair and winter carnival.

## Police reports

A spike in the number of home break-ins in Sandy Hill was seen early this year—19 from January through March, compared with seven during the same period in 2019.

## COVID-19 response

- Sandy Hill activities of the week. A series of weekly treasure hunts has been posted at the ASH website between April 18 and June 5, devised by creative Sandy Hill residents and intended to help us live through the quiet days of isolation.
- The Centre 454 day program on King Edward at Daly opened for showers, by appointment, as of May 4. The National Gallery has donated Plexiglas sheets to protect staff in the reception area.
- Food deliveries for seniors – In April there was growing frustration over costs

and delays in dealing with Loblaw's on Rideau, which was making more than 700 deliveries per day. In May, a "contactless" and free delivery service for seniors started up through a partnership with Groceries to You/Achats à vous. Any senior or person in financial need able to use the PC Express online order app is asked to use it when ordering, otherwise one can contact the service directly at [achatsavous@gmail.com](mailto:achatsavous@gmail.com) or 613/893-2786.

## Planters and trees

The storm sewer work on Mann Avenue has meant more than 16 trees have been removed from the street's south side. As well, the trees in planters between Chapel and Blackburn, installed as compensation for the lack of green space on the St. Clement church development at Russell and Mann, are expected also to be removed. Their final destination is as yet unknown.—Marilyn Whitaker

Bollards have replaced the planters at Besserer and Nelson; a new planter should be coming soon.



Photo Bob Whitelaw

These signs mark beds and planters maintained by volunteers associated with the Sandy Hill Tree Group. Go ahead: take photos!

# The Sandy Hill Community Response Team is still here to help.

## L'Équipe d'intervention communautaire de la Côte-de-sable est toujours là pour vous aider.

We have volunteers who can help with groceries, errands, dog-walking, friendly phone calls, and offer other support.

Nous avons des bénévoles pour vous aider à faire l'épicerie et les courses, à sortir le chien, à passer des coups de fil amicaux, et à offrir d'autres formes de soutien.



**CALL US / TÉLÉPHONEZ-NOUS:**  
**613-454-5633**





## Town and Gown Committee Campus opening, residences and rentals update

Jan Meldrum

The community and campus stakeholders on the T&G committee met via Zoom on June 10 with reports from our councillor and the University of Ottawa.

Councillor Fleury's short report referenced the second phase of opening of the COVID-19 lockdown to start this week; the closing of Rideau Street from Sussex to Dalhousie which will continue to the fall; and the cancelling of this year's Panda game and thus any associated problems.

U of O President Jacques Frémont noted that discrimination and racism is at the top of mind. The university is continuing to work to end incidents such as carding and going further with anti-racism policies. They are also dealing with mental health concerns for all plus extra support for racialized students.

The campus is slowly starting to open after the COVID-19 closure, starting with some labs and research facilities. This will allow students who were unable to graduate because of closures in March to finish programs and graduate in the fall. The university is working with Ottawa Public Health on necessary restrictions. For the first term this fall 95% of courses will be online. Residences, libraries and food services will be open but student presence on campus will not be necessary.

Housing Service Director Rachelle Clark described the procedures for residences. Starting in September the maximum number of students in residence will be 3100 instead of the normal 4200. The expectation is that not all 3100 will come. Many have the option of arriving for the second term. The July 6 deadline for students to make their choices will allow a better estimate of numbers in residence.

Susan Young, President of Action Sandy Hill, asked that ASH be given the July 6



President Jacques Frémont's campus is dealing with mental health and racism issues, as well as COVID-19 impacts.



ASH director Paula Tchen helped Susan Young clarify neighbourhood concerns.

estimate to help predict apartment rentals in the neighbourhood. It would be a shame to have vacancies in Sandy Hill apartments, many of which are only useful for groups of students, when there is a rental shortage in Ottawa as a whole.

Susan also thanked the university for dedicating a small residence for marginally-housed families and youths who were isolating because of COVID-19.

Marc-Antoine Joly from UO Facilities said that the university is temporarily holding off on long-term residence planning to see whether online courses become more prevalent. The assumption before the lockdown had been that in the long term the university would have 6500 residence beds. The university does have a student housing strategy underway.

A discussion of the effect on Sandy Hill rentals of the sudden drop in students brought up the point again that there would be difficulty in renting the many recently built student-style apartments to non-students. These apartments, designed with several bedrooms and small common spaces, are not suitable for families, singles or couples of any age. This point made by ASH president Susan Young highlights the need for more flexible design of rental units in the neighbourhood.

## Test your memory and IMAG(E)ination

Where have you seen, on your walks around Sandy Hill, the service unit in the photo at right? Let us know and we'll salute you in the October-November IMAGE.

### Last issue's mystery revealed below

The unmissable globe on Adawe footbridge over the Rideau River was identified, once again, by Poonam Varshni. Good luck to all with this issue's challenge (above)!

Photos Bob Whitelaw



## Decision about renaming of Sandy Hill park delayed by COVID-19

Sandy Hill resident Stéphanie Plante is hoping to get the park behind the Sandy Hill Community Centre at 250 Somerset St. East renamed after the late trailblazing Inuit artist, Annie Pootoogook.

During this period when commemorative naming in the City of Ottawa has been put on hold due to COVID-19, Mme. Plante and Action Sandy Hill are seeking anyone who may wish to provide comments on the proposed naming of the park to submit them to stephanie.plante@gmail.com

Since she started her initiative they have received positive feedback from Annie's family and some local residents. Currently, no parks in the City of Ottawa are

named after an Indigenous person. Denise Killick, a retired public servant in the area, sent the following comments on the proposed renaming of the park:

"I fully support this initiative. I met and chatted with Annie many times around our neighbourhood and it was clear that she was very talented. I had no idea she was a famous Inuit artist until she died. I wish you every success in your bid to have the park named in her honour. I can think of no better tribute to her life. Annie will always hold a special place in my heart."

To learn more about Annie's artistic legacy, you can read her profile at the National Gallery here: [www.gallery.ca/magazine/artists/remembering-annie-pootoogook](http://www.gallery.ca/magazine/artists/remembering-annie-pootoogook).

## Lucille Collard

MPP / Députée Ottawa-Vanier



### Looking forward to working with you!

I am honoured and proud to begin my work as your new Member of Provincial Parliament (MPP) to represent the interests and defend the rights of the citizens of Ottawa-Vanier. By working together, we can do better. Thank you for your support!

The Ottawa-Vanier constituency office remains at your service during these difficult times, by email and by phone, to guide you regarding provincial programs and services, as well as local resources which you may need.

Information regarding COVID-19 is available on our website or through our weekly mailout. Sign up directly on our website ([lucillecollard.onmpp.ca](http://lucillecollard.onmpp.ca)) or by contacting our office.

I can't wait to meet you in the community once this crisis is over!

### Au plaisir de travailler avec vous!

C'est avec honneur et fierté que j'entreprends mon travail en tant que nouvelle députée provinciale afin de représenter les intérêts et défendre les droits des citoyens et citoyennes d'Ottawa-Vanier. En travaillant ensemble, nous pouvons faire mieux. Merci de votre confiance!

Le bureau de circonscription d'Ottawa-Vanier demeure à votre service en ces temps difficiles, par courriel et par téléphone, pour vous guider concernant les programmes et services provinciaux, en plus des ressources locales dont vous pourriez avoir besoin.

L'information concernant l'évolution de COVID-19 est disponible sur notre site web ou par l'entremise de notre envoi hebdomadaire. Abonnez-vous directement sur notre site web ([lucillecollard.onmpp.ca](http://lucillecollard.onmpp.ca)) ou en communiquant avec notre bureau.

J'ai hâte de vous retrouver dans la communauté lorsque nous aurons traversé cette crise!

### Contact us / Contactez-nous :

237 ch. Montréal Rd. Ottawa, ON K1L 6C7

613-744-4484 [lcollard.mpp.co@liberal.ola.org](mailto:lcollard.mpp.co@liberal.ola.org) [Lucillecollard.onmpp.ca](http://Lucillecollard.onmpp.ca)



**TO ALL MEMBERS:**

**NOTICE OF DEFERRAL OF THE ANNUAL GENERAL MEETING OF THE SANDY HILL COMMUNITY HEALTH CENTRE**

As the impact of the COVID-19 outbreak continues, Ontario and the City of Ottawa are taking action to ensure the province and city's readiness to contain and respond to a range of outbreak scenarios.

Given that SHCHC is only operating essential services, and given that physical distancing measures will continue to restrict Ontarians' ability to gather in groups of more than ten people, we have determined that holding the Annual General Meeting (AGM) on our usual late June date would not be in the best interest of the public, staff, clients or Board of Directors.

As a result, the SHCHC Board of Directors approved the deferral of the AGM until September 2020. Notification of the final meeting date will be posted in the local newspaper, on our website at [www.shchc.ca](http://www.shchc.ca), and sent by mail to our corporate members at least 30 days before the meeting.

**À TOUS LES MEMBRES :**

**AVIS DE REPORT DE L'AGA DU CENTRE DE SANTÉ COMMUNAUTAIRE CÔTE-DE-SABLE**

Alors que l'impact de la pandémie de COVID-19 se poursuit, l'Ontario et la Ville d'Ottawa prennent des mesures pour assurer que la province et la ville sont prêtes à contenir et à répondre à une gamme de scénarios.

Étant donné que le CSCCS n'offre que des services essentiels, et que les mesures de distance physiques continueront de restreindre la capacité des Ontariennes et des Ontariens à se réunir en groupes de plus de dix personnes, nous avons déterminé que la tenue de l'Assemblée générale annuelle (AGA) à notre date habituelle de fin juin ne serait pas dans l'intérêt du public, du personnel, des clients ou du conseil d'administration.

Par conséquent, le conseil d'administration du CSCCS a approuvé le report de l'AGA à septembre 2020. Un avis de la date de la réunion sera affiché dans le journal local, sur notre site Web à [www.shchc.ca/fr](http://www.shchc.ca/fr), et envoyé par la poste à nos membres corporatifs au moins 30 jours avant la réunion.



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

AWARD WINNING CONTRACTOR –  
RENOVATOR OF THE YEAR

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

**SERVING OTTAWA EAST FOR OVER 20 YEARS**



## Eye on Development

# Demolition, infill and densification

François Bregha

Notwithstanding COVID 19, development proposals continue apace in our neighbourhood. Below are descriptions of two new projects and an update of the City's latest zoning initiative.

### 114 – 122 Russell Ave.

At the request of neighbours, Councillor Mathieu Fleury held a public consultation meeting on May 21 to discuss the proposed demolition of three houses at 114, 118 and 122 Russell Ave. and their replacement by two low-rise apartment buildings. In a sign of the times, the consultation was conducted electronically through Zoom.

The developers propose to replace the two wood-frame houses at 118 and 122 Russell first and the brick house at 114 in a second phase. The two new buildings would contain 14 units each, divided among bachelors, one-, two- and three or four-bedrooms. Four parking spots would be provided at the back. In response to previous comments from the community, the developers have made some changes to the exterior of the buildings to add more brick cladding and bay windows.

Action Sandy Hill asked the developer to consider the adaptive re-use of the brick house on the property, as it is one of the oldest on the street and, if torn down, would be the third on the block whose demolition had been approved. ASH also recommended that the exterior design of the new buildings be more closely aligned with its neighbours in order to echo more the character of the street.

The applications are at the Site Plan Control stage and do not require any zoning or Committee of Adjustment approvals. City staff and the developers said they would review the comments made at the meeting.

### 2 Robinson

This is the property that formerly belonged to the Iranian Cultural Cen-

tre close to the Sandy Hill arena; it is roughly shaped like a quarter pie. The developer recently presented preliminary plans to the community that showed four 28-storey buildings along the pie's circumference (along Lees Avenue) with an L-shaped 9-storey building along the two sides of the pie's point and a large landscaped courtyard in the middle. This mixed-used development would include some commercial space along Lees Avenue and about 1500 rental units, mostly one and two-bedrooms. There would be underground parking for roughly half the units.

Being situated close to the Lees LRT station, this land is in a Transit-Oriented Development zone that mandates minimum densities and allows high-rise construction. Nevertheless, the developer would require a zoning amendment because the current height limit is 20 storeys. While this development is unlikely to proceed before 2021 at the earliest, as a formal application has not yet been filed, it is likely to proceed in phases. Supporting studies have not yet been completed and the project's final design could still change.

### R4 review

R4 refers to the zoning that covers much of Sandy Hill and Ottawa's inner neighbourhoods and allows the construction of low-rise apartment buildings. City staff have been updating existing zoning regulations to modernize them and encourage densification in the city's core. While not opposed to densification, ASH has argued strongly in favour of zoning rules that would support a mix of housing types rather than more of the apartments that have recently been built designed primarily for students (some 2250 bedrooms in both mid- and high-rise rental units added in the past decade with another 650 approved but not yet built). The City's Planning Committee was originally supposed to consider the staff's proposals in May but this item has now been pushed back to the fall. You can read Action Sandy Hill's detailed comments and recommendations at [www.ash-acsc.ca/the-future-of-zoning-in-sandy-hill-ashes-position/](http://www.ash-acsc.ca/the-future-of-zoning-in-sandy-hill-ashes-position/).

## Tis the season....for infrastructure renewal

Photos by Bob Whitelaw



As the new water and sewer work on Mann Avenue and Range Road continues, the past meets the future. A pile of old pipes is dumped at the roadside while the new pipe waits for the installation. The plastic pipes are designed to be in use into the next century. Work on the streets is expected to continue until the late fall.

Right, top — The end result will be an improved turn at the corner.

Right, below— Workers digging the Mann Street trenches at Blackburn Ave. found a number of very large boulders in their way. The rocks were a surprise to the workers and not expected in Sandy Hill.





Business Newsbites



Photo Bob Meldrum

**Landlord issues, not COVID.** Readers may have enjoyed the Friday the 13th article concerning The Tattoo Machine on Mann Avenue in the last IMAGE. Recently it was a shock to see the store cleaned out. Had COVID caused another casualty? The answer is No. The Tattoo Machine is relocating because of their inability to come to terms with the Sandy Hill landlord. They wanted to stay in Sandy Hill but were unable to find suitable premises. We will miss them on the next Friday the 13th. —Bob Meldrum



Photo Kathleen Kelly

**Safi Fine Foods** is returning to Sandy Hill! Mohamed Ali Abdo, the Operations Manager will be re-opening his establishment in the commercial space at 296 Somerset Street East (near Russell), currently under construction (photo above) with completion scheduled for end-October 2020. Look forward to resuming your shopping at Safi's in November-December 2020. —Kathleen Kelly



Photo Christine Aubry

**Working Title Restaurant AND Bakery:** Rolling with the pandemic punch, the Working Title kitchen at Chapel and Laurier East has acquired a proofer (a warming chamber used in baking) and welcomed baker Cyril Pruvost (above) to its team. Pruvost, who hails from Cannes, was obliged to close his Gatineau bakery this spring as a result of the COVID-19 shutdown. Gatineau's loss is Sandy Hill's gain: you may now visit Working Table between 8 and 11 a.m. for a croissant or pain au chocolat or brioche with your coffee, or to take out a fresh baguette and other varieties of bread. Then from 11:30 am – 10 pm, the place turns into a full service restaurant, offering lunch, dinner and takeout meals. For reservations email workingtitle@allsaintsottawa.ca. — Jane Waterston



For all COVID-19 updates visit [mathieufleury.ca](http://mathieufleury.ca)  
Pour les mises à jour sur le COVID-19 visitez le [mathieufleury.ca](http://mathieufleury.ca)

Version française disponible en ligne au [mathieufleury.ca](http://mathieufleury.ca)

**Essential food services continue despite COVID-19 closures**

Earlier this month we held another successful Strathcona Heights pop-up food bank. With more than 45 people using this bi-weekly service to the community, it is clear that access to food continues to be a need. At the beginning of this period of a state of emergency, it was essential for us to ensure our food banks and other community food programs continued. We have been able to host four pop-up food banks in Strathcona Heights, a large community south of Mann Avenue in Sandy Hill.

