

DECEMBER 2020 - JANUARY 2021

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Shelter from the stormy blast

Hilary Duff

A group of downtown social service agencies have banded together with the City of Ottawa to open a new cold weather respite centre on the lower level of St. Paul's-Eastern United Church, at Daly Avenue and Cumberland Street.

Operating from 9:30 a.m. to 4 p.m. seven days a week, the respite centre offers washrooms, takeaway meals, and warmth during the day for those who are unhoused during the frigid winter months, particularly to clients of The Ottawa Mission, Salvation Army, and Shepherds of Good Hope. The centre is scheduled to open in December.

This new resource is run in collaboration with a number of groups, including The Ottawa Mission, Centre 454, the City of Ottawa, and Ottawa Community Housing. While the Mission and Centre 454 have their own facilities and services, they lack the indoor space to safely host

Photo Hilary Duff



Starting in December, St. Paul's Eastern will become a daytime respite centre for people needing to spend time indoors while observing social distance guidelines.

the 45 to 50 people expected to use the respite centre.

Take The Ottawa Mission, for example. In a non-pandemic winter, Mission clients could sit in the building's cramped waiting room before the dining hall opened for meals. "That's not an option in these times," says Executive Director Peter Tilley, citing physical distancing guidelines. "This [respite centre] could be an answer to alleviating some of the overcrowding in shelters during the days." There will be no overnight stays.

For its part, the Mission will be providing nutritious food and snacks to respite centre clients. At the time of publishing, the Sandy Hill Community Health Centre was still investigating how it might support the new facility, but says this likely

would entail providing harm reduction workers to the space.

Reverend Laurie McKnight of St. Paul's-Eastern notes that Community Policing will provide security outside and garbage will be collected. In fact, church staff anticipates the corner of Cumberland and Daly will be tidier and more secure due to daily respite centre staffing.

McKnight says the church has served as an overflow space for the Mission in the past, but this is the first time the lower hall will become a daily drop-in location. Sunday services have been suspended since the start of the pandemic, so there's plenty of space for the church's latest tenants.

Pre-opening, the centre was still determining the best way to limit drop-in visitors to those who don't have housing. Til-

ley with The Ottawa Mission speculates the centre may use a badge or tag system to ensure clients are coming from one of the nearby shelters. Names and contact information will be collected at the door as a way to manage contact tracing, and the centre will follow all Ottawa Public Health guidelines, including supplying non-medical masks, hand sanitizer, physically distanced seating, and more.

The City of Ottawa is paying for the rental license of St. Paul's-Eastern until March 30, 2021. While the rental amount has not been disclosed, McKnight says it's enough to cover heat and hydro for the space.

The St. Paul's-Eastern respite centre will be the third facility of its kind in the city, with two others located at the Tom Brown Arena, near Bayview LRT station, and the Bernard-Grandmaître Arena in Vanier. All three follow the success of a pilot project that ran from April to October at the McNabb Recreation Centre in Centretown.

While this won't be the first collaboration between different social agencies, Tilley says initiatives like this take on added importance during a pandemic. "[Creating this respite centre] was about doing what's best for the homeless and bringing all the partners together to do that," he says. "It's a huge relief."

For immediate concerns about the centre, residents may call respite centre operations at 613-806-7306, Monday to Friday from 9:30 a.m. to 4 p.m. Outside of these hours, this number will be forwarded directly to 311 for response. You can also email the centre at StPaulsRespite@ottawa.ca

See also: Letter from a neighbour, page 2; newsbite on a temporary women's shelter coming to Rideau St., page 5; and farewell to St. Paul's-Eastern, page 8.

New decorating competition and history tour brought welcome distraction from COVID stats

Outstanding pumpkins, 2020
(left to right) —

1st prize
Chris Evans,
Blackburn Ave.

2nd prize
Allen & Michaela
Nollan,
Blackburn Ave.

3rd prize
Marilyn Whitaker,
Blackburn Ave.

See page 18 for photos of outstanding decorations.



Photo Christine Aubry



Photo Harlequin Studios



(right)
Meet Pepper,
the Mayor of
Goulburn Ave.
See page 14 for a
black cat tale.

(far right)
Hallowe'en masks,
COVID-style
See page 8 for the
story of the Dark
Side of Sandy Hill
tours.



IMAGE

Founded in 1972 under the direction of Diane Wood

22, av. Russell Ave.
Ottawa K1N 7W8

Fondé en 1972 sous la direction de Diane Wood

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

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

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

January 18, 2021

(target delivery February 11)

Date de tombée

Publicité, articles, photos et autres soumissions

le 18 janvier 2021

(livraison prévue le 11 février)

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Letters to the Editor of IMAGE

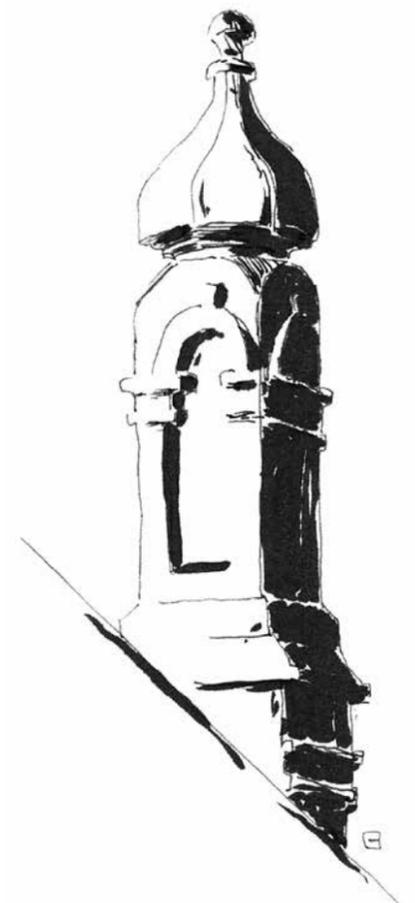
Neighbour opposes St Paul's-Eastern respite centre

This is about the disappointing decision to use St Paul's Eastern church for a respite centre when there are already 47 social services in the Byward Market/Lower Town/lower Sandy Hill area.

Whatever the mitigating work being done, in my personal view this is another concentration of social services that will damage the lives of residents, students, business owners and workers, and Ottawa visitors through exposure to drug dealing, violence, loitering, verbal abuse, vandalism, littering, property break-ins, theft, maybe another home invasion. This will happen because this wrong policy will attract more emotionally fraught, mentally ill, often drug and alcohol addicted people with dreadful trauma in their past into the same small number of streets. The result will be more addiction, more conflict and more misery—all paid for by the city tax payers, when a more decentralised approach to service provision would prevent such harm, misery, crime and even death.

By locating services together, the city and its charitable fellow travellers are just exposing vulnerable people to more addiction, conflict and violence which will make it impossible for them to build a better life.

Keith Nuthall
Besserer Street



Phil Caron's Sketchbook

Seen and sketched

St. Charles on Beechwood is now a condo, but nice details are still intact.

Phil Caron
Chapel Street

From the Editor

The thanks continue!

IMAGE readers and contributors continued to boost our operation this fall when two more generous donations arrived, from **Christine Aubry** (Blackburn Ave.) and **Larry Newman** (Laurier Ave. E.).

As the old year passes...

We (happily) say goodbye to the challenges of 2020 and thank all those who have contributed articles, updates, notices, photos, advertising, advice, and encouragement this year.

Our chief copyeditor, **Jan Meldrum**; advertising guy, **Peter Rinfret**; proofreader and translator, **Betsy Mann**; website manager, **Dave Elden**; admin assistant, **Frank Heilingbrunner**, and 24-hour enthusiast, **François Bregha**—plus the latest fabulous recruit to IMAGE business management, **Jan Finlay**, get special mention and my deep thanks for rolling with the punches. We did it! Bring on 2021.

Jane Waterston

Chez Lucien

137 Murray
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*Sandy Hill's
place
in the Market*

*Côte-de-Sable
se retrouve
au Marché*

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Paul Denys

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Two community pillars collapse

Judy Rinfret

Our last issue featured upbeat news of the ByTowne Theatre, but now owner Bruce White says, “I wish things could be different. My heartfelt thanks to you all,” and announces that our beloved community hub/entertainment centre will close on the first day of 2021.

Bruce says his retirement was imminent and the pandemic has hastened his decision. “The ByTowne has a fantastic customer base, but many ByTowneers just aren’t coming these days. And I don’t blame them,” he writes.

He hopes to sell the business when the virus is under control. “No one will be more delighted than me, and I’ll be there as one of you, a happy spectator of amazing movies.”

Meanwhile he encourages those of us who wish to “channel love and support” to consider donating to his Staff Appreciation Fund. E-transfer any amount to cinemail@bytowne.ca. Bruce will distribute these funds among his 15 stalwart staff, ideally during the Christmas season. And “when post pandemic life arrives, “attend any cinema, see any movie. Take chances; take friends; take a night off from Netflix.”

We will remember, with even greater affection and nostalgia, the walks in all seasons to line up at the doors of cinema paradiso, the cheerful expectant buzz as we sat munching, the glorious moments when the curtains would part to transport us to worlds of wonder, and sometimes spontaneous invitations to drop by for a glass of wine and talk about the film.

And, we are losing our hardware store. By the time you read this, Trudel Hardware, serving the residents of Sandy Hill and Lowertown for generations, will have locked up shop.

Where will we go for handy essentials and kindly service?

Photo David Elden



The ByTowne, pictured above in 2006, brought glamour to the street as well as quality entertainment to the people.



Above, Trudel’s final location on George St.; previously, it was at Besserer and Nicholas.



Photo Bob Whitelaw

Test your memory and IMAG(E)ination

Where have you seen, on your walks around Sandy Hill, the structure in the photo above? Let us know and we’ll salute you in the February-March IMAGE.

Last issue’s mystery revealed

Outside the Laurier House Interpretation Centre on Chapel St., just north of Laurier, is the tradition bench shown in our October - November IMAG(E)ination. It was quickly identified by Poonam Varshni of Laurier Ave. E.

Good luck to all with this issue’s challenge (above)!



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Growing our tree canopy in Sandy Hill

A mature tree canopy is what makes an urban neighbourhood unique and desirable. Aside from the environmental benefits from a tree-lined street, trees, in general, make a neighbourhood more inviting, beautiful and charming. Unfortunately, this past spring and summer, Sandy Hill suffered several losses when it comes to mature trees in the neighbourhood. The fact that we lost the tree canopy is one thing. The other issue is that this occurs without noticing until a witness sees the tree being chopped down. The result then becomes my office chasing after forestry or the property owner, bylaw and the person who reported it to figure out if this particular removal was okay, whether it was a City-owned tree and where and what the replacement will be. These steps are exhausting for everyone involved. I am pleased the City has made small steps to help mitigate these issues, but most importantly, there is a new tree protection by-law. We have new regulations to alleviate some of these long-standing concerns. The new bylaw was supposed to be implemented in May of this year. Due to COVID-19 delays, the bylaw will be implemented beginning January 2021. Critical aspects of the bylaw will be the improvement of tree protection, formal compensation, proper tree information for distinctive tree permits, higher application fees, and a new special fine designed to eliminate or reduce any economic or financial gain from contravening the bylaw. There are two phases of the bylaw, and due to the delay, both phases will be implemented in January 2021. The second phase includes decreasing the distinctive tree size from 50 cm to 30 cm and requiring a permit. For more information on all the aspects of the new bylaw, please visit Tree Bylaw Review Project. I am genuinely pleased the City has updated and strengthened its tree protection laws. Other exciting items I am told staff are working on include proper canopy mapping for the City. We have a better understanding of what we have and what we have lost and what needs to be replaced. Residents will get more information when it comes to the City removing a diseased tree or one that is impacting homes or foundations. And as for the loss of tree canopy in Sandy Hill, I am happy that the Forestry Department is actively looking for new locations close to the former tree locations to replace what was there. Additionally, I am working with staff to add 12 trees to the area. This is to replace the six trees that were removed from City properties in our neighbourhood. We have sought interest from the community for locations, whether private or public, that may work to add these much-needed trees to the area. If you have any questions about the City's new tree bylaw, or would like to know more about the City's Trees in Trust program, or would like to sign up for one of the 12 trees we are looking to plant in the neighbourhood, please reach out to me at mathieu.fleury@ottawa.ca. I look forward to keeping Sandy Hill the mature, tree-lined neighbourhood we have all come to love.