These efforts began when St. Joe's parish had to suspend its services in Strathcona Heights during the early days of the pandemic. In response, my office, with the help of local organizations and support from the Ottawa Food Bank, created the Strathcona Heights pop-up food bank to keep residents healthy and safe during the COVID-19 period.

I am happy to say St. Joe's parish was able to resume its operations for the community. For a neighbourhood typically described as a "food desert," this service was essential.

It is thanks to the many community partners in our neighbourhood (Ottawa Community Housing, Sandy Hill Community Health Centre, the Parent Resource Centre, St. Joseph's Parish, and City resources) that this pop-up became a reality. Furthermore, I am committed to establishing an expanded food bank service in Strathcona Heights to allow consistency in food security in Sandy Hill through the evolving Strathcona Heights Community Hub. This Hub will be critical in ensuring coordinated delivery of services in the Strathcona Heights community.

Physical distancing has completely changed the way we access our groceries and leave our homes. Now, after three months of physical distancing, we see how this crisis can impact anyone. While our ward's food banks currently see the highest use, it has become evident that many people who now need to rely on them may not already be connected to these vital organizations.

The Ottawa Food Bank is providing food to these smaller food banks; they need support to do so. For those who are able to do so, please donate to [ottawafoodbank.ca](http://ottawafoodbank.ca).

Anyone in need of food services can contact 211 to connect with their local resources.

**MATHIEUFLEURY.CA / 613-580-2482**  
**@MATHIEUFLEURY / MATHIEU.FLEURY@OTTAWA.CA**



**Molly & Claude**  
TEAM

**Hoyle**  
SALES REPRESENTATIVE

**Jobin**  
REPRÉSENTANT DES VENTES

**ROYAL LEPAGE**  
Team Realty  
Independently Owned and Operated, Brokerage

**claudejobin.com 613.804.7979**





**Are you struggling with Pain,  
Strength or Movement issues?**

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

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

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

Book an appointment  
today  
  
613.680.3993 or  
ChartierPhysio.ca



1-305 Wilbrod Street (next to Happy Goat Coffee Co.)  
[chartierphysio.ca](http://chartierphysio.ca)

**Pandemic Post**  
**Stage 2 Reopening at last**

**Nothing lasts forever:** This is a phrase that we hear often. It is true for us – we are very happy to announce that **Chartier Physiothérapie** reopened its doors to the public on June 8 for physiotherapy and massage therapy services.

During the last few months, we have been busy seeing patients virtually, to help them with symptoms ranging from stress to back or neck pain. During the COVID-19 period, exercises and movement are more important than ever for your physical and mental health. This is why we have posted on our Facebook page and website some key exercises and strategies to help you during these times.

We worked hard to make sure the clinic was ready for June 8 and to have all the protocols in place. Not only are we very excited to have clients back in the clinic, but we are pleased to welcome a second massage therapist, with 24 years of experience, to the team! Visit our website and Facebook page to learn about the clinic.

I would like to take this opportunity to also thank the community for your support and trust in our services. We are now open and would love to hear from you. Don't hesitate to contact us for any health questions, and we will do our best to help you. We take pride in being able to offer quality services. —*Nathalie Chartier*

**Brooklyn Hair** at 115 Mann Ave. is reopening! Adhering to health and safety rules, owner Qué Luong will only take clients with appointments (absolutely no walk-ins!). You may phone the salon at 613-565-1160 or send a private message on Brooklyn Hair Facebook page to arrange your appointment. Clients are required to wear their own face mask upon entering the salon and must leave the mask on during the appointment and wash hands or use hand sanitizer which will be provided. Qué will be wearing a mask, shield and gloves and each station will be sanitized after every use. —*Kathleen Kelly*



Photo Christine Aubry

**The Working Title Kitchen & Café terrace** is now open! Business Manager Leanne Moussa (forward centre), Chef Nena Ago (forward left) and Office Manager Prapti Jensen (forward right) look forward to seeing you there. For business hours, reservations and menus visit [www.workingtitleottawa.com](http://www.workingtitleottawa.com). — *Christine Aubry*



**How to Sell  
During a Pandemic**

By **Judy Faulkner,**  
Broker or Record / Owner



For most of us, selling our home is the largest and most important business transaction we will ever make.

In normal circumstances, the experience can be stressful. Throw a novel coronavirus pandemic into the mix and suddenly you're dealing with a whole new emotion: fear.

The real estate industry, deemed an essential service in Ontario, has quickly modified business practices to meet health and safety standards to prevent the spread of COVID-19. Take Faulkner Real Estate, for example. It made sure everyone was protected when it helped clients who needed to put their house on the market this spring as part of a military relocation.

Faulkner Real Estate screened prospective buyers carefully to determine if the home was a good match and if they were pre-qualified for financing before viewing.

The residential brokerage made sure interested buyers signed documentation that ensured they were in good health and that had them agree to the terms and conditions of the showing, such as the wearing of facial coverings, sanitizing of hands and maintaining a minimum six-foot distance at all times. Up to two people, accompanied by a realtor, were allowed to access the home at any one time.

All interested buyers, save for one, accepted the recent house inspection report supplied by seller.

This minimized the amount of time the sellers had to stay outside their home and also resulted in a quicker sale. The house sold, unconditionally, within six days, following 35 showings and 17 offers.

Not surprisingly, the number of homes sold fell dramatically in April due to worry and uncertainty surrounding the global pandemic.

On the bright side for sellers, prices were up in Ottawa due to low inventory, pent-up demand, and historically low interest rates. The Ottawa Real Estate Board (OREB) reported year-to-date figures showing a 15.1 percent increase and an 18.5 percent increase in the average sale prices for residential properties and condominiums, respectively.



*Faulkner Real Estate is keeping its clients safe during the pandemic while helping them sell their homes, such as this property at 275 Second Avenue in The Glebe.*

**Tips for selling one's home include:**

- Consider where you will pass the time when showing the house, as there are fewer places to go during the pandemic. Options include visiting a park or going on a car ride. Be sure to bring snacks and activities for young members of your family.
- Have cleansers on hand to sanitize areas of the house that can be contaminated, such as door knobs, cupboard handles, light switches, taps, and handrails on stairs. By grouping showings into one timing block, it will reduce the number of times you will need to re-sanitize your home.
- The use of eye-catching photos and/or videos to promote a house is a must, especially with open houses now prohibited.



# Sandy Hill’s COVID-19 response team

Neighbours help neighbours

Kathy Moyer

When the Sandy Hill Community Response Team launched its “friendly neighbours” support service on 27 March, it was against the backdrop of newly unfolding self-isolation restrictions and looming threats of enforced lock-downs, potential food scarcity, and overstretched health care services. Now, a few months in, with the talk of “road maps” and phased re-opening filling the news, their approach appears to have reaped benefits.

Nancy Johnson, one of the first women to request support, has lived in Sandy Hill for 15 years. Nancy made contact with the team after her friend saw a poster in her apartment building. Soon, she was matched with two volunteers for groceries and prescription pick-ups.

Nancy recalls that “It was hard to know what situation you were facing at first when you were being told to stay at home. It’s a learning process for everybody and I didn’t feel good about going into a grocery store. Having somebody being able to deliver groceries right to my door made me feel much more secure.”

While the team was initially inundated with a flurry of diverse concerns (from pandemic-specific questions to inquiries from neighbours seeking to navigate the myriad of government initiatives), their main focus has been to use a “buddy” system to match volunteers with more than 30 individuals requesting support. The pairs then work together to create a solution to fit their specific situation—and hopefully create a friendship and sense of community as a result.

In Nancy’s case, Klaus, a volunteer, only picked up her groceries for a short time before she decided she was comfortable organizing curbside pick-up herself. Other grocery services are ongoing. Sandy Hill resident Deborah Cowley, 83, receives a weekly delivery from volunteer Mary Clark. “Mary usually calls me on Monday and [I] send her a list. She’s wonderful. She obviously knows what I like and we like the same things—like chocolate chip cookies,” Deborah says.

For Mary, the call for volunteers came at a good time: “My husband and I had been looking for some different volunteer opportunities [and] I liked the idea of help-

ing someone nearby. It’s enriching for me, too, because I get to know someone in the neighbourhood [and] it’s interesting to meet someone outside your circle. It’s almost like having a penpal because we’re exchanging emails here and there.”

Deborah was “delighted” when Mary called because it meant she got to know someone new in her neighbourhood—although it does feel a little unusual, she adds. “Right now [Mary] just parks in the laneway and we have a short chat in the morning. I look forward to knowing her better when I can invite her in for dinner.”

About 75 volunteers have responded to the team’s initial call to action. France Girard initially offered to help because she lives on her own and her work, which depends on face-to-face contact, was disrupted. So, when organizers asked if she needed any assistance, France “re-imagined” her experience with an after-school reading club and decided to request a volunteer reader. France was paired with Clara, a high school student, who chose a book having enjoyed the author’s previous novels. They soon found the story was set during the Black Plague. Undaunted, they continued, and enjoy chatting on the phone for about an hour twice a week—reading, discussing the themes, and catching up with how each are doing. They are committed to finishing the story, although it may take a bit longer as current restrictions are eased.

The Sandy Hill Community Response Team hotline remains open with the group of 10 core members responding to any new requests. That includes a number of members of Action Sandy Hill (ASH), the local neighbourhood association.

The team is also reviewing next steps, including the feasibility of expanding the services offered and asking what comes next—during the pandemic recovery and after. They would love to hear your thoughts about whether there’s value in continuing this “buddy system” response team into the future. You can share your opinion by emailing [sandyhillcovid19@gmail.com](mailto:sandyhillcovid19@gmail.com).

Deborah, for one, hopes “that when this is over someone will have the initiative to turn this volunteer group into an ongoing thing.” There are several successful examples of neighbourhood volunteer groups both in Ottawa and around the world, including Washington, D.C. and Tokyo, Japan. Watch this space!



WORKING  
TITLE  
KITCHEN BY: all seasons

take-away  
delivery  
+ terrace

MAINS

Muhammara Grilled Chicken Thighs with Israeli couscous, peas, mint and parsley

17

Beef Kofta with cucumber, pomegranate, yogurt, grilled cauliflower, za'atar *[gluten free]*

19

Marinated Seared Albacore Tuna with pickled plums, yuzu, asian slaw *[gluten free]*

21

Grilled Halloumi *[vegan option]* with grilled radicchio and endive on a bed of greens, pomegranate, citrus dressing, sumac, pepitas *[gluten free, vegan option]*

21

Soba Noodles with Braised Pork Belly or Tofu seasonal vegetables, kimchi, pickled carrot *[vegan option]*

17

Classic Burger with 7 oz. house-made patty on an artisan bun, cheddar, lettuce, tomato, pickle + house-made WT sauce served with kettle chips

17

Sweet Bacon Melt Burger with 7 oz. house-made patty on an artisan bun, bacon, cheddar, spinach, compressed apple and pickled shallot mayo served with kettle chips

19

WT TERRACE-IN-A-BOX

WINE + CHARCUTERIE-in-a-Box includes red, white or rose wine with charcuterie board, Chef's selection of artisan meats, cheese, condiments, crostini and a deck of cards *[gluten free option]*

62

COCKTAIL PARTY-in-a-Box includes 10 oz of negroni mix with dip board of muhammara, walnut pate, beet root hummus, pickled vegetable, candied nuts and toasted za'atar pita *[vegan, gluten free option]*

82

BBQ-in-a-Box includes four local craft beer, six sausages from Seed to Sausage ready to grill, house made sauerkraut and mustard, buns and Asian slaw

78

workingtitleottawa.com

DAILY 5-9 PM | 330 LAURIER AVENUE EAST | 613.230.3336

## Changing protocols

Loblaws line-up, April 21

Photo Denise Killick

Loblaws line-up, June 10

Photo Bob Meldrum

Photo David Elden

Photo Christine Aubry

The Adawe Crossing at rush hour, April 2 and June 10



Pandemic Post

# Sandy Hill Somali mothers feed front-line workers

Martha Milne

In remarkable times, remarkable people often get busy. Six Somali mothers living in Strathcona Heights are just such remarkable people. These women, with six Somali women from other Ottawa neighbourhoods, have been feeding COVID-19 front-line workers using the ingredients listed above.

With the help of Somali youth, meals have been delivered twice to workers at the Montfort Hospital, the Civic and General hospitals, and twice to Brewer Park's COVID-19 assessment site and to Ottawa Public Health workers on Constellation Drive. In total, 2,000 meals have been prepared by this hardworking group, while practising strict hygiene and social distancing, and fasting for Ramadan from daybreak to sundown.

The meal preparation initiative was instigated by Ruweida Shire, a Strathcona Heights neighbour and president of the Daryeel: A Youth and Seniors Serving Centre. Volunteers at Daryeel came up with a workable plan.

From 7 a.m. to 11 a.m., "we cooked in our own homes and then delivered the food," explained Ruweida. "Our youth helped us get the ingredients and with the deliveries too."

- 20 kilograms of rice
- 15 kilograms of chicken
- Chickpeas
- Potatoes
- Flour
- Spices
- 200 samosas
- 200 Somali sweet buns
- Somali chai tea
- Buckets of Energy
- Hearts full of Generosity



All the food was donated by local Somali businesses and individuals. The Shafie Food Centre, on Russell Road, and Alta Juba Supermarket, on Albion Road, both donated halal chicken. Alhuda Restaurant, a Somali restaurant on Bank Street in Alta Vista, contributed samosas and rice. Individuals in the community also donated rice and other ingredients. The buckets of energy that made this project a resounding success were given happily and voluntarily.

What prompted Ruweida and her team to take on such a huge undertaking?

"I know a lot of people at the hospitals. We wanted to do something," said Ruweida. "A lot of these front-line workers are mothers too. The workers in the hospital need to know we want to help. They need to know we are praying for them and that they are not alone."

The gratitude expressed by the workers when the food was delivered was heartwarming. "One lady at the General Hospital cried when she saw the food. She couldn't believe it," said Ruweida. "They were so happy."

Ruweida agreed to share the story of these remarkable women and their gift of food only after understanding that this "good news story" would help others during these pandemic times. "In our religion, whatever we give or do for others, we don't show off," said Ruweida.

"The giving comes from our hearts." Hearts full of generosity!

# Sandy Hill resident Susan Korah helps get information to vulnerable people

June Coxon

In addition to her regular freelance writing assignments Sandy Hill resident, journalist Susan Korah is using her communication skills to help some of the world's most vulnerable people. She is participating in a project aimed at addressing a serious gap in worldwide public health communications—spreading important health information to a group that seems to have been forgotten during the COVID-19 pandemic.

In conjunction with Swedish journalist Nuri Kino who initiated the project, Korah helped produce a You Tube video designed for the benefit of refugees, migrant workers and other marginalized people who have not mastered the language of their country of residence and so have limited or no access to essential health information coming from mainstream media during the COVID-19 crisis.

"When my friend Nuri Kino asked me to help him I readily agreed, because the project is such a kind, thoughtful act and I saw the value of it for Canada, which has such a diverse population of newcomers. I was happy to search for suitable people within my own network of international contacts," Korah explained.

One of Korah's contacts is Ottawa's internationally acclaimed opera singer Polish-born Maria Knapik. She joins 15 celebrities from other countries, delivering a message on this Tellcorona Campaign video in their own language on how to help stop the spread of the

pandemic. Korah also secured the participation of well-known Mexican musician Lazaro Valiente. Their messages can be shared on cell phones, through WhatsApp and on other social media platforms. You can also watch the video on this website: tellcorona.com

In a recent article written by Korah for online magazine *Convivium*, Maria Knapik explained why she so willingly took part. "It's an important humanitarian project," she said, "and I'm happy to participate. Helping the most vulnerable has been important to me all my life. When I was a child and used to perform with my sisters all over Europe,... we sometimes gave benefit concerts for orphans. I was moved by the children's gratitude, generosity and kindness."

To find out more about this video initiative read Susan Korah's article: [www.convivium.ca/articles/the-high-c-campaign-against-covid-19/](http://www.convivium.ca/articles/the-high-c-campaign-against-covid-19/)

In addition to being shared with Ottawa groups working with the target audience, the Tellcorona Campaign video is featured on the European Union's migrant integration website, noting that it is one of the "best practices." The Polish Embassy in Ottawa has shared the video on its Twitter account along with a recommendation too.

So far about 100,000 people from Sweden, Canada, Lebanon, Germany, Somalia, France and Afghanistan watched the video from the website and one million have viewed it on Facebook.

*Below — Ottawa opera singer Maria Knapik helped deliver the health message in Polish.*



Photo Dorota Wnuk

PHARMACIE

CAMPUS

PHARMACY

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

613-563-4000

Welcoming the entire Sandy Hill Community

Les résidents de la Côte-de-sable sont bienvenus

POUR TOUS VOS BESOINS PHARMACEUTIQUES....

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

FOR ALL YOUR PHARMACY NEEDS ...

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

et **Plus!**

and **More!**

Interac • VISA • Mastercard • American Express

Lundi-jeudi 8h30 - 20h00

Mon-Thurs 8:30 - 8:00

Vendredi 8h30 - 19h30

Friday 8:30 - 7:30

Samedi 10h00 - 17h00

Saturday 10:00 - 5:00

Dimanche 10h00 - 14h00

Sunday 10:00 - 2:00

MARIE CURIE

SOMERSET E.

KING EDWARD

100 MARIE CURIE

www.campuspharmacy.com

Sandy Hill's neighbourhood Early Learning Centre

Bettye Hyde Cooperative Early Learning Centre

For children 18 months to 5 years.

Please be in touch to arrange a visit.

Now compiling a waiting list for 2020-2021.

To better serve our community:

New extended hours 7 a.m. to 6 p.m.

Pour enfants de 18 mois à 5 ans.

Prenez rendez-vous pour nous visiter.

On dresse actuellement la liste d'attente pour 2020/21.

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

www.bettyehyde.com

bettyehydeottawa@gmail.com

613.236.3108

FATHER AND SONS

SERVING SANDY HILL SINCE 1967

112 Osgoode St. (at King Edward)

613-234-1173

We welcome students and the Sandy Hill community for:

**breakfast, lunch and supper.**

7 days a week.

TAKE OUT MENU AVAILABLE

FREE wireless access

www.fatherandsons.com



# Pandemic parties

Betsy Mann

“Zoom, Zoom.” Up to about two months ago, when I heard those words, my mind’s eye showed me sleek, sporty Mazdas hugging the curves on a mountain road or racing ahead in the passing lane on flat straightaways. My mind’s ear played the associated soundtrack which reverberated with revving engines, followed by a boy’s almost conspiratorial whisper, “Zoom, Zoom.” Like so many things in our world, those old associations have been replaced for me with a whole new reality, COVID-19 oblige.

Now “Zoom” has turned into an adjective, a verb and a noun, as in, “I had a Zoom meeting this morning and I’m Zooming again this afternoon. One more Zoom and I’ll be going cross-eyed!” The new image in my mind’s eye is a grid of rectangles on a computer screen, each occupied by the head and shoulders of someone I may or may not have ever met. I am reminded of a row of glass cases containing portrait busts in some gallery of ancient Greek sculpture.

The soundtrack associated with the new Zoom universe is neither as loud as the revving engines nor as soft as the whispered aside from that old Mazda TV ad. From time to time, when a thin green line surrounds a case in the on-screen portrait gallery, a bust starts speaking, or at least making some sound. Voices I may or may not recognize talk in turn, or they talk over one another until someone wins and takes the floor. What’s the etiquette here? When will my turn come? If the red microphone at the bottom left has not been clicked, household noises intrude on the soundtrack: dogs bark, children ask for homework help, and spouses announce they too have a Zoom and the wi-fi is getting overloaded. More intimate sound effects like flushing toilets and exclamations about dirty diapers can sometimes break through unmuted.

Visual effects may also be surprising. We are far from the carefully orchestrated speeding Mazdas, with their rehearsed laughing drivers. Not that users don’t try to curate their look. The busts in a Zoom gallery display themselves in front of a wide variety of backdrops. Some artfully arrange a décor of neat bookshelves, suggesting an erudite and business-like atmosphere. Others attempt to achieve an impression of order by placing themselves in front of a suspended white bedsheet. This fools no one as to the state of what is behind the sheet, but at least it protects privacy. Still others appear before a beach or mountain landscape, photos that suggest nostalgia for a long-ago vacation spot. Admittedly, these glimpses of nature can soothe the soul in a world sheltering in place indoors; however, they have an un-

fortunate habit of swallowing up portions of the bust should the subject relax and lean back. Since the effect of a headless torso tends to be disconcerting and can distract from the purpose of the Zoom, the use of such natural backgrounds remains controversial. Even more distraction occurs when one of the busts in the grid abruptly steps out of its rectangular case, leaving behind an empty chair. What pressing business called? Were we boring? Sometimes, a whole rectangle goes black or disappears entirely. Either the spouse’s Zoom meeting took priority or the neighbours all started watching Netflix at the same time, and the wi-fi failed. Will the bust reappear? Has the person definitively “left the meeting”?

The Mazda “Zoom, Zoom” never moved me to purchase a sports car, but I’ve come on board with this new Zoom. Without it, how would I have been able to respect isolation requirements and still greet my two colleagues to their faces while they showed me the contract and work plan for upcoming training workshops? How would I get to hear the writers in my memoir group read aloud their reflections on the big and little events of their lives—a much more complete and meaningful experience than merely receiving their texts by email? How would my book club be able to safely gather for a discussion of our current book? These five fellow readers are not mere busts in a gallery; they are familiar faces that I have known for over 35 years. Our friendships began when we were all members of the Sandy Hill Babysitting Co-op and we looked after each other’s children. Naturally, our Zooming includes a check-in about the well-being of our adult children and their families too. Seeing and connecting with these friends reminds me that I am deeply rooted in a community.

And then there are our Family Games Nights on Zoom, every second week. My sister in Toronto chooses the game and sends out the invitations to the 14 potential participants. The invitations arrive in locations stretching over 15,000 km from Townsville, Australia, through two cities in BC, to Toronto, and finally to us in Ottawa. I’ve seen more of my sisters, nieces and nephews in the last six weeks than in the last six years! We have played ‘Two truths and a lie,’ and Slang Teasers, but Pub Quiz Night with its trivia questions has been the favourite so far. Points do not count, but laughter does. Elaborate masks and whimsical hats, while optional, are generally appreciated. The faces on my screen are no anonymous busts but a gallery of dear family portraits. I look at the grid of rectangles on my computer and know that the virtual universe that has blossomed in the time of pandemic can make physical distancing and social isolation disappear.

Zoom, Zoom.



Photo Paula Kelsall

## Dining out . . . at home

Paula Kelsall

At first, we just wanted to stay healthy. But when we had made our peace with staying home, or staying two metres away from everyone we knew, and when we had made ourselves some face masks and figured out how to get our groceries, we began to think about how nice it would be to eat something that had been prepared by someone else, once in a while. We remembered the local businesses that have prepared so many tasty meals for us over the years, and that still need to pay their bills.

We’re still not eating takeout too often. When we do, we order lots, so there’ll be leftovers. We take advantage of the new provincial rules to order beer and wine as well when we feel like it, to save ourselves a trip to the LCBO and to help the restaurants make a profit. And as much as possible, we pickup our own orders, so the restaurants aren’t splitting their profits with a delivery service.

We have discovered the joys of sharing a meal with friends, using a video chat app like FaceTime or Zoom. We’ve shared notes on meals from different restaurants, along with the news of the day, from the comfort of our respective dining rooms, and felt much less alone in the world. Now that the warm weather is here, maybe groups of five or fewer will be gathering with their takeout containers in backyards around the neighbourhood, for actual face-to-face conversation over restaurant meals. If this sounds good to you, here are some local kitchens to keep in mind —

**Cadena Spanish Café, 323 Somerset St. E.** We have loved their Spanish style shrimp, their sandwiches and their tortilla española for some time now, but the pasta with salsa española (tomatoes, arugula, chorizo, eggplant and anchovies) that I watched a friend eating on my computer screen a few weeks ago, looked so amazing that I know what I’ll be trying next time we drop in on Cadena.

**Cumberland Pizza, 152 Nelson St.** Our neighbourhood’s oldest pizzeria is

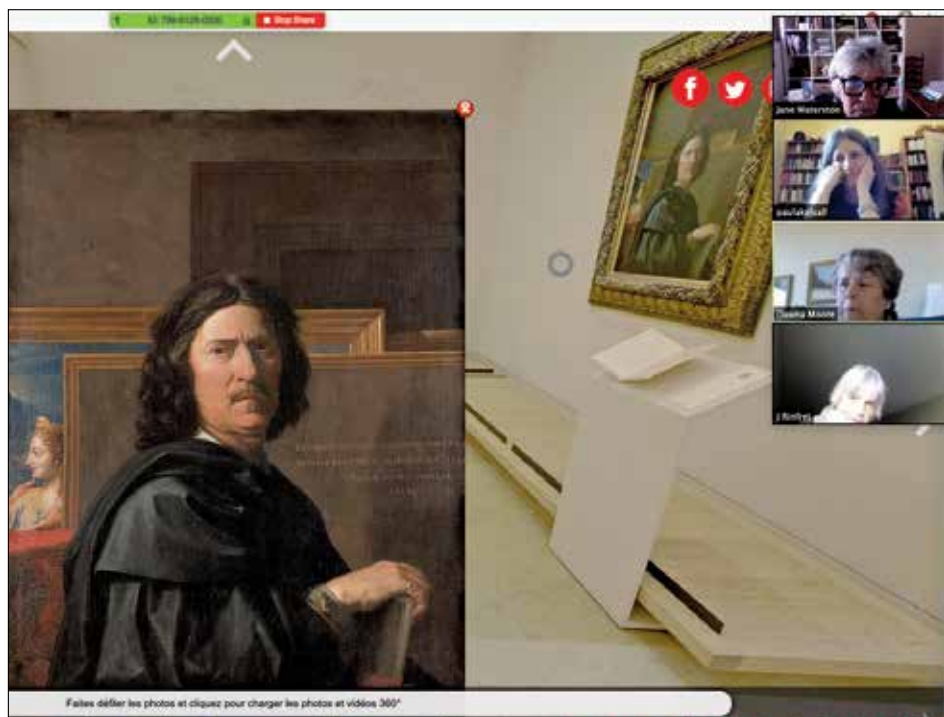
missing its ebullient flower baskets this year, but it’s still open when you need a comforting wedge of chewy crust, gooey cheese, and the toppings of your choice, all lavished with oregano. Delight the teenagers in your house with leftovers for breakfast!

**RamaKrishna, 417 Rideau St.** It’s really fun to peruse the very extensive menu of this restaurant that’s replaced the Sitar, and it’s worth bearing in mind that Indian food makes great leftovers, so you can feel good about ordering an extra dish or two and trying lots of things. Vegetarians will appreciate the creative ways this place prepares the chewy cheese called paneer, and we all love the butter sauce that RamaKrishna lavishes on many good things besides chicken.

**Shawarma Palace, 464 Rideau St.** Rounding the corner from Chapel onto Rideau one night on my way to pick up a couple of platters, I encountered a neighbour carrying an insulated picnic bag, coming the other way. “Shawarma Palace, right?” he said with a knowing smile. It seems that many of us rely on the garlicky goodness of hummus and chicken shawarma to bring joy to a humdrum dinnertime.

**Si Señor, 506 Rideau St.** Here’s a restaurant that was an old hand at takeout even before the pandemic. Their burritos are a well-rounded meal – rice, beans, tomatoes, coriander, cheese and tender meat of your choice – in one delicious, if messy bundle. Served with a friendly smile and a choice of homemade salsas: the habañero is fresh and zesty.

**Working Title Kitchen & Café, 330 Laurier Ave. E.** was quick to offer an online order form, along with free delivery in our neighbourhood, when restaurants had to close. Their succulent short ribs, and the rich, creamy polenta that came with it, provided a memorably comforting meal during the early days of the pandemic. The café’s summer menu includes a large and beautiful potato salad with sun-dried tomato pesto that you’ll want to try with any of their main courses. And of course, a box of Working Title cookies is an unbeatable dessert investment.




Four neighbourhood friends visit the Louvre together in May, via a Zoom screenshare.

Computer Support  
service@k1n7t6.ca  
613 / 241.5733

VAR-UP CONSULTING





**SIVANANDA  
YOGA  
VEDANTA CENTER**

New yoga centre in Sandy Hill/  
Lowertown Area!

Come enjoy the teachings of  
traditional Hatha Yoga and learn about  
the 5 points of yoga: Proper exercise,  
proper breathing, proper relaxation,  
proper diet, positive thinking and  
meditation.

- Hatha yoga classes
- Meditation courses
- Yoga philosophy workshops
- Vegetarian cooking workshops
- and much more!

View our online programme at  
[sivanandacanada.org/ottawa](http://sivanandacanada.org/ottawa)  
366 Rideau Street (just across the Loblaws)  
(343) 551-9698  
E-mail: [ottawa@sivananda.org](mailto:ottawa@sivananda.org)  
Follow us - FB: Sivananda Yoga Centre Ottawa  
- IG: [sivanandacentreottawa](https://www.instagram.com/sivanandacentreottawa)

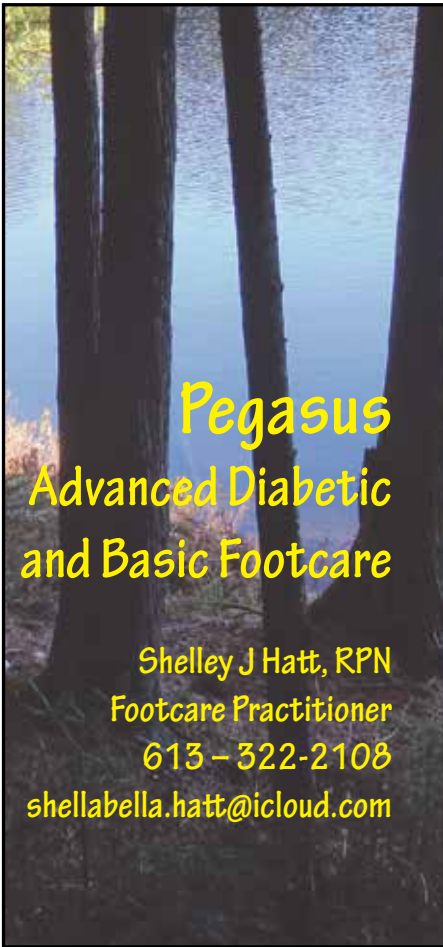


Le Service à l'enfance Aladin offre des  
services éducatifs à l'enfance à l'école  
Sainte-Anne, au 235 Beausoleil.

Nous offrons nos services en français  
aux familles de la ville d'Ottawa. Nous  
avons des programmes éducatifs de  
qualité pour les enfants de la naissance  
à 12 ans, du lundi au vendredi, à  
l'année longue.

Pour de plus amples informations,  
SVP contactez-nous à  
[steanne@aladin.services](mailto:steanne@aladin.services) ou visitez  
notre site internet à

[www.aladin.services](http://www.aladin.services)



**Pegasus  
Advanced Diabetic  
and Basic Footcare**

Shelley J Hatt, RPN  
Footcare Practitioner  
613-322-2108  
[shellabella.hatt@icloud.com](mailto:shellabella.hatt@icloud.com)

Pandemic Post

Virtual childcare to  
the rescue:  
Bettye Hyde  
on YouTube

Christine Aubry

Can you imagine having to entertain 39 children, between the ages of 18 months and 5 years, *virtually*? When the Government of Ontario ordered the closure of schools and daycare centres as of March 23rd, the staff and Board of Directors of Bettye Hyde Co-operative Early Learning Centre here in Sandy Hill decided immediately that they would do everything they could to support families—this meant offering credits or even refunds, and finding as many ways as possible to stay connected with the children and their caregivers.

With parents having to juggle working from home with child care and perhaps home schooling older siblings, flexibility was key. Bettye Hyde staff quickly created a YouTube channel so that the children and their families could see the familiar faces they miss whenever it was convenient for them. The channel features educators reading stories, singing songs, and guiding activities like crafts, exercising and even cooking.