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

Photo Bob Whitelaw



Mann Ave. tree replanting started in November, but we are still a few trees short.

News Bites

Policing

Police reported at the Action Sandy Hill board's December meeting that in this year's third quarter crimes were down in every category in comparison with last year. COVID 19 was given as the main reason.

A Neighbourhood Resource Team (4 teams of 8, 7 days/week coverage 9-9 + Thurs.-Sun. 9 p.m.-3a.m.) has been up and running for several months. Feedback from community groups suggests it is having a positive influence. As well as being more visible, the team is also proactively carrying out curfew checks, follow-ups etc. This proactive action is possible to some extent because there is less need for patrolling late night bar closings in the Market due to COVID restrictions. A Sandy Hill focus group set up to liaise with/provide feedback to the NRT initiative is small. ASH canvassed residents north of Laurier to Rideau but found not much interest expressed.

Capital project updates

• **Mann/Range water/sewer renewal project:** Landscaping in front of the Mann Avenue mall, and the Russell Avenue segment of the work will be delayed until spring 2021. Mann Avenue re-planting has three fewer trees which City will also have to find and replace.

• **Egyptian Embassy construction:** City and heritage folks are in discussion to ensure the partially retained building is protected over winter.

• **Sewer Storage Tunnel** was opened at the end of November so now overflow will not be diverted into the Ottawa River. There is still some landscaping to do along Cumberland Avenue.

• **Rideau Street renewal project:** work on the project between Sussex and Dalhousie is pretty much completed. OC Transpo buses which have been detoured since April will begin to use it again on Dec 20. It now has the widest sidewalks in Ottawa!

—notes from Kathy Moyer

Photo Bob Whitelaw



Oct. 28— the final load of pavement is rolled into place at the corner of Somerset and Range Rd. Water and sewer services are replaced after a year of traffic disruption.

Draft new Official Plan out for consultation

November 20 marked the release, for consultation, of the City's draft new Official Plan. The Official Plan provides a vision for the future growth of the city and a policy framework to guide the city's physical development. Action Sandy Hill will dedicate its January 25, 2021 virtual meeting to a community forum where City planners will present the draft Plan, in particular aspects pertinent to Sandy Hill, and residents will be able to ask questions - consult www.ash-acsc.ca in January for details. To find the full draft plan online search for "City of Ottawa new official plan 2020". This is a complex document. The first part has general policies for the whole city. Look for the "Downtown Transect" section for policies on the area that includes Sandy

Physical distancing centre for women

The City has announced the opening, this month, of a Physical Distancing Centre for women located on Friel Street just north of Rideau Street in an unoccupied uOttawa residence. Three programs serving single women experiencing homelessness will be temporarily consolidated on the site with an initial capacity of over 100 people. It will be operated by Cornerstone Housing for Women. The facility will provide additional capacity and space for physical distancing in the shelter system. Clients from Cornerstone, Shepherds of Good Hope and overflow services will be served. The site will provide rooms and amenities for single women, aged 18 years and older, who are shelter users and includes access to case management services to support people to transition to permanent housing.

The use of the Friel site for this purpose is a response to COVID-19, to reduce the pressures on the shelter system, including the risk to people experiencing homelessness of contracting or spreading the COVID-19 virus.

The facility will be operated with 24-hour staff and security. The site is temporary and will be used until summer 2021.

Photo Bob Whitelaw



Water main breaks arrive with cold weather and ground freezing. The first one this season happened in front of the Pakistan High Commission on Range Rd., on November 25.



Oct. 28— the final load of pavement is rolled into place at the corner of Somerset and Range Rd. Water and sewer services are replaced after a year of traffic disruption.

Draft new Official Plan out for consultation

Hill; for specific policies go to the section called "Central & East Downtown Core Secondary Plan" (in Volume 2A: Urban Secondary Plans). Within this secondary plan, for example, you will see new boundaries for Sandy Hill have been specified; the area south of Mann Avenue is included in a separate area called Lees Station. Susan Young, President of ASH, suggests residents have a look at this Central & East Downtown Core Secondary Plan. If you do not see in it the neighbourhood that you would like to live in, she urges you to speak up. ASH will also review the draft plan "to see what has been lost and/or gained." Comments on the plan must be in to the City planners by February 17. — John Cockburn

Eye on Development

Illustration RLA Architecture



Could community benefits be a part of the new 2 Robinson Ave. development?

Cynthia Mitchell

A small community group is hoping to ensure Sandy Hill residents are a part of, and benefit from, the new development being proposed for 2 Robinson Ave. The development will be built on the site of the former Iranian Cultural Centre, just south of the Sandy Hill Arena, at the southwest corner of Chapel Street and Lees Avenue.

Affordable housing, energy efficiency, a grocery store, and recreational, health and cultural spaces were some of the “wish list” items discussed at a recent kick-off meeting regarding the development.

The group, which includes representatives from Action Sandy Hill, the LeBreton Flats Community Benefits Coalition, Co-opérative d’habitation Voisins and the Sandy Hill Community Health Centre, met virtually on Tuesday, Nov. 17 to learn about community benefits agreements (CBAs) and discussed a plan for moving forward.

Kaeli Van Regan, a member of the LeBreton Flats CBA coalition and the facilitator for the kick-off meeting, explained that “CBAs enable communities to play a meaningful role in the planning and execu-

tion of a development.” They also carry weight, as they are a legally binding agreement between project developers and community groups.

This last point might cause some developers to balk, but CBAs actually end up being a cost saver for them and can pave the way for a much smoother approval process at the City.

Considering the development being proposed for 2 Robinson Ave. is a large one—at over 1,500 new rental units—it will undoubtedly bring a lot of change to our neighbourhood. We have the potential with a CBA to ensure that some of these changes reflect the needs of our community and provide amenities and spaces that will benefit current and future residents for years to come.

A crucial part of any CBA is reaching out to the community for input and ideas. The working group will be meeting soon to discuss how best to hear from you. Your ideas, needs and hopes will help to ensure this new development has benefits for Sandy Hill!

Be sure to stay tuned to IMAGE for more information, and contact Susan Young (susanonash@gmail.com) if you are interested in joining the working group.

Action Sandy Hill reaching out to developers

John Cockburn

In response to the City’s adoption of the revisions to the R4 designation for Sandy Hill it is likely that the building of or conversion to low-rise apartments in our community will accelerate. Among other things the revisions will increase the number of units permitted in this type of building to as many as twelve units. Yes, even more density for Sandy Hill.

In response Action Sandy Hill is proposing a proactive approach to ensure that the community’s voice is heard as projects start to roll out. The new strategy is to reach out to developers on a one-on-one basis in the hope of establishing a more informed, collaborative approach to resolving development issues. It is hoped that, over time, ongoing relationships will develop between the community and de-

velopers, particularly regarding the external design aspects.

In an initial effort in October, ASH met with representatives of Smart Living, one of the more active Sandy Hill developers. They shared their new strategy of renovating/redeveloping existing “short term rental” (rooming houses) into fully furnished, (all utilities included in rent) co-living spaces combining individual bedroom and bathrooms with shared common areas (kitchen, lounge etc). They specifically stated they were not interested in taking advantage of the City’s new R4 rezoning options. Their target is longer-term renters, 2–3 years, specifically young professionals rather than their current focus on students. We will see. (Smart Living is involved with a project on Osgoode Street. See Larry Newman’s story on p.6)

Next on ASH’s list is TC United and other developers active in Sandy Hill.



Lucille Collard

MPP / députée Ottawa-Vanier



Chers résidents et résidentes d’Ottawa-Vanier

Bien que la pandémie impose toujours des restrictions à nos vies, nous devons rester positifs et suivre activement les directives qui nous permettent d’aller de l’avant. Une partie du défi consiste à protéger notre économie locale. Nos petites et moyennes entreprises rassemblent nos communautés et jouent un rôle fondamental dans nos vies. Ils ont travaillé fort pour s’adapter aux directives de santé publique en constante évolution, mais ils ont fait face à des obstacles au fur et à mesure des changements.

Dans l’ensemble, les entreprises d’Ottawa opèrent en respectant les directives de santé publique. Nos restaurants et centres de santé et de conditionnement physique contribuent non seulement à préserver notre santé physique et mentale, mais ils contribuent également à la santé de notre économie. Je continuerai de faire pression sur le gouvernement pour qu’il fournisse un soutien accru aux entreprises à mesure qu’elles s’adaptent au nouveau système de restriction par couleur.

Pendant ce temps, j’encourage tout le monde à soutenir et à magasiner localement, comme beaucoup le font déjà. À l’approche de la période des Fêtes, on ne sait pas comment nous pourrions célébrer. Une chose est certaine, c’est qu’il y a de nombreuses entreprises locales à Ottawa-Vanier qui offrent des idées de cadeaux uniques et de délicieux repas à emporter à la maison. Alors que nous devrons peut-être adapter nos traditions pour nous mettre dans l’esprit des Fêtes, continuons à nous soutenir les uns les autres.

Comme toujours, merci de faire votre part dans la lutte contre le COVID-19. Mon équipe reste disponible pour vous aider. N’hésitez pas à nous appeler au 613-744-4484 ou à nous envoyer un courriel à lcollard.mpp.co@liberal.ola.org.

Dear constituents

With the pandemic still imposing restrictions on our lives, we need to remain positive and actively follow the guidelines that keep us moving forward. Part of the challenge is to protect our local economy. Our small and medium-sized businesses bring our communities together and play a fundamental role in our lives. They have worked hard to adapt to the ever-changing public health guidelines, but they have faced obstacles every step of the way.

Overall, Ottawa businesses have been operating in accordance with public health requirements. Our restaurants and health and fitness centres not only contribute to keeping us sane, but they also contribute to the health of our economy. I will continue to pressure the government to provide more support to businesses as they adapt to the new colour-coded restriction system.

In the meantime, I encourage everyone to support and shop local as so many are doing already. As we approach the holiday season, it is unclear how we will be able to celebrate. One thing that is certain is that Ottawa-Vanier has many local businesses offering unique gift ideas and delicious meals to take home. As we may have to adapt our traditions to get into the holiday spirit, let’s continue to be supportive of one another.

As always, thank you for doing your part in fighting COVID-19. My team remains available to help. Please feel free to give us a call at 613-744-4484 or send us an email at lcollard.mpp.co@liberal.ola.org.

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It's past 30 October — now what?

Photo Larry Newman

Photo Jane McNamara

Larry Newman

In the last issue of IMAGE, we published an article revealing a plan to evict all tenants from the rooming houses at 146 to 170 Osgoode St. by October 30 in order to renovate the buildings. The tenants refer to this as a renovation and have formed a tenants' coalition to protest the eviction.

The eviction notices were sent on June 30th, this year. A cardiologist and real estate investor, Binny Kuriakose, bought the properties last spring in the name of 146 Osgoode St. Holdings Inc. Smart Living, a local property management company, is managing the project.

In response to the eviction notice, the tenants wrote a three-page letter to Kuriakose on August 5, proposing/demanding the right to stay in their apartments during renovations. On August 19, tenants received a letter from Jonathan Bielecki (apparently in charge of relocation) offering three "packages" as encouragement to move.

The first was a cash payment of 12 times current monthly rent and money for a cash deposit on the tenant's new home. The second was three times current rent and assistance in finding a new place as well as help furnishing and moving. The third "package" was for the landlord to take the eviction notice to the Ottawa Landlord and Tenant Board.

Below a graphic representation of each of these "packages," Mr. Bielecki, writing as though he is an owner too, wrote the following: "...I did not buy this to be a SLUMLORD to people—at the end of this—these people will be in a better position when I provide them an EXIT PACKAGE TO MOVE."