One parent told Director Janet LeBlanc that her child watches educator Lisa tell the story of Baby Beluga at least 20 times a day—providing welcome respite for a busy parent, no doubt, but also repetition, which is key to early childhood development.

Staff also navigate Zoom meetings with the different age cohorts several times a week (including French circle time and the weekly Seeds of Empathy circle where the children have the opportunity

to see a baby grow during the first year) and parents can request one-on-one teacher time for their child, for a quieter, more personal connection.

All of this has kept the educators busy, and on the payroll. Even the cook, Liz, has changed hats and become invaluable with her technical knowledge and support. Staff have also been making the most of an empty building to catch up on some organizing and tidying.

Keeping the staff employed was never in question. The Board of Directors even honoured the contract of a new hire, who joined the team the very day they had to close the doors of the building. Janet is very grateful to Bettye Hyde's bookkeeper for working hard to research the different financial support measures, and to former Director Cindy Mitchell who had ensured that Bettye Hyde had a solid business model and could endure at least 3 months of forced closure.

The question on everyone's mind of course, is how long can this continue, and what will the future look like? Early Learning Centres are in some respects ahead of the game because they already had strict protocols in place for sanitation and monitoring illness. But there will no doubt be challenges, especially in September when they would normally welcome a whole new cohort of children within a short period of time.

In the meantime, the staff are staying



Violette with her mom France-Pascale and dad Craig look forward to the reopening of Bettye Hyde ELC. Meanwhile, Zoom has helped them keep in touch with teachers and friends (below).



positive and even finding ways to celebrate. Since the annual Mother's Day and Father's Day picnics can't take place, they are holding a virtual family party in between the two dates.

There will be much to be thankful for when life returns to normal, including the joyous sound of children's laughter coming from the corner of Osgoode Street and Blackburn Avenue.

Reducing the pandemic burden on Canadians

Michael L.W. Barnes

There was a disturbing blindspot in the 2006 Canadian Pandemic Influenza Plan. It said, "Unfortunately most community-based measures under consideration, including the widespread use of masks, cancellation of public gatherings and closure of schools and businesses, have been anecdotally reported to be ineffective, or their effectiveness has not been formally evaluated." It recommended that future mathematical modelling be conducted to predict the potential effectiveness of such non-pharmaceutical interventions (NPIs).

Even then, I was convinced that community-based measures would be highly effective, and in December 2006 I found an interesting article in the Royal Society's peer-reviewed journal *Interface* that used mathematical modelling to show the likely effectiveness of a variety of NPIs in mitigating a future influenza pandemic in the USA, UK and Netherlands.

The three distinguished researchers who wrote that *Interface* article, when I reached them, agreed to volunteer and evaluate the potential impact of non-pharmaceutical interventions (NPIs) not emphasized in the 2006 Canadian plan. They were Abba Gumel, Ph.D., Professor of Mathematics, University of Manitoba; Miriam Nuño, Ph.D., Department of Biostatistics, Harvard School of Public Health and Gerardo Chowell, Ph.D., Mathematical Modeling and Analysis Group, Los Alamos National Laboratory. They provided their research as a free public service for Canadians.

That report appeared in the *Canadian Journal of Infectious Diseases and Medical Microbiology* in March 2008. It found that NPIs can drastically reduce the burden

of a pandemic in Canada. Their research provided mathematical proof that early use of NPIs in a severe pandemic could be effective—and it was published 15 months before the H1N1 influenza pandemic. Dr. Abba Gumel, the lead author, went on to win the 2009 Dr. Lindsay E. Nicolle Award for this significant contribution to the field of infectious disease, as demonstrated by the impact of original research published in that journal.

When I told the researchers that my federal department employer would not permit them to acknowledge my role in launching and commenting on their report, they chose to mask that acknowledgement by changing the article's opening paragraph to, "The main motivation of the present study stems from the encouragement we received from some government officials in Canada, to extend the earlier work on the analysis of the pandemic influenza preparedness plans to the United Kingdom (UK), the United States (US) and the Netherlands, and to assess the Canadian pandemic influenza preparedness plan. Canada, like many other nations, has formulated its pandemic preparedness plan in anticipation of a potential pandemic."

I was concerned that Canada seemed to be overlooking critical tools needed to respond effectively to a severe pandemic. As an economist I felt that not using NPIs early and boldly in a severe pandemic would result in many more illnesses, hospitalizations and deaths. At some point, the health systems in severely affected regions might falter, if not fail.

Even today, the current Canadian Pandemic Influenza Preparedness: Planning Guidance for the Health Sector (August 2018) states, "While aggressive measures (e.g., widespread antiviral use and restriction of movement) to attempt to contain or slow an emerging pandemic in its earliest

stages were previously considered possible on the basis of modeling, experience from the 2009 pandemic has resulted in general agreement that such attempts are impractical, if not impossible." Yet Mexican H1N1 influenza pandemic data from 2009 showed an 18-day period of mandatory school closures and other social distancing measures reduced influenza transmission by 29% to 37% in the Mexico City area. Furthermore, hospitalization rates fell from about 70% to 10% during the period when schools were closed and other NPIs were enacted. So actual H1N1 pandemic data demonstrates these measures can limit transmissions and reduce hospitalizations.

The next Canadian Pandemic Plan should recognize NPIs, as suggested since 2008, as effective ways to reduce illness, hospitalizations and deaths, especially when there are no effective therapies and vaccines at the outset of severe pandemics.

NPIs continue to be used in Canada and around the world to reduce COVID-19 transmission and more. Down the road, a vast amount of COVID-19 data will demonstrate the effectiveness of NPIs. Many lessons will be learnt from NPI use during this pandemic and many opportunities to refine and improve the future use of NPIs based on health, societal and economic reasons. But for now, I am glad that those three researchers had the foresight to study and confirm the vital role these public health measures play in "flattening the curve."

A closing point: all Canadian jurisdictions should look to Vietnam, a developing country, who acted early and applied NPIs vigorously. At the time of writing, with 97 million people, Vietnam has had just 328 COVID-19 cases and zero deaths.



Photo Rev. Laurie McKnight



The *Lighting the Way Forward* mural can be viewed by appointment at St. Paul's-Eastern church on Daly at Cumberland.

## Mural a beacon of hope

Linda Scales

Anyone involved with Indigenous reconciliation couldn't have predicted the importance of its healing methods during COVID-19. However, a new multicoloured mural created as part of a local reconciliation process has also become a beacon of hope during these uncertain times.

"It's kind of appropriate," says Rev. Laurie McKnight of St. Paul's-Eastern United Church, on Daly at Cumberland in Sandy Hill, where the mural named "Lighting the Way Forward" temporarily resides in the sanctuary.

The brainchild of Patrick Wilmot, a Mi'kmaq and a member at St. Paul's-Eastern, the mural was the final project of three workshops facilitated by the church. Started in April 2019, it incorporates the ideas of the members of several local United churches and Indigenous

residents, "to help them express what reconciliation means," says McKnight.

Wilmot has created other murals with the youth and their parents at The Wabano Centre for Aboriginal Health, on Montreal Road.

Through the use of symbols, such as ravens and northern lights, the centre of the approximately four-by-four square acrylic mural expresses the personal — what is closest to the heart, and the outer part is the cosmos. Local métisse artist Marie-Claude Charland co-ordinated the project. Others integral to it were McKnight, Rev. Cheryl Gaver, and Claire Savage, a student minister at Aylwin Pastoral Charge (Low and Kazabazua, Quebec).

The mural is meant to be shared, so hopefully will be displayed at Ottawa City Hall and libraries, as well as at Wabano and local churches after the pandemic restrictions are over or relaxed. For now, McKnight will open the church sanctuary to groups of up to four people who wish to see it.

Photo Bob Whitelaw



### Heart honours workers

Sandy Hill residents may have noticed the heart-shaped window lights on the west wall of the Courtyard by Marriott Ottawa East at Vanier and Coventry Road. The placement of the room lights was "inspirational" according to Hotel General Manager Franco Falcucci. Mr. Falcucci explained to IMAGE that the hotel had provided surplus personal protective

equipment to health care workers but wanted to find an additional way to recognize the work of all essential workers. Two members of the hotel staff worked with floor and room plans to locate the appropriate rooms to create the heart. "We want to put smiles on people's faces," said Mr. Falcucci. The windows on the east side of the Marriott, which can be seen from the Queensway, spell LOVE.

— Bob Whitelaw

**FOR ALL YOUR HOME REPAIR AND IMPROVEMENT NEEDS**

**ONE CALL, ONE CLICK, ONE CONNECTION GETS THE JOB DONE**

OUR PROFESSIONAL TRADESPEOPLE TAKE CARE OF YOUR PROBLEMS SO YOU DON'T HAVE TO

613-723-5021  
Ottawa.HandymanConnection.com

Straightforward · Caring · Dedicated

## Janny, Jeff & Shan...

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

proven performance in  
Sandy Hill since 1986



**JannyMills** · **JeffRosebrugh** · **ShanCappuccino**  
Sales Representative Sales Representative Sales Representative

**ROYAL LEPAGE**  
Performance Realty  
Brokerage, Independently Owned and Operated

**613.238.2801**

**jannyjeffandshan.com**





Yvonne Van Alphen’s  
Isolation Photo Album

I take a photo most days  
when I walk the loop.



Apr. 9: A view of our house by the river—real Wind in the Willows stuff!



Apr. 27: Two kayakers enjoying the day on the Rideau River. They’ve turned back because of the rapids ahead.



Apr. 29: Of course, there is graffiti on my River Walk. But, this one, I quite like, painted under a bridge. I think the City has greyed out some previous graffiti and then artist has made it into a goat?



May 7: A Sandy Hill resident has set up a Hide-and-Seek competition when walking the loop between the two bridges on the Rideau River. I went to check it out yesterday and found five of the ten bears. A nice idea for parents walking small children.  
  
Sad news. The City removed all bears from the park. No fun for you.

May 8: Yesterday, the Snowbirds flew over at 5 pm. They are flying all over Canada in support of the front line workers who are helping to protect us against COVID-19. I took this picture standing on the Adawe Crossing.



May 15: I went to photograph a bird along the edge of the river and I saw this ... I was taken aback as it looked so real. Someone has taken some time to make this tree look like it came right out of a story book.



# Cindy Mitchell retires from Bettye Hyde

Christine Aubry

To those who know her it should come as no surprise that when asked to reflect on her career, Cindy Mitchell spent more time praising others than talking about her own accomplishments.

Cindy was the Director of the Bettye Hyde Co-operative Early Learning Centre (formerly Bettye Hyde Cooperative Nursery School) for almost 27 years. On her 25-year anniversary she offered IMAGE readers a personal retrospective. You can read her Oct. 2018 article online at: [home.imagesandyhill.org/2018/10/twenty-five-years-at-bettye-hyde-co-op/](http://home.imagesandyhill.org/2018/10/twenty-five-years-at-bettye-hyde-co-op/)

When she first started at Bettye Hyde, the nursery school in the basement of All Saints church was run by volunteer parents whose shifts supported the few paid staff. Now Bettye Hyde has a beautiful home with nine paid staff and, thanks to Cindy's hard work, a successful business model that has been able to weather the business interruption imposed by the current pandemic.

Cindy's retirement, planned for April 2020, was unfortunately precipitated by the discovery, just before Christmas, that her breast cancer had returned. Although a succession plan was in place, there were only two (very emotional) weeks for her to say her goodbyes and hand over the reins to Janet Leblanc, long-time Bettye Hyde educator who, along with educator Lisa Lajoie, has closely collaborated with Cindy over the past 20 years. Cindy insists on sharing credit with Janet and Lisa: "The three of us really envisioned building Bettye Hyde together—expanding and hiring more staff—I could not have done it without them."

Now recovering well, Cindy is of course having to adjust to retirement in this era of isolation, but she is managing to keep busy and maintain social relationships. An active and founding member of the refugee sponsorship group Everyone's Sister, she is helping one of the children with home schooling via videoconference. She is also involved with a group of neighbours making masks that are helping to raise money for the Ottawa Foodbank. (The group of neighbours calls itself the Mask Makers and has raised more than \$15,000 at time of writing.)

And for the time being she is still involved with Bettye Hyde, from a distance—she keeps in touch with Janet regularly, attends the Zoom music class, and has done some recordings for Bettye Hyde's YouTube channel. (For more on that, see article p.12.)

Working at Bettye Hyde was not just a job for Cindy, it was another home.

"Bettye Hyde is a very special place. [It] is not just a daycare, it is an extension of the child's home," she says. The centre is guided by the core value that every child should be accepted as an individual and every family welcomed. Bettye Hyde has always been a mixed community, with families from diverse backgrounds and with a profound awareness of the surrounding community. Cindy strongly adheres to the well-known adage "It takes a village to raise a child." She is proud that the training colleges recognize that this model of early education provides the best quality of care, and Bettye Hyde is always accepting and mentoring high-quality students.

Even when the daycare grew from a nursery school to an Early Learning Centre, it was never about making money. Cindy praises the dedicated staff who always put the children and the centre first, to their own detriment at times. "The staff give so much of themselves," she said.

Another big accomplishment for Cindy, and one for which she credits the volunteer board of directors for being so progressive, is the early adoption of fair compensation and health benefits for the staff in a field that unfortunately has never been justly recognized.

In 2003, Bettye Hyde attended an anniversary celebration of the school she co-founded 60 years earlier and observed, "You are doing exactly what we always wanted early childcare to be." For Cindy, that was the highest possible compliment.

Again, Cindy is so grateful to others—the board of directors and the parents. "Working at Bettye Hyde, I always felt valued; parents always respected us and supported us," she said.

Cindy's connection to Bettye Hyde families and Sandy Hill was all the more special because her own son Deni attended the nursery school, and so she became friends with other parents at a time when she had just moved here from Winnipeg. "Bettye Hyde is a very special place and my life in Ottawa has been a very happy one, thanks to the love and friendships I found there. I will miss the Sandy Hill community very much," she writes.

While Cindy's advice and mentorship has been instrumental to the new director during these challenging times, Cindy does not plan to carry on a formal role with Bettye Hyde, though she does not discount eventually sitting on the board of other daycare centres.

Cindy has utmost confidence in Bettye Hyde's incredible staff and board. She appreciates that her advice is still valued, but she knows that the ship will sail on, perhaps to new destinations.

Until the community can gather together to say thank you to Cindy in person, here are some of the things that former Bettye Hyde parents and staff would like you to know about Cindy.



Cindy Mitchell, centre, with her colleagues and friends Janet Leblanc and Lisa Lajoie.

Cindy cultivated an amazing team of early childhood educators that has made Bettye Hyde one of the top daycares in the city. What is most amazing about Cindy is her unlimited capacity to love and see the potential in every kid. She was a huge resource and reassuring to me, especially when I felt out of my depth as a parent! —**Lynn Marchildon, alumni parent**

Everything I have to say about Cindy is also true about her sidekick [her husband], Kurt. Cindy has always been a profoundly decent and sincere person. Being helpful and wanting the best for others are essential parts of her nature as is her good sense of humour. There is no drama with Cindy. Her affection and caring attitude towards Sandy Hill and its residents, especially its little ones, will be missed. —**Dean Pallen, alumni parent**

When we hired Cindy in the early 90s, we were impressed by her experience and liked her very much. And then we started seeing and learning what the "co-operative" in the school's name could really mean. She became a valued and effective partner with parents, the church landlord, other pre-schools, government officers, and of course the children. All were, in the nicest possible way, challenged to be involved and work together to improve things. This continued for 27 years. As Karen Junke (who steered the search committee) remarked, "Now that was a good hire!" —**Jane Waterston, alumni parent**

The first time I met Cindy, what began as light chitchat moved easily into a more in-depth conversation. My initial thoughts were what a warm, caring and calm person she was...someone who takes the time to genuinely listen. These first impressions have proved to be true over the 25 years I have known her. I have also got to know her social side; she truly enjoys people and brings her sense of fun to any occasion. Cindy has influenced generations of children and parents with her thoughtful, caring nature, infusing them with her strong values and sense of honest joyful play. I feel blessed to be one of the many recipients of her enduring friendship. —**Diane Whalen, alumni parent**

For twenty years I had the honour of working with Cindy—much of the school's success is a result of Cindy's passion and commitment to both our school and our community. I have learned a lot from Cindy, she is both a mentor and a friend. —**Lisa Lajoie, Bettye Hyde educator for over 20 years.**

I could go on forever talking about Cindy. For over 21 years she has been a mentor, a friend, a confidant, a work-mom. Bettye Hyde has been a labour of love for all three of us (Cindy, Janet and Lisa). [Taking over the role of Director] has really opened my eyes to all of the behind-the-scenes work.. Cindy had such an amazing career, it is very sad that a commemorative did not happen [yet!] —**Janet Leblanc, educator and now Director.**



Cindy's family includes son Deni and husband Kurt Saunders.