On Aug 19, Smart Living's property manager for the Osgoode properties, Howard Kravitz, personally presented the landlord's response to tenants' demands.



158-160 Osgoode, boarded up by mid-November.

In his pitch to encourage/pressure tenants to move, he said, "We're not going to put you in a rat-infested place, BUT..." Mr Kravitz was referring to the second of the three packages.

All options require the tenants to leave so that these buildings can be renovated. The tenants' coalition replied on September 1 with another set of demands. These included allowing some of the residents to stay in their apartments while other apartments are being renovated and to move to a renovated apartment once it became available. Implied in this plan is that some of the current tenants will move before renovation begins. (In fact, more than half of the tenants seem to have taken one of the offers.) The letter also calls for the current rental rates to apply to the newly renovated apartments.



Tenants made an effort to get neighbourhood support for their cause, with posters.

Many of these apartments are not nice living quarters. They are poorly maintained and the tenants pay approximately \$500/month. Mr. Bienecki refers to them as "a horrible building filled with bedbugs, black mould (sic), & no one should live in these conditions..." Most tenants have few options to pay for a more expensive apartment.

Availability of low-rent housing is a big problem in Ottawa. It will be very difficult for these tenants to find affordable housing. As of November 16 there are still some tenants in residence but many windows are covered with plywood.

"We are talking about a housing crisis," said Sloane Mulligin, a volunteer support organizer for the organization, Tenants of 146-170 Osgoode St. vs. Renovictions. "This is happening right in front of our

eyes. This is the time when people need to step in, question, and challenge it."

This is provincial jurisdiction through the Landlord and Tenant Board and the *Residential Tenancies Act*. "Toronto had similar questions raised and their City Solicitor advised that they did not have the authority to enact a ban," says Erin Woods, Councillor's Assistant to Ottawa Councillor Mathieu Fleury.

Mathieu Fleury, Councillor for Ward 12 Rideau-Vanier and chair of the Ottawa Community Housing Board, said he has spoken with the new property owners. "I've asked them for compassion. I've asked them to engage more with the tenants," he said. "They have a social responsibility."

Energized by the eviction plans, David Wiseman, associate professor at University of Ottawa's Faculty of Law, Common Law Section, decided to turn his four-credit Access to Justice Lab into an experiential learning class especially to support the tenants. Since September, in partnership with lawyer Daniel

Tucker-Simmons, Wiseman's class of 13 students has been investigating facts and evidence in tenant eviction cases around Ottawa. This is one of their cases.

Wiseman and the students are also involving Ottawa Acorn, an organization which hosts public information sessions on tenant rights. Wiseman is optimistic about putting forth a human rights case around the legitimacy of the evictions. Additionally, Wiseman believes the university as a whole has the responsibility, not just to the students who would be living there, but to the Sandy Hill community.

The tenant's coalition has created a Facebook page (Tenants of 146-170 Osgoode St vs. Renovictions) and it can be reached by email at OsgoodeStRenovictions@gmail.com.



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We have to keep our guard up to keep COVID-19 levels down.

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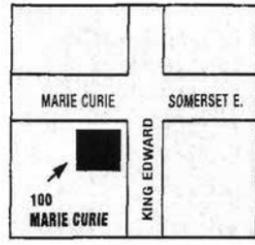
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COMMUNITY UPDATE

MIDTERM REPORT

COVID-19 RESPONSE

- Working collaboratively with Dr. Etches and her team at Ottawa Public Health, local hospitals, and our federal and provincial partners
- Working to improve access to COVID-19 testing
- Creation of an Economic Partners Task Force to provide the City with “on the ground” feedback from the business community as the pandemic evolves
- Implementation of a Property Tax Hardship Deferral Program and creation of a Business Reopening Toolkit
- Opening self-isolation centres for our most vulnerable residents



ECONOMIC DEVELOPMENT

- Keep life in Ottawa affordable while investing in essential services with a cap on taxes
- Continuing to attract major events, sporting championships and film productions to Ottawa
- Breaking ground on the new Central Library
- Supporting job-creating projects like the Advanced Building Innovation Centre



TRANSPORTATION

- Progress on construction of Stage 2 LRT
- Extending no-charge OC Transpo service for seniors to include Sundays in addition to Wednesdays
- \$80-million investment to improve the state of roads across the city
- Increasing cycling tourism opportunities in rural villages



PUBLIC SAFETY

- Hiring new paramedics to improve response times in all areas
- Hiring additional community-based police officers
- Launching the Automated Speed Enforcement (ASE) pilot project, seeing 8 cameras installed in Community Safety Zones to encourage safer driving behaviours near schools



AFFORDABLE HOUSING AND INCLUSIVITY

- Partnering with Ottawa Community Housing and the federal government to build 700 housing units across three sites on Gladstone Avenue
- Partnering with Multifaith Housing to build 40 housing units for veterans at the new Wateridge Village
- Increasing the amount of City land available for affordable housing along transit corridors
- Appointing Liaisons for Veterans' Affairs, Gender Equity and Anti-Racism
- Achieving gender parity on advisory committees



Ottawa Tourism

ENVIRONMENT

- Investing \$3 million per year in energy retrofits to City facilities, with a seven to ten-year payback through energy savings, for a total investment of \$12 million this term of Council
- Growing the city's urban tree canopy through partnership opportunities that will see an additional 500,000 trees planted over the term, with an initial focus on areas impacted by the recent tornadoes
- Protecting Ottawa's water environment for future generations through the Ottawa River Action Plan (ORAP) and the Combined Sewage and Storage Tunnel (CSST), now fully operational

A new Mission for the former Rideau Bakery building

Louise Lapointe

The Rideau Bakery has been sitting vacant since it closed its doors in 2019. But behind the black plastic in the large windows of the former bakery, a transformation is taking place.

The space has been leased to The Ottawa Mission to house its kitchen training program, the Food Services Training Program (FSTP). Offered since 2004, the popular program needs room to grow. The FSTP provides training in food services and work placement. The program also generates revenues from its catering business for The Mission. The new location will provide an opportunity to increase the number of sessions offered, from two

to three, helping an additional 15 to 20 students a year. The program is currently housed in the basement of The Mission's Waller Street location where there is limited space.

The move to the 384 Rideau Street location will address the space issue, providing ample food preparation and storage space. The trainees will now have a larger kitchen where they will prepare meals and catering products. In keeping with the Rideau Bakery tradition, the new location will operate a storefront and sell prepared take-away meals, breakfast and lunch, at reasonable prices. This fully commercial venture will be open to all.

The Ottawa Mission is currently renovating the space with a planned opening in May 2021.

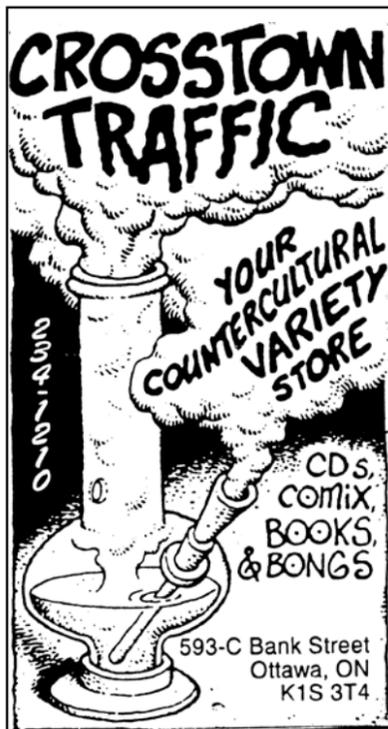
Photo Ken Clavette



Photo Paula Kelsall



The neighbourhood landmark, the Rideau Bakery, closed during the summer of 2019 and the building has been empty since then.



Dark side of Sandy Hill revealed in walking tour

Hilary Duff

I was sitting on the terrace at Working Title Café when the idea struck. Chatting with other members of Action Sandy Hill's communications committee, we were brainstorming ways to engage our neighbours and raise awareness about the work of the community association.

"At a time when few events can take place, why not plan an outdoor walking tour for Halloween?" I shared.

I had been incubating the idea since the summer but had never said it out loud. That's when one fellow ASH board member pointed across the street and told me about the séances that Prime Minister William Lyon Mackenzie King would host in his third-floor study. That sealed the deal, and the Dark Side of Sandy Hill Halloween tour was born—a guided walk to share some of the lesser known and more mysterious elements of our slice of this city.

As many readers of IMAGE likely know, Sandy Hill is rich with history. I've always been interested in these local tidbits, especially when they offer another layer of understanding to enhance a neighbourhood walkabout. If you're anything like me, the pandemic has meant you're doing a lot more of those strolls.

My walking tour research began from there, and fortunately I didn't need to start from scratch. Sandy Hill's resident volunteer historian (and walking encyclopedia!), François Bregha, has poured weeks of his time into creating the extensive Sandy Hill Stories website (ash-acs.ca/history). Like François, I'm a believer in the power of storytelling to transport peo-



Photo Harlequin Studios

Hilary Duff prepared the script, practised, recruited assistants, advertised and led four Dark Side of Sandy Hill walking tours at Hallowe'en, pleasing many and boosting ASH.

ple back in time, and that's certainly what I aimed to do with this tour. Selecting 13 stops along Somerset Street East, Range Road, and Laurier Avenue East, the Dark Side of Sandy Hill tour took participants to Cold War-era Sandy Hill, back to the Second World War, and into the throes of the 1918 Spanish flu influenza.

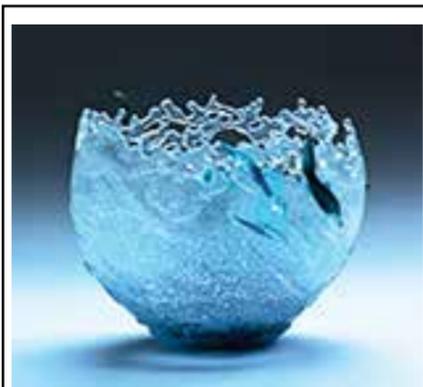
One reality of history in Sandy Hill is that on many occasions, the building in question is no longer standing. In order to help with the "imagine yourself in 1873..." piece, the tour stops were complemented by archival photos, including a few striking images of rifle shooters assembled on the Dominion Rifle Range (the precursor to Strathcona Park!). Those images were generously scanned and sent by Bruce Foster with the Dominion of Canada Rifle Association.

Our four by-donation tours were fully booked within three days (20 people per tour), a testament to the desire of folks to gather responsibly during the time of COVID. The walk certainly garnered a few double takes and waves—it's not often you see a larger group these days, though everyone on our tour remained physically distanced and masked throughout.

In the end, just over \$540 was raised for Action Sandy Hill, and a handful of neighbours became community association members. While our Dark Side of Sandy Hill walking tour was hardly the scariest thing to happen in 2020, it's my hope that it will be a recurring event to help people better appreciate our neighbourhood—in the time of COVID and beyond.

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Goodbye, but never forgotten

Linda Scales

Another Sandy Hill church will be closing. Historic St. Paul's-Eastern United, a spiritual and community hub on the corner of Daly Avenue and Cumberland Street, will be following the 2014 closure of the former All Saints Anglican Church and Lowertown neighbour, the former Saint Brigid's Catholic Church, in 2007.

Although years of financial headaches and a dwindling congregation put a strain on church operations—both concerns of many Canadian churches—the COVID-19 pandemic sealed the deal. “The pandemic is not the reason for selling, but it just made the logistics more challenging,” says Rev. Laurie McKnight, SPE's minister for the past 11 years. “Both financial and human resources were getting a bit thin and made the ministry unsustainable.”

(A CBC report, in spring 2019, about

New direction for Rev. Laurie

Meanwhile, Rev. Laurie retired at the end of November 2020, a delay of her original plan to leave 18 months ago. “I had been through amalgamation before, in Kingston, and it's challenging. I was feeling depleted,” she says. “I thought it was better to let someone new, with the skills and energy, take over.”

St. Paul's-Eastern has given her many positive experiences, among them the church's music ministry, the evolving ecumenical work among the Sandy Hill churches (such as Open Table for university students), developing good relationships with the local Indigenous and Inuit communities, and SPE's family-styled congregation which was “both a gift and a strength.” On the other hand, NIMBY (not-in-my-backyard) prevails and challenges St. Paul's-Eastern's ministry of the homeless, opening up Rev. Laurie to vicious



The Rev. Laurie McKnight has been Minister of St. Paul's-Eastern United Church since 2009.

and personal email attacks. “That's been the hardest,” she says.

Rev. Laurie's retirement plans are geared towards establishing a new direction for herself and helping her family with the pressures caused by the pandemic. After serving the church for 37 years, she looks forward to revitalizing herself with something creative, such as learning to paint, and “finding a balance in life between reflection and action.”

“I first came to Sandy Hill in 1974 to start my first job after graduation from Queen's,” she says. “It was two weeks after my father died, so it was a time of change, a time of healing, and new beginnings. When I came to St. Paul's-Eastern in 2009, it felt like an important return.”

“It's been an honour to spend the last years of my ministry in this community,” she says. “It's been a blessing.” Starting on December 1, she's looking forward to seeing what it's like being just “Laurie.”



St. Paul's-Eastern United Church anchors the corner of Cumberland and Daly.

church closures, predicted 9,000 churches and other faith-owned buildings in Canada would close over the next ten years.)

While SPE is physically closed due to the pandemic, “a final farewell ceremony for the church building” hasn't happened yet. “The congregation approved the selling of the building to the national United Church (United Property Resource Corporation),” says Rev. Laurie. “It will handle the sale and also assign a property management company to look after it.” Like All Saints, before being bought by a group of investors and transformed into community event space, and Saint Brigid's, before being turned into an arts centre by members of Ottawa's Irish community—at this early juncture, it remains to be seen how the church building will be used.

SPE's congregation of approximately 111 has elected to stay together and are looking for a partnership with an Ottawa-area United Church. A part-time minister, Rev. Boyd Drake, will begin in January 2021 to help the church and its people over the hurdles of transition.

One of Ottawa's oldest congregations

SPE's origins go back to 1845 with St. Paul's Presbyterian, which built the present-day building, finishing it in 1889. In 1925, the congregations of St. Paul's and the nearby Eastern Methodist Church amalgamated to become “St. Paul's-Eastern United Church” and join the new United Church of Canada. It is the only church of that denomination in Sandy Hill with worshippers coming from across the city and Western Quebec. It also attracted university students away from home.

St. Paul's-Eastern, located near the University of Ottawa, has long been a home and gathering place for spiritual, cultural and community gatherings. In addition to weekly worship, the church was the location for choir practice, Bible studies, and popular social gatherings such as SPE's annual ham and scalloped potato dinner. Outside organizations used the church's facilities, too, for activities such as the Ottawa Mission's Discovery University, and meetings by Jericho Road, the Fringe Festival, Odawa Native Friendship Centre Food Bank and Alcoholics Anonymous.

The NCC is once again considering an interprovincial crossing

John Verbaas

The NCC is once again devoting some effort to defining an interprovincial transportation plan for the region. The current initiative comes on the heels of the collapse of the effort between 2007 and 2013 to decide where to build a new bridge across the Ottawa River. The current effort is taking a step back from that and looking more broadly at transportation and the full range of options for improving the movement of people and goods interprovincially. This could involve any combination of solutions including transit, active transportation links, peak demand management, or new road infrastructure.

The study will have several phases with opportunities for public consultation after each phase and a final report expected by mid-2021. The first phase of consultations is already completed and focused on what vision, guiding principles, and evaluation criteria should be used in the study. The next phase will propose multiple different future transportation scenarios and solicit public comment before moving on to evaluate these and recommend a preferred scenario. Key for Sandy Hill residents will be the degree of emphasis the NCC places on finding solutions to the problem of interprovincial trucks being routed through the downtown, versus the level of focus placed on how to move more people and cars across the river.

In background studies, the NCC has confirmed for example that a new bridge

in the east end of the city would attract less than one third of the trucks out of the downtown. Would the authorities in the region be able to force the other two thirds of the truck traffic to use a new bridge, subjecting them to longer trips than today? Would the City of Gatineau refuse to accept such an arrangement, as they have indicated was their intention in the past? That action stemmed from the fact that the main options for new bridges in the east end involve connections on the Gatineau side that go through residential areas. Thus in 2010, Gatineau city council approved a motion stating it was unacceptable to move all truck traffic to a new bridge at Kettle Island.

Alternatively, the NCC may not recommend a new bridge in the east end, but only transit and cycling improvements

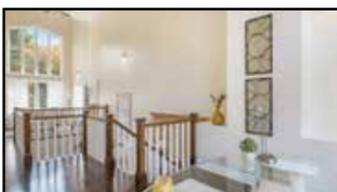
to allow more people to cross the river. There is not likely to be much improvement to the truck situation downtown.

Solving the interprovincial transportation challenges in the region, including the truck problems downtown, is not going to be easy. If it were, then we wouldn't be in the situation we are in now, where multiple different initiatives taken over the past 30 years have all failed to find the consensus needed to move forward. This study is the time for the residents of Sandy Hill and Lowertown to speak up and make their voices heard. If we don't, then in 2050 we might still find ourselves in the same situation: with 2000 or more trucks each day still rumbling through the downtown. To find out more about the NCC study, visit the NCC website and search on the word “crossings”.

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Sandy Hill sites and sights, November 2020

Photo Paula Kelsall



A touching note was attached to flowers left by United States embassy staff outside the Alex Trebek building near Tabaret Hall last month. Trebek, host of the Jeopardy TV show, was a beloved alumnus and great supporter of uOttawa. He died on Nov. 8.



Anyone who spent time sitting in the gorgeous oak pews in All Saints Anglican Church will be happy to see some of them back in use in the Working Title restaurant. Looking so smart and blessedly comfortable. Well done!

Photo Jane Waterston

The Sandy Hill Community Centre 70 years ago

François Bregha

Sometimes, a dry, innocuous, document can open a window on the past and unexpectedly give us a glimpse of our lives a few decades ago. So it is with the 1950 annual report of the Sandy Hill Community Centre, a copy of which recently fell into my hands. The year 1950 is far enough to feel as of another era but it remains within the memory of some IMAGE readers.

The report shows how the Sandy Hill Community Centre has long played an important role in our community, but also how its activities have evolved with social needs. In 1950, the building we know at 250 Somerset St. E. did not exist and the Centre delivered most of its activities through local schools, such as Garneau (neither the school nor the building remain; it used to stand on Cumberland close to Osgoode Street), Osgoode (now FrancoJeunesse), York Street Public School and Lisgar Collegiate.

The Community Centre was nevertheless a busy institution, offering a variety of programs for children, teens and adults. The most popular activity for children that year was movies. More surprisingly perhaps, in second place was juvenile sewing. For teen-agers, the most popular activity was socials, followed by movies, with square dancing in third place (much to the professed delight of the adults who wrote the annual report!). And the activity that drew the most adults in 1950? It was a stamp exhibition at the University that included collections from the Italian ambassador to Canada, Cardinal Francis

Spellman (Archbishop of New York) and Prince Edward Island. Leathercraft, millinery, sewing, smocking and rug hooking were also all popular activities among adults that year.

Through the Community Centre, Sandy Hillers also participated in sports and came first in track and field, second in volleyball but fourth in basketball, in inter-community recreational leagues.

The Centre also hosted an elected teenage council whose duties included organizing activities for children. The Hon. Paul Martin Sr., Minister of National Health and Welfare, delivered the opening speech at the council's installation. Two months later, Chief Justice Thibodeau Rinfret presented the teenage Citizenship Award to Paul Parent in recognition for his services as the council's chair. Both Messrs. Martin and Rinfret lived in Sandy Hill at the time but it is difficult to imagine their successors participating in similar community activities today.

In 1950, television had not yet started broadcasting in Canada (it would begin two years later) and there were of course no video games to play let alone virtual social networks or streaming music services. The purpose of the Centre was to provide "recreation to your liking" but also to encourage "the formation of community spirit and social structure." Seventy years later, the Centre's purpose might be stated differently but essentially remains the same even if the activities have changed. After COVID, we may return to the Centre to practice yoga rather than to talk stamps, but we still rely on it for many of our recreational activities.

Season's greetings from your neighbours at Carty House

Michelle Miller

Did you know that Sandy Hill is home to one of the only Canadian communal residences for refugee women who arrive alone? Established in 2001, Carty House is a temporary home for 10 women, who are supported as they get their feet on the ground in their new home country. Carty House provides its residents with supports for education, counselling and services including language instruction, employment training, job search programs, health referrals and informational programs on Canadian culture and life. The women each have their own bedrooms but share everything else.

Navigating the pandemic has brought its own share of challenges. Seven of the residents lost their jobs. Some of the residents had to learn how to attend classes online. Our volunteers were diverted to provide ESL support via Zoom and other virtual platforms. And yet, the residents really took it in stride. They have been through plenty of hardships in their journeys to even make it to Canada, so they may be more resilient than some of the rest of us.

In the spring, CBC Ottawa came calling to learn more about how lesser-known populations were faring during the pandemic. Carty House decided that they needed to share good news, and ensure that their gratitude was the story. You can find the video and article online by searching CBC Ottawa refugee women or using this link: www.cbc.ca/news/canada/ottawa/refugee-women-support-covid19-ottawa-pandemic-1.5570812



Photo Michelle Miller

Carty House dining room, ready for guests.

The residents continue to socially distance as much as possible. This has given them a chance to walk the neighbourhood and learn more about the beauty of Sandy Hill. They have even had time to venture farther, and organized field trips to Mooney's Bay, Westboro Beach, and Gatineau Park. Home life has also slowed down a bit as well, and has given the residents a chance to cook together and eat family meals with everyone present. That rarely happened before.

Thank you, Sandy Hill, for being the engaged and welcoming community that you are. If you are interested in learning more, feel free to find them online at www.CartyHouse.org as well as on Facebook, Twitter, and Instagram. The residents are filled with gratitude, and wish you and yours the loveliest of holiday seasons.



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From Ken Clavette's Album of Bygone Sandy Hill



Klaus J. Gerken shared a photo taken by his father John Gerken of the rink in Sandy Hill Park c1959.

Winter in Sandy Hill's history always included sports like tobogganing at Strathcona Park and at Dutchie's Hole; even shovelling snow could turn into a snowball fight with kids of all ages. But hockey was always king and with several rinks in the community there was skating—even in the dark after the lights went out. Because of that Sandy Hill has had a history of developing many players that have made their mark in the hockey world.

"One Eyed" Frank Magee lost an eye to a puck but became one of the earliest players developing his skills in the neighbourhood. He went on to be a legend with the "Silver Seven." He once scored 14 goals in a Stanley Cup game and eight times scored five or more in the 1903–1906 winning championships years. He was one of the first players inducted into the Hockey Hall of Fame.

Edwin "Eddie" Long, raised in Sandy Hill, played 801 professional hockey games in the International Hockey League with the Fort Wayne Komets from 1952 to 1966. Earlier this year he shared his memories of a childhood in Ottawa in the book *The Boy Who Became Mr. Komet* by author Wendy Luley.

Phil Maloney played for St. Pat's High School after hours spent on the rink at Sandy Hill Park. He then spent over 29 years in professional hockey, first with the American Hockey League's Hershey Bears, then the Boston Bruins of the NHL where he finished second for the 1949–50 vote for rookie of the year. His career included time with the Toronto Maple Leafs and Chicago Black Hawks, then 14 years with the Vancouver Canucks in the Western Hockey League. Maloney served as an assistant coach with the Vancouver Canucks of the NHL becoming head coach and General Manager from 1974–77. He is noted for coaching the team to a first-place finish in the 1974 Smythe Division and to the first playoff appearance in team history.

Vince Malette is a local boy who became an assistant coach with the Ottawa 67's for nine years, winning a Memorial Cup in 1999. He was also the head coach of the Peterborough Petes. In 2011, he went to Europe to coach the "Eisbaren" in Berlin. His team competed in the Deutsche Eishockey Liga (DEL) winning three championships.