Cindy is always pleased to meet up with alumni children — too many to count!





# Three cheers for Michael Barnes!

A letter of thanks for outstanding service to Viscount Alexander Public School

Mia Hunt

The parents, students and administration of Viscount Alexander Public School – past and present – want to publicly acknowledge the tremendous contributions of Michael Barnes to our school council. At the end of this school year, Michael is stepping down from the position of community representative after an astonishing 14 years of service.

Michael began as a Viscount Alexander parent many years ago and has supported the school through great changes in programming, infrastructure and administration. He has served on council since 2006, when he began as a member-at-large be-

*Michael Barnes, with the green umbrella, driving Viscount Alexander's walking school bus.*

fore becoming co-chair. Though his kids are now in University, he has long remained part of our school community as community representative.

Though we are sad to see him go, we know that Michael's impact will be everlasting. For example, over a decade ago, Michael was instrumental in getting the Early French Immersion program implemented at Viscount Alexander, a move which saved our small community school from potential closure due to low enrolment. Thanks to him, our EFI program is thriving and Viscount Alexander remains at the heart of the Sandy Hill community.

Michael was active in many other projects, including working towards our new kindergarten play structure and our ongoing push for a school addition, for which he has advocated tirelessly. Of course, he has also played an essential role in faithfully chronicling the activities and ac-

complishments of our students and school through his regular column here in IMAGE.

Michael has a quiet confidence and wisdom that has been an unbelievable asset to Viscount Alexander's school council through time. As our community "elder," he has held and shared the history of our school with new parents, school administrations and council members. We have benefited so much from this "memory bank" as we make decisions and gained tremendously from his deep commitment to the school and its students.

Sincere thanks, Michael! For so long, you have made a positive impact on Viscount Alexander and your work will impact the families of Sandy Hill for generations to come.

*With contributions from Magda-Lena Capkun and Cristine Elrick*



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



Peter Twidale

Sandy Hill lost one of its great ones on May 9, when Peter Twidale died at the age of 83. A Marlborough Avenue homeowner for more than 30 years, he was regularly seen on his bike, out dog-walking in Dutchy's Hole, at community meetings and/or pursuing some curious topic or other with teasing questions.

Peter, who studied journalism and worked as a news service journalist for some years before landing as a writer with Transport Canada, was a regular contributor to IMAGE from 2006-2017. His articles were personal, fun, relevant and to the point.

And he could surely write a catchy opening paragraph.

Here, in his memory, are some of our Twidale favourites.

—Charlotte was 12 years old last year when she agreed to distribute The Ottawa East News. Fortunately, Charlotte had signed up her dad, Alain Laurencelle, making them a team.

—Marcia Lea, a well-known Sandy Hill artist, never had the worries of trying to find a career. She was five years old on the day she publicly announced her dedication to art. The audience that day was her Grade 1 classmates.

—I don't bicycle in winter. But I walk my dog. And that's how I met the three "crazy winter cyclists," as they're sometimes called.

— It was jazz pianist Bill Evans who said everyone has what he called "a universal

musical mind." I can't verify that everyone in Sandy Hill has it, but I can tell you that on my city block (that's Marlborough Ave. between Somerset and Templeton) it was easy to find six residents who are or were into music in a big way.

—It helped to be working in Sandy Hill when movie producer Lee Demarbre lived across the street for five years. That's how Sako Torossian got his dream assignment—a chance to be in a movie.

— How well does infill housing please local residents? On this September morning I'm driving John Leaning along Goulburn Avenue, heading north from Mann. John is with me as an expert commentator.

—"Next in line. Step up, please." It's an audition. They sing, dance, and read a dramatic piece. Eighty-two kids, mostly girls, auditioned for 10 roles at the audition for "Annie". It was a good day for Sandy Hill. Three Sandy Hill kids nailed down roles, including the lead.

—Oprah Winfrey's book club has a million or more followers, and is to be praised as the driving force behind the book industry. Not surprisingly, though, Oprah's book club is nothing like the book clubs in Sandy Hill.

—If there were an award for "Public Service in Sandy Hill," it might go to the folks at the Sandy Hill People Food Coop. This is not a food story. It's a traffic story.

— Dan Grant will finish high school next month. Not a big deal except Dan celebrates his 51st birthday in April.

— My house has become an adventure for me. I'm getting to know those who lived here in the 72 years before I moved in. Learning the history of a house is as easy as spending an hour with city directories. I can't guarantee the results, though.

— There's a saying, "If you are doing as an adult what you did at 11, you are a happy man or woman." Few of us are so lucky but I recently met someone who fits the bill. Laura Nerenberg has been playing the violin, not from the age of 11, but from the age of three.

—Gerry Daoust is going against the grain. He's opened a bar in the Byward Market that isn't trendy. There's no theme, just tasteful decoration. The bar is Chez Lucien.

Peter Twidale: gone, but not forgotten!



Cheerful new wall murals like this desert scene, painted by students, adorn Viscount Alexander school's hallway walls.

## News from Viscount Alexander School

Christine Elrick

**Principal Paul McNany's message**  
(Continued from page 3)

A very special thank you to Michael Barnes for all his contributions to Viscount Alexander's School Council over the past 14 years. Michael has been an integral part of the school council and is well respected in the Sandy Hill Community. On behalf of the school community, thank you for your hard work and dedication to the students, staff, and families.

Lastly, thank you to all the parents and volunteers for donating food, school supplies, and technology to our families in need. We are lucky to be a part of such a caring and generous community. For now, be well. Be safe.

**Kindergarten registration still open**

With COVID-19 the kindergarten open house was cancelled, but we are sharing kindergarten information on the Viscount Alexander Public School website. If you have a child born in 2016, you can register your child in the coming months for school in September 2020. When school opens again, please bring your child's birth certificate or passport and proof of address such as your driver's licence or rental agreement. You can register online by going to [www.ocdsb.ca](http://www.ocdsb.ca) and go to the "How do I?" tab.

**Director's Citation Award goes to Ken Donovan, Chief Custodian!**

Congratulations to Ken Donovan for receiving the Director's Citation Award. Every day, Ken rolls up his sleeves and is a key component of the operations at Viscount Alexander Public School. Ken enthusiastically volunteers his time and knowledge to the school's bike rodeo, which provides students with access to bikes and helps them improve their skills. His contribution is organizing, fixing, and adjusting the bikes. Always going above and beyond, this fall Ken helped the kindergarten team get creative with ideas and materials to build a cave in a kindergarten classroom for the prehistoric centre. Ken is professional, enthusiastic, caring, creative, and a respected role model. Thank you Ken.

**End of an era for Viscount hallway mural**

Twenty years ago, Tatiana, an artistic parent, painted a wonderful mural along the main hallway of Viscount Alexander. She painted landscapes, nature and animals found in Canada and around the world. As the building has shifted over the decades, a few cracks occurred that needed repair, and the mural was touched up and refreshed 5 years ago. The mural needs further repairs and the hallway is getting a new coat of paint in the near future. Planning has begun to create new mural wall panels that can be changed every 5 years and involve the children in making them. While sad to see the old mural go, we are looking forward to a fresher look at the school.



*Ken Clavette's Album of Bygone Sandy Hill*

# Alexander S. Woodburn

*Printer, founder of the Ottawa Journal, Sandy Hill resident*

## Ken Clavette

Alexander Smith Woodburn was a prominent citizen in early Ottawa. He rented a home at 332 Besserer St. before buying a house at 46 Henderson Ave. (now numbered 40) in 1898 and where he died in 1904.

Born Nov 13, 1830 in Garvagh, County Derry, Ireland, he immigrated with his parents and four siblings to Hull Township in 1841. The family moved a short time later to Gloucester Township where his father farmed near Green's Creek. "A.S." or "Alex" left the farming life to work in Ottawa in his teens. Taking up the printing trade he apprenticed under Dawson Ker, publisher of the *Orange Lily*; then as a journeyman, he was the foreman of the *Bytown Gazette*. In 1862 he married Hannah Mills and together they had six children, four girls and two boys.

Along with a partner, John George Bell, he established a printing business in the 1860s working together until Bell's death in 1874. Their business prospered and at one point employed up to 80 people. When Thomas D'Arcy McGee was assassinated on April 7, 1868, it was Bell & Woodburn that printed up the reward poster that offered the princely sum of \$2,000. The firm printed the City Directory, along with maps, and government documents. The offices were at 36 Elgin and his home just around the corner at 127 Maria (now Laurier Ave West).

His early work in newspapers led him to found the *Ottawa Evening Journal* which appeared on the streets of the capital on Dec. 19, 1885. Starting a newspaper is expensive, and facing financial difficulties with both the printing business and the newspaper, the next year Woodburn brought in a partner, Philip Dansken Ross, to whom he sold his share in the *Journal* in 1891.

In 1871 Woodburn served on City Council representing Wellington Ward for only one annual term. In his obituary the *Journal* wrote, "never again did he show any ambition to re-enter the municipal arena devoting his attention more to philanthropic work." And serve his community he did. He was secretary-treasurer of the County of Carleton Exhibition Association and helped to promote the large exhibitions, forerunners of the Central Canada Exhibition or the "Super Ex" as it was finally known. In that role in 1875 he successfully lobbied to have Elgin Street, which then stopped at Lisgar, extended out to Lansdowne Park.

A teetotaler, he was an active organizer of the Sons of Temperance Lodge in Ottawa. A founder of the Irish Protestant Benevolent Society, he helped found the Protestant Home for the Aged (now known as the Glebe Centre) eventually making it non-denominational. He was on the board of directors of the Ladies' College (Carleton



Among other positions, Alexander S. Woodburn (1830-1904) was a director of the hospital at the corner of Rideau and Charlotte Streets.

University's first home in the Glebe). He also served on the board of the County of Carleton Protestant General Hospital located in what became known as Wallis House on the corner of Rideau and Charlotte streets. He and Hannah attended the founding meeting of the Lady Stanley Institute for Trained Nurses in 1890, Ottawa's first nursing school.

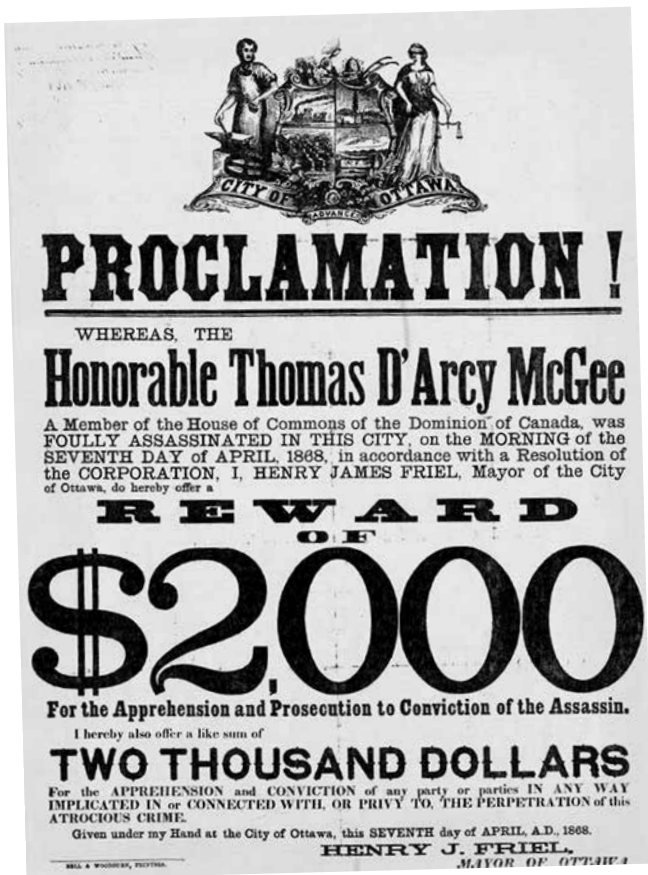
In his early years he became interested in military affairs because of an 1855 decision by the British Government to withdraw most of its troops from the Province of Canada. The colonial legislative assembly passed the Militia Act which included the creation of the Volunteer Militia Field Battery of Ottawa which Woodburn helped organize. The Regiment became known by the nickname, "The Bytown Gunners" and is now known as the 30th Field Artillery Regiment, one of the country's oldest military units. Woodburn served with the battery along the Canadian border in eastern Ontario 1866 and 1870 in response to potential Fenian raids from the United States. He acted as the unit's paymaster and retired with the rank of Honorary Major.

In 1892 Woodburn gave up his printing businesses due to financial strain and personal tragedy. Both his sons died young, Robert in 1871 at the age of eight, and in 1883 Sydney, who Woodburn was bringing into the business with hopes he would succeed him. He had lost his government contract due to political patronage after investing in a larger printing plant. While he fought a protracted legal battle, finally winning \$18,600 in damages, by then most of the money went to pay his creditors. To earn a living, he returned to the *Journal* as an employee in their printing business.

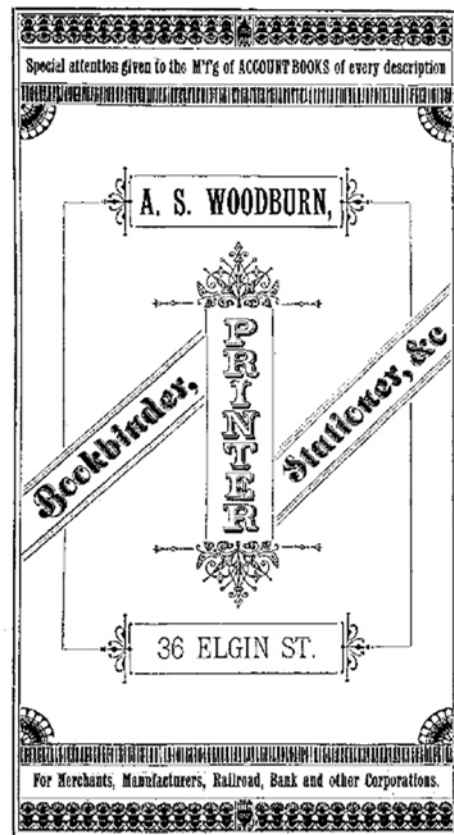
Woodburn died on March 31, 1904 and was laid to rest at Beechwood Cemetery. The *Ottawa Journal* wrote about him, "His name has been always associated with the growth and progress of the city." It said, "We are sure he will be missed and regretted in the business world of this city, where he was to the last a familiar figure, very specially regretted in the circles which were familiar with his philanthropic work."

A small collection of Woodburn's documents are now in Library and Archives Canada

*Alexander Woodburn's former home on Henderson Ave. as it looks today. It is now part of St George's Housing Co-op.*

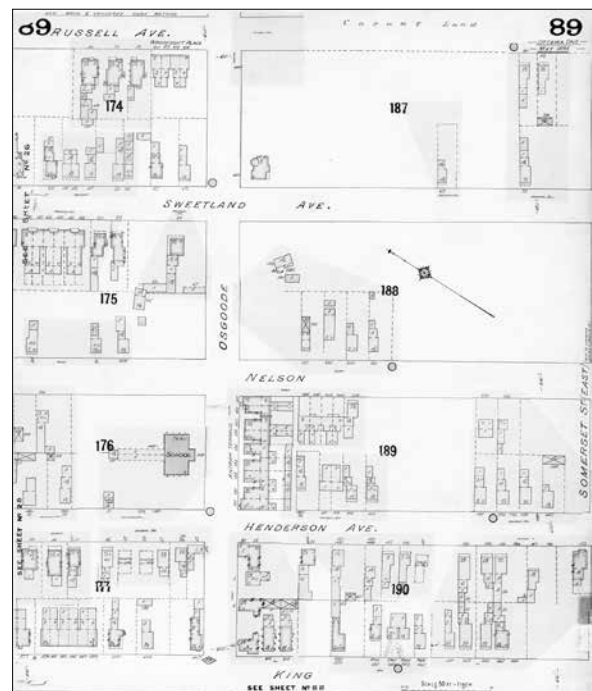


Bell & Woodburn's printing business printed this historical reward poster



that tell the history of Ottawa's early years, and of the organizations he was involved in.