I wonder how many others, both male and female, developed their skills on the local rinks?



The winners! Melville Rogers and his wife Isobel (Tish) Blythe in a 1927 figure skating competition held on the University of Ottawa rink. LAC PA-043676

Right—
Students
engage in a
spirited game
of hockey on
University of
Ottawa rink in
January 1956.

National
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CBC Archives



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Ottawa Streetcar Photo Gallery

The original O-Train: Streetcars in Sandy Hill

Samuel Close

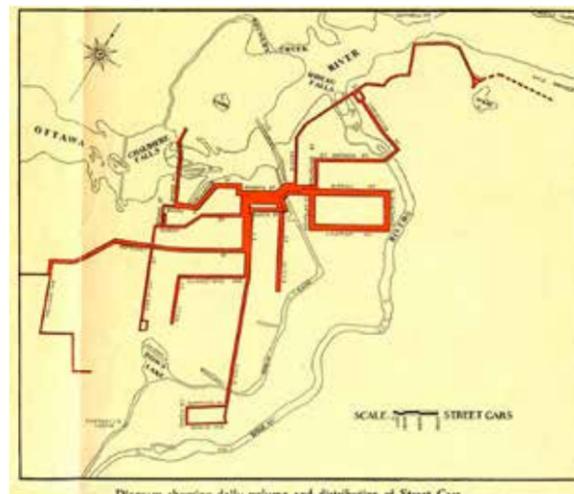
All the talk of light rail expansion and transit masterplans for the city may lead you to wonder about the history of transportation in your own neighbourhood. I certainly did, and it led me to a local history richer than you might expect, which I want to share with you today.

Ottawa grew rapidly during the industrial revolution when it was chosen as the capital of the new country, with many politicians and government employees choosing to settle just east of the canal in the relatively new community of Sandy Hill. They were drawn by the large amount of space and greenery compared to some older areas of the city, which were then considered overcrowded. Despite the distance, commuting options back then were limited to either walking or horse drawn carriage. It was not until the construction of several public hydro-electric works on the Ottawa River that another option arose.

The first electric streetcars in the capital began operation in 1891 and were run by the Ottawa Electric Railway company until 1948, when all public transit services were amalgamated by the City as the Ottawa Transportation Commission, the predecessor to OC Transpo today. They quickly exploded in popularity and were seen as the modern way of getting around. By the turn of the 20th Century, the city had embraced the streetcar – or "tram" as they were affectionately called – and Sandy Hill was no exception. Service ran every few minutes at peak times during the day and later at night, and even controversially for the time, on Sundays. The Bank-Rideau line was one of the most popular by ridership and contributed heavily to the economic growth of the neighbourhood. These streetcars were used by people from all walks of life as a common means of transportation: a ride was available for pocket change to office workers, day trippers, and students alike.

Tracks ran both directions in a loop across the old Sappers and Dufferin Bridges (today the Plaza Bridge between the Senate and Chateau Laurier); past the businesses

Carleton Maps, Data and Government Information Centre



of Rideau and the apartments of Charlotte Street to Laurier and the College of Ottawa; and finally back up Nicholas Street, along the canal before the construction of Colonel By Drive there. This formed a neat rectangle in the north of the neighbourhood, where much of the old core

of Sandy Hill with many of its historic homes and storefronts still exist today. In the winter, trains were equipped with snowploughs, and pickaxes and shovels were often required to clear thick ice that formed on the tracks. The trams were equipped with electric heating however, a luxury at the time.

The last of the tracks and electrical poles were removed in 1959 after a goodbye-parade. The existing routes were partially phased out or converted into bus lines which followed similar routes to those still in service now. Rail transit would not return to the neighbourhood until 2019 with the opening of the O-Train Confederation line, signalling a worldwide trend towards more renewable methods of transportation not all that different from the ones you could see here just a few decades ago.

Passing the candle at Amnesty International

Paula Kelsall

Ketty Nivyabandi, the new Secretary General of Amnesty International's English-speaking section in Canada, is breaking new ground in a lot of ways. Not only is she the first woman and the first person of colour to take the job, she is also the first refugee and the first published poet in the position!

At a Zoom gathering in November Ms. Nivyabandi was introduced to Amnesty supporters across the country by Alex Neve, who retired this fall after 20 years as Secretary General. Alex Neve took some time to reflect on the many national and international developments that galvanized Canadian human rights activists during his tenure, such as the inquiry on Murdered and Missing Indigenous Women and Girls, the cases of Maher Arar and Omar Khadr, and the establishment of the International Criminal Court.

Ketty Nivyabandi talked about her journey toward activism, describing how she started out with an interest in politics in Burundi, where she grew up, then gravitated toward journalism, a profession in which she could help to hold governments to account for their actions. Her early assignments, such as reporting on refugee camps in her country, made her realize that she wanted to go further; not just uncovering the truth but helping to bring about justice.

Ketty Nivyabandi was a founding member of the Women and Girls Movement for Peace and Security in Burundi. In

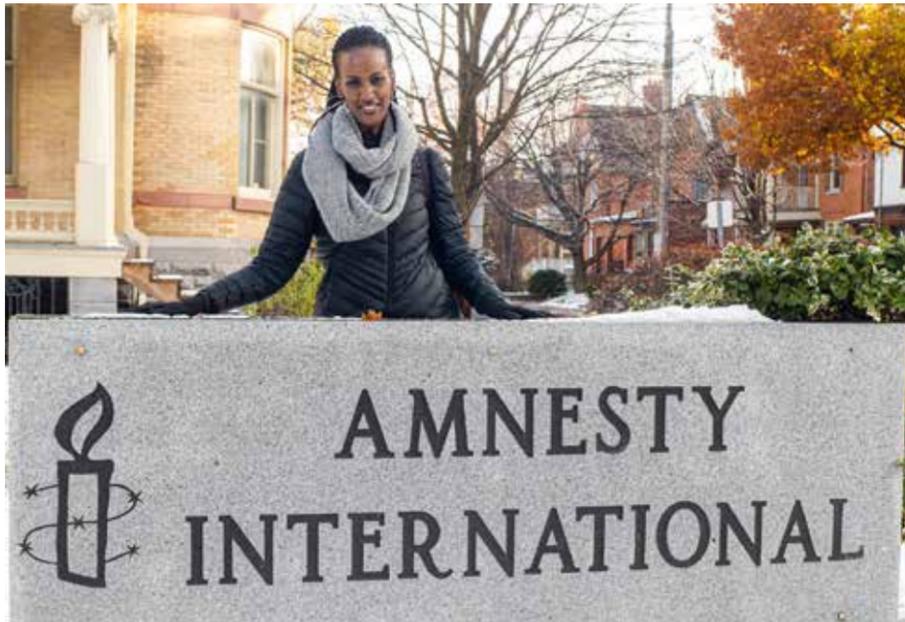


Photo Paula Kelsall

Ketty Nivyabandi outside Amnesty International's headquarters on Laurier E.

2015 her activism ran afoul of the government, and she was forced to leave Burundi. She came to Canada as a refugee that year, along with her two daughters.

Asked what gives her hope, Ketty Nivyabandi says she looks at history, at the progress humans have made in the last few centuries, and at the people who have pursued justice when everything was against them. "Often those like us who are in a safe place are more discouraged that those who have lost everything," she says.

For now Amnesty staff, like so many of us, are mostly working from home, but Ketty Nivyabandi is looking forward to the day when she can enjoy coming in to the office on Laurier Avenue and getting to know Sandy Hill. "I'm a huge coffee shop/bookshop/ long walk in the park kind of girl," she says, "and will be looking for cozy spots where I can escape and write a few poems between human rights emergencies every once in a while."

May Sandy Hill be the perfect environment for the next stage of Ketty Nivyabandi's journey, in social justice and in literature.

Write for Rights 2020

Amnesty International usually celebrates International Human Rights Day in December with a letter writing marathon, where anyone can drop in to join thousands of people around the world who are writing letters in response to each year's 10 featured cases of human rights in jeopardy.

There won't be a writeathon at Amnesty headquarters this December, but the great thing about letter writing is that it can be done anytime, anywhere. If you'd like to take a moment to protect human rights this year, visit www.writeathon.ca to find this year's cases and letter writing guidelines. You can write on your own, plan your own small gathering (in person or online), or join in one of the many virtual events being planned across the country.

Turning 100 ...

Most memorable day of his life!

Katherine Spencer-Ross

Professor Robert Spencer celebrated his 100th birthday, COVID-style, outside his Sandringham apartment in unexpectedly fine weather on November 9.

Mr. Spencer moved from Toronto to Sandy Hill twenty-one years ago when his wife was admitted to the Perley and Rideau Veterans' Health Centre. Following her death in July 2000, he remained in Ottawa to be near his three children, all of whom had migrated here over the years, with two of them living in Sandy Hill.

Over the past two decades, Mr. Spencer has been busy, at the start writing his memoir called *A European Affair*, and being a frequent and regular visitor to the Main Branch of the Ottawa Public Library and the Library of Global Affairs Canada. An avid traveller, in his 90s he reduced his trips to Europe to one a year to visit family and friends in England and Germany. He also participated in recent Government of Canada overseas delegations to Dieppe and Normandy, and was disappointed when the pandemic caused the postponement of a trip to the Netherlands to mark its liberation in 1945.

Much closer to home, he has watched with interest local changes including the building of the Adawe Crossing over the Rideau River, a favourite destination, and the building of the Balmoral apartment, on former green space and parking lot outside his front door. While confined to his apartment because of COVID, he has most recently kept his eye on progress on Range Road reconstruction.

With the proximity of his birthday to Remembrance Day, it is not surprising that his 100th birthday celebration had a military aspect to it. Spencer served in Northwest Europe during World War II with the Fifteenth Canadian Field Regiment,



Robert Spencer

Royal Canadian Artillery and later with the Canadian Officers Training Corps at the University of Toronto where he was a professor for thirty-six years. He was also a regular at the annual Remembrance Day ceremonies at the National War Memorial until this year when the public was urged to stay away.

The birthday celebrations began with a compilation of emails, letters and videos from family, friends and colleagues, then moved outside for a visit from the Com-



Photos Spencer family



The Spencer family celebrated with spirit in November, receiving drive-by greetings and offering well-packaged cupcakes outside his building at the south end of Range Rd.

manding Officer and Regimental Sergeant Major of 30th Field Regiment (the Bytown Gunners). They presented him with an artillery jacket and ballcap, as well as a quilt, provided by Quilts of Valour, a charitable organization that present quilts of comfort to injured or ill military members and Veterans and recognizes certain military operations including WWII. Spencer then settled into a chair outside the Sandringham front door to enjoy a loud and cheerful drive-by of family, friends and

colleagues who shouted good wishes and birthday greetings from their cars, some waving a large Netherlands flag, balloons, and "100" banners. Guests were treated to individually packaged cupcakes, passed carefully through open car windows. The CBC was present as well, with reporter Hannah Thibedeau asking him his biggest memory of the last 100 years. Spencer's answer? "Today!" cleverly avoiding making a choice among a century of rich and memorable experiences.

Photo Betsy Mann



Butterflies express hope, transformation and endurance in this newest mural by artist Claudia Salguero in Strathcona Heights.

Warm colours for the cold winter ahead

Betsy Mann

Back in January, in those long-ago days when we could still travel, I was lucky to spend some time in Colombia where I enjoyed the vibrant public art of Medellin and Santa Marta. Colourful murals depicting local flora, fauna and community life covered the walls of public buildings and private houses. Back here in Ottawa, I have discovered the murals of Colombian-Canadian artist Claudia Salguero, bringing warmth and colour to our neighbourhood.

We have to agree with Salguero that, compared to her home town of Bogotá, “Ottawa is a pretty grey city, with lots of huge walls that are empty.” Salguero’s vision brightens up these bare, uninspiring expanses. Here in Sandy Hill, we are fortunate to have three of her artworks within easy walking range. In fact, Ottawa’s largest mural climbs nine storeys up a building right on the northern edge of our neighbourhood, at the corner of Rideau and Wurtemberg streets. Installed two years ago, “Transformation” was the product of a collaboration with dozens of volunteers from diverse backgrounds. Salguero sees her projects as not only works of art but also as ways to engage people in the creative process and foster a spirit of community and empowerment.