His name is associated with the growth of the city but sadly even when the City of Ottawa did its Sandy Hill Heritage Study in 2010 not a mention was made of this man who built and served our city, lived and died here in his Sandy Hill home. He was indeed a community activist that shaped our city and one we should remember.





# The birth of Action Sandy Hill

François Bregha

Over the last few months, COVID-19 has turned our world upside down and closed down restaurants, theatres, arenas, festivals, stores and so much more, but not Action Sandy Hill (ASH). Indeed, while we have all been practicing self-isolation, ASH has responded to the City's new zoning proposals for inner city neighbourhoods, coordinated reviews of various development proposals, supported public consultations by Zoom, liaised with our councillor, organized fun activities for young and old to pursue in an era of physical distancing, created a tutoring online resource page on its Website and pursued the construction of a new gazebo in Strathcona Park. Had it not been for the pandemic, ASH would also have led its annual park clean-up. How did this vibrant organization come about?

ASH was born in 1968. The late 1960s were a challenging time for Sandy Hill. Over the years the city's elite had gradually moved to Rockcliffe and young families to the suburbs, leading to the repurposing of large mansions for com-

was enormously ambitious and included countless briefs, submissions, letters and applications to all levels of government on all the issues above; attendance at public meetings; sponsorship of a tree-planting program in Sandy Hill; founding membership of the Federation of Community Associations; advocacy of recreation programs and management of a summer day camp, as well as periodic updates to members. There was more government support available at the time – Local Initiative (LIP) and Opportunities for Youth (OFY) grants at the federal level as well as some provincial money – that enabled ASH to hire casual employees. Nonetheless, the level of effort at a time before word processing, email and photocopying is impressive.

ASH can justifiably point to several important accomplishments in its early years, including the City abandoning its plans for the King Edward Freeway (Nicholas Street was widened instead) and the establishment of Ottawa's first Heritage Conservation Districts. But its most important achievements were undoubtedly the Sandy Hill Secondary Plan and the process that led to it.

From its very foundation, ASH asked that there be a robust public participation component to any urban planning initiative involving Sandy Hill. To its credit, the City eventually agreed to a unique collaborative approach. Perhaps lessons had been learned from the experience in Lebreton Flats and Lowertown where "urban renewal" was imposed with no public input and unhappy results. The Sandy Hill Neighbourhood Study was a joint effort by the City's Planning Branch and the Citizens' Committee for Planning in Sandy Hill—a City first. For a time, both shared a field office at 292 Laurier Avenue East.

ASH's participation was facilitated by federal grants that enabled ASH, among other things, to conduct a household survey and compile a list of historic properties in advance of the planning exercise and allowed it to play a more meaningful role through the Citizens' Committee.

The Neighbourhood Study eventually gave rise to the Sandy Hill Secondary Plan, still in force today. This plan provided important stability to the neighbourhood for several decades, although it is now under threat as a result of several factors, including the recent doubling in the University of Ottawa student population.

Yet, as the saying goes, *plus ça change, plus c'est la même chose*. ASH challenged the City's spot rezoning allowing the construction of a mid-rise apartment building at 385 Laurier Avenue East in 1969 and had to do so again for the student residence at Friel and Laurier in 2014. Sandy Hill residents were concerned about property standards, student housing and heritage conservation in the late 1960s: all these issues remain 50 years later.

Nevertheless, over the years, ASH has contributed enormously to Sandy Hill's quality of life. Many of the things we take for granted, such as the conservation of our heritage districts, the stricter regulation of new construction and the stronger enforcement of the noise by-law resulted in part from ASH's efforts. As we look ahead to the many challenges still facing us, let us remember to support our community organization.



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

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

What a lot of changes to the basic business of obtaining food we have seen in Sandy Hill this winter! The loss of Metro and Safi Fine Foods early in the year set us up for the tableau of long lineups waiting to get into Loblaws when physical distancing became the rule in March. Conversations about the weather were displaced for a while by discussions of how long it was taking to get a delivery through Instacart, and which store might still have flour in stock for the home baker.

Things have simmered down now; the lineups are shorter and we've all found a routine that works for us, whether it involves shopping in person or online, picking up our groceries or getting them delivered. One strategy that helps to add some joy to stocking the kitchen is to remember small local businesses which have shown flexibility and creativity about meeting the needs of their clients.

## ByWard Fruit, Saslove's, Lapointe's and House of Cheese

In March when we had just returned from the U.S., and were self-isolating for two weeks, it was wonderful to discover that some of our favourite ByWard Market businesses were still operating, and were working together to sell their wares in a safe and convenient way. We sent an email to ByWard Fruit with a list of fruits and vegetables we needed, also asking for bacon and cheese. When the order was ready a day or so later, we paid over the phone, and a magnificent box full of great food appeared on our steps a short time later.

Although the Market is increasingly open for in-person shopping, you can still get in touch with any of these businesses to arrange an order from more than one of them; they will work among themselves to fill your order and deliver it to you or have it ready to pick up. It's worth remembering that ByWard Fruit also stocks a good supply of less-perishable, organic goods like peanut butter, canned beans and mayonnaise.

## Portuguese Bakery 48 Nelson St.

The best buns in town for a fat sandwich are still waiting for you at this venerable Lowertown shop, which has changed its hours during the COVID-19 crisis, and is now open daily from 12:00 to 5:00. The Syrian Kitchen side of the business is also still in operation, and their falafels, baba ghanouj and baklava are an easy way to create a backyard picnic.



## Nat's Bread natsbreadcompany.com

You may have become a fan of Nat's over the last couple of summers, when their delicious four seed, potato buttermilk and whole wheat sourdough loaves have been a highlight of the ByWard Market stalls. In the winter, their loaves could be found, if you were lucky, at Saslove's. During the current crisis, Nat's will deliver to your door on Tuesdays or Fridays. The minimum order for delivery is \$25.00, so make room in your freezer for a few loaves, or share an order with a neighbour.

## Scone Witch 35 Beechwood Ave.

Like so many businesses these days, our New Edinburgh neighbour is closed, but you can order frozen, unbaked scones from them, ready to go into your oven, for a special breakfast or a teatime treat. Order online for delivery on the weekend. They also sell coffee, tea and jam. Scone Witch's website has detailed baking instructions, along with suggestions on making your own clotted cream.

Photo Bill Blackstone



ASH played a key role in the establishment of Ottawa's first Heritage Conservation Districts.

mercial and institutional use. The University had announced that it planned to acquire, by expropriation if necessary, the lands it did not already own south of Laurier Avenue and west of Henderson Avenue, removing several inhabited blocks from the neighbourhood.

The 1960s was also the time when the city was considering linking the newly built Queensway and Macdonald-Cartier Bridge through a new King Edward Freeway. In Sandy Hill, the freeway would have run along Henderson Avenue and required the demolition of the houses on the west side of the street. Combined with the plan to transform Somerset Street into a four-lane arterial road linking Overbrook and Centretown, these two road widenings would have effectively cut Sandy Hill into quarters.

Finally, the 1960s was the era of "urban renewal." Ottawa had seen first-hand what urban renewal entailed in Lebreton Flats and Lowertown. So when Ottawa Mayor Don Reid spoke of the need for urban renewal in Sandy Hill in his 1968 inaugural address, many residents felt understandably alarmed.

Action in Sandy Hill was formally launched on May 1, 1968 at a public meeting at the Sandy Hill Community Centre attracting some 275 participants. ASH quickly established itself as an active and forceful community voice on urban planning, zoning, transportation, housing, heritage and other issues. The scope of its activities in its early years

## IMAGE's image

by Kathleen Kelly





# Primary colours and more in Sandy Hill

Maureen Korp

The galleries and museums are closed. Yes, we know that. What to do in the meantime? Take a walk? That is what this writer did. In the course of a few sunny days, my walk took me along Mann Avenue, Range Road, Wilbrod Street, and a bit of King Edward Avenue.



What fun at the outset to find a jungle gym coloured red, yellow, blue, standing tall in the yard at Viscount Alexander Public School, 55 Mann Avenue. The children attending Viscount Alexander are in the primary grades. Red, yellow, blue are the primary colours of the paint box. All other pigments are built from them. Remember *Blue + Yellow = Green*?

Lesson learned, and seen. Colour and line are the basics of visual art. Your writer decided to walkabout looking for red, yellow, blue. Add in black, white line, too.



Artist Claudia Salguero and the Viscount Alexander students know their colours well. In 2018, they designed and painted a large mural on the outside wall of their school. Entitled “Diversity,” the mural presents the face of a multi-coloured figure surrounded by the clasped hands of friendship, and the graceful curving lines of storytelling, art, music. In this setting, the bright yellow storage bin underneath their mural becomes a sculpturally grounded accent.



Several good examples of the direct use of colour and line can be seen in seven storefronts along Mann, between Chapel and Blackburn. At both corners, red, white, blue colours denote the location of the Canada Post box at Blackburn, and Sandy Hill Cleaners at Chapel. Four storefronts use but one colour for their signs. The Quickie, for example, uses red; Mirage Café yellow. Jerkies Chicken, however, proclaims its delights in green and red. Next door, Sugar and Slice is the place for ice cream and pizza. Its sign is bedecked with a jolly figure dressed in red, yellow, blue.

The colours red, yellow, blue are visible markers. At the corner of Range Road

and Mann, for example, is a house with a blue door. It faces a house with a red door. Their colours are easier to see than their house numbers, 250 and 245 Range Road, and easier to remember, too.



Currently long, long white hoses are snaking along both sides of Range Road. They are accented by small yellow flags marking here, there, wherever. In this setting, yellow and blue fire hydrants are as colourful as lawns of blue scylla in bloom. Lana Doss of The Fine Gardener was seen cheerfully using her bright yellow rake to ready the gardens of 100 Range Road. Is Charybdis far away? Two blue chairs await at 88 Range Road, a sculpture of a monster on its step, and the noise of a loud, barking dog within.

In past summers, myth and story abounded outdoors in Strathcona Park. This year the performances of Odyssey Theatre and the Company of Fools will be sorely missed. Where now to find a bit of drama? Take a look at yourself crossing the bridge over the Rideau. Make a face, wave, take a picture. Ken Emig’s reflective sculpture installation on the bridge provides bicyclist and pedestrian alike the chance to see and be seen. Entitled “View from Two Sides,” 2016, the sculpture’s large spheres are worth multiple looks.



Not too far away in the park, the children’s play area makes good use of leftover stone architectural finials. Here, too, is another storytelling area of grand possibilities. Range Road reaches its north end at Laurier Avenue. There sits the grand facade of the Cordon Bleu, a stucco building trimmed in blue, but of course!

Along Wilbrod Street are a number of interesting colour and line juxtapositions. The windows of Happy Goat Café at 317 Wilbrod are filled with a tumble of storytelling lines. One might imagine the conversation of people talking in a neighbourly manner about the state of the world near and far. The interlaced black line of the café is the same black line we see in the gate fronting 386 Wilbrod. On the doorstep, the large urn tells us *in vino veritas*, a truth many know.

Photos by Hélène Lacelle



Further along Wilbrod, the angled straight lines at the corner of 373 Wilbrod might beckon the traveller to stay on the straight and narrow.



The vibrant colours of the LaTeranga African Cuisine restaurant at 332 Wilbrod, however, impart a different story. The restaurant displays the red, green, yellow flag of Sénégal on its porch. In the Wolof language of Sénégal, *teranga* denotes the quality of warmth, of welcoming acceptance. In other words, “Come in, sit down, have something to eat, what do you like? have more, stay awhile.” This being Ottawa, a blue snow shovel is tucked away on the side of the porch, just in case.



Walking towards King Edward, one might see a slender female torso, tucked shyly beside the porch at 240 Wilbrod. It is the work of Jeanne Vaillancourt, and entitled “One foot ahead,” 2005.



Then, turning the corner onto King Edward Avenue, and greeted once more by yellow and blue fire hydrants and red garbage bins, do stop and take a moment to look at the quiet blue and white art deco detailing of 545 King Edward. Colour and line brought you here, too. Colour and line will make tomorrow clearer, also.

## A Brief History of Gold

Erwin Wiens

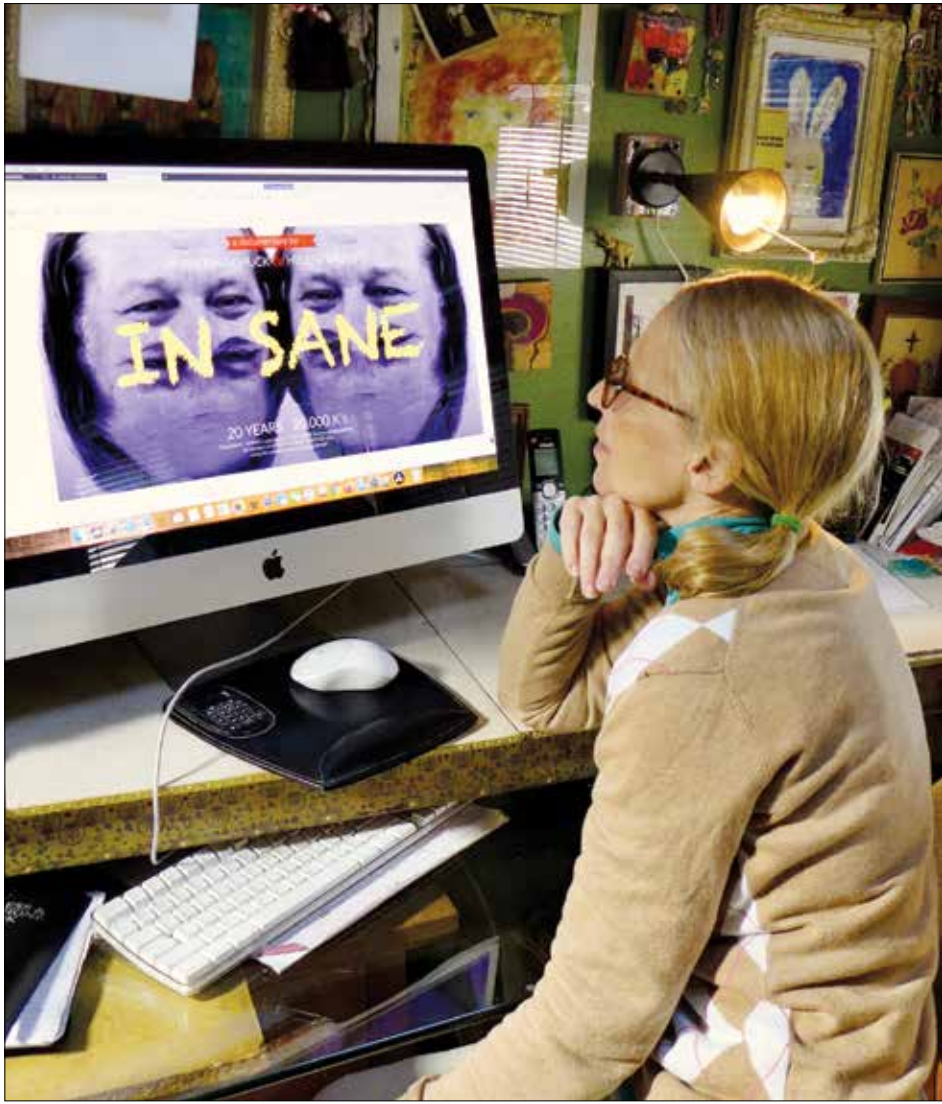
Its inherent properties are of little use that either rhyme or reason can deduce. It glitters and doesn’t rust. So does tinfoil, so doesn’t lead. It can’t be beaten either into swords or ploughshares and brass serves as well for gilding public squares. It can be coined and stamped with a king’s face but so can paper, and it takes less space.