It was the community of students at Viscount Alexander School—120 of them in Grades 3 to 6—that was engaged in producing the second mural in our community. Titled “Diversity,” its multicoloured face has looked out at passersby on Mann Avenue since the spring of 2019.

Salguero’s most recent mural in Sandy Hill is just a couple of blocks away on the fence beside the Ottawa Community Housing office at 731 Chapel St. in Strathcona Heights. Pandemic restrictions made the artist’s community en-

gagement approach more complicated to achieve, but with the help of the Sandy Hill Community Health Centre and the organization Multicultural Arts for Schools and Communities (MASC), 32 neighbourhood families got materials and guidance from Salguero to each create a one-foot square. Salguero then assembled these small canvases and added her own touches to bring them together. Her additions included several butterflies, one of her favourite motifs. She sees them as symbols of freedom, hope, transformation and endurance—important messages for our times.

Salguero is not resting on her laurels. She already has plans for her next project, a mural entitled “Wisdom” that will be a tribute to universal Indigenous and ancestral wisdom. She will bring together Ottawa-based Indigenous Elders, Knowledge Keepers from around the world and members of the community to join her in this creation. Inspired by themes of climate change and the need to reconnect with nature, Salguero says, “Art invites you to feel, to stop, to see, to understand what is this piece of art doing in your mind or in your spirit.” Her vision is for “Wisdom” to be another very large mural, covering the entire side of an Ottawa Community Housing high-rise in South Ottawa. “The more support I have,” she says, “the bigger this mural can be.” She invites the public to participate in this important piece of public art for our city by contributing to her GoFund-Me campaign from her home page at www.claudiasalguero.com/.

When you’re feeling like you need a lift from pandemic isolation and a long dark winter, take a mural walk from the northern to the southern boundary of Sandy Hill and be cheered by the colourful walls Claudia Salguero has given us. In the depths of a cold January day, perhaps I will imagine that I am back in warm and sunny Colombia.

Photo Betsy Mann



Artist Claudia Salguero engaged students from Grade 3 to Grade 6 in the production of this colourful mural for our neighbourhood school.



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Sandy Hill sites and sights, November 2020



Photo Jane Waterston

Proofreaders rule!

How great to see the identification of the plywood hoarding, sheet after sheet, has been duly corrected this season, from Corktown Bridge (wrong) to Corktown Bridge (right). Now, the pleasure of crossing will be less irritating as well as less windy for editors everywhere. Well done, NCC.

Seeking ...

Individual(s) for snow shovelling this winter. Please contact Christine at caubryhome@gmail.com.

Sandy Hill's neighbourhood Early Learning Centre



Bettye Hyde Cooperative Early Learning Centre

Bettye Hyde is holding its first ever online art auction!



The BHCELC Mini Masters Art Auction is an exploration of art in motion. The auction will be on our Facebook page from Dec. 14th - 18th, 2020. All proceeds go towards the purchase of new air purifiers for the school.

Log on to our Facebook page at [bettyehyde](https://www.facebook.com/bettyehyde) co-operative early learning centre to bid.

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Respighi's Bergamasca with Thirteen Strings / Bergamasca de Respighi avec Thirteen Strings

In mid-November Thirteen Strings' managers uploaded a 6-minute clip of Respighi's splendid work, a week later they added a new, full-length performance of English music, and in early December a new podcast. All on YouTube, seeking your interest and support.

Thirteen Strings Orchestra still playing, still in touch
Uplifting and uploading

Robert MacDonald

The Thirteen Strings has been a key part of the Ottawa music scene for over 40 years. Founded by Brian Law, the Organist and Choirmaster at St. Matthew's Anglican Church in the Glebe, its roots are in Baroque chamber music. Today, under Artistic Director Kevin Mallon, the orchestra's repertoire ranges from Baroque to the works of modern Canadian composers. As well, the orchestra runs a junior program for aspiring young musicians and an annual composition competition at the University of Ottawa's music faculty. But, as with all arts organizations, COVID has challenged the orchestra to rethink how to remain viable and relevant.

When the COVID lockdowns were first announced in March, the orchestra had three concerts remaining in its 2019-20 season. Needless to say, the concerts were cancelled. Of immediate concern for the orchestra was the well-being of its musicians. With the generous support of granting agencies and sponsors, as well as subscribers who immediately turned the money paid for seasons tickets into donations, the orchestra was able to pay its musicians for the cancelled concerts.

Having dealt with the immediate issue of the cancelled concerts, the orchestra, with the invaluable guidance and energy of Sandy Hill couple Guylaine Lemaire (Executive Director) and Julian Armour (principal cellist), turned its attention to ways in which the orchestra could stay in touch with its audience—virtually.

Over the summer, the Thirteen Strings launched a series of short clips by members of the orchestra performing in their homes. These intimate glimpses into the lives of the orchestra members, sometimes performing with their children, were well received. But they were a step-

ping stone to more ambitious projects. (See the web site: thirteenstrings.ca/)

Earlier in the fall, the orchestra got together at the Carleton Dominion-Chalmers Centre for the first time since COVID hit. Socially distanced and masked, the orchestra recorded Respighi's Bergamasca as arranged by Julian Armour. The recording is powerful and uplifting and can be found on the Thirteen Strings YouTube channel, www.youtube.com/watch?v=ph6SwFWL_ZY

But the COVID challenge remains: how to reach an audience when live performances will not be possible for the foreseeable future. The answer: virtual concerts to replace the orchestra's typical six-concert season.

In November, the members of the orchestra reassembled at the Carleton Dominion-Chalmers Centre to record an hour-long concert of English chamber music featuring the music of Henry Purcell, George Frideric Handel, Ralph Vaughan Williams and Edward Elgar. The Thirteen Strings welcomed noted Canadian violinist Marc Djokic as soloist in Vaughan Williams' "The Lark Ascending." The concert has just been released on YouTube, www.youtube.com/watch?v=9GcxridrTP4.

So, what does the future hold? Plans are in place to record a concert to be released in time for Christmas, including works of Corelli, Rutter and Finzi and featuring Mireille Asselin, soprano. But, once that is done, the orchestra will have to assess what else it can offer for the remainder of the season. A series of one-hour concerts are planned for 2021 but, without the ability to support itself through ticket sales, the viability of those concerts remains uncertain.

The challenges faced by the orchestra are not unique: they are shared by all arts organizations. While the Thirteen Strings will remain virtual for the moment, the orchestra cannot wait to perform in front of a live audience.



Pepper saga continues

Christine Aubry

When Sandy Hill resident Seymour Mayne suggested a regular feature on the pets of Sandy Hill, and that the first profile be of his neighbour's cat, Pepper, I insisted that I be the one to write it. I am not Seymour's neighbour however; I am Pepper's former human.

Faithful readers of IMAGE might recall reading about Pepper's antics in 2014, back when Pepper was still my cat and I was grumbling about his roving ways. I have written many Facebook posts about Pepper, been encouraged to blog about him, and on my to-do list is finding an illustrator who would like to collaborate on a children's book. My working title is *The Many Adventures of Pepper the Cat*, though I hope to come up with something more original and deserving of this truly unique feline.

I tell people that Pepper moved out on me, though the story of how Pepper came to be adopted by Goulburn Avenue resident, Deborah Gaon, is complicated: another story for another day, perhaps. Like me, Deborah had to play go-fetch-Pepper in the beginning of their relationship; however, after a very irate phone call and a close call with a bus on Rideau street, Deborah decided she needed to corral this vagabond.

Pepper is still able to walk the streets of Sandy Hill, but on a leash alongside Deborah. Much to my surprise, he seems quite content, although Pepper has always behaved more canine than feline. It seems that so long as he gets in his daily jaunt about the 'hood—occasionally following people, saying hello to the neighbour dogs, even pouncing on mice—he is fine with his range being limited.

This is good news for the people of Sandy Hill: "Pepper's a very popular fellow. Everybody in Sandy Hill loves him," says Deborah. "He's got his following."

Deborah tells many stories to add to my collection about Pepper—he even helped sell a house! One of my favourites though is the time a car drove past them, kicked in reverse, the driver rolled down the window to exclaim "Is that the mayor of Goulburn . . . Avenue?!" Maybe that could be the title of my book—*Pepper, The Mayor of Sandy Hill*.

If you have stories or fond memories of Pepper, or if you are interested in collaborating on a book, I would love to hear from you: caubryhome@gmail.com.

And if you have your own stories about a Sandy Hill pet—canine, feline, or other—send it along with a photo to IMAGE at image22@rogers.com (500 words max).

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Two new exhibitions at the Ottawa Art Gallery

(Re)Collecting the Group of Seven and Art + Parcel

Maureen Korp

The end of the year offers many gift-giving occasions. Bring art into your home. Two exhibitions at the Ottawa Art Gallery show us multiple possibilities, then and now. First, we look at (Re)Collecting the Group of Seven. The exhibition, curated by Rebecca Basciano, is another look at the Ottawa Art Gallery's Firestone Collection. Then, walk into the Annexe's showrooms to see Art + Parcel. All is for sale.

O.J. and Isobel Firestone liked art, bought what they liked, and enjoyed having people over to their home here in Ottawa to talk about art. The Firestones very much liked landscapes, mountains and lakes, big trees. In time, their collection of the Group of Seven, and a good many others, would become the heart of the Ottawa Art Gallery's permanent collection.

Basciano has included a short film, running on a continuous loop in (Re)Collecting the Group of Seven. Filmed May 11, 1973, and entitled "Touring 375 Minto Place," we see an Ottawa reporter being welcomed into the Firestone home. The sofas you see in the film? Here they are today in the gallery. Alas, for display only. No one may sit there presently.

Among the number of smaller works on display, three caught my eye. Two are pencil drawings, graphite on white paper: "Mountain Lake" c.1938 by A.J. Casson, and "Back Street, Toronto" c.1921 by Lawren S. Harris. Each is a compositional study of repetitive line and edge, straight verticals, curves, and angles. Neither was drawn as a document of a specific place or event. Each is a two-dimensional visual map of four-dimensional realities.

The small ink and enamel drawing by Norval Morrisseau, a k a Copper Thunderbird, is not the same sort of drawing. Morrisseau's drawing is entitled "Sacred Bear" c.1962. We see the bear inside and out. The exterior line is red and black, the interior yellow. The artist's composition is more than patterned line and colour. It is an Anishinaabe document attesting to the artist's own visionary knowledge of Bear, the sacred bear. In most of the world's indigenous languages, words translated into English as "art" are also the same words as "vision." Morrisseau's drawing shows us why. All three drawings are of modest scale. Artists often price their work by size: larger costs more.

With that thought in mind, time to take a look at Art + Parcel, the new installation crowding the walls of the Annexe. All is

for sale, most in the \$200 to \$450 range, some less, some more. The money goes to the artists, a bit to the local galleries. A good lot of the work may be rented on a monthly basis for as little as \$30. This is art for today, art small enough to fit on anyone's wall or shelf, almost anywhere. Easy enough, too, to take with you should you change abode.

Art + Parcel is not hung in any particular order. There is a wide range of medium: photography, textile, printmaking, drawing, . . . Painting predominates. Subject matter? Varied. There do appear to be several themes: modes of transportation, landscape, city streets, portraiture, design and commerce. One constant however is apparent: Art + Parcel is work by Ottawa artists; the artists live here, too.

As we all know, the LRT has not had a good first year of operation in Ottawa. Nevertheless, its trains, tracks, and passengers are fascinating subject matter for several artists. Eryn O'Neil's acrylic paintings are skillful studies of the trains and the LRT architectural infrastructure. "Stranger," a black and white photograph by Zoe Cheung, is a view of three people carried upward on an escalator, two with backpacks. Who is the stranger?

Examples of landscape and nature study are numerous. No surprise. The Ottawa area, all unceded Anishinaabe lands, is blessed with rivers, forests, meadows. "Mystical" by Niki Economo depicts a forested row of tall birch trees in soft, soft colours. Jay Anderson's "Old Suzy Q's" is a straightforward depiction of a beloved roadside pitstop. "Actias Luna" by Uta Riccius lays out bits and pieces of forest detritus. Marc Adornato's two acrylic paintings, framed in the manner of old masters, bear sadly ironic, oh-so-truthful titles: "Indigenous Groups Paying the Price for Russia's Massive Arctic Fuel Spill," and "Hazardous Dumping Costs Metchosin about \$5,000 to Clear." Familiar Ottawa city streets show up in the work of Maurice Dionne's "Laurier and Elgin," and Louis Theriault's "March." There are familiar faces to be seen, too, in Helene Lacelle's photographic studies.

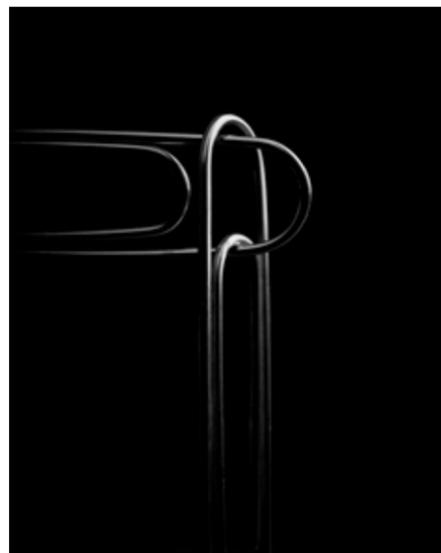
John Healey is the 2020 Project X Photography Award recipient. In Art + Parcel are several of his small, elegant studies of paper clips and safety pins. How do we hold ourselves together anyway? One answer might be Sayward Johnson's small wall sculpture of copper wire and paper entitled "Womb Study." Then again, "The Journey" by Tafu presents another answer as we make our way in trying times.

The walls of the Annexe are jam-packed, chock-a-block with art to be seen, bought, and taken away. No delays. No shipping waits. This is art for today. Have a look around. Bring art home.



Courtesy of Niki Economo

Works in the Art+ Parcel exhibit are all for sale, most in the \$200 to \$450 range, Above, *Mystical, 2017*, by Niki Economo depicts a forested row of tall birch trees in soft, soft colours. Left, one of John Healey's *Fastener Series – Paper Clips, 2018*.



Courtesy of John Healey

Current Exhibitions Ottawa Art Gallery

(Re)Collecting the Group of Seven, continuing to late 2021

Art + Parcel, continuing to 10 January, 2021

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"Mountain Lake" c.1938 by A.J. Casson is one of the eye-catching pencil drawings in curator Rebecca Basciano's new look at the Firestone collection.

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Fall's advance in Sandy Hill parks and streets



Photo Kathleen Kelly



Photo Kanya Feder

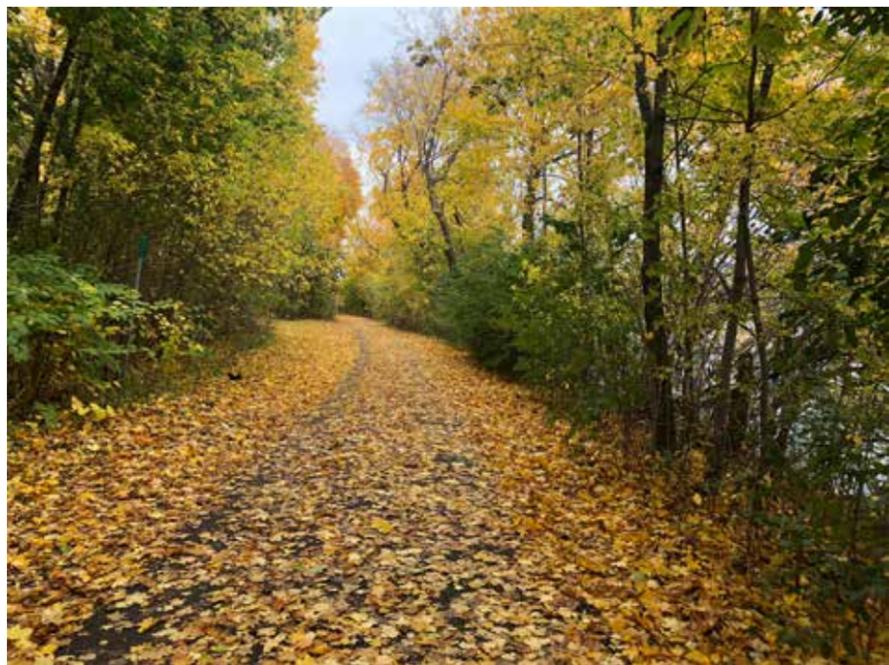


Photo Kanya Feder



Photo Bob WhiteLaw



Photo Bob WhiteLaw

Photo Dodi Newman



Basler Leckerli

These cookies say “Christmas”

Dodi Newman

This is my sister’s age-old recipe for *Basler Leckerli*, a Swiss honey and spice cookie. Traditionally made only at Christmas time, recipes are often hundreds of years old. Making them used to take hours: meticulously cutting almonds and chunks of candied citron and orange peel

into small dice, then kneading the dough until your hands tell you to stop, rolling or patting the dough to a certain thickness, watching them turn golden in the oven, and cutting them into evenly sized bars. These days, many ingredients come to us pre-cut, and a stand mixer often takes the place of knowing hands. Even my sister uses a stand mixer these days. The aroma of honey, cloves, and cinnamon still wafts enticingly through the entire house. Happy Advent and Merry Christmas!

Basler Leckerli
Swiss cookies

- 500 grams honey
 - 500 grams sugar
 - 100 millilitres (1/3 cup) rum or Kirschwasser (NOT cherry brandy or liqueur)
 - 1/2 teaspoon ammonium bicarbonate* (dissolved in 2 tablespoons hot water)
 - 3 large eggs
 - 40 grams butter, melted
 - 750 grams flour (all purpose white)
 - 500 grams raw almonds (not blanched), roughly chopped
 - 125 grams candied citron peel, finely diced
 - 125 grams candied orange peel, finely diced
 - 1 lemon, the grated rind of
 - 2-3 teaspoons ground cloves
 - 2-3 tablespoons ground cinnamon
- *Aurora-brand Ammonium bicarbonate is available in major grocery stores.

Warm the honey until it is very liquid, pour it into the bowl of a stand mixer, gradually add all other ingredients in the order in which they are given and knead with the dough hook until a dough has been formed. Alternatively, you can take the more traditional route and knead it by hand. Divide the dough in half. On a floured surface, roll out each half into a rectangle 3/4 cm thick, and place it on a cookie sheet lined with parchment paper. Bake at 350°F for 20 to 25 minutes or until golden and puffy. While still hot, brush quickly with sugar syrup (below) and cut into 5x5 cm squares. Cool the cookies and store in a tightly covered container for up to 3 weeks. If the cookies get hard after cooling, put them in a freezer bag and freeze them. Thawed portions will be soft.

Syrup:
In a small pan, combine 1 cup water with 1/2 cup sugar. Boil over moderately high heat, uncovered, until it begins to thicken, about 5 minutes. Keep warm.

Hope for the poor
film-maker—what’s
up doc...umentary

Peter Evanchuck

Many of us have lived a rough and tough life full of characters with stories, some sad, others full of lovely moments that charm us. What to do? What to do with these stories? Digital has opened the world for the low- or no-budget filmmaker and festivals have given us wonderful outlets for feasting on our affection for movies. Filmfreeway hosts an international festival platform where for a modest fee filmmakers can submit their films to innumerable international festivals with only a couple of clicks and if you have paypal you can do it with fewer clicks. It’s so easy it’s impossible not to use these two services. All this I discovered only about two years ago and last year my two docu-

mentaries did amazingly well, (“A Short History of Poverty” and “Searching for a Beautiful Bachelor”) winning numerous international awards and accolades. This year both my new social docs have continued this success (“In Sane” and “Poetry of Payne”). “Nothing succeeds like success.” I’m not sure of that adage but it certainly makes a creative media artist carry on into what used to be a very dark area reserved mostly for the stars and big bucks—not so any longer. Working with partner, Helene Lacelle, we’ve managed to cobble together these four successes over two years. We are now working on editing in post production what was called “Pig Girl” now called “Alice Unloved”—not a documentary but a drama about an independent woman who wants to find her voice and live life her way, but like many other women gets involved with and has affection for a pig. (Thanks to all Sandy Hillers who helped.) As Albert Camus says “Maybe it’s not about happy ending. Maybe it’s about the story.” See: movieshandmade.com



This winter it's more important than ever to support our local businesses and to find everyday pleasures wherever we can.

Please share stories of your favourite Sandy Hill food experiences.

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Happy Goat, 317 Wilbrod

You might not have been thinking of picking up a bottle of Chardonnay from the Columbia Valley when you stepped into Happy Goat for a latte to go, but thanks to a new arrangement between the coffee shop and the Ottawa wine merchants Buyers + Cellars (who also operate a new tasting room on Somerset West), this is now an option. A rack of a dozen or so different wines from many lands, mostly priced at \$30-\$40 and not available at the LCBO, offers pleasant browsing as you're waiting for the espresso machine to finish foaming the milk for your coffee.



3Cents2, 65 Templeton St.

A large, chewy flatbread called pan forms the supple and delicious backbone of this restaurant/coffee shop's short menu. We really enjoyed it in the "Protein Bake," which comes with a bowl of fowl, the classic Middle Eastern fava bean stew. Pan is also served beaver tail-style, with a variety of sweet and savoury toppings such as cream cheese, cinnamon and jam.



Madhuban, 610 Rideau St.

Sandy Hill continues to be lucky in its Indian restaurants. Taking the place of Mukut at the east end of Rideau Street, Madhuban has an extensive and interesting menu, including some Indo-Chinese dishes and lots of options for vegetarians. We have fallen in love with the Kadai Paneer, the Begun ka Bharta (eggplant) and the Bhindi Masala (okra). Exercise caution when choosing your spice level; this is one restaurant where "Mild" is not for wimps. You'll get 10% off your takeout order if you pick it up yourself.

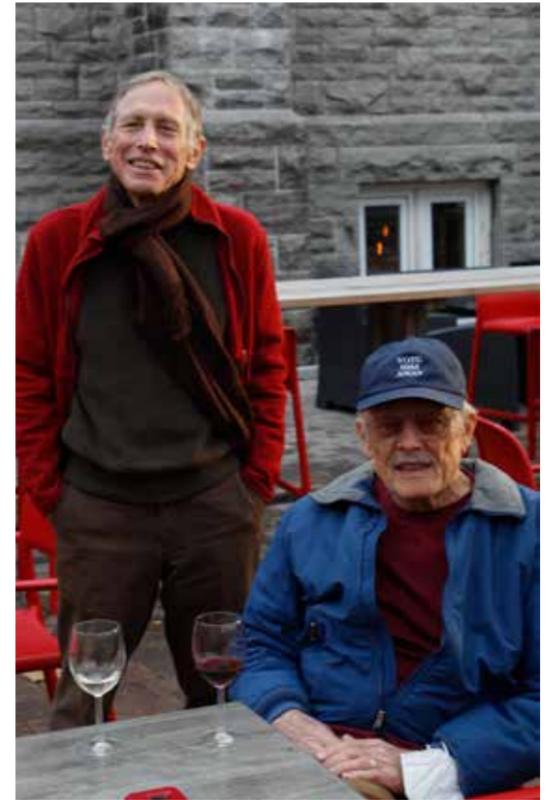


IMAGE correspondents enjoy a fall afternoon on the Working Title terrace.

Working Title Kitchen and Cafe, 10 Blackburn Ave.

(enter through the red doors, Laurier near Chapel) November gave us some bonus days to enjoy Working Title's beautiful patio. Now that the cold weather is here, don't forget that their bakery/cafe offers bread, croissants and coffee daily from 8:00 to noon, and that there are 6 well-spaced tables ready for your lunching or dining pleasure, Tuesday-Sunday from noon onward. Working Title is also a promising source of stocking stuffers for the gourmand on your list.