We, clever Europeans, once knew how to manage its mythic lure to our advantage. Sent our wooden ships across the sea with plundered Inca gold to bewitch a drowsy emperor and his Manchu minions. Then homeward bound, athwart with silk and tea and spices to tickle a sluggish Western palate. We could have sent them useful stuff, beaver pelts or teeming cod from our Grand Banks, or proper trousers, or cuckoo clocks to help them regulate their days. But no, they wanted gold.

And so their empires crumbled—whether Ming, Qing or Mughal—while ours ran riot, masters of the meridians from Land’s End to Tienching. For five centuries we ruled the world, then they turned the tables on us. Now we send them wheat, canola, oil and potash, Grade A pork and beef, our whole lobster quota, our finest vintage wines and goose-down parkas, and they send us smartphones.

Erwin Wiens lives on Besserer St. in Sandy Hill





Helene Lacelle creating poster.

Photo Peter Evanchuck

# Humans never understand themselves

Peter Evanchuck

I was downing a Corona the other day thinking how the name of my favourite beer resembles a virus when I got up and headed for Toronto to begin shooting my new fiction film. With a working title, *Wonder Wieners*, it's an absurd existential drama about a para-homecare worker (Helene Lacelle) who enters the life of a desperate, poor and ill mid-aged man of no means, Valentino (Vac Verikaitis).

I hoped all would be well with my lead actor to begin this shoot. Not so, his COVID-19 concerns overwhelmed his promise to shoot; so that left Helene and me floundering, "What to do, what to do"? It didn't take us long to decide to head back home—through the wild Sunday morning desolation of downtown Toronto.

Home is always where the work is so Helene begins making another poster for our latest documentary *In Sane*, (see the April/May IMAGE) while I lie back with another Corona to figure out in my mind the layout and design for the *Wonder Wieners* poster.

Our partnership is simple: I imagine it—she makes it. Since *Wonder Wieners* is about a low-income diet (chicken hot

dogs on Wonder bread slathered with mustard, ketchup and relish), it didn't take long to figure out that using the image I had shot of Vac, with his bright yellow jogging pants and bright white T-shirt in the background, would balance the yellow mustard/white Wonder bread close-up in Lacelle's hand.

Meanwhile Helene completes the new poster for *In Sane* which already has been selected and awarded in the Moscow, Florence, Glasgow and Kosice festivals.

Our previously completed (2019) award-winning documentaries, *A Short History of Poverty* and *Searching for a Beautiful Bachelor*, had been selected and invited to screenings in Florence, Rome, Atlanta, and L.A. festivals which closed live screenings. So we stay in Canada living as fully as we can in as free a manner as possible in today's world. Meanwhile I'm thinking in this absurd world of coronavirus gone mad: Is there sanity?

Albert Camus, the absurd existentialist, reminds us that, "Man never understands himself, only fears himself."

I do believe that a better understanding of the dangers must prevail, so as usual, Helene and I work from our home studio, creating and following a sensible, smart approach to the present situation.

For information movieshandmade.com

Not a fan of drab... In early April, Hurdman Road's Peter Evanchuck let IMAGE know about another big project, as revealed in this glowing photo. "Our artistic home sweet with new full paint job... soon vines will be in full bloom and then she be looking amazing."



Photo Peter Evanchuck

## BOOK REVIEW

### *The Age of Fentanyl*

Ending the Opioid Epidemic, by Brodie Ramin M.D.

Dundurn, Toronto, 2020

Larry Newman

Brodie Ramin is a medical doctor who has an office at the Sandy Hill Community Health Centre and counsels drug users, primarily users of opioids like fentanyl. He wrote a book, *The Age of Fentanyl* about opioid drug addiction and the process of recovery. My review of this book is a follow-on to the review of Ben Westhoff's *Fentanyl Inc.* in the last issue of IMAGE. Westhoff reveals how fentanyl is a business and tells how it is made, distributed, and sold. Ramin's book tells about the effects of opioid addiction, particularly fentanyl, and the options for treating it.

Dr. Ramin engages the reader at his first sentences as he tells the story of a young woman, Amber, who has just overdosed on heroin, one of several opioids available on the street. She appeared not to breathe when she was found but Dr. Ramin detected a slow pulse and naloxone was administered. She went from near death to life in a few seconds. That's the amazing feature of naloxone.

Naloxone doesn't cure the addiction. But it counters the effect of opioid overdose, allowing the individual's normal breathing rate to resume. Addiction comes from the repeated application of opioids through the blood stream to various receptors in the brain. When opioids come into contact with these receptors,

Probably the best starting place to begin treatment is a clinic like the Oasis clinic at the Sandy Hill Community Health Centre. One of the advantages of the Supervised Consumption Site located at the SHCHC is that there is the opportunity for a client to talk with a counselor about addiction and treatment, sometimes several times a day. That starts the process of recovery.

There is a relatively simple treatment for opioid addiction—replace a short-acting opioid of possibly unknown strength and contaminants with a long-acting pharmaceutical-grade opioid like methadone or buprenorphine. Each provides relief from opioid withdrawal symptoms and reduces cravings. It activates the same receptors as does heroin or fentanyl but it does it longer and with many fewer risks.

Dr. Ramin prefers buprenorphine. The first few treatments of buprenorphine will take place in the addiction doctor's office. When no problems arise, the client will get a prescription that requires going to a pharmacy every day to get the drug. When urine toxicology screening shows that no opioids have been taken for several months, the client may get a prescription requiring only one visit/month to the pharmacy.

At some point down the road a phased reduction will take place and the client will be free of opioids. However, even after avoiding opioids for months or years, some clients will resume their addiction and the recovery process starts over again.



Photo Larry Newman

Brodie's Sandy Hill office.

dopamine or pleasure molecules are released. It's addicting.

Aside from the addiction itself, there is another hazard: the individual needs more and more opioid to again attain the first pleasurable experience, the "high." More opioid means a greater activation on the receptors in the brain stem. These brain stem receptors control the most basic of functions in the human body—including respiration. As a user takes more and more opioids to attain that first pleasurable experience, the brain stem receptors may trigger a decrease in respiration, a fatal condition unless there is intervention.

Just as Dr. Ramin and his team intervened to save Amber's life with naloxone, he counsels and treats patients in the hope that this more indirect and lengthy intervention will prevent them from continuing their addiction. Dr. Ramin tells anecdotes that reveal the variety of contributors to drug addiction: overuse starting with an original pain prescription, depression, homelessness, PTSD, Big Pharma's huge opioid advertising budget, and many more. It's not enough to just provide methadone or buprenorphine to the addict who is being treated. One must understand the contributors to the addiction in order to understand the treatment.

Drug replacement with methadone or buprenorphine is a straightforward and effective way to deal with addiction, even to cure addiction by slowly reducing the dosage of the addicting opioid. Opioid addiction is often only one of the problems that people who use drugs may have. Hepatitis C and HIV are common medical problems that are experienced by drug users and a holistic approach is necessary for effective treatment. Then, there are problems such as homelessness, PTSD, mental illness, and others that an addiction physician will discover and have to deal with.

This addiction doctor, Brodie Ramin, loves his job. His book offers much more information, context, history and advice than this short review can cover. Buy the book. It's very well written and is very relevant to current drug addiction problems with fentanyl that we are now seeing in Sandy Hill.

Rent-A-Wife Household Organizers

"Every working person needs a wife!"

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

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



# Thank you, Sandy Hill restaurants, for staying open!

Dodi Newman

Today’s column is different— it’s about restaurant cooking, not home cooking. Good food, well served in enjoyable surroundings, is one of life’s great pleasures and one that restaurants all over Sandy Hill happily provided before COVID-19.

Alas, since March 16, Ottawa restaurants have either had to close entirely or stay open only for take-out service for an indefinite time. Among those open for take-out are Working Title Café at 330 Laurier Avenue East (workingtitleottawa.com) and RamaKrishna Indian Restaurant at 417 A Rideau Street (ramakrishnarestaurant.ca), whose recipes are featured here. See also Paula Kelsall’s article, Dining out at home, on page 11, for other restaurants open for take-out.

Sandy-Hillers who are not able to eat in their favourite eateries may feel gloomy or dejected these days. But for restaurant owners and their staff this is a real threat to their very existence. Heartfelt thanks go to all restaurants who continue to give wonderful and safe take-out service. And my plea goes to you, IMAGE’s readers, to join me in supporting them as best you can so that we can all enjoy eating out when this is over!

Meanwhile, here are two recipes from the chefs of two of my favourite restaurants—just to remind you of what you may be missing. Both restaurants have kindly agreed to let IMAGE publish a recipe for one of their dishes. Thank you, RamaKrishna Indian Restaurant and its executive chef, Vishal Chand, for the luscious Kadahi Chicken recipe. And thank you, Working Title Café and its chef de cuisine, Nena Ngo, for the delightful Muhammara recipe.

Happy cooking!

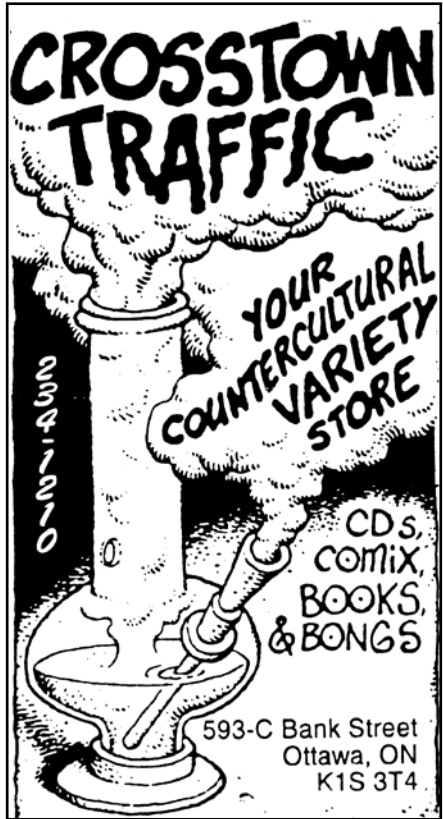


Photo Bob Whitelaw

Photo Dodi Newman



## Kadahi Chicken

**Executive Chef Vishal Chand**  
**RamaKrishna Indian Restaurant**  
**Serves 2 to 3**

Vishal Chand’s Kadahi Chicken, a mild and exquisitely flavoured masala, is the signature dish of RamaKrishna Indian Restaurant. The ingredients list makes it look formidable, but making it is not difficult, just be sure to have all ingredients at hand, ready to add to the pan, before starting to cook.

- 3 tablespoons vegetable, sunflower or corn oil
- 1/2 teaspoon whole cumin seeds
- 1/2 teaspoon whole coriander seeds
- 2 whole cloves,
- 2 green cardamom pods
- 2-3 whole black peppercorns
- 1/2 teaspoon ginger-garlic paste  
or 1/4 teaspoon finely minced ginger and 1/4 teaspoon crushed garlic
- 1/2 large onion, finely minced (generous 1/2 cup)
- 1 medium tomato, finely minced (generous 1/2 cup)
- 250 grams boneless, skinless chicken breast, cut into bite-sized pieces
- 1/2 medium onion, diced (1/2 cup)
- 1/2 medium bell pepper (1/2 cup), any colour
- 1 teaspoon ground turmeric
- 1 teaspoon Garam Masala
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon paprika
- 1 bay leaf
- 1 teaspoon salt, or to taste
- 2 green chili peppers
- 10 grams fresh coriander leaves, coarsely chopped, plus extra for garnish
- 2 tablespoons butter
- 100 ml (1/2 cup) whipping cream (35%)

1. In a non-stick pan, heat the oil over medium heat.
2. Add cumin seeds, whole coriander seeds, cloves, cardamom, black peppercorn to the pan. Stir until the seeds turn a light brown colour—a few seconds. Add the ginger-garlic paste and let it cook for few seconds more, stirring gently while it cooks.
3. Turn heat to medium high. Add the finely chopped onions, and cook until they turn a light brown, stirring gently.
4. Add the finely chopped tomatoes and cook until they melt into the onions, again stirring gently.
5. Now add the chicken and stir well. Then add to the pan the diced onion and bell pepper, the turmeric, ground cumin and coriander, garam masala, paprika, bay leaf, chili peppers, and salt.
6. Stir to blend the masala with the chicken for 3 minutes.
7. Cover the pan, turn heat to low, and cook for 10 minutes, or until chicken is tender, stirring from time to time.
8. Add the coriander leaves and cook for a minute.
9. Add whipping cream and butter, cook for 3 minutes, stirring gently.
10. Remove from heat and place in a serving dish. Garnish with coriander leaves and serve. It is best served with freshly baked naan bread.

The published recipe may vary slightly in seasoning from what is served on any one night by the restaurant.

Left— Creative and useful idea spotted at the entrance to the Sandy Hill Lounge and Grill on Somerset East. Used hockey sticks have been repurposed as a small garden trellis. Bonus points for recycling and reuse! — Bob Whitelaw

Photo Working Title Café



Muhammara dip (left), walnut pate and beetroot hummus as served in Working Table’s “Cocktail Party-In-A-Box”.

## Muhammara

**Chef de Cuisine Nena Ngo**  
**Working Title Café**  
**Makes between 1 and 1-1/2 cups**

Nena Ngo’s Muhammara is a sophisticated and innovative variation on a Mediterranean mezze. It is quick and easy to prepare if you have a blender or a food processor and excellent as a dip with pita bread. Or do as Working Title Cafe does and use it as an accompaniment to grilled chicken thighs.

- 2 roasted red peppers, diced
- 20 g raw sunflower seeds
- 15 grams sun-dried tomatoes, diced
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons honey
- 1 teaspoon sumac
- 1/2 teaspoon salt
- 1 tablespoons lemon juice
- 1/4 teaspoon cayenne pepper
- 1 garlic clove, sliced
- Extra sunflower seeds for garnish, optional

Place all ingredients in a blender or food processor and process them until you have a smooth purée. Et voilà—ready to serve!

Illustration by Phil Caron







Mitchel Rose, Ross Mullan, Bruce Spinney, Maryse Fernandes, Odyssey Theatre. 2019

# Odyssey cancels summer theatre in Strathcona Park but reinvents with online programming

Jesse Kahat

For 34 years, Odyssey Theatre has been delighting audiences with Theatre Under the Stars in Strathcona Park every summer, but this year it is going virtual. Despite the new realities of COVID-19, Odyssey Theatre will not go dark. Instead, it is ready to deliver an interactive digital theatre series for everyone – bringing together audiences and artists everywhere. A Virtual Odyssey is an innovative digital theatre series which will captivate audiences with creative and interactive online programs for families, youth, adults and artists.

“While we are disappointed not to perform in the park this summer, the safety of our audiences and artists comes first. But I am thrilled to launch an exciting online theatre series that will bring Odyssey into the homes of our patrons and reach a whole new audience in Ottawa and across Canada,” says Laurie Steven, Odyssey’s artistic director. Steven, an award-winning artistic director and playwright, is collaborating with a talented team of Odyssey actors, designers and playwrights to create entertaining programs that offer something for everyone.

As a love letter to its home by the Rideau River, Odyssey will be presenting Strathcona Park Diaries – a social media project and art contest that will pay tribute to the place where it has made magic all these years. Interviews with past Odyssey artists, coupled with stories from Sandy Hill residents, will let neighbours relive beautiful memories made in the park.

Odyssey Theatre kicked off A Virtual Odyssey on May 7 with a live, interactive reading of a play that they workshopped online: Sheridan’s comedy classic, *The School for Scandal*, adapted for mask and movement in a neo-Goth style. Two more readings are scheduled: a new translation and adaptation of Molière’s satire on medicine, *The Imaginary Invalid*, by Ottawa’s David Whitely; and, Steven’s own *The Blue Demon*, an original mythic fantasy created in collaboration with Sri Lankan artists. Viewers can submit their questions during the reading in real time.

A new podcast series is sure to enchant audiences. *Odyssey’s Wonderous Tales* is an eight-episode weekly podcast where tricksters and sages, villains and heroines will transport listeners into faraway

worlds of folktales from around the globe but with a new Canadian twist. Odyssey’s talented writers and actors will perform updated versions of these diverse stories with narration, music and inventive theatrical storytelling.

Odyssey is adapting its highly successful Youth Apprenticeship Program to an all-digital format. Ottawa theatre artist Eleanor Crowder will lead students through live, interactive workshops with professional guest artists to explore performance, design, writing and directing. The program finishes with a presentation of scenes, monologues and improvised pieces inspired by the play, attended online by the friends and family of apprentices. Free for youth ages 15-19. Applications are open now and due on June 19.

Puppet and mask making workshops are also on offer for young people (and their parents). Odyssey’s talented mask designer Clelia Scala is hosting two Zoom sessions, one on July 7 (register by June 23) for 5-7 year olds, and a second on July 14 (register by June 30) for 8-12 year olds. Kits to make each creation and materials about the stories or characters will be mailed to participants prior to the workshop date. For details and to register see the Youth section of the Odyssey Theatre website: [odysseytheatre.ca/](https://odysseytheatre.ca/).

Odyssey’s first webinar series, *Commedia Talks* will offer actors, directors, designers, theatre arts teachers, and theatre lovers everywhere an in-depth look at the art behind the art form as they share the secret of bringing Commedia dell’Arte to life in full length productions of both contemporary and classic works. With masked performances, interviews and the creations of their artists, they will showcase the depth and range of this theatre form from the Italian Renaissance that inspires Odyssey’s creativity.

A Virtual Odyssey will run throughout the summer and into fall 2020. Odyssey Theatre is Canada’s award-winning mask and Commedia dell’Arte theatre. For over three decades they have stirred imaginations with extraordinary plays that include epics, comic fantasies, satires, tragedies, and madcap comedies. Their stunning performances are woven from masks, puppets, music, dance and ritual. Behind the scenes they create original plays, train professional artists and reach out to the community to introduce new audiences to the magic of live theatre.

## NEIGHBOURHOOD BULLETIN BOARD

### Cotton shirts

Bettye Hyde Early Learning Centre, now it is cleared for reopening, is looking for washable shirts that the staff can wear when hugging/holding, bathrooming children. These shirts can only be worn once while dealing with one child and then must be laundered so they need lots. Please be assured the shirts will be reused many times over, and once they are no longer required they will be donated to the Salvation Army. If you are able to help keep the children and staff safe by donating long sleeved cotton shirts, you can drop them off at the school—43 Blackburn Ave. at Osgoode.

### A quiet apartment

Phil Caron (whose drawings are featured regularly in IMAGE) needs to move. He is looking for a modestly priced, very quiet apartment for rent. As a meditation/yoga practitioner, a very quiet environment is top priority (e.g. not a student-filled residence). You can reach him at [philcar@sympatico.ca](mailto:philcar@sympatico.ca)

**Nursing student** (second year) at the University of Ottawa is available to work 10 hours a week this summer as a helper/companion for an elderly person. She will only take on one client to reduce the risk of COVID. References available. \$25/ hour. For more information, call Mackenzie at 613-562-0017.

**Une étudiante de deuxième année en sciences infirmières** à l'Université d'Ottawa est disponible pour travailler 10 heures par semaine en tant qu'aide / accompagnatrice pour une personne âgée. Afin de réduire les risques de transmission du COVID, elle travaillera avec un seul client. Son taux horaire est de 25 \$ / heure et des références sont disponibles sur demande. Pour plus de renseignements, veuillez communiquer avec Mackenzie au 613-562-0017.

### Arts Network Ottawa / Réseau des arts d'Ottawa — Summer job seekers

Three opportunities are available for bilingual youth (15 to 30 years) this year to help with



planning and implementing upcoming and new initiatives. It is expected that all summer positions at Arts Network Ottawa will focus on web-based exchanges and online programming. Application deadline: June 22, 2020. Full information at: [arts-netottawa.ca/summer-job-opportunities-2020/](https://arts-netottawa.ca/summer-job-opportunities-2020/)

### Odyssey Theatre Summer program

Odyssey Theatre mask and puppet making workshops (July) and, Youth Apprenticeship Program (August). See article at left and [www.odysseytheatre.ca/](https://www.odysseytheatre.ca/)

**Ottawa Children's Theatre** goes international with 16 online summer camps July 6 to August 21, 2020, for children and youth ages 7 to 18. OCT online summer camps run for one, two or three hours per day, depending on the age of the camper. Most camps are one week long and range in cost from \$125 to \$550 (2 weeks). There is no limitation in location—students are currently registered from Europe, the United States and across Canada. However, enrolment is very limited due to the nature of the medium and parents are encouraged to register as soon as possible. [www.ottawachildrenstheatre.net/](https://www.ottawachildrenstheatre.net/) or contact Amanda Lewis at 613 267 6205 | [info@ottawachildrenstheatre.net](mailto:info@ottawachildrenstheatre.net)

### People to take tick precautions

Ticks are NOT social distancing despite pandemic. Pets and people need to take precautions before heading outside. You can learn more about the risks of tick-caused Lyme disease at the Canadian Lyme Disease Foundation ([can-lyme.com](https://can-lyme.com)). If you have been bitten by a tick, Emilie Norris-Roozmon, a master’s student at Queen’s University, would like to hear from you. She has launched an online survey that tracks the aftermath of being bitten: ([bit.ly/Tick-Survey](https://bit.ly/Tick-Survey)).



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

**377 Rideau St., 613-580-2940**  
**[Rideau@Ottawa.ca](mailto:Rideau@Ottawa.ca)**  
**[www.BiblioOttawaLibrary.ca](https://www.BiblioOttawaLibrary.ca)**

**Curbside returns and holds pick up (by appointment) service** are now available at six branch locations: Main, Nepean Centrepointe, Cumberland, Beaverbrook, Greenboro, Ruth E. Dickson, during new hours of operation.

Get details about hours and procedures by visiting the library’s home page at <https://bibliooottawalibrary.ca/en/home> and clicking on “curbside service.”

All OPL branches and Bookmobile stops remain closed to the public. Due dates for currently checked out materials have been extended and late fees suspended. All book drops remain closed.

The library continues to offer online services and programs, resources and links, available from the “Isolation Recreation” page on its website. For information about library cards, virtual programs, contact InfoService at 613-580-2940 or by email at [infoService@BiblioOttawaLibrary.ca](mailto:infoService@BiblioOttawaLibrary.ca).

### Library Online for learning and fun

You can access many reading, learning and entertainment resources online with the Ottawa Public Library. Read books, watch movies and TV shows, study for school, and listen to music...for free!

**The Isolation Recreation** section at the website has fun things to do plus a Study at Home section to help children keep learning for school.

All you need is a library card!

### Service de retour et de collecte d'articles en bordure de rue

La BPO offrira un nouveau service de retour et de collecte aux six succursales suivantes : Centrale, Nepean Centrepointe, Cumberland, Beaverbrook, Greenboro, Ruth E. Dickson, avec un nouvel horaire de service.

Toutes les succursales de la BPO demeurent fermées au public et les services du Bibliobus sont suspendus. Les dates d’échéance pour tous les articles empruntés ont été prolongées et les frais de retard suspendus. Toutes les boîtes de retour demeurent fermées.

Pendant cette période, la bibliothèque offre des programmes et services en ligne, ainsi qu’une multitude de ressources pour toute la famille, disponible de la page « S’isoler sans s’ennuyer », sur son site web. Pour toute information sur les cartes de bibliothèque, les programmes virtuels, ou autre, communiquez avec InfoService au 613-580-2940 ou par courriel au [infoService@BiblioOttawaLibrary.ca](mailto:infoService@BiblioOttawaLibrary.ca).

### Visitez la Bibliothèque en ligne pour apprendre et vous amuser.

La Bibliothèque publique d’Ottawa (BPO) vous donne accès à une multitude de ressources —des livres, des films et des séries...gratuitement!

Visitez la nouvelle section « **S’isoler sans s’ennuyer** » du site Web pour découvrir et apprendre une foule de choses.

Tout ce qu’il vous faut, c’est une carte de bibliothèque !



# Let's talk real estate

Lynda Cox



This is a challenging time to be sure. The real estate market here in Ottawa has decreased in activity as the COVID numbers ramped up. This is typically a time when new listings are increasing daily as we plough through the busy spring market. Not so for 2020. All real estate offices are closed to staff and the public. Open Houses are forbidden, virtual visits are encouraged, real home viewings are strictly monitored for social distancing and sanitizing practices. Many home owners do not want strangers in their home at this time and have decided to wait until the threat of COVID-19 is past before listing again. Sellers that have just sold their home are actively looking for their next home in a market of dwindling listings. Anxiety levels are high. All transactions are being completed electronically. The few sales that are still happening are often multiple offer situations, proof that buyers are still out there and willing to offer. How long this will last is anybody's guess. Note the March/April stats below. I suggest taking this time to declutter, paint and repair, so that when the market is ready you will be too.

This epidemic has left Sandy Hill eerily silent, with all our university students returned home and local residents staying at home. Silver lining: I am sure many of you have discovered Sandy Hill's online and take-out food service, making this time safer and tastier in your isolation. Perhaps you have mastered the sourdough loaf and I'm sure your FaceTime/Skype/Zoom visits increased, bringing much joy.

I am reflecting on the effect of this virus on our families, old and young, near and far. I am happy that our parks

have re-opened just in time to watch the baby goslings on the Rideau River. On a personal note: My husband and I were scheduled to visit our new grandson in Italy on March 1. At the last minute we cancelled. The anxiety we still feel for their safety is great even as restrictions are slowly lifted.

How are you coping? I'd love to hear from you. Have you been banging your pots and pans in appreciation of our front-line workers? It's time to raise each other's spirits as we safely wait out this crisis.

**Sandy Hill Real Estate update**  
**March - April 2020**

**March 2020:**  
Sold 9 Condominiums, 7 Houses (9 sold over asking price—range \$5K - \$125K)

**April 2020:**  
Sold 10 Condominiums, 2 Houses (1 sold over asking price—approx. \$22K over)

**Active Listings:**  
13 Condominiums, 3 Houses

**Conditionally sold:** 3

**If you must sell . . .**

Oddly enough the market continues to move. There are few listings and still some active buyers though many are taking a break. Would I recommend listing now . . . NO . . . Do it only if you have to. In this time of social distancing and flattening the curve I would wait. I would want your home to have the advantage of multiple buyers. The Ottawa market will start up again with a fury . . . Never fear, it might be sooner than you think. BE SAFE

## Drumming of another kind:

### A breathing meditation

Robert Black

Lie on your back. Support under your knees (so your low back is released). If necessary, support of a firm (not hard) surface under your head at the back of the head (but not jammed in your neck curve) to keep your head in alignment with your spine. If necessary. Make sure you are warm enough and comfortable.

Place the tips/pads of your three middle fingers at the V junction where your ribs meet at the base of your breast bone (anatomy: at the xiphoid process), with your index finger resting on the bone. These fingers are providing presence without pressure. Gently resting on the skin.

Feel for the expansion of your skin only. Feel for the retraction of your skin only. This is not rib cage movement, nor belly movement.

You need to release tension and become open/vulnerable to the soft tissue of your solar plexus nerve centre.

Pause at the beginning of the out breath to allow/feel for the sweet spot of the elastic recoil of the lungs (anatomy: the elastin fibres in the alveoli of the lungs).

*I have worked for over 30 years as an Osteopath, Registered Massage Therapist, Remedial Exercise Therapist and Movement Coach/Trainer, now in Sandy Hill. During this time of sequestering myself I have been studying and writing and this is the simple beginning of a physiologically based approach to breathing. The breath of life is, after all, fundamental to everything else we do.*


Then let the skin “implode/retract.” Do *not* engage with the hard overwhelming control movement of the rib cage which will overwhelm the feeling of the movement we are after by overpowering the feeling with the powerful accessory respiratory muscles. With your intention, (not your will!), amplify the feeling of expansion and retraction of the skin of your drum. This is a very vulnerable space to be in so make sure you don't have a cat ready to pounce on you!

**Concepts**

This should be pure respiratory diaphragm breathing. In this exercise you want to get to the level that you are no longer doing the breathing but that you feel that you are being breathed. Note: No one has ever committed suicide by not breathing!

**Time**

I find it takes 20 minutes to half an hour to really kick in to the experience and benefits of this physiological meditative technique. And practice does make more and more perfect.



# Rideau River DENTAL

General and Cosmetic Dentistry

## 613-789-0800

A beautiful smile and healthy teeth.

Please come see us for a SMILE consultation.

Whiten and brighten your teeth in one visit with ZOOM advanced

**New patients and emergencies always welcome.**

Appointments available on evenings and Saturday

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

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


### Les activités de la semaine pour la Côte de sable

Vous trouverez une série de chasses au trésor pour enfants et adultes au site web d'Action Côte de sable (<https://www.ash-acsc.ca/category/fun-sandy-hill-activities-of-the-week/>) entre le 18 avril et le 5 juin.

Ces activités ludiques, élaborées par vos voisins, nous sont présentées pour nous aider à mieux survivre notre période de confinement. Si un de vos enfants soumet un formulaire rempli pour une des chasses, il pourrait gagner un livre!

# FREE REPORT

## HOUSE PRICES IN SANDY HILL




Curious to know what your house may be worth?



Here's an easy way to find out what Sandy Hill houses are selling for in today's hot market.

Get a free report with up-to-the-minute statistics, based on all the houses for sale and sold on MLS® in the last six months.

To get your free report on Sandy Hill prices, sign up online at [www.SandyHillMarketReport.com](http://www.SandyHillMarketReport.com).



**Jim and Lynda Cox**  
Sales Representatives  
(613) 238-2801  
[Info@CoxHomeTeam.ca](mailto:Info@CoxHomeTeam.ca)  
[www.CoxHomeTeam.ca](http://www.CoxHomeTeam.ca)



Not intended to solicit buyers or sellers currently under contract





Low water at Sparks Rapids on the Rideau River across from Strathcona Park, on May 12

This spring of the COVID-19 lockdown has resulted in many of us walking the river paths on each side of the Rideau River almost every day, using the various pedestrian bridges available for pleasant loop walks. Low water levels have been one noticeable feature of the river which seems to be already at August levels.

The Rideau Valley Conservation Authority monitors the river's water levels; a statement issued on June 4 noted that the level was low because of below average rainfall in April and May:

"Although stream flow values are not currently below any of the low water thresholds, [they] are lower than normal by as much as 30 to 50 percent and field observations indicate that ecological conditions are becoming stressed. The average 90-day rainfall measured at climate stations in and around the watershed is just shy of 80 per cent of normal for this time of year. In the past 30 days, average rainfall is slightly below 50 per cent of normal."

Let's hope for more rainy days to help our beautiful Rideau keep flowing normally. — Jan Meldrum


Cormorant photo by Kathleen Kelly



Wood duck photo by Kathleen Kelly



Rideau River Peak Flows					Source: RVCA
500					
400					
300					
200					
100					
0					
March 18, 2016	April 8, 2017	April 19, 2018	April 21, 2019	March 15, 2020	
281 CMS	456 CMS	243 CMS	355 CMS	288 CMS	



ELMWOOD  
SCHOOL

INSPIRING GIRLS



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

At Elmwood, each girl is encouraged to challenge herself to excel in the classroom, develop confidence and lead with strength. Supported by excellent educators, engaged peers and a connected community, girls learn to be the best students, leaders, and global citizens they can be.

Discover more about our innovative approach to girls' education—including what parents and students say about "At Home Learning" with Elmwood—at [elmwood.ca/at-home](https://elmwood.ca/at-home)

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

ACCEPTING APPLICATIONS  
FOR SEPTEMBER 2020

(613) 744-7783 | [elmwood.ca/apply](https://elmwood.ca/apply)