Dainty Kitchen, 322 Somerset St. East

The new restaurant that's taking over the former home of Safi Fine Foods (see right) has just opened, with an interesting array of Asian specialties. Lovers of noodles, bibimbap and barbecue are already enjoying the diverse offerings.



Food Frenz, 275 Laurier Ave. East

This convenience store is becoming quite the quick lunch mecca. Along with its freshly made savoury flatbreads and its prepared meals from local suppliers of Indian and Lebanese foods, Food Frenz now carries doughnuts, delivered daily from Cafe Dough co. in Gatineau. These are dense, cakey doughnuts with colorful and novel frostings. Take a white chocolate and lemon zest home to share with a loved one over a cup of tea and the world will feel a little brighter.



Safi Fine Foods, 296 Somerset St. East.

Watch this space! There's nothing in there yet, but the elegant script on the windows of the new shop (they've even posted their hours) promises that there will soon be good things coming from the new premises of Somerset's much-missed grocery store.

Hallowe'en houses of horror

Photo Susan Young



Photo Yvonne Van Alphen

Photo Yvonne Van Alphen



Photo Harlequin Studios



A neighbourhood first this year was Action Sandy Hill's House Decoration Contest. Never have we seen so many spooky sights and ghoulish graveyards.

A panel of celebrity judges — Mathieu Fleury, Jim Cox and Susan Young— viewed homes that had been registered at the ASH website.

Left— 1st prize (Working Title Kitchen + Café gift card) went to Raphaël Crowther-Marcoux, 143 Blackburn, for the creepy feline head.

Right— 2nd prize (Cadena Spanish Café gift card) went to Kendra MacLean, 501 Chapel St.

There was a tie for 3rd place: the Lotan-Heikkila family at 76 Blackburn and Esmé & Orly at 378 Besserer.



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A COVID real estate success story

Lynda Cox



Let me tell you an interesting client story that will give you a picture of this strange COVID real estate season. Before Christmas 2019, before COVID-19 arrived here, a childhood friend referred an acquaintance of hers that was moving to Ottawa to work on the refurbishment project on Parliament Hill. Very early in the New Year he found and purchased a beautiful, executive, downtown condo in a bidding war. He moved in temporarily with just the basic necessities because his partner was still at home working and awaiting a job offer in Ottawa. Then the COVID lockdown hit. He began working on-line from his home base in Southern Ontario. He never did come back to work in Ottawa but continued to work remotely and probably would continue to do so for the remainder of the project. What to do? Sell and perhaps take a loss (when considering his expenses to date and the fact that he bought in a bidding war and paid over asking price) or rent it out for a while. Well, as you all know from my last article, during this COVID crisis, property values here in Ottawa have risen significantly due to low inventory and high demand, so, after staging the property we sold at a price that,

after all expenses were deducted, still left money in his pocket even though he had owned it for less than 6 months. A happy ending.

That is the real estate reality in Ottawa. Now that we are into the second wave of the COVID crisis the Ottawa resale market is holding steady and then some. Condominium properties have increased in value by approximately 19 % over this time last year and other residential properties 25%. October's new condominium listings have increased by 70% over 2019 and non-condominium residential listings by 48%.

Who could have guessed it? So yes, now is a very good time to sell.

*Sandy Hill Real Estate update
September 2 - November 9, 2020*

Residential
Active listings, 7; Conditionally sold, 0; Sold, 16 — with 7 selling over list price ranging from \$2K to \$101K over asking.

Condominiums
Active listings, 41; Conditionally sold, 2; Sold, 30 with 5 selling over list price ranging from \$1K to \$80K over asking.

Left: Hallowe'en in the time of COVID: New and safe ways to offer candies to children, spectres carrying wipes, children celebrating on their own porches.

More photos coming soon to the IMAGE website.

Book Review

Living in Sandy Hill—good for your health

Christine Aubry

I recently read the book *Growing Young—How Friendship, Optimism and Kindness Can Help You Live to 100*, by Marta Zaraska, and felt compelled to share some good news with my neighbours: living in Sandy Hill is not only good for your health, it could extend your life!

The premise of Zaraska's book is simple: ditch the diet and fitness fads, and focus instead on embracing loving relationships, kindness and optimism—the health and longevity benefits are the same (or more), and it's just a much more pleasant way to live.

While I was not surprised by any of Zaraska's claims, the extensive research she presents is fascinating, and the findings related to community made me even more thankful to live in Sandy Hill.

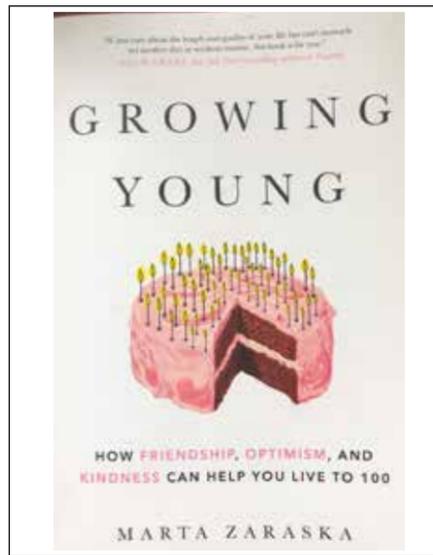
First, the study of the small rural Pennsylvania town of Roseto, where in the 1960s there was no heart disease in people under 65, something unheard of at the time in the country.

After researchers ruled out genes and diet (in fact, Rosetans loved sugar and fatty meat, many were obese and smoked, and the men worked long hours in physically demanding jobs), they found the probable cause for Roseto's strong population health was social—families were strong and united, elders were respected, neighbours looked after each other, and everyone was involved in and cared for the neighbourhood.

What would happen if this way of life was lost? Well, unfortunately it was. By the end of the 1970s Roseto's population health became the same as that of any other U.S. town.

What researchers refer to as “the Roseto effect” has since been found in numerous other studies. Zaraska explains that living in a caring community boosts our “social neuropeptides”—the hormones that make us happy, calm, and friendlier—which directly affects our physical health by lessening our risk of heart disease, diabetes, inflammation, and the list goes on.

Essentially, positive social integration can contribute to a reduction in mortality of up to 65 percent (this figure also includes a good marriage). If you lived isolated in the suburbs, you would need to



maintain ALL of the other healthy lifestyle attributes (healthy eating, physical activity, no smoking, moderate drinking) to get the same longevity benefits.

More recently, researchers have turned to Japan (currently the nation boasting the longest life span for both men and women), and in particular, the mountain villages of Nagano, which the author visited to see for herself.

What she found is that while a healthy diet is embraced (they do eat more than our North American daily recommended intake of vegetables), the villages' social cohesion and strong sense of community was most striking.

Everyone was involved in making their neighbourhood a good place to live, from organizing park clean-ups and street festivals, to exercising and patrolling the streets against crime together. In fact, across Japan, there is “we” culture. Zaraska points out that 93 percent of Japanese residents say their neighbourhood has a neighbourhood association and 94% of residents belong to it. And there is a Japanese word for what translates as “the five-house rule”: know your neighbours in the five houses that surround you.

Here in North America, we are only just catching on. There is a growing movement called “placemaking”—encouraging the reinvention of public places to promote a strong sense of community. This means in our communities we have places to walk to, parks, open gyms, art venues, street markets, pop-up gardens. Residents shop in local stores and chat with neighbours, whom they know by name and can call on to borrow a snow blower. Sound familiar?

This book is filled with statistics, easy-to-understand science, and some great one-liners, including my favourite: “A life worth living—something that no amount of kale or goji berries can give you.”

I highly recommend you put this gem on your holiday wish-list. Or better yet, gift it to a neighbour; it could help you both live longer.

Twelve Days of Christmas

Virtual recreation offered to seniors

Namrata Bagaria

When you say Christmas, my brain automatically conjures up a week full of potlucks, meet-ups with friends, parties and lights. Until last year, Christmas was an annual potluck ritual at my home, but this year is special. Because of the ongoing COVID-19 pandemic, we have to get creative.

Although I am physically distanced from my friends and family during this pandemic, I am not socially isolated. I am an avid technology user. I have been using Skype and Zoom for many years. When we entered the lockdown, I reminded myself how it was living in Afghanistan (three months in 2015). I asked myself, “What made you successful there?” The answer was using video calls to stay connected to my friends and family and creating new opportunities for Kabul and appropriate recreation with my local friends. So throughout the pandemic, I have organized social events for my friends online—karaoke, dance-offs, dinner parties, game nights, coffee dates, poetry slams, writing café, summits, technology meet-ups, workouts, dance workshops, etc. What amazed me was although I missed the in-person meetings and human contact, I could still live my life in a modified manner.

At the beginning of 2020, I decided that I would improve my health and exercise regularly. In the face of the pandemic, I found that I would miss this goal if I did not get creative about it. I emailed a few friends to come online and exercise with me on Zoom. It has been nine months since we started. We exercise six days a week. Social accountability and personal motivation helped me. I found friends or friends of friends joining the exercise activity, and guess what—all of them were senior women.



Namrata Bagaria organizes online programs from her Sandy Hill base.

I was excited to find out that many seniors use technology and are keen to commit to a scheduled recreation time. The experience led me to start Seniors Junction—a program dedicated to providing purposeful and meaningful recreation to seniors. At present, all the programs are virtual. But over time, these programs will be both online and offline and sometimes hybrid. Through my experience over the last nine months and numerous conversations with people, I found that the real problem the workouts were solving was social isolation. They had something to look forward to and added “a thing to do” in their day.

With Christmas around the corner and considering that I love planning parties, I have now decided to combine my passion for technology and parties by offering a virtual holiday program called “12 Days of Christmas” for seniors (not-yet-seniors can join as well).

It includes singing Christmas carols, sharing Christmas stories through breakout rooms, holiday recipe exchange, ugly Christmas sweater mixer, musical mornings, sharing your favourite winter stories, sharing your 2020 learnings, New Year's brunch, making and sharing 2021 bucket lists, creating indoor and outdoor recreation schedules for winters and other such events. All the events are virtual through Zoom.

The events will be posted on our website seniorsjunction.com/ by mid-December. You can buy tickets through the website or on Eventbrite. Sign up if you are missing potlucks, meetups, parties and lights!

Beaded and elegant gifts from Lorraine Clavel

As the festive season quickly approaches, here are a few suggestions from a local artist.

Lorraine Clavel has been making beaded jewelry for around 15 years in Sandy Hill. She creates one-of-a-kind jewelry pieces with unique combinations of colours and beads. The types of beads she uses in her creations are freshwater pearls, mother of pearls, Murano and other glass beads, as well as turquoise, bohemian crystals, tiger eyes, jade, moonstones, lapis lazuli, quartz, jasper, hematite, wood, and more. She specializes in creating beautiful sets of necklaces and earrings.

Lorraine has also been part of the committee, chaired by Hélène Lacelle, which organized for many years Sandy Hill's One & Only Arts and Crafts Fair, and an active participant in the fair for years in a row.

You can find Lorraine's creations at the Mags Plus store, located at 420 Rideau St. In addition to sets (necklaces and earrings), you will also find bracelets, chains, rings and earrings.

Lorraine can also take special orders; she can be contacted by text or phone at 613-884-9138 or by e-mail at clavell5@hotmail.com.



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Merry Christmas Sandy Hill!



With love from IMAGE



Some of IMAGE's many contributors and helpers zoomed in to wish our readers a happy and of course healthy new year. Hang in. Keep your distance. Stay well!

Top to bottom, left to right: David Elden, Yvonne Van Alphen; Peter Rinfret, Judy Rinfret, Jane Waterston, François Bregha; Paula Kelsall, Cynthia Mitchell, Lena Creedy; Bob Meldrum, Jan Meldrum, John Cockburn, Phil Caron, Christine Aubry; Bob Whitelaw, Jan Finlay, Marilyn Whitaker, Lynda Cox.



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